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Roadside safety a force protection issue

Sgt. J. Melville

New Bulletin provides instruction on safely conducting activities while aboard Lejeune

s and their families can be using and doing many types of activities aboard base daily.

in these activities exist individuals involved get too close to the roadways, especially at night. Although there have been no mishaps with runners and roller skaters being injured or killed, there have been many close calls.

Effort to make sure that no one is hurt. Base Bulletin 5560 was issued on Dec. 3. The bulletin provides instruction on the use

of reflective vests to be worn by all runners/joggers, cyclists and roller skaters when conducting these activities aboard Camp Lejeune during hours of darkness.

"This is a force protection issue," said Col. Bruce A. Gombar, Chief of Staff, Marine Corps Base, Camp Lejeune. "Our intention is not to curtail these activities, but to make them safer." The bulletin states that all runners/joggers, as well as cyclists and

roller skaters, will wear vests with at least 30 square inches of reflective surface, 15 square inches in front and 15 square inches in the rear must be visible.

"It just makes good sense," Gombar said. "It's only a matter of time before we have an accident."

Additionally, other types of gear, such as reflective tape, shoes and belts are strongly recommended.

"We encourage them to do every-

thing possible to make themselves visible to motorists, such as wearing light colored clothing," said Gombar.

There are several organizations aboard the base helping to ensure the new change can be implemented smoothly.

In an effort to allow Marines and their families an opportunity to acquire these safety items, the main exchange and all satellite exchanges will be carrying these items and selling

them at cost.

"We like to look at it as inexpensive insurance," said Gombar.

The Provost Marshal's Office will also be assisting in the enforcement of the regulation so that there will be no confusion as to what it is intended for.

Individuals that participate in these activities are also reminded to keep the other safety tips, such as to run facing traffic, keep 6 feet from the road and use trails as much as possible. According to Gombar, the issue should not be taken lightly.

"When there is an accident between a motorist and a pedestrian, the pedestrian loses every time."



Sgt. Bruce J. Melville
A Marine shows his concern for safety by wearing a reflective vest.

Drug trip emphasizes interdiction mission

J. Gillert

Forces Press Service

, Peru — As Marine Gen. Charles Wilhelm began a visit here Nov. 30, the most pressing concern of his was countering the flow of illegal drugs into the states.

Efforts to stem the drug trade have met with the most success, said the Commander in Chief U.S. Southern Command. Cocaine plantations yield the bulk of cocaine flowing into the United States, he said, but the combined efforts of the United States and Peruvian governments have reduced the flow by 18 percent.

Peruvians have been aggressive in pursuing their narcotics objectives, and we have some pretty ambitious programs under way now," Wilhelm said. With the air bridge mostly collapsed, he said, the United States and Peru are turning their focus to the rivers. While Wilhelm planned to visit a drug interdiction training center in the Amazon. Officials suspect traffickers use the river as a primary mode of transportation.

See PERU/10A

World

Iraqi threat, U.S. response recounted

Kozaryn

Forces Press Service

WASHINGTON — The United States beefed up its military presence in the Persian Gulf in late November in response to the tension between the United States and Iraq. About 25,000 U.S. troops, 22 Navy ships and 250 aircraft now stand in the region.

The crisis began Oct. 29 when Saddam Hussein ordered the withdrawal of U.N. Special Commission weapons inspectors from Iraq. In protest, all U.N. inspectors left Iraq. For the next three weeks, Hussein escaped U.N.

He also threatened to shoot down American U-2 surveillance planes flying U.N. missions. Defense Secretary William Cohen warned Iraq that any attack would result in prompt retaliation and any future U.S. strike would be more than a warning. After a brief suspension, U.N. officials ordered the inspectors to continue. As of Dec. 3, the planes have flown without incident.

See IRAQ/10A



Sgt. Edward S. Harcher

First down!

LCpl. Luther Holley drives forward to continue a base drive in the closing minutes of the fourth quarter of the Turkey Bowl Monday night. Headquarters and Support Battalion, Marine Corps Base, defeated Cherry Point Naval Hospital 24-20 in a defensive struggle.

See related story 1B

Skies over Lejeune not so friendly

Sgt. Bruce J. Melville
Globe staff

Camp Lejeune Marines recently joined forces with soldiers from the 3d Battalion Airborne, 4th Air Defense Artillery Regiment from Fort Bragg, NC for annual qualification firing of the Avenger Weapon System at Onslow Beach.

"We're here to qualify our gunners for combat with the Avenger's secondary weapon system, which is the M3P .50 caliber machine gun," said 2dLt. Mark D. Eramo, Platoon Commander, Alpha Battery, 2d Light Armored Air Defense Battalion (2d LAAD). The opportunity gave those conducting

the training a chance to improve their skills. "Our main focus is going to be on weapon system proficiency and getting some hands-on with the weapon system," said Eramo. "It's a real good chance for us to get some rounds down range."

The weapon system requires two Marines, a team leader and an assistant gunner, who must work closely together to destroy aerial targets.

The Marines who work with the system are confident in all its abilities.

"The system greatly enhances the gunner's ability to engage any aircraft, but also provides the flexibility to go foot-mobile," said Eramo. "It's like 1stSgt. Pow says,

2d LAAD is the only unit besides the grunts that hit the beach with an M-16."

The other unit present might not be hitting a beach anytime soon, but they enjoyed the opportunity to train with Marines at Camp Lejeune.

"The training we are doing helps us to build the relationship with our counterparts in the Marine Corps," said Army Specialist Michael J. Simpson, team leader. "It's important for us to know how each other works."

When comparing how each service uses their capabilities, many similarities can be found. Not only how they train, but also in

See LAAD/10A



Sgt. Bruce J. Melville
FCs Dave B. Friedberg and
E. Ellis acquire aerial targets
remote control unit of the Avenger
System.

Fast Fact

Vehicles broken into aboard Camp Lejeune from Jan. 1 to Oct. 31, 1997, most were left-top vehicles. Items frequently stolen included speakers, amplifiers, CDs and cassette tapes. The estimated property loss was \$70,390.

Week: Invest in removable stereo equipment and ensure all high dollar personal items are not left inside the vehicle.

Composite Scores

A new program to compute composite scores can be found at <http://www.usmc.mil/info.nsf/COMP>

Vehicle inspection

Motor vehicle safety inspections will be held Dec. 17-19 from 8 a.m.-12 p.m. at the central gas station parking lot.

Toys for Tots

Toys for Tots is hosting a Mud Race Dec. 21, 1 p.m. at the Pole Cat Mud Bog. Admission for adults is \$5 or a new unwrapped toy. Children 12 and under are free. Call 326-2761 for info.

Quick Shots

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SATEX

1st Battalion, 10th Marines takes part in a supporting arms exercise.

12A

Bull in ring

Marines learn to be first and foremost warriors in competition.

16/17A

24th MEU

Secretary General of NATO visits the USS Guam.

16/17A

Weekend Forecast

Today
Rain then mostly cloudy.
High 50 Low 36

Saturday
Cloudy to partly sunny; it may shower.
High 52 Low 34

Sunday
Partly sunny and chilly.
High 52 Low 34



It was 52 years ago when...

Nuts about C-rations

C-ration hash stew has gone over so big with the Japanese that a single can sells for 20 yen (\$1.33) on the Tokyo black market. Despite sharp orders by both American and Japanese authorities, Black Market Japanese merchants are offering 20 yen for a package of American cigarettes and 10 yen for a packet of sugar contained in Army field rations.

The Globe, Nov. 7

Preparing for the cold

It is getting cold in Japan, and shivering Marines, veterans of tropical campaigning, are donning clothing that would suit an Eskimo.

Here is what the well-dressed Leatherneck is wearing:

Coverall jacket with hood, field jacket, alpaca-lined vest, wool muffler, heavy field trousers, shoe-pack boots, woolen ski socks, mittens with finger trigger, knit-wool visor cap with ear muffs, flannel shirt, gray woolen undershirt and drawers.

He sleeps in a woolen bag with water-repellent case.

The Globe, Nov. 7

Climatic changes affect watches

The Marines of MGen. Kelley E. Rockey's 3rd Amphibious Corp are puzzled by the inconsistent running of their watches in China.

The decided change of atmospheric conditions from hot and humid on Guam to cool and dry here is said to be the reason for the erratic performances of Leatherneck watches.

No two clocks or watches are synchronized, and this had been somewhat of a boon to Marines reporting late to their barracks.

"What're you going to do?" asked one exasperated corporal of the guard, "nobody knows what time it is."

The Globe, Nov. 7

Peasants explain cause of excess rain

Several peasants residing in this section of Kyushu have told Marines in the occupation forces that the constant rains since the Marines landed are not normal.

Tsgt. Phil H. Storch, reported that the peasants explained the rain by saying:

"Ah, the gods are weeping because Nippon had gone down in defeat."

The Globe, Nov. 7

Chinese fire drill in order

A great many drill instructor at Marine boot camp are going to be very unhappy when they read this story.

For years, angry instructors have said to their awkward charges:

"You fouled up like a Chinese fire drill."

Now Sgt. Norris Anderson reports that the Chinese fire drills are far from fouled up.

The fire drills are held regularly at monthly intervals and they are staged in very 'efficient' fashion. And so another legend dies.

The Globe, Nov. 7

Green hats mean shame

Marines on occupation duty here are a little worried about the green overseas caps they will have to wear on liberty, Sgt. Norris Anderson reports.

The reason: an ancient Chinese custom decrees that a husband two-timed by his wife will show his shame by wearing a green hat.

The Globe, Nov. 7

Marines get salutes

Probably the most frequently saluted enlisted men of America's armed forces walk the streets here. The ticket to a salute is the American uniform.

The hand of the enlisted man is in constant motion as he rides about the city in a ricksha. At every corner he gets the salute of the Chinese cop and Tientsin is jammed with grinning, saluting Chinese soldiers. Even the civilians have adopted the military greeting.

The Globe, Nov. 14

Closed, feet to large

"Foot to big" was the plaintive wail of Hirado's only sandalmaker who was swamped by Marine orders for wooden, Japanese style sandals.

To prospective Marine customers, he exhibited his supply of wood, all cut much too short for any Marine feet.

The afternoon of the second day of the occupation here, he closed his shop. Too many questions, not enough customers.

The Globe, Nov. 14

Troops get close shave

Marines here are wary of the Japanese shaves, which include running the razor over the nose and high on the cheeks directly under the eyes.

While one Leatherneck sits in the chair, the other stands armed guard to make certain the shaving is not excessive.

Despite the sign in the window "Hair part ... ten cents," the Marines are not sure that the barber's ideas are altogether commercial.

The Globe, Nov. 14

Sergeant Major speaks...

Marine lingo sliding down cracks in 'dec

Traditions require preservation by practice, devotion, sacrifice

SgtMaj. Paul W. Siverson
MCSFC Bangor, Wash.

During this time of year, we as Marines, seem to pay a little more attention to Marine Corps traditions, mainly due to the celebration of the birthday of the Marine Corps. And although the birthday of our Corps is certainly one of our most prized traditions, I feel we are losing many others. One of the traditions we seem to be losing is Marine talk and terminology. The Marines of today go through "doors" rather than hatches, hang things on the "wall" rather than the bulkhead, walk on "floors" not decks, and go to the "bath-

room" not the head. And the list goes on. How many Marines know what a "field scarf" is or a "housewife"? I don't even hear the term "pogie bait" used any more. This may sound like a trivial matter, but it starts a trend towards forgetting our history, traditions and customs.

What sets us apart as Marines from the other military services is our way of doing things. Our traditions and customs is what the Marine Corps spirit live on. Traditions are not learned from books, they must be practiced, preserved, and handed down from one generation to the next. That is what makes them traditions and daily events.

Traditions are shown in many forms;

traditions of devotion to duty, self-sacrifice, versatility and dependability; traditions of loyalty to God, country and Corps; traditions of uniform, insignia and equipment; traditions of HONOR, COURAGE and COMMITMENT. Traditions are as

We must preserve all our traditions, and customs and we must practice them on a daily basis.

much a part of each Marine as his rifle and equipment.

One term which really bothers me the most is how our Marines have become known as "customers". Since when are we customers? We don't graduate "customers" from recruit training - we gradu-

ate MARINES; we don't "customers" - we take care of them. The bottom line is - we do not "customers" we call RINES.

We have many symbols, the eagle, globe and anchor, most sacred; our motto "Semper Paratus" and NCO swears and personal appearance, physical fitness; our disciplines.

The list goes on. If we are losing any one of these traditions, Marine talk and terminology comes next?

We must preserve all our traditions and customs and we must practice them on a daily basis. Even more so, we must pass them on to our youngest Marines and pass them on to their children. "Aye, Aye, Sir."

MARINE MAIL: Changes regarding promotion

The following Marine Mail was submitted by Master Gunnery Sgt.

Jack D. Vance, Computer Sciences School, Quantico, Va.

This is a recommendation for a policy change regarding the promotions of our junior Marines. Marines awaiting training here at the Computer Sciences School are encouraged to enroll in Marine Corps Institute courses. Over the last 22 months, I have enrolled and proctored more than 1,000 MCI exams. Nearly all of these Marines are privates and privates first class. Because a

promotion to private first class and lance corporal does not involve a cutting score, these motivated Marines do not receive the additional benefit of the educational bonus points. I recommend that the present regulation be changed so that MCI/college courses completed by privates and privates first class be awarded these bonus points and factored into their cutting score when eligible for promotion to corporal.

I believe the present policy inadvertently encourages these Marines to procrastinate until

they become a lance corporal before they seek the benefits afforded by MCI. I also believe a change in policy will have a positive effect on transformation by sustaining the motivation and enthusiasm of the entry-level Marine. /s/ Master Gunnery Sgt. Jack D. Vance

Colonel H.W. Evans, III, Director, Manpower Plans and Policy Division, provided the following response:

Numerous concerns and recommendations, such as yours, were considered during a re-

view of the NCO promotion process two years ago. Although considered, the ideas was not approved because the review group, which included senior staff NCOs, concluded that performance as a lance corporal (as measured by MCI, rifle qualification, PFT, proficiency/conduct, etc.) was paramount in that it was the best indicator of promotion potential in the selection of Marines to the NCO ranks. While all education arguably contributes to a better Marine, the review group was mindful

that there was also the issue of fairness. There are many throughout the Marine cause of varied training whereby privates and privates first class do not have the opportunity to do others to courses. The effort required to master entry-level is far from uniform.

Having said the above, your point on sustaining motivation and enthusiasm try-level Marines. We other look at this policy get back to you. /s/ Evans, III

New commander takes helm of MARFORLANT

Lieutenant General Peter Pace assumed command of U.S. Marine Corps Forces, Atlantic (MARFORLANT) Nov. 26, 1997, replacing Major General Michael P. Delong who served as commander on an interim basis following General Charles E. Wilhelm's departure last September. General Wilhelm was reassigned as Commander-in-Chief, U.S. Southern Command.

General Pace was born on Nov. 5, 1945 in Brooklyn, N.Y., and raised in Teaneck, New Jersey. He received his commission in June 1967, following graduation from the United States Naval Academy. He also holds a masters degree in Business Administration from George Washington University (1972). Upon completion of The Basic School, Quantico, Va., in 1968, he was assigned to the 2d Battalion, 5th Marines, 1st Marine Division in the Republic of Vietnam, serving first as a rifle platoon leader and subsequently as assistant operations officer.

Returning from overseas in March 1969, he reported to Marine Barracks, Washington, D.C. During this tour, he served as Head, Infantry Writer Unit, Marine Corps Institute; Platoon Leader, Guard Company; Security Detachment Commander, Camp David; White House Social Aide; and Platoon Leader, Special Ceremonial Platoon. He was promoted to captain in April 1971. In September 1971, General Pace attended the

Infantry Officers' Advanced Course at Fort Benning, Ga. Returning overseas in October 1972, he was assigned to the Security Element, Marine Aircraft Group 15, 1st Marine Aircraft Wing, Nam Phong, Thailand, where he served as Operations Officer and then Executive Officer.

In October 1973, he was assigned to Headquarters Marine Corps, Washington, D.C., for duty as the Assistant Majors' Monitor.

During October 1976, he reported to the 1st Marine Division, Camp Pendleton, Calif., where he served as Operations Officer, 2d Battalion, 5th Marines; Executive Officer, 3d Battalion, 5th Marines; and Division Staff Secretary. He was promoted to major in November 1977. In August 1979, he reported to Marine Corps Command and Staff College as a student.

Upon completion of school in June 1980, he was assigned duty as Commanding Officer, Marine Corps Recruiting Station, Buffalo, N.Y. While in this assignment, he was promoted to lieutenant colonel in October 1982. Reassigned to the 1st Marine Division, Camp Pendleton, General Pace served from June 1983, until June 1985, as Commanding Officer, 2d Battalion, 1st Marines.

In June 1985, he was selected to attend the National War College, in Washington, D.C.

After graduation the following June, he was assigned to the Combined/Joint Staff in Seoul, Korea. He served as Chief, Ground Forces Branch until April 1987, when he became Executive Officer to the Assistant Chief of Staff, C/J/G3, United Nations.

Command/Combined Forces Command/United States Forces Korea/Eighth United States Army.

General Pace returned to Marine Barracks Washington, D.C., in August 1988, for duty as Commanding Officer. He was promoted to colonel in October 1988. In August 1991, he was assigned duty as Chief of Staff, 2d Marine Division, Camp Lejeune. During February 1992, he was assigned duty as Assistant Division Commander. He was advanced to brigadier general as the President, Marine Corps Combat Development Command, Quantico, Va., on July 13, 1992. While serving in this capacity, he also served as Deputy Commander, Marine Forces, Somalia from December 1992 - February 1993, and as the Deputy Commander, Joint Task Force - Somalia from October 1993 - March 1994. General Pace was advanced to major general on June 21, 1994, and was assigned as the Deputy Commander/Chief of Staff, U.S. Forces, Japan. He was promoted to his current grade and assigned as the Director of Operations (J-3), Joint Staff, Washington, D.C. on August 5, 1996.

General Pace attended Harvard Univer-



LtGen. Peter Pace

sity in the program for Senior National and International.

General Pace's personal decorations include: Defense Distinguished Medal; Defense Superior Service Medal; Legion of Merit; Bronze Star Medal; Defense Meritorious Service Medal; Meritorious Medal with gold star; Navy Commendation medal with gold star; and bat Action Ribbon.

Lieutenant General Pace is the former Lynne Ann Holden City, Maryland. They have two children, Peter Jr., and Tiffany Marie.

Chesty's Top 10



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

- 1) What war witnesses the largest number of wounded Marines?
- 2) When was the first time Marines operated as a brigade?
- 3) How many of Marine Air Group 21's 48 planes were lost in the attack on Pearl Harbor?
- 4) How much were privates paid at the time of the Barbary Pirates War?
- 5) Of the 21,000 Japanese troops on Iwo Jima, how many lived and were taken prisoner?
- 6) What day was D-Day on Okinawa?
- 7) In what war were helicopters first used for medical evacuations and troop mobility?
- 8) Who is the highest ranking woman in Marine Corps history?
- 9) When was the first Marine Corps Marathon?
- 10) When and where was the Landing Vehicle, Tracked (LVT) first tested?

Answers

1) Vietnam (88,633 wounded). 2) When restoring order to Panama in 1885 (3) 47 (4) One dollar a week (5) Only 200 (6) Easter Sunday, 1945 (7) Korea (8) LtGen. Carol Mutter (9) Nov. 4, 1976 (10) In Quantico, Va., 1937

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We need your input.

If you have a topic or an article you would like to submit, send it to:
Commanding General
Attn: Public Affairs
Press Officer, Press Chief
PSC Box 20004
Camp Lejeune, N.C. 28542-0004
Please keep your responses brief, to the point and include your name and phone number. If we choose to use your submission we will contact you.

Correction

Maj. Scott B. Jack
Director, CPAO

Editors note: Major Jack reported as Director, CPAO/IMEF PAO from the Washington Naval Yard, Washington D.C. He is a USMC Attorney who served as an appellate Defense Counsel in Washington, D.C. and in various legal billets to include the AOIC/Military Justice Officer, 3rd FSSG, Okinawa, Japan. The military Justice Officer roughly equates to Chief Prosecutor at our Legal Service Support Offices.

There are times when those of us in print journalism make mistakes. We make every effort to be accurate but sometimes fall short of the mark. When this happens, we sincerely appreciate our readers' input and we will get it right—for the record.

Thus, we must correct some inaccuracies that occurred in our recent Brig story: "Living in the big house is no cake walk" by LCpl. Chet Decker, Dec. 5.

Specifically, the "Special Quarters" section at our Brig is not shrouded in "darkness during the day." Although some prosecutors

have lobbied for such changes, type confinement has not been altered. Additionally, there is a distinct difference between "rights" and "privileges" afforded our prisoners.

The word "rights" invokes the U.S. Constitution. Those incarcerated after due process of law are accused through the judicial system. Various "privileges" are not "rights" can be revoked for good cause. Usually, those prisoners in orange jumpsuits helping keep Camp Lejeune clean have an individual personally responsible for their movement. They are not prisoners...not under guard.

Finally, Brig personnel cannot create a prisoner's sentence if approved by the convening authority. However, prisoners earn administrative good time while confined, which is subtracted from the approved confinement. Administrative good time can be lost for misconduct in the brig but confinement will never be over the amount approved by the convening authority.

Marine's instruction saves young girl from abduction

MARINE FORCES PACIFIC, Camp H. M. Smith, Hawaii — A seven-year-old Pearl City school girl recognizes Marine Cpl. Joshua Q. Scott as the primary reason for her Nov. 20 successful escape from a would-be abductor. The Lehua Elementary School student (whose name was not released) avoided possible abduction by instinctively reacting to the dangerous situation from things she learned in Scott's Drug Abuse Resistance Education classes. Scott is a military policeman from Arvada, Colo., currently assigned to Camp Smith.

Officials said the child left school around 1:15 p.m. and was approached by a male stranger who told her he was sent by her father to pick her up from school and take her home. Suspicious, she asked the stranger, "What's the password?" The password system was taught to the girl and her classmates as part of the D.A.R.E. program.

When the stranger didn't respond with the correct password, which was pre-established between the child and her parents, she pulled away from him, screamed, and ran for help. Once she arrived safely at her after-school daycare center, she shared the ordeal and description of the suspect with her caregiver, who quickly called the Honolulu Police.

The young student remembered "Officer Scott" when asked about the incident and said it was his instruction she remembered from school. That instruction may have saved her life, Scott said Friday, a day after the incident.

When Scott reported to work Friday morning, he found calls on his answering machine from local television news stations asking about his D.A.R.E. instruction and informing him of the happy ending.

"The time and effort is all worth it," Scott said. "It gives me the satisfaction of teaching kids how to be safe. Seeing a positive impact on others is fulfilling."

During his weekly school visits, Scott presents lessons on personal safety, peer pressure, self-esteem, and drug resistance. "The classes help them to be aware of their surroundings, realize what's going on, and follow the rules of personal safety — like using a password, walking to school in a group, and not accepting gifts from strangers," he said.

Scott said he sees definite improvements each time he visits the schools. "At the beginning, my students feel vulnerable, but by the end of the course they realize they play an important part in their own personal protection."

"He has good rapport and interaction with the students," said Staff Sgt. Stephone R. McCall, physical security chief here. "They're enthusiastic about learning and they really cling on to what he has to say. The case of the Lehua student is a good example of just how much they do listen."

Scott was proud of his student's reaction to the dangerous situation she faced and was glad she was unharmed. "She was as smart as I could have asked her to be," he said. "I couldn't ask for more."

Cpl. Melinda Weathers

Silver Hawk Award Goes to MARFORPAC Commander

MARINEFORCES PACIFIC, Camp H. M. Smith, Hawaii — He's flown everything from F-4 Phantoms, to AV-8 Harriers, F/A-18 Hornets, KC-130 Hercules, OV-10 Broncos, and A-4 Skyhawks. Now, 36 years after starting his career as a second lieutenant, Marine Forces Pacific's commander, Lt. Gen. Jefferson D. Howell, is the proud recipient of one of the Corps' most distinguished aviation awards.

Howell was presented the Marine Corps Aviation Association's Silver Hawk Award, which honors the active duty Marine aviator or Marine naval flight officer with the oldest designation date as a naval aviator. The general was honored at the annual MCAA award ceremony Sept. 27 at Marine Corps Air Station Cherry Point, N.C.

"These awards are important because they recognize both individual and unit excellence," Howell said. "There are so many outstanding aviation units — both on the ground and in the air — and very often we fail to recognize them for what a great job they do. The MCAA awards help recognize aviation as a whole. They really recognize the best of the best. The Silver Hawk award, on the contrary, is an award for longevity, not excellence. However, I'm still very pleased and honored to receive the award."

The Victoria, Texas, native and former Air Force ROTC student at the University of Texas said he always wanted to be part of an elite military organization. Thanks to the persuasion of a close college friend, Tom Campbell, now a retired Marine colonel, Howell landed in the Marine Corps.

"I really admired Tom, and he told me one day that I should join the Marine Corps. At that moment, I quit ROTC, went over to see a Marine recruiter, and joined the Marine Corps," Howell explained.

His fascination with flying was also sparked at an early age. "I've wanted to fly since I was a little boy," he said. "I was a youngster during World War II, and my hometown had two air bases. There were airplanes flying all over the place. My biggest thrill then was to talk my parents into taking me to the airport and watch the planes," said Howell.

Following college, Howell was commissioned a 2nd lieutenant in 1961. After completing The Basic School, he was assigned as an infantry officer. Although the required flight physical for aviators had eluded Howell previously, he was offered another opportunity when he returned from Okinawa, Japan.

"I found out that one of the toughest things in becoming an aviator was passing the flight physical, and I almost didn't make it," Howell said with a grin. But the second time was a charm and his dream of becoming a pilot was about to be realized.

Howell became a naval aviator in November 1965. He said he brought with him a wealth of information from his days in the infantry. "I really learned to appreciate what Marines on the ground do and the kind of combined arms support they need,

both from the ground and from the air," Howell said.

Since 1965, his flying duties have included billets in both tactical and training squadrons. Two of Howell's tours, Marine Fighter Attack Squadron 542 in 1967-68, and VMFA-115 in 1972-73, included flying combat missions from Chu Lai and Da Nang, Republic of Vietnam, as well as Nam Phong, Thailand.

Howell commanded VMFA-212, Marine Aircraft Group 24, and the 2nd Marine Aircraft Wing. He also served as Deputy Commander MARFORPAC, before assuming his current assignment as commander on Oct. 1, 1995.

Howell says the entire spectrum of emotions can be experienced when flying in combat. "It's very exciting and challenging, but periodically you scare yourself," said Howell. "As a rule, flying in combat really isn't that much different from the training we do. The aviation training we do for our air crews is very close to combat flying. The only added ingredient is that someone else is out there — an unknown element. You're never quite sure what you're going to encounter. The other guy could possibly kill you," he added. But as Howell puts it, that's all part of the experience.

"If you love flying, and especially flying fighters — which means you really enjoy the thrill of taking an aircraft to its limits and sort of cheating death — then it adds to the excitement," he explained. "There are times in combat when things are happening so fast, you're just doing your job flying the aircraft and accomplishing the mission."

But for Howell, once he got in the cockpit and strapped in, all fear subsided. "Once I was in the cockpit of my F-4 Phantom, I was very comfortable, ready to do the job. I didn't think anybody could beat me."

There have been many firsts and personal highlights in Howell's career that has spanned an array of aircraft. "The first time I ever crawled into a tiny little T-34, cranked that thing up, felt the power of the motor and the spinning of the prop, it was great," he explained. "It gave me a great sense of being in something powerful that was going to take me flying," he added.

His initial flight in an F-4 Phantom was an unforgettable accomplishment. "The first time I climbed in a Phantom, I looked around and I couldn't see the wings because I was so far forward in the cockpit. It was kind of scary and I was wondering if the thing was going to fly," Howell said with a slight laugh. "But you feel the surge of power from the F-4 and it's an incredible experience."

Howell, whose list of achievements and milestones literally span the globe, said the most significant event for him is every time he climbs into an airplane. "Every time I fly an airplane is a significant experience for me because I love flying, and I feel privileged to have the opportunity to do that. It's such a kick and a great thrill to get in an aircraft and fly around," Howell said.

His fondness for the F-4 is mostly due to his combat experience in the "beast," as he puts it. "I flew a lot of combat missions in the Phantom and it always got me home safely. I'll always have a soft spot in my heart for it," he said.

Howell sees an endless stream of opportunity and technology in the future of Marine aviation. "I wish I was starting out right now, because with Marine aviation the sky is the limit," he said. "The combination of the MV-22 Osprey and the Advanced Joint Strike Fighter will make Marine Corps aviation (even greater) and make us a wonderful supporting force for our ground element," Howell stated.

"With the MV-22 Osprey, maneuver warfare is going to be revolutionized. It's going to make us rethink the way we fight, even the way we transport people."

Howell also expects great things from the Advanced Joint Strike Fighter, which is slated to replace both the Hornet and the Harrier. "It's a machine that can outfight and outbomb any other aircraft, and yet has a short take off and can land vertically."

"I think to be a Marine aviator in the 21st century is going to be one of the most exciting things anybody can do. It's going to be very challenging, as always, but one of the most satisfying challenges anybody could experience."

Cpl. Melinda Weathers



LCpl. William Wood
Lt. Gen. J.D. Howell, Jr., Commander, Marine Forces Pacific, prepares for an F/A-18 flight during a visit to Marine Corps Air Station Iwakuni, Japan. At right, Capt. William T. Van Atten, VMFA-225 operations officer, looks on.

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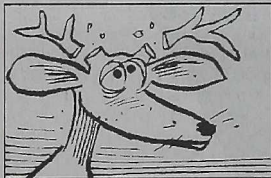


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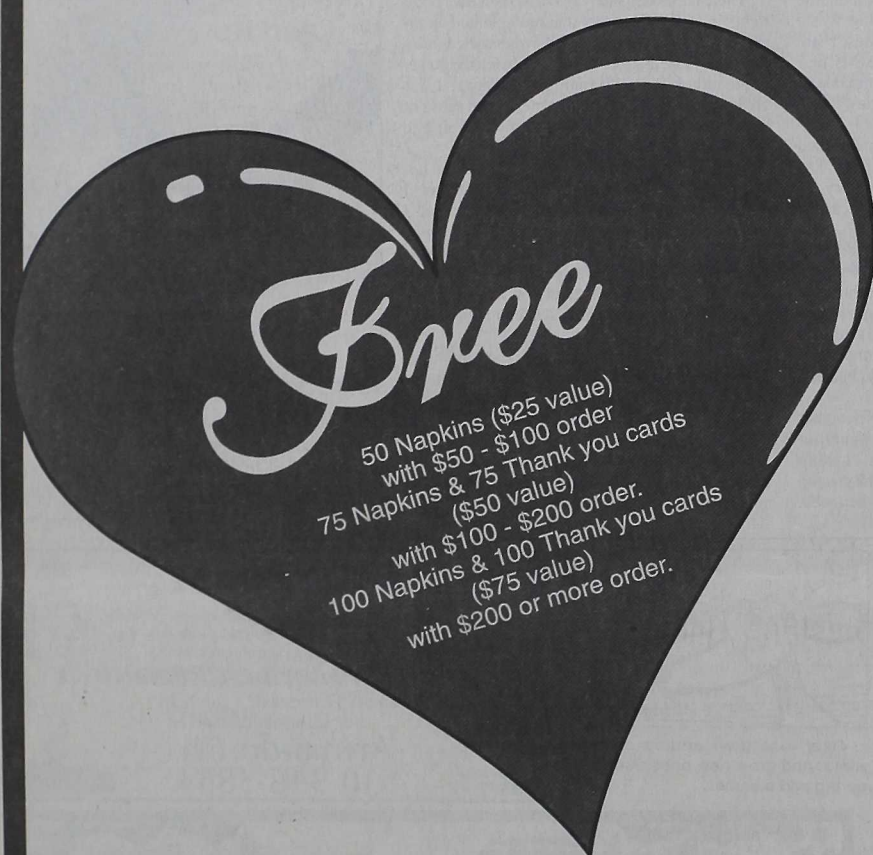
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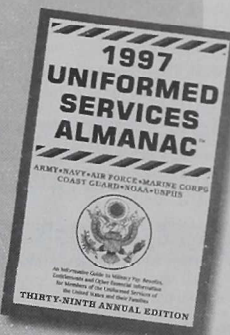
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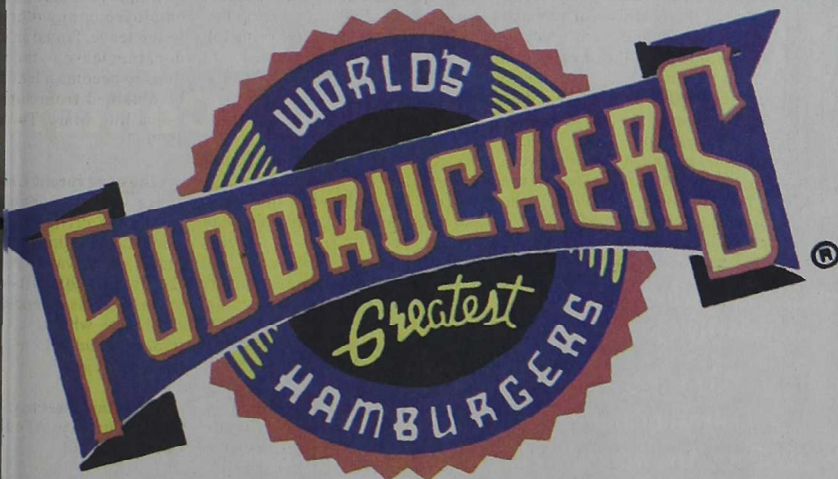
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 SMILEY THE CLOWN	5 TRIVIA	6 KIDS TRIVIA
7 SPORTS TRIVIA	8 BINGO	9 FACE PAINTING	10 BALLOON BUST	11 SMILEY THE CLOWN	12 TRIVIA	13 KIDS TRIVIA
14 SPORTS TRIVIA	15 BINGO	16 FACE PAINTING	17 BALLOON BUST	18 SMILEY THE CLOWN	19 TRIVIA	20 KIDS TRIVIA
21 SPORTS TRIVIA	22 BINGO	23 FACE PAINTING	24 BALLOON BUST	25 SMILEY THE CLOWN	26 TRIVIA	27 KIDS TRIVIA
28 SPORTS TRIVIA	29 BINGO	30 FACE PAINTING	31 BALLOON BUST	CLOSED		

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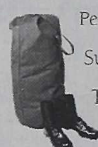
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Spring Full Semester Evening College

January 7 - May 6

Time		Course No.	Sec.	Title	Credit Hrs.	Room
5:10 - 7:25	MW	ENG 080	41N	Writing Foundations	4	
5:10 - 7:25	T Th	MAT 060	41N	Essential Mathematics	4	
5:10 - 7:25	T Th	MAT 070	41N	Introductory Algebra	4	
5:10 - 7:25	T Th	EDU 116	41N	Introduction to Education	4	

Spring 1 Lunchtime College

January 7 - March 4

Monday - Friday

11:00 - 12:00	ENG111	41	Expository Writing	3	209
	CJC 132	41	Court Procedure & Evidence	3	210
	HIS 121	41	Western Civilization I	3	217
	SPA 112	41	Elementary Spanish I	3	212
12:10-1:10	ENG113	41	Literature-Based Research	3	209
	CJC 241	41	Community Based Corrections	3	210
	SPA 111	41	Elementary Spanish I	3	212

Mondays, Wednesdays, and Fridays

11:40-12:47	LEX130	41	Civil Injuries	2	
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Spring 1 Evening College

Mondays and Wednesdays

4:00-6:50	CJC 111	41	Intro to Criminal Justice	3	109
6:00-8:50	BUS153	41N	Human Resource Management	3	211
	HUM 211	41N	Humanities I	3	209
	ENG111	42N	Expository Writing	3	212
	HIS 131	41N	American History I	3	210
7:10-10:00	CJC113	41N	Juvenile Justice	3	109

Tuesdays and Thursdays

5:10-9:00	CIS110	41N	Introduction to Computers	3	111
6:00-8:50	BUS135	41N	Principles of Supervision	3	212
	ENG113	42N	Literature-Based Research	3	211
	PHI 215	41N	Philosophical Issues	3	210
	PSY150	41N	General Psychology	3	203
	SOC213	41N	Sociology of the Family	3	209

Spring 1 Weekend College

Fridays and Saturdays

Friday, 5:10-9:00 & Saturday, 8:00-11:50	CIS 110	42N	Intro to Computers	3	111
Friday, 6:00-8:50 & Saturday, 8:00-10:50	HIS 121	41N	Western Civilization I	3	210

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British forces ready if needed

Linda Kozaryn
American Forces Press Service

LONDON — The British aircraft carrier H.M.S. Invincible and its complement of Royal Air Force Harrier jets are standing by in the Mediterranean ready to join American warships in the Persian Gulf if needed.

Side-by-side with U.S. Defense Secretary William S. Cohen at a press conference here Dec. 4, British Secretary of State for Defence George Robertson said his nation is proud to play a part in U.N. efforts to uncover Iraq's deadly secrets.

He said British Tornado fighters, already in the gulf region enforcing the southern no-fly zone in Iraq, helped protect American U-2 surveillance flights after Saddam Hussein threatened to shoot them down.

Cohen said Great Britain's decision to put Invincible on call near the gulf sends a strong signal the United States and Great Britain are united in their commitment to resolve the crisis. Invincible had been on station in the Caribbean.

Robertson said his nation stands firm with the United States against the threat Hussein and his regime pose for both Iraq's immediate neighbors and the rest of the world. Both leaders said they are determined to alert the public to the deadly danger represented by a regime that possesses chemical and biological weapons.

"We're alerting the world to what we mean by 'weapons of mass destruction,'" Robertson said. "This man, this dictator, has control over weapons that have anthrax, botulism, plague, nerve gases, blood agents, blis-

ter agents. These are weapons of horrifying consequence in the hands of someone who can and has used them."

Both leaders stressed the crisis with Iraq is far from over. Hussein allowed U.N. weapons inspectors back into Iraq, but denied them access to 63 sites declared "sensitive" and off-limits.

Until the inspectors have free access to these sites, the crisis is not over, but only on hold, Cohen said. "We'll have to see what the inspectors are allowed to do before we can say [the crisis] is on the road to being fully resolved."

"We are awaiting signs on the ground, rather than words in the air," Pentagon spokesman Navy Capt. Mike Doubleday said.

In the meantime, Cohen said, "we must keep the pressure on. We must insist that [Hussein] fully comply with all of the resolutions. We must keep the focus on what he has done, what he is capable of doing and why he should not be allowed to resume his activities."

Robertson said Hussein suffered a major defeat, backing down in the face of the U.N. resolve and U.S. military response. "The steel fist inside the velvet glove of diplomacy" worked in this instance, but the world community must remain vigilant, strong and united lest [Hussein] attempts to exploit any weakness that might exist in the future," he said.

"We hope the diplomatic success will hold, that Hussein will no longer feel that he can easily challenge the U.N. consensus, but if he does, he knows there are forces from at least two countries there against him," Robertson said.

PERU from 1A

The command also established a ground-based radar facility to help detect traffickers.

Southern Command officials quickly point out, however, the military isn't the lead player in counterdrug operations. For example, a U.S. Agency for International Development alternative economic development program is expected to further reduce coca harvests in the region. And the apprehension and conviction of drug traffickers remains a mostly law enforcement activity. The command's roles include detection and monitoring, sharing intelligence, logistics support, communications, planning assistance, and training and equipping.

"We support other U.S. and host nation agencies, particularly their law enforcement programs, and help out where appropriate," said Army Lt. Col. Byron Canover, a command spokesman. He noted the command receives about one-third of the total federal counterdrug budget, or about 25 percent of DoD drug funds.

DoD recently revised the Unified Command Plan to extend the command's area of responsibility to cover both the source and transit zones (South and Central America and the Caribbean) of the Western Hemisphere drug trade. "This gives Southern Command single-agency responsibility for counterdrug operations, which should make these operations much more effective," he said.

Because a large percentage of Latin American nations are involved to some degree in the drug trade, Canover said, antidrug efforts can't be concentrated on any one area. Too often, progress in one area, such as Peru, is offset by new abuses elsewhere. For example, successful efforts to target drug kingpins in Colombia led to an increase in the number and power of Mexican cartels, according to a Southern Command briefing. And increased aerial surveillance of the Peru-Colombia air bridge led to more river trafficking as well as increased movement of drugs through "spillover" countries.

IRAQ from 1A

As international diplomats worked to resolve the crisis peacefully, President Clinton diverted the USS George Washington carrier battle group from the Mediterranean to the Persian Gulf. The group augmented the USS Nimitz carrier battle group already in the region.

"This is a crisis of Saddam's making," Clinton said. "It can be unmade only when he can no longer threaten the international community with weapons of mass destruction."

"Saddam has spent the better part of the last two decades, and much of the wealth of his nation, not on providing for the needs and advancing the hopes of the Iraqi people, but on a program to build an arsenal of the most terrible weapons of destruction — nuclear, chemical, biological — and on the mis-

"The U.N. has done an extraordinary amount of work in the last six years under very difficult circumstances. It has discovered and assured destruction of 53 Scud missiles. It's discovered missile gyroscopes imported after the Gulf War and either taken them out or destroyed them."

Ken Bacon
Pentagon Spokesman

siles to carry them to faraway places," Clinton said.

Deploying the George Washington was a precautionary measure, Cohen said. "It will help ensure that we have adequate forces in the region to respond to any contingency as the international community works to make it clear that Iraq must adhere to the U.N. resolutions."

"Iraq is refusing to comply with the U.N. resolutions that it allow inspections of its facilities to build weapons of mass destruction, including deadly nerve gas and biological toxins," Cohen said. "Iraq's decision to bar inspectors suggests that Iraq is determined to rebuild or expand its capacity to manufacture weapons of mass destruction."

As diplomatic efforts continued, U.S. military leaders also deployed six F-117 stealth aircraft and an air expeditionary force with more than 30 aircraft, including two B-1 bombers to the region. Two B-52 bombers were sent to Diego Garcia.

Army Gen. Hugh Shelton, chairman of the Joint Chiefs of Staff, called the buildup "a prudent measure to demonstrate how seriously the U.S. takes both this challenge to the authority of the U.N. and also the continued pursuit of these dangerous weapons by the Iraqi government. While we have a robust force already in the region ... it is prudent to take some additional measures in light

of the rhetoric, the threats and the intransigence of the Iraqi regime."

During talks in Geneva, Iraq agreed to let the U.N. inspectors return, but Hussein placed 63 "sensitive" sites, including his 47 palaces, off limits. U.S. officials deemed the restriction unacceptable. U.N. weapons inspectors returned to Iraq Nov. 21.

On Nov. 25, the Defense Department released a report on the proliferation of weapons of mass destruction. Cohen announced at a Pentagon news conference that Hussein may have produced enough VX nerve agent to kill everyone on Earth.

"Originally, the Iraqis indicated they had just a small quantity of VX," Cohen said. "One drop on your finger will produce death in a matter of a few moments. Now the U.N. believes that Saddam may have produced as much as 200 tons."

When Hussein's son-in-law defected,

LAAD from 1A

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While the units were training caliber machinegun here at Onslc Avenger's primary weapon is the

The system has the ability to f siles in a matter of 40 seconds, an a second, it can be switched to the The range on the Stinger missile however. The effective range of caliber machine is approximately 1

"Any aircraft flying at a speed that them to be effective to our troops ca day or night," said Eramo.

During the training at Onslow Bc ners weren't aiming in at enemy jets fired at the one fifth scale remote c planes flown by civilian contractors approximately ten feet by ten feet and at 65 pounds, are very durable and l out of the sky unless hit in one of t such as the engine, propeller or wing

"We like to think that these airc really good representation of the re gives them some overall good traini Marcoe, Continental RPV, builder pil

To get a feel for how well they are units were depending on the elect mounted to the aircraft that counted dar signal.

This allows gunners to know w within 5 meters of the target for .50 ca and 6 inches for Stinger missiles.

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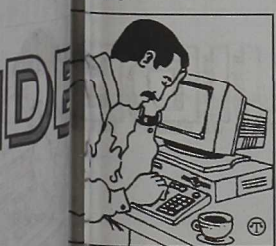
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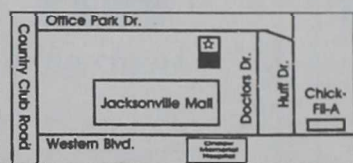
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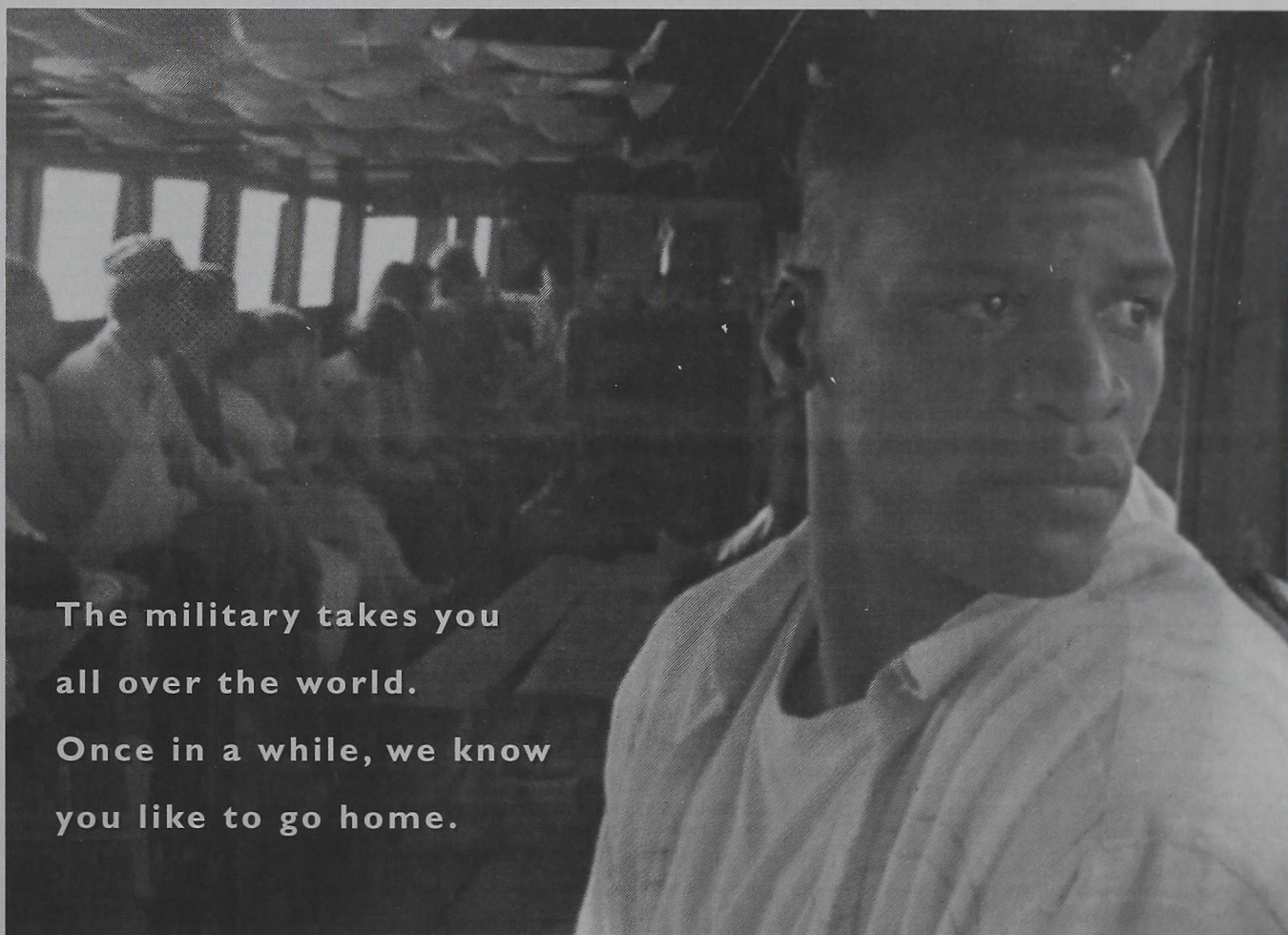
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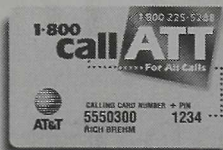
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Pumping up the arm of decision

Division Marines pack their gear, head to Supporting Arms Exercise for upcoming deployment

Sgt. Bruce J. Melville
Globe staff

Marines within the 2d Marine Division grabbed their rucksacks, jumped in their vehicles and headed out to the field from 1 - 6 Dec. to participate in a Supporting Arms Training Exercise (SATEX) in preparation for an upcoming deployment to 29 Palms, Calif.

"What SATEX is all about is working a combined arms package," said 1st Lt. Alfredo E. Franco, platoon commander, Charlie Co., 1st Bn., 6th Marines. "We're able to practice the use of combined arms in preparation for the battlefield."

Although many units make good

use of the Combined Arms Simulation Trainer (CAST), many Marines feel it just isn't the same as the real thing.

"Nothing can replace live rounds down range or the effect of the weapon systems," said Franco.

Some of the units involved in the training included elements from 1st Bn., 6th Marines, 1st Bn., 10th Marines, 2d Light Armored Reconnaissance Bn., 2d Amphibious Assault Vehicle Bn. and 2d Tank Bn.

With all of these different elements working together, it took a lot of coordination.

"We need to come out slow and start with the basics," said Maj. Bart W. Clark, air officer, 2d Marine Regiment. "Our goal is to allow this ex-

ercise to be a training driven environment. By the end of the week, we want each fire support team to be able to call for complicated fire missions, and we can't do that if we throw it at them all at once."

The Marines who provide fires admit SATEX is crucial to their proficiency.

"It's absolutely vital. There is no substitute for being able to coordinate fire support," said Lt. Col. Carlos J. Camarena, commanding officer, 1st Bn., 10th Mar. "This SATEX is probably the best opportunity we'll get before we go out and get on the move at CAX."

Perhaps the Marines who this exercise means the most to are the ones who will be making the calls for fire.

"It gives me a great deal of confidence to be able to come out here and practice calling for fire support," said Cpl. Christian B. Amason, scout sniper, 1st Bn., 6th Mar. "Every Marine should know how to call for air support because you never know when you'll have to use it."

These Marines are also convinced of the importance of fire support.

"Air support and artillery can win the battle. You want to hit them with your big weapons first," said Amason. "You never know, you could save a whole company of Marines."

Another group of leathernecks that received significant benefits from the SATEX were the cannoners putting the rounds down range.

"This really helps us prepare for combat to help out in support of the grunts," said Sgt. Paul T. Pritchard, cannoner, 1st Bn., 10th Mar. "It helps us improve our proficiency."

The "cannon-cockers" are proud of what they do and are glad to know that what they do helps to save Marines' lives.

"Without us, the grunts would have a much harder time and most would probably end up dead," said Pritchard.

According to Marines involved in the training, it was hard, but well worth the effort.

"I'd much rather learn from my mistakes here," said Amason. "If I was to make a mistake out at CAX, the chances are much greater that someone could get hurt."



Bravo Battery, 1st Battalion, 10th Marines, puts rounds down range during the supporting arms training exercise conducted last week.

No Comm, no bomb

Sgt. Bruce J. Melville
Globe staff

During the recent Supporting Arms Training Exercise being conducted by Marines from the 2d Marine Division, the importance of good communications was at its pinnacle.

To make sure all ran smoothly, leathernecks from Communications Platoon, Headquarters Company, 2d Marines were on hand to offer their expertise.

"Communication is absolutely vital when Marines are in the field," said SSgt. Clarence A. Branchcomb, Radio Chief, 2d Marines. "If my commanding officer isn't talking to all of his supporting elements, then I'm not doing my job."

Communications is particularly important when dealing with the coordination of any type of supporting arms.

"For the commanding officer to maintain proper command and control, his communications must be up at all times," added Branchcomb. "You can't have air, artillery or any type of air support

without communications."

Branchcomb believes that the Marine Corps would have a difficult time functioning without this support.

"The mission wouldn't get accomplished and there would be lots of casualties," Branchcomb said. "Communications is not only radios, it goes all the way down to hand and arm signals."

Marines who have been working with the communications gear now be used can reflect on times when getting "comm" up was not as simple of a task as it is today.

"The singars radios are a lot more reliable than the old PRC-77 radios, and their capabilities are far superior," said Sgt. Michael S. Smith, radio operator, communications platoon, 2d Marines. "Our main trouble now is just keeping up with all of the technology that we're being faced with. We're constantly attending new schools to keep up."

The Marines are also in tune with how important their job is and take their job seriously.

"Our job ensures the safety of

all Marines out here,"

"With all of the rounds, you can't go anywhere without communications."

Although coordination of support is a big task for the Marines, it also has quite a value.

"Communications is whether you are sending down range or calling in a request for support," said Smith.

Although their job can be stressful at times, they enjoy it.

"I like it because it gives me a chance to be outside and work with my hands," said James R. Tonick, radio communications platoon, 2d Marines. "Plus, it's really when we go out to the field, the communications plan together and runs smoothly."

"There is nothing like you set up the communications network and it all runs smoothly," said Branchcomb. "We be a little flexible at times, but still a great feeling."



Sgt. Bruce J. Melville

PFC Quintin E. Roycroft, Radio Operator, Headquarters Company, 2d Marine Regiment, erects the OE-254 omni directional antenna.

The Corps' eyes, ears: armed, fast, dead

Cpl. Chris Irvine
Globe staff

Light Armored Vehicles (LAVs) are used as the battlefield eyes of the Marine Corps. While the light skinned vehicles are not meant to take on enemy armor and cannot withstand anything more than small arms fire, they do provide a means to quickly and accurately scan terrain. By performing this mission they give Marine infantry and armor the time they need to deploy against enemy formations without being suppressed.

Performing reconnaissance may seem very dangerous but history has proven it to be a critical capability.

During the Nazi drive to over run France in 1940 the German invaders had excellent battlefield intelligence. German tank divisions and motorized infantry divisions slashed their way through the French defenses using light vehicles and motorcycles to scan in front of them. During the critical battle for Sedan, the Germans were able to accurately estimate the size and positions of the French and strike them at their most vulnerable point with overwhelming force.

Reconnaissance plays as critical

a role on the modern battlefield as it did during World War II. There are two major developments that have changed the characteristics of the battlefield. Weapons have become much more accurate, longer ranged, and the speed they can be deployed in has made the modern battlefield between two technologically equal opponents a highly lethal environment.

2nd Lt. Steve Wallace, platoon commander, 2d LAR, said that his unit performs a critical function for the Marine Corps.

"We go out ahead of the infantry and tanks to find the enemy, report their exact location, composition and direction of movement," he said.

According to Cpl. Michael Wood, Vehicle Commander, 2d LAR Bn., the nature of the units mission means they could run into any type and size of hostile force. For this reason, and the fact that the LAV only has a quarter inch of armor, they rely on the vehicles speed and maneuverability to survive.

"This vehicle is amazingly agile and maneuverable. We can get this LAV up to 70 mph but obviously this is not what you want to do when you're going through rough terrain. I think most people would

be amazed if they knew how well we can use concealment in this vehicle. I don't want to say we're stealth, but we can have artillery falling on you before you know we're even there," he said.

Calling in air and artillery is one of the many capabilities the LAR Marines practice. Wood said their main battle training involves long hours of building teamwork.

"I'd say that the most important job in the LAV is vehicle commander. His main role is to make sure that the driver is with his wingman. He also picks out all the targets for the gunner and tells the driver what to do and he's in charge of the vehicle's safety," he said.

Light Armored Vehicles are equipped with a 30 mm cannon but some variants are armed with MK-19 and TOW missiles. Often the LAVs deploy in groups of four, operating in between friendly and enemy forces. Typically, two of the vehicles will mount 30mm cannons, one will have a MK 19 grenade launcher and one will be armed with TOWs.

"It can be a very dangerous mission. When we operate ahead of our own forces we can run into anything. If we run into large formations of enemy armor we could have



LAVs from 2d LAR Bn. lay still and blend into the terrain waiting for the order to fire.

to head back to our own lines in a real hurry. This is where it can get a little tricky. If you don't have good communications with your own forces then you could be in trouble. A big part of our training is practicing proper communication tech-

niques so that our own forces know exactly who and where we are," Wallace said.

During operation Desert Storm, the LAV showed exactly what they could do helping to guide coalition tanks and artillery

onto enemy formations. It's a mission they'll be proud to perform again.

"I think that if they go out, find report their position and have in their ranks," he



LCpl. John Gresham

The Saint Barbara Medal was presented to five exceptional Marine officers. Spouses were awarded the Molly Pritcher Medal.

Patron saint award presented to 10th Mar

Cpl. Kyle Reeves
Globe staff

An honored beauty was heralded recently by cannon cockers who long for her protection.

In the Third or Fourth Century, lived Barbara, the daughter of Dioscorus, a nobleman of the Roman Empire. When she chose Christianity over her parents pagan beliefs, she was tortured and then dragged into the mountains, and beheaded. Her father, who had presided over her execution, was consumed by lighting after leaving the scene. This was perceived as God's retribution for this crime.

As a result, Barbara came to be regarded as the patron saint of those in danger from thunderstorms, fire, explosions or sudden death, an attribute syn-

onymous with artillery fire.

Saint Barbara's Day has been a traditional celebration of artillery units as early as the 15th century and continues today.

Marines from 10th Marine Regiment, 2d Marine Division, recently paid homage to the saint in their own celebration at the Paradise Point Officers Club.

Every first week of December, 10th Marines celebrate Saint Barbara's Day with an awards ceremony, presenting the Saint Barbara Medal to five Marine officers who have demonstrated exceptional ability in leadership, professional ability and technical expertise in Marine Corps artillery, said Col. Robert Click, Commanding Officer, 10th Marines.

Spouses were also recognized with the Molly Pritcher Medal. "These wives have been supportive to artillery regiments,

very active in family service and key volunteers," said Click.

Included in the event was a appearance by retired Col. McCarthy, former Commanding Officer, 10th Marines, a small present legend of Saint Barbara and a presentation of the Neophyte gunner.

Click stresses the significance of serving the military's centuries. "It is something we have and have kept over the years without these and other traditions run the risk of losing our heritage artillery unit," he said.

Saint Barbara was first recognized by cannoners in Lille, France, other artillery regiments in foreign guage speaking countries. It was later adopted by the British Marines and then passed on to

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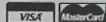
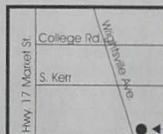
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Lead levels pose significant health threat

Camp Lejeune paves way in effort, education

Editors Note: The following is reprinted from Base Bulletin 6280 and is required to be published by EPA regulations.

The United States Environmental Protection Agency (EPA) and the Marine Corps Base, Camp Lejeune are concerned about lead in your drinking water. Although most homes have very low levels of lead in their drinking water, some homes and buildings in the community have lead levels above the EPA action level of 15 parts per billion (ppb), or 0.015 milligrams of lead per liter of water (mg/l). Under Federal law, we were required to have a program in place to minimize lead in your drinking water by July 1, 1995. This program included corrosion control treatment, source water treatment, and public education. We are also required to replace each lead service line that we control if the line contributes lead concentrations of more than 15 ppb after we have completed the comprehensive treatment program. If you have any questions about how we are carrying out the requirements of the lead regulation please give the Environmental Management Department a call at (910) 451-2471.

In 1991, the Environmental Protection Agency passed laws mandating the maximum allowable levels of lead in drinking water systems in the United States.

Every year since those laws were passed, Camp Lejeune's Environmental Management Department has monitored the levels of lead in the six drinking water systems aboard Base.

According to EPA standards, drinking water systems should have lead levels below 15 parts per billion (ppb), and when testing began in 1992, some of Camp Lejeune's drinking systems exceeded that number. However, since the implementation of corrosion control treatment in each of the plants, most of the buildings and homes now have levels below the standard, and Base Utilities continues to work to reduce the levels even further.

Lead enters the water when the water passes through systems with lead pipes, service lines, soldered joints, and fixtures containing lead. Camp Lejeune's main problem lies within soldered fittings made of lead/tin alloy joining copper piping. Point of entry sampling has indicated that the groundwater used for all the systems aboard Base is basically lead free.

The Rifle Range water system has been serviced since 1994 by Onslow County, which has a different water chemistry than Base plants. This, as well as a low traffic volume in buildings located at the Rifle Range, has resulted in above-standard lead levels during the sampling period of June-September 1997.

The Onslow Beach water system suffered extensive damage from last year's hurricanes. A complete renovation of the distribution system occurred following Hurricane Fran through the Spring of 1997. During this time, no lead and copper sampling was performed. Sampling resumed in August and September 1997. Above-standard lead levels were detected during this testing round. Base Utilities is looking into ways of lowering these levels.

By federal law, Camp Lejeune is required to initiate a public education program when lead levels exceed the standard of 15 ppb.

Base Bulletin 6280 has been reissued to inform residents and occupants of buildings at the Rifle Range and Onslow Beach of how to avoid drinking water with higher lead levels. The following information has been posted on all official bulletin boards on Base and has been hand-delivered to the residents of housing at the Rifle Range and Onslow Beach.

HEALTH EFFECTS OF LEAD

Lead is a common metal found throughout the environment in lead-based paint, air, soil, household dust, food, certain types of pottery, porcelain, pewter, and water. Lead can pose a significant risk to your health if too much of it enters your body. Lead builds up in the body over many years and can cause damage to the brain, red blood cells, and kidneys. The greatest risk is to young children and pregnant women. Amounts of lead that won't hurt adults can slow down normal mental and physical development of growing bodies. In addition, a child at play often comes into contact with sources of lead contamination - like dirt and dust - that rarely affect an adult. It is important to wash children's hands and toys often, and to try to make sure they only put food in their mouths.

LEAD IN DRINKING WATER

Lead in drinking water, although rarely the sole cause of lead poisoning, can significantly increase a person's total lead exposure, particularly the exposure of infants who drink baby formulas and concentrated juices that are mixed with water. The EPA estimated that drinking water can make up 20 percent or more of a person's total exposure to lead.

Lead is unusual among drinking water contaminants in that it seldom occurs naturally in water supplies like rivers and lakes. Lead enters drinking water primarily as a result of the corrosion, or wearing away, of materials containing lead in the water distribution system and household plumbing. These materials include lead-based solder used to join copper pipe, brass and chrome plated brass faucets, and in some cases, pipes made of lead that connect your house to the water main (service lines). In 1986, Congress banned the use of lead solder containing greater than 0.2% lead, and restricted the lead content of faucets, pipes, and other plumbing materials to 8.0%.

When water stands in lead pipes or plumbing systems containing lead for several hours, the lead may dissolve into your drinking water. This means the first water drawn from the tap in the morning, or later in the afternoon after returning from work or school, can contain fairly high levels of lead.

If a water test indicated or if you are concerned that the drinking water drawn from a tap in your home contains lead above 15 ppb, then you should take the following precautions:

Let the water run from the tap before using it for drinking or cooking any time the water in a faucet has gone unused for more than six hours. The longer water resides in your home's plumbing the more lead it may contain. Flushing the tap means running the cold water faucet until the water gets noticeably colder, usually about 15-30 seconds. If your house has a lead service line to the water main, you still need to flush the water for a longer time, perhaps one minute, before drinking. Although toilet flushing or showering

flushes water through a portion of your home's plumbing system, you still need to flush the water in each faucet before using it for drinking or cooking. Flushing tap water is a simple and inexpensive measure you can take to protect your family's health. It usually uses less than one or two gallons of water and the cost to the water system is minimal. To conserve water, fill a couple of bottles for drinking water after flushing the tap, and whenever possible use the first flush water to wash the dishes or water the plants. If you live in a high-rise building, letting the water flow before using it may not work to lessen your risk from lead. The plumbing systems have more, and sometimes larger pipes than smaller buildings.

Try not to cook with, or drink water from the hot water tap. Hot water can dissolve more lead more quickly than cold water. If you need hot water, draw water from the cold tap and heat it on the stove.

Remove loose lead solder and debris from the plumbing materials installed in newly constructed homes, or homes in which the plumbing has recently been replaced, by removing the faucet strainers from all taps and running the water from three to five minutes. Thereafter, periodically remove the strainers and flush out any debris that has accumulated over time.

If your copper pipes are joined with lead solder that has been installed illegally since it was banned in 1986, notify the plumber who did the work and request that he or she replace the lead solder with lead-free solder. Lead solder looks dull gray, and when scratched with a key looks shiny. In addition, notify your State of North Carolina Department of Environment and Natural Resources, Division of Environmental Health, Public Water Supply Section.

Determine whether or not the service line that connects your home or apartment to the water main is made of lead. The best way to determine if your service line is made of lead is by either hiring a licensed plumber to inspect the line or by contacting the plumbing contractor by checking the city's record of building permits which should be maintained in the files of the Marine Corps Base, Camp Lejeune, Public Works Department. A licensed plumber can at the same time check to see if your home's plumbing contains lead solder, lead pipes, or pipe fittings that contain lead. The public water system that delivers water to your home should also maintain records of the materials located in the distribution system. If the service line that connects your dwelling to the water main contributes more than 15 ppb to drinking water after our comprehensive treatment program is in place, we are required to replace the line. If the line is only partially controlled by the water system, we are required to provide you with information on how to replace your portion of the service line, and offer to replace that portion of the line at your expense and take a follow-up tap water sample within 14 days of the replacement. Acceptable replacement alternatives include copper, steel, iron, and plastic pipes.

Have an electrician check your wiring. If grounding wires from the electrical system are attached to your pipes, corrosion may be greater. Check with a licensed electrician or



Courtesy of Environmental Management

Environmental Management Department conducts a running water and drinking water on base.

your local electrical code to determine if your wiring can be grounded elsewhere. DO NOT attempt to change the wiring yourself because improper grounding can cause electrical shock and fire hazards.

The steps described above will reduce the lead concentrations in your drinking water. However, if a water test indicates that the drinking water coming from your tap contains lead concentrates in excess of 15 ppb after flushing, or after we have completed our actions to minimize lead levels, then you may want to take the following additional measures:

Purchase or lease a home treatment device. Home treatment devices are limited in that each unit treats only the water that flows from the faucet to which it is connected, and all of the devices require periodic maintenance and replacement. Devices such as reverse osmosis systems or distillers can effectively remove lead levels at the tap; however, all lead reduction claims should be investigated. Be sure to check the actual performance of a specific home treatment device before and after installing the unit.

Purchase bottled water for drinking and cooking.

The Marine Corps Base, Camp Lejeune, Environmental Management Department (EMD) at telephone number 451-2471 can provide you with information about your community's water supply, and a list of local laboratories that have been certified by EPA for testing water quality.

The Marine Corps Base, Camp Lejeune, Public Works Department at telephone 451-5950 also can provide you with information about building permit records that should contain the names of plumbing contractors that plumbed your home; and

The Marine Corps Base, Camp Lejeune, Preventive Medicine Department at 451-5707 can provide you with information about the health effects of lead and how you can have your child's blood tested.

The following is a list of some State ap-

proved laboratories in your area call to have your water tested:

Southern Testing and Research, Inc. at (919) 237-4175

Environment 1, Inc. at (919)

The above information is a guide promulgated by Federal law due to exceeding the lead action level at the 90th percentile at Beach and Rifle Range water systems. It is designed for private homes served by a public water system. The standard notice requires the following clarifications:

1) A material evaluation produced on all the water systems there are not any known lead lines.

2) Single family homes served by MCAS New River water system; the sampling site selection criteria by the EPA and were not sample plumbing systems at MCAS New River are under the process of being with copper pipes and lead free of the whole house renovation been underway for several years. New River water system is currently reduced monitoring schedule the fact of having two consecutive periods below the lead action level at the 90th percentile.

3) The Hadnot Point and Core water systems are also on an annual monitoring schedule due to the fact of having two consecutive periods below the lead action level at the 90th percentile.

4) The Holcomb Boulevard water system which serves all housing areas: Hospital Point, MCAS New River, Bay, and the Rifle Range, is on a reduced monitoring schedule which sampling only once every three years is due to the fact of having three annual monitoring periods below the lead action level at the 90th percentile.

Base addresses questions regarding lead exposure

During 1997, lead and copper sampling has been performed in the medium-sized water distribution systems of Hadnot Point and Marine Corps Air Station, New River and the small-sized water distribution systems of Courthouse Bay, Rifle Range, and Onslow Beach. A small number of buildings in each system had lead levels above the Environmental Protection Agency's (EPA) action level of 15 parts per billion (ppb); however, all of the sampled systems, with the exception of Onslow Beach and the Rifle Range, are in compliance with the Lead/Copper Rule of 1986. This means that at least 90% of the samples taken in each system were below the lead action level. The Onslow Beach water treatment and distribution system suffered severe damage as a result of last year's hurricanes; this is the first set of samples taken since the Spring of 1996 due to this damage.

Lead can get into drinking water several different ways including: corrosion of lead piping, lead-based solder, and water faucets. Lead is not naturally present in the local groundwater. Camp Lejeune's main problem lies within soldered fittings made of lead/tin alloy joining copper piping; the use of this type of material was banned in 1986. Water supplied to the Rifle Range is purchased from Onslow County whose water has a different chemical makeup than water supplied by Camp Lejeune's water treatment facilities. Consequently, the options that the Base has in controlling the amount of lead that gets into the drinking water is limited to following the recommendations provided in enclosure (1).

How might I be exposed to lead in drinking water?

The major contributors of lead in drinking water come from lead-containing brass fixtures and pipe solder, which are commonly used in public buildings, schools, and homes. In some areas lead is also naturally present at low levels in groundwater, which may be used for drinking water. Additionally, tea and coffee made with tap water containing lead may have increased lead concentration due to evaporation of the water, particularly if the coffee or tea sits on a hot plate.

How can lead affect my health?

Studies on lead's health effects are based on blood levels (ug/dL, micrograms per deciliter), not the amount of lead detected in water or some other medium. The health effects of lead are not immediately apparent. Some health effects may not produce noticeable signs or symptoms such as decreased IQ or mild behavioral disorders which can occur when blood levels are ≤ 10 ug/dL in

children. Lead is not readily eliminated from the body, but is stored in the bones and teeth. Exposure to high levels of lead can badly damage the brain, red blood cells, and kidneys of adults (40-100 ug/dL) and children (35-50 ug/dL). Acute effects of exposure to high lead levels are nausea, vomiting, and headache. Lead exposure in adults may affect sperm or damage other parts of the male reproductive system making it difficult for a couple to have

All of the sampled systems, with the exception of Onslow Beach and the Rifle Range, are in compliance with the Lead/Copper Rule of 1986.

children.

Unborn babies and children are especially sensitive to the effects of lead. If a pregnant woman is exposed to lead, it can be carried to the unborn child and is associated with premature birth, low birth weight, and decreased mental ability. In infants and young children, lead exposure has been shown to decrease intelligence (IQ) scores, slow their growth, and cause hearing problems in children with blood lead levels ≤ 10 ug/dL. These effects can last as children get older and interfere with successful performance in school.

What are some factors that can influence lead's effects?

The amount of lead you absorb cannot be directly correlated to the amount in drinking water due to several factors. These factors include the dose (how much lead is in your body), the duration (how long you were exposed), and your individual characteristics such as age, sex, nutritional status, lifestyle, and overall state of health as they influence the type and severity of harmful health effects.

Age is a key factor. Children and unborn infants are more sensitive to the harmful effects of lead. Nutrition also plays a role in how much lead is absorbed by the body. If a person doesn't have a well-balanced diet rich in iron and calcium, more lead will be absorbed. The consumption of alcoholic beverages also increases the amount of lead absorbed. Tobacco use causes an increase in blood levels partly because tobacco products contain lead.

What are other sources of lead exposure?

You can be exposed to lead and lead compounds from breathing air and eating soil and foods that contain lead.

Breathing air with dust that contains lead or swallowing lead-containing soils that might be found near areas with heavy automobile traffic are also sources of exposure.

Adults may also be exposed to lead through occupational exposure which may occur through plumbing work where lead-based solder and brass fixtures are used. Other sources of occupational lead exposure may be from automobile or mechanical repair operations, battery or

radiator reclamation, electronics work, welding, lead-based paints, and lead-containing sheet metal work. Certain hobbies may also contribute to your lead exposure such as ceramics, artisan painting, stained glass, and furniture refinishing.

Children may be exposed to lead by ingesting non-food items such as chips of lead-containing paint. Children who put toys, other items, or their hands in their mouths may also swallow lead if lead-containing dust and dirt are on these items.

How can I reduce my exposure to lead in drinking water?

Short-term remedies you can take individually to reduce the lead concentrations in your drinking water and, thus your exposure to lead are included below. You cannot see, taste, or smell lead in your drinking water, so it is important to perform these precautionary steps.

1) Let the water run from the tap for 30 seconds to two minutes before using it for drinking or cooking. The longer water stays in the building's pipes, the more lead it may contain. Water that has sat in the pipes for more than four hours should be flushed for three to five minutes: for example, first thing in the morning and when you arrive home in the evening. A good indication of when to stop flushing the cold water tap is when the water becomes noticeably colder.

2) Use cold water even for cooking or making infant formula because water from the hot water tap dissolves lead more quickly.

If a water sampling test for lead indicates that your tap water at home or at work contains in excess of 15 ppb even after flushing, then you may want to consider taking the following additional measures.

1) You may choose to use bottled water in your home for drinking or cooking purposes.

2) You may choose to use a water purification system. Purification systems range in size and cost from pitcher filtration systems to entire home water treatment systems.

Is there a medical test to determine if I am exposed to lead?

If you are concerned about your blood lead level either because of the lead levels in your drinking water or other possible lead exposure sources, a simple medical test is available to screen for lead levels.

What recommendations has the federal government made to protect human health?

In 1991, EPA issued the Final Lead and Copper Rule. The primary purpose of this rule is to protect public water supply users from chemical contamination by corrosion of drinking water piping systems. The rule establishes threshold levels for lead and copper in consumer water taps.

EPA recommends that drinking water contain no more than 15 ppb. If lead levels exceed 15 ppb, flushing is required at the tap and at the source to reduce elevated lead levels.

Recommendations for water treatment to reduce lead at the tap are required to be submitted to EPA for approval.

How can I get more information?

To find out more about the health effects of lead or to have a blood lead test contact:

Camp Lejeune Naval Hospital
Occupational Health and Preventive Medicine

Camp Lejeune, North Carolina 451-5707

For general information on lead exposure call:

Henry Abadin

Agency for Toxic Substance and Disease Registry

1600 Clifton Road - E29

Atlanta, Georgia 30333

404-639-6304

For general information on lead in drinking water contact:

U.S. Environmental Protection Agency

Office of Water

Safe Drinking Water Hotline

1-800-426-4791

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For More Information

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Call 451-2253
For More Information

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Ages 5-12

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Every child will receive a toy Santa and a candy cane.

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SNCO Club. Call 451-1534
for more info.

Paradise Point Officers' Club
1900-0100
Call 451-2465 for more info.

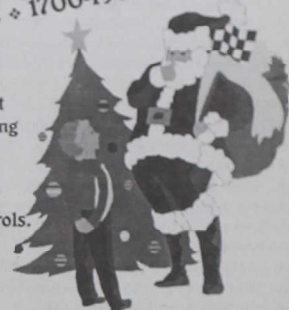
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13 December

Register by 2000, 13 December.

Third Annual Christmas Cookie Decorating Contest



1300

21 December

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24th MEU hosts NATO visit aboard *USS Guam*

Sgt. Gregory S. Gilliam
24th MEU correspondent

ABOARD *USS GUAM* -- Marines and Sailors of the 24th Marine Expeditionary Unit (Special Operations Capable (SOC)) joined with *USS GUAM*'s crew to play host to the Secretary General of North Atlantic Treaty Organization (NATO), Javier Solana, and scores of other dignitaries and high ranking officials as part of the North Atlantic Council and Military Committee Sea Day.

The event was designed to showcase maritime operations in the Southern Region and give visitors insight into some of the capabilities that NATO forces possess while maintaining presence in the Mediterranean Region.

"We have been highly impressed during this visit," said Sec. Gen. Solana to a crowd of American and Allied servicemembers during a press conference. "The role of NATO is becoming more and more important everyday."

Solana defined the past year as a "step in the right direction for NATO", noting particularly how the alliance has been able to make great strides towards peace in the region.

"1997 will be remembered as one of the most important years of the

alliance," Sec. Gen. Solana said of NATO. "We have been able to take a significant step forward towards bringing major changes to the area, especially considering the peace and stability that exists today in Bosnia."

Marines of the 24th MEU played a substantial role in showcasing the capabilities of the Marine Corps and its expeditionary units.

With numerous displays ranging from a non-lethal weapons demonstration to a variety of heavy weapons and aircraft, the Marines showed their guests the Corps' continuing ability to remain at the cutting edge of modern warfare.

A large majority of the displays illustrated the MEU's distinctive versatility and regional relevance. One such exhibit showed equipment that is used during a Tactical Recovery of Aircraft and Personnel (TRAP) mission to include an assortment of climbing gear and laser range finders. A Marine wearing a specialized suit from the Enhanced Nuclear, Biological, and Chemical Force clearly demonstrated where MEU's are headed in the ever-changing field of chemical warfare.

"I think they will leave here with an appreciation for the Marines," said Cpl. Nathan Warnock, Flight

Equipment Technician for Marine Medium Helicopter Squadron-263. "You have junior Marines being asked questions by high-ranking officials, and these visitors can easily see that the Marines are at the top of their game. I enjoyed telling them what I know."

Besides hosting NATO's secretary general, 24th MEU Marines also fielded questions from high ranking officials representing Greece, Turkey, Belgium, France, the United Kingdom and Italy.

"This event gave us the opportunity to show the NATO community the important role Marine expeditionary units play within the Southern Region," said Col. Richard F. Natonski, 24th MEU Commanding Officer. "Demonstrations like this are a great way to foster good will and friendship with our Allies."

"The Blue-Green performance today was nothing short of spectacular," said Capt. William J. Luti, Guam's Captain, in an address to *USS Guam*'s crew following the visit. "It was the finest display of teamwork I have ever seen in this very complex evolution, and you all did it with class and style."

Those aboard *USS Guam* are resuming their routine, Mediterranean deployment with a port visit to Trieste, Italy.



Sgt. Gre...
Cpl. Nathan Warnock, HMM-263 Flight Equipment Technician, explains the function of night vision during NATO Sea Day.



Flying high above the Mediterranean landscape, helicopters of the 24th MEU's Air Combat Element, get an excellent opportunity for training while at the same time taking advantage of the view.

MSSG-24 takes load off 24th MEU deployment

Sgt. Gregory S. Gilliam
24th MEU correspondent

IN THE MEDITERRANEAN REGION -- During Exercise Bright Star '97, and other more recent exercises, each of the 24th Marine Expeditionary Unit (Special Operations Capable) (MEU (SOC))'s units have been put to the test.

While the Battalion Landing Team (BLT) 3/6 was busy working on infantry training, and the Aviation Combat Element (ACE), Marine Medium Helicopter Squadron-263, provided troop transportation and air support, one element has clearly made a significant impact during these evolutions, but seemed to evade the limelight--the MEU Service Support Group-24 (MSSG-24).

As the "central processing unit" for all of the MEU's exercises, MSSG-24 has provided overall support prior to and during the MEU's sixth-month Mediterranean deployment. Everything from "beans, bullets and bandages" to vehicles and facility construction, the MSSG has been there to provide.

"Everything we get goes through them first," said Sgt. Kevin Myers, a Command Element Supply Clerk.

"We essentially provide the basics to the BLT, ACE and the Command Element--what they can't provide for themselves," said 1st Lt. Justin Reiman, Assistant Operations Officer for MSSG-24. "We're the main link between each unit of the MEU."

On any given day, MSSG-24 performs a number of different tasks ranging from providing fresh water and field sanitation services to replacing a five-ton troop transport vehicle's engine.

The MSSG's maintenance platoon provides intermediate-level maintenance for all ground equipment attached to the MEU. These services range from M-16s to M1A1 tanks.

According to Sgt. Deon Boyce, Maintenance Chief for motor transport platoon, this kind of maintenance is performed on vehicles with problems that can't be handled by the drivers themselves.

"Our motor transport platoon also has the responsibility for organizational

maintenance on organic equipment to include corrective and preventive maintenance," said Boyce.

He added that the desert locations of the first two exercises made these processes extremely challenging.

"We're the first line of defense for these vehicles," he said. "We have to be on the lookout for all problems that are caused by the sandy conditions--changing filters, looking for leaks, etc."

Truck Platoon employs other safeguards such as lubing gears and engine components as well as repainting external parts to prevent corrosion. The work-ups during the pre-deployment phase helped the platoon nail down any trends and problems with equipment.

"It's a pretty aggressive evolution and it takes its toll [on the Marines and equipment]," Reiman said. "During that time, we have to check on every problem and troubleshoot it to make sure there are no trends in equipment prior to deploying."

In addition to fixing the equipment

and vehicles, they also furnish transportation for the troops and deliver gear to the field, using their heavy-lift capability.

"The MEU depends on us a lot, especially during this training cycle when the troops need ammunition and such," said Reiman.

At the other end of the MSSG's support spectrum are the engineers who construct nearly everything from range targets to shaving stations for the MEU.

"We build a lot of things. At Bright Star we built ten tables for the mess hall, port-a-johns, and litter bag stands," said Sgt. Jason Reynolds, Engineer Platoon. "During this last exercise, we accomplished more specialized training--practicing demolition and steel cutting."

The MEU's top priority however, begins with the MSSG's supply section. They are responsible for obtaining everything for the MEU.

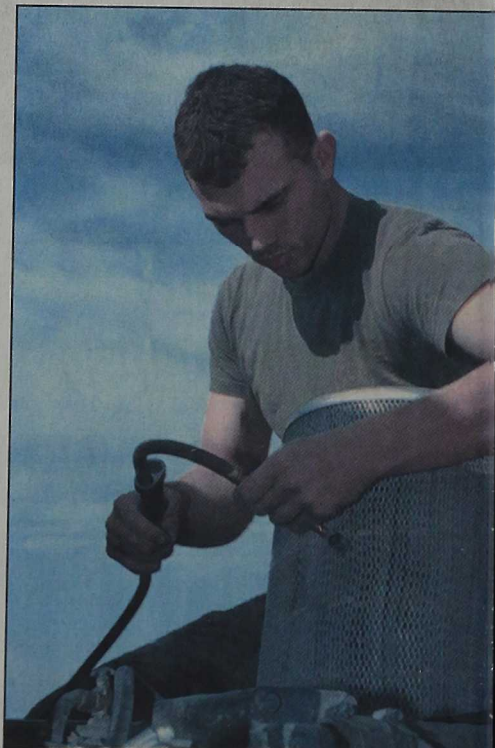
"Vehicle parts...you name it, we supply it," said Cpl. Rodney Coward, MSSG Supply Clerk. "If we don't have it, we will order it. We try to maintain a 99 percent fill-rate by delivering the goods and services units need while out in the field."

The MSSG's support doesn't stop there. They also provide ordnance, emergency ordnance disposal teams, beach operations, communication and electronics, optics repair, disbursing, medical support, and a central handling point for all incoming and outgoing mail.

Just when the job seems done as the line companies leave the field, continuous support by MSSG-24 ensures that each piece of equipment is ready to handle another exercise before being backloaded onto the ships.

According to Reiman, vehicles go through an extensive washdown and maintenance cycle where internal operations checks are performed to guarantee they are still fully operational.

As engines rev to life, spared of residual dirt and crud from one more exercise, MSSG-24 can finally rest easy, knowing that the service they provide is of vital importance to the



Sgt. Gregory...
LCpl. Dale Saylor of Truck Platoon, MSSG-24, cleans a fuel maintenance standown.



Sgt. Gregory...
LCpl. Pete Wilson, Engineer Plt., measures a piece of plywood for cutting.



Sgt. Gregory S. Gilliam
To prevent rust, LCpl. David Freels, Truck Plt., spot paints a five-ton truck.

NBC force showcases capabilities

Sgt. Gregory S. Gilliam
24th MEU correspondent

IN THE MEDITERRANEAN REGION—In an effort to promote a mutual exchange of tactics and information, the 24th Marine Expeditionary Unit's (Special Operations Capable) small-scale Chemical/Biological Incident Response Force (CBIRF) team has begun setting up training sessions with allied Nuclear, Biological and Chemical (NBC) units during various exercises.

The training, instituted by the MEU's Enhanced NBC Force is designed to provide the MEU and their allies with insight into the ever-changing and challenging task of NBC defense as it applies to forces in the Mediterranean theater.

"When I came into this training, I expected to see some complex, high-speed gear, but instead I'm seeing other countries use stuff that is both simple and practical," said CWO2 Jeffrey P. Donovan, Battalion Landing Team 3/6 NBC Officer and Co-creator of the ENBCF doctrine. "NBC used to mean 'nobody cared', now it is a very big issue. To train with other NBC units from other countries is very rare and limited."

Once their respective displays are set up, the two groups come together to share ideas and demonstrate equipment and procedures.

"We show them a lot of different capabilities with the demos," said Donovan, who uses his team of five NBC specialists and collateral duty Marines to complete the training. "Decontamination devices, masks used by CBIRF...they seem very awed by that stuff. It's pretty high-tech."

During one particular demonstration, an ENBCF Marine tried on one of his allied counterpart's NBC suit that resembled a plastic bag with elastic around the neck, waist, arms and ankles; wrapped in a brown outer garment, which is designed to cool the wearer once wet. A mask is also worn with a hose running to an air filter device with a built-in fan that, when hooked to the waist, aids in cooling.

"I like the mask a whole lot," said LCpl. Omar Morales, from MEU Service Support Group-24, who donned the gear. "The mask fits really well around the neck."

With the combined group of NBC specialists standing by, both parties demonstrate their decontamination processes.

"Our demo shows how we decontaminate at a battalion level to get them back in the fight as soon as possible," said Donovan.

Looking back on their most recent meetings with allies, Donovan and his NBC counterpart feel that the training has been a huge success.

"I feel like I am walking away much more knowledgeable since we had this opportunity to train," he said. "This has been our big highlight for the NBC community."

These mutual exchanges have even introduced the ENBCF to new advances that could easily fit the needs of today's infantry Marine. One such item, an agent detection device that snaps onto the bottom of the mask's filter on the mask, caught Donovan's eye. A device currently used by the Corps requires the Marines to check for agents using a hand-held unit, said Donovan.

"I really want to look into getting it," he said. "It seems so practical. What better place to get a reading on chemicals in the air than where you breathe. This way you have accurate readings because of the positive airflow coming in the mask."

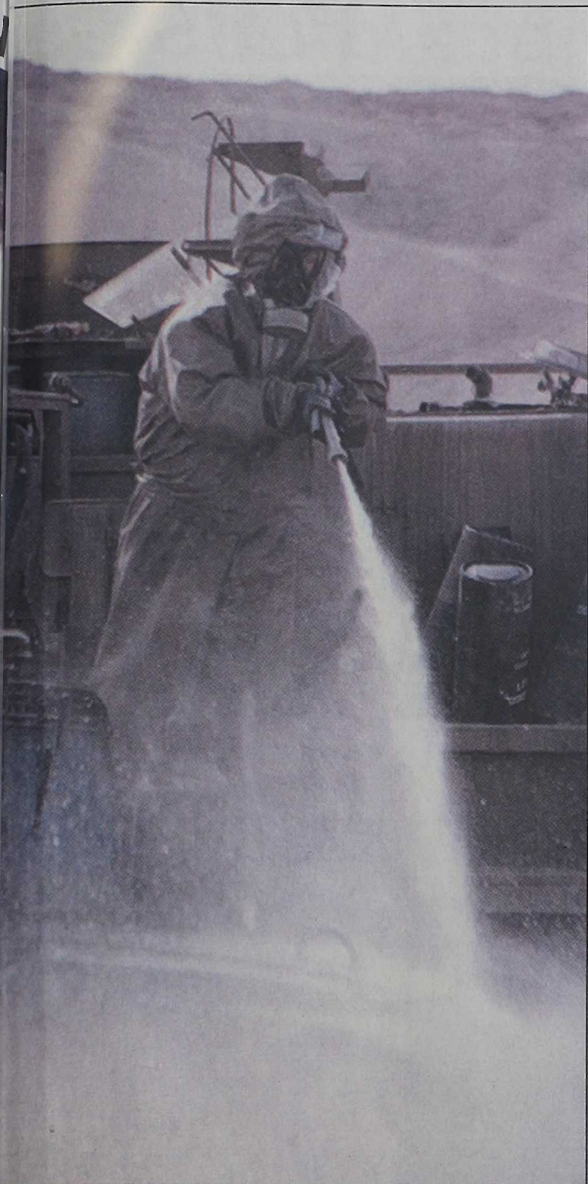
After the training is complete, ENBCF takes advantage of the NBC equipment already on hand to concentrate on the training of ENBCF's reconnaissance units.

"The recon unit goes into a building in any environment with toxic industrial chemicals present, finds out what they are and reports back [to us] the state of the situation," said SSgt. Michael Cantrell, NBC Chief for the MEU's Command Element. "It could happen in a situation where an explosion has taken place or where people are coming out of an area feeling sick. We go in and make sure it is safe for follow-on support."

The scenario Cantrell set up during one exercise required his Marines to comb through a tent, identify certain chemicals and radio their findings back to follow-on units.

According to Cantrell, the MEU's recon element needs the training because they are normally dispersed throughout the four ships of the Guam Amphibious Ready Group. "We are doing this to get the recon element re-familiarized with the gear and to refresh their training," Cantrell said. "They are our eyes and ears...the first ones to go in."

Similar NBC operations are planned for the 24th MEU as it continues with its routine, six-month Mediterranean deployment.



Sgt. Gregory S. Gilliam
A person is sprayed off in a decontamination bay during the recent training.



Sgt. Gregory S. Gilliam
Enhanced NBC force Marines protect themselves from an attack.



Sgt. Gregory S. Gilliam
NATO Secretary General (fourth from left), watches as Marines demonstrate nonlethal combat training.



Sgt. Gregory S. Gilliam
M1A1 Abrams tank unravels its monstrous power when sending steel down range during a recent live fire exercise.



Sgt. Gregory S. Gilliam
Like a tiger searching for prey, an M1A1 races toward its objective point during the exercise.



Sgt. Gregory S. Gilliam
Enhanced NBC Force Marines identify known toxic industrial Chemicals during training. It's all part of the training conducted in the Mediterranean region.

Tanks show lethal presence

Sgt. Gregory S. Gilliam
24th MEU correspondent

IN THE MEDITERRANEAN REGION—Like tigers hunting for prey, four M1A1 Abrams tanks from Tank Platoon, 24th Marine Expeditionary Unit (Special Operations Capable) tactically stalk the open desert. Spotting their victim, their pulses quicken.

"Four enemy tanks spotted -- permission to fire on targets," a tank gunner requests, as a number of "objectives" appear above the horizon.

"Hold your fire," is the quick response. The four tank teams, carrying sabot and heat rounds and mounted .50-caliber machine guns, continue roaring across the desert with even greater strength and speed.

Finally, the strike is on, as the tankers unload with a barrage of firepower that makes the earth tremble with each thunderous blast. As quickly as the bone-jarring rounds were unleashed from the 120mm smooth-bore weapon, confirmation of target destruction is relayed back.

"Direct hit, two. Good shot!"

The 30-minute, lead-laden path of destruction for potential follow-on forces left few questions unanswered about the M1A1's capabilities and firepower.

The 24th MEU possesses 16 M1A1 tank crewmen who operate the four tanks. Each provides the MEU's infantry Marines with critical direct long-range fire support.

The tanks travel at speeds up to 55 mph and can guarantee an almost perfect path of destruction while using their armor-piercing capability.

"It's basically 'grunt stuff,' just on a higher level," said Cpl. Jeff Sechrest, a tank gunner.

"Some people think that tanks can't be used in fire and maneuver, but instead should be kept in reserve," said 1stLt. Michael Yaroschuk, a tank commander. "We are heavy artillery, and we need to be forward."

Since one of the MEU's superior forms of fire power rests in the hands of the tankers, every opportunity to train in new terrain is welcomed. The skills they develop now could mean the difference between victory and defeat on the battlefields of the 21st Century.

ETA-3 more than demolition training

LCpl. Erik S. Svihla
Globe staff

Since 1979, the Exercise Training Area (ETA)-3 has served the 2d Marine Division by training the Marines of 2d Combat Engineer Battalion in demolitions, mobility, and mine warfare.

Ten years ago, their mission was altered to allow the Marine Expeditionary Units (MEUS) to train with combat engineer tactics. However, now the knowledge and skills of 2d CEB are no longer limited to 2d MarDiv Marines, but are open to any and all units who wish to train, according to MSgt. Bertrum Nickles, Officer in Charge of ETA-3.

"We still train 2d CEB in engineer tactics, but now our job is just a little bit bigger," said Nickles.

Just a little means training such units as the Military Po-

lice Company. All a unit has to do is request training, Nickles said.

To do that, the unit simply calls, tells them how many days they have to train, and ETA-3 will take over the rest.

"Usually what the units want is demolitions training," Nichols said. "And we can give them just that." Most units are required to bring their own explosives, so if they only bring 10 lbs. of plastique or C-4, then that's exactly how much they detonate for the exercise.

Depending on what kind of training the units want to do, and how it pertains to their mission, the ETA provides classes to fit that requirement.

"Our basic curriculum is made up of three things," Nichols said. "Mobility, counter-mobility, and survival mobility."

These topics actually cover everything from constructing

tank ditches and laying minefields to obstacle breaching and trench clearing.

Still, Nickles points out that you don't necessarily need to be a combat engineer, because these skills are applicable to any job in the Marine Corps.

"You could be in the rear with the gear, and behind a desk, but these lessons can still be used," he said. "You never know when you'll be in a combat zone and on the move, and have to drop shop to lay a mine field because we're nowhere to be found. Or you may have to clear a bunker or destroy a bridge. The mobility training definitely helps in that respect."

According to Sgt. Joseph Yannissi, chief instructor of ETA-3, the staff tries to make the instruction as concise as possible for units with tight schedules. This doesn't hinder the instructors, though.

"Whatever time we have, we use it to the utmost," Yannissi said. "We definitely throw an enormous amount of knowledge at them all at once."

"We also require them to take a test at the end of their stay."

According to 1stLt. William Makepeace, Platoon Commander of MWSS-272 the units tend to think so too.

MWSS-272 came all the way from Marine Corps Air Station New River just to get some practice in the basic combat engineer tactics, Makepeace said. Though engineers by trade, these "airwingers," their job is made up of surveying and construction work. The ETA training gave them a chance to do something they normally don't get to do.

"We definitely don't get the chance to set up a hasty minefield where we work, and this has been the perfect chance to freshen up on those skills," he said. "We're running this in conjunction with a field operation in LZ Bluebird, so we've just gone back to the basics."

According to Shawn Perkins



LCpl. Erik S. Svihla

LCpl. Daryl McClain, an engineer with MWSS-272, prepares to launch a smoke grenade during a trench clearing exercise at ETA-3.

an engineer for MWSS-272, the training was definitely complete.

"This was obviously a change from our normal routine," he said. "We got to practice mine clearing, bunker clearing, setting up hasty and deliberate minefields, basically everything," he said. "This definitely beats surveying."

For Yannissi, this is the whole point for ETA's existence.

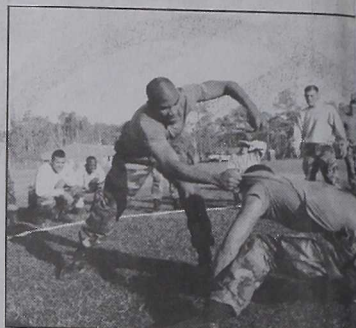
"Yeah, our main mission is still to serve 2d CEB and 2d Marine Division, but it's paramount that this training be available to all units. It helps them to become more rounded Marines," he said.



LCpl. Erik S. Svihla

LCpl. Shawn Perkins and PFC Thomas C. Smith both from MWSS-272, learned everything from mine clearing to demolitions during their stay at ETA-3.

Warriors first



Sgt. Bruce

PFC Martel Hunter has LCpl. Justin J. T. right where he wants him during a competition "Bull in the Ring." This was all part of Echo 2d Battalion, 2d Marine Regiment's training individual close combat skills.

The primary goal of Marine Corps Leadership is to inculcate all Marines the fact that warriors first. The only way the United States Marine exists is to fight and win. Everything else is secondary. North China in 1937, Capt. Samuel B. Griffith said, "and battles are not lost by poor soldiers. They win them, but lose them. They are lost by commanders, staffs, and leaders; and they are often long before they start. leadership training is dedicated to the purpose of preparing commanders, staffs, and leaders to lead our Marines."

Marine Corps M



LCpl. Erik S. Svihla

LCpl. Jonah Sensening, and LCpl. Chris McIlvaine both engineers from MWSS-272, provide cover for the squad as they clear a tunnel in the trenches.

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USAA INVESTMENTS

2d Recon Beirut hero honored

Award bearing Marine's name given away for first time

LCpl. Erik S. Svihla
Globe staff

In 1983, a Marine by the name of SSgt. Richard Hamilton Holberton was stationed with 2d Reconnaissance Battalion, 2d Surveillance Reconnaissance Intelligence Group (SRIG) in Beirut, Lebanon. A distinguished team leader and devoted Marine, he faithfully gave his time and energy to his Corps and his comrades. Sadly, on Oct. 23, 1983, his service was abruptly ended when a terrorist drove an explosive-laden truck into the Marine Barracks there, and claimed his life.

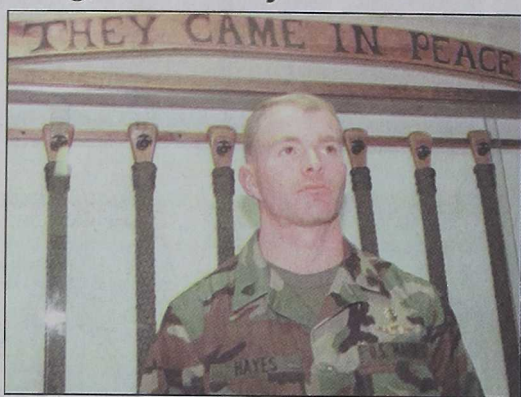
In honor of Holberton, 2d Recon Bn. developed the Holberton Award, and for the first time ever awarded it to the most distinguished team leader in the battalion, Sgt. John Hayes. Brigadier Gen. John F. Sattler, Assistant

Div. Commander, 2d Marine Division, presented the award to Hayes during a ceremony at Alpha Co., 2d Recon Bn. barracks recently.

According to the award citation by Capt. Dan A. Wilson, Commanding Officer of Alpha Co., 2d Recon Bn., the award "is given both in memory and in honor of a courageous comrade and presented annually to one who displays the utmost and in abundance, the qualities expected in a leader, warrior, and Marine. Serving as a reconnaissance team one must lead his Marines from the front, by example, and with superior distinction."

According to Wilson, Hayes definitely fit that criteria.

"He was unanimously voted in as the first recipient of the award," he said. "He's an all out Marine who knows his job, does



Sgt. J. J. Rodriguez

Sgt. John Hayes was the first to be formally awarded the Holberton award.

it well, and is devoted completely."

Hayes is a Sarasota, Fla. native who entered the Marine Corps in 1991. After boot camp and the School of Infantry, he was accepted into the Reconnaissance field and indoctrinated as a Recon. Marine. He has remained that ever since.

What makes Hayes even more deserving is his humility, Wilson said.

"He was completely surprised when he found out that he was receiving the award," he said. "To him he was just doing his job, like anyone else. He believes that there are many here in 2d Recon Bn. who deserve it just as much, if not more. He was definitely pleased to have this honor."

In addition to the recognition and plaque, Hayes received an NCO sword, a dozen books from the Commandant's Reading List

from the Marine Corps Association, and a personal letter of congratulation by Senator Strom Thurman.

Sen. Thurman's involvement with the award runs all the way back to 1983, when he publicly honored Holberton on the Congress floor. To this day, that recognition remains a part of Congressional record.

"When Sen. Thurman received word that we were setting up the award, he immediately endorsed it," Wilson said.

With the first presentation of this award, two Marines were honored. One for dedicated service and leadership to the point of ultimate sacrifice, and the other for dedicated service and leadership in his day-to-day life and for the lives of his comrades. With this award's conception, Wilson said many more Marines will excel and be recognized.



Sgt. J. J. Rodriguez

From left to right: 1st Sgt. Michael McAvoy, BGen. John F. Sattler, LtCol. Thomas M. Corbett and SgtMaj. Henry C. Wallace were present during Sgt. John Hayes' award presentation to congratulate him on his accomplishment.

Blood flowed at successful MCSSS drive...293 useful pints collected

Cpl. Kristofer E. Holly
Globe staff

Having given blood only twice before, Pvt. Sabrina M. Crosby lay on the adjustable bed still nervous as before. Her greatest fear was passing out like she did in high school. She gripped

the bed with her fingers, and her knuckles turned white. Once the needle was inserted into her skin a look of surprise flashed across her face and she realized she was filling a pint-sized bag with blood and was going to be fine.

Crosby, a Personnel Administration School student, along with 319 brave

donors, took time out of their day to give blood at the 3d Annual Blood Drive and Pig Pickin' held Dec. 3 at Marine Corps Service Support Schools.

"I was nervous at first," Crosby said still gripping the chair as she gave blood. "I was afraid it would hurt. But it didn't."

The goal, as established by MGySgt. Thomas P. Fry, MCSSS Operations Chief, was to receive 325-350 of useable pints of blood to be sent to the mid-Atlantic region of the American Red Cross (ARC). Of the 319 individuals that participated, 293 useable pints were collected.

An individual wanting to give blood was required to go through a four-station process.

When the donors first arrived, they had to sign in, go to the waiting station, and fill out a questionnaire. This was a pre-screening to see if the donor had been exposed to disease or contamination.

Station two was the screening and history of the individual conducted by certified ARC workers. A pulse and blood test was given, answers to any questions were instated and a double-check of the questionnaire was performed.

The next step was to have the blood drawn and made ready for medical establishments in need to be used immediately.

"We can't draw the blood fast enough," said Ruvonda Norville, ARC worker. "As soon as we draw it, it's already been promised out."

"If we draw 24 hours a day, seven days a week almost, it's still not enough," Norville added.

More than a dozen workers took on

the large groups of people that arrived.

According to Norville, with mass groups of people coming in, ARC workers could take in as few as 65 people each, easily, if they don't have any reactions throughout the process.

The final station and least painful was "The Canteen Station." Called so because a local Jacksonville catering service contributed 80 pounds of BBQ, 65 pounds of cole slaw, 80 pounds of potato salad, 200 dozen hush puppies and lots of iced tea, to be enjoyed by the donors.

Without fear of passing out or feeling lightheaded by just finishing giving blood, donors were escorted to the Canteen Station by "walkers."

Fry had appointed the "walkers" and other MCSSS personnel awaiting schooling, to assist throughout the day. Other jobs included signing people in, handing out food, handing out blood bags and directing traffic.

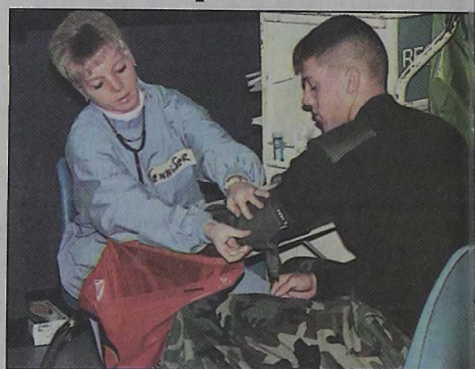
"I feel like I'm contributing to the cause just by being here," said Pvt. Josh Whiteshirt, a "walker" awaiting Supply School.

Pvt. Catrina Swope, awaiting Personnel Administration School, manned the Canteen Station almost single-handedly, handing out food, chatting with the donors and keeping them seated until they seemed fit to move on.

Finishing her meal and getting up to move on, Crosby showed different results from the last time donating.

"I feel fine," she exclaimed, smiling. "I had a good breakfast prior to this, and I feel great now!"

Marines were not the only ones encouraged to donate that day. A sign



Cpl. Kristofer E. Holly

Jennifer Allen, a red cross worker, checks a donor's blood pressure before sending them on their way to save a life.

promoting the blood drive was posted outside Camp Johnson for passer-bys that may want to give blood. Word of mouth was very helpful as well.

"Our supervisor of our shop told us of the blood drive," said Kevin White, base maintenance personnel, who was there for his 49th donation. "I like giving because I'm helping someone who needs it (the blood)."

"I feel like I'm helping people understand that it's a good thing to give blood," Norville said, "and that the blood supply is out there when they need it."

The rewards of giving blood are greater than just knowing you're helping someone out.

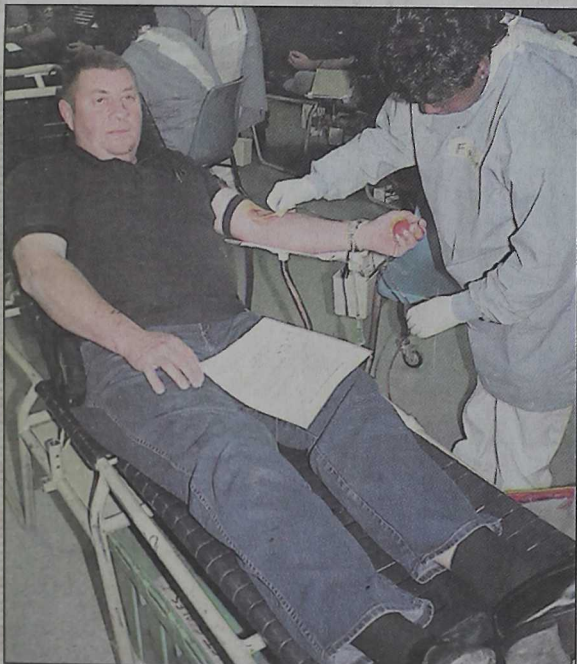
Don Taylor, base maintenance employee, who has donated 54 times in his life, had a situation where the rewards for being a donor helped him in

the long run.

"Back in 1991, my wife had heart surgery," he said. "It took 38 units at that time. I was a blood donor, I received a good discount on the help her."

The event went smoothly thanks to the Field Maintenance use of their excellent school commanders for service donors as possible and be supportive in not demanding time out of their day to doing party from Headquarters Company who made it work all, the overall positive attitude one involved.

"It was a team effort that have happened if all personnel worked hard."



Cpl. Kristofer E. Holly

Don Taylor, a base maintenance employer, has donated blood 54 times in his life.

Library provides haven for study, more

Sgt. Bruce J. Melville
Globe staff

Marines who may not own a home computer and are looking for a good place to study might want to check out what the base library has to offer.

The base library, in cooperation with



Sgt. Bruce J. Melville

Cpl. Stewart K. Grooms, MIMMS clerk, 5th Bn., 10th Marines, uses the center's computers to work on a research paper.

the base education center recently opened the Learning Resource Center.

The new facility offers patrons a chance to work on any type of word processing projects on new computers and also allows them the option of laser quality printing.

"Most of the time they work on term papers for school, but I've also seen people type letters home and even work on their resumes," said JoAnn Cannon, computer lab attendant.

The only thing required of the patrons is they are authorized to use the base library and that they sign in.

The staff does request, however, that individuals bring their own paper.

According to Cannon, the only problem the center is having right now is keeping up with the paper supply. However, many people have donated paper and that has helped them out significantly.

The center can be found open for use most of the time, but there may not always be an attendant on duty.

"We're open as long as the library stays open," said Cannon. The facility is for everyone to use, so we've tried to make it as available as possible."

Those who have used the facility

think very highly of it.

"I think it's great," said Cpl. Stuart K. Grooms, MIMMS clerk, 5th Bn., 10thMar. "It's a really good place to come for typing papers for school and it's always nice and quiet. I would recommend that anyone going to school at night come and check this place out."

Another group that finds themselves at the library are those who don't have a computer at home.

"This allows me the opportunity to have all my resources in one place," said Petty Officer 3rd Class, Michael L. Ratay, corpsman, 2d Medical Battalion. "That is really helpful."

Another positive aspect of the new center is that the days of waiting in line to use a computer are over. The facility offers 19 computers so that anyone can easily jump right on and get working.

"You used to have to wait for a long time, but now you never have to wait," said Ratay.

Future plans for the center include getting the computers on-line so that patrons have a chance to surf the net.

"We want to provide Marines and their families the ultimate place to study and I think this is it," said Cannon.

Best field mess

GySgt. Michael J. Sibley
Globe contributor

The best field mess in Marine Forces Atlantic (MarForLant), from 8th Communication Battalion recently competed for the title of the best field mess in the Marine Corps and the coveted NEY/HILL award.

They competed against two other field messes, 3d Force Service Support Group, III Marine Expeditionary Force from Okinawa, 3d Marine Air Wing, I MEF from California.

8th Comm. Bn. won the right to compete by winning the best field mess for MarForLant in August 1996.

Judging the competition were Ms. Ruby P. Pucket, Registered Dietitian Certified Food Executive, International Food Service Executives Association (IFSEA), Major Robert Zink, Head Food Service Section, Headquarters Marine Corps, and MGySgt Felipe Reyes, staff noncommissioned officer in charge, West Coast Food Management Team.

The three judges spent a day at the three field messes to decide the winner. The results of the competition will be announced in February.

8th Comm. Bn. was the last of the field messes to be judged, after up three months prior to the competition at Landing Zone Penguin, served their battalion on several occasions.

Participating in the competition were GySgt. Michael J. Sibley, 17 food service personnel, messmen, and 16 security personnel within the battalion.

"The field mess is an important part of the food service military occupation," said Sibley. "Field mess is an important part of any successful operation."

For his individual efforts, Sibley was given special recognition by the members of the inspection team.

"While the Marines are happy to compete at such a high level," Sibley said. "We are looking forward to next year's competition."



LCpl. Erik S. Svihla

MGen. Wayne E. Rollings, Commanding General, II MEF, presents the Hill Award trophy to GySgt. Michael Sibley of 8th Marines.

SPORTS

er 12, 1997

Serving Expeditionary Forces in Readiness

Vol. 59 No. 45

Turkey Bowl gravy for Base



Sgt. Edward S. Harcher

ers and fans swarm the field after a second-half defensive stand secured the 24-20 win over Cherry Point Naval Hospital.

ard S. Harcher

ance Corporal Luther Holley led the ground attack as Base overcame stiff opposition from Naval Hospital Cherry Point in this year's Turkey Bowl eight-man tackle football championship game.

ght. Rushing Headquarters Battalion, 2d Division 42-6 in the semifinals, Cherry Point ready to meet the best on base.

Point opened with a disappointing out, but crushed Base deep in their ory. Following the Base punt, int drove down the field on the ings of quarterback LCpl. Carlos . Their 67-yard drive was capped option pitch to LCpl. Torey Palmer rry Point a 6-0 lead with 11:54 left half. The two-point conversion

ruggling much of the first quarter, ered the TD with a 68-yard burst y for six. Base's extra point attempt



Sgt. Edward S. Harcher

ey Palmer squirts through the on his way to the end zone.

also failed, tying the game at 6 apiece.

The teams then exchanged penetrating drives which stalled outside of scoring range before Thompson snuck right up the middle from three yards out for a 12-6 lead.

With only 45 seconds left in the half, Base could do little on offense. As the siren sounded for halftime intermission, Base was on the short side of the board, 12-6.

During intermission, MgySgt. John Nance urged his Base team to keep up the pressure on the Cherry Point offense. "We hadn't changed anything all year," he said. "We weren't about to change anything in the middle of the championship game."

The scheme which had worked all year was constant substitutions on both offense and defense.

"We sent in a change of players every two plays," Nance said. "That way, we had fresh players on the field at all times, wearing away at the other team."

That gradual wear showed through as Base opened the second half with a back-breaking drive covering 67 yards and 7:52. With the score tied at 12, Cherry Point braced for an offensive drive of its own.

That drive came to a screeching halt as Palmer dropped the ball at his own 44 yard line with 1:40 left in the third quarter. Base recovered, and 3:25 later Sgt. Keith Curry connected with DT3 Walter M. Chapman for a 21-yard score. Base had grabbed its first lead of the game, 18-12. Again, though, the Cherry Point defense held off the two-point conversion, keeping the score within six.

As Cherry Point began its next possession, the sidelines were erupting. Fans of both teams grew hoarse, cheering their players on.

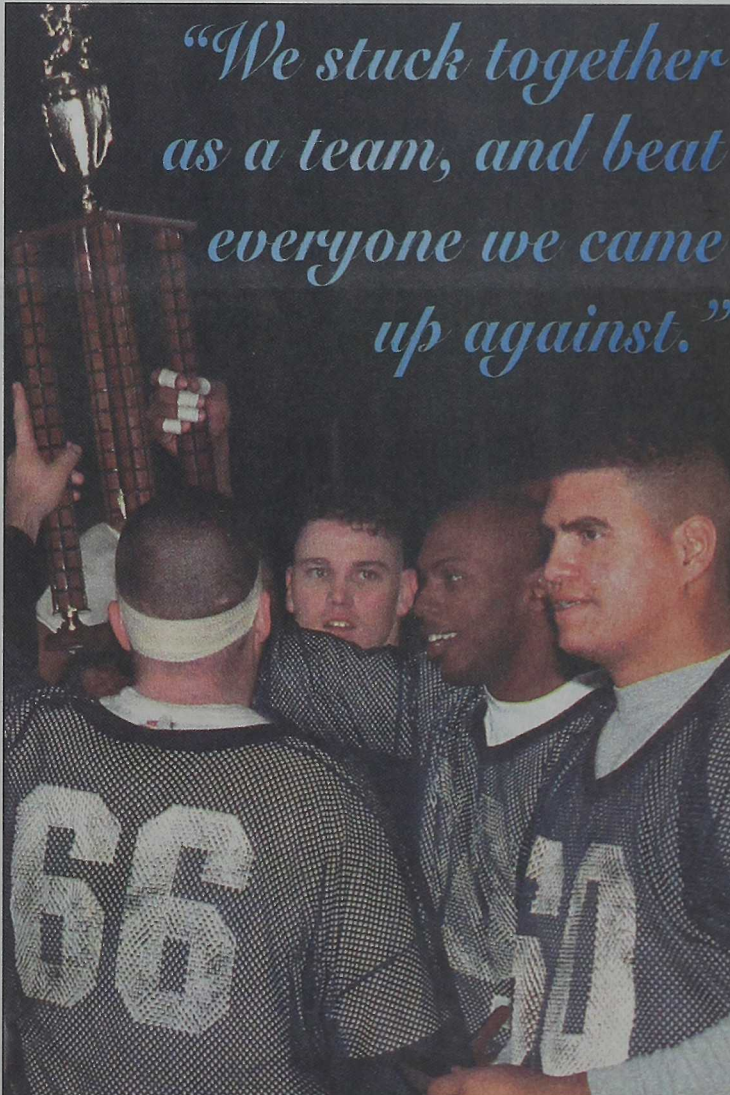
The Cherry Point sideline grew quiet, however, as Base defenders grabbed yet another fumble on second down at the Cherry Point 25.

Base capitalized on this fumble recovery as well. Holley scrambled to the one yard line, setting up the quarterback sneak up the middle to go ahead 24-12 with 11:01 left in the game.

With the victory still within reach, Cherry Point set up for another offensive try.

Again, their hopes were crushed. Base linebacker, Cpl. Bruce Trupo picked off Thompson's pass at the 35.

See **TURKEY/2B**



Sgt. Edward S. Harcher

The Turkey Bowl trophy will be displayed proudly in Building 12.



Sgt. Edward S. Harcher

Point's LCpl. Torey Palmer drags defenders as he is wrestled to the ground close to a first down.

From the Sidelines

Gangland blues



Sgt. Edward S. Harcher
Globe staff

On a recent sports network special program, the issue of gang related violence tied to sports apparel was discussed in great detail. Apparently, a large portion of our young criminals affiliate team logos with their gangs or take personal offense to certain team names.

This would be no concern, but innocent bystanders are being pulled into the crossfire simply for wearing their Michigan Wolverines jackets or Dallas Cowboys hats. There's some weird explanation about how each logo or team name is an acronym, spelling out disrespect for rival gangs. Let's see if whoever came up with this brainstorm can come up with a witty acronym for "stupidity."

There's something wrong when the closest someone has come to a drive-by is shooting deer from the back of a pickup truck in Wisconsin, yet they are shot or killed by a gang because they were wearing a Packers shirt.

What happens when one of the Jones Street Down by Law gang members goes to a sporting event? If it happens to be at Rutgers or Valparaiso, I doubt much happens, but what about the Oakland Raiders or Chicago Bulls?

The scary thing about the program was that about half the gang members interviewed were from places like Wolf's Crotch, North Dakota and Halfamilefrommexico, Texas. That's yet another problem. Why aren't these kids out playing these sports, wearing the uniforms for teams instead of shooting at someone wearing a jacket with the team's logo on it?

One can only guess why things happen, but as a self-preservation minded person, I have a few pointers on how to survive in a world where sports products can kill.

1. If you must wear team clothing in public, stay in crowded areas. If your Virginia Tech sweatshirt attracts the attention of a carload of AK-47 toting gang members, you can hide in the crowd.

2. Do sprint workouts. The faster you can run, the better your chances are of at least making pursuant gang members get out of breath. Barefoot workouts are also a good idea, just in case they steal your shoes before you get away.

3. Don't ever wash your team clothing. If your clothes stink, nobody will want to steal them. If they smell bad enough, you may be overlooked as a street person.

4. Find a team that nobody else has ever heard of. There are rumors of a hockey team in South Carolina. I doubt any gangs have heard of them.

If you still want to wear team apparel without having to worry about gang warfare, there are always alternatives. Following is a list of some of the least likely teams to attract gang attention.

Navy: The Naval Academy has never really been a big target for gangs, probably because the "V" and "Y" are too hard to place in an acronym.

Brigham Young: Duh! Louisiana State, Clemson, Idaho: Small, agricultural schools and isolated locations just don't draw the attention of larger schools in hot locations.

Minnesota: Gophers don't present the image most gang members want to project.

The Cincinnati Bengals: independent tests show that nine out of ten gangs don't even know what a Bengal is.

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T HERITAGE CLASSIC N. BRUNS.

THUR WHITE OAK HOME

T CONFERENCE TEAMS HOME

T COUNTY TOURNAMENT DIXON

T CONFERENCE TEAMS DIXON

T CONFERENCE TOUR TBA

JE DUAL TEAM TBA

II REGIONAL DIXON

II STATE CHARLOTTE

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GIRLS' COACH: DEBBIE BRYANT (910) 451-2451.

JR VARSITY COACH: HUGH MILLER (910) 451-2451.

22 NOV SAT SCRIMMAGE GIRLS

2 DEC TUE SWANSBORO AWAY

4 DEC THUR SOUTHWEST AWAY

5 DEC FRI RICHLANDS HOME

9 DEC TUE CAPE FEAR ACADEMY AWAY

10 DEC WED RICHLANDS AWAY

29-30 DEC NORTH DUPLIN HOLIDAY TOURNAMENT

7 JAN WED NORTH DUPLIN HOME

9 JAN FRI TBA

13 JAN TUE SWANSBORO HOME

15 JAN THUR SOUTHWEST HOME

20 JAN TUE NORTH BRUNSWICK HOME *

23 JAN FRI DIXON AWAY *

27 JAN TUE PAMLICO AWAY *

30 JAN FRI TOPSAIL AWAY *

3 FEB TUE JONES SR. HOME *

6 FEB FRI NORTH BRUNSWICK AWAY



Sgt. Edward S. Harcher

Cory Parker makes a drive to the basket for two.

BULLS from 2B

Though the Bulls regrouped at halftime to shut down Jenkins, the other members of his team stepped up to keep them in the lead. A fourth period rally brought the Bulls within six, but that was as close as they came to the lead. Three Bulls 3-pointers did not bridge the gap between the two teams, and the Knicks cruised through the fourth period with stable play to finish the game 44-38.

After the game, Burrige was subdued yet jubilant. "They were a good team and played hard," he said. "We just kept driving to the net and ended up on top."

Coach Jenkins cited consistency as the key to victory. "We stayed with our game plan and everything worked out for us. We could have stepped up the defense more in the second half, but all in all, it was a good game."

Whitfield looks toward the next meeting of the teams. "We tried to get the ball away from Jenkins and were pretty effective at the end," he said. "Next time we play it will be a whole 'nother story."

CAMP LEJEUNE YOUTH SPORTS BASKETBALL

STONE STREET YOUTH BASKETBALL SCHEDULE

DEC 13	9AM	REBELS	VS KINGS	PEE WEE
DEC 13	10AM	CELTICS	VS BUCKS	PEE WEE
DEC 13	11AM	ROCKETS	VS SONICS	PEE WEE
DEC 13	12PM	HORNETS	VS TUNE SQUAD	PEE WEE
DEC 13	1PM	BUCKS	VS WARRIORS	MIDGET BOYS
DEC 13	2PM	CAVALIERS	VS LAKERS	MIDGET BOYS
DEC 13	3PM	HAWKS	VS LAKERS	MIDGET GIRLS
DEC 13	4PM	MAGIC	VS PACERS	MIDGET GIRLS

BASKETBALL

BREWSTER MIDDLE SCHOOL BASKETBALL SCHEDULE

DEC 13	8AM	BULLS	VS MAGIC	MINOR BOYS
DEC 13	9:30AM	LAKERS	VS KNICKS	MINOR BOYS
DEC 13	11AM	HEAT	VS BULLETS	MINOR BOYS
DEC 13	12:30PM	MAGIC	VS BULLETS	MINOR GIRLS
DEC 13	2PM	HORNETS	VS HAWKS	MINOR GIRLS
DEC 13	3:30PM	SONICS	VS BULLS	MINOR GIRLS
DEC 13	5PM	HAWKS	VS KNICKS	MAJOR BOYS
DEC 13	6:30PM	MAGIC	VS SPURS	MAJOR BOYS

Semper Fit Aerobics

LOC/TIME	MON	TUE	WED	THUR
BLDG. 524/6 AM	EARLY BIRD AEROBICS	SLIDE/HI IMPACT		EARLY BIRD AEROBICS
AREA2 PL/8 AM		WATER AEROBICS	WATER AEROBICS	
TT I COM/9 AM CENTER	SD /STEP	PR. WALK	STEP/LOW IMPACT	STEP/LOW IMPACT
BLDG. 524/9:30AM	ALL STEP	1/2 SLIDE 1/2 LOW IMPACT		ALL STEP
FR. CREEK/11:30AM	ALL BODY CYCLING		ALL BODY CYCLING	
BLDG. 524/11:30AM	DOUBLE STEP	DOUBLE STEP	MASTER CIRCUIT	INSTRUCTOR'S CHOICE
AREA 2 PL/11:30 AM	WATER RUNNING	WATER AEROBIC	WATER AEROBIC	WATER RUNNING
AREA 5 GYM/12 PM	BELLY BURNER	BELLY BURNER	BELLY BURNER	BELLY BURNER
BLDG. 524/5 PM	LOW/IMP SLIDE	LOW IMP STEP/SD	ALL STEP	STEP/LOW IMPACT
TT I COM CTR/5 PM	LOW/IMPACT	LOW IMPACT		LOW IMPACT
BLDG. 524 6:15 PM	STEP/HI IMPACT	STEP HI IMPACT	MASTER CIRCUIT	ALL STEP

Early Bird Aerobics: One hour of high/low aerobics • Hi/Low Impact: Aerobic workout demonstration at both levels • Slide: Aerobic workout for thigh toning • All body Cycling: combination cardio/strength for the heart • Step Aerobics • Double Step: high energy two or more steps • Belly Burner: twenty minutes • Water Classes: great for recovering injuries • Expressions: be ready for anything! • Power Walk: Outside dress appropriately

DEVIL PUP ATHLETICS

VIEWPOINTS

from 2B

ishment is a little too harsh in comparison with the previous penalties handed out for similar incidents and a milder sentence would be more appropriate.

well's hearing commences in January, he is basically without any source of income to speak of. I doubt that team will touch him until the heat is off (at least a year) and only the boldest companies would dare hire him. Perhaps AT&T could use him as a spokesman for their "Reach out and touch someone" campaign again, maybe not.

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INTRAMURAL

LEAGUES

BASKETBALL IS HEATING UP: MED BN "A" DEFEATED SUPPLY BN "A" IN A THRILLER 72 - 71

BASKETBALL SCHEDULE

HEAT DIVISION

AREA 4 GYM

DATE/TIME	TEAM	TEAM
DEC 16/6PM	SUP AMMO	CBIRF
DEC 16/7:15PM	MED LOG	LAR
DEC 16/8:30PM	8TH COMM BN	HQBTRY
DEC 18/6PM	MTCC	HQSPT "B"
DEC 18/7:15PM	HQBTRY	HQSPT "C"
DEC 18/8:30PM	SUPPLY "B"	MED LOG

COURT HOUSE BAY GYM

DEC 16/6:30PM	HQSVS	MED "B"
DEC 16/7:45PM	8TH MARINES	3/10
DEC 16/9PM	II MEF	SOI
DEC 18/6PM	LAR	II MEF
DEC 18/7:15PM	8TH COMM BN	8TH MARINES
DEC 18/8:30PM	CEB	HQSVS

AREA 5 GYM

DEC 16/6PM	CEB	MTCC
DEC 16/7:15PM	HQSPT "C"	1/10 "B"
DEC 16/8:30PM	HQSPT "B"	SUPPLY "B"
DEC 18/6PM	SUPPLY AMMO	MED "B"
DEC 18/7:15PM	SOI	3/10
DEC 18/8:30PM	1/10 "B"	CBIRF

SPUR'S DIVISION

AREA 4 GYM

DATE/TIME	TEAM	TEAM
DEC 15/6PM	8TH MT BN	8TH ESBN
DEC 15/7:15PM	HQSPTBN "A"	DISBO
DEC 15/8:30PM	HQSPTBN "D"	AA BN
DEC 17/6PM	MCSSS	MAINT BN
DEC 17/7:15PM	SUPPLY BN "C"	AA BN
DEC 17/8:30PM	MED BN "A"	DISBO

BASKETBALL SCHEDULE

SPUR'S DIVISION

COURT HOUSE BAY GYM

DEC 15/6:30PM	DEN BN	1/10 "A"
DEC 15/7:45PM	LSSS	TANKS
DEC 15/9PM	LSB	2/10
DEC 17/6PM	HQSPT BN "A"	LSB
DEC 17/7:15PM	HQSPT BN "D"	LSSS
DEC 17/8:30PM	HQBN(GAS)	DEN BN

AREA 5 GYM

DEC 15/6PM	HQBN (GAS)	MCSSS
DEC 15/7:15PM	SUPPLY BN "C"	SUP BN "A"
DEC 15/8:30PM	MAINT BN	MED BN "A"
DEC 17/6PM	8TH ESBN	1/10 "A"
DEC 17/7:15PM	TANKS	2/10
DEC 17/8:30PM	SUPPLY BN "A"	8THMT BN

OPEN PLAY

The Onslow County Parks and Recreation Department is offering Sunday Open Play Basketball from December 7 - February 8. Play will be from 1:00 pm - 5:00 pm on each Sunday. Youth 15 and under get in free. Adults 16 and older must pay a \$5 registration fee and obtain a participation card. The \$5 registration fee and participation card must be paid for at the Onslow County Parks and Recreation Department's Administrative Office at Onslow Pines Park which is located at 1250 Onslow Pines Road. The Administration Office is open Monday-Friday from 8 am-5pm. The participation card and a picture ID are required for admittance to any of five sites offered. The five locations for Sunday Open Play are: Dixon Middle School; Southwest Middle School; Trexler Middle School; Hunters Creek Middle School; and Swansboro Middle School. For more information, call 347-5332.

STANDINGS

HEAT DIVISION	W/L	LAR	1-1	SPUR'S DIVISION	W/L	8TH MT BN	2-2	HQSPTBN "A"	0-4
CEB	3-0	MED BN "B"	1-2	HQSPTBN "D"	4-0	AA BN	2-2		
SOI	3-0	CBIRF	1-2	LSB	3-0	TANKS	2-2		
SUP "B"	3-0	AMMO CO.	1-2	2/10	3-0	DISBO	1-2		
HQSPT "B"	2-0	3/10	0-1	SUPBN "A"	2-0	SUP BN "C"	1-3		
II MEF	2-0	8TH COMM	0-2	MED BN "A"	3-1	HQBN (GAS)	1-3		
HQBTRY	2-1	MTCC	0-2	8TH ESBN	3-1	1/10 "A"	0-3		
1/10 "B"	1-1	MED LOG	0-2	MAINT BN	2-1	LSSS	0-3		
HQSVS	1-1	HQSPT "C"	0-3	DEN BN	2-1	MCSSS	0-3		
8TH MAR	1-1								

HIGHLIGHTS:

- II MEF PROVES TO BE A TEAM TO WATCH WITH 122 TO 44 VICTORY OVER MTCC
- UNBEATEN SUP BN "A" DANCED ALL OVER LSSS

107 - 59

Sports Briefs

THIS WEEK

DECEMBER 12

1130 - Wellness Watch - Marine Corps Exchange

DECEMBER 15

1800 - Intramural Mens Basketball-Area 4 Gym-Spurs Division - 8th MT Bn vs 8th ESBn and Area 5 Gym - Hq Bn (GAS) vs MCSSS

1830 - Intramural Mens Basketball-Camp Johnson Gym-Spurs Division - Den Bn vs 1/10 "A"

1915 - Intramural Mens Basketball-Area 4 Gym-Spurs Division - Hq Spt Bn "A" vs DisBo and Area 5 Gym - Supply Bn "C" vs Supply Bn "A"

1945 - Intramural Mens Basketball-Camp Johnson Gym-Spurs Division - LSSS vs Tanks

2030 - Intramural Mens Basketball-Area 4 Gym-Spurs Division - Hq Spt Bn "D" vs AA Bn and Area 5 Gym - Maint Bn vs Med Bn "A"

2100 - Intramural Mens Basketball-Camp Johnson Gym-Spurs Division - LSB vs 2/10

DECEMBER 16

1800 - Intramural Mens Basketball-Area 4 Gym-Heat Division - CBIRF vs Sup Ammo and Area 5 Gym - CEB vs MTCC

1915 - Intramural Mens Basketball-Area 4 Gym-Heat Division - LAR vs Med Log and Area 5 Gym - Hq Spt "C" vs 1/10 "B"

2030 - Intramural Mens Basketball-Area 4 Gym-Heat Division - 8th Comm Bn vs Hq Btry and Area 5 Gym - Hq Spt "B" vs Supply "B"

2145 - Intramural Mens Basketball-Area 4 Gym-Heat Division - Hq Svs vs Med Bn "B" and Area 5 Gym - 8th Mar vs 3/10

DECEMBER 17

1800 - Intramural Mens Basketball-Area 4 Gym-Spurs Division - MCSSS vs Maint Bn and Area 5 Gym - 8th ESBn vs 1/10 "A"

1830 - Intramural Mens Basketball-Courthouse Bay Gym-Spurs Division - Hq Spt Bn "A" vs LSB

1915 - Intramural Mens Basketball-Area 4 Gym-Spurs Division - AA Bn vs Supply Bn "C" and Area 5 Gym - 2/10 vs Tanks

1945 - Intramural Mens Basketball-Courthouse Bay Gym-Spurs Division - Hq Spt Bn "D" vs LSSS

2030 - Intramural Mens Basketball-Area 4 Gym-Spurs Division - DisBo vs Med Bn "A" and Area 5 Gym - Supply Bn "A" vs 8th MT Bn

2100 - Intramural Mens Basketball-Courthouse Bay Gym-Spurs Division - Hq Bn (GAS) vs Den Bn

DECEMBER 18

1800 - Intramural Mens Basketball-Area 4 Gym-Heat Division - MTCC vs Hq Spt "B" and Area 5 Gym - Supply Ammo vs Med Bn "B"

1830 - Intramural Mens Basketball-Courthouse Bay Gym-Heat Division - LAR vs II MEF

1915 - Intramural Mens Basketball-Area 4 Gym-Heat Division - Hq Btry vs Hq Spt "C" and Area 5 Gym - SOI vs 3/10

1945 - Intramural Mens Basketball-Courthouse Bay Gym-Heat Division - 8th Comm Bn vs 8th Marines

2030 - Intramural Mens Basketball-Area 4 Gym-Heat Division - Med Log vs Supply "B" and Area 5 Gym - 1/10 "B" vs CBIRF

2100 - Intramural Mens Basketball-Courthouse Bay Gym-Heat Division - CEB vs Hq Svs

AEROBIC CLASSES SCHEDULE/3B

1997

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BOWLING

Armed Forces (USMC) April Camp Lejeune

VOLLEYBALL

(ME) Armed Forces (USN) May 30 San Diego

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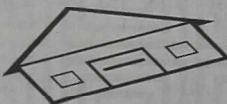
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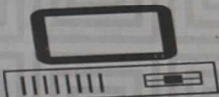
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MSR 70.00-180.00
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•Great with jeans or a career shirt or pant

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•Choose from tees, shorts, wind suits, socks & hats

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Luggage

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SALE DATES
12-18 Dec 97

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Good News Department

Testify To Success of Medical Care

In the past 75 years, hospitals for Children and Shriners Hospitals have provided free treatment to half a million children. Parents are received from all over the world and their parents are grateful, thanking the Shriners.



Letters from both patients and parents attest to the quality of care at Shriners Hospitals.

As a couple of examples, McCormack, a physician at the Shriners, helped him give his 3-year-old, David. He reports jumped barefoot into a campfire. As a boy's feet were badly

burned, he took him to the Shriners Hospital for care. Over a period of 4 years, David was treated and was taught to dress on his own. Today, his father reports he is doing fine.

McCormack also attests to the competence and attitude of the physicians, my son is back to 4-year-old," he said. McCormack also attests to the value of the Shriners Hospital. He has identified an area that is sorely in need of attention and you quiet-ly absolutely essential service."

A letter reached the Shriners Hospital in Oklahoma by way of another boy treated at Shriners Hospital. Lopez was born in a cleft lip and palate. Janet Douglas brought

him to the United States at a young age to be treated at the Galveston Shriners Hospital.

The night after his first surgery, Mrs. Douglas wrote, Nicolas kept sliding out a mirror and looking at himself. "At home, he sat in front of a mirror, he just couldn't believe how he looked."

Mrs. Douglas went on to say how much the care provided at the Shriners Hospitals changed Nicolas' life. "Due to all of you, Nicolas was given a life, not just an existence. He's returned to his family in Mexico and his mother cried for joy when she saw him. He returned a changed boy inside and outside."

Letters such as these illustrate the importance of the Shrine's work in treating children worldwide with orthopaedic and burn conditions.

To refer a patient for free medical care at Shriners Hospitals, call 1-800-237-5055. In Canada, call 1-800-361-7256.

SEASONS GREETINGS

Camp Lejeune Holiday Sale



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Exchange



GOODYEAR EAGLE GA			
WHITE			
SIZE	REGULAR PRICE	SALE PRICE	
P225/70R15	127.99	107.99	
P235/70R15	131.99	111.99	
OUTLINES WHITE LETTERS			
P225/70R15	127.99	107.99	
P205/60R15	123.99	104.99	
P235/65R15	132.99	112.99	
PASSENGER			

GOODYEAR EAGLE GA			
SPEED RATED VERTICALLY SERRATED BANDS			
SIZE	REGULAR PRICE	SALE PRICE	
P215/60R16	147.99	124.99	
P225/60R16	154.99	129.99	
PASSENGER			

GOODYEAR EAGLE GA			
SPEED RATED BLACK SERRATED LETTERS			
SIZE	REGULAR PRICE	SALE PRICE	
P185/70R14	113.99	95.99	
P185/60R14	115.99	97.99	
P195/60R14	121.99	103.99	
P195/55R15	127.99	107.99	
P205/55R15	134.99	113.99	
P205/65R15	142.99	120.99	
P205/65R15	142.99	120.99	
P195/60R15	127.99	107.99	
P205/60R15	134.99	113.99	
P215/60R15	143.99	121.99	
P215/70R15	134.99	113.99	
P215/60R16	147.99	125.99	
P225/60R16	152.99	129.99	
P225/60ZR16	162.99	139.99	
P205/70R15	138.99	117.99	
P205/50R15	141.99	119.99	
P215/50R15	154.99	130.99	
PASSENGER			

GOODYEAR INTREPID			
EXTRA NARROW WHITE			
SIZE	REGULAR PRICE	SALE PRICE	
P155/80R13	42.99	34.99	
P165/80R13	44.99	36.99	
P175/80R13	46.99	38.99	
P185/80R13	48.99	40.99	
P185/70R14	54.99	44.99	
P195/70R14	57.99	48.99	
P215/70R14	63.99	52.99	
P185/75R14	52.99	43.99	
P195/75R14	55.99	45.99	
P205/75R14	58.99	48.99	
P215/75R14	60.99	49.99	
P205/70R15	63.99	52.99	
P215/70R15	65.99	54.99	
P225/70R15	69.99	57.99	
P205/75R15	60.99	49.99	
P215/75R15	64.99	53.99	
P225/75R15	67.99	55.99	
PASSENGER			

GOODYEAR EAGLE GA			
BLACK			
SIZE	REGULAR PRICE	SALE PRICE	
P185/70R14	100.99	84.99	
P195/70R14	105.99	89.99	
P185/65R14	100.99	84.99	
P205/60R14	111.99	94.99	
P205/70R15	116.99	95.99	
P235/70R15	124.99	105.99	
P205/65R15	115.99	97.99	
P215/65R15	119.99	101.99	
P205/60R15	118.99	100.99	
P215/60R16	122.99	103.99	
P225/60R16	126.99	106.99	
P235/60R16	130.99	110.99	
P205/55R16	132.99	112.99	
P235/55R16	146.99	123.99	
PASSENGER			

GOODYEAR INTREPID			
BLACK VERTICALLY SERRATED BAND			
SIZE	REGULAR PRICE	SALE PRICE	
155R13	39.99	33.99	
165R13	42.99	34.99	
175/70R13	46.99	38.99	
185/70R13	48.99	40.99	
185/70R14	51.99	46.99	
P195/70R14	54.99	45.99	
P205/70R14	56.99	47.99	
PASSENGER			

GOODYEAR WRANGLER			
OUTLINED WHITE LETTERS			
SIZE	REGULAR PRICE	SALE PRICE	
P205/75R14	96.99	81.99	
P205/75R15	104.99	84.99	
P215/75R15	106.99	89.99	
P225/75R15	107.99	90.99	
P235/75R15	108.99	91.99	
OUTLINED BLACK LETTERS			
P215/75R15	103.99	87.99	
SMOOTH BLACK LETTERS			
P205/75R15	103.99	87.99	
LIGHT TRUCK REC. VEHICLE			

GOODYEAR EAGLE #1			
RAISED GOLD LETTERS			
SIZE	REGULAR PRICE	SALE PRICE	
P245/60R14	93.99	78.99	
P235/60R15	93.99	78.99	
P255/60R15	98.99	83.99	
P275/60R15	105.99	89.99	
P235/70R15	92.99	78.99	
P255/70R15	101.99	85.99	
PASSENGER			

GOODYEAR AQUATRED II			
WHITE EXTRA NARROW SEGMENTS			
SIZE	REGULAR PRICE	SALE PRICE	
P205/70R14	93.99	74.99	
P185/75R14	81.99	65.99	
P195/75R14	86.99	69.99	
P205/75R14	90.99	73.99	
P205/70R15	98.99	78.99	
P215/70R15	102.99	79.99	
P205/75R15	94.99	75.99	
BLACK			
P175/70R13	73.99	58.99	
P185/70R13	76.99	60.99	
P185/70R14	80.99	64.99	
P195/70R14	84.99	67.99	
P205/70R14	88.99	70.99	
P215/70R14	92.99	74.99	
P205/65R15	96.99	76.99	
P215/65R15	100.99	80.99	
P205/70R15	93.99	74.99	
P215/70R15	97.99	78.99	
PASSENGER			

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

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GLOBE TRADER ADS

AUTOMOBILES

318i BMW, CD, air, \$3,500 OBO. Call 577-3585.

'81 BMW 320i, good condition, runs great, \$1,500. Call 355-2942.

'79 Bonneville, 301 V8, driven daily, new tires, shocks, battery, alternator, 146K miles, \$850. Call 353-0733.

'78 Buick Skylark, 35K original miles, garaged, one owner, PK, P/B, A/C, very clean, \$2,495, AWH. Call 353-6500.

'95 Chevy S-10, Votec engine, A/C, new tires, power steering and windows, exc. cond., automatic camper shell optional, \$14,500. Call daytime, evening 919-354-8987.

'94 Chevy Blazer, forest green, 63K miles, great condition, \$8,100 (whole sale). Call 346-7747 after 4 p.m. week days, after 10 a.m. weekends.

'94 Chevy Astro, V-6, auto, air, cass., tilt, cruise, low mileage, well maintained, \$10,500. Call 451-7141.

'89 Camaro RS, V-6, one owner, T-tops, AC, Burgundy with grey interior, looks great, dependable, \$4,500. Call 327-2098.

'95 Camaro, just take over the payments only 280 a month or buy for \$11,000. Call Rich at 347-4180.

'96 Camaro, Z-28, LT1, 350 Corvette engine, low miles, warranty, T-tops, remote, alarm, CD player, Bose sym., chrome whls, all pwr, loaded, \$17,700 OBO (new cost \$26,000). Call Keith at 353-2854.

'76 Corvette Stingray, exc. cond., beautiful car, \$7,900. Call 326-1572.

'95 Chevy Conversion Van, high top, 4 captain chairs, power bed, VCR-TV, dual air, 2 stereos, full loaded, great family vehicle, low miles, \$21,995. Call 324-5620.

'84 Dodge Aeries, 2.2L Mitsubishi motor, only 120 K miles, clean inside, maintenance records, \$900 OBO. Call 347-1162 or leave msg.

'94 Dodge Dakota Sport, \$7,700 or take over payments of \$199 for 36 months, w/ \$1,000 down payment, negotiable. Call 326-3010 for details.

'97 Dodge Dakota Sport, extended cab, V-6, 5-speed, sport handling package, AC, black, 14 K miles, asking \$16,000. Call 326-1520.

'95 Dodge Neon, 4 dr., auto, CD, AC, 47 K miles, \$6,500 take over payments. Call 453-8186.

'96 Dodge Neon, black, 4 dr., AM/FM, air, cass., 8000 K miles, \$10,500. Call 455-4198.

'97 Dodge Ram SLT extended cab pickup, excellent buy for holidays, low mileage, short bed with bed liner and soft cover, 314 cubic engine, 4 x 2 auto tranny, many extras. Call 355-0793.

'92 Dodge Conversion Van, clean, well kept, new tires, new exhaust, loaded, below loan value at \$4,500. Call 346-3469.

'91 Ford Crown Victoria LX, loaded with options, excellent condition in and out, below book value, \$5,850 OBO. Call 938-3561.

'66 Ford Mustang, restored in '94, 302 high perf. eng., \$11,000 OBO. Call 355-2312.

'94 Mustang GT Cov., 5.0 L loaded, white w/tan leather int., AM/FM, Cass., w/ CD, \$17,000 OBO. Call Mike at 937-5449.

'87 Suzuki Samurai Hard Top, recently inspected, well maintained, all terrain tires, detachable face AM-FM, cassette, good looking truck, \$1,900. Call 326-6735.

'84 VW Scirocco, runs good, looks good, 2DR, 5spd, sunroof, silver, 32 mpg, \$1,500 OBO. Call 453-0416.

'93 Toyota 4Runner SR-5, 4DR, 2WD, V-6, auto, cruise, PS, PW, Power locks, tinted windows, ABS, security system, dark red, new tires, 52k miles, maint records, superb condition, \$15,500, call 455-2486, lv. mssg.

BOATS/RECREATION

1985 Bayliner Ciera, Volvo/Penta, 260 low hours, sleeps 6, full galley/head, Bimini top, \$14,000. Call 577-0197.

1996 Kawasaki jet ski, 1100 ZXI, used 6 times, beautiful, fast and fun, always garaged and covered, trailer and vests included, \$6,500. Call 938-3545.

18-inch GT Avalanche mountain bike, clipless pedals (shoes incline) \$400 OBO; 56cm Trek 1400 road bike, clipless pedals, \$450. Call 577-3725.

56cm Bianchi road bicycle, \$250 OBO; (2) bicycle rack for two bicycles, \$15/ea.; name brand jersey's (M) outstanding cond., \$20/ea.; Cinelli stem w/ handle bar, \$50. Call 347-9167.

Pro-Master Citizen dive watch, new in box w/warranty, has bottom timer and depth alarm, asking \$200. Call 346-5374.

SoloFlex for sale, just in time for the holidays, excellent condition, asking \$300. Call 353-1877, evenings, ask for Greg.

Sherwood scuba gear, BCD, Oasis regulator, 2 mini 80 tanks, wet suit, \$90. Call 577-0371.

Flex cross training center w/stair stepper, \$200. Call 577-0371.

Go-Kart, 2-seater, blue, 5hp Tecumseh engine, fast, roll bars, heavy duty frame, new tires, not even 1-year-old, perfect condition, asking \$500. Call 354-9526 after 6 p.m.

Trek 1220 touring bicycle, 21-speed CDI shifting, excellent condition, \$300. Call 326-5135 after 5 p.m., leave message.

Titleist golf clubs, DCI's 2-PW, only 2-years-old, rifled shafts, \$250. Call 326-5135, after 5 p.m., leave message.

SoloFlex weight machine, includes leg and butterfly extension, weight bands and pads, \$300. Call 326-5135 after 5 p.m.

Surfboard, 7ft., corky Coolstick, well used, \$50. Call 456-0867, leave message.

DP aerobic step bench, includes workout video and complete instructions, can also be used as a slant board for other exercises, new condition, \$25. Call 938-1777.

Weslo cardio trainer plus, video and complete instructions included, new condition, \$150; ski exercise machine, \$15. Call 938-1777.

28" Raleigh touring bike, \$40 OBO; 1 set HD aluminum running boards, \$45 OBO; large picture window and storm window; also DP stationary bike, \$15 OBO. Call 324-3866.

54cm Trek road bicycle, 5500 w/ Ergo campanolo components, clipless pedals, Scott aerobar, \$2,500 OBO; 52cm Peugeot road bicycle w/105 components, \$500. Call 347-9167.

STEP 2 Big Climber, slide and swing attachment, like new, \$150. Call 355-9913.

APPL./ELECTRONICS

Sony Camcorder, 12X zoom, Hi-fi stereo, AC adaptor, remote, date, time, birthday date, many extras, \$500. Call 675-3029.

Microwave, \$50; Yamaha keyboard, \$75; GI Joe collection, AM/FM cassette, \$20; stitchery kits, \$2/ea. Call 577-7028.

6X8 150 IBM compatible, Windows 95, plus 12 CD-ROM, software packages, \$850 OBO. Call 453-0601.

Computer, Acer multimedia 100 Mhz, 1 gigabyte hard drive, internal fax/modem, voice command software, telephony suite, Window 95, plus 12 CD-ROM, software packages, \$850 OBO. Call 453-0601.

Computer notebook, 486DX2, 8-meg RAM, full software modem pkg. Warranty \$500 OBO; PCMCIA modem 56K U.S. Robotics, full warranty, new, \$205 firm. Call 327-3060.

Texas Instruments microlaser plus laser printer, excellent condition, \$300. Call 455-4198.

386 computer w/color monitor and printer, \$450. Call 455-3798.

Computer w/monitor, IBM psi advisor, 486SX, 25Mhz, 4MB RAM, 85MB hardrive, \$450. Call 743-2829.

Super power note laptop computer, \$600. Call 347-7051.

Pentium 166Mhz, Windows 95, plus many extra software applications, mouse, keyboard, modem, video and sound card, awesome system, \$850. Call Adam at 353-5683.

Kenwood 990 rack stereo, \$1,500. Call 577-3585.

MISCELLANEOUS

Almost new racetrack, 31' of couple looping track, \$25. Call 353-4474.

1997 Bouncer 34', 20" TV/VCR, levelers, rear camera, 2 air conditioners, 5.0 generator, queen bed, large bathroom, tub/shower. Call 346-8316.

Dollhouse, wood, wallpaper, carpet, curtains, unfurnished, \$250, 3rms furnished, \$280, porcelain bathroom optional, all brand new. Call 455-4995.

Super Nintendo plus free game, \$50, extra games \$10, many to choose from, Game Genie, \$15. Call 346-9332.

Leather bound 1-year-old encyclopedias, asking \$300, multiple other household items. Call 326-7745, leave message.

2 bags of approximately 200" colored balls for children's jumping house, \$20; traveling bird cage, \$10; small console for pick-up truck, \$20; service manual for 1991-92 LXH models Harley-Davidson, "new", \$15. Call 577-3362.

Receiving hitch off 90 GMC full-size pick-up, \$75 OBO. Call 353-3104, leave message.

Coastal Carolina Community College books for sale: Biology, Biology Lab, Health, History I with map, History II with map, Theater. Call for prices. Bookshelf, \$25. Call 353-7273 before 10p.m.

Fiberglass truck top, white/excellent condition, 72X80 inches, \$250. Call 455-3536.

Rockford Punch 40-amp w/10" kicker comp subs in box, \$325 for both. Call 355-0327.

36" artificial 1-piece Christmas tree, \$15; 18" tree, decorated w/ lights, \$14; Many Christmas items. Call 324-3684.

Small grey console, for pick-up truck, \$20; small bird cage for traveling, \$20. Call 577-3362 for details.

Gum Drops' winter/spring dresses, etc. size 8-10; Children's Discovery Map, \$5; Casio keyboard for kids, \$10; make-up mirror, \$8; yellow gown size 9, \$15; dual line kites; Zenith Transistor Oceanic portable receiver, \$40. Call 938-1159.

Princess Diana and Prince Charles retired porcelain wedding dolls, 20" tall, Diana's gown is hand made, exact duplicate of wedding, trane is 60" long, diamonds in tiara and ears. Call 353-0219.

Hallmark magic ornaments, 1991 enterprise, never used, 1992 galled most up to present, older Hallmark ornaments for sale, all retired. Call 353-0219.

Power wheels Bigfoot, works great. Call 346-9537 ask for Sherri.

Child bike seat, \$10; Graco carriage stroller, \$35; Gerry baby monitor, \$15; Little Tikes infant swing, \$10; Little Tikes pink sit and scoot, \$10; children's play tent, \$10. Call 346-3704.

(4) 15" chrome rims, like new, fit any truck/car with any bolt pattern universal, \$25/ea. or \$75 for all four; electric range, 20" four burner w/oven ideal for small trailer or camper/mobile home, excellent condition, \$50. Call 353-1335.

Utility trailer, 5'X10', all metal deck, wood, 14" side, 15" tires, heavy duty, \$500 negotiable.

26" man 3spd bicycle, \$35; 24" man 10-spnd bicycle. Call 353-1335.

Legos: Technic and space, 1450 pieces, \$40-100 piece, basic set, \$30. Call 353-4474.

Upright piano, good condition, sounds good, \$425; camper top, full size, black, \$100; antique dresser, 3-drawer with mirror, 200 years old, \$350; Sears microwave, \$25; 6X6 playhouse w/floor, 4475, truck liner small truck, \$40. Call 324-3973.

Firewood, hardwood for sale, \$40 per cord. Call 326-6604.

Polytech M-14, pre-Ban, 3 magazines, new in box, \$800; Browning .22 caliber take down, made in Germany, in 1967, like new, \$375. Call 938-9869.

Coins, Carson City uncirculated silver dollars, sealed in hard plastic container from the mint, \$150/ea OBO. Call 455-2424.

U.S. Mod. 1917, Rem, World War I service rifle 30-06 cal., \$300 firm. Call 355-9852 after 4:30 p.m.

Five ft. tall chainlink fence for sale, approx. 150ft. long with two gates, mint condition, no rust, great for dogs or children, \$200 OBO. Call 353-8516.

Aigner women's leather coat, calf length, size 12 burgundy, like new condition, \$100. Call 938-1777.

1997 trailer, aluminum, new, 7,000 lbs, wheels up a 28ft. boat. Call 347-6405.

14-inch motto shop scroll saw in working condition, 5 extra blades, \$25. Call 347-5894.

Accordion, made in Italy by Scandalli, excellent condition, \$300 OBO. Call 455-2424.

H&R .44 mag single shot rifle, \$160. Call 577-0197.

Compound bow, features: overdraw, wrist sling, stabilizer, timberline light gathering sight, (7) XX75 2213 arrows with unibushing system, \$100. Call 355-9945 AWH.

Dress blues blouse, size 40, \$40; alpha blouse (40R) Creighton "C" (15/15.5.) wool and poly trousers (32R) gabardine trousers (33R)-all \$10 each; wool and poly covers, \$2ea. Call 347-5781.

Woman's small farmer/John wetsuit, \$75, scuba tanks, \$70ea.; men's scuba BC vest, \$70. Call 577-0197.

Sing and snore Ernie, \$150. Call 353-3164.

Yard fence w/posts, \$30. Wide grip weight bench, 200lbs, weight and curling bar, \$50. Call 937-0225.

Sherwood 728 liquid cooled speaker, \$175; large toaster oven, \$70; hot plate, \$10. Call 577-9696, ask for Chuck. Nishiki mountain bike, blue color, knobby tires, bought in Japan, \$225. Call 453-9053.

Ladies Now skis, Rossignol Sports length 150, \$100; Salomon boots, size 8, \$125, both \$200. Call 577-1930 for details.

Motorcycle Hondaline Winter riding suit, two-piece, mens XL, very warm, like new, asking \$60. Call 455-0363.

Poulan chainsaw, 20", new bar, chain and sprocket, asking \$135. Call 355-2466.

Two-piece diamond and gold wedding band set, 14kt. gold, contains diamond facets, sizes 9 mens, 6 womens, \$130 OBO. Call 347-1162.

Pagemart pager, national paging ability, contract included til May 1998, \$100 for pager and service. Call 347-1162.

Two Long Sleeve Creighton shirts, never worn, no chevrons, size 15/34, \$15ea.; officer's blues blouse, 38R, w/anodized brass, \$39. Call 353-0733.

Walt Disney full size Jasmin comforter w/sheets and 3 sets of valences curtains, asking \$30; instride walker, excellent condition, asking \$100. Call 347-3565.

Two 5X8 rugs, pink and blue design. One 6X8 ver, good condition, \$ Call 937-0225.

65" Connelly Revolution Ski, front highwrap binding, toe plate, size 8-10.5, \$14 353-7313.

Scroll saw, skill, 16" pl terms, \$120; radial arm 8.25" on stand, \$265; unused condition. Ca 5190.

Winchester model, 130 .12 gauge, 28" VR ba winchoke tubes, modifi imp. cyl., case, sling, mdition, \$335. Call 353-5

Men's and woman's coats for sale all in ver condition, prices negc Call 326-3866.

MOTORCYCL

'93 FZR 600, blue and low miles, geared match met, all for \$3,500 NEC 353-8284.

'90 Harley Davidson candy apple red, excellent condition, \$12,000 obo. Ca 1572.

'86 Honda 7000 ATC 3 W red, well maintained and fun. Call 326-6735.

'81 Yamaha X51100, good condition, \$900 OBO. Ca 8478 after 5 p.m.

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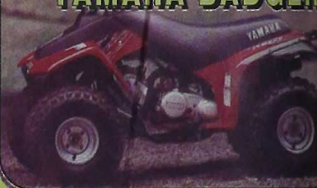
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A Very Merry Christmas Place

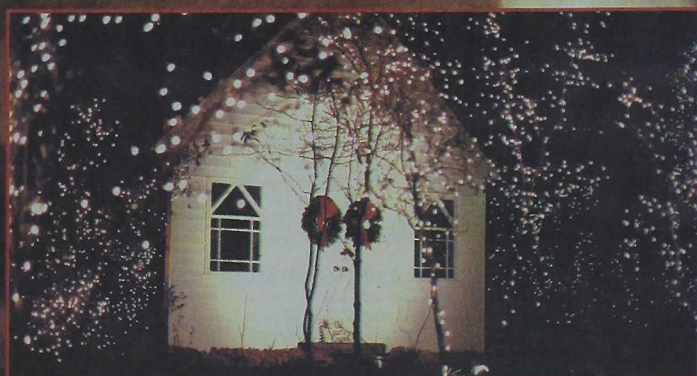
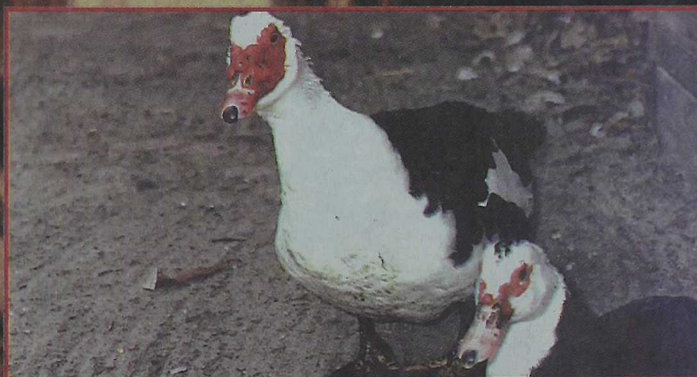
Mike's Christmas Tree Farm & Country Store

Pulling into the farm was like opening a book of old Christmas stories. Big grin, and full of excitement, the kid in me comes rushing out. I parked the VW bus and strolled down to see the animals, being an animal lover I showed my excitement along with all the other kids. We fed the goats, geese, and the two ducks that stayed about 2 steps behind gobbling up every crumb dropped.

I went on up to the gift shop, where a couple ladies were discussing the decorations, and which one to buy. Being the man I am, the kitchen took first priority. Oh, man, home made pumpkin pie, pecan pie, and apple jacks. I decided this was a good time for a break. I hurried over for an apple jack and a hot cup of cider. Aaaaaa, heaven, I've heard it told that the best bakers in Back Swamp are making the goodies. I am a believer!

Suddenly, I hear such a clatter, I sprung from my chair to see what was the matter. The Christmas Light Show Hay Ride. I quickly grabbed my coat and one ticket, off we go. Excitement was in the air, kids wiggling around, and the adults had the same child-like expressions on there faces; me included. The ride took us around the farm and into the woods, through a unbelievably beautiful light show, an old country church and live nativity scene. I even saw Santa. Believe it or not, I even saw it snow! Mike's Farm is definitely a excellent place to spend an evening with friends and family. Everything to do with Christmas is wrapped up in one package. I really cannot describe the wonder and the magic this place gives.

For more information please call Mike's Christmas Tree Farm and Country Store at 324-3422



Photos by James Lowe

The Food Corner

Helpful holiday recipes and advice

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Holiday Cooking

Sweet And Simple Holiday Gifts From The Kitchen

(NAPS)—Baking something sweet and simple is one of the best and most inexpensive ways to bring a smile to the faces of friends, neighbors or anyone you want to acknowledge at holiday time.

First you need a recipe that doesn't require a long list of ingredients or take hours to prepare, but is still special and tasty. Canned crushed pineapple adds the tangy-sweet flavor to Pineapple Toffee Cookies. It's a perfect match with chocolate-covered toffee baking chips and brown sugar—adding a fruity quality to the frosting.

Present the cookies on a festive paper plate or platter, wrapped in clear plastic wrap and tied with a bow. Or put them in a lined basket or tin with an added gift such as a linen tea towel, a coffee or tea mug, a small tin of tea or a half pound of good coffee.

PINEAPPLE BUTTERSCOTCH SQUARES

Prep: 20 min. Bake: 45 min.
Makes: 24 servings

- 2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup margarine
- 1 cup packed brown sugar
- 1/2 cup granulated sugar
- 1 can (20 oz.) Dole® Crushed Pineapple, well drained
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup (6 oz.) butterscotch chips
- 1 cup chopped nuts, toasted
- Vegetable cooking spray
- Powdered sugar, garnish (optional)

- Combine flour, baking powder and salt in small bowl; set aside.
- Beat together margarine, brown sugar and granulated



Pineapple Butterscotch Squares and Pineapple Toffee Cookies use the tangy flavor of canned, crushed pineapple to make a special treat.

sugar in large bowl until creamy. Add pineapple, eggs and vanilla; beat until blended. Stir in flour mixture, butterscotch and nuts until blended.

• Pour into 13 x 9-inch baking pan sprayed with vegetable cooking spray.

• Bake at 350°F, 40 to 45 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on wire rack. Dust cooled cake with powdered sugar, if desired. Cut into squares.

PINEAPPLE TOFFEE COOKIES

Prep: 20 min. Bake: 18 min.
Makes: 48 cookies

- 1 can (20 oz.) Dole® Crushed Pineapple
- 2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 cup margarine, softened
- 1/4 cup granulated sugar
- 1/4 cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup chocolate-covered toffee baking chips
- Vegetable cooking spray



Pineapple Icing, recipe follows (optional)

• Drain pineapple well; reserve 2 tablespoons for icing, if desired.

• Combine flour and baking powder in small bowl; set aside.

• Beat together margarine, granulated sugar and brown sugar in large bowl until creamy. Add egg, vanilla and pineapple; beat until blended. Stir in flour mixture and toffee until blended.

• Drop dough by tablespoonful onto cookie sheets sprayed with vegetable cooking spray.

• Bake at 350°F, 15 to 18 minutes or until edges are browned and cookies are golden brown. Cool slightly; carefully remove to wire rack to cool completely. Drizzle icing over cooled cookies, if desired. Store cookies in container in refrigerator.

Pineapple Icing: Stir together 1/2 cup powdered sugar and enough reserved pineapple juice to make thick icing consistency, until blended in small bowl.

Tips For Easy Holiday Entertaining



(NAPS)—These hints can help you create great holiday meals with the least effort and the most pleasure:

• Organize your next holiday dinner as a potluck. You can do the turkey, dressing, cranberry sauce and gravy. Have others bring a green salad, a seasonal vegetable, a potato casserole and a variety of desserts. Let those who are kitchen-clueless bring beverages or dinner rolls.

• Think ahead. Ask someone who is usually on time to bring the appetizers. Keep a smart pantry back-up on hand, such as California black ripe olives, in case they are late.

• Ask guests to bring foods that are already cooked and need only warming up. (There's often a traffic jam in the oven on holidays.) If you don't have the refrigerator space, ask guests to bring their perishables in small coolers.

• Simplify each course. Waist-watching guests are often grateful for a simple tray of raw vegetables as an appetizer. Arrange fresh carrot sticks, sweet pepper strips, cucumber slices, endive leaves, cherry tomatoes and black olives

on a tray. Put a soft, spreadable cheese in the middle.

• Serve stylishly. Pretty serving dishes or casseroles nestled nicely in a wicker basket can make a big difference. So can a seasonal centerpiece. A simple bowl of pine cones and fresh pine branches surrounded by candles can be festive and easy.

• Garnish food well. Garnish is make-up for food. Try scattering minced parsley over the turkey. Coarsely chopped ripe olives perk up mashed potatoes, while thin slices of lemon rind add zing to string beans. Grind nutmeg on the pumpkin pie.

• Save your energy. When you're not preparing mega-holiday meals, dress up convenience food found at local supermarkets. For example, a frozen enchilada casserole can become hot stuff when you top it with chopped green onions, extra cheese and sliced black olives.

Free Booklet

Smart cooking strategies and olive recipes can be found in a free booklet, *Dinnertime Survival*, by Mel Walsh, author of *Guerrilla Cooking*. For a copy, write: The California Olive Industry, P.O. Box 7796, Fresno, CA 93747.

Top Off A Holiday Feast With Pumpkin Chiffon Meringue Pie

(NAPS)—As you round up the turkey and stir up the cranberry sauce for Christmas, add a traditional dessert but with a twist: Pumpkin Chiffon Meringue Pie. Quick to prepare the night before, it is a savory addition to your holiday feast.

Pumpkin Chiffon Meringue Pie is made creamy and delicious with DANNON® Vanilla Flavored yogurt rather than cream. The milk which is used in the pumpkin pie. Since the yogurt of this pie does not involve the yogurt, the live cultures that are characteristic of yogurt are preserved.

This Christmas Day, the dessert made with the wholesomeness of DANNON® yogurt—Pumpkin Chiffon Meringue Pie.

PUMPKIN CHIFFON MERINGUE PIE

(Makes eight servings)

Ingredients

- 3 1/2 cups (30 oz. can) pumpkin pie filling*
- 4 large egg whites, room temperature
- 1/2 teaspoon pumpkin pie spice mix
- 2 envelopes plain gelatin (approx. 4 tsp.)
- 1 cup DANNON® Vanilla Flavored yogurt
- 1 7 oz. jar marshmallows
- 1 ready-made 9-inch cracker crust (6 oz. wt.)
- Pinch of salt
- 4 tablespoons granulated sugar

*Pumpkin pie filling substituted for 29¢ pureed pumpkin plus sugar and an additional spoon pumpkin pie spice.

Procedure

1. Preheat oven to 350°F. medium saucepan, 2 eggs, 1/2 cup pumpkin pie mix, 2 eggs



and spice mix. While the mixture is cooking, whisk, sprinkle gelatin over mixture to incorporate. Heat gently, whisking constantly. Bring to a boil, lower heat and whisk for 3 to 4 minutes. Remove from heat and let mixture cool 30 minutes.

2. Stir in yogurt, marshmallows and sugar. Smooth. Cover and refrigerate 45 minutes or until mixture begins to thicken. Remove from refrigerator and completely smooth pumpkin filling into pie and refrigerate 3 hours until completely firm.

3. To make meringue, whip an electric mixer, whipping 2 egg whites with a pinch of salt at high speed 3 minutes. Slowly add sugar, a little at a time, beating well after each addition. Continue for 5 minutes or until meringue is stiff and glossy. Spread evenly over top of pie, covering entire edges of pie. Bake 10 minutes on cookie sheet until lightly browned. Let cool completely before cutting slices to serve.

Nutritional Information
Serving = 1 Piece
310 Calories; 7.0 g Protein; 17% calories from Fat (17% carbohydrates); 10 mg Cholesterol; 10 mg Sodium.

Double Frosted Brownies Are Decked Out For The Season



(NAPS)—Set this treat out for that jolly elf, and no telling what special gift he might find in his sack! These rich, chocolaty brownies with two flavors of frosting (vanilla and chocolate) are impossible to resist. Top with crushed peppermint candies to make a festive addition to any cookie platter. So easy to transport, they can be carried to a work party or presented as a hostess gift. This recipe is sure to be added to your collection of traditional holiday favorites.

DOUBLE FROSTED BROWNIES

Prep time: 34 min Bake time: 35 min

- 2 cups granulated sugar
- 1 cup Bisquick Original baking mix
- 1/4 cup margarine, butter or spread,* softened
- 2 teaspoons vanilla
- 4 squares (1 ounce each) unsweetened chocolate, melted and cooled slightly
- 4 eggs
- 4 cups powdered sugar
- 1/2 cup margarine, butter or spread,* softened
- 2 tablespoons milk
- 2 teaspoons vanilla
- 3 squares (1 ounce each) unsweetened chocolate

Heat oven to 350°. Grease and flour rectangular pan, 13x9x2 inches. Stir together granulated sugar, baking mix, 1/4 cup margarine, 2 teaspoons vanilla, 4 squares melted chocolate and the eggs in medium bowl until moistened. Spread in pan. Bake 30 to 35 minutes or until edges begin to pull away from sides of pan; cool.

Stir together powdered sugar, 1/2 cup margarine, the milk and 2 teaspoons vanilla in medium bowl until smooth. Spread over brownies; refrigerate until firm. Heat 3 squares chocolate over low heat until melted; cool slightly. Spread evenly over frosted brownies. Refrigerate until set. Cut into about 1 1/2x1-inch brownies. Refrigerate any remaining brownies. 72 brownies.

*If using spread, use only stick that has more than 65 percent vegetable oil.

High Altitude (over 3500 ft): Not recommended.

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Entertaining Ideas

SweetPotatoes Extend Holiday Goodness All Year Long

(NAPS)—If visions of roast turkey, stuffing and pumpkin pie immediately take you home for the holidays, chances are the sweetpotato, or its candied counterpart, is a sweet part of that memory.

Often thought of only once a year, the sweetpotato is a treasure worth savoring long after the holidays are over. Loaded with nutrients and available year-round, they add a powerhouse of nutrition to any meal, any time. This reputable root is packed with cancer-fighting beta-carotene and is also rich in vitamin C, fiber, calcium and potassium.

Unlike many other veggies, sweetpotatoes don't need to be surrounded by a cast of other foods—they can perform solo as the entree or still shine as a succulent side dish. However they're prepared, sweetpotatoes provide a vivid color to the plate and a smooth, tantalizing texture to the palate.

"North Carolina leads the nation in fresh sweetpotato production, and supplies are expected to be good throughout the year," says Sue Langdon, executive director of the North Carolina SweetPotato Commission. So look to the produce department for connecting you to healthful, flavorful meals now and well beyond the holidays.

And while enjoying peace of mind that you're serving your family the best, why not take time to have a piece of pie—sweetpotato pie, that is! Compared to the more common flavorings of pumpkin spice, nutmeg and cloves, this pie is flavored simply with vanilla, which gently enhances the sweetpotato's delicate flavor.

NORTH CAROLINA'S FAVORITE SWEETPOTATO PIE

- 1 1/4 cups cooked, mashed sweetpotatoes
- 1/2 cup granulated sugar



The sweet, delicate flavor of North Carolina's sweetpotato shines through in this fragrant pie.

- 1/2 cup firmly packed brown sugar
- 1/2 cup packaged French vanilla instant pudding mix
- 1/4 cup evaporated milk
- 2 large eggs, at room temperature
- 6 tablespoons butter or margarine, softened
- 1 1/2 tablespoons vanilla extract
- 1 (9-inch) unbaked pastry shell

In large bowl of electric mixer, combine first 8 ingredients. Beat at medium speed until well blended. Spread evenly into unbaked pastry shell.

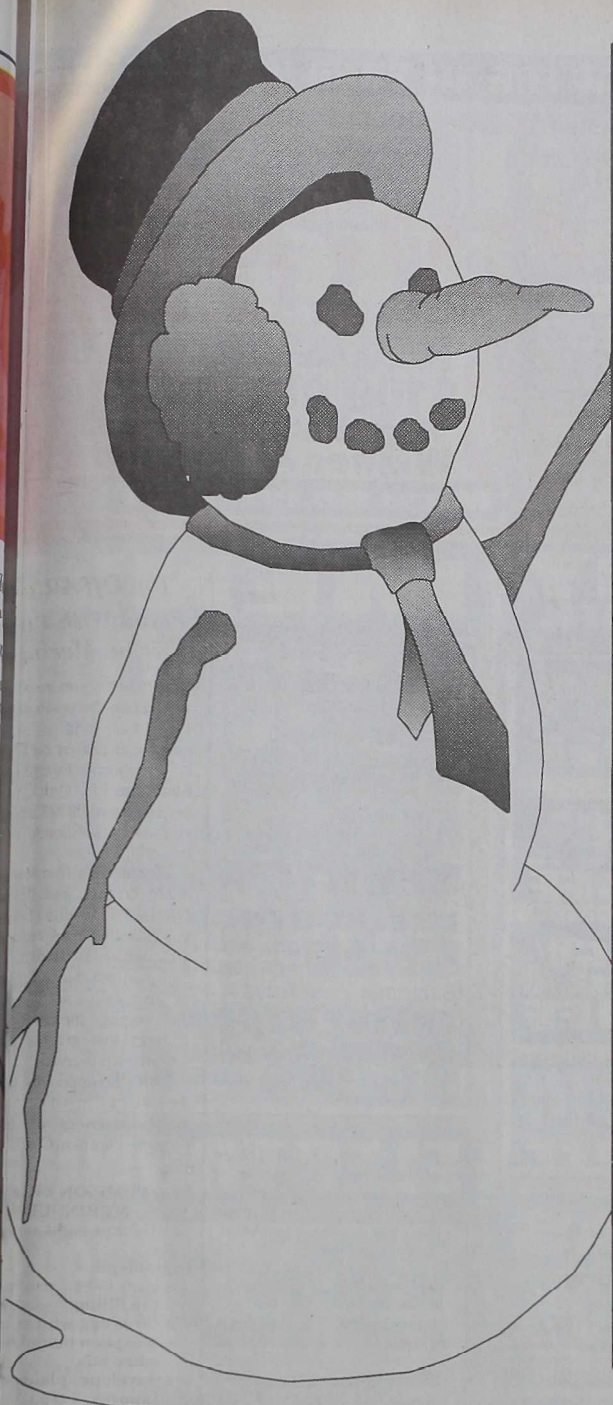
Bake at 450 degrees F. for 10 minutes. Reduce temperature to 350 degrees F. and bake 40 minutes longer or until set. Cool on wire rack.

If desired, garnish with whipped cream, raspberries and mint leaves.

Makes 8 servings.










Nutrition per serving: 472 calories, 5 g protein, 70 g carbohydrates, 4,840 RE beta-carotene, 19 g fat, 83 mg cholesterol, 433 mg sodium.

For more recipes, send a business-size SASE to: "How Sweet It Is," North Carolina SweetPotato Commission, 1327 N. Brightleaf Blvd., Suite H, Smithfield, NC 27577.



Traveling Home for the Holidays?

Don't forget to:

-  Have your car checked if driving to your destination. (change the oil, check the power steering fluid, check the anti-freeze, etc.)
-  Have a good map handy (even if you know the way)
-  Have a neighbor or someone else take care of your pets.
-  Ask the post office to hold your mail until you return or ask a neighbor to pick it up.
-  Have a cooler, drinks and snacks ready for your trip for whenever you get the munchies.
-  Make sure you are packed for the kind of weather you are going to. (if you are going up north, don't forget your heavy coat and gloves)
-  Don't forget your camera and film to capture your special Christmas for years to come.
-  If you are brining your pet, don't forget the pet's leash, medicine, dish, food, blanket, etc.)
-  Make sure your neighbors know you are leaving so they can watch over your house for burglars while you are gone.

Most importantly, don't forget . . .
the Christmas presents for your family!



On Trips

The Old West

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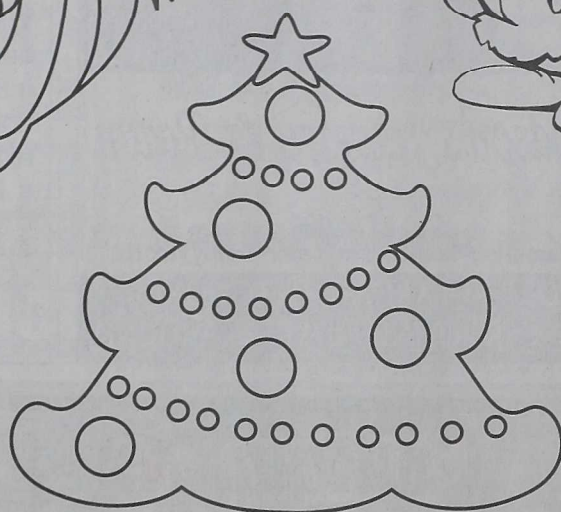
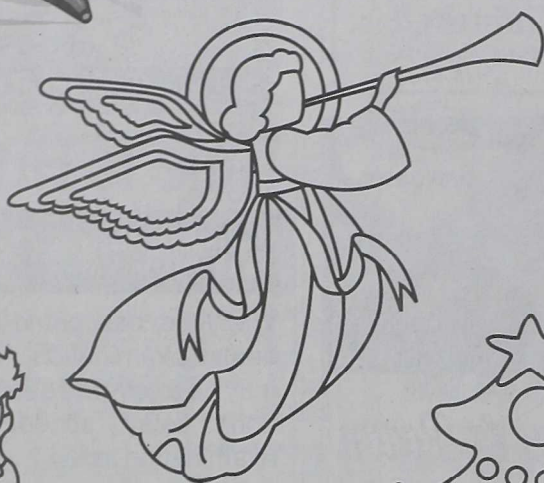
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Holiday Shopping Guide

Holiday and Start

As festive as the holidays, one can become a little overwhelmed when trying to find an original, creative, inexpensive gift. Gifts can be given to friends, coworkers. Be a savvy shopper and keep in mind the importance of finding a great gift. Looking early, be organized and open-minded. It is the thought that counts and sometimes the best gifts come in small packages.

Head start on ideas for gift giving...a themed gift of socks and tights that stock stocking stuffers and a little sparkle and a bit of cozy comfort is a special you know this time of year. A necessity in every wardrobe. Quite often, one simply does not allow for the endless possibilities available in a department store. Why not do it for her?

Various gifts are always appreciated. DKNY offers velvet, Angora Plaid and Placed Pattern socks—creative gift ideas. Donna Karan's Artisan Burnout Wool Crochet tights and indulgences that can make a luxurious comfort. If luxurious comfort comes in beautiful sheer with irresistible softness, you'd like to give, then the Irresistible Collection is the answer.

Holidays are a time to shine. To that little something that can look brilliant. All that is not always gold or silver. Shown by Donna Karan's Metallized Tight, offered in such as Pewter and adding punch to a black that can now go from office party. A Glitter from DKNY in Black with some shimmer to an evening dress for New Year's Eve. For chilly nights at the Shine Assortment or Glitter sock will keep you warm and festive mood.

Gift is a gift worth giving. A pair of socks or a pair of pantyhose can give to a friend or family. Angora Marl socks from e as cozy as you can get. Even better in a yummy h as Champagne Flush. Mainly Leggs Sheer Comaks for itself offering a hole fit, a soft and smooth on the leg and a wider to eliminate binding, and rolling—creating a look.

It would be a good time to take a sigh of relief as you're head start on your holiday shopping. Good luck and happy

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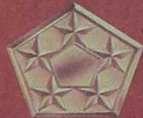
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HOLIDAY PUBLICATION

Supplement to the Globe
December 26, 1997

Is There a Puppy on Your Holiday Shopping List?

Here Are Five Important Tips

1. If you think a puppy would make a great holiday gift, you're not alone. More than 60 percent of all pets are given as presents during the holiday season. A new puppy can bring lots of love and joy to your home, help teach responsibility, and studies even show dogs can reduce your blood pressure. As you consider the many benefits of pet ownership, keep in mind your responsibility to your puppy's health and happiness during this busy time of year. Here are five important tips for getting you and your pet off to a good start:

2. Spend as much time at home as possible. Give your puppy a chance to get used to family members and all the unfamiliar sights, sounds and smells in its new surroundings. Try to maintain a calm, peaceful environment and avoid over-stimulation and over-handling by well-meaning friends.

3. Stick to your puppy on a schedule. Like children, puppies crave routine. Set aside a certain time each day for meals, playtime, exercise and grooming. Sticking to a predictable routine will make your puppy feel secure and lay the foundation for a well-behaved pet.

4. Puppy-proof your home. Keep ornaments, tree lights, extension cords and other holiday decorations out of your puppy's reach. Try giving your puppy a rawhide bone or a chewable toy as a distraction. Have several of these toys hidden away and bring them out one at a time. This way, when your puppy gets tired of one toy, it can be given something new to play with. Don't feed your puppy sweets. Chocolate, for example, can be toxic to dogs.

5. Visit your veterinarian. Your puppy's health-care is very important, and regular check-ups should be part of its life right from the start. On your pet's first visit, the veterinarian will vaccinate your pet and test it for intestinal parasites. Recent studies have shown a surprisingly high incidence of intestinal parasites among puppies.

Fortunately, your veterinarian can prescribe a safe and effective treatment, such as INTERCEPTOR® (milbemycin oxime) Flavor Tabs™, a once a month tablet that can be given to puppies as young as four weeks old, protecting them against deadly heartworm disease and three intestinal parasites. And, while you're there, ask your veterinarian about getting a "jump" on fleas with the new once-a-month flea control tablet called PROGRAM® (lufenuron). Dog owners report a 96 percent satisfaction rating with this incredibly easy new flea control.

6. Be patient. Give your puppy the time it needs to adjust to its new environment. Your puppy wants to please you, and will quickly learn appropriate behavior.

Most importantly, give your new puppy the gift of lots of love and attention. You will be rewarded with years of fun, affection and companionship.

Following these steps will make your dog your family's best friend.



Wonderful Winter Travel Specials

The travel savings forecast is calling for record lows this winter just in time for the busy holiday season. Every day of the week from November 1 through February 28, 1998, travelers can take advantage of affordable room rates at nearly all La Quinta Inns and La Quinta Inn & Suites locations.

Many travelers and winter vacationers from the North will find La Quinta Inns conveniently located along major highways, near airports, and in popular vacation areas such as Texas, the Carolinas and California.

Many of our guests stay with us when traveling by car to visit family and friends. Now, during the holidays and throughout the winter months, they can take advantage of our \$49 to \$59 rates while they are on the road," said Steve Smith, senior vice president of marketing for La Quinta Inns.

Guests staying at La Quinta Inns or La Quinta Inn & Suites will find a

commitment to value, consistency and quality at each location. Brand new rooms in each La Quinta offer an array of amenities not typically available at other mid-priced hotels. Special features include 25" televisions, video games, and headliner movies on-demand, dataport telephones, personal voicemail, in-room coffee, oversized desks, and spacious, bright bathrooms.

In addition, winter vacationers will find more than 30 La Quinta Inn & Suites, the company's advanced new hotel concept, located across the country. Families can choose to stay in traditional guest rooms, king rooms, or two-room suites. Each room features exceptional amenities, including microwaves and refrigerators in the king rooms and suites.

La Quinta also offers a complimentary breakfast featuring fresh fruit, cereal, bagels, pastries, juice and fresh brewed coffee.

Additional guest services include free unlimited local calls, same-day

laundry and dry cleaning services, card-key room entry, 24-hour front desk service, swimming pools, free parking, and free stays for children 18 and under in parents' room. La Quinta's award-winning Returns® Club offers special rates, express reservations and check-in, and a free room night for every 11 nights stayed. Each La Quinta stay is backed by a 100 percent satisfaction guarantee.

La Quinta has more than 260 hotels located in 28 states. For on-line booking and information about individual La Quinta Inns' locations, amenities and pricing, guests can check out La Quinta's web site at www.laquinta.com. Up to four adults can stay in the same room with La Quinta's special winter promotion, which is subject to availability, certain restrictions and blackout dates. For more information, call (800) NU-ROOMS.

Tips on Constructing Lasting Memories and Reducing Stress

(NAPS) — Keeping your holiday season busy and involved in preparations can help reduce holiday tensions. Children in making decorations and special foods. For more fun, plan an annual neighborhood ornament and cookie party.

It's easy to make decorations and table top decorations out of things you have at home — even colorful construction paper. Here are some ideas for this holiday season to keep your children busy.

1. Make gingerbread or sugar shape cookies. Prepare the dough in advance. When the cookies are chilled, invite children to cut shapes and decorate them with sugar sprinkles. Use them for hostess or office gifts, entertaining or to decorate your tree.

2. Another popular tradition is making a popcorn and cranberry garland. String a long, long sewing needle threaded with heavy thread. String popcorn and cranberries in a pattern. Decorate an indoor or outdoor tree. Outdoors it can be decorated with the birds and small animals.

3. A twist to garlands using pretzels tied together with red or green yarn. This is easy for small children. Don't forget chains made of construction paper. Simply cut strips and let children paste them into linking chains with white paste.

4. You can start a new holiday craft tradition making stars, snowflakes, and other decorations with K'NEX, the color-coded construction toy. Use your imagination to come up with three-dimensional snowballs, Santa's sleigh and more. Attach a string and hang on a tree, in a room or from the ceiling.

5. Keep your children busy with holiday projects and you'll build warm and wonderful holiday memories.

For more fun holiday ideas, send a SASE with 32¢ postage to K'NEX, Dept. N2, P.O. Box 700, Hatfield, PA 19440-0700.



Recipe Corner

Pumpkin Pie with Brown Sugar Topping

(NAPS) — For the holiday season, add something special to your traditional meals — a homemade Pumpkin Pie with brown sugar topping. Not only is this pumpkin pie delicious, but it is easy to make using convenient, ready-to-use evaporated milk. Evaporated milk gives an extra rich flavor and smooth texture to this dessert that is guaranteed to satisfy all your holiday guests. With the addition of the brown sugar topping, no one will pass on this dessert!

Filling ingredients:

- 2 eggs, lightly beaten
- 1 16 oz. can pumpkin (solid pack)
- 1/2 cup brown sugar
- 2 tablespoons light molasses
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon pumpkin pie spice
- 1 12 oz. can evaporated milk
- 1 9-inch pie shell (unbaked, deep dish)

Topping ingredients:

- 1/3 cup brown sugar
- 1/2 cup flour
- 1/4 teaspoon ground cinnamon
- dash of salt
- 3 tablespoons butter (softened)

For Topping: Combine sugar, flour, cinnamon and salt. With pastry blender, cut butter into dry ingredients until mixture resembles coarse crumbs; set aside.

Preheat oven to 425°F. Combine filling ingredients in order. Pour into pie shell and bake for 15 minutes. Sprinkle with topping and return to oven. Reduce oven temperature to 350°F, bake for 45 minutes or until knife inserted in center comes out clean.



HOLIDAY FOODS WITH AN ITALIAN FLAIR:

(NAPS) — Some of the most popular holiday gatherings these days feature food and drink made possible by a prized drink from Italy.

The not-so-secret ingredient is the exquisite Italian liqueur, Frangelico, one of the most popular liqueurs available in the United States. It can be poured over almost any dessert and it's great in coffee, as well as after coffee. At holiday time, try it in egg nog, hot chocolate, or any other mixed drink.

Now, you can offer your guests a taste of Italy when you use the nutty mellow sweetness of Frangelico in delicious drinks and main dishes.

Angels Kiss

- 3/4 oz. Frangelico liqueur
- 6 oz. steamed milk

Combine ingredients in coffee mug. Sprinkle with cinnamon or nutmeg.

Glazed Turkey

- 12-14 lb. turkey, thawed
- 1/3 cup apricot jam
- 1/3 cup Frangelico liqueur

After preparing stuffing, stuff and truss turkey. To make glaze, strain jam through a sieve or smooth it in a blender. Add Frangelico and mix well. Use it as your baste throughout roasting period. Make gravy as usual. Serves 6-8.

Frangelico Nog

Combine 6 to 8 ounces of egg nog, 1-1/2 ounces of Frangelico liqueur and whipped cream. Top with a dash of nutmeg.

For a free recipe booklet write: Frangelico Recipe Booklet Offer, 130 Fieldcrest Avenue, Edison, NJ 08837.



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Workplace Wellness

(NAPS)—According to a survey released by the Councils of America, more than 40 percent of the workforce is infected with a respiratory illness. Of those, 40 percent did not feel guilty about calling in sick. Ironically, 67 percent of the surveyed feel that coughing and sneezing co-workers spread germs into the workplace. Respiratory ailments are transmitted in three ways:

- Through airborne droplets of cough and sneeze which can remain suspended in the air for long periods at substantial distances.
- Through direct contact with an infected person, such as shaking. In these cases, germs spread when the person touches contaminated mucous membranes or to the eyes.
- Through touching someone who has touched doorknobs or office equipment.

"It is important for us to know that viruses and bacteria live on surfaces such as desks or keypads for up to 48 hours," emphasizes Dr. T. Quinn of The Johns Hopkins School of Medicine. "You protect yourself from catching respiratory illness by observing precautions such as washing your hands and after touching shared surfaces such as a copier or by using disinfectant on these items."

Common respiratory infections such as a cold, flu or pneumonia are most contagious the first day or two of infection, when symptoms are worst. Calling in sick with a respiratory ailment is difficult for the workers surveyed, even when they are sick.

Ann Marie Sabbeth, a Business Etiquette in Brief columnist, suggests the following tips for dealing with this issue with coworkers:

- "First, you can offer to work from home in situations where feasible. Second, you need to be bringing a respiratory infection into the workplace putting other workers at risk."

Some illnesses may require prescription medication, but survey respondents reporting to take scheduled doses at work.

"Observing the prescribing schedule for medication is essential," says Dr. Quinn.

"Your doctor can prescribe medications with a more conservative course of therapy, such as daily antibiotic like Zithro, which can be prescribed for bacterial respiratory infection," explains Dr. Quinn. "This medication to be taken rather than at work."

The Workplace Winter Survey was sponsored by the National Councils of America, an educational grant from Inc.

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—It's natural for the decline every now and rstanding market cycles ment strategies can pre-tors for what may be according to a free book-nders Funds (800-525-itled "Perspectives on et Downturns."

Adam Smith's theories sidered somewhat sim-ey do give us a useful understanding the work- stock market. Like the he stock market is also a entity, comprising the of investors who make t decisions each day.

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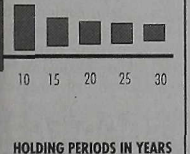
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THE LONG-TERM VIEW
Annual Returns of Large-Company Stocks
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conclusion? Over the last rs, an investor's best de- against downward shifts e market was a long-term etive.

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For a free copy of the National Asthma Educational and Prevention Program guidelines check out the Web site at: <http://www.nhlbi.nih.gov/nhlbi/nhlbi.htm> or call the NAEPP Information Center at 1-301-251-1222.

For a free brochure on rheumatoid arthritis, call the Arthritis Foundation at (800) 288-7800 or see the Foundation's Web site at www.arthritis.org.

For a free Pet Food Report with a complete shopping guide write to the Animal Protection Institute,



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New Asthma Treatment Guidelines To Improve Quality Of Asthma Care

(NAPS)—The National Heart Lung and Blood Institute and the organizations that comprise the National Asthma Education and Prevention Program recently released new asthma treatment guidelines, *The Expert Panel Report II: Guidelines for the Diagnosis and Management of Asthma (EPR-II)*. Offering basic recommendations in an effort to improve the quality of care for patients with asthma and their families, the guidelines couldn't have come at a better time because, despite advances in treatment, asthma results in nearly two million emergency department visits and more than 5,000 deaths annually.

An estimated 14 million Americans suffer from asthma, including four million children under the age of 18. A lung disease characterized by the inflammation and obstruction of the airways that transport air from the nose and mouth to the lungs, asthma interferes with the lungs' life-supporting function of removing carbon dioxide from the blood and replacing it with oxygen. While there is no known cure, asthma can be controlled with medication.

Asthma results in both direct and indirect costs to patients, their families, and the health care system. The single largest cost is for inpatient hospitalization, estimated at more than \$1.5 billion per year. In addition, an estimated 10 million school days are missed each year by children with asthma, resulting in nearly \$1 billion in lost employment by adults to care for their children with asthma.

According to the expert panel report, underdiagnosis and inappropriate therapy are major contributors to these startling asthma statistics. The hope is that these guidelines will provide health care professionals with a general approach to diagnosing and managing asthma based on current science. Further, medications are now categorized into two general classes: long-term control medicine used to achieve and



maintain control of persistent asthma, and quick-relief medicine used to treat acute symptoms and exacerbations. The report emphasizes that the most effective medications for long-term control are those shown to have anti-inflammatory effects. Oral inhaled corticosteroids, including VANCERIL® 84 mcg DOUBLE STRENGTH (beclomethasone dipropionate, 84 mcg) Inhalation Aerosol, are singled out as the most potent and effective anti-inflammatory medications currently available.

Effective management of asthma with oral inhaled corticosteroids requires that patients comply with the prescribed dosing schedule. "For some patients, especially those requiring dosing of up to ten puffs per day, compliance can be problematic," said Nicholas Macris, M.D., Chief, Allergy and Clinical Immunology Section, Department of Medicine, Lenox Hill Hospital, New York. "By delivering twice the amount of medication available per inhalation, VANCERIL 84 mcg DOUBLE STRENGTH offers asthma patients true twice-daily dosing with half the number of puffs per dose. The convenience and safety of VANCERIL 84 mcg DOUBLE STRENGTH offers physicians and asthma patients a valuable tool in the management of the disease."

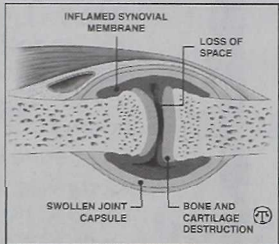
As with any medical condition, consult your physician or health-care professional about the latest treatment options available. To receive your own copy of the National Asthma Education and Prevention Program guidelines, check out their web site at: <http://www.nhlbi.nih.gov/nhlbi/nhlbi.htm> or call: NAEPP Information Center 1-301-251-1222.

FIGHTING ARTHRITIS

Learning More About Arthritis

(NAPS)—Arthritis affects one in seven Americans. To help fight the disease, a national alliance of 12 medical research centers are conducting a search for genes associated with rheumatoid arthritis.

The goal is to learn more about this disease, which affects more than 2 million Americans. It's a potentially disabling inflammatory form of arthritis that can cause pain, swelling, stiffness and loss of function in the joints.



Researchers plan to study 1,000 families to collect more specific information on genetic factors of rheumatoid arthritis.

Researchers want to learn more about genes that play a role in the disease. The first phase will take place over the next few years, as they collect medical information and DNA from 1,000 families nationwide. For a family to qualify, two or more siblings between ages 18 and 60 must have developed rheumatoid arthritis, and have at least one surviving parent.

Support for the genetic study has come from the Arthritis Foundation and the National Institutes of Health.

Ten of the 12 participating medical centers are recruiting patients for the project. If your family qualifies and is interested, call toll-free (800) 382-4827, or send e-mail to narac@nshs.edu.

For a free brochure on rheumatoid arthritis or to find the Arthritis Foundation chapter nearest you, call toll-free (800) 283-7800 or visit the foundation's Web site at www.arthritis.org.

Your Pet's Health

Choose The Right Food For Your Companion Animal

(NAPS)—Taking proper care of a pet—grooming, exercise, veterinary care, diet and health—is of utmost importance to the animal lover. Still many people blindly choose their pet foods based on advertising or brand names, rather than nutritional value.

Selecting a food for your dog or cat is one of the most important decisions you can make for your four-legged friend. Meeting a pet's nutritional needs is a major factor in preventing or creating health problems.

The difficulty is that the manufacture of pet foods is a very loosely regulated industry. The quality guidelines set down by the American Association of Feed Control Officials (AAFCO) and the U.S. Food and Drug Administration (FDA) Center for Veterinary Medicine are adhered to only on a voluntary basis.

Current procedures for determining nutritional adequacy include chemical analysis, which fails to account for the taste or digestibility of foods, and "nutritional allowance," the amount of a nutrient added beyond the margin of safety for completeness. AAFCO asks pet food companies to adhere to previously analyzed recipes, even though they still don't take digestibility and availability of nutrients into account.

Even the presence of nutrients doesn't assure a quality product. Frequently, ingredients used are of the lowest quality—considered "unfit for human consumption"—with protein derived from contaminated or spoiled meat.

Low-cost grain product fillers, high in carbohydrates, sometimes replace protein. These poor quality products can cause a variety of health problems in cats and dogs.

One surefire way to improve the



Dogs and cats have special nutritional needs and it's up to us to make sure those needs are met.

nutritive value of an animal's diet is to supplement a quality brand of dry pet food with fresh foods. If you would like to use a nutritionally balanced home-prepared diet for your companion animal's primary food source, please consult with your veterinarian or a veterinary nutritionist.

Unfortunately, many veterinarians are not always aware of current nutritional information. Therefore, it is essential that we educate ourselves in order to ask relevant questions. Don't be afraid to seek a second opinion.

For a free Pet Food Report with a complete shopping guide, write to the Animal Protection Institute, P.O. Box 22505, Sacramento, CA 95822, call 1-800-348-7387 or download it from API's Web site at www.api4animals.org/petfood.htm.

The Animal Protection Institute (API) is a non profit organization dedicated to informing and educating the public on animal issues and advocating for the humane treatment of animals.

Suggestions from API Pet Food Shop Guide

(You must read labels in order to make an educated choice when selecting)

Meat and Meat Meal: Most of these ingredients are from the human food chain. Foods that list whole meats (like chicken) are better than "chicken meal," "pet food" containing "by-products" or "b meal" should be avoided.

Grains: The availability of nutrients depend upon the digestibility. Dogs and cats can almost absorb carbohydrates from grains, such as white rice. Some other grains are not digestible. Availability of nutrients in beans, potatoes and oats is less available than those in rice.

Preservatives: BHA, BHT, ethoxyquin and tocopherols are the most common preservatives used to keep pet food from turning rancid. Tocopherols (vitamin E) is a preservative with a shorter shelf life than chemical ones. We are adding fewer chemicals to pet food by using a natural preservative.

Fresh Supplements: Most vegetables are so low in calories that they can be added in quantities to a dog's diet: corn, chini, carrots, peas, green beans, broccoli and spinach. Cats are carnivores and can eat only a small amount of vegetables. Try, tuna, sardines, boneless hard-boiled eggs, canned corn, raw, firm tofu.

Evaluating a New Food: Conduct your own "feeding trial." Try several brands of pet foods that meet your pet's nutritional needs for six to eight weeks each. Pay attention to their hair, skin, appetite, stool and energy. A diet change can help you determine if a food or foods are best for your pet.

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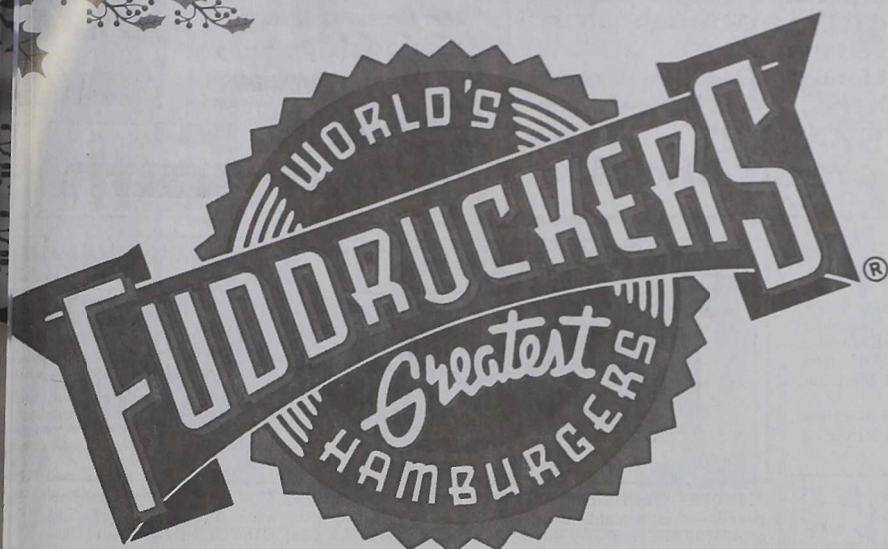
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DECEMBER Calendar of Events

Events start nightly at 6:00

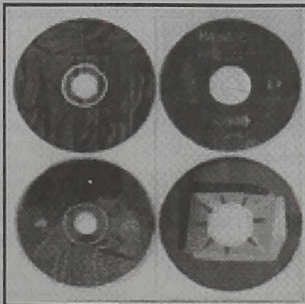
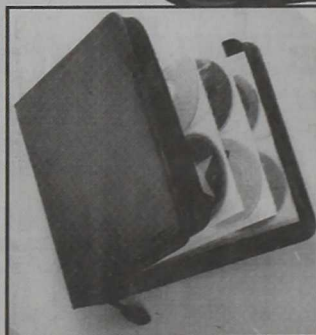
E V E R Y						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 S M I L E Y	5 T R I V I A	6 K I D S T R I V I A <small>Watch the girl accidents or injuries become our own</small>
7 S P O R T S <small>Watch the girl accidents or injuries become our own</small>	8 B I N G O	9 F A C E P A I N T I N G	10 B A L L O O N B U S T	11 T H E C L O W N CLOSED	12 R I V I A	13 T R I V I A <small>SANVA STORES BY</small>
14 T R I V I A	15 I N G O	16 P A I N T I N G	17 B A L L O O N B U S T	18 T H E C L O W N CLOSED	19 R I V I A <small>SANVA STORES BY</small>	20 T R I V I A <small>SANVA STORES BY</small>
21 T R I V I A	22 I N G O	23 P A I N T I N G	24 B A L L O O N B U S T	25 T H E C L O W N CLOSED	26 R I V I A	27 T R I V I A
28 T R I V I A	29 I N G O	30 P A I N T I N G	31 B A L L O O N B U S T	HAPPY HOLIDAYS		

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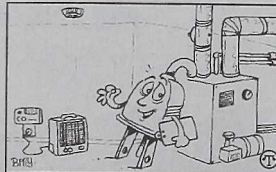
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Winter Safety Tips

(NAPS)—To help ensure a safe and warm heating season, many experts recommend an annual inspection and tune-up of home heating systems before temperatures begin to drop.
 The National Electrical Safety Foundation offers the following tips:



- Have your heating systems inspected by a qualified service professional at least once a year. This inspection should include lubrication and cleaning, replacing filters, a check of belts and thermostats, and having vents cleared of obstructions, as necessary.
- Make sure window air conditioners do not allow cold air to sneak through or around sides, top and bottom, putting an extra strain on heating systems and adding cost for homeowners. Local hardware stores can provide covers and other easy, low-cost ways to keep that cold air out.
- Caulking around windows and other openings can stop the cold air invasion dead in its tracks. Caulking and a caulking gun from your local hardware are inexpensive and easy to use. A warmer home and lower utility bills can result.
- Use products only for their intended purposes. Hair dryers aren't intended to thaw frozen pipes, dry clothing or warm bedding.
- When using a portable electric heater, keep flammable materials—bedding, clothing, draperies, rugs and furniture—at least three feet away even if it has safety features such as cut-off switches or heating element guards.
- If you use an electric blanket to keep warm on a cold night, follow the manufacturer's instructions and make sure you turn it off and unplug it when it's not in use.
- For a brochure on home electrical safety, send a self-addressed, stamped (55¢) No. 10 envelope to the National Electrical Safety Foundation, 1300 N. 17th Street, #1847, Rosslyn, Virginia 22209, or call (703) 841-3229.

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CRANBERRIES

(NAPS)—Americans consume some 350 million pounds of cranberries each year. About pounds—or 20 percent—are gobbled up during Thanksgiving week. Although it is growing in popularity, the cranberry thrives in only a few limited regions of the United States and Canada—area of approximately 42,000 acres. This tiny scale of cultivation has led the industry to become reliant and driven by an independence and resourcefulness that once permeated all of the U.S. ag-

DID YOU KNOW...

According to the USDA, in 1997, cranberry growers will harvest 5.04 million barrels of fruit, or 517 million pounds.

A barrel of cranberries weighs about 100 pounds. Give or take a few, there are about 450 cranberries in a pound.

American recipes containing cranberries date from the early 18th century.

If you strung all the cranberries produced in North America this year, they would stretch from Boston to Los Angeles more than 588 times.

Legend has it that Pilgrims served cranberries at the first Thanksgiving in Plymouth, along with wild turkey and succotash.

The cranberry is one of only a handful of major fruits native to North America. Others include the blueberry and Concord grape.

On average, every acre of cranberry bog is supported by four to 10 acres of wetlands, woodlands and uplands, which adds up to more than 200,000

acres of support land preserved in North America alone. This area offers refuge to a rich variety of wildlife, including the bald eagle, osprey, great blue heron, fox, deer, and wild turkey.

erations working together on their farms.

During the days of ships and iron men, Americans carried cranberries the English love American sailor cranberries. The berry's generous supply min C prevented

A perennial problem for berries grow on vines in marshes. Berry bogs are 100 years old and dating today.

The world's supply of cranberries are grown on or 42,000 acres, which is equal in size to the tiny Nantucket, off Massachusetts in New York city of Green Bay in Wisconsin.

The major cranberry regions are in Massachusetts, New Jersey, Oregon, Wisconsin and Canada.

Nearly seven of 10 cranberries sold in the world today came from Ocean Spray, a grower cooperative started in 1930.

The cranberry gets its name from Dutch and German settlers, who called it "crane berry." When the vines bloom in late spring, the blossom resembles the head and bill of a crane. Over time, the name was shortened to cranberry.

The popularity of the cranberry is growing internationally. Interest in production and products is worldwide. Cranberries are used as ingredients in 700 to 800 products from cereals to sausages. Only five percent of the annual crop is for fresh fruit. During World War II, American troops required about one million pounds of dehydrated cranberries a year.

The majority of cranberry growers are multi-generational families, some fifth and sixth generation, with two to three gen-

Pressure Cookers: Key To Express, Healthy Cooking

(NAPS)—People are discovering the convenience and pleasures of cooking under pressure. The ultimate in express cooking, the versatile, easy-to-use pressure cooker is the ideal tool for people on the run. Cooking under pressure turns out fabulous meals in one third the time of conventional cooking methods. In most cases, the pressure cooker is faster than the microwave—and with much tastier and healthier results.

Chicken, meat, fish, rice, beans and grains all cook up fast and perfectly in the pressure cooker. And for health-conscious cooks, the pressure cooker is a dream come true.

Now pressure cooking has moved into the next generation. T-Fal has introduced the ultimate cooker—the T-Fal Safe 2 Visio, the first pressure cooker with a viewing window—a large 4"-diameter porthole in the lid. This new T-Fal cooker, with a beautiful, easy-care porcelain enamel exterior, also features T-Fal® non-stick on the inside for super-healthy cooking and easy cleanups.

Here are two recipes crafted especially for express cooking—a creamy risotto and a luscious osso buco. They are from *The Ultimate Pressure Cooker Cookbook* (Simon & Schuster), by Tom Lacalamita.

RISOTTO WITH SAFFRON

Serves 4

Cooking time: 7 minutes

- 3 Tbs. unsalted butter
 - 1 small onion, finely chopped
 - 1 cup Italian arborio rice
 - 1/4 cup dry red wine
 - 6 saffron strands crushed
 - 2 cups chicken stock
 - 1/3 cup grated Parmesan
 - 1/8 tsp. ground pepper
- Heat 2 tablespoons of butter in the pressure cooker over medium-high heat. Add onion and sauté 4 to 5 minutes, or until soft. Stir frequently so onion does not brown. Add rice and sauté, stirring often, until lightly golden. Add red wine. Bring to a boil over high heat. Once alcohol has evaporated, add saffron and stock.

Position lid and lock in place. Raise heat to high and

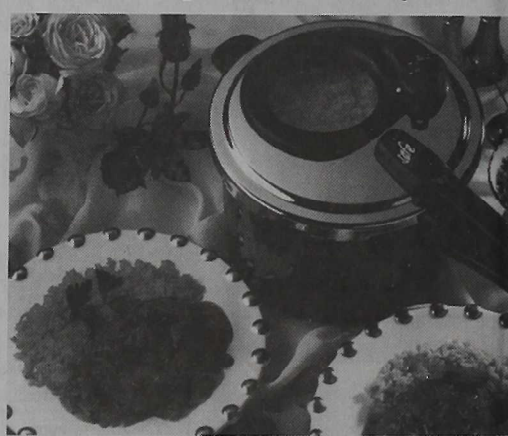


Photo: L...

Risotto and osso buco cook fast and perfectly in the pressure cooker.

bring to high pressure. Adjust heat to stabilize pressure and cook 7 minutes. Remove from heat and lower pressure using quick release method.

Open pressure cooker. Stir in remaining tablespoon of butter, Parmesan and black pepper. Let risotto sit in the pressure cooker until butter and cheese have melted. Stir and serve with additional Parmesan.

OSSO BUCO (BRAISED VEAL SHANKS)

Serves 4

Cooking time: 20 minutes

- 1/4 cup unbleached all-purpose flour
- 1/2 tsp. salt
- 1/4 tsp. ground pepper
- 4 large veal shanks, 1/2" thick
- 3 Tbs. olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, peeled and minced
- 1/2 cup canned plum tomatoes, drained, seeded and chopped
- 1/2 cup dry white wine
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 1 tsp. salt
- 1/8 tsp. freshly ground pepper
- 1/2 cup beef stock or canned broth

1/4 cup minced parsley

Grated zest of one lemon

Sprig of Italian parsley

In large shallow bowl

together flour, salt and

pepper. Dredge veal in

flour. Heat olive oil in

cooker over medium-high

heat. Brown veal on both

sides at a time. Remove

browned and set aside.

Onion and garlic and sauté

low heat 4 to 5 minutes, or

soft. Stir frequently so

does not brown. Add tom

white wine, dried basil, or

salt and black pepper. Rais

and let boil 1 to 2 minut

until alcohol in wine evap

Stir in beef stock. Add br

veal shanks and any coll

juices from the dish.

Position lid and lock

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Open pressure cooker.

cooked veal shanks on a

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Spoon some sauce over

meat. Sprinkle with the p

and grated lemon zest

serve.

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Facts From The American Dental Hygienists' Association

Good News About Oral Care

(NAPS)—Here's news to smile about: consumers have a wider-than-ever variety of manual and power-assisted toothbrushes from which to choose. This increase in the type of toothbrushes available in the consumer oral health care market is helping many people take better care of their teeth.

Americans spent over \$3 billion on oral health care products in 1995. More than \$740 million went toward toothbrushes and dental accessories.

Manufacturers are more aware of the growing professional and public interest in preventive care. For instance, the increased variety of children's oral health care products comes from manufacturers listening to oral health care professionals emphasizing the need for early intervention. Toothbrushes with brightly colored handles and/or images of cartoon characters are aimed at encouraging children to brush.

Demographics are another factor in the increased number of consumer oral health care products. As baby-boomers come into mid-life, they are at the prime age for periodontal disease, creating a market for products to address this condition.

Another trend is the increasing affluence of senior citizens, many of whom can now afford such appliances as power-assisted toothbrushes that make oral home care easier for them. The fact that people are living longer and want to keep their teeth for a lifetime also contributes to an interest in oral health care.

Ultrasonic toothbrushes, studies show, remove more plaque than manual toothbrushes, but



Manufacturers aware of the growing public interest in preventive care provide new tooth care products.

with the application of less pressure. Dental hygienists say sonic or ultrasonic toothbrushes are appropriate for most people.

Oral health care professionals advise patients to change toothbrushes every three months. Some of the most active in providing advice in oral health care are the more than 100,000 registered dental hygienists (RDHs) nationwide. These licensed professionals provide preventive oral health care services that limit the extent of cavities and gum disease.

RDHs provide many services—from cleaning teeth, taking X-rays, providing fluoride treatments, applying sealants, and recognizing oral conditions that may indicate systemic illness, to examining the condition of the mouth, teeth, and gums; and educating patients to maintain optimum oral health.

For more information about oral health and dental hygiene, call ADHA's consumer hotline at 800-847-6718 or visit ADHA's Web site at www.adha.org.

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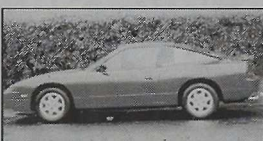
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First Night Raleigh 1998

Everything you need to know to experience the events, sights, sounds and adventures

First night Raleigh is a safe, community-wide event that reaches out to schools, local arts and civic groups. Presented by **Artsposure**, a private, non-profit arts organization, this is the biggest, boldest most entertaining night of the year. Art, theater, magic, music, comedy, dance and more combine to bring you the Triangle's seventh annual alcohol-free, New Year's Eve celebration of the arts on December 31, 1997.

Held downtown to Fayetteville Street Mall and the City Market/Moore Square area, the fun begins at 2:00 PM with the Children's Celebration. An "Interactive Play Market" provides hands-on fun, including exhibits and activities by the N.C. Museum of History, high school SADD students, the Raleigh Youth Council and the Museum of Natural Sciences.

How often have you had the secret desire to be PART of a parade not just a spectator? The People's Procession at 6:00 PM is the Grand Kick-Off to the Evening Performances. Come march through the streets of downtown Raleigh with over 5,000 performers, friends and neighbors, led by "Trigon", First Nights 200-foot-long, three headed dragon mascot.

Bring the hat or mask you've made at the Scrap Exchange, bring your noise makers, or wear a costume, and get ready to step to the beat of the NCSU Pipes & Drums and the Helping Hand Mission Band. Joining in the fun is "FACE", a large interactive mobile puppet and performance sculpture.

Each year, Artsposure develops outreach projects to include Wake County school children to be a part of First Night Raleigh. The students create colorful art pieces that they carry in the People's Procession. This year, the theme is "House of Dreams".

Anyone interested in the Procession should plan to assemble at 5:30 PM at the Convention Center Plaza. Everyone is invited, so join the fun!

More than 80 performances and activities take place throughout the evening, often where you'd least expect to find them; bank lobbies, storefronts, galleries, churches, state and city buildings.

Other attractions are, comedy,

improvisation, dance, street performers, and giant interactive sculptures. There's an overwhelming variety of sights and sounds for every taste.

And speaking of food, if you're looking for a quick bite on the go or a dine meal, you'll find plenty of good food to go around, from vendors along Fayetteville Street Mall to many downtown restaurants staying open late on New Year's Eve.

Most performance sites are accessible to people with mobility impairments. Some performances will be interpreted for the hearing impaired. Although reservations aren't required for interpreted performances, ALD or wheelchair seating, if you call before 5:00 PM on December 30th, they'll hold a seat for you. Call 919-832-8699 for more information.

The cost of all this fun is the purchase of a First Night Raleigh Button for \$8.00. A symbol of community support, your button allows you unlimited access to every festival site and venue all day and all night. As an added benefit, you'll receive great discounts from area businesses.

As a First Night Raleigh Volunteer, you can take part in all the music and song, theatre and magic, stories and spectacles for free. For working a 2-hour shift, you will receive an admission button to all day and night events, and are invited to partake in light snacks and treats at the Volunteer Hospitality Station.

Volunteer jobs include, site managers, Children's Activity helpers, People's Procession helpers, Button Checker/Ushers, Audience Surveyors, Emcees, Production Assistants, and production crews. To volunteer or for more information call Artsposure at 919-832-8699.

The evening culminates with the ceremonial Countdown to Midnight, Grand Finale emceed by Ira David Wood III. Artist David Benson's giant copper acorn is lowered, which sets off a colorful explosion of fireworks over the Plaza. Watch for some fun new surprises this year!

Bring the family to the Triangle for a safe and sober start to the New Year!!

Evening Performances

Brosseau Danceworks
Archives Building Auditorium
7:00, 8:30 and 10:00 PM
The Charlotte based professional modern dance company under the direction of **Vincent Brosseau**, a graduate of The Julliard School.

The Aviary
Museum of History Plaza
7:00-11:00 PM
An interactive, 50' x 10' sculptural piece by artist **Michael Brown** is so stunning in its grace and movement, that from a distance it looks like a flock of doves circling over the Museum Plaza.

The Bells & Motely Consort
North Carolina Museum of History Auditorium
6:45, 7:45, 8:45, 9:45 and 10:45 PM
John and Sondra Bromka are masterful performers who bring a "salmagundi" of antique and period instruments to their concerts, combining Medieval, Renaissance, and Traditional European Folk music, with a bit of history and humor woven in.

Storytime
NC Museum of Natural Sciences
7:30, 8:45, 10:00 PM
Louise Omoto Kessel, from Bynum NC, has been stories since 1981. She draws material from traditional and contemporary sources, as well as her own Japanese and Jewish heritage.

William J. Weisser, Organist
Edenton St. United Methodist Church Sanctuary
7:30, 8:45 PM
Organist and Diaconal Minister of Music at Edenton Street UMC, William Weisser demonstrates the surprising versatility and beauty of the majestic organ.

Actors Comedy Lab
Edenton St. United Methodist Church Chapel
6:45, 8:00 and 9:00 PM
The world's shortest version of "Hamlet", this wacky presentation is full of comic improvisation and audience participation. "Hamlet" is suitable for the whole family.

Improv with Wirth
First Baptist Church Sanctuary
7:30, 9:00 and 10:30 PM
Jeff Wirth presents his one-man improvisational audience participatory show called "WITH WIRTH".

Ballroom Dance Party
First Baptist Church NW
7:00-11:00 PM
Learn to dance the tango, merengue, waltz or rumba. Suitable for all ages and abilities.

Mallarme Chamber Players
Sacred Heart Cathedral
7:30, 8:30, 9:30 and 10:30 PM
A distinguished Durham-based ensemble which performs music from Bach to Berio.

Best of the Blues
Church of the Good Shepherd
7, 8:15, 9:30 and 10:30 PM
Paul "Lebo" Nash has been playing and singing blues for 25 years, performing from LA to New York with such legends as Willy Dixon, Johnny Shines, and some of the Blues Brothers Band. **The Big John Shearer Trio**, first place winners in the

1997 Triangle Blues Society contest, play acoustic blues from the fields of the Deep South and the Cafe Society Blues, popular from the 1930's-60's.

Music of the Far East
Church of the Good Shepherd
6:45, 8:00, 9:15 and 10:30 PM
Clarence and Janet Ledbetter, are masters of Classical Japanese music on the difficult instruments; the "shakuhachi" a bamboo root-end flute and the "koto" a 6-foot long board zither.

Participatory Dance
The State Capitol (outdoors)
7:00-11:00 PM
A "hora" around the Capitol? Not quite, but join the fun and learn some fold dance steps. Plus, it's a great way to keep warm!

Raleigh Flute Choir
Christ Church Sanctuary
6:45, 8:00 and 9:30 PM
A ten-member ensemble of professional flutists from central North Carolina, their repertoire includes music from the Renaissance to the present.

Jazz Jam Session
Christ Church Chapel
Performance: 7:00 PM
Jam: 8:30-11:15 PM
The popular Lenny Marcus Trio, featuring the talents of Lenny Marcus, Robbie Link and Peter Ingram, is back with their unique blend of original compositions and great jazz standards. A jam session follows, so bring your instrument of preference and sit in on the session.

Lazer Vaudeville
The Highway Building Auditorium
Morgan & Wilmington Streets
7:00, 8:45 and 10:15 PM
The entire family will delight in this original theatrical production that combines high tech lasers with the traditional art of vaudeville. (note: the first 15 minutes of this show are in black light, and no late comers can be admitted during this section)

Pinecone Presents
First Presbyterian Church
7:00-11:00 PM
The New Vintage Bluegrass Band is a Raleigh-based, award winning band that weaves the classic sound of bluegrass pioneers with compelling contemporary and original material.

Chuck Davis and the African American Dance Ensemble
First Presbyterian Fellowship Hall
7:00, 8:30 and 10:00 PM
Chuck Davis, founder of the Durham-based African American Dance Ensemble, is back for his seventh season with First Night Raleigh

rUDe sEGue
First Union Plaza (outdoors)
Ongoing
Mark and Jennifer Sullivan perform live, fast-paced interactive comedy on the street.

House of Dreams
200 Block of Fayetteville St. Mall (outdoors)
Raleigh artist, **Mickey Gault**, was commissioned to create an interactive sculptural piece to be carried in The People's Procession, then installed on the Mall. Mickey interprets New Year's Eve as a time to look forward with hope at the possibilities of the year ahead.

Global Resolutions
First Citizens Plaza (outdoors)
7:00-11:00 PM
Heath Satow creates a 12-foot diameter globe sculpture that rotates on its axis to allow the audience to tie on blue and green ribbons with their resolutions for the coming year.

Poetry Alive!!
First Citizens Bank Lobby
7:15, 8:15, 9:15 and 10:15 PM
The actors in this troupe de recite poetry they act po

Latin Dance Party
Wachovia Lobby
7:00-11:00 PM
Dance to the beat of the Tri best Latin Band, **Carnav**

Gospel and Children's
Tabernacle Baptist Church
7:00, 8:00, 9:15 PM
The **M'N'M Singers** are a of young amateur singers the age of 16, who have a c mental disability but a pro love of music. **Youth in** is a 60-member Christi youth choir from Raleigh

Michael Stanwood-Die
Tabernacle Baptist Church
7:15, 8:30 and 9:45 PM
The didjeridu is an ancient Aboriginal instrument from Australia with an unforgettable sound

Folksongs by Bruce Pi
Logan's Coffee Shop
135 E. Martin Street
7:00, 8:15, 9:30 and 10:30 PM
Greensboro born and raised multi-talented singer, songwriter and guitarist is inspired by American songwriters poets such as Woody Guthrie and Bob Dylan.

Sue Witty & Fair P
Artspace Lobby
7:00-10:30 PM
This bright new folk art attracting attention with her CD, "Outside the Line

A Parlor Evening from
Artspace Gallery II
7:00, 8:00, 9:00 and 10:00 PM
The Raleigh Ensemble Play a look at New Year's Eve through the eyes of some of our finest playwrights.

The Great Art Hu
Post Office Plaza
5:00-11:00 PM
Designed by Minotaur Amuse of Seattle, this 1,000 square maze will entertain you as improve your creative exp

Triangle Opera Theater
333 Corporate Plaza
6:45, 8:00, 9:15 and 10:30 PM
You need not be an opera aficionado to appreciate the beautiful vocal dramatic artistry of TO

Outdoor Film Festival
Hudson Belk Building
7:00-11:00 PM
Classic flicks from the golden era of the silent films

Polish the Acorn
Convention Center Plaza
4:00-10:00 PM
More fun than eating collard black-eyed peas, give the Oaks symbol a traditional good luck in the New Year

First Night Vaudeville
The Convention Center Main
7:00-11:00 PM
The debut of this fast-moving variety show for the entire

Main Stage
The Convention Center F
8:30 PM - 12:30 AM
Kick up your heels to the m **Doxy's Kitchen** and **Rebecca & the Hi Tor**

The Children's Celebration

House of Dreams
Convention Center Main Arena
2:00-5:45 PM

Peanut Butter & Jam Band
A fun-filled participatory program that takes children on a wonderful journey of the imagination. You may even get to play in instrument.

Magician Bill Robinson
A musical magic show that will dazzle and delight you.

Rags to Riches
Theatre for young audiences presents "Old Aesop's Tales".

The Deluxe Vaudeville Orchestra
An entertaining, fast-moving variety show with music, juggling, clowning and more.

Children's Performance Room
Storytelling, puppet shows and children's workshops are featured throughout the afternoon.

Children's Interactive Playmarket
Children to age 12 will enjoy a variety of entertainment and hands-on arts and crafts activities.

Toddler Play Room
Too small to play in the Interactive Playmarket? That's okay. We have a room that's just your size, filled with beach balls, toys and a few surprise visitors.

The Scrap Exchange
The Scrap Exchange recycles industrial scrap materials which First Nighters traditionally transform into colorful and creative hats, masks or costumes for The People's Procession.

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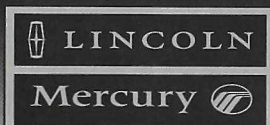
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GOLF NEWS & NOTES

Lee Island Coast: "Par For The Course"

(NAPS)—When golf is your game, southwest Florida is the place to be, with an abundance of inviting courses and spectacular weather all year long.

A new Golf Vacation Guide details a multitude of possibilities along the Lee Island Coast, including 24 daily fee, 27 private, and three municipal courses, scenic hotels and stay-and-play resorts.

A prime example of Florida's golden golfing opportunities is Pelican's Nest, a 7,016-yard public course in Bonita Springs, listed among the top 25 of its kind in America by *Golf Digest* magazine. Another is the Gateway Golf and Country Club where the front nine and back nine each have unique characteristics. The front nine is links style, designed

around the native marshland. The back nine features wooded areas and strategically-placed water hazards. This Tom Fazio-designed course is one not to miss.

Of the many public courses, six are executive courses, which give the less-experienced golfer plenty of choices for their game.

Another benefit of the area is the availability of course time. According to Judy Thompson of the National Golf Foundation, there are 1,449 potential golfers per 18 holes across the country. Along the Lee Island Coast, that number stands at just 388, well below the national average.

For those golfers seeking a little competition for their game, the Lee Island Coast has become a prime location for amateur tournaments. Among these are the annual 36-

hole Fall and Spring Classics at the 6,908-yard Lochmoor Country Club, and the annual Summer Championship at the 6,707-yard Cape Coral Country Club. Numerous charities and local organizations also sponsor a myriad of tournaments throughout the year.

Among the celebrities spotted on area courses are Patty Berg, ChiChi Rodriguez, Nancy Lopez, Andy Bean, Ken Venturi and Nolan Henke.

By making just one toll-free call to Player's Choice, a golf and sports tours company, visitors can reserve accommodations, car rental and actual tee times at the golf course of their choice.

For a free copy of the Lee Island Coast Vacation Guide, and to receive the Golf Vacation Guide, call 1-800-533-4753, ext. 806.



Novices and pros alike can drive the plush fairways of south Florida.



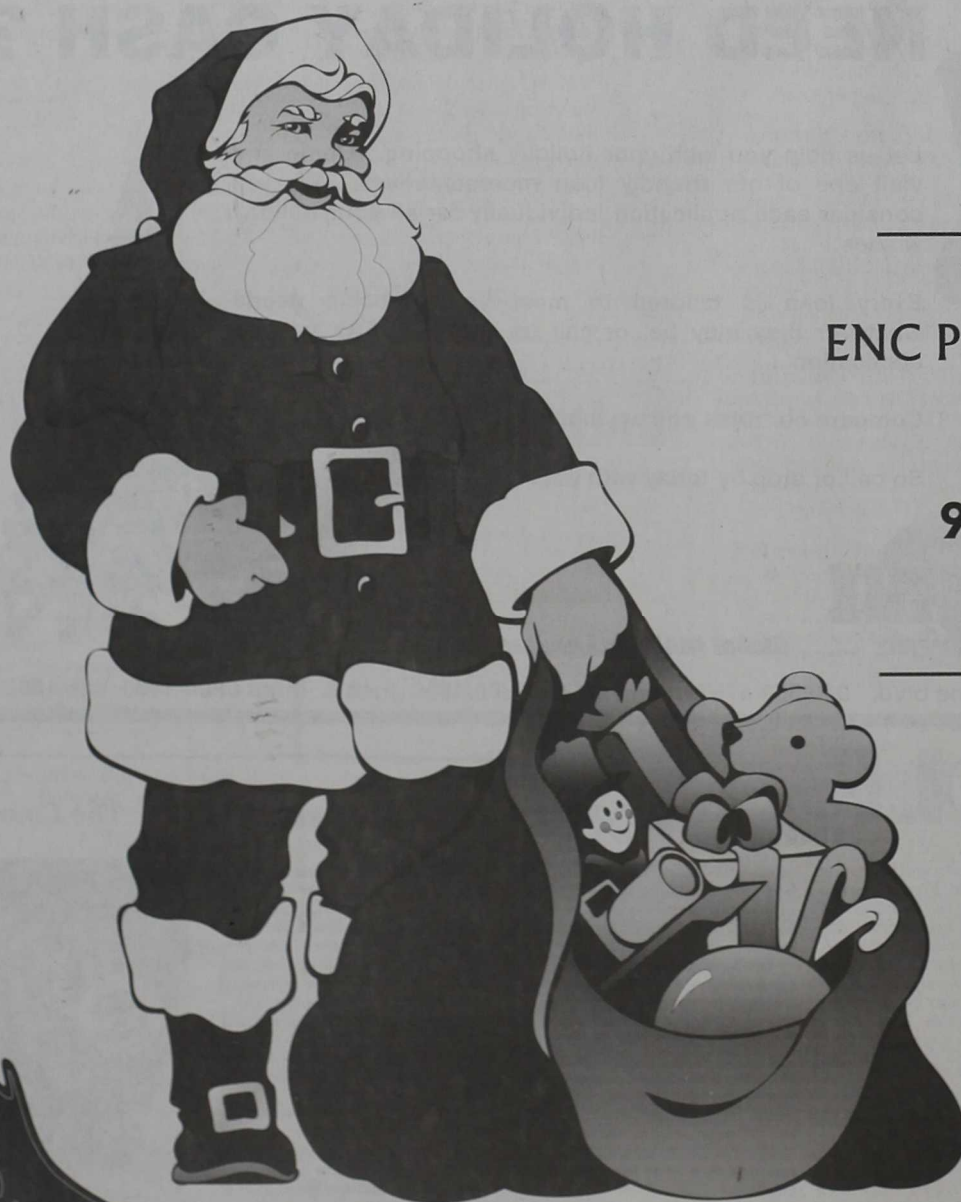
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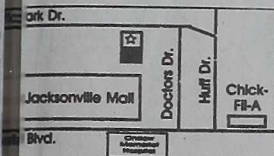
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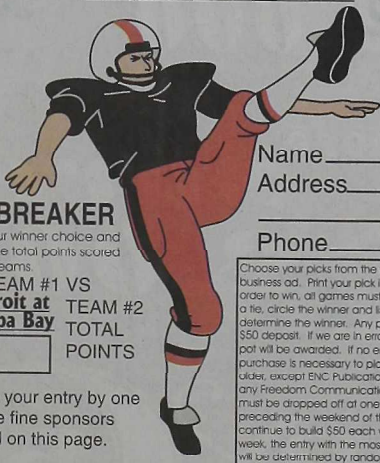
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