

Karate

Local Marine strikes gold at state games. 1B



Helocast

European troops fall from Carolina sky. 13A

Forward Observer

'Eyes of death' sharpen their focus. 14A



THE GLOBE

Serving expeditionary forces in readiness

Camp Lejeune, N.C.

Tank Bn. qualifies in Virginia



Sgt. Lance M. Bacon

maneuvers before deploying.

Cpl. Kristofer E. Holly
Globe staff

As dawn breaks over the horizon the first rays of light shine on tank silhouettes 300 meters down range.

Hiding behind a small burm is the only armed warrior capable of taking down such an opponent.

An M1A1 main battle tank rolls up the burm, takes aim and puts a hole through the bull's eye of the cloth tank carpet.

Marines from Charlie Com-

pany, 2d Tank Battalion, 2d Marine Division, will go through those steps as they complete their annual qualification at Fort Pickett, Va., July 7-20.

Nine M1A1 tanks and one M88 tank retriever, a vehicle used to recover broken down tanks, will be used to during the qualifying week.

Scoring is on a 1,000-point scale. Like the rifle range, Marines are awarded marksman, sharpshooter and expert qualifications. They shoot at distances from 800 to 3,500

meters.

The targets are one-quarter size of a tank. They use smaller scaled targets for qualifying to heighten the difficulty.

There are three machine guns on the tank, each manned by a gunner who has silhouette targets. Their range goes from 300 to 800 meters.

Unlike the rifle range tank crews have 45 seconds, in the defense and offense, to engage the target.

The tank sits behind the

burn in the defensive position. The targets pop up at various distances and upon identifying them, the tank commander gives a fire command. The tank then pulls up onto the burm and has 15 seconds to kill both targets. In the offense, the crew has 15 seconds to find and fire upon the pop-up target.

The 120 mm practice heat and practice sabo rounds, when fired, travel at 3,000 meters per second, [the equivalent of 3 grid squares on a map].

For more than 30 years, and since the use of M-48s, 2d Tanks has been going to Fort Pickett to do gunner qualifications.

"They are very supportive of the Marine Corps up there," Hatten said. "Every time the range control comes out, they are glad that we are there. We take care of them, they take care of us. It's a good relationship."

Fort Pickett is an Army Reserve base with the same features as any military base, but to a smaller scale.

Can Schools about Corps

ers from the School of Americas were edu-
es conduct business during a summer visit

er with a brief from II Marine Expeditionary
Marine Corps organization and the Riverine
all information was translated by a civilian at-
out their visit.

on the way the Corps sets up its units, the
ed Light Armored Reconnaissance Battalion's
different Light Armored Vehicle (LAV) vari-
a work up for what the school of officers saw
blown away by the AV-8B Harrier demonstra-
standing blew the covers off the unexpected
seen anything like it during their tour of the
expressions of excitement filled their faces as

demo was far superior to the Norfolk demon-
the Army's," said Capt. Greg Roper, division
thought we put on a good capabilities show."
air covers they moved on to 2d Force Service
Company area. Marines there showed their
em for a ride on one of their boats.

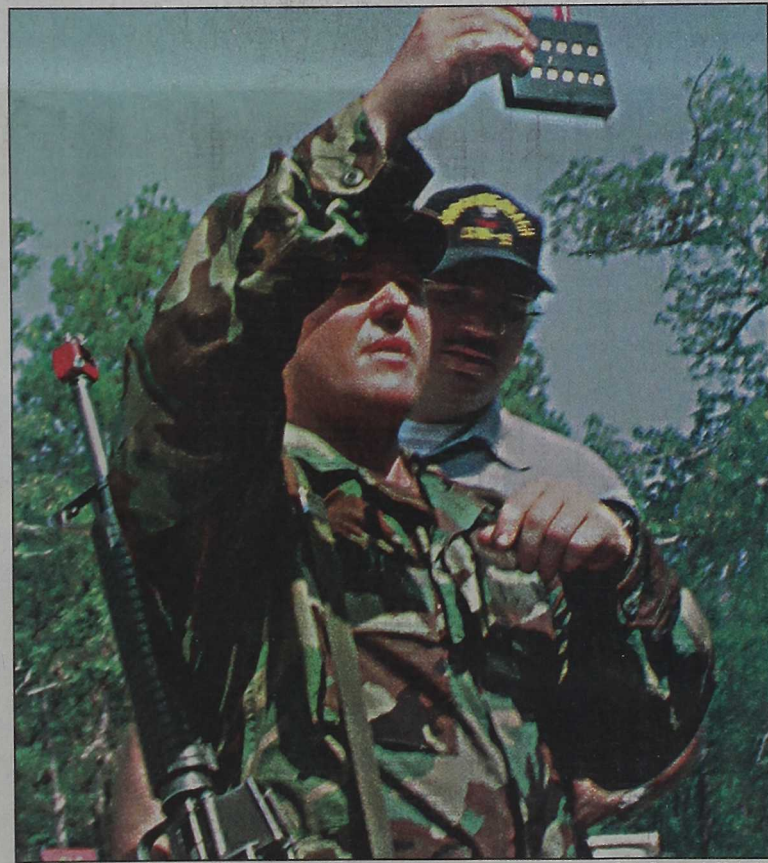
re done observing the engineers, it was time for
taste of Marine Corps cuisine at the French
chool of Americas was ready to move on with
vent on the eventful list was 2d Assault Am-
bition. There they observed as Assault Amphibi-
on the New River, followed by a display of the
and vehicles.

and presentations were over, the officers wit-
exercise performed by Marines from 2d Marine
Company. The leathernecks demonstrated the
are conducted in the Corps.

er and the tour to Provost Marshal's Office K-9
However, the tour moved on to Marine Corps
for a display of the Corps' helicopter force. The
school came in the form of a social event at the
they talked about the demonstrations they wit-
e day.

said Roper. "Even the Army officers could not
together this great learning tool."

Field Med School



Sgt. Bruce J. Melville

Seaman Raymond Howard learns to test drinking water for its cleanliness while attending FMSS aboard Camp Johnson.

See related story/13A

Corps prepares for MPS change

Staff Sgt. Yvonne Reed
Quantico, Va.

MARINE CORPS BASE, Quantico, Va. — Through-
out the history of the Corps, Marines have "hitched a
ride" with the Navy to get to the fight. In the early 1980s,
the idea to pre-stage equipment on commercial ships
operating near possible theaters of operation was devel-
oped. It is known as maritime prepositioning.

The current leases on today's Maritime Prepositioning
Force ships expire in 2010. The Marine Corps Concepts
Division, Marine Corps Combat Development Command,
has drafted the Maritime Prepositioning Force 2010 and
Beyond Concept which states what the Marine Corps
and Navy want to accomplish with the next generation of
MPF ships, people, and equipment.

Recently, the Marine Corps War College here hosted
a week-long wargame — Maritime Prepositioning Force
2010 and Beyond Concept Wargame — to examine how
the drafted concept could be executed and to define what
capabilities are needed.

See MARITIME/8A

Marine 'Dodges' truck payments

Cpl. Chris Irvine
Globe staff

"You've won a new truck!" Those were the words
LCpl. Richard Lydick, 2d Assault Amphibian Battalion,
heard June 10 when he won the Navy/Marine Corps Re-
lief Society annual fundraising raffle. The grand prize
was a new Dodge Ram and, according to Lydick, it was a
prize that many of his friends hoped they would win.

"I know a lot of guys who entered the raffle this year
and a few of them really thought they were going to
win," he said.

Instead, Lydick was called down to his first sergeant's
See TRUCK/8A

Brazilian commandant views capabilities exercise

Cpl. Kristofer E. Holly
Globe staff

The admiral's eyes watched closely as a
pilot hangs helpless from a tree, unable to
free himself. His attention was diverted to a
foreign vehicle emerging from a wooded area
and is threatening to fire. All hope seems
lost, but then two Harriers screech from the
sky and destroy the enemy vehicle. A CH-46
follows and drops off troops to rescue the
stranded pilot, while two AF-1 Cobras pro-
vide cover on the flanks.

That was just a sample of what was ob-
served during the Capabilities Exercise
(CAPEX) demonstration for visiting guest
Admiral Ponte, Commandant of the Brazilian
Marine Corps Wednesday, June 19. Adm.
Ponte was escorted by Lt. Gen. Charles E.

Wilhelm, Commander U.S. Marine Corps
Forces, Atlantic, who gave a brief overview
during each demonstration.

Admiral Ponte's observance brought forth
impressive feelings.

"I like it very much," said Adm. Ponte, who
received an invitation from Gen. Charles C.
Krulak, Commandant of the Marine Corps, to
observe the demonstration. "I saw that ev-
erything was very professional."

The CAPEX included a live-fire demon-
stration at the School of Infantry which included
the M203, the Squad Automatic Weapon, AT-
4, a Tactical Recovery of Aircraft and Per-
sonnel (TRAP) at LZ Falcon, a riverine evac-
uation at the Boat Basin, Harrier take-off and
landing operations on Lyman Road and a
modified version of Military Operation in Ur-
ban Terrain (MOUT) where Marines showed

the proper way of clearing buildings and ac-
cessing window entrances.

Admiral Ponte took time to talk with indi-
vidual Marines who took part in the CAPEX.
He not only spoke to find out more about the
equipment and the job they do, but also to
show his gratitude toward the Marine Corps.

"I am proud to be a Marine, because they
are Marines," he said. The Marine Corps is
an old acquaintance of the Brazilian com-
mandant. Admiral Ponte attended Communica-
tions School in Quantico, Va., in 1963 and
spent 15 days in Camp Pendleton.

Admiral Ponte related that what he observed
was not too far gone from what his Marines do.

"We do almost the same thing in Brazil,"
he said. "But there is equipment that you
have that we don't have yet in Brazil."

See BRAZIL/8A



Cpl. Kristofer Holly
Admiral Ponte speaks with Lt. Gen.
Charles E. Wilhelm.

It was 53 years ago when...

New Community Center Building for Midway Park to open soon

Midway Park's new community building, to be the center of recreational, educational and health programs for that community, is expected to open Aug. 1. Announcement of the actual opening date will be made later.

The handsome building, centrally located in Midway Park, has facilities for all types of activities. Already the office for the officer in charge has been moved into the building and arrangements have been made to hold religious services in the auditorium beginning next Sunday.

The building boasts a spacious auditorium with an excellent stage, dressing rooms and movable seats. Here, movies, dances and all types of indoor games may be held.

New River Pioneer, July 29

New Post Theater opening Sunday

Camp Lejeune's new Post Theater, seating approximately 2,000 will open Aug. 1. The opening day feature is "Action in the North Atlantic," starring Humphrey Bogart and Raymond Massey. Shows are scheduled Sunday at 2:30 p.m., 5:30 p.m. and 8 p.m.

The main floor will be for enlisted personnel of the first four pay grades and guests, the upper half of the balcony for officers and families.

Officers and men wearing the uniform of the day will be admitted without passes. Members of their families will be admitted by showing their identification cards.

Due to shortage of space, civilians will not be admitted for the time being, it was announced.

New River Pioneer, July 29

Women Marines are replacing men, many jobs aboard base

Women Marines, who came into the Corps to free the men to fight, are beginning to take over jobs at Camp Lejeune in increasing numbers. Already some 150 women are working here on jobs formerly held by male Marines.

Invading what has heretofore been primarily the male's field, women Marines are doing maintenance work as electricians and plumbers—and one is a welder. Five proved so adept in Motor Transport that they were assigned as instructors.

They are replacing men as telephone operators, teletype operators, motor vehicle drivers. They are working as accountants in the exchange office and on clerical jobs such as mail clerks, payroll, muster roll and correspondence clerks.

Fifty are on duty in the Women's Uniform Shop and 25 at work in the new opened beauty shop.

New River Pioneer, July 29

Beer shortage restricts sales to two bottles daily

Go easy on the beer, mac—try limiting yourself to two bottles a day!

It's not that anyone is worried about your capacity but the supply is short. For this reason a camp memorandum strongly urges men to consume no more than two bottles of the beady brew a day. After all, if you take more than your share, you're depriving someone else of his.

Exchange personnel have been ordered not to sell more than two bottles a day to any one customer, to open all bottles before sale and to permit no bottles to be taken out of the building.

Case goods will be sold to officers only at places designated by the exchange officer. Married NCOs of the first three pay grades may buy one case at a time when authorized in writing by their company commander.

Case lots of beer and soft drinks will be sold from 9 a.m. to 6 p.m. daily except Sundays.

New River Pioneer, Aug. 5

Women's band to be formed here

The formation of a Marine Corps Women's band is under way, according to word from Washington. The first women's Marine band to be authorized in the history of the Corps, it will have personnel of 43 and will be stationed at Camp Lejeune, releasing male musicians here for field duty.

All procurement headquarters throughout the country have been instructed to enlist the women musicians under the classification of general duty. Should the applicant fail to qualify for band duty after enlistment, she will be assigned to other duties in the Marine Corps women's reserve related to her qualifications.

The women will undergo regular basic training at Camp Lejeune before entering the band. Like their male counterparts, they will be prepared to be Marines first and musicians second.

New River Pioneer, July 29



MARINE MAIL:

Can the longevity of the cargo style belt make it the ideal gear issue?

The following Marine Mail was submitted by SSgt. Keith J. Backus, HQMC:

I would like to propose that Marines be authorized to wear the cargo style belt vice the web belt. The web belt currently runs in the range from \$5.75 to \$6.50 and last between three to six months before it needs to be replaced due to scratches and dents in the brass. The cargo strap style belt costs \$6.00 and has a life span of approximately six years. I agree we should keep the web belt for inspections while wearing the utility uniform. In the long run, I view this as a money saver for your younger troops.

SSgt. Keith J. Backus

Capt. K.J. Williamson, Secretary-Recorder, Permanent Marine Corps Uniform Board, provided the following reply:

Thank you for your suggestion in improving the belt for the utilities. The khaki web belt (sold through Cash Sales) costs \$1.10 and the buckle \$.75, for a total of \$1.85. A comparative cost for an olive green utility/cargo belt is \$5.95. Granted, the price of this belt would probably go down were the Marine Corps to include it as an issue item in the seabag. We would still encounter the expense of a new addition (approximately cost of \$5.95) with an offsetting cost reduction of only \$1.10 from the deletion of one of the two khaki belts. The Marine

would still need one khaki belt for use with the service uniform. In this era of tight fiscal concerns, this would be a major consideration.

During my time in the field, there were Marines who bought different types of utility belts. While this is not strictly in keeping with the regulations, it's a commander's call on what belt is allowed while in the field. The option appears to be there for those who wish to use a cargo style belt. On the other hand, there were numerous Marines, including myself, who used the khaki belt with no problems at all. I had a "field belt" that I wore to the field continuously.

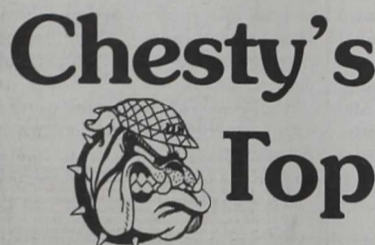
I spoke with the personnel here at HQMC who are responsible for the seabag and they concurred that, for now, issuing a couple of khaki web belts is the most practical way to go.

Capt. K.J. Williamson

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

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

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



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) What did Lucy Brewer have to do in order to fight in the War of 1812, which was at a time when women were not allowed in the Marine Corps?
- 2) What prior service did Sgt. Maj. Gilbert "Hashmark" Johnson have before entering the Marine Corps?
- 3) What commander were the Marines under during the Battle of New Orleans?
- 4) When did the first contingent of Marines land in the Dominican Republic?
- 5) Under whose command did 4th Marine Regiment serve during the Banana Wars?
- 6) Which Marine earned the Medal of Honor semaphoring for an emergency lift of the naval bombardment while under Spanish and American shellfire?
- 7) What did the Chinese boxers believe that their exceptional fighting skills could do for them?
- 8) What Native American tribe did the code breakers primarily come from?
- 9) When did the Marine Corps establish its own aviation unit and who was its first pilot?
- 10) On what island did Marines conduct an offensive operation during the Spanish-American War?

Answers

1) She had to pose as a man. 2) Army and Naval Reserves. 3) Gen. Andrew Jackson. 4) May 2, 1916. 5) Brig. Gen. Joseph Pendleton. 6) Sergeant Maj. John H. Quick. 7) They believed their skills would make them impervious to bullets. 8) Navajo Indians. 9) In 1913. Maj. Alfred Cunningham was the first pilot. 10) Cuba.



Off-Limits Establishments

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

- (1) Laird's Auto & Truck Repair
- (2) Laird's Exxon
- (3) Touch of Magic
- (4) Private Dancer
- (5) Playmates
- (6) Pleasure Palace
- (7) Esquire Massage
- (8) Brandy's Adult Relaxation
- (9) The Doll House
- (10) The Play Pen
- (11) Heather's Adult Relaxation
- (12) Tender Touch
- (13) Amy's Playhouse
- (14) Easy Money Catalog
- (15) North Carolina Catalog Sales
- (16) Kelly's Playmate
- (17) Carriage House
- (18) Jacksonville Speedway
- (19) Adult World
- (20) Private Affairs

- 1197 Piney Green Rd.
- 420 Marine Blvd. North
- 104 Canady Road
- 420 Wilmington Highway
- 830 Wilmington Highway
- Highway 24 East
- Highway 258 West
- 46 Highway 17 South
- Highway 258 West
- Highway 258 West
- Highway 24 East
- 5227 Highway 258
- 3054 Wilmington Hwy.
- 233-F Lejeune Blvd.
- 1943 Lejeune Blvd.
- Highway 24
- 5527 Highway 258
- 401 Blue Creek Road
- 316 Wilmington Highway
- 430 Wilmington Highway

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PROFILE: COURAGE IN THE MARINE CORPS VALUES PROGRAM instills time honored values of honor, courage and commitment

The Marine Corps Values Program is designed to instill, reinforce, and sustain in every Marine the Core Values of Honor, Courage, and Commitment — from the newest recruits to the most seasoned veterans. Honor, Courage, and Commitment are the very ethos of the Corps' character which must be burned into the souls of all who wear the Eagle, Globe, and Anchor. It is every Marine's responsibility to teach these Values to their junior Marines by their impeccable example and to show society by the same.



Commandant's Reading Race to the Swift

Thoughts on Twenty-first Century Warfare

by Richard Simpkin

Brassey's Defence Publishers, 1986

After a long-lasting neglect of the theory of war, military thinkers are once again engaged in a vigorous debate. Sun Tzu probably began it all. The era of Napoleon, Clausewitz and Jomini produced the works which form the foundation of modern theories of war. Mahan, Moltke, Schlieffen, Fuller and Liddell Hart, Guderian and Tukhachevskii are among those who later made significant contributions. Now Richard Simpkin, well known for his authoritative and pungent writing on armored warfare, steers a new course.

In a unique approach, which only a polymath could adopt, he views warfare on three levels and explains it in terms of three well-established disciplines. Classical physics provides a model for the physical aspects of war. The second level rests on risk, chance and surprise — in sum, on statistics. For the third and most important level, the imposition of the commander's will and the clash of wills, he turns to psychology. He then draws the elements of his thesis together by looking at the interaction of the three levels in aspects of the future of armed conflict with specific examples.

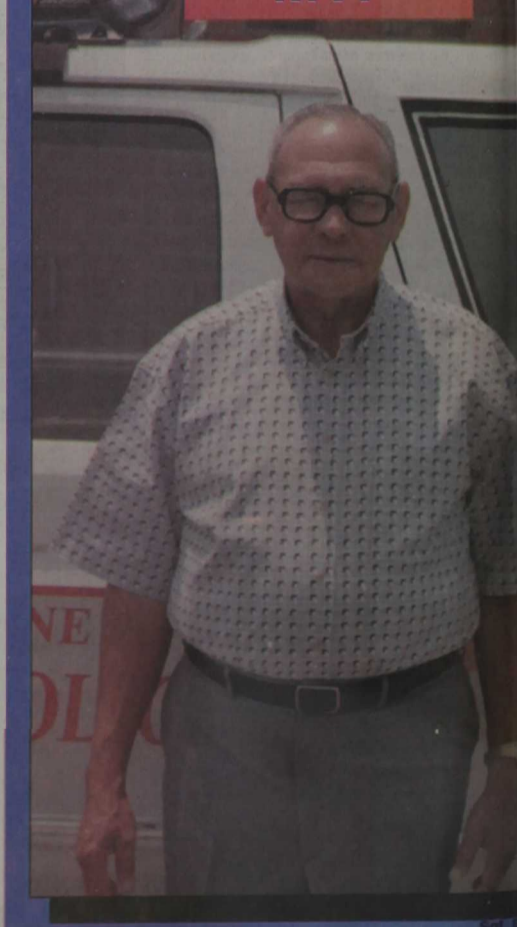
Full-scale war is no longer regarded as an acceptable instrument of policy by most governments. In future, traditional military principles and aims must be adjusted to consider alternatives such as deterrence, pre-emption and

containment. For conflicts as occur by small groups of employing manoeuvre by clandestine elements.

Glancing at modern Western European satellites face a Islam militants, from Algeria to Afghanistan. Can revolutionaries be countermanned by theory?

Richard Simpkin master plan, but an increasing understanding of mechanisms of modern soldiers and politicians formed circles. He writes on this subject theoretical understanding of warfare but always well contains deep and relevant everyone who is co future of defence, world, should read a

MVP



Richard A. Robey, mobile equipment services supervisor, completed a career that spanned 46 years in the federal government. He spent 15 years on active duty in the Marine Corps, medically retired due to injuries sustained in Korea. For years, Robey has been working with the Provost Marshal and has gladly served his country and the Corps he dearly loves.

Teens learn all skills lifes

LAKE MORMON, Ariz. — area, including the Yuma Proving Ground, completed Phase II of its local outreach program.

Youth On The Move is a youth outreach program and civilian leadership styles and drug use and gang involvement.

The program is broken down into three levels: the first is designed to teach teens the basics of life, the second is designed to give them the knowledge to become leaders, and the third is designed to help them become members.

In addition to daily classes, the course consisted of a field trip to the Yuma Proving Ground, completed Phase II of its local outreach program.

It's a great experience," said a participant, 16, said. "I really enjoyed it and I will be taking it seriously and following them not to attend."

Marines re roadsides e

MARINE CORPS B

Marines are trained to handle a combat situation. They are trained to handle a combat situation. They are trained to handle a combat situation.

While making a route, the Marines are trained to handle a combat situation. They are trained to handle a combat situation. They are trained to handle a combat situation.

Renitization and Market Creek, Portsmouth, Va. G. ted a 1991 Chevrolet As him, flipping off the inte area on the side of the ro

Arriving at the scene, control of the situation son involved in the wre making sure everyone w

"When I got there, I were all speaking Spani Spanish," he added.

Passersby provided victims. After several m balances arrived on sce speaking English, Davi

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Teens learn alternative skills lifestyle

LAKE MORMON, Ariz. — Teenagers from the Yuma, Ariz., area, including the Marine Corps Air Station, Yuma Proving Ground, San Luis, and Comerton, completed Phase III of Youth On The Move's local outreach program while on recent a camping trip.

Youth On The Move is a nationwide military and civilian outreach program, combining military and civilian leadership styles to address the problems of drug use and gang involvement. The local program was started by MCAS Yuma, Yuma Proving Ground, Puentes de Amistad (Bridges in Friendship), and the 4-H Youth Development in June 1996. The program is broken down into four camps, designed to teach teens the dangers of drugs and gangs, give them the knowledge and skills to avoid these threats, and to become productive community members.

In addition to daily classes, the student visited Northern Arizona University's challenge course. The course consisted of a series of obstacles designed to build confidence and teamwork. "It's a great experience," said Squad Leader Craig Gunion, 16, said. "I recommend that teens attend YOTM for the skills they will learn, but if they won't take it seriously and follow the rules, then I would tell them not to attend."

Cpl. Andrea C. Gagner

Marines respond to roadside emergency

MARINE CORPS BASE, QUANTICO, Va. — Marines are trained to handle crisis situations, usually in a combat situation. However, one may not realize that the life-saving and leadership skills acquired while serving in the Marine Corps could be needed while carrying out daily activities.

While making a routine drive to the Defense Reutilization and Marketing Office at St. Julian's Creek, Portsmouth, Va., GySgt. William Davila spotted a 1991 Chevrolet Astro several cars ahead of him, flipping off the interstate and onto the grass area on the side of the road.

Arriving at the scene, Davila immediately took control of the situation by first locating each person involved in the wreck for accountability and making sure everyone was breathing.

"When I got there, I quickly realized that they were all speaking Spanish, so I just started speaking Spanish," he added.

Passersby provided water and blankets for the victims. After several more minutes of waiting, ambulances arrived on scene. Since the victims weren't speaking English, Davila's role on the scene quickly

changed, taking on the role as translator.

Shortly after, firefighters arrived on the scene, as did a helicopter to take five of the victims to the Commonwealth University and Medical College of Virginia Hospital in Richmond, Va. The remaining six were taken to Mary Washington Hospital in Fredericksburg, where five were treated and released.

Cpl. Jim Goodwin

Forward from the sea during Kernal Blitz '97

MARINE CORPS BASE, CAMP PENDLETON, Calif. — "Practice the way we fight," and "Forward from the Sea" were the warfighting themes on the minds of more than 12,000 Marines and Sailors recently during Exercise Kernel Blitz '97 in Southern California.

The biannual exercise allowed the Navy-Marine Corps team to fine-tune and exercise its amphibious mission of rapidly projecting decisive military power ashore. Some have argued that this capability is no longer needed.

However, the Commandant of the Marine Corps, Gen. Charles C. Krulak, and the Chief of Naval Operations, Adm. Jay L. Johnson, in a joint release stated, "We would argue just the opposite. Forward-deployed U.S. forces, primarily naval expeditionary forces — the Navy-Marine Corps team — are vital to regional stability and to keeping these crises from escalating into full-scale wars."

Kernel Blitz '97 demonstrated the four tenets of maintaining or re-establishing regional stability:

— Prevention and deterrence: These were achieved by the participation of Amphibious Group Three and I Marine Expeditionary Force. (In an actual scenario, the forward presence of the Navy and Marine Corps team is often enough to prevent or deter conflict.)

— Resolution (necessary when prevention or deterrence is not effective): This was demonstrated by long-range helicopter raids, a non-combatant evacuation operation executed by the 13th Marine Expeditionary Unit, and the actual beach assaults by Regimental Landing Team One and the 13th MEU.

— Termination: This was simulated by force-on-force combat, and live-fire exercises with air and heavy weapons support designed to enforce the settlement that ends a conflict.

The exercise also provided an opportunity for units to operate jointly, including units from the Army, Air Force, Coast Guard, Marine Forces Reserve, and Army National Guard.

Kernel Blitz culminated in the June 28 and June 3, amphibious landings at Red Beach. More than 2,000 Marines from the 13th MEU landed using amphibious assault vehicles, while air-cushioned landing craft deployed the M1A1 main battle tank on its first West Coast amphibious assault.

1st Lt. Arnoux Abraham Jr.

Reserve company deploys to Panama for security duty

RODMAN NAVAL STATION, Panama — They descended from the hills of New England, the mountains of West Virginia, and the cities and towns of Ohio and New York. Professors, plumbers, students, and police officers took leave from their jobs and families and donned the camouflage of Marine riflemen to safeguard one of the world's most important maritime passages — the Panama Canal.

Mike Company, 3rd Battalion, 25th Marine Regiment, a reinforced company of Marine reservists, deployed to Panama recently to provide operational tempo relief to active duty forces. The company is the first reserve unit to take on the Marine Corps' Panama security mission in support of the U.S. Southern Command.

A true test of the seamless integration of active and reserve forces into a single, cohesive total force, these reservists will serve in Panama until September, when they will be replaced by an active-duty infantry company. Deployments of reservists will continue with reinforced companies from the 23rd and 24th Marine Regiments until the canal comes under full Panamanian control in 1999.

The training concentrated on integrating Marines from several units into one cohesive, reinforced infantry company. Leaders were pleased

with how quickly the company came together.

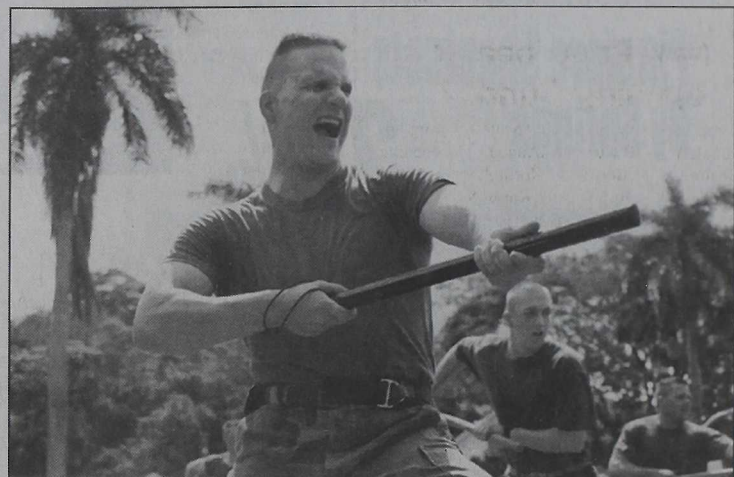
"They have blended so well that some of the unique challenges that I thought we were going to face have not materialized," said Capt. Bryce Riedasch, Mike Co. commander. "It's almost as if they have lived a life together somewhere before."

"We have a huge pool of talent to draw from," Riedasch said, citing Marines throughout the company whose professions include everything from carpenters and law enforcement officers, to doctoral students. "They're very well-rounded as far as overall skills ... everybody is cross-training everybody."

The company will train at the Army's Jungle Operations Training Center at Fort Sherman, Panama. They will also act as aggressors against a Florida Army National Guard battalion that will be training in Panama.

"These Marines are going to get the equivalent of six years of annual training in this deployment," said Maj. Brennan Byrne, mission commander for the deployment. "Their leadership, combat skills, and preparation for what may be required in a combat situation will be coming to a fine point."

GySgt. John Croy



Cpl. Jason E. Reeves, Weapons Platoon, Mike Company, 3rd Bn., 25th Marines, aggressively works through police baton drills in Panama.

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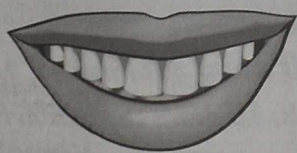
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en C. Futrell, D.D.S.

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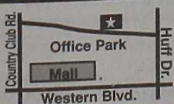
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Springmaid



Pinafore Sheetsets By Springs

180 Thread Count Available in the following colors: white, red ivory, hunter, rose, navy, black
Twin Reg. 14.00 SALE 10.50
Full Reg. 25.00 SALE 18.75
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King Reg. 40.00 SALE 30.00

*Not all sizes and colors available. Limited to stock on hand. No special orders.

25% Off

Take **30% Off**
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ENTIRE LINE OF "Summer Blue" C&F Hand Pieced COMFORTERS

20% Off

Sold in sets which include:
comforter, dust ruffle and shams
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Decorative Throw Pillow MSR 24.00 11.99
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5pc Towel SET

Set includes:
2 Bath, 1 Hand
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Colors: Rose, Hunter,
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13.99



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Great added comfort in quality fitted mattress pads from Louisville
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30x50" and 21x34"
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Lovely finger tip towels just perfect for that quest bathroom. Assorted colors and styles.
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SPECIAL PURCHASE

100% Cotton THROWS

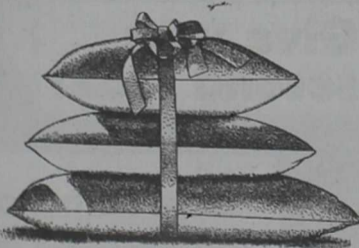
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SPECIAL PURCHASE Throw Rugs **4.99**

Assorted styles in ashley checks and lugana solids 20x40 size.

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All sizes available
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Sun 1000-2000
451-5030

Send your comments and questions to us at mcx@internet.net

SALE DATES 11-17 JULY
Items subject to prior sale. Prices available in exchanges where merchandise is carried.

Camp Lejeune, N.C.
Marine Corps Exchange
AN MWR ACTIVITY



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If you have not applied for admission to the
Onslow County Degree Program

UNCW's Information

Elementary Education
Education of Young Children
Business Administration
RN-Access

6 p.m., Thursday, July 17, Room 101
at Coastal Carolina Community College

For information call Larry Cook at 451-5411
or UNCW at 1-800-257-3551.

<http://www.uncwil.edu/dpsee/onslowcty>

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WaveRunner

*1 Dealer participation required. Amount of discount depends on Dealer participation. Price set by Dealer at participating Dealers only.
*2 Offer good to qualified Yamaha credit card users. Offer good from June 1 through select new unregistered models only. Some restrictions apply. See your dealer for details. Promotion period, any remaining account balance will be subject to an APR of 12.9% to \$6,000 and 12.9% on the portion of the balance over \$6,000. \$50 minimum down payment.

The scientific theory I like best is that the rings of trees are composed entirely of lost airline luggage.

JULY MeltDown

Camp Lejeune

Marine Corps Exchange

-AN MWR ACTIVITY-



dak

July 11th - Rock Concert

July 12th - Rhythm & Blues Concert

July 13th - Country Concert

Manufacturers Coupon

Expires July 17, 1997

\$5.00 Off

Motor EX 35mm Camera Kit

#818-0853



Camera, Strap, Battery, Kodak Film, Manual and One Year Warranty

On purchase of Cameo Motor EX 35mm Camera. May not be copied, transferred or used with any other Kodak offer. You pay any applicable tax. Limit: one coupon per person; no rainchecks.

Use for the face value of this coupon plus 8 cents handling allowance provided you properly redeem it on retail sales of the described Kodak product. Upon request you will receive sufficient product to cover all redemptions. Failure to observe above terms may void all coupons submitted or constitute fraud. Kodak will reimburse you through C. Lloyd representative. Call (800) 446-8089 for assistance.

Valid at MCX Camp Lejeune Only

Manufacturers Coupon

Expires July 17, 1997

\$3.00 Off

Focus Free 35mm Camera Kit

#117-9639



Camera, Strap, Battery, Kodak Film, Manual and One Year Warranty

On purchase of Cameo Focus Free 35mm Camera. May not be copied, transferred or used with any other Kodak offer. You pay any applicable tax. Limit: one coupon per person; no rainchecks.

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Valid at MCX Camp Lejeune Only

Manufacturers Coupon

Expires July 17, 1997

\$5.00 Off

Advantix 2000 35mm Camera Kit

#199-2627



Camera, Strap, Battery, Kodak Film, Manual and One Year Warranty

On purchase of Kodak Advantix 2000 35mm Camera Kit. May not be copied, transferred or used with any other Kodak offer. You pay any applicable tax. Limit: one coupon per person; no rainchecks.

Use for the face value of this coupon plus 8 cents handling allowance provided you properly redeem it on retail sales of the described Kodak product. Upon request you will receive sufficient product to cover all redemptions. Failure to observe above terms may void all coupons submitted or constitute fraud. Kodak will reimburse you through C. Lloyd representative. Call (800) 446-8089 for assistance.

Valid at MCX Camp Lejeune Only

Manufacturers Coupon

Expires July 17, 1997

\$1.50 Off

FunSaver Pocket Camera with Flash



#846-1444 or #894-7335

On purchase of Kodak FunSaver Pocket Camera with Flash. May not be copied, transferred or used with any other Kodak offer. You pay any applicable tax. Limit: one coupon per person; no rainchecks.

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Manufacturers Coupon

Expires July 17, 1997

\$1.00 Off

FunSaver Pocket Camera



#809-0250 or #894-1633

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Valid at MCX Camp Lejeune Only

Manufacturers Coupon

Expires July 17, 1997

50¢ Off

Kodak Royal Gold 2 pack

#101-2491
#155-0409
#124-5422

On purchase of Kodak Royal Gold 2-pk. May not be copied, transferred or used with any other Kodak offer. You pay any applicable tax. Limit: one coupon per camera. Good only on retail sales.

Use for the face value of this coupon plus 8 cents handling allowance provided you properly redeem it on retail sales of the described Kodak product. Upon request you will receive sufficient product to cover all redemptions. Failure to observe above terms may void all coupons submitted or constitute fraud. Kodak will reimburse you through C. Lloyd representative. Call (800) 446-8089 for assistance.

Valid at MCX Camp Lejeune Only

This Week In

MWR

July

FRI	SAT	SUN	MON	TUE	WED	THU
11	12	13	14	15	16	17

AN MWR EVENT



July MeltDown

3 COOL Nights of HOT Music @ WPT Hill Field

FRIDAY, 11 JULY @ 2000

JOE WALSH

EDDIE MONEY

NIGHT RANGER

SATURDAY, 12 JULY @ 2000

MAZE featuring

FRANKIE BEVERLY

THE O'JAYS

MONTELL JORDAN

SUNDAY, 13 JULY @ 1700

TIM MCGRAW

MARK CHESNUTT

LEE ANN WOMACK

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TWO HOURS
PRIOR TO
SHOWTIME

FOR MORE INFORMATION CALL 451-3535

WATKINS VILLAGE

Family Fun Day

D.J.

Sat, 19 Jul @ 1400-1900

Tennis Courts on Bicentennial Ave.

What better way to meet each other!
Join us for an afternoon full of
fun, games, and great entertainment!BRING YOUR OWN BLANKETS, CHAIRS, FOOD AND DRINKS.
(GRILLS TO COOK ON WILL BE PROVIDED)
THIS IS AN ALCOHOL FREE EVENT.FOR MORE INFORMATION CALL:
MGYSGT D. RUSS at 577-7104 or BILL HOLSCLOW at 353-0456

SKATING!

We will provide the skates,
but you must bring your
own helmets and knee pads!

REGISTER NOW

DAVY
JONESOPEN OCEAN
SWIM

SATURDAY, 19 JULY

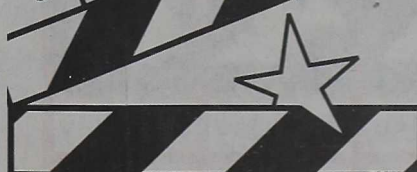
0800

ON SLOW BEACH

FOR REGISTRATION INFO
CALL 451-1799

A LEJEUNE GRAND PRIX SERIES '97 EVENT

VIDEOS 'N MORE

July
Special

Rent 2 New Releases

Receive \$2 OFF Video Game

For more information, call 451-5928.

1997
Wellness WatchSpinning
Demonstration

18 July

1100-1300

Marine Corps Exchange

Please wear MT gear to participate
Info - 451-5430

MWR



In Partnership With You For A Better Quality Of Life

www.mwrlejeune.com

MWR Events

Onslow Beach
now open

Bring your towel, sunglasses, and tanning lotion to Onslow Beach this summer! The enlisted and officer cabanas, campsites, cottages, pavilions, and swimming areas are now open at the Onslow Beach Recreational Area. Beat the heat today and visit the beach!

For reservations or more information, call 451-7473/7502.

Come to the new youth
center's grand opening

The Morale, Welfare and Recreation Youth Activities Section, Camp Lejeune proudly presents the new Stone Street Youth Pavilion Grand Opening.

The ceremony will begin Aug. 8 at 3 p.m. Festivities will continue until 9 p.m.

The youth pavilion encompasses 15,240 sq. ft. and in-

cludes a gymnasium, a computer room, two classrooms, and a game room with pool tables, air hockey, video games and snack bar. Different programs and activities held at the pavilion for 6-12 year olds will include crafts, games, overnight socials for younger children, physical activities in the gymnasium and much more.

Drop by the new youth pavilion for open house and membership registration Aug. 4-7 from 1 p.m. to 7:30 p.m. Membership is open to all military family members ages 6-19 (K-12 grades). Annual memberships will be \$5 and a birth certificate or proof of age is required. Current members must update their enrollment information to receive a new card. For more information, call 451-5173.

July Meltdown
expected to sizzle

July Meltdown ignites Camp Lejeune July 11 at 8 p.m. with Joe Walsh, Eddie Money and Night Ranger. R&B night is July 12 beginning at 8 p.m. with Maze

featuring Frankie Beverly, The O'Jays and Montell Jordan.

Country night is July 13 at 5 p.m. with entertainment provided by Tim McGraw, Mark Chesnutt and Lee Ann Womack. Gates open two hours early all three nights. Present military ID for free admission. Admission is \$5 per night for all others. Call 451-3535 for more details.

Pre-teen pool party
is a splash

All youth, ages 10-13, are invited to attend the Tarawa Terrace Outdoor preteen pool party on July 19.

The fun begins at 7:30 p.m. and lasts until 9:30 p.m. Participants must have a valid ID card and may bring a guest with proof of age.

Admission is \$3. The first 20 people to arrive at the pool receive a free T-shirt.

For more information, call 451-3375.

Visit Pastabilities
Central Area
Recreation

Enjoy pizza, pasta, and lots of Pastabilities, located at Bldg. 62. Lunch and dinner specials are of operation are Monday - Friday 10 p.m.; Saturday and Sunday 4 p.m. for daily specials.

Knox Trailer Park
community

Meet your neighbors and have fun! Activity times are 11 a.m. until 3 p.m. food, and lots of entertainment. In the field next to the 7-Day store. For more information.

The bridge is back
but at intravals

Onslow beach bridge is back in operation but will soon undergo repairs involving sandblasting and painting, which will require it to be out of service for short periods of time. From July 14 to September, the bridge will allow for boat traffic under the following schedule:

Closed	Reopen
8 a.m. to 11 a.m.	11 to 11:30 a.m.
11:30 p.m. to 2:30 p.m.	2:30 to 3 p.m.
3 to 6 p.m.	

Vehicular traffic will be allowed to pass on the hour and half hour. From 6 p.m. to 8 a.m. Mon-Fri. and weekends, the bridge will open on signal.

Sixth Marines pier closed

Due to the renovation of 6th Marine Regiment's pier, streets I and L on Julian C. Smith Boulevard will be closed from 7:30 a.m.-9:30 a.m. Monday through Friday June 20-July 20.

Wives support group will
pool to Maritime and
Railroad museum

The USO Service Wives Support Group will meet at the USO at 9 Tallman St. to carpool to the Maritime Museum in Morehead City and lunch at McDonald's July 11. Cars will leave the USO at 10:25 a.m.

There will be another car pool July 18 to the Rail-

road Museum in Wilmington followed by lunch at Chuck E. Cheese. Meals for both events are dutch treat. Cars will depart from the USO at 10:25 a.m. Children are welcome under their mother's supervision.

For more information on these two events, contact Bettina at 455-3411.

New Child Development
Center to open with
ribbon cutting ceremony

There will be a ribbon cutting ceremony at the new Child Development Center Modular Units located in Tarawa Terrace housing area, Two Jima Boulevard July 14 at 8:30. All are invited to attend.

Contact Tonya Turner at 451-3090 for more information.

Looking for a 'Few
Good Men'

The 2d Counterintelligence Unit is seeking first term corporals and sergeants pursuing unique, challenging and diverse working environments while deployed in small teams.

All applicants must be 21 years old, a U.S. citizen, possess a 110 GT score, eligible for a top secret security clearance based on a Special Background Investigation, and be willing to submit to a CI scope polygraph examination.

Prior to attending the 17-week formal military occupational specialty course in Virginia Beach, Va.,

Briefs

perspective applicants will complete an on-the-job training period at Camp Lejeune. Marines interested in a lateral move to the 0211 military occupational specialty community can familiarize themselves with MCO 3850.1., Policy and Guidance for Counterintelligence Activities.

If you feel you have the necessary military occupational specialty prerequisites and the personal drive and initiative to be a counterintelligence Marine, contact SSgt. Hutchins or Sgt. Montano at 451-1067 for more information.

Cheerleader tryouts needs
physical and insurance

Any student who wants to try out for the Lejeune High School cheerleader squad needs to have a sports physical and school insurance prior to Aug. 12.

Cheerleading handbooks, insurance and physical forms may be picked up at the high school. For more information, call 451-2451.

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.

During the Open Season, employees must complete the registration form, TSP-1, by submitting it at the following locations:

Base Maintenance Bldg. 1202	Ms. K.
Naval Hospital Rm. 425	Ms. G.
MCAS, New River Bldg. AS-211	Ms. M.

For more information regarding son, call Mary Turpin at 451-14

Commercial pu
to be made
IMPAC ca

Effective Oct 1, all activity requests for commercial items payable by the government must be purchased by the requiring I.M.P.A.C. card(s). Any activity card should contact their supply who in turn should contact Sally Rook at Contracting Division.

It takes six weeks to two months to get a contract, so please submit ASAP. Anyone expecting to spend more than \$10,000 per month should plan to attend the Procurement Procedures Course to be held in the next month.

For more information contact Sally Rook at 3011 or via E-mail.

Human Services

Get financially fit

Get "Financially Fit" in '97. Personal Financial Management classes will be conducted by the Family Service Center, Bldg. 202, Rm. 210, from 1 p.m. to 4:30 p.m. on the days scheduled below.

"Take Charge of Credit"	July 15
Car Buying Maneuvers	July 16
Winning the Investment Game	July 22
Covering Your Risk (Insurance)	July 23

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.

Make the right moves

The FSC is presenting a Making the Right Move Seminar Aug. 20 from 9 a.m.-noon in the FSC classroom, Bldg. 14. Reservations are required and may be made by calling 451-3212, ext. 100/101.

Childcare will be provided by calling 451-2874 in advance.

Relocation brief to
Okinawa given

The FSC, Relocation Assistance Program, will be conducting a Welcome to Okinawa Brief July 16, 9 a.m.-noon, at the FSC, Bldg. 14.

To register, call 451-5340, ext. 100/101. Child care will be provided by calling 451-2874 in advance.

Prepare your future with
Pre-retirement seminars

There will be a pre-retirement ceremony slated for July 17-19 8 a.m.-4:30 at Marston Pavilion.

Service members and their family members within two years of retirement are encouraged to attend. Civilian attire is recommended for this event. All aspects of retirement preparation and post retirement changes are presented. Some of the topics include: Veteran's Benefits, DEERS/identification cards, survivor Benefit Plan, financial planning, civilian employment, social security, and much more!!

To register, please call the FSC at 451-5340/5927, ext. 100/101. Childcare will be provided by calling the Hadnot Point Child Development Center at 451-2874.

Family Counseling
Center holds domestic
violence training

The Family Counseling Center (FCC) is presenting Family Advocacy Program Command Education Training August 15, 16, 25, and 26 in Bldg H-1. There will be two 3 and 1/2 hours sessions each day, 8-11:30 a.m. and 1-4:30 p.m.

The target audience for this training is commanding officer, executive officer, Sergeant Major, First Sergeant, and Battalion Family Advocacy Program Officer (FAPO). Other interested personnel are welcome. To attend, call 451-2876/2864.

Learn to write a resume

The FSC is sponsoring a Resume Writing Workshop July 15, 1-5 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. Childcare will be provided and reservations may be made by calling 451-2874 in advance.

Training for health and
fitness will be here

The FSC will be sponsoring a Key Volunteer Professional Development Training /Health and Wellness for Everyday Living Workshop July 17 from 1 to 3 p.m. at the Key Volunteer Center, H-14.

Topics to be covered will be on health and wellness and how to set up a conditioning and personal training program. Trainers from the MWR Fitness Center will conduct a low impact slide class. A free cholesterol screening and a blood pressure check will be provided by the USNH.

There will also be a dietitian available for questions. To register, call 451-5340, ext. 100/101. Childcare will be provided by calling 451-2874 in advance.

Register for child
care central

Child Development Services announces the start of a central registration system June 1. Patrons using any Child Development Program on base will register at the

Child Development Services Office, Midway Park, from 8 a.m.-4 p.m., Monday through Friday, and 8 a.m.-5:45 p.m. on military days.

Family support
group meeting

The Exceptional Family Member Group will have their quarterly meeting July 11, 10 a.m.-12 p.m., FSC, Bldg. 14. Come learn more about the services available to parents that have children with special needs. For more information, call 451-3212, ext. 110.

Volunteer Victim
Advocates needed

Volunteer Victim Advocates are needed for the Lejeune domestic violence prevention program. Training is scheduled Aug. 12, 10 a.m.-12 p.m. and Aug. 14 from 9 a.m.-12 p.m. Call 451-2876/2864 to register to be a volunteer victim advocate.

At the
MovieJuly 11-July 13
Base Theater

Today	7:30 p.m.	Austin Powers
Saturday	1 p.m.	The Last of the Mohicans
	7 p.m.	Austin Powers
	9:30 p.m.	Night Falls on Manhattan
Sunday	1 p.m.	The Last of the Mohicans
	7:30 p.m.	The Last of the Mohicans
Monday	7:30 p.m.	8 Heads Under the Sea
Tuesday	7:30 p.m.	Inventing the Reel

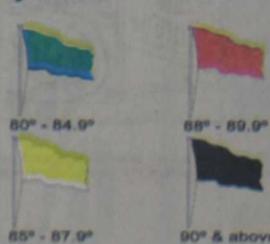
New River

Today	7 p.m.	Murder on the Nile
	9:30 p.m.	8 Heads Under the Sea
Saturday	7 p.m.	Murder on the Nile
	9:30 p.m.	8 Heads Under the Sea
Sunday	3:30 p.m.	Inventing the Reel

Five-day weather forecast

Today	Saturday	Sunday	Monday	Tuesday
High 86	High 88	High 88	High 90	High 88
Low 68	Low 66	Low 68	Low 68	Low 69

Flag Condition Guideline



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

The Globe

Vol. 59 No. 24

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Lt. Col. S.L. Little
Director, Consolidated Public Affairs Office
Phone Number 451-5655

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Ms. C
Ms. C

Ms. M
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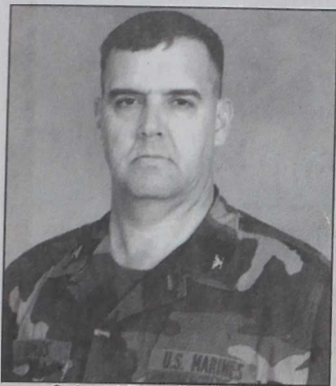
Headquarters Battalion

2d Marine Division

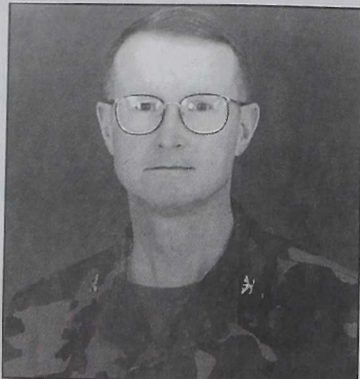
Colonel Darrell L. Combs will relinquish command of HQ Bn., 2d Mar. Div. to Col. Lee F. Lange III in a ceremony today at 2 p.m.

Combs has been the battalion's commanding officer since May, 1995. He will now retire after more than 26 years of service.

Lange reports in after a tour as Division Assistant Chief of Staff, Training and Operations.



Colonel Darrell L. Combs



Colonel Lee F. Lange III

8th Comm. Bn.

2d SRIG

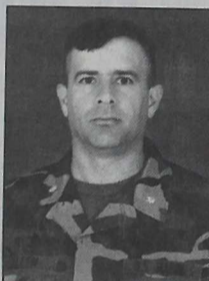
Lieutenant Col. Craig E. Opel will relinquish command of 8th Comm. Bn., 2d SRIG to Lt. Col. George J. Allen during a ceremony today at Soifert Field, at 10 a.m.

Opel has been commanding officer of 8th Comm Bn., since June 1995. He will now be stationed at Quantico, Va.

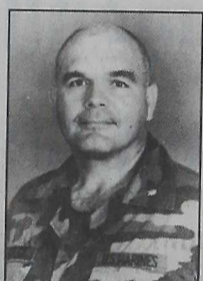
Allen reports as commanding officer after a tour as the Assistant Chief of Staff, Communications, U.S. Marine Forces Atlantic.



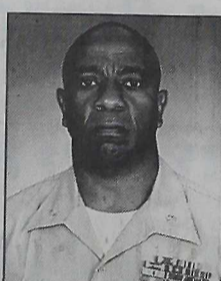
Lt. Col. Craig E. Opel



Lt. Col. George J. Allen



Lt. Col. Steven Barlich



Lt. Col. Walter Whitfield

Lieutenant Col. Steven F. Barchlich relinquished command of 8th ESB, 2d FSSG to Lt. Col. Walter V. Whitfield July 2.

Barchlich has been commanding officer since Sept. 1995. He is now the commanding officer of the CSS Enterprise, the experimental combat service support element.

Whitfield reports after a tour at the Naval War College, Newport, R. I.

8th ESB

2d FSSG

MARITIME from 1A

a week-long war game—Maritime Prepositioning Force 2010 and Beyond Concept Wargame drafted concept could be executed and to define what capabilities are needed.

The current MPF concept depends on a secure port, a secure airfield, and a large assembly together personnel and equipment.

According to William L. Simpson Jr., an operations specialist at the college, the need for large, shore-based logistic facilities by the current MPF is a critical vulnerability.

"The proposed MPF 2010 and Beyond Concept looks to eliminate that vulnerability by j equipment at sea before the ships arrive in theater; having them combat-ready when they off based logistics support," explained Simpson.

In this regard, the MPF 2010 and Beyond Concept is a follow-on to the Ship-to-Objective was conducted here in April.

"The MPF will not conduct an opposed amphibious assault, but would be used to deter c ment into theater or to reinforce an amphibious task force or other combat forces," Smith sa

During the war game, a joint service group of officers and civilians carefully examined he work in three different situations or scenarios. In each scenario, the players answered four the concept of operations and what do we need to accomplish it; how do we rapidly join up th in-transit and at-sea and how do we get them combat-ready at the offload; how do we integ sustain forces in theater; and, once the mission is complete, how does the MPF reconstitute a to other situations?

The executive session will convene to review and discuss the game results. The Command is among 30 flag and general officers planning to participate. The war game was hosted Commanding General, MCCDC, Lt. Gen. Paul K. Van Riper.

BRAZIL from 1A

Vehicles, such as 5-tons, are used by the Brazilian Marines, but the Harrier is still foreign to their military. In a continuing military building process, Brazil recently purchased the M-16A2 service rifle, an anti-tank missile from Sweden similar to the Tube launched, Optically tracked, Wire guided missile, and an anti-air missile similar to the "Stinger," Admiral Ponte said.

Like the U.S. Marines, daily individual and unit training of Brazilian Marines provides the building blocks for larger scale exercises which are designed

to integrate all components of Force.

Units are embarked in amphibious assaults and raids along the coast as well as riverine operations along the country's interior.

The units of the Brazilian Marines rely entirely on the professional preparation of their Marines. They maintained at the highest level possible to accomplish the various assigned mission.

TRUCK from 1A

office during a company formation.

"At first I thought that I was in trouble. That was my first reaction when I was told that he needed to see me," Lydick said.

It was not bad news, but instead word that he had won the raffle. Lydick had thought the possibility of winning was so remote that he joked with his friends about their chances.

"We would sit there and joke about it in the beginning. It seemed so unlikely that any of us would win but I give to Navy Relief every year anyway. I don't do it to win prizes, I just do it because it's the right thing to do," he said.

After receiving the news that he had beaten the odds, Lydick was sent to Dodge National Car and Truck to pick out the Ram in the color of his choice. Looking around at the dealership, he set his eyes on a cherry red truck. It was the exact color that he had envisioned the truck and that being able

to pick out that truck and drive away without paying a single penny was a dream come true.

Driving away with a free truck would have been an overwhelming experience for some Marines but Lydick kept his reaction low key.

"I was kind of surprised when I won but after the initial surprise it wasn't a big deal or anything," he said. It was a big deal for his wife who had always wanted a big truck, however.

As with almost all things in life, nothing is ever really "free". Lydick has to pay taxes on the \$19,648 truck which could total a significant amount. It is not uncommon for contest winners to sell their prize to pay the taxes that they owe and reap the profit. Lydick said that once his wife saw the truck those considerations were put aside.

"There wasn't much of a choice once the wife saw it. She took one look at it and fell in love with it. There

was no question

he said.

As soon as he couldn't wait, Lydick drove trails and just could where th "As soon as I g for a little spin said.



Lydick with his



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TIPS ON TRAVEL

Headache-Free Vacation Tips For Migraine Sufferers

(NAPS)—For the estimated 23 million Americans who suffer from the debilitating pain of migraine, a trip can mean a first-class ticket to disaster, despite the best-laid plans. Fortunately, much more is known today about migraine than ever before—knowledge that may help a migraine sufferer to pre-plan for a headache-free vacation.

Migraines are characterized by severe, recurrent pain usually on one side of the head. Typical accompanying symptoms include nausea, vomiting and sensitivity to light and sound. Migraine attacks can last from four to 72 hours and can be severe enough to require the sufferer to lie in a dark, quiet room.

For a susceptible person, a wide range of things that are eaten, smelled, heard or experienced can "trigger" an attack. Travel, especially in unfamiliar surroundings with varying climates, and experiencing new cuisine and customs, almost guarantees a "trigger-rich" environment. Fortunately, you can take preventive measures. Although there is no way to guarantee you won't develop a migraine, sufferers can take precautions and plan their trips as effectively as possible. Keep in mind the following tips:

• **Diet:** If there are certain foods that you know will precipitate an attack, make a list of the foods and refer to it throughout your trip. If you are on a special diet, notify the hotel where you'll be staying, or the group you'll be staying with, before you depart. You'll be surprised how accommodating they will be with special meals.

• **Emotions:** Anticipation, excitement, stress and even anxiety, or severe changes in emotions can trigger a migraine. Even eliminating stress—getting away from work and being relaxed—can trigger an attack. Remember, you're on vacation. Relax. Plan ahead and allow extra time for delays. Above all, try to remain as calm as possible before you depart and while on vacation.

• **Activity:** Alterations in regular lifestyle patterns can bring on a migraine—altering sleep patterns, motion from planes, trains



Migraine sufferers can plan their trips effectively as their itinerary.

and automobile triggers. If possible, avoid new activities you depart. Be aware of potential limit exposure.

• **Medication:** has recommended your migraines, take and take the medicine with you. People forget the excitement of the trip to take twice as much as you'll need for the amount, and keep pieces in case.

• **Physician:** your headache before you leave if you need medication familiar with your treatment program. Written record gives the physician a point of reference. An informational let, made available by Wellcome Inc., is Chart Your Response to Personal Migraine Program, P.O. Box 27591, or by calling

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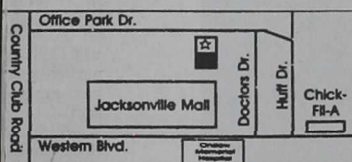
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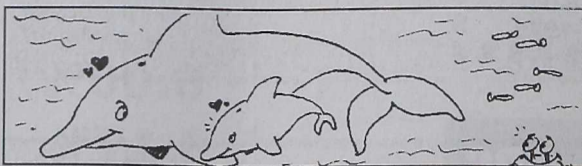
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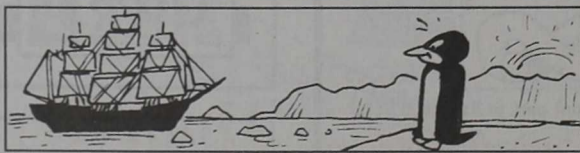


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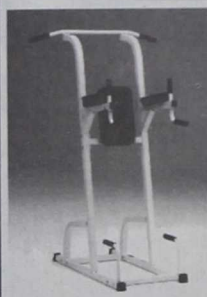
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European troops fall from Carolina sky

was to parachute from approximately 1500 feet off the back of a CH-46 Sea Knight to a water landing.

The landings were targeted for approximately 1,500 meters off shore, which allowed for landings to be in deeper water and beyond the shore break. There were also safety boats present to ensure that each jumper was recovered in a timely manner.

Although some troops are used to making more than one jump in a day, many felt fortunate to make a water jump during the exercise.

"In Germany, we normally take three jumps before lunch, but I've always liked water jumps better because you don't have to worry about being injured since the landing is so much softer," said German Sgt. Peter Wohne.

The European troops will remain in the United States until July 22. Future training includes a field exercise in Key West, Fla., a paintball war.

Many of the visiting troops have said that their stay has taken some getting used to, but have enjoyed their time here and feel fortunate to have had the opportunity to come.

"Some things like the weather, eating habits and meal times have taken some getting used to, but the training package that has been set up for us has been excellent," said British Major Grant Holdom, 148 Commando Battery Commander.

"The training has been hard, but the officers and men of 2d ANGLICO have been extremely hospitable and have helped in every way to make our visit memorable."



Sgt. Bruce J. Melville

British troops faced a 10- to 15-foot drop after taking a step off of a CH-46 Sea Knight during helocast training. This training was conducted to practice insertion techniques.

ng 'Navy's finest' to serve with 'the few, the proud'

Sgt. Bruce J. Melville
Globe staff

Corpsman have been serving next to Marines for some 99 years. They go to the field like Marines, eat chow with Marines, dress like Marines and do a myriad of other things just like Marines. But where do they learn the skills they will need to be a successful "combat corpsman?" Field Medical Services School -- that's where.

The five-week course provides training to all Sailors who will be serving as corpsmen with Marine units. Navy doctors, chaplains and other personnel who might soon be training with Marines also attend the course. "Our goal is to familiarize them with what it is going to be like to serve with Marines," said GySgt. Scott Holt, FMSS military advisor.

Students get a "crash course" in patrolling, offensive and defensive combat, IV therapy, grenade throwing and also participate in a great deal of bandaging practice.

Other events they must complete include the confidence course at Camp Geiger and firing the M-16A2 service rifle and 9mm pistol.

Much of their down time is filled with "hip-pocket" classes that prove valuable to their overall battle skills

knowledge, according to Holt.

"For many students, this is the first time they have ever touched a rifle, much less gone to the field," said Sgt. Jason Petrakos, military advisor, Field Medical Services School. "We have a great deal to teach them in a short period of time."

While the chance for these Sailors to go to the "green side" is exciting, their role is never taken lightly. Perhaps the most important class they receive is primary and secondary response. This teaches them to rapidly evaluate the seriousness of an individual's injuries and make the determination of who should be treated first if mass casualties occur.

Many students find the course challenging and extremely valuable. "I've learned a lot more at this course than I did at corpsman school when it comes to taking care of Marines," said Seaman Traci Ferguson.

Many instructors feel their job is challenging, yet rewarding. "The hardest part for us is instilling in them the mental toughness they will need to serve with Marine units," said Sgt. Shannon Gregory, military advisor.

"It is really rewarding, though, to see them turn into someone who has developed the skills and endurance needed to persevere as a corpsman serving with Marines."



Sgt. Bruce J. Melville

the students learn to adapt to in the field environment.



Sgt. Bruce J. Melville

Sgt. Jason Petrakos, military advisor, FMSS, shows Seaman Amy Daclan how to break down a M-16 A2 service rifle.



Sgt. Bruce J. Melville



Sgt. Bruce J. Melville

Offensive and defensive combat are part of the training Sailors participate in during the five-week course.

secondary response is considered one of the most important aspects of training. Here a during a mass casualty drill.

'Eyes of death' sharpen their focus

Sgt. Bruce J. Melville
Globe staff

Before "cannon cockers" from 10th Marine Regiment can extend their arm of decision, they must look through the eyes of a forward observer (FO). These are the eyes by which cannoners can be rest assured that when they pull the lanyard, steel will be landing on target. One thing that often rings clear -- the more these Marines sweat in peace, the more the enemy will bleed in war.

Leathernecks from all over the Camp Lejeune area were sweating in peace last week during the Forward Observer's Course held by 10th Marines.

"Anyone that might be in the position where they would have to call for fire support would benefit from this course," said Sgt. Randy Mantione, course instructor.

The course -- designed to build on the basic skills students should already possess -- is a five day course headed up by instructors from the Fire Support Coordination Center.

Topics covered include anything from coordinating quick fire plans to the application of smoke missions.

The course got its origins as a Pre-Capabilities Exercise course, but has blossomed into a comprehensive class that has drastically improved several facets of fire support that were once thought to be lacking due to a lack of training time.

"We try to teach them everything Fire Support has to offer and how they can improve their proficiency," said MSgt. Ira Highsmith, regimental liaison chief.

According to Highsmith, fire support has plenty to offer.

Fire support is vital to ensuring safety for troops in movement by not only suppressing the enemy, but destroying him.

Forward observers can "call for fire" from artillery, air and naval gunfire.

Although there is some time spent in the classroom environment, Marines are also given an opportunity for practical application of skills.

They do this through the use of a pneumatic mortar. This equipment is an air compression device used with the 80mm which allows Marines to get a feel of what procedures are used in fire support to get timely and accurate fires.



Sgt. Bruce J. Melville

Cpl. Clay Farley, makes adjustments on the 80 mm mortar.



Sgt. Bruce J. Melville

LCpl. Wade Ward watches as rounds fall down range.

"Another benefit is that it allows them to see how close they can get to a target," said Mantione.

"It really builds their confidence when they can see the rounds land."

The job of a forward observer can also tend to get frustrating in that they are often caught in middle of field exercises with the infantry, who they will maneuver with in the field, and their parent unit who is responsible for their proficiency. "It gets real stressful sometimes, especially for the Marines that are trying to please two masters," said Highsmith.

This stress is only magnified by the amount of technical gear required to perform their mission.

Tools of their trade include the Modular Universal Laser Equipment (MULE), which is used to "paint" a target for laser guided munitions, the AN/GVS-5 Laser rangefinder, SINGARS ground radio, AN/PSN-11 Global Positioning System, and a DMS hand held computer system, maps, compasses, binoculars and the Marines' personal gear.

According to Highsmith, this course does many different things for the benefit of fire support, but perhaps the greatest advantage is found in that it gives the infantry members who go through a much better understanding of what fire support can do for them and how to better use it.

Fixing technology

Sgt. Bruce J. Melville
Globe staff

Technological innovations such as Global Positioning Systems, SINGARS radios and personal and lap top computer systems have proven their importance through operations such as the Persian Gulf War and the rescue of Air Force Capt. Scott O'Grady. Many commanders might agree that one of the most important things needed on the battlefield is communication with their Marines. What do those units do when that equipment stops working? Look to Electronics Maintenance Company (ELMACO), 2d Maintenance Battalion, 2d Force Service Support Group.

Electronics Maintenance Company's mission is to support the II Marine Expeditionary Force with intermediate maintenance of all electronic equipment. With a task of such a large volume of customers, one can imagine that these Marines stay busy.

"We've got so many pieces of equipment coming in every day that we have really got to stay on track to make sure that units can receive those items back in a timely fashion," said Cpl. Michael Lacy, shipping and receiving clerk.

One appealing aspect of this unit is the amount of money it saves the Marine Corps annually. Through its ability to repair broken gear, rather than having units buy new gear, ELMACO has saved the Marine Corps approximately 1.3 million dollars since October 1997, according to GySgt. Stephen Gonzales.

Many ELMACO Marines feel their job is

important in that if a unit's gear in a time of need is without valuable

"It's all about reliability," said Clyde Gordon, "The more efficient it is, the better it is."

Many Marines have a great sense of pride in the nature of their jobs and what they are doing is a great deal of experience and interaction with other Marines. "The deal real soon, especially the age where on Light Armored Vehicle vehicles."

Computers are in time within the company works on computers every GySgt. Bruce Vins are retrofitted with only upgrades the Marine Corps has of dollars every year other important factors are called on to call watt meters to be in halls. There are approx of gear processed this section every year, according to Morgan, calibrations are hard to provide a leads us to take a lot of like the rest of the company.



Cpl. Ozzie Agramonte, repairs a RT1523C SINGARS Radio.

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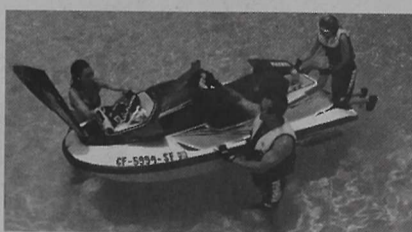
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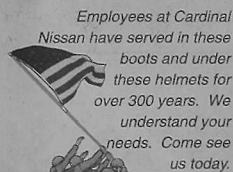
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Stayin comfortable in field

Sgt. J. J. Rodriguez
Globe staff

Marines have been known to adapt, improvise and overcome obstacles to accomplish any given mission. They do more with little and sometimes make something out of nothing, and nothing motivates a Marine's imagination more than staying comfortable in the field.

As good as the Marine Corps' field gear may be, it still isn't without lacking. It doesn't provide the comforts of home, but with a little bending, folding and careful placing, it can come close.

In the field, mission always comes first. No matter how much Marines would like to think quality of life should be the top priority, that can't always happen. Mission accomplishment has and will always come first, but troop comfort and relaxation is a close second -- especially when you're the troop.

Many Marines who complain about field gear don't use it to its full potential. They were taught one way of using it in bootcamp and have stuck with that same way throughout their time in the service. Drill instructors give recruits the basics, from that they are expected to expand.

If you spend more time in the field than at home, then you should make the best of it and live with a little comfort. Here are some ways to be more comfortable many Marines use.

HEAT

Summer time is here and the rising concern among Marines here on the "swamp lagoon" (as it's affectionately referred) playground is the heat and humidity. There aren't many things that will lower a Marine's motivation more than high temperatures, but we have plenty of trees, so whenever possible get under one. When at all possible (keeping mission requirements, commanders' intent and safety in mind) don't wear your flack jacket or helmet, stick with deuce gear and soft covers instead.

To avoid humidity there's one secret that Marines have handed down through the years... baby powder. It's cheap and comes in small size bottles, convenient for the field. Apply it to areas which most commonly sweat. Baby powder will keep you dryer and less irritable.

FOOT PROTECTION

Foot powder is essential in the field as well. Feet take Marines wherever they need to go, especially infantrymen. Keep them dry and in good health. Change your socks frequently to avoid diseases. To prevent excessive friction when hiking some Marines use the dress black socks underneath their regular boot socks. Some even go as far as wearing thigh-high nylons (also perfect to avoid "chiggers"). Nylons aren't everyone's style but OK for those who feel comfortable with the idea.

Some Marines say Vaseline under feet reduces much of the friction as well. Also, wear good-fitting jungle boots to keep cool in high temperatures, but all-leather garrison boots to keep them dry during rain.

SHELTER

Keeping a tent cool and dry is another important comfort in the field. The tarp material shelter halves are made of seems to be a magnet for heat. If left under the sun, even if only for a few minutes, it will bake Marines like potatoes in an oven. The trick to keeping the tent cool is simple. Set it up under a tree to keep it cool. If your unit insists on having every tent uniformed at a designated area, then use a poncho, some string and two sticks taller than your tent.

Place the sticks at both ends of the tent, drape the poncho on top and tie it down with string to nearby trees, bushes or even rocks. Don't let the poncho touch the tent or else the heat will transfer to the tarp, making the effort useless, and remember to tie up the hood portion in case it rains.

It rains year round in North Carolina. The tent material might have been waterproof at one time, but after so many years of use it has likely lost the ability to keep Marines completely dry. The same poncho trick will also keep water from penetrating the hooch.

Other tricks to keeping dry inside the hooch include burying the edges of the tent in the ground and digging a small trench around the tent to channel the water away from the inside.

Having a cool shelter is a good thing, but what good is having a cool shelter when you're burning up within? Do yourself a favor and drink water. Drill instructors and leaders have been telling you to do it since you joined the Corps for a very good reason. Snapping and unsnapping canteen covers all the time can be a nuisance, invest in a camel back liquid container. They make great travel companions, allowing you to drink liquids on the go.

BUGS

Bugs are a major problem in the field. Try using a bug spray on major areas of concern but avoid using it on your face, especially after you shave -- it's not a good feeling. Spray tick spray around the areas closer to the ground where you're most likely to pick up those nasty eight-legged vampires. If they attach themselves you have to get them out. Don't squeeze them or rip them off. Try smothering them with Vaseline and they'll come out on their own. If you must pull them out then do it in a counter-clockwise motion.

At night when Marines are trying to sleep, mosquitoes rule the field. These blood suckers are so thirsty for blood they'll stick to your body even when you swat them dead. You can't kill them all that way though, and mosquito spray sometimes is like candy to them. Use your mosquito net. Put it over your body, drape it over your hooch or rack, use your imagination and you'll get a better night's rest.

If the net look is not for you than try repelling the "enemy" with what comes out of your pores. Marines say that eating garlic or garlic pills won't make you smell good, but will keep the bugs away. Many Marines say Avon's Skin-So-Soft is also a great bug repellent ... who knew?

TEMPERATURE

Marines are always trying to adjust to the temperatures. If it's hot then strip down to the basic requirement in clothing, but if it's too cold then you must create layers of clothing to hold hot air pockets to keep you warm. Bring your cold weather gear to the field. That's all you really need unless you want to shell out a lot of money on commercial gear. Your polypropylene clothing should be enough for cold Lejeune nights but if it's not, bring an extra sweatshirt.

People say if you light a heat tab inside the hooch, it will warm you up a little. That's not true: everyone who's used them knows those fumes are unbearable and toxic. The heater inside an MRE can be used to warm-up your hands. Remember to not smell the fumes and wear gloves when handling it because it can cause severe burns to bare hands.

Cold weather gear is your greatest friend when keeping you warm when not in motion. When you get ready to move you better shed them off, however, or it will become

your enemy down the road on a

FORCE MA

When on a march or patrol, essential to each Marine as well. When get tired and annoyed by the weight or uneven packs and deuce gear cake. Pack your bag evenly and ride high for better support. Adjust firmly fit your body, but not too tight from moving naturally. If marching you might consider putting a towel material on the back rest for comfort both your canteens when possible off your back and shoulders.

Aches and pains are inevitable you can't avoid them, but you can manage all the muscles in your legs before the doc for an aspirin before the abuse it by taking more than once the hospital. Check with your unit before consuming any medication.

ENTERTAIN

Those are some ways to keep you about keeping yourself entertained. Work and sleep can get redundant unit commanders won't mind Marines ways to spend their time when not finding time to relax.

An experienced Marine knows that a best friend in the field or probably the best known game in the know how to play then you haven't the field or on a ship," some say.

Many Marines take their Marine courses to the field and work on them. If you are done with yours then bring material.

These are just some of many ways in the field. There are literally thousands your senior Marines' experience.

If the field environment has been from home (whether you like it or not) well feel like it.



Sgt. J. J. Rodriguez
Sitting alone, eating a snack, a Marine contemplates the day's events.



Card games can be played virtually anywhere.



Getting plenty of rest is key to continued performance while in the field for extended periods of time.

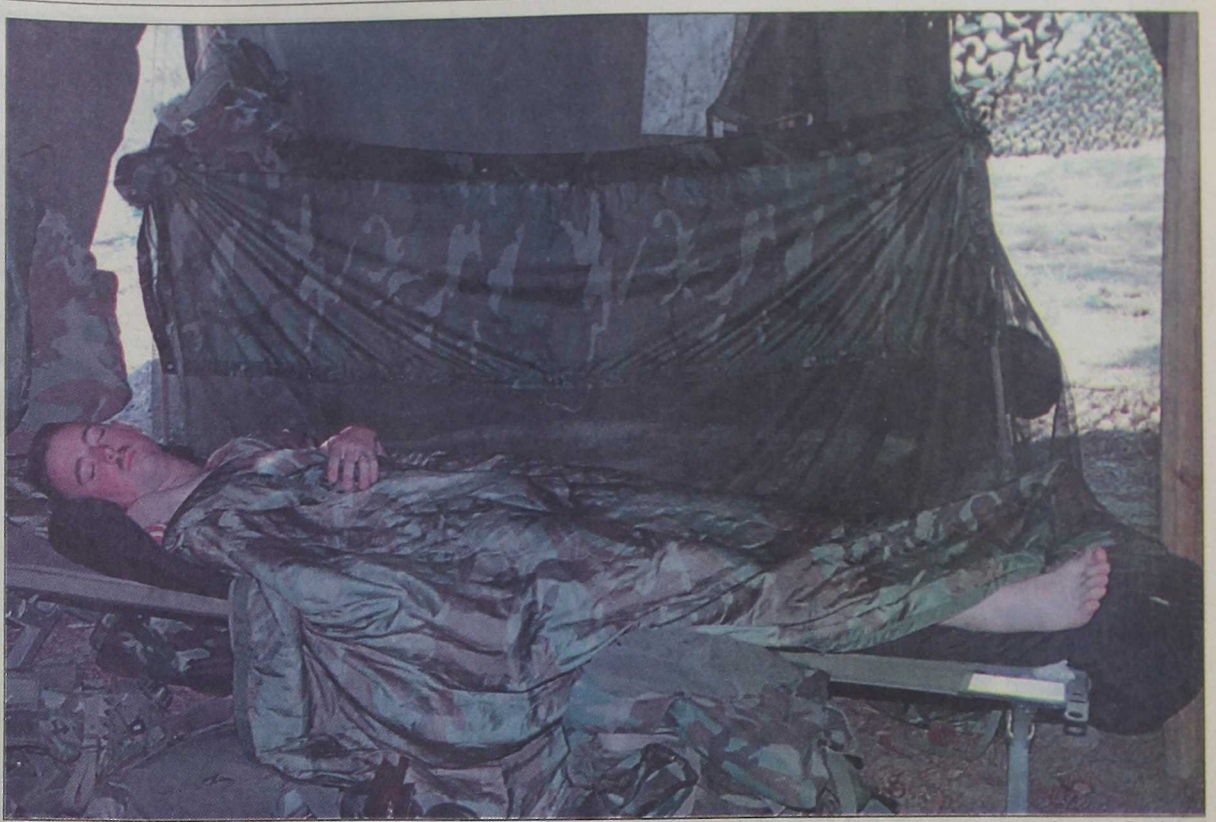


Many Marines bring a small portable radio to the field. It's small and can be easily put away.

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ENTERTAIN



Sgt. J. J. Rodriguez



Sgt. J. J. Rodriguez

A poncho liner and a rolled up set of cammies make this Marine as comfortable as he would be at home.



Sgt. J. J. Rodriguez



Sgt. J. J. Rodriguez

A card game is always a good way to relax in the field as some Marines demonstrate when they break from their duties.



Sgt. J. J. Rodriguez



Sgt. J. J. Rodriguez

hot can be used to avoid the overbearing temperatures.

A platoon takes makes the most of the available and takes a break between drills.

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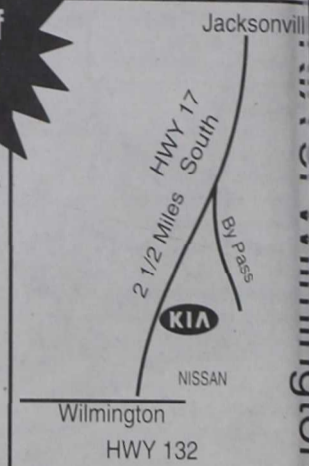
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Pointers For Parents Learning To Read Can Be Child's Play

(NAPS)—With the right friends, learning to read can be child's play. What better friend is there to teach children that reading is fun than that lovable, snuggable bear, Winnie the Pooh.



One of literature's most cherished and timeless characters helps kids learn to read—interactively.

For more than 70 years, charming Pooh has been a trusted companion to generations of children through books and television. In *Disney's Ready to Read with Pooh*, a Disney Interactive CD-ROM, one of literature's most cherished characters takes today's children on an interactive, educational reading adventure via the computer.

Set in the enchanting 100 Acre Wood, children, three to six years old, are guided by Pooh, Tigger, and the gang through nine fun activities. Children interact with Pooh and friends and explore the surroundings. As they do so, entertaining learning activities teach essential reading skills such as letter recognition, listening, comprehension and spelling. The CD-ROM features three levels of difficulty and a unique reward system that helps motivate children while allowing parents to monitor their child's progress.

Disney's Ready to Read with Pooh CD-ROM, the debut release in Disney's Learning Series, is available on Windows 3.1, Windows 95 and Macintosh formats for about \$35 to \$40.

"Do You Know The Way To San Jose" Turns 30 More People Finding Their Way To Song's Namesake City

(NAPS)—Nearly 30 years ago, two songwriters and vocalist Dionne Warwick collaborated on a tune that sticks in people's heads even today—"Do You Know the Way to San Jose?"

The song, of course, has not changed during that time, but the city it describes has transformed dramatically. Then an agricultural-driven area with 360,000 residents, San Jose is now home to 850,000 and is considered "the Capital of Silicon Valley." The city's high-tech image has since shown many the way to San Jose.

"San Jose has become a significant business and convention destination," said Marian Holt McLain, president of the San Jose Convention & Visitors Bureau. "However, many leisure travelers still don't know what there is to do and see here."

\$1 billion redevelopment has brought new visitor attractions

There's a lot to do and see, in part, because the city has invested more than \$1 billion over the past decade to redevelop its downtown core. Today's San Jose has luxury hotels and gourmet restaurants, a popular convention center and arena, and acclaimed visual and performing arts (including ballet, symphony, opera, and musical and repertory theater).

San Jose also offers visitors professional sports (such as the NHL's San Jose Sharks), a trendy arts and entertainment area (the SoFA District), and attractions for children and adults (including wineries, theme parks, museums, high-tech exhibits, and historic sites).

"But even though San Jose is now the largest city in Northern California, it still has a lot of the small town charm the song suggests," said McLain.

For example, San Jose is a relatively safe big city—in fact it has been the safest big city in America for the past five years according to FBI statistics. It also offers visitors and residents 125 parks and



With nearly 300 sunny days each year, San Jose's climate is ideal (pictured, Fountain in Plaza de Cesar Chavez).

gardens covering 3,000 acres. It's a common sight to see children playing in the fountains of downtown San Jose's Plaza de Cesar Chavez or the grassy fields of the Guadalupe River Park and Gardens (a three-mile swath of green being developed from downtown San Jose to the city's international airport).

The newest way to San Jose

— www.sanjose.org

While one can always fly or drive to San Jose to check out the city, there's another way to explore this Silicon Valley metropolis—the information superhighway. The city has its own Web site, "Interact San Jose," at www.sanjose.org. The site allows browsers to book hotel rooms, search a vast database of scheduled events, find general visitor information and much more. Alas, it does not yet belt out "Do You Know the Way..."

Actually, McLain says she would rather play another song on the city's Web page. "I'd like to hear a sequel—this one telling people how to get here!" she said.

The San Jose Convention & Visitors Bureau will also tell people how to get to San Jose. They're currently offering packages starting at \$59 per person/double occupancy, which includes a hotel room, dinner, and tickets to an event or local attraction. Travelers interested in more information can call toll-free 1-888-SAN JOSE.

AR 'wolf pack' takes plunge

Once the vehicles passed the float test they would go through an actual swim. However, they won't go anywhere unless the safety NCO approves.

"Before we even come here we have a series of safety briefs," said Sgt. John W. Burleson, company master gunner and the evolution's safety NCO.

The safety of the crew is paramount during this exercise. Floatation devices hang on every Marine's neck and a safety vehicle is always ready to pull them out. In addition, an empty five-gallon water container is attached to every vehicle with a rope. This serves as a marker should a vehicle ever sink, according to Fortunato.

All added precautions only supplement the vehicles' existing safety features to include two pumps that can pump out 190 gallons per minute should any water enter the vehicle.

Marines in their vehicles take the plunge in the river once all safety precautions have been taken. Most of the plunges were just normal five-mile per hour walks, but, some Marines integrated a little reality into the training by taking the plunge at higher speeds.

A big splash is the only thing that could be seen when the vehicles lunged forward against the water during the 20 mile-per-hour plunges. Speed is one of the assets the battalion advertises, said Fortunato. "In combat you won't want to be caught."

"This (exercise) is to ensure we can be ready for real life situations and to ensure no gear will be damaged," he added.

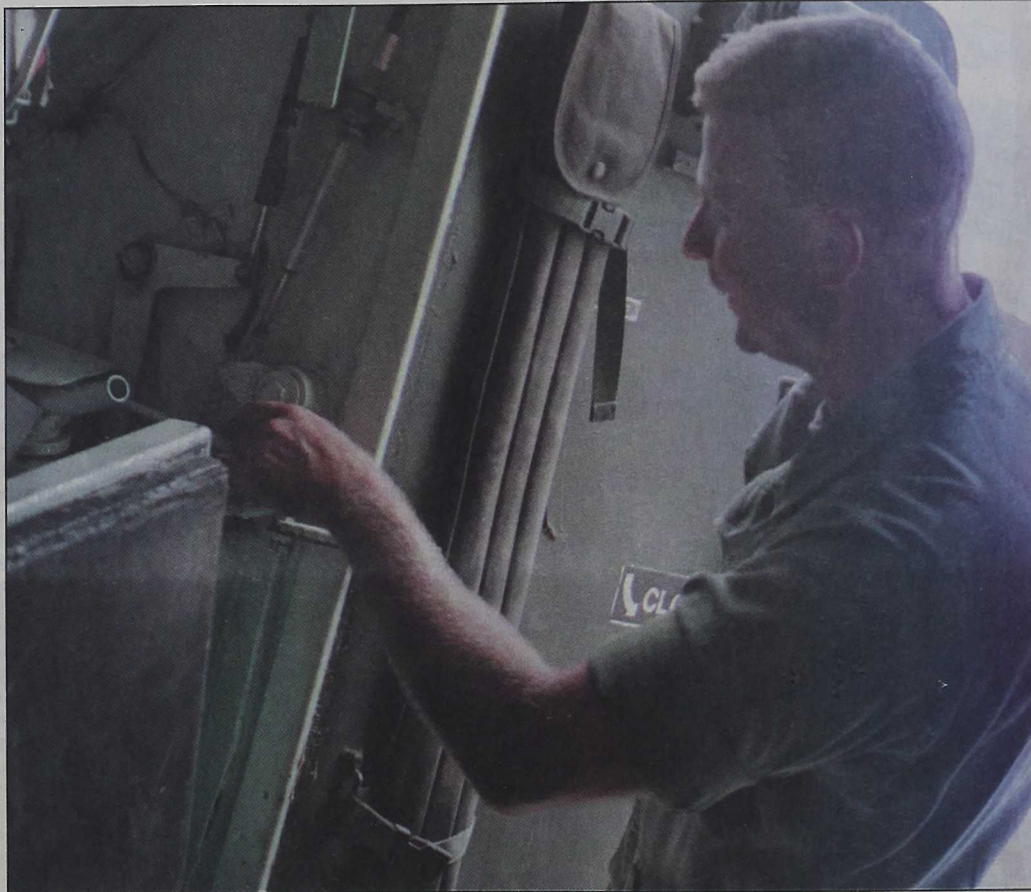


Sgt. J. J. Rodriguez

Once their swim test is over vehicles exited across the river.



Sgt. J. J. Rodriguez



Sgt. J. J. Rodriguez

mons, section leader, keeps a close eye for leaks while in the water.

The safety NCO at the float test section inspects vehicles and equipment before sending it through.

Marines shape battlefield



Sgt. Bruce J. Melville

Cpl. Jaysen Melendez puts the finishing touches on this terrain model of the Tulza Airfield in Bosnia.

models that provide commanders a "birds-eye" view of a future area of operation. These models are accurate replicas that include elevation, terrain, hydrography, buildings, obstacles and weather conditions. "Commanders like this because it gives them a much better feeling of what they're getting into," said Jacox. "It paints an accurate portrait in 3-D." Materials needed to achieve these accurate displays of topography include two eight-cube boxes full of one-half inch thick foam board, Perma-scene, Lichen, string, paint, markers, exacto blades, brushes, balsa wood, glue guns and the talent of the map makers.

"Although technology makes building maps and terrain models easier, nothing can replace

the hard work of the Marines in this platoon," Jacox said.

There is a two-man detachment from the platoon on all MEUs. "We prepare for a Landing Force Sixth Fleet deployment by participating in air contingency exercises, Special Operations Training Group exercises and reconnaissance exercises," said Cpl. Jaysen Melendez, who is scheduled to deploy on the 26 MEUs next deployment.

Marines from 2d Topo Plt. often look forward to deployments where they can show off their craft. "I'm looking forward to getting some real world experience as a 'topo' Marine," said Cpl. Michael Cline. "I want to prove what a valuable asset we can be to intelligence support."

Computer system answers demands of supply units

Cpl. Edward S. Harcher
Globe staff

You are in charge of a small unit. Your connectivity to the Corps' computer network is dependant upon a single computer linked by a modem, which renders one of your few phone lines unavailable to incoming calls. Information retrieval is slow and unreliable.

To improve the connection between small, remote units and the network, there are several options. One which has shown drastic improvements over standard computer modem links is now in operation aboard base.

Units located in outlying areas, such as 10th Marine Regiment Supply, have an option with Asymmetrical Digital Subscriber Lines (ADSL).

"When a unit has too few users in a building to rate a server, the standard method of connection is via a modem, which is very slow and eats up one of their phone lines" said SSgt. Jimmy W. Hill, chief, Information Systems Management Office, 10th Marines. "The ADSL gives them increased speed and more accessibility for additional CPUs without interrupting operation of normal phone lines."

The system accomplishes this by multiplexing the existing phone line, allowing maximum utilization of the cable's capabilities, said Sgt. Daniel R. Garza, ADSL coordinator, 2d Marine Division ISMO. "We start each of the units out with eight users (going over one phone line). If they grow, upgrades are available by adding more hardware."

The system is faster due to the limited amount of hardware and software the system requires. "When you operate over standard modems, you need specific software for whatever modem you are using," Hill said. "As if that isn't slow enough, most modems operate at 19.2 kilobits per second (Kbps)."

With the ADSL system, users can communicate at a rate of up to 56 Kbps for outgoing data, and 64 Kbps for incoming data. This is due, in part, to the lack of extra software needed to run the system, Hill said. For the ADSL, all that is needed is the existing LAN (Local Area Network) software and cards.

With multiple users operating at higher speeds, productivity is increased. Users are able to connect at speeds comparable to direct-linked computers, Hill said. Users in one building with ADSL are connected to one remote server along with users in 13 other buildings. From that point, the system is the same as the rest of the network.

Among the benefits of the system, cost may be one of the most important. "All our users are important, but there may not be enough in one building to justify the expense of installing a server. With ADSL, we have recorded initial hardware savings of at least \$1,000 compared to the cost of installing and running cable for a server," Garza said. "Maintenance costs are also cut in half after installation."

To the average user, those benefits may be invisible. The main difference is most apparent when their computers operate faster, and their E-mail comes in on time.

8th Marines beats summer h

Cpl. Edward S. Harcher
Globe staff

Summer has arrived full force aboard Camp Lejeune. Near-record high temperatures scorch the area, siphoning vital moisture from the earth. Marines are not immune to the blazing power of the sun.

However, 8th Marine Regiment has taken a series of preventive steps to protect its Marines from succumbing to heat injuries.

"We held a battalion safety stand down recently," said Sgt. Timothy Stone, battalion training noncommissioned officer, 1st Bn., 8th Marines. "Heat injury prevention was a major topic during the stand down."

The Marines were instructed how to identify telltale signs of dehydration and how to treat a person who has succumbed to heat-related injuries.

"They were taught how to tell if a person is dehydrated from the color of their urine, which is one of the first visible changes before a person stops sweating or passes out," Stone said.

To avoid becoming dehydrated, Stone offers simple advice. "We advise the Marines to drink plenty of water and avoid

alcohol the night before exercising," he said. "A lot of times when Marines are thirsty, they'll grab a soda. What they don't realize is that the caffeine in most soft drinks also dehydrates them."

Timing is a concern for proper hydration.

"For water to have any benefit, it has to be drunk at least 30 minutes beforehand," Stone said. "If not, it's just extra weight in the stomach because the body hasn't had time to absorb it."

During field exercises, the Marines are advised to drink at least four to five quarts of water per day.

Other steps have been taken as well. "We've recommended moving PT times earlier in the morning," Stone said. "Most of the units have started running at 6 or 6:30 a.m. instead of waiting till 7 like we were during the winter."

Stone also said most Marines had stopped running after lunch to avoid the midday heat.

With the added concern about heat injuries this summer, there have been no heat related injuries in the battalion so far, Stone said.

Even with extra precautions, heat injuries are a constant threat. The Marine Battle Skills Training Handbook gives

these identifiers for Marines to be on the lookout for:

Muscle cramps in the arms, legs or stomach after exercise in hot weather.

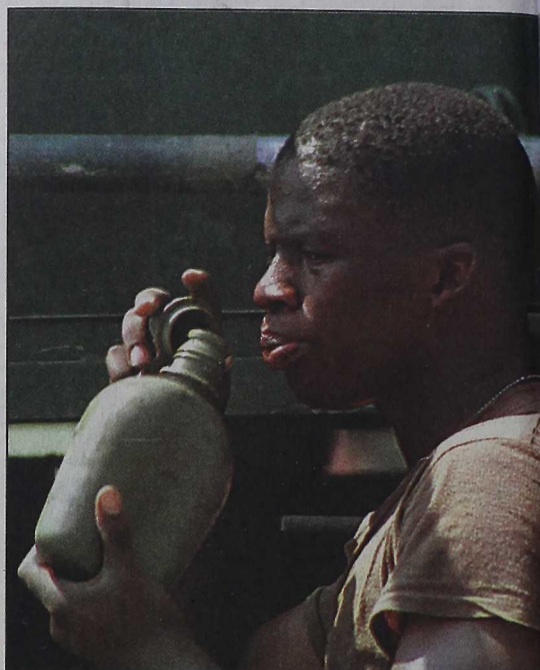
Weakness or faintness, dizziness or drowsiness, cool, pale, moist skin, headaches and loss of appetite can be signs of heat exhaustion.

Flushed, hot or dry skin, dizziness, confusion, headaches, seizures, nausea, rapid breathing and a rapid, weak pulse or unconsciousness or sudden collapse are signs of heat stroke.

Heat stroke is considered a medical emergency and can be fatal if not treated quickly, according to the MBST. If someone displays the signs of heat stroke, transport the victim to medical assistance immediately and begin first aid.

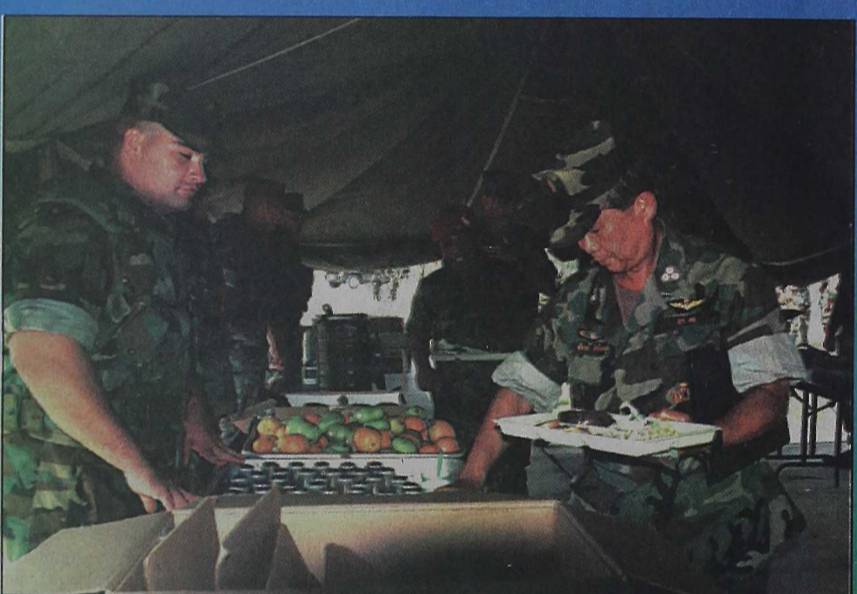
To treat other heat injuries, move the victim to a shady area. Loosen or remove restrictive clothing. Pour water over the victim's body. Elevate the legs and have the victim slowly drink at least one canteen of water.

"We're going to continue our education efforts throughout the summer," Stone said. "Hopefully we can help our Marines stay healthy and productive through the hot weather we have in store for us."



Water is a Marine's best weapon in the fight against heat injuries.

Asian commandants visit



Three Pacific Rim Marine Commandants, Maj. Gen. Suharto, Indonesian Marine Corps, Vice Adm. Wasin Sarikbhuti, Royal Thai Marine Corps and Maj. Gen. Ponciano S. Millena, Philippine Marine Corps, came to Camp Lejeune recently to see U.S. Marine Corps capabilities in action.

Cpl. Chris Irvine

Do drug masking agents v

Jan Davis
Bureau of Medicine and Surgery

WASHINGTON — Drink a quart of vinegar. Consume large quantities of vitamin B. Sip a pot of gold seal herb tea. What's the common thread in these pieces of advice?

They're all ways Sailors and Marines have tried to beat urinalysis drug testing.

As long as the Navy's been doing urinalysis to test for illegal drug use, there have been Sailors and Marines who try to "beat the system." And while they are becoming craftier in their methods to fool drug tests, the Navy's drug labs are getting better at detection.

Some of the things Sailors and Marines do to prevent their urine from indicating they've been using drugs are easy to countermand.

"What a Sailor is trying to do when he drinks vinegar is change the pH (acidity) of his or her urine," said Cmdr. Linda Lininger, Medical Service Corps, commanding officer of Navy Drug Laboratory Great Lakes, Ill. "We adjust for that, so changing the pH isn't going to have any effect on the results of the test."

While vitamin B does affect urine -- it turns it a deep yellow -- it won't change the outcome of a drug test if illegal drugs were taken. Some of the more sophisticated methods individuals use to cover up the fact they've as "masking agents" for illegal drugs. One such agent is gold seal, an herb that has a long history of home remedy use, but has no effect on masking drug use.

"I don't know of any non-toxic herbs or chemicals that people can take internally that will consistently

mask illegal drug use," said Lininger. "Generally over-the-counter remedies provide. They don't mask drug use at all."

Diuretics are agents that promote urination. Overuse of these agents can have effects that include plummeting blood pressure, and even death.

According to Lininger, use of methods of trying to beat urinalysis draw attention rather than lessen suspicion of the normal color, odor, or consistency of urine.

"We examine the urine carefully other testing," said Lininger. "We look for it darker than normal? Is it lighter? Does it smell wrong? If the answer is 'yes' a further check of the specimen's properties is performed."

Any specimens that test positive are analyzed again by a mass spectrometer that can break down a urine sample to its basic components to see what's in it. It confirms that the specimen tested positive does contain cocaine, or other illegal drugs.

"There's no fooling the mass spectrometer," Lininger said. "What happens to Sailors or Marines who test positive is up to the commanding officer. We just report our findings," said Lininger.

Lininger did recommend one precaution: "Don't use drugs. It works every time."

Courts-martial

Editor's note: The following courts-martials were provided by Legal Services Support Section and conducted during the period from June 30 to July 3.

Lance Corporal James T. Fraser, 2d Combat Engineer Battalion, was convicted at a special court-martial of a violation of Article 86 (Unauthorized Absence), a violation of Article 87 (Missing movement), and a violation of Article 112a (Wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 90 days, forfeiture of \$600.00 for three (3) months, and reduction to pay grade E-1.

Private First Class Ronald L. Tallent, Marine Corps Service Support Schools, was convicted at a special court-martial of a violation of Article 123a (Intent to defraud in excess of \$100.00), and a violation of Article 134 (Dishonorably fail to maintain funds). He was sentenced to a Bad Conduct Discharge, confinement for 130 days, forfeiture of \$600.00 for five (5) months, and reduction to pay grade E-1.

Lance Corporal J. T. Baughman, 2d Combat Engineer Battalion, was convicted at a special court-martial of a violation of Article 86 (Unauthorized Absence), a violation of Article 87 (Missing movement), and a violation of Article 112a (Wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 120 days, forfeiture of \$600.00 for four (4) months, and reduction to pay grade E-1.

Lance Corporal William M. O'Bryan, 2d Light Armored Reconnaissance Battalion, was convicted at a special court-martial of two (2) violations of Article 121 (Larceny), seven (7) violations of Article 123 (Forgery), and two (2) violations of Article 134 (Wrongfully and falsely make and Wrongfully use and possess). He was sentenced to a Bad Conduct Discharge, confinement for 150 days, forfeiture of \$200.00 for five (5) months, and reduction to pay grade E-1.

Lance Corporal Garfield R. Stanley, 3d Battalion, 10th Marines, was convicted at a special court-martial of a violation of Article 86 (Unauthorized Absence), and a violation of Article 128 (Assault). He was sentenced to a Bad Conduct Discharge, confinement for 100 days, forfeiture of \$600.00 for four (4) months, and reduction to pay grade E-1.

Petty Officer Third Class Charles K. Winston, 2d Medical Battalion, was convicted at general court-martial by exception of Article 134 (Indecent acts with a child under 16). He was sentenced to a Dishonorable Discharge, confinement for one (1) year, forfeiture of all pay and allowances, and reduction to pay grade E-1.

Lance Corporal Alfred N. McCormick III, 2d Combat Engineer Battalion, was convicted at a special court-martial of a violation of Article 86 (Unauthorized Absence), a violation of Article 87 (Missing movement), and a violation of Article 112a (Wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 100 days, forfeiture of \$600.00 for three (3) months, and reduction to pay grade E-1.

Private First Class J. R. Webb, 2d Radio Battalion, was convicted at a special court-martial of a violation of Article 128 (Assault), and a violation of Article 134 (Unlawful official statement). He was sentenced to a Bad Conduct Discharge, and reduction to pay grade E-1.

Lance Corporal Karl W. Gilley, 2d Combat Engineer Battalion, was convicted at a special court-martial of a violation of Article 86 (Unauthorized Absence), and a violation of Article 87 (Missing movement). He was sentenced to a Bad Conduct Discharge, confinement for 150 days, forfeiture of \$600.00 for three (3) months, and reduction to pay grade E-1.

Lance Corporal Robert M. Himes, 3d Battalion, 6th 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 60 days, forfeiture of \$600.00 for two (2) months, and reduction to pay grade E-1.

Private First Class Ruben N. Torres, Marine Corps Service Support Schools, was convicted at a special court-martial of two (2) violations of Article 86 (Unauthorized Absence), a violation of article 121 (Larceny), and a violation of Article 123a (Intent to defraud). He was sentenced to a Bad Conduct Discharge, confinement for 150 days, forfeiture of \$600.00 for five (5) months, and reduction to pay grade E-1.

Lance Corporal Richard Rosado, 2d Tank Battalion, was convicted at a special court-martial of a violation of Article 81 (Conspiracy to commit larceny), and a violation of Article 134 (Receipt of stolen property). He was sentenced to a Bad Conduct Discharge, confinement for 120 days, and reduction to pay grade E-1.

Private First Class Antonio D. Conklin, 2d Marines, was convicted at a special court-martial of two (2) violations of Article 86 (Unauthorized Absence). He was sentenced to a Bad Conduct Discharge, confinement for 75 days, and reduction to pay grade E-1.

Lance Corporal Tyrone B. Sydnor, 2d Supply Battalion, was convicted at a special court-martial of a violation of Article 86 (Unauthorized Absence), and a violation of Article 112a (Wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 80 days, and reduction to pay grade E-1.

Surveys mailed to 20,000 Marines

Fred Carr
Headquarters Marine Corps

WASHINGTON — This month, 12,000 active duty Marines will receive a postcard from the Commandant of the Marine Corps asking them to take part in an Equal Opportunity Survey. The survey will come with postage paid return envelopes.

It is the third such survey to be administered by the Headquarters Marine Corps Equal Opportunity Branch, and is designed to measure perception of the equal opportunity climate in his or her unit, and experiences of discrimination and sexual harassment.

The results of the last survey were announced in November 1994, prompted a "Wake Up Call," from the Commandant.

In a message to all Marines (ALMAR 408/96), Gen. Krulivich said, "We must not be satisfied with average results or ambivalent opinions. We must improve the equal opportunity climate in the Marine Corps. It must be much better." At the same time, he ordered another survey, a year ahead of schedule and that steps be taken to increase the rate.

The Marine Corps' strategic plan for addressing equal opportunity issues is built around five core areas: (1) increasing awareness, (2) communicating leadership's goals, (3) training Marines in equal opportunity/sexual harassment, and procedures to address harassment, (4) enforcing policy at all levels, and (5) formally assessing the climate. The Marine Corps is doing and determining where additional work is needed.

Last year's survey found both good news and areas that need improvement. For instance, while no racial/ethnic differences were found in 10 survey modules asking about the equal opportunity climate, the Marine's unit, experiences of racial and gender discriminatory harassment were reported by minorities and women. Also, while the majority said they knew what words or actions constitute sexual harassment, a number of incidents have not decreased significantly since the 1994 survey.

"If the (1996) survey is our equal opportunity report card, we are passing and have even improved slightly since 1994," said the Commandant. "But we are still a long way from the dean's list."

Anyone having questions or comments about the survey should contact their local equal opportunity advisor/representative, or contact the Equal Opportunity Branch, Headquarters Marine Corps, at (703) 622-2231.

SPORTS

Serving expeditionary forces in readiness

Camp Lejeune, N.C.

All-Marine Trials



Cpl. Edward S. Harcher

Cpl. Edward S. Harcher
Globe staff

T

The All-Marine Women's Softball team recently began its trial camp with a little help from Lejeune's recreational teams.

To provide competition for prospective All-Marine players, the Recreational Adult Women's softball All-Stars were assembled. The best players from the recreational league were selected to give the All-Marine team a challenge while final selections for the team were being made, said J.R. Depinto, assistant coach with the all-

See **SOFTBALL/2B**

all team player falls short of the plate.

Dutch Marine is Athletic Ambassador

Staff Report

SGTMARNSALG (Master Sergeant) Seip Hoekstra, Royal Netherlands Marine Corps, is concluding his three-year exchange tour at Camp Lejeune at the end of this month. During his service with the U.S. Marines, he has participated in and developed numerous training packages to include a two-month program designed to prepare newly formed reconnaissance platoons for their mission to support the 2d Marine Division and Marine Expeditionary Units.

His expertise as a Mountain Leader, Physical Training Instructor, combat Diver, and Military Parachutist were in high demand during his time in the United States. He accompanied numerous units to Utah and California to assist them in cold weather and ski training.

His expertise, however, was not limited to the military aspects of physical training. Hoekstra acted as an ambassador to the community through his athletic services. He was a soccer coach for three years in local youth soccer leagues and played on numerous adult soccer teams as well. He was also responsible for establishing and coaching a local running club/team comprised of active duty military and their family members.

Hoekstra's knowledge of athletics and running date back to his early military career when he competed for the Dutch National Team. He competed in more than ten CISM Championships representing the Netherlands in Cross Country and Track and Field in the international military competitions. He was also a world class competitor in the Pentathlon posting a world championship performance in the cross-country segment of the event.



Official U.S.M.C. photo

Opening ceremonies for the Armed Forces Track and Field Championships featured a march on by US athletes that included two women trained by Dutch exchange marine MSgt. Seip Hoekstra.

His coaching expertise was honed as he led the Netherlands junior national team prior to his tour in the United States. After arriving here, he focused his attention and talents on U.S. Marines, Sailors and family members who wanted to improve their running abilities. The team meets every Tuesday and Thursday at 5 p.m. at the Camp Lejeune Track and weekends at various locations.

Hoekstra implemented several state-of-the-art training methods to include heart rate dependent workouts and coordination/strength drills. "Many people think you must go out and run hard every time you run in order to become faster," Hoekstra said. "That is not the case. You train smart on training days and race on race days. "Though many of the club members were skeptical

See **TRACK/2B**

DOOR SOCCER

LOTS-A-LOT



Official U.S.M.C. photo

doubtedly one of the fastest growing sports in the country today by the fastest growing sport in youth activities. It's popularity all barriers weight, height, speed, and all the rest of our normal social prevent a young lady from darning a football helmet. Although bed leagues enjoy a great deal of popularity it is the teams consisting at appear to be blossoming at an astonishing rate. Thanks to some women in are recent history and indeed our present women our arriving within the soccer community. Shots-A-Lot, (one of many soccer participating in a 5 a side open soccer league hosted by the East Coast e) an all-marine team lost their opener at the Dome Monday but nstrated thier competitiveness and a will to win. For more information cer, call the East Coast Soccer Dome at 938-1954.

KARATE

Marine Strikes Gold at State Games

Sgt. Bruce J. Melville
Globe staff

When he was 14 years old, GySgt. Andrew Johnson, Charlie Company, School of Infantry, got sick and tired of getting pushed around. One day he decided he was going to do something about it. That something came in the form of karate.

"I started karate because I wanted to learn how to defend myself," said Johnson.

After 21 years, countless hours of hard work, and several championships later, GySgt. Johnson doesn't get beat up anymore — he does the beating.

Some of his most recent accomplishments include winning Grand Champion at the Tom Festa's Greater Metropolitan Nationals in Long Island, New York, first place at 1997 Hillsborough, North Carolina Karate/Tae-Kwan-Do Open and first place at the Paul Bunyan Nationals in Bangor, Maine.

He also recently added to his long list of championships by taking home two gold medals at the North Carolina state games on June 28. The divisions he won in were the black belt senior division and the 35 and over black belt heavyweight division. "It

See **KARATE/2B**



Sgt. Bruce J. Melville

Gysgt Andrew Johnson demonstrates his martial grace.

From the Sidelines

Football

Cpl. Edward S. Harcher
Globe staff

Most sports today seem to be breeding grounds for repetitive questions posing as legitimate world-shaking news. Will Michael Jordan be able to carry his team to the championship? Will the Detroit Red Wings make it two in a row? Can the Yankees continue their streak? Will the U.S. Soccer Team ever win a game? Will Mike Tyson be able to overcome his biting problem? The same questions have been asked every year (except for the Tyson thing) for as long as anyone can remember.

As I was wandering the halls of the Professional Football Hall of Fame in Canton, Ohio recently, I realized that football has a real ponderly brewing. With two expansion teams, formed under controversial terms, finishing a step away from last year's Super Bowl, what is going to happen to the football hierarchy this year?

In no sport has an expansion team risen to competition as quickly as the new generation of National Football League teams. In days gone by, expansion teams got off to dismal starts. Miami, New England and even the now-mighty Dallas Cowboys learned hard lessons before becoming successful teams down the road. Critics point to the initial bonuses afforded the teams in extra draft picks and raised salary caps as the main reason for their success.

Their views will be either upheld or discounted after the upcoming season however.

I'm betting the new teams will live up to the standards set last season.

Looking back at the playoffs, where experience is cited as overcoming raw talent in many cases, and you can see that a few stars on an NFL team don't necessarily amount to a win. Jacksonville passed (literally) right over Buffalo and Denver, two teams who have much playoff experience and reserves full of talent. Carolina destroyed Dallas with choking defense and a grinding ground attack. Again, the experienced, talented crew fell to the newcomers.

Obviously, more than a few extra draft picks pushed these teams to the forefront of football. Why else would Dom Capers of the Carolina Panthers be unanimously nominated Coach of the Year?

Maybe it's just time for a changing of the guard, so to speak. The perennial powerhouses seem to have lost their following. Carolina averaged 69,172 fans present for each of their eight home games last season. They were undefeated at home, and only recorded four losses for the season. Chicago averaged 57,043 and lost nine games.

The local support for these new teams has been nothing short of overwhelming. Just try and find tickets to any Panthers or Jaguars game if you don't believe me.

The fresh look on the field has captured the attention of fans and rival coaches alike. Their emergence has shaken the NFL to the core. Just try and name a team in the NFC West division that hasn't altered its methods to counter the success of Carolina. A mirror effect is happening in the Jaguars' division. When was the last time the entire league was flipped inside out by the actions of one or two teams? Never, that's when.

So this year, after Holyfield's ear has healed and the handwagon in Detroit has forgotten about the Red Wings, I will dust off my TV and get ready for a sport I can finally take interest in.

I wonder if Deion Sanders is doing any more commercials this year?



CHALLENGE

Run the 22nd Annual Marine Corps Marathon, Sunday October 26. Challenge the SgtMaj. USMC (Ret) team. For more information call SgtMaj. Nick Irrera at 455-7307.

OCEAN SWIM

Lejeune Grand Prix Series 97 continues with the Davy Jones 2-mile open Ocean Swim on July 19. Registration fee is \$10 for military, (active duty, retirees, reservists, dependent) and \$20 for civilians. Stop by any of the fitness centers to pick up an entry form. Call 451-1799 for all race details.

LACROSSE

The Camp Lejeune Lacrosse Team are currently selecting new Lacrosse players, anyone interested in playing for the team should call 1st Lt. Oswell at 451-5655.

WELLNESS WATCH

A Wellness Watch seminar will be held at the Marine Corps Exchange on July 18. Stop by between 11 a.m. and 1 p.m. to enjoy or participate in the Spinning Demonstration. Please wear PT gear if you plan to participate. Call 451-5430 for more details.

SOFTBALL

Military Marathon Softball Classic is July 25-27. Includes: three home run limit, one hour time limit, and double elimination. Open to all military teams. Team entries must be received by July 23. Limited to 15 players, including coach. For more information, call 451-2061.

VARSITY WRESTLING

The Varsity Wrestling Team kicks off their 1st practice session July 7 at the area 1 gym. The Varsity team will compete in the International styles, Greco-Roman and Freestyle. The team is looking for high school, college and International experienced wrestlers, wrestlers with no heart, courage or discipline need not apply! The head coach is GySgt. Stephens, assistants are Sgt. Layman, Sgt. Knight and Sgt. Nathan. For more information call GySgt. Stephens at 451-3785 or Sgt. Layman at 451-1726.

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 July 21-25. 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.

ARCHERY

3-D Archery Shoot will be held Saturday, July 26 at the Camp Lejeune Archery Range on Parachute Tower Road, 9 a.m. - 3 p.m. Registration is \$5 per entry. Divisions include: mens open, mens bow hunter, mens traditional, womens division, youth division, cub division, and pee wee division. Medals will be awarded to first, second, and third placed in each class. For more information, call 451-3889 or Ssgt Randall at 451-5111.

FOOTBALL OFFICIALS

Football teams are in need of football officials for the upcoming season. Experience is not necessary, but preferred. For more information, call Wayne Bender at 346-8883.

KARATE MASTER

Grand Master Fusesi Kise, 10th degree Black Belt will visit TT Community Center from July 15-20. For details and more information call 355-2117.

Fitness Centers a powerful asset

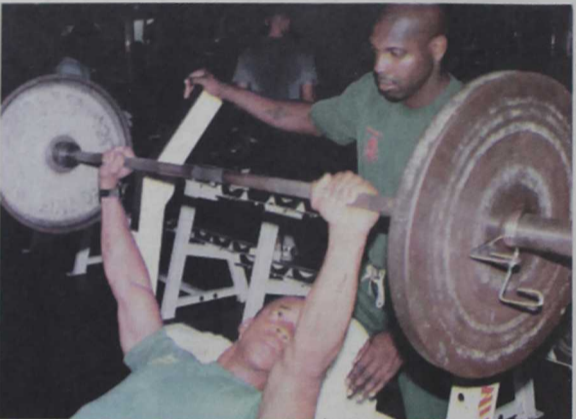
LCpl. Kurt M. Smay
Globe staff

Staying in shape is a vital part of every Marines career and life, but they don't have to fight this battle alone. The French Creek Fitness Center provides personal trainers who concentrate solely on getting them in shape according to their needs.

The main problem among Marines is that they don't have a weight program, but they do run a lot, said Andrea Caputi, the personal trainer coordinator at the French Creek Fitness Center. She believes that is the reason why Marines have so many injury problems with their joints. A lot of them don't exercise or work the muscles of those joints, and the stress that running puts on the joints causes injuries, she said.

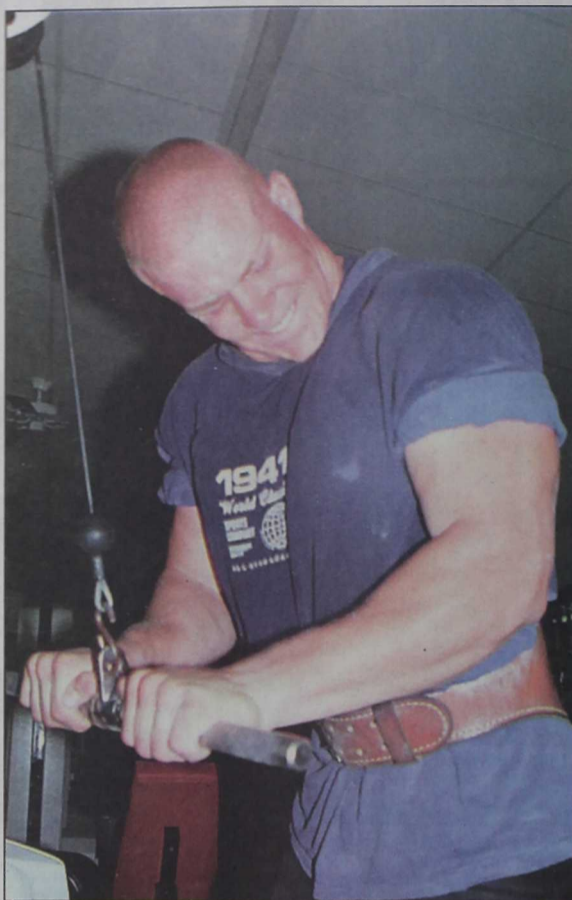
Another major problem that Caputi sees in people using the fitness center, both Marines and dependents, is that many of them have too much body fat. This is largely due to the fact that their bodies have adjusted to them just running, she said. Marines need to challenge their bodies with different things such as a weight training program, she added.

Caputi said that most people don't know how to effectively lose that weight. She said that running more often will not help you lose weight, it will only improve your run time.



LCpl. Kurt M. Smay

Collars for all free weights is the order of the day at the fitness center.



LCpl. Kurt M. Smay

A patron hits the triceps during an evening workout.

SOFTBALL from 1B

star team. "We want to give them the best competition possible so they can pick the best players to represent the Marine Corps in the Armed Forces Tournament."

Selections will be made on more than just talent, however.

"All these women are very talented," said Bill Rosenberg, a coach for the All-Marine team. "We're looking to see where their main talents

are and for team unity. A player can have a world of talent, but if they don't mesh with the other players, they become a liability rather than an asset."

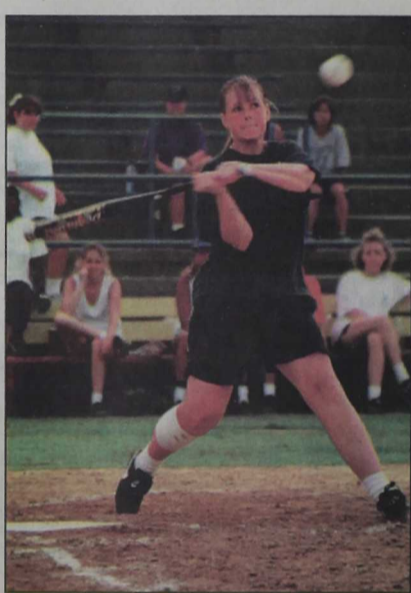
The All-Stars slugged out a double header scrimmage with the trial All-Marines, but went home in defeat. Both games ended with the All-Marines up by 12.

This weekend, the All-Marines are scheduled to play in Charlotte. Tuesday and Thursday, they will play local teams, and make final selections Thursday before traveling to Raleigh for another tournament. "When we go to Raleigh, we will only take the actual 15 team members," Rosenberg said. "It's going to be difficult to make cuts, but somehow we'll find a way."



Cpl. Edward S. Harcher

Prospect, Kate Sanforn prepares her swing.



Cpl. Edward S. Harcher

Karen Wilson makes a hit.

TRACK from 1B

of the training methods at the beginning, the results of Hoekstra's tutelage are undeniable. Members of the running team, which chose the name "The Flying Dutchmen" have won or placed in every local and regional race in which they have entered. These races cover a range of distances from 5K road races to marathons.

"I thought he was insane when I was first introduced to his training methods," said 1st Lt. Sarah Fullwood, running club member. "He had us walking on our hands, and he yelled at us if we let our heart rates get too high. I never had a coach that told me to slow down. But now I'm running faster times than I did in college, and Seip got me ready for the All-Marine tryouts."



Official U.S.M.C. photo

MSgt Seip Hoekstra coaches 1st Lt. Sarah (Quimby) Fullwood during the Armed Forces Championship. Hoekstra's training methods and coaching were responsible for sending Fullwood and Navy Lt. Patti Bouvatte from Camp Lejeune Naval Hospital to the championship meet in California.

Hoekstra took individuals of different abilities and tailored workouts specifically for them. He spent an average of ten hours per week working with the members of the team.

"Three years ago I couldn't run my 1.5 mile PRT without stopping to walk," said Navy Lt. Patti Bouvatte, nurse midwife at the Naval Hospital and running team member. "I ran my last 1.5 mile test in 8:15, the fastest time at Camp Lejeune, and I was able to qualify for and compete in the Armed Forces Track and Field Championships. I owe all of that to Seip."

Hoekstra accompanied Bouvatte and Fullwood to California for the Armed Forces Championships. Fullwood earned a silver medal in the 5000m race, and Bouvatte earned a bronze medal in the 10000m competition. While at the Championships, Hoekstra provided training and physical therapy services for athletes of all four championship teams.

"The Marine Corps team said they would love to have his expertise, but there weren't any funds to get him out to California," Fullwood said. "He flew out to California and stayed at his own expense because he loves the sport. The Army and Air Force athletes were amazed by

his knowledge and his willingness to help anyone on any team."

"His knowledge of human anatomy and understanding of athletic injuries is superior to any athletic trainer I have been associated with during my thirty years of athletic competition," said Lt. Col. David Reintjes, Flying Dutchmen assistant coach and team member. "This knowledge coped with his experience in international competition makes him an amazing coach."

Hoekstra is saddened by the thought of returning to the Netherlands and leaving his athletes here in the United States. "I feel like my job here is not complete," Hoekstra said at a recent . "If I had one more year, I know the girls could go and win the gold medals in their events."

The team plans to continue practicing and competing, and Hoekstra will continue to coach them via the internet. "Technology will enable me to keep up with all of my runners," Hoekstra said. "I will be sending them workouts and schedules, and they will send me results from races so I can tailor the workouts. But it won't be the same as being able to see them work and perform. I will miss them."



Sgt. Bruce J. Johnson
GySgt. Andrew Johnson
stance.

WEEKLY SPORTS

JULY 11-17

All Marine Womens Softball Trial Camp-Intramural and Harry Agganis Softball Fields.

JULY 12 \$1.00 off admittance with military ID at the Hammerheads game.

AEROBIC CLASSES-Effective July 1

Mon-Thu 1815-1915 - Classic Combo, Bldg. 524
Mon, Wed, Fri

0600-0700 - Early Bird Aerobics, Bldg 524

0800-0845 - Water Step, TT Pool

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

1830-1915 - Water Step, TT Pool 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 Comm Center

1700-1800 - Power Walk, Midway Park Community C

1130-1215 - All Body Cycling, French Creek Fitr

1130-1230 - Water Step, Area 2 Pool Sat

0930-1030 - Anything Goes, Bldg 524

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Courtesy of the Heat
Coach Bob Hoover and assistant coach Gerald Agnew pose with their players.

DOOR CHAMPS

ver
Author
Camp Lejeune Heat were in Greensboro
ate games and nothing but gold was on
is.

Their first game was against
Central Division Champions. Both
to make some great saves. Lejeune
to settle down more and started to play
ressive and get to the ball first. The
team seemed to go into a state of shock
Heat got a throw-in on the far side.
on asked Coach Hoover if he could take
ow-in. Hoover said yes. When he did
now players stood in amazement and
the Heat needed.

started to take over the game with fif-
tes gone in the first half the Heat went
With a long pass up field from Mike
ark Spanier collected the ball, then put
o Keith Hoover on the right wing, who
on to beat two offenders, then crossed
to the center. With a great effort, Mark
attempted a bicycle kick that came off
bar with the goalie beaten. Not to be
Spanier got up on his feet to receive the
pass from Michael Dukes and score on
ted shot. The Heat didn't look back.

This time Mark Spanier got his head on the ball only to see it come off the crossbar and went past for a goal kick. Lejeune was pumped up but Lightning never laid down. They came back with a couple of chances of their own, only to see them taken away with fine saves by the Lejeune goalie (Brian Morse) who had played solid in the goal for the Heat. Lejeune finally got the goal they needed. The ball started from the Heat defender Matt Patton who then passed to Michael Dukes. They play got switched to the right side of the field. Mark Spanier put a great pass to Albert Ledet and with a quick shot beat the Lightning goalie for a 1-0 lead. Lejeune made it 2-0 four minutes later with another great worked goal. The Heat were passing the ball around with great accuracy. The goal came after midfielder Danny Nicholson made a great tackle on a Lightning forward, then got the ball to Duane Spanier who then crossed the ball to the center where Seth Johnson scored with a left foot rocket kick put the Heat up by two. The Lejeune Heat were tasting victory and added another goal before the half from Keith Hoover. When the second half got underway the Lejeune players got caught sleeping, to the surprise of Coach Hoover.

Once again goalie Brian Morse had to come off his line to make a great diving save at the feet of the U.C. Lightning forward. The U.C. Lightning would not lay down to the powerful Heat. Lejeune added a fourth goal their first of the second half from striker Albert Ledet after great defensive play. Goal five came at the twenty-third minute mark. Mike Ortega came up from his defensive position after John Swords had a pass deflected from a corner kick. The corner kick was taken by Jeffrey Chappell but was cleared by the U.C. Lightning defense. Only to the foot of Mike Ortega who let one go and it ripped pass the Lightning defense and goalie for a 5-0 lead. Lejeune were just too good for this team. Skill wise and better conditioning. The Heat got one more goal from Mark Spanier. The shutout was taken away from Lejeune after a bad clearance from Mike Ortega, caused the ball to go over Lejeune goalie's head and off the post and into the net for a 6-1 final score.

When Coach Hoover asked Ortega what happened Ortega said he felt sorry for the U.C. Lightning team. He thought he would get them a goal. Well that made the coach laugh and he jokingly forgave him. I am so proud of this team. They played very hard as a team to get to the finals and now they are N.C. State Champions UN.14 Rec. Team. Wear your gold medals with pride. You all earned it, said Coach Bob Hoover.

FITNESS from 2B

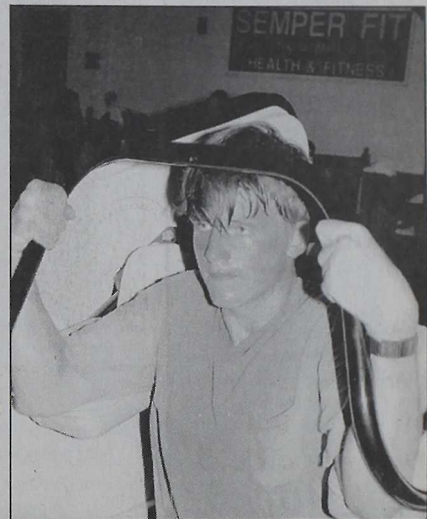
"A complete fitness program done three times a week will help the person reduce his body fat," she said.

That workout should include a cardiovascular exercise, other than running, such as a ski machine and a complete body workout with weights. The weight training does not have to be a long, arduous process, though.

"If you're not into weight training, and you don't want to spend more than 30 minutes, that's fine, because in 30 minutes you can have a complete body workout," said Caputi.

Another key to reducing body fat is proper eating, said Caputi. But, she said, you don't need to diet to be eating properly. She encourages her patrons to eat five times a day, but to eat healthily. Caputi said that following those training and workout programs patrons should feel results in four to six weeks.

The personal trainers at the fitness center go to units and give fitness demonstrations. They will go to any unit and show them any kind of exercise. They are also working on making an exercise video for the Marine Corps. This will hopefully be the first in a series of exercise videos that they make. Active duty Marines will be used in the video, and a team of trainers from the fitness center is going to Washington, D.C. in August to compete in the National Aerobics Championship, where they will represent Camp Lejeune.



LCpl. Kurt M. Smay
After a run on the treadmill a patron works up a sweat during a set of crunches.

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Delicious Desserts Actually Can Be Good for You

desserts, but summer is on its way, and you were to the beach without feeling self-conscious, chocolate cake is calling your name. Too bad desserts can't be healthy — or can they?

is believing," says Evelyn Tribble, author of *Domestyle Desserts: 150 Fabulous Treats With a the Fat and Calories* (Viking). Her latest book shows you how you can have your cake and eat it too! Tribble doesn't believe that you should deprive yourself of sweets. Instead, you should just learn how to choose foods fit into your lifestyle. "My goal with this book is to cut the fat without cutting the flavor and texture."

her "recipe makeovers," Tribble offers fat-free recipes which will give you a tasty dessert that's sure to satisfy your sweet tooth. Some of her secrets include: unsweetened applesauce instead of butter or oil in cakes and muffins, two egg whites in place of one egg, and the amount of nuts in a recipe by a quarter or a half toasting the nuts to intensify their flavor, marshmallows creme instead of butter when making chocolate chips with a smaller amount of mini chocolate chips.

evaporated skim milk in place of heavy cream, and the water called for in a boxed cake mix with cocoa powder instead of chocolate.

so are a lot of low-fat and fat-free products available that may work well in recipes. However, Tribble doesn't assume that a fat-free version can be directly substituted for a regular one. Some of these reduced-fat products contain a lot of water or gelatin, which can break in baking. After you try them in a recipe, you may find you need to alter the other ingredients.

ing delicious, low-fat recipes is a matter of experimenting, Tribble says. "You learn as you go, and you find your successes."

enjoying healthy desserts, Tribble suggests the recipe. She reduced the fat and calories by using egg whites and fat-free sour cream, reducing the amount of oil and replacing whole eggs with egg whites, and substituting prunes for vegetable oil.

CHOCOLATE ORANGE SPICE CAKE

Serves 12

Glaze
1/2 cup sugar
1/4 cup light butter
1/4 cup orange liqueur
3 tablespoons water

Cake
8 egg whites
2 teaspoons instant coffee granules
1 1/2 cups buttermilk
1 cup fat-free sour cream
2 (2 1/2-ounce) jars baby-food prunes
2 tablespoons grated orange zest
1 teaspoon ground cinnamon
1 (18 1/2-ounce) box (2-layer) devil's food cake mix
1 (4-ounce) package instant chocolate fudge pudding mix
1 cup mini chocolate chips
1 tablespoon powdered sugar

To make the glaze: Combine the sugar, light butter, orange liqueur, and water in a heavy small saucepan. Stir over low heat until the butter melts and the sugar dissolves, about 3 minutes. Increase heat to medium-high and boil for 2 minutes. Cool completely.

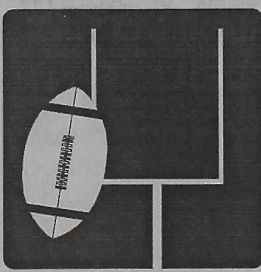
To make the cake: Preheat the oven to 350 F. Lightly coat a 10-cup Bundt pan with nonstick vegetable-oil spray. In a large mixing bowl, using an electric mixer on high speed, beat the egg whites until foamy (about 30 seconds). Dissolve the instant coffee granules in the buttermilk. Add the buttermilk mixture, fat-free sour cream, baby-food prunes, zest, and cinnamon. Beat until blended. Add the cake mix and the pudding mix; beat for 3 minutes. Fold in the mini chocolate chips. (The 1 tablespoon powdered sugar will be used later.) Transfer the batter to the prepared Bundt pan and bake 55 to 60 minutes, or until a toothpick inserted near the center comes out with a few moist crumbs.

Immediately spoon the glaze mixture over the cake in the pan (it will run down the inside of the pan). Let stand 30 minutes. Turn the cake out onto a platter and cool. Sprinkle with the 1 tablespoon of powdered sugar and serve. Z4975473

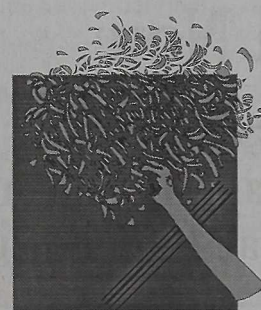
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THE RIGHT STUFF

Tyrone Biggs cut through a very tough Dental battalion team defense and tossed a floating shot that was all net to put 2d Battalion 10th Marine Regiment ahead for the last time and claim a 61-57 victory. The win broke a three way tie in the Over Thirty League sending them to the final against another Navy team.

Dental Bn came out strong in the first half with a fast passing offense and surgical shooting accuracy. Within the first ten minutes they had taken a 14-9 lead over the overwhelmed 2/10 squad and it seemed as though they would glide to an easy victory.

"We looked really strong at first. We had good shots, strong boards and we were pretty solid from the line," Ben Colvert said. The beleaguered 2/10 Marines battled every step of the way eventually creating their own momentum and by late in the first half they had battled back to within a few points.

"We lost to these guys two times before and I think we had something to prove. I think that we had more heart today than the last time we played them. After the last loss we had to go back and think about our strategy. I think we came out with the right game plan and we also came in with the right mentality," Gregory Prayer said.

Two-ten came storming out in the second half taking the momentum of the game. Four minutes into the second half Leon leaped for a game tying basket and 2/10 never looked back.

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standings as of July 8

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B Co., MCB	44½	Navy Hospital "B"	42
2d Maint Bn "B"	33	Base Logistics	41
2d Rad Bn "B"	30½	FinMgmt School MCSSS	38
6th Marines	28	2d Maint Bn "A"	38
MCES "A"	27½	HQBn 2d Mar Div	34
FSSG/ISMO	27½	10th Mar	28½
2d AA Bn/B Co.	16½	2d Rad Bn "A"	11
Disbo	16½		
Blue League	Avg.	White League	Avg.
Base Telephone	61½	Brig Co., MCB	45
8th Comm "A"	59½	2dCEB	40
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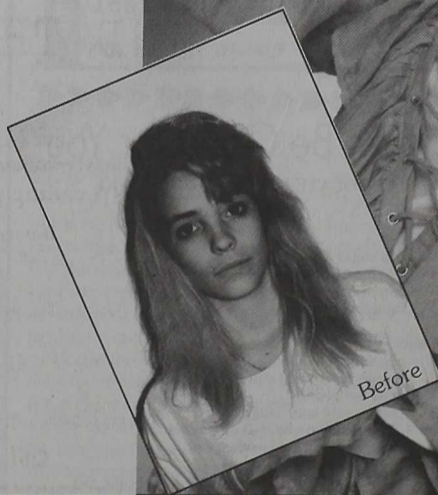
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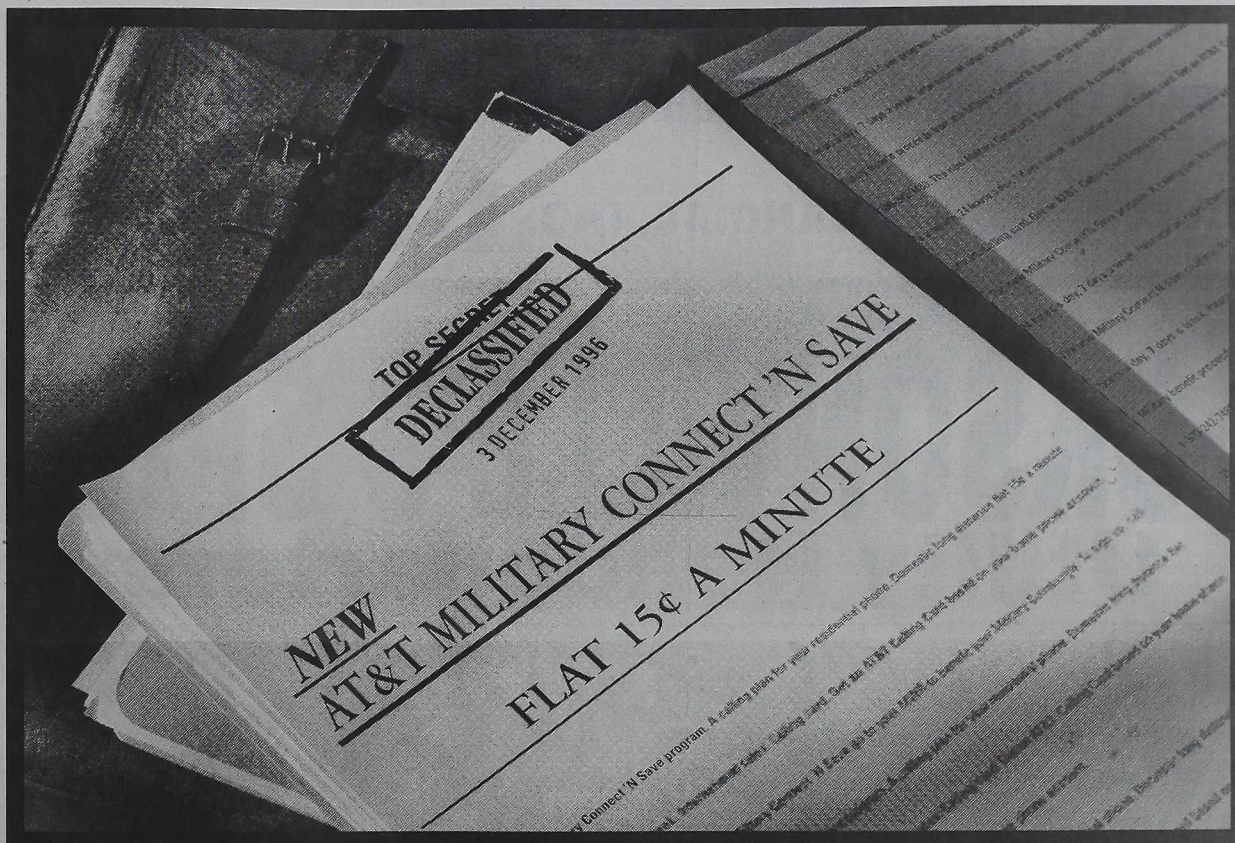


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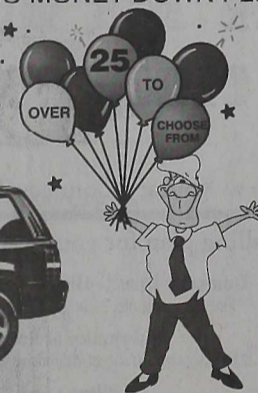
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• Bedroom Sets • Any Good Used Furniture
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310 Furniture & Household Goods

Sofa Bed Queen, blue and white \$200. Call 938-8933. 7/11

CASH PAID for Dressers, Chest of Drawers, Living Room Furniture, Kitchen Tables, Chairs, Bunkbeds, Bedroom Sets, & Antiques 743-0088. TFN

320 Computer

Syrinx 686 Computers, Military Credit...Get your own 686-P166 + Computer \$0 Down, \$99 a month. Slow credit, no credit, Chapter 7 Bankruptcy OK. Come with SVGA monitor, 16X CD Rom, 33.6 Fax modem, \$1400 pre installed software. Call Now! 1-800-378-4773. 7/25.

FOR SALE: Reconditioned multi media computers. \$200 - \$600. Delivered & setup. Call 8 AM - 5 PM for information, 455-5701. TFN

374 Lawn Service

Lawn Mower Repair, PCA, Mower Service. Parts, Sales, Service. 107 Bridget Lane. Want good service, Call 910-938-7534. TFN

401 Automobiles for Sale

'90 Jeep Wrangler, Black, Removable Hard Top, with convertible Soft Top 4x4, Excellent condition \$6500.00 call 910-328-8447. 7/18

1993 Honda Shadow VT1100, blue, garage kept, excellent condition and immaculate. Serious inquires only. 910-355-0433. 7/11

1994 GEO Tracker, 5 spd, 4x4, 38,000 miles, canvas top and hard top. Excellent condition. One owner. Asking 7,000. Call 577-0380 after 5PM. 7/11

1987 Nissan 300ZX, T-Top, AC, Auto transmission, red, Like new, excellent condition. 910-347-2004. TFN

1989 Fox excellent condition, inside and out. \$3500 OBO. Phone 938-6974. TFN

455 RV Sales/Rentals

27' Concorde Flybridge FWC
350, low hours, outriggers, fish, dive, cruise - (910)392-7084 \$9900.00 TFN

445 Boats For Sale

For Sale, Venture by StarCraft, pop-up, great condition, new tires, refrigerator, sleeps 6. 455-5611 after 6PM. TFN

For Sale, 1993 Wilderness 35ft.
travel trailer, sleeps 9. Fully self contained, A/C, central heat, microwave, stereo. 455-5611 after 6PM. TFN

465 Motorcycles

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For sale: 1981 Ironhead Sportser white with fatbob tank, chrome pipes, very clean, garage kept. Asking \$7,000 or best offer. Call 346-4477 after 5pm or leave message. TFN

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for more information

GLOBE TRADER

AUTOMOBILES

'88 Nissan SEV6, 4x4, 5 spd, cap, AC, slide glass, pioneer stereo, trailer hitch, 73K, \$6,000. Call 355-2830.

'91 Geo Tracker, 4x4, LSI, black, bra, AM/FM/cass, 97K, soft top, \$6,000, 347-9342. Call 3479342.

'94 Maxima GXE, PS, PW, PP, PL automatic, w/grey ext./grey int., 81K mi., \$10,000, includes portable CD player. Call 327-2834.

'82 Datsun 310 hatchback, auto, good body, runs good, \$700 OBO. Call 353-6038, lv. msg.

'48 Ford F-100 P/U trucks, (2) for restoration parts, \$1,600; '68 Ford F100 P/U, short bed, (rod thrown) \$800; '66 MG midget for restoration, \$1,800; '74 MG midget for parts, \$500. Call 453-9800.

'94 Ford Escort, great swoop vehicle, AM/FM/cass, A/C, electric mirrors, 5 spd. transmission, well maintained. Call 451-5190 bet. 7 a.m.-4 p.m. or 451-1523 on eve & weekends.

'85 Dodge Ramcharger, 4x4, new 318 eng, 33x15, tires, and paint, power everything, many extras, good mech. cond., \$4,700 OBO, 447-8601.

'93 Volvo 850 GLT, loaded, new tires, 45K, \$19,900. Call 347-1032.

'94 Honda Civic EX, 2 door, black, automatic, fully loaded, call 455-6876.

Red cover, fits 1994-97 Ford Ranger or Mazda short bed, steel frame and center supports, gas shocks and heavy duty vinyl top, no drilling required, brand new, never used, \$125, call 346-4509.

'90 Geo Storm white PS, stereo/CD player, 49,500 miles, \$3,000.00. OBO. Call 353-2188.

'96 Dodge Neon Sport 4dr, blue, auto, CD player, loaded. Call 455-6876.

'94 Ford Escort, teal/green, runs great, 61K, A/C, 5 spd., maintained well, \$8,000, call LCpl. Tsai 451-1523 rm. 101.

'80 Alfa Romero, 5 spd., \$1,800; '82 Mazda RX7 \$1,600, OBO for each., inspection good through 03/98, cash or credit card w/ small maint. fee; or part cash/ trade for items of equal monetary value, 453-9800.

'93 Hyundai Sonata GLS, gray, A/C, auto, PW, PL, AM/FM w/ cass., 51K, ex. cond., \$6,000, call 298-4950 after 6 p.m., can be seen M-F, main gate, bldg. 33 CLNC.

Wheels, aluminum stock Chevy Z-71, 4X4, all in great shape, 16 in., 6 bolt, \$200 OBO, call 326-4165.

'91 Honda Civic 4dr, 5spd, A/C, stereo. Call 327-2778.

4.3L, V-6, '91 Chevy S-10 engine, 61K, ran strong, \$300 OBO, or trade, call 355-0927.

'94 Camaro looks, runs great, aluminum wheels, 5 spd., V-6, call 347-7364 after 6 p.m.

'93 Honda Del Sol, blue, 5 spd, A/C, cruise, AM/FM cass., 80K, tinted glass, great condition, \$8,000 call 326-5651.

'86 Volvo 740 GLE, all power, leather, CD changer, new tires, runs great, moving in two weeks must sell, best offer, call 353-1994.

'92 Grand Caravan SE, ex. cond., inside and out, garage kept, must see, \$8,995, OBO, 324-5620.

'95 Chevy Impala SS, LT-1 motor, dark cherry metallic, fully loaded, w/CD option, 25K, still under warranty, book value \$22,000 asking \$19,500, 326-6028, lv. msg.

'93 Ford Ranger XLT ext., cab, 60K, 5 spd., green, ex. cond., take over payments, call 451-3996 ask for LCpl. Sammons.

'94 Mitsubishi Eclipse, burgundy, 5 spd., AM/FM Kenwood cass., very low miles, \$10,500 call 455-4238.

Two VW tires, P205/75 R15 w/4 lug rims, \$25 ea.; VW engine, \$300; transmission, \$100; doors/body parts and good glass, \$150; battery, \$35; other miscellaneous parts, \$100, or all for \$500; '73 VW bus, no rust, engine needs rebuilding, \$1,200, call 453-9800.

'84 Ford Pickup F150 300 6 cyl. 4 speed OD, PS, PB, Dual tank, cruise. 2900 O.B.O., call 353-9525.

'88 Honda Accord LXI, 4 cy., two door, hatch back, PS, PB, PW, A/C, AM/FM cass, cruise, tilt, ex. cond., \$4,600 call 346-5076.

'92 Plymouth Voyager Se, 7 pax seating, AM/FM cass., A/C, PS, PB, 3.0 6 cyl. engine, auto, \$3,500, call 577-4590 lv. msg.

'84 F-150, 4 spd., 6 cyl., power steering, dual tanks, cruise, heavy duty hitch, \$2,900 OBO, call 353-9525.

'93 Chevy Corsica, ABS, PS, A/C, 4 door, auto, clean, ex. shape, no rust, \$5,200, call 577-6250.

'77 Datsun 280Z, blue, 4 spd., 93K, runs great, needs little body work, \$1,500 OBO, call 355-0390.

'94 Chevy Stepside, 36K miles, PW, PL, alarm, bedliner, tint, bucshield, custom rims. \$12,000.00, OBO. Call 347-3237.

'84 Chevy van \$1,400.00. Call 326-3666.

'96 Plymouth Breeze, dark rosewood paint, gray interior, TOP \$300.00 per month w/MFCU. Call 455-8427.

MOTORCYCLES

'87 Honda Shadow 1100, 18500K, large windscreen, saddle bags, garage kept. Comes with cover and rain suit. \$2500. Call 451-6750 or 938-3894 after 6:00 p.m. ask for Capt. Walter or Jim.

'95 Honda Shadow VT, red/black, lots of chrome, 2 helmets, \$6,000, OBO call 577-5120.

'95 Katana 600, black/purple, good cond., \$3,800, with helmet, and cover, call 453-4285.

'94 Honda CBR 600 F-2, white/black/red, D&D pipe, new tires, helmet and more, \$4,700 OBO, call 453-6479.

'92 Honda Nighthawk 750, bought new in '94, 54K, one owner, great shape, helmet included, asking \$3,200, negotiable, 938-2618.

'95 Yamaha YZF600, ex. cond., garage kept, w/helmets, cover, lock, \$4,300, call 938-0879.

'75 Yamaha 500, 10K miles, new battery, tires, and carbs, \$500.00. Call 577-0283.

'83 Honda XRcc dirt bike need valves timed, looks good comes with spare, \$100.00. Call 577-1343.

BOATS & RECREATION

Coleman 12ft. XT Jon boat, w/2 swivel seats, \$400.00. Call 577-7356.

20 GA, Stevens, Mod 67 shotgun, metal and wood are in mint condition, comes w/ammo \$150 O.B.O., call 355-9852 after 4:30 p.m.

Sailboat, 21 ft., core sound spritsail skiff (fiberglass); w/2hp mariner, rigging, and new trailer, \$2,900.00. Call 393-6732.

'94 Scout 17ft. (center console), 90hp Johnson Outboard motor w/trailer Bimini top, depth finder, compass very low hours \$9,500.00. Call 326-4047.

14' Kayak, for person 5'8" or less, includes rudder, spray skirt, hatches, life jacket, over \$900 invested, asking \$550, call 353-2188.

30/30 Malin CS w/scope sling swivels, \$275.00. Call 326-7541.

'95 Kawasaki 750xi, wave-runner w/80 house power, tach, auto trim, gas, 0.1 and over temp indicators; '93 Yamaha 700r, wave-blaster w/63 hp., '94 shark-lander dual trailer w/2 winches and a mounted storage trunk, \$7,900.00. Call 353-2366.

Ciera, 27 ft. Bayliner, volvo/penta 260, trailer, new Bimini top, full head, galley, sleeps 6, low hours, \$18,000.00. Call 577-0197.

Connelly Revolution 65 in, water ski, front highwrap binding, rear toe plate, size 8-10 1/2, \$120.00. Call 353-7313.

'93 Yamaha XR 650 wave-runner, trailer, cover and life vest included. Strong enough to pull skier, \$2,800.00. Call 353-9113.

'95 377F/S, 150hp Johnson, galvanized trailer, Pay-off. Call 353-6386.

'96 Kawasaki Vulcan 800cc, 1.5K mi., w/windshield, helmets, cover, 353-2705, \$6,000 OBO. Must sell. Call 451-3521.

MISCELLANEOUS

Sega Core system with Sega CD and 32X, 2 controllers, 24 assorted games, works great! \$250 for all.

Cardio Fit Plus Rider, w/monitor \$125, OBO, call 938-0453.

Wisconsin industrial 8hp engine, one inch horizontal shaft. Call \$250.00. Call 347-5894.

For self mover, boxes, wrapping paper, plenty of 3.0, 4.5, some wardrobe boxes, only used once, for more info., call 326-6615, ask for Wayne or leave msg.

'94 Dutchmen Duck tent trailer, sleeps six, good cond., asking 33,500, call after 6 p.m. M-F, 353-4613.

'87 10 horse power, 36 inch cut, Sears Craftsmen riding mower, new motor, tires, belts, etc., runs great, \$400, call 341-5894.

Young chang walnut piano, ex. cond., must see to appreciate, \$1,500, call 353-6517.

5 horse power, big wheel, lawn mower, 22 inch cut, Murray, runs great, 470, call 347-5894.

Mens Trek mountain bike, paid \$300 asking \$175, like new call anytime or leave msg., hardly ever ridden, call 353-5257.

Two big foot power wheel trucks, kids up to 40 pounds, \$50.00 ea., OBO. Call 577-8783.

D.P. weight bench and leg curler \$30.00. Call 326-6604.

Chrysler 75hp, motor w/controls \$500.00. Call 326-7541.

Roadmaster mt. bikes 24", mens and womens (18 spd and 10 spd) \$175 for both., Call 577-6426.

FURNITURE

Wood frame day bed w/mattress, \$200.00, OBO; Queensize water bed w/two draws \$100.00, OBO. Call 577-0333.

King size waterbed, on pedestal, great cond., all solid wood, \$100, call Harley at 353-7218 anytime.

Like twin bed, part of a sectional sofa, very comfortable, need cleaning \$50, call 577-3599.

Double bed, solid cherry, good mattress/box spring, bedding included, \$100, call 326-6433.

Bedroom set, one year old, ex. cond., bed, dresser, triple mirror, highboy, one night stand, \$500; Berkline sleeper sofa, ex. cond., \$225, call 327-0987.

Southwestern style sofa sleeper w/ matching loveseat, 1 1/2 years old, \$700 OBO, call 577-7651.

Living room set, couch w/2 recliners in it, loveseat, recliner, \$300, OBO; dresser, chester drawers, \$75, queen size waterbed, w/7 bevels, mattress cover, \$200, call 326-3666.

Chairs w/ arms, \$12 ea., call 455-3798.

Daybed, white, gold ornaments, mattress, springs, \$150 call 355-2466.

Queen size waterbed, head board, heater, 6 drawer, pedestal, ex., cond., \$300, call 347-9342.

Antique bedroom suite, full size, dresser, mirror, chester drawers, \$425; bookcase all wood, \$75; antique vacuum cleaner, works, \$110; antique table, \$20, call 326-6666.

New, still in box Sauder wood-working entertainment center w/ frosted oak finish, \$150, O.B.O., call anytime 577-5510.

Bunk bed - full bottom/twin top w/mattresses \$175, queen size sofa sleeper with loveseat \$375. Call 347-1537.

Neutral colored 7ft., couch, \$100, OBO; long bureau with large mirror, \$100. OBO. Call 577-6250.

Twin mattresses \$35.00; two Spanish dining chairs \$20.00 ea.; two living room chairs w/ cushions \$15.00 ea.; four bicycles man, woman, and girl \$35.00 ea.; two lawn mower 3.5 and 4hp, 5x10 utility tr ex cond, heavy duty. \$600.00 neg. Call 353-1335.

Centry travelite stroller \$65.00; blue rocker/recliner \$75.00; coffee table \$25.00; b/w 13" TV, \$10.00; Boston acoustics speakers \$25.00. Call 353-1375.

Stanley solid maple bedroom suite, shaker style, amoire, dresser, mirror, headboard and night stand. Call 938-3885.

APPL. & ELECTRONICS

Maytag large capacity washer, runs good. \$75.00 or best offer. Also some baby items. call 346-8416 anytime.

Pair of Bose M-100 surround

speakers with mounting brackets, 80w power, \$100, brand new, still in box, call 577-7376.

Black and white Television set, \$25, call 455-3798.

Entertainment center with glass doors \$75.00, Playpen lt. blue \$35.00, Baby walker \$10.00. Call 355-9857.

G.E. heavy duty dryer, avocado, \$135, call 355-2466.

486/33 MHz computer w/SVGA monitor, mouse and KB, \$500.00. Call 355-2466.

386 computer w/monitor, printer, and modem. \$325, call 577-7651.

Packardbell, 486 computer, 4MB ram, 3.5" disk drive 14.4 modem, CD-ROM, monitor, \$500.00, OBO. Call 455-0447.

PETS

Keeshond puppy for sale. 6 months old. All shots, accessories included. very friendly, great w/children. \$300 O.B.O. 355-2963.

Free Long-haired Gray Tabby kitten, female, litter box, well trained. Call 327-3229.

Free to good home, female German Shepherd, 5 yrs old, needs loving home w/room to run, all shots serious inquires only. Call 326-6668, lv msg.

For sale: Dachshund-female, black and tan, 12 weeks old, wormed, shots, health guaranteed. Call 346-8889.

2 Large Igloo style dog houses \$50 each. Call 346-1743

AKL Yorky Puppies male \$450.00, female \$500. Call 326-3666.

Iguana w/accessories 2 year old. Call 577-1343.

Free to good home 5 lab/German shepherd mix, puppies 6 weeks old. Call 326-6668.

REAL ESTATE

For rent, 3 B fireplace, bar kitchen w/bre neighborhood some pets monthly w/de

For sale town 2 BA, garage fireplace, near cond., \$51.00

For lease: Er 4BA, \$1,150, 599-1480.

For Sale: '96 Motor Home place, appli nished, Call 5

For Sale: Bry 1bth, ranch, la back yard, paint/roof. \$65

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Yard Sale: B blades, black fe and more, 7 a 12-13, 506 S.

Saturday, July Bougainvillea, girls and boys c toys and more July 12-13, 7: new and used watches, ring drive, Hubert.

TRADER

HOW TO PLACE YOUR FREE TRADE

- Trader ads are a free service. The Globe reserves the right to edit and/or omit ads that do not follow the guidelines or Globe policy.
- Ad requests received prior to noon Friday SHOULD appear in the following week's paper, unless in such a case, the ad will be published in the next issue. Late forms and phone requests will NOT be published.
- A separate request form must be submitted each week you wish the ad to run. Forms must be submitted COMPLETELY. That includes full name of sponsor, his/her rank and unit, home address and home phone numbers. Incomplete forms will NOT be published. Military work numbers will not be published.
- 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, pets. If an ad is submitted with several items from different categories on one form, they may not be published.
- Time is limited.
- No more than 20 words per form. Only three forms per household a week will be published.
- No ads for 'services provided' or commercial business will be published.
- Trader ad submissions will not be accepted by fax, guard mail, phone or return contacts with no phone numbers.

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The Globe

97

Touch the sky at Chimney Rock

Chimney Rock Park

Touching the mountains is one of the authentic experiences in life, like going to the sea. It is a journey to nature, to yourself. So now that you've come to the mountains, keep on going. You simply haven't had the whole experience until you stand at the top of a 500 million-year-old mountain with the wind in your face and the world spread out at your feet. You feel in your knees how high you are. You'll stand in awe of the view -- 1200 miles -- along Hickory Nut Gorge to Lake Lure and, on a clear day, as far as Kingsport, Tennessee, to the east beyond the Blue Ridge Mountains.

In the early 19th century, Dr. Morse, a young physician from St. Louis, came to the area to seek a better climate. Like many before him, he was entranced with the awe-inspiring mountain and dreamed of developing Chimney Rock as a park for all to enjoy.

Dr. Morse took the first step and purchased 64 acres of Chimney Rock Mountain. The park, now over 1,000 acres, is still owned and operated by members of the Morse family dedicated to preserving its natural heritage and beauty.

The experience Dr. Morse envisioned will come alive the moment you bridge the river and start winding gently up the three-mile drive to the Chimney.

Just along the way is beautiful whatever the season. Wildflowers, white dogwood, redbud, and other flowering shrubs dominate the spring. The more subtle blooms gradually yield to richer yellow and purple hues until they are joined by autumn's vibrant orange, orange, and gold foliage. If you look closely, you may catch a glimpse of wild turkeys at play!

Chimney Rock Park is the natural fulfillment of your trip to the mountains. Take a deep breath of mountain air, then head for the top where you can reach the Chimney and the trails. The park features an elevator 26 stories inside the mountain to the Sky Lounge gift shop and snack bar, an exciting trail which features a subterranean shortcut, catwalks from rock to rock, and an authentic moonshiner's cave.

When you climb to the top of the Chimney, head out along the Skyline Trail for a 45-minute hike to the top of Hickory Nut Falls. It's all down hill from here, along a natural path of the sheer cliffs.

On your way back to the parking lot, you'll pass Inspiration Point, where the panoramic view will take your breath away. Allow about two hours for the round trip. Next, try the Skyline Trail, an easier one-hour round trip hike through deep woods to the most dramatic view, as it plunges over the cliffs high above to a pool at your feet.

After a picnic lunch, you may want to stop at the Meadows, five acres of lush, green grass to lie back and watch the clouds roll by. Chimney Rock Park is host to special events throughout the year, including an Easter sunrise service, an Earth Day celebration, demonstrations in rock climbing, and guided bird and wildflower identification walks.

Chimney Rock Park, a privately-owned Natural Heritage Site, is located 25 miles southeast of Asheville at the intersection of US 64 and 74-A. The park is open daily all year, weather permitting except Thanksgiving, Christmas and New Year's Day. Winter rates apply mid-November through April when all trails to the waterfall are closed. Ticket Plaza hours are from 8:30 a.m. to 5:30 p.m. (Daylight Savings time). The Park remains open one hour after Ticket Plaza closes. For more information, write or call:

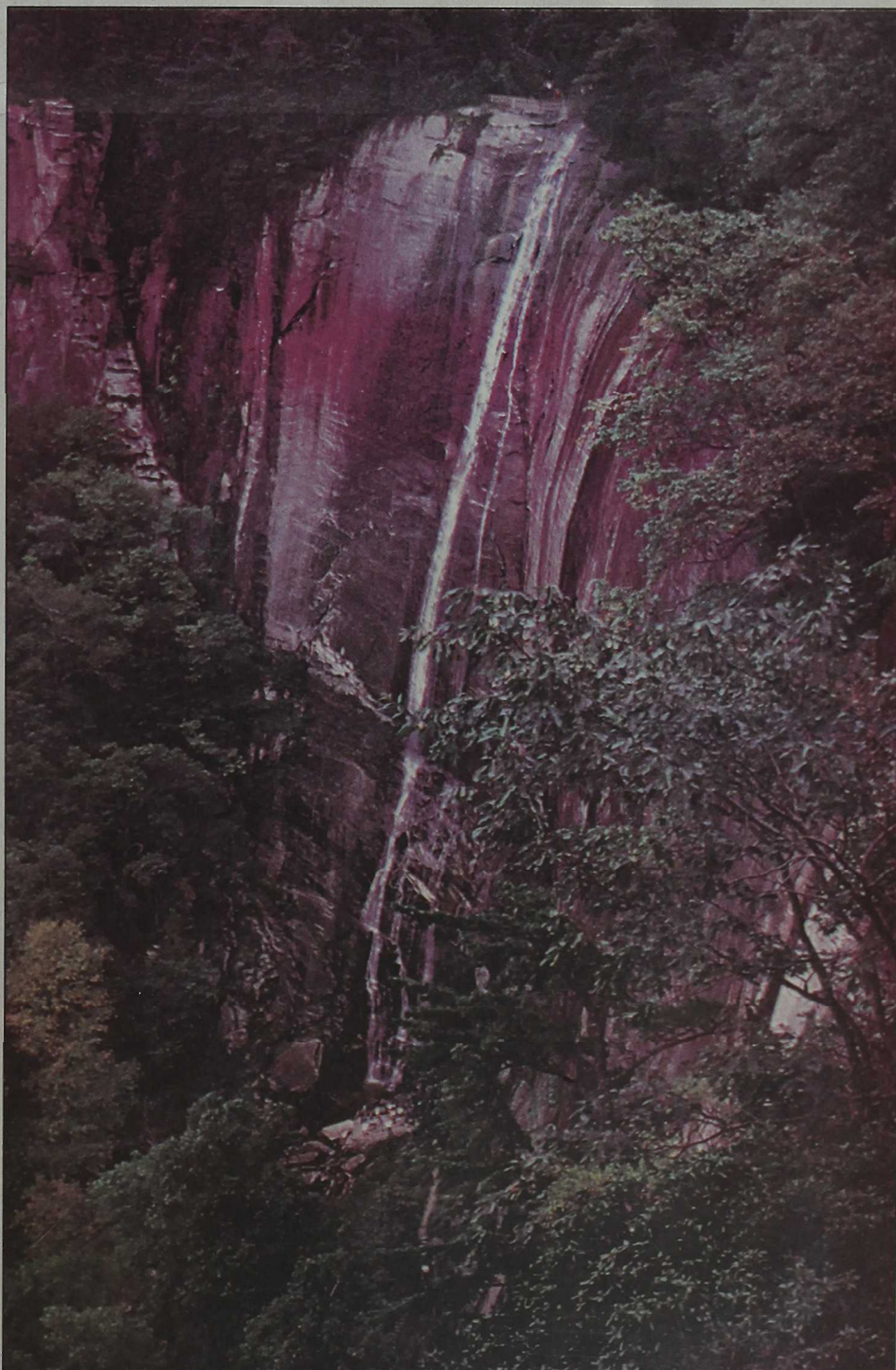
Chimney Rock Park Box 39, Chimney Rock, NC 28720

(704) 625-9611 or (800) 277-9611 <http://www.chimneyrockpark.com>



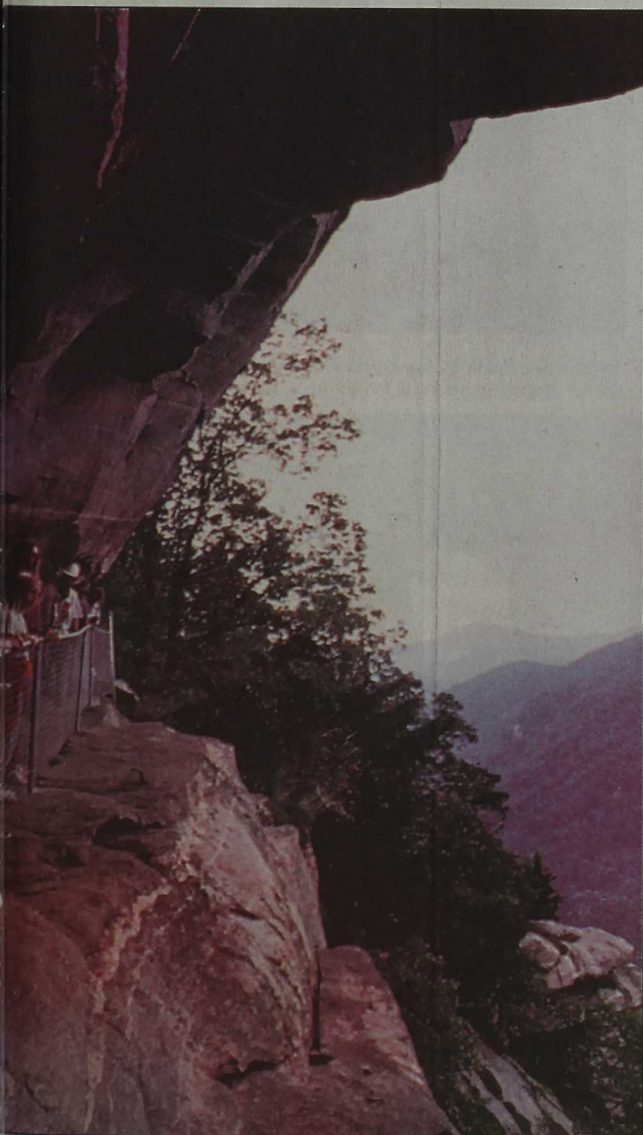
Chimney Rock Park

The towering monolith known as Chimney Rock has long been an object of fascination. The spectacular view of Hickory Nut Gorge and the far horizons is more than enough reward for those who accept the challenge to climb to the top of this giant rock.



Chimney Rock Park

Climb to Inspiration Point and take in the most dramatic view of the 404-foot waterfall, Hickory Nut Falls. This waterfall and its majestic surroundings were used as a backdrop for the climactic scenes in the movie, "The Last of the Mohicans"



Chimney Rock Park

The Cliff Trail are breathtaking. It is said that one's life is incomplete until one has stood at its summit, and breathed the same air as the Creator.

Something to sink your teeth in

North Carolina Aquarium at Pine Knoll Shores

Story by Sherry White

Sharks, skates and rays. Alligators, turtles and snakes. Fascinating creatures with secretive lives.

On Tuesdays and Thursdays this summer, the N.C. Aquarium in Atlantic Beach is dispelling myths and spouting facts about these ancient and interesting animals. Tuesday is Shark Day and Thursday is Reptile Day, and both are filled with hands-on exhibits, creative crafts and live animal presentations.

For instance, did you know there are some 350 species of sharks in the world, but only about 32 species have been known to attack man?

Then there's the tooth thing. Sharks not only have a front row of teeth, but several rows behind the first row, almost like a conveyor belt of constantly growing dentures. That's because shark's teeth break easily and more are needed to replace them immediately. Sharks can have a new tooth in place in as little as 24 hours. And surprisingly, the largest shark in the ocean is the docile whale shark, which measures more than 50 feet long and feeds entirely on tiny sea life which it filters from the water.

Aquarium visitors are often surprised to learn there are alligators in North Carolina. Once ranging almost as far north as the Virginia border, alligators are now found chiefly in the central and southern sections of our state's coastal regions. In our area, the nearby Croatan National Forest, White Oak River and other tributaries are known to have alligator populations.

Did you know the sex of baby alligators is determined by the nest temperature? Temperatures below 85 degrees can produce all females, while temperatures above 91 degrees can result in all males. Unlike most reptiles, female alligators aggressively defend their nests and sometimes care for their young for months. Often the mother will tenderly carry her new hatchlings to the water in her massive, crushing jaws. The last sighting of an alligator in the aquarium's marshes was in East Pond in 1981. The young alligator measured about 3 feet long.

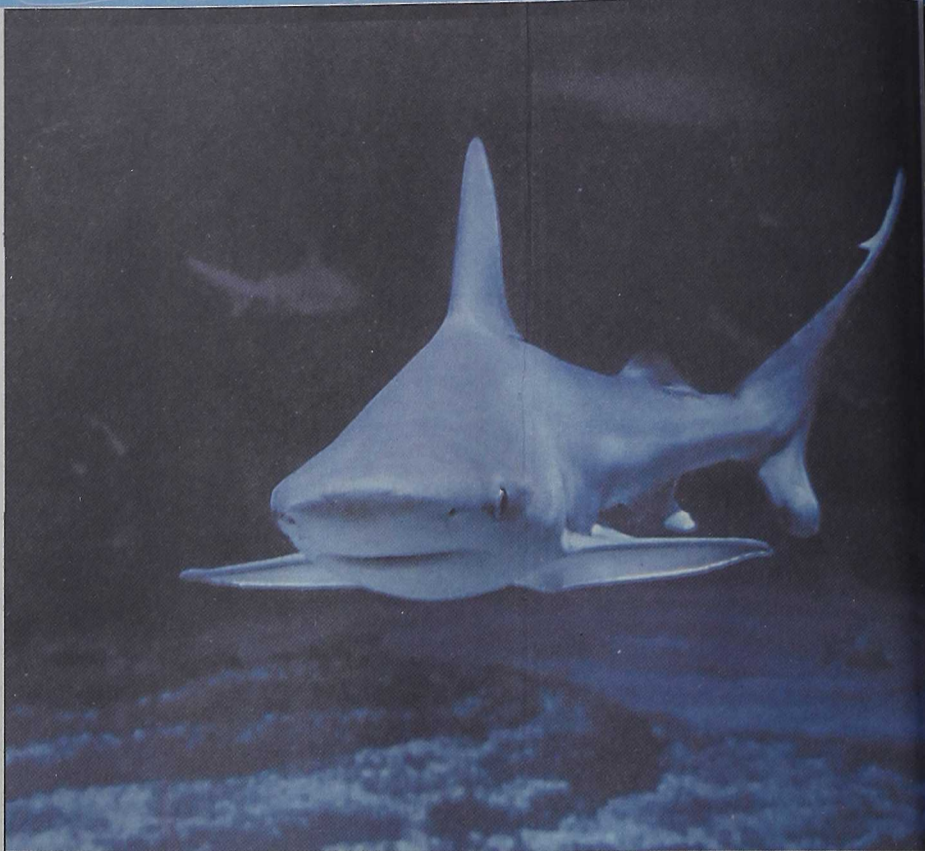
A wide range of activities take place on Shark and Reptile days. Videos, films, programs, games and crafts are all designed to stimulate interest in the biology and life cycles of these mysterious creatures. Youngsters can make shark or alligator buttons, hats, and "sharks-on-a-stick," and older visitors can play "Shark Jeopardy," a game patterned after TV's popular question-and-answer "Jeopardy" show. Wacky Professor Shark is Jeopardy's emcee and visitors can choose answers from the game board's five categories. At the conclusion, the contestant with the most points wins a prize.

Along with the videos, films, games and crafts, natural history stations are set up throughout the aquarium, featuring jaws, skin, teeth, egg cases, barbs, shells, fangs, skulls, life-like mounts and, depending on the day, live alligators, snakes, or land and sea turtles.

For something you can really sink your teeth into, visit the aquarium on Shark and Reptile days and explore the myths and mysteries of these fearsome but fascinating creatures.

The aquarium is open daily from 9:00 a.m. to 7:00 p.m. Admission is \$3 for adults, \$2 for senior citizens and active military and \$1 for children ages 6-17. Free admission for children age 5 and under.

For more information call the North Carolina Aquarium at Pine Knoll Shore, Atlantic Beach at (919) 247-4003.



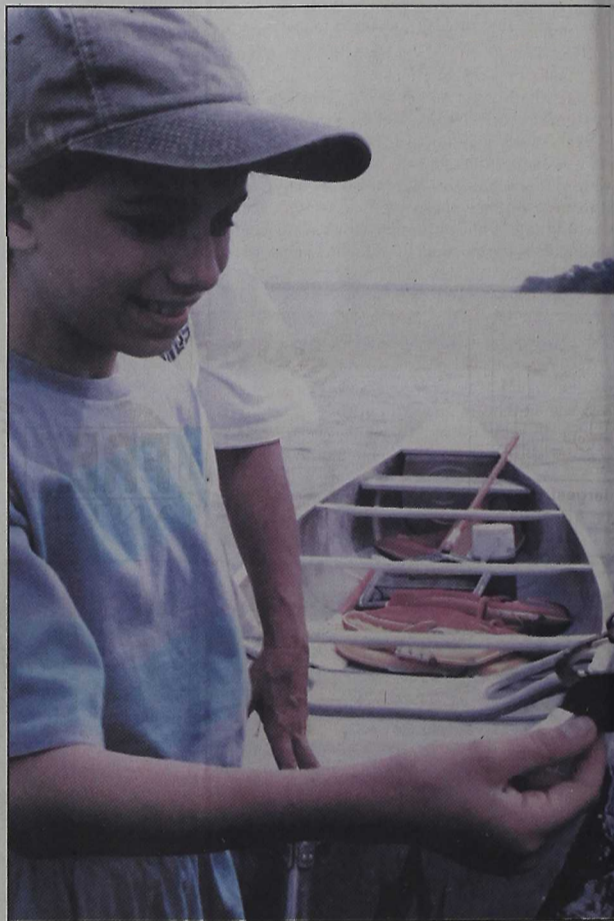
Sherry White

A Sand Bar Shark (above) silently glides through the water on a secret mission. All summer the Aquarium will be studying Sharks and Reptiles. Come explore their exciting worlds and learn the myths and mysteries of these fearsome but fascinating creatures.

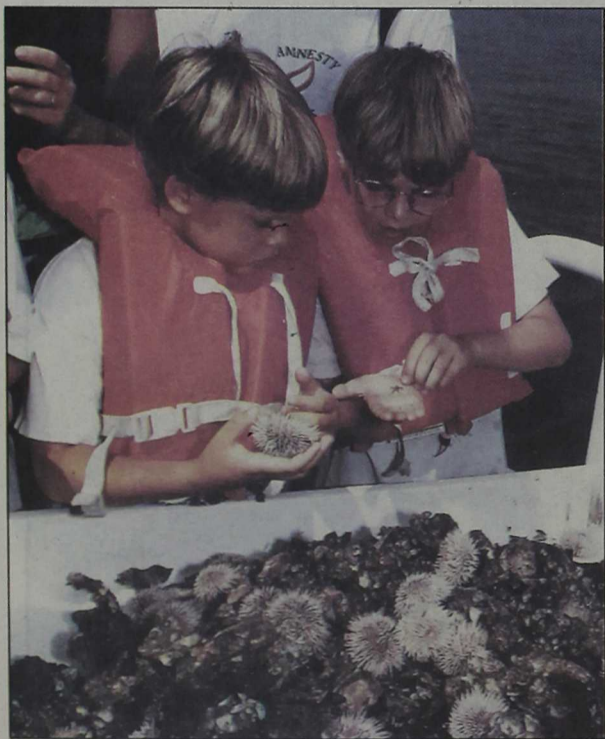


Sherry White

The American Alligator can be seen hanging out with his turtle buddies in one of the natural habitat exhibits featuring North Carolina creatures.



Join us in canoes as we explore marshes, tidal flats, and the shallow waters of Kinston Sound. Megan Somerday of Kinston shows off a creature friend she met while canoeing.



Sherry White

"All Aboard" for a cruise to experience dredging and trawling in North Carolina's coastal waters. The Aquarium offers many programs to study nature up close and personal.



Meet at our 'Close Encounter' exhibit for a hands-on introduction to horseshoe and spider crabs, wheelks, and other native to coastal North Carolina.

W.I.I bunker home of Ft. Fisher hermit

Michael F. Edwards



Robert Edward Harrell
Ft. Fisher Hermit

the turmoil of the 1960s, students, reporters and tourists to the old bearded man who lived alone on the salt flats of Fort Fisher. They came to ask his opinions about the times that the hermit said were like "a wave of men-weeping the country."

was Robert Edward Harrell who, for 17 years until his death in 1972, lived in a World War II-era concrete bunker not far from the North Carolina Aquarium at Fort Fisher now in an inhospitable place, scorched and mosquito-ridden in summer and wind-scoured in winter. It's also beautiful, sequestered with wildlife; and in the late 1950s it was desolate. The bunker was stuffed with the hermit's ragtag accumulation of driftwood, Styrofoam surfboards, newspapers and tin cans. Planks of wood sheltered the entrance. For drinking water, he dug shallow, brackish wells nearby, and he readily accepted gifts from visitors. The 1929 Chevy in which he slept during his years there was Fort Fisher's first dune buggy. The hermit was everything to him, except when Hurricane Helene hit him to hitchhike to Wilmington. "I like to be alone," he would say, "but not that alone."

Harrell could talk a blue streak. Visitors were treated to endearment and were asked to sign his guest register. The

hermit's iron frying pan, seeded always with small change, was in plain sight, and if people added to it or paid him for his photograph, he always gave something back. He generously shared his "millionaire's ration," made from any number of foods abundant on the tidal flats: crabs, oysters, fish, shrimp, turtles, raccoons, opossums. One young visitor named Harry Warren was given a fragment of a Civil War cannonball. Today, Harry is a researcher for the Cape Fear Museum and among the area's "hermitologists."

Robert Harrell was born on Ground Hog Day in 1893 near Gaffney, South Carolina. He eked out a living as a sidewalk tinker in Shelby, North Carolina, and as a linotype operator. He married and had four sons and a daughter who died young. When one of his sons committed suicide in the 1930s, his family moved north. Harrell stayed behind.

His first sojourn at Fort Fisher ended sometime prior to 1955 when his brother retrieved him from a Wilmington jail. The trouble began because Harrell's pet jaybird wouldn't eat. Knowing the bird would be more likely to eat something alive and moving, he scurried about for live food. A local real estate woman happened to cross his path and when she inquired about his frantic behavior, he asked, "Have you got anything that will wiggle?"

The earliest confirmed date of Harrell's permanent residence on the salt marsh is 1955, but he was fond of claiming that he "rode out Hazel" — Hurricane Hazel that is — one year earlier. He subscribed to an unaccredited discipline called biopsychology and claimed to have come to Fort Fisher to write a book, *A Tyrant in Every Home*. He claimed to have finished a 500-page manuscript, but it has never been produced. Harry Warren speculates that Harrell came to get away from his troubles; he had been institutionalized in the past.

At an age when most people think about collecting Social Security, Harrell began a new life with little more than the clothes on his back. He quickly became something of an attraction in Kure and Carolina beaches, often supplementing his meager diet with food purchased or scavenged from the local A&P. He took to his celebrity well and began recording his visitors' signatures. Harrell claimed to have 17,000 visitors a year. Several registers were known to exist. It's possible most were lost in the several fires that ravaged his bunker. Only one register survives, a 1949 calendar book containing about 2,500 signatures dated between November 1971 and June 1972, now part of the Cape Fear Museum's hermit collection.

It wasn't long before the state became interested in removing Harrell from the Fort Fisher Historic Site — it just didn't seem proper that a hermit should live there. The federal government got interested too because Harrell was living in the buffer zone of the Sunny Point arsenal across the river. Early attempts to oust the hermit, sarcastically known as the state's "Hermit Eradication Program" by locals, failed because Harrell would uncannily vanish into the maze of trails and shrubs whenever the officials arrived.

Stanley South, the archaeologist directing the development of the historic site, was called upon to make a report to the government concerning the hermit. South wrote, "The Fort Fisher hermit is almost a historic site in himself," and suggested that not only would it look bad for the government to bear down on one harmless individual but removing the hermit would be comparable to removing "all the rabbits and raccoons in Brunswick."

So the life and legend of the Fort Fisher hermit flourished, and visitations by tourists and truth-seekers continued. "I've got a job to

do here for God and humanity," he was quoted as saying, "and I've got to work as long as I can wiggle." He appealed to the hermit in everyone, that part of us that wants to be left alone, to live in harmony with nature, to escape our entanglements.

But even Harrell couldn't escape it all. There is mystery surrounding his death and enough evidence of foul play to have enabled his son, George, to have the investigation reopened in the '70s. It remains open still. Some of the hermit's artifacts are on display at the North Carolina Marine Resources Center at Fort Fisher. His final resting place is in Shelby. Carved on his tombstone and painted on a cement post near his former homestead is his epitaph: He Made People Think.



Fort Fisher State Recreation Area

Fort Fisher State Recreation Area is located in New Hanover County, five miles south of Carolina Beach off US 421. It may also be reached from Brunswick County via the Southport-Fort Fisher ferry, which crosses the Cape Fear River.

Park Hours: November-February 8am-6pm; March, October 8am-7pm; April, May, September 8am-8pm; June-August 8am-9pm. Office hours: 8am-12pm and 1pm - 5pm Monday through Friday

Accessible Facilities: Contact the park office for assistance in gaining access to the beach.

Special Interest Areas: The North Carolina Aquarium is nearby. The Southport-Fort Fisher ferry, operated by the Department of Transportation, ferries vehicles and passengers on the Cape Fear River between Southport and Fort Fisher. Crossing time is approximately 30 minutes. Expect some waiting in the summer months. There is also the Fort Fisher State Historic Site, managed by the Division of Archives and History. A visitor center and museum offer exhibits to educate folks about life at the fort in days gone by. Adjacent to the historic site is an exhibit building operated by the Underwater Archaeology section of the Division of Archives and History. Artifacts uncovered in underwater explorations are featured here along with exhibits on maritime history.

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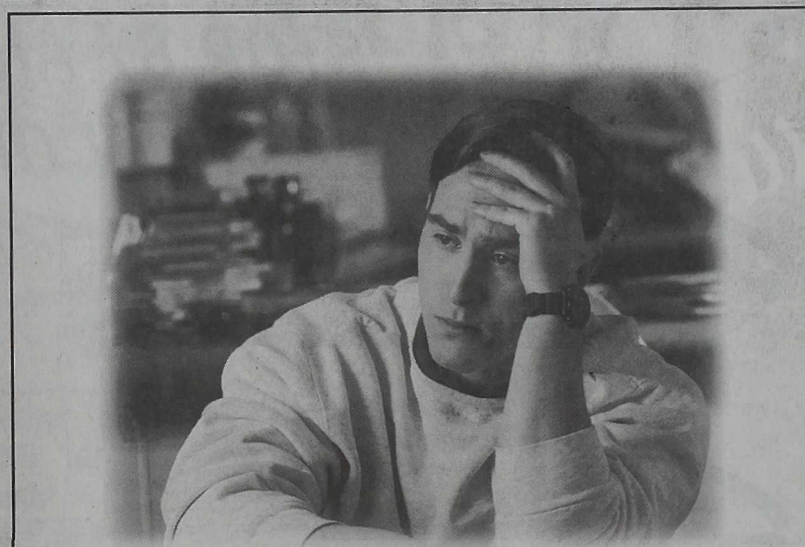
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Front Row Review:

by ROGER EBERT *Film Critic*

Directed by Barry Sonnenfeld. Written by Ed Solomon. Running time: 98 minutes. Rated PG-13 (for language and sci-fi violence). Opening in late shows tonight at local theaters.

There is a moment in "Men in Black" when a grim government official shows a wall chart of "every alien on Earth." We're not too surprised to see some of the faces on display: Sylvester Stallone, Al Roker, Newt Gingrich, Dionne Warwick. (When the movie comes out on video, I'll use freeze frames to capture the rest.) Wicked little side jokes like that are the heart and soul of "Men in Black" (or "MiB," as it is already being called, no doubt in the movie title-as-software tradition of "ID4").

A lot of big-budget special-effects films are a hair this side of self-parody, and don't know it. "Men in Black" knows it and glories in it; it's a refreshing Bronx cheer aimed at movies that think \$100 million budgets equal solemnity. This is not a film about



Men in Black

superheroes, but the adventures of a couple of hard-working functionaries whose assignment is to keep tabs on the sizable alien population of the United States.

Tommy Lee Jones, never more serious, unsmiling and businesslike, stars as K, the veteran agent of Division 6, whose members dress, as William Morris agents used to, in black suits and black ties. The agency is headed by Zed (Rip Torn), who grows alarmed at the latest threat to Earth's sovereignty and assigns K a young assistant code-named J (Will Smith).

Their biggest problem materializes when a flying saucer strikes the truck of a hillbilly named Edgar (Vincent D'Onofrio) and the alien inside occupies his body, none too comfortably. Imagine Orson Welles in a suit of armor and you will have a rough approximation of how easily the Edgar-alien inhabits his skin.

The running gag in the movie is that almost anyone could be an alien; the film begins on the Mexican border, where Jones takes charge of a group of lawmen who have nabbed some illegal aliens and picks out the one who is really an alien: a fantastical, blobby bug-eyed monster with a realistic human face mask.

The special effects are by Industrial Light and Magic, and the aliens are by Rick Baker, perhaps Hollywood's greatest creator of monsters. Here he goes hog wild. Instead of being asked to create one alien race, he's been assigned to create a galaxyful, and every one is a new surprise.

There were times I thought we were seeing the new seven dwarfs: Slimy, Gooley, Icky, Creepy, Sticky, Barfy and Pox.

The plot (if there can be said to be one, and if I understood it) involves a scheme by "Edgar" to somehow use a captured galaxy to conquer Earth.

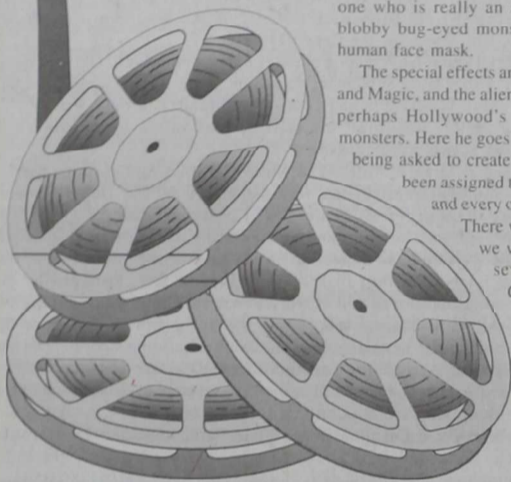
Although aliens would presumably be more advanced than we laggards on Earth, many of these aliens seem to have advanced only to the approximate level of the Three Stooges and are vanquished by a series of bizarre weapons employed by J and K (you may have seen the previews: "Any idea how to use this?" "None whatsoever.")

Linda Fiorentino, still looking for the right role to follow her triumph in "The Last Seduction," hasn't found it here—but her hard-bitten coroner will do nicely as an intermediate step.

The movie makes good use of a lot of New York landmarks (there's a chase through the Guggenheim, a flying saucer lands in Shea Stadium, and another one has been disguised as an exhibit at the 1964 World's Fair). Director Barry Sonnenfeld ("The Addams Family" and its sequel) shows a cheerful willingness in the movie's first hour or so to completely cut loose from all conventions of dreary storytelling and simply let the story follow the laughs and absurdities. Writer Ed Solomon, who on the basis of this irreverent screenplay could probably play all three of the critics on "MST3," deflates one sci-fi pomposity after another.

When the plot finally does click in, it slows down the trajectory a little, but not fatally.

"Men in Black" continues this summer's tradition, already established by "Con Air" and "Batman and Robin," of big-budget action pictures that at least have the wit to know how silly they are.



Water can turn summer dreams to nightmares

Master Sgt. Stephen Barrett
USA American Forces Press Service

WASHINGTON — Memorial Day weekend signaled the start of swimming season in many parts of the country. Service members and their families will travel to ocean beaches, lakefronts and local swimming pools to escape the summer temperatures. As the summer heat draws more people toward refreshing pools and beaches, swimmers must use their heads for more than diving into water. The American Red Cross cautions water hazards could turn swimmers' summer dreams to nightmares. "Lives can be saved this summer if people use caution in, on and around the water," said Susan Livingstone, vice president, Health and Safety Services, American Red Cross. According to the National Safety Council's 1995 Accident Facts Report, drowning is the second leading cause of death from unintentional injuries for youth aged 5 to 24. It's also the fourth leading cause of death from unintentional injuries for all ages. Livingstone said drowning can occur in home pools, community pools, oceans, lakes, waterparks, bathtubs or even large buckets. "People need to know the dangers involved and know how to take action in an emergency, because when an emergency situation arises, help can't wait," Livingstone added. Besides knowing swimming limits, swimmers must never swim alone, especially on beaches and lakes. "There are areas that may have drastic drop-offs and undertows," she said. "Some of these areas don't have lifeguards, and many have no warning signs of the dangers." Red Cross officials encourage swimmers to know the basics of first aid and cardiopulmonary resuscitation. She said American Red Cross chapters routinely conduct training sessions for swimmers and lifeguards. Other hints for a safe swimming season include:

- Never swim after drinking alcohol or using medications.
- Always check the water depth. Walk in from the shore or ease in from the dock

or edge of a pool.

• Don't swim if you can't see the bottom of the pool in the deep end if the water is cloudy.

• Stay close enough to the shore or pool's edge so you can get to it yourself.

• Watch out for the "danger zone" — too tired, too cold, too far from shore, too much sun and too much excitement.

• Always keep an eye on your children.

• Obey all lifeguard instructions and respect their judgment.

• Never fake an emergency, or you may not be able to swim properly way to dive into water.

• Never eat or chew gum while swimming.

• Wear swimming goggles only when face swimming.

• Never rely on floating toys, inflatables or arm bands to prevent drowning.

• Always keep a life jacket, beach, boat or pool.

• Keep pool gates closed and locked when proper supervision is absent.

• Ensure all swimmers understand and follow beach rules.

• Do not run or push near pools, especially during thunderstorms.

• Never swim when you are ill.

For more information on swimming safety, contact your local safety council or American Red Cross chapter.

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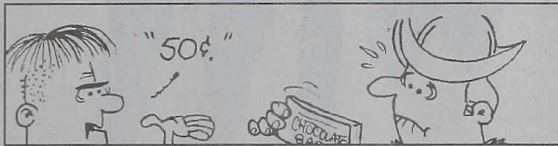
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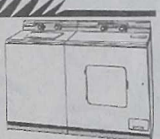
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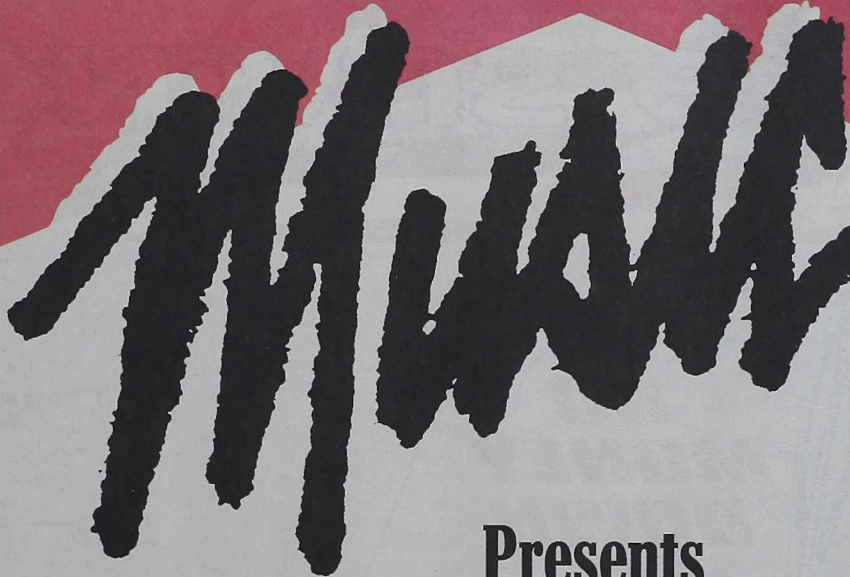


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The Eastern Carolina Singles Club is a convenient and fun way for you to meet single men and women in the Eastern North Carolina area. From the privacy and comfort of your home or office, you can call our FREE local number and listen to people describing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

Day or Night 24 Hours
Call 938-2990

Marlboro



Presents

3 NIGHTS OF MUSIC

Friday, July 11, 8:00 p.m.

Joe Walsh
Eddie Money
Night Ranger

Saturday, July 12, 8:00 p.m.

Maze featuring
Frankie Beverly
The O'Jays
Montell Jordan

Sunday, July 13, 5:00 p.m.

Tim McGraw
Mark Chesnutt
Lee Ann Womack

Camp Lejeune - W.P.T. Hill Field

Tickets: Free to Military with ID. All others \$5 per day General Admission. On sale at Camp Lejeune ITT, Cherry Point ITT, MCAS New River ITT, World Fashions (Jacksonville and New Bern locations). Open to the public. No bottles, cans, coolers, cameras, audio/video recorders or pets allowed. Rain or shine — no refunds.

U.S. SURGEON GENERAL'S WARNING: Smoking by Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

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16 mg "tar," 1.1 mg nicotine av. per cigarette by FTC method.

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BEST IN SERVICE
AND
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SATISFACTION**



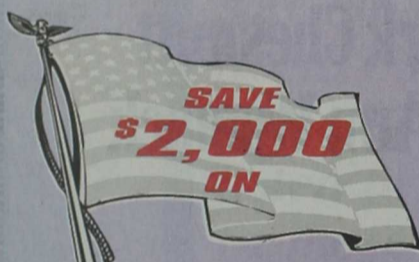
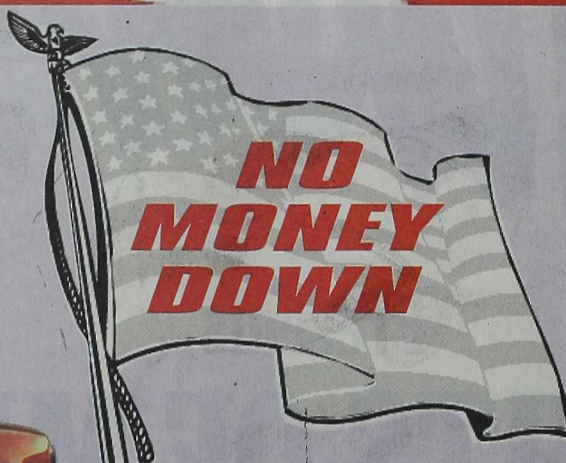
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HWY 17 N 1/4 Mile from Wal-Mart