

lops and refines SOP during 2nd MEU in Virginia. 14A

n technology

computers affects Corps across of missions. 20A



Youth Football

Devil Dogs rout Falcons, 20-0, in Division II action at Little-Man's Field. 1B

Intramural Soccer

Lant needs overtime to upset TSD, 4-2 in league action. 1B

PMO Olympians

MPs compete in North Carolina Police and Fire Olympics. 3B

HE GLOBE

28, 1995

vehicle tions rized

ding general, ise, has authoof the Provost to conduct ranections during

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emergency vecles operated by the performance will be exempt.

PEX

for the quarterly ercise is Wednesnbers, retirees and arrive at Goettge SE, CASSETTE d House between a.m. and return at sentative from the Office will be handforms which all ling must fill out. will be offered at

Hospital ceremony

inding officer, Na-Camp Lejeune will cutting ceremony Vavy Pimary Care Gum Branch Road

or military attendees hakis for Naval Pererssonnel. Civilians appropriate attire.

riefing team s Lejeune

ine Security Guard creening Team will e Corps Base Camp t. 25 and 26. A briefneld at Marston Pavilat 1 p.m. for all interrsonnel and their

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ed personnel should ieir battalion career r further information ganize the required s for screening.

ple's Medical chool airs

Lieutenant Daniel will be the guest on Medical School today on WJNC Radio, 1240

's topic is National y Month (October). ek's topic is Diabetes

inside look

ions	2A
ter Box	2A
nd the Globe .	3A
S	4A

MEU 10/11A Kicks Off 20A

the Sidelines 1B

ball Picks 4B

Navy-Marine Corps Relief Society sets aside \$20 million for Marines, Sailors as legislators debate

Cpl. Jason C. Huffine

At press time Congress still had not passed the Defense Appropriation Bill or a Continuing Resolution Act that will allow servicemembers to receive regular pay for the new fiscal

As a result the Navy-Marine Corps Relief Society has set aside funds and is planning to be in a situation to help Marines and Sailors should it become necessary.

As lawmakers continue to debate the fiscal 1996 budget, military members and their families need to think ahead and prepare themselves in the event they are not paid on Oct. 13, according to Gini Schopfel, executive

Navy-Marine Corps Relief Society.

"The situation is real and should not be taken lightly," Schopfel said. "Those who live pay check to pay check will probably be hit hardest if the budget is not resolved.

"The society has set aside \$20 million if the pay-less payday occurs," she said. "But be aware, \$20 million is nothing compared to the normal \$517 million that is normally paid every two weeks to Navy and Marine Corps personnel. The money will be tight."

If the situation occurs, the society realizes that military members will turn to them for desired funds to pay necessary bills, said

In normal times the society would director, Camp Lejeune Auxiliary, provide funds for an appropriate

need, but this situation will be different, Schopfel continued.

Lack of budget may affect Military pay

"The money must be regulated," she said "it will only be distributed for gasoline and food."

With this, questions will definitely be raised about payment of other bills. Precaution will be the best alternative, she added.

"You need to contact all creditors, landlords and billing agencies that you owe," she said. "Also be aware of the upcoming 96 hour liberty and the funds you plan on spending during that time.'

If in fact there is a pay-less payday, the society will surely be flooded with phone calls from needy individuals.

In an attempt to avoid that, plans are being discussed about how to distribute funds through the various chains-of-command that would be affected Schopfel contin-

"In our plan, each command will have a representative doing the necessary paperwork."

EFTs save DoD funds

LCpl. Kyle Reeves

A new payment policy announced in All Marines Bulletin 252 dictates that all Department of Defense operations will now process travel payments using the Electronic Fund Transferring System beginning Oct.

This includes advanced travel payments and advanced dislocation allowance payments for permanent change of station orders

John J. Hamre, comptroller, Under Secretary of Defense, approved the implementation of the new travel payment policy on March 15.

The new policy will save DoD money in check-cutting costs, according to CWO4 Mike Spahalski, fiscal officer, 2nd Force Service Support Group. "Before the system came along, each check would cost approximately \$14.50 to process,'

Spahalski said. "Last month 2nd FSSG cut 4,109 checks not including paychecks. The total amount in processing checks came to \$60,000.

"The Treasury Department would send us the checks; we would process the checks and give them to the members. They, in turn, would deposit the checks into their accounts. The banks would then reconcile the check with the Treasury Department," he said.

Now, all travel payments will be made by direct deposit vice check or cash payments

"When we do it electronically, it only cost us on average \$30.00 a month," said Spahalski. "We release as many travel claims that we can in one day and it only cost \$1.50.

With the new system, a servicemember fills out a travel voucher with the administration office when he turns in his original orders. The of

See TRANSFERS/20A

24th MEU returns to Camp Lejeune

Sgt. Lance M. Bacon

terranean.

CAMP LEJEUNE, N.C. — The Marines and Sailors of the 24th Marine Expeditionary Unit (Special Operations Capable) returned to Eastern North Carolina Sept. 21 following a six-month deployment to the Medi-

During the deployment, the MEU received world-wide recognition when their Tactical Recovery of Air-

covered downed Air Force pilot Capt. Scott F. O'Grady about 20 miles southeast of Bihac in northwestern

In turn, O'Grady was the first to welcome the MEU home, meeting them aboard the amphibious assault ship USS Kearsarge the day before they touched North Carolina soil.

"I wanted to come out and give my personal thanks and welcome them home," O'Grady said of the MEU, "As I have said all along, these
— See MEU RETURN/12A

LCpl. N. A. Desai

Welcome home and thanks again

Captain Scott F. O'Grady, U.S. Air Force, welcomes home the members of the 24th MEU(SOC)'s TRAP team. The team rescued him after he was shot down over Bosnia-Herzogovina. The MEU returned Sept. 21 after a six-month deployment to the Mediterranean. (See related story page 12A.)

'High one' defeated, what could be next?

Cpl. Jason C. Huffine

Backed by the Fleet Reserve Association and other lobbying groups, the House National Security Committee unanimously defeated the "High One" retirement proposal Sept. 20.

The "High One" retirement proposal was originally part of the 1995 House Budget Reconciliation Bill. Its purpose was to shrink the military entitlement account by \$650 million over the next seven years.

The plan would have diluted the calculation for retired pay. Servicemembers who entered active duty before Sept. 8, 1980, would have expected to lose between 2 and 8 percent of their retirement, according to Congressman Walter B. Jones Jr., 3rd District, North Carolina, who took part in the vote.

"High One' is dead." Jones said. "Today we did what is right for our men and women in uniform who served their country with pride."

Before the vote took place, there were many of the nation's top senior enlisted members speaking out

against the proposal. 'High One" is a poorly devised ncept, according to Master Chief Petty Officer of the Navy, John Hagan, in FRA's September edition of "On Watch."

"It breaks faith with those who have earned a specific entitlement," Hagan said. "It also targets senior servicemen who have served honorably and violates all basic fairness and honesty concepts.'

Sergeant Major of the Marine Corps, Lewis "Gary" Lee, also had something to say about "High One"

"Our leaders within the Department of Defense are speaking out against High One, he said. "On an issue such as this, it's very appropriate for everyone to write or call your elected representatives and voice your opinion.

Write and call is what everyone did, according to Heidi Schuller, edi-

"FRA's members who wrote and called are mostly retired military that know what it's like to have your retirement pay altered," Schuller said. "The members and others contacted us because they knew we were in direct contact with many state representatives.

If the "High One" plan was defeated, the National Security Committee knew that they were going to be tasked with an alternate plan to save the money, continued Congressman

"We found an alternative, and as promised, it will be used," Jones said. Instead of "High One." the Na-

tional Security Committee will get its savings through the sale of materials in the National Defense Stockpile. The idea was proposed by Committee Chairman, Floyd Spence of South

"My proposal will keep the faith with our men and women in uniform," Spence said. "They deserve their retirement pay, that was earned through many years of hard work.'

Reenlistment What's hot, what's not

Cpl. Jason C. Huffine

As the new fiscal year approaches, first-term applicants for reenlistment are finding the competition getting hotter in the on-going struggle for retention in the Corps.

Headquarters Marine Corps has allocated fewer boat spaces for 2nd Marine Division this year, according to MSgt. Timothy Ring, staff noncommissioned officer in charge, Division Career Planning.

"Last year HOMC allocated us 229 boat spaces," he said. "This year it's only 180, making reenlisting in your military occupational specialty more

One such MOS that Marines are finding it hard to reenlist in is the 2531, basic radio operator, according to Ring. "It's not that the opportunity isn't there, in fact there are 18 spaces available within 2nd MarDiv," he said. "But right now, we have 29 applicants competing for those spaces

When there are more applicants than boat spaces for an allocated MOS, the 2nd MarDiv Sergeant Major will hold a Service Record Book board to determine who will fill the limited spaces, added Ring.

"The board is very competitive and concentrates on professional military education," he said. "We wish there could be an actual personnel board, but operational tempo prohibits that

With the competitiveness high and boat spaces limited, many Marines are choosing to make a lateral move, added Ring "The lateral move is good for

someone needing a change in their job," he said. "A lot of times though, Marines turn away from a lateral move because they're scared of prerequisites that come with the new MOS.

The 4066, small computer system specialists, is proving to be the most popular MOS for lateral move this year, according to Ring.

"The MOS offers someone not only a computer education, but an opportunity for possible quick promotion," he said. "However prerequisites are tough and the Marine must take the Electronic Data Processing Test. A minimum score of 50 is required to be considered."

Compared to previous years, the number of first-term Marines wanting to reenlist is about the same, con-

"One hundred and fifty applicants have been submitted so far in 2nd MarDiv for open and restricted MOSs" he said. "That's not including the allocated MOSs, which will not be submitted until after their

One problem many career planners are seeing is Marines coming into their offices unqualified. PME that is required for reenlistment is not being taken care of. This is a situation that should be taken care by the chain-ofcommand and the individual long before they step into the office, said

"In order to be competitive, Marines must set priorities toward their goals and not wait until the last minute," Ring said. "If someone's ASVAB score is too low, they need to take it again. Don't ever be satisfied with minimum results, always strive to improve yourself for compe

The Chatter Box

"Should non-U.S. citizens be allowed to join the U.S. Military?"



but they should

LCpl.David L. Gallowa 8th ESB, 2nd FSSG

as long as they U.S. and seek



stSgt. Mark A. Hughes 2nd CEB, 2nd MarDiv



long as they can perform their duty just like

H&S Bn., MCB









Opinions -

nur letters, keep sending them:

Remember, the letters should address concerns pertaining to the military, Marine Corps and Camp Affairs/Letters to the Editor), Marine Corps Base, PSC

Letters must include name, rank and work extension Mail letters to Commanding General, (Attn: Public Box 20004, Camp Lejeune, NC, . them off at Building 67, CPAO. Also the e-mail address Woosley@JPAO@MCB Lejeune

School zone speed limit raises concern

Around the beginning of the year there was a speed limit change implemented in the base housing areas. This change was an increase of speed from

At the time of the change, I noticed all the new speed limit signs that were posted were changed from 20 mph to 25 mph (this also included the base school flashing warning lights).

If the children are our future as the Base and community, and I truly believe they are, then I do not understand why an increase of speed in a school zone

I do believe the appropriate speed limit change should have been to decrease the speed limit to 10 mph or 15 mph in the school zones. This seems to be a more sensible solution in the enhancement of child safety in our community. If this is not a justifiable cause to have the school zone speed limit signs changed, then why do we even have the flashing school zone speed limit warning signs at all?

HM1 William S. Noon Naval Chiropractic Center

'non-rate' To rate or to

on the quality of life in the Marine Corps. I believe the next item is taking care of the first term attrition turnover by ensuring that the lower enlisted ranks are treated like Marines and men at all times and not as scape goats of an angered particism.

I have seen several instances in which lance corporals have reasearched the proper way to do something, but when they present the correct way, they are told that a change will not be made unless a higher rank from the unit brings it to someones attention. Basically, what they should have said to the Marine is "as long as it is kept at this level, then we aren't going to have to worry about a 'nonrate' doing anything about it.'

Instead of calling these lower ranked Marines "non-rates," lets establish a Marine Corps standard by calling every Marine by his rank regardless, and treating them all as men desire to be treated.

In another instance, a fellow NCO tried to acquire a billet related document and was told "have your SNCO give me a call to let me know that you will be

coming down to pick up this document." Does being an NCO account for anything? Does that NCO have to have his integrity questioned at the expense of his rank?

I believe in the rank structure and that higher ranks require the respect and cooperation they are entitled, but also they gave up a lot to serve their country, and graduated from boot camp, and should be treated with re-

If we stop this micromanaging and give Marines responsibility, maybe they will feel as though they are being taken seriously and feel important. If we start taking care of our first term Marines and let them see that the next rank that they will pick up gets even more respect from higher echelons, then maybe we could keep a few good Marines from getting out. It-would help our recruiting goals, and stop that Marine that has a drug waiver or prior conviction from even getting into the Marine Corps and barely graduating boot camp only because he met the numbers for that month.

Cpl. S. E. Gifford

Stand, take it like a man

Editor's note: This letter was received through e-mail, in response to a letter by Cpl. Joseph B. Gray III that was printed last week dealing with the quality of life for barracks Marines.

Good Article Devildog-However, initially you applaud the fact

that Marines that live in the barracks should stop whining, then continue on to whine yourself. Rules and regualtions are comensurate to the good order and discipline of what is expected as a U.S. Marine (I'm sure you already know this

A non-whiner would receive the order to stop smoking in the rooms of the barracks, and, regardless of how he felt personally, would comply and carry on. It is the duty of the NCO's to ensure all orders are adhered to. Complaining about it sets a bad example and bleeds to your subordinates, thus making it okay for them to whine" about it. Am I right or what?

SSgt. Anthony P. Divalentone

Corps' birthday celebration ahead

The 220th anniversary of the birth of the U.S. Marine Corps is around the bend. Now is the time to begin planning to attend your unit's Birthday Ball. Contact your unit representative for information regarding location, time, and ticket prices.

This is an opportunity to share in the camaraderie with your fellow Marines and celebrate the birth of our illustrious Corps.



MARINE MA Misistry of the Mark of the Desired by Spirits And The Desired By Spiri

directed that a selected letter from hts Marine Mail be published weekly in the

The following is a letter was written by LCpl. Benjamin T. Feilen, Reserve Support Unit 2, Marine Corps Base, Camp Lejeune. In his letter, he asked the Commandant about a problem he has with the Split Decision Program.

'My name is LCpl. Feilen. I am on ADSW at the Reserve Support Unit at Camp Lejeune. My regular drilling station is Battery G in West Trenton, New Jersey.

I wanted to take this opportunity to shed some light on a problem in the Marine Corps that you may not be aware of. The problem is with the Split Decision Reserve program, otherwise called the 90-day reserve program. This program allows reservists who attend college to break up their three basic phases of training into three summers when the Marines are not attending colleges.

According to the admin and recruiting personnel I have spoken to, specific dates and slots are supposed to follow the Marine for the two summers that he/she must? attend MCT and MOS school. Unfortunately that is not the case too often. These dates or slots somehow get lost in the system and leave Marines under trained and under qualified. If these Marines are mobilized early in their career (before an OJT can be completed), they must go to a combat environment with nothing but the minimal boot camp skills that may have been somewhat forgotten.

A secondary problem resulting from this program concerns the Montgomery G.I. Bill. If a recruiter ensures this reservist that he is on-line for the G.I. Bill but the reservist cannot go to MOS school (due to lack of funds) for some time, he is not allowed to receive those monetary benefits. That is because the Montgomery G.J. Bill requires that the individual be qualified in his MOS before starting the benefits.

The Split Decision Program is out-

people who would not h reserves because they di a semester the opportu rine. However, it has flav rimental to that Marine's well as the problem I out Bill during peacetime.

I appreciate the time this message and hope t be reached to solve thi Reserve Marine Corps. LCpl. Benjamin T. Feilen

> LCpl. Benjamin T. Fe RSU 2, MCB, Camp 1

When a Marine Mail an immediate acknowled is sent to the originator t card. The mail is then re mandant before it is sent ate staff section for act Miner, Head, Personne Branch at Reserve Affa HQMC provided LCpl. I sponse that provided him mation and the points of to address the concerns out in his letter. General Cl Commandant of the Mari on Col. Miner's reply let Straight scoop makes a di

Recently, several other sent in and have received MARINE MAIL message: Patricio, HQMC, sent in a r vs MOS schools and MSgt. Headquarters and Service Parris Island, sent in sugges dations on rifle qualification recently received replies on MAIL

To contact the Comma Marine Mail: REGULAR N Mail - CMC, Headquarters 2 Navy Annex, Washington 1775; E-MAIL - (type MA) rine Corps electronic mail sy the Marine Mail mailbox; HQMC/USMC@ www.hqmc.usmc.mil/hqmc/l



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Box 20004, Camp Lejeuni

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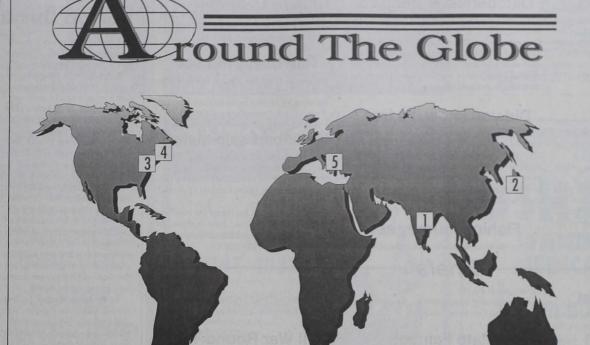
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To contact the Comm Marine Mail: REGULAR I Mail - CMC, Headquarters Navy Annex, Washington Kono and U.S. Am-775; E-MAIL - (type MA) er Mondale, the two rine Corps electronic mail sy ed to study how the es Agreement deals



with crime and crimenal activity

The pact sets legal guidelines for U.S. military personnel and facilities in Japan.

Both Mondale and Kono said they saw no need to revise the pact, the heart of the growing controversy involving the rape of a schoolgirl on Okinawa, Japan's southernmost island.

Three U.S. servicemen are suspected of abducting and raping the girl Sept. 4 as she walked home from shopping.

U.S. authorities refused to turn over the suspects to police because of a clause in the agreement that bars such a move until Japanese prosecutors have issued a formal indictment. (Reuters)

Land mine bill may difuse on Hill

WASHINGTON - The high-pro-

file battles raging on Capitol Hill multibillion dollar armaments are overshadowing a fight over the proliferation of low-tech weapons that matinee: land mines.

At issue is legislation that would require the U.S. military to observe a one-year moratorium on using "antipersonnel" land mines, except along international borders or in demilitarized zones.

Antipersonnel land mines have become a global scourge. An estimated 100 million are strewn in 64 countries, and the number is rising. They lie hidden and lethal for years after the wars during which they are planted, claiming some 26,000 casualties annually, or one every 22 min-

The vast majority are civilians. The devices also wreak economic

By adopting a one-year ban on the over the B-2 bomber and other use of land mines designed to injure infantry troops, advocates say, the U.S. would encourage its allies and others to do the same, giving an enoroften cost no more than a Saturday mous boost to proposals for an eventual worldwide ban.

"Land mines are the Saturday Night Specials of conflict," says the legislation's sponsor, Sen. Patrick Leahy (D) of Vermont. "Land mines kill far more civilians than all the bombs being dropped and guns be-

Senator Leahy says the timing of his legislation is crucial. Forty-four nations will meet in Vienna to tighten the 1980 U.N. Convention on Conventional Weapons (CCW), which restricts the use of antipersonnel land mines. The administration could ensure the conference's success by adopting his plan, Leahy says. (Christian Science Monitor)

North Korea curtails 4. its nuclear program

WASHINGTON - When the U.S. persuaded North Korea last year to swap its suspected nuclear weapons program for two modern nuclear power plants, very few arms-control experts and even fewer lawmakers thought the deal would stick

Eleven months later, the "Agreed Framework" with the hard-line Communist state is being implemented with greater speed and warmer cooperation than even its strongest backers expected.

The accord has not turned North Korea into a democracy nor restored peace to the divided Korean Penin-

Then again, no one claimed it

dangerous nuclear program that was probably producing weapons-grade plutonium and appeared to be heading toward making nuclear bombs.

At the same time, it has opened a largely unpublicized channel of diplomacy between North and South Korea that American officials say, with guarded hope, could contribute to an eventual easing of tensions along the world's most heavily armed border.

"This is an incredible story that's been largely overlooked," says Ambassador-at-large Robert Gallucci, who was the US negotiator of the accord.

Since the accord went into effect, North Korea has shut down an existing graphite nuclear reactor and a nuclear reprocessing facility. stopped construction of two larger nuclear reactors, and begun the process of placing an estimated 8,000 spent nuclear fuel rods, which could be used to make to make nuclear weapons, into storage. (Christian Science Monitor)

5. fragile peace talks Bosnia threatens

SARAJEVO - Bosnia's Moslem-led government, emboldened by battlefield gains, threw a fragile peace process into doubt Monday by refusing to negotiate on Serb demands for a mini-state within Bosnia.

Sarajevo officials cast doubt on the country's attendance at New York Peace talks but sent confusing signals.

Washington dispatched negotiators to Sarajevo Monday to try to keep the momentum for peace go-

Foreign Minister Muhamed Sacirbey said Bosnia was committed to the U.S.-led peace process and he would continue to negotiate about attending Tuesdays proposed meeting but Prime Minister Haris Silaidzic said bluntly "there won't be any meet-

In a statement issued in Sarajevo a few hours after Sacirbey's in Washington, President Alija Izetbegovic said he had ordered Sacirbey not to attend the meeting with the foreign ministers of Croatia and Yugoslavia, the later negotiating on behalf of the Bosnian Serbs What it has done is freeze a (Reuters)





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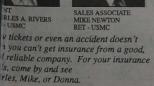
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Auto Show slated

The Marine Corps Exchange in conjunction with Firestone is sponsoring Camp Lejeune's First Annual Auto Show Oct. 7 from 9 a.m. to 4 p.m. at the Exchange Annex, Building 84, on Holcomb Boulevard. The Skoal car will be on display. Don't miss the excitement. For more information, call 451-5173.

ITT plans trips

ITT offers organized trips each month for interested Marines. Costs usually cover roundtrip transportation, lodging and scheduled events and can be paid in installments.

Enjoy upcoming trips to Savannah, Ga., Atlantic City, N.J. and Disney World.
For any NASCAR fans out there, ITT offers

trips throughout the fall season: Oct. 1 North Wilkesboro, N.C., Oct. 8 Charlotte, N.C., Oct. 22 Rockingham, N.C. For more information on upcoming trips, call ITT at 451-3535 or stop by their office in the strip mall under the Travel sign.

'Bunko Mania' set

Wives will host th October Officers Wives Club

Luncheon "Bunko Mania.

The cost is \$8 per person.

The deadline is Wednesday.

Officers' Club.

Drive, CLNC 28547.

Minneapolis, Mn.

Racine, Wi.

Services, Arlington, Va.

Services, Wrightsville, Ga.

The 2nd Force Service Support Group, Group

This luncheon is scheduled for October 11

Checks should be made out to OWC and

should be mailed to Susan Nash, 2314 St. Mary

Job opportunities

can utilize the Transition Bulletin Board to find

many job opportunities. If interested in applying

for any of the following positions, contact the Ca-

reer Resource Managment Center at 451-3212, ext.

and Management Associates, Alexandria, Va.

Employment Management, Nationwide

· Facility and Purchasing, Systems Engineering

· Sales and General Management, Center for

· Administrative Shift Manager, Hire Quality,

· Analyst/Programmer, Manpower Temporary

· Program Manager, Titan Corporation, Dallas,

• Production Supervisor, Case Corporation,

· Health Services Administrator, Prison Health

·Resident Apartment Manger, Hire Quality,

· Property Manager, Edward Rose and Sons,

Transitioning servicemembers and spouses

from 10:30 a.m. until 1 p.m. at the Paradise Point

MWR Events -

Oktoberfest scheduled

Oktoberfest is coming up at W.P.T. Hill Field Sept. 29 through Oct. 1. Live music, a carnival and lots of food and exhibits will be included in the event. Bring a receipt for \$5 or more from any MWR facility dated Sept. 1, or later and receive free admission to the carnival. One receipt per day please. Watch for more details on Oktoberfest.

Did you know it's free?

The following free services are now offered: tool and stall usage at the auto hobby shops (you may leave your vehicle overnight for only \$4 per night for an indoor stall or \$3 per night for an outdoor stall), usage of the wood and ceramic hobby shops and the open-air cabanas at Onslow Beach are free.

Fishing tourney set

King Mackerel Tournament is scheduled for Oct.

7-8 at Riseley Pier. A Fall Pier & Surf Fishing Tournament will take place Oct. 21 from 7:30 a.m. to 3 p.m. A Speckled Trout Tournament is scheduled for Nov. 18. For more information, call 451-7154.

Half Marathon set

The Lejeune Half Marathon is scheduled Oc-

For more information on the half-marathon call the French Creek Fitness Center at 451-1799.

Truckload sale slated

The Camp Lejeune Commissary will be having a large truckload (caselot) sale today and Friday in the old Hadnot Point Commissary, Building 1200 (behind Base Library) from 9 a.m. to 7 p.m. each

Great savings when buying by the case both with and without coupons. Rain or shine, the sale will go on. For more information, contact Reed Leader at 451-2172.

5035. Photos will not be returned unless accompanied by a stamped, self-addressed envelope.

to meet The POSTAL system in the Confederate States of America 1861-1865 will be the topic of discussion at the next meeting of the Civil War Round Table of ENC at Helen's Kitchen restaurant, today at 7:30 p.m. The public is cordially invited. Call 455-9873 for more information. Applications

for membership now being accepted.

Civil War Round Table

Base legal offers help

The Marine Corps Base Consolidated Legal Assistance office gives free legal advise and assistance on separation and divorce to active duty military, dependents and retirces every Tuesday at 10 a.m. in building 11 on Post Lane. However, this Tuesday, the usual schedule will be altered such that the seminar will be offered at 3 p.m. vice 10 a.m. Base legal also prepares wills and powers of attorney for active duty military, dependents and retirees. For more information call 451-1903/

Museum accepting art

The Onslow County Museum is now accepting applications for the annual Arts and Crafts Festival. The event is scheduled Nov. 5 in Richlands, N.C., from 10 a.m. to 5 p.m.

For more information, contact the Onslow County Museum at (910) 324-5008. Deadline for applications is Oct. 30.

- Briefs -

Farmington Hills, Mi.

· Construction Superitendent, Woodruff construction and Company, Iowa.

State Fair set

The North Carolina State fair will be held in Raleigh October 21.

Information, Tickets and Tours is selling tickets for \$15. Tickets include transportation and ticket into the fair.

Deadline for registration is Sunday. The fair is open to all authorized patrons. Call ITT at 451-3535 for more information.

Naval essay contest

The Naval Institute invites entries for its prestigious annual Arleigh Burke Essay Contest, now in its 116th year.

Three essays will win prizes. Anyone may enter. First prize earns \$3,000, a gold medal and a life membership in the Naval Institute. First honorable mention wins \$2,000 and a silver medal. Second Honorable mention wins \$1,000 and a

The topic of the essay must relate to the objective of the U.S. Naval Institute: "The advancement of professional, literary and scientific knowledge in the naval and maritime services and the advancement of the knowledge of sea power."The essay must analyze, argue, persuade and interpret, not merely offer an exposition, personal narrative or report. Essays must be original, not exceed 3,500 words and not have been previously published. An exact word count must appear on the title page. Entries must be postmarked on or before Dec 31

Mail all entries to: Publisher, U.S. Naval Institute, 118 Maryland Ave., Annapolis, Md. 21402-

Human Services

Bride's School slated The Bride's School is scheduled Monday to Nehring at 451-5340, ext. 132.

Wednesday from 8 a.m. to 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

Child care is provided by the Family Service Center. Reservations are required by calling 451-2874 in advance. Reservations for the class can be made by calling 451-5340, ext. 100/101

Okinawa briefing planned

The Family Service Center's Relocation Assistance Program is offering a "Welcome to Okinawa" briefing October 18 from 8 a.m. until noon.

The briefing has subject matter experts from Transportation Management Office (TMO), Disbursing, TMO Passenger Service, RELO, and includes service members and their spouses who will and help develop healthy stress management techbe on a panel offering the latest information to make niques. your transfer to Okinawa a little smoother.

Be sure to reserve a seat by calling 451-5340, ext. 100/101. For further information, call Mr. Hank

Child care is provided by the Family Service Center. Call 451-2874 for reservations. Employment workshop scheduled

The Federal Employment Workshop is designed to inform candidates about the federal government job application process.

A workshop is scheduled for September 30, 9 a.m. to noon, at the Family Service Center, Building

To register, call the Family Service Center at 451-

Stress workshop scheduled

The Family Counseling Center will be holding a Stress Management Workshop (two sessions/ two hours each) October 16 and 23 from 1:30 to 3:30 p.m.

Sessions will be held in the Training Room on the 2d deck of Building 65 on Lucy Brewer Road. This workshop is designed to identify str

For more information, or to register, call the FCC Call 451-3212, ext. 100/101, for more information.

at 451-2876/2864. Child care is available with ad-

Communication workshop set

The Family Counseling Center (FCC) is sponsoring a Couples Communication Workshop Monday evenings, 6 to 8 p.m., beginning October 16 and lasting for 5 weeks until November 13. Workshop will be held in the Family Service Center (Bldg 14) classroom. This five-week educational workshop is for couples to explore issues of trust, self-responsibility, conflict resolution, and respectful communication with each other.

Call the FCC at 451-2876/2864 for more information, or to register. Child care is available with advance notice

Job Fair to be held

A job fair for active duty and retired military personnel, their family members, and Coastal Carolina a.m. until 2 p.m. at Goettge Memorial Field House.

WEEKLY TIDAL FORECAST FOR AREA INLETS

· Add one hour to times for correct standard time.

New River Inlet: High tides 9:54 a.m., [3.78] 10:18 p.m. [3.32] Low tides 3:24 a.m. [0.13] 4:06 p.m. [0.29] 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

New Topsall 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.

New River Inlet: High tides 10:48 a.m. [3.77] 11:12 p.m. [3.29]
Low tides 4:18 a.m. [0.30] 5:06 a.m. [0.47]

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

New Topsall 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 Topsall 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. New River Inlet: High tides 12:18 a.m. [3.26]
Low tide 6:18 a.m. [0.61]

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

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

New River Inlet: High tides 1:24 a.m. [3.28] 1:54 p.m. [3.61]
Low tides 7:30 a.m. [0.68] 8:18 p.m. [0.70]

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

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

New River Inlet: High tides 2:36 a.m. [3.34] 3:12 p.m. [3.60]
Low tides 8:42 a.m. [0.66] 9:24 p.m. [0.61]
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

WEDNESDAY
New River Inlet: High tides 3:42 a.m. [3.45] 4:12 p.m. [3.61]
Low tides 9:48 a.m. [0.55] 10:24 p.m. [0.47]
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 Topsall 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

Courts-martial result fift period through Se

The Legal Services Support martial of a vio Section conducted the following courts-martials through Sept. 20.

LCpl. Tyron D. Hargrett, 2nd Landing Support Battalion, was convicted at a special court-martial of a violation of Article 112a (wrongful use of cocaine). He was sentenced to 60 days restriction, 60 days hard labor without confinement, forgeiture of \$150 pay per month for a period of six months, and reduction to E-1.

Pvt. Michael S. Beschen, 2nd Supply Battalion, was convicted at a special court-martial of a violation of Article 86 (unauthorized absence) and a violation of Article 92 (dereliction of duties). He was sentenced to a Bad Conduct Discharge, 30 days confinement, and forfeiture of \$569 pay per month for a period of four months.

LCpl. James Ramey, Jr., 2nd Assault Amphibian Battalion, was convicted at a special court-martial of two violations of Article 86 (unauthorized absence) and violation of Article 112a (wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, four months confinement, forfeiture of \$569 pay per month for a period of four months, and reduction fo E-1.

PFC Richard C. Robertson, Jr., 3rd Battalion, 10th marines, was convicted at a special court(unauthorized sentenced to a charge, 75 days feiture of \$550 period of thre

duction to E-1 Pvt. Aurth Marines, was c cial court-marti Article 86 (unau He was senten duct Discharge, ment, and forfe per month for months.

PFC Donnie Marines, was co cial court-marti tions of Article 8 absence). He w a Bad Conduct days confineme \$569 pay per mo of five months, a E-1.

PFC Mark N Battalion, 10th m victed at a speci of a violation of authorized abser lation of Article use of marijuana tenced to a Bad charge, 60 days forfeiture of \$250 for a period of tv reduction to E-1.



Pet of the week

Louie is a 1-and-a-half year old Shepherd mix tempered and playful. The Base Animal Shelter c has numerous dogs and cats waiting to be adopted more information, call 451-2695.

-MOVIE SCHEDULE-**Base Theater**

Today 7:30 p.m	Apollo 13	PG
Friday 7 p.m	Medieval Night	
	First Knight	
	Brave heart	
	Robinhood Men in	Tights
Saturday 1 p.m	Pocahontas	PG
7 p.m	Apollo 13	PG
9:30 p.m	First Knight	PG13
Sunday 7:30 p.m	First Knight	PG13
Monday 7:30 p.m	Clueless	PG13
Tuesday 7:30 p.m	Under Siege	R
Wednesday 7:30 p.m	Highlander 3 the S	SocererPG13

Courthouse Bay

	Today / patt / not rangin	1010
i	Friday 7 p.m Apollo 13	PG
ı	- Saturday 7 p.m Maverick	PG13
ı	Sunday 7 p.m The Hunted	R
ı	Monday 7 p.m Crimson Tide	R
J	Tuesday 7 p.m Outbreak	PG13

Camp Johnson

Sunday	7	p.m	Apollo 13	PG.
Monday	7	p.m	First Knight	PG13
Tuesday	7	p.m	Crimson Tide	R
Wednesday	7	p.m	Dangerous Minds	R

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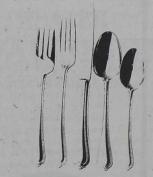
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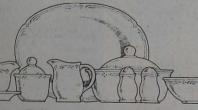
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MARINE CORPS EXCHANG

A Division of MWR



Center observes Domestic Violence Prevention M

The Family Counseling Center, in conjunction with the Department of Defense, is observing October as Domestic Violence Prevention Month. This year's theme is *Protect and Defend-Prevent Domestic Violence

"Each member of the military community has an obligation to protect individuals from domestic violence and to defend each individual's rights to live in a violencefree home," said Linda K. Smith, Acting Director, Office of Family Policy, Support and Services

"It is important to note that our primary goal is to prevent and stop family violence while encouraging victims and family members to seek appropriate supportive services," Smith continued. "Prevention of domestic violence is also a key to preventing child abuse and preventing domestic violence in the next generation since chilobserved in their own families.

The Family Counseling Center aboard Camp Lejeune offers many programs in support of the national campaign year round.

Most of these workshops are conducted in confidentiality with no command intervention unless there is police intervention.

The Domestic Violence Intervention Program is multilevel designed to provide rehabilitative treatment to individuals who commit domestic violence. The intervention level for this person is based upon their history of abusive behavior and the degree of violence exhibited. The groups are psycho-educational and are designed to explore patterns of abusive behavior, beliefs that contribute to violence and the impact of this violence on the family. The focus is on learning and practicing non-abu-

In addition to the DVIP, many other couseling services are offered at the Family Counseling Center. The Stress Management Program is a four-hour workshop (two sessions, two hours each, offered monthly) designed to identify stressors and develop healthy stress management techniques

The Anger Management Program consists of a fourhour session, offered monthly, designed to help individuals and couples better understand the emotion of anger and resolve the conflicts they encounter in their own lives whether at work, home or in the community. Emphasis is placed on preventing the use of anger as a power or control tool

Another program offered by the Family Counseling Center are command briefs to provide military personnel with information regarding the Family Advocacy Program ing Center.

Counseling for couples is also issues of trust, self-responsibility, respectful communication. This i designed for non-violent couples.

On October 24 from 9 a.m.-noor Marine Corps Air Station-New R Community Response Team of Ca New River and Onslow County ar shop in support of Domestic Violen The objectives of the workshop are nity resources, describe how abu children and to discuss ways to pre-Reservations are required and must ber 19. For more information or to n 451-2877, extension 27.

for private parties call 910-346-3 sociate in Applied Science

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> desire employme ical Technologist Technician cal Instructor in Ed

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Marston Pavilion

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Must be at leas 18 years of ago and really, really u

after-hours acti

Myths About Domestic Violence

MYTH 1 - Battered women are maso-

- This is not true. Most women who are striving to be "good" wives don't leave hurtfull partners because they assume that the way to stop assaults is to change their own behavior. They do not realize that their partner's violence would likely come out in any intimate relationship with a woman. Tragically and falsely, the victim blames themselves. Until recently, both society and the abusive partner blamed her also or assumed she was masochistic.

MYTH 2 - Religion prevents battery. FACT - Having strong religious beliefs does not usually stop a violent person from committing abuse. For the victim, such beliefs can give some comfort and solace, helping her endure the suffering. Eventually, many women give up their beliefs in disillusionment. Spiritual leaders can help but not if they tell women to stand by their men

MYTH 3 - Batterers are violent in their

FACT — Most men who batter their wives are generally not violent towards anyone outside the family. Twenty percent are violent in all relationships.

MYTH 4 — Once a battered woman, always a battered woman.

FACT - Although some women have series of violent relationships, with beneficial intervention, rarely do they re-enter an abusive relationship.

MYTH 5 - Long-standing battering relationships can change for the better

FACT - Relationships that have been characterized by the man having physical power over the woman are very difficult to change. They usually escalate to homicidal or suicidal proportions.

MYTH 6 — Battered women can always leave home.

FACT - Battered women often do not have the psychological support, money or the information necessary to leave a violent and threatening situation without assistance

MYTH 7 - Children need their father or "I'm only staying for the sake of the children."

FACT — Most children of abusive parents say they would rather live with just one parent. They often have severe emotional and educational problems which can result in becoming victims or abusers in adult life. This being a translation of prolonged negative role

MYTH 8 - Battered women are uneducated and have few job skills.

FACT - Battered women reflect the educational and economic spectrum. So do their the ideals upon which it was founded. I do not intend for honor, courc commitment to be just words; I expect them to frame the way we live and Marines. There is no room in the Marine Corps for situational ethics or situational morality; those found wanting will be held accountable. Taking care of our own also means seeing to the well-being of our Marine fc

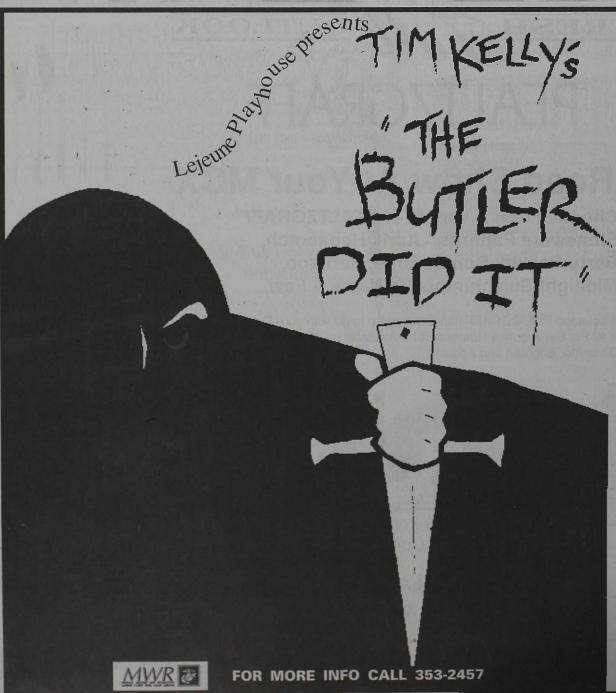
I expect Marines to epitomize that which is good about our nation and to p

Because Marines are our most precious asset, we will protect them throughout Superisor scrupulous and unbiased treatment as individuals eaving for the and leading them

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Fair bridges gap to civilian life

LCpl. Kyle Reeves

The Career Resource Management Center will hold the second of its biannual Job Fairs Oct. 17, from 9 a.m. to 2 p.m. at the Goettge Memorial Field House.

Transitioning servicemembers, retirees and their families will get an opportunity to make face-to-face contact with employers, who are recruiting people for their company.

"Last year, we had 106 companies participate," said Kimberly Vallone, transition specialist, Career Resource Management Center. "In 1993, we had 85 participate. Every year the numbers increase. We expect to have more than 100 representatives for the October Job Fair.

"More and more employers are hearing about the job fair by word of mouth, said Vallone. "They have received positive feedback from prior participants who were pleased with the transitioning servicemembers that are coming out of Camp Lejeune. "What employers are interested in are candidates who demonstrate leadership skills, can work under pressure and possess hands on experience. These are advantages that servicemembers usually have over their civilian counterparts just graduating from college," she said.

"At the job fair we held in May 1995, 200 or more positions were filled with 920 positions pending out of 3,000 vacancies," said Vallone. Career opportunities which will be featured at this season's Job Fair will include opportunities in retail, transportation, healthcare, law enforcement, aviation, food service and other fields. These opportunities will be both local and nation-wide.

Each representative will have an open booth which will give jobseekers the opportunity to find out about the company and the different opportunities being offered.

She recommends that jobseekers attending this affair wear proper- eivilian-business attire such as a business suit. In the case of servicemembers, Service Alphas are also an option. "They should have their resumes with them when they attend," said Vallone. This is crucial to the screening.

"Although selection interviews do not take place at the fair, many employers will stay on for an extra day to conduct interviews and tests. So it is good to be prepared."

Vallone advises job seekers to stop by CRMC to find out in advance who will be attending. "This way, they can research the company prior to the interview," she said.

In addition, she recommends that jobseekers prepare for the job fair by taking advantage of the monthly workshops which will be provided by the CRMC on Oct 4 and 11 at 1-4 p.m.

The workshops provide instruction on interviewing techniques, resume writing, and skills assessment.

Anyone interested in finding out more about the workshop can contact the Family Service Center at 451-3212 extensions 119, 123 and 126.

Habitat for Huma offers helping ha

Sgt. Steven G. Steele

Earlier this month Marine officers from Ground Supply Officers Course (GSOC) 4-95 put in some extra time and helped build a house for the local Habitat for Humanity affiliate.

The 18 captains and lieutenants were mostly students at the school, but Capt. Kevin N. Barth, academics officer, also helped out.

"Every GSOC class does a community involvement project." Barth said, "We have done things like Christmas Cheer, food drives and USO events in the past."

This project was organized through Barth's church, Northwood's United Methodist. According to Mr. Bill Corbin, president, Onslow Habitat for Humanity Inc., most of the groups that assist Habitat for Humanity are church sponsored.

"Habitat for Humanity is a non-profit, non-denominational organization that builds or repairs houses for families living in inadequate housing who cannot afford to finance a better home through conventional means," Corbin said. "Many businesses and civic organizations donate money and materials, and sponsor groups to provide labor. The biggest contributors are churches and synagogues. We'll let anyone help whose goals and ideas are similar to our own, and that is, help those who need it."

Barth is not sure why all GSOC classes do a community project because the practice started before he was assigned to the school, but he does have some ideas.

"I'm sure there were several reasons. One of the most important of which is to provide a service to show our appreciation for the community for all of its support for us," he said. "Also, it gets these officers involved with the community."

The current Habitat house is located near the Triangle Outpost Gate of Camp Lejeune off Bear Creek Road. It is actually the first house to be built in Onslow County by Habitat for Humanity.

Craven and Carteret counties combined average six-to-eight houses a year according to Corbin.

There are more than 1,000 Habitat affiliates in the U. S., and over 150 in 40 countries throughout the world, all providing modest but adequate housing for qualified families

"To qualify for the Corbin said, "a family equate housing, be un ventional financing, agr, new home, and be will participate in the Habin family must repay a m ments based on their al money is put into a rev build more houses. A pay what we call 'swe must agree to provide 3 on houses being built b

Volunteers only work the weekends according volunteers doing most of people question the hou Corbin.

"We have to follow the codes and standards as a builds a house," he said, different with the volunt them. They don't have a contract they don't worry about budget on materials. They we show them, and it gets a matter-of-fact, in Flor homes right in (Hurricane were undamaged."

"We had a very succes Barth. "The contractors s not have done so much v short period of time wlith the volunteers."

The officers prepared the minum siding, and instal They had to cut openings the them according to Barth, but now. They also did a few around the site.

"The Marines were hes and kind of unsure," said after they got into it, they a enjoy it. The school mit working with Habitat for again," he added. "Its one ways we can have a direct pact on the community. Plus fun than some of our prior present and the same of the same and the

Any group or person inter unteering with Onslow Habitaity Inc., can call 353-6204 and sage, said Corbin. "Someone to you soon. Since we are out, right now we don't have for a full-time staff, we put a funds into the houses."



Sgt. Steven G. Steel

Oktoberfest

Sailors, Marines and civilians work to assemble the stage pavilion in preparation of Oktoberfest. The three day festival will be held at W.P.T. Hill Field beginning Friday. Events will include live music, a carnival and lots of food and exhibits.

Latin women's group offers friendship, familiarity to others

LCpl. Kyle Reeves

The second Monday of every month a group of women meet at 3265 Agana St., Tarawa Terrace II, the home of Cookie Santiago, wife HM3 Jesus Santiago, corpsman, 2nd Force Service Support Group, with bibles in hand.

These women make up Latinas Unitas en Cristo which means Women United in Christ, a bilingual bible-study/support group started by Santiago Oct. 13, 1993.

The group consists of hispanic wives of servicemembers on base, who assemble at Santiago's home for a night of support, encouragement and spiritual outréach.

The organization came out of a need for a place where hispanic wives of servicemembers can go and feel comfortable, according to Santiago.

"One of the things I discovered," she said, "is that many of the hispanic wives didn't speak English, didn't know anyone, didn't have a car. This usually leads to frustration, discontent and disintegration of the marriage. It is even harder for these women when their husbands work long hours or are away on deployment or overseas duty.

"The purpose of this organization is to **let**ly them overcome these obstacles and give them a positive attitude about being here," she said.

The organization is a support group that uses Christianity as a foundation on which it structures the organization.

"Jesus Christ cared for the poor, the destitute and desolate. We try and follow his example."

An obstacle the organization is trying to overcome is the skepticism from non-hispanics who question the need for Hispanic women's support group.

"I think culture is a beautiful thing. If something good can come out of that organization then by all means.

"I don't think it has to be something that separates us. We can learn to appreciate each other's differences and learn from them," she said.

Though her group primarily caters to the needs of Hispanic women, Santiago said that her doors are open to all ethnic groups.

"It warms my heart when a white-American family comes to my house to a full-blown Spanish meal. It gives me pleasure to see them indulge themselves and then want the recipe of that meal," she said.

The group helps Hispanic women to become more

self sufficient, helping them with such things as learning English and cooking.

"Some of the girls do not know how to cook," she said.

One activity the group has developed is the

One activity the group has developed is the Ministry-Meal Program, where once a month the group gets together for an instruction on preparing a Spanish-American dish. Individual volunteers lead the class each month.

The group has also put together a Latin-American food fair.

Tables representing various Latin-American countries are set up which hold various dishes from that country.

This October, the group is planning a Hispanic Heritagé Month celebration which will feature a food fair plus a guest speaker.

Potential members learn about the group by word of mouth or by the special activities that are held.

"The ladies bring in new members they have met while at the laundromat or shopping," said Santiago. During the organization's first year, the public got the message about the organization by way of a

newsletter, "but it became difficult to keep up with," she said. Santiago said the bonus she gets from running this

Santiago said the bonus she gets from running this group is seeing people going from lonely and downcast to gregarious and contented individuals.

"A member will see someone who might appear

solemn and distressed and tell them of a place where they can go and make new friends," she said.

That was how Nancy Payron wife of SS et Piele

That was how Nancy Raynor, wife of SSgt. Rick Raynor, Headquarter and Service Transit Line, New River, came into the group.

She was introduced to the group by Anna Nehring, whom Raynor met in the laundry room of the apartment complex where they both reside.

The fact that Raynor was the only non-Hispanic attending the group did not make her feel alien to the group's Hispanic majority.

"The group translates more than enough in English for me to understand," Raynor said, "So, I'm never

Raynor said she understands the need to have a group such as this. "We all have different needs," she said. "It is important an organization knows and understands its audience and be able to meet those needs.

"I think this is a very good group," Raynor said. "I have enjoyed myself thoroughly and would like to comeback again."



Recruiter of the quarter

Cpl. Jason C.

SSgt. Lyndon R. Smith receives a plaque from LtCol. Mike Hobbs, officer in charge, Prior Sen Recruiting Region 6, Marietta, Ga., for his efforts and selection as the "Recruiter of the Quarter," quarter. The job of a prior service recruiter is to sell the reserve program to both Marines in separations phase and to former Marines in the inactive reserve. Smith is responsible for recruitor reserve units in the Eastern Carolinas. He can be reached at 451-8449, if you are interested



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LCpls. Gary Kidwell and Neil Young, BLT 2/2, H&S Co., take advantage of available ranges to get in a little target practice with their M-60 machine gun.





Third LAR Platoon LAVs take position near an objective to provide cover for their scouts during a training exercise at Fort A. P. Hill.

Sgt. R. A. Smith



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Cpl. Jamie Ruiz, place Wayner braces the systi at Fort A. P. Hill as part ound into an M252 81m and Marines, trained with A.P. Hill, Va.



HMM-162 Ch-46s top off their tanks at a forward arming and refueling point prior to taking off for a flight navigation mission.

22n at Fort A. P. Hill Set R. A. Sen divided into more saults and exercises including a Non-combatdivided into more saults and exercises including a Non-combatdivided into more saults and exercises including a Non-combatdivided into more saults and exercises including a Non-combat-

FORT A.P. e of accommodatning the Marines es like Prisoner of

phibious Asi Marine Medi MEU comman here. They're to confidence course, erations capable ment with the 2 will require a lo cause in less that the other side of the

word to go ashore Fort A.P. Hill p access to a variety to conduct training Camp Lejeune. I the land area of I dozen scattered ca permanent person than Lejeune's cent of the base is dedi

areas varying in ant Evacuation Operation, Evacuation Control Center and Tactical Air Control Party

When not participating in major evolustems for conduct-tions, the units capitalized on available as-sets they conducted individual and small unit rd is used for live training to get the Marines up to speed in fferent ranges for other areas by using the rappelling towers, n 9 mm pistols and confidence and Leadership Reaction Courses, nnery ranges: Also and Land Navigation Course, exposing the were training aids Marines to unfamiliar terrain. The units also took advantage of live-fire ranges to get the Course and more. Marines behind their individual and crews gave the Marines served weapons for live-fire training they ining in areas they don't often get at the rifle range.

o, areas needed for Fort A.P. Hill is one of the biggest train-

ing evolutions for a MEU preparing to dejority of the time to ploy. It allows the Marines to not only reed exercises, spend- ceive extensive live-fire training, but also from base camp to learn to work together in solving problems tht. While the BLT's that inevitably arise in these types of exerfucted countless placises. Such was the case for this MEU. With heliborne and AAV so many units vying for ranges, space and pport from Weapons time, the Marines encountered minor schedtar Plt., the remain- uling conflicts and demonstrated both ir own unit-specific teamwwork and cooperation to rectify the situation and ensure that the exercise was a suc-



SSgt. C. S. Boerst

pl. Jamie Ruiz, place und into an M252 81mm mortar system while PFC Christopher Ayner braces the system of Marines, trained with the Combined Anti-Armor Team Plt. while opportunity during a MEU workup training at Fort A. P. Hill. The three week exercise was a work-up their next deployment. Fort A. P. Hill as part A.P. Hill, Va.



SSgt. C. S. Boerst

Cpl. William Biedermann, towgunner, teamleader, Wpns. Co., 2nd Bn., 2d Marines, takes his position before raiding a target



Stowe and Sgt. Michael Krouse, crew chief, check the main rotor asser

N Huey prior to a flight discount. N Huey prior to a flight during the three week exercise at Fort A. P. Hill.



Sgt. R. A. Smith

Third LAR platoon scouts pull back to mount up and move out after capturing an enemy communication station during action on the objective training. The exercise was part of three weeks of training at Fort A. P. Hill.



Company G Marines search an enemy body following a raid during a night-fire exercise

MEU RETURN from 1A.

men and women are the true heroes - I was out on a mission and happened to be the unlucky person who was in the wrong place at the wrong time. I was thrown into my situation and I had to react. These guys knew what they were getting into; they're the ones who put their bodies on the line to go in there and rescue me.

In addition to the rescue, the 24th MEU(SOC) made headlines as its ranks included the first female Marine ever to be a member of an East Coast-based MEU (See story this page). Though he believes that having females assigned to a MEU should be looked at closely due to its impact on the way the unit operates and lives, 24th MEU(SOC) Commander Col. Martin Berndt related that having 1stLt. Dawn Daniel aboard was a success

"Aside from the routine you have to go through in regard to berthing and other arrangements on the ship, we had no problems," he said. "As a matter of fact, her presence was transparent in many ways, but in some ways obvious in that she was performing what she was paid to do, and we expected that from her."

"I thought I was part of the team all along," Daniel said of the MEU. "I had a small part in the big picture. I other female Marine; there were women on the front lines of Desert Shield and Desert Storm, in Cuba, in Haiti — there have been female Marines deployed throughout the world long before I came in the Corps.'

Though the MEU gained notoriety from the TRAP and having Daniel aboard, those two matters are only a small fraction of the whole in the eyes of Gen. Charles Krulak, 31st Commandant of the Marine Corps, who was on hand to welcome the Marines home

"I'm glad to be here to welcome back this great Marine expeditionary unit that's been out for the past six months," the commandant said. "A lot has been said about four hours out of that entire float, and I just wanted to make one point clear they have been out there for six months. They're trained and their presence has had a major impact in what's going on in the Adriatic. Too often, we focus on one thing and fail to realize the totality of what these Marines have done on a day-in and day-out basis.

The 24th MEU will soon begin work-ups and SOC-qualification training with their new ground, aviation and service support components, prior to another six-month deployment scheduled for the early summer



Major John Fitzgerald, executive officer, MSSG-24, gets a welcome home greeting from 11-month-old Leah and Katie, 5.

O'Grady thanks rescuers as they return

Sgt. Lance M. Bacon Globe staff

ABOARD U.S.S. KEARSARGE - Air Force Capt. Scott O'Grady welcomed the Marines and Sailors of the 24th Marine Expeditionary Unit (Special Operations Capable) home Wednesday, as they returned to Eastern North Carolina following a six-month deployment.

It was during their deployment that the MEU's Tactical Recovery of Aircraft and Personnel (TRAP) force rescued O'Grady, whose F-16 Fighting Falcon had been shot down about 20 miles southeast of Bihac in northwest-

In addition to welcoming the servicemen home, O'Grady also hand delivered and presented the Ronald Reagan Distinguished Performance Award to the MEU and the USS Kearsarge Naval Amphibious Ready Group. The award, signed by the former president, read:

The Ronald Reagan Library Center for Public Affairs hereby bestows the Ronald Reagan Distinguished Service Award to the 24th Marine Expeditionary Unit and people of the USS Kearsarge Naval Amphibious Ready

Group...for their bravery and service to the United States of America; for the willingness to risk one's life in the pursuit and defense of peace; for bravery and sacrifice in rescuing a fellow serviceman from harm's way; for recovering our faith in the strength of America's ability to defend the cause of freedom; for aspiring the young men and women of our great nation by your provoked actions; for rekindling optimism in the future of our nation and the world; for unwavering dedication to God and country, I do hereby bestow this distinguished service award with deepest gratitude and respect.

After presenting the award and offering an open invitation for any MEU member to visit him at his new duty station of Hill Air Force Base, O'Grady took some time to meet with the TRAP force who rescued him - the first chance he had to do so since the June 8 mission.

"I wanted to come out and give my personal thanks and welcome them home," O'Grady said. "As I have said all along, these men and women are the true heroes — I was out on a mission and happened to be the unlucky person who was in the wrong place at the wrong time. I was thrown into my situation and had to react. These guys knew what they were getting into; they're the ones who put their bodies on the line to go in there and rescue me.

Lieutenant com ofessionals historical deploy to the top. with 24th MEU(S in pact of the state of the

says she was treated like any other Marine

Sgt. Lance M. Bacon Globe staff

When the 24th Marine Expeditionary Unit (Special Operations Capable) began their six-month deployment last spring, among their ranks stood a unique Marine -2ndLt. Dawn Daniel, the first female Marine ever assigned to an East Coast-based MEU

When the MEU returned to Camp Lejeune last week, newlypromoted 1stLt. Daniel also returned, pleased with her first cruise and eager to set sail on her next.

"I felt I was part of the team all along," said Daniel, the assistant operations officer for MEU Service Support Group 24. "When you train as Marines do...you become close to each other.

In addition to being part of the team, Daniel was quick to point out that she never had to prove herself to her fellow Marines. Instead, the proof of her ability came as it did to every other Marine in the daily performance of her

Shipboard life for anyone is cramped and somewhat challenging, but we worked through the logistics problems and everything went fine," she said. "Once everyone met me and worked with me, they saw that I was no different from anybody else. The whole deployment was a very successful evolution for the entire MSSG "

Though he believes that having females assigned to a MEU should be looked at closely due operates at MEU(SOC) Co tin Berndt re

Daniel aboard "Aside from have to go thr berthing and o on the ship, we he said. "As a presence was tr ways, but in so in that she was she was paid to

And of her subsequently b the MEU, Danie ther choice was litical thinking. in the right place They needed lie always do with the unteered," she s ally like they pu cause I'm a woma I was a brand checking in who with any MEU. any different than Marine; there wer front lines of De Desert Storm, in C there have been fen ployed throughou before I came in th a first lieutenant de

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"All of these great," she said. "I any of them for the forward to deploy

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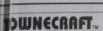
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Combat engineers have a blast at Fort A.P.



LCpl. Jeramlah Westerfield, 4th squad, Engineer Plt., uses a Small Emplacement Excavator (SEE) Tractor to dig á two-man fighting hole. The combat engineers honed their knowledge of constructing fortified positions during training at Fort A.P. Hill recently.

GySgt. Alfred R. Biggs Jr.

FORT A.P. HILL, Va.— Second Platoon, Company A, 2nd Combat Engineer Battalion, is scheduled to complete a training evolution of about three weeks Friday. They were here as part of 22nd Marine Expeditionary Unit's Battalion Landing Team 2/2.

"When a MEU 'locks on,' 2nd CEB provides one platoon that becomes part of the BLT," said GySgt. Keith Westmoreland, platoon sergeant. "We're here developing and refining our Standard Operating Procedures while working as part of the BLT. Combat engineers have four main objectives: mobility, counter-mobility, survivability and general construction."

That work included mostly individual unit training which was raid oriented, according to 1stLt. James Dennehy, platoon commander, "A MEU uses combat engineers mostly in raid scenarios. We go in for the destruction of a pre-determined target identified by the BLT, such as a communications center or radar site," Dennehy said.

"We go in and make a quick, usually very violent strike. We want to be in and out in a matter of minutes," Dennehy explained. The engineers travel light because they know what the target is and what is needed to eliminate it.

Normally, one squad is attached to one infantry company for such raids. But, in more conventional situations, the three squads can work alone or together as a platoon in a counter-mobility role like destroying enemy fortified positions. "We're the unit that tears things down," said LCpl. Timothy Pelletier, 1st squad leader. "When a unit comes upon an obstacle, they call us up and we climinate it. We can get rid of anything from minefields or wire obstacles to tank ditches and berms."

Some of the training focused "We are building fortified burn one aspect of our trade," said I In a real situation the engineers provide expertise in this type o

"This training is very valua Benny Layland. "It gives us an op with the infantry units to see hor efficient team."

"These live fire exercises put training," LCpl. Michael Clemen "We have been conducting squ fantry to learn more and better been teaching them about the di tion we use for different jobs."

That part of the training includemolition (demo) classes. "Welet the units we're working with k ties are," Westmoreland said. The of the basic explosives used by c det (detonation) cord, time fuse, b tric and non-electric), demoliti (Satchel Charges), bangolore torr and cratering charges. The Maria explosive (C4) which they molde that were primed, fused together;

Marines from other units were with the engineer platoon and giv see "first hand" what the different After receiving safety and familia Marines were allowed to put this ne

"This allows the Marines which working with to get a better under capabilities are, and the confidence selves can use this demo," accordi-







Clockwise from upper left, GySgt. Keith Westmoreland, platoon sergeant, Engineer Plt., demonstrates the proper technique for tying an overhand knot in detonation cord. The overhand knot is used to help ensure detonation of C4 during basic demolition classes.

LCpl. Troy Masters, Naval Gunfire Plt., 1st Bn., 10th Marines, ties detonation cord around a one-pound stick of TNT during basic demolition training classes at Fort A.P. Hill.

LCpl. Clyde Cruz, Naval Gunfire Plt., 1st Bn., 10th Marines, molds C4 around detonation cord during demolition classes at Fort A.P. Hill.

Smoke rises down range as a 40 lb. demo shaped charge is detonated during basic demolition classes. Marines from the 22nd MEU witnessed the effects of the charge, a 7-foot-deep crater almost 10 feet in diameter. Photos by GySgt. Alfred R. Biggs Jr.



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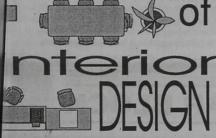
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Chaplain's corner:

The Gospel according to Bubba

My wife Deborah and I love animals, evidenced by our horse, parrot, and two dogs. And we learn a lot from our animals even though they don't have much to say, except for our parrot. Take one of our dogs, Bubba, for instance. (That's not his real name, but all his friends call him Bubba because it fits his personality.) He is our fifteen year-old overweight, snaggle-toothed Labrador Retriever who loves coffee in the morning. Bubba is always joyous, always in a happy way, even wagging his ten pound tail in his sleep occa-

sionally. And he loves us continually. When he is disciplined for helping himself to a freshly baked cake or for munching on a book, he quickly returns to offer his love. Even when he has been ignored he is ready to show us his affection. Frankly, Bubba has a better disposition than many people I have met.

What Bubba has taught us through his actions, he's not much for idle words, is to be joyous and loving amidst times that lend themselves to sulking and anger.

Someone else tried to teach these sort of virtues: Jesus of Nazareth. Sometimes his teaching doesn't take too well. Thank God, there are others to remind us... possibly

live holy, self-giving and joyous lives. And let's not forget Bubba's witness either. Honestly, I don't think Bubba knows very much about Jesus but he does know about joy and love which he is always more than willing to

Maybe instead of talking about joy and love in Christ so much, we could skip the words and live it in our actions. As the country song goes, "a lot less talk, and a little more action." We would be better off for it.

Thanks for the lesson in life, Bubba, and I'll try to remember you like your coffee with

Health Records to remain accessible under new contract enacted October 1

Naval Hospital

The Naval Hospital's Emergency Medical/ Acute Care Clinic (EMAC), as well as the NavCare Clinic's contracts were awarded to Capital Health Services of Fairfax, Va., earlier this year.

The new contracts take effect Sunday.

Since the announcement of this change of contractors, there have been many inquiries from our healthcare beneficiaries concerning the custody of health records maintained by the old contractors, particularly NavCare.

These health records are the property of the U.S. Government and will be turned over to the hospital when the current contracts expire Saturday. Initially, all health records will be given to

the hospital and become part of outpatient Healthcare beneficiaries desiring to receive

their health care at the satellite primary care clinic will have the current NAVCARE health record transferred to the new clinic.

If you have any questions concerning the disposition of these records, contact Terry Nogast, head, Outpatient Records, at 451-

Religious Sche

Roman Catholic

Sunday Masses

St. Francis Xavier Chapel 8:30-11:30 a.m. Tarawa Terrace Chapel Camp Geiger Chapel Courthouse Bay Chapel 11 a.m. 9:30 a.m. Naval Hospital Chapel 10 a.m. FrenchCreek Religious Center New River Chapel 9:30 a.m & 5p.m.

Weekday Masses (Mon.-Fri.)

11:45 a.m. 6:30 a.m. 11:30 a.m. Naval Hospital Chapel French Creek 11:45 a.m. MCAS New River Chapel

Saturday Masses St. Francis Xavier Chapel Camp Johnson Chapel

Baptism Class Wednesday before third Sunday, Catholic Chapel

St. Francis Xavier Chapel (or contact chaplain). 4 p.m. Sat.

Protestant

Sunday Worship Holy Communion Service Naval Hospital Char MCAS New River C Episcopal Service MCAS New River Cl

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Christian Science Tarawa Terrace Chape (The last Sunday of eac

New Clinics open Su

Beginning Sunday, Primary Care and Emergency Room services in Jacksonville and at Camp Lejeune will open under new manage-

Services will be provided by Capital Health Svcs., Inc. CHS is a health services management company whose senior staff possess years of experience in providing service to military beneficiaries. CHS currently manages the EMAC Department at Naval Hospital Bremerton, Wash., and the Navy NavCare Clinic in San Diego, Calif., and the Army's PRIMUS Clinic in Fayetteville, N.C.

The Jacksonville Primary Care Clinic will

state-of-the-art facility, This facility will be in located on the the first flo pital. Both clinics will op ment system.

These clinics will focu tion, preventive healthcar on smoking cessation and

The off-base clinic's h 9 p.m. Monday through Fi clinic's week-day hours are Both clinics will be open p.m. on weekends and ho ment of Defense ID is receiving services.

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(1-800-829-2000), or your H&R Block office (see business white pages of your pho

Home Health Hints DIAPER RASH the baby's skin. Avoid plastic pants at

Diaper rash is normally any rash on the skin area covered by diapers. They are generally caused by prolonged contact with moisture, bacteria and ammonia, and almost every child gets diaper rash at least once. With proper treatment these rashes are usually better in three days.

HEALTHHINTS

1. Change diapers frequently. The key to successful treatment is keeping the area dry and clean so it can heal itself. Check diapers every hour and change them immediately if they are wet or soiled.

2. Increase air exposure. Leave your baby's bottom exposed to the air as much as possible each day. Practical times are during naps or after bowel movements. Put a towel under the baby.

3. Rinse the skin with warm water. Washing the skin with soap after every diaper change will damage the skin. Use mild soap only after bowel movements. After using soap, rinse the area well and pat dry with a soft cloth.

At night use disposable diapers which are made of materials which lock wetness inside the diaper and away from

5. Diaper creams and powders are not necessary for most babies. If your baby's skin is dry or cracked; however, apply an ointment to protect the skin after washing off each bowel movement. A barrier ointment is also needed whenever a baby has

6. The most effective way to prevent diaper rashes is to change the diaper immediately after your child has a bowel movement and rinse the skin with warm

SEEKMEDICAL ATTENTION IMMEDIATELY IF:

Diaper rash develops any blisters larger than an inch across or open sores.

Rash is not better in three days. Rash becomes solid, bright red, raw

 Rash develops pimples, blisters, boils, sores or crusts.

or bleeds

 Rash spreads beyond the diaper. - Rash causes enough pain to interfere with sleeping.

Child develops an unexplained fever of over 100.4 F, rectally.

If you have any concerns or ques-

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-Henry David Thoreau

If one advances confidently in the direction of his dreams and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours.

******** When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-

one, I was astonished at how much he had learned in seven years *******

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nature is more agreeable in conversation than wit, and certain air to the countenance which is more amiable than

To know how to grow old is the master work of wisdom, and one of the most difficult chapters in the great art of living.

-Frederic Amiel

The journey of a thousand leagues, we say, begins with a single step. So, we must never neglect any work of peace that is within our reach, however small,

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Our Car Dealers

(NAPS)—The U.S. automotive industry will celebrate its 100th anniversary next year. In this unique and dynamic business, technological advances are occur-

technological advances are occurring at a dizzying pace, and today there are more choices—in styles, models and options—than Henry Ford or Louis Chevrolet could have ever dreamed of.

The buying process has changed, too. Today, manufacturers and dealers alike are taking steps to make choosing, buying and owning a vehicle completely consumer-friendly. Choice is now the watchword. Some people look forward to negotiating the price of a new vehicle and the trade-in, while others seek out "one-price" or "no-haggle" dealerships. You might even choose not to buy at might even choose not to buy at all, but to lease, an increasingly flexible and attractive alternative. Another major change—a revo-lution, really—is coming soon to a

Another major change—a revolution, really—is coming soon to a showroom near you: salespeople who have earned professional certification by the National Automobile Dealers Association: This elite group—which already numbers in the thousands and is growing quickly—has been educated in three areas: ethics and law, customer satisfaction and loyalty, and professional sales practices. They have proven their knowledge by passing a tough test and by demonstrating a complete understanding of the products they sell.

NADA certification guarantees new-car buyers a high standard of service and professionalism in the showroom. When you choose an NADA-certified sales professional, you know you're buying from someone who has met demanding requirements and who has committed to uphold a strict Code of Conduct. Certified salespeople who violate the Code will lose their certification. Once lost, it can never be regained.

their certification. Once lost, it an never be regained

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The next time you walk into a car dealership look for the NADA-certified symbol. It means the salesperson has proven his or her knowledge by passing a tough test and by demonstrating a complete understanding of the products he or she sells.

NADA certification offers advan-NADA certification offers advantages for salespeople, too. Once certified, they become members of the Society of Automotive Sales Professionals. The Society's aim is to create a career path for salespeople who take pride in their occupation and who value a long-term relationship with their customers.

And dealers who employ NADA-certified salespeople report increased sales and higher customer satisfaction ratings by their manu-

satisfaction ratings by their manufacturers. Repeat and referral sales acturers. Repeat and referral sales are a key to success, and dealer-ships that fail to satisfy customers simply won't be in business in the 21st century. In short, NADA certification is a "win" for everyone.

Over the coming months and years you'll see the NADA-certified logo more often in new-car and truck dealerships and in their

truck dealerships and in their advertising. When you see it, you'll know the staff is dedicated to serving your needs and to helping you buy a vehicle that's right for you.

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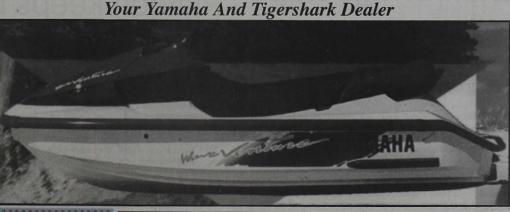
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3rd Bn., 2nd Marines assume post

Live by the example you set for others. This is a commonly held virtue that the Marines from 3rd Battalion, 2nd Marine Regiment, part of Joint Task Force 160's OPERA-TION SEA SIGNAL, since early July, have tried to impart to the migrants under their care in Guantanamo

"When we first got here, some of the villages were continually closed to the other migrant visitors due to a substandard state of police," said Cpl. Jaime Moreno. "Since we've been here, the villages have not been

Trash-free, sandbagged walkways, potted palms and open fire lanes between each tent are just a few of the subtle, aesthetic changes which the villages are now experiencing since the Betio (so called name for their heroic actions in World War II on Betio Island, Tarawa) Battalion arrived.

Furthermore, some of those changes aren't physical, but behavioral.

"We have tried to make the camps a reflection of life in the States," said Moreno. "We get the migrants to volunteer, we get them on a chow schedule, and ensure that they meet their obligations on time. Our main objective is to teach them a sense of responsibility and the importance in education.

and more migrants are attending English classes and taking an active approach to their self enhancement, Moreno added.

The Marines themselves are also practicing what they preach. They exemplify good order and discipline in their daily regimen in order to set a solid example for the migrants to follow, according to LtCol. Joseph Medina, commanding officer of the battalion.

Guards are always seen formally posting and relieving exactly on time if not early, and incidental emergencies are handled in an orderly manner by a reactionary force smartly standing at parade-rest surrounding the area until the situation is resolved.

"Since the Marines arrived, there has been more order in the camps, said Giovanny Diaz, village Fox sanitation Jeffe (boss). "The Marines have taught us more organization and discipline within the camps.

This is the third Marine battalion to perform the mission of caring for the migrants since OPERATION SEA SIGNAL began.

'We are fortunate enough to have several experts on migrant operations-- Marines from previous battalions who were lucky enough to come down a second or third time, so we knew what to expect," said Medina.

Prior to coming down here from Camp Lejeune, N.C., Medina trained his battalion in civil disturbance, Spanish and cultural

The battalion is currently running all the Bulkeley villages with what Medina refers to as a force multiplier: different organizations contributing to a central mission.

"Before we arrived, the Bulkeley villages were run by two support battalions with two very different sets of rules," explained

"Now all the villages, two of which are run by Army units, fall under the central direction of our battalion. This allows for uniformity," said Medina. "Since the Marines have arrived, there has been more overall order in the camps when it comes to issuing camp regulations. For example, gates to the beaches are closed all at the same time now. Every migrant is on the same sheet of music.

The battalion's initiative to improve the quality of life foe the migrants speaks for itself. While church attendance has grown to almost 1,000 migrants per chapel on the weekends, the number of people sent to administrative segregation has decreased dramatically, according to Medina.

"When the migrants line up to watch us marching in formation to our posts," said Morena, "we realize they are witnessing firsthand the best America has to offer, and that



Bringing it home

readies A Landing Craft, Air-Cushioned prepares to land at Onslow B ber run The LCAC brought ashore equipment from the 24th MEU(SO 10th anniver personnel arrived at Morehead City the following day after an hist deployment to the Mediterranean and Adriatic. 2. Come run

CFC campaign kicks off Monday

Cpl. Jason C. Huffine

It's that time of year once again to show a charitable side and contribute to the Combined Federal Campaign.

The CFC's annual fund drive kicks off Monday at Building 1.

The campaign will encompass and draw support from the areas of Camp Lejeune and New River Air Station, according to Navy Lt. Katherine Rowan the public affairs officer for

"This year's goal is to raise over \$325,000," Rowan said. "The goal is based on last year's figures, when we raised over \$300,000."

The CFC contains more than 1,000 national, inter-national and local activities ranging from the United Council of the Blind to the World Service Organization.

The agencies have been carefully screened by the Office of Personnel Management and the Local Coordinating Committee. The screening helps the CFC ensure that the money an individual contributes gets to the people who need it.

All federal employees and uniformed service personnel have the opportunity to contribute to the CFC. The process is very simple, according to Rowan.

"CFC pledge cards will be passed out throughout the commands," she said. "The command representative will ensure that the cards are filled out correctly and then turned back into the CFC committee.

Many people feel that the amount of money they can afford to contribute will not matter anyway, but they're wrong, added

"Every penny counts and is very appreciated," she said.

Rowan continued, "If you only give a monthly allotment of \$2 or even \$1000, the money is going to a good cause, remember



Technology in the world of computers is constantly advancing with new items such as the Internet and Windows '95, and with the Marine Corps turning more and more toward computers, new technology is having more and more of an impact.

The Marine Corps already uses computers to accomplish the mission in a lot of units, and according to 1st Lt. Lauren Dygowski, LAN/WAN officer-in-charge at the Marine Corps Base Information Systems Management Division, the current technology the Marine Corps uses gets the job done. "Computer technology has a very high priority in the Marine Corps, and its importance increases everyday," Dygowski said. "The equipment we have at Camp Lejeune is supporting the base adequately, but the Marine Corps is always looking at new technology and how it will affect the Marine Corps over the horizon. The Marine Corps has standards for computer technology it uses, and it's very conservative when it comes to switching to new technology especially when the current technology gets the mission accomplished."

Whenever new technology hits the market, Marines always want to get their hands on it and see if it aids mission accomplishment. However, Dygowski said many of the new programs don't offer any great advan-

for their unit," Dygowski sai is currently permitted for co fall season but at their own risk. The M whole won't even see Wine the next year. The standard at Camp Leieune is Smart St units using computers that ca gram. The units need to und can't justify giving out brane when the current one works, can't run that one."

Computer technology is aspect of the Marine Corps, said units are really starting t manders have started to reali cant computer technology is,' "For example, G-6 shops suc cation centers utilize numero keep message traffic moving sible. Some units even use the cause we do have the capabili it, but Marines can't just acqui to go 'surfing the Net'."

administrative sections by alle keep their unit diaries electron grams like electronic mail alle keep in touch with their counted the globe. However, as much, aid Marine Corps missions, the without a qualified Marine wh to run the programs, and that si the demand for knowledgeable a the 21st century.

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Rosh Hashanah brings hope

Lance Corporal Eric Forcade, 1st Battalion, 2nd Marines, yells back for more pull as teammate LCpl. Tony Botta tugs

with all his might and coach, LCpl. Daniel Pepe watches the line during the 5th Annual Sun Rise Kushi Cup Tug of War

embers of the Jewish faith opened their high holiday celebration Sunday with Rosh Hashanah, the Jewish new year, which on the Hebrew calendar is in the month of Tishri, and lasts for two days.

Tchi, Ni, San...Pull!

Rosh Hashanah begins the Ten Days of Penitence, which ends on Yom Kippur, the Day of Atonement.

the synyogue to bring in the new year with religious services which included readings from the Mazhor, the Hebrew prayer book, and the lighting of candles.

TRANSFERS from 1A-

God's forgiveness, a good new year and a long-prosperous life. "The significance of this celebra-

past mistakes aside and to try and better ourselves for the new year," said Chaplain Mitchell Schranz, area Jewish coordinator, in a speech he gave at the service.

In his speech, he reminded people about the story of Abraham and his search for a better path to living by abandoning false ideas and gods which led to the founding of Judiasm and the Jewish people.

"The greatest challenge to making new beginnings is fear," he said. 'So many fears visit us when we try During this holiday, Jews pray for to do something new."

Schranz said although he was talking to members of his congregation, this message can apply to all, both The celebration continued on

Monday with the morning service, followed in the afternoon with

Taschlich are scriptural verses recited near a moving body of water. Members cast crusts of bread into the water which represents casting away their past sins.

The next day is the final service. During the remaining seven days after the final service, members remain in penitence until Yom Kippur when they will again atone for their

sins.

"Disbursing attaches a disbursing voucher number, an endorsement, an amount, a date paid and an auditor's

The system has been using by 2nd FSSG since early September and has yet to present any problems, Spahalski said.

Platoon keeps base in tou

With the Information Age fast upon us, the demand for highspeed and efficient communication increases daily. Eighth Communication Battalion's Construction Platoon works at keeping Camp Lejeune up to speed with the latest communication systems.

Construction Plt. was first named Long-Lines Company, due to their job of laying cable like the platoon does now.

Although the word construction is the name of the platoon, don't expect to find these Marines running around Camp Lejeune constructing building and other items for the base. Construction Plt. deals with construction of wiring, making it possible for one Marine to talk to another across Camp Lejeune.

Many times working with Base Telephone, Construction Plt. lays the wiring for communication systems aboard the base, and with the move from copper wire to fiberoptics, they job have been

"Most people think we're an en- poses. "We're supposed gineer platoon, but we are either wiring for systems ab 512s, basic wiremen, or 2513s, outside cable and antenna maintenance," said Sgt. Geoff Bundy, a construction team chief. "A lot of units use us to avoid paying contractors. Right now, we're currently under tasking for three jobs. The platoon has Marines running cable from H-1 to the Naval Hospital, Marines at Marine Corps Air Station Cherry Point and Marines at MCAS New River."

According to Sgt. Edwin Hurley, a construction team chief, when Construction Plt. was first set up, it had a different mission. "Our old mission is sort of dwindling with the advances in technology," Hurley said. "Construction Plt. was responsible for converting host nation communication systems for Marines during exercises, but when we're at the base, our mission changes. Rather than supporting II Marine Expeditionary Force and the battalion, we serve the entire

Bundy said the tasks they currently perform are great for experience, but many times commanders want to use the platoon for other pur-

base and help Bas with jobs they need ass with," Bundy said. "H many times we receive Construction Plt. to come bench or something that h ing to do with commun We don't mind helping have the time, but other t have jobs to perform."

When Hurricane And Florida, the storm ripped telephone wiring through Miami area, and Construct toon went to Florida and with the Tallahassee Bell company.

As the only unit with th bility to set and pull poles struction Plt. helped Talla Bell bring phone systems b the storm-plagued area.

'This field offers us expe with the latest in communi technology," Bundy said. times, we are given the op nity to do jobs beyond our of tasking, and in the end experience pays off for the rines as well.

Tournament. The Marines from 1st Bn., 2nd Marines muscled their way to third place in the tournament. The battalion is in the middle of a six-month deployment to Okinawa competed in the tournament with several other Marine Corps teams. literate Marines to take the Mari tages to the units who want it. "Marines see and hear about new programs on the televi-

On the first day, members attended

fice submits the vouchers to the

disbursing office, and disbursing feeds the data into a computer using the Integrated Automated Travel System. The data is downloaded to a disk, then uploaded into Fed Line. From there, it is released to the Federal Reserve Bank, Richmond Va.

The FRB uses an automated clearing house that credits the money to an individual's account.

"Once the payment amount infor-

guaranteed to an account within 48 hours," Spahalski said, "You won't have to wait for the 1st or 15th of the month. It will go in the next day.'

The process alleviates the task of tracking down servicemembers if they go on leave or to a temporary duty assignment since the money will go directly to their account.

However, EFT will not apply to service-members who are separating from the armed services because their mation is transmitted to the FRB, it is direct deposit is terminated two days

prior to the date of separation, according to Spahalski.

signature to each claim prior to processing," he said. "This will help trace your claim in the event a problem should arise.

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team is lookwith high xperience to rming a club te against lollege teams. mation or to Lt. Oswell at 3-3384.

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nal information thon, contact Irrera at 455.

II league fall season

Adult Baseball tern North Carod games begin-October.

currently formes are \$300 and ers and coaches k financial aid

n can have up to the roster. The Is charity games North Carolina. information about , call MABL's aw at (919)223en 6-9 p.m. For loormation, call 347een 11 a.m. and 9

and pistol ramurals kick off

95 Fall Intramurals nd pistol are going eld from Oct. 19 lov. 6, at Stone Bay

will be individual matches for both the the pistol. If you are titive shooter or you pportunity are with 2nd Marine

and would like to year, contact your Svision MTU at 451-

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es' tennis club

rts fall season en Hurricane And Lejeune Ladies' Tenb is starting its fall seahe club meets at the se Point tennis courts -11 a.m. Mondays.

skill levels are wel-The club is open to all dents of active duty or military personnel. more information, call it 347-3973 or Elaine at

TSD falls to Lant in overtime battle

LCpl. Brian M. Danisevich

The Marine Forces Atlantic Intramural Soccer Team received an early Christmas present from Training Support Division in the form of a defensive miscue during the waning moments of a matchup between the teams Sept. 20 at L Street Field.

Evroy Henry, MarForLant's striker, took advantage of TSD's mis-

the tying score with five seconds remaining in the contest. Henry's goal forced a penalty kick shootout which MarForLant won, 4-2.

It was an uphill battle during the majority of the game for MarForLant which had to overcome one-point deficits in both halves of play.

Howard Roberts created MarForLant's first deficit in the eighth minute of play when he sat

kicked the ball by a diving Dan

TSD controlled the tone of the first half with consistent ball movement and attacking shots, but were unable to score again before the intermission. Instead it was MarForLant which put together a couple of quick scoring strikes.

See MARFORLANT/2B



LCpl. Brian M. Danisev

Howard Roberts, TSD, advances the ball towards the penalty box against MarForLant's Marcelo Mancilla.



Cornelius Stanley, quarterback for the Devil Dogs, evades a Falcons' tackle on his way to a 20-yd. touchdown.

Devil Dogs declaw Falcons

Cpl. S.L. Kille III

Cornelius Stanley, looking more like a running back than a quarterback, scored two touchdowns to help lead the Devil Dogs to a 20-0 rout over the Falcons, Saturday, in an explosive Division II Youth Football match-up at Little-Man's Field.

Primarily using the rush, the Devil Dogs took control of the game Rocky Stroud and Shawn Allen combined to move the ball 39 yards in the Devil Dogs' opening drive. Facing pressure from the Falcons' defense at the 20-yard line, Stanley scrambled into the end zone for the touchdown. A conversion attempt was thwarted by Leo Spann, and the Devil Dogs settled for a 6-0 lead

sion of the game. Quarterback Travis Hoppe was able to nail a short pass to Eric Holzer for a 3-yard gain, but the Devil Dogs mounted a strong defensive attack on subsequent plays. Under pressure, Hoppe scurried in a first down attempt. Hoppe was run out of bounds, just short of the marker, forcing the turnover on

Taking over with excellent field position, the Devil Dogs mounted their second touchdown drive with a 5-yard gain by Stroud. The Falcons' defense stalled the Devil Dogs in their next two plays, but using the option well, Allen ran the ball up the

- See DEVILDOGS/2B

Marine tackles Pike's Peak ascent

GySgt. Lee J. Tibbetts

DENVER - About 1,800 crazed physical fitness buffs entered this years Pike's Peak half-marathon ascent recently and another 800 lunatics signed up to run the round-trip marathon the next day. The only prerequisite for either race is the participant must enjoy PAIN!

So what prompted this recently promoted gunnery sergeant nearing the golden age of 43 to sign up for such a grueling test?

First off, my wife is one of those running gurus who owns 10 pairs of "sneakers," eats only healthy food, has a couple of shoe boxes full of racing medals, is a certified massage therapist and into all sorts of spiritual stuff. In other words- PRES-SURE got me to sign up. I, on the other hand, am a reformed smoker of 25 years (who cheats occasionally), a middle first-class PFTer, and a Marine ending a 3-year, nine-month tour at recruiting station headquarters here. In other words - I was bored.

I distinctly remember the day last spring when she asked me about this year's race. going to drive to the top with my dry clothes this year honey?'

That's tough for any Marine to answer. But I also remember the looks on the faces of those finishers last year as they crested the final rock out-

cropping at 14,110 feet, sucking all the air they could find.

Ugly comes to mind quickly.

If I decided to be the pack mule for this year's event, I would still have to be a training partner, meaning lots of exercise above 13,000 feet - which means pain. The air is thin at that altitude. Heck, it's almost nonexistent even for those buffs living and PTing in Denver at 5,280 feet.

Pack mule or participant? Oh what the heck, you only live once. But if I die on the mountain I won't be able to execute my orders to Camp Pendleton. What's 13.4 miles? A walk in the park, uphill - for hours sucking air and cursing the day you "started being cool" smoking cigs. A great way to check out of the state of Colorado. Where do I sign?

Training schedule: ride the stationary bike twice a week for an hour a pop; three days per week of five milers for starters to build

Got to build up those quads, though, or legs turn to mush at mile 10 and they'll airlift you off the mountain, the wife snickers. Air lift a Marine off the mountain during a race. I'd die first.

"There's a real chance of that too if you don't take this seriously," she adds. All of her friends say it's the toughest half marathon in the country. "Ha," I say. No deuce gear, pack, flak jacket or rifle to hump. How hard can this thing be?

There was to much snow in May this year to do any serious high-altitude training so the wife and I stay below 12,000 and pound away on the trails during the weekend. The race brochure arrives in June. The starting line is at 6,280 in Manitou Springs. After 1.2 miles, racers hit the trail head and climb close to 8,000 feet of altitude to the finish line. But what's this - time cutoffs. Oh great! I have to reach Barr Camp (10,200 feet) in three hours and 15 minutes; and the A-Frame (11,500 feet) in four hours and 15 minutes. More pressure. There goes my theory of humping this sucker. Now I have to add some speed to this thing.

Pick up the pace training in June. Start running/humping trails in the nearby foothills after work to increase stamina. The knees are acting up. Old age, I guess. Off to do a couple of fourteeners one weekend. What's nice is to drive to 10,000 feet. Then I can spend most of the day above that for altitude training in addition to knocking off two more 14,000-foot peaks on the list of 54. I cross knee-deep snow fields by 10 a.m. and on top of Mt. Grays by noon. Down a ridge (750 feet) and up Mt. Torres by

-See PEAK/4B

FROM

The National Football League exposed its soft underbelly last week with some legal wrangling it hoped would keep its two troublemaking owners in

Oakland Raider owner Al Davis, former undisputed NFL heavyweight troublemaker, was socked with yet another lawsuit last week - this time because he won't share revenues with the league that he gained from selling premium-seating packages at the Oakland Coliseum

But despite his greatest troublemaking efforts over the years, Davis may have forever lost his crown as the NFL's consummate maverick last week when heavyweight challenger Jerry Jones, upstart owner of the Dallas Cowboys, was the recipient of a \$300 million lawsuit for attempting to buck NFL Properties, the self-proclaimed "licensing and marketing arm of the NFL." Davis' suit pales in comparison to this legal work of art.

At issue is whether or not Jones has the right to enter into separate and exclusive arrangements with corporate sponsors outside of the purview of NFL Properties, the strong "arm" of the league which yeas or nays which corporations have exclusive rights to sell their products with NFL endorse-

Under the current system, if corporations wish to become "proud sponsors of the NFL," they have to lower their pride and grovel at the feet of NFL Properties, which will then cut a deal for all 30 teams in the league, proceeds to be divided up evenly amongst the franchises.

This is good and bad. It's good for the league monetarily because everybody gets a piece of the pie, from the large-market teams to the tiny Green Bay Packers It enables teams like the Seahawks and the Bengals to compete monetarily with the 49ers and the Bears and is one of the many mechanisms the NFL has used over the years in its self-proclaimed "Socialist system" to ensure a concept called par-

But this philosophy also is bad because by its very nature it is doomed to fail, and it will go the way of all Socialist, or artificial-equality, programs in due time.

Socialism, even fiscally-motivated Socialism cannot survive in an institution whose sole purpose (football)

- See SIDELINES/2B

Marine skeet shooter does New River proud at tourney



Cpl. S.L. Kille III

Maj. Bob Davis displays his N.C. State Skeet Championship trophy.

MARFORLANT from 1B -

tied the game up with a shot from the corner that bounced by Adam Greenlee. Castro assisted on another goal in the 40th minute when Jim Hawn used his cross pass to blast the ball into the net.

"Good ball control and a lot of talking got us the lead in the first said David W. Rowe, MarForLant coach.

"There was a lot of hand and arm communication and voice communication going on out there," he con-

Although MarForLant held the 2-1 advantage at the break, TSD had harassed Brown with seven shots on goal in the first half. In the second half they continued to apply the pressure on Brown with eight more shots on goal, which eventually paid divi-

They scored in the 57th minute to tie the game at two. Then they grabbed the lead in the 62nd minute after Sean Guamen booted the ball

TSD's 3-2 advantage stood up League after the loss with a 9-2 mark.

In the 29th minute Kenneth Castro until Henry's goal tied the contest with five seconds remaining in regu-

"They turned around and started passing to each other, directing each other, talking to each other, and got hungry for the win," Rowe said of his team's comeback charge.

MarForLant kept the momentum rolling into the penalty kick shootout where Rafael Encinas, Marcelo Mancilla, Henry and Hawn all scored

Quentin Virgin and Chris Courtney each got the ball by Brown for TSD in the shootout.

"I certainly hate that it goes into overtime with the penalty shots, but we've been practicing those because we've been beaten like that," Rowe

"I don't have any remorse for beating another team like that," he said. "It's been done to us."

With the victory, MarForLant finished off their season with an even 6-6 record. TSD remained in second place in the Intramural Soccer

> Devilpup action Chris

by two

players

during

Cpl. S.L. Kille III

Not since 1981 has a military competitor taken victory in the open category of the North Carolina State

When the smoke cleared at this year's tourney, 14 years of civilian dominance ended with the crowning of Maj. Bob Davis, Marine Corps Air Station, New River, as the 1995 North Carolina State 12-Gauge Champion.

The championships, held at the Old Hickory Gun Club in Rocky Mount, N.C., Sept. 8-10, hosted 108 of the state's best skeet shooters

'It was a great privilege and honor to win at the State Championships," Davis said. "North Carolina is one of the most competitive states in the sport and many of the top-20 skeet shooters in the world are from North

The competition was fierce Twelve competitors nailed 100 straight targets for perfect scores. To break the tie, a sudden-death shootoff

Shooting doubles, the field eventually narrowed, leaving Davis and state-renowned shooter, Bill Cochran vying for the title after 34 targets.

'Bill is a tremendous shooter" Davis said. "It could have gone ei-

Luck favored Davis, and though Cochran tore apart target 35, he missed on 36. Davis broke both of his targets to claim the victory.

Though Davis had never won the open competition before, winning is nothing new for him. Davis began Championships Oct. 6-14.

his first competitive match in 1983 while stationed in Pensacola, Fla. He won the match and has shot competi-

His best shooting has been at the N.C. State Championships which from 1986-89, and again in 1995, he has taken the military title.

Because of his five wins in the military category, the Jack Parks Military Trophy was retired to Davis. The Jack Parks Trophy, named after the Marine Corps' most renowned skeet shooter, has been in existence since 1935 and is given to the top military shooter at the State Cham-

"It was a great honor to have the trophy retired to me," Davis said. "It has a long legacy to it."

The key to winning at such highly competitive matches, according to Davis, is staying focused.

You can't count scores," Davis said. "You have to shoot one target at a time, not worrying about your last or next shot."

"As you move from one station to the next and wait your turn, the down time can be very distracting. So, you have to keep your head clear until it's your turn to shoot. If you can keep your mind set on just one target, the score will take care of itself," he ex-

With the N.C. State Championships now in the past, Davis will focus on his selection to the All-Marine Skeet Team.

The team will travel to San Antonio, Texas, to compete at the National Skeet Shooters Association World

Lejeune s 0 m2 team exc m R

Cpl. S.L. Kille III

The Camp Lejeune Skeet team left its mark on the Southeast with strong showings in not one, but two recent tournaments by walking away with several titles and medals.

Comprised of Joe Curatola, Jim McColgan, Clint Kreuser, Russ Stevens and Jim Lee, the team has become well known throughout the South as a team to fear and respect.

Aug. 11-13, the team converged upon the Wolf Creek Gun Club in Atlanta, Ga., to face over 300 shooters at the Zone-4 Championships. The Zone-4 matches hosted the best shooters from the Carolinas, Georgia, Florida, Alabama, Tennessee, Puerto Rico and Jamaica. The Lejeune team left the tourney with three 5-man team titles, two 2-man team titles and nine individual titles.

The competition began with the doubles event in which Curatola and Kreuser placed in the top-five. Along with several individual wins, the team had a strong showing in the 12-gauge competition where they took home the gold. The team did not do quite as well with the 20 and 28-gauge 5-man events but were strong enough to capture the silver in both

In the 2-man team events, the Lejeune team demonstrated that they could do just as well broken

medal with nanisevich rshal's Office the tightest grou Kreuser and to seize the gauge.

Followin Annual North that didn't sto Zone-4 show ventured to nd Fire Olym-Gun Club in N.C., to part took place in bined their el Carolina Sta 8-10 and Sept. ish in the tu Sept. 8-10. from through ormed by team part in the n 5 Marines who third place again the Lei e for the games, shotgun ev sport. At the hest shooters," State Champi

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DEVIL DOGS from 1B -

middle for a considerable gain. Stanley then ran for 18 yards to score his tried valiantly to move the ball for the Falcons but took a b second touchdown of the day. Rushing up the middle, Allen was successful attempt. in the conversion attempt. The Devil Dogs closed-out the half, 14-0.

The Falcons' offense struggled in the opening of the second half. Justin Lewelling fought for small gains but a third down fumble at the Falcons' 10yard line brought the Devil Dogs' offense back onto the field.

The turnover proved to be costly for the Falcons. Matthew Good broke through Falcon defenders and with a dive into the end zone he increased the Devil Dogs' lead 20-0

The Devil Dogs' defense stifled any Falcon comeback attempts. Lewelling

The Falcon defense was able to pull together and hold the bay with excellent tackling by Randy Constance and Sean. efforts came too late. The Devil Dogs left the field the victo

"I'm just having fun, the kids are having fun, we're all just time," said Ernest Wylie, Devil Dogs' coach. "The kids have really hard at practice and it's definitely paying off for us."

The Devil Dogs, now 3-0, will face the Colts Oct. 14. The will face the Rams Saturday.

SIDELINES from 1B -

is competition. The league definitely has been threatened, but not by the upstart Jones: The real threats are those who have become too accustomed to the power and money that this system has artificially created.

NFL Properties pulls in \$3 billion annually for the league, but it has become as bloated, bureaucratic and corrupt as any organization which has had so much power and authority bestowed upon it through no effort of its

They're the ones initiating the lawsuit, and no wonder. If they lose exclusive authority for grant ing licenses and sponsorships,

hundreds - maybe thousands - of bureaucrats will be out of work. The proud folks of NFL Properties will ave to go out and find jobs.

LCpl. N.A. Desai Friday.

This licensing "arm" of the NFL has, on more than one occasion, been investigated and purged for the corruption that ensues with being the ion will continue to be the case until the arm is diminished or chopped off.

This fiscal, Socialist system also has created a complacence among certain NFL owners, people who could give a damn about whether their franchise takes home the Lombardi Trophy or not.

These owners only care about receiving a steady income and enjoying the prestige of owning an NFL team. They don't have the slightest desire to market anything. They'd rather let someone else do it so long as they get a cut of the action.

they're the ones who are howling the loudest over what Jones is doing. If Jones gets his way and even partially deregulates NFL Properties, those owners will have to get off their fat wallets and hustle a little bit them-

Ouch! "Darn it, Jerry, why can't you just lie back and enjoy it!? The money will be there, and all you have to do is show up. If we provide a pretty enough package, those crazed fans will keep coming. Why do you have to go and spoil it for everyone?

Finally, the Socialist NFL system will fail because its Socialism has transcended fiscal policy and has begun to rear its ugly head in the realm of actual competition. It will attempt to ensure parity by applying Socialist principles in reducing the dominant teams back to the level of their

The NFL faces yet another significant problem at the moment other than Davis or Jones: the two best teams in the league are from the same conference. This lopsided dominance will eventually take a monetary toll on the NFL's premier money maker, the Super Bowl.

I've seen enough by Week 4 to claim that the eventual winner of Super Bowl XXX will either be the Dallas Cowboys or the San Francisco 49ers. It will be the 12th year in a row that an NFC team has defeated an AFC team. As soon as the rest of you can claim this with the same level of certainty I can, the Super Bowl won't be as exciting anymore

That means a significant loss of revenue for the league. What will Paul Tagliabue do?

Look for the commissioner to propose wholesale cross-conference reshuffling of various franchises during the next post season or the following; or look for a series of rules changes specifically geared to inhibit those teams which are dominating.

And yes, the NFL is willing to attempt eit risk of losing credibil loyalty. We've proven time and again gullibl to keep coming back.

And watch this cur suit against Jerry Jones The NFL bureaucracy is scared at the moment. alize they have pitted the against an individual w

Jerry Jones is a cap

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rifle. He then took third place in a very competitive shootout after plugging the tightest group of the six competitors into the cheesecloth.

All of the events at the games were competitive, according to Moore, but that didn't stop the team from winning more trophies than any other police department in the state.

Charles Wilson and Moore combined their efforts for a first place fin- the team have at PMO helped ish in the two-man pistol competition, while Trent Frederick and Daniel Andresen teamed up for a third place finish in the two-man shotgun event.

Andrews grabbed another third ace award with the help of Joseph Shelton in the two-man sniper competition, while Chris Powell, Edward Boulay, Daniel Winkles and A.J. Evans walked away with third place in the four-man pistol competition.

'The four-man pistol team shot 200 points better than thier third place score last year, and still ended up in third," Moore said. "That just goes to show you how tough the games were this year

only team that managed to bring home a trophy after last year's

"It felt good to see the major improvement the team has made in comparison to other police departments across the state. Moore said. "It was a lot of hard work, improving all of our marksmanship abilities."

The jobs that the members of prepare the team for the games and improve their marksmanship, according to Moore.

"We do training every month to prepare for our specific jobs. he said. "And we do a lot of shooting for our mission.

"We also went out to the Stone Bay Rifle Range for a week before the games to prepare," he

Michael Bushard and Todd Godwin, both members of SRT, also made the trip to the games and competed in the bench press competition. They both competed in the 162 to 181-pound weight class, and walked away with first



Faust shines in police, firemen olympic games

LCpl. Brian M. Danisevich

John H. Faust sprinted his way to five first place medals, one second place and one third place in the track and field events of the 15th Annual North Carolina Police and Fire Olympic Games Sept. 10.

The games, which policemen and firemen from throughout the state competed in, were held in Raleigh from Sept. 8-10 and 22-24.

Faust, who is the staff noncommissioned officer in charge of the special details section at the Provost Marshal's Office, focused his efforts in the track and field portion of the games on his way to capturing seven medals. He was the only Marine to enter the track and field events.

"I was a little disappointed that I was the only Marine who showed up for the track and field events," Faust said. "But I'm happy with my performance, there are no if's, and's or but's about that.

"I learned about six years ago not to go up there cocky and overconfident," he said. "Instead I went up there looking for a challenge

Faust found plenty of challenges in each of the events he entered, but still placed in all of them.

He took first place in the 100-yard dash, 200-yard dash, 400-yard dash, long jump and shot put. He took second in the javelin throw, and helped to capture third place in the relay race after teaming up with members of one of the state police departments.

"I know what I'm capable of doing," Faust said. "My age is getting up there, but I have to continue to improve myself in order to keep coming back with the trophies.

Faust captured three, first place and two, second place medals at last year's games, and says he credits his improvement to the time he spends

"Self-improvement is a big thing



LCpl. Brian M. Danis

SSgt. John H. Faust, staff noncommissioned officer in charge of the special details section at the Provost Marshal's Office, proudly displays the seven medals he took at the 15th Annual North Carolina Police and Fire Olympic Games, held in Raleigh Sept. 10.

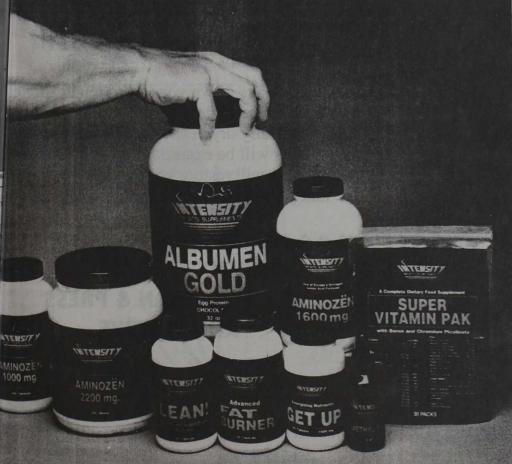
with me," he said. "I don't like to just trip back to Raleigh next year sit around and do nothing. I ride the bicycle, I swim and I run a lot. I try to remain competitive with my short runs and sprints.'

Faust said that he plans to continue competing in the sport that he loves, and is planning to make the

"Running is a challenge, but it is something I enjoy doing," he said, "It has really helped me out a lot, and at the same time it gives me the chance to boost the perception of the Marine Corps as always being a fit organization.



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PICKS OF THE WEEK

Notre Dame vs. Ohio State ... The Buckeyes are looking very strong a contender for the National Championship and if Eddie George keeps with his game, they just may be able to slide into it. The Fighting Irish edoing well, but their defense will have to step into high gear to slow wn George, who has already racked up 433 yards rushing this year. Buckeyes 42, Fighting Irish 13

Dallas vs. Washington ... After last week's boggle, Redskin fullback Cedric Smith said, "I'm going to kick myself for the rest of the season." His statement should become the team's new slogan. The Cowboys on the other hand, are hot. Even if Emmitt Smith's injury keeps him sidelined, Sherwin Williams proved last week that he is a rookie who can run. Cowboys 45, Redskins 10

Buffalo at Cleveland ... The Bills spent the past off-week resting up and trying to gain some focus. The rest may help them in their attempt, but will they be awake when they reach the Dog Pound? So far this year, Jim Kelly has found himself in a bind against even mediocre defenses. The Browns only gave up 59 rushing yards last week. Need I say more?

Miami at Cincinnati... There is probably a Dolphin lynch mob waiting for me because of previous slams on the Fish. Well break out your rope, I'm going to do it again! Though the Bengals lost last week, Jeff Blake threw 46 times for 356 yards and three TD's. If he can repeat his performance and the defense make sushi of Marine – they will pull this one off. Bengals 27, Dolphins 23

Notre Dame at Ohio State ... The Fightin' Irish pulled off an emotional win against Texas last week. The pickin's are going to get a little bit tougher as they travel to the Buckeye state to face a tough Big Ten foe. Bobby Hoying may find some resistance in the Notre Dame defense in the first half, but will blow the game open by the time the final gun sounds.

Buckeyes 39, Fighting Irish 20

Dallas at Washington ... The question in everybody's mind this season is 'Can the Cowboys go undefeated?' Probably not. They have some tough games later in the year against San Francisco, San Diego, and Oakland, but they should be able to whitewash the Redskins in our nation's capital this week Cowboys 31, Redskins 13

Buffalo at Cleveland ... Vinny Testeverde is beginning to look like the hottest commodity at the quarterback position this year. He has led his team atop the AFC Central Division. He doesn't throw many touchdowns, but he wins with a canny leadership trait that all coaches love. The Browns should down the Bills at home, but the defense will have to step up a notch to do it.

Miami at Cincinnati ... This one is billed as the father versus son matchup with Don Shula as the father and Dave as the son. For some unknown reason I think the father will dominate, especially after watching the Houston Oiler's offense cut through the Bengal's defense like swiss cheese last weekend. It's going to be a long day for Cincy at home. Dolphins 39, Bengals 21

Notre Dame at Ohio State ... Ever since their opening loss against Northwestern, Notre Dame's reputation has quickly depleted. Although they're 3-1 and ranked #15 according to the Associated Press, it seems as if everyone is counting them out. On Saturday they embarrassed Texas. I'm not giving up on em', here's their chance to get back the respect they deserve. A victory on the road will draw the eyes of sportswriters around the country.

Fighting Irish 41, Buckeyes 30

Dallas at Washington ... What else can you say about the "Boys?" According to numbers, this game should not be a blowout. The Cowboys gave up an alarming 329 yards passing against an aging Dave Krieg and the Cardinals last week. Gus Ferrotte (If he plays) will eat up a secondary like that.The Redskins need a victory. Face reality though, the "Boys" are hot. Cowboys 38, Redskins 28

Buffalo at Cleveland ... Probably the best game of the week. Vinnie Testaverdi threw a consistent game last week going 21-35, passing for 204 yards. The Bills who need a victory to stay above .500 will play their heart out, but I like the Browns at home. Go Vinnie!! Browns 21, Buffalo 17

Miami at Cincinnati ... Miami's defense has only given up 27 points so far, they're leading the league suprisingly. The Bengals have given up 100 and their secondary repeatedly blew coverage last week and gave up over 400 yards of offense against a weak Houston. Marino will pick Cincinnati art. A pass here, a pass there, a pass everywhere. Touchdown!!! Dolphins 52, Bengals 6

The Phatmar

Notre Dame at Ohio State ... The Fightir track after a sweet victory over the Longhoms on a higher level. This game will decide how season, but I really don't think the Irish have a prevail in Colombus. Buckeyes 24, Fighting Irish 13

Dallas at Washington ... The Redskins h
fool for the past two weeks, but when you're ak
The Cowboys allowed more points to the Card
Dallas may come into D.C. expecting an easy gar
lose, I hope the NFL takes Jerry Jones for all he
the skin of their teeth.
Cowboys 28, Redskins 24

Buffalo at Cleveland ... Does somebody we picking a winner in this game? Like the Bills has the Dog Pound!!! Yeah, right. This year the boys to doing pathetic Snickers commercials.

Miami at Cincinnati ... Here's another geme maybe FOX will invite me to sit with them Sunday, I apologize for the lack of courage to p week, but you can thank one of the other pickers have one thing to say, papa Shula will send bab Dolphins 27, Bengals 10

PEAK from 1B

1:30 p.m. Five and a half miles back to the truck and my head is spinning from altitude. Now I know what they mean by "Training with a Tude."

Next trip I'll carry more water in addition to wet weather gear and the usual food. More endurance training in and around Denver during the next few weeks. The knees keep acting up. Knock off the bike and hit the trails. The beginning of August, the wife and I attack Mt. Elbert, the highest peak in the state at 14,400 and some change. Make it to within 200 meters of the summit when an electrical storm belts us out of nowhere. My walking stick sizzles. Time to haul butt off this hill.

The next Saturday we make it to the top. You can see for miles, literally breathtaking. Six and a half miles back to the truck. The following day we do about 13 miles on the Colorado Trail network up to 13,000 and back down. Knees are screaming

Getting close to THE DAY. The sunday before the race we drive to the top of Pikes Peak to "play" at altitude. Get on the Barr Camp Trail and jog down to A-Frame; she jogs most of the way back up (animal) while I concentrate on putting one foot in front of the other and even that's rough. Won't drive up here again to train. Better to hump up.

A couple of easy runs and then it's race day. There are two heats: the first includes all the elite runners with established marathon times (wife). The second heat (me and 900 other sadists) includes those who organizers hope won't die. "There are two ways off the course," the announcer says moments before the gun: finish and ride back down the mountain or quit and hike down the way you went up. Great.

The guns sound and I click my watch. Hey, it's my first race and might be my last. I want to fit in. I have my Marines Just Do It T-shirt on, my new high-speed butt pack with one water bottle and a few candy bars. My goal is to finish in five hours. I know, doesn't sound like much but it's my first race and - heck, you're welcome to come out and try this.

Once we hit the trail head, everyone single files it onto a two-foot wide

gravel path. Some hard-core runners pass on the left. I remember the brochure stating many runners burnout on the lower five miles. The switchbacks are steep. Quads are screaming already. No running here for the gunny, lots of Marine-style humping. Head down and up I go. And I'm passing people. Keep the breathing steady and the momentum going. First water break is French Creek at 8,800 feet. I replenish the bottle and wolf down a granola bar. Time: one hour. The course smooths out and I pick up a slow jog. No one passes me for a while (I'm hogging the trail). Hit Barr Camp in two hours (10,200 ft.). Time for a candy bar. Okay, I had two. Legs and knees are hurting and I'm only halfway into this "birthday present." Feels like I've been climbing stairs for a week. An old timer passes me while I'm eating and barks a Semper Fi.

That's it. I give it back to him when I pass him ten minutes later. The trail is relentless - steady uphill battle with the altitude coming into play more than ever. Pass a sign, I think, that says five more miles. I'm pushing on my thighs more than ever now during the steeper parts. Haven't even left tree line yet. Oh boy, this is going to be more fun than I thought. Damn cigarettes

Twenty-five years of scar tissue makes you reflect up here. A-Frame, 11,500 feet. Tree line. Gatorade, an orange and I fill up my bottle. "Lets go Marine," yells that guy again. He breaks and I pass him again. Up into alpine tundra now. A cool fog rolls in and visibility is 50 feet at best. Anorak is on, head down and I continue to push. Three hours and 45 minutes into this thing. The wife should be across the finish line by now.

Get my 19th wind and try to increase the pace. Whoaa big guy. Head spinning and I slow down. Wobbling now at 12,500 feet when I go too fast. Starting to get spiritual with a slew of childhood images. Forget the pain gunny - suck it up then release it. I hear voices in the fog. I'm losing it. No, it's the announcer at the top calling out times and numbers. I've still got a mile and a half to go. An eternity. More and more people resting against rocks. Heck, I'm one of them. There's no air. I need two new knees. My legs

are mush. Just do it!

I pass the Cirque at 13,200 feet, a vertical drop of 1,500 c Whew, what a view. Fog must have lifted, don't rememb step up and over. Big*ones. They've got to be kidding individual who stuck these out here at mile marker 12.5.

Voices are louder and closer. Tell myself to just do it drinking hot chocolate by now. "Hey, hey mama can't Marine Corps' done to me..

Traversing across this huge rock bowl now. Going is a altitude humbles any incentive to speed things up. Less t top. You're earning that T-shirt now. Approach a sign that Stairs. Here's that sick dude again who plants huge rock There's nothing left in the legs. Four hours and 40 mi stairs. One at a time. Knees and quads are sending sign body. PAIN!

Rest after the last one. Savor the last few drops of water peak. Short, steep switchbacks now. Keep looking up nouncer but all I see is a sheer wall of rock. Where's the fin spiritual again. Wobbling, leaning against a rock. Time minutes. Have to haul butt.

Anorak off so these folks can see my Marine T-shirt finish line. But where is it. Got to break five hours. Push! yells my first name from up in the rocks somewhere. There so fresh and untired. I hate my wife. No I don't. Quads sh down my legs. More fun. Time: four hours, 55 minutes. G start jogging, stumbling, weaving and pushing my way th neck. I'm going to pass out. Warm arms are around me. wraps some tinfoil around me. A kiss on the cheek. My v Stop the watch! Time four hours, 59 minutes.

Goodbye Colorado.

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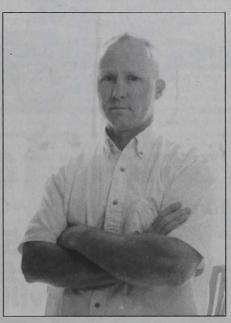
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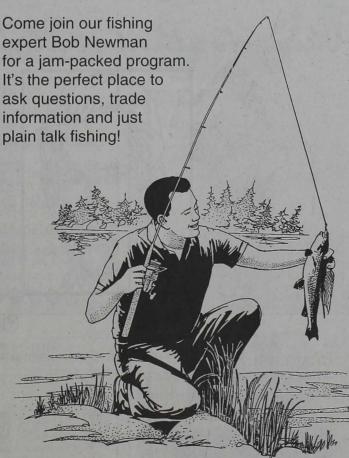


Meet Bob Newman, a Marine veteran of the Gulf War, who writes the Coastal Outdoors Column for the Daily News. Mr. Newman currently resides in Jacksonville, N.C. He is the author of books such as "The Complete Guide to Fly

Fishing Maine," "Inshore Fishing the Carolinas' Coasts," and many others. Mr. Newman will be at the Exchange Annex Fri 29 Sep 95 1600-1800 and Sat 30 Sep 1300-1600 for a **BOOKSIGNING**

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9:00-9:30 am Slide Presentation "The Fish And Flies in Fly Fishing" - Specific information on the Camp Lejeune area both fresh and salt water

9:30-10:00 am Demonstration Rigging a fly rod and casting **basics**

10:00-11:00 am Casting Practice With personalized instruction

11:00 am-? Bob Newman's Tips Insider information on the Camp Lejeune area's best fly fishing spots, tactics and techniques both fresh and salt water.



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Boys Will Be Boys But Don't Have To Look It

(NAPS)—Boys will be boys— which may mean grass stained knees from a first day of school somersault. It may also mean muddy trouser cuffs on the day of the school concert or fast food ketchun stains on the way to your

the school concert or last food ketchup stains on the way to your parents fiftieth anniversary party. Boys may put their best efforts into outsmarting plans to keep them clean, but parents who are savvy shoppers can keep them clean anyway—thanks to the latest stain-resistant treatments for cot-ton clothing.

stain-resistant treatments for cotton clothing.

New fabric treatments, such as
the one used exclusively on Farah
U.S.A.'s line of Savane cotton
apparel and developed jointly with
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pants will not be absorbed by the fabric.

That way, clothing can look as good at the end of the day as it

does at the beginning.

This is a real boon to busy parents who are finding it a time-con-suming challenge to keep their children looking neat and well cared for. Clothing that's comfort-able, fashionable, and easy to care for is bound to be on top of a par-ent's shorping list

for is bound to be on top of a par-ent's shopping list. Savane's boys apparel is avail-able in a wide selection of colors and styles, all of which offer excel-lent crease retention, no shrinking or fading, a soft feel and superior

Applying stain-resistant finish es not affect the feel or breathability of the garment. Considering



Children's clothing that's comfortable, fashionable, and easy to care for, is bound to be on any parent's shopping list. Savane stain resistant clothing helps keep boys looking

how tough and resilient thes clothes are, they are remarkably comfortable, with finishes so soft that these casuals give wearing satisfaction from the very first to the last wash.

What more could a parent ask for?

How about a guarantee and a 30-day no questions asked return policy. Savane offers these.

Sold at better department stores, Savane features a wide selection of clean cut casual slacks, dress slacks, sportcoats, suit separates, classic shorts and shirts for boys.

That way even though boys will be boys, yours can look like the young gentlemen they will undoubtedly grow up to be.

G@LF NEWS & NOTES

The Golf Capital Of Mid-America

(NAPS)-Lake of the Ozarks has grown into Mid-America's premier golf destination by offering chal-lenging courses in beautiful scenic surroundings. Call 1-800-FUN-LAKE for more information. The central Missouri resort area

boasts more than a dozen courses set amidst natural beauty and offering variations in length, degree of difficulty, holes, elevation changes, water and strategic lay-outs—making the sport enjoyable yet challenging for the serious,

weekend and vacationing golfer.

There are currently 190 holes of golf at the Lake of the Ozarks,

of golf at the Lake of the Ozarks, with more in the planning stage. Here are some of the most attractive and interesting locations:

• At Marriott's Tan-Tar-A-Resort, Golf Club & Spa, open to both guests and the public, there's the Oaks' course which features 18 holes, par 71 and 6,442 yards and Hidden Lakes Course with nine holes, par 35 and 3,015 yards. Both feature meandering fairways carved out of the rolling Ozark carved out of the rolling Ozark hills set amidst the beauty of stunning lake views, lily ponds and menacing white sand traps.
• The Lodge of Four Seasons

offers the Championship Course. Home to numerous tournaments, it features a classic Robert Trent Jones features a classic Robert Trent Jones Sr. design with rolling fairways, large greens, well-placed bunkers and spec-tacular par 3's. In the design of this 18-hole, 6,404-yard, par 71 course, Jones used several fingers of land that jut out into the lake, creating challenging golf and some of the most breathtaking golf course scenery in



Some of the most beautiful and challenging golf courses in the country can be found in Central Missouri's Lake of the Ozarks, an area known for its natural beauty and scenic shoreline and host of the 1994 PGA Club Pro Championship. Call 1-800-FUN-LAKE for more information.

the Midwest. Both courses have been consistently rated as one of the top courses in Missouri.
• The North Port National Golf

Club Osage Course is the only Arnold Palmer designed course in Missouri. Its beauty surrounds golfers as wandering pebble creeks, numerous lakes and water features lead to greens ranging from 29 yards to 47 yards in

• The newly opened Sycamore Creek Golf Club boasts a quality round of golf amidst zoysia tees, midiron bermuda fairways and the Crenshaw bentgrass greens

hidden through the valley.

Lake of the Ozarks is home to numerous golf tournaments, fea-tures a variety of golf packages and junior golf. For a free colorful guide, call 1-800-FUN-LAKE.

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Never esteem anything as of advantage to thee that shall make thee break thy word or lose thy self-respect.

-Marcus Aurelius Antoninus

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Adjusting Re Freezer Tem

(NAPS)-This part of a series Whirlpool Corporate's more hopeful ome appliances.



Problem: Foods a hat endanger a much of tissue in the brain.

or too cold. Reasons:

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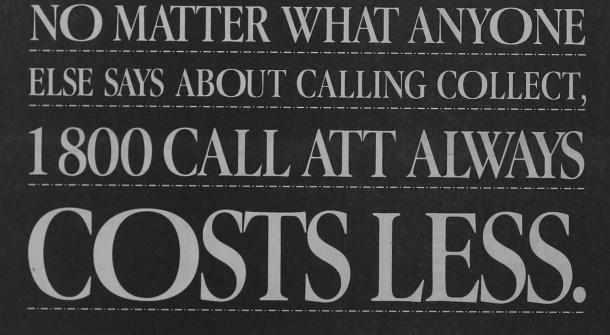
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ssen Research Founurrently evaluating a for its ability to prois in the brain follow-Studies of this drug conducted at 70 medis across the United

ket fit. Keep door op: Vatch For

ne National Stroke As-Cool foods before says that every minute compromised brain lity to recover. That's important to recognize and symptoms of stroke and quickly. hese are the most com-

Numbness, weakness

arm or leg. Difficulty speaking or

Sudden blurred or devision.

Dizziness when accomy one or more warning

·Loss of balance.

If you experience any of mptoms, call for emermedical attention. Rer, every minute counts. For more information on call the National Stroke iation at

pply four p

An Innovative Way To Add Tangy Flavor

board since colonial times, is fast becoming a favorite choice of contemporary cooks, who are using the flavorful sugar-cane-based syrup to take the place of brown sugar in chili recipes and barbecue sauces.

Sweeteners have long been used in spicy recipes to offset the pungent bite of chili peppers and hot spices. Molasses is emerging as an innovative and popular choice because it adds not only sweetness, but color, flavor and rich, smooth texture. It's also a rich source of iron.

"We've seen a return to home-made barbecue sauces as well as creative new chili recipes, all featuring molasses, a product that's been around for generations," said Deborah Coffield, business manager for Specialty Products Company, makers of Brer Rabbit Molasses.

"Many other types of reci-

(NAPS)-Molasses, a classic pes that call for brown sugar cumin staple of the American cup- can be made with molasses," said Coffield, "Pasta sauces, marinades and glazes are all appropriate."

These inventive new uses inspired the makers of Brer Rabbit Molasses to sponsor the "Most Innovative Chili Recipe" award at the International Chili Society's 1995 World Championship Chili Cookoffs, taking place Sept. 29, 30 and Oct. 1 in Reno,

Drunken Barbecue Sauce

Makes 21/2 cups

1 cup ketchup 1/2 cup beer

1/3 cup Brer Rabbit Light or Dark Molasses

1/3 cup chopped green on ions

1/4 cup chopped cilantro 2 tablespoons

Worcestershire sauce tablespoon lemon

cloves garlic, minced

teaspoon chili powder

teaspoon ground

1/2 to 1 teaspoon liquid

hot pepper seasoning 4 thin lemon slices

In small saucepan, combine ketchup, beer and molasses; stir in remaining ingredients. Over medium heat, heat to a boil, stirring constantly. Reduce heat; cover and simmer for 10 to 15 minutes. Remove and discard lemon slices. Use as a baste while grilling poultry or pork.

BLACK BEAN CHILI OLE Makes 8 Servings

cup chopped onions

cloves garlic, minced

tablsepoon vegetable

pounds lean ground beef

(28-ounce) can whole peeled tomatoes in pu ree, chopped and pu ree re served

1 (4-ounce) can diced green chiles

1/3 cup Brer Rabbit Light or Dark Molasses

2 tablespoons chili pow der

teaspoon ground cumin

1/4 teaspoon ground red pepper

(19-ounce) can black beans, rinsed and drained

cup frozen corn Tortilla chips, optional

In 6-quart heavy pot, over medium heat, saute onions and garlic in oil until tender. Add beef; cook until brown, stirring occasionally to break up meat. Drain. Stir in tomatoes with puree, chiles, molasses, chili powder, cumin and ground red pepper. Heat to a boil; reduce heat. Cover; simmer for 30 minutes. Stir in beans and corn; cook, uncovered, for 10 minutes. Serve hot with tortilla chips if desired.

texas style beef chili Makes 6 Servings

11/2 cups chopped onions

11/2 cups chopped. green peppers

6 slices bacon, chopped

cloves garlic, minced pounds beef round, cut

into 1/2 inch cubes (28-ounce) can whole

peeled tomatoes in pu ree, chopped and puree reserved

1/4 cup Brer Rabbit Light or Dark Molasses

tablespoons chili pow

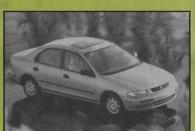
teaspoon ground cumin

to 2 teaspoons liquid hot pepper seasoning

In 6-quart heavy pot, over medium heat, saute onions, green peppers, bacon and garlic until vegetables are tender, about 3 minutes. Add beef cubes; cook until brown, about 5 minutes. Drain. Stir in tomatoes with puree, molasses, chili powder, cumin and hot pepper seasoning; heat to a boil. Reduce heat; cover and simmer for 1 hour or until meat is tender, stirring often. Serve hot.



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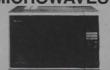
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The United States Soccer Federation (USSF) Rules will be followed.

Entry into the regional championship has been limited to one team per command.

Each team consists of 18 players, head coach, assistant coach, and officer in charge.

Double elimination with initial team pairing determined by an open draw.

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THE TWELFTH ANNUAL

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event rules

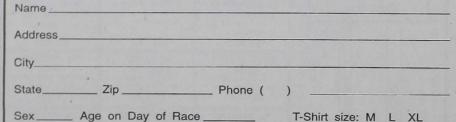
The Lejeune Half-Marathon is conducted according to standard USATF racing rules

The Lejeune Half-Marathon starts and finishes at Russell Elementary School. The run takes place on a flat, fast, asphalt surface certified for 15K, 10 miles, 20K, and 13.1 miles with a minimum of turns, which is conducive to establishing numerous record-setting performances within the one event. The course will be marked clearly and monitors will be posted accordingly. Aid stations will be located every two miles. Medical and communications personnel will be available throughout the route. Splits will be given at each mile.

race packets

Runners' packets contain race information, runner's number, safety pins, commemorative T-shirt, and special race patch. Packets will be available for pickup on Friday, 6 October from 1000 to 2000 (10 AM to 8 PM) at the Fitness Center, French Creek, Bldg. 332. Late registration is on race day.

ENTRY FORM



WAIVER MUST BE SIGNED BEFORE MAILING

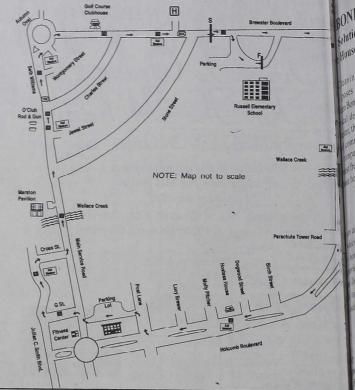
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(ACTIVE DUTY, RETIREES, AND DEPENDENTS \$10; CIVILIANS \$15 IF RECEIVED PRIOR TO RACE DAY; ACTIVE DUTY, RETIREES AND DEPENDENTS \$15; CIVILIANS \$20 DAY OF RACE 0700-0745, RUSSELL ELEMENTARY SCHOOL) TO:

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FOR MORE INFORMATION CALL



There will be one finish zone. All participants must have their race numbers worn to the FRONT at approach the finish line. Once across, participants MUST GO THROUGH THE CHUTE, and remain until their pull-tags have been scanned and collected. Please do not recross the finish line for any computer scored event.

refreshments

Complimentary food and beverages will be available for all participants at the conclusion of the race

Plaques will be awarded to the top three male and female OVERALL finishers and OVERALL top male MASTERS finishers. Plaques will be awarded to the top three male and female finishers in the following group categories: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-6 Top OVERALL finishers are not eligible for age group awards.

For additional information contact: Mike Marion, Race Coordinator, at (910)451-1799 or Mary Troja a

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ishers and OVERALL top

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HEALTHY EATING Surimi Seafood a Budget-Wise Treat

News USA

delicious blend of mushrooms, garlic, cabbage and crab-flavored surimi seafood.

(NU) - You may have chunks. seen it in your local market - the seafood that looks like crab meat, but sells for a fraction of the price. It's called surimi seafood, named by the Japanese who developed it more than 1,000 years ago, and it is a treat for those of us on a bud-

fish such as Alaska pollock or whiting, and is ingeniously shaped to look and taste like crab, lobster and scallops.

The Arlington, Va.-based Surimi Seafood Education Center offers some good reasons to discover surimi seafood:

·It won't interfere with your diet. A 3-ounce portion has approximately 90 calories and is low in fat and cholesterol.

·It's convenient. Fully cooked, surimi seafood is ready to eat or can be served hot or cold in soups, salads or entrees.

·It costs less per pound than many other seafood products,

This Asian-style noodle dish is a and can easily be used in place of canned tuna

•Surimi seafood is never out of season. It's available all year in the form of sticks, flakes or

For a free recipe brochure, "The World of Surimi Seafood," send a self-addressed, stamped, business-size envelope to the Surimi Seafood Education Center, 1525 Wilson Blvd., Suite 500, Arlington, VA 22209.

And if you've never tried Surimi seafood is actually surimi seafood before, here's a tasty made from high-quality, mild, white recipe that might make you into a regular at the seafood counter.

SPICY ASIAN NOODLES WITH SEAFOOD

(Makes 4 servings)

8 ounces thin pasta or Asian noodles 3 tablespoons peanut or canola oil I medium onion, chopped I green or red bell pepper, chopped

2 ribs celery, thinly sliced 1 cup mushrooms, sliced 2 cups cabbage, thinly shredded 3 cloves garlic, crushed

1/4 cup reduced-sodium soy sauce 1/2 teaspoon hot red pepper sauce, 8 ounces surimi seafood, crab-fla-

vored, chunk or flake style 1 cup bean sprouts Per serving: calories 409.9; protein 16.13 g; sodium 960.7

Cook noodles according to package directions. Rinse in cold water to stop cooking, drain,

mg; carbohydrates 60.6 g; fat 11.48

toss with tablespoon of the oil, set aside. Add remaining 2 tablespoons of oil to heavy, 12-inch skillet over medium heat; stir in onion, pepper, celery and mushrooms; cook, stirring occasionally, 3 to 5 minutes. Stir in cabbage and gar-

lic, cook and stir another minute, or until cabbage is wilted. Add soy sauce and hot red pepper sauce. Add cooked noodles to skillet, lifting with salad fork and spoon tongs to coat with soy sauce and mix with sautéed vegetables. Arrange surimi seafood over noodles, cover, reduce heat to low and cook another 2 to 3 minutes, or until surimi seafood is heated through. Serve hot or at room temperature, sprinkled with bean sprouts.

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HEALTH

Survey Shows Impaired Vision Is Common but Undertreated

(NU) - America is clearly misinformed when it comes to vision mpairment among middle-aged and older people. That's the conclusion of The Lighthouse National Survey on Vision Loss. The recent survey, conducted by Louis Harris and Associates, was the first of its kind focus-ing specifically on vision loss issues.

It found that an estimated 13.5 million Americans over 45 years of age - one in every six - say they have trouble seeing even while wear-ing glasses. For people 75 and older, the number is even more dramatic: One in four - or 26 percent - say they are visually impaired.

These startling findings in-

dicate that self-reported functional vision impairment among adults 45 years and older is far greater than previously estimated, representing a major health care challenge.

verity of the current situation," says Dr. Barbara Silverstone, president of The Lighthouse Inc. "You do not have to be blind to have a serious vision

This study also underscores the high prevalence of older adults who unnecessarily accept the diminshment of vision as a natural part of

"The problems that come with age-related eye disease often mean unnecessary loss of indepen-dence and diminished quality of life, Silverstone said. In fact, the effects of many diseases such as diabetes, or conditions such as cataracts, macular degeneration or glaucoma, can be addressed through vision rehabilitation. There are also a number of adaptive devices, such as computers, optical devices and daily living aids, that en-hance the quality of life for people who are visually impaired.

For this survey, people identified themselves as visually impaired if they were unable to rec-ognize a friend from across the oom or were unable to read regular newspaper print, even while wearing glasses. Respondents also rated their vision as poor if they were blind in one or both eyes.

The Lighthouse Inc. not-for-profit vision rehabilitative organization headquartered in New York City, continues its 90-year tradition of providing hope when vision fails. For more information or resources in your area, call 1-800-334-5497.

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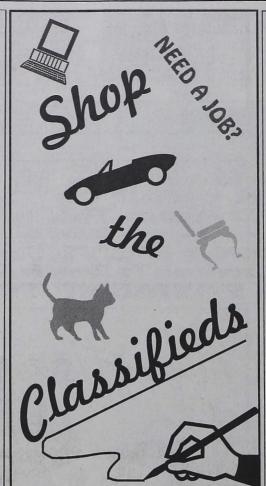
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News USA

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(NU) - Today's marketplace re academic training to compete. How achieving a degree is rising each ye percent. If you are like most parent helping your kids get through element successfully with little time to focus college years.

Fidelity Investments offers the to help you begin to build a nest egg future education.

1. Assess your needs. In orde much to save, you need to estimate of tuition at public and private instituti cation costs rising an average of 7 according to The College Board (a n lastic service association of high sch leges), the four-year cost of a college a child entering a university in the year about \$81,000 for a public educat \$204,000 for a private institution.

2. Save early and often. This I vestments to grow along with your chi who regularly invests \$60 a month in a with an 8 percent average annual return more than \$25,000 at the end of 17 y should use these figures as a guide onl stand that they don't represent the per any mutual fund.

3. Set up a systematic savings college saving part of your monthly or qu get, just as you do with mortgage, rent payments. Investing a fixed amount regood way to reach long-term savings go portant point to remember is that period ment plans do not assure a profit and do

against loss in a declining market. 4. Choose investments according child's age and your tolerance for ri child is young, you can afford to conside gressive investments, such as growth stoc mutual funds. If your child is closer to co you may want to reduce the risk to your p investing in more conservative instrument mind that historically stocks have out-per other types of investments, as indicated l such as Ibbotson Associates, Chicago.

5. Maintain a separate college There are several savings plans available. the most popular are custodial accounts Gift to Minors Act or Uniform Transfer Act). These accounts have significant ac over most other college savings accounts they ease the tax burden by allowing parent some of their assets to the child at the child tax rate. Note that upon the age of matur BONUS CERTIF tween 18 and 21 years - all assets become t erty of the child, regardless of whether or II PAY EXACTLY Fi she decides to use them for college.

6. Get the family involved. Saving family affair. You might suggest to relative place of a holiday or birthday gift, they contr your child's savings plan. This creative stra lows grandparents, aunts and uncles to become of the process and the success.

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7. Create an incentive program with child. As your child gets older and begins to stand the value of a dollar and the concept of and investing, implement an incentive progra courage your child to contribute some of the he/she earns through summer or weekend j matching that contribution dollar-for-dollar. Th not only increase the amount of money you but it can encourage positive savings habits for child in the future.

For more information on college saving your local investor center. Call 1-800-544-975 the Fidelity Investor Center nearest you. Free m fund prospectuses can be obtained from Fic Distributors Corp. These should be read care before you make any investments.

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Judioworks super bass, 600 ludioworks super bass, 600 ludioworks super bass, 600 ludioworks super bass, 600 Call 347-1710, lv. mssg.

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94 Toyota extended cab 4X4 SR-S, stereo, AC, sliding rear window, bedliner w/tool box, 20K, \$19,000. Call 326-2355.

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'89 Ford F150 XLT, straight 6, 5-sp. Call 324-

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Call 326-5728. 92 Geo Metro, 5-sp., AC, \$4,950 OBO. Call

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91 Chevy Corvette Coupe, 6-sp., loaded.

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87 Honda CRX, silver, 5-sp., \$2,200. Call 353-1765. '88 Suzuki Samurai, 5-sp. AC, stereo, car

88 Suzuki Samurai, 5-sp. AC, stereo, car alarms, \$2,500. Call 347-7343. '88 Jeep Cherokee, \$7,800; '84 Ford Thunderbird, \$2,200. Call 326-4638. 93 Toyota Celica. Call 353-5495.

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15' fiberglass V-hull, 55-HP outboard, new

railer, life vests, battery, fish/depth finder, \$1,200 OBO. Call 577-8165.

82 Sallboat, 25 ft., new paint, great for the weekend, \$6,000. Call 455-3740.

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Double papasan chair, \$75; stereo cabinet, \$25. Call 346-2437.

Kingsize waterbed, semi-flow mattress, solid oak headboard, heater, mirror, shelves, \$400 OBO. Call 353-0966.

6-drawer vanity w/swivel mirror, matching 4-drawer chest, light wood, dark trim, \$125.

3-pc. table set, \$60; entertainment stand, \$70 OBO; kitchen table, \$165 OBO. Call

53-3410. Entertainment center, \$700. Call 353-8097. Reclining sofa, \$150; coffee table, \$30; card able, \$20. Call 340-0368.

Contemporary sofa, blue, wood trim, \$275. all 577-8025.

Rattan living room set, sectional sofa, chairs, end tables, coffee table, \$4,000. Call

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Changing table w/pad, tray, \$25 OBO. Call 353-6232. 2-pc. sofa, \$275 OBO. Call 577-3817.

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95 GSX-R 750, must sell. Call 455-1858. 91 Suzuki Katana 600, 13K, red, Yoshi pipe, jet kit, \$3,750. Call 938-3889. 89 Yamaha 600cc, \$1,800 OBO. Call 346-

95 Yamaha YZF600, extras incl., \$5,900.

Maltese pups for sale, NO PAPERS, \$300

free. Calll 346-1365.
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mix, all shots, free. Call 347-1710.

Orange-winged Amazon parrot, says hello, must sell, car seat, cage, \$375. Call 577-

Basset Hound, male, housebroken, shots. urtworm prevention. Call 326-6864. tweiler puppy, male, 6 mos, \$300 OBO.

Lop-eared rabbits, \$10. Rabbit cage, \$75.

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Albino Burmese Python, ort., hearing to-pad, \$300 OBO. Call 451-1636. Free to good home, male, golden retriever, all shots. Call 326-1639. Miniature Schnauzer puppies, NO PA-PERS, pure bred, males \$150 females,

PAPERS, vet checked. Call 455-4317.

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ets, fenced yard, near MCAS, \$550 mo. Call

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2 BR house for rent, furnished, front porch, large yard, close to base, no pets, \$275.

Call 324-3684. '87 Sterling mobile home, 3 BR, 2 BA, 14X70 in Knox, \$10,200. Call 577-7692. 94 14X70 3 BR, 2 BA, vinyl sided, shingled roof, deck, double paned windows, nice

park. Call 326-4713. 88 Titan Champion, 14X70, 2 BR, 1 BA, AC, dishwasher, w/d, \$10,700. Call 353-

Frailer for rent, AC, water, sewage, lawn ncluded. Call 455-3940. Trailer for rent, 2 BR, 1 BA, \$300 mo., \$200

dep. Call 353-0844.

84 Mobile home, 14X76, fireplace, 2 BR, 2 BA, cathedral ceilings, ceiling fan, \$10,000. Call 577-7737.

Trailer, \$350 mo., 2 BR, 2 BA, w/d, water, 2

BR house, water, \$475 mo. Call 326-3629. 2 BR apt. on Topsail Island, ocean view, water, sewage, trash, \$350 mo; 1 BR apt., screened porch, all appliances, services,

Dual axle trailer, 16X4, \$1,300 OBO. Call 326-2730. Mobile home, 3 BR, 1 1/2 BA, \$300 mo.,

\$300 dep. Call 324-5399.

93 Mobile home FOR SALE, 2 BR, 2 BA, vinyl siding, skylight, fenced yard, patio, shed, 14X76. Call 577-5442.

Champion mobile home, 14X80, 2 BA, 2 BR, whirlpool, fireplace, dishwasher, w/d. Call 577-8798.

Home for sale by owner, 3 BR, 1 1/2 BA, 1

car garage, fenced yard, storage shed, \$60K. Call 347-7343. Mobile home lot for rent, fenced, shaded. private driveway, for doublewide, storage.



Wanted: Dependable baby sitter needed for

ional day/evening hours. Call 353-

4701. Lost in Tarawa Terrace: Alaskan Malamute

to share 3 BR home. Call 938-8848. Wanted: Neat roommate, male or female share 3 BR house, full privileges. Call

347-1745. Wanted: 1 roommate to share 3 BR duplex on Topsail Island. All appliances, 2 decks, ocean view, lots of extras, non-smoker pre-ferred, fully furnished. Call Lt. Oswell 328-

3384. Wanted: Drum set w/cymbals, hardware, misc. drum equip. Call 327-0901.

YARD SALES

Garage Sale, Saturday, 8-noon, 1797 Blue

Creek Rd., furniture, clothings, etc. Call 455 Atlanta Ave., Knox MHP, rain cancels, Call

Yard Sale: 8 a.m., 5868 Delaware Ave., Camp Lejeune, clothes, household, books.

Yard Sale: Clothes, books, furniture, Sat-

Wolf Swamp Rd. Call 455-8588. Multi-family yard sale, furniture, lawnmower mattress, small appliances, clothing, computers, Saturday, 7 a.m., 3243 Eden St. Call

Yard Sale Friday, Saturday, waterbed, TV, dryer, 5855 Delaware, Camp Lejeune. Call 353-8284.

HOW TO PLACE YOUR FREE TRADER AD

Trader ads are a free service. The Globe reserves the right to edit

and/or omit ads that do not meet expressed guidelines or Globe policy.

Ad requests received prior to noon Friday **SHOULD** appear in the following week's paper, unless space is limited. In such a case, the ad will be published in the next issue. Late forms and phone requests will NOT be accepted.

Forms must be filled out **COMPLETELY**. That includes full name of sponsor, his/her rank and unit, home address and home and work phone numbers. Incomplete forms will **NOT** be published.

A separate request form must be submitted each week you wish

Military work numbers will not be published. Barracks #'s must include room number. Print legibly. If we can't read it, it will **NOT** be published.
Individual forms **MUST** be filled out for each category of items you want published. I.E., automobiles, furniture, pets. If an ad is submitted with several items from different categories on one form, they may not

be published. Time is limited. No more than 20 words per form. Only three forms per household

No ads for "services provided" or commercial business will be published.

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

TRADER FORM

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

Rank

Home Address

Home Phone

Signature

Work Phone

MAKE ANOTHER PAYMENT ON YOUR OLD CAR! MOORE MITSUBISHI WILL TERMINAT EXISTING LOAN! EVEN IF IT'S A LEASE! SO YOU CAN DRIVE A VEHICLE YOU CAN AFFOI



Month or Les

WHEN YOU CAN PAY JUST \$199 A MONTH OR LESS FOR **NEW CAR, TRUCK** VAN...WHY GO ANYW

BRAND NEW1995 MITSUBISHI OR



BRAND NEW1995 MISURISHI BUY OR



BRAND NEW1995 MITSUBISHI

OR



BRAND NEW1995 MITSUBISHI 2,5800 Z LEASE **CHOOSE FROM!** TO



We'll get you approved Volu or



HOURS: MONDAY-FRIDAY 8:30AM-9:00PM SATURDAY 9:00AM-6:00PM

nts of \$199 (\$169 Eclipse). First, security, acquisition fee, lease fee (Galant only) \$2999 (Eclipse) \$1 ion to purchase at lease end for \$5718 (Eclipse) \$10.043 (Galant). 15,000 annual miles allowed and

cs sports competitions, cooks hday. 11A

eports to Squadron to be assigned assigned to be as

1995

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> m vehicle ections orized ading general has mbers of the Pro-Office to conduct

le inspections dur of October. ctions will allow in addressing the of weapons, drugs traband in automoaboard Camp Le-

s Lejeune ine Security Guard eening Team will he Corps Base Camp. t. 25 and 26. ing will be held at wilion Oct. 25 at 1 p.m. ested personnel and d personnel should ir battalion career

Sgt

further information nize the required for screening. lay closures mounced

d Base Vehicle Regisices will close at noon nd will reopen at noon in observance of the Day holiday. ionally, access to the will be limited to one arday through Monday Barrus Construction to

ople's Medical School airs

> Roemerman will be the n People's Medical loby at 10 a.m. on WJNC lay's topic is Diabetes tek's topic is Repetitiv

uple's Medical School is al information-oriented a all show, where listen call in and discuss or is about the health to