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lust (

10th Marines, gets evaluated on NBC protective measures and equipment



Commanding General's Cup tourney

2nd LAR sweeps tournament, nabs 25 first place points for CG Cup Series. 1B

Dixie Matches

Marines travel to Florida to take part in Rifle/Pistol Matches. 1B

Intramural Bowling

Military Police nab Scarlet League title. 2B

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1996

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Extended geographical location tours increase

During the 1995 General Officer's Symposium, the Commandant of the Marine Corps directed analyses of a proposal to increase the number of "extended" (four to five year) geographical location tours.

Current personnel assignment policies prescribed by Marine Corps Order P1300.8R establish the "standard" tour length for most Marine Corps assignments at three years, but allow for longer tours of up to four to five years when warranted. Assignment monitors have had the flexibility and authority to extend Marines' tours on station beyond the prescribed tour length when such extensions satisfied the Corps

development, overseas requirements, school joint duty and other special duty assignments Notwithstanding, and until recently, the longer tour was the exception rather than the rule.

The consensus of the Corps' senior leaders at the GOS indicated that an increase in the number of four to five year geographical location tours would benefit both the Corps and the individual Marine by increasing unit stability and reducing personal family turbulence and Permanent Change of Station costs.

The CMC approved the GOS recommendation and directed that the number of four to five year geographical location tours be increased

whenever the needs of the Corps and individual the longer tour

"Extended tours" would include: extensions on station with the same command, split tours between commands at the same installation and low cost PCS and PCA orders between commands in the same geographical locations.

This change constitutes clear movement toward a generalized increase in tour lengths, but it is not a guarantee that all Marines will serve four to five years at the same command or in a particular geographic location. Many tour lengths will remain fixed at shorter durations, and world-wide assignment requirements will often prevent a longer geographical location tour. A concerted effort is

the spectrum of assignments

There is no question that keeping Marines at the same duty station or, at the very least, within the same geographical location for longer periods of time is beneficial to the Marine Corps. A reduction in the number and frequency of PCS moves can improve combat readiness by controlling personnel turnover, reducing travel costs and increasing family stability for Marines. An increase in the number of four to five year geographical location tours is a step in that direction

Marines interested in remaining in place for longer tours of duty should inform their moni-

Vehicle registration Sgt. Chuck Albrecht

There are more than 80,000 privately owned vehicles (POVs) registered aboard the Base, according to the Provost Marshal's Office. The vehicles are licensed in each of the 50 states and are driven by Marines, Sailors, their dependents and civilians.

But in order to register a POV aboard the Base, there are requirements that have to be met.

"Personnel must possess a valid state drivers ficense, minimum liability insurance coverage of \$25,000 per person, \$50,000 per accident and \$15,000 property damage," said GySgt. Kenneth Thomas, Vehicle Registration Office. "Individuals must have an up-to-date state vehicle safety inspection sticker and a Driver Improvement Card if 25 years of age or younger. We honor other state's vehicle safety inspection stickers but there is a common misconception. There are some states that don't require an inspection sticker, people from these states

are still required by Base Order P5560.2J to obtain a valid North Carolina State Inspection Sticker, even though their vehicle may be licensed in a state that doesn't require one," Tho-

There is an additional requirement that must be met in order to register a motorcycle aboard the base. Motorcycle operators must complete a state endorsed motorcycle safety course. The Base recognizes courses from any of the 50 states and the District of Columbia.

Marines and Sailors checking in from other bases have 30 days within reporting aboard to re-register their vehicle with the vehicle registration office at which time the installation indicator portion of the decal will be up-

Below are some additional requirements that must be met under Base Or-der P5560.2J when registering a ve-

· Motor vehicles without a valid base decal whose operators present a valid - See REGISTRATION/18A

24th MEU conducts TRUE

Base emergency personnel use the Hurst spreader, or 'Jaws of Life,' to separate a door from

the frame of a car during extrication training. (See related story and photos page 8/9A.)

Sgt. John S. Jamison Jr. 24th MEU correspondent

'Jaws of Life'

SUPPORT ACTIVITY, Millington, Tenn. — The 24th Marine Expeditionary Unit (MEU) is conducting Training in an Urban Environment (TRUE) until March 15th in the city of Memphis, Tenn.

The training exercise is the twenty-seventh of its type and has been carried out in such cities as Miami, New Orleans, Philadephia and New York.

"The purpose for coming to Memphis to conduct this training is to get the Marines in some unfamiliar surroundings in order to practice their skills in urban assault techniques," said Col. Richard F. Natonski, commanding officer 24th MEU

Before the MEU arrived in Memphis, ex tensive coordination was conducted with federal, state and local authorities, including the Federal Bureau of Investigation and the Federal Aviation Adminstration, to plan and agprove the flight routes and to select areas within the city to conduct training.

In the months of coordination prior to the training, flight plans and selected buildings, or "hit sites," were mapped out in the Memphis area. The sites are unknown to the teams who will carry out these fast-paced, challenging missions until they receive their mission brief.

Once the objective is briefed to the pilots and the ground forces, the Maritime Special Purpose Force (MSPF) goes into action. The Marines draw ammunition and don unique urban-assault equipment in preparation for their

While these missions are typically fastpaced, the safety factor is high. "The Marines in the MSPF are well-trained and highly professional. The rigorous training we go through prepares us for any contingency," said Set Donald W. Snyder, platoon sergeant, MSPF Covering Force.

"Every Marine knows his job and that of every other Marine in his platoon, which makes all of us very comfortable working together,"

The Marines load onto the helicopters and - See TRUE/18A



LCpl. Claude P. Locke interviews with local television reporter during the 24th MEU Media Day at Naval Support Activity, Milngton, Tenn.

Buckle Up

It pays in lives to wear your seatbelt

Sgt. Lance M. Bacon

Since fiscal year 1993, 53 Camp Leje-e Marines have been killed in auto acci-

The Chatter Box

"How will the opening of the new gate at the intersection of Piney Green and Hwy 24 help base traffic problems?"



"It takes forever to get on Base in the morning and off afternoons now. It should really help to smooth out the Base traffic flow.

Cpl. John Kelly 6th Marines

"It should make the traffic situation especially the amount of traffic that comes into mainside from Holcomb Blvd.



HN Raford Louis Camp Johnson Medical Clinic



"I think everyone will try the new gate at first which will at least make for less congestion at the main gate for

PFC Todd Kibler 8th Marines

"It will definitely open more access to the Base, but once it starts working, only time how successful it will



LtCol. Dennis Bartels MAG-29



"It should get rid of some of the main gate traffic, so it won't be congested in the mornings

LCpl. David Foster, 3rd Bn., 8th Marines

"People always griping about the traffic problem on Base, and maybe this will make the situation a little



DN Jason Guiles 2nd Dental Bn.



'I think it will help ease up on the amount accidents and the congestion due to the traffic

PFC Robert Schnyer 2nd CEB

Opinions

Editor's note: We are finally starting to receive your letters, keep sending them!

Remember the letters should address concerns pertaining to the military, Marine Corps and Camp Leje-

une as a whole, not individual gripes Letters must include name, rank and work extension. Mail letters to Commanding General, (Attn: Public Affairs/Letters to the Editor), Marine Corps Base, PSC

Box 20004, Camp Lejeune, NC, 28542 them off at Building 67, CPAO. Also the e-mail address is, Ct Davis@JPAO@MCB Lejeune.

Military spouses are people too

Why is being a military dependent , as their personal needs. We take care considered such a bad thing? For years I have dealt with the military community as a dependent as well as a member of the Marine Corps only to find the spouses of our military members treated in a fashion less than respectable. On more than one occasion I have been present to hear a member of our armed forces receive a phone call from a spouse and pass it off to another individual with the statement (here's another dependent with a problem) followed with a grin and a prolonged waiting period before someone else answers the phone.

Then the spouse is usually passed along the chain of command until they are either forgotten or they give up.

I realize the military life is demanding and sometimes hectic. As I stated I to am a former Marine, so I know what it is like on the military end. But now that I have been married to a Marine for fourteen years, I also have full knowledge of what it's like to be the spouse of a military member. And for the most part it is shameful.

We as spouses of the military play a major role in ensuring that the only thing our military members should have on their minds when they go to work is their work.

We take care of their house-hold needs, their children's medical and school needs, their uniform care as well

of their banking, help coach them when they study for their promotion boards console them when their Platoon Sergeants or Cols give them a difficult time We keep up a stiff upper lip when they are sent away for months at a time to perform missions that could only be classified as sometimes dangerous and for those unlucky ones deadly.

We are expected to take care of everything while they are gone knowing full well that we will receive very little help and more often than not criticism or a shameful attitude for not being able to handle a situation that may arise.

All we ask is that when a problem does arise that we have someone or somewhere to go and have it handled in a prompt if possible and courteous fashion. We ask for the respect that all individuals regardless of rank or color should receive. We ask for the respect we have <u>EARNED</u> and so often seldom

We put up with a lot and ask for so little. Let's face it, without us by your sides you members of the armed forces would have a more difficult time at performing your tasks that are so dearly needed at this day and time.

Help us so that we can continue to

W.F. Holsclaw Military spouse

Chow Hall checkups

In response to several negative comments received regarding the quality and selection of the food in mess halls on Camp Lejeune, the Naval Hospital Dietitians have been visiting various dining facilities and commenting on the variety, quality, and fat content of food selections.

This week's visit brought us to the French Creek Mess Hall (#540). -

We would like to focus on comparing the fat and calorie content of a trip through the main line versus a trip through the fast food line.

Let's consider that a reference male Marine would be 170 pounds standing approximately 70 inches tall.

We will consider that because he exercises 3 times per week, incorporating both aerobic and strength training exercises, he would need 2,200-2,800 calories per day. At his normal weight, his fat gram intake can range between 60-90 grams per day. If he is overweight, he should

aim for 40-60 grams per day.

A reference female would be 64

inches tall and weigh 125 pounds With the same activity, her calorie needs range between 1,800-2,200 calories per day. If she is at normal weight, she could take in between 40-70 grams of fat and if she is overweight, her intake should be between 25-40 grams per day.

The food selections to the right were available on the day of our visit (the asterisk denotes the selections that were made for comparison).

Remember, the goal for the reference male is to get no more than 90 grams of fat in the entire day. By eating from the main line it is possible to eat a healthy, nutritious meal and stay within the recommended fat gram intake for the day. The messhall allows you the choice to eat healthy, you have

Lt. Sue Hite, MS, RD Lt. jg Michael Criqui, RD **Nutritional Management** Department

MARINE MA

Corporals are NCOs too

The following Marine Mail was received from Sgt. John C. Spencer, Jr., Marine Wing Support Group 17, 1st Marine Aircraft Wing:

You have given all Marines a task of assisting you in making our Corps better than it already is. Well, one thing that I see the Corps doing that it should not be doing is not allowing noncommissioned officers - corporals in particular - to be NCOs.

During my nine and a half years, I have noticed that many time corporals are lumped in with the lance corporals and below and that sergeants are left as the NCOs. This has a major effect on the morale of the corporals. Many I have spoken with feel they are nothing more than overpaid lance corporals. NCOs, corporals and sergeants can accomplish anything that is thrown their way, as long as they are allowed to act as NCOs. As the platoon sergeant of my unit, I try to ensure that the corporals are given as much responsibility as possible.

One other thing is to allow young NCOs the room to make mistakes. The zero defect attitude needs to be done away with.

In closing, I would just like to add that I know my thoughts on this are not alone. I have brought this to the attention of my superiors and they are doing an outstanding job in trying to correct this, but we are just a small slice of the Marine Corps pie. The Corps is full of great NCOs. All we are asking for is the chance to prove our-

Sgt. John C. Spencer, Jr. MWSG 17, 1st MAW

Reply: Sergeant Major Lewis G. Lee, Sergeant Major of the Marine Corps, provided the following response to Sgt Spencer's Marine Mail:

Dear Sgt. Spencer On behalf of the Comma both making a concerted effe lish the importance of the co

overall success of the Corps That said, I'm not in agree whole situation is as you see sponsibilities of the rank it must stand up, be counted, a from those responsibilities. I making a serious mistake. He hard lithat the hard since that may be the excention

We will, from this level, residential election. demand that all Marines be sed to say what the respect regarding the rank it is we're concerned demand of the say that the say in th demand of our corporals these mess are in position demand from our sergeants an end to be," he said on ers. Additionally will be a said on the said on ers. Additionally, we'll continthe corporals what it means to see an testing guided

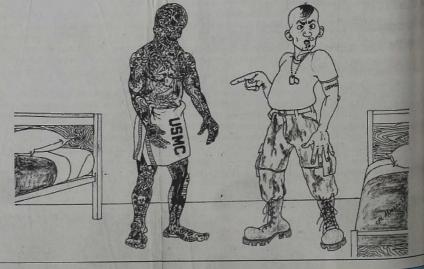
the noncommissioned officer like all other leaders, must n will be held accountthey have given up rather the about what has been taken fre, will be grave conse-

rine Corps electronic mail sy cate the Marine Mail mailbox Internet - HQMC/USM www.usmc.mil/hqmc/hqmc.m

Braised beef w/noodles Roast turkey (dark meat mashed potatoes waxed beans steamed rice serv French Fries Nachos 20 chips 2 1/2 oz Corn dog Grilled chicken fillet l sandwich

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BO pork spare	ribs	8 oz	534		37
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	cal	fat grams		cal	fat
Turkey	334	7	Cheeseburger	339	23
1. Potatoes	95	2	French Fries	390	21
Vax Beans	25	0	Nachos w/ch.	397	26
orn	85	0	Corn Dog	271	20
oll	150	4			
otal =	697	12	Total =	1397	90
88814					

Hey, Willis! Let's go out totown tonight. Ihaveto getanew TA100 ...



The Globe

of U.S. to Taiwan

The three in most wanted b Khalifa, had be cond aircraft car-Yunis, in the s riary of State War-The top Q

March 11 that

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Sergeant Major of the Ma

Send your Marine Mail to: Olice seize 3 in Letter — Marine Mail, Clamas quarters Marine Corps, 2 No Washington, D.C. 20380-177 E-Mail - Type "MAIL"

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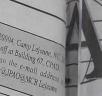
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> Date: Wednesd March 20, 199 Time: 7:00 pr ocation: Brynn Hospital Cafet 192 Village Dr Jacksonville,

More Informat Brynn Marr He 577-1900

May to Play With

let your children break the n ney Peanut Butter Balls. Mad recipe offers an opportunity stacking.



roup of U.S. t to Taiwan

President Clinton NCOs too ircraft carrier to join rs near Taiwan as ten-China and Taiwan,

Dear Sgt. Spencer On behalf of the Co second aircraft carboth making a concern cretary of State Warlish the importance of 1 China March 10 that overall success of the t is holding in the Tai-cessarily risky" and That said, I'm noting whole situation is as yo ss" and that belliger-Faiwan would have to be. Corporals must a sponsibilities of the re

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SgtMaj. L.G. Lee

Washington, D.C. 20380

E-Mail - Type "MAII ine Corps electronic mail ate the Marine Mail mails Internet - HQMC/U

ww.usmc.mil/hqmc/hqm

rais, then you're right making a serious mistale icials said the Pentathat may be the except nization, it is not the no March 11 that the er USS Nimitz and or a policy we adhere to ing ships will arrive We will, from this If a few says before esidential election.

demand that all Marins respect regarding the res ned to say what the demand of our corporals o. "We're concerned demand from our sergear orces...are in position ers. Additionally, we'llow eed to be," he said on

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Send your Marine Mail plice seize 3 in Letter - Marine Mail Fimas

quarters Marine Corps, 2 Under mounting presin Israel, the Palestinian Authority said March 11 that it has arrested three senior

members of the movement's military wing. The three included at least one of the men most wanted by Israel, Abdel Fatah Satari, the deputy commander of the Qassam Brigades. Palestinian officials said Mr. Satari along with Salem Abu Marouf and Kamel Khalifa, had been arrested overnight in Khan Yunis, in the southern Gaza Strip.

The top Qassam Brigades commander, Mohammed Dief, remains at large.

Prime Minister Shimon Peres welcomed the arrests but said they were not enough. "Today the names of three people who were really among the leaders of these gangs were published," he said. "Arafat has made a beginning, but we hope for more.

For Yasir Arafat, the head of the Palestinian Authority, it was imperative to demonstrate that he was serious in his crackdown on Hamas in advance of a one-day conference of terrorism to be held on Wednesday in the Egyptian resort of Sharm el Sheik President Clinton and leaders from the Middle East and Europe, though not Syria, Iran or Iran or Iraq, will take part. (New York Times)

NATO to move against anarchy

ILDZA, Bosnia and Herzegovina -NATO commanders March 11 ordered reinforcements to quell mounting lawlessness and arson in the two remaining Serb held suburbs of Sarajevo, which are to be handed over to the Bosnia-Croatian federation within the next ten days.

Gangs of young Serbian toughs, many brandishing weapons, moved about the suburbs of Ilidza and Ggrbavica March 11, lighting fires and threatening Serbs who refuse to leave.

Bosnian government firefighters escorted by NATO troops, struggled to put out a dozen fires, including blazes in bicycle and clothing factories, the police station, a pharmacy and many apartment blocks. They were aided later in the day by firefighters

NATO force

Families, some hauling heavy carts, others riding in trucks loaded with household goods clogged the roads of Ilidza and Ggrbavica, and the few Serbs who remained, most elderly or ill, barricaded themselves in their homes

United Nations and NATO officials have criticized the Bosnain Serb leadership for encouraging Serbs to flee. But the Serbian mayor of Ilidza, Nedjeljko Prstojevic, who had worked hard to keep Serbs in their homes, appeared to give up the effort March 11 when he made a public appeal for truck owners to bring in their vehicles on March 18 to evacuate remaining Serb civilians. (New York Times)

U.S. Bases remain a 4. big issue in Okinawa

NAHA, Okinawa — Okinawans are so what uncomfortable with the idea that as The Okinawa Times remarked in as editorial Monday, it took the sacrifice of a schoolgirl to make progress in the movement to scale down American military bases that occupy 20 percent of the land on this Japanese island.

But there is no denying that the abduction and rape of a 12-year old girl, for which the three American servicemen were sentenced on Thursday, unleashed a public outcry against the bases, focused world-wide attention on the issue and forced Washington and Tokyo to deal more urgently with a situation that they had tended to sweep under the rug.

Now with the trial of the servicemen over. opponents of the bases vowed to push on, but acknowledged that their struggle might now become a bit more difficult.

On Thursday the Naha District Court sentenced Seaman Marcus D. Gill, of Woodville, Tex., and PFC Rodrico Harp, of Griffin, Ga., to seven years in a Japanese prison and PFC Kendrick Ledet, of Waycross, Ga., to six and a half years

Many Okinawans were not satisfied with the sentence, even though it was somewhat long by Japanese standards. (New York

Consumers' Corner:

Involuntary Allotments, Consumer Debts

Maj. M. S. Archer

Let's say you signed a consumer contract; i.e. a contract whereby you prom ised to, or did, pay money and, in exchange, the seller promised to, or did, pro

vide you with goods or services.

Now the seller/creditor is threatening to take money directly out of your federal him. Can the consumer creditor actually cause an involuntary allotment of your federal pay? It depends.

Recent Changes In Federal Law: Before 1993, the answer was no. The legal doctrine of sovereign immunity (the general rule that the states can not impose bur-

However, on Oct. 11, 1993, federal legislation (5 U.S.C. 5520a) was enacted cerning consumer debts

Soon thereafter, implementing regulations were established for garnishing the pay of federal civilian employees (5 C.F.R. 582) and military employees (DOD Inst 1344.12, DOD Dir 1344.9).

Department of Defense Regulations: Involuntary allotment of military pay will

· The debt has been reduced to a final court judgement which identifies a specific sum of money that the service member must

pay.

• The requirements of military duty didn't cause the servicemember to be absent from the court proceeding.

. The Soldiers' and Sailors' Civil Relief Act (SSCRA) has been complied with. (The SSCRA provides that civil proceedings must be delayed when military duties materially affect ability to appear in court. The plaintiff and the court must take certain steps to ensure that SSCRA rights are pro-

*The member's pay could be taken un-

states, including North Carolina, do NOT authorize garnishment of wages to satisfy consumer debts. Creditors

Procedures: The creditor must apply

Member defenses: Except for the military exigency defense, DFAS will rule

. The SSCRA was not complied with;

· Military exigency caused the

. The allotment should not be initiated due to other appropriate reasons.

Know your rights. If DFAS doesn't fied period, it will initiate the allotment,

Public Lecture offered by

nn Marr Hospital nı with an Alcoholic: derstanding Family es and Dysfunction"

we discuss the troubling roles ecle assume in families who ith a member who is chemically le .. Learn ways to alleviate stress problems. Taking care of self, ed total of tiems selected cal total of tiems selected call total of tiems sel

late: Wednesday, March 20, 1996 Time: 7:00 pm Lc:ation: Brynn Marr lospital Cafeteria 92 Village Drive, lacksonville, NC

> More Information call rynn Marr Helpline at 577-1900

ty to Play With This Food

an let your children break the rules and play with their oney Peanut Butter Balls. Made of natural ingredients is recipe offers an opportunity to steer the young ones

, the peanut butter, honey and dry milk are combined es, the peanur butter, noney and dry like modeling clay, into balls, animals or other favorite attestickiness, coat each shape with chopped peanuts.

TER BALLS

roasted peanuts peanut butter

Pour peanuts into a plate or shallow bowl; set aside. In a medium-sized bowl, combine peanut butter and honey. Stir in dry milk, mixing well; dough will be the consistency of modeling clay. Form dough into quarter-sized balls (or other favorite shapes). Roll each in the peanuts until coated.

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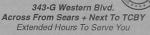
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MON-FRI 9:00-6:00 EVENINGS BY APPT. solid reliable company. For your insurance 938-5838

938-5809





- Movie Schedule -March 14 - 20 **Base Theater**

Today 7:30 p.m			Animated
Friday 7 p.m.			
	The New Life Commu	nity Choir	featuring
	John P. Kee		
	the Virginia Aires		
Saturday 1 p.m.		G	Animated
	Tay Story	G	Animated
9:30 p m		R	Drama
Sunday 7:30 p.m.		R	Drama
Monday 7:30 p.m		PG13	Drama
Tuesday 7:30 p.m.	Tom & Huck	PG	Adventure
Wednesday 7:30 p.m	Toy Story	G	Animated

Camp Johnson

Sunday 7 p.m Heat	PG13	Drama
Monday 7 p.m Tom & Huck	PG	Adventure
Tuesday7 p mNixon	R	Drama
Wednesday 7 p.m. Grumpier Old Men	PG13	Comedy
Midway Park		

Midway Park

Saturday 7 p.m Heat	PG13	Drama
Sunday 1 30 p.m Balto	G	Animated
New River		
Today 7 30 p.m. Sudden Death	R	Thriller
Friday 7 p.m. Grumpier Old Men	R	Comedy
9:30 p.m. Sudden Death	R	Thriller
Saturday 4 30 p.m. Grumpier Old Men	R	Comedy

-Briefs-

Young Marines

A yard sale sponsored by the Camp Lejeune Yong Marines will be held in the parking lot of Rose Brothers Furniture on Onslow Drive, Saturday from 8 a.m. to 3 p.m.

Proceeds will go to help finance the youth organization's trip to Washington, D.C., in June.

Instructors wanted

The Supply School is in need of talented technicians interested in passing on their knowledge and shaping the future of the Marine

Interested Supply SNCOs, MOS 3043, should contact the school's Academics Chief at 451-0873, 451-0726 or 451-0950 for more information.

Craft Fair set

The Camp Lejeune Officers' Wives Club Hidden Talents will host its Annual Spring Craft Fair March 23 at Marston Pavillion. The doors will be open from 9 a.m. - 5 p.m. Admission is free and the public is wel-

For more information, please call Hidden Talents at 451-2658.

Club social

The Staff NCO Wives Club will be holding a Club Social March 21 at 7 p.m., in the Religious Education Center in Tarawa Terrace 2. The speaker for the evening will be Col. Joe Stewart from MWR. Refreshments will be served and child care provided.

You do not have to be a member

Easter egg hunt

The Onslow County Parks and Recreation Department, WKOO Radio and Skate World will be sponsoring Easter Egg Hunts March 30. The hunts will be conducted at the following places and times: Stump Sound Park 9:30 a.m., Onslow Pines Park 12:30 p.m., Hubert By-Pass Park 3 p.m. The hunts are for children 10 and under. Children are encouraged to participate without adult assistance. The Easter Bunny will be present at all sites and prizes are available. For more information

Advice Nurses

Advice Nurses are now available to all eligible beneficaries. This is a Navy first, although similar programs have been used sucessfully by Health Maintenance Organizations for years.

Advice Nursing is intended to help patients manage minor illnesses that do not need to be seen by a Doctor, such as a simple case of chicken pox. Patients always have the option of seeing a doctor, nurse practioner or physicians assistant.

Advice Nursing is available 24 hours a day by calling 347-2400 or 455-0863 for hearing impaired ONLY. Nurses will ask questions such as temperature, medications and drug allergies as well as signs and syptoms of illness/injury.

Gospel extravaganza

ganza Friday at 7:30 p.m. Featured performances

will be by John P. Kee and the New Life Commu-

nity Choir, The Virginia Aires and Anica Whitfield.

main exchange and at MCAS New River ITT office. Call 451-3535 for more information.

Tickets are available at the ITT office in the

• Wireless Communications Engineers/Tech-

· Service Specialist (Exterminator), Ecolab

• Instructional Technologist, Integrated Systems Control, Inc., Virginia Beach, VA.

· Director, Student Activities, Ranger College,

If you are interested in applying for any of these

positions, contact the CRMC at 451-3212, ext. 126/

119. Ask how to submit a DORS application for

nicians, Adel-Lawrence Associates, ID.

Pest Elimination Division, WY.

other employment opportunities.

The Base Theater is hosting a Gospel Extrava-

3181 for more information.

MVP Yollie Nagy works in the reception, admir bookeeping and loan mangement offices of a Marine Corps Relief Society. She volunteers

Courts-martial result period through Ma

several days a week and is dedicated to se

military community

PFC Charles A. Papis, 3rd Battalion, 2nd Marine Regiment, was convicted at a special courtmartial of a violation of Article 86 (unauthorized absence). He was sentenced to a Bad Conduct Discharge, 75 days confinement, forfeiture of \$500 pay per month for a period of three months and re-

PFC Garrett L. Martin, 2nd ment was adjudged.

rized absence) and Article 112a (wrong) Conduct Discharge, finement and forfei pay per month for a

PFC Jermaine Light Armored Rea Battalion, was convi sence). He was sente

March commemoral

Battle of Antietam during the Civil War helping wounded: was so close to the battle that a union soldier she was l

 In World War I, the American Red Cross had 47 ambi panies in France with over 4,600 men that daily risked to

ers during World War II, including three Silver Stars for action. Richard M. Day, a Red Cross correspondent, wa humously for taking over the wheel of a landing craft troops after the Navy coxswain was killed, and steering it beach until machine gun fire killed him as well.

The following courts-martial 2nd Marine Regim a violation of Article

were conducted aboard Camp Lejeune through March 8:

duction to E-1.

Battalion, 8th Marine Regiment, of Article 86 (unau was convicted at a special court-128 (unlawful strike). No půnish-

ent was adjudged. per month for a per Pvt. Johnny R. Aldridge, Jr., months and reduction

TOT

NEXT TO

Red Cross tradition · Clara Barton, the founder of the American Red Cro

Eighty two decorations for bravery were given to Red (



Kudos

Recognize this face? 'Mr. Ed' Simerson, an inf

MWR Events -

ITT takes off in '96

more information on the trip to Atlanta, July 25 to

Interview workshop

part "Interview" workshop. Part one provides in-

are offered to service members and their families.

To register, call the Family Service Center at 451-

Sponsorship training

PG13 Action

For more information on any of these trips or other packages available, call 451-3535 or stop by ITT's office in the Exchange Mall under the Travel sign.

Playhouse auditions

The Lejeune Playhouse is holding auditions for Fly Wright!" March 19 & 20 at 7 p.m. in the Midway Park Theater. Cast members, ensemble and

technical crewmembers are needed. Call 451-

Human Services

ing a Sponsorship Training session for new spon-Job Fair workshop sors March 25 from 8 to 10 a.m. If you have been assigned to sponsor a new arrival to Camp Lejeune and are unsure about what that involves, this class is for you. The goals of MCO 1320.11E are examined, the duties and responsibilities of the Fair Preparation Workshop, sponsored by the Casponsor and the command are discussed, and the resources available at Camp Lejeune to assist the March 20 from 9 a.m. to noon at the Family Serinbound service member are detailed. vice Center, Building 14, Call 451-3212, ext. 100/ To sign up for the training call 451-5340 ext. Service Center, and reservations may be made by

100/101. Child care will be provided by the Family Service Center, and reservations may be made by calling 451-2874.

Job opportunities

The Career Resource Management Center (CRMC) lists over 40,000 classified ads on a computer program known as the Transition Bulletin Board (TBB). Separating service members and family members can find world-wide employment opportunities at the CRMC. The following posi-

 Motor Transportation/Heavy Equipment Mechanics, Davey Utility Services, Midwest and

· Manager, Customer Support Center, Bell & Howell Mail Processing Systems, Durham, NC. · Management Trainee, Wendy's International,

· Operations Director, McLean Hospital, · Production Manager, Cintas Corporation,

The Relocation Assistance Program (RAP) at dependent School District, Richardson, TX. Education Administrators, Richardson In- working at Camp Lejeune

Brown Bag Series The Family Service Center presents "Overseas

Ranger, TX.

Screening" as part of the Brown Bag workshop series March 27 from 11:45 a.m. to 12:45 p.m. at the Family Service Center, Building 14. Guest speakers from the Naval Hospital are HM1 Smith and HM3 Ahuero. Are you going overseas? Would you like to know what is required in the overseas screening process? If so, attend this workshop and bring your bag lunch with you.

To register, call 451-5340, ext. 100/101. Child care will be provided by the Family Service Center, and reservations may be made by calling 451-

Women's History

The 1996 Women's History Month Program will be held March 28 from 11:30 a.m. to 1 p.m. at the SNCO Club. Speakers will be a panel of women formation, please call 451-3813/3814.

WEEKLY TIDAL FORECAST FOR AREA INLETS

Add one hour to times for correct standard time.

REIDAY

New River Inlet: High tides 3:54 a.m. [3.25] 4:24 p.m. [3.02]

Low tides 10:06 a.m. [0.09] 10:30 p.m. [-0.04]

Bogué Inlet: Subtract 3 minutes for high tide time and subtract 0.8 feet from high tide height. Subtract 2 minutes for low tide time and no height correction for low tide.

Bogue Inlet: Subtract 3 minutes for high tide time and subtract 0.8 feet from high tide height. Subtract 2 minutes for low tide time and no height correction for low tide. . New Topsall Inlet: Add 4 minutes for high tide time and add 43 minutes for low tide

MONDAY

New River Inlet: High tides 6:42 a.m. [3.44] 7:06 p.m. [3.48]

Low tides 12:24 a.m. [-0.31] 12:48 p.m. [-0.34]

Bogue Inlet: Subtract 3 minutes for high tide time and subtract 0.8 feet from high tide height. Subtract 2 minutes for low tide time and no height correction for low tide

New Topsail Inlet: Add 4 minutes for high tide time and add 43 minutes for low tide time. No height correction for high or low tide height.

TUESDAY.

New River Inlet: 1.4.4.

New River Inlet: High tides 7:30 a.m. [3.42] 7:54 p.m. [3.53]

Low tides 1:18 a.m. [-0.37] 1:36 p.m. [-0.38]

Bogue Inlet: Subtract 3 minutes for high tide time and subtract 0.8 feet from high tide height. Subtract 2 minutes for low tide time and no height correction for low fide.

w River Inlet: High tides 5.54 a.m. [3.41] 6.18 p.m. [3.37] New Topsaft Inlet: Add 4 minutes for high tide time and add 43 minutes for low tide time. No height correction for high or low tide

MOW OPEN

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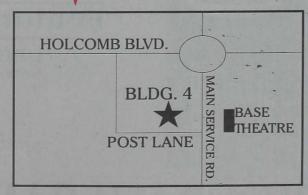
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In Partnership With You For A Better Quality Of Life

Chaplain's corner:

The high moral road of truthfulness is not always

LtCmdr J. L. Myres

Spring is in the air It is time for my favorite sport, baseball Already the major league baseball teams are preparing for the 1996 season, and the local high school teams have taken the field.

One of my favorite baseball stories happened in a high school baseball game. Thirty years ago, a future Marine named Tommy Gordon played center field for Murphy High School in the state of Georgia's high school baseball championship series

Murphy High went into the bottom of the seventh and last inning leading 1-0. The other team put runners on first and second base. The next batter hit a long fly

ball to center field. It cleared the fence, but the umpire was not able to determine if the ball went over the fence on a fly ball for a home run, or bounced over the fence for a ground rule

> double. If it were a home run, the game would be over and Murphy High would be on the losing end, but if it bounced over the fence for a ground rule double, then the game would be tied, and Murphy High would still have a chance to win. The umpire was out of position, and could not make the

Tommy Gordon. The umpire asked Tommy, "What was that son?"

Tommy answered, "That sir was

By telling the truth, Tommy cost his team the game. In telling the truth, I have been told, Tommy had to endure a lot of criticism from his community for costing his team that game.

A year or so later, Tommy Gordon joined the United States Marine Corps. His name is inscribed on a wall in Washington, D.C., not because he told the truth in a high school baseball game, but for losing his life serving his country in Vietnam. We lost some good people in that war.

Tommy Gordon was faced with an interesting moral dilemma. He could have lied to the umpire to help his team win, but he did not. Instead, he chose the high moral road of telling the truth even though this cost his team the baseball game and resulted in some painful confrontations in his local community

Tommy Gordon's decision to tell the truth left an impression on one of his teammates, also a future Marine named Ken White. Ken is now a Sunday School teacher and a United Methodist Lay Speaker who tells Tommy's story to inspire people to follow the high moral road and tell the truth even though it may be painful.

Telling the truth is critical in our society. We must be truthful to build trust and to establish relationships on a firm foundation. Telling the truth is so important that in our courts people are asked to place their hands on the Bible and swear that they are going to tell the truth. To lie to a court is definitely detrimental to justice.

Tommy Gordon probably did not realize that telling the truth would have an impact on others in the future, but his telling the truth has resulted in his story being told to inspire people to do what is right and to tell the

District Court Judge Chaplain, I have tol churches, on land, ar choose to do the righ truth, it may be pain



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Chapel Worship Schedule

ROMAN CATHOLIC Sunday Masses

St. Francis Xavier Chapel Tarawa Terrace Chapel Camp Geiger Chapel Courthouse Bay Chapel Naval Hospital Chapel MCAS New River Chapel

Weekday Masses (Mon.-Fri.)

St. Francis Xavier Chapel Naval Hospital Chapel Camp Gieger Chapel French Creek Chapel

Saturday Masses St. Francis Xavier Chapel

Baptism Class Wednesday before third Sunday, St. Francis Xavier Chapel

Confessions

St. Francis Xavier Chapel (or contact chaplain)

CCD

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St. Francis Xavier

(Brewster Middle School)

PROTESTANT

6:30 a.m. 11:30 a.m.

8:30 &11:30 a.m.

8:30 a.m.

11 a.m.

9:30 a.m

9:30 a.m

9:30 a.m

8 a.m.

11:30 a.m.

5 p.m.

5 p.m.

11:45 a.m.

Sabbath Eve Service, Bldg. 67 (Fri.) Religious School, Bldg. 67 (Sun.)

Sunday Worship

Base Chapel, Holy Communion Base Chapel, Worship Service Camp Johnson Chapel

Naval Hospital Chapel Tarawa Terrace Chapel, Communion Tarawa Terrace Chapel, Worship

Camp Geiger Chapel

*French Creek Chapel

10 a.m

7:30 p.m.

4 p.m. Sat

10 a.m.

9 a.m. 10:30 a.m. 9 a.m.

9 a.m. 9:45 a.m. 11 a.m. 9:30 a.m.

10:30 a.m

Courthouse Bay Chapel Brig MCAS New River Chapel

Sunday School Tarawa Terrace Base Chapel (Brewster Middle School)

MIDWEEK DEVOTIONAL SERVICE Naval Hospital Chapel (Thursdays)

SEVENTH DAY ADVENTIST Phone contact

EASTERN OTHODOX

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Base Chapel Annex, Bldg. 6 (Fridays) Brig Chapel

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Base firefighters, MPs team in extricate

Sgt. Lance M. Bacon

On a rainy Friday afternoon, Base firefighters and military policemen arrived on scene and immediately began coordinating a joint rescue effort. Using a variety of tools and techniques, the team carefully cut and pried their way through what remained of a vehicle in an attempt to extricate a victim trapped inside.

The incident was only a training evolution for the two units this time. But the scenario is one that is all too real for Base emergency personnel, according to Kevin Hunter, a firefighter with Camp Lejeune's Engine Company 2.

"(Camp Lejeune) probably averages about 12 accidents each year in which someone has to be extricated from a vehicle," he said. "That number may seem small, but when it's a matter of life and death, that number is a lot."

To ensure their proficiency and success in such a situation, the Fire Protection Division requires its members to be qualified at vehicle extrication. In qualifying, equipment operation and rescue procedures must become second nature to the firefighters.

The Base's Installation, Security and Safety

Department recently took that requirement a step further by organizing an Emergency Medical Technician course customized for their firefighters, and have recently implemented military policemen into the training cycle.

"Since MPs are usually the first emergency response on a scene, it is imperative that they be familiar with extrication procedures," said Scott Lenhart, a retired chief hospital corpsman and current Emergency Medical Services instructor. "The sooner an injured person receives treatment, the better chance they have for survival. Being familiar with extrication procedures, (the MPs) will know what equipment to call for and even be able to assist in the extrication. The time they save by doing that may be the time needed to save a life."

Recognizing that need, the two units teamed for an extrication exercise. The rescue personnel began their training by first learning the organization of a rescue party and placement of needed equipment. Throughout the remainder of the afternoon, the participants were walked through each step of an extrication, and were then required to perform each step.

As the rain and mud offered a touch of realism to the evolution, participants secured a ve-

hicle, donated by Sanderson's Garage and Auto Salvage, to ensure minimal movement. Once secured, the rescuers concentrated their initial efforts on the vehicle's doors. Hammering a Halligan Tool (a steel rod with a point and wedge fixed to the end) into the space near the door's lock, the rescue personnel were able to wedge and pry the door free from the lock's hold. The 22,000 pound per-square-inch (psi) pressure of the Hurst spreader, or "Jaws of Life," was then used to spread the door apart from the vehicle at its hinges.

Though Hunter expressed that 90 percent of extrications will end with the door's removal, since that will allow enough space to safely remove most victims, the teams continued on to prepare for a worst-case scenario.

As the doors were separated from the frame, the "injured" victim and a paramedic attending to him were covered with a blanket to protect them from glass as the rescuers removed the windshield. Again using the Halligan Tool, holes were carefully made in the winshield's corners, through which the protective blanket was pulled. After breaking the top of the windshield away from its seal, the rescuers pulled it away from the vehicle.

Doing this gave the parties easy access to the support beams which connect the roof to the frame. The 30,000 pound psi force of the Hurst cutting tool made easy work of the metal supports, as rescuers separated them from the frame in a matter of seconds. Calculated cuts into the back of the roof then allowed rescuers to literally fold the roof back, exposing the victim.

By securing chains under the vehicle and at the base of the steering column, the rescuers again turned to the "Jaws of Life." By connecting the chains to the spreader, the team now utilized the tool's closing power. As the "jaws" shut, the attached chain pulled the steering column away from the victim. Once cleared, the same effort was placed on the dashboard to extricate a trapped passenger.

"From the outside looking in, a vehicle extrication may appear to be an easy operation, but there are many aspects that have to be taken into consideration," said Hunter, who had 12 years combined rescue experience in New York, Jacksonville and Swansboro before joining the

Initial efforts during an extrication by Base firefighters of hammer a Halligan Tool to pry the door free from its hold.

base FPD. "A vehicle extrication is an intricate process that has an element of danger for everyone involved."

To perform a successful extrication, a rescuer must first and foremost have a working knowledge of the equipment and good communications with the other rescuers, according to Hunter. Through coordination and careful use of equipment, the rescuers can prevent further injuries from occurring to the victim, and to fellow rescuers.

"In addition to the victim, each team member is at risk because of the power inherent to the tools used," Hunter said. "Improperly or carelessly using these tools can easily cause someone to lose a body part or become otherwise seriously injured."

A good knowle suffering

different strengths: Newer models team can't wheel drive usual ir a quicker qualified the floorboard nea "When removing th "There could cause the joi ant has to toward the patient. maining cir-ing and treatfound on many nev the counter-pressur either. These are o n extrication arapart — so things that a rescue careful con-

But perhaps the amean have must keep in mind i and the vicwhere under the two

Base firefigh



Sgt. Lance M. Bacon EMT instructor Scott Lenhart, far left, watches as Base emergency personnel use the Hurst spreader, or 'Jaws of Life,' to gain access to an injured victim.

FAST FACT

To be a qualified firefighter aboard Camp Lejeune, an individual must master 19 essential subjects and become EMT qualified during an intense 13-month on-the-job training program. The subjects include the likes of hazardous material, firefighting strategies, the self-contained breathing apparatus, operations in confined spaces, forcible entries and care and usage of all equipment.

To become EMT qualified, the firefighter must pass a 32-chapter course, one chapter of which is vehicle extrication. The course spans 110 hours, including 10 hours working in an Emergency Room.



Rescuers remove the vehicle's windshield after making a hole in the windshield and pulling a saftey blankel



Sgt. Lance M. Baco g the 'Jaws of Life,' rescue personnel pry the vehicle's steering column away.



Base firefighters and Military Policemen pull back the roof of a vehicle during extrication training.

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Base firefighter Debbie Yopp cuts into the vehicle's roof to allow the roof to be folded back, which will allow access to an injured victim.

Sgt. Lance M. Bacon



Sgt. Lance M. Baco



The Hurst cutter, with a 30,000 pound psi force, cuts through the roof's support beams.

Sgt. Lance M. Bacon

'Recon' thanks Base with SPIE o

Sgt. Timothy A. Streaty

support units got a 700-foot-high panoramic view of Onslow Beach March 5 when 2nd Reconnaissance Company, Headquarters Battalion, 2nd Marine Division offered them Insertion and Extraction as a way of saying

The technique of SPIE rigging is a method used to lower special insertion teams down possible to safely land a helicopter. The teams are clamped to the lower end of a 120 foot heavy-duty nylon rope called a SPIE line. The Marines dangle freely as they are flown to their perspective drop zone

A robust Marine clad in weathered woodland cammies displaying a scuba bubble and gold jump wings centered above his left breast pocket mustered the Marines in the field several feet from Landing Zone Recon

"O.K ... is there anyone who is uncomfortable about being lifted high off the ground or feel that you cannot complete this operation - go a head and step out of the formation now," SSgt. Robert Buckley, operations chief, 2nd Recon Co., said in a

Marines panned the crowd searching for an individual with enough guts to show his fear - no one stepped out. The Marines were excited about embarking on what many said was a once in a life time opportunity for them.

"When they asked me if I wanted to come out and cover the SPIE rigging," said LCpl. Cheresa D. Clark, combat photographer, Di-

HM3 Ken James, Cpl. Steve Sederberg, Sgt. Michael Raybon and myself. They will help ou put on the safety line properly and then the harness. Before you go to get hooked-

SPIE line, the HRST Masters will insure your on to the correct ring. But it is your respon-HRST Masters are totally responsible for

After the helicopters landed in the LZ behind him, he continued his period of instrucwith the HRST masters by hand and arm signals. Thumbs up meant ready, thumbs down meant not ready, and the ever so important hands on the head safety signal, used if a Marine or someone below him was having a problem while in the air.

"All Marines will extend their outside arm straight-out giving the thumbs up signal when ready so I can signal the bird to take off," said Buckley. "It is very important for the first man on the SPIE line to walk quickly keeping up with the HRST Master and the speed in which the bird is lifting to avoid being dragged on the deck.

Once the bottom man is on the ground, he

unhooking yourself. Get your gear he explained

Knights began to whine as the rotors started in motion. Sticks of four and five Marines were broken up and directed to take a

One stick after another, the two Sea Knight's alternated through the sticks leap-frogging the flights. As one would drop would fly its Marines around literally giving them a bird's eye view of the area.

The sticks went quickly and soon the Sea Knights were on the ground. The astonishment of the flight settled down to an after glow which wore on the faces of some of the Marines. Nine different units, like Legal Services Support Management Division, and Motor Transport Co., Hq.Bn., allowed their Marines to get a taste of the Reconnaissance experience.

"We support them, and in turn, they support us," said 1st Lt. William E. Vickers, operations officer, 2nd Recon. Co. "This was just an opportunity for us to pay the units back."



Marines dangle from a SPIE line as they clear the tree tops at Landing Zone nnyman B



HM3 Yancey Buck helps a Marine adjust his safety line during the SPIE rigging gathering

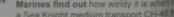


Sgt. Timothy A. Streaty Marinés take a look down at Onslow Beach while hanging freely from the end of a 120-foot SPIE line



SSgt. Robert Buckley gives a period of instruction on the do's and don'ts of SPIE rigging to 60 Marines from several different Base units.





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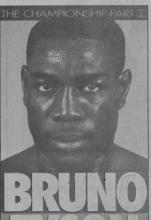


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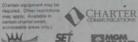
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Sgt. R. A. Smith tattalion Marines fast rope from a CH-53E ck of the USS Tortuga.

SSgt. Phil A. Mehringer 22nd MEU(SOC) correspondent

ABOARD THE USS GUAM -- The Marines of the 22nd Marine Expeditionary Unit (Special Operations Capable) wasted no time in stowing their gear, settling in and getting back to training. Training they've been accustomed to for the last six-months as part of pre-deployment work-up at Camp Lejeune and MCAS New River. At the same time, the confined space gives the Marines a chance to train in other areas of impor-

SSgt. John Stafford, a native of Shreveport, La., and platoon sergeant for Dragon section of Weapons Company, Battalion Landing Team 2/2, set time aside for his unit's corpsman to administer classes in first aid.

"Doc is giving my Marines a class on cardiopulmonary resuscitation (CPR). It is important for all Marines to know proper first aid, it doesn't matter if you are a infantryman or you work in administration," he said.

As HM3 James (Doc) Arnold, from Louisville, Ky., leans over the torso of the practice victim, he explains what he is teaching. "We are learning the one and two person methods of administering CPR. It's good to be knowledgeable in first aid techniques, you never know what's going to be deeded," he added.

While some Marines received class-

room or lecture-type training, others took a more realistic approach. After a week of adjusting, and firmly planting their sea-legs, the Marines from Air Naval Gunfire Liaison Company boarded a CH-53E Super Stallion helicopter. They had flown several sorties around the four ships that comprise the Mediterranean Amphibious Ready Group when the helicopter came to a hover above the USS Tortuga, where the Marines lowered their ropes and boarded ANGLICO style -- fastroping out of the belly of the CH-53E. ANGLICO Marines provide ground control and liaison for Navy and Marine close-air



LCpl. Bryn Spencer, a native of Pittsburgh, Pa., scans the horizon for potential threats while fellow Stinger gunners stand ready to launch their surface to air missiles

support, and Naval gunfire for U.S. Army and NATO units. They often insert into positions using the fastroping tech-

while enroute to the Mediterranean, the pilots and air crews of Marine Medium Helicopter Squadron-162 (Reinforced) accumulated 249.4 flight hours before entering the Mediterranean Sea, Feb. 8. Many of the sorties came as night training flights in order to update pilot proficiency with night vision goggles.

The airframe/avionics mechanics stayed busy assisting civilian engineers in installing the new Situational Awareness Beacon with Reply (SABER) system that tracks and identifies the progress of friendly assets. The installation of the system started in the U.S. and was completed during Atlantic Ocean transit.

Weapons training was also a part of crossing the Atlantic. Several hours after the 22nd MEU(SOC) Command Element fire the MP-5, an automatic 9-mm machine gun, from the flight deck, a UH-1N 'Huey' helicopter loaded with thousands of rounds of "ammo," took to the sky. The helicopter was equipped with a GAU-17, 7.62 mm door mounted mini-gun, used to suppress enemy targets while entering or departing hostile landing zones. Sgt. Michael Krouse, crew chief, fired 1,500 rounds in less than 30 seconds. The gun's maximum sustained rate of fire is 2,000 - 4,000 rpm.

In addition to individual Marine training, there has been combined Marine and Navy training taking place as well. Mid-way across the Atlantic, the Marine and Navy

personnel trained together to exercise the Emergency Defense of the Amphibious Task Force (EDATF). Sailors manned their battle stations as two AH-1W Cobra attack helicopters were launched from the deck of the USS Guam to establish a defensive perimeter.

Stinger missile gunners from 2nd Low Altitude Air Defense Battalion were also brought up topside to enhance the air defense system and to shoot down any enemy aircraft. The scenario soon came to an end when the hostile helicopter, a CH-46E Sea Knight helicopter (HMM-162), was shot down by a Stinger missile.

The next training evolution for the Marines of the 22nd MEU(SOC) will take place on Albanian soil as they participate in cold weather training operations. The 22nd MEU(SOC) made history there last year as the first U.S. Naval Force to conduct training with Albania since World War II. The Marines will also participate in various other operations with Mediterranean countries over the next

The 22nd MEU(SOC) is designated as special operations capable. Its capabilities consist of conducting amphibious landings, Non-combatant Evacuations (NEO), Tactical Recovery of Aircraft and Personnel (TRAP) and

other quick-response operations deemed necessary.

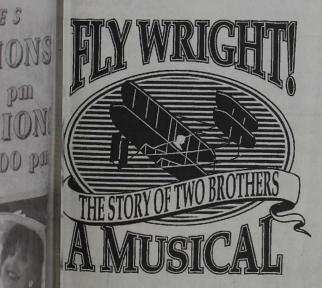
The unit left Morehead City, N.C., Jan. 29, and has taken over as the on call Landing force Sixth Fleet, when it relieved the 26th MEU(SOC) this month. The 22nd MEU(SOC) consists of about 2,000 Marines and Sailors and is commanded by Col. M.W. Forbush.



Sgt. R. A. Smith ittack helicopters launch from the deck of the USS

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Battalion, 10th Marines don, clear with CREP



D. Walker and LCpl. Demarkus D. Watkins, Marines assigned to the NBC section, per hood decontamination during a mock personnel decontamination station



Cpl. J. J. Rodriguez



Marines from Battery I, 3rd Battalion, 10th Marine Regiment, go over details of the mission orientated task

Cpl. J. J. Rodriguez

Weeks of preparation paid off Feb. 29 as Marines from 3rd Battalion, 10th Marine Regiment were evaluated on Nuclear, Biological and Chemical team and individual capabilities, protective measures and equipment readiness during the Command Readiness Evaluation Program

Unit readiness in combat at any time and under any environment or situation has been a Marine Corps trait for hundreds of years

In keeping with that tradition, 2nd Marine Division NBC evaluators tested Marines from the battalion's NBC section, on proper NBC procedures and logistics.

The battalion's NBC specialists set up two decontamination areas at Landing Zone (LZ) Jaybird for evaluation. The main objective during the evaluation is realism, according to CWO-3 Kenneth Norwood, NBC officer, 3rd Bn., 10th Marines. Marines were clad in Mission Oriented Protective Posture (MOPP) suits during the evolution just as they would be in a real situation.

Two decontamination areas, a mission oriented task

and a monitor survey team operated at the same time for evaluation purposes. Approximately 15 division evaluators divided themselves among the

The personal decontamination site is where NBC Marines demonstrate the proper procedure for decontaminating an individual. At the beginning of the site there is a heated water area where Marines, who have been contaminated, clean their personal combat gear, i.e. deuce gear, helmet.

Once their gear is clean they move on to 'the shuffle pit.' There Marines stepped in and shuffled their feet in super tropical bleach to decontaminate their boots, hence the name. This is the area where the hoods from their masks are cut out. In

station three, their overgarments are cut out, and then they move on to removing their boots and gloves. Once the Marines are close to being completely unclothed, with mask still worn, they move on to a decontaminated area to be assessed by a corpsman and an NBC specialist.

The corpsman and NBC specialist are the ones who gives the compliance of decontamination. Once the team gives the OK, Marines remove and clean their mask, once the mask is completely cleaned, it is inspected by one of the NBC Marines if it is good the Marines move on to the final station where they receive all new MOPP gear and reissue of combat gear

The most important thing about the personnel decontamination site is control, according to Cpl. Bobby Ray Knight, NBC specialist. Proper control of the site keeps everyone going through the decontamination line safe from contamination.

Vehicles which have been contaminated go through a decontamination line set up mainly for them. Proper decon- NBC Marines.

get. They have to make

sure everything is set ex-

actly right, and that is

probably the hardest

thing to do with these

Adkins added that al-

though Ft. Pickett gives

the Marines more room

and variety in the train-

ing on the larger end,

working at Camp Leje-

une also has its benefits.

weapon systems.

tamination of a vehicle is just as important as personnel decontamination, Knight said. Everything in the vehicle has to be cleaned and decontaminated, an improperly decontaminated vehicle can contaminate one of the Marines

Vehicles go through different stages when being decontaminated, first through the initial washdown with a light weight decontaminant and then a thorough decontaminant is applied. After that they are parked at a wait station for approximately 30 minutes. The final station is a final washdown utilizing a 3,000 gallon water bladder as a water supply.

Inspection of vehicles has to be flawless. If there is ever a doubt that even one vehicle is not completely decontaminated it's sent through the line again, Knight said.

The key to NBC is avoidance, according to 3rd Bn., 10th Marines NBC specialists. That is why monitor survey teams, Marines who are trained to check for nuclear, biological and chemical agents, are sent out like an advance party to specific grid coordinates where contamination is suspected.

In MOPP level four and Armed with M8 detection paper, M256A1 detection kit and other detection equipment like the ANVDR-2, PP4276 and the IM143 nuclear

> radiation detection devises, the monitor survey teams set out to check and take samples of anything that might look suspicious. Dead vegetation, murky waters and foggy air are some of the signs the 3rd Bn., 10th Marines NBC monitor team examined for this evaluation. Evaluators were on hand to test their knowledge on the situation.

> Some of the things evaluators look for are proper practical application and knowledge when dealing with contaminated equipment and personnel, Knight said.

"We are here to show that we can perform our duties as cannoniers while in MOPP," according to Cpl. Christopher M. Dawson, guns platoon, bat-tery I, 3rd Bn., 10th Marines.

The intent of the evaluation for Battery I Marines is to show how well they react while under nuclear, biological or chemical attack during a mission oriented task, according to Knight.

Cpl. J. J. Rodrigue

LCpl. Orlando D. Walker stands still while

his mask is being decontaminated.

During a simulated attack from Division, Battery I Marines gave the signal via flags to perform proper donning and clearing of their masks and conducted a proper hasty decontamination of their gear and guns by using M291 decontamination kits for themselves and M11 kits for the guns and vehicles. Once they got hit, they continued to perform their fire mission while in MOPP level four.

The CREP lasted only a few hours but the preparation took weeks. It is conducted annually by 2nd Division's NBC evaluators to test a unit's readiness to survive and function in a nuclear, biological or chemical attack.

"Realism in training is stressed because it enhances and motivates the training," according to Norwood. "I think we did well and it is due to the motivation of the

sault Vehicles slam targets during yearly requalification

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any skies and mild temperatures, Third mpany B, 2nd Assault Amphibian Batd up the heat at the G-6 Impact Range

t of their yearly qualification with the . B's visit to G-6 was a test in the fire and ortion of their gun tables which test the unners need to be proficient.

ig to 1stLt. Dan Dachelet, acting ran harge for the exercise, the Marines did a Normally, we do our requal exercises at Virginia, but we stayed here this year, id. "It's pretty difficult to do it here on se of the size of the ranges. However, the

6 Range is the best range we have here on e and maneuver exercises, but there are too

range is also too small in many ways. It will help a lot when they open the Greater Sandy Run

While at the G-6 ange, Co. B worked on firing at different dising from the .50 cal machine gun to the 40 mm

machine gun.
"The Marines have worked hard at switching

weapons, using the sights and compensating for the dif-3rd Plt. "When the Marines switch weapons, they have to revert and look at the sights and find a medium in the difference between the range of the two weapons. This



Cpl. Joseph B. Gray III
An AAV from Co. B, 2nd AA Bn., weaves through the

"The delays that break up the training are one of the problems with doing ference," said SSgt. Sam Adkins, platoon sergeant of it here," Adkins said. "We have to stop for boats, planes ands even cars sometimes. Those stops really eat up training time. However, working on a small scale range like this is great for section integrity. The Marines really get a

chance to know each other and work together."

SSgt. Ivan Ayala, section leader for 3rd Plt., said the training evolution has run pretty smoothly

'We've had a few problems, but overall, it has been a pretty good exercise," Ayala said. "The Marines have been motivated this week and that always helps. This training gives the Marines a lot of time getting hot and sweaty and banging their elbows trying to man the guns in the turret. There are a lot of new Marines out here. Many of them went to the CAX (Combined Arms Exercise) in California, but this exercise is rotating everyone, i.e. communication Marines, mechanics, so they receive the chance to shoot and become familiar with the weapons.

According to Cpl. John Neatherton, crew chief for 3rd Plt., the training went well and helped the Marines . "It's time consuming because we're only running three vehicles at a time," Neatherton said. "It's good seeing rounds put down range, but there aren't many targets. Despite having to wait to shoot, it's going pretty well."



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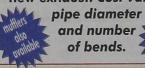
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Young Marines celebrate anniversary

Sgt. Lance M. Bacon

Camp Lejeune's Young Marine detachment celebrated their first anniversary recently with an awards and cake cutting ceremony at the Area 5 gym.

Since beginning last year, the youth program has welcomed 171 members into its ranks, making it the sixth largest chapter in the world. In the program, the youths find an organization which promotes moral, mental and physical development, according to CWO-2 James Jones, the detachment's commanding officer.

"The Young Marines concentrate on a variety of things - a drug-free lifestyle, physical fitness, and stimulating interest in and respect for academic achievement, and the history and traditions of the United States," he said. "We are promoting positive things in these individual's lives, and who better to demonstrate those positive things than the U.S. Marine Corps?

To teach the Young Marines about such things, Jones relies on the volunteer work of 20 active duty Marines who act as platoon leaders and instructors.

"(The platoon leaders and instructors) really keep the program rolling," he said. "All I have to do is sit back and watch things unfold. They do an outstanding job and offer a valuable influence on the Young Marines' lives.

The volunteers coordinate and conduct training throughout the year. The chapter meets for three hours each Wednesday. In addition, two 12-week boot camps are held each year during the same

Like a Marine recruit, the Young Marines are introduced to drill, Marine Corps and Young Marine history, uniform requirements, first aid and physical fitness tests at boot camp. From there, the recruits earn the title "Young Marine" and are assigned to a unit within the chapter

Once in the unit, each Young Marine can look forward to continuing their military-style education, which annually culminates in a 75-question (no multiple choice) exam and allows advanced training in Noncommissioned Officer and Staff Noncommissioned Officer Academies. In addition, the group participates in a number of other activities, such as the Divisional Meet (during which members from the 60 chapters located world-wide meet), the Jacksonville Holiday Parade, the Sneads Ferry Shrimp Festi-

val, Operation Clean Sweep, the Multiple Sclerosis Bike-A-Thon and various community service acts such as canned food drives and area clean ups.

But for the past year and for years to come, the Young Marines will stand as a medium through which to promote personal excellence, according to Jones.

'We're not here to make Young Marines into Marines or guide them to a military career - we're here to make them better students, better people in society, instill some camaraderie and have some fun," he said. "All of our awards and promotions are based on academic and home performance. If the Young Marine's teachers and parents state that he or she is doing well, then they become eligible to go before the promotion board and present the military side. Their success doesn't start with the military aspects, it starts at home and in school. We would rather see an individual on the honor roll than one who is



Sgt. Lance M. Bacon

Capt. Dave Munroe, former commanding officer of the Camp Lejeune Young Marines, and Pvt. Heather Groves cut the detachment's 1-year birthday cake during a birthday/awards ceremony.

TRUE from 1A .

fly to a point near the objective and are inserted using techniques such as fast rope. The objective areas are often close to civilian residences and other highly populated areas and sometimes these exercises draw the attention of the local community. In an effort to quell potential anxiety, the MEU gives the civilian media a chance to view the weapons and equipment beforehand during Media Day.

"We wanted to show the local media our equipment and capabilities to allow the general public of Memphis to be more at ease when they see our helicopters flying around the area," Natonski said.

The MEU additionally treated thirteen-year-old

Russell Rogers, a local Memphis poster child for the Muscular Dystrophy Association, to an exclusive tour of helicopters, night vision goggles, and sniper rifles. At the tour's conclusion, Russell was awarded a T-shirt and an official document proclaiming him to be the MEU's hon-

This is a great opportunity for us to see things that we don't normally see here in Memphis," said Joyce Peterson, a reporter for the NBC affiliate here. "It also gives us a chance to tell Memphis, if they do happen to see Marines with paint on their faces and guns in their hands, that it is routine training and don't be upset.

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Cycling to work count spreeps to capture in a superior capture in a su what the dentist ord

Sgt. Steven G. Steele

There is a growing number of people taking advantage of alternatives to the early morning "traffic jam" that usually inhabits Holcolmb and Lejeune Blvds, according to Cmdr. Joe D. Barnett, dental officer, Naval Dental Center, 2nd Dental Bn, and avid cyclist. Of the many options available bicycling has several

Barnett has been a cyclist for many years and pedals his way to work almost every day,

"I've got a rain suit for bad weather and I ride a street bike I got in Japan about 12 years ago," he said. "I live near the Jacksonville Mall and travel just over nine miles to work. I take some back roads and end up on Lejeune Blvd. right at the Tarawa Terrace I hous-

According to Barnett, the only part of the entire journey that many people worry about is that one section of Hwy. 24 where even though there is a wide shoulder, there is not a separate lane for bikes.

"One thing to consider about that part of the trip is that most of the traffic at that time of day is moving very slowly, if at all," Barnett said. "Bikers often pass" over 200 cars 'stuck-in-traffic' on that short stretch of

According to Sgt. Milton J. Miller, accident investigator, Provost Marshal's Office (PMO), bicyclists are required to use the authorized gates.

'Cyclists have to come in either the Main Gate, Triangle Outpost Gate or Snead's Ferry Gate," he said. "Once on the Base, cyclists can go on almost any road, the one exception being Holcolmb Blvd. from Brewster Blvd. to Snead's Ferry Rd. that stretch is off-limits to cyclists as directed by a Base Traffic Order.

"On Brewster Blvd. near the Paradise Point Childcare Center there's a bike path to the Berkeley Manor housing area. Go through the housing area to Delaware. Then follow Delaware down to the Wallace Creek Greenway," Barnett said.

The Wallace Creek Greenway is a bicycle and pedestrian pathway that runs from the housing area to the Main Service Road (MSR), according to Miller.

"Actually, it's about the only 'bike path' aboard Camp Lejeune. The Greenway is a really scenic path," Miller said. "There are also many informational plaques along the route, making it ideal for families to

After the Greenway, the most of the rest of Barnett's ride is along the MSR.

"Even though there aren't very wide shoulders on

that make it a pretty safe trip,"

According to the official PN 1995, there was only one incide for the entire year, and it was tl

"There are many reasons to mute to work," he said. "Biki economical, relaxing and a great shape. It's not only a great way it's a good thing for Marines ar involved in. It's surprising how work once, like it, then become of them even begin entering int

One of the most alluring fa cording to Barnett, is the econc instead of driving.

According to an American Au study, the average automobile co to maintain. Additionally, the go lions of dollars each year on tran on automobiles.

"A Seattle study found that a automobile during a 240 day w using the 'most conservative fig "This figure included expenses surance and roads. However, the indirect costs such as disposal of tary costs of protecting foreign \$40 billion a year the American L is spent on health care related to a tion costs. Think about it, bikir can be considered patriotic!"

Many cities around the count nated as "bicycle friendly" said B listing the most desirable places to of the top cities were (bicycle fi program in effect in many cities w road tracks are converted to bike:

However, according to Barnet pathways in Jacksonville now.

"There were two of them propo of them that ran all the way down the other that paralleled Hwy. 17 s Road. But neither of them were

Even though there aren't very i paths and trails in the Jacksonville/ that has not stopped those determir use cycling as an alternative mean to and from work.



Scholarships

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The Staff NCO Wives Club is offering scholarships Navy Marine Corps Relief Society and at the SNCO

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The Camp Lejeune Officers' Wives Club is offer ersonnel currently fulfilling an unaccompanied PCS pleted applications to Camp Lejeune Officers' Wives'

The point of contact person for information is Jane

USPA/IRA

The Jacksonville Chapter of the USPA/IRA Investment Firmi will award a \$1000 scholarship to an Onslow County high school senior who is a dependent of either

MFCU

They can apply for only one scholarship. A minimum SAT score of 900 and a GPA of 3.0 is required. The

CT&T

River.

The scholarships are available to individuals who are attending or are accepted to four-year colleges or universities within the state of North Carolina.

Details and scholarship applications are available at the guidance departments of Area high schools and Coastal Carolina Community College.

Deadline for the 1996-97 college year is May 1996. For additional information please contact Mr. Blaire, (operation director) Morale Welfare and Recreation at 451-2525.

SNCO Wives Cli

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Carolina (BANC) is gistering new teams 96 spring and sumon with weekend scheduled March August.

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SPORTS

Intramural Volleyball Motor-T slaughters Nav. Hosp., 15-6, 15-6, in league volleyball, 4B

The Globe

2nd LAR storms 2nd MarDiv. Commanding General's Cup

Cpl. Brian M. Danisevich

Second Light Armored Reconnaissance Battalion successfully defended their 2nd Marine Division Basketball crown with a five-game sweep in the division-wide 5-on-5 basketball tournament held at Goettge Memorial Field House March 5

It was the third consecutive time that LAR captured the crown in the annual tourna-

This year's tournament featured 20 of the best basketball teams 2nd Marine Division had to offer, and was the first event linked to this year's Commanding General's Cup. (A trophy awarded to the unit that gains the most combined points after competing in eight separate sporting events.)

Headquarters Battalion captured the CG's Cup last year, but LAR is off and running out of the blocks with 25 first-place points from the basketball tourney.

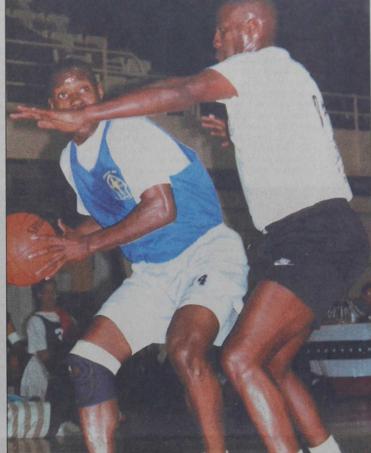
"Our battalion commander is really into winning the CG's Cup," said Gregory Pilot, assistant coach/player, LAR. "He is deployed at Fort Pickett right now and was looking forward to this basketball trophy, so we wanted to bring it back home for him."

Bringing the trophy back home for a third straight time, however, proved to be no easy task for LAR, which had to quickly slap a team together with bodies left on the rear body during a deployment to Fort Pickett. Only two of their players, W. Smith and Pilot, were returnees from last year's champi-

"Everybody wanted to take us out of our game," Pilot said of his team's play in the tournament. "We just hung in there and played like we're supposed to play.'

LAR found success in the tournament on the offensive end of the floor where they blistered their opponents with precise long-range jumpers and dominant inside play

They used their success to claw their way to the championship game while downing Headquarters Battalion, 15-6; Communications Company, 15-11; Assault Amphibian



Donnell Jackson, LAR, nudges his way into the lane while Anthony Parker, 1st Bn., 6th Marines, applies some defensive pressure. LAR took the title in a five-game sweep.

Bn., 15-4 and Third Bn., 10th Marines, 15-6, Pilot said of LAR's game-plan in the tournament along the way

"What we tried to do was work on the big men inside and work on our outside game,

See CG CUP/2B

FROM S)(0)0C

With the stroke of a pen, Neil O'Donnell went from his quaint safe haven as quarterback for the AFC Champion Pittsburgh Steelers to center stage in New York where he will take over as quarterback for a Jets franchise

that is currently at rock bottom.

The Jets took little time in going after the Steeler's free agent with an enticing five-year, \$23.75 million package that was later raised to a five-year, \$25 million deal before being snatched up by the greedy quarterback.

It was a deal that revealed the red underbelly of the National Football League's free agency system once again. But, for the most part, it was a move that bodes fairly well for both of the affected

The Jets were in dire need for an established quarterback after axing injury-prone Boomer Esiason, and O'Donnell was the only proven quarterback on the free-agent chopping blocks. They ended up paying a steep price for the ex-Maryland Terrapin, but had little choice if they wanted to make a reasonable post-season run this year. And the Steelers already have three other able quarterbacks in their stable that are ready and willing to step up and fill the void that was created by the move.

See SIDELINES/3B

Lejeune Marines travel to 1996 Dixie Matches



Above: Competitors score the targets during the 1996 Dixie Matches Regional 2700. Right: CWO-3 Randall Harris, captain, MCB Rifle/Pistol Team, peers through his scope to assess his last s

Roberta Hastings

ville, Fla.

Marines representing Marine Corps Base Rifle/Pistol Team participated in the 1996 Dixie Matches Regional 2700 March 2-3 in Jackson-

66-

The Marines, Hiram Martinez, Cpl. Anthony Lang, Cpl. Scott Richards, Sgt. Robert Spears, Sgt. Carlos Rosado and CWO-3 Randall Harris, traveled to Florida to compete against civilian and military teams from other branches of

the Armed Forces. tional Rifle Asso

ciation Regional Bullseye Competi- a 2700 regional competition where tion and in addition to that, we have you've got civilian, military, law en-

petition, we all fire service weapons.

a Distinguished Shooters Match Leg Match which is how we determine who can become distinguished shooters and earn the distinguished classification," said Jim Deresinski, chairman of the Pistol Committee

and Dixie Matches 'The first part of this match was

forcement and civilians from all walks of life coming here and firing competitively against one another,' said CWO-3 Randall Harris, team captain, MCB Rifle/Pistol Team.

'The second part of the match was an excellence competition match where we had civilians and military

-CWO-3 Randall Harris

captain, MCB Rifle/Pistol Team

compete for what we call leg medals," he said.

A leg match When we shoot against civilians, normally the level is a competition of competition can be a little stiffer because civilians ping stone toare authorized to purchase weapons at their own expense, which means they often buy a top of the line a distinguished marksman weapon. When we fire against Marines in local com-

> matches year, ultimately trying to achieve

match requiring all 120 participants A shooter to fire three different pistols in four different events. They included a slow fire match, a national match course, timed fire, rapid fire and an overall inner for each pistol.

Those scores are combined for an overall match winner at the end of

10 percent of competitors who may

receive either a gold, silver or bronze

medal based on the total number of

the individual shooter, Harris ex-

The Marines and other partici-



pants agreed that the Dixie Match is one of the better matches held in the

This is one of the better ones," said Taylor. "There is a lot of cooperation from the range staff, and overall it is well organized. They created a schedule of events and stuck to it,"

he added Participating in these kinds of matches is not as easy as it may appear for these Marines although the primary MOS is rifleman. This is not caused from a competition standpoint but from a time contingency.

See MATCHES/2B

Military Police seize All-Camp Bowling be



John Falcetti, MP Co., releases the ball on his approach to the lane. Falcetti bowled a 462 overall in the three-game set to help secure the victory.

Cpl. Brian M. Danisevich

The Military Police Company Intramural Bowling team solidified their first-place position in the Scarlet League after whitewashing Brig Company, four points to nil, at the Bonnyman Bowling Center March 6.

It was business, as usual, for an MP Co. team, which had already locked up a spot in the upcoming All-Camp tournament and held a 17-point lead on the Scarlet League's second-place team, Defense Accounting Office. going into their March 6 match. "The motivation for us is the All-Camp, which is just

around the corner," said Rick Drost, MP Co. team captain. "Of course we want to keep the momentum going If we start slacking off now, it may override into the All-Camp, and end up hurting us eventually.' MP Co. showed no signs of slacking off in their 23rd

match of the regular season after knocking down 2,962 pins, handicap included, in the three-game set. Tommy Davis got MP Co. rolling in the first game

with a match-high, 199. Gary Schultz complimented Davis' effort by tallying a 175, which helped lead to MP Co's, overwhelming, 77-pin victory in the first game.

Schultz increased his average in the second game by recording a 194, which helped his team grab their second point of the match with a 59-pin victory in the game. John Wolfe chipped in with a pinfall of 178 in the game.

MP Co. closed out the sweep over their opponents with a 983 pinfall performance in the third game. Greg Bentley led the charge in the third game when he tore up the lanes with a 187, his best performance in the three-

game set. John Falcetti bowled his best game of the match in the third set as well where he registered a pinfall of

"I would have to say what really helped us was the fact that most of our players bowled right around their average, which is what we're looking for," Drost stated. "But we had two (Davis and Schultz) that bowled well over their averages, and helped us pick up the pace to insure victory over a very good team.

"We don't have really high averages on our team, and we don't have low averages by any means," Drost said. 'We're all within that 159-176 range. We have a lot of consistency on the team, and that's what carries us through I think.

Lyle Sellers highlighted the Brig Co. attack in the match with a 175 pinfall average, while Mike Cefalo fired up the lanes with a 159 average

MP Co. tallied their fourth point of the match due to their total pinfall of 2,962 which was 184 better than

MP Co. finished off the season tops in the Scarlet League and will next represent the league in the All-Camp Bowling Tournament which rolls off on the Bonnyman Bowling Center lanes March 18.

"We'll do our best," said Drost of his team's chances in the All-Camp. "All we can do is concentrate and keep going out there and bowling the best we can.

"Up front and honestly, I think we have an excellent chance of coming out No. 1 in the All-Camp," he said. "We may not come out with a lot of high scores, but I think our consistency will run us through, and we'll pull out more pins total through the nine-game team event.'

Rick Drost, MP Co., prepares him approach in a recent victory

CG CUP from 1B -

Smiths (Wallace and Brandon) on one side and let one of them shoot outside and let the other shoot in-

LAR stuck with their game-plan straight through to the championship where they met up with a frisky 1st Bn., 6th Marines team. LAR quickly found themselves down 2-0 four minutes into the championship contest before finding their range and erupting on a 6-0 run.

B. Smith ignited the run with a layup on a fast break opportunity and added fuel to the fire with two strong baskets in the paint. Mike Morrison chipped in on the run with a 2-point bucket from behind the arc and a fast break layup following one of seven, 1st Bn., 6th Marines, turnovers

First Bn., however, worked themselves back into the game with a 4-0 run which was a direct result of strong play on the boards from Anthony Parker, Stephen Aiken and Brad Delauter.

With the game deadlocked at six, both teams turned up the heat offensively and traded the lead on successive trips up and down the floor.

Clifton Turner took the ball coastto-coast on two occasions for 1st Bn., 6th Marines, and scored on a running jumper to tally points for his team, while Cliff Moore helped out with a driving layup off an inbound

B. Smith and W. Smith carried the LAR effort with short range jumpers that found the bottom of the net.

"Basically, what was working for



Cpl. Brian M. Danisevich

Mike Morrison, LAR, blows by Clifton Turner, 1st Bn., 6th Marines, on his way to an easy bucket.

us was getting the ball inside, letting them converge on the ball and then kicking the ball out to the outside for open jump shots," W. Smith said.

LAR worked their inside-outside game to perfection, and put the finishing touches on their third straight title following Parker's 2-point gametying rainbow with 4:38 remaining. Smith gave LAR a 1-point lead after receiving the ball in the paint and working against two defenders to knock down an 8-foot jumper:

Then, W. Smith got the ball down low again on LAR's next offensive set, but kicked it out to a wide-open Pilot, who canned an uncontested 2-

point bomb. "I prayed for that one to go in," joked Pilot afterward. "Actually, I owed it to (Wallace) Smith for all of

the work he did inside the lane." For two of the players on the team, W. Smith and Pilot, the victory meant a third first-place trophy for their mantelpiece. For the rest of the

team, it was their first championship.

"It feels pretty good to win the championship," said B. Smith, playing in the tournament for the first time. "I had the confidence going in that we'd take it. Most of the guys already know how they play together, so I kind of just molded right in with

LAR will try to add to their 25 points April 30 at W.P.T Hill Field when 2nd Marine Division holds their annual soccer competition.



Brandon Smith, LAR, prepares to release a shot with 1st Bn., 6th Marines, in his face.



'Whale of a tale'

HN Jason Hughes, assigned to Hadnot Point Sick-Call, was filled with amazement and awe when he picked up two fish floating along near him just beneath the surface of the water while on his lunch break at that one fish had it's head stuck inside the mouth of the

'When I saw this, I couldn't believe it. The only other time I've seen anything like this was in a fishing magazine once, and I didn't believe it then. I thought they had set the shot up. The only thing I could think of that could have caused the fish to get stuck like this, is maybe they were going after the same bait and one was just a split second faster than the other and the second one bit onto the head of the first one. Or just maybe one was trying to eat the other one head first. I don't know about that though, they're about the same size," Hughes said.

Either way, the end result was something that is not seen every day



CWO-3 Randall Harris, captain, MCB Rifle/Pistol Team, scores a target during the match

MATCHES from 1B-

"(Unlike the Army Rifle/Pistol Team who also competed in the Dixie Match) we have to practice our MOS. They shoot for a living," Taylor said.

The team captain echoed these sentiments. have to work around the primary mission of Marine Corps Base which is requalification (at Stone Bay Range). We do try to get out on a trip of this nature about once a quarter," Harris said.

Harris said that competing with non-military personnel added an extra edge to the match. "When we shoot against civilians, normally the level of competition can be a little stiffer because civilians are authorized to purchase weapons at their own expense which means they often buy a top of the line weapon," he said. "When we fire against Marines in local competition, we all fire service weapons." Harris teracting with the civilian community als great way to assist the Marine Corps in t ing efforts and at the same time, broaden (t horizons in the ability to employ their servi this case, the pistol.

"It is a great way to increase your known marksmanship and at the same time, repr Marine Corps," Harris said.

One of the competors at the match wa hopeful Mary Lou Nicholas. "These are be ing matches for me. I'm an international s it's excellent training," she said. "The com been excellent. The best shooters from aro try are here from all the military forces.

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The Camp Lejeune All Stars mes and making the shots tup and pulled a six point rur

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SUNDAY, 1 MCAS

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Register day of Two Person

Competitors

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Complete rules and

ing prine nabs All Star title

All Star basketball team chastised tball team, 66-62, Sunday aftermnasium, taking the title as the Committee's number one basketna/South Eastern Regional section the youth basketball competition

Wesley Durden stood strong like une house of basketball, supports contributed 50 points to Lejeune's oughout the three games they had

the tournament to decide the secstarted with Lejeune taking first off of the jump. Durden swiped the rds the basket. He secured the ball

Sample was knocking down 3-pointers over and over for The Lejeune All Stars, pushing Lejeune's point pace just that much faster.

One of the main factors that kept Fairfield in the game was the number of foul shots they were scoring. Nine of Brandon Causey's 10 points came from foul shots.

The teams toiled on and on and Lejeune maintained their lead until the score was Lejeune 50, Fairfield 40. Then Lejeune took off again on a little basket making spree and it seemed Fairfield couldn't counter them.

Lejeune increased their lead 58-42, then Fairfield started coming back. They ran in a few quick lay-ups and caught back up to the seemingly constant 10 point buffer set by the teams earlier in the game. At 60-50 both teams bore down and began to trade baskets again. Savares King and Miller from Fairfield seemed determined to catch their team up as they went into overdrive in the last few minutes, scoring a lay-up each and three foul shots. Their

enormous effort paid off as they brought Fairfield to within three, 65-62, with 10 seconds remaining.

Martin Roque put the finishing point on Lejeune's side with a foul shot, sealing the victory and making them the South Eastern Regional sec-

The game was a fair one and both teams played hard. There was no doubt

forth in the first quarter each team that the Lejeune All Stars earned their new title. 'They shot their eyes off," Jim Hudoc, coach for the Fairfield, said. "The problem we had was in the begin-

> Lejeune seemed to have a flawless game Wes Durden, head coach for Lejeune All Stars said, "The kids were all outstanding. That's something that I strive for in my team, making all of them outstanding players. Some teams have only one or two players they can turn to make points, but I can put any of my players on the court and they add to the effectiveness of the team. I also received a lot of coaching advice from other coaches of basketball teams Lejeune. Having Brilliant coaches and Outstanding Players was the strength of the Lejeune All Stars. They played with heart and that's all anyone can ask of them.'

ning when we missed a few of our shots and they didn't."

There is no state competition for the Lejeune All Stars to advance any further, but according to Durden, the team looks forward to defending the South Eastern Regional sectional championship in 1997.

SIDELINES from 1B-

O'Donnell is the only one that has to really adjust to the move. He is going from a Super Bowl team with a bright future to a Toilet Bowl team engulfed in turmoil. He is leaving a solid offensive line and a talented receiving corps for a porous offensive

He did it for the money. There's no other reasonable explanation for it. The Jets offered him \$1.25 million per year more than Pittsburgh's owner Dan Rooney was prepared to offer him, so he pounced for the cash like a hungry lion on his prey.

It's all about money nowadays for the players in the NFL, who have paved the golden freeway for all other professional sports athletes to take advantage of. Many have taken advantage already and, unless stricter policies concerning the salary cap are stressed, many more will follow.

Professional athletes have found that money talks, which is one of a variety of reasons professional sports will always play second fiddle to college athletics.

College athletics is purely based around competitive team play without such distractions to players as to how many Thomas Jeffersons or Benjamin Franklins are to be earned. Athletes among the college ranks are still recognized for their scholastic achievements instead of their monetary achievements

Joe Paterno, long-standing coach for the Penn State Nittany Lions, relishes his players' scholastic achievements. He has graduated 13 NCAA post-graduate scholarship winners, 19 first team academic All-Americans and 10 Hall of Fame scholar athletes during his 29-year stint at Penn State. The academic achievements Paterno's pupils have made are probably the foremost reason he has turned down a number of offers to move on and coach an NFL franchise.

Many other college coaches have turned down professional offers as well in order to remain in the sanctuary of the college breeding grounds, where athletes play for pride in their university's name instead of to increase their wholesale value on the free agent open market.

College athletics have been some

what tarnished by the wrong-doings get ahead by taking the easy way out, but, for the most part, they remain pure and innocent in nature. A charby athletics at the high school level

High school athletics are pure and innocent in the truest sense. There athletes and team play. It's why high school sports programs hold a permanent place in everyone's hearts.

I, for one, make it a point to check up on how well the teams from the their respective conference. It gives me a sense of pride to know that our sports programs at little old North Schuylkill High School in Penn., are highly competitive within the state or country. It's a sense of pride that every sports fan who attended high school should feel.

While stationed here at my temporary home away from home, I have learned to take pride in the accomplishments of those teams at Lejeune High School as well. Lejeune High stands for all of those little schools out there given little chance to walk away with a state title, yet uphold some of the highest traditions around.

Every year is a rebuilding year for Lejeune High. It has to deal with a constant rotation of students belonging to military families, yet the school continues to remain competitive.

the school due largely in part to coach Debbie Bryant, who has led the team to the state playoffs in the past three seasons. She took over the program in 1989 and, in just five years, took the team to the state regionals - the furthest playoff appearance by the girl's basketball team ever.

I applaud Bryant's efforts. She has molded the team into playoff caliber, and has made it a point to field a competitive team each and every year.

Francisco Blanco fields successful soccer teams each and every year as well at Lejeune high. He started the school's soccer program in 1965, and captured the men's state title in 1966. He came close to grabbing a second state championship banner for

state titles in baseball in 1949 and a 1989 state title by the girl's track

sociated with the school. Pride benation that was put into those ban-

A characteristic that completely

I mean, who does O'Donnell think

He can't possibly think he'll be the catalyst for a New York Super Bowl run. That feat hasn't been accom-

Moreover, I wonder how the Jets organization can legitimize spending \$25 million for a quarterback who threw one touchdown and three interceptions in Super Bowl XXX

If O'Donnell's statistics rate \$25 million, then how much does a Major League Baseball player who has a batting average of .225 rate? How much should a National Basketball Association player who averages six points a game get? How about a Na-

Professional athletes are without a doubt taking full advantage of the free agency system that was implemeted to provide parity. It has gotten to the point where average money in the pros, which is the biggest reason that, in my book, profes-



The Camp Lejeune All Stars show off new medals.

ing the lanes and making the shots ed it up and pulled a six point run ig their lead to 10, 29-19.

in a recent victory

eld took a time out, coming back drive. Although they didn't hold y did stop them from increasing

ck to trading points, making bassing all their little tricks and techejeune would make a lay-up and a lay-up. They continued this patthe half-time period. Lejeune had t 33-23 and was holding onto it. the teams went right back into the as they had before. Fairfield was er from the 10 point lead Lejeune n, but were trying. Both teams were rfield's problem was not that they defense of Lejeune, it was that they



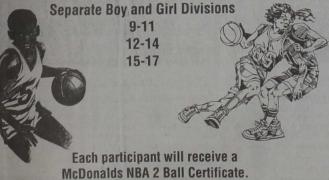
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(Old Gym, next to bowling facility) FREE

Register day of event, beginning at 1300 **Two Person Team Competition**

Competitors Must Have a Partner Upon Registration

Categories



Complete rules and information available at the registration site.

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Youth Sports

Boys' and Girls' GOLF LEAGUE Registration

Monday - Friday 18-29 March 1996 0900-1700 Youth Sports Office Goettge Memorial Field House

Ages 10-16 (Must be 10 yrs. as of 1 Apr) Register by 1700, 29 March \$15 First Child • \$12 Second Child • \$10 Third Child (Same family)

Proof of Age Required Limited to the first 25 to register.

League will start Thursday, 4 April and run through 6 June. League play will be on Thursday evenings at 1700. Golf clubs and golf balls will be provided.



IN PARTNERSHIP WITH YOU FOR A BETTER QUALITY OF LIFE

Motor-T cruises to eighth straight

Cpl. Preston L. Bass

with the thunderous spikes of Kevin Redman and Mike Gatts helped to

a rally in which Redman tried to spike down but ended up hitting out, Following the two points, Washington put up another good serve, only with a blasting spike from Cox to tie

There were a couple of turnovers and then the game took off flying. teams were no longer going back and

When they came out of the timeout, Nav. Hosp. was pumped and

but were still miles away from Motor-T's score. Motor-T let Nav. Hosp. bask in the glory of that point for a brief moment and then they went back to work on Nav. Hosp.

Perry started the second wave of the onslaught when he and Redman ran Motor-T's score up three more points. With his serves added to a couple of fierce spikes from Redman, they just couldn't be stopped.

a second-but gained it right back, this time with Lazcano Fransico in the driver's seat. He served the ball and Gatts power-spiked for another Mo-

just couldn't outdo the scoring of

Before long the score was 14-5, Motor-T's favor. Nav. Hosp. busted brought Motor-T on in for the 15-6

The second game started out somewhat like the first game with both teams vying for points, but this one took a turn for Motor-T a lot quicker T shot the score up to 4-1 ahead of Nav. Hosp. This time Nav. Hosp. made a quick comeback with a spike and a few good serves from Taylor, and tied the game at four.

Even though Nav. Hosp. had made a courageous effort in catching up to Motor-T, Motor-T took them right back to the ringer, moving ahead of them by leaps and bounds. Motor-T put it in second gear and bumped their score up by four points, making it 8-4, their favor.

Nav. Hosp. slipped in another point with a good serve from Jody Dezort, Motor-T as they followed with four quick-points. Redman spiked one down for a point, and Fransico served the others too hot for Nav. Hosp. to handle earning them another three

With the score at 12-5, Nav. Hosp.



Cpl. Preston L. Bass

tion as they were in the first game when the score was 14-5. The last point for Nav. Hosp. was scored by Taylor bringing Nav. Hosp. up to the same six point total they had etched out in the first game.

After Taylor's point, Motor-T's Gatts and Redman drove the second game, kicking out the last three points needed to take the game.

"We played a tight game tonight," Eric Henry, coach for Motor-T Bn. said. "We had good communication

tonight too. They played really well and were a real challenge. Most of the teams we play only make about three points. We expect our next two matches to be hard ones, too.

Motor-T Bn. chalked up their 8th victory with the win against Nav. Hosp. They are aiming for the All-Camp title that has belonged to them for the past two years. They may or may not make it, but, for now, they remain one of three undefeated teams in the volleyball arena.



Above, left: Mike Gatts pops the ball into the air serve, setting up the ball for the return spike. Abo Nav. Hosp., spikes a mean one cross-court past the Motor T's Lazcano Fransico.



was sitting in about the same posi- Leslie Cox and Kevin Redman of Motor-T Bn. fly above the net to stop an incoming spike from Nav. Hosp.'s Chuck Tayl



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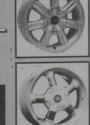
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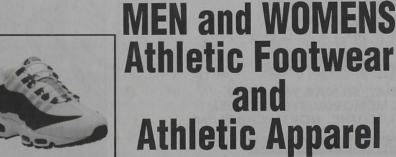
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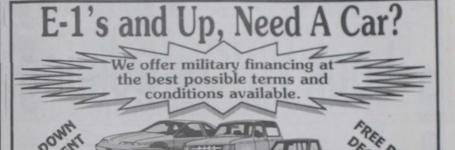
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(NAPS)—Passover is one of the most joyfully anticipated Jewish holidays of the year. This holiday is a time of homecoming and returning to the family table for thanks and remembrance, and it is celebrated in song, prayer and feasting. Meals are often augmented with dried fruits, such as dates, and most importantly, no leavened bread may be consumed. The traditional Passover feast starts with a Seder dinner symbolizing the last meal of the Children of Israel before they fled Egypt to set out for the Promised (NAPS)-Passover is one of the

Children of Israel before they fled Egypt to set out for the Promised Land. A special plate, upon which are placed ceremonial Seder sym-bols, is the center object of every table. Each of the represented foods on this platter is explained during the service, according to tradition.

tradition.

Prominent on the Seder plate is Haroseth which symoblizes the mortar used by the Jews in Egypt to build pyramids. There are many variations of this traditional recipe. Date Haroseth relies upon a delicious blend of California dates, oranges, apples, walnuts and Passover wine. It is simple to prepare by hand or with the convenience of a food processor.

Another dish traditionally enjoyed at Passover is Kugel. Kugels are puddings, sweet or savory, which may be served for dessert, or as side or main dishes. The absence of leavening in this

The absence of leavening in this and other Passover recipes represents the fact that the Jews fled sents the fact that the Jews fled Egypt too quickly to allow for the yeast dough to rise before taking it with them on their journey. Apple-Date Matzo Pudding is a Apple-Date Mazzo Fudding is a dessert version of a traditional Kugel recipe with an added sweet twist—delicious chopped California Dates. Although traditional Kugels are scooped out of the baking dish, this recipe may be cooked for a longer time in a

cholesterol

Althou ideal for I be enjoye find Date rific spre Apple-Da makes a de time.

3 matze

piece 3 large peeler into s 1-1/2 cups (

3/4 cup b 1/4 cup m

a colande and pres bine with ents excep Mix thor gether egg bine with and pour inch pan o ding-like c a firmer of tency, bal minutes. Makes 8-*Or subs



1/3 cup Pa 1/2 teaspo and cl





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dietary recommendi Q. Six to 11 bread and grains

1 cup to 3 cups p quart

food proces set aside. I ingredients food proces chopped. Sti apples. Serve matzos. Ma

> 1. Color : colore 2. Return

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Mon-Sat 0900-2107 Sun 1100-180 Ora Mon-Sat 0900-217 Sun 1000-20 151-5030

Cooki Building Healthy Kids"

Eating From The Bottom Up

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Most of us
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Sweeten Your Pa

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chopped apples. Smatzos.

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ng healthful-must elimi-lods. As long ation—basing y of grains,

However, you can trim fat from family favorites and boost your nutrient intake at the same time. For example, if roast beef is a favorite family meal, serve smaller portions of meat on a bed of couscous (a tasty, low-fat grain that cooks faster than traditional rice). Offer dinner rolls or sliced bread to round out the meal. These simple changes will reduce fat and put you well on your way to meeting dietary recommendations.

Q. Six to 11 servings of bread and grains sounds like a lot. How can I find the time to serve that much food?

A. Keep serving sizes in mind.

serve that much food?

A. Keep serving sizes in mind. For example, one slice of bread equals one grain serving. So if you enjoy a sandwich, that's two servings. One cup of ready-to-eat cereal is a serving, too. Add a slice of toast at breakfast and you're closer to your daily grains goal. Nutritionists recommend active kids eat a minimum of nine bread and grain servings daily for proper fueling, an easy goal to meet because grain foods are so convenient.

Q. My kids favor white bread. Should I be worried? A. If your children would rather eat white bread than whole wheat, go ahead and let them. As with other bread and grain foods, white bread is an excellent source of complex carbohydrates—the body's favorite form of fuel. White bread is also a good source of iron and the B vitamins, thiamin, niacin and riboflavin

and the B vitamins, thiamin, niacin and riboflavin.

To ensure your kids are getting plenty of fiber, serve them fiberrich breakfast cereals, fruits and vegetables. These foods, combined with their favorite breads, will help them meet daily fiber goals. Offer your kids a variety of grain foods, teaching them to top their favorite breads with low-fat choices like all-fruit spreads or applesauce. In no time, they'll be asking for healthful foods, not because they are "good for me," but because they are "good to eat."

Dr. Marjorie Hogan, mother of four, is a pediatrician at Hennepin County Medical Center in Minneapolis, Minn.

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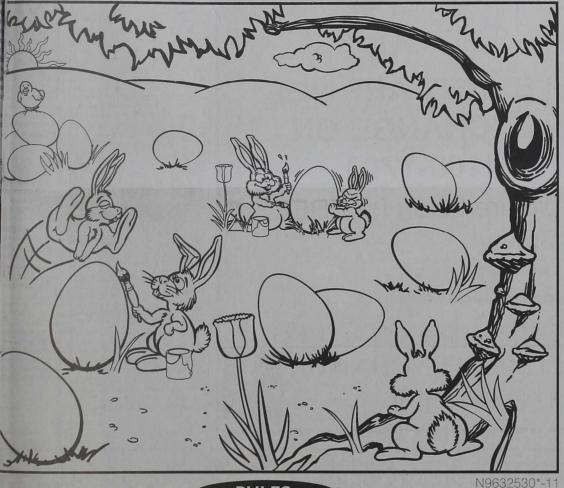
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Call 743-2301.

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Queen size cherrywood bed; sewing ma-

YARD SALES

pen, ciotnes, etc., sat. 8-4/Sun. 9-2, 33-4 Jones St., CLNC. No earlybirds please. Yard Sale: Voit gravity rider, cell. phone, clothes, Sun. 8:30-2:30, 1308 Sofia Ct. Springdale Acres off Blue Creek School Rd. Go down Spring Villa to Springdale, stop

Go down Spring Villa to Springdale, stop sign turn left make first right.

Yard Sale: Sat. 8-12, baby items, stroller, treadmill, dishes, clothes, toys, books, etc., 108 Dayrell Dr., Hubert.

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Saturday, March 30 from 9:30 am - 1:00 pm

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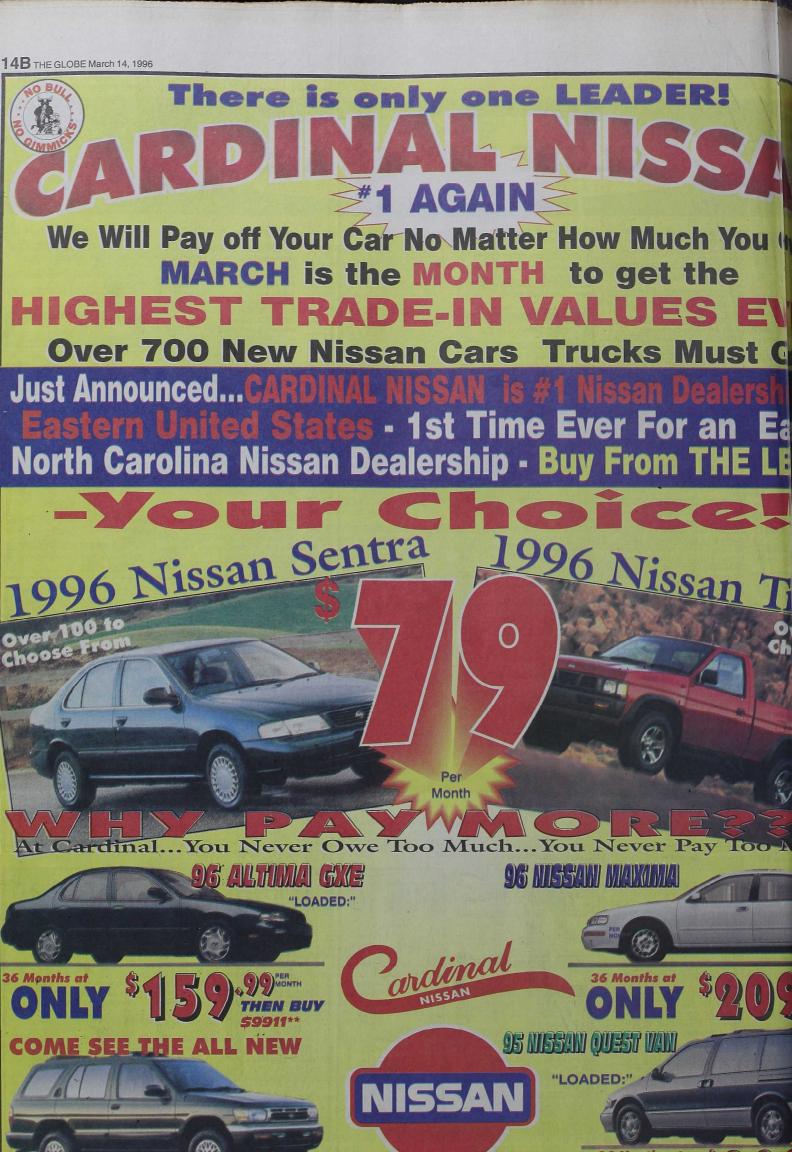
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95 Mitsubishi Edipse
95 Pontiac Grand Am SE
96 Ford probe
90 Honda Accord EX
91 Toyota Celica 95 Nissan Quest XE 93 Pontiac Grand Am SE 91 Mitsubishi Eclipse

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