



CEB
Engineers construct own leadership course. 14A



Drag Racing
Fast and furious the need for speed. 2B



LINE training
Hand-to-hand combat instructor instills warrior spirit. 11A

THE GLOBE

Serving expeditionary forces in readiness

Camp Lejeune, N.C.

ACMC meets with Lejeune Marines

que

General gives a 'full day's work'

and-a-half-day stay June Commandant of the Marine Corps, Gen. Richard I. Neal, gave a "full day's work" as he visited Camp Lejeune and met with Marines on a daily basis. He talked about current issues and how they affect the daily life of Marines. He also talked about the importance of training and the status of the Marine Corps. The ACMC gets (information) straight from the Marines' mouth, and Marines get it from him.

or any other special presentation when he visited more than 19 different units. His goal was to look at Marines doing day-to-day training. This way he wouldn't have to listen to rehearsed speeches or see coordinated training. He wanted one-on-one time with Marines. "It's important for Marines to get to know him," said Lt. Col. Jeff Patterson, commanding officer, 2d Battalion, 2d Marine Regiment. "They can hear his opinions on training and the status of the Marine Corps. The ACMC gets (information) straight from the Marines' mouth, and Marines get it from him." Information exchanged as Gen. Neal made his rounds throughout the base. This

information, he said, will be valuable when he returns to Washington. There, he will advise top officials on the status of each unit. General Neal's main goal was the Marines and the way they're trained. He observed them in the field as they trained and fired weapons, and at times spoke on what to do about some of the problems leaders face today. "You must have moral courage, common sense, judgment, dedication and discipline," he told Sergeant's Course students. "All problems can be solved through common sense and leadership." He explained how they as noncommissioned officers should treat the young Marines fresh to the fleet. "You have to make them feel important; keep them elevated off the deck the way they were when they walked out of boot camp," he said. Education was an important issue for Gen. Neal as well. The education process must be continuous, and much of it self-motivated, he said. "You have to pull up the MCI [Marine Corps Institute] book," he said. "You have to do that and educate yourself to make sure you know your job, because you're the bedrock of the Corps." General Neal had been working on the Quadrennial Defense Review for the past three months, but now that it's over, he intends to visit Marines more frequently. "I will give them [Marines] a full day's work and total dedication," he said. "We have to take care of our fellow Marines."

General Neal speaks to Marines from 8th Comm. Bn. after a motivating run.



Sgt. J. J. Rodriguez

General Neal speaks to Marines from 8th Comm. Bn. after a motivating run.

Independent duty expenses lowered

ine Corps

A special Headquarters Marine Corps subcommittee studying the economic impact of independent duty on families has reported its findings. The board concluded that many of the concerns raised by Marines assigned to "A" billets with the recruiting service, or as instructor-instructors are already being addressed, either at the Corps or at the DoD level. Improvements to quality of life programs and military pay are the issue of out-of-pocket expense for independent duty have become a perennial issue. Last year, it was formally adopted for discussion at the Sergeants Major Conference. Some of the questions revolve around entitlement to pay for independent duty.

See EXPENSE/12A

Foreign Affairs

Khmerians visit, ways to rebuild

Sophoan, Brig. Gen. Kwam Seam and Lt. Col. Seng Sopha, visited Camp Lejeune June 12-13 to repair their country's infrastructure, shattered after years of famine and foreign invasion. The officers visited Marine Corps Service Support Center, Combat Engineering School and watched 8th Engineer Battalion launch bridge-building boats and demonstrate amphibious equipment. Maj. Paul Marks, U.S. Defense Attaché Office, Phnom Penh, the officer's visit is part of a rebuilding effort in Cambodia since the country signed a United Nations settlement in 1993.

See CAMBODIA/12A

Echo Tango



Cpl. Chris Irvine

Marines from India Company, 3rd Battalion, 6th Marine Regiment, storm Landing Zone Falcon, June 13. Their mission was to free a stranded American passenger ship by attacking the enemy's weak point.

See HELO/8&9

MarForLant HQ moves to Norfolk

MarForLant PAO

Headquarters for U.S. Marine Corps Forces, Atlantic plans to relocate to the U.S. Naval Base, Norfolk, Va., this summer.

The move is due mainly to the Defense Authorization Bill for Fiscal Year 1997, which provides for 12 additional general officer authorizations for the Marine Corps.

The additional authorizations allows the Commandant of the Marine Corps to assign separate commanders to U.S. Marine Corps Forces, Atlantic, and II Marine Expeditionary Force.

The current commander, Lt. Gen. Charles E. Wilhelm, and his predecessors were double-hatted as the Commander, MARFORLANT and Commanding General II MEF.

One of the key reasons for the 1994 move to Camp Lejeune was the realization that command of II MEF required a Camp Lejeune presence.

The assignment of separate commanders will allow the II MEF commander and his staff to remain at Camp Lejeune, while the MarForLant commander and a small staff relocate to Norfolk.

This action will allow the MarForLant commander to better perform as the U.S. Marine Corps Component Command to the Commander-in-Chief, U.S. Atlantic Command, and allow the II MEF commander to remain at here, validating one of the major reasons for the 1994 move to Camp Lejeune.

The Commandant's decision by the to assign dedicated commanders to MarForLant and II MEF underscores the Commandant's desire to give highest priority to warfighting and joint commands.

When they relocate to Norfolk, MarForLant personnel will move into spaces currently controlled by the U.S. Marine Corps Forces Liaison Element.

The cost of the move is expected to be minimal since the size of the contingent will be small and will be staffed through the use of the normal summer change of station process.

Additionally, the facilities at Norfolk already exist and will require very few modifications.

Marines practice evacuations with Spanish allies



SSgt. Phil Mehringer

1/2 gained valuable field experience from the exercise.

Staff Sgt. Phil A. Mehringer
22nd MEU (SOC)

Editor's Note: On April 15, the Secretary of Defense ordered elements of the 22nd Marine Expeditionary Unit (Special Operations Capable) to begin their six-month deployment two weeks early. Those Marines and Sailors, aboard the USS Kearsarge, relieved the 26th MEU(SOC) in Brazzaville, Congo, then proceeded to Freetown, Sierra Leone, where they conducted a real-world, Noncombatant Evacuation Operation from May 30 to June 4. More than 2,500 American citizens and third-country nationals were evacuated to safety over

the course of five days.

Meanwhile, the remaining elements of the 22nd MEU(SOC), which had departed on schedule, were in Sierra De Retin, Spain. There, they refined their skills in Noncombatant Evacuation Operations during Exercise Linked Seas '97.

ABOARD USS PONCE (LPD-15) — Twenty small rubber boats wait in the well deck of USS Ponce. Coxswains check over their Combat Rubber Rafting Craft, like birds of prey eyeing their next meal, ensuring packs, weapons, and extra gear are in exactly the right place. Everything must be positioned correctly, waterproofed, and tied down

to ensure a safe delivery to the beach. As the ship's well deck begins to flood, Charlie Company, Battalion Landing Team, 1st Battalion, 2nd Marines is ready to launch a pre-dawn attack against an enemy force in the training area of Sierra De Retin, Spain.

Less than three weeks after leaving Camp Lejeune, the Marines and Sailors of the 22nd Marine Expeditionary Unit (Special Operations Capable) are conducting multi-national operations on foreign shores in the Mediterranean Sea area. Exercise Linked Seas '97 places the MEU Marines with 11 NATO countries in a "joint and

See 22 MEU/14A

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It was 53 years ago when...

Four sets of brothers, one unit

It's somewhat of a family affair in the Guard Battalion of Post Troops here where four sets of brothers, two sets being twins, are now attached for duty.

The twins are Pvts. Paul A. and Nick A. Ladikos, Bobby D. and Billy R. White. The other brothers are PFC. Arlie L. and Blanton C. Tinsley and Pvt.s Daniel B. and Howard M. Knox.

They all hail from Ohio, with the exception of Southerners, Arlie and Blanton Tinsley, the brothers enlisted together in the Marine Corps and all entertain hopes of remaining together during their entire enlistment.

New River Pioneer, April 29

New group, devil dogs arrive here for training

A canine contingent for the Devil Dog School, recruited from the Washington and Baltimore areas, arrived here recently to begin training. Five Doberman Pinschers, were recruited through the efforts of Mrs. Dorothy Wurdeman of Chevy Chase, Md.

Under the supervision of Capt. J.H. Boyd, a staff of specially trained dog handlers will convert them from personal pets to dogs of war — ready to serve on the far flung fighting fronts of the world from Iceland to the Solomons.

The dogs will be given regular enlistment papers for the "duration" and assigned to handlers to determine by adaptability tests, the fitness of each canine candidate for guard duty, combat duty, messenger service, scout patrol duty or aid duty overseas.

The staffs being assembled and will be headed by Capt. J. F. Riordan, who becomes medical officer-in-command when the hospital opens.

New River Pioneer, April 29

New Navy hospital is completed, ready to take patients by Saturday

The Navy's new \$7,500,000 hospital at camp Lejeune, one of the most complete and modern service units in the United States, is expected to be ready to receive patients by Saturday.

The main hospital, identified by the Navy as a 600-bed hospital, capable of expanding to 1,000 beds centers a 14-building outlay. The Marine Corps assigned 144 acres of this base for the hospital reservation.

Other buildings include a 50-bed family hospital, bachelor officers quarters, two barracks buildings for Corpsmen, three homes for ranking doctors, nurses' quarters, power plant, laundry and garage.

New River Pioneer, April 29

Ensign Phyllis March first WAVE on base

The cute redhead lass in blue you may have seen in the hospital area is Ensign Phyllis March, the first WAVE to report to Camp Lejeune. She is on duty at the Navy Hospital.

March, who hails from, Washington, received her training at Smith College, Northampton Mass. She will be in charge of enlisted WAVES expected to come here in the near future for duty at the hospital.

New River Pioneer, April 29

145 enlisted women Marines to begin training at base

Eyed with interest from all quarters, the first contingent of enlisted women Marines arrived at Camp Lejeune last weekend and the 145 members of this unit began their studies in various courses here this week.

They came here from Hunter College, Bronx, N.Y. where they received their indoctrination training. At the conclusion of training in special courses here they will be assigned to duties at this and other Marine Corps posts. These women have been attached to the recently organized Women's Reserve Battalion here. Major Charles A. Etheridge is Commanding Officer and Marine Gunner L. G. Childress adjutant of this battalion.

The 10 women officer who came here some two weeks ago will complete their classwork this week and be assigned to duty with the battalion.

The women are quartered in barracks, Area I.

New River Pioneer, May 6

Correction

In the June 13 edition of *The Globe*, Cpl. Chris Irvine's story "Program helps youths establish their future," misidentified CWO2 James Jones in the photo and listed him as a CWO5 in the story.

Commentary: Cohen discusses Defense Strategy for the New American Century

WASHINGTON — For the last six months, the Department of Defense has been wrestling with fundamental questions about our nation's security: What kind of security challenges will the United States face in the next decade-and-a-half? What defense strategy will best protect and promote American interests in the face of these challenges?

And what military forces are needed to execute this strategy?

Answering these questions has been a challenge of the Quadrennial Defense Review, a comprehensive study undertaken to create a blueprint for our defense strategy and program into the next century.

As the 21st century approaches, the United States faces an uncertain security environment filled with both opportunities and challenges. The threat of global nuclear war has receded, our core values of representative democracy and market economies are ascendant, our alliances remain strong, and we now count many former adversaries among our friends.

Nevertheless, the world remains dangerous and unpredictable — a world that will present the United States with a number of significant security challenges in the years ahead. These include: Regional dangers, from the threat of aggression by hostile states against U.S. allies in key regions, such as Southwest Asia and Northeast Asia, to regional instability and failed states; The proliferation of advanced technologies, such as nuclear, biological and chemical weapons, missile systems and information warfare capabilities, which can contribute to regional instability, put so-

phisticated military capabilities into the hands of those hostile to the United States and enable adversaries to challenge us in "asymmetric" ways that circumvent our strengths while exploiting our vulnerabilities; and transnational dangers, such as uncontrolled migrant flows, the illegal drug trade and international organized crime.

We can also expect to face some number of "wild card" scenarios in the future — unlikely but not implausible events, such as the unanticipated emergence of new technological threats or the hostile takeover of a friendly regime, that could have significant consequences for our national security.

If the United States were to disengage from the world, the security environment would become even more dangerous and the threats to our interests more severe. Protecting and promoting U.S. interests in an increasingly interdependent, dynamic and uncertain world demand that we remain engaged abroad — politically, economically and militarily. The United States must continue to have the wherewithal to influence the decisions and actions of others who can affect our national well-being.

Continued engagement is, therefore, the foundation on which we have built our new defense strategy. This strategy calls for the U.S. military, and the Department of Defense more broadly, to do three things: to shape the international security environment in ways favorable to U.S. interests, to respond effectively to the full spectrum of crises and to prepare now to meet the challenges of an uncertain future.

Shaping the international environment involves promoting regional stability, preventing conflicts, reducing threats and deterring aggression and coercion on a day-to-day basis. To promote regional stability, our military bolsters the security of key allies and friends, and strengthens core alliances and coalitions to meet evolving security challenges. To prevent conflicts and reduce threats, the department undertakes targeted initiatives to help reduce nuclear, biological and chemical capabilities, prevent and deter terrorism and lessen the conditions for conflict in key regions.

To deter aggression, we routinely deploy our armed forces in key regions to demonstrate our willingness and ability to respond when our interests are challenged.

Defense Department support for such shaping activities — be it stationing forces abroad, deploying carrier battle groups and other forces to participate in exercises and military-to-military interactions or providing security assistance to friends and allies — helps reduce the likelihood that a riskier and more costly U.S. response will be needed later. It also underwrites stability in countries and regions that are central to the health of the American economy and the prosperity of the American people.

Despite our best efforts to shape the environment, the U.S. military will at times be called upon to respond to a broad range of crises. In order to protect U.S. interests, our forces must be prepared to conduct the full spectrum of military operations, from peacetime engagement and deterring aggression during a crisis to conducting smaller-scale contingency operations and to fighting and winning major theater wars — and they must be able to do so in the face of asymmetric challenges like terrorism, nuclear, biological and chemical weapons and information warfare.

In the most stressing case, the U.S. military must be prepared, in concert with regional allies, to fight and win two major theater wars that overlap. This capability is essential to deter opportunism in one theater while we are engaged in another and to ensure that we have sufficient military capabilities to deal with greater than expected threats — something that is particularly important in a changing and unpredictable security environment.

If the United States were to forgo this capability, as some advocate, our standing as a global power and as the leader of the international community could well be called into question, as would our abil-

ity to protect our hold our security.

As we move into the 21st century, our ability to protect our interests — maintaining U.S. security challenges — will ensure we can battlefield.

In order to free this investment must also aggressively in business and business practices improve efficiency. Implementing this strategy presents a challenge: We must effectively shape the entire 1997-2011 that even as we satellite forces necessary in the near same time be trans capabilities and sup-

The review decision choices we now face the Congress our forces to trim former elected offices the difficult by communities a downsizing, I fully ety and, indeed, involved. But ultimately which is more important facility and paying nants of the past or and paying for the to dominate the bat-

ture. We can continue undertaking the difficult our own peril.

This article originally appeared in "Roll Call," a biweekly paper, May 19, 1997.



Test your Marine Corps knowledge! Every week *The Globe* will run 10 questions guaranteed to stump the smartest Devil Dog. Give it a try, it's good PT for the brain!

- 1) When was the rank of lance corporal incorporated into the Marine Corps?
- 2) True or false: The Marines were given a submarine chaser to crew after WWI.
- 3) What Marine division and aircraft wing deployed in response to the Cuban Missile Crisis on Oct. 27, 1962?
- 4) Who was the first Marine general to rise from private to general, rank by rank?
- 5) What was the Corps' first helicopter squadron, and when and where was it commissioned?
- 6) What was the 1992 operation in Mogadishu, Somalia called?
- 7) Who said "Those poor bastards. They've got us right where we want them. We can shoot in every direction now," when his 1st Marine Regiment was surrounded at the Chosin Reservoir?
- 8) How did Maj. Gen. Smedley Butler earn his first Medal of Honor?
- 9) A group of Marines from Camp Lejeune put out a number one hit record in the early '60s. What was the name of the group and the name of the record?
- 10) What year did Marine Barracks, New River officially become named Camp Lejeune?

Answers

1) Aug. 1, 1960. 2) True. It was given to the Corps on July 10, 1919 and boasted the first all-Marine crew. 3) The 2nd Marine Division and 2nd Marine Aircraft Wing. 4) Gen. Gerald C. Thomas. 5) HMX-1 was commissioned at Quantico on Dec. 1, 1947. 6) Operation Restore Hope. 7) Col. Lewis B. "Chesley" Puller. 8) Directing Marine fire at snipers. He was in civilian clothes, getting a look at the city when fighting broke out, and pointed the enemy out with his swagger stick. 9) The Essex. The name was "Easier Said Than Done." 10) Marine Barracks, New River was officially named Camp Lejeune December 1942.



Off-Limits Establishments

The following establishments in the eastern North Carolina area are off-limits to all military personnel:

- | | |
|-----------------------------------|------------------------|
| (1) Adult World | 316 Wilmington Highway |
| (2) Private Affairs | 430 Wilmington Highway |
| (3) Touch of Magic | 104 Canady Road |
| (4) Private Dancer | 420 Wilmington Highway |
| (5) Playmates | 830 Wilmington Highway |
| (6) Pleasure Palace | Highway 24 East |
| (7) Esquire Massage | Highway 258 West |
| (8) Brandy's Adult Relaxation | 46 Highway 17 South |
| (9) The Doll House | Highway 258 West |
| (10) The Play Pen | Highway 258 West |
| (11) Heather's Adult Relaxation | Highway 24 East |
| (12) Tender Touch | 5227 Highway 258 |
| (13) Amy's Playhouse | 3054 Wilmington Hwy. |
| (14) Easy Money Catalog | 233-F Lejeune Blvd. |
| (15) North Carolina Catalog Sales | 1943 Lejeune Blvd. |
| (16) Kelly's Playmate | Highway 24 |
| (17) Carriage House | 5527 Highway 258 |
| (18) Jacksonville Speedway | 401 Blue Creek Road |

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MARINE MAIL

What attempts are being made to put Marine Corps Orders and Regulations on the Internet

The following Marine Mail was received via Internet from SSgt. Fernald. (Please Note: When sending correspondence through a commercial server to Marine Mail, please provide full name and unit affiliation.)

Are there any future plans to put all Marine Corps Orders and regulations online? When a Marine desires to look something up or double check what the administrative office is saying, that Marine must request the order. Anyone who has ever attempted this knows that admin are not eager to give up orders/regulations for viewing, or the directive may not be available at that time. I feel that if all orders and regulations were put on-line more Marines would be better informed and better able to meet the needs of their Marines.

SSgt. Fernald

Mr. Leo Kelly, Director of Administration and Resource Management, HQMC, provided the following reply:

Headquarters Marine Corps tested the viability of distributing directives via the Internet last year by loading approximately 600 to the Marine Corps homepage. This was not advertised because those orders were ASCII text documents and did not contain any graphics.

Once the test was completed, the homepage was proven to be viable. MCOs via the Internet, the Marine Corps Electronic Library. The Marine Corps Electronic Library with appendices of Marine Corps directives, it will contain proved for public release. In the meantime, you can get a copy of the beta protocol via the Marine Corps System, or by contacting DSN 224-1712, com 1712.

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Marine Corps Advertising brings home the gold

MARINE CORPS RECRUITING COMMAND, Washington — The Marine Corps has been honored with a 1st place "Gold" Effie Award for the recruitment advertising commercial "Transformation," at the American Marketing Association's annual Effie Awards, held in New York recently.

"Transformation" is the centerpiece of the Corps' current advertising campaign. It was developed by J. Walter Thompson, the Corps' contracted advertising agency.

The winning spot depicts the need to overcome obstacles and the adventure of becoming a Marine. It shows a young man overcoming challenges as he races through a cryptic maze before being transformed into a Marine at the spot's climactic end.

Each year the American Marketing Association, or AMA, holds the Effie Awards to honor the most effective advertising campaigns or commercials. A panel of marketing and advertising professionals, selected by the AMA, determines the overall effectiveness of an advertisement. The panel reviewed thousands of entries in 45 categories.

To determine the success of "Transformation," the AMA reviewed submitted information on the spot's target audience, anticipated results, and numbers of people actually recruited by the Marine Corps with the support of the spot.

"The Effie is the capstone of a successful ad campaign, recognizing an ad's effectiveness as well as its creativity," said Lt. Col. W.D. Hughes, III, Assistant Chief of Staff of Advertising, here. "This award is a credit to the efforts of every member of the command in successfully achieving our recruiting goals."

Sgt. J. J. Timmins

Marines join assault on illegal dump site

MARINE CORPS AIR GROUND COMBAT CENTER, TWENTYNINE PALMS, Calif. — Marines from several units aboard the Combat Center aided the Bureau of Land Management in the clean-up of an illegal dump site at the intersection of Pinto Mountain and Valley Vista roads, near the Combat Center border, recently.

Led by Val Prehoda, an environmental protection specialist at the Natural Resources and Environmental Affairs Directorate, the group used a loader to scoop up buckets of litter, packed it into dump trucks, and shipped it to the Combat

Center landfill, the nearest site for waste disposal. Russell Scofield, Yucca Valley resident ranger for BLM, contacted Prehoda and asked if the Combat Center would be interested in helping clean-up the site, which is also a popular recreational shooting range.

The Marines arrived early that morning to begin bagging and moving the illegally-dumped garbage and were later joined by BLM personnel from the Barstow area. Between them, the two groups were able to remove about 13 tons of waste, adding to the 50 tons removed in previous clean-ups. The effort also produced 2,600 pounds of scrap metal to be disposed of by the Defense Reutilization and Marketing Office.

"Most of the trash here is household garbage," Scofield said. "However, some people are leaving their shooting targets here as well. BLM rules state that targets must be brought here by the shooter and then removed when the shooter leaves; otherwise, it becomes garbage and the shooter can be cited for littering."

"People just don't seem to care," said Pvt. Carey Wallace, 19, of Grand Rapids, Mich. "It's just nasty. People should learn to pick up after themselves."

No matter who uses the site, Scofield said, it is important to realize we are responsible today for the state of the world tomorrow.

Cpl. Jay Lamborn

New amphibious assault ship second to bear Iwo Jima name

ARLINGTON, Va. — Secretary of the Navy John H. Dalton announced yesterday that the Navy's newest amphibious warship will be named USS Iwo Jima (LHD-7), the seventh ship of the Wasp class. The announcement was made during a ceremony at the Marine Corps War Memorial in Arlington.

"It is an honor for me to name our newest amphibious ship after the Battle of Iwo Jima," said the Secretary. "I am proud this great nation will commission USS Iwo Jima to honor the enduring legacy of those who fought and dedicated their lives to the United States of America."

The ship will be the second to bear the name. The first, decommissioned January 1993, was the lead ship of the Iwo Jima class of amphibious assault ships. The principal mission of the new Wasp-class amphibious assault ship is to enable the Navy/Marine Corps team to accomplish a seamless transition from the sea to a land campaign and conduct prompt, sustained combat operations at sea.

"It is an honor for me to name our newest amphibious ship after the Battle of Iwo Jima," said the Secretary. "I am proud this great nation will commission USS Iwo Jima to honor the enduring legacy of those who fought and dedicated their lives to the United States of America."

OASD PA

With mission completed Marine Hornets come home from Italy

MARINE CORPS AIR STATION, Beaufort, S.C. — Marine All Weather Fighter Attack Squadron-224 returned to the air station recently. The "Bengals" arrival signaled the successful conclusion of the squadron's mission of providing air support during operation "Deliberate Guard," part of the United Nation's peacekeeping mission in Bosnia-Herzegovina.

Families and friends welcomed the Marines home at VMFA(AW)-224's hangar, which has seen F/A-18 Hornet squadrons from Marine Aircraft Group-31 deploy to Aviano Air Base, Italy, since July 1993.

The Bengals, along with VMFA(AW)-533 and VMFA(AW)-332, have routinely rotated overseas in six-month intervals, supporting America's interests abroad.

The squadron left the air station Feb. 16 for its rotation in the six-month deployment cycle to Aviano, a deployment cut short by world events and directions by higher headquarters.

"Because our command and the senior leadership of the Marine Corps saw there was no longer a requirement for F/A-18Ds forward-deployed in support of United Nations resolutions, he asked the chairman of the Joint Chiefs

of Staff if he could pull the F/A-18Ds out of Italy. The answer was "yes," said Col. James F. Amos, MAG-31 commander.

In addition to "Deliberate Guard," VMFA(AW)-224 also provided air support for the 26th Marine Expeditionary Unit during Operation Silver Wake, the non-combatant evacuation of Americans from Albania.

During their stay at the Aviano Air Base, some of the Italian citizens were enthusiastic about the presence of Marine Hornets.

"We had a huge fan club over in Aviano," said Orr. "Some days, on a nice Sunday afternoon for example, there were about 100 to 150 people outside the gates. They had huge American flags and a big poster with our Bengal patch on it, and they would wave them at us when we landed," he said.

Now that they have returned to the air station, the squadron will turn its attention toward training. "We're planning to certify some aircrews as air combat tactics instructors. We're also planning for an expected influx of new pilots," Orr said. "We're going to be fairly busy doing all of that."

LCpl. Art Geahr



TSgt. Russ Pollen

An F/A-18 from the Fixed Wing Marine Fighter Attack (VMFA-AW 224) Squadron 224, Beaufort, S.C., sits on the ramp at Aviano Air Base, Italy, shortly before take off for a mission.

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Pack up the family and travel just a few miles to Onslow Beach for sunny relaxation. The Seaside Cafe is open daily from 11 a.m. to 5 p.m. Stop by and enjoy delicious hamburgers, hot dogs, ice cream, and much more.

While you are at the beach, stop by Riseley Pier to see how the fish are biting. The pier is open daily, 8 a.m. to 8 p.m. Call 451-7154 for more pier information.

Enjoy three cool nights of hot music

Rock n roll stars Joe Walsh, Eddie Money, and Night Ranger blast off July 11 at 8 p.m.. Maze featuring Frankie Beverly, The OJays and Montell Jordan storm the stage July 12 at 8 p.m. for a spectacular R&B.

Wives support group to visit seniors

The USO Service Wives Support Group will be meeting an hour later today from 10 a.m. to 11:30 a.m. Meet at the USO, 9 Tallman St., and walk over to the Council on Aging to visit with the senior citizens. Everyone is to bring cake, cookies, brownies or muffins to share with them. Children welcome under their mother's supervision. For more information, contact Bettina at 455-3411.

Onslow Home Health & Hospice provides training for volunteers

Onslow Home Health and Hospice will provide volunteer hospice training June 23-26 from 8:30 a.m. to 12:45 p.m. at their home on 2013 Lejeune Blvd. This training meets the requirements for volunteers to participate in this vital community service. For information and enrollment, contact Arnold Johnson or Judy Mitchum at 577-6660.

Thrift Savings Plan (TSP) open season

The second TSP is in progress and will continue through July 21.

The Open Season affords those employees covered under the Federal Employees Retirement System (FERS) as of Dec 31, 1996, and those covered by the Civil Service Retirement System (CSRS), the opportunity to change their current election — or to make an initial participation election — in the TSP.

During the Open Season, employees may complete the registration form, TSP-1, by seeing the point of contact at the following locations:

Base Maintenance Ms. Kathy Winberry
Bldg. 1202
Naval Hospital Ms. Glenda Milligan
Rm. 425

Create resume that can land you a job!

The Family Service Center is sponsoring a Resume Writing Workshop June 26 from 1 p.m. to 5 p.m., Bldg. 14. The workshop includes types of resumes, construction of a resume, content, format, and translation of military skills to civilian terminology. To register, call 451-5927, ext. 100/101. Child care will be provided by calling 451-2874 in advance.

Be Semper Fit

The Marine Corps Health Promotions Program, Semper Fit, encourages healthy lifestyles which result in increased productivity, reduced medical costs, and greater military readiness. Foster peak individual and team performances by keeping the "Ultimate Weapon" healthy.

To find out more about Semper Fit, contact your command Semper Fit Officer. Further information is available by contacting Health Promotions at 451-3712, or look up the latest information from HQMC on the Marine Corps Home Page (<http://www.usmc.mil>) and choosing the "Information for Marines" option, or go directly to Semper Fit (<http://www.hqmc.usmc.mil/semprweb1/semper.htm>).

Get financially fit

Get "Financially Fit" in '97. Personal Financial Management classes will be conducted by the Fam-

MWR Events

performance. The grand finale on July 13 at 5 p.m. teams country's Tim McGraw with special guests Mark Chesnutt and Lee Ann Womack. Gates open two hours prior to performance times. Admission is FREE to all military and \$5 per person each night for all others.

Call 451-3535 for more event details.

In-room phone service available

MWR, in conjunction with AT&T, is proud to announce that in-room phone service is available in all barracks in Area 1-5, Camp Geiger, the Rifle Range, and in Buildings HP-51, HP-53, HP-55, HP-57, HP-14, and HP-16.

If you live in one of these barracks and do not yet have in-room phone service, please call 1-800-893-2018 or stop by the AT&T Customer Service

Center on Louis Road (behind the Main Post Office).

Library to hold discussion on Korean conflict

A book discussion will be held June 21 at 6 p.m. in the Historical Reading Room at the Base Library. Call 451-5724 for information on scheduled book discussions.

Recreation Center lounge open daily

The Recreation Center lounge is open daily for all sergeants and below along with their adult family members and guests. Card, darts, and pool tournaments are scheduled weekly.

Call 451-1942 for more information.

Briefs

MCAS, New River Ms. Martha Carter
Bldg. AS-211

For more information regarding the TSP Open Season, call Mary Turpin at 451-1458/1579.

NCOA presents monthly membership meeting

The NCOA Down East Chapter #906 will hold its monthly membership meeting June 26, at Ord's Pond, French Creek from 11:15 a.m. to 12:45 p.m. A free lunch will be prepared. Members and nonmembers are invited. For more information, call 938-3515.

USO presents Fourth of July Picnic

The USO located at 9 Tallman St. will have a Fourth of July Picnic. Picnic will run from noon to 3:30 p.m.. There will be free hot dogs, and hamburgers for all military and their families. For more information, contact the USO at 455-3411.

Mexican-American group holds cultural dance

The Association of Mexican Americans, Camp Lejeune will hold a Mexican-American dance at Tarawa Terrace Community Center July 19 from 9 p.m. to 1:30 a.m.

For more information please contact Raul Rodriguez, president, at 577-1227 or Gilbert Flores, vice president, at 577-5457 or Ida Pena, secretary, at 577-8806.

CDS announces beginning of central registration system

Child Development Services announces the start of a central registration system.

Human Services

ily Service Center, Bldg. 202, Rm. 210, from 1 p.m. to 4:30 p.m. on the days scheduled below.

June 24 Winning the Investment Game
June 25 Covering Your Risk (Insurance)

All servicemembers and family members are welcome to attend. To register, call 451-3212, ext. 100/101. Child care will be provided by calling 451-2874 in advance.

Stress management workshop scheduled

In conjunction with the Family Counseling Center, the Chaplain Corps will be holding a Stress Management Workshop July 10 from 8:30 a.m. to noon. Workshop will be held in the Chaplain's Training/Conference Room in Bldg. 37 Virginia Dare Dr. For more information or to register, call the FCC at 451-2876/2877/2865 to register. Child care is available with advance notice.

Federal employment workshop

The FSC is conducting an Understanding and Entering the Federal System Workshop from 9 a.m. to noon June 23 at the FSC, Bldg. 14. The workshop covers the federal employment application, testing,

how federal jobs are classified, how the federal hiring system works, entry level jobs for college graduates, benefits, and Veterans Readjustment Act.

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

Child care is provided by calling 451-2874 in advance.

Pre-separation briefs are mandatory

Attendance at a Pre-Separation Brief is mandatory for all separating military personnel.

Today 2d FSSG
7:30 a.m.-4 p.m. Marston Pavilion

Topics discussed are veteran benefits, medical coverage, financial planning, stress management, education benefits, reserve opportunities, relocation assistance and employment. Family members are encouraged to attend.

Call your Unit Transition Counselor to reserve a seat.

Considering a career in law enforcement?

Interested in seeking employment in the law enforcement field? Come to Bldg. 12 June 24 and check out the briefing by the Washington, DC Metro Police. Briefings will be held at 9 a.m., 11 a.m., 1 p.m., and 3 p.m.

For information on this or any other employment recruitment, call 451-5340, ext. 126.

MVP



Genevrette Gilbert has been a Staff NCO V Shop since June 1995. In addition to her duties inventory management and customer service, she attained the position of club president. Gilbert is worth the effort just for the opportunity to have the idea of volunteering just "grows on you."

At the Movies June 20-26 Base Theater

Today	7:30 p.m.	Father's Day
	9:30 p.m.	Anaconda
Saturday	1 p.m.	McHale's Navy
	7 p.m.	Father's Day
	9:30 p.m.	Anaconda
Sunday	7 p.m.	Father's Day
	7:30 p.m.	Liar Liar
Monday	7:30 p.m.	That Old Feeling
Tuesday	7:30 p.m.	Romy & Michele's High School Reunion
Wednesday	7:30 p.m.	Liar Liar
Thursday	7:30 p.m.	Anaconda

Midway Park Closed for renovation

New River

Saturday	7 p.m.	Liar Liar
	9:30 p.m.	Romy & Michele's High School Reunion
Sunday	7 p.m.	That Old Feeling
	9:30 p.m.	Romy & Michele's High School Reunion
Thursday	7 p.m.	McHale's Navy
	7 p.m.	McHale's Navy

Kudos

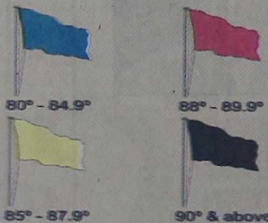


LCpl. Matthew Turner is assigned as the Armory Medical Service School, Camp Lejeune. In addition to his regular duties, he is a military subjects instructor undergoing training for their initial tour of duty with the Marine Force. In May of this year Turner was assigned to attend the Marine Security Guard school. He will be on duty in March 1998.

Five-day weather forecast

Today	Saturday	Sunday	Monday	Tuesday
High 90	High 92	High 90	High 88	High 90
Low 72	Low 72	Low 70	Low 68	Low 70

Flag Condition Guideline



For current flag condition, call 451-1717 or see Base MCO 6200.1D, enclosure (1) for more information.

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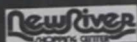
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0800-1700
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451-0996

• Camp Geiger
(Bldg # 754)
Hours: Mon-Fri
0800-1630
Closed Sat & Sun
451-0555

• Camp Lejeune
Official Travel
(Bldg # 233)
Hours: Mon-Fri
0800-1700
Closed Sat & Sun
451-3807

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

• MCAS (Bldg # 200)
Hours: Mon-Fri
0800-1700
Sat 0900-1400
Closed Sunday
451-6362

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'93 Honda Accord SE, 4 dr, Roof, "Loaded"	\$177/mo	'93 GMC C1500, Stepside, Auto, V-8, "Nice"	\$211/mo	'95 Hyundai Elantra, 4 dr, Auto, AC	\$133/mo
'96 Nissan Sentra GXE, 5sp, PW, PL	\$166/mo	'94 Nissan 4x2 King Cab VTP Truck	\$153/mo	'96 Geo Metro, 5sp, AC, Am/Fm (2 Avail)	\$89/mo
'94 Nissan Sentra LE, 4 dr, PW, PL, AC, More	\$99/mo	'94 Dodge Dakota, Extra Cab SLT	\$196/mo	'95 Hyundai Accent, 2 dr, 5 sp	\$98/mo
'92 Plymouth Grand Voyager LE	\$122/mo	'97 Pontiac Grand Am GT, 10k miles	\$251/mo	'96 Nissan Sentra XE, AC, Cass	\$211/mo
'94 Saturn SL2, Touring Sedan	\$133/mo	'93 Pontiac Grand Am SE, 2 dr, Auto	\$99/mo	'95 Nissan Pathfinder, 4WD, XE-V6	\$309/mo
'92 Ford F-150 4x4	\$171/mo	'94 Mazda Protege, Teal, Spoiler	\$100/mo	'95 Chevy Lumina 234 "Very Sharp"	\$121/mo
'96 GMC 1500 SLE, Ex Cab, Auto	\$302/mo	'96 Ford Escort LX Station Wagon	\$142/mo	'97 Altima GXE, 5sp, 9k miles	\$278/mo
'95 Chevrolet S-10, Ex Cab, Auto, V-6	\$216/mo	'94 Pontiac Grand Prix, 4 dr, Auto	\$167/mo	'95 Nissan 4x2 King Cab XE-V6 Truck	\$244/mo
'93 Mitsubishi Mighty Max, Pick-up	\$89/mo	'95 Ford Taurus GL, Auto, Loaded	\$177/mo	'94 Mazda Protege, 4 dr, 5sp	\$88/mo
'96 Nissan 4x2 VTP Truck, 12k miles	\$174/mo	'96 Nissan Sentra GLE, Auto, Loaded	\$226/mo	'93 Ford F-150 XL, "Great Work Truck" LB	\$177/mo
'96 Nissan 4x2 VTP Truck, 10k miles	\$179/mo	'94 Nissan 4x2 XE VTP Truck, 13k miles	\$133/mo	'93 Plymouth Voyage Mini Van	\$150/mo

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Double Take

Cpl. Chris Irvine
Globe staff

Marines are renown as a "band of brothers." Recently, two new Marines preparing to go through the School of Infantry have taken this a step further. Privates first class Robert and Richard Jones, identical twins from Genesee, Pa., have been standing watch at the front at the front gate and have caused some Marines to think they are seeing double.

As with their duty at the gate, the two have been inseparable all of their lives.

They even went to Mansfield University together and attained Bachelor of Science degrees in computer science.

"We've been doing everything together for just as long as I remember," Richard said.

The twins' Marine Corps experience began while doing household chores.

"We were out mowing the lawn one day and this recruiter was driving by, saw us and stopped. Six months later we said 'OK lets do it,'" Richard said.

Their recruiter told them if they joined they could go to bootcamp together.

Without discussing it together they both made up their minds at the same time to go to boot camp and become Marines.

"It seemed like the thing to do. One of us going into the Marine Corps and the other not just didn't seem feasible, so we both joined," Robert said.

They started turning heads the instant they arrived at Marine Corps Recruit Depot Parris

Island, heads. Yet once they moved on from receiving to their training platoon, the drill instructors treated them like the other recruits. There was one big difference, though.

"The drill instructors would send us both up to the quarter deck at the same time when one of us messed up. I think they thought it was funny," Robert said.

The two graduated boot camp May 9, and reported to Camp Geiger for Marine Combat Training after 10 days of boot leave.

They soon found they would have to wait several weeks for their MCT platoon to begin



Cpl. Chris Irvine

Many people look twice while the Jones brothers stand guard.

training, and would be assigned to gate guard duty.

From the first day they caused a sensation.

"We've gotten some very strange looks. One Navy captain stopped and asked us if we were twins. I also see some people do a double-take as they drive past," Robert said.

After MCT the twins are headed to Quantico, for training as data systems operators.

The sight of two Marines who look exactly the same might be jarring to some and funny to others, but the twins say that after a lifetime together they can handle almost anything.

"Most Marines we've met are supportive, but

some wonder why we've done this. We get some ribbing from time to time but I guess that comes with the territory," Robert said.

The Jones twins said they've been reclusive for most of their lives, concentrating on schools and personal hobbies.

Yet they have never been apart for extended periods of time and can't imagine life without the presence of the other.

Both realize that once they graduate from their Military Occupational Specialty school they may be sent to separate duty stations.

"I hope that they'll station us together, at least for a couple of years," Robert said.

"One of us going into the Marine Corps and the other not just didn't seem feasible, so we both joined."

-- Robert Jones

Make hurricane preparations

Maj. M. S. Archer
Consolidated Legal Assistance Office

Now is the time to make hurricane preparations, not when the storm surge is flooding our shores and winds in excess of one hundred miles an hour are throwing trees around like toothpicks. Now is also the time to review the rules and laws concerning hurricanes. While laws have no effect on where these devastating storms will strike, knowing your rights and liabilities can help lessen the financial effect of the sea born monsters.

Renters' Insurance can lessen the financial impact of fire, theft, and other disasters, as well as storms. Coverage amounts begin at about \$20,000. Even those who live on base should seriously consider renters' insurance. The government may, but is not required to compensate for loss. Further, the government will not pay if the claimant's negligence caused the loss, or if possession of items lost to theft was not considered reasonable under the circumstances. Any payout you receive from the government will generally be woefully insufficient to replace the destroyed items.

You will be paid depreciated value of the lost items, not replacement value. Any significant government claim will generally take significantly longer to process than insurance claims.

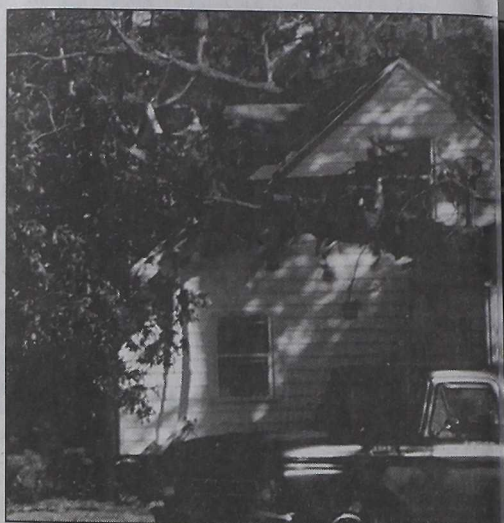
Take a good inventory of items, prepare a videotape, and keep receipts of more expensive items to help prove your claim, whether against the government or your insurer.

Landlords, not tenants, are responsible for repairing storm damage and clearing debris as a result of natural disasters (NC Gen Stat 42-43). If your rented premises is damaged or if trees or other debris has blown into your yard, notify the landlord or the landlord's agent immediately by phone and follow up in writing. If damage caused significant lessening of the value of the property; for example, if the air conditioning or plumbing were damaged, you may ask the landlord to reduce your rent until such time as repairs are made.

If the landlord agrees, get it in writing. If the landlord refuses, you can sue him in small claims court for a court order lessening future rents. You can also collect the difference between rent already paid and the lessened value of the premises.

A court ordered reduction in rent may be just the thing to inspire landlords to repair your rented residence in a timely manner.

North Carolina law (NC Gen Stat 42-12) provides that if the rental premises is damaged so severely that repairs will cost in excess of one year's rent, the tenant may terminate the lease without penalty. However, the tenant must pay rent up



A lack of insurance can make hurricanes even more devastating.

to the time of the damage and not intent to terminate in writing, within 30 days of destruction. This provision of the lease contains an agreement concerning the premises. Many of the local leases indicate that the lease may be terminated if the premises are uninhabitable for a period of thirty days.

Consumer Fraud It is a certainty that after a hurricane, home owners will look outside and see significant repairs to their homes and have a virtual certainty that at least some homes will descend on Jacksonville like vultures to look for:

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-The contract fails to completely describe the work that is to be done or the price, especially wary of contracts in which the seller provides an estimate that is to be completed immediately.

-The seller tells you not to worry about the price because the insurance company will pay.

If the President declares a national emergency, you may be eligible for loans or grants administered by the Federal Emergency Management Agency. FEMA provides grants to help repair damaged property for personal or business purposes for those unable to afford the loans. FEMA can be delayed and may compensate only a portion of the loss.



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The Gas Appliance Manufacturers Association is offering a free video, "Hidden Hazards In Your Home," narrated by "Rescue 911's" William Shatner; a Marvel "Daredevil" comic book and a Home Activity Guide with warning stickers which can be placed on flammable liquids. For any or all of these, call 1-800-GAMA-811.

For information on safe and effective medicine use, ask your pharmacist or contact the Public Information Division of the American Society of Health System Pharmacists, 7272 Wisconsin



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spotlight on health

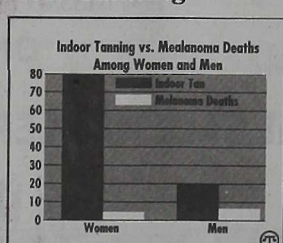
New Research Contradicts Myths Surrounding Indoor Tanning

(NAPS)—Although some researchers have wondered if indoor tanning is a major culprit in the increase in melanoma, a type of skin cancer, recent findings by the renowned Centers for Disease Prevention and Control (CDC) in Atlanta may prove them wrong. The CDC completed a multi-year study of the incidence of melanoma among various demographic groups which was published in the agency's Weekly Report.

According to this study, the rate of deaths from melanoma was over twice as high for men than women. A national research study conducted by Wolff System Technology Corporation, the leading manufacturer of lamps for the indoor tanning industry, found that 80 percent of indoor tanners are women, making them four times more likely to indoor tan than men.

One would expect the rates in the CDC study to be higher among women than men, but the opposite is true. The incidence of melanoma was twice as high for men as for women, although women are four times as likely to tan indoors as men.

Also, the CDC study found that the majority of states with the highest death rates from melanoma are in the north where sun exposure is generally less intense. This seems to contradict a connection between the disease and exposure to ultraviolet light from the



sun. If repeated exposure to ultraviolet alone were a factor in the incidence of melanoma, one would expect a greater rate of the disease in southern states, where exposure to sunlight is much more frequent and intense.

These recent CDC findings seem to dispute theories which connect exposure to ultraviolet light indoors and outdoors with the increase in melanoma. Based on the CDC research, it would appear that indoor tanning alone may not be a risk factor for melanoma.

The CDC lists the risk factors for melanoma as a history of sunburn (particularly at an early age) or sun sensitivity, a tendency to freckle, lightly pigmented skin, blue eyes, blond or red hair, family or personal history of melanoma, and the presence of a large number of moles.

For more information about responsible indoor tanning, call 1-800-95-WOLFF.

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Facts from Experts To Protect Your Life, Your Health

Myths And Facts

(NAPS)—Here are some myths and facts about high blood pressure. Can you tell which is which?

1. Hypertension means that a person is tense or anxious. (a) True (b) False
2. There is nothing you can do to prevent high blood pressure. (a) True (b) False
3. If your mother or father has high blood pressure, you'll definitely get it. (a) True (b) False
4. Young adults don't get high blood pressure. (a) True (b) False
5. High blood pressure usually has no symptoms. (a) True (b) False
6. Stress can cause high blood pressure. (a) True (b) False
7. All hypertension medications are the same. (a) True (b) False
8. Only your physician can prescribe what's right for you. (a) True (b) False

Answers

1. (b) False. Hypertension is another word for high blood pressure. 2. (b) False. High blood pressure can be prevented by maintaining proper weight; becoming physically active; limiting your salt and sodium use; and if you drink alcohol beverages, do so in moderation. 3. (b) False. You are more likely to get high blood pressure if it runs in your family, but that doesn't mean you will definitely get it. 4. (b) False. About 15 percent of those ages 18 to 39 are among the 50 million Americans with high blood pressure. 5. (a) True. High



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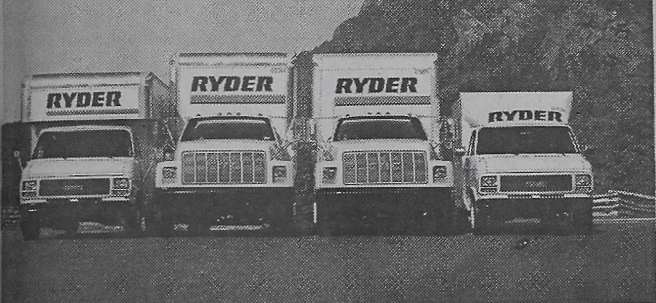
blood pressure symptoms. 6. (b) make blood pressure usually only to False. Even with prices may vary drug to treat by Altace® (ramipril) ACE inhibitor, than most other even though it by class. 8. (a) True about which medication you needs to be doctor. However, opportunity to alternatives.

Further information obtained from a video or pharmacist of information at Desk Reference insert for the product.

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The most certain sign of wisdom is continual cheerfulness. Her
 state is like that of things in the regions above the moon, always
 clear and serene.

—Montaigne

This Week In

MWR

JUNE

FRI	SAT	SUN	MON	TUE	WED	THU
20	21	22	23	24	25	26

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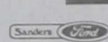
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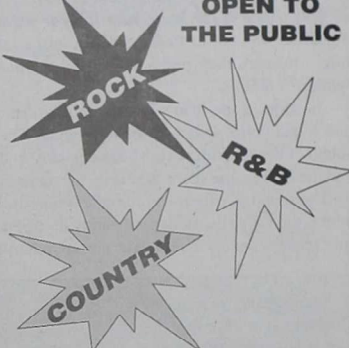
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By air, land or sea...

India 3/6 sharpens skills during helo

Cpl. Chris Irvine
Globe staff

An American ship was trapped in a narrow water way by an enemy ground force. Three CH-53 Super Stallion and four CH-46 Sea Knight helicopters, guarded by two AH-1 Cobras, loaded with Marines came swooping into Landing Zone Falcon, June 13.

"We had a scenario where we had to go in and destroy an objective and, at the same time, create a diversion. We did this so the civilian ship could get out of the New River. The only way we could do this was to create some mayhem and chaos somewhere else," said 1st Sgt. Joseph W. Iles, India Company, 3rd Battalion, 6th Marine Regiment.

According to Iles, creating chaos is something that they have to be ready to do at any time while the battalion is deployed with the 24th Marine Expeditionary Unit. It can be a very dangerous assignment. As a result, they spend numerous hours putting their skills to the test prior to their six-month deployment.

"We go into the objective, wherever it may be. We hit the objective and then we get out of dodge," Iles said.

With a total of 156 Marines on this particular raid, their objective was not to rush headlong into a large enemy force. Instead, they practiced hitting the enemy at its weakest point.

As soon as the helo's landed the Marines rushed out and found concealment in the high grass. The thumping sound of the departing helo's faded quickly in the distance and the LZ became silent. Suddenly the raiders attacked.

The sound of rifle and automatic weapons fire echoed across the LZ as the raiders closed with the enemy. They tore into the enemy's defensive perimeter amid the chat-

tering sound of crew-served weapons and rifle fire. According to Iles, that kind of teamwork was the product of long hours of work.

"For the last three months we practiced basically the same thing over and over. It's like a rehearsal," he said.

The raid force quickly overcame the enemies defensive positions and soon had taken enemy prisoners of war. Randomly selected Marines were told to lie down and act as casualties by observers as they watched the attack progress. According to Iles, this was done to simulate loss of personnel during an attack.

"You can't prepare anyone completely for the real thing. That's because careful planning typically goes out the window when you hit the deck. In my company I'm trying to prepare my Marines by getting them to think for themselves," Iles said.

The company departs in late September as Battalion Landing Team 3/6's helicopter assault company. While they do not deploy for some time, the company does not have much time to train some of the junior Marines before they head into dangerous waters.

"I've got 180 Marines and I've got 11 NCOs. That means that I depend heavily on my lance corporals. They are holding all of the NCO and squad leader billets. At times we've even had lance corporals as platoon sergeants. They're doing a great job and they're showing that they have the desire to do it," Iles said.

The company is preparing to take part in the 24th MEU's exercises to become Special Operations Capable (SOC) over the next few months. Iles said that his Marines will be ready for the test.

"There are two things that we never do. We never hit the deck unprepared and we never leave Marines behind. I know that we'll be ready to go," he said.



Cpl. Chris Irvine

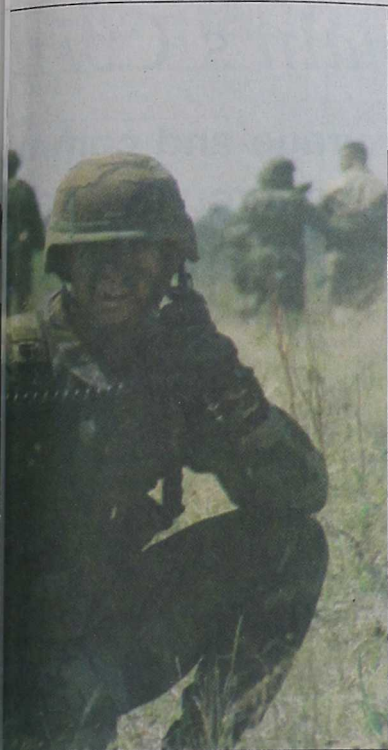
Marines dash out of a smoke screen to secure the perimeter and guard against enemy counter-attack.



Marines must cover one another when searching prisoners for weapons and intelligence.



With the attack completed enemy prisoners of war are searched carefully for booby-traps and valuable intelligence information.



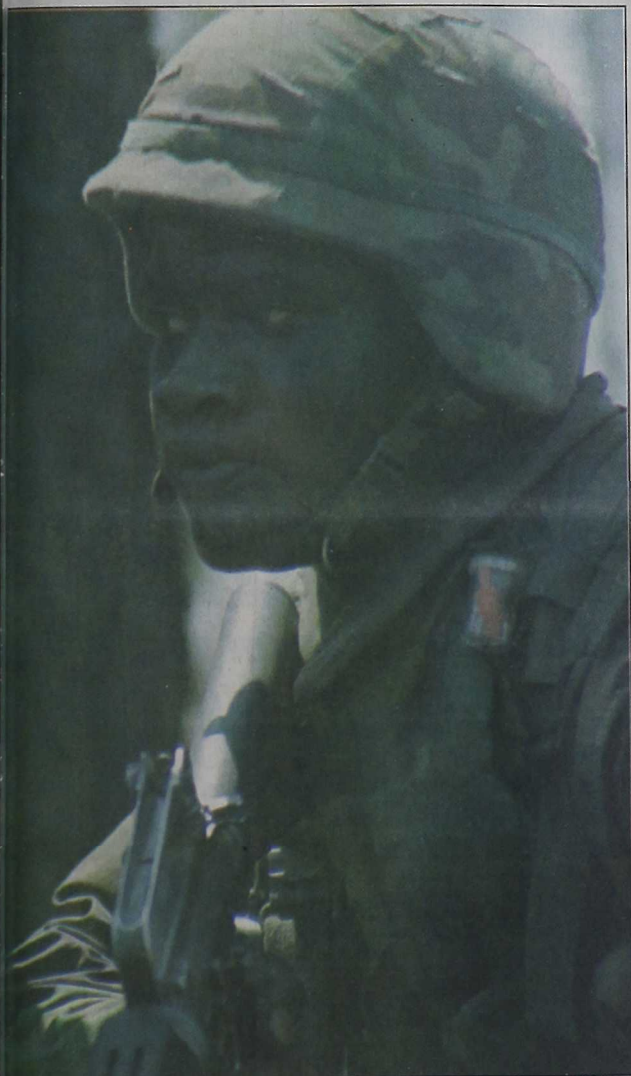
Cpl. Chris Irvine

updates and a constantly changing situation
one to be on the radio during the entire helo



Cpl. Chris Irvine

The final stages of the attack are directed by the platoon commander as India Co. searches for hidden enemy positions.



Cpl. Chris Irvine

intense during the attack and are prepared for any challenge that they may



Cpl. Chris Irvine

Marines scramble for the waiting helo at the end of the raid. Extraction can be one of the most difficult and dangerous aspects of the operation.



Cpl. Chris Irvine

er their comrades as they prepare to evacuate the landing zone after their
aid,



Cpl. Chris Irvine

India Co., 3rd Bn. Marines search their first prisoner shortly after storming the tree line and successfully breaching the enemies defense perimeter.

Chapel Schedule

ROMAN CATHOLIC

Sunday Masses	
St. Francis Xavier Chapel	8:30 & 11:30 a.m.
Tarawa Terrace Chapel	8:30 a.m.
Camp Geiger Chapel	11 a.m.
Courthouse Bay Chapel	9:30 a.m.
Naval Hospital Chapel	10 a.m.
MCAS New River Chapel	9:30 a.m.
Brig	8 a.m.
Weekday Masses (Mon-Fri)	
St. Francis Xavier Chapel	11:45 a.m.
Naval Hospital Chapel	6:30 a.m.
Camp Geiger Chapel	11:30 a.m.
MCAS New River Chapel	11:45 a.m.
Saturday Masses	
St. Francis Xavier Chapel	5 p.m.
Holy Day Masses	
St. Francis Xavier Chapel	11:45 a.m. and 5 p.m.
MCAS New River Chapel	11:45 a.m. and 7 p.m.
Baptism Class	
Wednesday before third Sunday at St. Francis Xavier Chapel	5 p.m.
Confessions	
Saturday at St. Francis Xavier Chapel or contact unit chaplain	4 p.m.

JEWISH

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

LATTER DAY SAINTS (MORMON)

Scripture study Tuesdays	7 p.m.
Call Chaplain Vance at	ext. 3210
Sunday Services call Bishop Scott	353-1714

PROTESTANT

Sunday Worship	
Base Chapel, Contemporary Worship	9 a.m.
Base Chapel, Worship Service	10:30 a.m.
Camp Johnson Chapel	9 a.m.
French Creek 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.
Courthouse Bay Chapel	11 a.m.
Brig	9 a.m.
Midway Park Theater	11 a.m.
Sunday School	
Tarawa Terrace	9:30 a.m.
Base Chapel (Brewster Middle School)	9 a.m.
Brig	7 a.m.
Midweek Devotional Service	
Naval Hospital Chapel (Thursdays)	11:30 a.m.

SEVENTH DAY ADVENTIST

Phone Contact	451-5100
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EASTERN ORTHODOX

Camp Johnson Chapel, Divine Liturgy	10:30 a.m.
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ISLAM (MUSLIM JUMAH)

Base Chapel Annex Bldg. 16 (Fridays)	11:30 a.m.
Brig Chapel	1 p.m.

CHRISTIAN SCIENCE

if interested call Everett Sharp	(919) 636-8744
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Chaplain's Corner

Honor, courage and comm can be found through God's

Lt. James W. Asher,
CHC USNR

I can remember growing up during the Vietnam War. As my brother and I entered high school my dad told us very clearly, "If either one of you run off to Canada to avoid military service like some other people are doing, don't ever bother to return." He told us this even though he is not a veteran. Well, Vietnam ended one year before my brother finished high school, and two years before I finished.

My father wanted to instill within me the courage to face difficult tasks; and to be committed to the country in which I lived. But he also wanted me to possess the honor needed to bear the responsibilities of being a citizen of this great country.

My father, through his words, which might have appeared harsh, taught me honor, courage and commitment. But these core values are instilled only in those who are able to see well beyond themselves. Let me illustrate.

The Jewish people were slated for extermination because of the evil desire of a man named Haman. Esther bore the unfortunate task of asking the king to save her people. However, she had not been called to see the king for 30

days. If she were to add without being summoned, extending his golden scepter would be killed. Thus, she possible death if she did go.

Her cousin Mordecai to who knows whether you tained royalty for su this?" (Esther 4:14) G Esther where he wanted tainly, as we see throug rest of the story, he co with her. It was beca that Jewish people stil

It is very easy to reg are and what we have takes honor, courage, ment to stay where do what needs to b this is done only a yond ourselves.

Of course, as beyond ourselves that God can sible. Even can come ou ation as we

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Judaism and Jewish Resources Web site

<http://shamash.org/trb/judaism.html>

- This website has over 400 links, including all major Jewish, Hebrew, and Israeli resources on the World Wide Web. Visit this site to go on a virtual tour of Israel, to do research on Jewish subjects, to learn about Jewish culture and worship and much more.
- Submit your own favorite religious non-profit sites for review on "the WORD on the web" by email to: kmcusick@usa.net or by snail mail to: MCITL, PO Box 41, Swansboro, NC 28584-0041.

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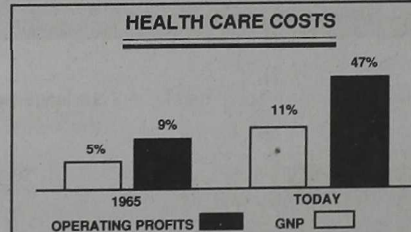
1135 Lejeune Blvd.

Healthy Improvements Needed In Health Care Costs

About one in three Americans has either inadequate health care coverage or none at all. Meanwhile, health care costs keep soaring. Americans pay, on average, more for health care than do people in any other industrialized country.

The experts at the AFL-CIO have come up with ways to help workers, their employers and the government deal with this grave problem. It calls for the passage of national legislation dealing with the issues of cost, access and quality based on ten principles:

- 1. Universality:** Through federal legislation, health care can be a right for all Americans regardless of age, sex, race, health status, employment or income.
- 2. Accountability:** Assume that the program is administered by an independent entity. Let labor, management, consumers and the health care community help develop and implement a national program.
- 3. Affordability and Accessibility:** Services should be affordable and out-of-pocket charges should not limit access.
- 4. Comprehensive:** The program should include ways to deal with long-term and chronic health conditions.
- 5. Equitable and Progressive Financing:** Employers should contribute to the cost of health



In 1965, health care cost five percent of gross national product and cost companies about nine percent of operating profits. Now, it takes over 11 percent of GNP and 47 percent of profits.

care for employees, including part-time workers and their dependents. Employee contributions should be linked with ability to pay. Federal and state revenues should be used, too.

6. Fairness: The unemployed, the poor and their dependents should have affordable access to health care.

7. Portability: All Americans, regardless of where they live, should have access to the same package of benefits.

8. Cost Containment: Rising health care costs should be contained for all payors. Guidelines can prohibit physicians and other providers from charging more than they are paid under the program. Paper work and red tape in the system should be reduced and health care information systems developed to provide consumers and

providers adequate data on the cost and quality of health care services.

9. Quality Assurance: Mechanisms to encourage high quality service and an equitable and cost-effective system for handling medical malpractice. Better coordinate existing medical research and commit the resources necessary for the nation's health care objectives.

10. Public/Private Administration: Establish national standards for the program at the federal level. Funds should be available for buying affordable, community-rated coverage administered through insurers or other third parties.

You can let your legislators know what you think of these ideas by writing them at the U.S. Senate, Washington, D.C. 20510 and the House of Representatives, Washington, D.C. 20515.

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id Anderson was surrounded by a swarm formation and ready to be kicked, punched and choked by one they fell under his grasp. He was lucky, this was not a real fight at the Advanced Infantry School's Close Combat Instructor at the School of Infantry where the oldest form of combat in the world is taught.

Donald Donvito, course chief in the system in 1977 and wrote the Force Manual (FMFM-0-7), a foundation of the system. The Marine didn't adopt the standardized system, also known as the Linear Engagement (LINE) system. Since then Donvito's goal has been to teach students to consistently get the job done.

Students learn the fundamentals of close combat, including target areas of the body, body stance, falling and rolling, striking and blocking skills, choke holds. With all this training, students are expected to consistently get the job done.

Of course, the concept is that the training is for a close combat encounter, the purpose of the course is to prepare a Marine to enter personal combat as a warrior spirit.

Close combat encounters occur in the field where joint manipulation, choking and ripping techniques are involved. Each in a safe and efficient manner. Injuries have occurred in the nine

years Donvito has been officially teaching the course. In that time more than 189,000 students have come out intact and armed with the hand-to-hand combat knowledge. Training is not good and should be stopped if it's consistently injuring Marines, according to Donvito.

Technique is the key to keeping students safe without sacrificing speed and intensity. As soon as they arrive to the course students are given material on the course. They learn everything there is to know about LINE fighting.

Though safe, the course still teaches a violent and aggressive form of combat to Marines who may not be accustomed to it.

"Many of the kids coming in the Corps today do not come from an extremely violent background, yet we expect them to do well in an extremely violent situation," Donvito said.

The course gives them the necessary aggressive spirit they, as Marines, will need under stressful, violent scenarios.

The course was specifically designed for 2d Marine Division units, but is open to anyone from any job specialty or unit. It's non gender specific.

In the past two months six female Marines have attended and passed the course. All Marines are basic riflemen, and part of being a Marine rifleman is being a warrior willing and able to kill the enemy when the situation rises, according to Donvito.

"We're not making warriors here," he said.

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Sgt. J. J. Rodriguez

Sergeant David Anderson, a student from 2d LAR Bn., encounters difficulty when trying to break from his fellow student's choke hold.



Sgt. J. J. Rodriguez

When in tight spots, students are taught to hit vital areas on the body.

just repel the attack, but also demonstrate how to demolish the attackers.

That's why the LINE shouldn't be confused with martial arts, according to Donvito. Martial arts is primarily a self-defense technique designed to repel the attack using punches and kicks, with no intention of continuing once the attack has stopped. The LINE on the other hand, is the opposite. It is designed to bring the enemy within grappling range and destroy him he said.

Graduates become certified instructors who will take this information back to their units and teach other Marines close combat.

Their Marine's skills will be determined on the amount of time the unit's commander allows, but, even a little time a day can develop a warrior spirit within every Marine.

"Our definition of courage is to do the right thing for the right reasons in the right way... [confronting] another human being if needed, eyeball to eyeball, is most difficult," Donvito said.

The course frequently has quotas open to anyone who is interested. For information on how to enroll contact MSgt. Donvito, chief instructor at 451-5655.

Dealing with stress in the Corps

Arturo Prioletta
Marine Corps

INGTON — Learning to deal with stress can make a difference in how you tackle different situations and what success you achieve. Some of the stress management techniques are nutrition, physical fitness, spirituality, family, communication, simplicity, and setting and achieving goals.

Donvito found out you have orders to Okinawa. Your job is to tell you that your 7-year-old has the measles. It's payday, but you have to work on no-pay-day.

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morning and one in the afternoon. Do something relaxing before going to bed to help you unwind. Don't lie in bed "zooming" about the day's activities, says Howard. To quit your "obsessive ruminating," concentrate on a single word, excluding other thoughts as they intrude, and practice progressive relaxation or meditation.

You become what you eat

The dietary strategy to combat stress is to eat balanced meals with less fat, salt, sugar, and cholesterol, while increasing the amount of roughage, according to Howard. The best source of vitamins is food. But it doesn't hurt to take a multi-vitamin and mineral supplements.

Exercise your way to health

Being in good physical shape enables you to better withstand the stress you encounter. Exercise uplifts your spirits, helps control your weight, tones your muscles, and reduces risk of heart trouble, according to medical studies. Howard says that walking is the best exercise to restore physical and mental health. Additionally, being in shape will guarantee that you'll get a good Physical Fitness Test score.

Accept yourself and set goals

Be less critical of yourself and realize that the outcomes of your work are, to a large extent, dependent on the "system." When you are feeling anxious, upset, or experience a setback, give yourself the "I'm on your side" encouragement of a nurturing parent, says Howard. However, she warns to watch out for blaming others and "the system."

Be realistic about responsibilities

Self-confidence stems in part from goals you adopt. These should be your own goals, not someone else's dreams. Set realistic goals for your career and personal life, even if it means reevaluating them every once in a while.

While the right amount of stress can be a personal source of energy and creativity, too much of it can be detrimental to your physical and psychological well-being, on your interpersonal relationships, and, in turn, on your performance as a Marine or Sailor.

In the worst cases, people have taken their own lives because they were trapped in a situation they felt had no other resolution.

Suicide is the ultimate adaptive response to stress, according to Lt. Col. Donald Sheehan, supervisory special agent at the FBI's Behavioral Science Unit in Quantico, Va.

Everyone experiences stress. Simply put, it is a fact of modern-day life, and it won't go away. The key is knowing where to go for help when you feel its heavy grip getting the best of you.

For those who are feeling a great deal of stress, the first step can be discussing problems with their section leader. Other people and organizations that provide help are the Family Service Center, Navy-Marine Corps Relief Society, or chaplain.

Auto Shop drives to expand

Sgt. Bruce J. Melville
Globe staff

Are you tired of waiting in lines and paying higher prices for others to work on your vehicle? If so the Morale, Welfare and Recreation department has good news just around the corner — a brand new Auto Hobby Shop.

Ground has been broke and construction is well on its way for the new auto hobby shop being built off Main Service road. The new facility is scheduled to be open in October.

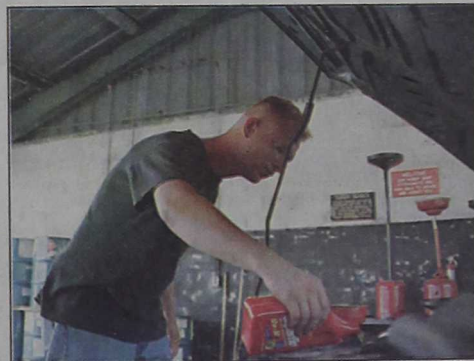
The current facility located on Ash Street has been serving Marines for years. There, Marines can perform a myriad of vehicle maintenance procedures, from oil changes to replacing brakes.

Although this facility has been sufficient for completing basic maintenance procedures, the new facility promises to be an auto repair shop for the 21st century.

Some tasks Marines will be able to perform include entire engine and computer diagnostic checks, air condition service, radiator flushing, transmission flushing, fuel injection cleaning and the ability to mount, balance and repair tires.

Some additional facilities the new shop will house include showering amenities and a retail store that will sell items ranging from refreshments to spark plugs.

Another promising aspect will be the significant increase in square feet that will alleviate many space problems.



Sgt. Bruce J. Melville

Corporal Edward Murray, Bravo Company, Headquarters Support Battalion, Marine Corps Base, takes the time to service his vehicle at the Auto Hobby Shop.



Sgt. Bruce J. Melville

Corporal Jeff Galle, MP Company, 1st Force Service Support Group, replaces CB antennas.

"There will be six more stalls and two more lifts in the new shop which will allow us to serve more Marines much faster than we have been able to in the past," said Jim Coleman, assistant manager.

Perhaps the most exciting part of the future facility is the technological improvements that will be in place when the new shop opens. Through the addition of a fully functional engine machine shop, Marines will have access to all tools and machinery necessary to completely rebuild engines.

The future construction will also be home to the state-of-the-art "Mitchell-on-Demand" computer program that holds vehicle repair manuals on CD-ROM disks. This "user-friendly" program will save patrons a great deal of time that was previously spent searching through thick manuals.

Many patrons of the old facility are eagerly anticipating the future site. "I think the new shop will be great with the more advanced equipment," said Petty Officer 2nd Class Edwin Pamintuan. "I think the extra bays will also help on the weekends because sometimes it's packed."

Even though the new auto hobby shop will offer 21st century tools and services, Marines won't be paying as much as they would to have their vehicle repaired in town, primarily because the Marines will do their own labor. Some estimate the savings they will find versus businesses in town to be 50 percent or more.

Escape from Laos leads to Marine Corps

LCpl. Victoria Newman
Okinawa Public Affairs Office

MARINE CORPS BASE, CAMP S.D. BUTLER, Okinawa, Japan — As patrols scanned the river dividing Thailand and Laos for any movement, an 11-year-old boy and his older brother tried desperately to remain concealed before they attempted to cross the current.

This was the beginning of a dangerous journey to escape the communist rule which threatened to engulf their lives. To the young boy, it was an exciting game, but his brother understood the seriousness of their situation. Their final destination was freedom — otherwise known as America.

"My uncle was rather influential with the government. We used one of his planes to get to the capital, Vientiane. The city was near the river, and that's where we had to cross to escape from Laos," said 1st Lt. Soutsanaso Ounkham, officer-in-charge of the Northern Training Area, Okinawa, Japan.

Ounkham's friendly, smiling face is welcoming, and his calm manner puts people at ease. His voice is soft and subtle, but his words seem carefully chosen and precise. "I immigrated to Orlando, Fla., in 1977 with my brother when I was 11. We were going to join my sister who had left Laos one year earlier," said Ounkham.

"My mother was planning to escape from Laos later, after she had taken care of her aunt who was very old," he said. Ounkham's mother stayed in Laos with her aunt, but became ill and unable to travel. She passed away without ever escaping to the promised land. Ounkham visited her in 1991 — his only visit to Laos since he left the country as a boy.

While Ounkham was in Florida, living with his sister, he graduated from high school and then attended the University of Florida, in Gainesville. He soon realized, however, that he needed a greater challenge than what college offered. "I became bored. I wanted a challenge, so I enlisted in the

Marine Corps in 1986. In 1989, as a sergeant, I was accepted for the Marine Enlisted Commissioning Education Program and attended the Citadel," said Ounkham. He was commissioned in 1991.

Ounkham's life has been one of constant travel; from his immigration to America, to deployments and vacations. "I've been on a lot of deployments and have seen many different cultures," said Ounkham.

Ounkham also speaks four different languages: Thai, Laotian, French, and English. "To speak only one language in my family would make you an outsider, you would be lost," smiled Ounkham.

"Before Laos became communist, my family would go to Europe for the summers. Also, one of my brothers lives in France. Laos is landlocked, so we used to go to Thailand to go to the beach," said Ounkham.

Although Ounkham has experienced many cultures during his personal travels and on deployments, he continues to hold a special place for his adopted country. "I think the U.S. is the greatest country in the world and it has the best society," said Ounkham.

"I would like to go back to visit Laos someday, but right now that's not possible," he reflected. "Before the fall of the government, Laos was a nice country. It was quiet and peaceful. When communism came, no one could go anywhere without a pass. Free travel wasn't possible and food was scarce. People either had to grow their own food, or rely on the government to provide it."

"The experience of living in Laos taught me a lot about life — tenacity and perseverance. It taught me the concept that anything I want, I have to work for — much like the Marine Corps," said Ounkham. "People in the Corps get rewarded by individual performance, and they have to work for it."

Ounkham doesn't think about his escape from Laos often, but the perilous journey he made years ago opened a door to opportunity and chance to become a Marine Corps officer.

EXPENSE from 1A

titlements that can only be authorized or adjusted by Congress, and to determine the extent of the economic impact on Marines and their families who are not stationed on or near a military installation, the Commandant agreed with a recommendation resulting from the symposium that the issue merited further study. He directed the Headquarters Marine Corps Quality of Life Working Group to form an Independent Duty Quality of Life Subcommittee to explore the issue in detail.

One of the main concerns voiced was the inability to shop at commissaries and exchanges. The Defense Commissary Agency designs its operations to reduce the cost of grocery items by 25 percent. The effective result, according to one argument, is that those unable to shop there take a reduction in pay equal to 25 percent of the Marine's grocery bill.

To tackle this issue — not just for Marines, but for any military member stationed away from a DoD installation — the Secretary of Defense established a stateide Cost of Living Allowance in 1995 to help compensate for food and other non-housing items in high-cost areas. Initially, COLA was authorized in those locations where the cost of living was nine percent above the national average. The COLA was increased slightly this year when the threshold was dropped to eight percent above the national average. Currently, COLA is authorized in 65 locations around the country.

Civilian housing costs were another area

of much discussion. While testifying in March before the House Appropriations Committee, Sergeant Major of the Marine Corps Lewis G. Lee noted the challenge of ensuring adequate housing for independent duty personnel. He said he views improvements to the Basic Allowance for Quarters and Variable Housing Allowance as key to resolving this problem. Along those lines, DoD has slated a new rate determination model to take effect in January 1998.

Meanwhile, the Installations and Logistics Department, HQMC, is exploring the use of "set aside" housing for Marines assigned to independent duty. Already used in some areas where on-base housing is limited or unavailable, set aside involves agreements with local landlords to provide housing at the BAQ/VHA rate and does not require special pay or additional cost to the government.

Another area being explored for independent duty Marines is an equivalent of on-base child care.

Many Marines who currently use on-base child care have up to half of the cost for child care subsidized by funds from the installation's operations and maintenance account.

Mrs. Sandra Evans, Child Development Program Coordinator in HQMC's Human Resources Division, said that it would "be impossible to try to run child care centers for one or two Marines spread out here and there. She also explained that, "It is illegal to provide money directly to Marines to subsidize child care in the civilian sector."

A possible solution, according to Evans, is currently being tested at certain Marine Corps installations. Child care providers in the civil-

ian communities undergo training from the Human Resources Division to provide care only to Marines. "If we have success, we may be able to implement independent duty," explained this may be a challenge with two or three Marines in an area it's impossible."

A workable solution for recreation expenses was already implemented. To reimburse Marines for exp parking fees, and other incident unique duty, the Marine Corps mand increased the standard penses from \$50 to \$75 per month.

If recruiters spend more than mate expenses, their commands authorize additional reimbursement.

The subcommittee could argue for an additional unit allowance. "Some duties have nance costs than others; Staff instructors, for example," the A proposal for a form of "Pay" was also judged invalid point. "Establishing an entitlement to Title 37 U.S. Code to be a joint initiative under tation and Budgeting subcommittee's report said.

The bottom line, according is that the Corps is doing eve power to care for its Marines tions already taken and initiati help accomplish that.

CAMBODIA from 1A

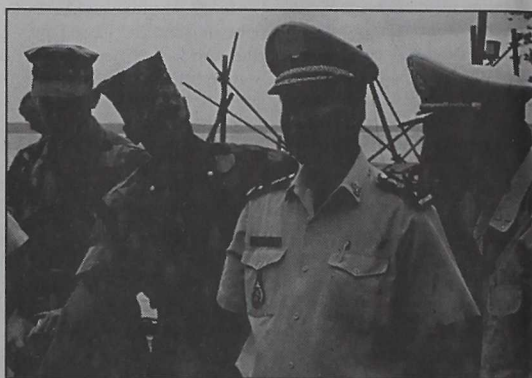
"Cambodia is a country that is in a state of rebuilding. They've come here to see how Marine Corps engineers build roads, bridges and what type of equipment they use," Marks said. The two-day visit was the second leg of a one week tour that first brought them to the Army Engineer School at Ft. Leonard Wood, Mo., where they saw training techniques.

"We have very limited resources and we want to see how to use what we have most effectively. We also want to see what we can purchase and how to train our people," Maj. Gen. Sophoan said.

Cambodia has become eligible for increased U.S. aid since the signing of the peace agreement. According to Marks, buying new construction equipment will most likely be on the top of the Cambodian government's agenda and the increased aid will help them acquire it.

"I think they have two bulldozers in the entire country. They need a massive influx of equipment and know-how to start repairing roads and bridges that have either been blasted during the civil war or have fallen into a state of disrepair," he said.

After the peace agreement was signed the country's various armies and guerrilla groups combined into one force. Cementing personal relationships was the first obstacle on the road to reconciliation and reconstruction. The three Cambodian officers had once been sworn enemies. After



Major Gen. Kem Sophoan and Brig. Gen. Kwam Seam, Royal Armed Forces, look as 8th ESB conducts bridging operations.

the war ended, they laid down their guns for plowshares, cement truck construction equipment.

"It's not an easy job considering the different backgrounds of the forces together now form the Royal Cambodian Armed Forces," Marks said.

Putting their differences aside, the officers are now leading the effort nation. "We have learned much here and we look forward to going back, putting learned into practice," Maj. Gen. Sophoan said.

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Engineers construct own leadership course



LCpl. Erik Suthrland Svihla

On one's belly was the only way through the night infiltration course.

LCpl. Erik Suthrland Svihla
Globe staff

"Move!" A squad of Marines races from its bunker, hurling themselves through debris and smoke, under a blaze of cover fire to reach their objective - an enemy bunker. As they arrive at the target, a section of the squad sets up area security, scanning the area for enemy fire.

The second section begins their task: to destroy the bunker. In seconds, they have strategically placed and activated a charge of TNT. With this completed, the call of "smoke!" is sounded, and the Marines rush for shelter. One minute and 30 seconds later, the charge detonates, with a deafening roar and sending a rumble through the earth. The bunker has been destroyed.

This wasn't an actual combat obstacle breaching for Marines attending 2d Combat Engineer Battalions' Squad Leaders course, but one that could be all too real in a combat environment. "Our mission at 2d CEB is to provide direct support to infantry battalions,

through landmine warfare, demolition, and field fortifications. We construct bunkers, mortar pits, and do anything from breaching minefields to destroying bridges," said GySgt. Bertrum Nickles, OIC of Engineer Training Area, 2d CEB.

The Marines who come to the squad leaders course are already well trained in these areas. They come not to learn the use of such weapons, but to develop the confidence and know-how to be able to move and control a CEB squad and, more importantly, be able to show their infantry commanders exactly how they can support them. Twelve Marines are selected from different companies to go through the course, which consists of three phases.

The first deals with patrolling and engineer reconnaissance. Much of the phase is simple infantry tactics that are given as refreshment to the troops, but are essential to the support of an infantry battalion, Nickles said.

The second phase moves the students on to landmine warfare and breaching. Here they learn to clear lanes through minefields, or through concertina wire and other obstacles.

Students also practice a large amount of mine recognition and detection.

The students will be evaluated on what they've learned when they reach second phase of the course. Up until this point, they will not be graded. After this is complete, the students move onto the third phase, which involves assault breaching.

The students go through a barrage of obstacles such as bunkers and minefields. Using a variety of explosives from C-4 and mines to TNT, the squad is required to properly overtake and dispose of each obstacle. This type of breaching is known as squad breaching.

Another type of breaching taught in this phase is mechanized breaching, in which the squad is tasked with actually immobilizing or destroying a mechanized vehicle, such as an Amphibious Assault Vehicle (AAV), or tanks.

The course is very demanding, ac-



LCpl. Erik

Students and instructors review the damage to a sand bag bunker charge of TNT. All that remains of the four-foot high bunker is a

According to Sgt. Charles B. Yannissi, course instructor, The first difficulty lies in the amount of time the students have to learn, since the course only lasts approximately 10 days. From the first patrolling and immediate action drills to the obstacle course, there is an enormous amount of information to be received.

"The students have reacted really well so far," Yannissi said. "Even though we're still only in the learning phase and not into practical field operations, they are showing a lot of effort and are applying it rather well."

All of this action in such a short period of time can be incredibly tiring, Nickles said. "These guys are exhausted. We have them up at crazy hours of the night, doing recon patrols and demo operations, and in addition to that, we put through tons of classroom education. They have to be able to communicate readily and be able to move their squad through whatever we hand them."

These communication skills and lead-

ership abilities are brought into the night infiltration course. To navigate their teams through concertina wire, booby traps, and obstacles such as water hazards.

The Marines must do this with only hand and arm signals in the pitch-black darkness.

The Marines handled the course with ease. Despite sniper fire and grenades which enveloped them in the darkness, they navigated in approximately half an hour. They were pleased with their performance, said Cpl. Margarito Sanson.

"The night infiltration course was a challenge. There was some disorientation, but we pulled through. I'm exhausted, but I can take back the knowledge I can take back."



LCpl. Erik Suthrland Svihla

A pointman for a squad attempts to initiate the detonation process of a mine during the assault breaching course.

Families ending active service can 'TAP' into a career resource

Sgt. Bruce L. Melville
Globe staff

Key preparations can ensure a smooth transition to civilian life for Marines approaching their end of active service.

In an effort to assist servicemembers with this transition, the Family Service Center's Career Resource Management Center (CRMC) provides a variety of workshops designed to provide Marines and their families with tools needed to adjust to civilian life and employment opportunities.

A vital part of the CRMC menu

is the Transition Assistance Program (TAP). Unlike the mandatory separations brief which focuses primarily on benefits as a result of service, the two-day TAP workshop provides a series of classes designed to make the sometimes difficult transition into the civilian job market successful.

Instruction includes personal skills appraisal, résumé creation, career decisions, applying for the right job, interviewing, networking and negotiations.

"It is recommended that all military members and their spouses attend the TAP workshop between 12

and 18 months prior to their departure, thus allowing an effective transition to take place," according to Edwin McClannan, TAP specialist.

There is also a pre-retirement TAP. Marines with 18-plus years of service should plan to attend the workshop, McClannan said. "Most servicemembers prob-

ably do not realize it takes between three and six months to secure suitable employment once they leave the service," said McClannan.

"Most servicemembers probably do not realize it takes between three and six months to secure suitable employment once they leave the service,"

-- Edwin McClannan

sance Battalion, feels the course has helped him in his upcoming transition. "I have learned so much

at this workshop that I didn't expect to, such as exactly what to put on résumés, unemployment benefits and how to interview successfully."

In addition to TAP, the CRMC offers a wide variety of workshops complementary to the TAP classes. The CRMC's computer resource lab and reference library have a fully-qualified staff to assist customers. Counselors are also available to assist individuals with résumés, cover letters and other subjects.

Only about 35 percent of eligible individuals currently attend TAP,

despite the fact that Order P1754.5 mandates to afford the attend TAP to all retirees.

"We've got a lot of people with trained instructors. These people are going to help our Marines," McClannan said.

Anyone interested in the TAP workshop can make reservations through the Family Service Center at 451-100/101, or can go to the Unit Transition Co-

Marines able to 'reach out and touch someone' while deployed

Navy Exchange provides better phone service on ships

Navy News Service

VIRGINIA BEACH, Va. — Deploying Sailors and Marines will find calling home a lot easier and cheaper in the future. The Navy Exchange Service Command just modified its license agreement with AT&T to extend phone service to all deployed ships.

This change to a 1995 license agreement reduces the calling rates on cruisers and destroyers — which encompass the bulk of the fleet — from almost \$6 a minute to \$1 per minute. No matter where the ship is, the calls will cost \$1 per minute.

"These telephones will be a big quality of life enhancement for afloat Sailors and Marines," said RADM Paul Soderberg, commander, NEXCOM. "On the ships that currently have phones installed, they have proven to be a huge morale booster. It's easy to understand why Sailors voted it the fourth most important morale program offered by the Navy."

USS Nimitz Battle Group and USS Peleliu Amphibious Readiness Group will be the first groups to receive the phone service under the new agreement. Plans call for all Navy ships to have phone service within the next five years.

"Our primary purpose will be to put phones on all deploying ships first, as that's where the greatest need is," said Charles Vaughan, director, NEXCOM's Ship Store Program. "However, if we see an opportunity to provide service to a group of ships at a competitive rate, we would certainly review it with the fleet. Bringing the Sailor the technology that enables him or her ... to contact the folks back home is one of the most rewarding projects that we are involved in."

Servicemembers, families able to stay in touch via USO-grams

Sgt. J. J. Rodriguez
Globe staff

Marines and Sailors aboard ship may keep in touch without the long wait commonly associated with normal mail routes by using the United Services Organization's "USO-grams."

The program works by way of electronic mail messages. It came into effect in 1994 when the USO entered into a partnership with Advanced Communications Systems Inc. (ACSI).

Since then USO-grams have played an important role for many Marines who are separated from their families by providing a quick, confidential and inexpensive mean of communication.

More than 250 ships have the system. The charge to send the message is \$3. Family members can send up to 3,500 characters, or approximately one typed page.

Marines and Sailors may receive a message between 24 to 96 hours, at which time they may send a message back for the same charge.

"This is an alternative to regular mail," said Barbara Somdahl, Jacksonville USO executive secretary.

Some ships have low-cost telephone services. However, those services only supply limited capabilities for communication when underway.

When a person pays to use the program they receive a computer disk that walks them through the process. It's relatively easy but Somdahl likes to assist first time users here to make sure no mistakes are made. The disk may also be taken home by those with an internet provider that will allow them to send the message out.

For more information about the message program contact the Jacksonville USO at 455-3411.

U.S. says 'yes' to the new NATO members

Linda Kozaryn
American Forces Press Service

BRUSSELS — The United States supports inviting Poland, Hungary and the Czech Republic to join NATO. Defense Secretary William Cohen discussed the U.S. stance at a NATO press conference here shortly after President Clinton announced the U.S. policy decision in Washington June 12.

NATO is slated to announce which countries will be invited to become member candidates at a summit in Madrid July 8 and 9.

NATO Secretary General Javier Solana said the American policy decision will bear heavy weight among the 16 allies. NATO allies are currently debating whether to limit new members to three or go up to as many as five. Romania and Slovenia are also leading contenders for membership.

White House officials said Romania and Slovenia have made great progress toward membership but need more time to prepare for the obligations of membership. Cohen said Clinton reached his decision after extensive discussion with advisers, allies, candidate countries and members of Congress.

Poland, Hungary and the Czech Republic "have demonstrated the necessary level of progress on military, political, economic and social reform to be suitable invitees," Cohen said. "We looked at the accession process to ensure that as they become members they take the steps necessary to enable them to make a full contribution to meeting the tasks and obligations of the alliance."

The United States favors a small number of candidates because membership carries heavy obligations for both new and old members, Cohen said.

"The prudent course is to defer invitations where the countries are on the right path, but need more time." Limiting initial invitations reduces the problems and cost of assimilating new members into NATO operations, he said.

"A small initial group underscores that we are going to be additional rounds," he took into consideration the view that it was a decision, there ought to be a strong unity in its support. Therefore, it's right to wait for the cases where there's strong unity of others for later action."

U.S. officials say there should be a decision by the alliance at Madrid to open membership rounds relatively early. Cohen said the administration also seeks the alliance's "political commitment" to keeping members continuing dialogue focused on membership.

The United States explicitly opposed any European democracy from membership on the basis of geography, Cohen said. A continuous alliance review of other nations toward membership.

NATO should encourage other member nations to accelerate and enhance membership for Peace activities and interaction with NATO to ensure they are on the same path, Cohen said. This will improve their cooperation in the future.

Cohen said he plans to play an active role with ministers of countries that are NATO. "We intend to work very closely to reassure them this is not a one-shot deal. The door is not closed. We are open when they qualify."

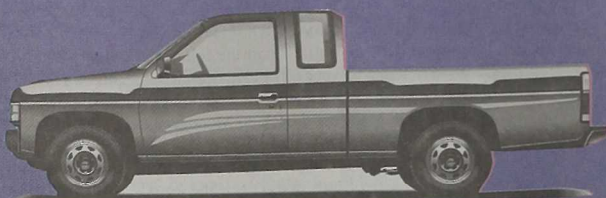
He said NATO expansion and partnership with Russia are major steps toward a U.S. Secretary of State George Mitchell's vision of a peaceful, democratic Europe.

"Marshall saw a free and democratic Europe stretching from the Atlantic to the Ural mountains blurred that vision, and now seeing the completion of his plan," Cohen said.

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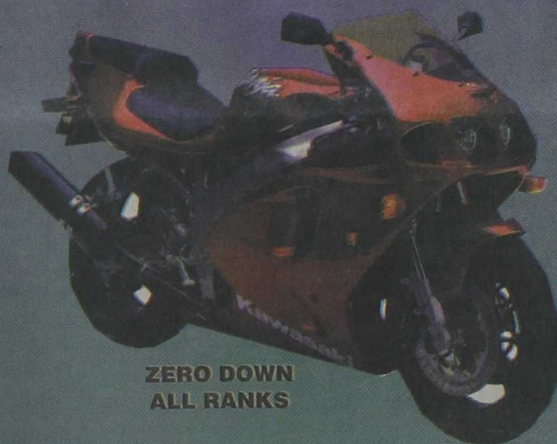
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Traffic judge: Careless driving doesn't make sense

Lt. Col. John J. McDermott
Traffic Court

Base Order P5560.2K provides 25 violation codes for which base driving privileges may be revoked, the three most common violations are:

a. Code 001: Operating a vehicle while under suspension or revocation of driving privileges;

b. Codes 004/013: Driving While Intoxicated (DWI) /Driving Under the Influence (DUI); and,

c. Code 048: Failure To Appear as Cited.

The majority of people in Traffic Court, cited for Driving While Suspended/Revoked by a State, have landed in that status for failure to either pay a fine for a traffic ticket, or failed to appear in a State traffic court. It's irresponsibility, and will earn you a two-year revocation of base privileges. For those already suspended or revoked on base, it's disobedience of an order: I revoke you indefinitely, plus send a letter to your commanding officer recommending legal action.

The DWIs and DUIs are cut-and-dry: You lose base privileges for either six months (DUI)

or one year (DWI or refusal to provide breath sample). You're also going to attend the Remedial Driving Course on a Saturday morning, then report back to me to show proof of attendance. Fail to do either, and I add another six months revocation to the end of your original period.

Think that's bad news? It gets worse: In accordance with current laws, all DWIs are reported to North Carolina which, in-turn, is required to report it to the state which issued your driver's license. Your license is then suspended or revoked by BOTH states, which means you can't legally drive off base, either.

It still gets worse: You're going to have to pay a reinstatement fee to both states, as well as any other penalty/fines. Most times it takes the state four to six months to notify you, and they usually begin their suspension/revocation at that time, so add some time to the end of the revocation I awarded.

It gets even worse: Your issuing state is required to report it to your insurance company. If they don't cancel your coverage, your premiums will more-than-triple for three years.

Finally, the violation that causes the most revocations is "Failure to Appear." Here's the

one that really doesn't make sense. Most frequent scenarios:

a. A person gets a ticket for not wearing a seat belt, a three-point violation. All they have to do is show up in Traffic Court, get the points at the counter and scoot back to work. Know what happens if they don't show up? I award the three points, then add a violation of code 048 and revoke their privileges for six months.

b. For a DWI/DUI, accumulation of points, or some other reason, I assign you to a class at Remedial Driving Course (RDC), and tell you to report back to Traffic Court the following Monday, show us your certificate from RDC, and you can scoot back to work. You don't go to RDC, or don't report back on Monday, it's six months of walkin' time!

Think that's bad news? It again gets worse: The revokee frequently doesn't get "the word" about being revoked, then gets stopped again. This time you're charged with Code 001 and I add two years to your revoke period. Make sense to you? For failing to appear in court for a lousy three points, you're now revoked for 30 months, and I send a letter to your commanding officer recommending legal action because you can't obey orders!

Traffic court

Editor's Note: The following suspension/revocation results were provided by the Traffic Court.

Lance Cpl. Porras, G. N., II MEF, has a six-month suspension for DUI.

Private Keninger, R. L., 2d Maint Bn., has a six-month suspension for an expired inspection sticker, no registration and speeding.

Captain Manning, J. A., MCB, has a one-year suspension for DUI.

Lance Cpl. Nixon, C. R., HQ Bn., has a suspension for two years and one month for driving while on state/base suspension and having no insurance.

Private First Class Jones, H. E., 2d Tank Bn., has a six-month suspension for DUI.

Lance Cpl. Chapin, J. U., 3rd Bn., 2d Marines, has a one-year suspension for refusing to submit to a chemical test.

Lance Cpl. Olgesby, G. W., 2d Maint Bn., has a six-month suspension for no inspection sticker and no registration.

Lance Cpl. Hollar, C., 8th Motor Transport Bn., has a suspension for one year and six months for fraudulent use of a base sticker and no insurance.

Corporal Jones, T., 8th

Bn., has a six-month suspension for use of a base decal, no inspection, and no inspection sticker.

Corporal Rendahl, A. I., 1st Port Bn., has a seven-month suspension on a state/base suspension.

Lance Cpl. Bennett, A., has a two-year suspension for base suspension.

Lance Cpl. Hicks, R., has an indefinite suspension for base suspension and a failure to appear.

Private First Class Jones, H. E., 2d Tank Bn., has a suspension for fraudulent use of a base sticker.

Lance Cpl. Reed, C. M., has a six-month suspension for violating.

Lance Cpl. Thorton, R., has a six-month suspension for base suspension and a failure to appear.

Lance Cpl. Whitt, R., has a six-month suspension for base suspension and a failure to appear.

Lance Cpl. Johnson, has a suspension for two years for driving on a state/base suspension and a failure to appear.

I believe I can fly



Contributed by the Tarawa Terrace Modern Dance/Modeling Class
The Tarawa Terrace Modern Dance/Modeling Class and The New Attitude Kids under the direction of Gigi Mitchell presented their end of year recital "Gotta Dance" at the Delalio Elementary School, at Marine Corps Air Station New River. This was her last recital as she follows her husband, who retired, to Jacksonville, Fla. Gigi dedicated countless hours to make sure the kids not only learned to dance, but also learned about caring and sharing. At the end of the recital, Gigi dedicated the song I Believe I Can Fly to the kids and presented trophies to each student.

TRICARE rates change Plan affects dental coverage

AURORA, Colo. (NSA) — The contractor, United Contract Services, Inc., in Aurora, Colo., has announced that the TRICARE Active-duty Family Member Dental Plan will increase Aug. 1.

The rate for a single enrollment will go up from the present \$7.19 per month to \$7.64. A family enrollment that now costs \$17.97 per month will be \$19.09.

Active-duty servicemembers will see the premium increase reflected in their July Leave and Earnings Statement.

Families who are signed up for the plan by their military sponsors on or after July 1 will be enrolled at the new rate.

The scheduled premium increases were proposed by the present contractor, United Contract Services, Inc., in Aurora, Colo., the co-



Courts-martial

Editor's note: The following courts-martial were provided by the Legal Services Support Section and conducted during the period from June 2-9.

Private C. L. Coleman, 2d Supply Bn., was convicted at a special court-martial of a violation of two (2) violations of Article 112a (Wrongfully use marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 75 days, and forfeiture \$600.00 for (3) months.

Private First Class Kevin L. Swain, 2d Maint Bn., was convicted at a special court-martial of a violation of Article 112a (Wrongfully use cocaine). He was sentenced to a Bad Conduct Discharge, confinement for 30 days, forfeiture of \$350.00 for (1) month, and reduction to pay grade E-1.

Private Donald N. Charleston, 8th Comm Bn., was convicted at a special court-martial of a violation of Article 112a (Wrongfully use marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 30 days, and forfeiture of \$600.00 for (1) month.

Private Antuan M. Moore, H&S Bn., 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 120 days, and forfeiture of \$600.00 for (4) months.

Private Jose M. Santana, School of Infantry, was convicted at a special court-martial of a violation of Article 81 (Conspire to commit larceny), a violation of Article 86 (Unauthorized Absence), a violation of Article 107 (False official statement), and three violations of Article 121 (Steal checks). He was sentenced to a Bad Conduct Discharge, confinement for 150 days, fine of \$3,000.00 to U.S. Government, and additional confinement of 30 days if fine is not paid when ordered executed.

Lance Cpl. Matthew L. Suite, 2d ANGLICO, was convicted at a special court-martial of a violation of Article 92 (Dereliction of duty) and a violation of Article 112a

(Wrongfully use marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 30 days, and reduction to pay grade E-1.

Private First Class James C. Hedlund, 5th Bn., 10th Marines, was convicted at a special court-martial of a violation of Article 91 (Disrespect to a noncommissioned officer). He was sentenced to 60 days confinement, forfeiture of \$400.00 for (2) months, and reduction to E-1.

Private Corey L. Carter, 1st Bn., 10th Marines, was convicted at a general court of a violation of Article 86 (Unauthorized Absence), a violation of Article 87 (Missing movement), and two (2) violations of Article 123a (Bad Checks). He was sentenced to a Bad Conduct Discharge, confinement 18 months, forfeiture of all pay and allowances, a fine of \$5,000.00, and an additional (6) months confinement if not paid on time.

Corporal John C. Luopa, 8th Comm Bn., was convicted at a special court-martial of a violation of Article 112a (Wrongfully use marijuana). He was sentenced to confinement for 30 days, forfeiture of \$600.00 for (3) months, reduction to pay grade E-2, restriction for 30 days, and 30 days hard labor without confinement.

Lance Cpl. Torrie L. King, 2d Tank Bn., was convicted at a special court-martial of a violation of Article 86 (Unauthorized Absence). He was sentenced to a confinement for Bad Conduct Discharge, confinement for 60 days, forfeiture of \$600.00 for (2) months, and reduction to pay grade E-1.

Lance Cpl. Christopher M. Cook, 3d Bn., 10th Marines, was convicted at a special court-martial of a violation of Article 86 (Unauthorized Absence). He was sentenced to a Bad Conduct Discharge, confinement for 90 days, reduction to pay grade E-1.

Lance Cpl. Phillip A. Mahan, 2d Marines, was convicted at a special court-martial of three (3) violations of Article 86 (Unauthorized Absence), and a violation of Article 112a (Unauthorized Absence). He was

sentenced to a Bad Conduct Discharge, confinement for 120 days, forfeiture of \$600.00 for (4) months, and reduction to E-1.

Lance Cpl. Fermin R. Domingo III, 2d Bn., 8th Marines, was convicted at a special court-martial of a violation of Article 121 (Larceny). He was sentenced to restriction for 30 days, hard labor without confinement of 30 days, and reduction to pay grade E-2.

Corporal B.L. Cook, 8th ESB, was convicted at a special court-martial of a violation of Article 112a (Wrongfully use cocaine). He was sentenced to reduction to E-3, and hard labor for 60 days.

Lance Cpl. Garrett D. Smith, 2d Bn., 8th Marines, was convicted at a special court-martial of a violation of Article 91 (Disobedience). He was sentenced to confinement for 90 days, forfeiture of \$600.00 for (3) months, and reduction to pay grade E-1.

Lance Cpl. Schon D. Johnston, 2d Bn., 2d Marines, 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 54 days, forfeiture of \$600.00 for (1) month, and reduction to pay grade E-1.

Private First Class James P. Collins, 2d CEB, was convicted at a special court-martial of a violation of Article 112a (Wrongfully uses marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 60 days, forfeiture of \$600.00 for (3) months, and reduction to pay grade E-1.

Private First Class C. Maxwell III, 8th Comm Bn., was convicted at a special court-martial of a violation of Article 112a (Wrongfully use marijuana). He was sentenced to confinement for 30 days, forfeiture of \$300.00 for (1) month, and reduction to pay grade E-1.

Lance Cpl. Robert D. McCraw, 8th ESB, was convicted at a special court-martial of a violation of Article 86 (Unauthorized Absence). He was sentenced to a Bad

22 MEU from 1A

combined" operational arena.

Three waves of raiding craft pound through the heavy surf as two, 35-horsepower engines propel them through the waves, speeding them closer to the beach. Operating under a blanket of darkness, Charlie Co. has the advantage.

Within the next 48 hours, U.S. Marines will play an integral part in the exercise. As Charlie Co. moves forward to disable a coastal defense site, Bravo Co. moves inland via amphibious assault vehicles to provide security for citizens who have asked for safe evacuation. The non-combatants are caught in the middle of a power struggle between fighting factions, and may lose their lives if they stay. They ask for help.

Establishing an evacuation control center to expedite the process of moving non-combatants is the mission of Marine Service Support Group-22. Two CH-46E helicopters from Marine Medium Helicopter Squadron-261 lift the ECC team over the mountainous terrain, landing near an abandoned farmhouse where they soon meet people in need of assistance. The evacuees will be searched, registered, and temporarily moved to the USS Ponce to avoid any conflict.

Throughout the exercise Marines worked side-by-side with their Spanish counterparts. "We had a company of Spanish Marines and a Spanish reconnaissance platoon attached to us during the exercise," said Maj. David

Fuquea, executive officer of the 22nd MEU. "They are just like us, they have the same language, the same culture, the same skills, and knowledge are similar."

The flexibility of the 22nd MEU was amply displayed in its first deployment as the U.S. Navy's 6th Fleet. The exercise conduct prepare them for any contingency operation that may arise.



Aircraft from Marine Helicopter Squadron 261 on the flatpad of USS Ponce.



A CH-46E Sea Knight sits in a field. The aircraft provided transport for the exercise.

SPORTS

Serving expeditionary forces in readiness

Camp Lejeune, N.C.

Cherry: a three stage event

two hours, nine minutes and 11 seconds, edging Wilson by 11 seconds. Phyllis Mason rounded out the top three women coming in at 2:18:02.

Jacqueline Wilson fought a mental and maxed within sight of the finish line at June 14. Ghert was able to slide past Wilson three-part ordeal with a sizzling time of

The grueling course began behind 2d Force Service Support Group headquarters when the 140 participants dove into New River for a 1.5K (just under one mile) swim, followed by a 40K (24.8 miles) bike race and finished with a 10K (6.2-mile) run. It was designed to push competitors to their limits, according to Terri Hort, event coordinator.

Ghert, who fought Wilson for the woman's category in the closest match-up of the day, said the race was far more competitive than she had expected.

"I usually push way ahead on the swim and hold them off on the bike. I came in from the swim to the transition area and saw one woman [Wilson] already there. We ran the run pretty much back and forth, so it was a pretty good race. That doesn't happen often in a triathlon," Ghert said.

Ghert led Wilson through the bike leg but Wilson picked up the pace.

"The toughest part was getting passed on the run about half way through and

See TRIATHLON/2B

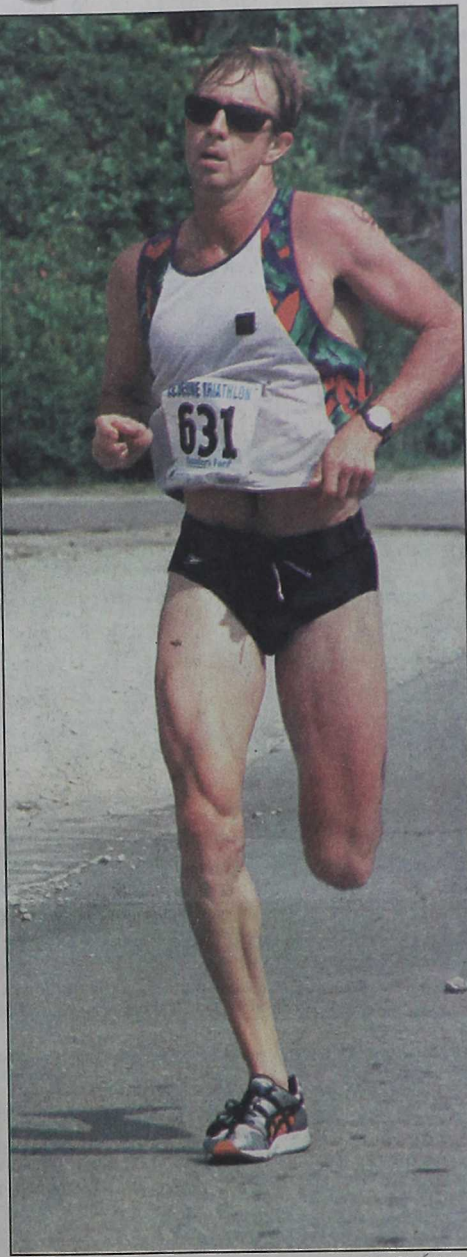


Cpl. Chris Irvine

the last few yards after swimming almost a mile.



Cpl. Chris Irvine



Cpl. Chris Irvine

Overall winner Dawson Cherry heads for the line.

From the Sidelines

OFF THE TOP ROPE

Cpl. Kristofer E. Holly
Globe staff

My favorite television programs were cartoons and wrestling growing up. I couldn't sit still for the family shows like Leave it to Beaver, Little House on the Prairie or even the Brady Bunch. I got tired of the episodes that always taught something at the end. I can get that everyday in life.

Cartoons and wrestling have at least three things in common: they have different characters in every show and you never know when something, or someone, was going to pop out of nowhere; you can frequently find feuds between characters that lead to slap-stick entertainment; and they are both fake.

Many people complain that wrestling is just a bunch of acting. We all know that they're not really hitting each other and that's really fake blood coming out of their eye sockets. I don't really see why people complain — we go see the blockbuster movie where people act, don't really hit each other and have fake blood coming out of their eye sockets. It's a matter of entertainment.

There are currently three wrestling programs on the air: The World Wrestling Federation, World Championship Wrestling and Extreme Championship Wrestling. Each has its own rules and characters that give it their special zing-in-the-ring.

I remember watching Jimmy "Superfly" Snuka leap close to 15 feet in the air off of Andre the Giant's shoulders when they were tag team partners. The Junkyard Dog wore a huge steel chain around his neck, which I believed started the fad of chains being worn. "Mr. Wonderful" Paul Orndorff's trademark pile-driver was always a sight to see. George "The Animal" Steele eating the turnbuckle after every match was worth staying up for. And of course, who can forget Ravishing Ric Rude's post-victory kisses to selected female members in the audience after a match.

Of course I was younger back then.

See SIDELINES/2B

Post 265 gets the ball rolling

Sgt. Lance M. Bacon
Globe staff

When Jacksonville's Post 265 leveled Winter Park 17 - 7 Monday night, there was no key play to clinch the game; no significant hit or catch that turned the tide. Instead, it was the team's ability to "gel" that paved the way to victory.

For the past two years, Post 265 relied on the heart of key players to lead them into the playoffs. This year, however, the team's roster boasts a who's who of Onslow's prime players. The key was simply in finding the right groove, according to coach Larry Coffman.

"The majority of the county's league leaders are out here playing ball," he said. "We have a considerable amount of talent, and we showed what we can do with that talent tonight."

To obtain and continue that success, Coffman said the team had to overcome two main obstacles. First, they had to pull together as a team though they had been

competitors all year long. Second, American Legion ball is sometimes an unexpected challenge players, especially those from smaller 1A and 2A schools, have to meet.

"A lot of our players from [Camp] Lejeune and Dixon are not used to seeing a 4A-level pitcher and a complete lineup of 4A-level batters every night, and none of our players are used to playing nine innings since the high schools only play seven," Coffman said. "Still, the players have made a smooth transition. It shows on the field, and I hope they take that valuable experience back to their respective high schools."

That growth was apparent in the field and at the plate Monday night. The defense was able to dodge two bases-loaded innings with minimal damage. When Winter Park finally timed Richlands' fast-baller Brad Westberry in the top of the third, they

See POST 265/3B



Sgt. Lance M. Bacon

third baseman comes up showing the ball, ally was able to slide in safely.

Semper Challenge



Sgt. Bruce J. Melville

Fifty-four was the number to beat in the Dips competition.

Sgt. Bruce J. Melville
Globe staff

Marines have long been renowned for their ability to overcome challenges. They did it once again on June 13 at the Main Exchange. The Semper Fit aerobics instructors broke out their equipment to challenge Marines to a push-ups, sit-ups and dips contest.

This contest was conducted in conjunction with the 1997 Wellness Watch program that highlights a different challenge or demonstration one Friday every month. "Our goal is to provide education on overall health, fitness, wellness and to promote programs offered through the fitness branch," said Terri Hort, aerobics instructor and personal trainer.

See CHALLENGE/2B

5 FACTS ON THE MARINE CORPS MARATHON

CORPS BASE, Quantico, Va. — The Marine Corps Marathon will take place Sunday, Nov. 9. Whether you intend to run the sidelines, or tune in on television, here are a few interesting facts on one of the marathons in the country.

Last year, 43 percent of the runners were first-time marathoners.

— The MCM is traditionally the fourth largest marathon in the country behind the Honolulu, New York City, and Los Angeles Marathons.

— "The Ultimate Guide to Marathons" rated the MCM the third best marathon overall, above

the three larger marathons.

— The MCM is the largest marathon not to offer prize money and is, therefore, aptly referred to as "The People's Marathon."

— In 1995, the MCM was the 15th largest road race in the country, an incredible accomplishment considering that list includes distances of 5K and

See MARATHON/2B



HORSE SHOW

The Carolina Classic Horseman's Association sanctioned horse show will be held at the base stables June 21. The show starts at 9 a.m. Competition will be held for the western, hunt seat, Arab/Morgan/American saddle bred, and games division. Awards will be given for the 1st-6th place winners in each division. Entry fee per class is \$6. For more information, call 451-2238/1315.

HOLYFIELD VS TYSON

The Sound and The Fury, Holyfield vs. Tyson II will be presented by MWR at the Field House on June 28, doors open at 7:30 p.m. Come on down and see these two heavyweights battle it out for the WBA Heavyweight Championship. Fight will be shown on a 10' x 12' screen. For more information, call 451-3535.

FUN IN THE SUN

Summer Camps has some exciting camps for your teen or pre-teen this summer. The Second Annual Shooting Stars Basketball Camp is scheduled June 23 to run -27, registration will end on June 23. For more information call 451-2179/2710.

HUNTER'S SAFETY

Hunters safety classes are being offered the last two Saturdays in June, July and August. The class is required for all hunters who have not previously held a license. For more information call Dutch Vierow at 451-0184 or 346-8990.

SWIM COACH

The Camp Lejeune Swim Team is looking for a new head coach to start in mid-July. This team is the only U.S. competitive youth swim team in Onslow County. Practice is held Monday thru Friday 4:30-7:00 at Area 5 pool. For more information call 355-0792 or 577-8910, or stop by the Base Library June 25 at 7:00 p.m. with a resume of past experience.

HORSE RIDING CAMP

Register now for Summer Riding Camps at the Base Stables. In each class, riders will learn the correct way to ride, general horse care and basic first aid for horses. Beginner camps, ages 6 and up, will meet 7-11 July and 21-25 July. Intermediate Camps, ages 6 and up, will meet 14-18 July and 28 July-1 August. All classes are held daily at 8 a.m.-1 p.m. Classes are \$150 per week, per child. Call 451-2238/1315 for more information.

SWIMMERS

The Camp Lejeune Swim Team is looking for swimmers age five and up, who are interested in learning competitive swimming. The team practices at Area 5 pool, Mon-Fri. Training is conducted by a fully-qualified coach and tailored to individual skill level. Open to active duty military, dependents and civilians. Come check it out. Call 577-8910 or 355-0797 for more information.

FOOTBALL OFFICIALS

Football teams from youth to high school are in need of football officials for the upcoming season. Experience is not necessary, but preferred. Training is available for those in need. For more information, call Wayne Bender at 346-8883.

ATTENTION GOLFERS

There will be a Flag Tournament July 5. This is an Individual Handicap Event. Register at the Golf Course Pro Shop. For more info call 451-1445.

Fast and furious

The need for speed

Sgt. J. J. Rodriguez
Globe staff

The sound of powerful racing engines, the smell of burning tire rubber, a genuine need for speed, and not to mention \$1,000 in prize money draw Marine drag racing enthusiasts down Highway 258 to Coastal Plains Dragway every Friday for Street Legal Racing.

"I come here to see how the improvements I made to my car have enhanced its performance," said David Patterson a Camp Lejeune Marine. "It has become my hobby."

For Patterson and many Marines who race, the dragway is also a way to meet and mingle with people who long for the excitement they get from pushing their vehicles to the limit.

The point of Street Legal Racing is not only to get the fastest time, but to have good reaction or consistent times. Steve Taylor of Raleigh proved this by winning the \$1,000 prize with his Chevrolet Cavalier.

People go to CPD from all around North Carolina, so it's no surprise to find Marines involved in the action. These leathernecks have a sincere fascination in their cars. There they find an alliance with other car and speed fanatics having a good time.

The 15-year-old drag strip provides a place for servicemembers and civilians alike to let go of their inhibitions and set themselves free in a cloud of tire smoke. Their hearts beat faster than their tires spin on the half-inch of burnt rubber on the drag strip. Their eyes burn brighter than the Christmas tree (racing light) as it changes to green.



Sgt. J.J. Rodriguez

Motorcycle owners come to Coastal Plains Dragway to "open up" their bikes and race.

There are no "smokeys" around this area. They won't get a ticket here when they decide to let a lead foot empower their soul. They don't race to prove anything to anybody, and some don't worry too much about winning. They go there to have fun and have a good time drag racing.

For \$25, drag racers can run the strip for the night. They begin showing up at around

6:30 p.m. They make last-minute preparations and have their cars inspected by John Mills, CPD vehicle inspector who makes sure the vehicle is street legal and assigns it a racing number.

Spectators join the fun for \$6 per adult. Children under 12 years old can experience the excitement for free.

Racing to beat the clock is more self-satisfaction, but it is not always the situation faced on the drag strip. At times people will settle scores on the quarter mile stretch. Grudge matches prove who's who, and which car is the fastest.

See **HOT ROD/3B**



Sgt. J.J. Rodriguez

A racer warms up his tires for better traction before lining up at the light.

TRIATHLON from 1B

not feeling so good at the time. I didn't think that I was going to be able to pass her again," Ghert said.

Watching Wilson slowly push ahead of her caused Ghert to doubt herself. She fought herself mentally and got back into the frame of mind needed to win the race.

As the two closed on the finish line, time and distance began to work against Ghert. If she was going to make her move it had to be soon. Ghert used her four years of triathlon experience to pull every trick she had out of the bag against a very tough Wilson.

"At the end there was a little-up slope and I accelerated and I passed her. I don't know where it came from but I'm glad it was there. I used the strategy of when you pass someone you speed up so it looks like you're flying when you pass them," Ghert said.

Dawson Cherry also burned up the course and was the first to crossing the finish line with a time of 1:59:28. He kept his blistering pace despite the sweltering heat and humidity that made the 80-degree weather feel more like mid-90s. John Royal was the second place finisher with a time of 2:02:10 and Camp Lejeune's Tom Berry followed seconds 34 behind.

Cherry said that the condition of the course was a major factor in the better than average times of the competitors.

"It's a great course and it was very well organized. I didn't have any trouble finding the course markers and there was plenty of water. Cooperation from the or-

ganizers was fantastic and I want to thank everybody that made it possible," he said.

Douglas Rockett won the men's Over 40 Masters category, rocketing over the finish line at 2:04:02.

Ginger Pharr took the over female's Over 40 Masters category cranking out a time of 2:23:08 to beat Lisa Hanna's second place time of 2:35:05.

The triathlon is one race of the Grand Prix Series. For more information on upcoming events call Mike Merrian at 451-1799 or the fitness center at 451-5430.



Cpl. Chris Irvine

Michelle Ghert holds for the win.



Sgt. Bruce J. Melville

PFC Khalil Vandepool enjoyed the competition while Krista Giday made sure he played by the rules.

CHALLENGE from 1B

It didn't take long for the competition to get heated up as Marines began to realize they could walk away with a plaque if they won.

As these motivated Marines were facing the challenge, there were many onlookers cheering them on to their maximum sets. The contest allowed Marines to attempt maximum sets of push-ups, sit-ups and dips in a time period of one minute per exercise with a one minute rest between exercises. Participants were allowed to try all events for the overall competition or could also pick a single event if they so desired.

The competition was stiff and even



Sgt. Bruce J. Melville

Krista Giday holds on.

ended up in a tie in the sit-ups event. Although every participant in the competition did well, only five were able to walk away claiming victory. The winners were as follows:

Push-ups: Cpl. Dave DePalma 97
Sit-ups: Melinda O'Quinn 57 (tie)
Sit-ups: Cpl. McCutcheon 57 (tie)
Dips: LCpl. Andrew Tampasis 54
Overall: Lcpl. Josh McVoy 97,55,32

The next event will be a spinning demonstration on July 18. For more information contact the fitness branch at 451-5430.

WEEKLY SPORTS

25 June 97

0730 - Intramural Golf, Red Team - DisBo vs 2d AA Bn/B Co, FSSG/ISMO vs "B" Co, MCB; 8th ESBn vs 6th Reg; and 2d RAD Bn "B" vs 2d Maint Bn "B" - Green Team - Finman School, MCSSS vs 10th Mar; 2d Maint Bn "A" vs Base Log; FSSG, Comm vs 2d RAD Bn "A"; and NavHosp "B" vs Hq Bn, 2d Mar Div

1300 - Intramural Golf, White Team - Paradise Point Golf Course - 2d LAR "A" vs 8th Comm "B"; 2d Recon vs 2d CEB; Brig Co, MCB vs FMSS; and 2d Supply Bn "A" vs MCES "B" - Blue Team - 8th Comm Bn, 2d SRIG "A" vs MarForLant, Compt; Base Telephone vs 2d LAR "B"; Hq Svc Bn, 2d FSSG vs 2d Supply Bn "B"; and MWR vs Compt Dept, MCB

1700-2000 - Powerhouse Club Competition - French Creek, Area 3,

Camp Geiger, and Courthouse Bay Fitness Centers

26 June 97

1800 - Senior League Basketball - Goettge Memorial Field House - Show Stoppers vs Den Bn

1900 - Senior League Basketball - Goettge Memorial Field House - 2/10 vs SRIG

2000 - Senior League Basketball - Goettge Memorial Field House - LAR Bn vs New River

AEROBIC CLASSES

Mon-Thu 1815-1915 - Classic Combo, Bldg 524

Mon, Wed, Fri 0600-0700 - Early Bird Aerobics, Bldg 524

0900-1000 - Cardio Step, TT Comm Center

0930-1045 - High and Low Combo, Bldg 524

1130-1230 - Water Running, Area 2 Pool

1700-1800 - Cardio Step, TT Comm Center

Mon-Fri

1130-1230 - Cardio Pump, Active Duty, Bldg 524

1200-1220 - Belly Burner-Area 5 Gym

1700-1800 - Low Impact Pump, Bldg 524

Tue, Thu

0900-1000 - Power Walk, TT C. C. and Midway

1130-1215 - All Body Cycling, French Creek F

Sat 0930-1030 - Anything Goes, Bldg 524

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y in the fifth, giving up a two-run
an Jason Kessler and a solo shot to
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an a banker's purse.
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aseman Joey Donnelly was his usual
ard, sucking up every hot shot that
er fielder Jason Bertles of Lejeune
e outfield, which cut off four would-
allowed none by way of error. Rich-
Richins delivered at short, filling the po-
we.
defensively was catcher Buddy Bean,
and final year of Legion ball. The
batted .387 his senior year, led the
seven and tied for first in RBIs with
y led to a full athletic scholarship at
University in Greensboro, but make
—his focus is currently on Post 265

adopted the role as team leader on the
my good catcher will do," Bean said.
much as I can. That's how I learned,
from these guys and the coaches every
time to leave I'll miss playing with
second family. For now, though, I'm
re it to the playoffs. We're starting to
ave ourselves."
But wh
momentum has carried over to the bats,
enter Park put three pitchers on the
ld stop Jacksonville's attack. Every
Post 265 sent to the plate scored at
RBIs and six smacked extra bases.
Anmil Rucker showed off the wheels
lead-off position, beating out infield
vo bags and scoring thrice. Addition-
RBIs including a three-run triple over
id in the eighth.
Kellerman put three RBIs and a double
Martin nailed a two-run double and
Harvey launched a two-run shot that
centary "blip" on New River's radar.
tters who were really in a slump com-
Coffman said. "Solid fundamentals
picture and the result was some fired
ys fall into place, it's just a matter of
w well you capitalize.
offs is certainly not out of the ques-
will be more difficult since the state
n moved into our league, but as long
t the level we're capable of playing at,
the league we can't beat."
arsaw tonight at 7:30 on White Oak
ball field.



Sgt. J.J. Rodriguez

There are no inhibitions on the dragway.



Sgt. J.J. Rodriguez

Some of the most experienced drivers and some of the most serious power monsters dominated the quarter mile.

HOT ROD from 2B

"It's different when you go against somebody, your clutch foot starts shaking and the adrenaline starts pumping," said John Bertin, a Marine mechanic from Camp Johnson.

Bertin and Patterson both have sports cars, but that is not a requirement to drag race. Some bring their day to day vehicle, for example: Yugos, station wagons and four-cylinder pickup trucks. They drive all night up and down the quarter-mile stretch. Any car, van, truck or station wagon is allowed as long as it's street legal with no significant modifications. The only exception is that they may use racing slicks.

The course is also perfect for motorcycles. Bikers can redline their two-wheeled rockets to their heart's content with no alienation from motorists. Bikers bring their stock and modified bikes and push them to the limit.

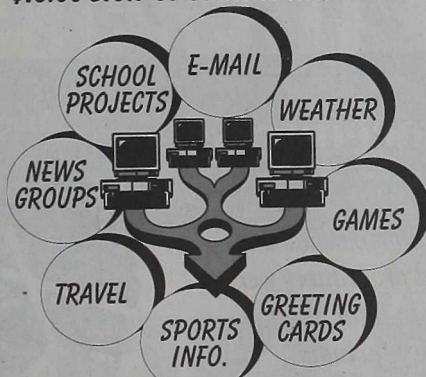
Fridays and Tuesdays are a perfect time for beginners to join in the fun, according to Don Klinworth, CPD employee. Saturdays however, losers go home. This is the day when the big boys of drag racing make their appearance and unless you have serious horse power under the hood, you shouldn't let your tires touch asphalt. The purse for these races can be up to \$5,000, said Bob Pittman, CPD coordinator.

For information on future events and how to enter the exciting world of drag racing contact Coastal Plains Dragway at (910) 347-2200.



Sgt. J.J. Rodriguez

John Mills inspects and numbers John Bertins 1979 Z28 Camaro.

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—Christian Morgenstern

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Eglin AFB, Fla.

Recreational Adult Women's Softball League

Standings as of June 12

W-L

Sho-Nuf	11-1
Horseplay	8-4
Xtreme	7-4
Untouchables	7-4
Black Widows	4-6
Thunder	2-9
SPEC	0-11

GAMES PLAYED ON JUNE 12

HORSEPLAY BEAT BLACKWIDOWS 21-2 • THUNDER BEAT
SPEC 26-3 • SHO-NUF BEAT XTREME 22-2

ALL GAMES WILL BE PLAYED AT THE FIELD HOUSE

OVER 30 BASKETBALL
LEAGUE

TEAMS	W	L	LATEST GAME
• NEW RIVER	6	2	lost vs DEN BN 52-59
• DEN BN	6	2	won vs 2/10 59-48
• 2/10	6	3	lost vs DEN BN 48-59
• 2d LAR BN	5	4	lost vs 2D SRIG 70-72
• 2D SRIG	4	4	won vs 2D LAR 72-70
• NAVY HOSPITAL	4	5	won vs S. STOP. 64-47
• SHOW STOPPERS	0	9	lost vs N. HOSP. 47-64

NEXT WEEK

Tuesday June 24

6 p.m. 2/10 vs NAVY HOSP.

7 p.m. SUP BN vs DEN BN

8 p.m. NEW RIVER vs 2D SRIG

Thursday June 26

S. STOPPERS vs DEN BN

2/10 vs 2D SRIG.

SUP BN vs NEW RIVER

TOP OF THE LEAGUE

BLUE LEAGUE
8th Comm "A" 38½

RED LEAGUE
B Co., MCB 34½

WHITE LEAGUE
Brig Co., MCB 33½

GREEN
2d Maint Bn "A" 31

Intramural Golf

standings as of June 17

Red League	Avg.	Green League	Avg.
B. Co., MCB	34½	2d Maint Bn "A"	31
8th ESNB	31½	FSSG Comm	30½
2d Maint Bn "B"	22	Navy Hospital "B"	29
2d Rad Bn "B"	21½	10th Mar	25
MCES "A"	18	Fin. Man. Sch. MCSSS	23
FSSG/ISMO	14½	HQBN 2d Mar Div	22
2d AA Bn/BC	11½	Base Logistics	21
Disbo	9	2d Rad Bn "A"	10
6th Reg	5½		
Blue League	Avg.	White League	Avg.
8th Comm "A"	38½	Brig Co., MCB	33½
Base Telephone	32½	2d CEB	25½
Comp Dept, MCB	32	2d Supply Bn "A"	23
2d LAR "B"	26	MCES "B"	16½
2d Supply Bn "B"	25	FMSS	16½
HQ SVS BN	18	2d Recon Bn	16½
Marforlant Compt	17	2d LAR "A"	12½
MWR	3		

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HINTS FOR HOMEOWNERS

Unfinished Furniture: A Versatile Option

(NAPS)—Acquiring truly unique furnishings can be more fun and cost a lot less money than you might think.

All it takes is a little creativity and some unfinished furniture.

Few people realize how easy—and satisfying—it is to make a piece of furniture truly unique by using such techniques as staining, texturizing, ragging, sponging, combing and antiquing.

So why settle for a cabinet or chair that anyone could have when you could own one that's unique? These tips from the Unfinished Furniture Association can help you decide which way to decorate:

• **What's your style?** Do you prefer a definite style, such as Colonial, or an eclectic blend of things you like? Unfinished furniture is available in a wide variety of styles, ranging from Shaker to Mission to Country French.

• **What's Your Finish?** You can paint furniture brightly for maximum contrast in a modern decor or subtly antique it to coordinate with family heirlooms. Techniques such as ragging and sponging are simple ways to add interesting texture.

• **Is Natural Your Favorite Look?** Unfinished furniture is usually so beautifully made that it can seem a shame to cover it up. Since unfinished furniture was carefully crafted with quality woods such as aspen, oak, maple and pine with their own distinctive grain, a clear finish may be all it takes to bring out the natural beauty of the wood.

With unfinished furniture you



Unfinished furniture is available in a wide variety of styles, ranging from Shaker to Mission to Country French. It can also be finished in a variety of ways.

can decide what you want to do after you see the piece of furniture in the room where you want to keep it.

• **Will You Finish It Yourself?** Stores will advise you on how to pick the best products. They know which stains work best on certain woods and can walk you step by step through the finishing process so you can achieve the results you want with a minimum of effort. If you decide you love the furniture but don't want to do it yourself, some stores will finish pieces for you.

October is National Unfinished Furniture Month, an ideal time to visit an unfinished furniture store.

Free brochures

Three free brochures are available, *Tips On Buying Wood Furniture*, *Tips On Choosing Wood For Furniture* and *Tips On Finishing Wood Furniture*. For more information, call 1-800-487-8321.

Patient Procedures

American Heart
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In 1994 almost 4.7 million cardiac and vascular surgeries and procedures were done in U.S. hospitals to fight heart disease and stroke. They include:

- Diagnostic Cardiac Catheterization 1,122,000
- Bypass Surgery 501,000
- Angioplasty 428,000
- Pacemaker Insertion 139,000
- Endarterectomy 108,000

©1996, American Heart Association



Closing The Gender Gap



(NAPS)—As the gender gap blurs, women and men are sneaking into their mates' closets more often than anyone suspects. Why go shopping when "sharing" can prove just as successful? Women and men enjoy a good bargain when anything they both use "fits." Some women prefer the traditional examples (an oversized workshirt worn with leggings), and others are expanding to include men's underwear (no, not the tidy whites). Here are some tried and true examples with new twists.

• In The Closet

Men's boxers have a variety of unexpected uses. Whether they're Joe Boxer or Hanes, a woman can pair them with a t-shirt for pajamas, wear them over her tights for aerobics, or as a bottom cover-up on the beach. He can use that same white t-shirt under his dress shirts and borrow her extra large

run-around shirts for his casual wear. Additionally, his men's shirt "works" with her business wardrobe—tucked into slacks or a skirt and he can always layer it with her oversized t-shirts. However, clothes "barely" encom-

pass the crossover trend.

• In The Medicine Cabinet

The closing of the gender gap has now entered the realm of skin and scent. Like perfume, skincare has taken on unisex traits—it's lighter and free of distinguishing floral scents. Men who used to shy away from girly "stuff" now regularly rob the medicine cabinet, reaching beyond the cosmetic lines created just for him. In the skin care department, clean-smelling Nivea has become skincare shareware.

As more men realize that dry flaky skin feels gross, fast-absorbing fragrance free cremes and lotions such as Nivea Light smooth over the gender gap. After all, dry elbows and legs are not sex discrimination issues.

• In The Bathtub

It doesn't stop with the medicine cabinet. Men and women share body soap, loofahs

and razors. It's a woman would see a razor to shave. Unfortunately, the tide has turned. Now, the tide has turned. As they realize the benefits of his face with heavy razor and shaving.

From boxers to women and men's preferences, yet appropriate. As fashion casual wear becomes business standard, a lot of uncharted territory. Remember, once you go into the gender gap, you're going back!

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'93 Buick Regal 4 Door Maroon, auto, air, PS, tilt, cruise, PW, PL	\$6995	'96 GMC Sierra 1500 4X4 Z-71, with all power options and low miles	\$22,995	'95 Toyota Celica GT Conv. Convertible, automatic, all power options, CD	\$21,495

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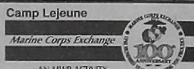
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HINTS FOR HOMEOWNERS

Skylights—A New Home At The Old Address

(NAPS)—An enlightening idea that in your getting a new home at the old address is skylights. Since they are installed on the roof, they allow in abundant interior natural lighting, allow hot, stale air trapped under the ceiling to escape, and they provide a clear view of the sky.

Surprisingly, amidst the growing popularity of having a spacious, light-filled home, many people still have the misperception that all skylights leak. Experts at VELUX-AMERICA INC., a manufacturer of roof windows and skylights that has a strong record of product reliability, point out that a properly installed, weathertight skylight with proper flashing will prevent leaks.

Step flashing systems, for example, rely on the principles of natural drainage to direct water away from the skylight. Since each layer of step flashing is interwoven with a layer of roofing material, the skylight can withstand the pressure of high winds, hail and inclement weather. This insures a durable weathertight installation without the need for caulk or mastics.

For installations in cold climates where severe snow and ice build-up are common, VELUX also



Skylights transform interiors by creating spacious rooms filled with natural light and fresh air.

offers a Skylight Roofing Underlayment, a rubberized, flexible material. The Underlayment is used in place of roofing felt, and it literally wraps the skylight for an additional moisture barrier underneath the flashing.

An informative brochure on weathertight skylight installations is available by calling 1-800-283-2831 or by writing to: VELUX-AMERICA INC., Dept. M, PO Box 5001, Greenwood, SC 29648-5001.

Did You Know?

Using Wood Saves Forests

(NAPS)—Did you know that the most dramatic reason why using wood saves forests is the use of preservatives to extend the service life of wood? Pressure treating wood forces preservatives deep into the cellular structure of the wood, where they form a chemical barrier against termites and decay. Data from ongoing USDA Forest Service tests indicate that pressure-treated wood can last for decades.

Pressure-treated wood is excellent for garden design and building projects. But a few self-appointed gardening experts argue that edibles grown in planters or raised beds are unhealthy. They say preservatives used to make the wood last longer, leach into the soil and affect plants. This is simply not true. Tests conducted by Texas A&M's Laboratory and Southwest Research Institute concluded that both creosote and waterborne treated wood are not harmful in garden use.

Builders also use treated wood in many water environments. Seawalls, bulkheads, pilings and marinas and decking are common uses of treated wood products. Independent studies showed that treated wood products used to build boat docks do not release any significant amount of preservatives into the water. Another study checked the effects on organisms living in sediment near the pilings and found no adverse impact from treated wood. Many marine organisms live, grow and flourish on treated wood pilings in water.



It is logical to say that building with treated wood saves forests. The added plus is that wood is a renewable resource you can recycle. When you hear the phrase, "Forest Conservation through Wood Preservation," you know it means more trees and more renewable forests.

For more information on treated wood products call or write: American Wood Preservers Institute, Public Affairs, 1945 Old Gallows Rd., Suite 150, Vienna, VA 22182-3931, Tel: (800) 356-AWPI.

Cooking Corner

A "Revolutionary" Tradition

(NAPS)—The best kept American culinary secret may just be of a small village flour mill which began 66 years before America was even founded.

Great Valley Mills' products have been used by George Washington and his troops, in many White House administrations, by famous chefs and have appeared in numerous cookbooks and gourmet magazines.

Over the years, this country mill has offered a mouth-watering array of bread, muffin, pancake and waffle mixes which *Food & Wine* magazine has described as being "of impeccable quality."

It's no wonder then that George Washington, Dwight D. Eisenhower, Averell Harriman and Albert Schweitzer are all said to have enjoyed the distinctive taste of the company's delectable edibles, and culinary greats Julia Childs and James Beard have included Great Valley products in many recipes and newspaper columns.

After almost 15 generations, the company is owned and operated by Steve and Susan Kantoors, a couple who work hard to preserve the old-fashioned, traditional ways which can be hard to find in this fast-paced world.

Never compromising quality, the Kantoors explain, "We believe that natural, healthy and ultimate flavor can only be produced from a deep-rooted commitment to the Great Valley Mill tradition. When we make a promise, we keep it."

The couple contend that the waffle and pancake mixes you find on supermarket shelves cannot possibly compare to their chunky pecan, almond and buttermilk mixes. The same holds true for their tomato, cracked pepper, spinach and garlic-parsley pasta flours.

The company is also famous for its spiral cut hams, hickory smoked bacon, Scotch coarse ground oatmeal, flours and grains. And has recently added a designer



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Let's Talk About In

Health Watch

by Diane Clapp, BSN, RN

(NAPS)—Did you know that more than 5.3 million people in the U.S. experience infertility? Are you aware that the impact of infertility can reach much further, affecting not just the couple trying to have a baby, but also their friends, family members and co-workers?

Infertility is a disease that frequently remains hidden, and one that people often hesitate to discuss openly. It usually has few, if any, symptoms other than an inability to conceive or carry a pregnancy to term. Yet this hidden disease affects the lives of millions of Americans in many different ways.

Here are just some of the hidden effects of infertility.

- Couples often experience feelings of sadness, loss, or other emotions that can affect their relationship with each other and with family members and friends.

- Infertility treatment is often not adequately covered by insurance. As a result, those undergoing treatment may also experience added financial stress.

- The rigors of infertility tests and treatment may interfere with work schedules or career plans.

- Diagnostic tests and treatments for infertility are constantly evolving, and couples may find it difficult to find the time or energy to stay ahead of the learning curve.

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WORD FROM WASHINGTON

Blinded Veterans Association Celebrates 50th Anniversary

(NAPS)—"We cannot expect much help or cooperation in our fight unless we prove ourselves worthy of it. If we do not wish to be considered helpless, we must begin to produce. Telling people about our independence and capabilities will not convince them. We must demonstrate these attributes again and again..."

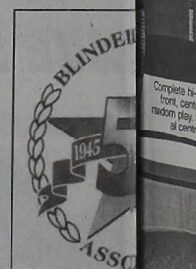
Those words were from the Blinded Veterans Association (BVA) Bulletin nearly 50 years ago.

The BVA traces its roots back to the end of World War II. BVA's forefathers were a group of veterans blinded during that conflict. In 1945, they met at Avon Old Farms Army Convalescent Hospital in Avon, CT and founded the Association. Thirteen years later, BVA received its charter from the United States Congress.

This year the BVA celebrates its 50th Anniversary and many veterans can feel that anticipation building.

The BVA is the only organization dedicated exclusively to serving America's blinded veterans. Presently, there are more than 93,000 visually impaired veterans in the United States. More than half don't know they're eligible for special services and benefits.

More than 5,000 veterans become blind or visually impaired every year. Membership in the



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Flea Halt! are so safe, kids and
pets can play in a yard that's just
been sprayed. Efficacy studies at
several universities show they kill
95 percent of immature fleas with-
in a 24-hour period. And once
their job is done, the nematodes
tidily biodegrade.The bio Flea Halt! line also
offers a natural boric acid product
for indoor use. Just brush the
fresh-seated powder into carpet
fibers to control immature fleas—
before they become biting, breed-
ing adults!In the war on fleas, knowledge
is power. For a light-hearted look
at flea facts and solutions, ask for
a copy of Farnam's free consumer
brochure called "Everything You've
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Fleas" at your pet supply retailer,
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PO Box 34820, Phoenix, AZ 85067.

"Dr. Jim" Humphries
Veterinarian

You can't see the little critters, but each canister of bio Flea Halt! contains 100 million tiny predators known as nematodes, enough to safely and effectively treat 3,200 square feet of lawn. Just mix the convenient pellets in water, and apply to your lawn with a hose-end sprayer. These beneficial microorganisms hungrily devour pre-adult fleas without harming people, pets or plants.

The natural flea-fighters in bio Flea Halt! are so safe, kids and pets can play in a yard that's just been sprayed. Efficacy studies at several universities show they kill 95 percent of immature fleas within a 24-hour period. And once their job is done, the nematodes tidily biodegrade.

The bio Flea Halt! line also offers a natural boric acid product for indoor use. Just brush the fresh-seated powder into carpet fibers to control immature fleas—before they become biting, breeding adults!

In the war on fleas, knowledge is power. For a light-hearted look at flea facts and solutions, ask for a copy of Farnam's free consumer brochure called "Everything You've Been Itching To Know About Fleas" at your pet supply retailer, or write Farnam Pet Products at PO Box 34820, Phoenix, AZ 85067.

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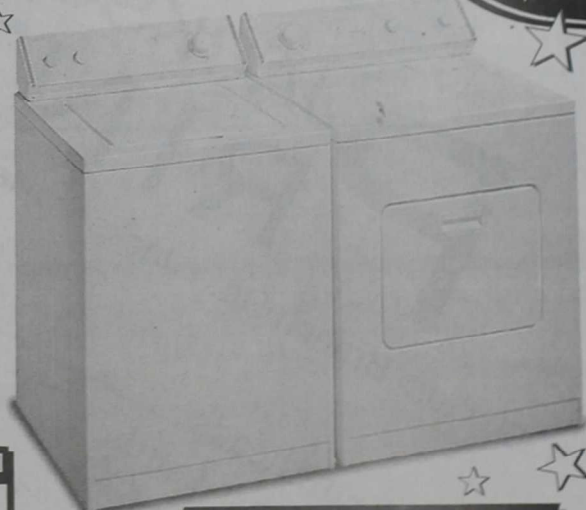
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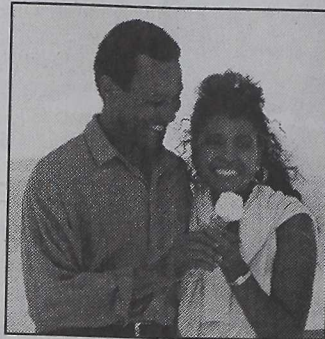


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A good marriage is that in which each appoints the other guardian of his solitude.

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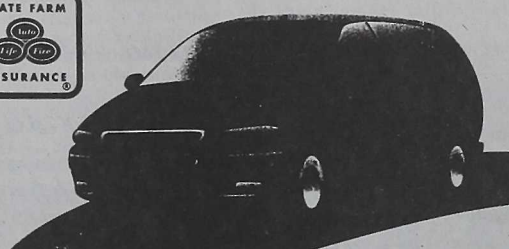
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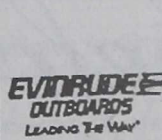
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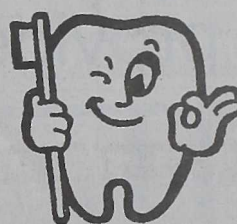
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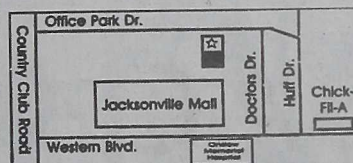
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To keep your
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If the cloth is
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Before You Walk Down The Aisle

Let us help you get ready for your wedding day
We can provide you with:

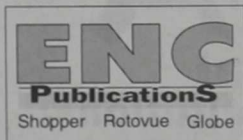


- *Wedding Invitations*
- *Envelopes with lining
and return address*
- *Informals and Respond Cards*
- *Reception and At Home Cards*
- *Attendant Gifts*
- *Bridal Books*
- *Planning Wedding File*
- *Programs*
- *Matches*
- *Napkins*
- *Garter, Bridal*
- *Reception Items*



- *Thank You Notes*
- *Ribbons*
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Stop by and see our selections



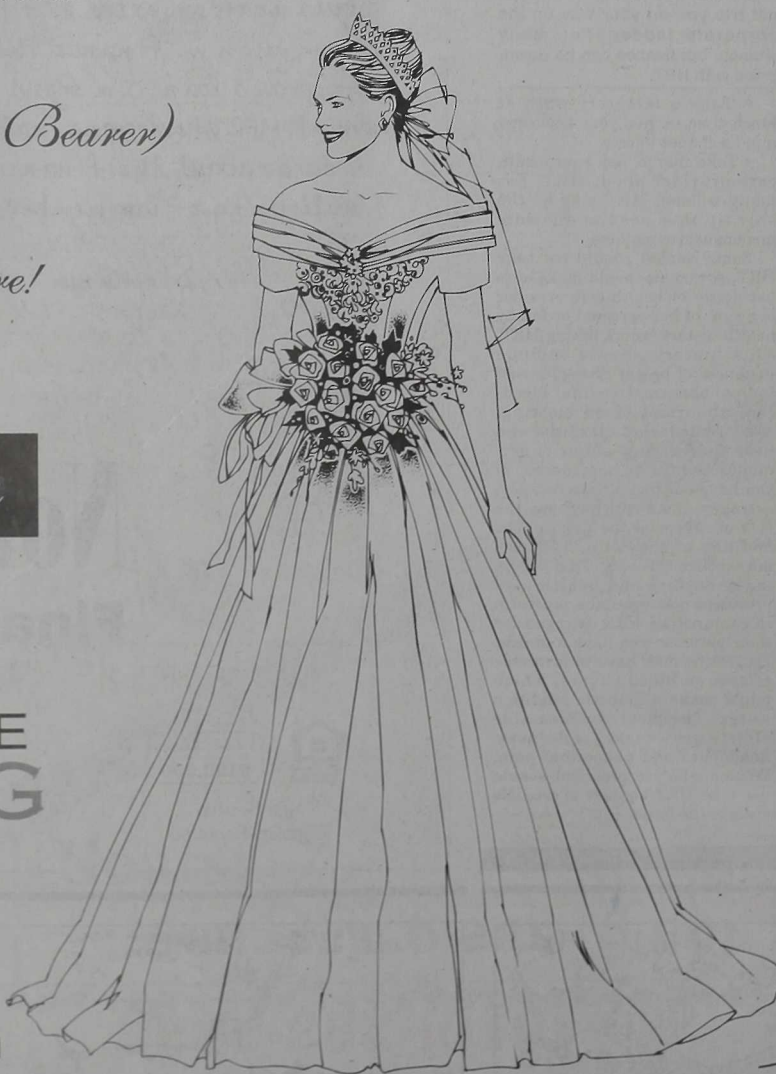
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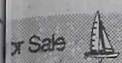
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For Sale, Venture by StarCraft,
pop-up, great condition, new
tires, refrigerator, sleeps 6. 455-
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Rentals



For Sale, 1993 Wilderness
35ft. travel trailer, sleeps 9. Fully
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heat, microwave, stereo. 455-
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Motorcycles



1993 Honda XR250L Dirt/Street
legal \$1500.00. Soloflex with all
attachments \$500. 938-2473.
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Motorcycles



For sale: 1981 Ironhead
Sporter white with fatbob tank,
chrome pipes, very clean, ga-
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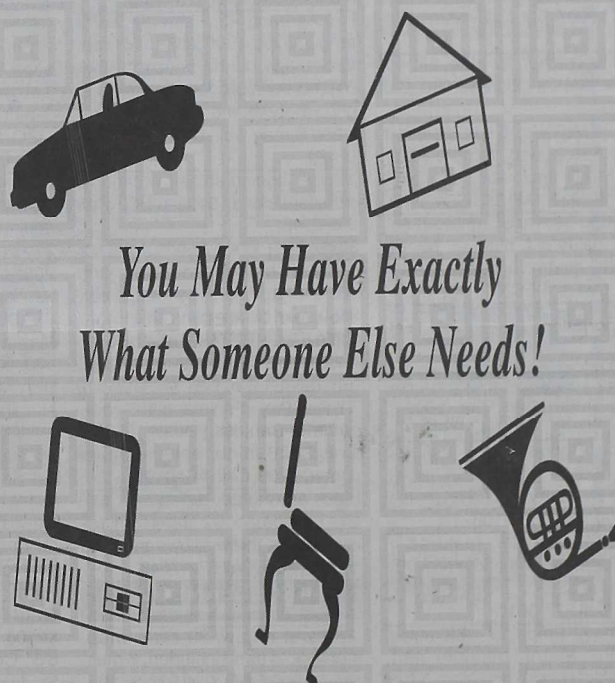
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AUTOMOBILES

'92 Honda Nighthawk 400, 53K mi., 3200 OBO, Call 833-2618.
'92 Mercedes Benz 240D, 4 spd, low miles, excellent condition, 70K, Scout, 4 cyl. exc parts, \$250. Call 353-6500.
'93 Chevy truck, good cond., needs minor maint., \$2,500. Call 346-2265.
Chrysler, small, block, 727 Tranny, \$100. Call 451-8051; 40" 15/70 gumbo mudders, \$300 OBO, 68 Bronco Soft top and bows, brand new, \$100 OBO. Call 324-6770.
'95 Nissan pick up, 4X2, 12K mi., am/fm, cassette, 5 spd. a/c, under first warranty w/ ext warranty. Call 353-2770.
'89 Eagle Summit, great cond, 4 doors, fm/am cass, auto, 60K, \$2500. Call 577-7189
'91 Volkswagen Passat, red w/5 star, ICW, rims, ps, pb, pw, air and cruise control, good gas mileage, \$6500, take over payments. Call 451-1921, Rm. 229.
'95 Jeep Wrangler, black, 32K, hard top, w/rear wiper, under warranty until 62K, excellent condition, \$11,900. Call (919) 772-5130.
'87 Audi Quattro Turbo 5000CS, 4 wd, leather, power everything, sunroof, ac, 6 speakers, 130K, \$4800. Call 347-3083 (h) or 346-0957 (w). Ask for Julie.
'83 Buick Skylark, auto air, p/s, runs good, \$900 OBO. Call anytime 355-2963.
'91 Geo Tracker, LSI, auto, air, 4 X 4, excellent condition, \$6,000. Call 347-9342.
'95 Ford Mustang, 5 spd, lasar red, mach 460 sound, remote entry, new Pirelli tires, abs, a/c, ps & more, \$9,900. Call 353-5047.
'92 Grand Carava SE, garage kept, clean inside/out, blue, pl, pb, ps, ac/heat, am/fm, cassette, \$9995 OBO. Call 324-5620.
'88 Mustang, AT, PS, PB, am/fm, PW, AC, PL, red, \$1,100 OBO. Call 326-6668.
'91 Geo Tracker, LSI, 4x4, AT, AC, black, am/fm cass, bra, second owner, \$6,000. Call 347-9342.
'95 Ford Ranger XLT, 5 spd., too many extras to list, 25K miles, under warranty until 36K miles, \$11,000. Call 453-9108.
'92 Jeep Wrangler, featured in magazines, shows and more. Appraised at \$23K +, asking \$19,500 OBO. Call 577-3610.
'94 Chevy Stepside, 36K miles, PW, PL, alarm, bedliner, tint, bugshield, custom rims/tires, \$12K OBO. Call 347-3237.
'88 Honda Accord LXI, PS, PB, AC, 2 DR, hatchback, excel. cond., low miles, \$4,800 OBO. Call 346-5076.
'91.5 Ford Taurus SHO, tan, loaded, w/5 spd., 66K miles, \$9,975 OBO. Call after 5 p.m. 326-1979.
'95 Ford Escort LX, 4 DR, 5 spd., am/fm cass., AC, clean, 30K miles, refinance. Call Dan at 919-746-3109.
'94 Camaro V6, 5 spd., looks and runs great. Call 347-7364 after 5 p.m.
'68 Dodge Coronet, \$1,200, 2 DR, HDTP/AT 383. Call 326-7541.
'85 Mercury Marquis Brougham, runs, needs work, \$700 OBO. Call 346-5622 lv. msg.
'95 Chevy Impala SS, dark cherry metallic, LT-1 motor, loaded, 25K miles, fast and comfortable, limited # produced, \$20K. Call 326-6028.
'93 Honda Del Sol, blue, 5 spd., AC, cruise, am/fm cass., 80K original miles, tinted glass, great cond., \$8,500 OBO. Call 326-5651.
'90 Geo Tracker, Clean, dependable 4X4, sunroof removable top, \$2,850 OBO. Call 324-5959.
'94 Ford Ranger Splash stepside PU, 27K miles, \$8,500. Call (910) 285-6751.
'93 Nissan king cab truck, dark green w/sports stripe, 5-speed, air, am/fm cass., \$7,600. Call 577-1880.
'94 Buick Regal custom, 3.8L V6, 20K miles. AC, all power, \$12,000. Call 937-6646.
'86 Volvo 740 GLE, all power, leather, sunroof, CD changer, one owner, moving. Best offer call 577-

1579

'88 Toyota Corolla DX, 5-speed manual trans., reliable, 30+ mpg city, one owner, \$2,900. Call 938-3814.
'98 black Dodge Ram, xcab, SLT 1500, V-8, 5-speed, 4X4, \$22,000. Call 451-7114 Rm. 114.
'90 Acura Integra GS, loaded 4DR sedan, \$7,500. Call 346-9703.

MOTORCYCLES

Road/sports bicycles 58 cm, \$200 ea. Call 347-9167.
'86 Yamaha 750cc, Maxim X, 65K miles, new battery, good tires, runs and looks great, \$900. Call Sandy or John at 353-1967.
'95 Honda 100 XR dirt bike, excel. cond., low hours, \$1,500 firm. Call 324-1385 lv. msg.
'95 Suzuki Katana 600, black and purple, good cond., 3,700 miles, \$3,900 or take over payments of \$255 per mo. Call 453-4285.
'83 Honda Nighthawk, 650cc, good cond., maroon, some accessories, shaft driven. Call Steve at 577-5197.

BOATS & RECREATION

38 Coit Revolver, PTFA-old. 1895, \$300; 9mm 1912 Steyr Hahn "old", \$300; bolt action German Mauser rifle, \$125. Call 393-8585.
Browning 270 Bar Mark II Safari semi-auto hunting rifle w/sling and ammo, \$500. Call 353-0906.
Firestar mod 43, 9mm nib, extra amg, \$325; 1900 style .45 acp, three mags, double pouch, custom IWB holster extended, mag release, grip safety thumb safety, slide release & mag well, \$450. Call 938-0247.
Double jogging stroller w/canopy, excellent cond, \$175 OBO. Call 355-0045.
58 cm Trek, white, Triathlon set up; computer, clipless pedals, Shimano 105 components, free handle bar, \$550; road bicycle parts, 600 Hegra chain ring, w/cranks, 165mm, \$70; road handle bar w/cinelli stem, \$60; Giro helmet, \$25 Call 347-9167.
'52 Peugeot w/ shimano 105 components, clipless pedals, \$500 ; Creighton shirts; entertainment center, \$200. Call 347-9167.
Black and hunter green print full-size bedspread w/2 sheet sets, pillow, shams, throw pillows and lined curtain, \$65. Call 577-7648.

MISCELLANEOUS

.25 carat ring w/.30 carat wrap, men's gold band included, 6 mos. old, \$1,000 OBO. Call 938-2716.
Uniforms, field grade officer dress blue, dress white, evening, service A, shoes, covers, access. Call 346-2462.
Camper shell for pick-up, w/hold down clamps, 5'x7', came off Ranger w/7' bed, \$90. Call 326-1434.
Baby Trend double stroller, \$75.
HP Desk Jet 520 inkjet printer w/ printer driver, \$100. Call 326-2823.
Teal evening gown size 10-12, worn once, \$150; Dress blue blouse w/acces. size 44L, \$80; Men's casual suits, 40-42L, \$80 ea. Call 938-9203.
Storage shed, 8'X10'X8', plywood floor, slant roof, you move, \$150 OBO. Call 353-0117.
Pro form treadmill, \$185. Call 938-7323.
35mm Chinon CS SLR camera, auto/manual w/accessories including lenses and bag, \$150 OBO. Call 577-8783.
Goodyear radials, P215/70R 15, \$10; Cannondale bicycle accessory trailer bicycle, seats two kids, \$120. Taylor made driver and 3 wood, \$30 ea. Both \$50. Call 577-8783.
Lee anniversary reloader kit, \$60. Call 353-0906.
Graco baby swing w/bassinet, Pansy Ellen musical Mobile, playskol skates, juice extractor, micro cookbook software V4.0, 2 mirrors 17X40/36X50, little tykes changing table. Call 353-1664.
U.S. divers, dive computer, monitor II console, \$300 OBO. Call 327-0670.
Chain link fence, 53' of 6' w/some top rails and poles; 88' of 3', no poles or top rails. Call 347-2066.
Portable 12V winch, can be perma-

nently mounted, \$150. Call Cpl. Clark 456-0217.

Chain link fence, 500' w/poles, gates, etc., \$580, 8X12 wooden deck, \$300; Kenmore trash compactor, \$100; 8X8 wooden shed w/ floor, \$300; freezer 16cu.ft., \$150. Call 577-6242.
2X CD-ROM, 14.4 fax/modem, 8MB RAM (gateway), battery charger/tester, golf clubs, 30 gal. metal/plastic garbage cans, officer uniforms. Call 353-1664.

Uniforms: all weather coat, \$20; "A" blouse, \$30, wooly pully, \$10; blue trousers w/blood stripe, \$10; green trousers, \$10. Call 577-0196.
New dress blues and green trousers, \$20 Ea. 32R; Magnavox stereo cass/CD player, \$85; Playstation w/memory card, 1 game, \$125. Call 456-0217 Cpl. Clark.
Marquise solitaire engagement ring, 1/2 carat, paid \$1,200, asking \$600, negotiable. Call Dawn 577-1982.
Car seat, Evenflo ultra premier, \$60; 21" self-propelled mower, \$125. Call 577-3362.

Evenflo car seat, \$30; toddler clothes, 5 and 10 cents each; rocking chair w/stool, \$60; area rugs, stroller, \$75. Call 353-9357.
Vito Clarinet-good condition, \$100. Call 353-3523.
Playpen, \$30; wood crib, \$50, walker, \$13, Tandy computer w/ monitor and keyboard, \$100; gas dryer. Call 355-9857 leave message.
Two sets, mask, snorkel and fins, 2 pair boots, 1 pair gloves, \$75 OBO. Call 455-1309.

19' Bayliner Classic 1992, Bowhider w/trailer, 3 liter 130 hp. I/O Mercruiser, low hours, all safety equip. incl., \$5,500. Call 353-0501.
27' Bayliner Ciera, Penta/Volvo 260, trailer, new bimini top, full head, galley, sleeps 6, low hours, \$18,000 firm. Call 577-0197.
Marlin model 1894, .357 mag, \$260. Call 577-0197.
Bike: Bridgestone Radac RD-1000, aluminum racing frame, Mavic tubular rims, Shimano 105 groupo, \$600. Call 455-5826.
'74 Starcraft 18', V-hull outboard w/140 hp Johnson, dual axle trailer, life vests, 3 portable tanks, \$2,000 OBO. Call after 4 p.m. 355-0314.
'14' McKee Craft Center Console, 70 hp, Johnson motor, sst prop, Galu Trailer, all accessories, \$2500. Call 326-3370.
'65" Connolly Revolution Water Ski, front highwrap binding, rear toe plate, size 7-10 1/2, \$120. Call 353-7313.

Lowdraft '93 17' Keywest dual console with 70HP force motor trailer, cover and ski package. Call 327-2778.
Bayliner Ciera, 27', Panta Volvo 260, trailer, new Bimini, top, full head, galley, sleeps six, low hours, \$18,000 firm. Call 577-0197.
Peavey 5150 half-stack guitar amp, 4-months-old, like new, \$650 OBO. Call 1-888-952-4401.

Wedding dress, size 8, never worn or altered, \$300. Call 353-6703.
11' Tikes doll house w/dolls and furniture, excellent cond. \$30. Call 346-8796.
Lawnmower 4 hp, w/rear bagger, \$75. Call 353-1335.
Brother WP 2200 w/ user's guide, \$125 OBO; Schwinn Airdyne w/ computerized readings, \$100 OBO. Call 353-8241.

Scandalli accordion w/case, exc cond. \$350 OBO. Call 455-2424.
Lawn tractor w/36 inch rotary mower, craftsman exc. cond., \$350. Call 455-2424.
Chain link fence, 88 ft of 3t, 53 ft of 6 ft, w/xome poles and top rail. Call 347-2066.
Garrett CXII metal detector, excellent condition. \$200. Call 455-2424.
Hot point washer and dry, excellent cond, \$150 for both. Call 455-4626.

16" craftsman chainsaw w/case and extra chain \$70; 18" Poolan chainsaw \$80. Call 455-4626.
Life rider, for a complete body workout, \$70. Call 577-4406.
Power plus dual action treadmill w/ monitor, radio, cass., \$75; body by Jake hip/high machine, \$60. Call 353-9147.

22RE motor, 5-speed trans. w/ transfer case, EFI, AC, plus, from Toyota 4X4 w/48K DO. Call 324-7362.

FURNITURE

Sectional sleeper sofa, queen size, beige, very comfortable, \$250 OBO. Call 326-5009.
Waterbed, super single w/bookcase headboard, \$100. Call 324-2355.
Beautiful matching sofa and loveseat, excel. cond., 2 yrs. old, \$400 OBO. Call 346-8155.
Chairs w/arms, \$12 ea.; sofa, \$35. Call 455-3798.
Waterbed, super single w/bookcase headboard, \$100. Call 324-2355 after 11 a.m..

Twin waterbed/mattress/headboard, \$175; dresser, 5-drawer, \$25; desk chair, \$25; electric typewriter, \$60. Call 577-3323.
Mahg dining table, 2 pedestal, 2 leaves, \$450 OBO. Call 324-7362.
Queen size brass bed, like new. Call 355-0108.

Metal 2 drawer filing cabinet locks \$10. Rolling TV/VCR stand \$8, Round wooden table w/2 drop leaves, \$50. Call 353-8241.
Twin bed, box springs & mattress, wood head board. \$75. Call 346-6479.

2 year old 3-piece livingroom set, \$250. Call 938-7657.
Rattan coffee table & two end tables, all w/wood tops, \$30. Call 455-4626
Loveseat, 2 end tables, coffee, recliner and sofa \$350; brass glass dining table \$50, 2 niv computer w/printer \$300; motorcycle helmet \$20. Call 451-1600.

APPL. & ELECTRONICS

Whirlpool heavy duty washer & dryer, 1 yr old, w/hook ups, works great, \$400 for both. Call 353-9162.
Air conditioner, 5,000 BTU, \$120. Call 346-3866.
Air conditioner, 18,000 BTU, \$300; 8,000 BTU, \$75. Call 577-3233.
IBM 286 Computer w/keyboard, color monitor, dot matrix printer and accessories, \$200 OBO; Magnavox VCR w/remote, \$70. Call 353-0140.
Portable dishwasher, 10 mos. old, butcher block, top w/all attachments, \$350 OBO; Kenwood car discman w/attachments, \$100 OBO. Call 326-6668 lv. msg.

15,000 watt portable gas generator, very good cond., \$210. Call 347-6894

886 SX 25 laptop computer, \$320 OBO; Cannon bubble jet BJ-200a 880 OBO; 8 pin printer, \$25 OBO. Call 353-3060.
Stereo system, including CD player and rack, \$350; Beosound auto speaker ideal for SUVs, \$100; Car equalizers and amplifiers, \$80 ea. Call 938-9203.
Kenmore Refrigerator, 20 Cu.Ft. w/ icemaker, \$350. Call 353-4812.
Yamaha organ w/rhythm box, \$2K new, sell for \$250; Power winch 912 3,500 # pull single line, \$75 as is; 28' 3/8" chain, \$40. Call 355-0802.
Brother word processor 7550J, built-in jet printer, \$3,000. Call 346-6493 leave message.
Whirlpool washer and dryer, super capacity, \$120 Ea. Call 353-2752 after 5 p.m.
27" color TV, \$100; men's 12-speed Schwinn road bike, \$100; 8X12 oriental carpet, \$50. Call 353-9147.

PETS

Female Pit Bull, 1 1/2 yr old, full blood w/papers, must sell, \$125 OBO. Call 577-0192, lv. msg.
Free to good home, long-haired kittens, black, black and white, and grey. Call 327-3229 after 5 p.m.
Free kittens, 2 white females, 1 salt and pepper male, also adult female mother cat, white Persian type w/shots. Call 355-2294 lv. msg.
Free fluff ball kittens. need good homes. Call 328-5148.
Free to a good home: Jammer, 11 month old AKC choc. lab, owner move. Call 346-6705 or 347-3292.

REAL ESTATE

For Sale: Brynn Marr 4BR, 2BA dbl garage, fenced, tool shed avail June 5, drive by 310 Thomas Dr. to look. Call (619) 752-1731.
For rent, 3BR, 2 BA, LR, small DR. exc cond, close to base, available in July. Call 326-5788 AWH.
For sale, '91, 14 X 70 on base, w/ dishwasher, washer/dryer, range & refrigerator, asking for payoff only. Call 353-0260.
For sale, 4BR, 2BA, 5 min from main gate, 505 Shetland Pl. Horsecreek Farms, \$79,900. Call 577-8748.
For rent, 2 BR house, partially furnished carpeted, large yard, near

For rent, 2 BR, 2 BA, 5 min from main gate, 505 Shetland Pl. Horsecreek Farms, \$79,900. Call 577-8748.
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WANTED, LOST

NCO wanted for Michelle at 389 p.m. weekdays.
Roommate wanted new 3BR, 2BA \$225 mo. Call 326-6668.
Electric stove, apt. 4 burner & oven \$50 refrigerator, \$50 trailer, steel bed, \$50. Call 353-1335.
Used refrigerator priced. Call 324-3333.
Wanted: used 9m erably w/records. Call 577-4192.

YARD

June 21, 8 a.m.-n lage, 6126A Neb furniture, sewing net; clothes, girls computer. Call 353-0260.
June 21, 7:30 a.m. Cherokee Dr., Hu area off Great Ne. Call 326-1979.
June 21, 5818 L cludes 10'x12' sto pet cut to fit. Call

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 editorial policy.
- Ad requests received prior to noon Friday SHOULD appear in the following week's paper, unless noted in 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 and include full name of sponsor, his/her rank and unit, home address and home and work phone numbers. (Ads 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 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.

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Understanding Your Nutrition

Celebrity Athletes Help Provide Eggs For Hungry Americans

(NAPS)—Football quarterback, Boomer Esiason, and pro-beach volleyball player/supermodel Gabrielle Reece have joined forces with the American Egg Board (AEB) and Second Harvest, the largest charitable source of food in the U.S., to help thousands of Americans provide a healthy diet for themselves and their families. "Eggs Against Hunger," includes the donation of over one million eggs to Second Harvest during 1995. The donation will ensure that fresh eggs get into the hands and stomachs of Americans, especially the children, who make up 42 percent of those who go hungry in the U.S.

"I eat a lot," says Gabrielle Reece. "Your body is your engine and you have to put fuel in it." The first ever female cross-training spokesperson for NIKE begins each day with a big breakfast of eggs, cereal, fruit and bread. "Many times I eat the whole egg which is low in saturated fat," says Gabrielle, "but for peak performance and training, I begin each day with five to ten eggs, focusing on the whites."

Boomer Esiason also includes eggs in his daily regime. "Eggs are a part of every pre-game meal since the protein in an egg is of the highest quality." Fortunately for both of these athletes, and other healthy Americans with normal blood cholesterol levels and who follow a low-fat diet, new research shows an egg a day is OK!

Once believed to be the major cause of coronary heart disease, cholesterol was given the heave-ho from American diets. However, as nutrition has evolved over the years, there has been a slow tran-



Many healthy people with normal blood cholesterol levels can include one or two eggs per day in a low-fat diet, without significantly changing their cholesterol levels.

A source of high-quality protein, eggs are included in the United States Department of Agriculture (USDA) Food Guide Pyramid's meat and meat alternates group. Egg whites contain no cholesterol and no fat. One large yolk contains 213 milligrams of cholesterol (22 percent less than thought before 1989) and 4.5 grams of fat—most of which is unsaturated—making the egg an important addition to any healthy diet. Relatively inexpensive and containing varying amounts of 13 vitamins and minerals, eggs are a nutrient-dense, low-cost package.

Fun Fruit For Youngsters

Simply Sensational Summer Treat

(NAPS)—Who says kids don't know what's good for them? As America strives for a healthier lifestyle, our nation's kids are taking heed by eating more fruit. In fact, studies show that kids are eating 40 percent to 50 percent more fruit than last year. But with this increase in fruit-loving kids comes parental concern for fruit safety. In keeping pace with the quest for safe, delicious fruit, over 60 percent of the New Zealand kiwifruit shipped to the United States this summer will be certified organic.

Simply stated, certified organic means no chemical pesticides or fertilizers are used when growing the kiwifruit. To comply with United States organic certification, careful testing of New Zealand kiwifruit fields, soil and water are strictly enforced. This special attention to safety, coupled with New Zealand's ideal growing conditions and climate, results in a harvest of beautiful, tangy-sweet kiwifruit shipped fresh to American markets just in time for summer.

So from June through October, you can count on finding nutritious New Zealand kiwifruit for your little fruit fans to enjoy. When shopping for kiwifruit, look for the easy-to-remove, "certified organic" sticker on each kiwifruit. This sticker is your assurance of fruit safety and New Zealand quality. Select firm kiwifruit for a more



tart flavor, or ripen kiwifruit for three to five days at room temperature for a traditional tangy-sweet flavor. You will know kiwifruit is ready to eat when it gives slightly when pressed, like a ripe avocado.

This fuzzy, colorful fruit appeals to kids' sense of fun and taste. The easiest way to satisfy their kiwifruit craving is to slice off the top of a kiwifruit and have them spoon out the brilliant green, speckled fruit. For a quick, refreshing dessert, Kiwiberry Frozen Yogurt Pie is assembled with a few simple ingredients you keep on hand. Half pie, half sundae—this delightful recipe is a kid-pleasing way to enjoy the great tasting, healthful benefits of the world's finest kiwifruit.

KIWIBERRY FROZEN YOGURT PIE

- 1-1/2 cups finely crushed chocolate wafer cookies
- 6 Tablespoons melted butter
- 1/3 cup toasted shredded coconut
- 2 pints raspberry frozen yogurt
- 3 New Zealand kiwifruit, peeled and sliced
- 1/2 cup fresh raspberries
- Chocolate syrup, as desired
- Toasted coconut to garnish, as desired

Mix together cookie crumbs, butter and coconut until well blended. Press evenly into bottom and sides of a 9-inch pie plate; freeze until firm. Use an ice cream scoop to fill pie shell with frozen yogurt, piling the scoops into a mound. Freeze until firm. Ten minutes before serving, remove pie from freezer. Garnish with kiwifruit and raspberries and drizzle with chocolate syrup. Sprinkle with toasted coconut, if desired. Makes 6 to 8 servings.

Nutrients Per Serving:

(Analysis not including chocolate syrup or additional coconut garnish)

337 Cal., 4.9g pro., 16.8g fat (44% Cal. from fat) 43.6g carb., 23mg chol., 1.191g fiber and 345.3mg sodium



The game of volleyball was invented in 1895 by William G. Morgan, a physical-education instructor at the YMCA in Holyoke, Massachusetts.

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