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Serving expeditionary forces in readiness

Camp Lejeune, N.C.

nior enlisteds testify on Quality of Life

mson nission of Fleet Reserve Assoc

WASHINGTON -The Master Chief Petty Officer of the Navy John Hagan, the Sergeant Major of the Marine Corps Lewis G. Lee, and Senior Enlisted Leaders of the Army and Air Force addressed quality of life isbefore the House Appropriaubcommittee on Military Con-

MILCON needs must be priori-

tized to meet the unique needs of Sailors with a tions to include pierside laundries, personal special emphasis on single Sailors serving at sea and living on ships," MCPON told the committee. "We have issues that are difficult to overcome, so we simply must do better at providing homeport pierside facilities for Sailors who endure the most arduous sea intensive

The Fleet Reserve Association supported Navy and Marine Corps quality of life issues during its 13 March testimony before the House Appropriations Military Construction Subcommittee. The Association's National Executive Secretary Chuck Calkins told the panel: "FRA fully endorses MCPON's remarks, and urges the panel to initiate funds for his recommenda-

storage spaces, recreational activity facilities, long-term auto storage facilities and berthing

"Improvements to bachelor housing continue to be a high priority," Lee said. "Our analysis has shown that the Marine Corps has 10,447 inadequate spaces that must be replaced. "Our FY 1998 family housing deficit is 10,511

homes," Lee added. "The baseline requirement for revitalizing or replacing our inventory is approximately 13,000 family units." Hagan said family housing lists in San Diego, Calif., and New London, Conn., were much too

long, and noted more than 500 people on New

London's housing list have an eight-month wait.

to resolving the problem. Hagan stressed the need for changes to laws which guide housing allowance payments.

will continue to see the Sea Services coming on

the short end of family housing requests,"

Calkins told the panel. "FRA is very disap-

pointed that the Navy appears to have been dramatically shorted in the FY 1998 budget re-

Hagan and Lee emphasized the need to re-

move allowance inequities. Lee noted the Ma-

rine Corps' challenge is to ensure adequate housing for independent duty personnel, and

he views BAQ and VHA improvements as key

quest for new family housing construction."

Hagan and Lee expressed gratitude for re-

"FRA is concerned that future year budgets cent improvements. "This committee has recognized the difficult life faced by Sailors living onboard ships," MCPON said. "You have spearheaded efforts to change the law to allow single Sailors in paygrade E-6 to move into the barracks or draw housing allowances. By 1 July, E-5s will have that opportunity

"Marines are coming home to some barracks that are new, refurbished, or upgraded, a place where Marines are comfortable and proud to live," Lee said. "We are also confident that, with your support, we will continue to make improvements in family housing.

In his conclusion, Calkins told the panel: "Overall, the FY 1998 Military Construction See QOL/9A

te announces s to step down

ces Press Service

TON - Deputy Defense Secretary John P. White will step down as the No. 2 official in the DoD

has served as deputy since June 1995, said it ve on to new challenges.

nber, you asked me to stay on as deputy secreith your transition into office and to manage l Defense Review, and I agreed to do so," White o Defense Secretary William S. Cohen explain-

at the end of a very successful transition, and ss will conclude shortly with a series of major ing the stage for the next several years of dehe said.

the former Marine officer, Cohen accepted the h regret and appreciation.

g leadership and guidance has made it possible ansition and the QDR to be accomplished in a oughtful manner," Cohen said. White's service roops and the nation is "noteworthy and laud-

Walting to exthale



Elements from the 24th MEU recently spent a day qualifying at the helo-dunker and learning about heightened identification measures in combat.

See STORY, PHOTOS/14&15A

26th MEU(SOC)

es, Sailors return **Med deployment**

SS NASSAU (LHA-4) - Marines of the 26th Marine nit (Special Operations Capable) will return to their bases Wednesday, completing their six-month deploy-Force for the U.S. Sixth Fleet.

ployment was highlighted by the MEU's participation ld operations. Marines from Battalion Landing Team um Helicopter Squadron 365 (Reinforced), MEU Serup 26 and the MEU's Command Element conducted Wake, the Noncombatant Evacuation Operation in Alalso the main effort of force for Operation Guardian Task Force positioned in Brazzaville, Congo. The oned for contingencies in Zaire.

See RETURN/18A

Anti-terrorism program heightens Corps' awareness

Cpl. Chris Irvine

Thousands of Marines drive past the Beirut Memorial every day. It stands as a powerful reminder of an invisible war taking place between terrorists, and intelligence services and the civilian community. While intelligence is a key ingredient in thwarting attacks against U.S. citizens and servicemembers, it is not a magic shield against political terror.

According to Maj. Thomas Langlois, Staff Counter Intelli-

potential threats that may be waiting for them in countries to which they deploy.

The Marine Corps, under the direction of the Commandant, has created The Force Protection Anti-Terrorism Program to give Marines the ability to recognize a potential terrorist attack before it takes place.

The program is designed to take information intelligence agencies gather and use it to brief Marines against possible terror threats.

Langlois, Staff Counter Intelligence Officer, U.S. Marine Corps bombing in Saudi Arabia [U.S. Air located at Ft, Bragg. occupant can have his or her line. Forces Atlantic, Marines must Force barracks], the Department

emphasize the Force Protection Anti-Terrorism Program. It's designed to bring individual Marines and units up to DoD standards," Langlois said.

Getting information to the many units and Marines deploying overseas is the main objective of the program. "We went down to a unit level to select and train officers and Staff NCOs to become force protection officers," Langlois said.

DoD runs a six-week Anti-Ter-

- See TERROR/9A -

Marines can 'reach out' from barracks

Thanks to a contract between the Navy Exchange Command and American Telephone and Telegraph Company, Marines and Sailors living in bachelor enlisted quarters will no longer have to wait in long lines at phone centers or pay phones to talk to family and friends.

Phases One and Two of the barracks telephone installation project on Camp Lejeune have been completed, allowing Marines living in Areas 1 through 5 to reach out and touch foved ones from their barrack room. Installations of phones in barracks will continue until year's end, and by which time all barracks will be equipped with telephone lines.

Every barrack resident who signs up for the service will be automatically enrolled in the AT&T true reach program. A \$14 per month fee will provide every user with unlimited local calls, voice mail, threeway calling, call forwarding and call waiting. No money in advance is required to get connected. There's no connection, disconnection or reconnection fee if a member moves or deploys.

While local calls may be an important necessity for Marines and Sailors, long distance service is what most Marines and Sailors look forward to, said Wynn Hildreth, marketing director, Morale, Welfare and

The long distance service is what has some leaders worried since young Marines and Sailors can easily accumulate an extensive bill. As a result, users will be limited to \$200 worth of long distance calls per monthly bill, preventing them from running up their bill.

"That's to make sure they don't get in over their head," said Hildreth. "They can request a lower limit, but they can't raise it."

Each room will be equipped with four jacks so each

Security is another concern among servicemembers



uses technology to enhance

See STORY/9A

Around the Corps	3A
Briefs	5A
Legal	6A
Chaplain	. 12A
Mosquitos	. 17A
EOA meeting	. 18A
Sailing	1B
Traders	8B
Bear Island	1C
Discgolf	2C

Marine Mail 2A

Influencial civilians visit Lejeune

What if you were asked to explain what the military does and how it does it to some of the most important people in the country? Instead of telling, the Pentagon is showing these individuals first hand how each service accomplishes its mission.

The Joint Civilian Orientation Conference (JCOC) is a week-long multi-service orientation program for approximately 60 civilian public opinion leaders who have limited knowledge of national defense issues.

The participants first receive briefings by senior officers and civilians at the Pentagon to get a general background of the military. Next, they set out on a hectic five-day tour to observe different military exercises.

This program is not a new idea, the JCOC first

began in 1948 and has continued annually since. While the trip allows participants to get a rare insiders tour, it's also an opportunity for the military to acquaint the visitors with the strength and readiness of the armed forces.

With more than 400 nominations received each year, and only 60 seats, the selection process is extremely competitive. The Secretary of Defense issues invitations to a wide cross-section of Americans who have not been exposed to the

The JCOC group came to Camp Lejeune last week to see how the Marine Corps fulfills its role as America's expeditionary force in readiness.

"I had no military experience. I had no military background. This is great! It gives you the opportunity to meet Marines at their place and you get to meet the person behind the camou-

- See VISIT/9A



It was 50 years ago when...

Marines' Hymn 100th Birthday observance near

WASHINGTON - Marine Corps Headq irthday of the Marine's Hymn during the week of

The Globe, Oct. 15

Maj. Marion Carl organizes first USMC jet squadron

WASHINGTON — Major Marion E. Carl, Marine War Ace and holder of the world's speed record of 650.6 m.p.h. is organizing the Leatherneck's first jet fighter squadron, Maj. Gen. Field Harris, director of Marine aviation, an-

plans calling for 12 McDonnel FH-1 "Phantom" jets, 12 new F4U-5 "Corsairs" during the preliminary phases of adapting new air tactics to the subsonic fighter. FH-1 is the new official ter-

Gen. Vandegrift reiterates Corps' watchword in '47

The Commandant of the Marine Corps, Gen. A. A. Vandegrift, speaking at the Officers' Mess here Winday right, reiterated the watchword.

The Globe, Nov. 12

George Washington Carver honored in commemoratory stamp

WASHINGTON (AFPS) - On Jan. 5, 1948, the U.S. Post Office Department will give recognition to another great American. In commemoration of culture, will appear on a special three-cent postage stamp. Carver will be the second African American to be honored since Booker T. Washington, his

African Americans was charted by Booker T, at the Tuskegee Institute in Alabama, and it was here the road. It was a period when Carver found him

The Globe, Nov. 12

Navy robot plane hits 1500 m.p.h. in recent tests

POINT MUGU, Calif. (AFPS) - A robot plane

The Globe, Nov. 19

What's News

What guidelines do the Montgomery G.I. Bill f under for Marines who involuntarily separate

The following Marine Mail was submit-ted by Sgt. Michael J. Mellons, 8th Engi-neer Support Battalion, 2nd Force Service Support Group:

Corps may not want to spend extra money on those Marines that plan to exit the Marine Corps on their EAS, but is it fair to offer the opportunity to purchase the G.I. Bill to Marines who are being involuntarily separated? To me, if the Marine Corps is going to let Marines who have gotten into trouble have this opportunity, we should let those Marines who have completed a successful tour have the same option

Michael J. Mellons

This response was sent by Col. Kenneth W. Hillman, Director, Marine Corps Human Resources Division:

Your question addressed the issue of enrolling in the MGIB later in your enlistment than at initial entry. Federal law prohibits enrollment other than at initial entry, and DoD has determined that the initial entry period will be the initial 14 days of active duty. The DD-2236 form, which all active duty servicemembers are required to complete, states that "I do not desire to enroll in the MGIB. I understand that I will not be able to enroll at a later date." However, the

MARINE MAI

Granted, I understand that the Marine Commandant of the Marine Corps supports the opportunity to enroll in the MGIB at each reenlistment. On 2 Oct., 1995, we raised the subject with Mr. Montgomery, House of Representatives, and with the other services. Unfortunately, the outcome was to maintain the current Federal policy on enrollment during the initial enlistment process only. Although the Marine Corps would prefer the change in policy, there are valid reasons for maintaining the current policy

One reason our proposed policy was not accepted is that the MGIB program offered by the military services is very successful. Each service maintains an enrollment rate in the 90th percentile. The Marine Corps has a 97 percent enrollment rate. The very success of the program limits the desire to change the policy that supports it.

Another reason for not changing the policy is supported by the enrollment process. Servicemembers are briefed on the MGIB twice during the first 14 days of active duty. During this period, servicemembers are automatically enrolled

unless they specifically choose to decline the program. Upon declination, the servicemember is counseled on a one-onone basis about his or her decision.

The other services also have concerns that policy changes will diminish the success of the MGIB program. For example, if a servicemember knows he or she will have another opportunity to enroll in the program, they may choose to delay their enrollment until a later date. As years pass, the servicemember may then have a family or other financial obligations and may not be able to afford the \$1,200 contribution. Thus, servicemembers who delay enrollment are less likely to enroll in the program at a later date, forfeiting the invaluable benefits offered.

You mentioned that the Marine Corps may not want to spend extra money for Marines that are exiting the Marine Corps. The MGIB is not funded by the Marine Corps. Congress appropriates the funds to the Department of Veterans Affairs, so allowing Marines to enroll at a later date would have no

financial impact on the

Marines who are sepa tarily are given the oppor in MGIB under special portunity offered by Fee said in your email that M be offered to those who h trouble. To qualify for spe a Marine must receive an charge, therefore it is n those Marines that serve ity other than honorably

As opportunities ari: Corps will continue to e lators and the other sen their position on this j Thank you for writing. Y commitment to the Mari preciated. Keep charging

SEND YOUR MAIL LETTER — MARIN HEADQUARTERS MA 2 NAVY ANNEX, W. D.C. 20380-1775.

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Lt. Gen. Wilhelm expresses gratitude toward the men and women of the armed services

In 1949, President Harry S. Truman proclaimed the third Saturday in May as Armed Forces Day. Since then, our nation has used this day to recognize and pay special tribute to men and women like you for your dedication to duty, personal sacrifice and excep-

We will celebrate Armed Forces day May 17. At this time, Marine and sailors from this command are again spread around the globe. You help protect a fragile peace in

Albania and Bosnia, and conduct humanitarian operations in Zaire and Haiti. You serve in the Atlantic, Mediterranean and Caribbean operations areas. You are also poised to respond to crisis in the Middle East and the Western Pacific

To keep America strong and make the world a safer place, you have chosen the road less traveled and harder path of service. It makes no difference whether you worked at a desk, drive a forklift, turn a wrench or carry a file, your individual contributions are crucial to the overall success of our armed forces. The price of such persistent professionalism, commitment and personal acrifice is not cheap. Our wonderful families pay a large share of that price; enduring long separations and periods of uncertainty and worry.

I am thankful that when America calls, outstanding men and women like you always stand and quickly answer up. You are the dependable and unshakable pillars of our republic. I am also thankful that your wonderful families stand with you. Their faith and prayers Help us to persevere. Because of our collective effort, America stands ready to serve and protect the peace, and to provide leadership in

these troubled times. I salute you and your families, because I am doubly proud: As a fellow citizen, I am proud that America has selfless and dedicated people like you. As your commander, I am deeply proud of your professionalism and your outstanding performance of duty. Thank you and semper fidelis,

Camp Lejeune pushes 'Buckle Up America! Week' for summer travel

In fiscal year 96, 42 Sailors and Ma- hicle crashes cost taxpayers \$137.5 bilrines who failed to use safety belts died lion per year (that's billion with a 'B'). in vehicle crashes. Many of us don't real- The economic costs skyrocket when veize how significantly the chance of seri-ous injury or death is reduced by

hicle occupants don't wear safety belts.

Unsecured crash victims suffer wearing safety belts. When belts reduce the risk of fa-

tal injury to front-seat car occupants by 45 percent and the risk of moderate-to-critical injury by 50 percent. In 1982 before any state had a safety belt use law - only 11 percent of Americans buckled up. Now 68 percent of us use safety belts. This increase is attributed to belt use laws in 49 raise safety belt use to 100 percent. Put states, increased law enforcement, and particular emphasis on educating perpublic information efforts.

The National Highway Traffic Safety Administration estimates that motor ve-

more severe injuries and more fatalities than belted victims. Belted victims average 60-80 percent lowered hospital costs. Each serious injury prevented by belt us-age saves \$35,000 in

health care costs. All commands are urged to take proactive steps in concert with 'Buckle Up America! Week' to

sonnel that air bags are not a substitute for safety belts. Bottom line - Safety Commandant's Reading

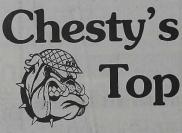


The Seeds of Dis

The Development of Fre. Army Doctrine, 1919-191 By Robert Doughty (Hamden, CT. Archon Book Col: Tactics.

Doughty presents a sobering account of the course of French mi ration leading up to the debacle of 1940, due not to a lack of vig a complete failure to appreciate the changing nature of war. I particularly vivid example when compared to the starkly contras approach as depicted in Heinz Guderian's Panzer Leader and oth

Readers cannot fail to see frightening parallels between the methodical doctrine of the French and the current U.S. approach impossible to read this book without concluding that fundame are necessary in the way we prepare for war.



Test your Marine Corps knowledge! Every week The Globe will r guaranteed to stump the smartest Devil Dog. Give it a try, it's g

- 1) What unique action did CH-53E Super Stallions from the 24th at Mount Etna, Italy on April 11, 1992?
- 2) Who was the first female sergeant major?
- 3) True or false: Marines fought in the second Battle of Trenton? 4) What Marine officer served longer than any other in the Pacifi
- 5) What was the title of the operation in Grenada in October, 198
- 6) The foresight of primarily what three men resulted in the cree phibious docurine in prep
- 7) Who said "Don't worry about food. The Japs eat it, too. All you it," when he ordered his Marine to strip-down to minimum co on Guadalcanal?
- Who was in command the first time Marines operated as a b
- 9) Where did Maj. Gen. Smedley Butler earn his two Medals of
- 10) What was the first warship to be named for a black Medal of

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Oen, Metriu A. Edson, who served 44 months there. 5) Operation Urgent Flux General Flux of Fl m the lava flow. 2) Sgr. Maj. Bertha Peters, who achieved the rank Jan. 18, 1961.

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MARIN

Bagpiper aspires to inspire others

MARINE CORPS BASE, CAMP S.D. BUT-LER, OKINAWA, Japan - At the age of 4, Cpl. Justin Stodghill, an aviation technician with Marine Aviation Logistics Squadron 36, heard bagpipes play at the Highland Games on Grandfather Mountain in North Carolina and feel in love. Now at 25, he still carries that passion.

Stodghill has been playing the bagpipes for more than 15 years and can play just about any song that can be played on the instrument.

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The talented young piper gets plenty of practice. In addition to practicing on his own, Stodghill performs at several military and religious functions each week.

"I play at change of command ceremonies. mess nights, Marine Corps Balls, chapel services, and many other events," he said. "I'll play anytime I can

Stodghill has no problem balancing his duties as a Marine aviation technician with those

"My commanding officer and NCOIC have been very supportive," he explained. "Most of the time I schedule performances during off-duty hours, but I can usually be freed up to play at unit functions around the Marine bases.

Although the Marine Corps has never had an official piper billet, Stodghill said he hopes someday he will fill that job.

The piper's uniform Stodghill wears includes a kilt with the tartan, or plaid pattern, of the Clan Davidson, from which he is descended.

Until his dream of being "Piper of the Marine Corps" is realized, Stodghilf will continue to practice and perform in his off-duty time. "I practice away from the barracks so I don't disturb anyone," he said. "I get a few undesirable things yelled at me every once in while, but I'm used to it. Most pipers aren't bashful."

LCpl. Robert Carlson

Marines receive top honors 3rd MarDiv's Super Squad

MARINE CORPS BASE, CAMP S.D. BUT-LER, Okinawa, Japan - First squad, 2nd Platoon, India Company, 3rd Battalion, 7th Marines recently tested their combat field skills and came away with the title "Best in the 3rd Marine Division."

The First squad from Marine Corps Air-Ground Combat Center, Twentynine Palms, Calif., was assigned to 3rd Marine Division as part

of the Unit Deployment Program, went to the test after winning the annual Super Squad competition held here recently

The six-day competition, pitting the division's top four rifle squads against one another, was a very close and hard fought event, said GySgt. Robert Voegtlin, operations chief, Division Schools, 3rd MarDiv. However, the Marines from 3/7, earning Navy-Marine Corps Achievement medals for their performance, proved to be just a little better than their competition from 3rd Bn., 3rd Marines; 1st Bn., 6th Marines; and 2nd Bn.,

The 15-member squads completed more than 15 graded events. The events ranged from a physical readiness test, combat swim exercise, squad assault and assault transition courses, a call-for-fire exercise, M-249 Squad Automatic Assault Weapon, and M-203 Grenade Launcher shoot.

Poor weather conditions added to the "Fog of War" each squad was operating in, said Voegtlin. The wet weather made for poor sleeping conditions, adding to their fatigue. Plus it made it even more difficult for the squads to hear opposition forces approaching their defensive positions

Congratulating all of the participants for their performance was Maj, Gen. Raymond Ayres, commanding general, 3rd MarDiv., who said, each of the squads demonstrated they could be the best rifle squad in the division by being part of the Super Squad competition.

Capt. Paul Konopka

Marines sharpen battle skills in cyberspace

MARINE CORPS BASE, CAMP S.D. BUTLER, Okinawa, Japan - Marines from Headquarters and Service Battalion, III Marine Expeditionary Force, have been sharpening their warfighting skills by taking advantage of the battalion's warfighting simulation center.

According to Col. Gary W. Anderson, commanding officer, H&S Bn., III MEF, Marines here now have access to computer war gaming software, as well as the ability to brush up on their professional military

"Basically, we're trying to follow the Commandant's Planning Guidance to get the Marines here to think about warfighting every week," said Anderson. "Using computer simulated war games is just one approach we've taken toward teaching the Marines to think about tactics, maneuver warfare principles, and their warfighting leadership skills."

The warfighting simulation center, which opened six weeks ago, has four computer work stations loaded with two games; Marine Doom and Command and Conquer.

The center also has Internet access capability which will enable the Marines to access information on warfighting at sites such as the Marine Corps

Cpl. Jason W Dequenne

Marine reservists provide flood-relief assistance

Marine reservists provided emergency flood relief assistance to the cities of Moorhead, Minn., and Fargo, N.D., April 18-20, after only a few hours notice.

Military Police Company, 4th Marine Division, Twin Cities, Minn., was mustering at their drill site for a routine drill weekend recently when the company's inspector-instructor, Capt. James F. Zagrzebski, received a call from Moorhead city officials requesting the Ma-

It was a critical day for Moorhead, according to Adam Powers, assistant to the city manager. The swollen Red River rushed through the town within one half of an inch from the top of the sandbag and earthen levees that contained its swirling muddy water.

With the river rising, MP Co.'s staff quickly decided to abandon their regular training and respond to Moorhead's crisis. Within two hours, a plan was formulated, orders were issued, and vehicles were packed with emergency rations, wet-weather gear, and drinking

The Marines were assigned four missions; holding lifelines for divers who were locating and fixing leaks in a dike, filling and then helping to distribute sandbags, and removing sandbags from secondary dikes to redistribute them.

Marines also removed sandbags from secondary dikes in Dilworth, Minn., and transported them to more critical sites in Moorhead. According to Zagrzebski, more than 60,000 sandbags were moved to reinforce Moorhead's floodwalls.

By early evening, the situation was stabilizing in Moorhead, and the Marines received another request for assistance - from the other side of the Red River.

"They made a difference," said Mayor Bruce Furness of Fargo. "Just having them there in their uniforms brought order to a very chaotic situation. Their presence gave the residents some hope. They saw the Marines standing there next to them, and that spurred



Marine reservists from Military Police Company, 4th MarDiv. lay down sandbags to block swelling rivers from flowing over onto streets.

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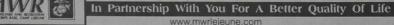
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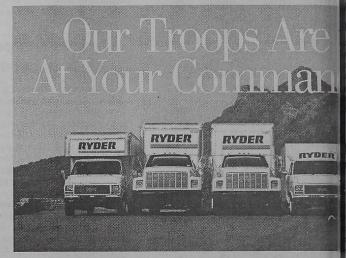
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k in time to the '50s craze of poodle enny loafers! The Lejeune Playhouse sents the musical 'Grease,' tonight nday at the Base Theater

are on sale now for \$5 per person at Lejeune and New River), Marston nd the community centers in Midnd Tarawa Terrace.

nt is open to the public. For show times nion, call 451-3535.

iba is scheduled concert series

HS graduation

eds your help

Motuba, will perform May 25 from n.m. at Marston Pavilion waterfront

nittee desperately

'Project Graduation' is in jeopardy

ning as a result of the serious lack of

the parent of a Lejeune High School

need your help by atttending the next

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or at 577-3784 or Ed or Rose Miller at

ospital, Camp Lejeune will provide

icals at Lejeune High School June 5

eed to complete and sign the physi-

ior to student having the physical.

s are available from school coaches eune High School. All students need

'e information contact Lt. Cdr. t 451-4750/53 or Melba Roeloffs at

Association of University Women,

Regional Branch will meet May 19

will include 'Experiences with the rice.' Guest speaker will be Amy L.

al area executive director, American

is invited. For more information,

s Asian-Pacific heritage festival will day from 10 a.m.-2 p.m. at the W.P.T.

emorial Field House. Come and ex-

ibits, cultural dancers, music and au-

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classes will be conducted by the Fam-

enter, Bldg. 202, Rm. 210, from 1 p.m.

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91

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Make-Up

May 27

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Asian-Pacific

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MWR Events

as part of this year's Concert in the Park. Admission is free and open to the public. For more information, call 453-3535.

Recreation Center lounge open daily

The Recreation Center lounge is open daily for all sergeants and below along with their adult family members and guests

Join in on Monday's magic card tournaments, Tuesday's dart tournaments or Wednesday's Eightball Pool Tournaments, and more!

Arrezzio Italian Cafe is open to all ranks and offers daily pasta specials including an All-You-Can-Eat Saturday evening pizza buffet. For more information, call 451-1942.

See what's happening at the Base Library

Join us Saturday for an Asian-American heritage celebration which includes storytelling, dollhouse building, and refreshments.

Meet the artists and craftspeople who currently have displays in the library

A primary military education seminar May 27 at 6 p.m. will feature "George Washington and the American Military." PME seminars are held monthly in the historical reading room.

Summer is coming! Watch for our 1997 Summer Reading Program beginning June 13. Children in grades kindergarten through 8 can

Training for junior volunteers (ages 12 and up) will be held June 7 from 1 p.m. until 3 p.m.

For more library information, call 451-3178.

Briefs

thentic-attire fashion show

There will be several activities for the children to enjoy and learn about the Asian-Pacific culture. Additionally, Asian food will be available from several local establishment from both Jacksonville and Camp Lejeune. In case of inclement weather it will be moved to Marston Pavilion.

If you would like to participate or have any question on this event please contact 1stSgt. Gunn

Marine Security Guard screening at Lejeune

The Marine Security Guard briefing and screening team will be visiting Marine Corps Base commands to brief and screen volunteers for possible future assignment to MSG school classes

An MSG briefing for all hands will be held May 29 from 1 p.m. to 2:30 p.m. at Marston Pavilion. The screening schedule for individual units is as folts and T-shirts. Female must wear a

May 29 2d FSSG 2:30-4:30 p.m. and MCB May 30 2d Mar. Div., II SRIG, 4:30 p.m. Marforlant/

II MEF

Contact your unit Career Planner now, Read MCO 1306.2N for a full description of the duty.

Divorce class tentatively cancelled

The Uncontested Divorce Class that was scheduled each Wednesday at 10 a.m., will be cancelled until further notice

It is requested that appointments be scheduled with the legal assistance instead. Appointments are taken every Wednesday at 1 p.m. in person or by

MCB will hold safety clinic for vehicles

Marine Corps Base, Camp Lejeune will sponsor a Buckle-up Kids Clinic for vehicle child restraints

at the Marine Corps Exchange parking lot May 16 between 9 a.m.-4 p.m.

Tents will be set up to accommodate drivethrough inspections. Parents can remain in the vehicle. The North Carolina Highway Patrol and the military police will provide specially-trained personnel to inspect child restraints and to ensure that each seat has been installed properly. If they are installed improperly, corrections will be made at that time. Your child does not have to present for this inspection. Each parent is asked to make sure you bring the restraint locking clip for the inspec-

Additionally, personnel will be on hand to answer any questions you may have concerning recall on various models and the safety of your child. For additional information, please contact Free-

Red Cross will hold recognition ceremony

The Camp Lejeune Red Cross will hold its annual recognition ceremony May 30 at 10 a.m. at the Officers' Club.

An entertaining presentation and light luncheon are planned. All current volunteers and those who have been active during 1996 are encouraged to attend. For additional information, please contact Robin Lermo or Karen Lewis at 451-2173.

ID card center will close for Memorial Day

The ID card center will close at noon May 23 and reopen at noon, May 27 in observance of Memorial Day.

For more information GySgt. Braithwaite/SSgt. Allevne X3040/3049.

Service station street access will change

The traffic pattern at the Central Service Station will change Monday due to demolition. The goal is to make traffic flow smoother and more customer friendly

There will be traffic attendants at the station the following week along with signs and arrows to guide drivers.

Human Services

Family members are encouraged to attend. Call your Unit Transition Counselor to reserve a seat

Stress management workshop scheduled

The FCC will be holding a Stress Management Workshop May 29 from 8:30 a.m. to noon in the Training Room, 2nd floor, Bldg. 65.

These workshops are designed to identify stressors and help develop healthy stress management techniques

For information or to register, call 451-2876/ 2877/2865. Child care is available with advance

Exceptional Family Members Program helps those in need

The objective of the Exceptional Family Memscussed are veteran benefits, mediber Program is to assist Navy and Marine Corps fam-, financial planning, stress manage- ily members who have special needs. By identifytion benefits, reserve opportunities, ing these family members the monitors and detailers can assure that the sponsors are assigned to loca-

tions where services exist to support the exceptional family member.

A complete screening is needed for the exceptional family member before going overseas. Sponsors should not schedule any appointments to move their household goods until their overseas screening is complete.

For more information contact Mr. Watson at 451-5340 ext. 115.

DORS workshop helps you to find employment

A Defense Outplacement Referral System workshop will be held May 20, from 1:00 p.m.-4:00 p.m. at the Family Service Center.

DORS is a free national employment referral system used by more than 12,000 employers na-

Make yourself available to employers by attending the DORS workshop sponsored by the Career Resource Management Center and learn how to effectively complete the DORS application form. Call 451-5340 ext. 100/101 to regis-

Child care will be provided and reservations can be made by calling 451-2874 in advance.

Jennifer Holdt has been a volunteer for the Navy/Marine Corps Relief Society since February. Since that time, she has assumed administrative and receptionist duties for the office. Holdt got involved with the Society after seeing an ad for volunteers at the Officers' Wives' Club and decided to give her services. She plans to continue volunteering for as long as she remains here and even after her husband changes duty stations.

At the Movies:

May 16-May 22 **Base Theater**

Today	8 p.m	Grease	Live Performance
Saturday	1p.m	Grease	Live Performance
Sunday	7p.m	Grease	Live Performance
Monday	7:30 p.m	Return of the Jedi	PG Sci-Fi
Tuesday	7:30 p.m	Return of the Jedi	PG Sci-Fi
Wednesday	7:30 p.m	Donnie Brasco	R Suspense
Thursday	7:30 p.m	Jungle 2 Jungle	PGComedy

Midway Park Closed for renovation

New River

Today	.7 p.m	Return of the Jedi	PG13 Sci-FI
	9:30 p.m	Mother	PG13 Comedy
Saturday	7 p.m	. Return of the Jedi	PG18 Sci-Fi
	9:30 p.m	Private Parts	R Comedy
Sunday	1:30 p.m	Mother	PG13 Comedy
	6:30 p.m	Private Parts	R Drama
Thursday	. 7 p.m	Donnie Brasoo	R Suspense



Teresa Baker Holly has been a volunteer advocate at the family Counseling Center since April, when the Coordinated Community Response to Domestic Violence was initiated. This program provides 24-hour service to all domestic and spousal abuse calls, and is aided by the Naval Hospital and Provost Marshal Office. As a volunteer for this program, Holly rotates in after-hour shifts from 4:30 p.m. to 8 a.m. on weekdays. She became involved in the program after seeing an advertisement. Holly is a psychology major and has found the work very helpful to her training.

Five-day weather forecast



Saturday

Sunday



Monday High 84 **Low 62**



High 79

igh 72 ow 48

High 78 **Low 54** High 82

Low 60

Low 56

Students travel back in time

LCpl. Erik Suthrland Svihla

The Shakespearean era - just mentioning the name can make people's minds drift to thoughts of heartbreaking tragedy, passionate romance, gallant knights, court jesters, and damsels in distress. With several festivals and events with these themes occurring across the country every year, many people have a chance to experience a revival of art and culture that reigned hundreds of years ago.

For the 8th-grade students of Brewster Middle School, this learning concept was taken a step further. Their school was recently transformed into their own Shakespearean festival, The event provided a participatory approach to learning about the time period, and gave students a heightened knowledge of Shakespeare, according to Gail Click, English teacher and a coordinator of the event.

"This is our third annual (Shakespearean) event," she said. "It brings together all phases of the curriculum to participate and learn about Shakespeare and the Renaissance.

Put on entirely by the 8th-grade class and parent teacher supporters, each department in the curriculum put in weeks of work to bring the festival to life.

Students from drama classes performed soliloquies, puppet theater, and enacted several scenes from Shakespeare's plays, such as "Romeo and Juliet." The industrial arts classes built miniature catapults to be fired in a castle- storming competition, and there was even a performance of Renaissance-period songs by a student bell-choir.

Each eighth grader was required to participate. Whether they contributed displays or reports on different aspects of Shakespearean and Renaissance culture, performed, decorated, or simply dressed the part, each was definitely involved, Click said.

Dressing the part was an ordeal in itself. Throughout the festival area, students, teachers and parents alike were dressed in gowns, leggings, veils and crowns, in accordance with the characters of Shakespeare's writings.

For Vincent Eugene Smith, a festival



The faculty and students alike enjoyed the festival, to include this banquet over

which the principal presided.

parts of the festival.

"It was great seeing everyone dressed up. It made it a lot more exciting. Last year there weren't as many participants, but this year it was much better." he said.

Vincent, also one of the drama performers at the festival, was very proud of his

With help from his mother's tailoring talents, he stepped into the spotlight to read Act V of "Othello" completely in character...and clothing. Topping it all off, there was even a fashion show, that exhibited the best costumes present.

Nathan Grew, another festival participant, held a very interesting and important position during the event: a court jester. Parading around in his green tights and dingle-bob hat, Nathan entertained the crowd between exhibitions and announced upcoming shows.

"My favorite part was the announcing," Grew said. "I would get out in the middle of the floor and say 'Welcome fair ladies and fine gentlemen....feast your eyes upon

According to Grew, one of the most exciting shows at the festival was the catapult contest. Students from the Industrial

participant, dressing up was one of the best Arts classes where given specific guidelines on how to construct the weapons, such as the number of springs and rubber bands that could be used, and the dimensions to which the catapult could be built.

The contest began rather slowly, with contestant's projectiles firing in every direction. However, Sean Ragsdale's entry electrified the entire crowd as it rocketed his ping pong ball more than 20 feet, slipping right into an overhanging basketball net and landing directly in the vicinity of the castle objective. Ragsdale's natural and timely response was joyous, as he pranced and danced around the arena to the delight of the spectators.

That joy and learning was just what the festival was intended for, according to Dave McClaughlin, Brewster Middle School's drama teacher.

"The biggest success of this event has been the total involvement of the students," he said. "Instead of just reading about Shakespeare and his times, they're actually getting a hands-on view of it. It also brings them together in a focus to make the production successful and fun. And each of the sixth and seventh graders who see this generally say, 'hey that was cool.'" "The festival just gets better each year.'

Knowing the three day 'cooling off' la

Maj. M.S. Archer

After listening to a high pressure sales pitch, you signed a contract for the purchase of overpriced and/or unwanted goods or services. Head in hands, you look at that contract and say, "Boy, that was stupid." Can you get out of it? The Federal Trade Commission's Door-To-Door home solicitation regulation (16 CFR 429) and North

Carolina state law (GS 25A-39) may help.

These laws recognize that people may make bad decisions in the heat of the moment, confronted by a slick salesman, especially when the sale is in the buyer's home or some place other than the seller's store. Under these conditions, the buyer may even agree to a purchase, at least in part, as a means of making the salesman go away.

The law therefore gives the buyer the right to change his mind. But these laws do not help you if you made the purchase at the seller's regular business premises. (Other laws or seller practices may cover a few specific types of transactions; e.g., discount buying clubs, some insurance sales, in which case the contract will also contain notice of the applicable cooling off period.) It is important to know that the cooling off period does NOT apply to most sales!

The buyer has three days to cancel a sale or lease of consumer goods or services if the seller personally solicited the buyer (phone and mail solicitations aren't covered), and if the sale occurred in your house or anywhere other than the seller's usual place of business. Visits you arrange after talking to the seller at his business may not be covered.

The seller is required to give the buyer a copy of the completed contract, with all the blanks filled in. The seller must provide oral notice of the right to cancel. Additionally, the seller must provide written notice of the right to cancel in bold print and in close proximity to the buyer's signature block. The seller must provide an easily detachable

notice of cancellation that the buyer can use to effect cancellation. The notice must include notice of cancellation should be ser

Failure by the seller to give the notice is an unfair and deceptive tr tice which may result in contract tion even after the three days have

The buyer gets until midnight of business day after the sale was mad a written demand for cancellation of the sale doesn't count as one of days. (Business days, under fed include weekdays and Saturdays, i only Sundays and a very few listed By midnight of the third day, the selle cel by mailing or by delivering t provided form or by mailing or deliv other written notice of cancellation

The notice need only be mailed ceived, in the required time. Regist will assist in proving that the date t was sent. The law provides the period cellation and nothing in the com

Unless there is an emergency, can not begin work, for example, pu minum siding on your house, w cooling off period. If he does, ar cancellation is made, the buyer does to pay for any work already compl

Once the timely cancellation der been made, the seller must return a in within 10 days of receipt of the tion. The buyer must allow the sellup goods already delivered or follow instructions to have them sent seller's expense.

If the buyer makes the goods ava the seller to pick up, as requested, but fails to pick up the goods in 20 days, can keep the merchandise for free. other hand, the buyer fails to make t available to the seller, or says he v them and does not, the buyer may ha himself to the original contract.

Unit representatives may arrange ventative/consumer law briefs. If questions concerning consumer lay call the Consolidated Legal Assist: fice at 451-1903

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94 Cadillac Seville

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94 Chrysler LHS

96 Dodge Dakota

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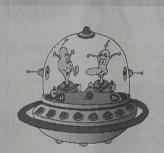
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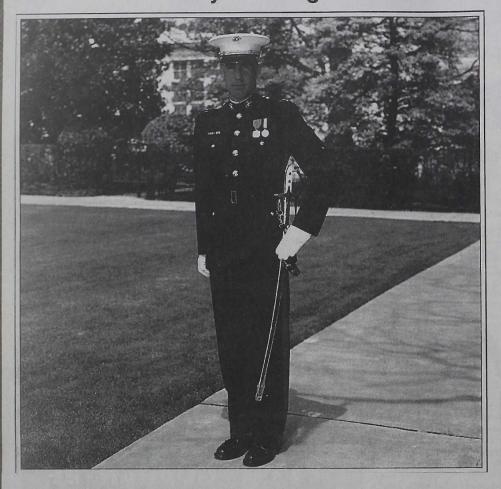
1995 NISSAN EXT. CAB - XE-4 4x4 - 5 Speed, AC, Cassette, Chrome Wheels. \$15,49500



1996 FORD CONTOUR - Tilt, Cruise, Cassette, Power Steering, Power Brakes. \$12,995⁹⁰

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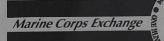




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> easing resources and a conng tempo technology has beed mean to replace some surreconnaissance duties Maaditionally performed in the mander

ere used in 1968 by Marines

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in Vietnam. Marine Corps Development and doctrine for the Marine Corps' use of sensors, which included a requirement for a specialized organization to manage them. The Marine Corps tested the SCAMP concept in Exercise Exotic Dancer II at Vieques Island, Puerto Rico in spring 1968.

Since then, SCAMP has planned, controlled and managed the employment of unattended ground remote sensor equipment in support of Marine Air-Ground Task Forces and other commands as directed.

As managers of this modern surveillance system, SCAMP Marines have to be thoroughly knowledgeable of the capabilities of every piece of equipment.

"Since the equipment is so technical, every Marine has to be taught everything," said 1st Lt. Aaron E. Bennett, platoon com-

The field is a secondary military occupational specialty (MOS). Marines that staff

the platoon come primarily from infantry and communications fields and learn about the equipment through a six-week course at Damneck, Va., and on-the-job training.

There they learn the ins and outs of using seismic, infrared and magnetic sensors. The sen-. collectors that do much the same job of intelligence gathering as battalion scout snipers.

Marines of SCAMP teach scout snipers how to properly employ the sensors by using the string system. This system applies all three sensor types together in a line so that an accurate detection of enemy forces is acquired. The system can be used by scout snipers for perimeter security or to establish an ambush.

Miniature Intrusion Detection System (MIDS), a smaller version of SCAMP's sensors that are about the size of a cigarette pack, said WO Bill H. Barlow, equipment operatios officer.

The seismic sensor is able to detect troop vibrations up to 35 meters away and vehicle vibrations up to 80 meters away.

"The Seismic Intrusion Detector sensor is the meat and potatoes of the string,"

The Infrared Intrusion Detector (IRID) sensor, coupled with the SID, becomes a confirming sensor that can not only count personnel and equipment, but give their direction of movement as well.

An Air-Delivered Seismic Intrusion Detector is also available to troops. It can be deployed from every troop carrying heli-

The Magnetic Intrusion Detector (MAGID) picks up metal equipment. Together with the SID and IRID, it can tell the difference between an entrenching tool and a weapon. The MAGID can even detect the eyelets on boots, said Cpl. Joseph Lucero, SCAMP team leader.

Sensors are designed to be monitored from line of sight, but with the use of retransmitter relays, they can pass on the information to receivers up to 800 kilome-

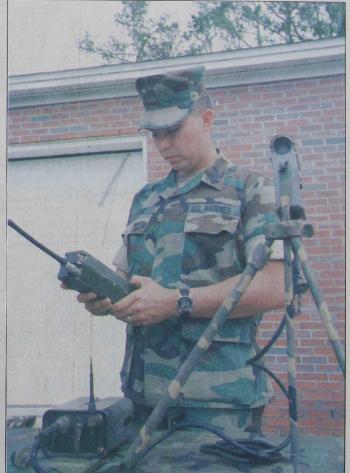
Receivers Pick up the data and advise the Surveillance and Reconnaissance Center of the specific enemy present. Receivers can be set up in the field, buildings and sors are information even a specialized mobile unit.

The mobile unit is a truck specially fitted with the necessary equipment to be able to receive data generated by the sensors. Computers, receivers and printers are carefully placed inside a Nuclear, biological and Chemical resistant body. The mobile monitor station can monitor up to 1,008 sensors, Lucero said.

Many changes have occured since the Vietnam-era SCAMP, and more are on the drawing board. Although the Marine Corps' four SCAMP platoons bought the latest in the sensors' technology, many more improvements will be made

The Improved Air-Delivery Seismic Intrusion Detector will replace the ADSID and another prototype, currently under development, will be able to be deployed from fixed wing aircraft, said Barlow

The sensors' promise for the future include a variety of options. One of them, a sensor that can accurately describe the specific type of vehicle in the area, said Bennett.



Cpl. Joseph Lucero, SCAMP team leader, reads data collected by the infrared monitor.

A SCAMP Marine takes the helm at some of the platoon's state-of-the-art equipment.

R. Sorenson, president-elect, State Bar of ecently JCOC participants came to Camp how the Corps accomplishes its mission. gan with a demonstration of a full-scale atwith air support and a Tactical Recovery of ersonnel (TRAP) and a small boats demonalso saw Harriers perform operations on

flarine demonstrates the way an Air-Delivered

to all the participants, one of the highlights the Capability Exercise (CAPEX) at the Milisin Urban Terrain (MOUT) facility.

nething I've never seen before. You get to e difficulties in fighting a battle. It helps me at's going on and what they go through," Marshall, Senior Vice President of the First

eneral Charles E. Wilhelm, Commander, U.S. Forces, Atlantic, guided the visitors through and answered questions.

rLant commander introduced the Chemical/ dent Response Force (CBIRF). They demonility to quickly respond, set up anywhere in ours and immediately start treating patients. Schankweiler, president and owner of understanding, the group traveled down visitors area atop one of the buildings to the

area below. There they had to chance to take part in the exercise standing shoulder to shoulder with the CBIRF Marines, asking them questions as they processed "vic-

They were very open, very talkative and mentally tough. The entire operation seemed to work like clockwork and their hustle and efficiency were impressive," said Marshall.

At the end of the CBIRF demonstration the civilians were ready for the final leg of the fast-paced tour -- a chance to sit down and talk with the Marines.

"The two things that I'll remember are the young people that I've met who are in the Marines and the difficulties and danger they face with enthusiasm," Marshall

Because most of the JCOC participants had very limited knowledge of the military, many didn't know about the Marine Corps capabilities and missions

'I guess I don't know what I expected. I thought that they would roll out some equipment in front of us and Journal Publications Inc

they're never going to believe me! This is something that I'll never forget," he said.

As the day closed, the JCOC boarded three CH-53 Sea Stallion helos on their way to NAB Norfolk, Va.

"This was a real opportunity for the Marine Corps to demonstrate the capabilities of the Marine Corps, the missions that the Corps performs and to let them know that not all of our requirements are high technology. I think we did that today," Lt.Gen.



When I tell people what I've seen here Group members get a firsthand look at CBIRF's capabilities.

structor candidate Marines went through ism Instructor Qualification Course in early ile the class is essential, it is also hard to ois said. "We knew we had to have everyout because of limited seating at Ft. Bragg everyone that we'd like to. We're taking lates and creating a base of instructors to e-trainer course.'

lating the instructors came back to Camp in training Marines from deployable units. ss of Marines to graduate from the Force i-Terrorism Program graduated last week ccording to Langlois, ready to brief Ma-

their family members and DoD civilians eas must receive a mandatory pre-deparout possible threats they may face. Alines should take the information in the sly, terrorism is less likely to affect them

speaking, your chances of being attacked

by terrorists are very small. Your chances of being robbed are far greater," he said.

"The point of doing this is to inform, not to frighten them. We tailor the briefing to the individual threats they may face in the country they're going to. This does not mean we want people to be paranoid about going places and enjoying themselves," he said.

"It's not a check the box kind of thing. This is an area specific briefing from the force protection officer."

Marines have a variety of information at their disposal in addition to the pre-deployment brief. The Marine Corps Institute has a course specifically dealing with the subject of terrorism. It outlines many of the basic principals the Force Protection Anti-Terrorism Program uses to prepare Marines for the area-specific threats they face. A history of modern terrorist activities can be found in the MCI course along with examples of recent attacks on

According to Langlois, one man's terrorists is another man's freedom fighter. Many terrorist groups use terror as a political weapon in an attempt to gain attention and change a governments policy.

The most recent example was in Lima, Peru, when antigovernment terrorists stormed the Japanese embassy, taking hundreds of hostages. Their primary demand was that the government release many of their jailed comrades. The terrorists were killed several weeks ago when Peruvian commando's stormed the embassy. The event

Langlois said that terror is primarily a political weapon, prominent terrorists figures change as often as the political winds that drive them to their acts of murder, kidnapping and intimidation.

Accurate and up-to-date information is critical to as-

sess and guard against terror. "The force protection officers do more than just brief units. They're involved with planning security of the

deployed forces," said Langlois Marine units are usually heavily briefed before they deploy. Yet, according to Langlois, all the preparation in the world will not work without constant vigilance. "One of the most important things we can teach Marines before they go overseas is not to become complacent. In the wrong situation, complacency can get you killed."

QOL from 1A-

request is wanting. This request represents a 16 percent cut from the fiscal 1997 funding level, and eight percent less than requested last year. Rebuilding and modernizing the housing, working, training, MWR, utilities, and support facilities on military installations should have a high priority on DoD's MILCON requests.

This would be a testimonial to the statements by Defense officials that "people are its most important asset."

The Master Chief Petty Officer of the Coast Guard, Rick Trent testified before the House Subcommittee on Coast Guard and Maritime Transportation on 19 March.

He said the biggest issue affecting quality of life relates to increased workload. "The enlisted force has decreased more than 11 percent," Trent said. "Although we have streamlined our organization, there have been no decreases in the demand for our services.

Trent asked Congress for help in several areas. He urged the panel to amend the law to reduce the statutory threshold defining areas that qualify for a stateside Cost-He would like CONUS COLA to be paid to members

penses exceed the national average by more than five

He asked the panel to reduce the inequities that exist in out-of-pocket expenses related to health care. Trent said TRICARE Standard co-payments and deductibles should be waived for families of active duty members who don't have access to TRICARE Prime.

He stressed the need to maintain compensation parity with the other services in pay, entitlements and benefits for Coast Guard members.

He urged the panel to enact legislation authorizing all active duty personnel who enrolled in the Veterans Educational Assistance Program to convert to the Montgom-

In his statement to the House Subcommittee on Coast Guard and Maritime Transportation, Calkins said, "The FY 1998 budget request addresses the important issue of parity with DoD, an issue especially important to adequate funding for personnel programs.

Calkins also stressed the need for funding to remove the hazards of radon, lead, and asbestos that currently exist in at least 20 percent of the Coast Guard's housing

In addition, Calkins noted that FRA strongly supports Master Chief Trent's request for additional funds to expand the number of service personnel qualified to convert from VEAP to the MGIB.

Break bad habit

Cpl. Chris Irvine

With a mighty yell of "C" the Marines swung their sledge hammers in unison, smashing them down against a pile of rocks. As they picked up their hammers, they screamed "C" again. A lone Marine stood atop the rock pile, arms folded, looking down at the Marines below him. "I don't know what's so hard about doing this together," he screamed at them. The sledge hammers smashed down again as they screamed "U."

While smashing rocks may not seem like a way to save Marines, the program located at Stone Bay aims to do just that by giving wayward Marines a second chance.

"The Correctional Custody Unit is designed to have the greatest impact on the first-term Marine who's a little bit immature and still hasn't developed self discipline," said SSgt. Kevin Finch, staff noncommissioned officer in charge of CCU. "We help them adjust to the accepted standard of Marine Corps life."

The idea to send troubled Marines "back to basics" is not new. Prior to 1974, many Marine Corps bases had CCU programs. Then after a hiatus of more than a decade, CCU was brought back to Camp Lejeune.

"CCU was started here in 1986. it's designed to give commanding officers another opportunity to deal with troubled Marines who are committing minor offenses," said MSgt. Steven Wright, acting officer-in-charge, Correctional Custody Unit. "By doing this they can avoid destroying the career of a young (Marine) by sending them to a courts martial."

Lance corporals/seamen and below who have committed minor offenses can be sent to CCU for between 10 days and two months. Upon arrival the "awardees" as they are called are immediately bombarded with stern commands that sound much like drill instructors. The idea is not to terrorize the awardeees, but rather to remind them

of the discipline skills they learned at recruit training, according to Finch.

"When a person first thinks about the Marine Corps, they envision a stem and structured environment. Boot camp is that way, so is MCT and probably their A-school. When they arrive at their first duty station things loosen up a bit and that's when they typically start having problems," Finch said. "We put them back in a structured environment and not only teach them discipline but give them the life skills that they need to survive and function in the Marine Corps and in society."

The awardees' hectic day starts at 5 a.m. and lasts into the night. During that time they are given classes concerning combat skills, self discipline and confidence enhancement. The program also pushes them physically by requiring the awardees to smash rocks on the rock pile, work on various minor construction projects and run the confidence course.

Marines who are tasked with leading the astray awardeees back to the fleet take their jobs very seriously, according to Cpl. Jason Gonzales, picking up and receiving NCO.

Cpl. Jason Gonzales, picking up and receiving NCO.

"When they get here I immediately tell them what's expected. Most awardees are surprised at how strict we are when they get here. That's the whole idea. We want to shock them, we want to make them think and we want to remind them of what it's like to be a Marine," he said.

The unit typically has anywhere between 20 and 30 awardees attending at any one time. Almost all the instructors have experience dealing with detainees and are sent to Courthouse Bay for a tour that can last up to a year.

The idea of allowing commands to send women to the program is being considered but no decision is expected soon, according to Finch. He feels having women in the program is a good idea.

"I think you have to be fair about this. If these Devil Dogs can have a shot at a second chance, I think females should also have the same opportunity," he said. "We're

looking at possibly training female instructors but since there are only three women at the brig right now we're going to

have to pick them from other MOSs."

While the discipline at CCU is harsh, Finch said he cares a great deal about the awardees' welfare.

"You know, if you can affect the lives of just a few Marines you've done a great job. I think that each one of us have gone through tough periods as Marines. Almost all of us find a way out but some Marines need a little help. I like to think we do that here," Finch said.

He looked on as the awardees pounded away on the rock pile. At the slightest imperfection in the routine, Finch

barked a correction. After building a sweat por 10 awardees were led through the confidence helped each other over and through obstacl, ally yelling encouragement to one another. Fin a sign they were gaining confidence in them each other. Know?

According to Wright, gaining self confid discipline is what CCU is all about.

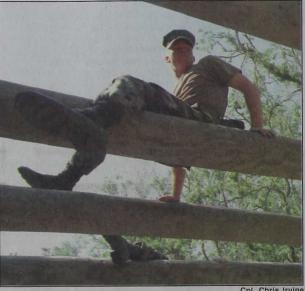
"CCU gives them the opportunity to get ret tivated and rededicated about what the Marin about and recapture the essence that these yo and Sailors have lost," he said.



Awardees scale the wall, one of many obstacles that they faced on their way through the co



Cpl. Chris In



It's business as usual for awardees as they are pulled from from the rock pile to endure the confidence course.



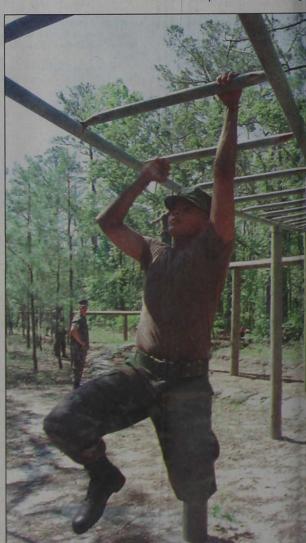
Handlers keep the awardees moving



Cpl. Chris Irvine
An awardee takes a healthy swing.



Awardess form up in front of a large rock pile. Moments later they began to smash the rock pile.



Awardees tackle the confidence course.

u Know?

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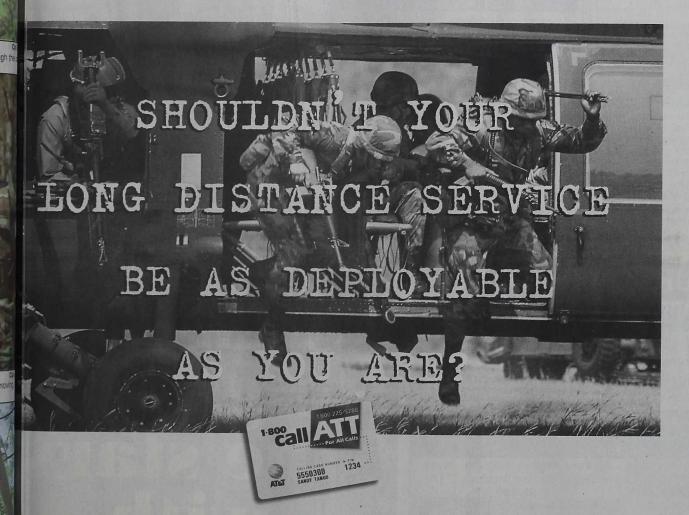
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Tarawa Terrace Chapel	8:30 a.m.
Camp Geiger Chapel	11 a.m.
Courthouse Bay Chapel	9:30 a.m.
Naval Hospital Chapel	10 a.m.
MCAS New River Chapel	9:30 a.m.
Brig	8 a.m.
Weekday Masses (Mon-Fri)	
St. Francis Xavier Chapel	11:45 a.m.
Naval Hospital Chapel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

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Saturday at St. Francis Xavier Chapel

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

LATTER DAY SAINTS (MORMON)

	7
Scripture study Tuesdays	7 p.m.
Call Chaplain Vance at	ext. 3210
Sunday Services call Bishop Scott	353-1714

PROTESTANT

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

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Chaplain's Corner: Happily ever at

Chaplain Gregory W. Smith

Five-year-old Suzie told her mother the story of Snow White that she had heard in school. Prince Charming had kissed her back to life. Suzie concluded: "And do you know what happened then?

"Yes," said her mother, "they lived happily ever after."

"No," responded Suzie, with a frown, "...they got married." [Swindoll, Strike the Original Match, p. 40.]

Perhaps your marriage is not the "happily ever after" you expected. Maybe you've ...Lost that Loving Feeling" towards your spouse. Does it mean that your marriage is over? NO!

Even the most devoted couples will experience difficult times. When troubles come in a marriage it helps to see them as opportunities for growth rather than sources of destruction.

The Japanese learned the trick of implanting foreign material into oysters in order to produce cultured pearls, but it takes at least five years for the hoped-for gem to develop. They remember where ters, and as the years pass by they harvest them. The results are pearls

worn by ladies around the world. There may be irritants to wear away a marriage but God nurtures that irritant in the "pearl sac" of encounter to begin the pro-cess of "pearlizing" it.

At the heart of every genuine relationship is some irritant that has been overremarkably smooth, lustrous, (The Love Formula, p. 130).

A marriage is not built o during a given day; it's base ment. Marital love is not a t mutual sacrifice of the two s be one. Two people are unite mitment to give of themselve

This type of love is hard. too many are willing to give 1 riage once a seemingly in problem surfaces.

If your marriage is havi urge you to seek out the help

als. Your chaplai source because you to the Alm ever-present h need.

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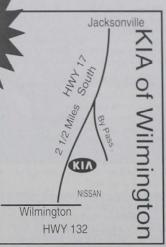


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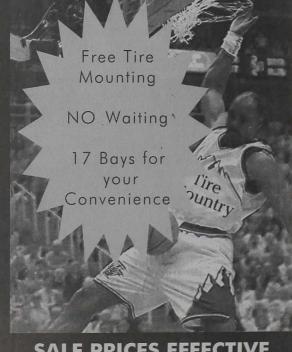
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larines learn water survival skill

Cpl Gregory S. Gilliam

MCAS CHERRY POINT, N.C. - Approximately 30 Marines from various elements of the 24th Marine Expeditionary Unit took the thrill-ride of a lifetime May 9 when they were dropped and submerged to the bottom of a pool inside a helicopter simulator here.

Aviation Water Survival Center (AWSC) as part of their work-up cycle prior to deploying to the Mediterranean

The series of basic swim qualifications and simulated helicopter crashes helped familiarize the Marines with the challenges associated with a possible mishap.

"Statistically this training doubles these Marines" chances of survival if they ever hit the water," said Steve Adolphson, AWSC instructor and former Navy high-risk diving instructor.

"Three things we stress every time we sit down in a helicopter are to look for release and access points, find them, and figure out how to get out.

Before the Marines even stepped foot in the water, they were required to attend a series of classes and view a film in order to learn what to do should they find themselves submerged in a helicopter. Afterwards, they pervival skills every Marine must complete.

"This is pretty much the same as water qual," said Cpl Juan Camerena of MEU Service Support Group 24 (MSSG-24), prior to entering the helo dunker. "But I'm pretty nervous about turning a 180. We're going to be completely disoriented."

The helodunker turns upside down after it hits the water, which often confuses those inside

After treading water with full gear for two minutes, swimming 25 meters using one of the three survival strokes (back, side, or breast) and executing an underwater swim, the Marines received a colored shirt which would make each individual easy to identify by SCUBA divers once the dunker was submerged.

Upon completion of the initial water survival tests, the Marines were now ready to make three separate passes

On a platform approximately 10 feet above the pool, six Marines at a time filed into the perforated, cylindrical-shaped structure, as if they were hopping on an amusement park ride; some were apprehensive, others were giddy with excitement.

The first drop was simple. Drop in, wait for the dunker to completely submerge, release the safety restraint, and get out. Yet, it served as a valuable confidence booster for those Marine unsure of what was to come.

"After the first time, I felt more comfortable," said LCpl Jason Roberts from Echo Battery, 2/10. "I heard it was hard, but once you go under and know where you are, you just have to relax.

The second and third underwater "rides" took a slightly different approach, rolling the Marines 180 degrees; the first with good visibility, and the last with blacked-out goggles. ing months leading up to their deployment in October.

"When the dunker goes upside down you can't panic you have to think," said Adolphson, adding that the device is not as difficult physically as it is mentally for

"There is a certain nervousness that comes with this," he said while gearing up for underwater observation. "They don't want to look bad (in front of their peers). When you look at the device, you experience a high level

At the conclusion of the evolution, 34 of the 44 Marines were able to successfully pass the training exercise. Normally, attrition takes a high toll during helo-dunker classes, according to HM2 Ronald Wichman, a safety

"The rate is fairly high, but this group looks to be a lot less. They're a good group," he said. "We've had groups with large amounts of people and only had a few come out (successfully complete the training)."

Wichman added that in a previous case, this training served an invaluable purpose. He explained that a sailor used the skills learned here to save himself during a fire in his apartment building. Recalling his situation in the dunker, Wichman said, the sailor was able to find an escape route with limited visibility.

"The training can be tough, but I know it saves livesand that is a fact.

While several hundred MEU Marines have already completed the helo-dunker portion of their work-up cycle, more are expected to experience the "ride" in the com-



n swim 25 me

Each Marine was required to tread minutes before being allowed in the du



Cpl. Gregory S. Gillia



Instructor Carl Hangleben briefs Marines on the series of events. Though a somewhat enjoyable training day, the helo-dunker's credibility lies in its realism, and subsequent danger to those who do not follow the rules.



One last calm moment for these Marines before the helo-dunker plunges into the depths below simulates a helicopter landing in water, and teaches the Marines how to properly evacuate the craft a way to safety.



PO2 Robert Craig, ASTC instructor, hands gear out to the Marines. Hundreds of 24th MEU Marines an already successfully completed the helo-dunker. In this day's training, 34 of 44 attending were able to me



Cpl. Gregory S. Gilliam d to swim 25 meters in full combat gear using one of the survival strokes



The helo-dunker hovers, then drops into the water...





...turns 180 degrees in the water, simulating a helicopter flipping upside-down...





...requiring the Marines to calmly find their way out to safety.

Cpl. Gregory S. Gilliam Phson, right, urges a Marine trying to tread water for two minutes.

MEU dives into new identification system

Cpl. Gregory S. Gilliam

CAMP LEJEUNE, N.C. - Fifteen per-War II and Vietnam were caused by friendly fire. In Desert Shield/Storm, those same incidents climbed to 17 percent.

Even with advanced equipment present on the battlefield, it was difficult to identify friend from foe, said GySgt. Jeffrey L. Bennett, U.S. Marine Corps Forces, Atlantic's combat identification officer, during a brief to members of

the 24th Marine Expeditionary Unit.

After the Gulf War, the U.S. military began looking at ways to reduce fratricide, (unintentional death or injury by friendly fire). At the forefront of this research is the Joint Combat Identification Office headquartered at Ft. Meade, Md.

The task of identifying one's own troops and equipment while engaged in combat can be extremely difficult. The Quick Fix Combat Identification System, developed by the office, offers a suitable remedyfor the Corps' expeditionary

It is a cost effective generic system, that can be put in place and taken out in a very short time, according to Bennett. "It's the quick way to ID friendly troops during either good or inclement weather," he said. "Why

are we doing this? So we don't kill ourselves on the battlefield."

The quick-fix identification system comes in the form of a thermal heat-sensitive panel are used to either protect personnel or act as allows detection by aircraft or vehicles equipped with a thermal detection system. The detection radius can be anywhere from 3,000 to 5,000 meters depending on weather condi-

Those numbers differ depending on the type of equipment being used to identify the object. For example, an aircraft traveling at a high rate of speed might not spot the thermal panel, but an aircraft traveling at a slightly slower speed could pick up the equipment.

"This was set up originally to protect us from the air. That's where the main push was, Bennett said. "It makes it easier to identify (friendly troops) and give sight awareness from the air'

The panel's thermal capability also allows pilots to locate friendly forces on the battlefield, gives them a sense of direction or a possible escape route if they drift into an unsafe area.

'These panels will be both helpful and comforting," said GySgt. Jim Brown, platoon sergeant for 1st platoon, Charlie Company, 2d Tank Battalion, who will be deploying with 24th MEU. "Anything they give us that will reduce fratricide, will be good."

The aluminum panels, which are easily identifiable by all our sister services, are mounted to heavy vehicles, while the blankets According to Bennett, Marines in combat can use this capability by laying multiple blankets over a vehicle, creating a thermal panel large enough to cover the vehicle. He added that aside from its strategic purposes, the thermal blanket can be used to reduce unrelated war

"These are dual-purpose," Bennett said.
"They were tested by 26 [MEU] and they work." The system is a permanent feature for MEU forces as of now, but if unforeseen circumstances occur, the system can be replaced or enhanced quickly

Maintaining the quick-fix gear is simple, Bennett said. Light cleaning and thermal tape applied over holes can keep the blankets and panels operational to their full intent.

"A lot of technology has come together from a lot of different areas to make this happen," Bennett said.

All the services have worked together in an attempt design a system to that helps protect America's troops on the battlefield. Bennett admits that friendly fire incidents sometimes can't be avoided, but if one life is saved then the system pays dividends.

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WOMEN LOOKING FOR MEN

SWF - 45yr., 5'2", blond hair, Likes antiques camping, flea markets, sunsets". Lo caring/honest white male. VMB 9196.

SWF - 38yr., 5'6', 125lb., brown hair and green eyes, native of Onslow County with 18yr. old daughter. Looking friend to have fun with.

SWF - 41yr., 5'6', golden long hair, 125lb. Seeking 41-50yr SWM that does not drink or do drugs or have small children. VMB 9421.

SBF - 31yr., 5'10". Looking man 5'10" or over. Should be honest, sincere, and romantic. SBF - 41yr., Cocoa blond hair, hazel eyes,

127lb. Likes children, quiet times and male who is financially secure. VMB 5046.

SWF - 18yr., 5'4", 130lb, brown eyes. College student, Looking SWM 18-27yr, for friendship first. VMB 1517 SWF - 38yr., 5'5", meduim build, brown hair

and hazel eyes . Seeking friendship first. Must be honest. VMB 6731. SWF - 31yr., 5'10". Likes beach, laughter, walks, and having fun. VMB 6621.

DWF - 38yr., blond hair green eyes, 5'7". Has 18yr. daughter, Looking SWM to spend time with a couple of times a week. VMB 6263.

BF - 20yr., 5'2". Heavy set, has 1yr. old son. Seeking friend to hang out with. VMB 5753.

DBF - 5° 7°. Has 2 little girls. Seeking friendship first. VMB 6613.

SBF - 42 yr. Likes finer things in life. Seeking male who likes same. VMB 7626.

SF - 26yr., 5'5', 155lb., blond hair and hazel eyes. USMC, looking single male to spend time with. Likes reading and poetry. Must be

SWF - 51yr. Wants to meet someone with pleasant personality who is honest ant outgoing. Likes fishing. VMB 5375.

SBF - 24yr. Looking friend. Likes clubs occasionally. VMB 6613.

SBF - 20yr., 5'4', long dark hair, brown eyes, slender, and sexy. Looking friendship first. VMB 4000.

SF - 19yr., 5'8'. Looking friend. Likes different things. VMB 5056.

SWF-37yr., 5'2', 115lb. USMC. Wantstomeet mature, responsible and romantic SWM who likes out doors but does not mind staying

SF - 26yr., 5'5'; 155lb. USMC. Looking friendship first. Must be honest. VMB 2646.

WF - 31yr., brown hair, blue eyes. Is honest and caring. Likes kids and family, also likes country music. Looking friendship first. Looking 30-39 caring, honest male. VMB 8388.

SBF - 31yr. Looking BM 22-26 to spend quality time with. Has 4yr. old child. VMB 2089.

SWF - 23vr. Plus size, 5'7". Likes music dance g, week-end social drinking, watching wres-ng, is practical joker. Looking male with

SWF-23yr., plus size, 5'6'. Likes movies, dancing, shooting pool, parks, walks on beach. Is a fun person. Looking 21-30 male who is popest and looking a relative person.

SWF - 41yr., 5'5', 135lb. likes finer things in life. Seeking professional SBM over 45 who can be a one wernan man. VMB 1908.

SWF - 18yr. bland hair. Looking outgoing relationship with 6' country boy who likes to go horse back riding and swimming. VMB 8404.

SBF - 5'5', 120lb. Looking male 20-35. VMB

SWF - 23yr., blond hair, blue eyes, plus size. Likes movies, music, fishing, bowling. Has sense of humor and good personality. Look-ing honest SWM who does not play games.



SWF - 24yr. Long brown hair. Looking friendship first. Likes dancing, horse back riding. VMB 2774.

SBF - 23yr. Looking single Hispanic male 20-35

MEN LOOKING FOR WOMEN

SBM - 24Yr. Looking female friend. VMB 8995.

SWM - 43yr. Likes beach, shooting pool, good things in life. Seeking caring, understanding female who likes to have fun. VMB

SBM - 22yr., 5'2", 130lb. Likes to hang out, movies and different things. VMB 1695

SBM - 38yr, Likes music, suspense movies and watching Jeopardy. Wants to meet female with same interest and has some different interest she would like to share. VMB 9455.

SWM - 25yr., 5'6', 140lb., brown hair, brown eyes. Outgoing, open minded, devoted, fun loving romantic. Likes dancing, walks on beach, likes classical up to country music. Looking for SWF 20-34 that is outgoing and fun loving. VMB 6827.

SWM -23yr., 5'9", 155lb., brown hair and hazel eyes. Old fashioned romantic guy. Likes shooting pool, throwing darts, hanging out at the heach, romantic dinners, always believes in a rose on the first date. VMB 8162.

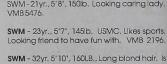
SWM - 24yr., 5'11", 185lb., blond hair, blue eyes. Interested in computers, reading, hanging out at beach. Currently pursuing law enforcement, Looking for friend. VMB 2188.

SWM - 41yr., 5'10', 165lb. Likes NASCAR, fishing, beach country music and dancing, camping, Lookinglevelheaded, understanding female. VMB 8333.

WM-24yr.,5'6",160lb. 1 child who comes first. Looking outgoing person who likes outdoors. Must be honest. VMB 5985.

SBM - 30yr. Born in France. Speaks French and English. Looking independent, honest, sincere female. VMB 7039.

SBM -35yr. Looking attractive female 28-39. Likes romantic dinners. VMB 5395.



SWM - 27yr. 6', 174lb. USMC. Is very honest

SWM - 23yr. 6'1", 195lb. Has variety of hob

bies. Likes candle light dinners. Looking SWF 18-28 for friendship first. VMB 4417. SBM - 22yr., USMC. Likes music, soccer, movies. Wants to meet lots of people. VMB 7284.

SM - 34yr. 5'9". Looking lady to spend time

DM -31yr., 5'9', 155lb. Easy going, laid back, likes out doors. Wants to meet lady with similar interest. VMB 1074.

fun. VMB 6018.

SBM - French Dissent, muscular build. Look-

SWM - 22yr., 5'9', 175lb. Likes outdoor activities, having fun. Is open minded and likes kids. Looking lady with same interest. VMB

SWM -21yr.,6′,165lb.,USMC. Looking lady to have fun with, at home or out. VMB 1338.

DWM - 38yr., 5'11', 190lb. Brown hair/eyes. Retired USMC. Is associate Director of local publication. Single dad of 1 lyr. daughter. Likes darts, cooking, movies, music, outdoors. Wants to meet fun loving lady who likes to be pampered on occasion. VMB 3016.

sM-26yr., Aslan/Indian. Graduating college. In June. Looking SWF or legally divorced: lady. Kids OK. Looking friendship, preferably, a professional lady who likes fun. 20-30, VME. 3716.

3715.

SBM - 33 yrs. old 5'7' Likes quiet romantics evenings, dining in or out, movies, musics. Looking for honest female for possible romance. VMB 8758.

SWM - 24yr.,6', 170lb. USMC. Likes outdoors! NASCAR. Looking friend to spend time with VMB 8257.

SBM -36yr., 6'. Looking good, honest female, for friendship first. Likessports and knows how to treat people. VMB 1315.

SWM - 23yr., 6'4'. Looking caring lady with nding time with someone specia Mond

SBM - 24yr. Likes clubs, movies and spend Looking 18-24 lady wh likes same. VMB 6683.

SBM - 35yr. 5'10', 185lb. Likes movies, qu

SWM - 20yr., 5'5', USMC. Likes movies, mubeach, sports, and going to mall. Look friendship. VMB 6673.

SWM-21yr., $5^{\circ}8^{\circ}$, 150lb. Looking caring lady. VMB 5476.

a little shy, likes agressive women 18-25, size does not matter. VMB 1398.

and expects honesty in return. Likes sports, movies and just hanging out. VMB 1559.

with and have fun with, one who is not afraid to be herself. VMB 9316.

SBM - 5'5". Looking lady who likes to have

SWM -21yr. Blondhair, blue eyes, 5'10', 155lb. Likes NASCAR, beach hanging out and hav-ing a good time. VMB 2973.

DWM - 31yr. 5'10", 165lb. Has 2 children. Likes most outdoor activities. VMB 3985.

ing intelligent, independent woman who cares about herself. VMB 7039.

SBM - 5'9", USMC. Looking friendship, VMI 7284.

SWM - 21yr. USMC. Likes clubs and having fun with nice lady. VMB 6143.

SWM - 19yr. 5'10", 165lb. USMC. Newto are Looking friend to spend time with and se what town has to offer. Likes guitar an music. VMB 6189. ackso

SWM - 31yr., 6', 210lb. Likes out doors. Ha

SBM - 22yr. Likes movies, eating out. Looking friendship first. VMB 4291.

SWM - 21yr. Looking young black female have fun, no commitments. Likes movil eating out, walking on beach. VMB 4435

SWM - 21yr., 5'11", Hispanic. Looking fried Likes beach, movies, sports, drinks. VMB 65

squito spraying to commence New program to

rival of warm weather the Base Pest Control Unit has comal mosquito spraying of hous-BEQ/BOQ living areas.

vill be accomplished nightly on pasis to allow treatment of all ologize in advance for not beublish advance schedules but y dependent upon weather conpriority of effort may change quito counts as determined by

nd BEQ/BOQ occupants can g to begin shortly before sunto four hours each Monday ay when winds are calm and re most active. The fogging ave a flashing yellow light on should alert occupants that the

he pesticide is quite safe, it is that occupants refrain from

H&S Battalion

Marine Corps Base

Lejeune, N.C.

dspenully whi

attalion's executive officer

T. Marsh will relinquish command of Headquarters

Battalion, Marine Corps Base, to Lt. Col. Roger

y 22.

n her assignment as Commanding Officer, H&S

995. She will now report to II Marine Expeditionary

ming command of H&S Bn., following a successful

go indoors while the vehicle is in the area. The pesticide being used this year is considered the safest mosquito control product on

The active ingredient is resmethrin, a pyrethroid which is extremely safe for humans and other mammals. In addition to its safety it is also quite effective in killing mosquitoes (within 15-20 minutes after contact - the other stuff takes three hours)! The pesticide has no odor and breaks down into harmless by-products within four hours of exposure to

For military operations and units training in the field, requests for mosquito control should be directed to the Preventive Medi-cine Unit (PMU) at extension 5707 rather than the Base Maintenance Division. The PMU will survey and spray for both mosquitoes and ticks.

The PMU also carries limited supplies of clothing repellent (aerosol can, 0.5 percent permethrin) used for spraying utilities, but pellents from their supply sections. Also needed for tick and mosquito protection is the two ounce DEET lotion for skin applica-

This is perhaps the best DEET formulation on the market and will perform better than any commercial products available. It is not "greasy", will last longer than commercial products as it is microencapsulated for slow release, and has a pleasant smell. To order through your supply system use:

Repellent, Clothing Aerosol, 0.5 percent permethrin, 12/six ounce cans/box (NSN 6840-01-278-1336)

Repellent, Personal 33 percent Deet Lotion (3M) 12/2oz tubes/box (NSN 6840-01-284-3982)

Remember, if you use any insecticide or repellent products, be sure and read the label before use. If you have further questions concerning our mosquito control pesticides or proper use of repellents, please call LT Hoel, the PMU entomologist, at 451-5707.

'battle the bulge'

Cpl. Chris Irvine

Some Marines and Sailors eat unbelieveable amounts of food and never gain a pound. For others the battle of the bulge is a war that never

Thanks to a new class at the Camp Johnson and Courthouse Bay Medical Centers, Marines and Sailors have a new ally in the battle against

According to Lt. Cmdr. Christina Applequist. nurse manager, Camp Johnson Naval Medical Center, the key to the program is teaching good eating habits. "Basically what it does is give guidance to Marines and Sailors who are having problems controlling their weight," she said.

The classes started about a month ago and are structured to educate, guide and on occasion, shock students into better eating habits. For example, marked in test tubes are representations of the fat content of various foods.

"A lot of what we teach is made to help them make them make healthy choices when they go to the galley," Applequist said.

The class emphasizies the effects and consequences of bad eating habits on the body. The students see pictures of arteries that have been clogged with plaque, fat deposits. They also learn that the affects of a bad diet are not always visible. "A lot of people learn bad eating habits when they're growing up. We try to break these habits and show them the effects so they change their ways.

"It's pretty dramatic and we want it to be that way. We want people to see what they're putting in their bodies. Most people are very because they can see that pasta has very little and a donut has 18 grams of fat."

Eating foods high in fat and then trying to exercise the fat away is not a valid form of diet control, according to Applequist

'You can P.T. all you want but if you're eating foods that are high in cholesterol, you're going to gain some weight," she said. More Americans are obese now than ever before, due primarily to the availability of fast food, according to Applequist

In the age of latch-key kids and T.V. babysitting it's not supprising that Marines and sailors that are out on weight control are primarily there because they have never known better diets. The instructors teach the students about eating a well balanced diet and how to use the infromation on food packaging to avoid fatty

"Book stores and T.V. are loaded with information featuring overnight diet programs that claim to work. The pressure to get in shape, or make their weight requirement, can push people to consider try these crash diets. There are all these diets out their that say that they're going to work but the fact of the matter is that is that good eating and exercise are the only proven ways to lose weight," Applequist said

To get the students on the right path to a healthy diet, the instructors first evaluate the students body fat percentage

"We calculate what their ideal weight should be and try to adjust the portion size and what calorie intake should be," said Applequist.

According to Applequist, eating correctly is about self discipline, living longer and not just about looking good.

PHONES from 1A -

That's why a security code (pin number) is assigned to every phone line. Only the authorized user will be able to access the line to make local or long distance calls. However, anyone can access the line to make room-to-room calls by dialing 1 plus the last four digits of each number, said Mike Maynard, AT&T representative.

More than 3,000 servicemembers have signed up for the program since it started. By the end of the year approximately 21,000 are expected to sign up, Maynard said

ing installed with telephone lines. Work crews say they should be up and running by the end of July, ending Phase Three. Courthouse Bay and the remaining barracks on base will be completed when Phase Four begins.

Servicemembers wishing to sign up for the program can fill out the application provided in each room after installation. They may also mail it or drop it off at the AT&T customer service building at 1750 Louis Road, behind the main post office. Customer service representatives also visit units with the system and allow mem-

nange **MCT Battalion**

Lieutenant Colonel Carl G. Cobb will relinquish command of Marine Combat Training Battalion, School of Infantry, Marine Corps Base, to Lt. Col. James K. Shannon today

Cobb began his assignment as Commanding Officer, MCT Bn., in June 1995. He will now report to Commander-in-Chief Pacific, in Honolulu.

School of Infantry

Shannon is reporting to MCT Bn., from his position as Deputy Assistant Chief of Staff for Intelligence, 2nd Marine Division.

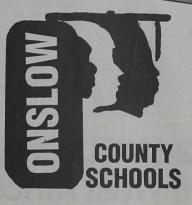


Lt. Col. Roger C. Harris





Lt. Col. James K. Shannon



Teacher Job Fair

Monday, May 19, 1997 9a.m. - 2 p.m.

acksonville Commons Recreation Center





Memorial Foundation to hold groundbreaking ceremony

the memorial symbolizes something good

neet the board members, see the sights and show their support for the foundation," Fandrey said. The foundation was recently

ing that represented what our husbands and

According to Fandrey, the foundation will hold a reception after the ceremony and membership is open to all active-duty and retired military, their family members and Department of Defense civilian employees and their dependents. Sponsor hip is open to civilians, families and friends of service members, businesses, For more information call the foundation

Equal Opportur Advisor conferen recognizes progra

Sgt. Michael C. Dougherty

PATRICK AIR FORCE BASE, Cocoa Beach, Fla. - Marines from every major command converged on the shores of Cocoa Beach, Fla. April 22-24 for the 1997 Equal Opportunity Advisors' Conference. The conference was held at the Defense Equal Opportunity Management Institute here.

Equal opportunity affects everyone, regardless of race, creed, color, or military occupational specialty. It is critical to our success in warfighting, because "human readiness equals combat readiness," according to Maj. Gabe Patricio, Liaison Officer for Headquarters, U.S. Marine Corps, Manpower Equal Opportunity Branch (MPE).

This year's conference punctuated tremendous progress made by the EO program this year, according to Capt. Carolyn Dysart, a Liaison Officer at MPE.

"We reached several milestones this year.

In January, we filled all 34 alle the first time and we also had a approved," she said.

Among the issues discuss to identify sociology majors Degree Completion Progra them the opportunity to bom Other suggestions included reloc eral EOA billets to provide 1 To

the Reserves. The primary goal of the to "develop a better under Marine Corps' equal opport and to apply that knowledge commanders in the field. MGySgt. Charles R. Glen E

During the three days at these 35 Marines were able key issues of equal opportury relations, and translate incre a of these issues into improved and

Battalion 'supplies' field combat training

Supply Marines made every effort available to them to get out the field to practice Marine combat training after years of staying in the rear in nonstop support of II Marine

Members of Headquarters and Service Company, 2d Sup-

that keeps them in constant demand. They support every II MEF unit, and that often keeps them busy in the rear with no time to do their own Marine Corps training

"It's very challenging," said 1st Lt. Jeff Relchman, company commanding officer. "You have to make a constant effort to train those Marines who don't get training."

They finally met the challenge by forming one platoon to practice field skills while the rest of the company stayed behind to continue supporting other

The command element was pushed down to the noncommissioned officer level. Sergeants and corporals filled the company gunnery sergeant and platoon sergeant billets. The only two command billets that were not replaced were those of first sergeant and commanding officer. "I'm constantly taking care of logistics, light

duty (Marines) and vehicles," said Sgt. Antille W. Williams, acting company gunny. "You never know how difficult their job is until you do what they do. They left it all to us -- that's good. Just get out there and do it. That's the way you learn."

The field evolution brought back some of the instilled training these Marines learned at bootcamp and Marine Combat training. Land navigation, hand-to-hand combat, nuclear, biological and chemical class reviews, patrolling and combat maneuvers were enough to bring back that "combat Marine" feeling for which most of them

The command understood the problem and obtained an instructor from School of Infantry to teach the training the Marines may some day need.

The exercise broke the monotony of office work, added Williams. In the field they can do

Sgt. J.J. Rodriguez Sgt. Anthony N. Page gets some advice from one of the Staff NCOs on hand-to-hand combat moments before putting his skills to the test.

something most of them haven't done since MCT.

This training was successful for (us) young Marines who don't get the opportunity to go to the field," said LCpl. Jeromy York, mechanic for the motor transport section.

Marines dressed in combat gear and camouflaged their faces. They hit the sand dunes and traveled through wooded areas to find designated coordinate points on the land navigation course they themselves designed.



Marines had a chance to practice lan

Most of the supply Marines hadn't seen of its carrier until they got hands-on experies There they received classes on the different t

agents they might encounter during an attac

According to 1stSgt. Louis Espinal, con geant, the command will try to incorporate th Hand-to-hand combat was the part many Marines seemed to enjoy the most. It's not every day they get to throw each other around as they did when learning to fight using their they deserve and to break the every day off

Supply Marines put it on the line'. BLT 1/8 SHAPES TOMMOROW'S LEADERS

Sgt. Mark D. Oliva

ABOARD USS NASSAU (LHA-4) -Battalion Landing Team 1/8 has dedicated itself to making better noncommissioned officers throughout its six-month deployment.

Staff NCOs from the 26th Marine Expeditionary Unit (Special Operations Capable) Ground Combat Element held Corporal's Courses for the MEU's young NCOs. The course, now in it's sixth session, is aimed at providing strong professional development to the MEU's young NCOs.

"We recognized the need to have a Corporal's Course even before we deployed," said 1stSgt. James Johnston, first sergeant, Weapons Company, "We took the course put out by the Marine Corps University and adapted The exposure to peers it so we could conduct it while we were de-

The course ran eight training days and included corporals throughout the MEU on all three ships of Amphibious Ready Group 8. Class instruction ranged from squad drill to uniform inspections to guided discussions covering subjects such as equal opportunity and sexual harassment.

The course was the result of a recognized need for professional development at what Johnston calls a "critical developmental stage"

"The possibility of offering a Corporal's Course brought to the (BLT 1/8) sergeant major and he agreed we needed to train our corporals," he said. "It's important they have this training because we're calling on them to be responsible for the leadership of the Marines around them. We can't hold them accountthem to lead."

The course was unique in that it drew from the knowledge throughout the battalion's SNCOs. While platoons sergeants filled the role of squad instructors, the course also benefited from subjects in

which the SNCO's have direct knowledge.

"We use all our resources to make the course as valuable as possible to the Marines," Johnston explained. "We've got the battalion's administrative chief giving classes on the Uniform Code of Military Justice. The MEU's disbursing chief conducts the personal finance training. The training is more than textbook knowledge because these SNCOs use these subjects everyday in the Marine Corps and the corporal recognize the value in that.'

The strongest result of the course was the strengthened leadership skills, explained SSgt. S.R. Burlison, Surveillance and Target Acquisition Platoon Sergeant The exposure to peers outside their military occupational specialties broadened their horizons and allowed them to make self-evaluations about their own

"The course is important to the NCO corps is the fact is shows the corporals they control their own destiny," Burlison explained. "They're the ones who are responsible for upholding our traditions. They're the Marines who will take my place and lead the Corps into tomorrow.

Marines in the course responded to the challenges presented to

helped to make me a deployed aboard ship.

more well-rounded Marine," said Cpl. Jim McConnell, MEU Service Support Group 26. "I knew what my strengths and weaknesses were coming into the course and there has been challenges in all those areas.

The dedicated PME and focus of senior Marines teaching younger Marines has helped the NCOs to claim their role within the Corps,

"It's bringing a standard back into our NCO ranks that I felt was missing," he said. "This course is teaching us what a true leader should be.



"The course has A Corporal's Course student practices sword manual while

22d MEU(SOC) arri off West African co

Capt. Jason Johnston

Against a continuing uncertainty in the West African nation of Zaire, elements of the 22d MEU (SOC), commanded by Col. S.T. Helland, took over as the Marine Force component for Operation Guardian Retrieval — the positioning of forces for a possible evacuation of U.S. citizens from the country's capital, Kinsasha.

To make the rendezvous off the coast of Zaire's neighbor Congo, the elements of the 22d MEU (SOC) began their six-month deployment two weeks early, leaving Camp Lejeune on 14 April 1997.

Commanded by Brigadier Vander Linden, Operation Guar is poised to evacuate Americ and designated third-country Zaire if requested by U.S. Daniel Simpson. Rebels, le Kabila, have made a sevenacross the country to overthro reign of President Mobutu So The remainder of the 22dl

aboard USS Ponce and USS C ployed on schedule to condi and exercises in the Mediter Marines and Sailors of the 220 are scheduled to return to the:

RETURN from 1A-

The MEU was also involved in Operations Joint Guard/Joint Endeavor as the theater reserve for Stabilization Forces in Bosnia early in its deployment. It also conducted the Operations Silver Wake and Guardian Retrieval simultaneously by splitting their forces between the two operating areas nearly 5,000 miles apart.

In Albania, 26th MEU (SOC) Marines evacuated 877 Americans and designated thirdcountry nationals representing 39 different naand the MEU maintained a force presence in Tirana, Albania,

The 26th MEU (SOC) responded to unrest in Central Africa even as they maintained their presence in the Balkans. Marines aboard USS Nassau transited from the Adriatic Sea to the West coast of Africa. There, they established a logistics point in Pointe-Noire, Congo, and a Forward Arming and Refueling Point and Forward Operating Base in Brazzaville.

The MEU stayed on station for more than a month before turning over responsibilities

to the 22nd MEU (SOC) earlie The MEU was setting the s ture deployments starting with predeployment training and ca throughout its deployment. The communications van (JTF Enabl to the MEU's inventory. Marin gear in several exercises and Brazzaville in support of JTF trieval. This marked the first till employed this communication support of a JTF in real-world

The MEU's Aviation Comba marked a "first for the Corps' Night Targeting System AH-1V to mark targets by laser for AVriers during Exercise Island Th

The MEU also participated i Combined exercises with Ame eign forces in Spain, Sardinia an tion to its operational commit lery and rotary and fixed-wing tegrated with U.S. Army and Ital in Fire Support Coordination E

Serving expeditionary forces in readiness

d over the acean b

es provide challenge and fun to maritime thrill seekers



g

1997

Cpl. Kristofer E. Holly



Cpl. Kristofer E. Holly

sailers demonstrate the proper way to right a tipped Sunfish.

Cpl. Kristofer E. Holly

If you like challenges, learning something new, high speeds and getting wet, then a course provided on the weekends by the Gottschalk Marina, off Julian C. Smith street, is for you.

It's called sailing.

The course offered by MWR, and headed by Jack Neuber, Red Cross certified sailing instructor/trainer and American Sailing Association sailing instructor, gives the opportunity for beginners or seasoned veterans alike to set sail and observe a different type of recreation.

Ever sailed a Sunfish before? No, not the actual fish that swim the waters, but a 13-foot nineinch planing hulled sailboat called a Sunfish, that is both beautiful to look at and challenging to operate. The Sunfish is the largest manufactured learning boat in the world. "There are more Sunfish that have taught people to sail than any other in the world," said Neuber.

The course starts off with a safety brief. Simple rules to follow and obey for both the Marina and

The instruction continues with the operation of the boat itself. How to maneuver it and what to look for in case of trouble.

"Luffling is a common problem in sailing where the wind catches the sail and causes the boat to tip over," said Neuber. "Simply letting go of the mainsheet and the tiller will stand the boat itself right up. It was designed to do that.

The students pair up in groups of two and must be able to assemble the boat, put it in the water, and be ready to sail. Parts include a main sheet, one halvard, a daggerboard (centerboard). a mast and a kick-out tiller that acts as a rutter. Included in the boat is a life jacket and a small paddle for getting out into open water or onto land or docks. That's the easy part. Next comes the actual open waters and the gusty winds. Students tend to capsize often if they don't get the

"After a day out on the boat, they'll get the hang of it," said Neuber. "Sometimes they have a hard time reading where the winds are coming from. Most people grab it after the second try.

After about an hour of turning, capsizing and reading the winds, the students come back the next day and try it all over again, this time solo.

"It's easier to have two people on the boat if they are not husband and wife," laughed Neuber. "They'll get into fights.

"If the winds get really heavy, it's easier to control the boat. The boat is ideally a one man boat, but two people can accommodate it.'

Once they've proven that they can right a boat once it's been capsized and show they can operate the Sunfish alone, the license to operate the vessel is given. Owners of the licenses are encouraged and can return to the Marina to use a boat 7 days a week.

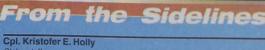
What is the big kick out of sailing anyway? You sit on a small boat and fall over a lot. According to Neuber, it's a whole other point of view.

"I enjoy the freedom of the wind, the solitude,"

he said. "I like to hear the water lapping." Age is no subject when it comes to sailing.

'I've had retirees to eight years old," said Neuber. "The minimum age is not as important as the body weight. They have to weigh about 75 pounds so that they will be able to right the boat if it capsizes."

The classes are held every weekend except 96 liberty weekends. Fees are \$25 per student and \$15 per checkout. For more information, or to sign up for classes, call the Marina at 451-8307.



Taking part in a social activity before the early bird has even thought of getting the worm is far beyond the minds of anyone who has the chance to sleep in on a Saturday morning. During the week, 6 a.m. means PTing or

driving into work to beat the traffic if you live off base.

I had the chance to sleep in one Saturday and dream of, well, whatever it is we dream of nowadays. But instead, I got up at the crack of dawn to partake in an activity that I haven't done in a long time. I went fishing. Sea

For those of you out there who fish a lot, you know what it is like getting up early to catch the big one. The fresh morning mixed in with the scent of fish kind of makes the eyes open wide like that first cup of coffee

What is the favorite amongst fisherman to catch? Bluegills? Trout?

Well, ever try catching a shark? Ever hook a stingray? When was the last time you snagged an eel?

Those were just a few of the big ones that didn't get away when I spent the morning aboard the Mystery Harbor Cruise.

The ship, Mystery, is a two-story tour/fishing boat owned and captained by Marty Muns. It's located in Beaufort, just behind Loughery's Landing on Front Street. This beautiful 65-foot vessel made for quite an adventure.

I was one of the first ones on the boat. I've never been on a tour/fishing boat before so I didn't know quite what to expect. In front of me was a plethora of fishing poles. I chose the longest one thinking that I'm going to catch the largest fish. Hey, it could happen.

The ship's "mates" deposited a handful of bait. Shrimp and squid.

I've always enjoyed baiting the hook and dropping the line as I watched the bobber flicker and then sink in the water. Five feet tops. But over Mystery's side comes a deeper fathom to overcome. Up to 50 feet of water with stiff currents is to be dealt with. Not many fisherman like to fish for small game in deep water where the chance of the catch getting off the hook is possible. But that, I guess, is the challenge in this type of recre-

When in unknown waters and you don't know what is lurking down below, the art of fishing gets a little bit more challenging. Do I play the fish for a while wearing him out, or do I set the hook and reel like a madman to get him in before he gets loose? Mind you, the boat still moves with the current even at an engine stop. So you really have to watch for the pole to jiggle to see if you got one or not.

The currents, and other fisherman's lines for that matter, can be so deceiving that it makes this type of fishing all the more fun.

Thinking that the current was just being a pain, I set the hook once and the pole didn't even flinch, except with the current. I reeled in and found that a three-inch hogfish had a firm grip on my hook and shrimp. It was the smallest fish caught that morning and I felt proud. Nevertheless, I threw him back to grow up some more.

Captain Marty would speak over the PA system and say "drop your line," or "reel in your lines," to mark the beginning or ending of a fishing spot. One time, he gave a mighty "reel in your lines," and as I did, my pole jigged and bent. I set the hook

The first thing that flashed through my mind was getting to the end of the boat to reel in this catch. The boat was moving at this time and I,didn't want to miss it. I like catching fish.

That instant thought was washed away when I saw that my line had been entangled with two other lines from people on the stern. My line was still in the water. I sat for a second, getting a bit frustrated that nothing was biting yet. Or maybe they were and the current was a decoy as their hungry little appetites nibbled away on my handful of squid and shrimp.

Just as the last line got freed from my line, a young boy cried out, 'Someone caught a ray!'

I looked, and sure enough, there was a stingray: nine inches in diameter, hook in the mouth, upside-down on the water surface skipping like a stone. Actually my first impression was that it was water skiing, the way it was in the wake of the water and such. I reeled it in, got my picture taken with it, and eventually threw it back.

The day trip ended and we docked at the pier. A nice school of fish were caught that morning. People weren't totally fooled by the current or

The idea of getting up early didn't bother me much that afternoon. I enjoyed getting the fresh air and casting the old rod and reel once again. This was something that the fisherman extraordinare definitely has to get his "hooks" on.

If you are interested in fishing for something different or want to go on the cruises that *Mystery* provides, call (919) 726-6783 or (919) 728-7827.



Cpl. Kristofer E. Holly

tries to balance the Sunfish by leaning over the boat as Leonard Reyes holds the sail steady.





GRAND PRIX SERIES

The race will begin and end at the field house. A Grand Prix Seasphalt road certified at a distance of 5K. The middle leg, a mountain bike challenge, empha-30K distance. It consists of the initial 5K run. Pre-registered participants may pick up their race packets today at French tration will be held race morning from 0630 to 0745. For more information, call 451-1799.

BASS TOURNAMENT

Get ready to wet your hooks ready at the 8th Annual Summer Starter Team Bass Tournament Sat, May 17. Registration should paid in cash at Gottschalk Marina or Courthouse Bay Marina. Entry fee is \$40 per two perwill fish for Largemouth Bass on the New River and its tributaries only. Trophies and cash will be

WATER POLO

The MWR aquatics section is ested in water polo. If you're game for the sport, please call the aquatics director at 451-2513. No

CHALLENGE RUN

Run for your life ... and your liberty in the 2d SRIG "COs" Challenge 5K Run on Fri, May 30 at 1100. SRIGs CO will give all participants a two minute head start. Free soda and pizza to all SRIG participants. \$10 registration fee includes an event T-shirt. Registration deadline is Wed, May 21. The purpose of the run is to raise money for the Navy/Marine Corps Relief Society, however, you do not have to pay to register or participate. Each paying participant will receive two NMCRS raffle tickets and to the opportunity to win a new Dodge Ram truck. For more event details call 451-2307 or 451-2309.

SPORTS CAMP

Youth Sports Summer Camp registrations begin May 19 at the Youth-Sports Office in the field house. Registrations will be open throughout the summer for the following sports camps: Soccer, Basketball, Volleyball, Football, camp dates, times, locations, and registration fees, call 451-2179/

SOCCER TRYOUTS

will be conducting tryouts on May 17 & 18 from 4 to 6 p.m. Tryouts are open to Boys and Girls born on or after 8-1-85. For more information contact Frank Perkins (455-8971) or Dale Altman

ARCHERY

All archers are encouraged to enter the 3-D Archery Shoot May 17 at the Camp Lejeune Archery Range. Entry fee is \$5 per person and \$2,50 for pee wee and cub

Devilpups lose to Swansbott à Season ends and seniors depa

Cpl. Kristofer E. Holly

Some pretty good defense and a flood of tears swept across the Brewster Middle School soccer field May 7 when the season ended for the Camp Lejeune Devilpups as they lost to Swansboro 3-0 in girls' soccer action.

Though the season ending meant another season next year, the seniors had a different thought in mind. This particular game meant for the seniors to say good-bye. Family

and friends of the seniors helped celebrate Senior Night and Lejeune started looking tired at this time. rooted for their team against Swansboro.

Though out of playoff contention, the game meant more to the Devilpups than just a game to end the season.

A win against Swansboro would force a game between Swansboro and Richland, a team that Lejeune wanted to see in the playoffs

Prior to the beginning of the game, the entire Lejeune team gave their coach, Francisco Blanco, known to his teammates as "Senor", a couple of flowers in appreciation for a season

of fun and learning. He placed the flowers in the pocket of his shirt and thanked the whole team for everything.

Action got underway in the first of two 40-minute halves. Swansboro took control early and kept the ball in their possession for most of the half. With 27:22 left in the half, Swansboro's Jill Hayes scored the first goal of the night off an assist from Tracy Hayes.

The Devilpups kept the tempo up and the defense steady but were unable to score as the half ran out. Another part of Senior Night took action.

Recognition of the seniors dedication and loyalty to the team was rewarded by roses and soccer balloons from their teammates. Teary eves and warm hugs produced a closeness of the team that couldn't be expressed at any other time. They put the balloons aside and wiped their eyes dry and started to focus on the initial mission at hand. Defeating Swansboro.

The second half got underway and Swansboro took no time moving past the Devilpups' defense and headbutted a goal with 37:47 to play.

The Devilpups pulled down deep and held up Swansboro offense for most of the second h to go, and Swansboro in control of the ball. defense was threatened. The ball went se Devilpups' goalie Michelle Gardner, it ricochete and was tapped in by another Swansboro play

Time ran out and as the players congratula more tears and hugs came from the Devilpur seniors were indeed, sad to go.

"Senor is the greatest coach I've ever had," Anderson, graduating senior who plans on atte versity of Missouri and going on an NROTC sch had so much fun these past three years. It's tl ever been at a school and on a team.'

Anderson loved her teammates as well.

"It's hard getting new players in," she said about three or four of us stay together for the been here. We really helped to bring the team 1 get together as a team when we only have 10 g

"It's been really fun," said a teary-eyed Laurie plans on attending ECU and becoming a pedi really cool because we have a lot of new play We had four or five returnees this year, though develop as a team when you have new players

Seymore even learned something out of th had some advice for the future high school soc

"I learned to get a long with everyone," she derstand that people come from different place body is different. "Try out and never give up," Seymore said to t

in partaking in soccer. "Do your best, because he for you to put your all in everything." Blanco was able to sum up the season in ju

"Progress," he said. "Tremendous progress

ladies with so little experience have managed to the second part of the season and beat two to them previously.'

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our Outdo

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oline Daniels.

reers at home.



Cpl. Kristofer E. Holly

The Devilpups conduct a ritual pregame prayer.



Dennis Rennock

Sara Arinello, left, and Michelle Anderson, right, cover the near post.



A Swansboro midfielder dashes in to the goal area from the edge of the eightee head in goal number 2 on a swift corner kick



Cpl. Kristofer E. Holly Michelle Burgess chases the Swansboro right winger



Smiles from the 1997 Camp Lejeune High School Girls' Soccer team blind the camera.

16 May 97 1100-1300 - Wellness Watch - Marine Corps Exchange

17 May 97
0800-Mud, Sweat, and Gears Duathlon - The Field House
0900-1500 - Archery Tournament - Skeet Range
AEROBIC CLASSES - New Schedule-Effective 15 May 97

1815-1915 - Classic Combo, Bldg 524

Mon,Wed, Fri 0600-0700 - Early Bird Aerobics, Bldg 524 0900-1000 - Cardio Step, TT Comm Center 0930-1045 - High and Low Combo, Bldg 524 1130-1230 - Water Running, Area 2 Couler

1130-1230 - Cardio Pump, Active Duty, Bldg 524 and

0930-1030 - Anything Goes, Bldg 524

ossibilities of players coming and going, Blanco is able to adapt.

Cpl. Kristofer E. Holly

seniors Melissa DeJesus, Laurie Seymore, Michelle Caroline Daniels. They played their last soccer game of I careers at home. Their charisma and motivation left a on on their teammates during the season.

ayers get here," he said, "especially if they've never played high school soccer before, haven't developed bad habits yet at the high school level. That in a way is an advantage because I am able to mold them to a certain type of play that allows them to grow in the

> "If we were to have them stay for four years and get accustomed, that would be a disadvantage because there would be no new blood to develop.

With the seniors now gone from the team Blanco believes that the biggest thing they will carry with them into their future years is sportsmanship.

'We've been lucky enough to win the sportsmanship award the last two or three years," he said. "As soon as they learn to play well, they play hard. They can still win and win good. They demonstrated this time and time again.



Cpl. Kristofer E. Holly

r moments after receiving their going away gifts from their fellow teammates.

SEMPER-FIT

Convenience in Exercising Find the time to exercise when you see 'fit'

Some days, no matter how hard you try, getting to the fitness center is just not going to happen. Or perhaps, you've never been to a fitness center and you're embarrassed to go because you really don't know what to do. Here is a solution: exercise at home. The idea is not doing finger push-ups by pressing the remote, or walking via the refrigerator, but rather real life exercise. Some of the many benefits of home exercise are: convenience, privacy and self-paced. However, it can also be confusing if you are not quite sure what to do and how often to do it.

Here are a few ideas to get you started on a strength program. The first thing you want to do before you begin any type of strength training is to warm up. It is suggested that a fast-paced walk, slow jog, or a bike ride works best. Any type of cardiovascular activity you choose should run anywhere from 10-40 minutes long (less if you are a beginner, more if you are experienced) before you work out.

Now that the body has been warmed up, you can proceed with your strength training. Start with one set of about 10 repetitions. Rest 60 seconds after each set. As you progress, increase your sets and/or your repetitions. Do this three times per week with at least one day of rest in between sessions.

Abductors (outer thighs) - Lay down on your right side and extend your right arm fully, rest your head on that arm. Place your other arm in front of you to keep your body stable. Ensure that your body is directly horizontal with the floor. Bend your right knee to about 45-degrees behind you. Flex (point your toes to your head) your left foot and raise your leg to the height right

before you feel the need to turn the hip joint in the upward position. Repeat for the other side.

Adductors (inner thighs) - Follow the same instructions as above EXCEPT: Bend your left leg over your right and place it on

the floor in front of you. Flex your right foot and raise. Repeat for the other side.

Squats - From a standing position, have the feet shoulder width apart. With a "slight" forward lean, bend your knees and squat (like you are going to sit in a chair) until your knees are at a 90 degree angle. When you stand back up, squeeze your glutes buttocks) as hard as you can. Repeat. For extra weight - hold a child or large book in your arms.

· BACK-

Back squeeze - From a standing position with soup cans in your hands, extend your arms so they are perpendicular to your dy - ensure your hands are palms down. Pull back both elbows as to squeeze your shoulder blades together. Return to the start

Lower portion of your back - Lay on the floor face down, body fully extended. Ensuring your hips and forehead are on the floor, raise your right leg and your left arm off the ground at the same time. Hold for 5-10 seconds. Release and repeat for the

Push-ups - Start on all fours. Place your hands on the floor a little wider than shoulder width. With your knees remaining the floor, lower yourself to the ground. Push back up. When these become easy, do them with your knees off the floor. SPECIAL NOTE: You can perform push-ups with your feet on a chair for extra resistance

· SHOULDERS ·

Front raises - From a sitting position, with soup cans in your hands. Raise one arm at a time in front of you. Continue until ar arm is at eye level. Bring the arm down and do the other arm. Repeat.

Chair dips - Sit on chair. Place your hands on each side of you, on top of the chair, fingers forward. Supporting your weight th your arms, lower your body until your elbows become parallel to the ground. Keep your upper body straight. Repeat.

Bicep curls - Standing with soup cans in both hands. Turn your hands so your palms face up. Bring both arms towards the chest. Come up as far as you can.

Keep your elbows close to your body. Return arms to the start position. At the end of each workout, you should perform some abdominal work such as the following:

CRUNCHES .

Lay face up on the floor. Place your feet in front of you with your knees bent to about 45 degrees. Tilt the pelvis in an upward motion to place the lower back flush with the floor. Place your hands behind your head, without interlacing the fingers, keeping your elbows wide. Keeping your chin off your chest, lift your upper body towards the ceiling as far as you can. (Exhale) Keep your abdominals tight. Return to the starting position. (Inhale) Repeat. SPECIAL NOTE: Crunches can also be performed with

· REVERSE CRUNCHES -

ay face up on the floor. Put your legs in the air until they are perpendicular to the floor. Place your hands behind your head. without interlacing the fingers, keeping your elbows wide. Keeping your chin off your chest, lift your upper body towards your toes and at the same time lift your legs straight up. (Exhale) Hold. Return to the starting position (Inhale) Repeat.

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The first time it is a favor.

-Chinese Proverb

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Armed Force July 28 - August MCB Camp Lejeune, N.C

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All-Marine Trial August 24 September MCB Camp Lejeune, NC

LEJEUNE NATIONAL MAY 97 FINAL

Recreational Adult Women's Softball League

Standings as of 8 May	W-L
Sho-Nuf	4-0
Xtreme	4-0
Untouchables	3-2
Horseplay	2-2
Black Widows	2-1
SPEC	0-4
Thunder	0-4

GAMES PLAYED ON MAY 6 UNTOUCHABLES BEAT SPEC 13-0 - SHO-NUF BEAT THUNDER 20-2 XTREME BEAT BLACK WIDOWS 16-14

GAMES PLAYED ON MAY 8 XTREME BEAT THUNDER 18-9 · UNTOUCHABLES BEAT HORSEPLAY 13-11 SHO-NUFF BEAT SPEC 16-4

OVER 30 BASKETBALL LEAGUE	
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TEAMS	POINTS OF CONTACT
- DEN BN	DTI Scott/451-5357
· NEW RIVER	Sgt. Harden/451-6215
· SHOW STOPPERS	SSgt. King/451-2222
· 2D SRIG	CWO Jones/451-8413
· SUP BN	MSgt. Hines
• 2/10	GySgt. Rucks
Tuesday May 20	Thursday May 22
6 p.m. SRIG VS SUP BN	NEW RIVER VS 2/10
7 p.m. DEN BN VS 2/10	SRIG VS SHOW STOP.
8 p.m. NAVY VS. SHOW STOP.	DEN BN VS NAVY HOSP.

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BRIG CO BEAT 2/8 BAS 13-0 MCSSS BEAT TANK "A" 11-0 • 3/6 BEAT TELE COMM 47-4 BRIG CO BEAT 2/109-8

Intramural Softball League Standings

	Stariumys	as of o iviay	
Gold League	W-L	Red League	W-L
Brig Co	11-1	Sup Bn	10-0
8th Comm	8-1	5/10	8-0
MCSSS	7-1	Nav Hospital	12-1
Base Telephone	6-1	MP Co, MCB	8-4
3/10	6-1	Med Bn	7-2
Maint Bn	7-2	HqBn, Dv	7-3
8thMT Bn	7-4	8th ESB	6-6
Rad Bn	6-5	CEB	5-4
2/10	6-5	H & S Bn, FSSG (Disbo)	5-4
ANGLICO	5-4	LSB	5-5
LSEC, 2d LSB	4-3	Den Bn	4-5
LAR "A"	4-6	8th Comm	3-4
H & S Bn, FSSG	4-7	2d Tank "B" FSSG	3-7
2/8 BAS	3-6	MP Co, FSSG	3-9
MWR	3-7	1/10	2-3
2d Tank "A"	3-9	3/6 BAS	1-8
3/6	1-9	Intel Co	1-9
Tele-Comm	1-10	SNCOA	1-9
Div Surgeon	0-10	LAR "B"	0-9

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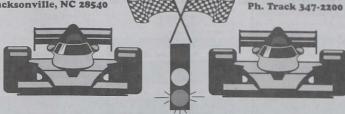
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MILITARY Order of the Purple Heart, Chapter 642 meets at 7 pm. 2nd Tuesday of every month. American Legion Bldg., Onslow County Fairgrounds. All active duty, retired and honorably discharged Purple Heart recipients from all branches of the Armed Forces are encouraged to attend. 326-4323 or 326-5632.

YOGA CENTER invites you to attend meditation for relief of stress and anxieties. Classes on BHAGAVAD-GITA Tuesday and Thursday nights at 7:00 pm. "The Recommended Dharma for This Age of Kali". Free sumptuous Vegetarian Cuisine. 118 Neighborhood Rd. (Off Sneads Ferry State Rd Sneads Ferry NC. Call for more information 327-2694. TFN

BETA SIGMA PHI MEETINGS. 1st & 3rd Wed. of each month. 7:00 pm. Location varies. For more information call 577-3862.

THE SERVICEMEN'S CHRIS-TIAN CENTER at 575 Corbin St. is open to all Service Personnel for your enjoyment with Recreation, Refreshments and Christian Fellowship. Bible Study starts at 6:30 each Tuesday and Friday evening. Phone 577-7000 for transportation.

CERAMICS CENTER: The Jacksonville Recreation and Parks Department Ceramics Center has begun it's new operating hours. The new hours for Adults are Monday, Wednesday and Friday 10:00 am -1:00 pm. Tuesday and Thursday 9:00 am - 1:00 pm. Tuesday and Thursday evenings from 6:30 pm to 9:30 pm. Childrens hours are from 3:00 pm 5:00 pm on Mondays and Wednesdays. For more information call the Ceramics Center at 910-938-5301 or 938-5308. The Ceramics Center is located at 292 Eastwood Drive. (corner of Eastwood and South Drive) behind the Jack Amyette Recreation Center.

REYNOLDS ALUMINUM RECY-CLING CENTER is located at Northwoods Shopping Center, Onslow Drive, Friday 9-5. Closed 12:30 - 1:30 pm. Consumers can call toll free 1-800-228-2525 for more information.

T.O.P.S. #NC 380 will hold weekly meetings on Mondays at 7 pm in the USO Basement, 9 Tallman St. T.O.P.S. is a non-profit weight loss support group.

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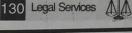
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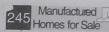




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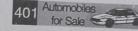
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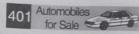


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"91 Diahatsu Rocky Jeep, conv., like new, 70K miles, \$5,600 rs BO. Call 455-9827.

89 Nissan Sentra, great cond., red, AM/FM cass, need to sell, \$1,350 OBO. Call 348-1578.

94 Nissan Altima, white, all power, cruise, surroof, bra, \$10,500 OBO, book value \$11,425. Call 577-6807.

94 Maxima GXE, grey/grey, 78K miles, \$11,300. Call 327-2834.

\$11,300. Call 327-2834. 94 Ford Escort LX, AC, AM/FM cass.,

OBO. Cpl. Boutwell 451-3983 Rm. 130. iles, \$14,500 OBO. Call 353-4383 ask

or Jason. 89 Chevrolet Cavalier, white w/blue int., auto, 2DR, needs head gasket repair, \$900. Call Tene 353-7473. 91 Plymouth Voyager Van, Good Condi-ion, FM/AM Cass, Cruise, Tilt St, AC, PW, PL, \$5,795 Call 910-298-5263 87 Mercury Sable, Runs Great, \$2,500, 2CS Orters, Call 455-886.

87 Mercury Sable, Runs Great, \$2,500, PCS Orders, Call 455-8846 f89 Mercury Sable, Loaded, Runs Great, \$3,500, PCS Orders, Call 455-8846 f87 Ford F150 4x4, 6 Cyl, 4 sp, 33 x 12.50 AT Tires, CD Player, Chrome Rims, AC, PS, PB, Air Horns, Grant Steering Wheel, #937-7304, \$5,500 O.B.O. 88 Honda Civic, Light Blue, 5 SPD, Good Condition, 110K Miles, \$2,300 OBO, Call Bill at 743-2987 before 10 p.m. 95 Hyundai Elantra, Hunter Green, 4 dr, 5 spd, AC, AM/FM Cass, Excellent Cond, Must Sell, TO Payments or Refinance

Must Sell, TO Payments or Refinance Yourself. Call 743-2987 before 10 pm. 94 Mazda B2300 P/U Truck, Chrome

Rims, Kenwood Stereo, Extra Low Mile-age, \$9,000. Call 326-2233 AWH. 87 Volvo 740 GLE, White, Leather, Sunroof, 10 CD Changer, New Tires, 119K, One owner, \$5,600 OBO Neg, Call 577-1759 96 Dodge Ram 1500 SLT, Loaded, PW,

PL, CD, Bed Cover, \$16,500, Call 346-

2020 88 Cadillac Deville, Excellent Condition, A/C, Mich. Tires, Leather, AM/FM Cass,

Cali 347-5371 83 Chevy Truck, Good Condition, Runs Good, Needs Minor Maintenance, \$2,500

OBO, 346-6265 91 Ford Taurus SHO, 5 Spd, 4Dr, Cham-pagne, V6, 64K Miles, Loaded, New Tires, eather, Collector's Car, \$12,200 OBO

Call 326-1979.

87 Ford Escort Wagon, Body and Int in good condition, New tires, Needs trans work, auto, \$400 OBO, Call 326-3286 60 Willy Jeep, 4 cyl, 4x4, runs good, new top, new tires, geared low, \$2,000, eve-

nings 455-8779

91 GEO Tracker, 4 x 4, auto, air, black, LSI package, 92K, \$6,000 lirm, 347-9342

88 Nissan SEV6, 4x4, Ext Cab, 4 spd, Auto, Sunroof, PW, PM, AC, Cruise, Slide

Glass, Pioneer CD, Alum Wheels, 88k, \$9,000 OBO, Call Fox 451-7123 91 Ford Escort Wagon LX, very clean, 73K miles, \$4,300, PS, AC, Auto, Must

Sell, 455-2548 or 340-4554 89 Camaro RS, AT, AC, AM\FM cass., 1

39 Camaro HS, AT, AC, AMFM cass., 1 owner, \$4,995 OBO. Call 346-5793.

74 MGB Roadster, 4 spd., AMFM cass., good body, needs carb. work, \$1,495 will consider trade. Call 743-8931 after 6 p.m. 90 Convertible Chrysler LeBaron, V6, PW, AC, AT, \$6,500. Call 353-5594.

86 Toyota pick-up, w\bedliner, 135K, standard, AMFM cass., \$2,000 frm. Call 346-0957, days or 347-3093, sightly stark for the case of the

0957 days or 347-3083 nights ask for

cass., \$450. Call 577-5660.

77 Dodge Powerwagon, 4X4, 318, 4 spd., body straight, blk, \$2,000 OBO. Call

Mike or April at 346-4574. 88 Honda Accord LXI, 117K miles, AC.

ass., PW, PS, PB, \$4,300, Call 347-9055. 68 Coronet 500 383 Big Block, first 51,200, Call 326-7541. AT, heads up display, every option, NADA priced at \$13K, only asking \$10,500. Call

353-8388.
75 Mercedes Benz, 240D, STD, low miles, one owner, very clean, \$2,695; 78 Interational Scout, 4 cyl., excellent parts,

\$295. Call 353-6500. 93 Saturn SL1, 83K, DS airbag, ABS, AC, AM/FM cass., new tires and brakes, looks

MOTORCYCLES

79 Honda CB 750K, storage pockets, stereo, travel trunk, saddle bags, crash bars, 2 helmets, 11K orig. miles, \$850. Call 326-

6704. 89 YZ 250, New Tire, Fender, and Sprocket, Runs Strong, \$1,500 OBO, Call

937-2304 83 Suzuki Tempter 650 Street Bike, 4 yrs in Storage, Needs work, \$700 OBO, 937-

95 KATANA 600, Blk/Purple, 3,400K, Great Condition, \$4000 or TOP of \$255 a nonth, Call Sgt. Halpin 3825/3407 94 Kawasaki Vulcan 750cc, w\28 original miles, teal green\black, new helmet and bike cover \$2,500 and take over pay-ment. Call 455-1368.

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ter 6 p.m. Golf clubs, complete set, prima irons, new

new Sunfish dolly, Asking \$800 OBO, Call

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Loaded with Electronics, Trailer 25 hours

Six; Low Hours, \$18,000 Firm, Call 577-

Good condition, \$60, Call 353-4474 92 Holiday Rambler, 27' Travel Traile

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355-2466 Two complete sets of SCUBA gear, one w/women's BC; tanks and respirators serviced last year, \$300 ea. OBO. Call 346-

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New soft ride, century 55cm chromoly steel, 700cc, aero bars\tube shifters, RX100, just purchased, \$1,300 value, sell-

ing for \$950. Call 919-354-6261. 20 ga., Stevens Mod 67, waterfowl pump, \$150; .22 cal., Marlin mod 60, semi-auto, \$60; both w\ammo, first \$200 takes all. Call 355-9852. SCUBA gear, \$100; inflatable raft, paddle,

motor included, \$200. Call 577-7626. 96 Jet Ski Waveblaster II, w\trailer, \$5,000

Call 326-7451 after 5 p.m MISCELLANEOUS

Radio controlled big panther special racing bubby, \$25 OBO. Call 938-1149.
Wall tapestry, dogs playing cards dealer all tapestry, dogs playing cards, decla-tion signing, \$15 each OBO. Call 938-

Jackets, far east tour, new, blue, medium, \$25; Quaker state racing, white/green, large, \$20 OBO. Call 938-1149. Camper top for small truck, \$250. Call 324-

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Sauder wardrobe/closet 5'X6', \$80 OBO.
Call 347-3906.
Beatles memorabilia collection, limited

prints, signatures, photos, stamps, books, also Elvis. Call 938-6975 Scott. Wind deflector for RV or towing vehicle;

aluminum levellers; shocks; ball hitches. Lawn spreader, used once, attaches to

any mower. Call 326-4842. Rolex, mens oyster, stretch band, Call 326-

End-table (2), 1 coffee table black lacquered w/mirror top, \$60; full size bed, headboard, footboard, \$25; twin size mat-tress/boxsprings, \$50; adjustable rail to queen size, \$12.50. Call 353-1335. Bicycles, 26" mens, \$40; ladies, \$40, girls, \$35. Call 353-1335. Fisher Price 3 in 1 game table, \$50; girls

bike, \$40. Call 938-3639.
Poulan chain saw, 20*, \$150; lawn mower, 20*, 3 1/2 HP, \$60; computer, \$600. Call

Trek Road bicycle, 58" w/computer,

erobars, bottle cages, clipless pedals, himano 105 components, \$600 OBO. Call 947-9167. Pictures, porcelain, China set, knick-

knacks, toys. Call 938-1934. Kegs, 2/15.5 gal. Bud w/taps, \$150. Call

eves 938-1616.
Black leather jacket, worn twice, large w/inside pockets, \$100. Call 347-1162.
386 computer w/monitor, \$275; 286 com-

puter w/color monitor, \$150; chairs, \$15 each; metal office desk, \$25; electric range, \$150; incline bench, \$130; bench press, \$150; straight bench, \$100. Call 455-3798. Meat dehydrator, never used gift, \$25. Call

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Refrigerator, 12.5 Cubic Inch \$300, Microwave \$65, Window A/C 5000 BTU \$100,

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Hotpoint refrigerator, 17.7 cu ft w/

Tupperware stack cooker w/ cookbook, \$15, Large oval blue rug, \$20, CD's, VHS tapes, knick-knacks, Eureka vacuum, \$25,

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tion, \$1900, Call 353-4474
Womens 10 speed bike, \$40, Oak frame mirror wall clock, \$25, large octagon mir-

or w/ design, \$60, bent wood rocker,

Proform crosstrainer, digital display, \$300

Complete window sets, includes

treadmill w\electronic incline, 1.5 hp, 8-8 mph, \$450 nego.; Voit 400GR, Gravity Rider, \$65 nego. Call 355-0076.
DP aerobic step bench, w\workout video

and instructions, can be used as slant board, \$30; Craftsman 225 amp AC Arc Welder, 40 to 225 amp capability, mounted on two-wheel cart, input cables w'attached plug, electrode holder, three heavy duty work clamps, approx. 200 various sized welding rods, two headshields, leather welding gloves, neadsfields, leather welding gloves, leather forearm guards, and chipping hammer, \$300; Aigner women's leather coat, calf length, size 12, burgundy, \$125. Call 938-1777 after 6 p.m. Evenflo carseat, \$25, stroller, \$5; frame toddler backpack, \$15. Call 326-3286. Small utility trailer, extra rims, \$250 OBO. Call 346-3097.

Call 346-3097. KME rims, front wheel drive, 15X7, \$800 KME rms, front wheel drive, 15X7, \$800 OBO; power rider, wlvideo tape and instructions, \$125. Call 455-1368. Jenny Lind crib, \$30; changing table, \$20; step 2 lawn play cube, \$75; Little Tikes truthe sandbox, \$20, Call 553, 2304.

turtle sandbox, \$20. Call 353-3205.
Three Goodyear Wrangler 235-75R15 tires, less than 300 mi. on each, \$75 ea.
OBO. Call 451-1935 ask for SSgt. Larsen

in room 117.
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58cm Trek road bicycle, w\aero bars,

computer, look clipless pedals, shimano 105 components, \$600 OBO. Call 347amper top for small pick-up truck size

76"Lx60"Wx26"H, light inside, \$250. Call 324-1311, evenings and weekends. Women Marine uniforms, 1/2 off original price, every item including maternity wear.

Call 353-6701.

58cm Bridgestone 400 road\sport bicycle,
\$200 OBO; 58cm Verdi road\sport bicycle, \$200 OBO, Call 347-9167. Exercise machine, \$200 OBO, Call 577-

Cammies, never worn, new, top SL, bot toms SS, \$25 set or \$15 ea. Call 326-Diamond engagement trio; vacuum

cleaner. Call 347-1162. Blue men's older model 10-speed, good cond., \$25. Call 347-6010.

FURNITURE & APPLIANCES

Blue sofa, loveseat & chair, 1 yr. old, \$350: halogen lamp, \$10; cherry wood old style rockerw/foot stool, \$75. Call 353-9357. Pillow, off-white couch, \$350; 3 dark cherry matching tables, \$40; mostly Hunter Green 5X5 rug 3 months old didn't match, \$80. Call 577-0416.

Four drawer dresser, \$65 OBO; curio cabinet, \$110 OBO; Queen Ann sidebar antique, \$250 OBO; Laptop w/case,

\$1,000 OBO. Call 938-1934.
Queen Ann love seat, \$400; 2 Queen Ann wing back chairs, \$325. Call 938-1934.
4 oak carved back dining set chairs, \$100; Sears Lifestyler tailwind exercise bike

chest, dresser, night stands, \$250, Call

Sofa, Love seat, chair, deep burgundy, like new, \$350, Call 355-2466
Couch, Love seat light colored pattern with oak trim, \$350, Solid Oak Coffee Table, End table w/ glass top inserts, \$150, Oak high chair, \$45, 2 TV stands wood ve-

neer, \$10 , Call 326-1979
Full wicker bedset, 6 drawer dresser mirror, 2 drawer bedside table, full/que headboard, full mattresses, (\$400 Corsill ensemble included free) Natural Color. Call

ensemble included free) Natural Color, Cail 346-6731
Day bed, solid wood, honeypine finish, mattress incl, \$100, Call 346-7759
Blue sofa w/ oak trim, pine coffee table w/ hunter green shelf, green floor lamp, set \$300, Call 577-7419
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Entertainment center, \$200. Call 347-9167. Oak BR set widresser, chest, nightstand, queen brass bed wimattress and springs,

ELECTRONICS

bat., \$200; 60 586 Packard Bell, 4XCD w tor, software, \$800 OBO. Call 577

Kenwood audio, video receiver model KR-V6040, remote, Kenwood graphic EQ,

\$150 for both. Call 455-6303.
Singer fashion mate sewing machine, like new in cabinet, \$50. Call 455-9827.
Big screen TV, 1 year warranty, 2 year maintenance, \$1,000. Call 938-1934.

19" remote control TV, \$50; E-force exercise machine, \$50; doghouse, \$25. Call

Sherwood scuba gear, complete set, 2 tanks, shorty wet suit, regulator w/2d breather, weight belt, snorkle, fins, \$700. Call eves 938-1616.
Sears fullsize camcorder w/everything,

\$250 OBO; handmade curtains for Berkley Manor, \$50. Call 353-9396. Nintendo game system w/14 games, 2 controllers, 1 joystick, 1 gun, \$65. Call 353-

Computer, Dell 286, 64K, 24K extended, color monitor, board, mouse, printer, DOS

V4.01, WP and more, \$225 OBO. Call 346-Computer, Must Sell, 80486SX Packard Bell, 33 MHZ, 4MB upgradable to 36 MB, CD, 3.5, Fax/modem, mouse and key-board, \$500, Call evenings at 455-8779 TEAC x-2000R reel to reel tape deck w/ 11 new reels, \$1000, Comp Pioneer Ste CD, Amp, D Cass, Tuner, EQ. 486DX-33 Computer w/ mon, HP 1200 Printer, \$1000, Sony Camcorder \$500, Call

486DX2/66, 16MB RAM, CD ROM, Fax/ Modem, Micorsoft Pro Office Installed, Speakers, mouse, SVGA monitor, \$850

OBO, Call 938-7377 anytime Computer printer, Panasonic, KX-1124, 24-pin, \$100 OBO; portable laptop, Zenith 386, 33 MB hard drive, 2 MB RAM, \$200 OBO. Call 327-3305.

Whirlpool clothes dryer, \$100 OBO. Call

Bose 901 series IV speakers, equalizer and stands, \$950. Call 455-1368. Zenith 4-head VCR, warr. incl.; Aiwa com-pact CD player; Uniden radar detector; and Nintendo 64 plus one game. Call 347-

PETS

Dalmatians, brown spots, shots, dew-ormed, great with children, ready now Call 455-3998 after 5 p.m. Ferrets, 1 male, 1 female with access

\$300. Won't sell separately. Call 353-0819. Bulldog, 3/4 English bulldog, 1/4 boxer, 9 mo. old w/large doghouse, food dishes,

\$200. Call 353-1619. Boa Constrictor, male, 8ft, great tempera-ment, eats well, w/ cage and accesso-ries, \$300, Call Bill at 455-4360

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Call 353-9162
Pit Bull Terrier, female, ABDA reg., 1 1/2
yrs. old, blk w\white neck, \$200. Call 5770192 lv. msg.

REAL ESTATE

For sale: 3BR, 2BA home in Raintree, 1790 square feet, 2 car garage, cul-desac, \$750 a month. Call 346-5076.
For rent: 3BR, 2BA, brick ranch home, VA
Beach, thoroughgood, 1 mile off NAB Little
Creek, pets considered, \$1,100/mo. avail.

June 1. Call (703) 560-7078.
For rent: 2BR house, no pets, avail. now, water and garbage incl., \$300/mo. Call

455-9827.
For sale: 4BR, 3BA, Lg, kitchen, 1 car garage, \$98,000. Call 577-6686.
For sale: '93 Oxford 3BR, 2BA MH on base at KMHP, owner pays up to 5% down for buyer, 2 storage sheds, carport. Call

Titan by Champion MH, 14'X70', 3BR, 2BA, Hubert area, too much to list, \$303/mo

mortgage. Call 326-2551. For sale: '96 14'X80' Horton MH, 3BR, 2BA, fireplace, DW, W/D, partially furnished. asking payoff approx. \$33,500. Call 577-For sale: '92 Oakwood 14'X80' SW home, 2BR, 2BA in Hubert/Royal Valley MHP,

VA loan, \$106,500. Call 346-5932 for appointment.
For sale: Horsecreek farms, 4 bdrm, 2 bath, living rm w/ fireplace, eat-in kitchen,

formal dining rm, attached garage, Ig fenced yd, 10 min fr maingate, \$81,000, Call 353-5394 For sale: '91 Mobile Home, 3 bdrm, \$3,700,

Very Good Condition, Call 455-8836
For rent: Condo, North Topsail Beach, Sleeps (6), Ocean Front, Tennis Courts, Poolim Golf Course, Fully furnished \$425 per wk, Call 347-7010
For rent: Duplex, Hunters Creek, 2 bdrm, 2 bdth, Privacy, tense, Javadas, back, 2 bdth, Privacy, tense, Javadas, back, 2 bdth, 2 bath, w/ privacy fence, laundry hook-ups, fireplace, refrigerator, dishwasher, nicely landscaped, no pets, \$495 a month, Call 577-5889

29 Palms bound???? For Sale: 4BR, 2BA, Z-car garage, jacuzzi, fireplace, \$105K. Call 327-3305. VA Beach, 3BR, 2BA, brick ranch home, 11/2 garage, fireplace, screen back porch, nice yard, quiet neighborhood, close to

schools, convenient to bases, pets con-

sidered, \$1,100 mo., avail. June 1. Call

For rent: '89 Oakwood, 14' BA, walk-in closet, garden I BA, all appliances. Call colli 8426 or 1-800-212-0711. For rent: 2BR, 1BA, util. ro shed, stove, refrigerator dis shed, stove, refrigerator, disl posal, low util. bills, house no

mo., depo. req., Maysville. C For sale: Raintree subdivision con Hill Ct., 3BR, 2BA, w\fireplace, living room, firoom, privacy fence, storag MAHA

WANTED, LOST,

Wanted: Beer can collecto leather case, lost in com change area April 27. Call 5 Wanted: certified home days to keep 2 infinites 12 and 2 1 a.m. to 4 p.m. Mon. to Fri. bot active duty. Call Eric Horsey

0069. Wanted: Sesame street Bec cessories for crib and twin b

YARD SAL

Multi-Family Yard Sale, 439 W 7 am -1 pm, call 353 0233 Multi-family sale, kid's clothe nerware, toys, wood port Saipan, Saturday, 7 a.m. to 1 Saturday 8:30 a.m. to 2 p.m Wood Dr. Jacksonville. EAS sale, toys, swingset an Wolverine Place, Jacksonvill Yard sale Saturday, 3126 Ec dise Point, clothes, dishes,

aturday sale, 8:30 a.m. Bay development, 2d right aft of Sneads Ferry gate, follow Saturday, 17 May, 8 am to Ohio Ct, Watkins Village, Car Clothes, Excellent Condition Clothes, Excellent Condition floor and tie downs, woo washing machine, TV, toys Moving Sale: Sat, May 17, 8 Alabama Ave, Berkeley N clothing size 4-5, toys, h

books, etc.
Multi-Family Yard Sale, I
Raintree Subdivision, 17 Ma
pm, baby clothes, furniture, I
Moving Sale, Saturday, 17 Inchon TT 1, 353-9755, furnit ens, drapes, more. May 17, Cul-de-sac sale 8 a.r.

gle inside must be them quickly in an le responsible, and waer lock emergen-Village, Right on Foxhorn Dr Court., baby stuff, furniture inst the law!

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and more of these ou'll see signs readNCY EXIT—ALARM
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s Beach State Park

Hammocks Beach State Park is that rarest of ewels among the many barrier islands which protect the North Carolina Coast - it is open year-round for visitors yet remains completely unspoiled.

Consistently rated by national pub

Hammocks Beach State Park, known also as Bear be reached only by boat. Access is easy, though, thanks er ferry service from the mainland to the park.

three and one-half miles of pristine shoreline, occasiond by the tracks of loggerhead sea turtles, Hammocks rs visitors a delightful chance to experience a coastal

Maritime forests, broad salt marshes and huge sand dunes, some rising as high as 60 feet, make the 890-acre island a unique and wildly beautiful place. A place where the sights and sounds of everyday life are forgotten, replaced by gentle ocean breezes, clear blue skies, warm sand and the call of laughing gulls.

You can enjoy swimming, fishing, walking, shelling, mping and birding in a crowd-free environment. Space limitations on the passenger ferry dictate that only a cerlications as one of the best beaches in tain number of visitors are allowed on the island at any

On the mainland, you will find a continuous series of nature talks by the park rangers which focus on the island, its history, and its plant and animal life.

Hammocks Beach State Park is listed in the registry of Natural Heritage Areas, Hammocks Beach is rated "P" ant that is essentially unchanged from the days when because it's perfect for the entire family, but don't take ericans relied on the island to provide a bountiful har- our word for it, come out and find out for yourself!

Hammacks Beach State Park mainland access is located on Hammocks Beach Road (SR1511) off Hwy 24, Swansboro, N.C.

The Park office and ferry dock are located on the mainland in Swansboro. From there, the passenger ferry provides transportation to Bear Island for a modest fee. The two and one-half mile ferry ride takes about 25 minutes and offers a glimpse of interesting wetland inhabitants, such as herons and egrets. The ferry then docks at the pier on Bear Island where a half-mile trail travels among

the dunes across the island to the beach. The island is also accessible by private boat or marine taxi

> Should you need further information please call or write the park office:

Hammocks Beach State Park 1572 Hammocks Beach Road Swansboro, NC 28584 Telephone (910) 326-4881



Dawn Livingston prepare to set sail on one of the many daily cruises to Bear Island. Blackbeard the Pirate sailed these same waters and used Bear t-a-way while he terrorized traders



Dawn Livingston

od is the key to enjoyment on this laid back outing to arolina's unique and unspoiled barrier islands.



Dawn Livingston

For the adventurous type the alternative to the ferry ride is a site seeing



Dawn Livingstor explore builds as the ferry boat approaches the island. Even the young at heart look forward to frolicking in the surf and soaking



A seagull takes flight as a treasure hunting beach comber pauses

Ferry Schedule

Ferry service operates daily from Memorial Day(May 26) through Labor Day(September 1). It operates Wednesday through Sunday in May and September, and Friday through Sunday in April and October, except in inclement weather. Contact the park office for actual departure times. During the summer months, a line oftern forms for the ferry and the island quickly reaches capacity. Arrive early in the day to avoid long delays.

MEMORIAL DAY WEEKEND thru LABOR DAY May 26th - September 1st

Monday & Tuesday

Departs Mainland	Departs Island
9:30 a.m.	10:00 a.m.
10:30 a.m.	11:00 a.m.
11:30 a.m.	12:00 a.m.
12:30 p.m.	1:00 p.m.
1:30 p.m.	2:00 p.m.
2:30 p.m.	3:00 p.m.
3:30 p.m.	4:00 p.m.
4:30 p.m.	5:00 p.m.
5:30 p.m. (last trip)	6:00 p.m. (last trip)

Wednesday thru Sunday

9:30 a.m.	10:00 a.m.
10:00 a.m.	10:30 a.m.
10:30 a.m.	11:00 a.m.
11:00 a.m.	11:30 a.m.
11:30 a.m.	12:00 a.m.
12:00 a.m.	12:30 p.m.
12:30 p.m.	1:00 p.m.
1:00 p.m.	1:30 p.m.
1:30 p.m.	2:00 p.m.
2:00 p.m.	- 2:30 p.m.
2:30 p.m.	3:00 p.m.
3:00 p.m.	3:30 p.m.
3:30 p.m.	4:00 p.m.
4:00 p.m.	4:30 p.m.
4:30 p.m.	5:00 p.m.
5:00 p.m.	5:30 p.m.
5:30 p.m.(last trip)	6:00 p.m. (last trip
	10:00 a.m. 10:30 a.m. 11:00 a.m. 11:30 a.m. 12:00 a.m. 12:30 p.m. 1:00 p.m. 1:30 p.m. 2:00 p.m. 2:30 p.m. 3:00 p.m. 3:00 p.m. 4:00 p.m. 4:30 p.m. 5:00 p.m.

Ferry service does not operate when island reaches capacity

Air sport of the future

Internet WWW.DISCGOLF.COM

Disc Golf is played just like the traditional variety (you know, with a bag of clubs and that tiny white ball...), only you use a Frisbee style disc. Eighteen elevated baskets catch the discs much like holes in the ground catch golf balls.

The goal is the same, to complete the course in the fewest number of shots. Most importantly no matter what shape the tools. Missing short putts still drives you nuts and a perfect drive still makes you feel fabulous. Disc Golf encourages top mental and physi-

cal conditioning, but can be played by anyone. Players merely match their pace to their capabilities to pursue fun and fitness for their lifetime. Disc Golf may be played alone allowing great flexibility in scheduling. The courses are

short enough that they can be played in an hour.

The basic requirement for playing Disc Golf is remarkably simple. All you need is a golf disc that can be purchased for under ten dollars and used over and over again.

Disc Golf is easy to learn. Most people understand the principles of ball golf and these carry over into Disc

the challenge is the same because golf is golf, and modern golf discs are aerodynamic mar-

Over the last decade millions of people have joined the fitness boom; jogging in circles, riding bicycles that go nowhere, lifting weights and attending deafening aerobics classes. Few people can put themselves through this kind of torture for very long. Experts predict that in the next decade people will turn to fitness sports

like Disc Golf that are fun and good for you at the same time.

One important thing that ball and Disc Golf have in common is that they are both played in beautiful settings. Getting people out of the high stress environment of the business world and in contact with nature is critical

stress related illness is one of Ame est health challenges and contribute surance rates. A healthy body is e healthy mind, and Disc Golf promotts why not hop into your car and tra nearest disc golf course, get some give it a try.

With so much going for it, DIS THE AIR SPORT OF THE FUTU

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miciencies.



Powerful and skilled pitches help any disc golfer gain yards for Manson demonstrates a strong throwing technique

Golf. Beginners invariably find throwing a disc much easier to pick up than striking a golf ball. Entire families can to good health. The play together! Kids love things that fly, high incidence of

Dawn Livingston DISCs -the basic requirement anyone needs to start playing this

Every players goal is the 'PIN' also known as a disc basket.

Jacksonville's own disc golf course: Northeast Creek Park

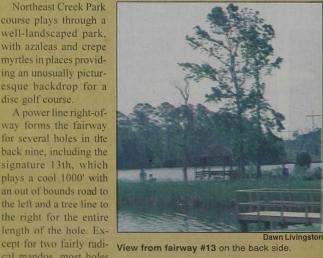
Northeast Creek Park course plays through a well-landscaped park, with azaleas and crepe myrtles in places providing an unusually picturesque backdrop for a disc golf course.

A power line right-ofway forms the fairway for several holes in the back nine, including the signature 13th, which plays a cool 1000' with an out of bounds road to the left and a tree line to the right for the entire length of the hole. Excal mandos, most holes

offer more than one aerial route to the pin and the terrain is favorable for rollers throughout. Scoring well on this course involves canning as many deuces as possible on the front nine, maintaining as the back nine stretches in length, and finishing strong on the last four holes. Definitely worth playing more than once.



Flying Discs can be seen at the course



Come throw a few at the Northeast Creek Park Disc Golf Course located in Jacksonville, N.C. Take Hwy 24 East to Corbin Street right across from the Tarawa Terrace Military Housing complex. Follow Corbin Street past the trailer court on your right. Take the next right turn.

For more information on disc golf or on playing the Northeast Creek Park Disc Golf Course call Gary Gusan at (910) 455-5237 or surf the Internet Web Site: www.discgolf.com.

Four Winds Classic Tournament h

Dawn Livingston

Northeast Creek Park in Jacksonville was the site of the Inaugural Four Wind Classic Disc Golf Tournament which took place May 10th and 11th. Four Winds, a local Golf Disc club headed by Gary Gusan, organized and brought in this Professional Disc Golf Association tournament. The Classic was an official PDGA "B" Tier Tournament, a first for the city of Jacksonville. What does this mean for Northeast Creek Park? A mark on the map for PDGA tours and visits from Pro Players.

The results of the tournament are as follows: Winners categorized by their level of skill with each round par and total par for the tournament listed below each player's name.

OPEN PRO

1st Carlton Howard Raliegh 48 50 46 49 2nd Larry Leonard Raliegh 53 49 53 47 202 3rd Lewis Hoffman Greenville 54 57 54 51 216



Dawn Livingston

Robert Long prepares to pitch his disc down the tree filled fairway of hole two.



During the first round local players Mark Shook (far left) and Rip Cl from right) along with two players from Raliegh take a moment to re

PRO MASTER

1st John Nisewonder Burlington 1st Brian Galligan Wi 56 56 58 54 2nd Dano Haynes Angier 225 55 60 55 55 3rd Barry Sealey 58 60 54 54

ADVANCED MASTERS

1st Dennis Fillpot Jacksonville 248 69 65 58 56 Walkertown 2nd Doug Clifton 264 65 66 66 67 3rd Howard McIntyre Roxboro 73 73 79 74

ADVANCED

1st David Mansfield Wendell 55 54 54 50 213 Charlotte 2nd Tony Fisher 222 53 58 61 50 3rd Toma Andiason Greenville 56 52 58 57

ADVANCED WOMEN

1st Francine Johnson Suffolk, VA 72 72 72 70

AMATEUR

54 60 55 59 228 2nd Rip Charlton Jac 57 58 61 57 233 rd Daniel Lambeth Ral 58 62 57 236

AMATEUR WO

1st Melissa Huffman I 71 76 71 74 2nd Angela Stoeppelwer

76 82 79 81

JUNIORS

1st Adam Clifton 79 78 2nd Robert A. Long 77 87 3rd Steven Burris 82 87 4th Freddie Frey 95 86

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How It All Got Started ...

It all started in the early 1970's. Kids started imitating their motorcycle motocross heroes on their 20 inch bicycles. They started building bicycle motocross tracks and holding informal races. A new sport was born! By kids and for kids, BMX was growing on a grass roots level from New York to California and everywhere in between. The first major milestone for BMX came with the debut of the movie, "On Any Sunday." From that point on BMX was on its way to becoming a nationally and internationally recognized

From the very beginning parents of BMXer's recognized the positive aspects of the sport and began forming local and state organizations to promote it. These efforts resulted in the creation of the National Bicycle League. The NBL was formed in 1974 and is the first sanctioning organization to unify local and state BMX associations; taking the sport to the national and international level of competition.

Today the NBL sanctions more than 3,000 races per year including 25 National Events and 12 Regional Events. The recent merger with USA Cycling has





thrust the NBL into the World Spotlight. The NBL is the only BMX sanctioning body in the United States recognized by the Union Cycliste Internationale (UCI). UCI is the recognized world sanctioning body for bicycle racing.

Male and female racers of all ages compete for state and national titles. To make the racing more competitive racers are pitted against other riders of the same age and skill level. Unlike other racing formats, each participant races at least three races per day and accumulates points for each race. At the end of the day points are totaled and awards are

The NBL is dedicated to promoting a healthy, fun environment where families can grow together. Although racing is a big part of the NBL, the social aspects of the events cannot be understated. Kids and parents come together to enjoy the challenge of racing and to foster positive attributes which will contribute to their everyone's future

Defy Gravity! Join the National Bicycle League

AMERICA SALUTES ITS WETERAMS Memorial Concert Reminds Us Of War's Sacrifice



The 1997 National Memorial Day Concert features a special 80th universary tribute to World War I soldiers and the families they left om the West Lawn of the U.S. Capitol at 8:00 PM on Sunday, May 25, on all PBS stations.

(NAPS)—From a powerful ren-lition of Aaron Copland's Lincoln Portrait to a lively mix of popular World War I songs and the shattering testimony of a Vietnam war widow, the 1997 National Memorvalue, the 1991 National Memor-ial Day Concert offers a special holiday tribute to American sol-diers who sacrificed their lives for the cause of freedom and to the families they left behind.

Hosted by distinguished actor and World War II veteran Ossie Davis, the concert boasts a startudded line-up including General Colin Powell, entertainers Tony Janza, James Earl Jones, Charles Durning, Sylvia McNair and Martina McBride, as well as America's best-known pops conductor, Erich Kunzel, leading the Vational Symphony Orchestra. ational Symphony Orchestra.
pecial appearances by the U.S.
ir Force Band and the Air Force inging Sergeants mark the 50th universary of the Air Force.

The annual 90-minute broadast event, which airs live from he west lawn of the U.S. Capitol

in Washington, D.C., features a unique blend of musical performances, dramatic readings and archival footage.

"In his Gettysburg address, Abraham Lincoln paid eloquent tribute to the thousands of Civil War soldiers who gave 'their last full measure of devotion' to this nation," said the show's executive producer Jerry Colbert. "Out of that tragic war, Memorial Day was born. We are pleased to be able to share our heartfelt salute with millions of viewers across the country."

Highlights of the program include a rousing 80th anniversary tribute to World War I soldiers by Tony Danza, who performs a med-

tribute to World War I soldiers by Tony Danza, who performs a medley of George M. Cohan favorites, as well as a special testimony to the valor of Americans in battle by General Colin Powell. In remembrance of the 680,000 men and women who lost their lives in the Civil War, James Earl Jones—on site at the Lincoln Memorial—performs Aaron Copland's magnificent Lincoln Portrait, accompanied by the National Symphony



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Orchestra. The concert marks the 75th anniversary of the Lincoln

Memorial.

The concert concludes with a stirring Salute to the Services featuring Chairman of the Joint Chiefs of Staff, General John Shalikashvili, with the U.S. Joint Chiefs of Staff, followed by America The Beautiful, sung by all of the assembled talent and the massive audience on site at

the massive audience on site at the nation's Capitol. The holiday special airs on PBS stations nationwide Sunday, May 25, at 8:00 PM E.T. (Check local





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Choose Patio Doors Wisely, And Let The Sun Shine In

(NAPS)—Today patio doors are "hot"—they open up a home to the outside view, provide natural light and make a fashion statement. But with all of the

options available, se-lecting the right patio door for your home can be confusing. Here are

Styles
Sliding patio doors
are an attractive, cost-effective
choice. Swinging patio doors are
popular because of their appealing classic look. Choose either an in-swing or out-swing door, but mea-sure the area to ensure there's enough room for the door to swing freely. French patio doors provide a traditional look. But styles vary by

manufacturer. Some have wider vertical pieces (stiles) and horizon-tal pieces (rails) and others don't, so it's good to compare different brands to obtain the look you want.

Sizes It's important to choose a patio oor that fits the room. The most door that fits the room. The most typical patio door heights are 6 feet 8 inches, and 8 feet. Door panels usually range between 2 and 3 feet wide. If you have, enough room, group three, four or more doors with both operating and non-operating panels to really let in the light and the view.

Materials

Materials

Patio doors are available in a variety of materials, including wood, aluminum-clad wood, vinyl and other materials. It's important btain the best combination of beneits, including aesthetics, energy efficiency, price, durability and ease

Glass Options

Patio doors feature large areas of glass, so it's essential to choose glass that will be energy-efficient and keep the room comfortable. If the room is shaded from the eather by trees or other struc-

tures, low-e windows may be suffi-cient. But if the room has a north-ern or eastern exposure, choose windows such as Hurd Heat Mirror* TC-88, which insulate 50 percent to 60 percent better than low-e windows. Or if the room has a southern or western exposure, select Hurd Heat Mirror* SC-75 windows which reduce solar heat select Hurd Heat Mirror SC-79 windows, which reduce solar heat gain by more than 50 percent compared to double-pane windows. Or choose Hurd InSol-8® windows for superior insulating and sound-reducing benefits.

Design Ideas

Homeowners are grouping fixed windows with patio doors for additional light and beauty. Almost any combination is possible, including topping patio doors with rectangular transoms, circle tops or arched windows. Consider "divided light" win

Consider "divided light" windows, which are visually and architecturally pleasing. Hurd Divided Light windows are a good choice for both aesthetics and energy efficiency. Hurd Divided Light windows incorporate interior and exterior grilles with a grille between the glass, and closely simulate the pleasing look of traditional divided light without the problems of multiple-pane windows. Grilles come in a variety of widths and patterns, in a variety of widths and patterns including popular rectangular and "Prairie" styles.

For a free guide on how to choose patio doors and windows for your home, call 1-800-2BE-HURD, ext. 200.

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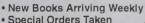
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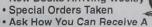
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BREAKDOWN (R)

In this contemporary nervewrecking thriller, a couple of Easterners find themselves stranded in the Utah outbacks.

Kurt Russell and Kathleen Quinlan ("Apollo 13") star as Jeff and Amy Taylor, two city dwellers from Boston, who are driving cross country in their shiny red Jeep to a new beginning in San Diego. They find themselves stranded in the Utah buttes when their jeep stalls on a desolate stretch of highway. Help comes from a meanlooking but folksy trucker played by J. T. Walsh ("Nixon", "Slingblade") who stops to give the couple a helping hand and offers to take Amy to the nearest diner for a telephone. When her husband comes looking for her, no one at the diner has seen her or any truck.

Breakdown is a Hitchcock-style thriller from novice writer-director Jonathan Mostow and was filmed in the very effective surroundings of Utah's Monument Valley region.

FATHER'S DAY (PG-13)

This paternal comedy is a remake of the 1984 French film "Les Comperes" about a woman who cons two old boyfriends into searching for her runaway son by convincing each that he is the boy's father. The paternal patsies accidentally meet and join forces.

Billy Crystal appears as Jack, the uptight lawyer with control freak tendencies, and Robin Williams is Dale, the neurotic, suicidal playwright. Together they bring their special brand of comic relief to this movie. They have apparently never met, but both loved the same woman previously. Nastassja Kinski plays Colette, the beautiful object of their affection, and Charlie Hofheimer appears as Scott, her teenage son.

Also costarring is Julia Louis-Dreyfus as Carrie, Jack's patient wife, and Bruce Greenwood as Colette's husband, Bob.

Director Ivan Reitman ("Twins", "Dave") had quite a frustrating and funny time with the stars, both always wanted to improvise. In the end the script just doesn't come together and **Father's Day** is not up to the high standards of Williams and Crystal.

THE FIFTH ELEMENT (R)

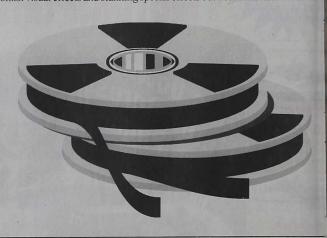
This new science fiction thriller is a futuristic adventure dreamed up by French directo ("The Professional", "La Femme Nikita"). The title refers to the four elements of alchemic tion: earth, air, fire and water - and the search for a fifth.

The Fifth Element gives one a glimpse into a mindblowing future. Bruce Willis stars 23rd century New York cabdriver, ex-Federation fighter pilot, who gets caught up in an good and evil.

Willis wages a cataclysmic battle with Gary Oldman who appears as the villainous of Jovovich plays the creature who holds the key to saving the universe. Also appearing a ractor Chris Tucker as Ruby Rod, the screeching DJ, and Tiny Lister, Jr as president.

The outrageous and trendy costumes were created by the famous and brilliant Paris de Paul Gaultier. Eric Serra created the powerful futuristic music performed by the London Phase

Besson gives us a very visual and dazzling but bizzare picture of conquering good o evil. The Fifth Element is a very visual ride and has a special eye appeal. The film has dresets with cartoonish visual effects and stunning special effects but not much else.



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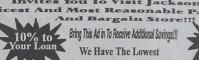
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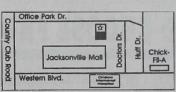


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wide variety of greens ome more creative in

e salads.
paring interesting
mber that there are
greens. Milder ones
ne, bibb, Boston and een leaf lettuce. ugula and Belgian ore assertive. A good mbines these tastes. moines these tastes.
arieties such as colstard greens are also
followers. To transy salds into exciting

e tips: ertive greens with dients such as beef. e mild greens with ngs that don't over-

uttery tastes. flavors and textures ens with warm goat I chicken with citrus, such as melons with vored dressings. ns, vegetables and sea-llow the more intense

s such as collards. ing recipe, a "People's etition winner, is fea-Cooking with Old Bay.

CITRUS CHICKEN

nge juice ey juice chopped oons Dijon mustard ns chopped chives ns OLD BAY

ns balsamic

n salt

purpose flour

onal salad, such as rus Chicken, conand textures.

meal on Old Bay

s lemon pepper

s oregano skinless chicken alves ons olive oil der mixed field

edium bowl, whisk anigrette ingredi-

late, mix first five redients. Dredge n breasts in the

h vinaigrette to icken breasts with zle with addition-

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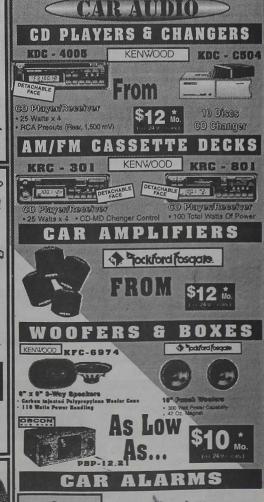
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