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FOR

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Transforming basic Marines

School of Infantry trains basic Marines to be expert infantrymen. 8/9A

Art Sumter

ion at South Carolina fort sparked the beginning of the Civil War. 14A

July 7, 1995



Martial Artist

Kajukenbo enthusiast shares skills and knowledge of modern martial art. 1B

Youth baseball

Reds out-slug Pirates in heated season finale. 1B

Intramural Golf

HQSPT Bn. slaughters DAO, 11-1, in Blue League action. 1B

THE GLOBE

Camp Lejeune, N.C.

Briefly

Hog waste spill poses little threat

Onslow county Health Director Jacob stated that local Public Health officials, after having consulted with state health officials, have determined that the threat of disease transmission from recent hog waste spill is low. Officials are still, however, advising the public to avoid areas affected by the spill.

MSAA support group meets

The Multiple Sclerosis Association of America, South East Region's support group meeting is scheduled Thursday at Onslow Memorial Hospital in the Education Building conference room at 7 p.m.

The guest speaker will be a tritologist from the Onslow County Health Department.

This meeting will be very informative and all members, families and anyone interested are invited to attend and/or join the SAA.

For more information call Karen M. Plain at 353-8768.

Military Antique show slated

Arms and memorabilia from the Civil War through World War II will be exhibited July 15 through 16 in Wilmington at the Museum on the University of North Carolina at Wilmington.

A sneak preview is scheduled July 14.

For more information see Briefs, Page 2A.

Pre-Retirement Seminar scheduled

The Family Services Center is scheduled a Pre-Retirement Seminar to begin July 19 at 8 a.m. and continue through July 21.

Servicemembers within two years of retirement and their spouses are encouraged to attend.

For more information see Briefs, Page 2A.

Skills Assessment Workshop slated

A Skills Assessment Workshop is scheduled Friday from 1 to 4 p.m.

The workshop is designed to assist those who will be entering the civilian job market.

For more information see Briefs, Page 2A.

An inside look

Briefs	2A
Courts Martial	4A
Lyme Disease	6A
MDA Camp	7A
Engineer School	10A
Changes of Cmd	11A
ASP	14A
Tack Board	14A
From the Sidelines	1B
Beach Volleyball	2B
Softball Tourney	2B
Sports Shorts	3B
Traders	13B

Mundy pays final visit to Camp Lejeune

Cpl. Lance M. Bacon

Globe staff

General Carl E. Mundy Jr., Commandant of the Marine Corps, paid his final visit to Camp Lejeune last week before retiring June 30.

The 30th Commandant began the visit with an early morning haircut from Dan Willaford — the same barber who gave Gen. Mundy his first haircut upon entering the Fleet Marine Force 37 years ago.

"On the day I came down here as a second lieutenant in 1958, it was about 1700 and I thought I better get a haircut since I was reporting into the Division the next morning, so I got my first haircut from Dan," Gen. Mundy said. "About two years ago, Dan said it was about time to retire, so I light-heartedly told him 'you can't go until I go — I was counting on you to give me my last haircut while on active duty.' He took me to heart and stuck around, so Dan's going to retire me out of the Marine Corps with a Willaford Special."

General Mundy also visited the Marines of Camp Lejeune during breakfast at the 2d Marine Regiment mess hall.

"My first tour of duty was here with 2d Marines and when I left Camp Lejeune as a regimental commander

it was with 2d Marines, so this morning I went over and ate breakfast at the 2d Marines mess hall," he said.

Ending his final tour of Camp Lejeune, Gen. Mundy paid a visit to the Jacksonville United Services Organization to personally give thanks for all the USO had done for Marines in the past 54 years, and become a member of their fraternal "Dinosaur Regiment."

During the visit, he reflected on his 38-year career — in particular, the battles he and the Marine Corps have faced during his four years as Commandant.

"My thoughts on the Corps are very positive because I've never seen the Corps better than it is today," he said. "It's better than it was when I came in overall fitness — not just the physical fitness of the people, but the mental agility, the education level, the intellect, the determination, the dedication...all of those things. We were good when I came in, but the Corps just gets better and better."

But though the Corps continues to excel, it wasn't without hardship during Gen. Mundy's commandancy.

"I think legitimizing the size of the Marine Corps was the biggest challenge because the decision had already been made to take the Marine Corps down to a level that would have been dysfunctional," Gen. Mundy

said. "We would not have been able to execute the national military strategy for the Marine Corps with numbers that low.

"But, as is often the case, those who make the decision are not always aware of all the implications," he said. "It's very easy to say 'we'll just take 25 percent off the top,' so my main effort was to explain to people what the Marine Corps does. People always want to say 'it's another land army or another Air Force,' but it's not. (The Marine Corps) is a very unique instrument in this nation's arsenal. Once people understand that it costs less, in every measured sense, for a United States Marine (to perform) than any other part of the armed forces, and people see the utility of Marines in something like the Bosnia rescue of Capt. Scott O'Grady, the introduction into or the exit from Somalia, the Haiti operation or Desert Shield and Desert Storm, it comes to you that your first strength is the United States Marine Corps. The last outfit you want to take apart is your first team."

During a "Bottom's Up Review," held to determine the validity of initial downsizing requirements placed on each service, Gen. Mundy put forth his argument and was able to raise the allowable size of the Marine Corps from the targeted 159,000 to his



Cpl. Lance M. Bacon
Gen. Carl E. Mundy Jr., 30th Commandant of the Marine Corps, receives his honorary shirt from retired SgtMaj. Matt Hardiman, director, USO. The shirt identifies the general as a member of the "Fraternal Order of Retired Dinosaurs." General Mundy joined the retired Marine regiment two days after his visit to Camp Lejeune and the USO.

most 600 ships to 331.

Though his efforts have protected the Marine Corps' operational abilities, Gen. Mundy is quick to point out that it doesn't mean there are no issues to be faced by the next Commandant.

"All of us would like to leave a job and say 'OK, everything is done and

See MUNDY/14A

UNITAS departs

Cpl. Jason C. Huffine

Globe Staff

United American States (UNITAS) forces left Continental United States recently to perform a routine six-month deployment to West Africa and South America.

The Marine Air Ground Task Force (MAGTF) falls under Task Force 138, whose primary mission is to provide simple public relations with outside military forces displaying openly the American flag and the Marine Corps, according to Maj. Clete R. Davis, commanding officer, UNITAS Forces.

"I want troops to show outside military forces what today's Marine Corps is capable of," Davis said. "At the same time though, show these same forces and their countries the camaraderie and respect we have within Marine Corps ranks."

See UNITAS/14A

UNITAS is smaller than units that most people associate a six-month deployment with. The Marine Expeditionary Unit (MEU) is huge compared to UNITAS' two rifle platoons, one weapons platoon, an Amphibious Assault Vehicle Detachment and a Air Naval Gunfire Liaison Company Detachment, Davis said.

"We are not a MEU, I hope everyone understands that," he said. "But UNITAS is capable of handling any contingency that may come up in our general area."

The training cycle has been non-stop for the UNITAS volunteer Marines and Sailors since chopping over, according to 1st Lt. Chris Terashima, operations officer.

"Like a MEU, UNITAS performed Type Commanders Amphibious Training and phase-level training at



Fix bayonets

Marines from Co. A, SOI, attack the bayonet assault course. The course is one of hundreds of tools used to transform a basic Marine into an infantryman. During their 43 training days, the students will endure intense training in weaponry, offensive and defensive tactics, communications, camouflage and concealment and combat in a variety of environments. (See story, photos Pages 8/9A.)

Seabees dress up quarters

Seabee detachments complete six-month renovation of open-bay barracks aboard Camp Geiger

LCpl. Scott J. Metzner

Globe staff

The Seabees of Naval Mobile Construction Battalion-23 completed a six-month renovation of two School of Infantry barracks aboard Camp Geiger June 29.

The project came to an end after 12 Seabee reservist detachments from Pennsylvania, Ohio, Maryland and Virginia each spent two weeks working on the barracks, said Senior Chief Petty Officer Kenneth J. Kubilus, on site project manager.

"It's been a great experience work-

ing with the Marine Corps on this project," he said. "This is my last year with the Seabees, and I've always wanted to manage a project like this."

This isn't the first project the Seabees have completed for the Marines of Camp Geiger. For the past two years, they have renovated two barracks per year, according to Col. Howard Lovingood, commanding officer, SOI.

"The Seabees have made tremendous contributions to helping us meet our mission with these projects," he said. "They were out there working in the cold winter months through the spring rain, right up to the summer heat. They are a group of very skilled and dedicated workers."

Both of the barracks are 4,200 square feet and divided into 18 rooms: 16 one-man rooms, a laundry room and mechanical room. They were

renovated from open-bay style barracks that had been closed for one year.

"They took those old, run down barracks that looked like pillboxes shot up by rocket-propelled grenades and turned them into beautiful basic enlisted quarters," said Lovingood.

The newly renovated barracks will serve as homes for SOI instructors.

"Our instructors put in long hours in the field," Lovingood said. "They deserve to have the quality living quarters the Seabees have built."

Working as a team with the Marine Corps paying for materials and the Seabees providing the skilled labor, SOI instructors not only have a new home, but the Marine Corps saved quite a bit of money, said Kubilus.

"This project saved more than \$500,000," he said. "The only work

See BARRACKS/14A



Cpl. Jason C. Huffine
A UNITAS Marine requests permission from the petty officer of the deck to embark aboard USS Ashland.

The Chatter Box

"What kind of items would you like to see offered in base vending machines?"



Cpl. Jesse Guajardo
HQ Bn., 2d MarDiv

"I don't really use them too often, but I think they are fine as they are. If you're in a hurry, they offer a good selection."



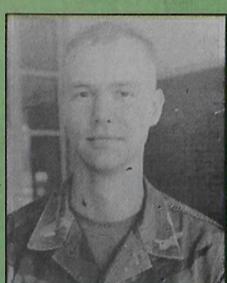
"Sandwiches. Some Marines work through chow, and a sandwich machine would enable them to make it until they can eat later."

Sgt. Richard L. Hunt
2d Bn., 6th Marines



PFC Daryll R. Smith
MCSSS

"Less junk food. A healthy selection of fruits and salads would be better for the Marines who are health conscious."



1st Lt. Vincent H. Fontenot
1st Bn., 8th Marines



LCpl. Jeremy Copas
3d Bn., 6th Marines

"Sandwiches, salads and fruits. We should also have coffee machines that offer hot drinks and soups for the cold weather."

The Globe

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ITT offers Marines a chance to get away

ITT has organized trips each month for interested Marines. Costs usually cover round trip transportation, lodging and scheduled events.

A historic sightseeing tour is scheduled for September 1-4 to Savannah, Ga. In addition to sightseeing, the trip includes a trolley car ride, riverboat dining cruise with live entertainment and much more.

The cost is \$225. Reservations are due by August 1.

Transportation to Myrtle Beach, S.C. is scheduled July 29 for some summer fun at the beach. Cost is \$8.

Another trip is scheduled to Busch Gardens in Williamsburg, Va., on August 5-6. The cost of \$125 per person includes transportation, lodging, tickets and catered meals.

Trips are also available to NASCAR races in September and October.

For more information, call ITT at 451-3535 or stop by their office in the strip mall under the Travel sign.

Chaplain's Office to sponsor Christian Science

Beginning July 30 at 7:30 p.m., the Marine Corps Base Chaplain's Office will begin sponsoring Christian Science worship services at the Tarawa Terrace Chapel.

These meetings will be held on the last Sunday of each month unless otherwise posted. Plan now to attend this first in a series of Christian Science services led by Everett H. Sharp, Jacksonville Christian Science minister. The topic for the evening service will be "Love."

Admin instructors needed

Administration instructors are needed at the Personnel Administration School, Camp Johnson. To qualify for assignment, Marines must be a staff sergeant or staff sergeant (select), highly motivated with a good service record, have a primary military occupational specialty of 0193; reporting unit level experience and a minimum of two years at present assignment.

For more information, call 451-0901/0913.

USMC/Vietnam helicopter pilots and crew reunion

The 5th bi-annual reunion of the USMC/Vietnam Helicopter Pilots and Aircrew Association is scheduled for the summer of 1996 at Baily's Hotel and Casino in Las Vegas.

The last reunion was held in Pensacola, Fla., in September of 1994 and was attended by over 1000 people.

For more information on the reunion and/or membership, contact: J.D. Barber, 72 Lorraine Street, Weymouth, Mass., 02189, (617) 337-2633.

Chaplains sponsor personal growth retreat

The chaplains of Marine Corps Base recently sponsored a CREDO 72-hour personal growth retreat.

Numerous personnel and family members had a wonderful weekend.

One of the retreat's benefits is the gathering together of those who have had this experience for continued growth and encouragement.

Anyone who has ever attended a CREDO personal growth retreat is invited to meet with others who have had the experience.

The meeting is planned for July 11 at 7 p.m. in the annex building behind the Protestant Chapel.

For more information about CREDO, call the MCB Chaplain's Office at 451-3210 or Chaplain Arnold at the Naval Hospital at 451-4070.

Skills Assessment Workshop slated

A Skills Assessment Workshop will be held Friday, July 10, 1:00-4:00 p.m. in the Family Service Center, Building 14.

The workshop will cover identifying personal skills, determining skills required by an employer and using identified skills in job applications and interviews.

To register for the workshop, call the FSC at 451-5927, ext. 100/101. Child care will be provided by calling the Child Development Center at 451-2874.

Family Child Care orientation to be held

Residents in base housing who want to offer child care services in their quarters must first be certified by the Commanding General as an authorized Family Child Care provider.

To learn more about this program, plan to attend the next orientation on July 7 from 9:30-11:30 a.m. in Building 302. For more information, call 451-2162.

Bride's School planned

The Bride's School is scheduled for July 17-19 from 8:00 a.m.-4:30 p.m. at the Family Service Center, Building 14. Topics to be covered include: medical benefits/facilities, Disbursing, Family Housing, Education, Employment and many more. On the third day of the class, there will be a tour of the base and an opportunity to attend a Capabilities Exercise (CAPEX).

Child care is provided for children of spouses during the school. Reservations are required by calling 451-2874 in advance. Reservations for the class can be made by calling 451-5340, ext. 100/101.

MWR Events

Beach concert series set

The Concert series is held at the Onslow Beach Enlisted Pavilion.

This free concert series takes place every Saturday through Labor Day from 2 to 5 p.m. Prior to the concert, be sure to show your beach volleyball skills in the weekly summer 2-person beach volleyball tournament next to the Enlisted Pavilion at Onslow Beach.

Register from 8:45 until 9:30 a.m. next to the Enlisted Pavilion for \$5 per person. Please call 451-1879 for more details.

Three nights of live music at 'August Heat'

MWR, in conjunction with Marlboro Music, is presenting three live concerts August 18-20 at W.P.T. Hill Field.

Enjoy Rock 'n Rock August 18, as Ann Wilson of Heart and George Thorogood and the Destroyers take

Briefs

Risk for disease small after hog waste spill

Onslow County Health Director, Danny Jacob, recently stated that local Public Health officials have consulted with state health officials in regard to any potential threat to public health the agriculture waste spill might cause.

Although there is potential for disease transmission through contact with the waste, the risk is small. Due to the probable increase in bacteria counts in the river, the Health Department is still advising the public to avoid areas affected by the spill.

Swimming, skiing and other unnecessary contact with the water from Northeast Creek upstream in the New River is still discouraged.

The Health Department will continue to work with the Division of Environmental Management and other agencies to monitor the situation. Further advisories will be issued as necessary.

For more information, contact Cameron Lanier, environmental health director, at 938-5851.

the stage. August 19, it's Rhythm and Blues. The O'Jays, The Isley Brothers and Brownstone Night is August 20 and features Clay Walker and special guests Martina McBride and Chely Wright.

The concerts are free to active duty and their dependents. All others may purchase a ticket at the gate each evening.

Gates open at 6 p.m. on August 18, 19 and 20. No coolers, glass or metal containers please.

Concert in the park series started

The annual Concert in the Park Series has started. The show takes place from 5 to 7 p.m. in a natural setting this year - on the waterfront at Marston Shows will take place the last Sunday in July.

The concerts are free.

For more information please call 451-3535. *W.P.T. Hill* and your E-mail for further details on other upcoming events sponsored by MWR.

Hospital Business Office Director, Resource S.C.

Regional Vice President, J.C. Morgan and Associates, Dallas, Texas

Senior Personnel Specialist, Washington Metropolitan Authority, Washington, D.C.

Jr. Level Network Administrator, U.S. Government Field Office, Federal Building, New York, N.Y.

Manager of Installation Center, Circuit City Inc., Baltimore, Md.

Don't lose money on PCS moves

Marines are losing many dollars owed them for damage to their household goods, during a PCS because they fail to complete and file the proper within 70 days from delivery.

Regulations implementing the Military Personnel Civilian Employees' Claims Act require that all loss and damage must be reported on the DD Form 1840R and filed with the claims office within 70 days from the date of delivery to the carrier.

This starts a search by the movers for any missing items listed. Any loss or damage discovered after delivery must be reported on the DD Form 1840R and given to the claims office within 70 days from the date of delivery to the carrier.

Failure to comply with this requirement prevents the Government from recovering the loss from the carrier. The lost potential carrier recovery must be deducted from the adjudicated value of the claim.

For more information call 451-2647.

NAVY-MARINE CORPS RELIEF SOCIETY

Did you know that....

THRIFT SHOPS can help stretch your budget when you need to buy household items at a fraction of their original cost. These shops are particularly well stocked with children's clothing-sweaters, winter jackets, shoes, etc. You might find bargains on pots and pans, books, furniture, uniform items, and lots more. Thrift shops are especially good for saving you money on expensive items you use often such as sports and camping equipment, tap shoes, or musical instruments. Before spending your hard-earned money on new white elephants, check out the savings available at thrift shops in your neighborhood.

NMCRS: A Helping Hand

Key Volunteer Training scheduled

July

11	Introduction	6 to 8 p.m.
13	Resource I	6 to 9 p.m.
18	Resource II	6 to 9 p.m.
25	Communication	6 to 8 p.m.

August

1	Introduction	9 to 11 a.m.
8	Resource I	9 a.m. to noon
15	Resource II	9 a.m. to noon
22	Coordinator	6 to 9 p.m.
29	Communication	9 to 11 a.m.

September

5	Introduction	6 to 8 p.m.
12	Resource I	6 to 9 p.m.
19	Resource II	6 to 9 p.m.
26	Communication	6 to 8 p.m.

Pre-retirement Seminar set for July

The Family Service Center is conducting a Pre-Retirement Seminar which begins at 8:00 a.m. on July 19 at Marston Pavilion and continues through July 21. Service members within two years of retirement and their spouses are highly encouraged to attend. Civilian attire is recommended for this event. All aspects of retirement preparation and post retirement changes are presented.

To register for the seminar, please call the Family Service Center at 451-5927/5340, ext. 100/101. Child care will be provided by calling the Hadnot Point Child Development Center at 451-2874.

EFMP Support Group set

The Exceptional Family Member Program Support Group will meet July 20 at 6:30 p.m. in the Family Service Center Classroom, Building 14.

Dr. Yerkes will be discussing "Getting What You Want From the Doctor." All parents with exceptional family members are encouraged to attend.

Child care is provided by Family Services and reservations may be made by calling 451-2874.

Captain's corner: Rain, suffice

There's hope

in Andrew D. Nelko's Office

about picking up a newspaper

about hardships and tragedies

about making sense

about murder and violence

about the scourge of AIDS

about the commonplace

about the love of God

about the nature of God

about the suffering of God

about the love of God

about the suffering of God

about the love of God

about the suffering of God

about the love of God

about the suffering of God

NAVY PAGE

Love, a powerful force in our lives

Everett H. Sharp
Christian Science Minister

What a powerful force Love is! It commands peace and harmony; it wipes out discord and strife. Notice that the "L" in Love is capitalized, to give emphasis to its true spiritual nature.

In Christian Science we understand God to be Love, Mind, Soul, Principle, Life, Truth, Spirit. These synonyms of God are interchangeable. You can see that Love is directed by Mind, intelligence and enhanced by Spirit. Certainly, Love can only be part of Truth's expression and find its basis in Principle. Love is expressed in the beauty of Soul and lives in Life.

God being All-in-all, we take Him with us every day and in every way. Whether we are traveling at thousands of miles an hour in our jet, or sitting behind a desk, God's power is with us. We can see His expression in our mind's eye in the order and beauty, the peace and freedom, that are a part of our experience.

In many instances our extremity is God's opportunity. Think of the people in Oklahoma City who lost family, friends, etc. The outpouring of love came from all over the world to comfort them.

him, bound up his wounds, cleaning them with oil and wine, and setting him on his beast, brought him to an inn to take care of him. The next day the Samaritan paid the innkeeper to take care of the wounded man, and if there were more costs, the Samaritan would pay even the costs on his return. (Luke 10:31-35).

Today there is much evidence of the good and caring of mankind (their expression of love).

At least a passerby in the above situation would place a call for help and feel quite confident that professional care would be forthcoming.

Jesus said: "Greater love hath no man than this, that a man lay down his life for his friends" (John 15:13). When we look at the men and women in the armed services of their country, especially here at Camp Lejeune, we begin to recognize the real nature of man, man created in the image and likeness of God. These men and women are honored, as they should be, for if they are called, they respond without any reservation. Remember, "Greater love hath no man than this, that a man lay down his life for his friends."

Plain's corner:
rain, suffering
here's hope for the believer

By Lt. Andrew D. Nelko

It's unusual to pick up a newspaper and about hardships and tragedies not seem to make much sense. Sickness, murder and violence, natural disasters, and the scourge of AIDS are commonplace. Each story seems

to tell of the loving, caring God we much about. At some point, many may even begin to ask the question: "Is God harsh and undemocratic, pain, agony and frustration man beings and then asks them to go through their tears and murmur, will be done?"

Sometimes, it seems as if suffering and engulf us. Suffering is one of the hard facts each of us has to fit into his philosophy of life.

atheist who denies God's existence plain that evil is both natural and infinite. Both a polytheist and a dualist can at there are opposing gods, good and the world will either suffer or be blessed

ing on who has the upper hand. However, the committed believer has a different viewpoint, perhaps the most difficult to explain. He says that there is one God that is good. But then, if so, how can the existence of evil be explained?

have good reason to believe God is and the author of all that is good - if we object ourselves far enough away to a problem in perspective. Many inquire how there can be

lasting goodness when so much evil abounds in the world, there is hardly one who asks how there can be lasting evil where there is so much good. Most of us take for granted goodness and health, the unchanging laws of life, and the unceasing cycles of nature. Evil stands out because it is the exception, not the rule.

We don't know a millionth part of God's work in nature, so why should we expect to understand a greater proportion of His dealings in Providence?

We should not be quick to judge the author by what we read in the first chapter of his book. A book ought to be judged as a whole. Nor should we be any more hasty in accusing God of causing pain and suffering. In fact, we can trust Him to do what no mere human ever could. We can trust Him to take the most unpromising situation, the one designed by Satan to turn us from God and destroy us, and make it work out for our good.

Paul in his letter to the Romans says, "We know that all things work together for good..." Of course, that unfinished statement is patently untrue. For many people, everything put together often works out poorly, or worse. There is no guarantee that everyone's affairs will ever fit together in any meaningful pattern. But Paul makes the statement true by adding "to them that love God." For the committed believer who responds to God's presence in life it is reality. If you commit your life into God's hands, by the time trouble reaches you, God will already have a counter plan for you.

Be sure to watch the Military report, Wednesdays on Channel 12 at noon and 5 p.m. The news report follows the Family Health Watch segment.

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Marine Corps boasts illustrious history

Glenn Pappas
Base library

The United States Marine Corps can trace its illustrious history back to 1775 when the Continental Congress decreed "two battalions of Marines be raised." Tales of Tun Tavern and the New Providence Raid are passed on to each new generation of Marines at Parris Island and San Diego. Beyond the glamorization and hype attached to all military unit histories, what was the Continental Marine Corps like and what was its significance?

Among the ranks of the newly formed Marines only a few were native-born Americans. In fact, during some operations entire attachments of Marines were enlisted from European nations. The men (and maybe a woman or two) who made up the Continental Corps were advanced one month's pay (\$6.66 for a Private) upon enlistment. Recruiting was usually conducted in taverns, hence the famous Tun Tavern: "the first Marine Corps recruiting office." "Recruiting officers" were provided money and sent out looking for volunteers. Since life was considerably more difficult at sea than ashore, and Marines/Sailors were paid the same as soldiers, procurement of the best recruits was not always possible. Enlistments usually ran for a year, at

which time the Marine normally departed service. Major Samuel Nicholas, the senior Marine Corps officer or Commandant of the Marine Corps, departed service several times during the war.

Patterned after their counterpart in England, the Royal Marines, the Continental Marines were tasked in combat aboard ship to act as snipers to pick off enemy officers and gun crews, to defend against boarding parties and to fill in as replacements for gun crew casualties. Also, Marines were to accompany landing parties ashore. When not in combat, Marines were to enforce ship's rules and, more importantly, protect the ship's officers in times of mutiny. During the American Revolution however, sea pay was the share of the bounty received from captured vessels.

The center of Marine Corps activity was Philadelphia. Major Nicholas's control over anything he could not see was minimal. With logistics and communication poor at best and the nation's strategy of commerce raiding, Marines had few chances for major engagements with the British. As the assets of the Continental Navy slowly dwindled, so did the Marine Corps. By 1783, the Navy had but two frigates and enough crew to man only one of them. With the discharge of Lieutenant Thomas Elwood in September of 1783, the

Marine Corps ceased to exist.

Restricted as it was, the Continental Marine Corps contributed its share to the cause of independence. Marines were involved in every major naval engagement and of the estimated 2,231 enlisted and officers serving in the Marine Corps, approximately 49 were killed in action with another 70 wounded. Marines protecting naval ships and providing infantry expertise proved that there was a niche for "Soldiers of the Sea." If nothing else, the Continental Marines began the glorious tradition of the most elite fighting force in the world.

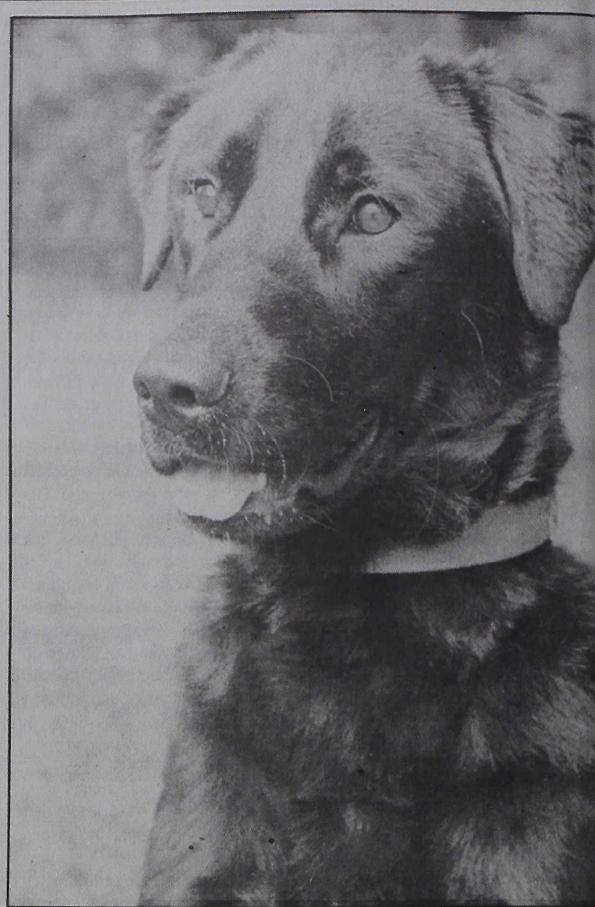
UPCOMING PROGRAMS:

Library storytimes are held every Thursday at 9:30 a.m. (2-3 years old) and 10:30 a.m. (4-6 years old).

The Summer Reading Program will continue during the summer each Tuesday at 11 a.m. for children in grades K-3 and Wednesday at 11 a.m. for children in grades 4-8.

A Summer Reading Program "Nature Tales and Trails" Movie will be presented from 10-11 a.m. in the Library Conference Room each Friday during July.

The July PME seminar will be held the 25th at 6 p.m. in the Historical Reading Room. Glenn Pappas will lead a discussion of the "Marines in the Philippine Insurrection."



Lcpl. G.C. G.

Pet of the week

Ruff is a 1-and-a-half-year-old, male lab-mix. He's mild tempered. Bring a pound bag of dog or cat food or a 25-pound bag of cat litter to adopt a pet at the Base Animal Shelter. For more information, call 451-2695.

BASE LIBRARY HOURS

Mon - Thu 9 a.m. - 10 p.m.
Fri 9 a.m. - 4:30 p.m.
Sat, Sun & Hol 10 a.m. - 10 p.m.

CAMP JOHNSON BRANCH

Mon - Thu 10 a.m. - 9 p.m.
Fri & Sat 2 p.m. - 7 p.m.
Sun & Hol 2 p.m. - 9 p.m.

Courts-martial results for the period ending June 27

The Legal Services Support Section conducted the following courts-martial for the period ending June 27:

Cpl. Troy H. Cooke, 2d Marines, 2d MarDiv, was convicted at a general court-martial of a violation of Article 81 (conspiracy to commit larceny), two violations of Article 109 (wrongful damage of a vehicle) and three violations of Article 121 (larceny). He was sentenced to a Bad Conduct Discharge, 120 days confinement, forfeiture of \$568 pay per month for four months and reduction to E-1.

Cpl. Justin R. Harris, 8th Engineer Support Battalion, was convicted at a special court-martial of two violations of Article 112a (wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, 100 days confinement, forfeiture of \$568 pay per month for a period of four months and reduction to E-1.

Cpl. Jason A. Howard, 3d Bn, 6th Marines, was convicted at a special court-martial of four violations of Article 86 (unauthorized absence), one violation of Article 112a (wrongful use of marijuana), violation of Article 123 (writing a bad check) and a violation of Article 134 (drunk and disorderly conduct). He was sentenced to a Bad Conduct Discharge, 120 days confinement, forfeiture of \$568 pay per month for four months and reduction to E-1.

Cpt. Christopher A. Lent, 8th Engineer Support Battalion, was convicted at a special court-martial of a violation of Article 86 (unauthorized absence). He was sentenced to a Bad Conduct Discharge, 75 days confinement and forfeiture of \$500 pay per month for a period of two months.

DRUG HOTLINE

451-8355

Naval Criminal Investigative Service

TWO THUMBS UP

BASE THEATER

Today	7 p.m.	While You Were Sleeping	PG	Comedy
		Kiss of Death	R	Action
Saturday	7 p.m.	While You Were Sleeping	PG	Comedy
	9:30 p.m.	Kiss of Death	R	Action
Sunday	7:30 p.m.	The Flintstones	PG	Comedy
Monday	7:30 p.m.	Heaven and Earth	R	Drama
Tuesday	7:30 p.m.	Wolf	R	Drama
Wednesday	7:30 p.m.	Crimson Tide	R	Action

COURTHOUSE BAY

Today	7 p.m.	Heaven and Earth	R	Drama
Saturday	7 p.m.	The Mask	PG	Comedy
Sunday	7 p.m.	Speed	R	Action
Monday	7 p.m.	While You Were Sleeping	PG	Comedy
Tuesday	7 p.m.	Man's Best Friend	R	Horror

CAMP JOHNSON

Sunday	7 p.m.	While You Were Sleeping	PG	Comedy
Monday	7 p.m.	Wolf	R	Drama
Tuesday	7 p.m.	The Mask	PG	Comedy
Wednesday	7 p.m.	French Kiss	PG13	Comedy

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MOVIE SYNOPSIS

While You Were Sleeping

PG/Comedy

Stars: Sandra Bullock, Bill Pullman
A young Chicago train worker named Lucy escapes her lonely existence when she rescues Peter, a handsome commuter she has admired from afar, from the path of a speeding subway train. While Peter languishes in a coma, his concerned family mistakes Lucy for his fiancee.

Kiss of Death

R/Action

Stars: David Caruso, Nicholas Cage, Jimmy Kilmartin is a man trapped between the forces of law and the criminal underworld. He is caught in a web of double crosses.

WEEKLY TIDAL FORECAST FOR AREA INLETS

• Add one hour to times for correct standard time.

TODAY
New River Inlet: High tides 2:06 a.m. [2.70] 2:48 p.m. [3.21]
Low tides 8:12 a.m. [-01] 9:06 p.m. [0.18]
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.

SATURDAY
New River Inlet: High tides 3:12 a.m. [2.74] 3:54 p.m. [3.36]
Low tides 9:12 a.m. [-08] 10:12 p.m. [0.05]

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.

SUNDAY
New River Inlet: High tides 4:18 a.m. [2.84] 4:54 p.m. [3.45]
Low tides 10:18 a.m. [-17] 11:12 p.m. [-09]

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.

MONDAY
New River Inlet: High tides 5:18 a.m. [2.97] 5:54 p.m. [3.65]
Low tides 11:18 a.m. [-27]
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: High tides 6:18 a.m. [3.11] 6:48 p.m. [3.75]
Low tides 12:12 a.m. [-23] 12:18 p.m. [-35]
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.

WEDNESDAY
New River Inlet: High tides 7:18 a.m. [3.25] 1:12 p.m. [-37]
Low tides 1:06 a.m. [-33] 7:42 p.m. [3.79]

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.

THURSDAY
New River Inlet: High tides 8:12 a.m. [3.35] 8:36 p.m. [3.76]
Low tides 2:00 a.m. [-37] 2:06 p.m. [3.33]

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.

FRIDAY
New River Inlet: High tides 9:12 a.m. [3.45] 9:36 p.m. [3.84]
Low tides 3:00 a.m. [-37] 3:06 p.m. [3.84]

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.

SATURDAY
New River Inlet: High tides 10:12 a.m. [3.55] 10:36 p.m. [3.93]
Low tides 4:00 a.m. [-37] 4:06 p.m. [3.93]

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.

SUNDAY
New River Inlet: High tides 11:12 a.m. [3.65] 11:36 p.m. [4.02]
Low tides 5:00 a.m. [-37] 5:06 p.m. [4.02]

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.

MONDAY
New River Inlet: High tides 12:12 a.m. [3.75] 12:36 p.m. [4.11]
Low tides 6:00 a.m. [-37] 6:06 p.m. [4.11]

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: High tides 1:12 a.m. [3.85] 1:36 p.m. [4.20]
Low tides 7:00 a.m. [-37] 7:06 p.m. [4.20]

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.

WEDNESDAY
New River Inlet: High tides 2:12 a.m. [3.95] 2:36 p.m. [4.29]
Low tides 8:00 a.m. [-37] 8:06 p.m. [4.29]

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.

THURSDAY
New River Inlet: High tides 3:12 a.m. [4.05] 3:36 p.m. [4.38]
Low tides 9:00 a.m. [-37] 9:06 p.m. [4.38]

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 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.

FRIDAY
New River Inlet: High tides 4:12 a.m. [4.15] 4:36 p.m. [4.47]
Low tides 10:00 a.m. [-37] 10:06 p.m. [4.47]

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.

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In this weeks Globe, July 7, 1995 - Marine Corps Exchange "Summer's Heating Up" flyers were inserted. On page 5 at the bottom of the page, we inadvertently placed a photo on top of the price of the Regal Duncan Hines. Below is the correct information.

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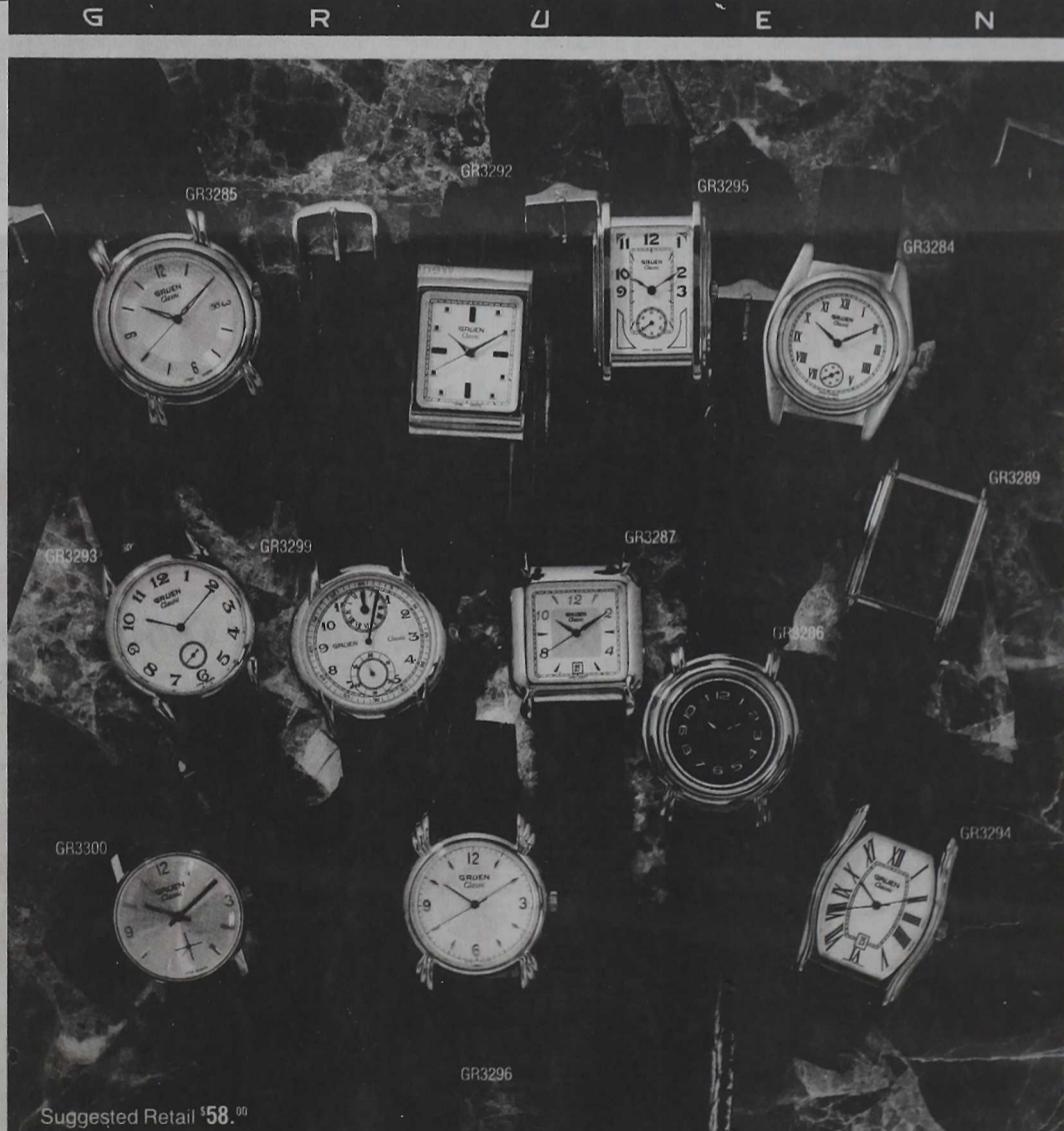
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It is as absurd to pretend that one cannot love the same woman always, as to pretend that a good artist needs several violins to execute a piece of music.

—Honore de Balzac

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Lejeune volunteers make DA camp a special time

By Scott J. Metzner

Muscular Dystrophy Association of Eastern North Carolina sponsors a week-long summer camp every year for children between the ages of 6 and 21 with neuromuscular diseases. This year's camp was held recently at Camp Lejeune in Chapel Hill, N.C.

Lejeune Marines and Sailors have provided a volunteer to serve as an attendant at the camp for 11 years, according to Emily Houser, MDA camp director.

Volunteers from Camp Lejeune are extraordinary. "They work so hard to make the camp a good experience for these kids."

As to the nature of the camp, MDA strives to ensure that each camper has their own attendant, Houser explained.



Cpl. Michael S. Maki, left, CSSD-23, and Sgt. Gerber Stevens, 8th Comm. Bn. hold an oversized slingshot, as a camper pulls it back to fire a water balloon.

MDA provides a mandatory orientation and training on the first day for all volunteers, said Houser. A medical staff is also on hand at all times to ensure proper medical care, she added.

During the first couple days of camp, counselors are faced with the challenge of getting the campers to come out of their shells," according to Sgt. Gerber Stevens, a local satellite repair technician, Service Co., 8th Comm. 2d FSSG.

"I've volunteered for this camp for five years now, and every year you have to gain the campers' trust," he said. "Other than this camp, most of these kids are cared for by their parents. They're not used to strange people

being around, much less relying on a stranger to care for all of their needs. It takes a lot of acting silly like a kid to show them you're a person just like they are and that you really do care."

Many organized events are held throughout the week to bring out the spirit of competitiveness among the campers.

"We break the campers into groups for most of the activities," Stevens said. "Competition makes them look to each other and their counselors for support. Team work is emphasized throughout their week here."

In addition to organized athletics, campers are given responsibilities such as daily clean-ups and duties.

"The campers have jobs that they get paid 'camp money' for doing," said Stevens. "It not only gives them a sense of accomplishment, but it also adds a unique twist to the camp. We gave them jobs as camp policemen, firemen and lawyers. They were able to spend the money they earned at the

Casino Night we had. Then we had 'thieves' rob the bank. The following night we had a mock trial to try and find the guilty party. It was a lot of fun."

Other events during the camp included a Kureoke Night, an auction where, again, earned money could be used, archery, firing BB guns and arts and crafts.

"These kids like to do the exact same things that you or I would like to do," Stevens said. "A lot

of people think they're different because of a wheel chair, but they're not. They just want to have fun."

Both the counselors and campers had a great time throughout their week together at camp, said Cpl. Michael S. Maki, CSSD-23, 2d FSSG, MCAS Beaufort, S.C. However, the counselors left camp with another warm feeling inside—a rewarding feeling.

"A lot of these kids are really limited as to what they can do actively," he said. "Being there for them, and seeing the smiles on their faces is so great. This camp means so much to them. It gives them a chance to interact with other kids and have a lot of fun. I really enjoyed it, and I'll definitely be back next year."

Superintendent returns to improve Lejeune District

By Cpl. Jason C. Huffine

Globe staff

Dr. James Pirkle, superintendent of Camp Lejeune Dependent Schools, recently returned to the classroom to expand his leadership and managerial skills through the Superintendent's Executive Program at the University of North Carolina at Chapel Hill.

The program is North Carolina-wide and gives representatives from throughout the state an opportunity to see what other school districts are offering in their emphasis on education.

There were schools from large cities represented, small cities and of course federal, which Camp Lejeune falls under, said Pirkle.

"I was among 30 participants selected to attend the UNC-CH program for superintendents and assistant and associate superintendents," Pirkle said.

"The high-intensity and rigorous 24-day program, designed to make educators more effective school system leaders, was a real challenge, one of those professional staff development opportunities that improves one's individual skills."

The course required participants to complete 160 hours of classroom work over its seven month duration, continued Pirkle. "There were many areas of studies that participants had to take part in," he said.

"Law, curriculum, personal management and communications were just a few tasks for development."

There were other tasks assigned by the program's faculty members, besides the basic areas of study, added Pirkle.

"The participants had to discuss and study 10 books, read approximately 70 articles, evaluate seven or more case studies and had over 40 home

work assignments," Pirkle said.

Also, there was a paper written by each participant discussing educational philosophy and long-term goals to improve one's aspect of their school district, said Pirkle.

When addressing the subject of educational philosophy, it must be compared with a collection of marbles, according to Pirkle.

"A collection of marbles can be broken down to individuals, each representing a different color or in this case situation: the best school facilities, the best teachers, the best materials, the best administrators, the best school lunch program and the best of all components," Pirkle said.

"When put together into a collection, each marble contributes toward the education of the whole child, the ultimate goal," he said.

Planning is one aspect that needs to be addressed for improvement in Camp Lejeune's schools, Pirkle added.

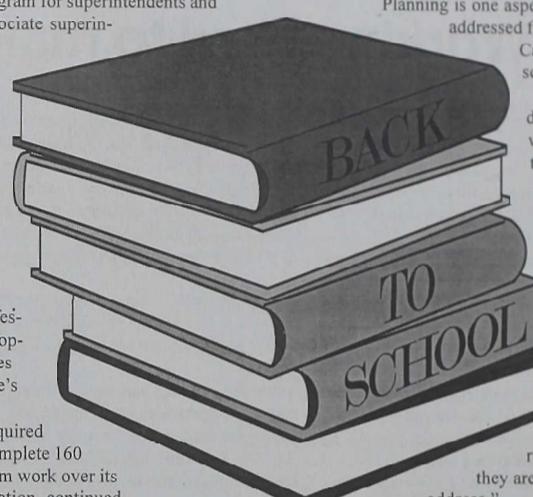
"I would like to develop a system wide, strategic plan that meets the needs of our Camp Lejeune community and students," he said.

"The system would have to embrace the national educational goals, one of the Department of Defense's responsibilities that they are required to address."

The opportunity for someone to participate in the program has given our community's schools the information needed to remain an up to date school, Pirkle said.

"In the entire arena of being a superintendent of schools, it helps remind an individual of the students' needs," he said.

"The opportunity I was given has not been forgotten, and hopefully my accomplishments can produce a positive outcome on Camp Lejeune Schools and students," he concluded.



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School of Infantry students clear and enter a building during Military Operations in Urban Terrain training at Camp Devil Dog.

Cpl. Lance M. Bacon

SOI: Working hard to make infantrymen for tomorrow

Cpl. Lance M. Bacon

Globe staff

A tour of duty on the drill field or with a Marine Expeditionary Unit is commonly synonymous with stress, grueling hours and a high operational tempo.

At Camp Geiger there is a group who, unknown to many, regularly combine the stress and hours of the drill field with the operational tempo of a MEU — the School of Infantry's squad leaders/instructors.

Though these Marines don't deploy as a MEU does, they spend countless hours taking basic Marines recently out of boot camp and molding them into infantrymen ready for service in a Fleet Marine Force unit.

"Every Marine may be a rifleman, but not every Marine is an 0311," said Sgt. William Bodette, Company C, SOI. "Not every Marine is an infantryman — I know, because I make them."

But creating tomorrow's warriors doesn't come without a price to the squad leaders/instructors. They have 44 training days to transform the Marines into infantrymen, only to pick up a new class days after a company's graduation.

And with each company comes countless hours of field exercises, weaponry training, tactical instruction and miles of humping and patrolling.

"You get used to the physical aspects, but the lack of sleep is something you never get used to," said Sgt. Dave E. Gustavson, an 0351 instructor with Co. C, SOI. "We put in about 70 hours a week. I've put in as much as 130 hours in a week. The stress level is higher here than anywhere."

"This week I've averaged about three hours of sleep a night," Bodette added. "Sometimes it's more, sometimes it's less, but the job has to be done. In a short time these Marines could be on a helicopter headed for a hot landing zone, so we have to ensure they receive the best training possible."

But providing that level of training isn't for everyone, Bodette warned.

"If you're looking to be a tough guy and head home early, this is not the place to come," he said. "If you don't want to hang and bang in the bush, don't come over here. You'll have a lot of problems, and the squad leaders will have a lot of problems with you. The best sergeants I've seen in my life work out here, and

we take a lot of pride in being 0311s and making 0311s. We're out getting soaked and sleeping in the field four and five nights a week. We're not teaching them to drill or how to wear their uniforms; we're teaching them how to go into combat. There's no job with a greater responsibility, and it is our obligation to give 100 percent to meet that responsibility."

Unfortunately, meeting that responsibility has a price beyond the physical demands for many of the squad leaders, according to Bodette.

"Some families can handle it, but many can't," Bodette said. "Fortunately, my wife has found ways to handle it and be supportive. She's comfortable knowing that I'll not have the long deployments I had in the fleet, and she's happy seeing me enjoy my job, but it still has its difficulties. She asked me if I had grown a mustache when we talked on the phone the other day. That's how little I've seen her."

In addition to the stress on the family life, many instructors wish they could add more to the training, according to Bodette.

"I'd like to be able to train them in certain ways I was trained," Bodette said. "They receive more technical training than I did coming through SOI, there's no doubt about it, but the level of stress they face is far shorter. They need to know how to react in a stressful environment. That doesn't mean it needs to be a dangerous or abusive environment, but they're not going to work at Bob's Big Boy when they leave here. They'll be going across the river to a unit who may be deployed and throwing rounds down range in the future, and these Marines have to be ready for that."

"You see Marines come through who you know will do good in the fleet, and it's rewarding to help them get there, but the bottom line is that the caliber of Marines across the river is a hell of a lot higher," Gustavson added.

"(The students) are not restricted like recruits — we put responsibility in their hands, but we also have to keep constant supervision," he said. "If things start going wrong then we have to take over instead of guiding them or letting them learn through experience. As a result, if things get too hard on them some will back out, and that's something you'll not see a Ma-

rine doing in a fleet unit."

With the continually high operational tempo faced by units, the squad leaders/instructors continue to do all they can to provide a high-quality infantryman to the fleet.

"We're very proud of the product we put out," Bodette said. "We'd like to make them a little harder and more able to react in a

stressful environment, but that will come to them in the fleet. I know we're putting some quality infantrymen out there. To do so, we freeze in the winter and bake in the summer, and often face-off against mosquitoes big enough to carry you away, but I wouldn't trade my job for anything. Seeing them leave here as better Marines than they were when they came makes it all worth while."



Cpl. Lance M. Bacon

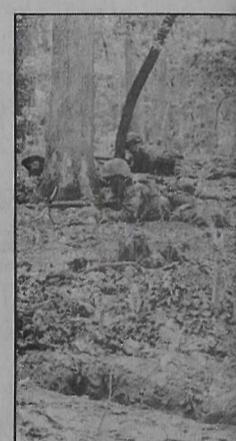
Marines quickly learn the price paid for a weapon hitting the deck.



Marines cut through concertina wire while assaulting the infiltration course. The students are tasked with breeching the obstacles and conducting a frontal assault on a position reinforced by M2 .50 caliber machineguns.



Sgt. William Bodette, Co. C



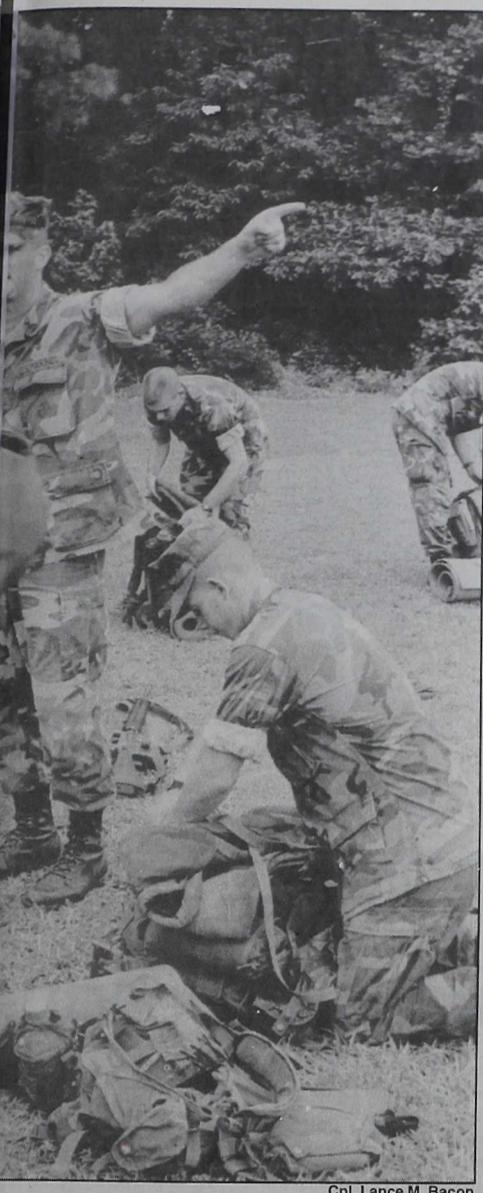
Throughout the training cycle



While the forward vehicle lays a



Marines leap from their vehicle



Cpl. Lance M. Bacon

... as they break down their bivouac site.



Cpl. Lance M. Bacon

Completing the infiltration course, an SOI student endures another day on the job. Throughout the 44-day training evolution, the Marines will face a variety of challenges in weaponry, tactics and physical fitness.



Cpl. Lance M. Bacon

... their tactical abilities in offensive and defensive combat.



Cpl. Lance M. Bacon

Marines leap from their vehicle to envelop and assault through an ambushing force.



Cpl. Lance M. Bacon

Standing in a crater made by C4 moments earlier, Sgt. Dave E. Gustavson, Co. C, SOI, teaches his 0351 platoon the finer art of demolitions.

Engineers build park, relations in local area



Cpl. Jason C. Huffine

CWO Joseph G. DePoorter compares a map of the Stump Sound Park development with what he actually sees. One mistake could cause serious problems because of the park's borders with protected wetlands.

Jason C. Huffine
Globe staff

Students from Engineer Equipment Instruction Company, Marine Corps Engineer School, are tackling a two-week project that will not only provide children of Onslow County a better play area, but will also provide necessary hands-on training for student engineers from Camp Lejeune.

The Stump Sound Park in Sneads Ferry is well on its way to a new look thanks to the joint effort of Engineer Equipment NCO Course 2-95 and Construction Management Chief Course 1-95, according to **CWO Joseph G. DePoorter**, executive officer of EEI Co.

"The two classes came together to provide a construction team to do the estimating and rough heavy equipment construction," DePoorter said. "The additional land we are clearing for the park will eventually be turned into baseball diamonds and soccer fields."

This is not a normal construction project that the students would be tasked with by the engineer school. The opportunity was

"This is the first project of this type in my eight years experience," Teague said. "So far, everything has gone very smoothly."

The students tackling the project consist of: Two Staff NCOs, fourteen NCOs and one troop, all working rotating two-hour shifts and on down time doing preventive maintenance on necessary gear, according to Sgt. Benjamin Castillo, NCO Course 2-95 student.

"We don't mind the work; it is part of our jobs," Castillo said. "The project is good for the journeymen and good for the people of Onslow County."

The county is very appreciative of the effort that is being put forward, according to Mac Sligh, director of the Onslow County Parks and Recreation.

The engineer school has done an outstanding job of rough construction that is needed before a civilian contractor does the rest," Sligh said. "The efforts from Marines like those of the Engineer School have saved the county a large amount of money and have brought about a continuous solid community relationship between Camp Lejeune and Onslow County."

The two classes came together to provide a construction team to do the estimating and rough heavy equipment construction," DePoorter said. "The additional land we are clearing for the park will eventually be turned into baseball diamonds and soccer fields."

This is not a normal construction project that the students would be tasked with by the engineer school. The opportunity was

available and brought about by a base sponsored community relations project between Camp Lejeune and Onslow County, he added.

"The timing was just right, so we took on the project and planned on finishing before the graduation of the NCO course," he said. "All the labor we do is free to the county, so therefore they save money. The hands on training and experience of an actual project is what my students receive, so in the long run we all come out on top."

Logistical concerns are always a problem when a project like this is being done, but this was not the case with this project, according to GySgt. Tommy G. Teague, chief instructor and advisor for the NCO course.

A walk in the park

Marines of 2d Bn., 6th Marines conduct a 10-mile conditioning march. Marches like these are a routine part of training.

Gas chamber teaches Marines NBC survival skills, procedure

Cpl. Edward S. Harcher

Globe staff

To survive in a combat environment, a Marine must be familiar with his equipment. This includes defensive posturing with chemical protective gear. To acquaint Marines herewith the issued gas masks and protective clothing, the base gas chamber offers training for survivability in chemical environments.

Part of this training comes through visits by Marines during rifle range rotations. Recently, a detachment of Marines from 2d Force Service Support Group went through a typical training evolution at the gas chamber.

Such visits begin with a series of classes designed to familiarize the Marines with the gas masks and Mission Oriented Protective Posturing (MOPP) suits.

The classes teach Marines how to put on MOPP suits, decontaminate each other, and

don and clear the M-40 series gas mask.

For several Marines present for the class, it was the first opportunity to use the M-40 gas mask, which replaced the M-17 series masks. "The training helped us more than if we had merely read about the procedures in the battle skills handbook," said PFC Shawn D. Williams, 8th Engineer Support Bn. "I feel a lot safer now that we have received training to use the masks."

"This training is very important to the survivability of our Marines in a combat situation," said Cpl. Paul J. Papandrea, nuclear, biological and chemical instructor, 2d FSSG.

"Most Marines never even look at their chemical protective gear while they are in garrison. These classes are the only experience they get with the masks."

The culmination of the training is an excursion into the gas chamber. "The chamber is a confidence builder," Papandrea said. "When they go into the chamber and realize

they can still breathe comfortably, they can survive in a real gas attack."

Other exercises include a pass through the trees behind the gas facility.

Training units are guided through and ambushed with simulated gas attacks. The Marines are required to don their masks and give the proper signal for gas attack as they would in a combat situation, said Sgt. Robert T. Garcia, NBC.

"After the series of classes and strations, these Marines will know the fundamentals of surviving in an NBC environment," Garcia said.

The gas chamber is also available to use at other times than rifle range qualification training, said Papandrea. Individual units to schedule classes must contact the base gas chamber for reservations.

Boat crew keeps waterways safe during live-fire exercises

Sgt. Steven G. Steele

Globe staff

There is one small unit assigned to Marine Corps Base Camp Lejeune that performs an unsung but vital mission. They are the nine sailors of the Navy Boat Crew.

Their main mission is to secure the Intra-Coastal Waterway during live-fire exercises into the N-1/BT-3 Impact Area. Engineman 1st Class (SW) Richard R. Zubowicz stated their prime concern.

"The one thing we think about around here definitely is safety first," he said. "If safety is a problem then something doesn't go; we'll secure a range before we let some-

body get hurt. We haven't had any accidents yet, and we don't plan on having any," Zubowicz said.

Before any range can go hot to fire into that impact area, a helicopter from Marine Corps Air Station New River does a security sweep of the entire area. Then the boat crew sets up positions on the Intra-Coastal Waterway on either side of the impact area to prevent anyone from entering it while units are firing.

"We have to stop all boat traffic from transiting through because the waterway is directly in the impact area," Zubowicz said. "We stop traffic for an hour at a time while units are firing, then call a check fire and let all the boats pass."

But even with the boat crews out there sometimes a craft will slip by, causing a problem.

"These small boats will come in from sea-side, or just won't stop when hailed," Zubowicz continued. "Then we have to call a cease fire, bring a boat from the boat house, launch it and go find them. That's a real time consuming process."

"We can't take one of the boats already in position, because then you no longer have a valid security sweep. Sometimes though we get help from the local fisherman who go in and inform the people to leave," Zubowicz said.

Even though range safety is their primary mission, it's not the only thing the Navy Boat Crew does.

"We get called up a lot of times to do support," Zubowicz said. "Sometimes if units are moving Amphibious Assault Vehicles, or doing a boat run and they can't do it all themselves, we'll set up a security area to help them out."

Coast Guard Station Swansboro is facing

stringent reductions as well, Zubowicz said. Therefore, we will handle incidents in the Waterway because Fort Macon is the only other support in the near vicinity.

The Coast Guard is not the only service cutting back, the boat crews' budget also took a large dive this year, but that has not stopped them from improving their service to the base.

"They had this boat on a Marine base up in Virginia that was bought originally for a testing platform, but didn't do exactly what they wanted it to do," Zubowicz said. "So it sat on this hill for about five years and got about \$3,000 worth of freeze damage to the engines. So we called around and found a couple of those same engines sitting on pallets at DRMO's (Defense Reutilization Management Offices), and for no cost to the government, we're going to put a \$94,000 craft to use."

The crew has been frugal in other ways as well. They bought a \$21,000 boat, and for an additional \$15 and some help from 2d Force Service Support Group, modified it to the same

specifications as one of their other boats.

They also acquired half a dozen outboard engines from a DRMO, and them making three good working engines.

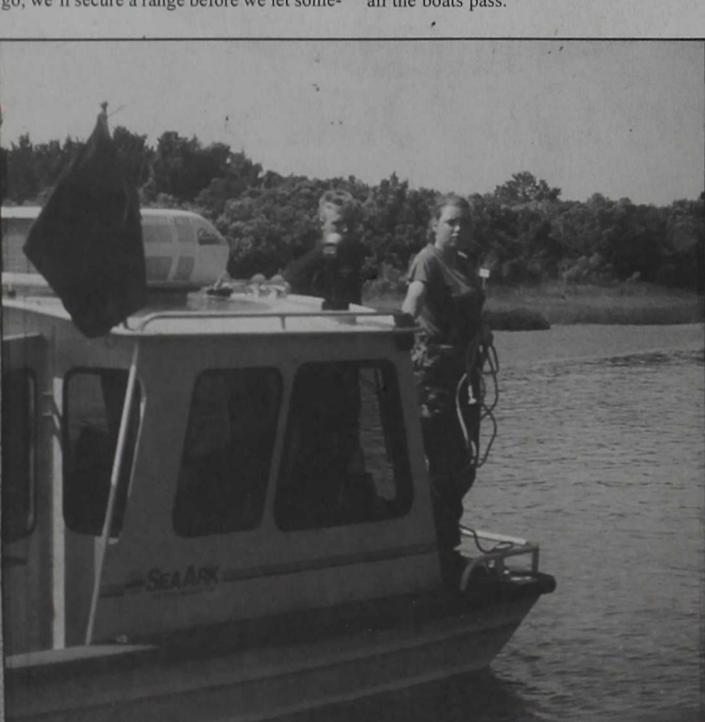
The Navy Boat Crew now has nine ranging in size from a rubber Zodiac to a footer currently under repair.

For some of the sailors like SN I. Conway, being at Camp Lejeune is a new experience.

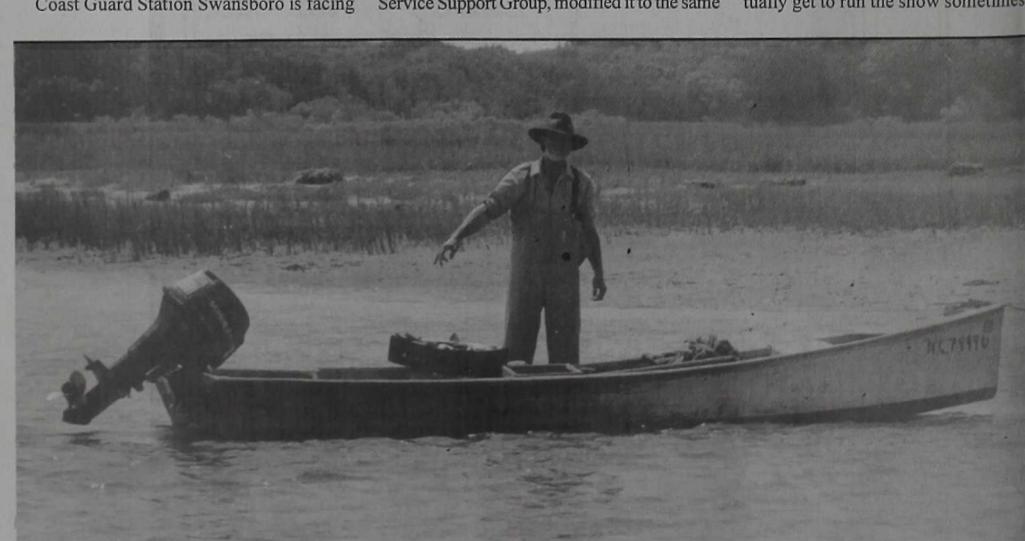
"This is a slick duty station," said Conway. "We're a close knit group, and it's better way because you don't have as much as you would on a ship. You have to work with Marines, but you learn to like them," she added smiling.

The duty station itself is one that the duty also has some positive points.

"I enjoy being out on the water and being about the Navy, learning to tie knots about the water," Conway added. "All you actually get to be in control of one area that's kind of important to us because you actually get to run the show sometimes."



BM2 Adam O. Seaney looks on as **SN Esther L. White**, both of the Navy Boat Crew, prepares to tie two boats together on the Intra-Coastal Waterway.



Local fisherman sometimes help the Navy Boat Crews keep the Intra-Coastal Waterway clear of boat traffic near the impact area.

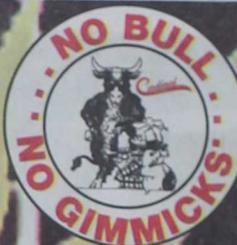
LCpl. N. A. D.

Robert C. Dickerson will assume command of Marine Corps Service Support Group. Col. Larry P. Cole in a ceremony at Camp Lejeune's parade deck at Camp Lejeune, Va., was promoted to a second lieutenant upon graduation from Bryant College in June 1968. He graduated with a Bachelor of Science degree and later earned a Masters degree from Central Michigan University in 1987. After completion of The Basic School in 1970, Dickerson attended the Ground School at Camp Johnson and was assigned to the 2d Shore Party Battalion. He was subsequently assigned to 2d BN. He served as BN Supply Officer at Camp Lejeune, Va., in 1971. In September 1976 Dickerson was promoted to a first lieutenant and assigned to the Field Maintenance Assistance Officer at Headquarters U.S. Marine Corps. In 1978 he transferred to 3d Marine Division as a Division Supply Officer. In 1980 he was promoted to a second lieutenant and assigned to the Division Operations Officer and the Officer in Charge of Supply Management Assistant. In 1981 he graduated from the Marine Corps Warfighting School at Quantico, Va., in June 1980 and then served as a Corps Property Officer, 4th Marine Wing, New Orleans, La. In 1982 he was assigned to Camp Lejeune, Va., as a BN Supply Officer. In 1983 he was promoted to a first lieutenant and assigned to 2d Supply BN. In 1984 he was selected to attend the Command and Staff College in New Orleans, La. In 1985 he graduated, Dickerson became the BN Supply Officer, Combines BN, and Command, Seawolf. In 1986 he was promoted to a second lieutenant and assigned to the United States in 1989. In 1987 he was promoted to a first lieutenant and assigned to the 2d Marine Amphibious Brigade as a BN Supply Officer. In 1988 he was promoted to a first lieutenant and assigned to the 2d Marine Amphibious Brigade as a BN Supply Officer. 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Cpl. Lance M. Bacon

Gen. Carl E. Mundy Jr. receives his last haircut from Dan Williford during the general's recent farewell visit to Camp Lejeune.

30th Commandant gets last hair cut from barber who gave him his first

Cpl. Lance M. Bacon
Globe Staff

Thirty-seven years ago, a young second lieutenant sat down in Dan Williford's barber chair to receive his first haircut since being assigned to the Fleet Marine Force. On June 28, 37 years later, that Marine returned for his final active duty haircut. It was not a gold bar that adorned his collar this time, however. Instead, it was the four stars of Gen. Carl E. Mundy Jr., Commandant of the Marine Corps.

General Mundy was on his final visit to Camp Lejeune before retiring when he sat down in Williford's chair for his final haircut. In 1958, then 2d Lt. Mundy paid Williford a visit the night before reporting into the 2d Marine Division the next morning. The 30th Commandant returned June 28 so that he could retire from the Marine Corps with a "Williford Special."

"It's quite an honor to have him ask me to give him his last haircut," Williford said. "He is one of the finest gentlemen I have ever known. He was a nice guy when he was a lieutenant and has only gotten better through the years."

But cutting the hair of legendary and historical Marines is nothing new to Williford. Since becoming a barber at the Camp Lejeune Officer's Club in April 1955, the likes of Gen. Leonard F. Chapman Jr., 24th Commandant; Gen. Robert E. Cushman Jr., 25th Commandant and Gen. Alfred M. Gray, 29th Commandant have sat in his chair.

In addition to the many Commandants, LtGen. Lewis B. "Chesty" Puller frequented the shop for shaves as well as haircuts, Williford said.

While society and the Marine Corps has changed considerably since those first years when Williford was giving \$.75 haircuts, the haircuts and the Marines haven't.

"There's really no difference in how the Marines like to wear their hair," he said. "Flat tops used to be very popular. They're still somewhat popular, but not as popular. The Marines haven't changed that much, either. I've met many good people over the years. The amount of people I have met and didn't like I could probably count on one hand and still have one or two fingers left."

Williford said he plans to work for a couple more years, then looks to hang up his clippers and retire in the area with his family.

BARRACKS from 1A

we subcontracted was the roof and the gutters."

The Seabees will return early next year to begin work renovating another pair of Marine barracks.



Cpl. Ted A. Macdonald

LCpl. Scott J. Metzner
Above, the barracks before the renovation and below, the barracks after the Seabees six-month renovation project.

ASP provides storage for vital ammunition

Sgt. Steven G. Steele
Globe Staff

The mission of a Marine rifle squad is "To locate, close with and destroy the enemy by fire and maneuver, and to repel the enemy's assault by fire and close combat." One of the key words is "fire", and without ammunition, there couldn't be any firing.

Camp Lejeune's Ammunition Supply Point provides that ammunition, according to Capt. Everett G. Brown, officer-in-charge, Ammunition Supply Point.

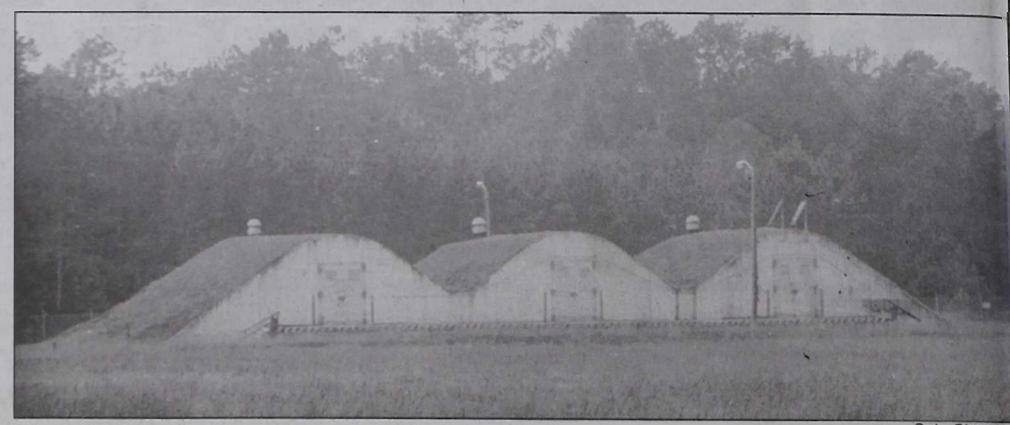
"The overall mission of the ASP is to supply all the ammo for the II Marine Expeditionary Force units and all the training units aboard Camp Lejeune," Brown said. Additionally we maintain a pre-war reserve stockpile in case the MEF is called to war."

Camp Lejeune's ASP is located on Snead's Ferry Road between Main Service Road and Marine's Road. It covers over 235.5 acres of land, and is the largest Marine ammunition supply point on the east coast. It has 69 different storage magazines connected by approximately 5.2 miles of road.

Marines of Ammunition Company, 2d Supply Battalion, 2d Force Service Support Group provide most of the work force, but there are a few key civilian employees at the site. The compound is protected by an intrusion detection system, and it has its own security and reaction force, according to Mr. Richard M. Johnson, general foreman and assistant officer-in-charge.

There are between 45 and 60 Marines working in the compound on any given day, though there are more in Ammunition Co.

"Ammunition Co. has a little over 200 people (in it)," Johnson said. "But because



Sgt. Steven G. Steele
These earth-covered magazines are some of the most secure, and are used to house some of the more explosive types of ammunition. Camp Lejeune's Ammunition Supply Point has different types of magazines for storing ammunition. Factors of compatibility, safety and security determine which rounds are stored in which magazine.

of deployments outside the area and other activities, we don't have that many people physically here. We also have a cadre of civilian employees in case Marines should unexpectedly be called away. If that happens, we also have about 20 civilians around the base earmarked to come over and man the ASP until back-up forces come aboard."

The ASP's daily activities revolve mainly around issuing ammo to the using units. In the month of May over 240 tons of ammunition were processed through the ASP, which Brown said is a typical month.

"We maintain an inventory worth about \$40 million," said Mr. Don Durrett, supervisor supply technician. "The cost of the rounds ranges in price from 1 cent to more

than \$50,000. The dollar value of the ASP's daily issue depends on the units drawing the ammo. Obviously an artillery unit's draw would cost more than a unit drawing only small arms ammo."

The ASP also distributes ammo to other bases. "Any ammo shipped from our ASP to any place other than a unit training locally is handled by our package section," Johnson said. "They prepare it for over-the-road, sea or air shipment depending on the required mode of transportation needed for it to reach its final destination anywhere in the world."

With all the various types of ammunition in the Marine Corps' inventory, Johnson stated you could never learn everything because it's always changing. That is reflected

by the diversity of their billets.

"The ammunition field is one of the diverse fields in the Marine Corps," said Brown. "A Marine graduating from the Basic Ammo Course at Redstone Arsenal, Huntsville, Al., then going to an ASP will be a whole different set of responsibilities than another ammo tech assigned to a user. There are also several liaison billets for technicians located all over the world."

Whether it's an artillery unit needing 155mm high-explosive rounds, or an infantry company drawing 5.56mm rounds, Camp Lejeune's Ammunition Supply Point is providing support and issuing the rounds that prohibits the saying 'no' to becoming..."Every Marine a bayonet."

Technology expo previews future

Local businessmen display advanced data processing equipment to Lejeune Marines

Cpl. Edward S. Harcher
Globe Staff

A major accessory common to most displays was the PCMCIA bus port connection. Through the PCMCIA, peripheral devices such as modem, Local Area Network (LAN), additional drives and even wireless transmission devices can be quickly attached and removed through an easily accessible card-sized port on the front of the computer.

Not all of the products displayed are on the horizon.

One of the booths was devoted to Automated Identification Technology (AIT). The equipment displayed there is in use today in supply systems and in deployment and landing operations, according to Mark Coburn, technical consultant with the Intermec Corporation.

As the attendees worked their way around the room, the success of the exposition was obvious.

The Marines, Sailors and Defense civilians crowded around the booths asking myriad questions about the applications and new developments in the particular areas of interest. The operators in the booths answered their questions cordially in a professional manner. Information pamphlets about the equipment were also available at most of the displays.

The event was open to all interested servicemembers and DoD employees between 10:00 a.m. and 2:00 p.m.

Skipper was pleased by the level of attendance. "We had over 400 personnel from the base come through," he said. "We're definitely going to try to come back, possibly early next year."

UNITAS from 1A

Fort A.P. Hill in Virginia, so that Marines could familiarize themselves with ship life before the actual deployment and be aware of what they are expected to do in training operations while deployed," Terashima said.

When a MEU deploys it must be Special Operations Capable, but Unitas does not carry that requirement, added Terashima.

"We may not have trained for SOC qualification, but we are capable of handling many of today's crucial situations," he said.

"Amphibious and helicopter raids, mass casualty operations and even Non-Combatant Evacuation and Tactical Recovery of Aircraft and Personnel teams fall under UNITAS' arsenal."

USS Ashland, Landing Ship Dock 48, will transport UNITAS to its operational commitments. The three-year-old ship is fresh from its transformation to accommodate approximately 50 female Sailors that will be part of ship's company for the cruise, according to SSgt. Christopher Roupp, logistics chief.

Columbia, Venezuela, Chile and Ecuador are just a few of the countries the USS Ashland and UNITAS will be visiting after their first operation in Puerto Rico, said Terashima.

"The troops seem to be on a high, waiting with the anticipation of training in a foreign nation and the liberty they will receive," Terashima said. "Hopefully this excitement will carry on throughout the float, until their arrival back ... in December."



LCpl. N.A. Desai

Rocket's red glare

MWR dazzled spectators with a 15-minute Fourth of July fireworks display that lit up the sky over W.P.T. Hill Field Tuesday. The fireworks display was part of an evening celebrating America's birthday that also included live entertainment and food.

MUNDY from 1A

all my successor has to do is sit around and watch things roll," but it doesn't work that way," he said. "Our funding, recruiting, or anything else still has to go on."

"What you come to realize is that it's like a relay race — Commandants just continue a series of relay runs," Gen. Mundy said. "Each inherit from the other. I inherited from Gen. Al Gray the most operationally ready and effective Marine Corps that we'd ever had. It had just won in the desert, and you couldn't do better than that. General Gray wouldn't have been able to do that if Generals (Robert H.) Barrow and (Louis H.) Wilson, the manpower generals, had not built this great, quality Marine Corps in terms of manpower. General (Paul X.) Kelley then equipped the Corps — we bought new bayonets, new tanks, new airplanes and everything else. So each of us inherits from the other."

As the cycle continues, Gen. Charles C. Krulak, 31st Commandant, inherited "a Marine Corps of the right size, that is in pretty good organizational shape, and Marines who feel pretty good about themselves," according to Gen. Mundy. In addition, Gen. Mundy expressed that the new Commandant inherits the need of getting adequate financial resources to modernize the Marine Corps, maintain the bases and enhance quality of life issues — a task Gen. Mundy is confident that Gen. Krulak will meet.

"(Gen. Krulak) will go down as one of the absolutely finest men ever to have worn the stars of the Commandant, I assure you," Gen. Mundy said of his successor. "He is the man for the moment, the man for the job and the man for the next four years to take the Corps and skyrocket it forward."

As Gen. Krulak takes the Corps' helm for the next four years, Gen. Mundy paused to reflect on the Marines of his Corps and the Marines of tomorrow.

"If this hadn't been the greatest career, the greatest opportunity, the greatest bunch of people, the greatest experience that anybody could possibly ever have, then I wouldn't have stuck around," he said. "Those of you who get out of the Corps will become tremendously successful in whatever you do because the Marine Corps builds that into you. We build success."

"For the young Marines of today, focus on the job you have today and don't worry too much about where your next duty station is going to be or how you get promoted," Gen. Mundy added. "If you do your job in the Marine Corps you'll get promoted and you'll get the assignments you need. Focus on the here-and-now and do the best you can in what you're given to do and you'll be successful."

"The saying that 'Once a Marine, always a Marine,' is probably the most deeply-seeded and true thing that I have ever heard," Gen. Mundy said. "Anybody who is a Marine never stops being a Marine and never stops advertising it. That's a unique family to be a part of. You hate to go out and be one of the dinosaurs of that family; you'd rather be a young, active tiger in the jungle, but that time comes to all of us."

Two days after Gen. Mundy's visit to Camp Lejeune, that time came to him. Upon Gen. Mundy's retirement June 30, Gen. Krulak became the 31st Commandant of the Marine Corps. Having retired, Gen. Mundy and his wife, Linda, will now reside near Mt. Vernon, Va.

Sports roundup

Boxing tryouts
The All-Marine Boxing
tryouts will be held from 9 a.m. to 2 p.m. at the Goettge Memorial
House.

Meet All-Marine Box-
ing Mouse and Majic

more information, call

1-800-234-2345.

Intramural skeet
team organizes

to organizational meeting

intramural skeet team

held at noon today at the

Ring.

team is open to active

personnel only. An unlimi-

amount of teams may or-

der the organizational

each team is allowed

to practice. The top four

will compete for All-

and will then have one

practice round before the

selection for Top Gun be-

more information, see

Organization Recreational

or contact the Intramur-

als Coordinator at 451-

524-2345.

Marine Corps

athon set to run

the 20th anniver-

the Marine Corps Mar-

October 22. Come run

the Sergeants Major

Retired Team in Wash-

D.C.

additional information

on the maratho-

contac

524-2345.

Prenatal aerobics

being offered

A prenatal aerobics class i

being offered from 4-5 p.m.

Tuesday and Thursday

building 524.

The class is safe and effe

pre and postnatal aerob

emphasis on safety. R

member to bring military ID

use entry into class.

For more information, c

524-2345.

Women's softball

team forming

Anyone interested in

the All-Marine Women

baseball team can call

SPORTS

95

The Globe

Sports roundup

Boxing tryouts

All-Marine Boxing will be holding tryouts for men from 9 a.m. to 2 p.m. at Goettge Memorial Lounge. For more information, call 529.

Intramural skeet team organizes

An organizational meeting for an intramural skeet team will be held at noon today at the Range. The team is open to active personnel only. An unlimited amount of teams may organize. After the organizational meeting, each team is allowed three practices. The top four teams will compete for All-D, and will then have one practice round before the competition for Top Gun begins. For more information, see Organization Recreation Center or contact the Intramural Sports Coordinator at 451-529.

Marine Corps marathon set to run
Celebrate the 20th anniversary of the Marine Corps Marathon on October 22. Come run with the Sergeants Major of the Marine Corps Retired Team in Washington D.C.

Prenatal aerobics being offered
A prenatal aerobics class is being offered from 4-5 p.m. every Tuesday and Thursday at 524. The class is safe and effective and postnatal aerobics with an emphasis on safety. Remember to bring military ID to enter into class. For more information, call 5430.

Women's softball team forming
Anyone interested in trying for the All-Marine Women's softball team can call SSGT. Terry Caston at 451-3372 or 7-7720.

Youth volleyball camp set to run

The Youth Volleyball Camp will be held from July 17-21 at Brewster Middle School. The camp is open to all children of active duty, retired and DOD employees. Ages 11-13 will attend the camp from 8 a.m. to noon, and ages 14-16 will attend the camp from 1-4 p.m. The camp, which is intended to teach the fundamental techniques of volleyball is \$5 per camper. All campers will receive a t-shirt and special awards will be given. The deadline for registration is July 17. There must be a minimum of 20 campers to hold the camp. For more information on registering for the camp, contact the Youth Sports Coordinator at 451-2179/2710.

Reds capture Pirates to close out season

Cpl. S.L. Kille III
Globe staff

The Youth Baseball season came to an end, June 29, with an action packed matchup between the Reds and Pirates. In an exciting back and forth struggle, the High School Federation League game displayed the energy that had been witnessed throughout the season.

Only one team could walk away victorious though, and by taking an early lead, and coming back in the end, the Reds seized a 14-6 win to close the season out.

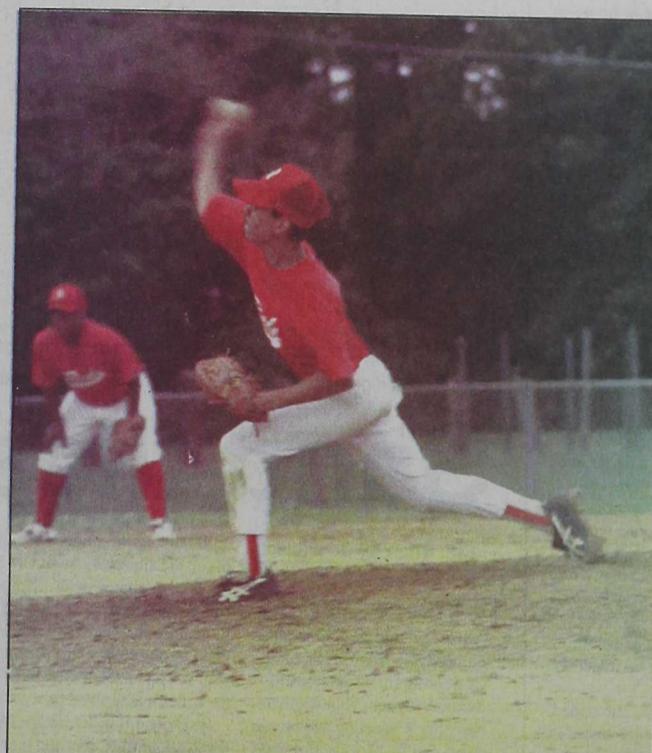
The Reds, full of determination, dominated the first three innings of play. Stepping up to bat, the Reds jumped on the board swiftly in the first inning with a run by Byron Johnson.

Subsequent runs by Jason Zamora and Thomas Tirado made the Reds seem unstoppable. The Pirates' infielders regrouped, though, and put the brakes on the Reds' batting onslaught.

Taking their turn at bat, the Pirates were unable to make any gains. With excellent pitching and fielding by Zamora and the Reds' squad, the Pirates went through the first three innings scoreless.

In the top of the fourth inning, the Reds exploded at the plate once again to make the Pirates' future seem bleak. Runs by Aaron Blackman and Raul Montalvo increased the Reds' lead to five.

See REDS/2B



Cpl. S.L. Kille III
Mike Sabin, Reds, delivers a fiery pitch in an explosive game against the Pirates.

Marine shares joy of martial art Kajukenbo

Cpl. S.L. Kille III
Globe staff

After the Second World War, post-war Hawaii found itself plagued with an increasing rise in crime on the Pacific islands' city streets.

To help the Hawaiian Armed Security Patrol combat and defend themselves against the growing violence, five masters, of various martial arts, collaborated to form the Black Belt Society.

By combining elements from their individual styles, the art of Kajukenbo was born in 1949. As the years passed since its inception, Kajukenbo has grown into a widely respected art.

Now, 44 years since its start, Kajukenbo is a way of life for Capt. Drexel Heard, motor transport officer, 8th Marine Regiment.

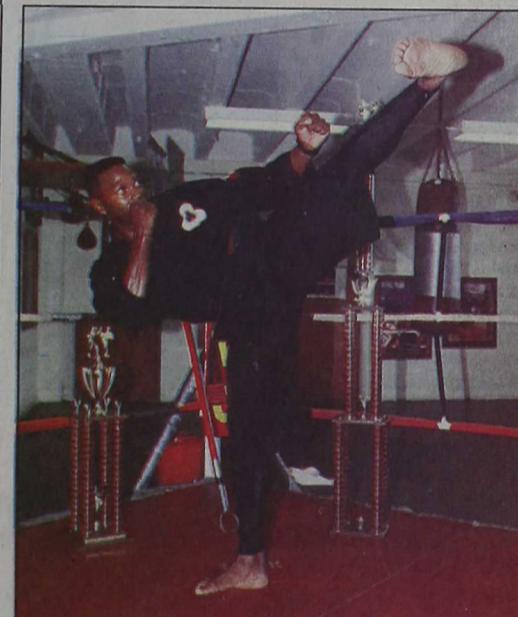
The fifth-degree black belt was introduced to Kajukenbo in 1977 while stationed in Hawaii. In August, Heard will travel to San Diego, Calif., to test for the sixth-degree belt.

Though he has been involved with the art for 18 years, his martial arts beginnings started many years before his introduction to Kajukenbo.

Heard grew up in Birmingham, Ala., where he always had an interest in sports, such as wrestling. At the age of 12, he met a Karate instructor who was in the midst of forming a school.

Heard helped the man pass out flyers for the new

See BLACK BELT/2B



Capt. Drexel Heard, motor transport officer, 8th Marine Regiment, displays his agility in Kajukenbo as well as his awards.

HQSPT Bn. tees off DAO

LCpl. Brian M. Danisevich
Globe staff

The Headquarters and Support Battalion Intramural Golf team picked up its fourth victory of the season after an explosive 11-1 victory over Defense Accounting Office June 29.

Played on the Scarlet Course of the Paradise Point Golf Course, HQSPT Bn. jumped out to a 3-1 lead on the front nine holes of their Blue League matchup.

Tony Apperson led the HQSPT Bn. charge with a birdie on the fifth hole to lead all golfers. He finished the day with a 15-over-par 85.

Apperson struggled with bogeys on the 10th, 11th, 12th and 13th holes, but managed to close out the back nine with a 6-over-par 41. He ended up finishing the day with a match-high 6-over-par 76.

Brad Greer kept up with Apperson

stroke for stroke on the front nine for DAO, but fell short with a 1-over-

par 36. He helped his game considerably with an eagle on the 471-yard seventh hole.

On the back nine holes HQSPT Bn. broke the match wide open with four points on their way to the day's victory.

Chris Towers came on strong for HQSPT Bn. on the back nine with a 5-over-par 40, which led all golfers. He finished the day with a 15-over-par 85.

Apperson struggled with bogeys on the 10th, 11th, 12th and 13th holes, but managed to close out the back nine with a 6-over-par 41. He ended up finishing the day with a match-high 6-over-par 76.

James Newsome hauled in three points for his team on the day after recording a 4-over-par 39 on the front

nine and a 6-over-par 42 on the back nine.

"Newsome shot an outstanding round of golf for us," said Apperson, team captain, HQSPT Bn. "He usually is an 85 or 86 player."

Ann Burg closed out the HQSPT Bn. golfers with a 36-over-par 106 on the day.

Greer led the DAO attack with 10-over-par 80 on the day. He was followed by Troy Fisher who finished with a 21-over-par 91 and Roger Denoncourt who finished with a 28-over-par 98.

With the victory HQSPT Bn. advanced their record to 4-3, while DAO dropped to 1-4.

"We feel that we could win the rest of our matches, and be in the playoff race at the end," Apperson said.



LCpl. Brian M. Danisevich

Chris Towers, HQSPT Bn., swings away on his opening drive of the 13th hole during a Blue League Intramural match against DAO.

BLACK BELT from 1B

school and in return was given free instruction.

Twenty-five years, and approximately 150 grand championships later, Heard has remained actively involved in the sport. His most recent victory came from the Greater Greensboro Open Karate Championship, June 17.

His extensive knowledge and skills earned him first place finishes in the fighting, forms and weapons categories, along with the Grand Champion title. He also holds the office of President of the East Coast Kajukenbo chapter.

The road to his victories has been long and absorbs much of his time. He fits workouts into his schedule whenever possible by doing strength-training at the French Creek Fitness Center, practicing his moves at Goettge Memorial Field House during lunch or by stealing away to his backyard.

"I try to put 35 hours a week into my workout," Heard said. "Before I enter a tournament I spend 45 days of intense training to work up to it."

Being a Marine has a slight effect on his training, (deployments, etc.) but, according to Heard, he has received much support from his family and his regimental commander, Col. Jennings B. Beavers.

"Sometimes my wife gets a little annoyed at my constant training and going away to tournaments. So I try to do as much training at home as possible, even if it's by taking a break from lawn work to practice my kicks or katas," Heard said. "Through it all though, she has always been my backbone of support."

Besides self involvement, Heard also brings his knowledge to others by conducting classes at the Camp Johnson Gym. Ranging from age six and up, his students learn the art of Kajukenbo during physically demanding sessions.

"The martial arts is not just fighting," Heard said. "It is physical endurance and discipline. I take the students through a demanding workout of calisthenics for about 25 minutes before we go into the curriculum. It takes heart to make it, so needless to say, many don't stick around after the first week."

Those who do have the desire and will to learn are then taught in a slightly non-traditional manner.

"It takes about five years to make black belt in most art forms, but to be a good black belt depends on the person," Heard said. "I teach the skills to the students and make sure they know them well."

"Gaining a belt should not follow any certain time line. If someone can prove to me that they have the knowledge for the next belt, I will test them. It is not a matter of being the best kicker, or having the best kata, or even being the best fighter; one needs to know it all," he added.

Heard's abilities have been noticed throughout the martial arts community. Not only has he been featured in magazine articles, he has received nominations for Marine athlete of the year and did stunt work in the first "Teenage Mutant Ninja Turtles" movie. Though he was proud to play a role as a "Ninja Foot soldier" he has mixed views on the martial arts movie genre.

"Movies have been positive in one aspect because they have helped bring a greater awareness to the sport and have created a growth in students," Heard said.

"But there is also a 'bad boy' image that has been created," he added. "When someone comes to my class, I'll ask them why they are interested in learning. If they respond by saying that they want to learn to fight, or beat people up, I show them the door. The martial arts is a philosophy of learning and of self-defense. It is a humbling sport."

Those interested in attending his classes can stop by the Camp Johnson Gym either on Tuesdays at 6:30 p.m., or on Saturdays at noon.

REDS from 1B

The Pirates' luck changed in the bottom of the fourth with a fury. A run by Matt Huffman, followed with a successful steal at home by Tim Billy brought the Pirates back into the game.

With batter, upon batter loading the bases, the Pirates were poised to take away the Reds' lead. Due to walks, Jeremy Eissler, Billy Jones and Nick Lytle were brought home to tie the game.

Taking a lead off at third base, Charlie Nash drew an attempted pick off. The ball was missed and Nash successfully stole home to give the Pirates a 6-5 lead.

The Reds stepped up to the plate in the fifth inning with fire in their eyes. Their desire to regain the lead was evident with a powerful triple into center field by Zamora, Johnson came home to tie the game.

Zamora was then brought in by a single from Mike Sabin, and the Reds

claimed the lead once again. Tirado upped-the-ante with a steal at home to increase the lead at 8-6. Determined to retain the lead, the Reds held the Pirates scoreless.

During the top of the sixth inning, the Reds once again exploded at the plate. With the bases loaded, Zamora nailed the ball to center field to bring Zach Welsh home. The "scoring machine" continued as Ellis Reynolds and Zamora were walked home and Johnson and Sabin stole home. A single by Welsh brought Blackman home and the Reds clinched the victory, 14-6.

With the victory, the Reds finished the season in second place with a 10-2 record. The Pirates took the fourth place spot with a 5-7 record.

"We had a great season this year," said Susan Goodrich, Youth Sports Director. "There were several competitive games and most importantly, everyone had fun."



LCpl. Brian M. Danisevich

Dan Rozek digs a spike out of the sand as teammate Andy Boerigter looks on to assist.

Sand flies at Onslow

LCpl. Brian M. Danisevich
Globe staff

Perry Lanham and Mike Alhstrom captured first place Saturday in week five of the Copenhagen/Skoal Outdoor Summer Beach Volleyball Series after a grueling 16-14 win over Brian Borst and Jeff Banek.

"It is great to win here," said Alhstrom after winning for the first time in the series. "This is where we learned to play ball and pay our dues."

Played on the sands of Onslow Beach, Saturday's series brought forth five two-man teams which battled it out for first-place honors in a double-elimination format.

Lanham and Alhstrom walked their way into the finals with an undefeated record after beating Borst and Banek in the first round and Dan Rozek and Andy Boerigter in the semi-finals.

Borst and Banek had to battle their way through the losers' bracket with three consecutive victories to get to the finals after losing to their rivals in the first round.

In the finals, Lanham and Alhstrom continued their dominance in the tournament with a 2-0 run to start off the match.

Both points were picked up by Alhstrom who recorded an early kill and block.

Realizing the importance of their do-or-die situation, Borst and Banek quickly retaliated with a four-point run of their own that enabled them to capture the lead. The run was ignited by an ace from the serving hand of Borst and excellent volleys which kept their team alive.

Borst and Banek managed to hold the lead until Alhstrom blocked a Banek spike to knot the match at seven.

After exchanging points to tie it at nine, Alhstrom paraded his dominance at the net with a tremendous stuff of a Borst spike which gave his team their first lead since the early going.

Borst came right back with a bump that sent the ball to the back line, and regained the serve for his team. Borst then tallied a point for his team with a brilliant kill down the sideline to tie the match at ten.

Borst and Banek regained the lead at 11-10 with the help of Alhstrom who sent the ball out of bounds on a spike attempt.

However, with the match on the line, Alhstrom buried an ace and made the match a two-point contest.

The teams continued to battle back and forth in extra play and push their bodies to the limit. They battled through side-outs, kills, blocks, volleys, sets, dives and bumps until Lanham and Alhstrom managed to gain control.

With the score knotted at 14, Alhstrom recorded his fifth block of the match to give his team a one-point advantage. Alhstrom then put

the game away with a kill on a picture-perfect set by Lanham.

"It was a tedious game with a lot of side-outs and kills," Alhstrom said. "Dan (Rozek) and his teammate (Boerigter) gave us a run earlier, but this was our toughest match of the day."

"I was touching everything," Lanham said after week five's championship. "I really felt good out there. And Mike was cranking. The devil

couldn't have dug his hits today."

Listed below are the

current points leaders for

the summer series:

Perry Lanham	38
Brian Borst	26
Mike Alhstrom	16
Dan Rozek	14
David Krick	12
Matt Davis	10
Phillip Brown	10
Turk Cox	9



LCpl. Brian M. Danisevich

Maint. Bn. snags top honors in tourney



Batter up! Sluggers of 2d FSSG test their mettle at the 2d FSSG One-Pitch Softball Tournament.

Cpl. S.L. Kille III

Globe staff

After battling their way back from the losers' bracket, Maintenance Bn. crushed Supply Bn., 7-4, to claim victory at the 2d Force Service Support Group One-Pitch Softball Tournament, June 30.

Five teams from throughout 2d FSSG took part in the double-elimination tourney at Harry Agganis Field. Maintenance Bn.'s victory did not come easily.

By swiftly defeating Medical Bn., and 8th Engineer Support Bn., Supply Bn. seemed destined to clinch the tourney. Victory seemed more certain for Supply Bn., with a 4-2 win over Maintenance in the winners' bracket finals.

Maintenance Bn. bounced back from their loss by pounding 8th ESB, 5-2, in the losers' bracket finals. The win set the stage for a heated tourney finals.

Maintenance Bn. appeared full of fire as they took the field for their second meeting with Supply Bn.

The two teams slugged it out in a back and forth struggle and entered the fifth inning tied at four runs each. Full of determination, Maintenance Bn. began a batting onslaught and pulled away from Supply Bn. Maintenance Bn. held strong to their lead and took the game 9-4.

With both teams now tied at one, the

two took the field once again to determine the tourney's winner. Supply started strong by scoring quick runs, Maintenance Bn. answered back with a few. Dominating for much of the game, Maintenance Bn. seized the 7-4 victory.

The 2d FSSG One-Pitch Softball Tournament was the first of what is planned to be an annual event.

SIDELINES from 1B

Youth sports hasn't been able to escape the liquid sunshine either. It's baseball season was lengthened two weeks before the 1st out was made. The season finale was postponed twice before it could finally be played.

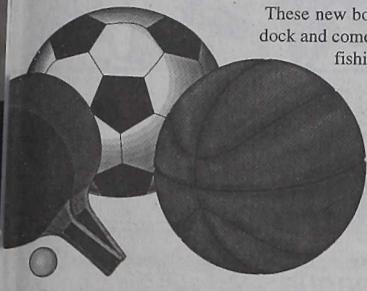
There is nothing that can be done to stop the rain or compensate for the problem it creates.

Instead it is something you have to cope with, or cross your fingers and hope it doesn't rain on your parade. At least until the weatherman appears on the news without his umbrella and gives us a bright forecast for one.

I guess you can look at the bright side of all this rain though. After it's all gone and the sun decides to dry us off, we'll have a few extra weeks of entertaining sports action to enjoy aboard the base.



SPORTS SHORTS



basketball tryouts scheduled

Information on upcoming basketball tryouts is available at the intramural sports office, 2061 for information on intramural sports or call the athletics department at 451-3636 for varsity level basketball tryouts.

Walk this way

Semper Fit offers a flexible, year-round exercise regimen that fits easily into your busy life-style — walking.

Fun, inexpensive, easy and a great fitness activity that gives results for better overall health.

Semper Fit has joined with The Marine Recreation and Parks Association to bring you the Healthy Marine program that provides you with nutrition information, fat recipes and a personal walking program.

For more information, call or visit the Marine Center, Building 300, at 430 and ask for Terri Hort.

New boats available at Courthouse Bay Marina. New fiberglass skiffs are replacing the old metal jon boats. No more digging, lugging, or handling the motor.

These new boats are ready at the dock and come with seats to make fishing and riding more enjoyable. Hourly rates are \$3.25 and daily rates are \$25.

For more information, call 451-7386.

Mountain bikers on trail

The Lejeune Mountain Bikers are riding strong with as many as 30 bikers. The club meets at 2 p.m. Sundays for 8 to 10-mile trail rides beginning at the Marston Pavilion parking lot. The trails, which are a mixture of dirt, hills, sand, woods and obstacles, can be surmounted by riders of all skill levels.

Call Joe Baes at 353-4484.

Roller hockey players needed

Marines interested in playing roller hockey should call Cpl. Scott Franklin at 451-3549/3713 (work) or 451-1373 (home).

Required equipment is: in-line skates, a hockey stick, knee and elbow pads and a helmet.

Enjoy Camp Lejeune recreation

Aerobics schedule:

Semper Fit aerobics classes are free to military patrons and families.

The following aerobics programs run in building 524: high/low combo from 9-10 a.m. Monday-Friday; active duty from 11:30 a.m.-12:30 p.m. Monday-Friday; Low impact from 5-6 p.m. Monday-Friday; High impact from 6:15-7:15 p.m. Monday-Thursday.

The belly burner program runs from noon-12:20 p.m. Monday-Friday in the Goettge Memorial Field

House Green Room.

These programs run in the Tarawa Terrace Community Center: Morning class from 9-10 a.m. Monday Wednesdays and Fridays; evening class from 5-6 p.m. Mondays, Wednesdays, and Fridays. Call 451-3584/5430 for information on Semper Fit aerobics classes.

Mountain climbing:

The Fitness Center offers both individual and group instruction in its state-of-the-art "Treadwall." Designed to increase overall fitness and proficiency for mountain climbing, the "Treadwall" is available to all authorized individuals on an appointment-only basis.

Active-duty units desiring to increase readiness for all-terrain climbing are encouraged to participate.

For more information or to schedule an appointment, call 451-1799.

Pistol, skeet, archery ranges:

The skeet range hours are 8:30 a.m.-6 p.m. Friday-Monday.

The pistol ranges at Camp Johnson and Sneads Ferry Road are open Saturdays, Sundays and holiday Mondays from 9 a.m.-4 p.m.

The archery range hours are 8 a.m.-sunset daily. The range will be open on all holiday Mondays.

Stable activities:

The Semper Fi 4-H Club meets once a month for young horse lovers. Pony rides are also available for children. Trail riding and stalls for privately owned horses are available year-round.

Visit the stables 9 a.m. to sunset Wednesday-Friday and 8 a.m. to sunset Saturday-Sunday or call 451-2238.

Indoor pools:

The Area 2 pool offers an early morning lap swim/masters swim program from 6-7:30 a.m. Mondays, Wednesdays and Fridays.

Recreational/lap swimming is from 11:30 a.m.-1 p.m. and 4:30-8

p.m. weekdays and from 11 a.m.-5 p.m. Saturdays, Sundays and holidays.

The Camp Johnson pool hours are 4:30-8 p.m. Monday-Friday and 11 a.m.-5 p.m. Sundays and holidays. The TT pool hours are noon-7 p.m.

For more information, call the aquatics supervisor at 451-2513.

Bonnyman bowling:

"TGIF" goes Tuesdays and Thursdays. For bowling information, call 451-5121/1799.

Golf lessons:

The Paradise Point Golf Course is now accepting appointments for private golf lessons. Call 451-5445 for information.

Youth golf registration:

Golfers ages 13-16 may register to take certification to use the Paradise Point Golf Course.

The certification allows young golfers to demonstrate their ability and knowledge of the game and to play without adult supervision. Call the Pro Shop at 451-5445.

Martial arts:

Karate, gymnastics and dance classes have resumed in the Marston Pavilion. For more information, call 451-1521.

Marina hours:

The Courthouse Bay Marina is open from 8 a.m.-sunset Mondays, Thursdays and Fridays.

Weekend and holiday hours are from 6 a.m.-sunset.

Recreational activities offered in Jacksonville

Table tennis:

The Jacksonville Recreation and Parks Department is offering open-play table tennis from 6-9 p.m. Thursdays in the Jack Amyette Recreation Center. For more information, call Michael Liquori at 455-2600.

Motorcycle club:

The Jacksonville Sport-Bike Club meets the second Wednesday of each

month to promote safe and fun motorcycle riding. Call Ben Kapela at 451-0124 for more information.

Youth activities:

Jacksonville Recreation and Parks Department offers numerous youth classes and clubs. Call 455-2600 for information.

All-Camp soccer team looking for players

Tryouts for the All-Camp soccer team will be held at 5 p.m. Tuesdays and Wednesdays at the Camp Johnson soccer fields.

Anyone interested in participating must be active duty and stationed in the area.

For more information about the team, call GySgt. Luis A. Cisneros at 451-0811.

Free judo lessons at MCAS

The Camp Lejeune/Marine Corps Air Station Judo Club offers free lessons from 6:30-8 p.m. Mondays, Wednesdays and Fridays in Building AS-226, Marine Corps Air Station New River.

Lessons are open to active duty and their dependents. Children may start at age 5.

For information, call GySgt. Gus Daniels at 451-6295.

For more information, call 451-3889/2108.

Water running

Water running classes will now be offered beginning April 3 at Area 2 pool. The classes will be held 11:30 a.m. to 12:30 p.m. Mondays, Wednesdays and Fridays.

For more information, call 451-3584/5430.

Boxing club seeks participants

The Camp Lejeune boxing club provides instruction and competition and is open to all Marines, regardless of experience.

The club meets from 6:30-8 p.m. Tuesdays and Thursdays and from 9-11 a.m. Saturdays at the Goettge Memorial Field House.

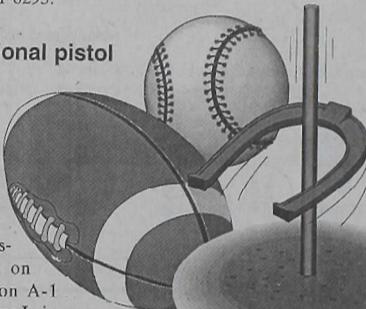
For further information, call Maj. Hanson at 451-6489/6669.

Okinawan karate instruction offered

Traditional Okinawan karate classes are from 6-8 p.m. Mondays and Wednesdays in the Area 5 gym.

Cost is \$25 monthly and is open to active-duty personnel only.

For more information, call the athletic department at 451-3636.



For more information on upcoming sporting events, call the Athletic Department at 451-3636.

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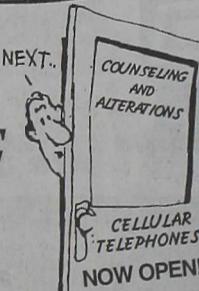
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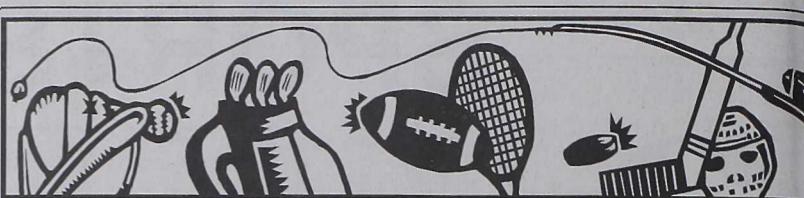
Red League

H&S FSSG	2-0
8th Comm	2-0
SOI	2-0
Mals-26	2-1
Brig	1-1
HQ Div	1-1
CEB	1-1
10th MAR	0-1
Supply Bn	0-3
FINO	0-3

Gold League

8th Mtrs	2-0
3/6	1-0
8th ESB	1-0
5/10-S	1-0
5/10-R	2-1
MED Bn	0-0
2d ANGLICO	0-1
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5/10-T	0-2
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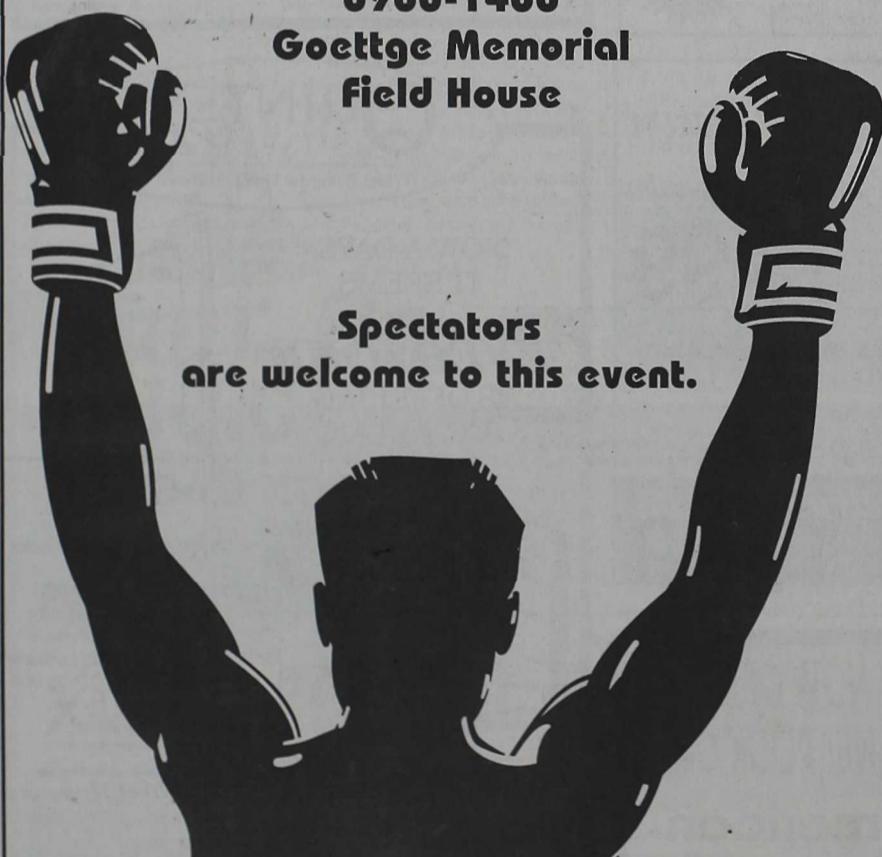
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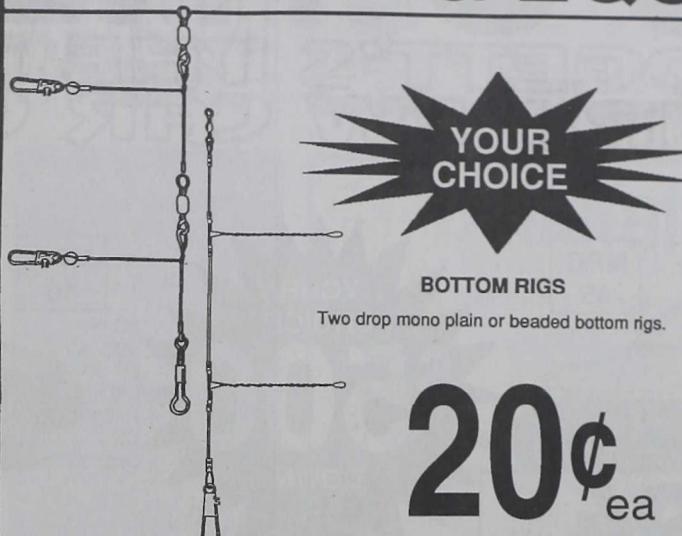


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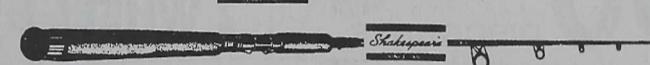
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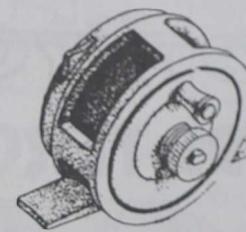
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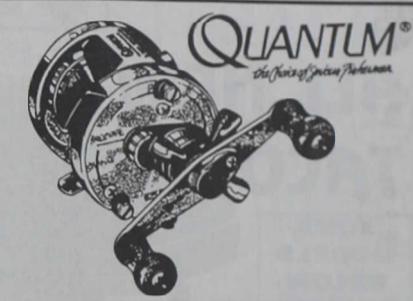
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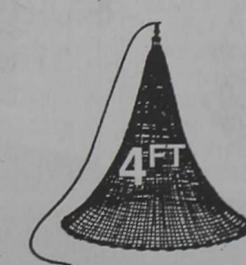
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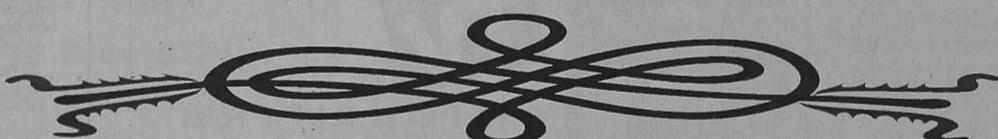


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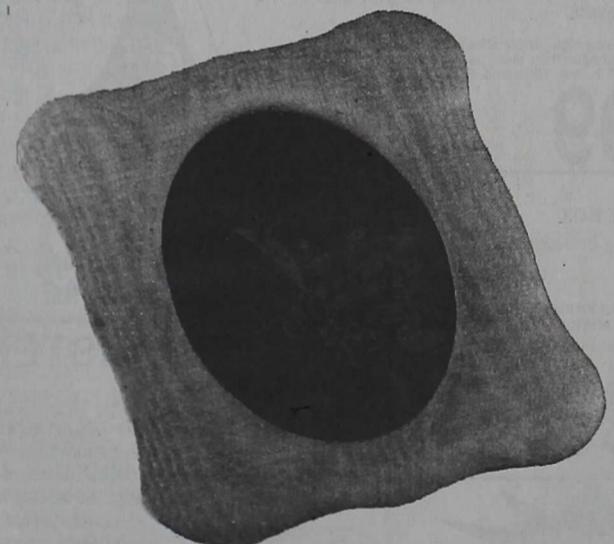
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just 21¢ per day which includes our
Sunday edition! All you need to do is
advantage of this super offer is return
form with your payment to start your
delivery at once!
The Daily News is designed to educate
you about the nutritional value of
milk and the other varieties of milk
available. It also dispels the myths that have
been created about the consumption of
milk. Collaborative studies conducted in 1994
uncovered and quantified
misinformation that has led the ground work for
the education effort. Some misconceptions cited by the
study:
Milk is high in fat.
Some varieties lose nutrients
when reduced or removed.
It doesn't have to happen.
It's avoided if people ju-
ice properly.
There are some strategies
to storing leftovers.
U.S. Department of Agri-
culture guide consumers away
from the likelihood of contracting
illness.
SHOPPING
Make buying groceries
a loop. Take the
home to the refrigerator
leave food in a hot car. N
check the dates on the
before anything you
refrigerated food is cold.

HEALTH BEAT

Paid Advertisement

New ideas keep up summer's healthy pace

at a Surprise! Milk Is Spreading Across the Lips of Celebrities

Campaign Launched to Reverse Attitudes Causing Milk-Drinking Decline

Milk is out to surprise celebs. More than 20 top-name celebs will be sporting milk mustaches in a new \$52 million education program intent on informing consumers about the health, nutrition and taste benefits of milk.

en Bacall, Christie Brinkley, Naomi Campbell, Joan Rivers, Vanna White and a host of other top-name celebs are teaming up with the nation's processors in the "Milk, What a Surprise!" public-education campaign that debuted in February issues of national magazines.

goal is to change those attitudes by keeping people from enjoying the great taste of milk and causing them to turn, instead, to less nutritious beverages like diet drinks and bottled waters.

These attitudes stem from certain misconceptions created by lifestyle changes or a plain lack of understanding about milk's superior nutritional package," says Charles E. Ker, executive director of National Fluid Milk Processor Education Program.

reduction in consumption especially dramatic among women. What is causing these women to walk away from milk? For most, it's a fear at.

an attempt to reduce fat in their diets, women are cutting out nutrients by opting for soft drink over a glass of milk," says Dr. David Carron, director of the Clinical Nutrition Research Unit at Ontario Health Sciences University.

any of them simply don't realize that 1 percent and skim have all the nutrients of whole milk, but with little or no fat," McCarron explains.

"Milk, What a Surprise!" campaign is designed to educate consumers, especially women ages 25 to 44, about the nutritional value that these other varieties of milk offer, and end the myths that have impeded consumption.

Collaborative research studies conducted in 1994 by KRC Research and Roper Starch Worldwide uncovered and quantified the pervasive misinformation and provided the groundwork for the new milk-education effort. Some of the misconceptions cited by the research include:

Myth: Milk is high in fat, and low-fat varieties lose nutrients when fat is reduced or removed.



Christie Brinkley is one of the many featured celebrities in the "Milk, What a Surprise!" campaign, designed to change consumer attitudes about milk.

from supplements and the milk in my coffee and cereal.

According to studies compiled by the United Dairy Industry Association, two out of three women ages 25 to 34, and three out of four women ages 35 to 74, fall below the recommended daily intake for calcium - putting them at risk for osteoporosis, a painful, bone-weakening disease that afflicts 20 million American women. Women in these age groups should be getting 1,000 to 1,500 milligrams of calcium each day, according to the National Institutes of Health (NIH). That's the amount of calcium in three to five 8-ounce glasses of skim, 1 percent or 2 percent milk. And according to the NIH, calcium-rich foods like dairy products are the preferred source of calcium.

Myth: Adults don't need milk; it's only important for kids.

More than eight out of 10 (84 percent)

adults agree that milk is extremely important to the balanced diet of toddlers and young children, but two-thirds (60 percent) don't think milk is important in their adult diets, according to the study. The reality is adults, especially women, need the calcium and essential nutrients available in milk at all stages in life. Bones continue to grow in density until age 35 and rely upon calcium and other nutrients for strength. After age 35, adults need calcium to maintain bone mass and slow the rate of bone loss later in life.

CAMPAIGN DETAIL

Photographed by world-renowned photographer Annie Leibovitz, celebrities bearing the "badge" of milk enjoyment - the milk mustache - offer their own thoughts on milk and its importance in their lifestyles.

Testimonials surprise the reader with new information about milk and end with the punchline: "Milk, What a Surprise!" Each quote reminds consumers what many have forgotten - or never knew - about milk and convinces them to fill their glasses again. Comedian Joan Rivers likes skim because it has no fat, so she and her dog, Spike (photographed with her), don't have to worry about their thighs. Film legend Lauren Bacall says it's 2 percent for her, ice-cold and straight-up. "With nine essential nutrients including all that calcium, it's certainly better to have than to have not," she says.

The ads, which were created by New York-based Bozell Worldwide Inc., began running in February issues of many national magazines. The "Milk, What a Surprise!" program also includes a hot line for consumers, 1-800-WHY-MILK (1-800-949-6455), with operators available to answer questions and provide free brochures on the health and nutrition benefits of milk.

The "Milk, What a Surprise!" program was developed under the guidance of the National Fluid Milk Processor Promotion Board, an association of U.S. fluid-milk processors, as a catalyst to spark a change in attitudes about milk. This multifaceted educational program will run through the end of 1995.

How's Your Family-Stress Juggling Act?

Juggling the demands of family and work is one of the leading causes of stress today. According to IOF Foresters family-stress expert, Dr. Richard Earle, parents can be filled with self-doubts that fuel personal and family stress. Earle advises that juggling demands effectively is the key to managing stress.

Whether at home or work, stress heats up when the gap between "I should" and "I really can" grows too big. To help parents cope, a free brochure offering tips on juggling responsibilities effectively is available from the IOF Foresters.



Stress-reducing suggestions include:

1) Lower expectations, and abandon the notion of being perfect. Sometimes, the dishes can wait, but your family can't.

2) Get the entire family to help run the household from day to day. Give up the idea that only you can do a certain job.

3) Develop a support network of friends or family to help you out at certain times, especially if you're a single parent.

The IOF Foresters is a not-for-profit Fraternal Benefit Society dedicated to supporting projects that help strengthen family life. For more free tips on parenting and family stress from the organization, call 1-800-922-4-IOF.

A Prostate-Cancer Abstract:

Answers to the Most Often Asked Questions

1. How prevalent is prostate cancer?

Prostate cancer is the second most prevalent cancer among men and the leading cause of cancer deaths among men. It is estimated that approximately 40,000 men will die from prostate cancer in 1995. There will be more than 200,000 new cases of prostate cancer detected this year.

2. Who likely gets prostate cancer?

About one in nine men will be diagnosed as having prostate cancer. African-American men and men with a family history of prostate cancer are much more likely to get prostate cancer.

3. What are the symptoms of prostate cancer?

Prostate cancer does not commonly cause noticeable symptoms in the early stages. As the disease progresses, symptoms may include an impeded flow of urine, which is noticed as frequent, difficult or painful urination. Other symptoms include the appearance of blood or pus in the urine or semen and painful ejaculation.

4. How is prostate cancer detected?

Until recently, physicians detected prostate cancer by feeling for prostate enlargement via the digital rectal examination (DRE). Today, doctors are aided by a simple blood test called PSA, which detects the level of prostate specific antigens (PSA) that are secreted into seminal

plasma. In healthy males, PSA levels are less than 4 nanograms per milliliter (ng/ml). Levels exceeding 4 ng/ml may indicate a diseased prostate. When a PSA test is used in conjunction with a DRE, the detection rate increases 78 percent over using a DRE alone.

5. What are the guidelines for PSA testing?

The Food and Drug Administration has cleared only one PSA test - the Hybritech TANDEM PSA - as an aid in the detection of prostate cancer. All other tests are cleared only to monitor conditions of people already diagnosed with cancer. PSA tests should always be used in conjunction with a DRE.

6. Are there differences in the effectiveness of PSA tests?

Only the TANDEM PSA test cleared by the FDA has gone through rigorous testing. Clinical studies have determined that the TANDEM PSA test can detect smaller amounts of PSA and that it provides consistent performance over time, which is especially important for tumor-marker tests, where patients may be monitored for many years.

Labeling on other PSA tests clearly indicates that they should not be used as an aid in detecting cancer.

7. Does an elevated PSA mean that I have cancer?

Not necessarily. Several factors - including prostatitis and benign prostatic hyperplasia - can cause an elevated PSA level. Only a biopsy can definitively diagnose cancer.

8. What is the prostate?

The prostate gland is about the size of a walnut and is located in front of the rectum and just below the bladder. It produces seminal fluid, the liquid portion of semen.

9. What are the treatment options if I'm diagnosed as having prostate cancer?

Treatment options are determined on an individual basis, depending on the stage of the disease and the age of the patient. Treatment may include passive monitoring, hormone treatments, drug therapies or surgical removal of a part or all of the gland.

10. Why is there so much controversy about PSA testing?

The controversy lies not with the testing, but with how physicians use the information they receive from PSA testing. In many cases, prostate cancer is slow-growing, and older men may die of other causes before prostate cancer threatens their lives. However, in other cases, prostate cancer can be fast-growing, and once it grows outside the organ, it is always fatal. PSA testing in conjunction with the DRE helps physicians detect prostate cancer in its early and treatable stages, thereby giving men treatment options.

Quick Tips to Avoid Food Poisoning: From Shopping to Leftovers

ever had food poisoning? Perhaps you have, but you thought you had something like the flu. Actually, it's called food-borne illness, and roughly 7 million Americans will suffer from it this year.

The reason so many people get sick is because, at the right temperature, bacteria you can't see, smell or taste can multiply to the millions in a few short hours. In large numbers, bacteria can cause illness.

It doesn't have to happen, though. Most (about 85 percent) cases could be avoided if people just handled food properly.

Here are some strategies - from shopping to storing leftovers - from the U.S. Department of Agriculture's Food Safety and Inspection Service to guide consumers away from the likelihood of contracting a food-borne illness.

SHOPPING

Make buying groceries the last stop on the loop. Take the food straight home to the refrigerator, and never leave food in a hot car. Make sure to check the dates on the packages, and don't buy anything you won't use before the "use by" date. Make sure refrigerated food is cold to the touch

and frozen food is rock-solid. Canned goods should be free of dents, cracks or bulging lids - which can indicate a serious food-poisoning threat.

STORING

To keep bacteria in check, the refrigerator should run at 40 F and the freezer unit at 0 F. Generally, keep your refrigerator as cold as possible without freezing your milk or lettuce. Freeze fresh meat, poultry or fish immediately if you can't use it within a few days. Put packages of raw meat, poultry or fish on a plate before refrigerating, so their juices won't drip on other food.

PREPARING

Bacteria can live in the kitchen towels, sponges and cloths. Wash them often. Replace sponges every few weeks. Keep raw meat, poultry and their juices away from other food. Wash your hands, cutting board and knife in hot soapy water after dicing up the chicken and before dicing salad ingredients. Use plastic cutting boards rather than wooden ones, where bacteria can

hide in grooves. Thaw food in the microwave or refrigerator, not on the kitchen counter. The danger is that bacteria can grow in the outer layers of the food before the inside thaws. Marinate in the refrigerator, too.

COOKING



It takes thorough cooking to kill harmful bacteria, so you're taking chances when you eat meat, pou-

try, fish or eggs that are raw or only partly cooked. Cook red meat to 160 F and poultry to 180 F. Use a meat thermometer to check that it's cooked all the way through. To check visually, red meat is done when it's brown or gray inside, poultry when juices run clear, and fish when it flakes with a fork. Salmonella, bacteria that cause food poisoning, can grow inside fresh, unbroken eggs. So, cook eggs until the yolk and white are firm, not runny. When you cook ahead of time, divide large portions of food into small, shallow containers for refrigeration. This ensures safe, rapid cooling.

MICROWAVING

The microwave has one food-safety disadvantage; it sometimes leaves cold spots in food in which bacteria can survive. It helps to cover food with a lid or plastic wrap, so steam can aid thorough cooking. Vent wrap, and make sure it doesn't touch the food. Stir and rotate your

food for even cooking. If your oven does not offer a turntable design, rotate the dish by hand once or twice during cooking. Observe the standing time called for in a recipe or package directions, because food finishes cooking during this time. Use the oven temperature probe or a meat thermometer to check that food is done, and be sure to insert it at several spots.

SERVING

Use clean dishes and utensils, not those used in preparation, to serve food. Never leave perishable food out of the refrigerator for more than two hours, because bacteria that can cause food poisoning grow quickly at warm temperatures. Pack lunches in insulated carriers with a cold pack. Caution children never to leave lunches in direct sunlight or on a warm radiator. Carry picnic food in a cooler with a cold pack, and when possible, put the cooler in the shade, making sure to keep the lid on as much as you can. Keep cold party food on ice, or serve it throughout the gathering on platters from the refrigerator. Likewise, divide hot party food into smaller serving platters. Keep platters refrigerated until it's time to

warm them up for serving.

LEFTOVERS

When you handle leftovers, divide large amounts into small, shallow containers for quick cooling in the refrigerator. Don't pack the refrigerator - cool air must circulate to keep food safe. With poultry or other stuffed meats, remove stuffing and refrigerate it in separate containers. When reheating, bring sauces, soups and gravy to a boil. Heat other leftovers thoroughly to 165 F. Microwave leftovers using a lid or vented plastic wrap for thorough heating.

DISCARDING

If you're not sure how old something really is, throw it out. Never taste food that looks or smells strange to see if you can still use it. The mold you see is only the tip of the iceberg. The poisons that molds can form are found under the surface of the food. So, while you can sometimes save hard cheese, salamis, and firm fruits and vegetables by cutting the mold out - remove a large area around it. Most moldy food should be discarded.

Announcements

Shari Grise 455-3813 or Laurie Panger
353-7005.

TFN

AYOR'S COMMITTEE FOR
HANDICAPPED IS ACCEPT-
ING NOMINATIONS FOR ITS
THIRD ANNUAL AWARDS IN THE FOLLOW-
ING CATEGORIES: I. BUSINESS
SUPPORT GROUPS (accessing
handicapped employees,
groups, individual distin-
guished service) II. HANDICAPPED
IN (student, employee, volunteer)
Nominations are reviewed the
first Wednesday of every month. FOR
INFORMATION AND APPLI-
CATIONS, PLEASE CALL BETTY
MONTGOMERY AT (910) 938-5224.

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LOW COUNTY HEALTH DE-
PARTMENT OFFERS A FREE
THREE DAY OUTREACH IMMUNI-
ZATION CLINIC. Clinics will be held
from 9:00 am to 3:00 pm. No appointment
necessary. Bring your immunization
records. Clinics will be held in the
following areas-Holly Ridge, South
Cahills, Swansboro, Sneads
For additional information, call
347-2154 and ask for Immunization
Services.

TFN

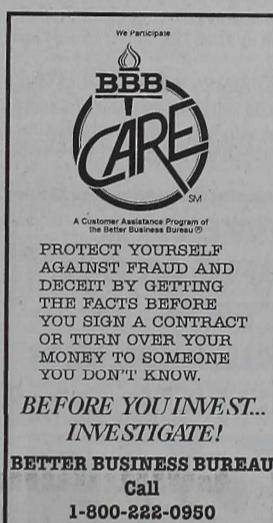
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ing, practical assistance, and alterna-
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orders "Support group" will meet
Wednesday July 12, 3:30 pm. This
group offers shared experiences, com-
passion, understanding, and often
valuable information and skills to those
involved in the care of individuals
with Alzheimer's Disease, Pick's Dis-
ease or other disorders that affect
memory and ability to think. For more
information call Kathy Oseler at 455-
2747.

Cookbooks- The Onslow Council on Aging's Onslow Heritage Cookbooks make excellent wedding gifts. They can be purchased for \$13.95 at 105 3rd St. Jacksonville. Call 455-2747 for more information.

Hearing Screening- A free hearing screening for seniors 55 & older will be held at the Sneads Ferry Senior Center, Hwy 172 Sneads Ferry, July 12, 10:00 am. The screening is sponsored by Cheryl Crainshaw, Hearing Center. Call Robert Halbrook, 327-3773 for more information.

7/5

ONslow COUNTY ADA DIABETES SUPPORT GROUP meets the first and third Tuesday every month on the first floor in the OB/GYN conference room at the Naval Hospital, Camp Lejeune from 9-11 am. For more information call Ms. Wolfe 577-7215 or Ms. Pendergrass 577-4359. The Swansboro ADA Diabetes Support Group meets the first Tuesday of every month at the Swansboro United Methodist Church, Room 24 at 7pm. For more information contact Michelle Bentley, RN 347-2154.

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GLOBE TRADER ADS

ISELLANEOUS

Air Trainer exercise bike, shows d, distance, pulse rate, calories, 1000 OBO. Gamefisher outboard motor, e car top carrier, \$40. Call 353-6 p.m.

rails (chrome) for RV, \$70 OBO. 866.

je door w/4 windows, \$75; aluminum door/glass \$20; workout bench; rim \$10. Call 577-3588.

ack, \$200 OBO; Treadmill by \$150 OBO; Whirlpool spa by for tub, \$15; Waxmaster 900, isher, \$15. Call 577-7837.

\$30; 4 small tires and rims, \$150; ck rims, \$100; living room set \$60; s, books, clothes all sizes - adults, babies; PD rowing machine, \$10. 1292

3D player, kerosene heater, Sears drier, life jackets, wooden twin d. Call 353-1445.

Officer's Evening Dress, \$400; es, \$125; Dress Whites, \$50; all mint condition. Call 353-1445.

ank, regulator, BC, weights, 1353-1445.

Delphia Eagles Starter Jacket, new, \$25. Call 347-6010.

stereo for Chrysler, Dodge Spirit, AM/FM cassette player, digital 50. Call 347-6010.

T-3 workstation, keyboard w/ e, manuals, stand & disks, over ounds, 4 drum kits, 8 trk. sequencer, DBO. Call 346-4625.

Packard Bell 4865x/25, 4 mb 10 mb HD, 14.4 modem/fax SB

1 with sound card, speakers, 14" DOOM2, Corel 5, \$2,000. Call 353-

ower, Sears, 4 HP, mulcher, \$165;

3.5 HP w/catcher, \$100; shot-

chester, Md 12, 20 gauge & 12

wl/ poly choke, \$275 EA; speakers, 1 (new) sound design pr., \$45; tool

small truck, \$65. Call 455-3665.

ink fence, 2-years-old, on base, 181', 3, 12 posts, \$300 OBO. Call 353-

5, 215 pounds, curl bar, long bar, 2

ears, heavy duty bench with set, \$125.

5-8223.

new Gortex field jacket, M/S, \$85;

ing Dress, excellent condition, 40S

3200 trousers, \$150; black combat

er boots, \$15. Call 455-8223.

28 personal computer w/40 MB HD, DBO; IBM printer, \$200 OBO. Call 32-

on tent, \$50; "Skin" board, \$50; 2-

raft, \$100. Call 326-5885.

stereo system, reverb amplifier,

ulic processor equalizer, cassette

digital clock/timer, 2X Speakers, plus

aliment center, \$2,000 OBO. Call 32-

an rug-large floor, BO; Turkish runner, 353-3032.

blue/gray w/white trim wooden shed,

heavy constructed solid door with

2 windows, new, never used,

includes moving & set up, will take

es, \$1,200. Call 326-2730.

blue/gray w/red trim wooden storage

extra heavy constructed, 5' wide door,

never used, price includes moving &

will take payments, \$1,400. Call 326-

ted Mess Dress, all accessories, t. chevrons, \$300. Call 353-2630.

doghouse, \$20; picnic table, best of-

all 577-8197.

equipment, live baitwell with pump

16 1/4" W, 15" H, VDL, 22 1/2 Gal,

Perko adjustable rod holder, \$50. Call 508.

Legend 700, 486/33 Computer, 4 MG

1, 130 MG HD, VLMF VGA 14" moni-

house, 3.5 & 5.25 disk drives & pro-

ms, \$1,000 OBO. Call 326-1918.

MAK-90 Sporter, 7.62 x 39mm, civil-

version AK-47, 2-30 Rd Mags, cleaning

400. Call 353-7516 AWH.

ess membership for women only, 1 1/2

left, \$350. Call 577-7315.

ter Cut 20" lawn mower, excellent con-

RCA XL100 19" color TV. Call 346-

0.

18K BTU, used 1 season, \$325. Call 3701.

dy TL1000, 40 meg HD, 3.5 & 5.25

es, 14" color monitor, mouse, joystick,

ter cable, books, DOS, some software,

, \$100. Call 347-6272.

arglass truck topper, full length tinted side

dows, maroon, fits Nissan 6' bed, \$450

O. Call 577-6648.

place and fireside set implements, man-

shelf, \$65. Call 326-5171.

ck & gray German race leathers, excel-

lition condition, \$250. Call 326-7584.

torcycle alarm w/pager, brand new, in

, \$150. Call 326-7584.

ma Alto Saxophone, 1 owner, excel-

lition condition, \$700 OBO. Call 346-8099.

Inch table saw, good condition, Sear's

ft. \$225. Call 346-2068.

Corvette: Glass top (85-95), Borla

h Performance System (92-95). Call 5-8511.

wood speakers, \$75; Tuner, \$50; cas-

te deck, \$50; amp, \$50; all for, \$175;

ntendo Entertainment System, \$75;

mes, \$7; metal stool, \$9. Call 577-1794.

co RV resort membership, 38 locations

ross the U.S., travel, relax & enjoy retire-

ment, \$1,700, 1 day TR fee & 95 dues. Call 8-1726 AWH.

thomas cruise for 2, all meals on ship,

ights in Freeport, deluxe hotel, port fees &

importation to Palm Beach not included,

100. Call 353-6909.

anchi Performance racing bicycle, new,

new, profile handlebars, light-weight frame,

all Cpl. Brumfield at 451-6026, Rm. 135.

male Navy uniforms, various sizes, most

in packaging, PN/RN rating insignia,

take all or some, best offers. Call 577-1138.

1/4 CT T.W. Marquise diamond engagement ring/wedding set, \$200. Call 577-1138.

Sets of 4 tires and wheels, P235/75 R15, \$80 OBO, Goodyear Workhorse LT 235/75R15, chrome wagon wheels, \$400 OBO. Call 577-3184.

Air Trainer exercise bike, shows

d, distance, pulse rate, calories,

HP Gamefisher outboard motor,

e car top carrier, \$40. Call 353-6 p.m.

rails (chrome) for RV, \$70 OBO. 866.

je door w/4 windows, \$75; alumini-

m door/glass \$20; workout bench;

rim \$10. Call 577-3588.

ack, \$200 OBO; Treadmill by \$150 OBO; Whirlpool spa by

for tub, \$15; Waxmaster 900, isher, \$15. Call 577-7837.

Brand new weight bench, \$150 OBO. Call 353-1289.

Nintendo, 2 controllers, Duck Hunt gun,

super control pad, 30 games, \$175 OBO. Call 577-4474.

Hero Escape Mountain bike, front struts,

many upgrades, accessories, 18 speeds,

reasonable offers only. Call 577-4474.

Speakers & Sabre sound box w/two 15"

Horn mid-range Quartz tweets, \$25; 4"

Alpine 6147, \$38; 4" Kenwood HQ102, \$65;

8" Bazooka Tube, \$115; Dynamat, \$35. Call 455-7690.

Ski machine, new, \$100; metal garage door,

16 x 7 w/all parts, \$125; pinball machine,

\$400; Little Tykes toybox, \$10; all negoti-

able. Call 326-1622.

21" Magnavox console TV, \$125 OBO. Call 346-7579.

Skydiving gear, pursuit 230 CRW Main,

AAD, Altimeter, more. Call 455-4719.

Sear's garage door opener, \$75; area rug

for living room, \$50; 12 x 15 deep red carpet w/pad, \$85. Must sell July 7. Call 577-

4652.

Wedding dress, slip and veil, size 8, \$250. Call 346-4007.

Like new factory chrome rims and tires off

of Nissan 4 x 4, 235 x 75 x 15, 10K miles, 6

bolt pattern, \$300 OBO. Call 353-8657.

Baby stroller, 4-in-1 stroller, \$75; portable bas-

inet, \$25; frame backpack, \$15; infant girl

clothes, \$50; lawnmowers, from \$30. Call 353-0557.

Winter wardrobe for newborn girl, like new,

50%; girl's clothing, like new for now to winter,

sizes 12 months up to 4T; infant leather

shoes, sandals, boots, like new, up to N8; baby

walker, \$8. Call 347-7123.

18kt. gold cameo ring, \$150; woman's sil-

ver watch, \$30; both items Italian-made. Call 347-7123.

DP Infinity III, 2 station home fitness sys-

tem, \$300. Call 455-2546 AWH.

Sear's dehumidifier, \$150; Lladro, "Girl with

Goose", \$90; Ping Golf Clubs Eye 2(+ #3),

NOW THROUGH MONDAY AT MOORE!

DRIVE ANY NEW CAR,
TRUCK OR VAN FOR

1/2 STICKER
PRICE!

Drive a
\$24,000
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\$12,000

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for
\$7000

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Mitsubishi
for
\$5000

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Asks: Why pay sticker
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24 months at
1/2 the sticker
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Based on 24 month lease with
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CASH!



OVER 500 VEHICLES TO CHOOSE FROM!



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HOURS:

MONDAY-FRIDAY

8:30AM-9:00PM

SATURDAY

9:00AM-6:00PM

Must have job, steady income. All Bankruptcies Must be Discharged. Based on 24 month lease from MSRP, w/approved credit. Tax, tag, one months payment & one month refundable security due at contract.

Marine Corps Cola
or Guard represents
in its travels across
Officer Wins Arti
Colonel wins bronze
national competition.

July 13, 1995

Briefly

APEX scheduled
Wednesday is Family Day a
Exercise 3-95.
will depart Goettge Me
Field House parking lot
approximately 10:45 a.m. and return
4:30 p.m.
performance begins at
Those desiring to attend must
winner form which can be
on site from a Public A
APEX is a demonstrati
Marine Corps' amphibio
capabilities and include
displays as well as the l
eration.
nationally, Miles Hamm
will be closed to PC
from 6 a.m. Monday un
uly 21.

Military Antique
show slated
ns and memorabilia fi
World War through World
be exhibited Saturday
in Wilmington at T
on the University
Carolina at Wilmington
eek preview is sched
evening at 8 p.m. at a
ers for the actual even
ay from 9 a.m. until 4
unday from 10 a.m. u
The cost is \$4 for adul
children.
ere will be a living h
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or more information
802-1339.

GLI does not p
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been the target of an
scam claiming to pa
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target that Congres
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years served, but the
apply for the dividen
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Anyone has been app
this scam or has an
information regarding this
Legal Assistance Offi

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available at ITT, Recreati
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around the Globe
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Mariano Air Base
Guidelines
Swimming Tourney
Sports Shorts
Battleship
Local Musicians
JHS Reunion