



K-9
Military dogs entertain
baseball fans. 16A



24th MEU
Embassy evacuation
conducted at
Goettge Memorial
Field House. 12/13A



Flag Football
2d CEB rolls over 2d
Tanks. 2B

THE GLOBE

5, 1997

Serving Expeditionary Forces in Readiness

Camp Lejeune, N.C.

MEF change of command ceremony today

General E. Rollings will take command of II Marine Expeditionary Force (MEF) at 10 a.m. in the amphitheater building 2. General Wilhelm is retiring after two years as commander of II MEF. He will be replaced by General E. Rollings.

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Recruit Training Bn. After his successful tour as a drill instructor he left the active duty Marine Corps, entered the Marine Corps Reserve and enrolled at the University of Georgia. He graduated in 1968 with a Bachelor of Arts degree in history and was commissioned a second lieutenant in the Marine Corps.

3d Marines at Kaneohe Bay, Hawaii in 1970 and served initially as a Rifle Platoon Commander and later as a Rifle Company Commander. He returned to Vietnam in 1972, where he served as an infantry battalion advisor with the South Vietnamese Marine Division. In 1973, General Rollings returned to Quantico to attend the Amphibious Warfare School. After completing AWS he was assigned to The Basic School as a Staff Platoon Commander.



MGen. Wayne E. Rollings



Lt. Gen. Charles E. Wilhelm

revises Web guidelines

Press Service

WASHINGTON — A new DoD policy sets out guidelines for establishing and maintaining a public DoD information service on the World Wide Web.

The policy was signed July 18 by Clifford L. Robertson, deputy assistant secretary of defense for command, communications and intelligence. It spells out what can and can't do in the Internet information environment.

The policy is posted on DefenseLINK, the DoD's public information website at www.defenselink.mil. It stipulates all information must be:

- Fully and readily available;
- Compliant with legal requirements, unless its release poses security problems;
- Free flow of general and military information to service members and their families;

• Not otherwise withhold information from the government from embarrassment.

The policy requires DoD web sites to support the Freedom of Information Act in the same tenets that guide the DoD's information program worldwide," said Air Force Lt. Col. Knotts, deputy for technology in public affairs.

The policy is attached to the basic memorandum for reading by every DoD user and for information managers and web site managers. The attachment spells out requirements of DoD web sites, for example, the graphic logos of certain web elements used in building web sites.

Web sites display logos of recommenders or document readers, and that's said. The three most common logos are for Netscape, Microsoft and Adobe Acrobat, he said.

The policy states all DoD web sites must ensure: content oversight and regular functional web information service;

• Integrity and security of the computer supporting the service;

• Accuracy, consistency, and timeliness of all information service;

• Coordination of the service with the Government Locator Service, known as GILS.

See INTERNET/16A



Sgt. J. J. Rodriguez

Tightening up Skills

Sgt. Steven A. Thomas, Bravo Co., 2d Recon Bn., pulls on rappel ropes to ensure proper tension between all three anchor points. This was part of the Helo Rope Suspension Training Master Course, which qualifies Marines on insertion and extraction techniques. Thomas is from East St. Louis, Ill.

26th MEU begins work-up training

1stLt. Bill Darrenkamp
26th MEU PAO

The 26th MEU began its six-month, pre-deployment work-up period last week. Commanded by Col. Emerson Gardner, Jr., it is comprised of the Command Element, Battalion Landing Team 3/2, Marine Medium Helicopter Squadron 264, and MEU Service Support Group-26.

The 26th MEU will deploy to the Mediterranean to replace the 24th MEU (SOC) as the Landing Force for the U.S. Sixth Fleet at the conclusion of the pre-deployment training.

The 26th MEU commander emphasized the key role Marine Expeditionary Units are playing in world events as he addressed the officers and staff noncommissioned officers gathered for the MEU(SOC) workshop.

"If you look at what MEUs have been tasked to do in the past you realize the importance of forward-deployed Marines is clear," he said.

"Mediterranean deployments are not routine training deployments," he continued. "Four of the last five have resulted in the conduct of some type of real-world operation. If you take a look at what is going on in the region it becomes clear that the pace will only get more intense for deploying MEUs...you have to arrive in the Mediterranean ready to go."

One challenge the 26th MEU will face when it deploys is serving as a theater reserve force for Operation Joint Guard in Bosnia. The current drawdown plan has the last NATO troops leaving the region in July 1998 and the MEU expects to be a key player in the evolution.

"We must be ready to conduct operations in Bosnia," Gardner said. "No one knows how the withdrawal will go, but you can believe the Combatant Commander knows he has a capable force in the MEU that can support it."

Last week marked the beginning of what will be an intense work-up period for the 26th MEU Command Element and its subordinate elements. Over the next six months they will grow from four distinct entities into a powerful team capable of executing the spectrum of conventional and Special Operations Capable missions.

Terrorism

Central Commander talks 'street smarts'

Linda D. Kozaryn
American Forces Press Service

WASHINGTON — "Street smarts." That's what Central Command's new commander says U.S. troops need to counter terrorism.

"I grew up on the streets of South Philadelphia," Marine Corps Gen. Anthony C. Zinni said. "I survived. I knew around which corner or down which alley I should not go. We have to create that kind of street smarts in our people because in the end, that's more valuable than all the walls, all the standoff distances and

See TERRORISM/16A

Lejeune grunts train with aviators in Okinawa

Cpl. Steve Riddle
CPAO Okinawa

CAMP GONSALVES—Marines from Kilo Co., 3d Battalion, 8th Marines recently conducted a Ground/Air Integrated Training (GAIT) exercise at Okinawa's Northern Training Area.

GAIT exercises are designed to integrate the training between Marine helicopter crews and fellow Marine infantrymen. This is designed to allow them to carry out whatever missions force commanders may require on the battlefield.

"The purpose of GAIT exercises is to develop cohesion and coordination in a combat setting between the air and ground teams," said Lt. Col. Paul Lefebvre, Commanding Officer

of 3rd Bn., 8th Marines. He added how it was "instrumental" for Marines from both sides of the mission to be familiar with each other.

This particular GAIT mission was focused at the squad level, according to Capt. Julian Alford, Kilo Company Commander. Squad leaders were given the responsibility of communicating with the pilots to get their squads to the right location.

"The squad leaders usually don't get the chance to talk to pilots," said Alford. "This is a good opportunity for them to explain to the pilot where they need to go."

Once the squads were inserted into the "hostile" area, they immediately fanned out to the perimeter of the landing zone (LZ) to secure it. When they were in place, the

squad leaders called in AH-1W Super Cobra attack helicopters to provide fire support.

"This training is a great opportunity for the Marines here because in a real-life situation, this would be the responsibility of the squad leaders...the corporals and sergeants," Alford explained.

However, the squad leaders' responsibility begins long before the mission does. According to Sgt. Clifton Carden, a squad leader with Kilo's 2d Platoon, they coordinate with the pilots, procure supplies, and give classes on what is expected to be accomplished.

"Once we complete the planning, we give a copy of it to the squad," Carden said. "This way they know their job...how to get on and off the bird, how to secure the LZ, and ba-

sically what the mission is."

This GAIT mission called for the Marines to meet at a pre-designated rally point after landing and conduct a reconnaissance patrol mission. This patrol took two days to complete. During this time responsibility of the mission and meeting the training objectives fell on the squad leaders' shoulders.

"This is an example of small units doing a lot of hard work," said Carden. "But, it gives us a chance to become better leaders and makes us a tighter unit."

Carden said camaraderie built from the GAIT training is important to his unit, but the primary goal of the training is to accomplish the mission. "Mission accomplishment, that's at the top of the list," he said.



Cpl. Steve Riddle

Cpl. Eric Cuenca helps his unit secure a landing zone after disembarking from their CH-53E Super Stallion.

It was 52 years ago when...

Enlarging Naval Hospital

Construction has already begun on additions at the Camp Lejeune Naval Hospital. This will increase the capacity of that facility by 250 beds. The plans include two new wings, one for women and the other for neuropsychiatric patients. The project will be complete within six months.

The wings, according to Capt. J.R. White, (MC) USN, Medical Officer in Command of the hospital, will be constructed at each end of the present hospital building and will be in exact conformity with existing architectural features of the large edifice.

The east wing on which construction has actually begun, will be used entirely for the care of neuropsychiatric patients, Captain White explained. The west wing, he added, will be a new development for women which will be complete with an isolation ward. It will also have an open ward space.

The Globe, Feb. 7

Col. Puller new CO of Tent Camp

Colonel Lewis B. "Chesty" Puller, the only Marine officer in the 169-year-old history of the Corps to wear four Navy Crosses, assumed the dual duties of Commanding Officer of the Infantry Training Regiment; Marine Training Command, and of Tent Camp.

The veteran officer, who saw action on Guadalcanal, Cape Gloucester and Pelelieu with the famed 1st Marine Division, succeeded Col. William N. McKelvy Jr., who has directed the varied activities at Tent Camp since September of 1943.

Thousands of combat-bound Marines received their final statewide training under McKelvy's direction during the past 16 months at Tent Camp, which includes the Infantry Training Regiment, the Training Battalions and Replacement Drafts as activated.

McKelvy, who also served overseas in the Pacific theater of war with the 1st Division, will replace Col. Edwin C. Ferguson as commanding officer of Specialist Training Regiment, Marine Training Command at Hadnot Point.

The Globe, Feb. 14

Leathernecks liberated from Cabanatuan

CENTRAL LUZON, Philippine Islands — Nineteen Marines, who were liberated Jan. 30 from the Cabanatuan prison camp near Manila, today put on the uniform and insignia of their Marine Corps and wept with joy.

After liberation, the Marines said that above all else they wanted emblems so people would know they were Marines. Marines Colonels Clayton C. Jerome of Burton, Kan., and Lyle H. Meyer of Deer Isle, Maine, brought uniforms and insignia for them.

Staff Sgt. Bill Allen of Woodstock, Va., a Marine Corps Combat Correspondent, said that as the men put on the green-Marine dungarees, emblazoned with "USMC," they rubbed them as though they were suits of the finest clothes in the world. To them they were. Then some wept.

The Globe, Feb. 21

Marines plant Old Glory on Iwo Jima Island

Iwo Jima, five days, one hour and 30 minutes after American Marines of the Fifth Division waded across the black beaches of the southern end of the island the American flag flew for the first time from the summit of the 566-foot crater, Suribachi Yama.

The bloody battle for Iwo Jima is far from over, but the weary Marines, with the biggest part of the job still ahead of them, took heart at the sight of their flag flying above them.

They had the added knowledge that it was flying for the first time only 660 air miles from the Japanese mainland.

After four days of the severest kind of fighting, 24 hours of drenching rain, the morning dawned bright and blue, with just a faint suggestion of clouds.

As the sun rose higher, the Marines started their assault and final climb up the live, but currently not eruptive volcano they have been calling "Mount Plasma."

The Globe, Feb. 28

Civilians must get new passes

According to a Camp memorandum issued this week, all types of civilian "permanent" passes will be void except those marked "Military Dependent" by the April 21.

The Provost Marshal will cease issuing "permanent" photographic identification passes to civilian personnel. All photographic identification passes not marked, "Expires Sept. 1, 1945," will be useless to civilian personnel.

All civilians holding "permanent" passes not marked "Military Dependent" must see the Camp Provost Marshal by April 1 to secure this new type of photographic identification pass. To this date, contractors and civil service badges alone will not be sufficient identification for admission to the camp.

The Globe, Feb. 28



MARINE MAIL: Sergeant proposes solution to excess EAS leave dilemma

The following Marine Mail was received from Sgt. D.M. Morrison Jr., Marine Corps Service Support Schools, MCB Camp Lejeune, N.C.:

I am currently serving as the separations and retirement clerk at Camp Johnson, N.C. My comment is this: Most first-term Marines I've encountered end up selling at least one-half day of leave back to the Marine Corps at their end of active service.

To eliminate the payment of such funds, and to give our Marines more time for their transition, why not change the effective time of "Leave Awaiting Separation Orders" to 1200 the day prior vice

1630 (0800 on weekends)? In most circumstances, these Marines are just standing by on the date of departure wasting time — theirs and ours.

I feel this would save our Corps a substantial amount of money over time. Thank you for your consideration in this matter.

Sgt. D.M. Morrison Jr.

The following reply was provided by Lt. Col. R.A. Hobbs Jr., Deputy Director, Manpower Plans and Policy Division, HQMC:

You suggested that we consider a policy whereby Marines with a .5 leave balance separate at noon the day prior (essentially taking a half day of leave to

use the .5 leave balance), which would allow them to leave the unit earlier and save the Marine Corps money. Your idea has merit but, unfortunately, the law precludes service members from taking a .5 day of leave. Title 10, Section 704, specifies that leave must be taken on a calendar day basis. Increments of less than a day cannot be taken as leave, but can be given as liberty.

Thank you for bringing this suggestion to our attention. We intend to review this issue with our service and DoD counterparts and assess its feasibility as a possible change to the law.

Your dedication to making the Corps

a better place is appreciated. But most particularly, thank you for your Marines.

Lt. Col.

SEND YOUR MAIL LETTER — MARINE HEADQUARTERS MARINE ANNEX, WASHINGTON 20380-1775.

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

INTERNET WWW.USMC.HQMC.MIL.

PROFILE: COURAGE IN THE

The Marine Corps Values Program is designed to instill, reinforce every Marine our Core Values of Honor, Courage, and Commitment of general down to the newest recruits and officer candidates. Honor Commitment are the very ethos of our character which must be burned of all who wear the Eagle, Globe, and Anchor. It is every Marine's teach these values to junior Marines through their impeccable example society by the same.

Marine Gunner's intrepid under fire earns him Navy

Marine Corps Warrant Officers are known and selected for their expertise in their assigned MOSs. Notable among these officers are the Infantry Warrant Officers, usually referred to as Gunners. While attached to the 3rd Marine Division, CWO Francis J. Murphy, a Gunner, displayed his expertise in a bold and daring show of leadership under intense enemy fire.

On Nov. 1, 1943, U.S. forces attacked the Japanese forces on Puraata Island, British Solomon Islands. Gunner Murphy was in charge of two 75mm, self-propelled, anti-tank guns and quickly volunteered them to annihilate a fortified enemy position comprised of three pillboxes protected by snipers.

The heavy, brush-covered terrain af-

forded poor visibility, and protection or cover from the grenades and machine guns. This, Gunner Murphy led the emplacement of his guns. he launched a counterattack enemy stronghold.

When the gunners were in on their targets, Gunner Murphy already been wounded, proceeded to go a clearing spot and direct the fire. He remained fully exposed until his gunners had enemy emplacement.

For his sterling leadership Gunner Murphy was awarded the Navy Cross.

Quantico

Commandant's Reading List Lejeune:

A Marine's Life (1867-1942)

by Merrill Bartlett

Columbia, S.C. University of South Carolina Press, 1991

John A. Lejeune's professional reputation is monumental among Marines. He remains one of the most respected figures in Marine Corps history. Graduating from the Naval Academy just as naval forces completed the transition from sail to steam, Lejeune served in the era that took the Marine Corps from the primary mission of guard duty ashore and afloat to the cusp of forming the modern Fleet Marine Force and codifying a preliminary doctrine for opposed landings. Throughout his career, the amphibious mission — the seizure and defense of advance naval bases — increasingly served to justify the existence and, more importantly, the organization and doctrine of the Marine Corps. Lejeune provides the classic case of the right man at the right time.

His Naval Academy credentials — and personal connections within the Navy — were important as all the Services set out to enhance their professionalism. General Pershing gave Lejeune, a graduate of the Army War College, the opportunity to prove himself as a brigade and then division commander in France in World War I.

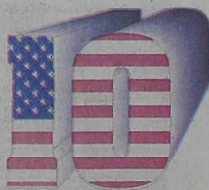


After the Armistice, and later as commanding general of the Marine base at Quantico, Va., he started schools to educate his men for both military and civilian life.

The reader can enjoy this book on two levels. The first is as a description of the life and career of a remarkable Marine. The second, the one with perhaps the most professional value, is the story of the development of the modern, expeditionary Marine Corps.

This book analyzes current professional leadership issues by studying morale and the factors which create and sustain morale in combat.

Chesty's Top



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) How many Marines were used to quell a riot of 283 inmates at the Massachusetts State Prison in 1824?
- 2) True or false: falling asleep while on post resulted in harsh penalties for Marines during the early part of the 19th century?
- 3) What Indian tribes were Archibald Henderson referring to when he left the note "Going to fight the Indians"?
- 4) What was the punishment for disobeying the commands of a sentry in the early 19th century?
- 5) How many casualties did the Marines suffer during The Battle of Manila Bay?
- 6) Who was the Marine known as 'Handsome Jack'?
- 7) What impact would National Defense Act of 1947 have on the Marine Corps after World War II?
- 8) What Marine General was turned over to the Communist forces for \$5 during the Korean War?
- 9) What is the portable flight of steps down a ship's side called?
- 10) What two major services do Sailors and Naval Officers provide to FMF units?

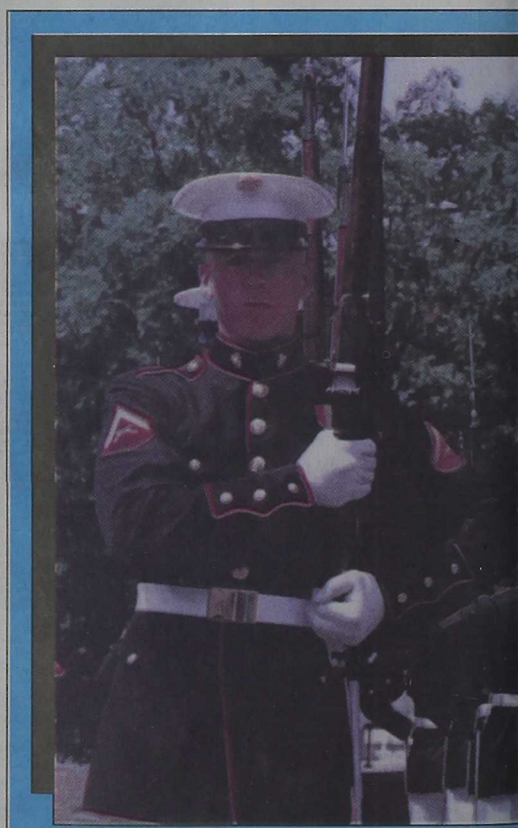
Answers

- 1) 30. 2) True. 3) Creek and Seminole. 4) Disobeying a command. 5) 12. 6) Handsome Jack. 7) The National Defense Act of 1947. 8) General Douglas MacArthur. 9) The portable flight of steps down a ship's side called a gangway. 10) The two major services do Sailors and Naval Officers provide to FMF units are the laundry and the mess.

Report incidents of waste, fraud, abuse and corruption

Call 451-3928 for the CLNC Hotline or 451-2999 for TDD for the hearing impaired or write P.O. Box 8206 CLNC 28547-8206.

Correction: The Aug. 22 issue ran the Summer Reading Program Story incorrectly identifying Kaitlin Montgomery as Caitlin Klotz.



Official Marine

Battle Color Detachment Performance

The U.S. Marine Corps Battle Color Detachment is scheduled at Liversedge Field Sept. 9 at 3:30 p.m., for approximately one hour. The Battle Colors Ceremony includes performances by the U.S. Marine Drum and Bugle Corps and U.S. Marine Corps Silent Drill Platoon. The event is open to the public on a first come, first serve basis.



Off-Limits Establishment

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

- | | |
|-----------------------------------|----------------------|
| (1) Laird's Auto & Truck Repair | 1197 Piney Green Rd. |
| (2) Laird's Exxon | 420 Marine Blvd. N. |
| (3) Adult World | 316 Wilmington H. |
| (4) Private Affairs | 430 Wilmington H. |
| (5) Touch of Magic | 104 Canady Road |
| (6) Private Dancer | 420 Wilmington H. |
| (7) Playmates | 830 Wilmington H. |
| (8) Pleasure Palace | Highway 24 East |
| (9) Esquire Massage | Highway 258 West |
| (10) Brandy's Adult Relaxation | 46 Highway 17 So. |
| (11) The Doll House | Highway 258 West |
| (12) Tender Touch | 5227 Highway 258 |
| (13) Amy's Playhouse | 3054 Wilmington H. |
| (14) Easy Money Catalog | 233-F Lejeune Blvd. |
| (15) North Carolina Catalog Sales | 1943 Lejeune Blvd. |
| (16) Kelly's Playmate | Highway 24 |
| (17) Carriage House | 5527 Highway 258 |
| (18) Jacksonville Speedway | 401 Blue Creek Rd. |

ATC Marine cited for supporting crown visit

MCAS FUTENMA, OKINAWA — The Okinawan Prefectural Police presented a letter of appreciation to the MCAS Futenma Airfield Operations Department, Air Traffic Control section, recently, in recognition of their support in coordinating air support for the July 14 through 16 visit of the Japanese Crown Prince Naruhito and Crown Princess Masako.

Captain Ben Stinson, airfield operations officer, accepted the letter from Lt. Uehara Yukio, police affairs division chief for the Okinawan Prefectural Police, in a presentation.

The air station cooperated with the Okinawan Prefectural Police and media by allowing one police surveillance helicopter and one Okinawan news helicopter to share Marine Corps air space during one of the more significant national events which occurred on Okinawa, Stinson said.

According to Stinson, providing support for the Crown Prince and Princess allowed the prefectural police to provide proper security surveillance as well as media coverage.

The experience offered insight into Marine Corps Japanese relations. "I think this event is indicative of what we do for the surrounding community. It is just one of the many things we do every day our Japanese neighbors," said Stinson.

LCpl. Brannen Parrish

Good report from MCRD

MCRD, PARRIS ISLAND, S.C. — The head of a congressional panel investigating sexual misconduct in the military visited the Marine Corps Recruit Depot and liked what he saw.

"The Marines have a very good report to give to America," said Rep. Steve Buyer, R-Indiana. "They've got a success story here they should be telling."

Buyer held focus groups with recruits, drill instructors and other personnel before leaving for the Army's Fort Jackson near Columbia where he was scheduled for a similar fact-finding visit.

The congressman said Parris Island does not have the kind of sexual misconduct problems he investigated during a December visit to the Army's Aberdeen Proving Ground. A drill sergeant at that Maryland base was convicted of 18 counts of rape involving six female trainees. "The problems that existed with the Army in regard to drill sergeants abusing their position... are almost nonexistent at Parris Island," Buyer said.

Buyers offered no opinion on the Marines' gender-segregated basic training, unique in the armed services. But he said females at Parris Island told him they like the policy.

"The message they left with me was 'We want segregated training. Don't change us,'" Buyer said. Buyer, chairman of a subcommittee with jurisdiction over military personnel, has created a separate panel to study mixed-gender training. A Pentagon panel headed by former Republican senator Nancy Kassebaum Backer is also studying the issue.

The panel investigating sexual misconduct has already visited Army and Navy training schools and plans to inspect Air Force training as well. The subcommittee will likely hold final hearings and issue a final report in the fall, said Buyer spokesman Mike Copher.

House speaker Newt Gingrich, R-Georgia, and Rep. Floyd Spence, R-South Carolina, asked Buyer to investigate sexual misconduct last fall after the Army scandal broke.

Rudolph Bell

Defining Sailors' required uniforms

MARINE CORPS BASE, Hawaii — The Marine Corps Uniform Board met recently and defined FMF Sailors' uniform requirements in order to reduce confusion among Navy units attached to Fleet Marine Force units.

New requirements were formed and old requirements were reiterated to ensure Navy personnel are consistent with the Marine units they're stationed with and regulations are less confusing, according to Senior Chief Petty Officer Hal L. Christenson, command senior chief for III Marine Expeditionary Forces, Hawaii.

Under the revised regulations, FMF Sailors must wear shiny metal breast insignia vice black, and females can't wear earrings or carry handbags while wearing the utility uniform.

Also, Sailors won't be able to wear the eagle, globe and anchor on their covers, according to Christenson. Officers will wear black metal cap devices, chief petty officers will wear miniature black cap devices at the position where the Marine Corps emblem is normally stenciled and E-6s and below will wear no devices on their covers.

"Another change was collar devices for chiefs," said Christenson. "We used to have a lot of chiefs walking around with several different sizes of collar devices. Now, E-7s and above have to wear devices measuring one inch by five-eighths of an inch."

Sailors ranking E-6 and below will wear their insignia of grade on their right collars and their insignia of rate, such as hospital corpsmen or dental technicians, on the left.

Approved by the Commandant of the Marine Corps Gen. Charles C. Krulak, and applicable to reserve units as well, these changes and reiterations were outlined in ALMAR 232/97.

"This will definitely make FMF Sailors consistent with their Marine counterparts," said Christenson. "As a result, both the Marines' and Sailors' lives will be a whole lot easier."

Cpl. Steven Williams

Chinese general visits MCBH

MARINE CORPS BASE, Hawaii — The chief of the General Staff for the Chinese People's Liberation Army stopped here recently as part of his tour of military installations in Hawaii.

General Fu Quanyou, China's equivalent to the U.S.'s chairman of the Joint Chiefs of Staff, made the stop to get a better understanding of the Marine Corps mission, equipment, organization and strategy while strengthening diplomatic relations between the U.S. and China.

From the MACS-2 site, LtCol. Thomas E. Gregory, commanding officer, 1st Battalion, 3d Marine Regiment, narrated a demonstration of an aggressive attack to Gen. Fu. The offensive began with the insertion of 4th Force Reconnaissance by parachute, followed closely by 1/3 Marines.

The Marines quickly maneuvered to the objective with a heavy volume of fire support. When the enemy was suppressed, technicians disarmed a simulated missile site, and engineers attached demolitions. As the Marines

pulled back to be extracted the charges blew and the missiles were disabled.

As the Marines assaulted the objective, Gregory explained to Gen. Fu the attack would happen at night, increasing the surprise and confusion element of the enemy.

After the attack, Gen. Fu moved to Westfield, where a static display had been set up. Marines from Combat Service Support Group 3 set up a water purification unit and informed Gen. Fu of its capabilities. Two Assault Amphibious Vehicles, a 155mm howitzer from 1/12, a CH-53D Sea Stallion and weapons organic to an infantry battalion were also displayed for the general.

Before leaving base, Gen. Fu and Brig. Gen. David F. Bice, commanding general, MCB Hawaii, exchanged gifts as a sign of friendship and mutual appreciation.

General Fu also attended briefs to discuss future training exchanges between the U.S. military and the People's Republic of China. His stop in Hawaii concluded his trip to the U.S.

Cpl. Michael Wiener



Lieutenant Col. Thomas Gregory (left) Commanding Officer, 1/3, explains effective ranges of small arms weapons to Chinese Gen. Fu Quanyou (right), chief of the General Staff for the People's Liberation Army.

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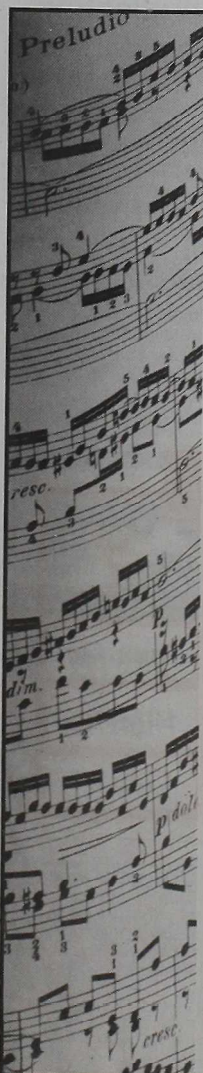
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MWR Events

Lejeune Playhouse membership drive

MWR Community Recreation Division's Lejeune Playhouse will have its annual membership drive and board of elections meeting Sept. 10, at 7 p.m. on the 2d deck of the Central Area Recreation Center, Bldg. 62.

This meeting is open to the public and is an exciting opportunity for persons who love the theater and want to bring the best of plays or musicals to the Camp Le-

jeune/Jacksonville area. For more information, call 451-5052.

Riseley Pier back on normal schedule

Riseley Fishing Pier will open today at 1 p.m. as a month long series of exercise draw to a close.

South Beach will also be back on normal hours beginning Saturday morning.

Open house at the Officers' Club

Paradise Point Officers' Club will be the host to an Open House Sept. 10 from 5-10 p.m.

This event is for adults only and admission is only \$5 per person which includes hors d'oeuvres and entertainment. Live entertainment will feature country singing star, Michael Twitty, and comedian, Michael Jenkins. For more information, call 451-2465.

Free concert with Michael Twitty

The Legend continues as Central Area Recreation Center presents Michael Twitty, the best singer we have ever had, in-concert today beginning at the back lawn of the recreation center. 1 p.m. and enjoy the music.

Refreshments are available at Pastabars. For information, please call 451-1942.

American Red Cross holds blood drive

The American Red Cross will be holding blood drives at Camp Lejeune from Sept. 4 until Dec. 8. The schedule and locations are:

Camp Johnson	Oct. 1	noon-6 p.m.
Courthouse Bay	Oct. 6	9 a.m.-2 p.m.

Planning to separate from the military?

Meet 1,200 companies, at one time, and get direct company interviews, worldwide.

The job you are looking for, may be looking for you. Requirements: junior officer or enlisted with minimum of two years experience in any MOS. For free service send resumes to:

Armed Forces Placement, Inc.
P.O. Box 5907
Newark, Del. 19714-5907

or call 1-800-556-8566 or Fax 800-700-9524 or e-mail afpinst@dca.net.

Lejeune High School schedules Open House

Lejeune High School's Open House for parents will be Oct. 26 at 7 p.m.

The session will begin with a brief PTO meeting in the new auditorium, then parents will follow their students' schedule to meet each of the teachers.

Relief society offers course on organization

The Navy/ Marine Corps Relief Society will be holding an information course Sept. 15-19 from 9 a.m.-noon at the River Room in the Paradise Point Officers' Club.

This in-depth class on military pay and allowances, budgeting resource and referral services is the perfect foundation for financial self-sufficiency.

The course provides an opportunity for dependents, active-duty military and retirees to learn the history, policy and procedures of the society.

Childcare and mileage are reimbursed. Refreshments will be provided.

Anyone interested in attending can call 451-5346/6642 for further information on the class or volunteer opportunities at NMCRS.

Headquarters Marine Corps recruiter screening team schedule

The Headquarters Marine Corps Screening Team will be visiting Marine Corps Base Camp Lejeune from Sept. 8-10 to brief and screen selected Marines and volunteers for possible future assignment to recruiter school classes.

A recruiter briefing will be conducted Sept. 8 from 2:30-4:30 p.m. at the Area 4 Gymnasium. All screenings will be conducted at the 2d Marine Division Career Planning Office, located in Bldg. 203.

The schedule for screening is as follows:

Sept. 9	2d SRIG	7:30-11:30 a.m.
	2d FSSG	11:30 a.m.-6 p.m.
Sept. 10	MCB Units	7:30-9 p.m.
	2d MarDiv.	9 a.m.-6 p.m.

Looking for a few good men, again

The 2d Counterintelligence Unit are need of first term corporals and sergeants who seek 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 MOS course at Virginia Beach, Va., perspective applicants will complete

an on-the-job training period at Camp Lejeune.

Marines interested in a lateral move to the 0211 MOS community can familiarize themselves with MCO 3850.1, Policy and Guidance for Counterintelligence Activities.

If you feel you have the necessary prerequisites and personal drive and initiative to be a Counterintelligence Marine, contact SSgt. Hutchins or Sgt. Montano at 451-1067.

Retired military mess night

Retired and active duty Marines are invited to attend Retired Military Mess Night Saturday at 5 p.m. in the Camp Lejeune Staff NCO Club.

Cost for admission is \$25 per person. Appropriate attire will be evening dress uniform for active duty and coat and tie or tuxedo for retired servicemembers.

For more information call Sgt. Maj. George Meyer at 938-1610 or Sgt. Maj. Frank McNeive 353-4937.

4th Marine Corps District needs recruiter's assistants

Presently, recruiters at the 4th Marine Corps District are looking for fleet Marines to volunteer for 30-days permissive temporary additional duty command recruiting in southern Michigan, Ohio, Kentucky, Virginia, West Virginia, Maryland, Delaware and Washington, D.C., as well as some surrounding counties.

During the 30-day PTAD, privates and privates first class can earn instant promotions with referrals; similarly, lance corporals and corporals can boost their composite scores up to 100 points; and sergeants can add special fitness reports to enhance their service record books.

As with all permissive duty, Marines must be able to reach their desired place of temporary duty and return to their unit at their own expense.

They must also have a guaranteed lodging arrangement and private transportation capability throughout the 30-day period.

If you think you can help the Marine Corps find a few

good men and women, while increasing your cutting score or career value at the same time, contact MCD PTAD Command Recruiting representative at 977-4647/4650 or 4655, or commercial (703) 441-1111. For all the details you need to know to get into this outstanding program.

Oklahoma Recruiting Station needs recruiter's assistants

The Marine team of Recruiting Station Oklahoma could be the boost you're looking for in your career. You are granted permissive temporary additional duty (PTAD) you can assist us with finding and women who have the potential to United States Marine.

You will have an opportunity to work in the heartland of America. RS OKC covers Oklahoma and southern Kansas.

This will provide you with additional pay towards your cutting score.

If you have the desire to be a recruiter, contact your chain of command for permission to contact Sgt. Maj. Knox, RS OKC at 405-781-1111.

Harvest Festival coming in October

The Naval Hospital Recreation Community Center will present a Harvest Festival Oct. 25 from 1 p.m. to 5 p.m. at the Camp Lejeune Naval Hospital Picnic Area.

The festival is held to celebrate the Naval Hospital's 50th anniversary.

There will be a Harley Davidson Show, Flea Market, 1950s-priced food and beverages, and more.

Entertainment will include 'Just Don't Stop' by the 2d Marine Division Band with a special performance by KISS 102, Skip Waters from WCTV-TV-10, and the Crime Dog from Charlotte and McGruff the Crime Dog.

For more information, call Petty Officer Jeffers or LCpl. Lewis at 451-1954, ext. 1111.

Human Services

Volunteers needed for Hispanic Heritage Month

Hispanic Heritage Month is Sept. 15-Oct. 15 every year. This year's celebration at Camp Lejeune will be Sept. 20 from 2-8 p.m. at Goettge Memorial Field House.

Volunteers are needed from each Hispanic country to participate in the booth competition in which the country with the best displays are presented with prizes.

If you would like to work on the booth from your country, or you have items to display, call MSgt. Sue McLaughlin at 451-8117.

A car show will be held as part of the festival. For more information, contact Petty Officer 2d Class Lira at 451-4560 or Petty Officer 1st Class Quezada at 451-4196/4020.

September Key Volunteer Training

Sept. 9	Resource I	6-8 p.m.
Sept. 16	Resource II	6-8:30 p.m.
Sept. 23	Communication	6-8 p.m.
Sept. 30	Coordinator	6-9 p.m.

All four sessions must be completed in order to become certified as a Key Volunteer. Recommend Key Volunteer Training be taken prior to Coordinator Training. Register by calling 451-5340 ext. 100. Childcare will be provided by calling 451-2874 in advance.

Job Fair planned

The Job Fair is coming to Camp Lejeune! Over 120 employers are expected to attend the Oct. 8 event at Goettge Memorial Field House.

The doors will open from 9 a.m.-2 p.m. Companies

and government organizations will be seeking all levels of experience and background.

Job seekers can anticipate opportunities in manufacturing, law enforcement, computer technology, heavy equipment, aviation, counseling, and many other fields. Workshops are available at the Family Service Center to help you prepare for the Job Fair, call 451-5340, ext. 126.

EFM program

The objective of the Exceptional Family Member Program (EFMP) is to provide assistance to Sailors and Marines who have family members with special needs.

The EFMP coordinator may be reached at the FSC, Bldg. 14, or by calling 451-3212, ext. 115.

Couples Communication Workshop set

The Family Counseling Center holds Couples Communication Workshops every Thursday evening from 6-8 p.m. in the FCC (Bldg. 41) classroom. This educational workshop is for couples to explore issues of trust, self-responsibility, conflict resolution, and respectful communication with each other.

To register, call the FCC at 451-2876/2864. Childcare is available by calling 451-3828 in advance.

DORS Workshop

A Defense Outplacement Referral System workshop will be held Sept. 9 from 1-4 p.m. at the FSC, Bldg. 14. DORS is a free national employment referral system used by more than 12,000 employers nationwide to fill open positions.

Learn how to effectively complete the DORS applica-

tion form.

Call 451-5340 ext. 100/101 to register. Childcare will be provided by calling 451-2874 in advance.

Continuing Care Group changes its hours

The hours of the Continuing Care Group at the Alcohol Treatment Facility have changed to 5:30-7 p.m. since Tuesday.

The purpose behind the change was to optimize the servicemembers' availability to commands during duty hours and still allow them to take care of their continuing care needs.

Please call 451-1954 ext. 134 for additional information.

Command financial specialist training

The FSC is sponsoring a Command Financial Specialist (CFS) training program Oct. 27 through Oct. 31. The CFS program will provide specialized training to qualified Marines and Navy Staff NCO's.

As a qualified unit CFS, individuals will be positioned to counsel and assist Marines and Sailors in personal financial matters. Seats are limited.

Flag Condition Guideline

Green flag Base personnel should exercise with caution and supervision.

Yellow flag means all strenuous physical training, such as marching at standard cadence, should be suspended for unacclimatized members. Outdoor classes in the sun are to be avoided.

Red flag means all physical training for anyone who has not become thoroughly acclimatized for at least 12 weeks should be halted. The troops who are thoroughly acclimatized may carry on limited activity not to exceed six hours per day.

Black flag means all nonessential outdoor physical activity will be halted for all units. Essential outdoor physical activity will be conducted at a level that is commensurate with personal acclimatization as determined by unit's commanding officer and medical personnel.

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

Five-day weather forecast

Today	Saturday	Sunday	Monday	Tuesday
High 76	High 78	High 84	High 84	High 85
Low 54	Low 60	Low 64	Low 66	Low 61

The Globe Vol. 59 No. 31

Maj. Gen. Ray L. Smith
Commanding General, Marine Corps Base
Capt. Ricardo T. Payer
Director, Consolidated Public Affairs Office
Phone Number 451-5655

Globe Officer: 1st Lt. Gabrielle Margulies Chapin
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At the Movies

Sept. 5-Sept. 10 Base Theater

Today	7 p.m.	Operation Condor
	9:30 p.m.	Men in Black
Saturday	1 p.m.	Air Bud
	7 p.m.	Picture Perfect
	9:30 p.m.	Men in Black
Sunday	2 p.m.	Air Bud
	7:30 p.m.	Men in Black
Monday	7:30 p.m.	Operation Condor
Tuesday	7:30 p.m.	George of the Jungle
Wednesday	7:30 p.m.	Nothing to Lose
Thursday	7:30 p.m.	Men in Black

New River

Today	7 p.m.	George of the Jungle
	9:30 p.m.	Nothing to Lose
Saturday	7 p.m.	George of the Jungle
	9:30 p.m.	Operation Condor
Sunday	3:30 p.m.	George of the Jungle
	7 p.m.	Operation Condor
Thursday	7 p.m.	Picture Perfect

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Carbon monoxide is a colorless, odorless, and non-irritating gas. It is produced by the incomplete combustion of carbon-containing fuels. It is a silent killer because it binds to hemoglobin in the blood, preventing it from carrying oxygen to the body's organs. Symptoms of carbon monoxide poisoning include dizziness, headache, nausea, and sleepiness. In severe cases, it can be fatal.

Common sources of carbon monoxide include:

- Charcoal, gasoline, fuel, heating oil, and propane, and other combustible fuels.
- Tobacco, fibers, and other common fuels.
- Heating appliances, such as furnaces, boilers, and water heaters.
- Automobiles, especially in enclosed spaces like garages.
- Generators and other portable fuel-burning equipment.

Carbon monoxide poisoning can be prevented by:

- Installing carbon monoxide detectors in your home.
- Having your heating appliances and furnace inspected by a professional.
- Never using a generator or other fuel-burning equipment in an enclosed space.
- Never leaving a car running in a garage.

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Chapel Schedule

ROMAN CATHOLIC

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

JEWISH

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

LATTER DAY SAINTS (MORMON)

Scripture study Tuesdays	7 p.m.
Call Chaplain Vance at	ext. 3210
Sunday Services call Bishop Maloney	743-2569

PROTESTANT

Saturday Worship	
Protestant Chapel, Communion	5 p.m.
Sunday Worship	
Base Chapel, Contemporary Worship	9 a.m.
Base Chapel, Worship Service	10:30 a.m.
Camp Johnson Chapel	9 a.m.
French Creek Chapel	9 a.m.
Naval Hospital Chapel	9 a.m.
Tarawa Terrace Chapel, Communion	9:45 a.m.
Tarawa Terrace Chapel, Worship	11 a.m.
Camp Geiger Chapel	9:30 a.m.
Courthouse Bay Chapel	11 a.m.
Brig	9 a.m.
Midway Park Theater	11 a.m.
Sunday School	
Tarawa Terrace	9:30 a.m.
Base Chapel (Brewster Middle School)	9 a.m.
Brig	7 a.m.
Midweek Devotional Service	
Naval Hospital Chapel (Thursdays)	11:30 a.m.

SEVENTH DAY ADVENTIST

Phone Contact	451-5100
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EASTERN ORTHODOX

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

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

CHRISTIAN SCIENCE

If interested call Everett Sharp	(919) 636-8744
----------------------------------	----------------

Chaplain's Corner

Winning is great, but losing can also help us to learn

By Chaplain Bob Vance,
MCT Bn, SOI

Have you ever listened to a person talk about winning? The enthusiasm is so great that you can feel it in the air; it is electrifying. I find myself wanting to be around a "winner," just being in their presence will sometimes wear off on me and I can share their euphoric mood. Winning, it is what we teach, preach and drive into the minds of our youth. A famous coach once said, "Winning isn't everything, it's the only thing." This type of attitude serves as we try to "win" is nothing like enjoying the spoils of victory!

If you don't mind, I would like to reminisce for a moment about winning. My senior year of wrestling was a extremely competitive. There were two of us in the same weight class. Each week we would "wrestle off" to see who would be varsity or who would be junior varsity. This particular week I lost and did not take it lightly. I swore vengeance on the poor soul whom I would wrestle the following night. As I entered the ring my opponent was my weight, but not my stature, he looked like a freshman. The match was over before I knew it. I was pumped beyond imagination with my swift win. I couldn't wait to shake the hands of the, soon to be, defeated team. As I watched my opponent the rest of the meet, I noticed that he was not showing, what I considered, the normal signs of a severe "whopping." This young man was smiling and cheering on his team mates. Each time one of his defeated crew came off the mat he was there to give them encouragement. Surely this novice wrestler injured his head during our match, he definitely was not normal. After the match I went up to the youth and wanted to see if he was O.K., or

needed medical attention. I will never forget the night. I can't remember the words but the conversation went this... "thanks for the match, it was a new move...I just like to wrestle not very good, but winning is really am happy to be a part of team... was never the same after the trophy of a Man. I always felt that you could not be a winner. Unhome the trophy you were a loser one winner, the rest are losers."

As I talk with people that they think like winning, especially you are everything are a winner. I can't even try. The thought up, there is no doomed to be a winner. I might as well stop trying a dollar for every time following concepts: "C'mon, messed up so much many things wrong, how get back on track? I feel so many times that they succeeding. Can I ever overcome my problems."

Have we as a society focused on winning ear we have forgotten our only crown?" We have on earth to learn from others in their journey to our God that we and play by His rules. That has a clause for when we simple; recognize that you have mark, feel genuine sorrow, ask to make restitution and strive to Then after doing all that we can tells us that he will pick up the any problems and make each a winner. With that caliber of close. Winning!!! There is on really matters. God bless you race!



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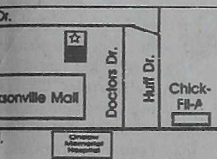
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MCAS (Bldg# 200)
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Sat 0900-1400
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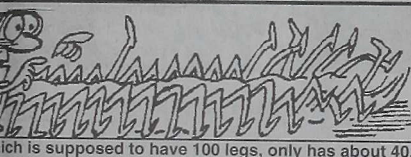
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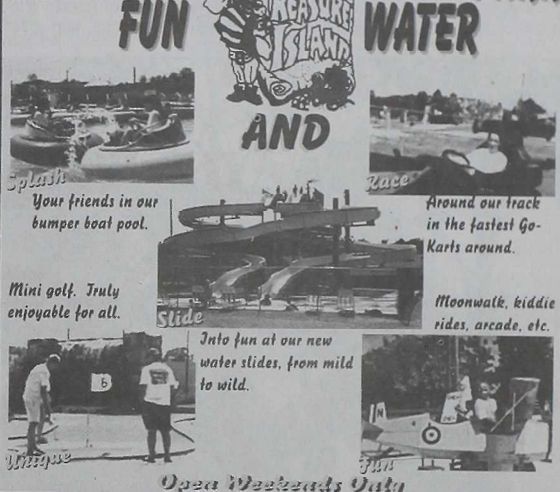
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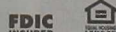
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Ropes course helps build confidence, teamwork

PFC Chet Decker
Globe staff

Cpl. David Tomlinson crouched atop a pole as high as many of the trees in the Brewster Scout Area. At first he just sat there, perhaps contemplating whether he was ready to die at such a young age.

Then he heard his fellow Marines actually telling him to jump. Who could be so cruel, as to tell him to recklessly fling himself through the tree tops?

Wait. There are safety ropes attached to him, and this is all part of the training. Tomlinson slowly rose, and stood there for longer than a minute, trying to gather the courage. Then he dove spread eagle, letting out a deep yell.

"It's just that I'm kind of terrified of heights, so when I get up and do something like that it'll take me awhile, but once I get that first one, I'm in there. It scared the life out of me. I'm still shaking right now," Tomlinson said of his apprehensive

jump. "I took my pulse, and it's at about 170."

His experience is all part of the every day routine for Morale Welfare and Recreation assistant Maria Barnhart. She, along with her co-workers, runs the MWR Challenge Ropes Course, taking units through the course's challenges on a daily basis.

Tomlinson and his unit, Golf Co. of Marine Corps Combat Training Battalion, took up the challenge the ropes course has to offer. The course is a series of rope obstacles, designed to challenge individuals to go beyond their perceived boundaries, encouraging them to work with others to solve problems, and experience success at attaining their goals. According to the course brochure, individuals learn to view obstacles as opportunities for growth in an atmosphere that is fun, supportive and challenging. The ropes course takes groups into an outdoor setting and focuses on the development of human relationship within a group, and gives

new meaning to the importance of working as a team.

It all adds up to confidence building and unit cohesiveness, something the Golf Co. 1st Sgt. Richard Ramirez feels was attained by bringing his Marines to the course.

"There's a lot of camaraderie, esprit de corps out here. Using this, it gives the Marines a lot of confidence and gives them a lot of skills," Ramirez.

It was actually the unit's executive officer, Capt. Wendy Boyette, who came up with the idea of making her Marines stand 52 feet in the air and take free falls.

"We were looking for motivating things to do in our training, and this is a good way to do it," Boyette said. "It's good for confidence and motivation. We try to get out, instead of sitting in the class room, and do some things that are interesting."

The event the Marines were tackling involved climbing a pole and taking a swan dive off from the top while trying to reach out to a "trapeze bar" dangling about 10 feet out. Known as the "pamper pull," the hard part wasn't just the jump. The Marines found it difficult to stand up on the top of the pole.

Barnhart, who is a certified ropes instructor, knows the entire course backward and forward, but there's one event she won't do, and the pamper pull is that event.

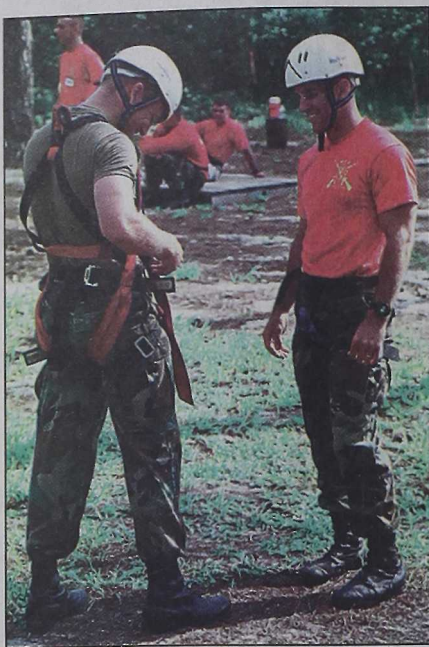
"I can't force myself to do it," Barnhart said. "I believe in challenge by choice. I'll climb the pole. I'll stand on one leg. I'll do whatever, but I will not jump off of it."

Not all the Marines did every event, but the general consensus was that the ropes course was bringing the MCT squad leaders and their superiors together.

"It brings a lot of units, especially the ones that haven't been together that long, a little bit closer, and it builds communicational and leadership skills," said Barnhart.

There are 10 total rope stations at high altitudes and 12 stations closer to the ground.

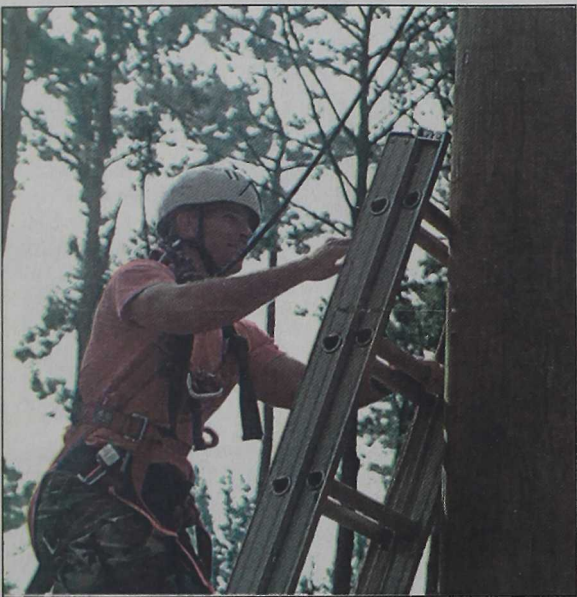
There is a no charge when a unit wants to use the course for training. To schedule a time or for more information, Marines can call 451 3925 / 2276.



Sgt. Richard Shaver and SSgt. Barry Thompson discuss different jumping methods.



Capt. Nick Davis performs mid-air maneuvers.



SSgt. Thompson climbs the ladder to the top of the pole before taking the plunge.



Capt. Wendy Goyette maneuvers her way across the log as she gathers the courage to stand.

Artillerymen hone weapons skills for security



LCpl. Michael A. Brown fires rounds down range to familiarize himself with the MK-19.

Cpl. Kevin M. Shermer
Globe staff

One artillery battery spent a recent morning at range K211 honing some of the small weapon and crew served weapon skills which they use for providing security in artillery emplacements.

Lima Battery, 3rd Battalion, 10th Marines, fired the MK-19 and M-203 40mm grenade launchers for the first time since a Mediterranean deployment last year. "This is a chance for the Marines to get familiar with the weapons again," said 1stLt. Bradley F. Hanner, the company executive officer.

The MK-19 and M-203 play a key part in security for an artillery position. If an enemy force ever attacked their position these weapons would be employed to stop the assault. This means that all Marines of the battery must be proficient in these weapons in order to protect their big guns.

"It is very important for the Marines to know the weapons systems," said Hanner.

The unit arrived early at the K211 range and started the training by firing the M-203. "The M-203 isn't as fun as shooting the MK-19," said LCpl. John R. Craft, an artilleryman. After firing about a hundred rounds, the M-203s were put aside as they broke out the big guns for some fully automatic target destruction.

They had approximately 10 minutes to fire during the shoot. This was the first time the MK-19 teams had fired in a while.

"We could use more, but with the restrictions we still make it as possible," said Hanner.

Even though these Marines are in combat, training is still very important. Performance as artillery specialists is what counts.

"It feels good to get a chance to use every once and a while," said Craft an artilleryman.

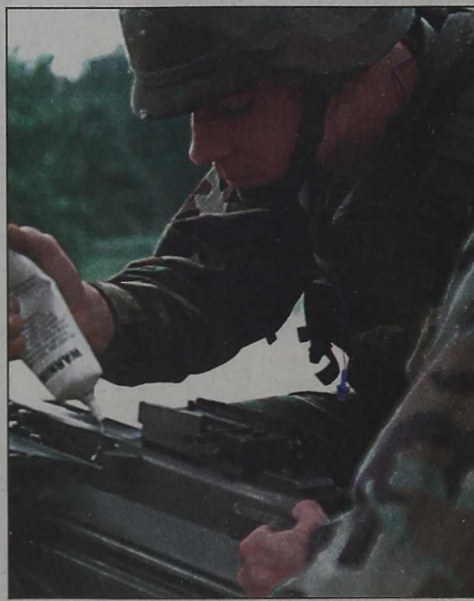
During the shoot Hanner and the Marines. "The NCOs are here to train and evaluate the Marines," said Hanner. "They are the ones who are training while on the range, so things go as plan."

While on the shoot the younger Marines receive some training. There to supervise were NCOs to evaluate and help the Marines firing. Those NCOs were to evaluate and help the Marines firing. Those NCOs were to evaluate and help the Marines firing.

Afterward, they would take the Marines and tell them what they did right so they could learn from it and be better prepared for a future with the weapons.



In the middle of K-211 impact area an abandoned tank received heavy MK-19 fire from Lima Battery's trained killers.



A Marine spreads lubrication on the MK-19 to help prevent problems during the shoot.



The fully automatic MK-19 with its rounds can cause heavy damage to targets.

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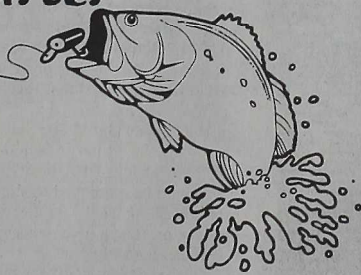
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- 838 Stone Street Elementary School
- 842 Stone and Delaware Street
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- 850 Berkeley Manor Elementary School
- 855 Alabama and Stone Street
- 900 Brewster Middle School

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451-5646/5647/3210

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\$10 Late Fee for All Entries on 20 September
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Fishing on the New River and its Tributaries Only

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Two person teams fish (artificial bait only) for Largemouth Bass on the New River and its tributaries only for trophies and cash. Total weight will be recorded by tournament committee for team placement. Trophies, cash, and giveaways will be awarded at the conclusion of the tournament. Sponsor provided food and soft drinks will be available for all participants at event conclusion.

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LCpl. Kurt M. Smay

LCpl. Sam Trimble practices filling out a range card at Scout Sniper School.



LCpl. Kurt M. Smay

LCpl. Trimble sights in down range, surveying his target area.

CHANGE from 1A

In 1974, he transferred to the Middle East and served a tour of duty with the United Nations Observer Team. Upon completion of that assignment he reported to the 2d Marine Division in 1975, where he was assigned as a rifle platoon commander. In 1977 he was reassigned as Commanding Officer, 2d Force Reconnaissance Co.

He attended the Armed Forces Staff College, Norfolk, Va., and upon graduation in 1980 was assigned as a Marine Officer In-

structor, University of South Carolina. In 1982 Gen. Rollings returned to Quantico to serve as Commanding Officer, Headquarters and Service Bn., The Basic School and later as the Tactics Group Chief. He was promoted to lieutenant colonel in July 1983.

From 1984 to 1985, Gen. Rollings attended the National War College in Washington D.C. and upon graduation he returned to the 2d Marine Division.

General Rollings reported to the Joint Staff, The Pentagon, for a tour of duty as Strategy Branch Chief.

While a member of the Joint Staff, he completed the Harvard University Senior Executive Fellows Program. In June 1991, Gen. Rollings became Commanding Officer, 3d Marine Regiment (Rein), 1st Marine Expeditionary Brigade, Marine Corps Air Station Kaneohe Bay Hawaii. He was promoted to brigadier general in 1995 and assumed command of Marine Corps Base, Camp S.D. Butler.

General Wilhelm is a native of Edenton, N.C. He graduated from Florida Southern College in 1964 and also holds an M.S. degree from Salve

College. He is a graduate of the Army Infantry Officers Advanced Course and the Naval War College.

General Wilhelm has held a variety of command positions including two tours as a rifle platoon commander in Vietnam. He also served as a Company Commander in Headquarters Bn. and 3d Bn., 8th Marines, 2d Marine Division. During his time in Vietnam he also served as a senior advisor to a Vietnamese Army battalion. Later he served as Inspector Instructor, 4th Reconnaissance Bn. After his tours in Vietnam he served as Deputy Provost Marshal, U.S.

Naval Forces, Philippines and also commanded the 11th Marine Expeditionary Unit.

General Wilhelm's staff assignments include Assistant Battalion Operations Officer, 1st Marines. He served on the staffs of III Marine Amphibious Force; Logistics Department, HQMC, and J-3, Headquarters, U.S. European Command.

In August 1988 he was promoted to brigadier general and was then assigned as the Director of Operations, HQMC. In July 1990, he was selected to serve as Deputy Assistant Secretary of Defense for Policy

and Missions, Office of the Assistant Secretary of Defense for Policy and Operations and Joint Conflict. General Wilhelm's current duties as Commanding Officer, 2d Marine Division, in July 1994.

In June 1995 he was assigned to present duties as Commanding Officer of MarForLant, Marine Forces Europe.

LCpl. Kurt M. Smay

Globe staff

The Scout Sniper School here is doing its best to provide battalion commanders with well trained, effective scout snipers. The school is meeting this challenge head on.

Of the three Marine scout sniper schools, the one here is the busiest, according to GySgt. Neil K. Morris, Staff Noncommissioned Officer in Charge of the Scout Sniper school here. They offer a variety of courses that can be taken throughout the year.

There are also scout sniper schools at Quantico and Camp Pendleton. Morris, who has worked at all three of the schools, said that the one here is by far the best.

"Camp Lejeune is the best place in the Marine Corps to train snipers," he said. "We have swamps, heavy vegetation, the best range, an operational Marine Corps, and our own ammunition."

He said the scout sniper rifle range here is the only one that does not use flags to see the direction and speed of the wind. It has been recognized as a formal school, and for the first time has permanent instructors and a permanent building to hold classes.

The school conducts four standard scout sniper courses per year. To qualify to take the course, students must be lance corporals through gunnery sergeants or second lieutenants

through captains. They must be S-2 swim qualified, must be able to do a first class physical fitness test, have correctable vision to 20/20, and at least 12 months left on their current contract. They must also be expert riflemen with no courts martial in past 12 months, no non-judicial punishment in last six months, no medical or mental disorders. They must have an infantry military occupational specialty. Despite having such strict prerequisites, the course still has a forty percent attrition rate, said Morris.

The nine week course

teaches the students marksmanship with the M40A1 sniper rifle and M82A1A .50 caliber Barrett rifle and extensive land navigation. Potential snipers must be experts at calling for mortars, artillery, naval gunfire and close air support. They must be a part of mission planning, and a course is held that teaches commanders how snipers should be used.

"Our primary job is to train snipers," said Morris. "And this program has gotten stronger in the last eight to ten years than it's ever been."

Besides the basic scout

sniper course, the school also teaches courses on sniper infantry scout 0311's, and the commanders course to give them an idea of their abilities.

A squad design course also teaches commanders how to use an M-16A2 Service Rifle. This gives them a designated each squad.

A counter sniper course provides tactics and apprehending snipers.



LCpl.

A scout sniper team engages their target during an unknown distance firing



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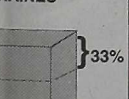
Headaches: An Equal Opportunity Disease

Most women are aware of the headaches they face in the workplace. However, of the one in three women—an estimate—who suffer from migraines, more than one-third do not know they have the condition. Migraines are characterized by severe, often debilitating attacks that affect women more than men. The attacks are often accompanied by nausea, vomiting, and sensitivity to light, sound and smell. In periodic attacks, they last from four to 72 hours, often debilitating what affects women.

A new national study by Opinion Research Corporation for Glaxo Wellcome has a significant impact on the performance of women in the workplace. The study surveyed employed females who reported they have difficulties at work. The study found that the most common reason for this is the impact of migraines on their ability to work. Migraines might be viewed as a medical condition, but they are often viewed as a weakness, which can lead to discrimination in the workplace.

Dr. Tobin, a family physician, has combined his medical expertise with his experience as a woman in the workplace to help women understand their condition. He has found that many women do not tell their doctors about their migraines because they are afraid of being labeled as "weak" or "emotional." Dr. Tobin emphasizes that migraines are a medical condition and that women should not be discriminated against in the workplace because of them.

GRAINES



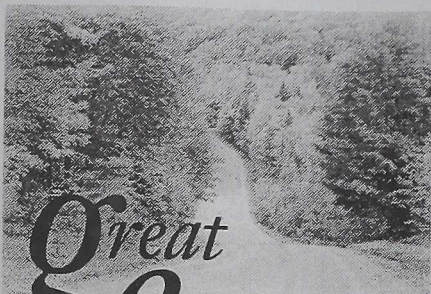
Unaware Of Condition

Women with migraine disease have affected work at the expectation in three said they were unaware of

tment that is available

Employers out that employ-
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migraine, despite
Employers often do
that migraine is a
logical disease," she
they don't encour-
take their medica-
a couple of hours,
work productive—
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24th MEU conducts "embassy evacuation"

1stLt. Nat Fahy
24th MEU PAO

Taking a cue from the experiences of its sister units, Marines and Sailors from the 24th Marine Expeditionary Unit successfully rehearsed a non-combatant evacuation operation (NEO) at Goettge Field House during their Special Operations Capable Exercise (SOCEX).

Operating from the ships of Guam Amphibious Ready Group (ARG), the MEU temporarily interrupted its overall mission of supporting Joint Task Force Exercise 97-3 to complete a four-day evaluation on the many missions it may be tasked to perform while deployed.

As part of a scenario designed by Special Operations Training Group (SOTG), the MEU had been busy defending the fictional country of Kartuna from its larger neighbor, Korona. Intelligence analysts reported escalating student demonstrations and acts of terrorism within Kartuna against American citizens and other third country nationals.

As the violence neared the saturation point, the MEU received the call from the "U.S. Ambassador" in the capital city of "Temal" (Camp Lejeune) to launch an evacuation of all American citizens and designated third country nationals. The MEU was told evacuees would start arriving at Goettge Field House to await transport to American ships by 7:00 a.m. the next day.

After quickly reviewing the situation in the war-room aboard *USS Guam*, the mission commander, LtCol. Richard Mills (commanding officer, Battalion Landing Team 3/6) came up with a scheme of maneuver that combined both surface and air options which would maximize the total force ashore and expedite the evacuation process.

According to the plan, Combined Anti-Armor Teams (CAAT) and light-armored vehicles (LAV) manned by Marines from Weapons Co., BLT 3/6, aboard *USS Ashland* would insert under the cover of darkness aboard Landing Craft, Air Cushion (LCAC) and provide the initial security around the evacuation compound.

Mills' plan called for additional "taxicab" service and riot control reinforcements to be furnished by Kilo Co., BLT 3/6, the MEU's amphibious assault vehicle (AAV) company. Follow-on helicopter transports from Marine Medium Helicopter Squadron 263 (HMM-263) would arrive later that morning to assist in quickening the evacuation process once the operation was safely underway.

With the operation's overall concept firmly in place, element leaders and essential personnel were cross-decked back to their ships by helicopter prior to sunset to begin the detailed planning and brief their Marines.

Aboard *USS Ashland*, CAAT and LAR (Light Armored Reconnaissance) commanders, 1stLt. Hugh Connolly and 1stLt. Frank Lilly (respectively) briefed their Marines and Sailors on their roles in the evolution. Marines were urged to use restraint where the situation and enemy were continually uncertain. A Marine at the embassy, they reported, had been "killed" by sniper fire.

"This is still a permissive environment," Lilly told his troops. "The enemy, if he is out there, will understand by the professionalism and discipline we display, that we mean business."

With three hours of sleep, bleary-eyed Marines assembled on the ramp leading down to the turntable at 3:00 a.m., conducted a final accountability check and then manned LAVs and humvees for the brief ride to shore aboard three of the ship's LCACs.

A mile off shore, AAVs from *USS Oak Hill* were simultaneously launched from the ship's well deck. Their vehicles would serve as a protective form of transportation for the evacuees down to the beach for evacuation trips to ARG shipping.

At 7:00 a.m., while most Marines and base employees were beginning their routine commute aboard Camp Lejeune, the scene at Goettge Field House was a whirlwind of activity. Role-playing evacuees were already on site when the CAAT/LAR vehicles from the 24th MEU rolled into the parking lot. Immediately, the Marines went to work shutting down road-entry points with concertina wire with their weapons at the ready.

A small contingent of personnel which had accompanied the security force began setting up an Evacuation Control Center (ECC) through which all evacuees would be processed. As the scenario developed, the trickle of civilians suddenly grew larger. They began arriving from every access point, thereby complicating the situation.

The Marines were now faced with the problem of distinguishing the small bands of "hostile protesters" and people with illegal papers, from legitimate "citizens" who needed to be evacuated quickly.

For LCpl. Anthony Smith, a checkpoint guard, the experience was daunting, but educational. "This is the most valuable training I've received," he remarked. "The threat is everywhere. It forces you to concentrate and focus on who appears to be a threat and who isn't. It is definitely a lot more information to process."

The difficult procedure of managing a huge influx of civilians was one the Marines were well equipped to handle. As the civilians ambled towards the various checkpoints, they were halted and asked to show any form of identification, such as a passport. Those displaying legitimate documents were led through the concertina wire to the entrance of the field house. Others exhibiting suspicious behavior or falsified papers were turned away. After a cursory weapons check, they were escorted through a series of processing stations and medical examinations before being assembled for evacuation by high-back humvees. They were then transported to AAVs stationed at Observation Post Five a few miles away and taken to the beach.

"This is a great opportunity for the Marines to refine their evacuation procedures now," said LtCol. Butch Preston, SOTG commander, as he looked on.

"They are going to be exposed to spill-over violence that is a real threat and that will complicate the MEU's ability to accomplish the mission. MEU's that have completed this training have gone on to successfully complete evacuations in Liberia, Sierra Leone, and Albania. The proof is in the pudding, and we owe it to these young Marines to give them the most realistic scenarios possible," Preston said.

Indeed, as he spoke, hordes of "demonstrators", brandishing small arms and wearing traditional Islamic robes, began to harass the Marines standing guard. Kilo Co.'s riot-control troops, augmented with plexiglass shields, face protection, and batons, immediately formed a phalanx and moved in to fend off the rioters. With each ordered step, a Marine standing behind the advancing troops used a megaphone to order the raucous mob to drop their weapons and leave immediately. Backed into a corner, the protesters realized they had no choice and fled to another section of the compound.

"We present a more intimidating presence when we dress uniformly and act disciplined," said SSgt. Cedrick Smith, staff noncommissioned officer-in-charge of the Marines tasked with controlling the crowds. "With this kind of training,

the rules of engagement change all the time. The main thing for the Marines is to keep their perspective and not get tunnel vision...they need to be constantly aware of what's going on around them and act appropriately and professionally."

By 10:45 a.m., approximately 200 American "citizens" and "third country nationals" had been administratively processed, however, about half still remained, awaiting extraction. Relief came with the familiar sound of two AH-1W Cobra helicopters, signaling the imminent arrival of CH-46 Sea Knight helicopters from HMM-263. In their cargo bays, they carried two platoons of reinforcements and, of course, a more expeditious form of transport.

The additional support garnered from India Co. Marines eased the pressure off the security force as the pace of the ongoing evacuation quickened. Groups of civilians were escorted by a squad of Marines on

either side as they ran port helicopters idling in Field.

The ambassador, officials and members of the ward command element to be processed and loaded next available helicopter retrograde of security to the beach drew to a close one of the most complex MEU can be tasked to perform.

"This mission gave us the opportunity to be subjected to rules of engagement in an environment," said Baggott, officer-in-charge of the security force. "A NEO is a sound judgment of our successful execution on their ability to make decisions."

The 24th MEU is scheduled to depart for the Mediterranean early October for its next month deployment.



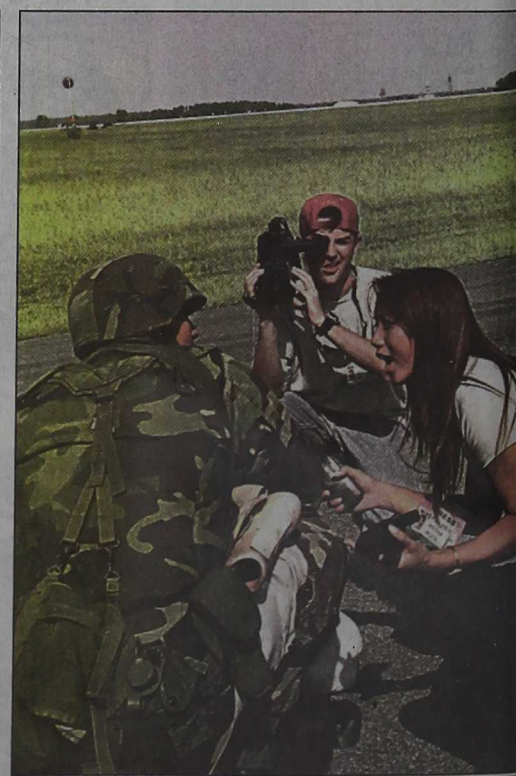
Marines prep to move from behind a LAV while setting up security for the NEO.



Marines from BLT 3/6 form a defensive line to keep protesters away.



Protesters tried to dress the part as much as possible.



Reporters Cpl. Julia Huang and Cpl. Ogden Dowcett made it to interview everyone they could.



Marines rehearse crowd control techniques.

LCpl. Chuck Rolfe

Sgt. J. J. Rodriguez

Sgt. J. J. Rodriguez

Henry Aldridge III is seen at the evacuation site by Cpl. A.

between Marines and



Sgt. J. J. Rodriguez

Sgt. J. J. Rodriguez mans an M240G machine gun during the evacuation exercise.



Sgt. J. J. Rodriguez

Water balloons in place of rocks were used to agitate Marines at the embassy.



1st Lt. Nat Fahy

Personnel help an injured victim aboard USS Guam.



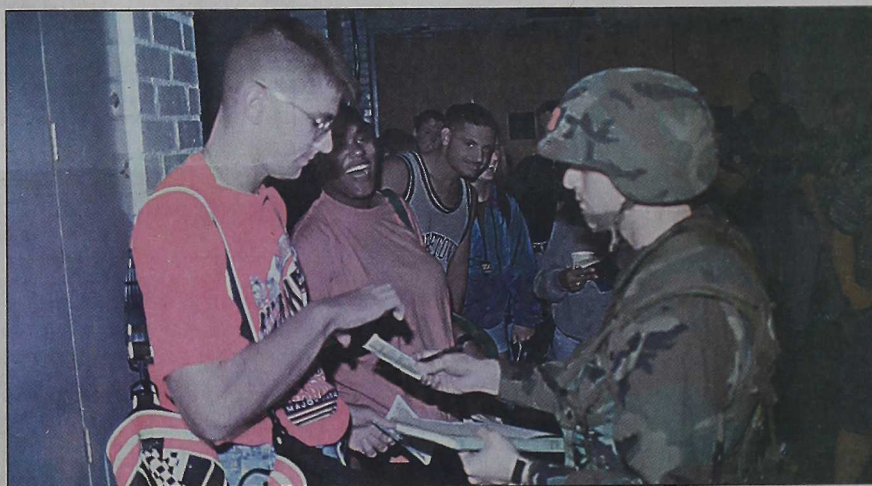
Sgt. J. J. Rodriguez

Lance Cpl. Patrick Deaver plays one of the many casualties during the mass casualty exercise.



Sgt. J. J. Rodriguez

Personnel continued to treat the injured regardless of the continuous interruptions.



LCpl. Chuck Rolles

Processing ensures evacuees meet State Department parameters and carry no contraband to the ships.

Role players make it realistic

Sgt. J. J. Rodriguez
Globe staff

To certify as Special Operations Capable (SOC), Marines of the 24th Marine Expeditionary Unit (MEU) needed to pass a series of missions, enduring physical anguish and going nights with little sleep. Adding to this was a determined group of role players who kept them on their toes, adding a taste of reality to every mission.

More than 200 Marines and civilians served as role players during the four-day exercise that tested the 24th MEU's ability to execute a series of missions. The role players got into their part portraying American citizens, third country nationals, local villagers, student protesters and national media crews.

The Marine role players came from every parent command on base. Most had little idea of the importance of the exercise until they received a brief by members of the Tactical Exercise Control Group (TECG). There they learned in detail what was and wasn't expected of them during the exercise. As in every training evolution safety was paramount. For this reason role players were instructed to keep it real, but to not get too physical and end up hurting themselves or Marines from the MEU.

"Encountering protesters and having media (crews) put the camera on them is not the type of training they normally get, it's something realistic they could encounter," said Maj. Greg Koziuk, intelligence officer for the II Marine Expeditionary Force TECG.

Some of the role players were actual embassy staff members and journalists brought here to give an extra air of realism to the exercise. Having the embassy staff, however, was just

one way the scenarios were made realistic. Marines who spoke foreign languages were chosen to represent third country nationals. This challenged Marines by making them find someone within the MEU who spoke the same languages.

The exercise began Aug. 24 with a Forward Command Element insert into the embassy and a humanitarian assistance mission at Landing Zone (LZ) Canary. Marines were called in to provide humanitarian assistance to Kartunan villagers from the town of Temal. These villagers traveled hundreds of miles, avoiding the Arm of Faith (AOF) militia and other dangers, to receive aid from the American military.

During the humanitarian assistance Marines of the MEU had to make a field expedient camp to shelter and feed 120 displaced villagers. Role players kept them busy by throwing problems and controversy into the situation. As if dealing with villagers wasn't enough, Marines had to sort-out news crews who wanted to get the inside scoop and AOF spies trying to gather information.

Once all was clear and the humanitarian assistance operation was completed, Marines returned to the ship, but that break didn't last long.

They received little warning the following day as a plane carrying American citizens and third country nationals went down in flames. It was a mass casualty situation and the MEU had to respond quickly.

Bodies lay all around the simulated wreckage and Marines had to secure the area as corpsmen treated 140 casualties. But treating the injured was not their only concern. Protesters, angry relatives of the victims and dedicated news crews breaking through the lines made it challenging for them to accomplish the mission.

Throughout the entire exercise and all the scenarios, a group of protesters gave the staff at the embassy a difficult time. They camped outside the embassy's gate and made a constant effort to aggravate them by shouting, insulting and bombarding them with water balloons.

"They are doing their job by throwing water balloons," said LCpl. Michael Boozer, embassy security from Battalion Landing Team 3/6. "In real life it could be much worse."

Protesters weren't the only ones making their life difficult. A team of AOF snipers took advantage of the attention the protesters were getting and launched an attack on the embassy. It was another situation requiring the guards to react.

The final scenario of the exercise involved the evacuation of American citizens and third country nationals using Goettge Memorial Field House as the designated remote site evacuation area. Marines had to secure its perimeter and defend it against any AOF attack.

Personnel to be evacuated showed up one by one and in groups. Marines had to identify them, search and process them before the evacuation. Security was paramount as they attempted to keep terrorists from infiltrating the lines, and compromising the mission.

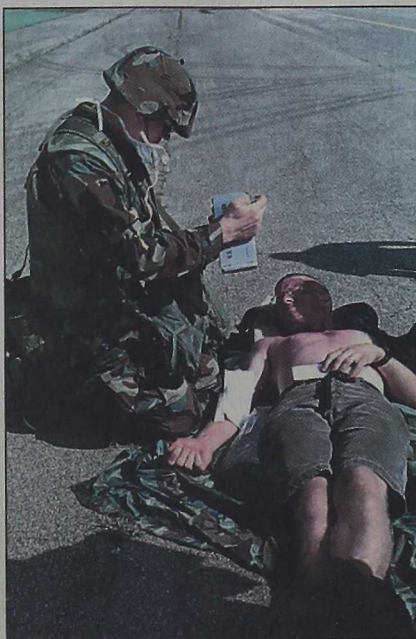
Role players gave Marines of the 24th MEU something to think about as they get ready to deploy. Though some situations were extreme, they are a real-world probability.

"The exercise went great," said Koziuk. "I think we provided a realistic scenario. The role players really got into their roles and were really convincing. We used a lot of lessons learned from Albania and it was very convincing."



Sgt. J. J. Rodriguez

Henry Aldridge III is searched prior to entering evacuation site by Cpl. Adam Bala.



Sgt. J. J. Rodriguez

Detailed information was gathered from every casualty.



Sgt. J. J. Rodriguez

Scenes between Marines and protesters heated up in front of Goettge Memorial Field House.

MMEA COMMAND VISIT SCHEDULE

The Enlisted Assignment Monitors will be available to talk with Marines from 8a.m.-4:30 p.m. on a first-come, first-served basis. The Monitors will be located at the following sites on the dates indicated:

Monday, 8 Sept 97

Goettege Field House -
MCAS (NR) Bldg AS216 -

0311/03 69/08XX/1 361/1371/46XX/25XX/28XX/3 044/3051/3 052/5 8xx

0121/0131/0161/0193/3 IXX/40XX/41XX/43XX/3500/352X/3529/
44XX SPECIAL ASSIGNMENT/ ALL AVIATION

Tuesday, 9 Sept 97

MCAS (NR) Bldg AS216 - Aviation Monitors

Goettege Field House - All other Monitors

Wednesday, 10 Sept 97

MCAS (NR) Bldg AS216 - Aviation Monitors
Goettege Field House - All other Monitors

2. Questions should be addressed to your Command Career Planner. Command points of contact are noted below:

MARFORLANT, MEF	MSgt Ring	8048
DIV	GySgt Miller	5706/3694
MAW (Cherry Point)	GySgt Davis	2535
Marine Corps Base	GySgt Shook	5400
FSSG	SSgt Dicicco	5600
MAW (NR)	GySgt Lange	6106/6107
SRIG	MSgt Lisk	5204

Date / Time Brief	Audience	Location	Briefer
8 Sept			
0800 - 1000	OFFICERS	Base Theater	Col Wittle
	ISTS/	Bldg #19	
0800 - 1100	SGTMAJ	SNCO CLUB	
	ISTS/	DALY ROOM	SgtMaj Ouellette
1300 - 1600	SGTMAJ	SNCO CLUB	
	SNCO	DALY ROOM	SgtMaj Ouellette
0800 - 1000	Brief	Marston	MGySgt Powell
	SNCO	Pavillion	
1000 - 1130	Counseling	Marston	MGySgt Powell
	SNCO	Pavillion	
1300 - 1500	Brief	Marston	MGySgt Powell
	SNCO	Pavillion	
1500 - 1630	Counseling	Marston	MGySgt Powell
	NCO	Pavillion	

0800 - 1000	CAREERISTS	MCB	Marston	GySgt Carter
	Brief		Pavillion	
1000 - 1130	CAREERISTS	MCB	Marston	GySgt Carter
	Counseling		Pavillion	
1300 - 1500	CAREERISTS	MEF/	Marston	GySgt Carter
	Brief	MEU's	Pavillion	
1500 - 1630	CAREERISTS	MEF/	Marston	GySgt Carter
	Counseling	MEU's	Pavillion	
1030 - 1200	Marines	MCB/	Base Theater	GySgt Gonzales
	Brief	FSSG/	Bldg #19	
	First Term	MEU's		
1330 - 1500	Marines	MEF/JTF/	Base Theater	GySgt Gonzales
	Brief	DIV	Bldg #19	

Date / Time Brief	Audience	Location	Briefer
9 Sept			
1300 - 1500	OFFICERS	Base Theater	Col Wittle
	SNCO	Bldg #19	
0800 - 1000	Brief	AREA5	MGySgt Powell
	SNCO	GYM	
1000 - 1130	Counseling	AREA5	MGySgt Powell
	SNCO	GYM	
1300 - 1500	Brief	AREA5	MGySgt Powell
	SNCO	GYM	
1500 - 1630	Counseling	AREA5	MGySgt Powell
	NCO	GYM	
0800 - 1000	CAREERISTS	AREA5	GySgt Carter
	Brief	GYM	
1000 - 1130	CAREERISTS	AREA 5	GySgt Carter
	Counseling	GYM	
1300 - 1500	CAREERISTS	AREA5	GySgt Carter
	Brief	GYM	
1500 - 1630	CAREERISTS	AREA5	GySgt Carter
	Counseling	GYM	
10 Sept			
0800 - 1000	OFFICERS	MCAS	Col Wittle
	ISTS/	"O" Club	
1230 - 1530	SGTMAJ	MCAS	SgtMaj Ouellette
	SNCO	MCAS	
0800 - 1000	Brief	MCAS	MGySgt Powell
	SNCO	MCAS	
1000 - 1130	Counseling	MCAS	MGySgt Powell
	NCO	MCAS	
1300 - 1500	CAREERISTS	MCAS	GySgt Carter
	Brief	MCAS AS-318	
	NCO	MV-22 BLDG	
1500 - 1630	CAREERISTS	MCAS	GySgt Carter
	Counseling	MCAS AS-318	
	First Term	MV-22 BLDG	
0800 - 1000	Marines	MCAS	GySgt Gonzales
	Brief	THEATER	

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ing to keep Marines healthy with fruits and vegetables

Smay

is the kick-off month designed to keep people healthy. The "Five a Day" program encourages people to eat five servings of fruits and vegetables, as part of a national campaign sponsored by the National Cancer Institute.

program. According to Navy Lt. Kim Johnson, the health promotion coordinator here, this program can be instrumental in keeping the fighting forces healthy.

Navy Lt. Sue Hite, head of nutrition management, said that the "Five a Day" program is a great way to improve everyone's overall health.

"More health benefits of eating fruits and vegetables continue to be discovered in medical research,"

said Hite.

She said that cooperation by the dining facilities here is a big help in getting Marines to eat healthy.

"You can't stay fit and trim if you only have a fast food line in the chow hall," she said. "Chow halls are supplying the opportunities to eat healthy. They offer a low-fat choice at every meal, as well as fresh salads and fruits."

The focus of the program here is active duty Marines and Sailors,

but everyone can benefit from eating healthy. Much of the advertising for the program will be done in the commissary, where many dependents shop, and school programs are being considered to teach children the importance of healthy eating.

"It's not that difficult to eat healthy," said Hite. "An average sized fruit or a cup of juice is considered a serving. In terms of volume, what you get nutritionally from fruits and vegetables exceeds that of any other food."

She also said that because of Marines' strenuous lifestyles, a healthy diet is even more important than for most people.

"The Marine's diet is as important to health as physical training," said Hite. "With the level of health and fitness required to do the job, this will help the body work more efficiently."

Eating right will also help Marines when it comes time to head to the field.

"The best way Marines can prepare for Meals, Ready to Eat is to eat healthy servings of fruits and vegetables, as well as a lot of fluids," said Hite.

"If these young Marines start incorporating a "Five a Day" program into their diet now, it will help them prevent many disease in the future," Hite said.

According to Johnson, it is everyone's responsibility to get the word out.

"It would really be helpful if the senior Marines got involved," said Johnson. "Young Marines would be more apt to do it if their superiors were. Your doctor cannot make you eat healthy. We each need to be responsible for doing it."



LCpl. Kurt M. Smay

"Five a Day" encourages people to eat five servings of fruits and vegetables a day.



LCpl. Kurt M. Smay

is kick-off month for the "Five a Day" program.

D breaking mold with new show 'After Hours'

vine

urs" is a TV show Camp Lejeune's Sport Division seeking to break

the mold of stiff and uptight military broadcasting.

The television show airs on Time Warner Cable Channel 10 Tuesday and Wednesday at 7 p.m. and Thursday at 4 p.m., highlighting off-duty activi-

ties and events for Marines, Sailors and their families. "After Hours" stands in contrast to typical military programming that is not often noted for its humor or relaxed atmosphere.

Initially the biweekly show started off as a way for base organizations that specialize in leisure activities to get information on air and let Marines, Sailors and their families know about the goings on around the base.

"Camp Lejeune High School's video class was looking for a way to air their video productions and for a way for people to see what was happening at the high school," said Gunnery Sgt. Angela Stephens, noncommissioned officer-in-charge of TSD's television section.

It quickly became apparent to the cast and crew that the show had a greater potential than only airing high school activities.

"It evolved from helping the high school air clips to a bunch of people, including the base Chief-of-Staff and Winn Hildreth from MWR saying, 'why can't we spice this up and cover events that are happening on the base after hours,'" she said.

The 12 Marines and civilians who produce the show immediately went to work breaking the mold and ignoring convention.

"After hours. That's the thing. We didn't want it to be with uniforms and we didn't want anything typical. I think that we were determined to get out our wild side," said Stephens.

The original hosts, Staff Sgt. Yolanda Mayo and Sgt. Robert Butler, began to experiment with unscripted and off the cuff humor.

"I remember one time when Sergeant Butler was hosting the show and he came on the set in a red robe with a boa draped around his neck for Valentine's Day," Stephens said.

"The point of the humor was to keep people interested and help create a relaxed atmosphere that you would associate with being off-duty," said Stephens.

After Hours covers sports events, MWR events and military events taking place after normal duty hours. The show is not locked into a fixed time frame and ranges between 30 minutes and one hour. This loose format allows the production team to pack in as much information about the upcoming week's events as possible.

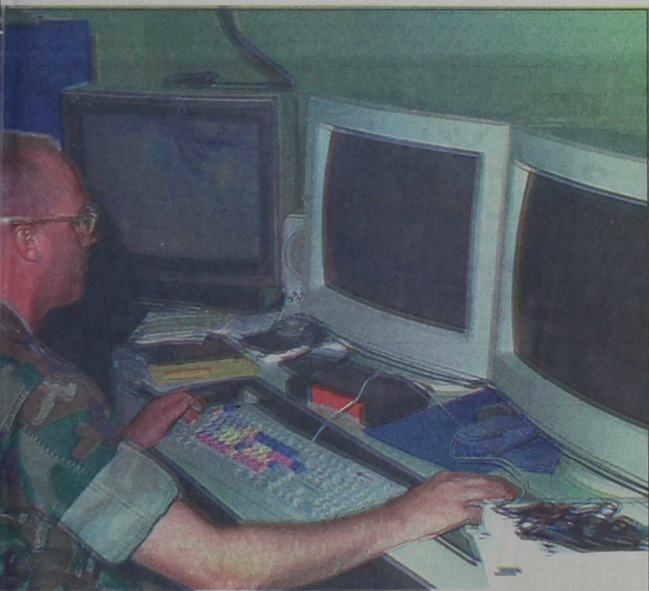
Stephens said the show is always looking for new ideas and events.

"If you've got something that you think should be aired then just stop by, send me an



Cpl. Javier Reyes

LCpl. Alex Garcia, camera operator, gets the right shot in the TV production studio.



Cpl. Javier Reyes

Alton, video editor, puts finishing touches on the show.



Cpl. Javier Reyes

Angela Stephens and Cpl. Horace Williams in the After Hours production room.

e-mail, meet me at the exchange, wave to me and say 'Hey gunny, I've got something that I think you'd like to cover,'" Stephens said.

Reina Delgado, a civilian, is one of "After Hours" hosts. She said the hosts voluntarily give up their time once every other week, gaining on-air experience and having some fun at the same time.

"I live on base so I saw it when it first came on. It gave me an idea of what was going on around the base and I

thought that was a great idea," she said.

Though Delgado has previous television experience nothing prepared her for "After Hours" off-beat style.

"I'm very excited about it. It's very interesting to me and it's one more way to tell people what's going on. They don't have to sit around the base in their barracks rooms or the house. We show them all the activities that are going on around the base," she said.

The show stands in con-

trast to "Carolina Marines" which covers all the operations and military news events, according to Stephens.

"We really didn't want to duplicate the effort of Carolina Marines. After Hours doesn't cover operational military events. Instead we cover the events that happen after the duty ends, hence the title 'After Hours,'" she said.

If you have an interesting story idea involving after hours activities call TSD at 451-1972 and ask for the tele-

Military Police stage dog show for baseball fans

PFC Chet Decker
Globe staff

Before the minor league baseball game August 27 in Kinston, N.C., a fast food chain employed someone to dress up in a large taco outfit and dance around with fake meat and lettuce hanging off his back.

Military police here were gearing up to put on a dog show, and it's a good thing the dogs didn't enter the gate early or the taco guy could very well be lying in a pile in a Camp Lejeune dog kennel.

Sgt. Scott Becherer, the non-commissioned-officer-in-charge of the canine section here, arranged to put on a demo for a civilian crowd gathered

to see the game.

"It's the first time we've done a demo in front of so many people," Becherer said. "Usually we just do demos for units and tour groups on base."

The audience sat glued to their chairs as the two six-year-old military working dogs did their thing. In one of the scenarios, six takeout food boxes were set near the pitcher's mound. Emcee Becherer told the crowd of the dog's capabilities in sniffing out narcotics. Menno, the dog Cpl. Dana Jabaut was leading, sniffed through three boxes and on the fourth just pawed at the box and sat there looking up at Jabaut. He had found gold.



PFC Chet Decker

A military working dog retrieved a batted baseball, perhaps showing up the opposition's shortstop.

"The dogs usually spend about anywhere from three to seven months training at Lackland Air Force Base in San Antonio," Becherer.

Becherer said they're trained in detection of explosives and narcotics, patrol work, aggression attack and scouting.

One of the dogs also played shortstop. Becherer teased the Prince Williams Cannons, the visiting team, by claiming his dogs could play shortstop better than the Cannons.

A baseball was thrown out, chased down and retrieved near second base almost as quickly as if it were fielded by a player. The trick received a barrage of applause from the baseball fans.

"Judging by the amount of time that we were out on that field and the response from the crowd, I'd have to say it was one of the best demos that I've been involved with since I've been working with the dogs," Becherer said.

During the demonstration, Becherer told the crowd of over 1,000, "One of the biggest misconceptions of police dogs is that these dogs are trained to get a serious artery or any main artery and just bite through. This is not so. Basically that's just a fallacy. They just bite the first thing they come to, a limb or whatever, and they hold on. They're trained to stop the individual from fleeing."

Lance Cpl. Brady Russell and Sgt. Wendell Cunningham were dressed in civilian clothes and played the part of suspects trying to flee the police. Jabaut and Cpl. David Green, who handled six-year-old Asco, released the dogs to attack the suspects. Both wore protective padding on their arm



PFC

Sgt. Wendell Cunningham is attacked by one of the dogs.

to repel the 800 to 1,200 pounds of pressure the Belgian Malinois breed can apply per square inch of flesh.

"The best way to describe it is having a heavy winter jacket on, and the dogs squeeze your arm," Russell said. "That's about the amount of pressure that you feel through the wrap. You don't feel the dog's teeth cutting you, but you can feel it."

The crowd certainly felt the excitement. And that was even before the

Indians won the game and claimed the right to play in the Carolina League championship series.

"I'm very impressed with the Marine dogs. We need more things like this," Jacksonville resident Morris Sanders said. "I think it's one heck of a good idea. It's good public relations."

Dennis Andelson, a retiree from Richmond, Va, agreed that the Marines getting involved with the community is a good thing.

"I believe it's great what the Marines are doing." An "Usually the military is for them to come out, something fun and show their is just great."

Whether you call them working dogs or Dev thing's for sure. The what the Marines had can only lead to continued respect between Marine they are bound to protect

Advocates for fleet

Cpl. Chris Irvine
Globe staff

Most Marines know that Staff Judge Advocates play an important role representing the legal interests of Marines on installations around the world. What some Marines may not realize is they play a crucial part when Marines weigh anchor and deploy as a Marine Expeditionary Unit (MEU).

The 2,200 Marines afloat with MEUs are represented by one military lawyer and one assistant. With only two Marines, they must use the time during the MEU work up cycle to make sure all the Marines, as well as the units, are ready.

"The SJA and myself prepare all the wills, powers of attorney and passports. We also ensure that they get customs classes, and find out what all the local customs and laws are in the countries that we plan on visiting. We also brief the MEU commander on what Marines can and cannot do when they're on liberty," said Cpl. Glen Manese, former 26th MEU legal chief.

Manese said that many Marines believe that when they deploy with a MEU all of their legal obligations end.

"One of the first things we tell them is that if they have any

outstanding bills that need to be paid, they need to make arrangements so they continue to pay them. We remind them that bills and obligations don't stop when they're on deployment," he said.

Marines on liberty in foreign ports sometimes run afoul of local laws and customs. If a Marine gets thrown into jail in a foreign country it's the SJA's mission to represent that Marine.

"In that situation the SJA would go into the country, basically represent that Marine and find out the information necessary to get him back. To do this, we research the laws of the country. But, if they say that he has to stay then he may stay their indefinitely," Manese said.

Staff Judge Advocates also play an important part in preparing Marines aboard the MEU for possible combat operations.

"We give guidance to Marines going into potentially hostile situations by defining the rules of engagement. When I deployed with the Special Purpose MAGTAF (Marine Air Ground Task Force) to Liberia, I briefed the Marines on what the rules of engagement would be when they landed," Capt. William G. Riggs, Staff Judge Advocate, said.

"You really have to get into minute details of what the rules of engagement are. You're explaining exactly when Marines can fire and when they cannot and they have to be able to understand what you're telling them so they can make a split-second decision. It's a difficult task because the rules of engagement can change at any moment," he said.

While SJAs are aboard to guide Marines through legal problems, they feel that the best way to avoid legal problems while on deployment is before the MEU crosses the Atlantic.

"We practice preventative law. That means that we tell Marines to get all of their personal bills together, that their wives have access to money so when they leave on deployment that they have nothing to worry about and they can concentrate their job," said Riggs.

Communicating with the Marines they represent is not always easy due to the misperception that SJA's operate like civilians.

"We're not here to bust the Marines on the MEU. In fact, we're here to help the Marines and to help the command. That's why we deploy on the MEU and that's our main mission," said Manese.

TERRORISM from 1A

all the physical aspects of security we can create."

Speaking Aug. 21 at DoD's worldwide conference on anti-terrorism in San Antonio, Texas, Zinni said awareness is key and military leaders need to educate service members. "The most important part is going to be what's between the ears of that service person, what they see and realize, what they sense and report," he said.

Zinni replaced Army Gen. H. Binford Peay in August as the regional commander responsible for U.S. interests throughout the Middle East and Africa. His area of responsibility includes 20 countries from Pakistan through the Arabian Gulf and Red Sea states to the Horn of Africa. U.S. troops serve in 15 countries under Central Command's watch.

World attention turned to Saudi Arabia in November 1995 when five Americans died in a terrorist bombing of a training center in Riyadh. In June 1996, a massive terrorist bomb demolished the Khobar Towers housing complex in Dhahran, killing 19 U.S. service members and injuring hundreds of others. The attacks triggered a DoD-wide force protection campaign.

Zinni, a 30-year veteran Marine, is no stranger to force protection or anti-terrorism. Following the 1983 Beirut barracks bombing that killed more than 240 American military personnel, he was put in charge of the new Special Operations and Terrorism Counteraction Section at Marine Corps headquarters.

"What struck me when I got into that job was how little prepared we were for this," he recalled. "What struck me more was how much the threat had

very rapidly grown. We were faced with some tremendous security challenges."

Understanding the threat is crucial to countering terrorism, Zinni said. While terrorists used a large truck bomb at Khobar Towers, future attacks may involve chemical or biological weapons. Zinni said terrorists may soon gain access to "bugs and gas" and other weapons that could cause tremendous problems. Capabilities can change and so can terrorist tactics, he said.

In the past, terrorists were satisfied to take a great deal of risk for a small return, Zinni said. "Now the terrorists in our region seem to want the big target, the big attack. But what if they're willing to take greater risks, commit greater forces and accept greater casualties on their part to get fewer of us. We've seen that happen in the past." Preventing this type of attack would be almost impossible.

In the aftermath of the Khobar Towers bombing, Zinni said, Central Command spent hundreds of millions of dollars improving security. But, he noted, resources are limited. "It's a zero-sum game. If [force protection] comes at the expense of something else. If we take the measures we have to take, it [resources] will come out of some other capability. We have to be careful where we place these resources, what we're doing to our other missions."

Accomplishing the mission is the overarching goal, Zinni said. Force protection is but a part of that mission. Whether they're enforcing sanctions on Iraq or protecting U.S. allies and the flow of oil in the Persian Gulf, military missions involve risk, he said.

"We are in a risky business. It's risky in training. It's risky when we're preparing to deploy. It's risky when we are deployed. ... In my position, virtually every day, we measure risk."

Commanders today work with limited resources and in some cases an overextended military, Zinni said. They have to weigh operational tempo and the effect on people and equipment. As a result, they are "pushing that operational risk — that acceptable amount — further and further out," he said. "That's where [commanders in chief] lose sleep and get more gray hairs. We live on beepers."

Force protection must be balanced against operational needs, Zinni said. "It would be easy to cancel a mission, to shut down an operation, to build tremendous walls and fortress ourselves overseas and not interact with the people we're there to help or to curtail a very important operational function that protects our interest in a region."

"If we do that, then we will have conceded the battlefield to the terrorist. The trick is to be able to accomplish your mission and within as much reasonable risk as you can take still protect the force. If you build the ideal fortress over there, you probably will not be able to carry out the mission."

Most of Central Command's 1,200 security assistance people, for example, work in high-threat areas, Zinni said. They have to travel and interact with local military and civilian officials. "All that puts them at risk. We try to minimize that risk, but we can never eliminate it."

It's up to field commanders to take all reasonable measures to protect their forces, Zinni said.

He said the military is creating a "zero density" using 20-20 evaluate commanders. "I want to be sure who make reasonable decisions, who are still execute their mission backing and my support."

Since force protection varies, Zinni said, he tating prescribed : have no problem with my standards for concurrence up the cannot have one stop going to fit everybody. "You cannot in some afford the kinds of security measures that [needed] worldwide."

"I have served in served in the European mand. I'm trying someone putting in standoff in a place 1 or at some kasern in You can't do it. The wouldn't let you do pence would be too have to be reasonable. There will be risk."

U.S. forces have been being targeted, he said. cials have thwarted so he said. Commanders clude this threat in the tion, Zinni said.

"The fact that we no incidents in over because there aren't there to get us — the opportunity — I so far, thank God, we the right things to be tect ourselves," he said. importantly, we have those right things and a beat in our mission. onstration of our res allies, and in the comm have to our national i

INTERNET from 1A

(the registration process is explained on DefenseLINK under "Search"); and

o Funding, equipping, staffing and training necessary to develop and maintain the service.

A big issue for the Internet worldwide is privacy, and this memorandum addresses the issue with the intent of protecting customer privacy on DefenseLINK and other DoD web sites. Basically, the directive prohibits organizations from identifying individual users and their usage habits, such as other sites visited or e-mail

addresses, except for authorized law enforcement investigations. The directive requires a Privacy and Security Act notice be published on every DoD web site warning users of the consequences of attempting to alter or erase information on the web site.

Recognizing that some organizations have legitimate reasons for gathering statistical data on web site visitors, the memorandum tells them how to inform users their visits are being recorded. "We talked to other federal and legal agencies to make sure we aren't violating any statutes, particularly the

Privacy Act, and that sites that do collect visitor data properly alert the users in writing on the home page," Knotts said.

"The Internet, in particular the World Wide Web, offers an unprecedented opportunity for the Department of Defense to communicate with the American people," Bernath and Valletta state in the July 18 memorandum. "With those opportunities also come new challenges. This policy document addresses ... important issues related to the use of the World Wide Web as a medium for providing public information to a global audience."

exciting things I've ever done," said Weber. "It was a real feeling of pride." Since being with air delivery she has made enough jumps to earn her gold wings, which she wears proudly.

Weber knows of only one other enlisted female in the Marine Corps that is in the field. The other 41 Marines that Weber works with are all men. The field became open to females about six years ago and has been slow in getting women to come into the job.

Weber views herself as just another rigger in the predominantly male field. "It doesn't matter whether a male or female loads their parachute," said Weber. "What counts is how the chute works."

Weber joined the Marine Corps Reserves at the age of 20 back in May of 1995, where she worked in supply administration out of Raleigh N.C.

Making a stand in rigging field

Cpl. Kevin M. Shermer
Globe staff

The Marine Corps has integrated women into many new jobs in the past years bringing new opportunities for females in the military such as in the field of air delivery specialists.

The Air Delivery platoon with 2nd Landing Support Battalion has experienced this as LCpl. Christine Weber, one of the few females to earn gold jump wings, came to the unit.

"I've received all types of different responses with the wings. Some people will just sit there and stare, while others will come and ask questions about it. I'm just proud to have them," said Weber.

Weber joined the unit in October 1996 after going to school at Fort Lee in Virginia where she received her jump wings. "That was one of the most



Cpl. Kristofer E.

Long road to pedal

A man with an interesting story cycled his way across Camp Lejeune last week. Freddy Hoffman has pedaled his bicycle a distance equal to the moon and back, in the process raising more than \$300,000 for the American Leukemia Society. At age 39, Hoffman, who suffers from leukemia, has biked more than one million miles since his start at age five. "Biking has been my life long ambition," said the River Edge, NJ native. "I'm riding to raise money for cancer funds for research." Every summer, Hoffman sets out across the United States spreading the word and raising money for the disease that affects many lives. He's been to all 48 continental U.S. states spreading his knowledge and stories. "This is my ninth consecutive summer riding and raising money," he said. "This ride, I left home June 1st and am going to Key West, Fla. and back." Hoffman has lost many family members to leukemia, and his riding is a way for him something to smile about. "If my mother was alive and saw what I was doing, she'd think that I was really doing something," he said.

Christopher Wilkie sta
reguards will surrende

SPORTS

ber 5, 1997

Serving expeditionary forces in readiness

Camp Lejeune, N.C.

LHS season rests on seniors

Cpl. Edward S. Harcher
Globe staff

The Lejeune High School girls' tennis team has begun the season with its hopes resting on the shoulders of the class of 98.

The team consists of eight girls, seven of which will graduate at the end of the school year. This presents several problems, said Sam Jones, Lejeune High Tennis coach.

"We hope to repeat last year's accomplishments, taking the conference championship, but we are weak in numbers," he said. "As the nucleus of the team, Annie Johnson and Melissa Hansen will hopefully carry us through the season." Hansen and Johnson are the only members who have played in competition before.

As for next year, the Devil Pups are unsure. Jones is actively searching for underclassmen to fill in the gaps and gain experience from his returning players. "In a military environment, you can never tell who's going to be here," he said. "Talented players could come in at any time, but they could leave just as quickly."

With the lack of returning experienced players, the team has been working extra hard to hone basic tennis skills. Their first scrimmage was held Aug. 23, with a match against Swansboro falling on the 26th. The Pups ?????????

Regardless how the rest of the season shapes up, "next season is frightening," Jones said. The only projected returner for next season is Jessica Grubbs, a sophomore.



Cpl. Edward S. Harcher

-See TENNIS/2B Brandy Harrell, from East Duplin High, goes up for a lob from Johnson.



Cpl. Edward S. Harcher

Johnson hustled and showed skill, yet was defeated by a quicker Harrell.



Cpl. Edward S. Harcher

Brandy Harrell's serve secured her win over Johnson.

From the Sidelines

Glad I'm not a QB

Cpl. Edward S. Harcher
Globe staff

Most of us at one time or another have had dreams of becoming a pro athlete. All-star basketball center, race car driver, the hockey player who gets to carry the Stanley Cup around the arena. Recently, however, I've been thinking about what sports figures I would most definitely NOT want to be.

I think it was sparked by Terry Bradshaw's appearance on a late night talk show. Once a poised, charismatic figure known for 80-yard touchdown passes, Bradshaw has been reduced to talking about nonsense and singing (badly) on national television.

Granted, there are sports that are more dangerous than football. Cliff diving is so dangerous its almost stupid. Driving race cars has killed more people than the month-long "Sound of Music" marathons each Christmas. Hockey is, well... need I say anything? Football, however, has ruined the lives of quite a few people. The worst seems to be done to quarterbacks, though.

How many concussions does it take to scramble the brains of a football player? Apparently, Terry Bradshaw know, or did at one point in time. During the interview (or loose interpretation of one) he exhibited the mental consistency of a bowl of fruit flavored gelatin. I watched the show because Bradshaw was the only person in a Steelers uniform I have ever liked. On the pregame show he co-hosts, he is a lively, alert presence.

When he got up to sing, I leaned a little closer to the set, wondering what in Knute Rockney's name was going on. In front of a live studio audience, on tape delay nationwide, Bradshaw set out to ruin any semblance of the poised, charismatic persona he had grown into.

It has to be a result of the late hits and concussions he suffered after years of throwing the ball. Quarterbacks today are hit almost as often as boxers, and we all know the studies that have been done on boxing. Every week it seems another goes down to injury.

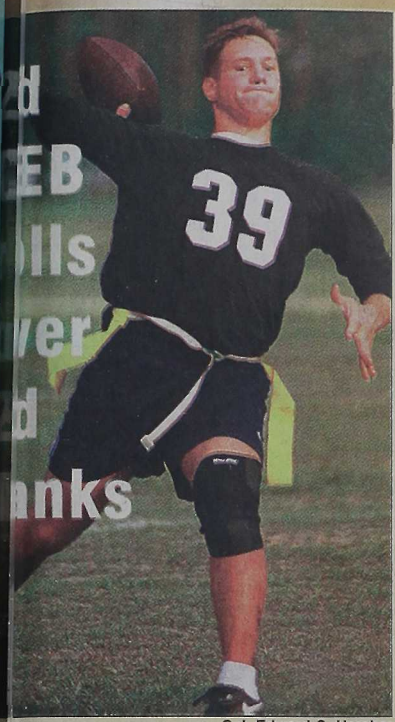
Not that times have gotten any harder for QBs. Joe Namath, Joe Montana and countless others have been battered and beaten to the point of retirement.

It's that constant beating that makes quarterback the number one sports career for me to avoid. Sure, the spotlight would be great, but with brains reduced to porridge who could enjoy it?

Other notorious sports positions are:

Hockey goalie. The man who stands in front of the net is nothing more than a padded target. With a hockey puck traveling at around 100 mph right at his face, a goalie can do little more than put up a glove and pray. When close shots are made, the opposing players often crash into the goalie full-force. Not a good career choice for the self-preservation minded athlete.

- See QB/2B



Cpl. Edward S. Harcher

f Walters, 2d Tank Bn., battempts a long pass back corner of the End Zone during the 25-6 loss EB

- See STORY/2B

End of beach season draws near

ard S. Harcher

er has blazed across the land for three months, drawing the beach for relief. Time has grown short, however, for would bask in the sun or splash in the waves. Labor end is past, the traditional signal that summer is near its

low beach, the long weekend attracted approximately ample to enjoy the beach before it closes down for the d SSgt. Steven Antunez, staff noncommissioned officer of the Beach Detachment.

ach will only be open on weekends through the end of or early October, he said. Lifeguards will not be on the week, so any water activities will be at your own

- See BEACH/2B



Cpl. Edward S. Harcher

Christopher Wilkie stands lookout. Soon He and the lifeguards will surrender the beach to winter fishermen.

THE GLOBE PRESS COLLEGE FOOTBALL TOP 20 POLL

The following poll was taken of Globe staff members on the top 20 college football teams. Total points are based on 20 points for each first place vote through one point for each 20th place vote. First place votes are in parentheses.

THE BIG 3

Tennessee (5)	199	1-0
Florida State (1)	193	0-0
Nebraska	191	1-0

Rank	Team	Points	Record
4.	Penn State (4)	161	0-0
5.	Washington	157	0-0
6.	Florida (1)	155	1-0
7.	Ohio State	153	1-0
8.	North Carolina	150	0-0
9.(tie)	Miami (1)	125	1-0
	Colorado	125	0-0
11.	Michigan	111	0-0
12.(tie)	Alabama	97	1-0
	LSU	97	0-0
14.	Texas	79	0-0
15.	Auburn	62	0-0

16.	Notre Dame	61	0-0
17.	Clemson	46	0-0
18.	Northwestern	38	1-0
19.(tie)	Colorado State	20	1-0
	Stanford	20	0-0

Others receiving votes:

Michigan State	18	0-0
N.C. State	13	1-0
Iowa	15	0-0
Southern Cal	8	0-0
Kansas State	5	0-0
Brigham Young	7	0-0
Syracuse	3	1-1



3-D Archery

The Camp Lejeune Archery Range will be hosting a 3-D Archery Shoot, tomorrow, at the archery range. Divisions include Men's Open, Men's Bow Hunter, Men's Traditional, Women's, Youth, Cub, and Pee Wee. Entry fee is \$5 per entry and \$2.50 for Cub and Pee Wee. Medals will be awarded to first, second, and third places in each division. This event is open to the public. For more details call the archery range at 451-3889 or SSgt. Randall at 451-5111.

Cross Country

Grand Prix Series 97 continues with the Lejeune International Off-Road Championship 17K Cross Country. All endurance race enthusiasts are encouraged to enter this one-of-a-kind, demanding, international-caliber 17K course of natural beauty and hazards designed to challenge all participants. The off-road course will take you through woods, mud, streams, and standing water where you will have to negotiate the natural obstacles inherent to the terrain. To register for this event, contact Mike Marion, Race Coordinator, at 451-1799, or stop by any fitness center for an entry form.

BOWLING

Bowl three games, bring in an exchange receipt and be one of 100 patrons to receive a Free 8-minute phone card at Bonnyman Bowling Center, during September only. In celebration of the Marine Corps Exchanges 100th Anniversary, 100 8-minute phone cards will be given away. Call 451-5121 for more information.

BASE STABLES

The Base Stables offers lots to do for horse enthusiasts of all ages. Pony rides, trail rides, pony parties, hay rides, group lessons, private lessons, and several boarding options for horse owners. Picnic areas may be reserved at no charge. Visit the Tack Shoppe during September and receive 25% off Wrangler jeans, bridles, and saddles. For more information call 451-2238.

BOATING

New 20 Starcraft deck boats are now available for check-out at Gottschalk and Courthouse Bay marinas. Spacious enough for 10 people, these deck boats come equipped with 70hp Evinrude engines, live bait well, depth finder, AM/FM cassette stereo, changing room, and convertible top. Wheel steering and engine controls are located at the operators console. There are also 15 LOGIC boats available by the day, half day, or by the hour. Basic boating permits are required to checkout the 15 runabout. Stop by soon and see the new equipment available. For more information on boating call Gottschalk Marina at 451-8307 or Courthouse Bay Marina at 451-7386.

SAILING CLASSES

Basic sailing classes are offered on weekends at Gottschalk Marina through October 26. This two-day instruction will qualify students in basic sailing. Basic sail craft are the marina's 13 Sunfish sailboats. Advanced classes and check-outs are scheduled as needed. Students must have qualified for basic sail craft before attending advanced sail training. Classroom instruction is held at Gottschalk Marina and sailing instruction is held on Wallace Creek and the New River. Keep watching for additional weekday class offerings, races, regattas, and moonlight sails. Call 451-8307 for registration and fee information.

CHALLENGE

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



Surrounded by CEB defenders and already down, Tanks' LCpl. Taylor continues forward progress.

Cpl. Edward S. Harcher

2d CEB blasts through Tanks

Battle of undefeated one sided

Cpl. Edward S. Harcher
Globe staff

In a battle of undefeated intramural flag football teams, 2d Combat Engineer Battalion crushed 2d Tank Battalion 25-6 Aug. 27.

A dejected Tank defense allowed the CEB team a 19-0 lead going into the second half, and their offense couldn't close the gap.

"We just didn't play as a team in the first half," said LtCol. Bill Callahan, commanding officer, 2d Tank Bn. "We've got the skill and we know what we're doing. We just need to put it together and get the job done."

At halftime, Callahan had cold reality to feed his team. "We're down three touchdowns. The problem is there are a bunch of 'I's out there. We need to reach down and pull this game out."

That, however, did not happen.

Quarterback Cpl. Jeff Walters aired the ball out through the entire game, but missed his receivers in the close, fast-paced CEB defense.

The ground game was stifled as well. Repeated attempts for bootlegs, reverses and fakes were picked up and tossed aside as CEB came rushing in. With the score mounting against them, the Tank players grew desperate, vainly trying to find positive yardage. For every positive play, however, the fates would work up at least an equal negative.

Tanks did manage to find a silver lining in the second half. Their defense tightened down, stopping the aggressive CEB offense on several key plays.

Tanks seized the opportunity to counterpunch with a rushing TD by LCpl. Tyrone Thurston, but fell apart on the two-point conversion.

CEB then overwhelmed the defense, scoring a game-ending touchdown.

"CEB just played a great execution," Callahan said after the defeat. "We didn't execute as well as we

could have, and they jumped on the opportunity to win."

The team will use the "battle of undefeateds" as a learning experience, though. Going into the game at 5-0, Tanks seemed invincible. The wake-up call delivered at the hands of CEB

will only serve as an example of what can happen when a team becomes overconfident.

"We'll see them again [later in the season]," Callahan said. "Till then we just have to take things one game at a time."



Late in the second half, Tanks sent in Cpl. McCay as QB to try salvaging a win.

Cpl. Edward S. Harcher



Cpl. Edward S. Harcher
Joell Kennedy serves one up to Jessica Jackson.



Cpl. Edward S. Harcher
Sophomore, Jessica Jackson stands ready.



Annie Johnson, one of two Lejeune High School returning tennis players with experience.

Cpl. Edward S. Harcher

TENNIS from 1B

"Hopefully we can find more freshmen to gain experience from our seasoned players and have a base for future teams," Jones said. "But right now we have to stay focused on the season we are just starting."



Cpl. Anthony Giesey, Alifeguard, rushes into the surf during practice.

Cpl. Edward S. Harcher

BEACH from 1B

"We'll be busy making sure the facility is in good shape and is clean," said Cpl. Anthony Giesey, a lifeguard with the detachment. "After we leave, the caretakers' office will be watching the place."

Lifeguards or no, Labor Day weekend marked the final opportunity of the year for many people to enjoy the beach.

"This is the last big weekend to come out before we get too far into school," said Mike Arbelaz, a junior at Lejeune High. It will be too cold to enjoy the beach during the next three-day weekend of the school year.

The weekend was also the last for Cpl. Terrence Hutnick from 2d Tank Bat-

alion, 2d Mar Div, to enjoy. "My brother Chris is visiting from Poukipsie, New York, and this is the last 96 we'll be able to lay out on the beach before it gets cold."

Once the sunbathers and surf-splishers have cleared the beach, the die-hard surfers and fishermen will take over. To surf fishers like Tom Strang, the Labor Day weekend is like a dinner bell. Before long the beaches will be empty aside from a few wetsuit-clad surfers.

"Once it gets cold, the beaches will have some good fishing opportunities," Strang said.

The weekend also marked the first time for several people on the beach. "We just picked up for Admin school," said PFC Renee Chollet. The long weekend gave her an opportunity to enjoy Onslow Beach one last time, for the first time, before moving out into the fleet and leaving the area.

Labor Day is often a major problem on beaches around the country. With the massive crowd, the beach detachment here was especially watchful, but no major problems arose. "The whole summer, we've only had one major incident involving a swimming accident," Giesey said. "Mostly we've just had to help lost children wandering the beach."

Antunez attributes the low level of incidents to responsible beach patrons and Military Police. "Ninety-nine percent of the people who drink out here are extremely responsible," he said. "That one percent that could be a problem are usually picked up by the MPs or by responsible friends, so we have very few problems out here."



Cpl. Edward S. Harcher
Kevin Howell wipes out skimming the surf during the last big weekend at the beach.

Cpl. Edward S. Harcher

QB from 1B

Rodeo clown. The ally sports figures, ro are always in mortal da ing stomped to death animals in and out of t side there are bulls, or are animal rights activ to shut down the rode.

Ski jumper. Flying ant ramp and hurtling 30 the ground just doesn't The opening sequer Wide World of Sports k ing through my mind thump, thump, thump.)

Sideline photogra tographers are the or who get injured more th letes in almost any spe guardrails. Every time rolls out of bounds in th at least two photogs lenses and extra camera to the artificial grass.

Even if I didn't get sion, the replacement damaged equipment we ably give me a heart att

VIEWPOINT

In the zone

Sgt. Houston F. Wh
Globe contributor

Every year the N called powers-that-be in a smoke-filled ro make decisions that el game, as well fan enjoy it, without our conser "competition commit is known, claims to changes based on wha for football (remember replay anyone?), but in all it mainly manages frustrate players and This year the almighty tee has decided to tar "evil scourge" of touc celebration, arguably the most beloved and pated events during a g fans. I can still rememb ing for neighborhood ging rights with a foa football and the sheer ery kid experienced catching a touchdown. Once the TD was scoo my neighborhood at lo was mandatory that sor of end-zone dance wa formed. I'm pretty su my hometown wasn't th place this was done, as professional players ha developed and brought the nature celebrations to NFL. What true fan cou forget Cincinnati Benga ning back Ickey We "Ickey Shuffle" or Atlac cons receiver and kick re Billy "White Sh Johnson's trademark d These players added flai otherwise routine situ Today's stars have tak creativity level a notch h and in the process, ma to place their own per stamps on end-zone fe ties. Broncos reciever S non Sharpe's double b flex and "Neon" Dicon Sers' signature dance are couple of the exclamat marks placed at the en great plays. Now even games feature players and celebrations that helpd them famous, no doubt and designed to appeal to fo fans. Obviously, none of factors mean a thing to executives however, as have ruled that Dallas C boys all-world running Emmitt Smith can no remove his helmet after ing the goal line (a relat frequent occurrence). It's guess that they fear fo safety of the opposing tea psychological well-bei thus placed a ban on the tally cruel act. In all likel this ruling is the beginn the end of freedom of ex sion in the NFL. Unless thing is done quickly to the politically correct di tors of the "executive com tee" from ruining the ga with their outdated visio pretty soon fans will hav resort to watching the Can dian Football League, worse, the Arena League, any gridiron excitement.

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Free brochure and wind- ter from the American Association, developd Industries, to remind out the "ABC's" of chil the safety, send a self- stamped envelope to program, P.O. Box 4361 65532.

Effortful and nutritious as on getting kids to eat and the latest findings o cancer prevention re visit the Cancer Re foundation's Website a free copy of Antinori Table, a booklet of classi and wine sugges and a self-addressed 6" by 9" stamped 55¢ envelope to Jasan Table, c/o Rem e, Inc., 1350 Avenue of th New York, NY 10019. Information on Acqui on catalogs for busines 557-5768; or on the We acq.com/mags. ics about chymodiactin, the back pain due to di call 1-800-304-7440. Free book about the mar 70-40 call, toll-free, 88 401.

Many points along t the river is too wide the shore from the other.

LEJEUNE HIGH SCHOOL

VOLLEYBALL

UPCOMING SCHEDULE

OPPONENTS	PLACE	TIME
vs. ?	Home	5 p.m.
vs. Dixon	Home	5 p.m.
vs. Swansboro	Away	5 p.m.
vs. Pamlico	Away	5 p.m.
vs. Jacksonville	Home	5 p.m.
vs. N. Brunswick	Away	5 p.m.
vs. Topsail	Away	5 p.m.
vs. Jones Sr.	Home	5 p.m.
vs. Dixon	Away	5 p.m.
vs. Pamlico	Home	5 p.m.
vs. North Brunswick	Home	5 p.m.

COACH: JACKIE WAGNER (910) 451-2451.

GIRLS TENNIS

UPCOMING SCHEDULE

OPPONENTS	PLACE	TIME
vs. Greene Central	Home	3:30 p.m.
vs. East Carteret	Away	3:30 p.m.
vs. Dixon	Home	3:30 p.m.
vs. Dixon	Home	3:30 p.m.
vs. Jacksonville	Away	4 p.m.
vs. East Carteret	Away	3:30 p.m.
vs. Jacksonville	Away	4 p.m.
vs. ?	Home	3:30 p.m.
vs. Greene Central	Away	3:30 p.m.

COACH: SAM JONES (910) 451-2451.

BOYS SOCCER

UPCOMING SCHEDULE

OPPONENTS	PLACE	TIME
vs. East Duplin	Home	7 p.m.
vs. Southwest	Away	7 p.m.
vs. East Carteret	Home	7 p.m.
vs. East Duplin	Away	7 p.m.
vs. East Carteret	Away	7 p.m.
vs. Richlands	Away	7 p.m.
vs. Richlands	Home	7 p.m.

COACH: FRANCISCO BLANCO (910) 451-2451.

CROSS COUNTRY

UPCOMING SCHEDULE

DATE	OPPONENTS	PLACE
Sept. 6 Sat.	Northside Invitational.....	Away
Sept. 9 Tues.	Conference Meet.....	MCAS New River
Sept. 16 Tues.	Jacksonville - Southwest.....	Home
	East Duplin.....	
Sept. 20 Sat.	Wolfpack Invitational.....	N.C. State
Sept. 25 Thur.	Swansboro.....	Swansboro
Sept. 29 Mon.	Hoggard.....	Hoggard
Oct. 2 Thur.	Conference Meet.....	Home

COACH: GEORGE SCHUMACHER (910) 451-2451.

VARSITY FOOTBALL

FALL SCHEDULE

DATE	OPPONENTS	PLACE
Sept. 5 Friday	Southwest.....	Away
Sept. 12 Friday	North Duplin.....	Home
Sept. 19 Friday	Swansboro.....	Home
Oct. 10 Friday	Topsail.....	Away
Oct. 17 Friday	North Brunswick.....	(Homecoming)
Oct. 24 Friday	Jones Senior.....	Away
Oct. 31 Friday	Pamlico.....	Home
Nov. 7 Friday	Dixon.....	Away

STAFF

(910) 451-2451

HEAD COACH: TOM CHILDS ASSISTANTS: DOUG ERNY, NORM ALLEN, ISSAC HENDRICKS, HUGH MILLER AND LARRY ISOM
ATHLETIC TRAINERS: MELBA ROELOFS, A.T.C. - LISA BEAVERS, A.T.C. - SHELLEY WEINSTEIN, A.T.C.; L.P.T.
TEAM PHYSICIANS: DR. CARL WINFIELD - DR. DAVE MARSHALL

COLORS: HOME-RED, AWAY-GOLD
GAME TIME: 7:30 P.M. (JR VARSITY...5:30 P.M. THUR.)
GAME SITE: STADIUM LOCATED AT OLD LEJEUNE HIGH SCHOOL PRESENTLY BREWSTER MIDDLE SCHOOL

ADMISSION: \$3.00 GENERAL ADMISSION/\$2.00 JR VARSITY GAMES

ATHLETIC DIRECTOR - MIKE SMITH

DEVILPUP ATHLETICS

Lejeune High School Cross Country meet

BOYS

BOYS		TEAM SCORES	1 SWANSBORO 2 LEJEUNE	33 59	3 WHITE OAK 4 WASHINGTON	37 85
PLACE	NO.	NAME	SCHOOL	TIME		
1	00201	JASON THOMPSON	SWANSBORO	18:12.00		
2	00401	SEAN MOLLAHAN	WHITE OAK	18:15.00		
3	00402	ROCHNE BRYANT	WHITE OAK	19:07.00		
4	00202	KYLE NEELY	SWANSBORO	19:35.00		
5	00101	OLA HABIB	LEJEUNE	20:14.00		
6	00102	GREGORY GRUBBS	LEJEUNE	20:15.00		
7	00203	ROMMEL RAMIREZ	SWANSBORO	20:32.00		
8	00403	CHRIS SILLMAN	WHITE OAK	20:44.00		
9	00204	CHRIS BUTCH	SWANSBORO	20:52.00		
10	00301	CHRISTIAN WITTE	WASHINGTON	20:53.00		
11	00405	NICK LEDOUX	WHITE OAK	21:14.00		
12	00205	ALEX ROSS	SWANSBORO	21:25.00		
13	00404	LUTHER CAPERS	WHITE OAK	21:29.00		
14	00302	JESSE DAIL	WASHINGTON	21:38.00		
15	00103	DANIEL CAMPBELL	LEJEUNE	21:59.00		
16	00104	RICARDO JASSO	LEJEUNE	22:09.00		
17	00105	CHRISTIAN GARNER	LEJEUNE	22:20.00		
18	00303	BRIAN JONES	WASHINGTON	22:26.00		
19	00106	KEITH TOUCEY	LEJEUNE	22:27.00		
20	00206	NICK BABBS	SWANSBORO	23:00.00		
21	00304	DAVID ALLIGOOD	WASHINGTON	23:04.00		
22	00305	JOSH HASSELL	WASHINGTON	23:05.00		
23	00107	SEAN RAGSDALE	LEJEUNE	23:06.00		
24	00108	JOE HERKENHAM	LEJEUNE	23:47.00		
25	00306	JOHN THOMAS	LEJEUNE	23:37.00		

GIRLS

</

LEJEUNE INTERNATIONAL OFF-ROAD CHAMPIONSHIP 17K CROSS COUNTRY

A LEJEUNE GRAND PRIX SERIES '97 EVENT

SAT, 13 SEP ♦ 0800

VIRGINIA DARE FIELD ♦ CAMP LEJEUNE, NORTH CAROLINA

Check One: ☐ Military (Active Duty*, Reserve, Retired)

☐ Dependent ☐ Civilian

*Active Duty: Current unit, assignment (Battalion, Squadron, etc.)

ENTRY FORM

Check One: ☐ Individual Entry ☐ Team Entry

THIS SPACE FOR TEAM ENTRIES ONLY

Team Name _____

How Many Team Members? _____ (maximum of 5)

EACH TEAM MEMBER MUST SUBMIT A COMPLETED ENTRY FORM WITH A SIGNED WAIVER. ALL TEAM ENTRIES MUST BE MAILED TOGETHER. THIS ENTRY FORM MAY BE DUPLICATED.

Name _____

Address _____

City _____

State _____ Zip _____

Phone () _____

Sex _____

Age on Day of Race _____

Date of Birth _____

T-Shirt size: M L XL

G

WAIVER MUST BE SIGNED BEFORE MAILING!

GENERAL RELEASE:

In consideration of this entry being accepted and desiring to be legally bound to myself, my heirs, assigns, executors, administrators, etc., I hereby release the sponsors, officials, Marine Corps Base, Camp Lejeune, and all those associated with this event, of all claims for injuries and damages incurred or arising from my participation in the LEJEUNE INTERNATIONAL OFF-ROAD CHAMPIONSHIP 17K CROSS COUNTRY. I grant permission for the use of all information submitted in my application, and any other photograph, videotape motion picture, recording and any other record of this event including race results, my likeness, name, and completion time, for any purpose, including pre-race and post-race publicity.

Signature _____

Date _____

SIGNATURE OF PARENT OR GUARDIAN IS NEEDED IF APPLICANT IS UNDER 18 YEARS OLD

Military - \$10 and Civilian - \$15 if received by Thursday, 11 Sep. Late registration (\$15/Military, \$20/Civilian) will be from 0600-0730 on day of race. MAKE CHECK PAYABLE TO MWR ACTIVITY AND MAIL THIS APPLICATION, ALONG WITH APPROPRIATE ENTRY FEE, TO:

MORALE WELFARE AND RECREATION

(ATTN: MSAD/RACE)

1401 WEST ROAD

CAMP LEJEUNE NC 28547-2539

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For additional information contact:
Mike Marion, Race Coordinator
(910) 451-1799, FAX (910) 451-1799

For hotel/motel accommodations contact:
Onslow County Tourism
1-800-932-2144

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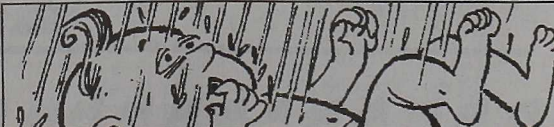
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INTRAMURAL LEAGUES

FLAG FOOTBALL SCHEDULE

DATE	TEAM	TEAM	TIME
Sept. 8	PC/AO	HQBN	6 p.m.
Sept. 8	CEB "A"	2D TANK	7 p.m.
Sept. 8	CEB "B"	26 MEU	8 p.m.
Sept. 10	PC/AO	HQBN	6 p.m.
Sept. 10	CEB "A"	SUPBN	7 p.m.
Sept. 10	CEB "B"	26 MEU	8 p.m.
Sept. 15	CEB "A"	2D TANK	6 p.m.
Sept. 15	CEB "B"	HQBN	7 p.m.
Sept. 15	26 MEU	SUPBN	8 p.m.
Sept. 17	CEB "B"	PC/AO	6 p.m.
Sept. 17	26 MEU	2D TANK	7 p.m.
Sept. 17	SUPBN	HQBN	8 p.m.
Sept. 22	26 MEU	CEB "A"	6 p.m.
Sept. 22	SUPBN	PC/AO	7 p.m.
Sept. 22	HQBN	2D TANK	8 p.m.
Sept. 24	SUPBN	CEB "B"	6 p.m.
Sept. 24	HQBN	CEB "A"	7 p.m.
Sept. 24	2D TANK	PC/AO	8 p.m.
Sept. 29	HQBN	26 MEU	6 p.m.
Sept. 29	2D TANK	CEB "B"	7 p.m.
Sept. 29	PC/AO	CEB "A"	8 p.m.
Oct. 1	2D TANK	SUPBN	6 p.m.
Oct. 1	PC/AO	26 MEU	7 p.m.
Oct. 1	CEB "A"	CEB "B"	8 p.m.

ALL GAMES PLAYED AT CROSS ST. FIELD

THIS WEEK

SEPTEMBER 5 - 11 SCHEDULE

SEPTEMBER 5
8AM-12PM • All-Camp Intramural Skeet-Skeet Range
6PM • Intramural Soccer-"L" St-8th MT Bn vs Sup Bn
7PM • Intramural Soccer- Unlit Field-MCAS vs ESB 8PM
• Intramural Soccer-"L" Street-LSB vs LAR

SEPTEMBER 6
9AM-3PM • 3D Archery Shoot - Archery Range

SEPTEMBER 8
6PM • Intramural Soccer-"L" Street-LSB vs 8th MT Bn and Unlit Field-Hq Bn vs 2d CEB • Intramural Flag Football-Cross Street-PC & AO vs Hq Bn
7PM • Intramural Flag Football-Cross Street-CEB "A" vs Sup Bn
8PM • Intramural Soccer-"L" Street-Recon vs 2d Tank • Intramural Flag Football-Cross Street-2d Mar Reg vs 2d Tank

9PM • Intramural Flag Football-Cross Street-CEB "B" vs 26 MEU
SEPTEMBER 9
6PM • Intramural Soccer-"L" Street-LAR vs 2d Med Bn and Unlit Field #1-Sup Bn vs AA Bn and Unlit Field #2-Hq Bn vs LAR

6:30PM • Recreational Adult Womens Summer Softball-FC399 Field-Horseplay vs Xtreme
7:45PM • Recreational Adult Womens Summer Softball-FC399 Field-Sho-Nuf vs Black Widows
8PM • Intramural Soccer-"L" Street-ESB vs 2d Maint Bn

SEPTEMBER 10
1800 • Intramural Soccer-"L" Street-AA Bn vs Hq Bn
1800 • Intramural Flag Football-Cross Street-2d Tank vs 2d Mar Reg 7PM • Intramural Soccer-"L" Street-MCAS vs Hq Bn 7PM • Intramural Flag Football-Cross Street-PC & AO vs Hq Bn 8PM • Intramural Soccer-"L" Street-Sup Bn vs LAR 2000 • Intramural Flag Football-Cross Street-CEB "A" vs Sup Bn 9PM • Intramural Flag Football-Cross Street-CEB "B" vs 26 MEU

SEPTEMBER 11
6PM • Intramural Soccer-"L" Street-Hq Bn vs ESB and Unlit Field #1-2d Med Bn vs LSB and Unlit Field #2-AA Bn vs 8th MT Bn
6:30PM • Recreational Adult Womens Summer Softball • FC399 Field-Black Widows vs Horseplay 7:45PM • Recreational Adult Womens Summer Softball-FC399 Field-Extreme vs Untouchables 8PM • Intramural Soccer-"L" Street-2d Maint Bn vs Recon

AEROBIC CLASSES: Mon-Thu 6:15-7:15PM - Classic Combo, Bldg 524 Mon, Wed, Fri 6-7PM - Early Bird Aerobics, Bldg 524 8-8:45AM - Water Step, TT Pool 9-10AM - Cardio Step, TT Comm Center 9:30-10:45AM - High and Low Combo, Bldg 524 11:30AM-12:30PM - Water Running, Area 2 Pool 5-6PM - Cardio Step, TT Comm Center 6:30-7:15PM - Water Step, TT Pool Mon-Fri 11:30AM-12:30PM - Cardio Pump, Active Duty, Bldg 524 12-12:20PM - Belly Burner-Area 5 Gym 5-6PM - Low Impact Pump, Bldg 524 Tue, Thu 9-10AM - Power Walk, TT Comm Center 5-6PM - Power Walk, Midway Park Community Center 11:30AM-12:15PM - All Body Cycling, French Creek Fitness Center 11:30AM-12:30PM - Water Step, Area 2 Pool Sat 9:30-10:30AM - Anything Goes, Bldg 524.

Sports Briefs

BOATING SAFETY CLASS

The Onslow County Parks & Recreation Department and the U. S. Coast Guard Auxiliary will be cosponsoring a boating Skills and Seamanship Class. The classes will be held on Tuesdays and Thursdays from 7:30-9:30 p.m., September 23 - November 4, at White Oak High School. Cost is \$25 per person. Preregistration is required through the Onslow County Parks & Recreation Department however payment is not due until the first night of class. Class size is limited. For more information, call the Parks & Recreation Department at 347-5332.

Beginning tennis lessons

The Onslow County Parks & Recreation Department will be conducting beginning youth (ages 7-15) and adult (ages 16 and up) tennis lessons. Cost is \$20 per participant. Dates, times and locations of lessons are:

COASTAL CAROLINA COMMUNITY COLLEGE

Mondays & Wednesdays September 15 - October 8
Youth: 5:30 - 6:30 p.m. • Adults: 6:30 - 7:30 p.m.

ONSLOW PINES PARK

Youth:

Tuesdays & Saturdays Tuesdays: 5:30 - 6:30 p.m. • Saturdays: 10:30 - 11:30 a.m.

Adults:

Tuesdays & Saturdays Tuesdays: 6:30 - 7:30 p.m. • Saturdays: 11:30 - 12:30 p.m.

Preregistration is held at the Onslow Pines Park Administration Office prior to 4:30 p.m. on September 12 for lessons at Coastal Carolina Community College and prior to 4:30 p.m. on September 15 for lessons at Onslow Pines Park. Class size is limited. For more information, call 347-5332.

HUNTING SAFETY CLASS

The Onslow County Parks & Recreation Department and the N.C. Wildlife Resources Commission will conduct a Hunting Safety Class September 23-25, from 6-9 p.m. at Blue Creek Elementary School. There is no cost for the class but preregistration is required through the Onslow Pines Park Administration Office. Class size is limited. For more information, call 347-5332.

Cheerleading Lessons

The Onslow County Parks & Recreation Department will be conducting Beginning Cheerleading Lessons for children ages 6-14. The lessons will be held on Saturdays, September 13 - October 18, at Blue Creek Elementary School from 9 - 10:15 a.m. (ages 6-9) and 10:30 - 11:45 a.m. (ages 10-14). Cost is \$20 per participant. Preregistration is required at the Onslow Pines Park Administration Office prior to 4:30 p.m. on September 12. Class size is limited. For more information, call 347-5332.

Golf Scramble

The MCAS New River OWC Christmas Cheer Golf Scramble will be Friday, September 12 on the Camp Lejeune Paradise Point scarlet course. This event is open to all active duty personnel and family members. Prizes include \$10,000 for a hole-in-one. Registration deadline is September 5, registration forms are available at MWR outlets. For more information, call Anne Hanifen 577-4241.

Ladies tennis

The Lejeune Ladies Tennis Association is adding new members. The fall season will begin Sept. 15. The Association meets Monday and Friday morning 9 a.m. to 11 a.m. at the Paradise Point courts. D. wives of active duty or retired military are eligible for membership. For more information call Karen Edwards 2857, or Deborah Schoch at 347-9238.

UPCOMING ALL-MARINE AND ALL-ARMY FOR CHAMPIONSHIP SCHEDULE

SOC

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September 29
MCB Camp Le

East Coast 1
October
MCB Camp Le

West Coast
October
MCB Camp F
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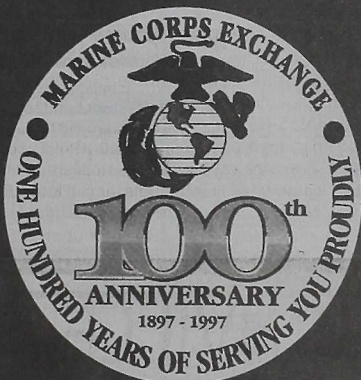
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P205/50R15	\$71.99	\$52.99
P185/70R14	\$56.99	\$41.99
P195/70R14	\$58.99	\$42.99
P205/70R14	\$61.99	\$45.99
P215/70R14	\$64.99	\$47.99
P225/70R14	\$65.99	\$48.99
P215/70R15	\$64.99	\$47.99
P225/70R15	\$67.99	\$49.99
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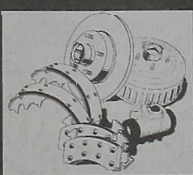
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'90 Chevy Corsica 5spd., AC, \$4,800 OBO. Call 938-0435.

'97 Dodge Ram 1500, SLT, extended cab, short bed, bed liner, w/soft cover, 4x2, very low mileage. Call 355-0793.

'86 Ford Mustang LX, 4 spd, 4 cyl., A/C, AM/FM cass., 5 Star Key Stone Mag rims, excellent cond., \$1,600. Call 324-4477.

'93 Ford Ranger XLT, lots of extras, must see, low miles. Call 577-1622.

'81 Ford F-100 pu. 6 cyl. w/dd 3 spd. trans. AM/FM cassette sliding rear window, toolbox and trailer hitch \$1,500 OBO. Call 326-3866 anytime.

'86 Ford Bronco II 4x4 new 2.9 V-6 eng., PS, PB, PW, cruise, A/C, AM/FM cass player, excellent cond. \$3,000 OBO. Call 455-554.

'85 Ford Crown Victoria 351 HO only 2,000 miles on new tires new starter and brakes very good condition inside and out \$1,200. Call 353-4960

'93 Ford Ranger XLT extended cab, 52K, 6cyl., 5 spd, cruise, bed liner, camper shell. \$9,800 or take over payments. Call 455-8779.

'83 Ford van Econoline conversion with extended roof. '87 392 engine, runs good. Call 577-3236.

'91 Geo Tracker, black, bra, air, auto, cass., exc cond., \$5,000. Call 347-9342.

'91 GMC 4x4, 5 spd., A/C, cruise, tilt, 76,000mi, \$7,500. Call 347-2104.

'80 Honda Accord, 2dr., asking \$500. Call 353-8379.

'81 Honda Accord, 3 dr, auto, rims, runs good, work car, \$500 OBO. Call 355-2933.

'89 Isuzu Amigo, 2.6 ltr., 4-wheel disc brk., good running, solid great beach truck, \$5,000. Call 353-8343.

'92 Isuzu Rodeo, 4X4 V6, 5 spd. luggage rack, trailer hitch, CD player, alarm system, push guards, nerf bars, fog lights, window deflectors, big tires, \$10,800. Call 453-9891.

'85 Jaguar XJ6, excellent condition, \$6,500. Call 355-2788.

'82 Jeep CJ-7, good condition, 4-cyl, 5 spd., wide tires, AM/FM stereo w. cassette and premium sound, hard top w/o doors, \$4,000 OBO. Call 326-6086.

'79 Jeep Wagoneer 4X4, \$800 OBO. Call 355-0606. Ask for Jerry.

'87 Mazda B2600 pickup, cab plus model, 4WD, 5 spd, cold air, chrome rims, great truck. Call 324-6488.

'85 Mazda MX-6, black, fully loaded plus beige leather interior, sunroof, tinted windows, 16" Neeper N-7 wheels, excel. cond., price negotiable. Call 937-5460.

'93 Nissan Sentra limited edition, 2dr., 5spd, asking \$6,000. Call 353-8379.

'97 Wrangler Jeep, pearl blue,

alarm and many more features, 15,225 miles, \$14,800. Call 938-3803.

'89 Mazda MX-6 GT Turbo. AC, pw, c.c., tilt wheel, am/fm CD, 3 way power sunroof, new tires, recent tune up, new exhaust, \$4,500 OBO. Call 577-1263.

1995 Nissan Pathfinder SE. ASII options. 35k miles. Immaculate. Call 355-2203, leave message.

1994 Nissan Altima GXE Sedan-a/c auto trans., all power, cruise, am/fm cass., tilt wheel, \$9,000 OBO. Call 937-0165.

'91 Nissan Sentra, blue, 4 dr., auto, 66,000 miles. Asking \$6,000 OBO. Call 355-2516.

'92 Olds Acheiva front end bra. Make offer, call 938-2618.

'95 Grand Am, 4 door, all power, ac, am/fm cassette, great condition, asking \$9,500 OBO. Call 355-9163.

'86 Porsche 944, 5 spd, ac, cruise, looks and runs great, asking \$8,500 OBO. Call (910) 453-7978, leave a message.

'91 Toyota 4-Runner, 4dr., 4WD, one owner. Call 919-354-9318.

1993 Toyota Corolla Wagon, 5 speed, air, tilt steering, \$7,000 OBO. Call (910) 353-3144.

'89 Jetta-GL. Showroom condition, one owner, all records, ex. maintenance, economical, red/gray. Call 327-2090.

1992 Volvo 940 GL. "Mint condition", leather seats, alarm system, custom rims, sunroof, keyless entry, still under Volvo warranty until Feb. '98. Must see, \$14,500. Call 453-9891.

MOTORCYCLES

1993 CBR 600F2, good condition, 16k, jet kit, D&D pipe, must see, \$3,500 or best offer. Call Burke at (910) 324-6050.

'81 Honda CX 500, garage kept, newly rebuilt carbs, 11k miles, new tires, nice get around bike \$1,000. Call 347-2104.

'92 Honda Nighthawk, 6,150 miles. Call 938-2618.

'86 burgundy Honda Shadow 500, excel. cond., \$1,200 OBO, includes helmet. Call 937-0200.

'96 Katana 600, teal, low miles, \$5,000 OBO. Call 355-2446.

'96 Kawasaki Vulcan, 800 cc, blue, helmets, cover, 1,500 miles, \$6,000 OBO. Call 353-2705, leave message.

'93 Suzuki Katana 750, good cond. \$3,000 price is negotiable. Call 355-2461.

'93 Suzuki RM 125, stock, runs and looks new, MSR riding gear, boots, gloves, helmet, goggles, \$2,800 OBO. Call 355-0926.

'93 Suzuki, Rm. 250. Excellent Condition, must see to appreciate, \$3,000 OBO. Includes riding gear and helmet. Call Mike at 347-1576.

MISCELLANEOUS

.5k solitaire diamond engagement ring, appraised at \$1,500, asking \$800. Call 326-7828.

12 gauge, Ithaca, model XL 900, 26" barrel, 2.75 cham auto, improved choke, new condition, serious inquiries only. Call 347-5176.

30-06 Remington woodsmaster model 742, Tasco .75 X32 scope, leather sling, new condition, \$465. Call 347-5176.

30-06 Ruger M77, never fired, gun case, sling, Bushnell scope, box of ammo, stock swivels and scope, rings also included, 4575 firm. Call 393-2753.

Craft wood stove, \$250; single barrel .12 gauge shotgun, \$50. Call (919) 393-8585.

Entertainment center, \$260; Spny 8mm VCR, new, \$350; Sony 8mm camcorder, \$650; computer desk and printer desk, \$100. Call 347-9167.

Kenmore refrigerator needs compressor, \$100 OBO. Play Tyke play cube \$50 OBO. Sega Genesis system and 7 games, \$50 OBO. Call 354-5958.

New encyclopedia set, must see, \$1,000 OBO. Call 937-6951.

2 dress blue jackets, sz 46, \$100 ea. Call 577-8694.

Uniforms for sale, complete

blues alphas, cammies, AWC, wooly pully, Creighton shirts, accessories. Call 353-3280.

NEC notebook computer, Windows 95, fax modem and much more, \$900. Call 577-6404.

Packard Bell Pentium 100 computer, 1.2 hd, CD rom, SVGA monitor, 342 meg ram, like new, \$1,000. Call 347-9342.

The All Haitian Get Together cookout, September 6, 3pm. Call 453-8883.

4 15" Ford aluminum rims, w/p205/65R 15 925 Dunlop tires, mounted, \$200. Call 346-6285.

Saris locking roof rack w/full attachments for 2 bikes, \$275. Call 919-354-4485.

Lawn mower 3.5 HP craftsman and 4 HP Toro self-propel \$50 each. call 353-1335.

Lawn tractor mower, craftsman, 6 spd., 38" cut, 12 HP, DHV with dual heavy duty grass catcher. \$499. call 347-3091.

Push bomber with lights, nerf bars, head & tail light covers, bug deflector, all black, fits 88-95 Ford full size truck. Call 938-2618 for details.

Used lawnmower, \$50. Call 346-6285.

One pair MTX two way 6X9 speakers in factory boxes, sounds great, \$80. Call 354-4485.

Beautiful Ball Gown. Blue Sequin with silver design, full length formal gown. Worn once. Size 12. \$150. Call 346-8237.

Wedding dress, size 5, never worn, brand new, gorgeous, long sleeves and train. Will sell for \$500 firm. Call 456-3751.

Approximately 2 cords of split hardwood. You pick up, \$150. Medium sized BUCKSTOVE.

Excellent condition, \$300. Call (919) 393-8164, daytime only.

Want to get rid of baby car seat, \$40. Booster chair, \$25. Set of skis with poles, \$90, needs work. Call 346-8430.

Storm windows with screens, 1-30 x 36 1/2, 4-38 x 37 1/4, 8-38 x 48 1/2. Price \$150. Call 346-6285

Mobile home steps-four steps, salt treated, price \$45. Call 346-6285.

Answering machine, \$20. Rocker recliner, \$75. 13" b/w TV, \$10. Boston acoustics speakers, \$15. Coffee table, \$10. Computer desk, \$25. Century travelite stroller, \$65. Call 353-1375.

Apple/Macintosh Performa 550, \$950. Paid \$1,600. Perfect family computer. Lots of software and games. Call 355-2788, ask for Shawn.

APPL. & FURNITURE

Sauder storage cabinet \$80, Queen size mattress \$60, Sauder computer desk \$30, Kitchen table no chairs \$20. Call 353-7273.

Craftsman riding lawn mower, 5 spd., 11 HP, 38" cut, \$220 OBO. Call 346-6479.

Crib to toddler bed, white w. pastel trim and five drawers, \$150. Call 353-3991.

Solid pinewood futon, 8" black mattress, \$275 OBO. Call 453-2411.

Sleeper sofa and loveseat \$300, white-washed coffee table \$150, trundle (single) \$50 OBO. Call 347-4354.

Sleepworthy Dreammaker bed full size, Posturepedic, asking \$300 OBO. Call 453-2411

Magic Chef 900 watt microwave oven, \$50; Emerson 4-head VCR with remote, \$75. Call 353-4960.

Kingsize waterbed w/mirrored canopy, 12 drawer, pedestal, and mirror, \$600. Call 326-1763.

100% Australian black leather and loveseat, includes black leather pillows. \$600. Call 324-2103.

King size waterbed w/bookshelf, \$300 OBO, boys 16" bike, \$20. Call 346-2339.

Queen size waterbed w/6 drawer pedestal and mirrored headboard, \$200 OBO. Call 938-7842 after 6 p.m.

Queen size mattress and box spring, hardly used, asking \$150 OBO. Call 353-5878.

Papason chair, round, off-white cushion, good condition, \$35 OBO. Call 355-9169.

Washer and dryer, \$200. Coffee table and end tables for \$50. Call 347-7591 after 5 p.m.

Need to get rid of baby's crib that turns into toddler's bed with accessories, \$289.99. Baby's high chair, \$20. Call 346-8430.

Devilss 7KW generator, only used 50 hours, very good condition. Bought September 1996. 10 H.P. Briggs & Stratton engine, 120 V and 240 V output, \$500 firm. Call 353-4960.

BOATS & RECREATION

Men's 26" bike Kia Cruiser, blue good shape asking \$40 OBO. Astronomical telescope w/stand and spotter scope, \$50 OBO. Call 326-3886.

2 18-spd mountain bikes, \$200 each, weight bench, \$45, bathtub, \$50, coffee table, \$45, lawn mower, \$95. Call 347-5765.

Sherwood Oasis II regulator, Octopus, Dacor Omni II Dive computer, U.S. divers carrying bag, one tank w/protectors, \$350. Call 355-0926.

Dive gear, BCD Seahawk w/air 2, tank, mask fins, regulators, weights, dive console etc. \$1,000. Call 346-1570.

Exercise bike, Sears Lifestyler, \$100. Call 355-2312.

His/hers Trek mtn. bikes, \$150 ea., like new. Call 937-6951. Leave message.

CardioPlus Rider, \$100 OBO. Call 938-0435.

Soloflex w/butterfly attachment, \$500. Call 355-9997.

Soloflex w/leg and butterfly attachments \$450. Nordic track ski machine "pro model" excellent cond. \$275. Call 353-2582.

'87 161/2 Procraft bass boat, 115hp, Suzuki new trolling motor and fish finder, galvanized trailer. \$2,500. Call 347-2104.

John boat 14' w/trailer, new axle, bearings and fenders \$500. Call 1-910-791-2812.

Utility trailers, 5'w x 10', heavy duty \$600. neg and 5'w x 8 1/2', all medel \$450. Call 353-1335.

Enclosed motorcycle trailer. \$1,500. Call 347-1576 after 5 p.m.

Alto Saxophone (Armstrong) w/case, strap. Call 937-5193.

Drum set w/cymbals, hi hat and hardware. Call 327-0901.

54 cm Trek w/Shimano STI components, \$550. Cycling shoes, 9 1/2, \$40 ea. Cycling jerseys, size medium, \$25 ea. 56 cm. Bianchi \$350. Time Mountain cycling shoes, size 7, \$30. Giro helmet, \$35. Call 347-9167.

Hunting Bow, 55 lb. to 70 lb. with arrows for bow set at 65 lb., plus carrying case, \$200 for all. Call 353-2668.

1 Child ATV helmet, price \$20. Call 346-6285.

65" Connelly Revolution water ski, front high-wrap binding, rear toe plate, size 8-10 1/2, \$120. Call 353-7313.

REAL ESTATE

One bdr., mobile home for rent, 10x42 on private lot, furnished, close to Lejeune, no pets, water and trash pickup free, \$145 per month plus deposit and six month lease. Call 353-2668.

3 bdr., 11/2 bth., living room, dining room, eat in kitchen w/wd hookup, family room, fenced in yard, Northwoods, \$575 per month. Call 346-4572.

3 bdr., house for rent, private fenced in yard, only minutes to main gate. Call 455-0375.

'93 Oakwood mobile home, 3 bdrms, 2 baths, fireplace, appliances, location Know MHP. Call 347-7591 after 5 p.m.

'94 Oakwood home, 3bdr., 1 1/2 bth., take over payments, \$348/mo or refinance, \$22,000. Call 355-0808.

Mobile home 3br., 2 bath, island stove, garden tub w/skylight, shed included, 1 1/2 mile from

base, \$200 per month 2085.

Mobile home metalning for sale, \$50. 6285.

Beach house for rent 2 bath, mstr bdrm v and sundeck, was central A/C and heat levels, new carpet, rent negotiable. Call

Three bdr., 2 bath hofenced yard, fireplwasher, fridge, garbagecated in Raintree sub or 2 sm/med dogs \$750 per month. Call

Townhome For Sale-ba, garage, all appliplace, near K-Mart, condition, \$49,900. 8242 AWH.

PETS

Female Rottweiler, 3 \$200. Call 347-4667

Free to good permanent friendly male dalmateder. Call 326-1131

Siberian Huskies, 1 mwhite, w/blue eyes, white with blue eyes. 6488.

WANTED, LOST, FOUND

Found: Roller blBrewester Blvd. Call

Would like to buy a camping gear in gots tents, sleeping bag, e 577-3192.

Good condition, 27" Tcolor TV, picture in pictmote control. Call 455-

YARD SALE

Neighborhood Yard Sale, appliances, clothing, gets and more, Jumpin Run Housing Area, o

Rd. in Hubert. Saturdtember 13, 8am-until ? 3362.

Yard sale, Sat., Septemb.a.m. children items, v books, CDs, etc. 3100 S

Williams Blvd.

THE GLOBE TRADER ADS

HOW TO PLACE YOUR FREE TRADER AD

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

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

TRADER FORM

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

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

Signature _____ Rank _____ Organization _____

Home Address _____

Home Phone _____ Work Phone _____

GLOBE TRADER ADS

Classifieds

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1. Auctions.....65	Card of Thanks.....140	Miscellaneous.....195	Home Builders.....284	Heavy Equipment.....370
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16. Collectibles/Records & CD's.....117	Florist.....183	Stores & Offices For Sale.....276	Recreation.....348	Antique Automobiles.....460
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at 910-938-5301 or
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Dermatologist-tested. Call today
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MEDAL AND RIBBON SETS ex-
perts mounted for uniform wear.
We stock all Medals (regulation,
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3 bedroom, 2 bath, on 4.5 acres.
Hubert area, \$550 per month, plus
security deposit. 919-223-3503.
TFN

**Deerfield Sub-Division, 3BR, 1 1/
2 BA,** fenced back yard. Call 577-
5973 anytime. 9/12

210 Homes for Sale

3 bedroom, 1 1/2 bath \$550 per
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326-3123. 9/5

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230 Rooms for Rent

Studio apartment located at Em-
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Short term or long term. Call 703-
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265 Property

Marines Wanted - For rent Top-
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BR, 2BA, with garage and deck,
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919-783-8305 or 919-961-0118.9/5

North Topsail Beach, 1BR, 2BA,
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to month, seasonal. 910-328-3772.
9/5

305 Appliances

Microwave, Works great \$25 OBO
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We Buy & Sell Air Conditioners,
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ture, chest of drawers, kitchen
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room sets, any good used furniture.
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320 Computer

686 Multi Media Computers / Sup-
plies. Military Credit/ all ranks.
Establish / re-establish your credit.
\$0 down, \$99 a month. 1-800-226-
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11/28

374 Lawn Service

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

401 Automobiles for Sale

1991 Honda Civic, 5sp, \$2500 ste-
reo, \$3600, Call for extras. 577-
6969, 353-5118, ext. 236. 9/5

455 RV Sales/Rentals

For Sale, 1995 Itasca 27' motor
home. Very low mileage, owned by
non-smokers, fully loaded. For
more info, call 324-2630 6am -
9pm. TFN

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

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



465 Motorcycles

1991 Black Katana Suzuki. Must
Sell. 2750. OBO. 455-6473 10am-
4pm. 9/5

I BUY MOTORCYCLES. All
makes. Call 910-347-6489.
TFN

For sale: 1981 Ironhead Sportser
white with fatbob tank, chrome
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Asking \$7,000 or best offer. Call
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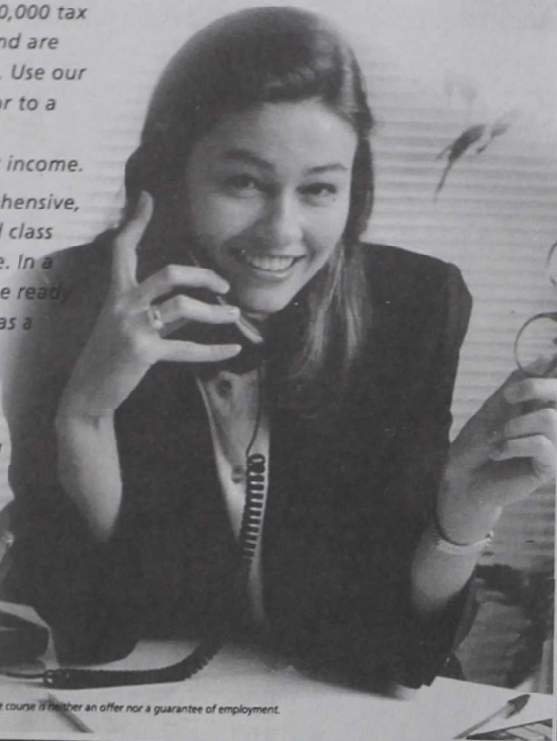
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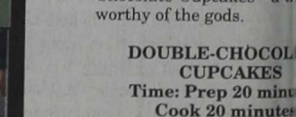
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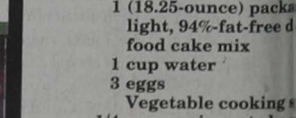
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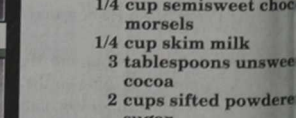
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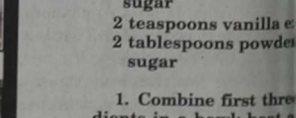
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Chocolate Without Guilt

(NAPS)—Think you eating chocolate for Surprisingly enough, dates back more than 2,000 years when it was first cultivated by the Mayans as a form of currency sustenance.

In 1492, Columbus cacao beans back to Europe. Chocolate quickly was in other European countries, including England, soon boasted as many houses as coffee houses. In the mid-1700s, the first chocolate house in the New World was opened in Massachusetts. Thus, the love affair with chocolate is scientifically rooted in Theobroma cacao, the gods.

Chocolate today is considered decadent treat laden with calories and fat. But it does have health benefits. To be that way, as demonstrated by weight management Jenny Craig in her new book, *Jenny Craig's Required*. Included are recipes for easy-to-prepare chocolate recipes in one form or another. Chocolate Cupcakes—a treat worthy of the gods.

DOUBLE-CHOCOLATE CUPCAKES

Time: Prep 20 minutes
Cook 20 minutes

- 1 (18.25-ounce) package of light, 94%-fat-free dry food cake mix
- 1 cup water
- 3 eggs
- Vegetable cooking oil
- 1/4 cup semisweet chocolate morsels
- 1/4 cup skim milk
- 3 tablespoons unsweetened cocoa
- 2 cups sifted powdered sugar
- 2 teaspoons vanilla extract
- 2 tablespoons powdered sugar

1. Combine first three ingredients in a bowl; beat at medium speed of an electric mixer for 2 minutes. Divide batter into 24 muffin pans coated with cooking spray. Bake at 350 degrees for 20 minutes or until a pick inserted in center comes out clean. Cool in pans for 5 minutes; remove from pans, and let cool on wire racks.
2. Split each cupcake in half horizontally using a serrated knife; set aside.
3. Combine chocolate morsels, milk and cocoa in a double boiler, bring water to a boil. Reduce heat to low until chocolate morsels are melted, stirring occasionally. Remove from heat; stir in 2 cups powdered sugar and vanilla. Spoon bottom half of each cupcake with 2 teaspoons chocolate mixture; place top half of cupcake on chocolate mixture. Sprinkle with 1 tablespoon powdered sugar over tops of cupcakes.

Yield: 2 dozen cupcakes (155 calories per cupcake)

Accent

October 5, 1997

Camp Lejeune, N.C.

THE GEM MINES OF COWEE

HOW THE RUBIES CAME TO BE

The route to the mines winds through pastoral scenery: Lush green fields and

streams, flanked by mountains of unimaginable grandeur on earth. Few who come here are aware of the tectonic forces that brought the mountains into being and the gems that are the object of so much eager

professional mineralogists who provided the impetus. These hobbyists pored over the Pratt and Lewis study for clues to the location of gem corundum.

"People read the book and would go out and pay a farmer to mine on his land," Burke Cole recalls. "In the early fifties, Frank Wykle became the first to open a mine like they are today."

John P. Brady, a local reporter with a flair for promotion, made the Cowee mines famous with an annual "Ruby Fly-In," complete with beauty queens and festivities. The national publicity generated by his efforts drew rock hounds as well as tourists to Franklin. Soon the town was known far and wide as the "Gem Capital of the World," a title that seems to have been coined by Brady.

BEYOND THE VALLEY

Gems and minerals have become a pervasive part of Macon County's economy. Mines seem to be springing up everywhere and numerous shops specialize in rocks, gems, minerals, jewelry and the accoutrements of rock hounding. Some of the shops have huge collections that rival those of small museums.

Franklin is home to an active Gem and Mineral Society, which in 1974 established a charming and utterly unique museum in a 19th Century jail house. The popular displays include local and state specimens, Indian artifacts, a fluorescent room (in the old solitary confinement cell) and an exhibit of fossils. Among the prized exhibits is a 49-pound corundum crystal from the old Corundum Hill mine.

Two of the biggest events on the local calendar center around gems. This year, the Franklin Chamber of Commerce and the Gem and Mineral Society will host their 27th July GemBoree (July 22-26) and their third Leaf Lookers' GemBoree (Oct. 22-25). The shows include a full calendar of lectures, slide shows and demonstrations, with 24 dealers from all over the country offering a multitude of goods and services, often at discounted prices. Some dealers do benchwork on the spot, making jewelry, setting stones and doing repairs. Merchandise for sale includes rough materials (for hobbyists who cut their own stones), cut stones, jewelry, specimens and equipment.

HINTS FOR MINERS

Native or enriched? That's the first decision facing the would-be miner in Macon County. At least five mines operating today are strictly native; the others enrich the local gravel with imported stones.

Your chances of ending the day with a jarful of gems are better at an enriched mine, so they can be more fun, especially for families with children. On the other hand, purists prefer the native-only mines, even though pickings may be slow on some days.

"People that know what they're doing and know the real true beauty and value of our local stones know it's worth going to the native mines for the chance of finding something really good," Cole says. He has seen spectacular stones come from local diggings, among them an 86-carat ruby--"the biggest I ever dug"--found by a lady from Dahlonga who was offered \$10,000 for it. Cole's wife wears a ring with a stone he found--a 6 carat ruby with a half-moon that was appraised at \$3,500.

Mining is a hot, wet, and dirty business, best conducted in comfortable old clothes. A wide-brimmed hat or a rented umbrella, insect repellent and sunscreen are helpful. Rubber gloves are another comfort aid. Hours of rubbing your fingertips over wet gravel can wear fingernails to the nub and dry your skin.

Some of the mines remain open year-round, seven days a week, at least in good weather. The others open by the first of April or May. Hours vary according to the season, but in summer most are open until dusk. It's a good idea to contact the Chamber of Commerce for current information before starting on a trip.

Entrance fees run about \$4-\$5 a day, plus 25-50 cents per bucket. For that you get a sieve-like tray for cleaning the stones and a spot on one of the long wooden benches next to the sluice.

Most of the mines have picnic areas, shelters, drink machines, snacks and clean rest rooms. Some also have

concession stands and a few have camping facilities.

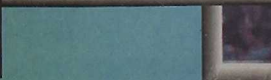
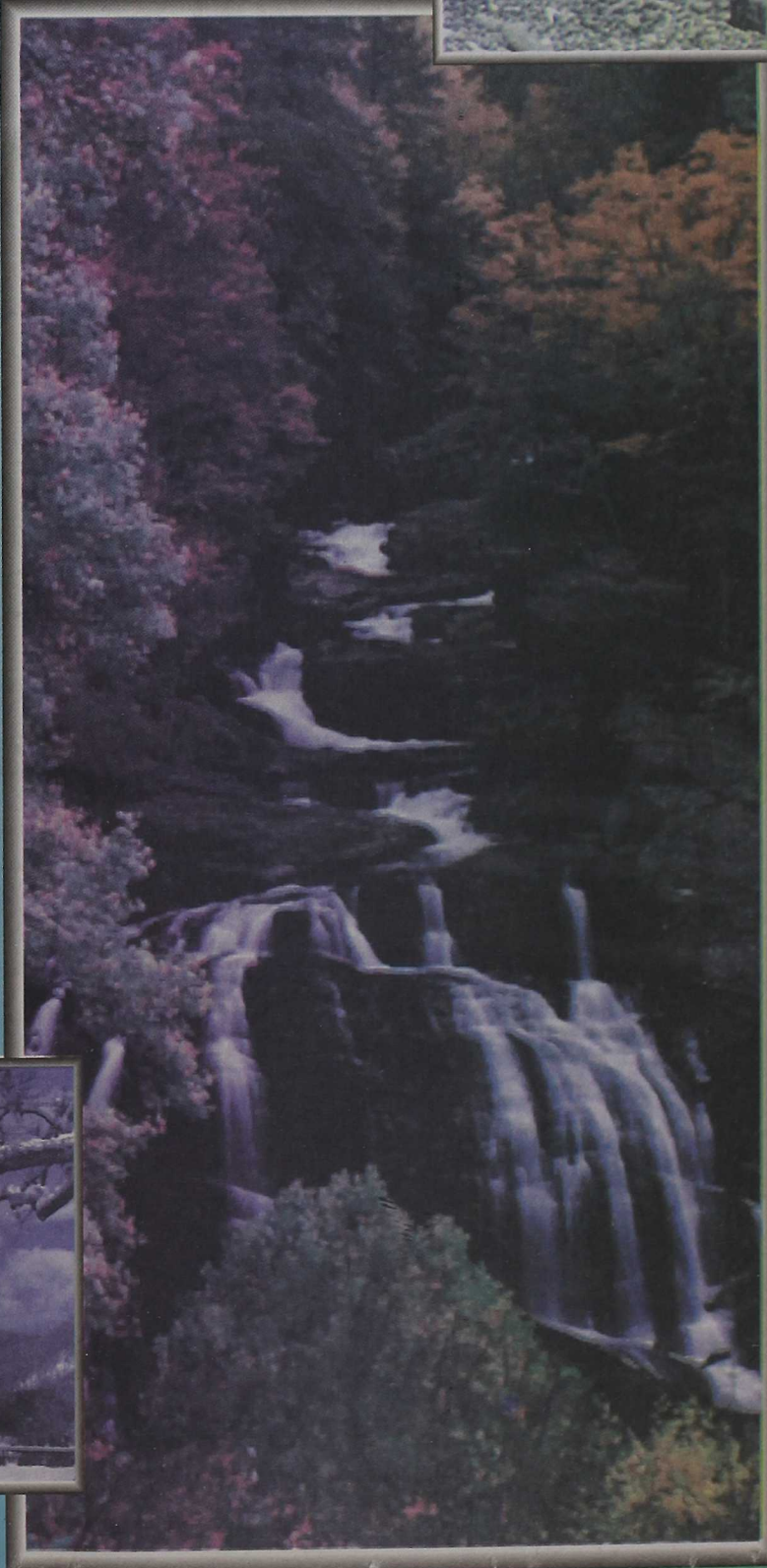
The most successful miners seem to be those who take their time, work only a small amount of dirt or gravel at a time and examine it carefully before continuing. The procedure is a simple and repetitive process of rinsing and checking, tossing the obvious dross, rinsing again and picking through the rest of the gravel until you are down to "maybes." These you examine for color, luster, translucency, shape and weight.

Garnets--both the deep red pyrope and the rose-colored rhodolite--are usually easy to spot. Rubies also stand out, especially on a sunny day when their brilliant color flashes in the pan. The challenge comes with sapphires, which often hide their true colors under a gravel-colored skin. Shape can be the best clue. Because corundum is so hard (only diamonds are harder), some indication of the hexagonal crystal structure usually survives centuries of weathering and tumbling. Testing the feel of the stone in your hand is another good technique; corundum is noticeably heavier than other stones of similar size.

Until you gain proficiency, you should always ask the attendant to check your final washing before you toss everything away and dig into the next batch of dirt. Some of the less well known treasures may escape you. "There are nine different types of gemstones in the valley," Cole says. "You can leave here with a collection."

Finally, the more buckets of dirt you examine, the greater are your chances of finding a really good stone.

Most of those who visit the Cowee mines will find what they came for, a day of fun and something to show for their efforts. Some will find rare and valuable gemstones. And a lucky few will find something even more valuable: a hobby that will reward them with a lifetime of friendship, knowledge and adventure.



10 million years ago, as the Appalachians formed, burying an ancient ocean collided at this site with force to bring material up from the mantle of the planet (9.3 miles) below the surface.

One of that violent period lies scattered over Macon County. Here, in one location, we find granite from the continental crust, magnesium and iron-rich rocks from the old ocean bed, and olivine or dunite from the mantle. The rocks are a silent witness to an age of upheaval.

Layers of Cowee began forming when the material of the continental crust was pushed onto the continental crust. The stuff of the ocean bed is silica-poor. It acted as a sink, sucking silicon from the surrounding schist and leaving aluminum-rich behind.

Corundum is an aluminum oxide that typically forms in a crystal shape. In pure form, it is colorless.

Other minerals produce the many beautiful colors. They can range from yellow and brown to shades of red, lavender, red and even green and black. The red is properly called rubies; all other are sapphires.

Millions of years, the imposing Blue Ridge Mountains--originally 30,000 feet high--weathered and wore down their modern contours. The rock that held the mountains slowly crumbled, allowing the harder rubies and sapphires to concentrate where they are found today, in the deposit which Cole says is "like an old river bed."

ORIGIN OF MINERAL WEALTH

Before the first settlers arrived here in 1818, this area was explored by hints of mineral wealth--especially iron, and copper. No one took much interest in the minerals until a farmer named Hiram Crisp discovered some strange rocks while plowing his field near the Calar River in 1867. Professor C.D. Smith, a local geologist, identified the rocks as corundum. He and Crisp formed a partnership and later sold their holdings for commercial mining at Corundum Hill began about 1870.

At the time, the corundum find must have spread like wildfire. At the same time, mica mines were popping up everywhere, bringing wealth to some and ruin to others.

Over what might yet lie hidden under the earth, prospectors to explore every cranny of the hills. Writers for Scriber's Monthly traveled through the area in 1874 travel piece ("Among the Mountains of North Carolina"), they found that rocks were on prospectors' mind. "Wherever we went," they reported, "We found the 'rock hunters' had been ahead of us."

By this period of geological fever, someone must have discovered a red and pink corundum crystal from Calar Creek, a rich tributary of Cowee Creek. No one recorded the find, but by the 1890's word had gotten around that there might be stones here to rival those of the Blue Ridge.

In 1905, the American Prospecting and Mining Company began actively searching for the source of the red rubies. A representative of Tiffany's visited the valley, as did other prominent authorities. Mining developed in a small way, but no mother lode was found. Interest in large-scale mining of gemstones waned. At the same time, man-made abrasives made the use of commercial grade corundum obsolete.

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Bicycling through Eastern North Carolina

Compiled by ENC Staff
From Onslow County Parks & Recreation
& N.C. Dept. of Transportation Bicycle Program

Traveling by bicycle gives you a different perspective. The trip, not the destination, is the important part. You become a part of your environment, stopping to investigate anything which catches your eye. On this route, you'll find many such places. Below is a listing of the more significant points of interest you'll pass on your trip.

Swansboro

In 1783, the town at the north of the White Oak River was officially chartered as Swansboro. Proximity to the sea dictated a maritime economy for the small village. Shipbuilding, the import-export trade and commercial fishing dominated the economy during various periods of Swansboro's development. In periods of war, the manufacture of salt from sea water also became an important industry. The nation's early wars had a significant impact on life in Swansboro. During the American Revolution, ardent patriots established a warehouse there to supply the Continental Line. The War of 1812 saw North Carolina's most famous privateer hero, Captain Othay Burns, set sail from Swansboro. During the Civil War, Swansboro was captured three times by Federal forces; twice in 1862 and once again in 1864. Today, things are much quieter in Swansboro. This quaint coastal village has become a popular retirement community and tourist center, once again adapting to meet the needs of the time.

2. Cedar Point Recreation

Cedar Point Recreation Area provides a scenic stopover and a chance to explore the unusual habitat of the Croatan National Forest. Maintained by the US Forest Service, picnic tables, drinking water and overnight camping facilities are provided for public use. The Fidebird Trail, which meanders through pine and hardwood forests, crossing tidal marshes on cypress boardwalks, has been designated to help the visitor better understand the ecology of the area.

3. White Oak Chapel

Established as White Oak Chapel in 1901, the former Unitarian church is currently used as the Pelletier Community Building. Originally, the structure was a part of a field of four Unitarian churches established as admonition with an impressive social and educational program, headquartered at Swansboro.

4. Hadnot's Creek Primitive Baptist Church

The congregation of Hadnot's Creek Primitive Baptist Church was established at least as early as 1790. The present building was erected about 1840. It is the only landmark which remains to mark the existence of Pelletier's Mills, a once-thriving community with its own post office and water-powered grist mill.

5. Croatan National Forest

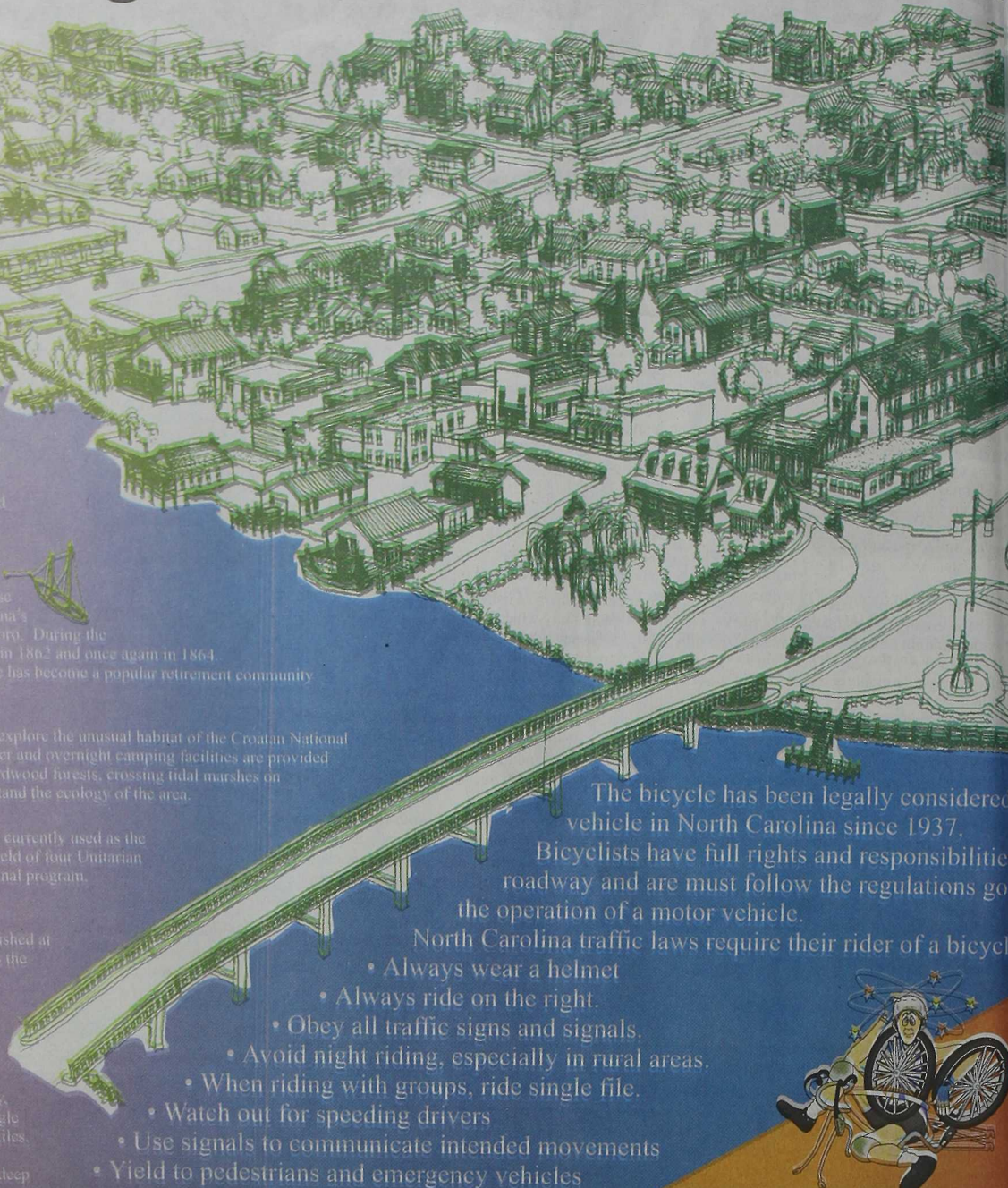
Lying between the Neuse River on the east and Bogue Sound on the south, this coastal forest covers a total of 155,000 acres of land. Wildlife abounds in the Croatan. Animal life includes deer, black bear, wild turkey, muskrat, mink, otter, and many species of birds including the rare bald eagle and peregrine falcon and the endangered red-necked woodpecker. Reptiles, both friendly and not-so-friendly, are also part of this environment. The largest and most awesome is the alligator, a rather retiring resident of the deep swamps and waterways. Several species of poisonous snakes are found in the area, as well. A number of unusual plant species, including the exotic Venus fly trap, the sundew and the pitcher plant thrive in the wet upland bog of the region.

6. Stella

The village of Stella got its start in the lumber boom of the late 1800's and became a bustling center of mill activity, boatbuilding and shipping. When the lumber industry folded after the Great Depression, Stella gradually dwindled to its present size.

7. St. Thomas African Methodist Episcopal Zion Church

While the exact age of St. Thomas' is not known, it most certainly dates from the late 1800's. The Freedmen's Bureau, created at the close of the Civil War, had established a school for blacks on adjoining property in 1865, and the church congregation appears to have been organized the following year. Sunday services are still held in the church.



The bicycle has been legally considered a vehicle in North Carolina since 1937.

Bicyclists have full rights and responsibilities on the roadway and are must follow the regulations governing the operation of a motor vehicle.

North Carolina traffic laws require their rider of a bicycle

- Always wear a helmet
- Always ride on the right.
- Obey all traffic signs and signals.
- Avoid night riding, especially in rural areas.
- When riding with groups, ride single file.
- Watch out for speeding drivers
- Use signals to communicate intended movements
- Yield to pedestrians and emergency vehicles



The Jacksonville City To The Sea Bicycle Route is marked by green and white bike route signs placed along the roads which it follows. Occasionally one of these signs might be missing, so check the map below or the directions below to be sure you are on the route.

From Jacksonville Mall:

- turn right onto Country Club Rd. (SR 1403), ride 1.1 miles;
- turn right onto Piney Green Rd. (SR 1406), ride .6 miles;
- turn left onto Halltown Rd. (SR 1410), ride 1.5 miles;
- turn right onto Waters Rd. (SR 1411), ride 2.1 miles;
- turn left onto Old 30 Rd. (SR 1423), ride 3.7 miles;
- turn right onto Smith Rd. (SR 1425), ride 3.3 miles;
- turn right onto Belgrade-Swansboro Rd. (SR 1434)

Here the route intersects with the Port of Call Route*, a 300-mile coastal touring route from South Carolina to Virginia. This route is part of a statewide system of touring routes known as "Bicycling Highways", developed by North Carolina Department of Transportation Bicycle Program. You might follow this route to Wilmington or New Bern or to even more distant locales.

* continuing along route, ride 1.1 miles to Silverdale.

Another route, the Swansboro Bicentennial Bicycle Route*, joins the Jacksonville City to the Sea Route at this point. The Swansboro route, which is also signed, makes a 25-mile loop through Onslow and Carteret Counties, traversing the Croatan National Forest for a good portion of this distance. By combining these two routes, a 47-mile round-trip ride can be created.

* continue straight along SR 1434 for another 3.9 miles;

* turn left onto Swansboro Loop Rd. (SR 1444), ride 1.0 mile.

The Swansboro route continues straight ahead at this point. Watch the signs carefully to avoid going the wrong way.

* turn right onto Norris Rd. (SR 1445), ride .6 miles;

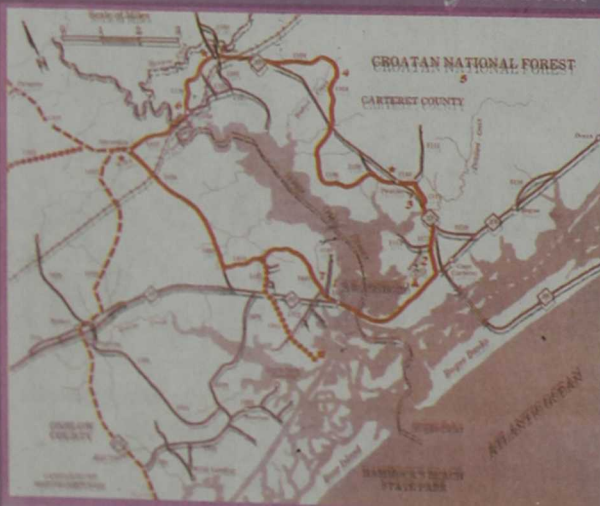
* turn left onto NC 24, ride 2 miles;

* turn right onto Hammocks Beach Rd. (SR 1511), ride 1.9 miles to the Hammocks Beach State Park ferry terminal, and the end of the route. Take time to enjoy a picnic by Bogue Sound before you return to Jacksonville, or take the free ferry out to the Park for a day at the Hammocks Beach State Park. Facilities at the Park include a bathhouse, showers, picnic tables and refreshment stand. Primitive camping is permitted on the beach.

JACKSONVILLE CITY TO THE SEA



Swansboro Bicentennial Bicycle Trail



- Bicycle Route
- Paved Road
- Unpaved Road
- Jacksonville City Sear Route*
- Ports of Call Bicycling Hwy. Route*
- Points of Interest
- Country Stores
- Campground
- Hammocks Beach Ferry Landing

aya

Tourism

and Hammocks Beach State Park is located on Bear Island. It is located in the mouth of this creek the tidal marsh. The trail is a very scenic route, and a maritime forest. Access is by private boat.

Trail The Eagle Canoe Trail, begins in the mouth of this creek the tidal marsh. The trail is a very scenic route, and a maritime forest. Access is by private boat.

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Kayak or Canoe To Bear Island

County Tourism

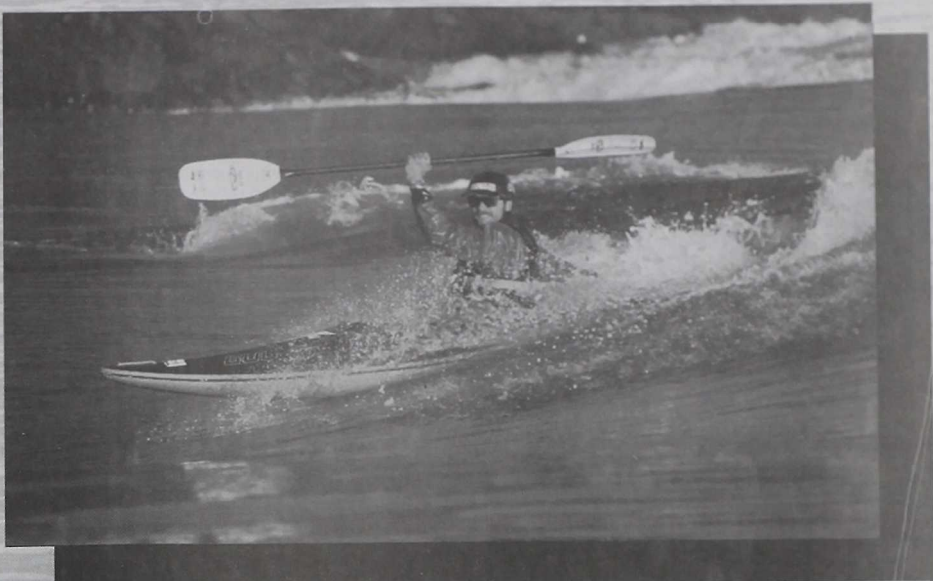
and Hammocks Beach State Park is located on a beautiful and remote 892 acre barrier island Bear Island. It is located near Swansboro in Onslow County, North Carolina. Opportunities include primitive camping, swimming, picnicking, hiking nature fishing, and shell hunting. The island has a wide sandy beach, sand dunes as tall as 20 ft, and a maritime forest. The park operates a seasonal ferry service to the island. Access is by private boat.

Trail
The Eagle Canoe Trail, begins at Shell Rock Landing Boat Ramp at the end of State Street across from the "Red Barn" store. It crosses the immediately enters a small tidal creek in the mouth of this creek the destination at the southwestern end of Bear Island can be reached. The trail meanders southerly about 1.75 miles through this narrow tidal creek to the more remote southwestern end of Bear Island.

Although this creek is very protected from the wind driven waves normally encountered on canoe routes, tidal currents are a factor which should be considered since the end of the trail is so near Bear Inlet. The creek is not considered to be navigable, although it is used by commercial fisherman in small boats on high water. Therefore, enjoy the trail please leave a float plan and be prepared. You may not see anyone for the entire trip, in the winter. If overnight camping is not desired, the round trip with time for creek exploration can be done in one day. Accommodations are available in the Swansboro area as many fine restaurants.

The trail explores have the option of following the passenger ferry route to the middle of the island or the other trail to the northeast end of Bear Island, near Bogue Inlet. It is possible to run the trail weather exposure and more powerboat traffic on these routes.

Marsh
Estuaries from where rivers meet the ocean. They are made of sandbars, marsh islands, and tidal flats. The estuary here is mainly filled with a tidal marsh community which has been designated as Outstanding Resource Water due to its pristine nature. Constant tidal changes mix salt water producing one of the most productive environments on earth. Estuaries are referred to as "the cradle of life" due to their nutrient rich waters.



Kayak & Canoe Safety

- Wear flotation gear at all times.
- Use caution while launching, the boat ramp is slippery and oyster shells are sharp.
- Check the weather prior to trip
- Do not canoe or swim in or near inlets.
- Do not canoe at night
- Do not disturb route markers.
- Emergency phone is at bathhouse.
- Beware of boat wakes while crossing the intracoastal waterway. Stay to the right and turn the bow into the wake when a boat approaches
- Remember to carry insect repellent, sunscreen, and a first aid kit.

Key:



Primitive Campsites



Canoe Trail

Trail Information

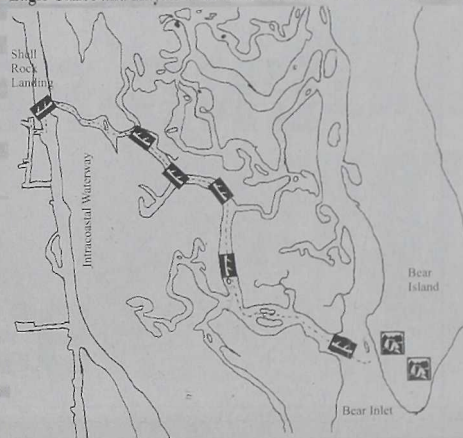
Length - 1.75 miles

(oneway)

Rating - easy to moderate

Approximate Paddling time; 1-2 hours

Eagle Canoe and Kayak Trail Guide to South Western Bear Island



INGS TO SEND FOR

You can get a free *Guide to Healthy Living* from Blistex Inc., P.R. 1800 Swift Drive, IL 60521. Free brochure on crab prevention, write to Dimen-Grass Prevention, Dept. Dependence Mall West, via, PA 19106-2399; call 800-467-0467; or see the Internet <http://www.crabgrass.com>. For more about kidney transplant the Kidney Transplant Partnering Program 800-893-1995.



Information on sexually transmitted diseases and how to prevent them, call the Centers for Disease Control National STD Hotline at 1-800-227-8922. Find the nearest retailer selling the Pretty as a Picture photo contest, call at 1-800-NEAR-YOU. Information on a private security disability benefits, call at 1-800-883-6650. Obtain a copy of "Shortcuts to Success" filled with making tips and easy to prepare using walnuts, send a stamped, 9"x12" stamped (\$1.78 postage) to: Walnut Board, 545 Sansome, San Francisco, CA 94111.



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spotlight on health

by Lindsey Duncan, Certified Nutritionist

(NAPS)—Q: I've been yo-yo dieting for many years and I'm tired of fad diets, diet pills and diet clubs. What do you recommend?

A: Over the past 15 years that I've been practicing as a nutritionist at my Clinic, thousands of people have come to me complaining that they have lost and gained the same 25 pounds over and over again. According to The National Center for Health Statistics, approximately 58 million adults are overweight. A lot of these people will try diet pills and fad diets. Many of these programs may incorporate harsh stimulants and probably won't give you the results you want.

Choose a weight control program that is backed by clinical studies and that supports your weight loss

naturally and healthfully. The BurnMore™ and CraveLess™ weight control system by Nature's Secret® has been clinically proven to support weight loss, and does not contain any harsh stimulants.

In a recent double blind, placebo-controlled study conducted by medical doctors, significantly overweight participants who combined BurnMore™ and CraveLess™ with a healthy diet and exercise program lost up to 29 pounds in 12 weeks; 75 percent of these participants lost weight.

BurnMore™ helps support your body's ability to burn fat and increase metabolism. CraveLess™ helps reduce your desire to over-eat and indulge in sweets. Combine both products with Fulfill™, a nutritional drink that contains special weight control factors.

Include these other tips for healthy and successful weight loss:

• **Focus on health first and weight loss second.** Eliminate saturated fats, sugar and empty calories. Eat more fresh fruits, vegetables, grains and high-quality protein.

• **Avoid late-night eating.** When you go to sleep with a full stomach your body doesn't rest...it's busy digesting and processing food.

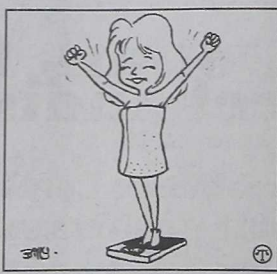
• **Eat until your stomach is half full.** Chew your food slowly and enjoy the variety of textures, flavors and colors.

The BurnMore™ and CraveLess™ weight control system by Nature's Secret® is available in health food stores nationwide. For a free weight control newsletter, please call 1-888-BodyMind (1-888-2639-6463) toll free, weekdays from 7am to 5:30 pm MST.

Lindsey Duncan is a certified nutritionist; founder of Home Nutrition Clinic; and CEO of 4Health, Inc. He has been featured on ABC, CBS, NBC and CNN Airport Network.

Photo Advertisement

Tips For Healthy Weight Loss

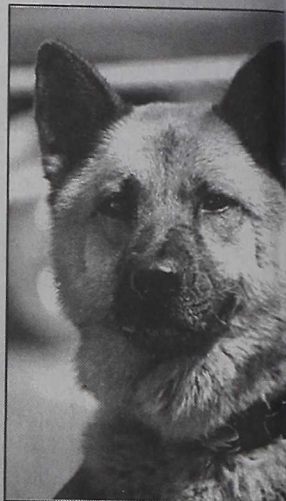


Health first, weight loss second is a sound way to meet both goals.

We wholly conquer only what we assimilate.

—Andre Gide

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—Sir William Osler

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Car Care Corner

Safety First: What Drivers Need To Know

(NAPS)—Passenger safety is of paramount concern to vehicle manufacturers. Over the past two decades, a variety of systems designed to protect passengers have become common, if not standard, on most cars and light trucks.

A driver's first line of defense in an accident is a safety belt and air bag. The National Highway Traffic Safety Administration claims that over the past ten years safety belts have prevented some 55,600 deaths and 1,300,000 injuries.

Add air bags to the mix, and the statistics continue to improve. The Insurance Institute for Highway Safety reported that it found 23 percent fewer deaths than expected in front and front-angle crashes of air bag-equipped cars.

While a boon for driver safety, the prevalence of air bags has raised some serious issues in the collision repair industry.

One issue is the re-use of air bag systems salvaged from damaged vehicles. Ford Motor Company is confident about the performance of air bag systems it designs and installs in its vehicles. However, Ford can't be confident that air bag systems or components salvaged from damaged vehicles for re-use will perform properly. Ford believes only new Ford air bag systems and components should be used to repair damaged vehicles.

Another issue being debated by collision repairers is whether the use of imitation replacement crash parts can affect the performance of the air bag system. Crash parts are the exterior sheet metal and plastic parts—hoods, fenders, doors and bumpers—most frequently damaged in collisions. Imitation crash parts are unauthorized copies of vehicle manufacturer parts.

Recent comparative quality testing of imitation crash parts commissioned by Ford and performed by an independent research laboratory uncovered a variety of deficiencies in the fit, finish, structural integrity, corrosion protection and dent resistance of the imitation parts tested.

To Ford's knowledge, no testing has been conducted to verify that the performance of imitation crash parts—particularly crucial front-end parts, such as hoods, bumper reinforcements and header panels—in front-end crashes will be compatible with Ford air bag systems.

Because so little is known about the effect of imitation crash parts on air bag system performance, Ford believes genuine Ford crash parts should be used for collision repairs to protect the interests of both the vehicle owner and collision repairer.

What steps should you take following an accident to ensure your vehicle's safety systems are returned to pre-accident condi-

tion? Ford suggests the following:

• Talk to your collision repairer about the integrity of the air bag system. If the air bag system is damaged, Ford recommends new genuine Ford replacement bag systems and components.

If the air bag did not make sure the sensor has been checked and operational.

• If imitation crash parts have been selected for repairs, are uncomfortable with the choice, ask that genuine replacement crash parts be used. If you are not aware that if your insurer not authorize use of parts, you may be asked any cost difference between genuine and imitation parts.

Remember, Ford believes genuine Ford crash parts, particularly critical front-end parts, should be used because they are known about the effect of imitation parts on air bag system performance.

• All safety belt assemblies should be inspected after a collision. Ford recommends safety belt assemblies in vehicles involved in a collision be replaced. However, if the collision is minor and a technician finds that the belt not show damage and components operate properly, they need to be replaced. See vehicle owner's manual for information.

Did You Know?

(NAPS)—An updated sewing guide, "Reader's Digest Complete Guide to Sewing: Revised and Updated" (\$30) answers questions for both novice and advanced sewers.

Anyone who thinks he or she can imitate the Culligan Lady can enter a special contest by calling 1-800-748-PURE anytime in August. The 50 best impersonators get Culligan drinking water filters.

Princess Marcella Borghese's Fango collection of skin treatments, soap, mud and other products can help you create a relaxing

spa getaway at home.

Designer Jessica McClintock uses Celebrate! acetate fiber by Hoechst Celanese in eveningwear.

A poll commissioned by the nation's leading provider of recycling services, Waste Management, Inc., found more recycling programs and stronger regulations popular with Americans.

NYNEX Interactive Yellow Pages on the World Wide Web is now available to Internet users with vision impairments who use screen readers. NYNEX Interactive

Yellow Pages includes more than 2.1 million business listings. 280 NYNEX Yellow Pages covers the northeast United States. (<http://www.vtcom.fr/yellow>)

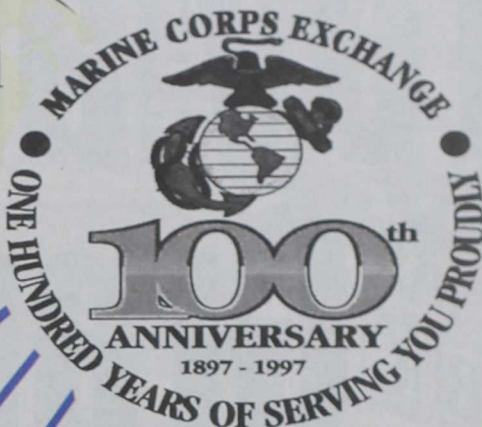


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Entertaining Ideas

Citrus Salsa Adds Sizzle To Sirloin

(NAPS)—One of the most overlooked garnishes at outdoor barbecues, despite their abundance, are citrus fruits such as oranges, lemons and limes. Delicious, distinct in taste and rich in folic acid and vitamins C and A, citrus fruits can liven up your barbecue fare in fun and flavorful ways.

The Jenny Craig Cookbook includes dozens of such flavorful, low-fat recipes, including a tantalizing Citrus Salsa, the perfect complement for another Jenny Craig favorite, Grilled Sirloin.

Citrus Salsa

- 2 oranges, peeled, seeded and chopped
- 1/2 teaspoon grated lemon rind
- 1/2 teaspoon grated lime rind
- 1/2 small lemon, peeled, seeded and finely chopped
- 1/2 small lime, peeled, seeded and finely chopped
- 1/4 cup chopped green onions
- 1 tablespoon sugar
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon seeded, minced jalapeño pepper
- 1/8 teaspoon salt
- 2 tablespoons unsweetened orange juice
- 2 tablespoons rice vinegar

1. Combine all ingredients in small bowl. Cover and chill at least 2 hours.

Grilled Sirloin

- 1 1/2 pounds lean boneless top sirloin steak
- 1/2 cup low-sodium soy sauce
- 1/4 cup chopped green onions
- 2 tablespoons dark brown sugar



- 3 tablespoons fresh lime juice
- 1/8 teaspoon hot sauce
- 1 clove garlic, minced
- Vegetable cooking spray

1. Trim fat from steak. Place steak in a dish. Combine soy sauce and next 5 ingredients. Pour over steak, turning to coat. Marinate in refrigerator 2 hours.

2. Remove steak from marinade. Coat grill rack with cooking spray; place on grill over medium-hot coals. Place steak on rack; grill, covered, 5 minutes on each side or to desired degree of doneness. Let steak stand 5 minutes. Cut diagonally across grain into slices; arrange on serving plates. Serve with Citrus Salsa.

Yield: 6 servings (200 calories per serving).

The Jenny Craig Cookbook is available at major bookstores, Jenny Craig Centres or by calling 1-800-43-JENNY.

Pointers For Parents

The GED Tests

(NAPS)—Parents eager to help their offspring should know the best teacher for your child isn't found in school. That teacher is you. You don't need a degree in education either, for children learn



By continuing your own education, you greatly benefit your children.

by example. When you show you respect knowledge, love learning, and can spend time and effort to improve your mind, your children are more likely to want to do so too.

Let them see you reading and show them how math, spelling, and geography are useful at work, in the store, on a trip.

If you were not able to get a high school diploma when you were younger, you can earn a GED high school equivalency diploma.

The American Council On Education says before you take the GED Tests, you can get an official GED practice test to tell you if you are ready to pass the GED. While the test measures writing skills, social studies, science, literature and the arts, and math, the GED also determines the ability to think and reason rather than memorize facts.

To order a GED practice test, call 1-800-62-MY GED and mention this article.

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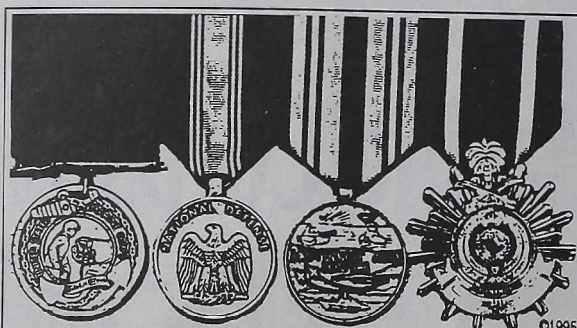


Next term begins May 10th & 11th

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Clipping Coupons In Cyberspace

(NAPS)—Dedicated coupon clipper who scour their mailboxes for money-saving surprises are discovering a new way to clip coupons: Through the Internet.

These same consumers are finding that coupon clipping on the Internet saves time and money—they don't have to wait for the coupons to arrive by mail, and they can print and use the coupon often more than once. One of the easiest ways to clip cyber-coupons is through H.O.T. Coupons®, the world's newest and largest electronic coupon web site. Located at <http://www.hotcoupons.com>, the site provides customers with free, easy, convenient and immediate access to more than 30,000 online advertisers for saving on Home, Office and Travel products and services (thus the acronym H.O.T.).

"Coupon-clipping has entered the cyber-age," said Kris Friedrich, president and CEO of Money Mailer, Inc., H.O.T. Coupon's affiliated company. "Now consumers can get 'one-stop-savings' on dry cleaning, car service, local restaurants and over 200 other categories of products and services. The coupons are free, easy and immediate—our customers can just 'click, print and go.'"

The simple process works like this:

- Use your Internet browser to go to <http://www.hotcoupons.com>
- Enter your desired zip code or



Coupon clipping on the Internet? Sure, just find the coupon on your computer, print it out and use it to save money.

geographical location

- Enter your category—restaurants, car service, etc.
- Click "Search for Coupons" to get local advertisers and "Get Coupons" for national advertisers
- Find the name and offer then click the advertiser's name
- Print the coupon and go!

Many of the advertisers on the H.O.T. coupons site are clients of Money Mailer, Inc.'s 500+ franchises. H.O.T. Coupons' affiliated company, Money Mailer, Inc., has been rated the #1 direct mail advertising franchise by *Entrepreneur Magazine* for the past 11 years. Money Mailer mails over three billion coupons to 110 million households each year. To find out about becoming a Money Mailer franchise, call 1-800-MAILER-1.

Point On P

Getting Flea

(NAPS)—The most effective form of flea control, is entering a new introduction this year: Control Pet Care Ultimate Flea Collar by the Hartz Mountain, the new collar that kills both their eggs on the pet.



A flea collar has reduced that kills both their eggs.

Each year, America's nearly 25 million flea pet owners, more than any other type of flea control product, last year's introduction called "flea pill" did challenge the dominant flea collar. Unlike the flea pill which kills only the flea pet while leaving the pet unharmed, the new collar addresses every stage of the flea's life cycle and also including those that are infested.

"Over the last two years we have seen a number of innovations in the flea control market," said Dr. Rabon, which kills adult fleas. Insect Growth Regulator (IGR), both of which kill flea eggs, which kill flea eggs, in a format that the pet owners prefer: the flea collar. Consumers interested in more information on the Control Pet Care System Flea Collar and/or flea general are invited to call a flea hotline at 800-275-1414.

Tips On Keeping Kids Busy

(NAPS)—The key to your next vacation is enjoyable is making sure don't get bored on vacation. Happily, there are a number of excellent activity kits (all for under eight dollars) that have easy storage for the colored pencils, markers, paper that can keep a child busy for hours. Here are some might want to bring along:

- *Crayola Mini Stampers*: This kit comes with a Crayola Mini Stampers paper and a handy lap doubles as a storage device with budding artists gone portable.

- *Crayola Wipe-Off Crayons*: Features washable crayons add a new twist to coloring will appreciate this set with eight washable reusable plastic sheet and children can color again and again. There's also a mini desk travel and storage.

- *Crayola Color 'n Roll*: This kit lets the youngsters make less crazy characters with



Washable crayons, and lap desks are some ingredients parents use the "getting there" part of the trip into fun for children.

and match rubbing plates, which doubles as a paper pender and crayon holder.

- *Crayola Fun-to-Color S*: Gives children a chance to draw they see on the trip, using then coloring them in. This includes pencils, a portable drawing unit, paper and eight

Parents should bring along tape to turn the family can traveling art show.



Use a solution of one part vinegar and one part linseed oil to rub off ink stains on finished wood. Use a soft cloth.

Point On P
Getting Flea
 (NAPS)—The new form of flea control is entering a new introduction this Control Pet Care Ultimate Flea Collar by the Hartz Mountain, the new collar that kills their eggs on the pet.

Each year, nearly 25 million type of flea control, last year's introduction called "flea pill" did challenge the dominance of the flea collar. Unlike which kills only the flea while leaving the pet unharmed, the addresses every stage of the flea life cycle and also including those that are seen a number of innovations in the flea control, which kill flea eggs. President of the development William R. Hartz brings R, both of which efficacy with the flea collar. Consumers interested in more information Control Pet Care System a Collar and/or flea are invited to call hotline at 800-275-1111.

Over the last two years, we have seen a number of innovations in the flea control, which kill flea eggs. President of the development William R. Hartz brings R, both of which efficacy with the flea collar. Consumers interested in more information Control Pet Care System a Collar and/or flea are invited to call hotline at 800-275-1111.

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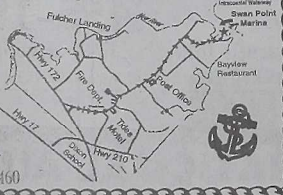
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5
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