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1980 presented to 1st Bn., 8th

eros in on enemy
uses field exercise to intercept
hone MOPP skills. 18A



Halloween
The trick or treat hours for children aboard Camp Lejeune are from 5:30 to 8 p.m., Tuesday.

Marine Corps Marathon
20th annual marathon races through streets of Washington. 1B

Bodybuilders
Professional bodybuilders pose, educate at Fitness Fair. 1B

THE GLOBE

Camp Lejeune, N.C.

Construction on Holcomb may require adjustments

Cpl. Jason C. Huffine
Globe staff

T.A. Loving Construction Company will soon begin bridge construction on Holcomb Boulevard to replace the weight worn bridges that cross Wallace Creek.

The construction will begin in the next few weeks and has a project completion date of Nov. 8, 1996. At first, traffic problems will accompany people that use Holcomb, but hopefully people will get used to the construction and shuffle their schedules to meet the situation, said Ken Lacy, project manager.

"For all who use Holcomb, there will be traffic problems," Lacy said. "Outgoing traffic and incoming too, will experience tie-ups during the prime hours."

The project will be broken down into two phases. The first, lasting from Dec. through May 1996, will be the construction of an additional temporary bridge over Wallace Creek, so

that two lanes of traffic will always be available, according to Lacy.

"The temporary bridge will be used by outbound traffic leaving the base," he said. "The inbound traffic will shift to the old outbound bridge and work will then begin on a new inbound bridge first."

Like all road construction sites, professional Department of Transportation signs will be posted relieving the confusion of shifting lanes and speed limits, explained Lacy.

"The signs will be posted long before construction begins allowing people to get used to the speed limits and construction atmosphere," he said. "A speed limit of 45 mph will be posted and strictly enforced."

The second phase of construction will last from June 1996 to Nov. 1996, added Lacy.

"The process will be about the same," he said. "Lanes will shift, utilizing the new inbound bridge and the temporary bridge once again. This will allow construction crews to build

the new outbound bridge."

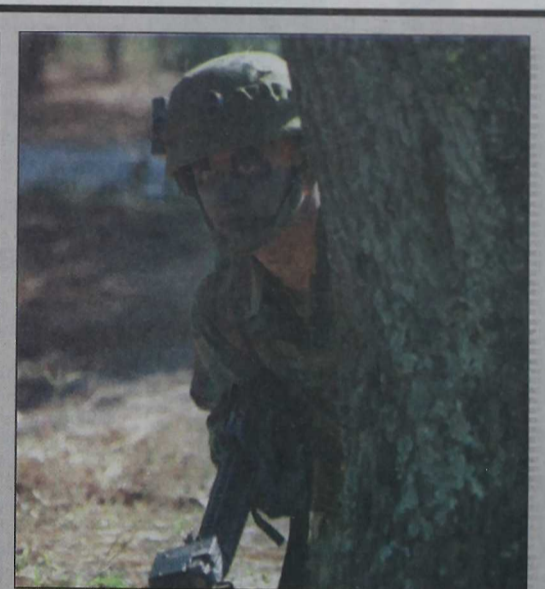
The bridge project will definitely cause problems to everyday activities aboard base. There is however, an additional project taking place at the same time that will cause more of a delay for Holcomb Blvd. travelers, continued Lacy.

"The contract T.A. Loving received, included a requirement that Holcomb be paved during the allotted time frame," he said. "The paving will start at the main-gate and continue until finished at the end of Holcomb at Building #2."

That is the bad part of the whole contract, continued Lacy.

"Paving requires that lanes be alternated, thus taking away two lanes of traffic, both inbound and outbound," he said. "However, there are set hours that have been established for the necessary work. No paving will take place from 6:45 a.m. until 8:00 a.m. or from 4:00 p.m. until 6:00 p.m."

See TRAFFIC/20A



Cpl. Jason C. Huffine

The eyes have it

PFC Charles Coffey, dressed in MILES gear, moves around a tree keeping watch for any possible ambush. Coffey, a member of Ordnance Maintenance Company, 2nd Maintenance Bn., was participating in an infiltration exercise to enhance basic combat skills. (See related story, photos Pages 12/13A.)

Board keeps MWR, base abreast of singles issues

Cpl. Joseph B. Gray III
Globe staff

Single Marines living aboard Camp Lejeune are constantly looking for bigger and better ways to entertain themselves as well as methods to make barracks life more comfortable.

In 1991, the Morale, Welfare and Recreation Division created the Singles Advisory Board consisting of representatives from MWR and Marines from units on base, to give the Marines a chance to voice their suggestions about what changes they would like to see made to services aboard Camp Lejeune.

The Singles Advisory Board meets once every six weeks to hear the suggestions and opinions of single Marines who live aboard Camp Lejeune. According to Wynn Hildreth,

director, MWR marketing division, the Singles Advisory Board really helps MWR.

"All of our representatives are single NCOs and below," Hildreth said. "When they meet, they have a round-table discussion about issues important to the single Marines aboard base. We really listen to the suggestions they have for MWR and take action on the issues immediately. The Singles Advisory Board gives us great information, and they're usually correct about changes that need to be made."

At the last meeting for the Singles Advisory Board, they addressed such issues as laundry facilities, phones in the barracks and having more messnights. Hildreth said the Singles Advisory Board gives MWR a chance to work on the issues Marines

See BOARD/20A



Cpl. Jim Davis

They came in peace

The 2nd Marine Division Color Guard marches on the colors to begin the ceremony commemorating the 12th anniversary of the Beirut bombing. Local dignitaries, family members and friends of the victims gathered at the Beirut Memorial Monday to remember those who died in the terrorist bombing of the 24th Marine Amphibious Units' headquarters at the airport in Beirut, Lebanon on October 23, 1983. There were celebrations held at various areas around the base Monday remembering the Marines, Sailors and Soldiers who died in the tragic event. The memorial is the result of the efforts of the Marine Corps League. (See related story, photos Page 6A.)

UNITAS visits world's southernmost town

UNITAS 36-95

After navigating the spectacular inland waterways of southern Chile, the UNITAS 36-95 task group has arrived in Ushuaia, Argentina, the southernmost city in the world.

The ships will spend one night in the tiny city that is the gateway to Argentina's Patagonian Frontier to the north and the jump-off point for tours to Antarctica in the south.

During the brief visit, task group Sailors and Marines had the opportunity to explore this unique city's shops and restaurants.

The U.S. Forces were joined there by three ships from the Argentine Navy. From Ushuaia, the combined U.S.-Argentine task force entered the Atlantic, met additional units from Argentina, Spain and Uruguay and began phase seven operations. These operations include anti-surface, anti-submarine, anti-air and amphibious exercises scheduled to continue until Saturday.

Two Brazilian units will join the task force further north. Additional port visits will be conducted by different U.S. units in Puerto Belgrano,

Mar Del Plata and Buenos Aires.

People-to-people events will include a community relations project scheduled for a kindergarten near Puerto Belgrano. Sailors and Marines from USS Ashland will spend a day painting the school.

Ships that make up the UNITAS 36-95 task force include the UNITAS flagship, USS Comte De Grasse from Norfolk, Va., USS Fahrion from Mayport, Fla., USS Trepang, from Groton, Ct., USS Copeland from San Diego, Ca. and the USS Ashland from Little Creek, Va.

The U.S. Task Force is composed of the Special Purpose Marine Air-Ground Task Force UNITAS from Camp Lejeune, Foxtrot Platoon of Seal Team Four from Little Creek, Va., Explosive Ordnance Disposal Mobile Unit Two detachment from Little Creek, and Naval Beach Group also from Little Creek, all on board the USS Ashland. In addition to those units, the staff of Coast Guard Squadron 42 from Portsmouth, Va., is embarked aboard the USS Copeland and participating in the Desron Role for the U.S. Task Force.

NMFA, megaphone for families

Cpl. Jim Davis
Globe staff

Raising a family is challenging. It can be even more challenging for a military family with servicemembers being deployed frequently. The National Military Family Association, principally made up of volunteers, identifies with these challenges and serves family members of the seven uniformed services; Army, Marine Corps, Navy, Air Force, Coast Guard, Public Health Service and National Oceanic and Atmospheric Administration.

"The organization listens to the concerns of individuals and takes their problems and suggestions to Congress. Our role is to educate, inform and advocate for military families," said Mary Regner, a Camp Lejeune representative. "We have a proven track record for action and getting problems fixed."

In 1993 and 94 NMFA successfully campaigned to increase the active duty pay raise to 2.2 percent in fiscal 1994, instead of the requested zero percent according to NMFA reports. Again in fiscal 1995 they lobbied successfully for a 2.6 percent raise instead of 1.6 percent, NMFA reports say. During the same time period NMFA also successfully campaigned for a 20 percent increase in funding for family support programs, child care programs, youth programs and family advocacy programs as well as increased funding for the New Parent Support Program and funding for the repair and maintenance of federally owned schools located on military installations.

Founded in 1969, NMFA is the only national organization dedicated solely to the concerns of families of the uniformed services. Since its staff is mostly volunteers, NMFA's staff is uniquely qualified to speak on behalf

of families, because its members have experienced everyday life as part of one of the services.

According to Catherine Ahl, an NMFA representative in the field, "We are committed to family issues because 60 percent of the military is married, and those issues directly affect readiness and retention. Active duty servicemembers, whether at home or deployed, can concentrate on the mission if they know their families are living in safe and affordable housing, with their medical needs being met, their children receiving a quality education and a support system available to help with any problems they may face."

The organization seeks to inform family members of policies affecting them, their rights and their benefits as well as educate the public and policymakers on the quality of life in the military community and other is

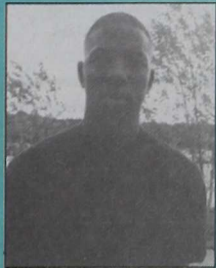
See FAMILIES/20A

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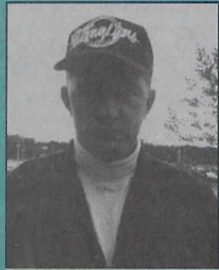
The Chatter Box

"Has the Marine Corps changed during your enlistment? If so, how?"



Cpl. Norvel Amey
8th Eng. Supt. Bn.

"Yes. The quality of Marines isn't as good as it used to be."



LCpl. Walter Granger
2nd Bn., 8th Marines

"I don't think there have been any changes that I've noticed."



LCpl. Brent Ziebarth
5th Bn., 10th Marines

"Yes. The working conditions on base have improved."



LCpl. Peter Haas
8th Eng. Supt. Bn.

"The chowhalls have improved. They have a wider selection of food, and T.V.s have been set up so we can watch while we eat."



LCpl. George Garcia
2nd Bn., 10th Marines

"Female Marines now run the same PFT as male Marines."



Cpl. Kate Mills
8th Eng. Supt. Bn.

"The Marines coming out of Recruit Training are not as physically fit."



Pvt. Raymond Rosario
2nd Bn., 8th Marines

"Recruit Training has gotten a lot softer."

Editor's note: We are finally starting to receive your letters, keep sending them! Remember, the letters should address concerns pertaining to the military, Marine Corps and Camp Lejeune as a whole, not individual gripes. Letters must include name, rank and work extension. Mail letters to Commanding General, (Attn: Public Affairs/Letters to the Editor), Marine Corps Base, PSC

Box 20004, Camp Lejeune, NC. Mail them off at Building 67, CPAO. Also the e-mail address Woosley@JPAO@MCB Lejeune

Stop all forms of hazing

All Marines received a set of marching orders directly from the Commandant, "all forms of hazing will stop".... Any questions?... There should not be. Yet in my travels around the base I have to pull Marines aside on occasion and explain that certain actions they are involved in are considered hazing, i.e. the pinning on of chevrons at a promotion ceremony.

The pinning on of the blood stripe when being promoted to the NCO ranks. The usual response I get is, "SgtMaj, its tradition." No!! Tradition is following lawful orders issued by our superiors. There is no tradition that says we are to humiliate or physically hurt fellow Marines. That's why our

Commandant said for it to stop.

Rights of passage or initiations into units have also been established by our Commandant and they are, graduation from recruit training and graduation from our MOS-producing schools with orders in hand, (issued by the Commandant).

These requirements are tough enough, there are "no others."

Get in step Marines, we are a Corps of professionals, we know how to follow orders and accomplish the mission.

We have our orders now lets accomplish the mission. "Stop all forms of hazing."

SgtMaj. Carver
SgtMaj.
Marine Corps Base

Brand name items, prices are not practical for junior enlisted

Whose pay stubs are the executives of the Post Exchange looking at?

Well they certainly aren't looking at the junior enlisted's because we can't afford the name brand items they choose to sell. High priced, name brand items are not practical for low ranking exchange shoppers.

While walking down the clothing aisle, on the left you see a Liz Claiborne section taking up half of the women's clothing department. The average dress will cost \$120, and that's one fourth of a PFC's paycheck.

As you make your way to the men's department, you see the Ralph Lauren Polo section where one shirt averages \$40. Are we in Macy's? Put away your plastic, this is the Post Exchange.

The Exchange is an establishment where junior and senior military members can purchase quality items at a lower price. This is to make up for their paychecks which don't carry an abundance of wealth.

What happened to those jeans you could buy for \$10 - \$15? Now the

jeans have to be Guess for \$50. Well guess what? The junior enlisted can't afford to spend that much money on jeans.

The exchange also carries a wide variety of fine china and crystal. This really comes in handy for those Monday Night Football beer parties where you need that special serving dish that will run you about \$120.

Or maybe you would like to take up a new hobby like golf. You had better stick to chess. With the prices that you'll find at the exchange, you would think that Arnold Palmer shops there for his clubs.

I think the Post Exchange executives are influenced too much by the officers who can afford these expensive items.

School days are over, and many enlisted personnel, including myself, are not worried about the name on their clothes.

So why not even up the score and put things in the Post Exchange that the junior enlisted can afford, and we'll stop shopping at K-Mart.

Sgt. Clemenko
HQ. SPT. Bn., MCB

Violence: not the mark of a 'real man'

I wish I could take a walk with my wife. Nothing major, just around the block, maybe even to the beach where we could kick off our shoes and wade in the surf. Sounds pretty simple, but it is something Peggy and I will never do in this life. Oh, I can do the walking I guess. But it would be more fun if she could, too.

You see, Peggy can't walk. She hasn't been able to since "Good" Friday, 1983, when her first husband, in the culmination of years of abuse, used a .38-caliber in a last attempt to control her.

Unfortunately, Peggy is not alone. There are more of her every day. There are even those not as "lucky" as Peggy who have not survived their abuse. And it is not solely a problem of the society that surrounds us. Throughout the Department of Defense, four out of five reports of domestic violence in military families are substantiated. That works out to about 16,000 cases annually.

That's 16,000 cases too many. I think I am qualified to tell you that if you are in an abusive situation, your life is in danger. And, if you have children, so are theirs. But the good news is help is available. And it doesn't mean you have to betray your spouse to get it, either. Read on.

Usually, the pattern of abuse starts with your emotions, according to Gail Kiefer, Family Advocacy Prevention specialist at the Family Service Center, Camp H. M. Smith, Hawaii. It starts with little put-downs and insults, or he just ignores you and tries to make you think you're crazy. He then will try to control who you

see, what you do and how you spend your money.

The downward spiral continues into physical violence. He destroys your personal belongings and sentimental items. Then, he turns on you. First a slap, then a punch or choke hold. The worst part is he won't stop there. In more than half of the documented cases of abuse, said Kiefer, the abuser eventually turned on his own children and intentionally injured them.

What a man. Have I been describing you? Either way, if you are the abuser or the abused, get help NOW.

Perhaps you truly love your husband and want your relationship to work. You believe your husband will change someday. Of course you do, you wouldn't be a good wife if you didn't. While I commend your loyalty, the sad fact is an abuser will not change until he is forced to do so by being confronted by someone he recognizes as a higher authority. In our case, that someone is usually a commanding officer.

But if you report him, won't that set him off more and put you and the children in even more danger? Won't it hurt his career? If you leave him, won't you lose your housing?

First of all, if you call the Family Advocacy Program, the primary concern is your safety. They will help you work out a safety plan to ensure your protection.

If you are in danger from an abuser, the safest place you can be is in the Onslow County Women's Center.

Maybe you are concerned with hurting your husband's career. If you confront the situation early enough, before it turns violent (and it will turn violent

'Marine Corps Institute is broken'

I believe that the PME program and its progress is making the Corps better. MCI courses are an important part of this process, so important that some courses are a prerequisite for promotion. MCI courses are a cornerstone of a proficient and multifaceted Marine, the Marine you want to do practically everything.

I have been preaching, preparing, and showing by example that MCIs are a good thing. However, it is pretty tough to sell something that is required and helps Marines if you can't get the materials in a timely fashion, if at all.

As a MSgt., points for promotion aren't important to me, but to my LCpls, it could be the difference between staying Marine or getting out. I want my best Marines to take my place, not go somewhere else to excel.

Recommendation: It's time to pay the piper. Either, improve the mail system or expand MCI by creating a west coast distribution site, and improving MCI's computer capability.

We have the LAN; we are continuing to tap into its capabilities; and, our young Marines are smarter with computers than we ever were at their age. Why not let them use their stuff? Create on-line MCI. MCI mails them the course book; the rest is accomplished on-line. In the future, when your warfighting labs come on line, we should also have terminals available to Marines to do their PME MCI courses at the same locations on their offtime. MCI should have a home page, so that if a Marine has the capability at home, he can access the on-line MCI on his own.

Education, both civilian and PME, are critical to the Corps' future. Every little bit will help.

I thank you for your time, sir. Semper Fi.

MSgt. John F. Petrie III
5th Marines, 1st Marine Division

RESPONSE: Maj. K. W. Amidon, Marine Corps Institute, provided the fol-

lowing response to N Mail: Thank you for your suggestion via Commandant of the 26, since the subject within my area of res

Your comments a The Marine Corps In 165,000 students e Once an enrollment 1 has been entered into is mailed to the stud Generally, our mail is with the exception of is sent first class. Dis once it's received by take an inordinate amo no control over the m institute. Exams re graded that day and tem that night. A clos the last day of each activity reports used t monitor their unit's M

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Maj. K.W. Amidon
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Around The Globe

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they prefer an all-C-17 transport force instead of one composed of mixed aircraft, including a candidate offered by the Seattle aerospace giant.

The preference for an all-C-17 fleet is outlined in an Oct. 11 letter from JCS chairman Gen. John Shalikashvili to Defense Secretary William Perry and obtained by *Defense Week*.

Disclosure of the contents comes as the Pentagon acquisition bureaucracy enters the final deliberations over the future of the nation's airlift fleet - a decision that means billions of dollars and thousands of jobs for the winning contractor.

A preliminary meeting of the Defense Acquisition Board was scheduled to meet Oct. 24. The so-called "readiness review" was in preparation for the next week's full-up series of meetings on whether to buy up to 80 additional C-17 or the Boeing complement, known as the non-development airlift aircraft, or NDAA.

Although the preferences, as outlined by Gen. Shalikashvili don't automatically exclude Boeing's 747-400 C-33 candidate, they make its case harder because the C-17 is performing so well and the McDonnell Douglas Corp. offered a bargain-basement price. (*Defense Week*)

3. USS Stethem named after enlisted man

PORT HUENEME, Calif. — A decade after terrorists killed Petty Officer Robert D. Stethem, the Navy commissioned a guided-missile destroyer in his name Oct. 21 at a ceremony attended by thousands.

The USS Stethem is the first U.S. Navy ship named after an enlisted man. Petty Officer Stethem, 23, a seabee diver was killed by Arab ter-

rorists during the hijacking of a TWA airliner to Beirut in 1985. During the ceremony, Petty Officer Stethem's mother, Patricia, presented her son's bible as a gift to the vessel.

"We never solicited this, but it's been a happy point in our lives since this happened to him," Petty Officer Stethem's father, Dick said of the ship naming.

The 8,600-ton, 505-foot ship, built at Ingall's Shipbuilding in Pascagoula, Miss., will be based in San Diego. (*Washington Times*)

4. 85,000 turn out for Okinawan protest

GINOWAN, Japan — Up to 85,000 Okinawans, many more than expected, chanted slogans from another era including "Yankee go home" Oct. 21 in the biggest-ever protest against U.S. bases on this battle-scarred Japanese island.

The protest, sparked by the alleged rape by three U.S. servicemen of a 12-year-old girl, tapped into resentment of the island's role as the main base for American troops in Japan.

A small group tried to burn a U.S. flag and several hundred people broke away from the rally and marched on Futenma Air Base, where they shouted "Go home" at guards before dispersing.

The rally was staged at a time of increasing tension between the world's two most powerful economies, which are embroiled in disputes about a trade war and economic spying.

Organizers said demonstrators numbered 85,000, far more than the forecast 50,000. Police estimated 60,000.

The protest ended without incident after two hours and police said the demonstrators dispersed in an orderly

maner.

The rally adopted by acclamation a resolution condemning the United States for an "occupation mentality."

"Such brutal crimes, which have been repeatedly committed by U.S. military personnel, clearly show decline of discipline [by U.S. forces] and indicate the deep-rooted occupation mentality that has lasted to this day," the resolution said.

A group called the "Okinawa-Osaka Solidarity Committee to Prevent U.S. President Clinton from Visiting Osaka for APEC" was detained briefly when members tried to burn a U.S. flag. (*Washington Times*)

5. Divers find infiltrators' gear

SEOUL — Divers found a rifle, pistols and other equipment Oct. 20 believed to have been abandoned by North Korean infiltrators.

The equipment was found about 200 yards down river from where a man identified as a North Korean infiltrator was shot and killed Oct. 10.

North Korea, meanwhile, accused South Korea of having fabricated the whole incident.

An M-16 rifle, pistols, a camera and food were found in a plastic bag in the Imjin River, about five miles south of the border, the Defense Ministry said.

The discovery of the equipment backs the belief that there were three infiltrators, according to the ministry.

A man believed to be the second infiltrator had been observed late Oct. 10 walking toward a guard post on the North Korean side of the river.

The third infiltrator is believed to have died or returned to the North, it is said, adding that no plans were afoot to reinstate a massive manhunt. (*Pacific Stars & Stripes*)

Avoid the used car rip-off

Maj. M. S. Archer
Legal Assistance Office

Almost every day, someone comes into the legal assistance office complaining that the car they bought is too expensive, doesn't run well or the dealer lied about some aspect of the sale. Often, but not always, there is little the office can do to help the buyer, as the contract is filled with fine print protecting the seller from just about anything. Listed below are some, but by no means all of the problems our clients have encountered, as well as some tips to avoid being ensnared.

The law provides no warranty on used cars sold in North Carolina. They are sold "as is;" there isn't even a guarantee they will make it back to the base! Some don't. Some vehicles may still be covered by the manufacturer's warranty, but don't rely on a salesman's word: Get it in writing. Generally, the only way to get a warranty is to purchase it and it may be costly. Be aware that all warranties are not alike, they may last for a very limited time, not take effect until 15 days after the purchase of the car, cover only certain systems, require the use of certain engine lubricants, require repairs to be made only at a certain place distant from where you will PCS, or cover only original parts, which have long since been removed from the vehicle.

The salesman's verbal promises mean absolutely nothing. Most contracts contain what is known as an integration clause, which says that the only deal you have is written down on the contract and nothing else counts.

How do you know if the vehicle is overpriced or the dealer is reputable? Obviously, comparison shopping will help. Call the Better Business Bureau or the legal assistance office to see whether there have been complaints about the dealer. Find out how much the Marine Federal Credit Union or the Navy Federal Credit Union is willing to finance for such a vehicle. Also, find out what its blue book value is. If the car costs more

than the credit union is willing to lend, chances are the vehicle is overpriced, even if it is in good shape. (Be wary of some lenders the dealer refers you to, or which seem to have some kind of tie in with the dealer.) In calculating the price, be sure to include sales tax, any warranty purchased, closing fees, titling fees and insurance.

Carefully examine any insurance the dealer or on-premises lender tries to sell you. Our clients have been told their insurance was "good to go," only to find that the insurance they bought was insufficient to operate the vehicle or to register it on base. What they actually bought were policies that insured the lender; the lender was paid if the buyer died (the "credit life" policy) or if the buyer destroyed the car. No liability insurance was included. Not only that, but this insurance was purchased on credit that had the Marine paying interest fees over 20 percent.

Which brings us to the topic of credit. Young enlisted servicemembers are considered a high credit risk; consequently, the interest on the loan can be enormous, 22 percent and more. You may wind up owing far, far more than the vehicle is worth. If the vehicle is destroyed, the insurance may pay only the low value of the vehicle, sticking you with the remaining balance owed to the lender. Some lenders even require the servicemember to waive the protections of the Soldiers and Sailor's Civil Relief Act, which means that, regardless of how good your defense is, you lose if you don't show up in court - even if your absence is the result of deployment or other military orders!

Try to secure a reasonable loan with a reputable lender. If you can't, seriously consider whether you really need that car.

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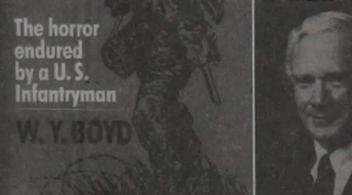


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Cpl. Jim Davis
The 2nd Mar. Div. Color Guard stands at parade rest during the ceremony.



Cpl. Jim Davis
The sculptor used several Marines to model for the statue at the Memorial.



Sgt. Steven G. Steele
Family members and guests pay their respects to the fallen.

The Other Wall

It does not stand in Washington
By others of its kind
In prominence and dignity
With mission clear defined
It does not list the men who died
That tyranny should cease
But speaks in silent eloquence
Of those who came in peace.

This other wall is solemn white
And cut in simple lines
And it nestles in the splendor
Of the Carolina pines.
And on this wall there are the names
Of men who once had gone
In friendship's name to offer aid
To Beirut, Lebanon.

They did not go as conquerors
To bring a nation down
Or for honor or for glory
Of for praises or renown
When they landed on that foreign shore
Their only thought in mind
Was the safety of its people
And the good of all mankind

Though they offered only friendship
And freedom's holy breath
They were met with scorn and mockery
And violence and death.
So the story of their glory
Is not of battles fought
But of their love for freedom
Which was so dearly bought.

And their wall shall stand forever
So long as freedom shines
On the splendor and the glory
Of the Carolina pines.

R. A. GANNON

Photo adds to battalion's legacy

Sgt. Steven G. Steele
Globe staff

In 1981 Sherry Thurston captured a piece of history on film. As she traveled near her home in Sneads Ferry she saw a group of Marines alongside the road and decided that they would make good subjects for a painting she was thinking of doing.

"My brother told me if I was going to capture the essence of eastern North Carolina, I had to paint some Marines," Thurston said. "Marines were coming and going frequently in this area. I stopped and talked to the officer-in-charge of the group that just seemed to be lounging on the side of the road."

(That officer was 1stLt. Bill Zimmerman, who was later killed in Beirut.)

"I was snapping so many pictures, some of them joked that I probably didn't even have film in my camera," she continued. "Of all the photos I took, one struck me out of the blue as being special, like there was some hidden purpose behind it."

She decided to paint only the Marines in the foreground so as not to clutter the picture. Even though Thurston had been an artist for over a decade at the time, she still faced some challenges with this particular painting.

"I painted the camouflage pattern for several days, just to get it right," she said. "I'd never really looked at 'commies' before, or weapons either for that matter. I studied that photo very carefully trying to get every last detail just right."

She put a very high price on the painting (\$1,200) from the beginning because it was such a touching piece for her. She finished the painting and hung it at various times at different businesses in the area.

Thurston never identified the Marines in the picture, but a Marine colonel who saw it said that they were from the 1st Bn., 8th Marine Regiment.

"At the time it didn't really register with me," Thurston said. But later it did register. She remembered that 1st Bn., 8th Mar., was one of the units in Beirut, Lebanon in Oct. 1993, the month of the bombing of the Marine headquarters there.

"In 1984, I received a letter from the sister of (1st)Lt. Zimmerman," she said. "While looking through some of his things, she found a photograph with my name and number on it, and was trying to find out if I had any more photographs of her brother."

Later she became involved with the unveiling of the Beirut Memorial, both as a member of the invitation committee and as the sketch artist for the first pen-and-ink sketch of the monument. But the most significant moment of this saga was yet to come.

"I read an editorial in *The Jacksonville Daily News* from a woman who felt 'a living memorial' would be much more appropriate," she said. "I discussed the idea of a scholarship with Bill's (Zimmerman) family, and they felt it was wonderful."

That's how the Thurston-Zimmerman Scholarship Fund came into being.

With the help of the Zimmerman family, Thurston had prints made of her award-winning drawing, which she titled 'Waiting.' Profits from the sale of those prints and postcards of the same design, are all donated to the scholarship fund. Those funds and the several thousand dollars of her own money Thurston has put into the project have kept it going. The scholarship is available for active duty military personnel and their dependents attending Coastal Carolina Community College.

It has been about 14 years since Thurston captured that immortal moment on canvas. Even though she has never positively identified the four Marines in her painting, she has met one of the Marines in the background of her photo. He told her that those Marines were in Co. C, 1st Bn., 8th Marines. Although

she was sure none of them was in that company, she thought that would give her some of what she had in mind.

"The people in the background, I don't know who they are, but I can give you a name," she said.

In a company for landing zone Sparrow, one of the prints, about her painting from the company postcards to the assembly line behind them the story behind the story.

"I guess these guys or something," Thurston said. "I've been waiting for a while around."

At the ceremony was her first experience up and wait" the gathering of laughter.

The company commander, D. Hallahan, summed up his feelings with a smile. "I'm honored to be part of it. It will always be a piece of history. I hope to have a tangible piece of history of past Marines. We feel that Eastern home for Marines. Keep them and care for us in general."



Photo courtesy of Sherry Thurston
Sherry Thurston, of Sneads Ferry, took this photo of Marines in 1981 as they waited on the roadside for a truck to pick them up.

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11	12	13	14	15	16
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19	20	21	22	23	24
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26	27	28	29	30	
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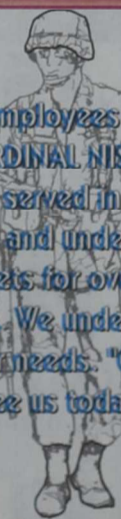
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2nd Radio Bn. seizes airwaves

Cpl. S.L. Kille III
Globe staff

The ongoing dispute between the neighboring countries of Kalaharia and Rumaria over their territorial borders escalated this week as both countries began increasing military operations in the area. To prevent the situation from becoming a full-scale war, the President of the United States sent elements of the II Marine Expeditionary Force into the area to contain the volatile situation. Though only a fictitious scenario, the fall of the "Iron Curtain" has brought about the formation of many new countries and has fostered many disputes over borders.

Never knowing if and when they may have to interdict in such a situation, the Marines of 2nd Radio Battalion, 2nd Surveillance, Reconnaissance and Intelligence Group, II MEF, headed to the field Oct. 14 for a week-long training exercise. The exercise tested the Radio Bn. Marines' ability to conduct collection and electronic attacks against live, exercise target communications, and conduct rear area security in such a scenario.

"The mission of 2nd Radio Bn. is to provide tactical signals intelligence and ground electronic warfare support to the Marine Air Ground Task Force commander," said Maj. Kirk D. Palmer, operations officer. "In this scenario the MEF Forward, consisting of two infantry regiments, has landed in the area. We have organized our battalion to support both regiments and the Marine Task Force commander."

The battalion accomplishes its mission by using collection teams to exploit enemy communications and find the location of the enemy's electronic emissions. Four teams, with slightly different assets, set out to do just that.

"In an operation this size we have two,

six-man teams mounted on 'humvees' roaming around. Those teams have the capability to intercept and to find the direction of the enemy's signals through the use of a PRD-12 (Portable Radio Direction). We also have a MEWSS (Mobile Electronic Warfare Support System) team which is mounted on a Light Armored Vehicle. The MEWSS team has the ability to not only find direction, but can jam enemy broadcasts," Palmer said. "We gain further collection capability through our Radio Reconnaissance Team. Used in advanced force operations, the RRT is inserted in or near enemy lines to intercept messages that the other teams can't."

During the exercise, the teams were in rapid pursuit of the Command and Control Warfare Group's Collection and Deception System Van. Based out of Little Creek, Va., the CADSVAN replicates numerous communication nets. "The CADSVAN was loaded with a script for the exercise," Palmer said. "Following the script, the vehicle transmits 'enemy' messages while moving from one spot to another."

When the collection teams intercept the messages, they are relayed to the Operational Control and Analysis Center. Co-located with the Marine task force headquarters, the OCAC processes raw intelligence provided by the collection teams and provides indication and warning to the ground combat element commander. The OCAC maintains operational control of the collection teams.

Another link in the chain is the Company Operational Element. Located with the infantry regiments, the COE handles the administration and logistics of the collection teams. In the event the OCAC loses operational control of the collection teams the COE is prepared to step in as "the middle-man," until the OCAC regains control, according to 1stLt. McClendon N. Waters, assistant training officer.

Though the focus of the training was on its primary mission of signals intelligence, 2nd Radio Bn.'s support elements conducted three days of rear area security training that included day and night patrolling, perimeter defense and security. As a culmination the rear area was attacked with CS gas to train the Marines in rear area security in a Nuclear, Biological and Chemical warfare environment.

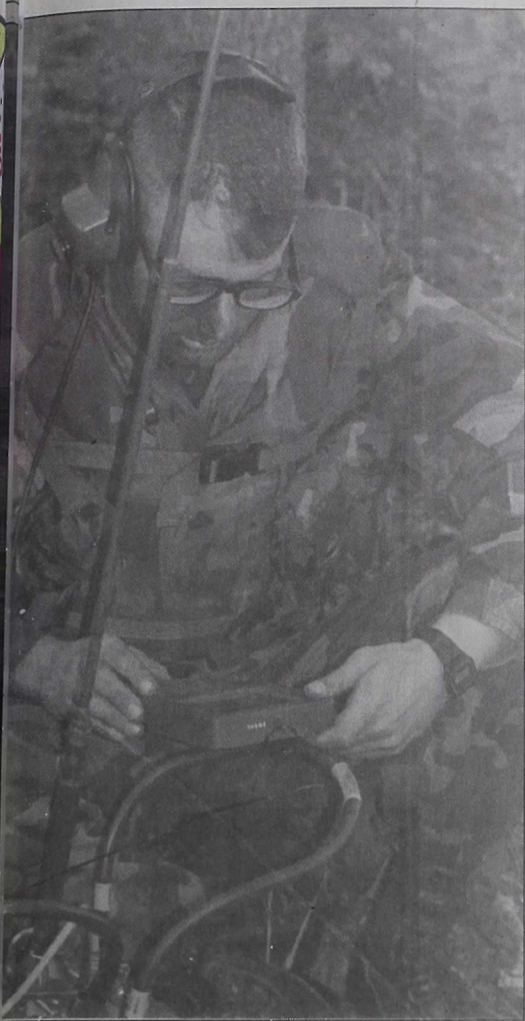
"We rarely have the time to train the battalion in NBC defense," said Sgt. Michael R. Impastato, 2nd Radio Bn. NBC section. "We want to make sure that everyone knows what to do in a chemical attack and how to decontaminate themselves so that they can carry on with regular operations." Impastato added, "It's not easy to turn a wrench or do any kind of work with protective gear on."

To get them out of the Mission Oriented Protective Posture (MOPP) suits so that they could get back to work, Impastato ran the Marines through a Personnel Decontamination Site (PDS). The PDS consisted of seven stations in which different pieces of clothing were removed and discarded.

The battalion rounded out the training exercise with more gas attacks, including an attack on the OCAC. Because of contamination, some personnel were required to wear protective gear for lengthy periods of time. The OCAC was contaminated for nearly 15 hours. "It wasn't pleasant for the Marines at the OCAC, but they did remain operational," Waters said. "If they lacked confidence in their masks before the exercise, they definitely are fully confident now."

Overall, the goals the battalion had set for themselves were met.

"We had ambitious objectives with regards to signals intelligence and battle skills training," Waters said. "We wanted to challenge our Marines and Sailors physically and mentally; we did just that."



Cpl. S.L. Kille III

2nd Radio Bn., tracks the direction of 'enemy' radio transmissions antenna/computer.



Cpl. S.L. Kille III

area security, Marines man an M60-E3 machine gun while in MOPP Level 3 during 2nd Radio Bn.'s recent field exercise.



Cpl. S.L. Kille III

Sgt. Michael R. Impastato, NBC, 2nd Radio Bn., teaches the proper way to move an injured person through the Personnel Decontamination Site after a simulated chemical attack.



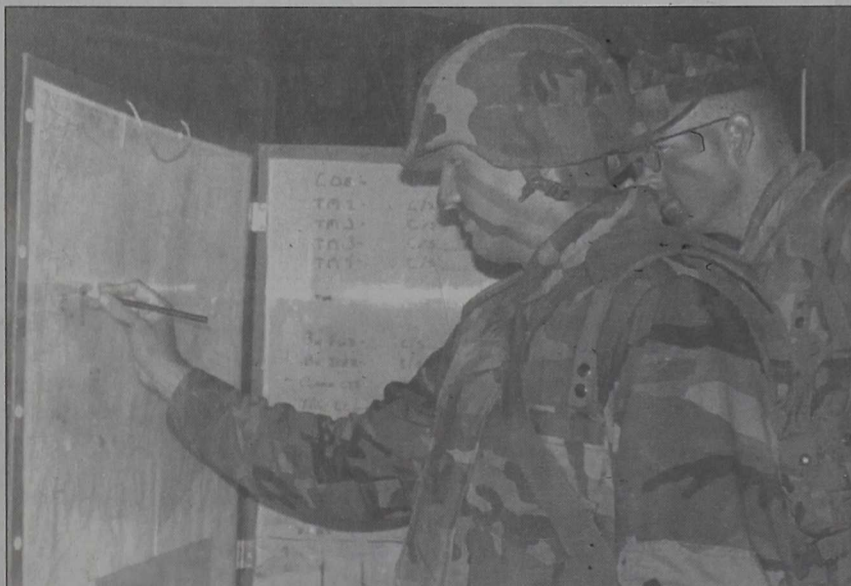
Cpl. S.L. Kille III

A Marine is checked by a monitor to ensure that no contaminants remain before exiting the PDS and removing his protective mask.



Cpl. S.L. Kille III

ing at Station 2 of the Personnel Decontamination Site, decontaminate a Marine's protective gear. The PDS consists of seven stations which systematically decontaminate equipment.



Cpl. S.L. Kille III

First Lt. Eric D. Fagen plots 'enemy' signals at the Company Operation Element headquarters.

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2:00 AM October 29th

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As you're like most drivers, you're probably displeased with the sharp run-up in gas prices this summer. The price of gas has even the



As gas prices have come down, they're still high. This is a good time to get a new car. The "Consumer's Guide" from American Automobile Association advises

to buy more expensive cars if your car is old and most cars are cleaner-burning. The vast majority of new cars are 87 octane.

Gas has been in use since the beginning of time. Although required for only nine years, the worst air pollution have opted into a cost-effective

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In the first year alone, it will lower pollutants by 300,000 tons—the equivalent of taking 8 million cars off the road. By the turn of the century, it's expected to cut air pollution overall by more than 20 percent.

The cost of this achievement is modest, an average of four cents per gallon, according to AAA, which did a survey of pump prices. In fact, the auto club says RFG "may be the best thing that ever happened to gas."

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A special telephone hotline has been set up to provide information. Call the National Reformulated Gasoline Hotline, 1-800-GO TO RFG.

Preserving Your Family History Can Save Your Life

Knowledge is power. It comes to your family tree. Your family tree provides clues that can help you assess your risk for certain diseases and for a healthier

Once you've completed your family tree, share it with your doctor so he or she can help you to assess your overall risk for heart disease and stroke. Although you can't change your family history, you can help change the course of your future health by taking steps toward prevention today.

Research has proven that making positive lifestyle changes—like quitting smoking, eating a low-fat diet, exercising and controlling blood pressure and cholesterol levels—can significantly lower the risk of a heart attack or stroke.

Studies have also shown that an aspirin regimen, along with healthy lifestyle changes, can reduce the risk of recurrent heart attack and stroke. Ongoing research is also exploring aspirin's possible role in the prevention of first heart attack and death during an evolving heart attack. Most people can take aspirin; in fact, less than six percent of the population cannot take aspirin because of stomach upset. Ask your doctor if aspirin is right for you.

Understanding your family medical history is vital to your future health. Bayer Corporation and the American Heart Association have developed a free guide to help you track your family health history and assess your risk for heart disease and stroke. For a free copy, call 1-800-332-2253, or write to: "Getting to the Heart of the Family," Bayer Corporation, P.O. Box 1088, Grand Rapids, MN, 55745-1088.

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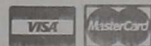
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Cpl. Jason C. Huffine

SSgt. Berry Basil, Ordnance Maintenance Co., 2nd Maintenance Bn., 2nd FSSG, cleans the barrel of an M249 Squad Automatic Weapon to protect the weapon against rust and a possible stoppage for the next person firing.



Cpl. Daniel Blaisdell, Ordnance Maintenance Co., 2nd Maintenance Bn., 2nd FS



Cpl. Jason C. Huffine

HM3 Colleen Starr, French Creek Area Clinic, 2d Medical Bn, fires the M60E3 Machine Gun at the G-3 impact area.

Getting back to basics

Cpl. Jason C. Huffine
Globe staff

Marines and Sailors of Ordnance Maintenance Company (OMC), 2nd Maintenance Battalion, 2nd Force Service Group, recently completed a week-long training exercise emphasizing the need of basic battle skills training.

Bivouacked at Landing Zone Falcon, OMC constantly shifted their position to other landing zones to perform such tasks as grenade throwing, crew-served weapons shoots, and combat tactics in Combat Town.

The training gave the non-combat oriented Marines field experience vice normal everyday activities associated with OMC, according to SSgt. Christopher Mortimer, acting company gunnery sergeant.

"In the rear, we keep the ground units going by performing maintenance on small arms, light armored vehicles, optics and more," Mortimer said. "And now, when given the opportunity to play on the gear we fix, we made the best of it."



Cpl. Jason C. Huffine

The live-fire exercise was the highlight of the week, explained Mortimer.

"Marines seem to come alive when rounds are going down range," he said. "Especially when it's 10 p.m. and you're on line to fire the Final Protective Fire. What a sight."

Right, LCpl. Ryan Fender, Ordnance Maintenance Co., 2nd Maintenance Bn., 2nd FSSG, loads his M16A2 magazine in preparation for the defense of Combat Town during a week-long training exercise in basic battle skills. Left, PFC Donald Hazellip, Fire Control Plt., OMC, 2nd Maintenance Bn., 2nd FSSG, contacts range control to make sure the range is clear to go "hot" before firing begins.





Cpl. S. L. Kille III

Above, two Marines from Ordnance Maintenance Co., 2nd Maintenance Bn., move cautiously through a window to take their position in Combat Town during an urban training evolution. The MILES gear they are wearing will register "hits" during the simulated skirmishes. Left, LCpl. Derrick Wheeler, Ordnance Maintenance Co., 2nd Maintenance Bn., 2nd FSSG, shows his form by throwing a practice grenade before throwing the real thing during a week-long training exercise. Throwing the practice grenade will assure proper safety procedures are followed when handling an actual bundle of death and destruction.



Cpl. Jason C. Huffine



Cpl. Jason C. Huffine



Cpl. Jason C. Huffine

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Classes Begin November 28

SCHEDULE AT MAINSIDE CAMP LEJEUNE

COURSE NO.	SECTION	TITLE	DAYS	TIME	CONT	CR
BUS 143	41N	BUSINESS (SEE ALSO, ACC, CAS, MKT, OSC)	MW	7:40-10:00CLNC	5.0	5.0
BUS 148	41N	SUPERVISION & LEADERSHIP	MW	7:40-10:00CLNC	5.0	5.0
BUS 161	41N	PERSONAL FINANCE	MW	5:10-7:30CLNC	5.0	5.0
CAS 153	41N	INTRODUCTION TO BUSINESS	TTH	7:40-10:00CLNC	5.0	5.0
CAS 153	42N	COMPUTER APPLICATIONS (SEE ALSO CSC, OSC)	MW	7:40-10:00CLNC	4.0	5.0
CAS 153	42N	MICROCOMPUTER LITERACY	MW	5:10-7:30CLNC	4.0	5.0
CJC 101	41N	CRIMINAL JUSTICE	MW	7:40-10:00CLNC	5.0	5.0
CJC 225	41N	INTRO TO THE ADMINISTRATION OF JUSTICE	MW	5:30-7:50CLNC	5.0	5.0
ECO 162	41N	CRIMINAL PROCEDURE	MW	8:00-9:15CLNC	3.0	3.0
EDU 251	41N	ECONOMICS	TTH	5:10-7:30CLNC	5.5	5.0
ENG 92	41N	EDUCATION (CHILD CARE WORKERS)	MW	5:10-7:30CLNC	5.0	5.0
ENG 151	41N	INTRODUCTION TO EDUCATION	TTH	7:40-10:00CLNC	(5.0)	5.0
ENG 152	41N	ENGLISH (DEVELOPMENTAL)	TTH	7:40-10:00CLNC	5.0	5.0
ENG 261	41N	BASIC COMPOSITION	TTH	5:10-7:30CLNC	5.0	5.0
HIS 152	41N	ENGLISH	MW	5:10-7:30CLNC	5.0	5.0
HIS 162	41N	COMPOSITION & RHETORIC	MW	5:10-7:30CLNC	5.0	5.0
LEX 101	41N	ENGLISH LITERATURE I	MW	5:10-7:30CLNC	5.0	5.0
LEX 111	41	HISTORY (SOCIAL SCIENCE)	TTH	5:10-6:25CLNC	3.0	3.0
LEX 125	41N	WESTERN CIVILIZATION: 1650 TO THE PRESENT	M-F	11:45-12:25CLNC	4.0	5.0
MAT 81-84	41N	AMER HISTORY: FROM THE CIVIL WAR TO PRESENT	MW	5:10-7:30CLNC	5.0	5.0
MAT 91	41N	LEGAL EDUCATION	TTH	5:10-7:30CLNC	5.0	5.0
MAT 92	41N	INTRODUCTION TO THE LEGAL SYSTEM	TTH	5:10-7:30CLNC	5.0	5.0
MAT 151	41	LEGAL RESEARCH & WRITING I	TTH	5:10-7:30CLNC	5.0	5.0
POL 151	41N	CIVIL PROCEDURE & LITIGATION I	M-F	6:40-9:00CLNC	5.0	5.0
PSY 251	41N	MATHEMATICS I, II, III & PRE ALGEBRA	TTH	5:10-7:30CLNC	(5.0)	5.0
PSY 252	41N	MATHEMATICS (DEVELOPMENTAL)	TTH	5:10-7:30CLNC	(5.0)	5.0
SAF 152	41N	BEGINNING ALGEBRA I	TTH	5:10-7:30CLNC	(5.0)	5.0
SOC 151	41	BEGINNING ALGEBRA II	TTH	7:40-10:00CLNC	(5.0)	5.0
SOC 152	41N	MATHEMATICS	M-F	12:00-12:50CLNC	5.0	5.0
SOC 152	41N	CONTEMPORARY COLLEGE MATHEMATICS I	M-F	11:45-12:25CLNC	5.0	5.0
SOC 152	41N	POLITICAL SCIENCE (SOCIAL SCIENCE)	M-F	7:40-10:00CLNC	5.0	5.0
SOC 152	41N	AMERICAN FEDERAL GOVERNMENT	MW	7:40-10:00CLNC	5.0	5.0
SOC 152	41N	PSYCHOLOGY (SOCIAL SCIENCE)	MW	7:40-10:00CLNC	5.0	5.0
SOC 152	41N	INTRODUCTION TO PSYCHOLOGY	MW	7:40-10:00CLNC	5.0	5.0
SOC 152	41N	HUMAN GROWTH & DEVELOPMENT	MW	5:10-7:30CLNC	5.0	5.0
SOC 152	41N	SAFETY	MW	5:10-7:30CLNC	5.0	5.0
SOC 152	41N	FIRST AID & SAFETY	TTH	7:40-8:55CLNC	3.0	3.0
SOC 152	41N	SOCIOLOGY (SOCIAL SCIENCE)	MW	7:40-10:00CLNC	5.0	5.0
SOC 152	41N	INTRODUCTION TO SOCIOLOGY	M-F	12:00-12:50CLNC	5.0	5.0
SOC 152	41N	SOCIAL PROBLEMS	TTH	5:10-7:30CLNC	5.0	5.0
SOC 152	41N	SPANISH (HUMANITIES)	M-F	12:00-12:50CLNC	5.0	5.0
SOC 152	41N	ELEMENTARY SPANISH I	M-F	12:00-12:50CLNC	5.0	5.0

SCHEDULE AT MARINE CORPS AIR STATION NEW RIVER

COURSE NO.	SECTION	TITLE	DAYS	TIME	CONT	CR
CAS 153	51N	COMPUTER APPLICATIONS (SEE ALSO CSC, OSC)	TTH	5:10-7:30MCAS	4.0	5.0
CAS 153	52N	MICROCOMPUTER LITERACY	TTH	7:40-10:00MCAS	4.0	5.0
CJC 104	51N	CRIMINAL JUSTICE	MW	7:40-8:55 MCAS	3.0	3.0
CJC 230	51N	INTRODUCTION TO SECURITY	MW	5:10-7:30MCAS	5.0	5.0
ENG 151	51N	INTRODUCTION TO CORRECTIONS	MW	5:10-7:30MCAS	5.0	5.0
ENG 151	51N	ENGLISH	MW	5:10-7:30MCAS	5.0	5.0
ENG 151	51N	COMPOSITION & RHETORIC	MW	5:10-7:30MCAS	5.0	5.0
ENG 151	51N	HISTORY (SOCIAL SCIENCE)	MW	5:10-7:30MCAS	5.0	5.0
ENG 151	51N	WESTERN CIV. FROM PREHIST TIME TO 1650	MW	7:40-10:00MCAS	5.0	5.0
ENG 151	51N	PSYCHOLOGY (SOCIAL SCIENCE)	MW	7:40-10:00MCAS	5.0	5.0
ENG 151	51N	INTRODUCTION TO PSYCHOLOGY	TTH	5:10-7:30MCAS	5.0	5.0

REGISTRATION DATES

Main Side	MCAS
November 8 & 9 1000 to 1200 and 1500 to 1800	November 8 & 9 1000 to 1200 and 1500 to 1800
November 14 0900 to 1200 and 1500 to 1800	November 14 0900 to 1200 and 1500 to 1800
November 15 1400 to 1700 and 1400 to 1700	November 15 1400 to 1700 and 1400 to 1700
November 16 0900 to 1200 and 1400 to 1700	November 16 0900 to 1200 and 1400 to 1700
November 27 0900 to 1200 and 1500 to 1800	November 27 0900 to 1200 and 1500 to 1800

Beginning Date - November 28
Ending Date - February 27
Holidays
 December 20, 1995 -
 January 2, 1996
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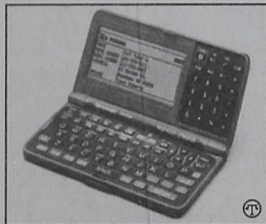
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As flu season nears, it's time to prepare

Naval Hospital Camp Lejeune

The flu season is on its way. Everyone knows it is coming it happens every year. The question is, what should we be doing about it?

The flu, or influenza, is a viral illness that commonly occurs in the winter and affects many people at once.

Although we think of the flu as a respiratory illness, it is actually an illness that involves the entire body. Symptoms include a fever (101 to 104 degrees), chills, muscle aches, headache, pain in the muscles around the eyes, fatigue and weakness, sneezing and a running nose. These symptoms may last from five to seven days. The symptoms are similar to those of a very bad cold, but they come on quite suddenly and are usually more severe.

While a person with the flu may feel awful, the flu seldom leads to more serious complications. The illness is considered more dangerous for infants, older adults and people with chronic diseases.

What can you do to prevent the flu?

• Get a flu shot each autumn if you are over 65; if you have a chronic illness such as asthma, heart disease, or diabetes; or if you are a health care

worker who might expose high-risk people to the flu if you have it.

• Keep up your resistance to infection with a good diet, plenty of rest, and regular exercise.

• Avoid exposure to the virus. Wash your hands often and don't touch your nose, eyes, and mouth.

• If you do get the flu, what should you do to help yourself recover?

• Get plenty of rest.
• Drink extra fluids (at least one glass of water or juice every waking hour).

• Take acetaminophen, ibuprofen or aspirin to relieve fever, headache, and muscle aches. **DO NOT** give aspirin to children and teens under 20.

When should you call a health professional? When trying to decide if you need to see a doctor, consider the likelihood that you have the flu versus a possible bacterial infection. If it is the flu season, and many people in your community have similar symptoms, it is likely that you have the flu. If you have any of the following signs of a bacterial infection, you need to contact your doctor:

• A fever of 104 degrees or higher that does not come down within two hours of home treatment.

• A fever of more than 101 degrees with shaking chills and a productive cough.

• A persistent fever. The flu may cause fevers of 102 degrees or higher that last for three to four days. Unless you are sure you have the flu, calling your doctor may be wise if you have a fever of 102 degrees or higher for two full days, a fever of 101 degrees or higher for three full days, or a fever of 100 degrees or higher for four full days.

• Labored, shallow, rapid breathing with shortness of breath.

• Coughing up yellow, green, rust-colored, or bloody mucus from your lungs and your other symptoms (fever, fatigue, etc. . .) are worsening.

• A cough that lingers more than seven to ten days after other symptoms have cleared, especially if the cough is productive (bringing up mucus).

• Facial pain, fever, and other signs of sinusitis develop.

• The person seems to get better and then gets worse again.

• Flu-like symptoms or a red rash occurs four days to three weeks after being bitten by a tick.

For more information about the flu and the flu shot, call your primary care provider. Active duty members should contact the facility or unit that conducts their sick call. Retirees and all family members should call 347-2400.

Sports Medicine now at Lejeune

Naval Hospital Camp Lejeune

Naval Hospital Camp Lejeune is transforming traditional orthopaedic care by continuing to emphasize Sports Medicine.

The concept of Sports Medicine was introduced to Marine Corps Base Camp Lejeune in the Fall of 1994.

As a division of the Department of Orthopaedics, Sports Medicine is staffed by two physicians, two Navy nurses, and a small complement of ancillary staff.

Sports Medicine is recognized as a discipline whose objective is to return the athlete as quickly and safely as possible to their respective sport, in this case Marines training in the field. While the team assesses and treats injuries, the main focus remains on injury prevention.

The Sports Medicine Division has three objectives:

The first is decentralization of musculoskeletal medicine.

The second is education and prevention of injuries.

The third is exercise and rehabilitation of injuries.

Early diagnosis and prompt therapeutic intervention are critical in facilitating the timely return of troops to full duty status.

In an attempt to decentralize musculoskeletal medicine, the staff has devised a system whereby a physician/nurse team is sent to alternate sites such as Regimental Aide Stations or Branch Clinics on a rotating basis.

This innovative idea allows for early intervention and is used as a training opportunity in musculoskeletal assessment for the General Medical Officers at these sites.

Providing education in sound exercise practice and injury prevention is a major component of this

program.

In addition to health fairs, art publications, one on one educational programs, the Sports Medicine staff has developed a program for the School of Infant Training injuries. This training program consists of a series of lectures concerning exercise injury prevention, sports nutrition, sports psychology, and a portion of a safe training regimen.

The third component of the program is the Sports Medicine division support and cooperation of MWR. MWR has the unique opportunity to offer rehabilitation programs at a Fitness Center.

Protocols have been developed for musculoskeletal ailments. Each program consists of a warm-up, strengthening exercises, and ice treatment.

Additionally, a data base has been established for follow-up as well as data for statistical analysis.

In a time when the United States sustain mission capability with its personnel assets, the educational and rehabilitative services which will provide are timely and cost effective.

A consult is required to obtain services with Sports Medicine.

The Sports Medicine Clinic is located in Building 36, the old physical exams building.

The clinic is open Monday through Friday the present time treats active duty with musculoskeletal injuries.

If you have any questions contact Tapp or HM1 Denise Fanger at 475-2154.

Home Health Hints

PUNCTURE WOUNDS

Puncture wounds are generally caused by pointed, sharp, slender objects such as nails, needles, sticks or splinters.

They are usually small on the skin's surface and extend to various depths into the tissue.

The majority of puncture wounds can be easily managed.

HEALTH HINTS

1. Thoroughly cleanse the area around the wound with soap and water.

2. Apply pressure to the wound and elevate the extremity if swelling occurs. If an object punctures a blood vessel, a common occurrence in the hands and feet, swelling will usually occur immediately.

3. Make sure that all of the splinters are

located and removed if a puncture wound is caused by a splintering object. Any material that is left in a wound could cause a severe infection.

4. It is better to leave the wound open than to close it, in order to avoid any infection from occurring. Most puncture wounds are small, they usually don't need stitches.

5. A tetanus shot may be needed depending on the last time the patient received a tetanus immunization and/or the severity of the

puncture wound. If there is doubt about the need for a tetanus shot consult a physician.

CALL A DOCTOR IMMEDIATELY

1. At the first sign of redness, swelling, increased pain in the wounded area or fever. If any of these symptoms occur, see a physician immediately.

2. If you have any concerns or questions.

Primary Care

The hours of the Primary Care Clinic are located at the corner of Henderson Drive, Monday through Friday, call 347-2400. The Clinic's hours are from Monday through Friday in the Naval Hospital.

Both clinics are open p.m. on weekends and holidays. Identification card is required for services.

Chaplain's corner:

Life without God Building a house on sand

Chaplain Larry Jones
Base Chaplain's Office

A little boy came home from school one day to find his father looking over a stack of bills.

"Rent, groceries, taxes - everything is going up," he said. "I wish just one thing was going down!"

"Dad," the boy replied, "This sounds like a good time to show you my report card."

My wife's grandmother is staying with us this week. She is 94 years old. Can you imagine how different the world was back in 1901?

There have been tremendous changes in so many fields: transportation, communication, industry and politics, to name just a few.

That's one of the reasons that life today is so stressful. We live in a rapidly changing world. Everything is subject to change. We desperately need an anchor for our souls, something or someone solid enough to trust in.

The question is, who? At one time many Americans trusted wholeheartedly in our political leaders, until a President was caught lying to us.

Others trusted in well-known religious leaders, and then several were caught in moral and financial scandals. In fact, a Gallup poll taken last year showed that only 14 percent of Americans would rate the honesty and ethical standards of clergy as "high."

If you are looking for something, or better yet someone, to build your life on, try God. He doesn't change. "Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God," Psalm 90.

Jesus said that to build your life on the constantly changing values and standards of the world around you is like building a house on sand. It may look nice, but when the storms of life hit it will come crashing down, Matthew 7:24-27.

If you want it to stand for now and eternity, build your life on the unchanging truths of God's Word.

Then you can face life with the confidence of the Psalmist who said, "God is our refuge and strength. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging...The Lord Almighty is with us."

Religious Schedule

Roman Catholic

Sunday Masses

St. Francis Xavier Chapel 8:30-11:30 a.m.
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.
FrenchCreek Religious Center 9a.m.
MCAS New River Chapel 9:30 a.m & 5p.m.
Brig 8 a.m.

Weekday Masses (Mon.-Fri.)

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

Saturday Masses

St. Francis Xavier Chapel 5 p.m.
Camp Johnson Chapel 5 p.m.

Baptism Class

Wednesday before third Sunday, Catholic Chapel 5 a.m.

Confessions

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

Protestant

Sunday Worship

Holy Communion Service 9 a.m.

Protestant Chapel

Camp Johnson Chapel 10:00
Naval Hospital Chapel 9:00
Tarawa Terrace Chapel 11:00
Tarawa Terrace Sunday School 10:00
Camp Geiger Chapel 9:30
French Creek Chapel 10:00
Courthouse Bay Chapel 11:00
Brig 9:00
MCAS New River Chapel 11:00

Weekday Workshop

Naval Hospital Chapel noon
MCAS New River Chapel 11:00

Episcopal Service

MCAS New River Chapel 7:00

Seventh Day Adventist

Phone contact 451

Eastern Orthodox

Camp Johnson Divine Liturgy 10:00

Islamic (Muslim Jumah)

Protestant Chapel 11:45
Brig 1 p.m.

Jewish

Sabbath Eve Service, Bldg. 67 7:30

Christian Science

Tarawa Terrace Chapel 7:30
(The last Sunday of each month.)

Shop the classifieds they really work!

MEU makes port call in Varna, Bulgaria

Partnership for Peace program helps Marines to train former East-bloc nations

—Fewer than 25 would have sight in this

though, Masas America's tion that has with the U.S. he Partnership ey were able to forces why they ge in readiness. 26th Marine Special Opera- acted an open ion about non- on operations ack Sea nations on of Bulgaria. Landing Team

cated through hand and arm signals. In our testing phases, the controllers threw that scenario at us, but it's hard to simulate. In Varna, we knew they couldn't understand us."

Marines gave their counterparts an up close view of their NEO by using about 50 Bulgarian soldiers as evacuees. As participants, the Bulgarians were able to get a clear picture of how Marines operate and how they conduct their NEOs

That close-up view of the Marines put them under a microscope more so than they experienced in any of the testing phases during their work-up training. "There was a lot of mental stress involved with the exercise that I don't think many Marines counted on," Cpl. Frank Long, Shore Party Platoon, MSSG-26. "We were all trying to do our best to further the impact of what Marines do. We were careful about making sure we were thorough with searches and followed our standard operating procedures to the letter." Many Marines found their new allies' reaction to them to be much different than anticipated, Long added.

The language barrier was one that couldn't be artificially injected into prior exercises, said Sgt. Jimmy Simmons, Evacuations Control Center chief.

"Getting people to understand what you needed them to do was tough," Simmons explained. "We didn't have any regular interpreters, so a lot of what we do was communi-

"It was uneasy at first not knowing what to expect from them and what they might expect from us," he said. "Once we got past the initial culture shock of working alongside people who used to be our enemies, the operation went just the way we practiced it in workups. It was good

to be familiarized with a force we've never worked with before."

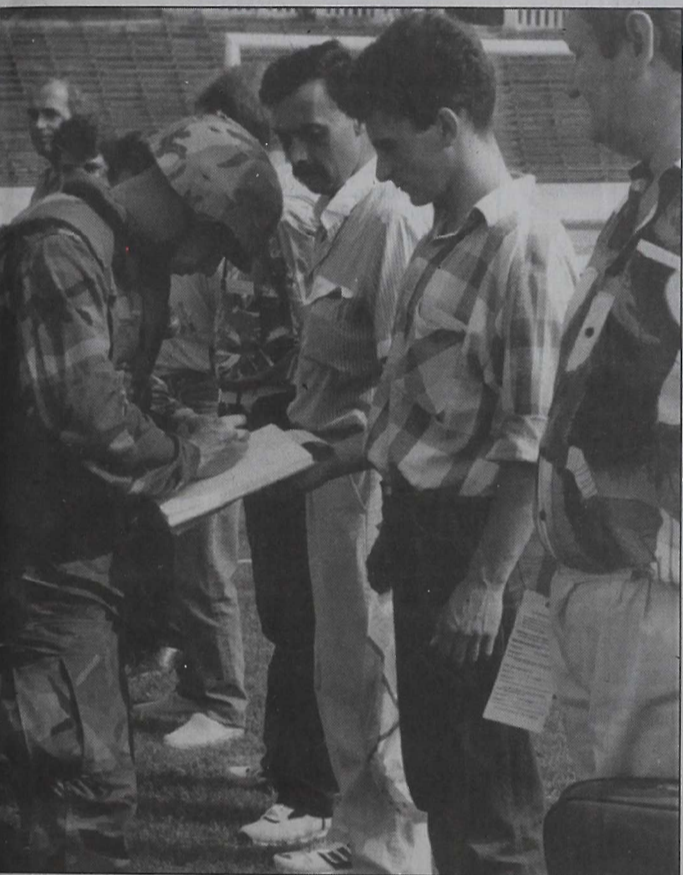
The Partnership for Peace exercise evoked a professionalism that came through the realization that the Marines were considered the duty experts on the matter, Simmons said.

"I didn't really consider how coun-

tries like Bulgaria view us as the experts," he said. "By being professionals, the Marines lived up to that image. They were constantly watching our every move, how we executed every portion of the operation. It really hit home about what a good reputation Marines carry."

“Once we got past the initial culture shock of working alongside people who used to be our enemies, the operation went just the way we practiced it in workups. It was good to be familiarized with a force we've never worked with before.”

—Cpl. Frank Long
MSSG-26



Sgt. Mark D. Oliva

inque, MSSG-26, double-checks information on each evacuee before adding their names as at the embarkation point of the Evacuation Control Center. Noncombatant evacuation the area in which Marines and Bulgarians shared information.



Sgt. Mark D. Oliva

Marines check evacuees for hidden weapons or contraband before clearing them for evacuation.



Sgt. Mark D. Oliva

leff Robertson, 26th MEU(SOC), points out the finer M-16A2 service rifle to a Bulgarian citizen. Right, A ns how to operate AN/PVS-7B night vision goggles. (SOC) recently visited Varna, Bulgaria, and trained with a Bulgarian military. A few short years ago, during the ch cooperation and information sharing between the two countries would have been impossible.



Sgt. Mark D. Oliva

Course teaches combat skills

LCpl. Kyle Reeves
Globe Staff

Sgt. Gabriel A. Ramirez struggles at his desk to recall how to plot a six-grid coordinate along a map's surface... it is a skill that he once performed with ease but has now forgotten because he has been away from his infantry billet for the past three years. Ramirez is a squad leader, Company K, 3rd Battalion, 6th Marines, who has recently returned from barracks duty, Marine Barracks, Pearl Harbor, Hawaii. Earlier, he was a driver at Camp Smith, Hawaii.

He is one of the 37 sergeants taking part in the Infantry Platoon Sergeants Course which is held at the School of Infantry, Camp Geiger.

The Infantry Platoon Sergeants Course is designed to refamiliarize infantry platoon sergeants with all weaponry and tactics organic to an infantry battalion.

"The school provides information which the Marines may have forgotten from being away from the infantry field for indefinite periods time," said SSgt. Aaron D. Vance, platoon sergeant instructor, Infantry Platoon Sergeants Course.

"Many of these Marines are returning from Recruiting or Drill Instructor Duty and have forgotten what they have learned," said Vance.

"I find trying to re-learn what I have forgotten over the last three years very difficult," said Ramirez.

The school is a three-month course which takes place three times a year. The session currently taking place began Sept. 6.

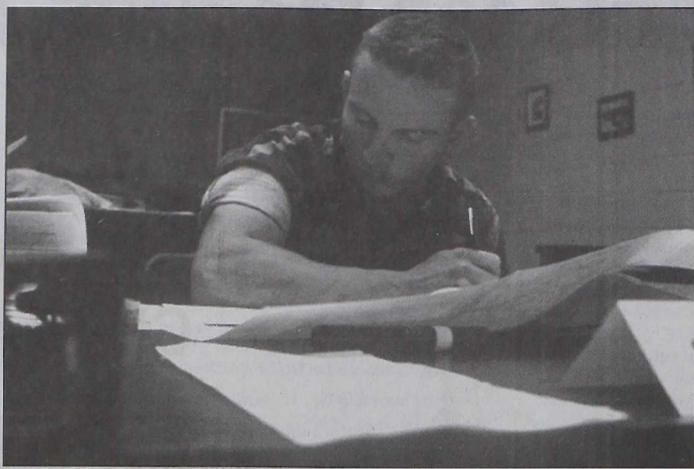
The course is broken down into three phases -- weapons and fire support, offensive/defensive tactics and final evaluation.

During the first phase, the platoon sergeants take part in a Tactical Air Control Party Fire (TACP). From an observation point, they deliver coordinates to live F/A-18 Hornet jets. The pilots fire on targets based on these coordinates they have calculated.

Training is divided between classroom time and field training. Classroom time consists of the basic instructions prior to field training. During field training, the Marines are given the opportunity to apply what they have learned in the classroom.

Field training, which takes up four weeks of the course, includes firing various weapons and patrolling.

All Marines who participate in this course



LCpl. Kyle Reeves

SSgt. Douglas L. Wonderly, a student in the platoon sergeants course, plots coordinates on a map he will use during call for fire training.

must hold an infantry platoon sergeant billet in the fleet or have completed the Squad Leaders Course.

The school at Camp Geiger serves all East Coast-based infantry Marines who are on active duty. Camp Pendleton has a similar school for infantry Marines serving on the West Coast.

Reservists may attend a similar school which consist of a two-week course and is held during the summer.

The averse-days training starts at 6 a.m. when they draw weapons. From 7-9 a.m., Marines perform physical fitness training which consist of calisthenics, running and close combat training. The exercises help Marines maintain their physical fitness and develop skills in advanced hand-to-hand combat training. The remainder of the day is spent attending either classroom instruction or field training.

Before each class begins, the experience level of each student is determined, according to Vance.

"We administer an inventory examination which helps us discover what areas we need to spend more time on. The examinations determine how quickly the Marines will grasp the knowledge," said Vance.

A score of 80 percent or higher is required to successfully complete the course and earn a certificate.

"We keep an eye on students who may be

having problems and bring them up to speed," he said. "Sometimes that might mean working the Marines beyond the classroom."

Ramirez seeks assistance from other members of the class. He finds a group of Marines who are huddled at the front of the classroom. They are also making a feverish attempt to brainstorm the problem.

"An essential part of getting through this school is teamwork," said GySgt. Chris Gamble, infantry platoon sergeant instructor, Infantry Platoon Sergeants Course. "The Marine who has a grasp of the subjects must help out the Marine who might be having trouble."

"What we try to foster in this course is teamwork, not competition," said Vance.

"The success of every Marine mission is brought about when Marines think collectively. In a combat situation, we can't have Marines competing against one another," he said.

"A Marine who withholds information which would be useful to his fellow Marines and says 'I figured it out on my own let them figure it out like I did' is detrimental to the outcome of a possible victory."

According to Vance, we push this philosophy throughout most of the training from the time they complete their training until Nov. 16 at which that time they'll return to the fleet where they will have the opportunity to apply their skills.

Wielding sword

10th Marines train at Fort Bragg

Sgt. Steven G. Steele
Globe Staff

Recently more than 1,200 Marines from the 10th Marine Regiment journeyed to Fort Bragg, N.C., for Operation Express Sword.

The artillery regiment started the exercise Oct. 2 by going to the field at Camp Lejeune for a couple of nights of firing, according to Maj. Fred R. Seiter, operations officer, 10th Marines.

"We come to Fort Bragg twice a year," Seiter said. "Not only does it give us a different area to train in, but its one of the few times we have the opportunity to conduct a road march whether administrative or tactical."

With budget reductions and cost cutting measures in place throughout the military, it may seem impractical to make the 135 mile trip to Bragg, but there are numerous reasons for the journey.

"There are a lot of benefits to coming here," Seiter said. "First of all, its a larger area with more firing positions. We can go tactical and stay that way. At Lejeune, if we tried to change firing positions and had to cross a hard-surface road, we'd have to turn on the lights, and there are restrictions on ammunition transportation as well. Also, in addition to the increased number of firing positions, they have twice as many impact areas giving us that much more flexibility."

The field exercise included a Marine Corps Combat Readiness Evaluation for some of the Marines in the regiment.

According to Seiter the main mission of an artillery regiment is fire support for the infantry also known as the maneuver element. Usually when the 10th Marines are at Fort Bragg they are the only Marine unit training there. However this time, this was not the case.

"Besides the Marines from our regiment, we have a Combat Service Support Detachment here supporting us, and the 3rd Bn, 14th Marines from Philadelphia are training with us as well," Seiter said. "All those Marines, about 2000 in all, are here with us, but there are also some members of the 6th Marine Regiment and some

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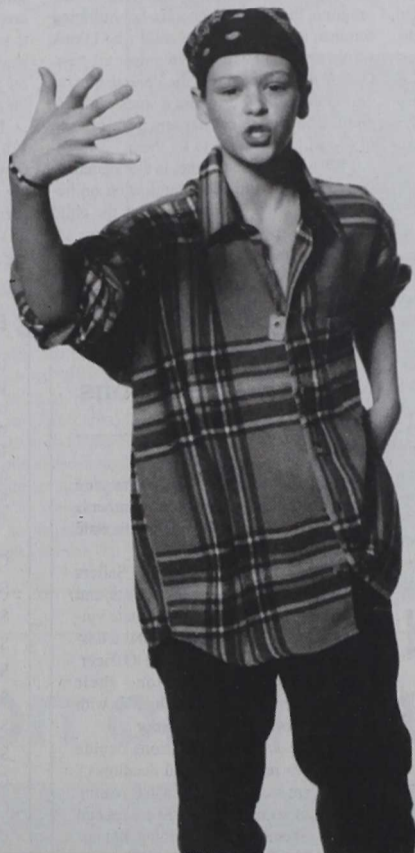
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soft and heated through.

2. Remove the bay leaf. Scoop the vegetables and beans into a large serving dish.

3. In the same pan, heat the remaining teaspoon of olive oil over medium-high heat and add the tuna. Cook for about five minutes per side or until desired doneness.

4. Cut the tuna into large chunks and arrange them on top of the bean mixture. Sprinkle with balsamic vinegar, tomatoes, parsley or basil.

The book is part of the new Chic Simple series of practical guides to living well but sensibly in modern times. Other new titles include *Chic Simple Desk, Nursery, Tools, Storage and Home*. These can be found at most bookstores, or you can order a catalog listing all of the *Chic Simple* titles by calling the publisher directly at 1-800-793-BOOK.

Getters For Parents

Getting Along at Home



Good communication is the first step in improving family relationships.

compliment someone who has said or done something to make you feel good.

Other tips include learning how to handle stress by taking time for yourself, eating right and exercising.

For additional tips on improving family life, you can receive a free brochure from IOF Foresters, a not-for-profit fraternal benefit society, entitled "What Every Family Should Know About Getting Along at Home" by calling toll-free: 1-800-922-4-IOF.

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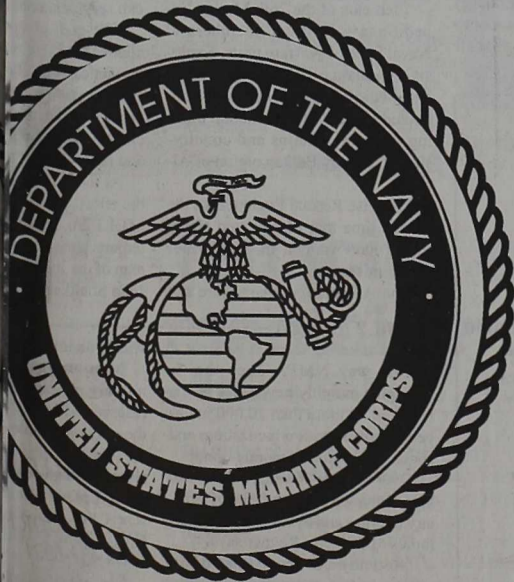
A Division of MWR

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T.O.P.S.A.I.L. program gives local children h

Cpl. Joseph B. Gray III
Globe staff

In every community across the United States, there are children who feel left behind and have made bad decisions early in their young lives.

Many of these children can't communicate with their parents, and others simply don't want to. In 1982, Jim Hunt, governor of North Carolina, set up the Governor's One-on-One Program to get these youth the attention and care they need.

Set up for children who come from the criminal justice system, the One-on-One program works like a "Big Brothers/Big Sisters" program for youth who want to start over. The Together Onslow Pender Saving Adolescents In Life (T.O.P.S.A.I.L.) program is a version of the One-on-One program for Onslow and Pender Counties.

According to Terri Ashworth, T.O.P.S.A.I.L. program director, this program really makes a difference in the children's lives. "These children want someone to spend time with and get to know them," Ashworth said. "The volunteers really do make a difference in these children's lives. After reviewing the cases of 1,200 children in the program for one year, I found only 1 percent of those children have gotten in trouble again since entering the program. After looking at the records of children who have been in the program for three years, I found 90 percent have turned their lives around."

The T.O.P.S.A.I.L. program is a volunteer

effort on both sides, the children volunteer to be in the program as do the adults. Ashworth said, she looks very hard at both the volunteer and the child. "Volunteers for this program go through a very detailed screening," Ashworth said. "I have to make sure the child is going to receive a volunteer partner who is going to help him or her. I also have to make sure the volunteer understands how big a commitment this program requires. A volunteer has to make a commitment of at least one year. It's very detrimental to the child who already has no one to run to, for the volunteer to not spend a decent amount of time with that child or to simply leave."

Ashworth understands that obstacles such as PCS orders and deployments can arise at the last minute, and she encourages Marines with spare time to volunteer for the program. However, Marines who are expecting orders shouldn't rush to join the program because their leaving can affect the child they're supporting. "This is a very big commitment for a person to make, and if they feel they can't fulfill it, they probably shouldn't volunteer," Ashworth said. "The volunteers in this program can make a very big impact on a child's life, and most volunteers stay in the program after their initial one-year agreement is finished."

The volunteers work with children between the ages of 7 and 17 who come from the criminal justice system. These children

choose to come into the program on their own, and Ashworth tries to match the outside volunteers with the children who are the most compatible.

"I conduct a two-hour interview with each volunteer to make sure they want to participate and to get an idea of their personality," Ashworth said. "Once the interview is finished and the volunteer is approved for the program, they go through a six-hour training seminar, and I look for the child who I think would get along with the volunteer the best. Once the two are paired, the volunteer is required to spend four hours a week with the child. If the volunteer has any problems, he or she will contact me to fix them."

Ashworth said sometimes in the beginning, there might be little communication on behalf of the child due to situations the child may have experienced. She added there are also problems with the child's parents some-

times. "Many children have an attitude or keep quiet when they first start the program because that is their only protection for their emotions," Ashworth said. "Many of these children have come from dysfunctional homes, and they are scared to open their feelings to a stranger. Once they get to know the volunteer, they become very receptive to someone who cares. The parents of the children may feel some resentment or jealousy toward the volunteer occasionally, but I handle those problems. I always ensure that the volunteers are seen as good people, so the children will depend on them."

The T.O.P.S.A.I.L. program runs on a \$10,000 a year grant from the State of North Carolina, and Ashworth said that money simply keeps the program alive. They also perform fund raising events such as the T.O.P.S.A.I.L./Friends of 4-H Thanks-4-Giving Golf Tournament on Nov. 17, to bring

more money into the p

Ashworth added t from this program, an while. "Each voluntee satisfaction of knowir young life. In a way, it you're receiving wh Ashworth said. "I lov as if they were my own children, they've simp nate decisions that hav in life. The great part i can put these children So if anyone is interes time, they should vol end, the child as well have a friend they can

Anyone wishing T.O.P.S.A.I.L. program volunteering should (910)455-5873.

VAOs help Marines, Sailors vote in hometown elections

Cpl. Jake Messier
Globe Staff

Although many area Marines and Sailors may not realize it, November is a month traditionally filled with state and local elections.

To assist their Marines and Sailors in receiving the proper ballots and meeting deadlines for out-of-state voting, each major unit on base has a designated Voting Assistance Officer. These officers provide their servicemembers and their families with a wealth of voting information.

"State and local elections decide their own regulations and deadlines," said Capt. Ray Ramella, MCB Voting Assistance Officer. "There are special elections constantly happening; not just during the first few weeks of November."

According to Ramella, each command has four absentee voting applications in stock for each servicemember in the unit and family members.

"We try to keep everyone informed and up to date on the latest elections by training sessions," said CWO3 Paul Myers, Marine Corps Engineering School VAO. "Capt. Ramella provides us with the necessary information from HQMC and we make sure our Marines get it."

Myers added that if Marines have specific questions about voting, the VAOs either research the answer themselves or they use the knowledge of the other VAOs on base.

In late November, Ramella provides statistical data to HQMC on how many servicemembers and family members were helped by their command VAO. The data is then processed and an annual report to the commandant suggests how the Corps can improve the and improve voting among the ranks.

Voting is a privilege that all citizens have. Voting Assistance Officers help keeping up with hometown elections easier so servicemembers and their families can exercise their privilege.

For more information on voting, Marines and Sailors may contact their company office.

BOARD from 1A

think are really important. "The Board talks about issues on everything from transportation to and from base clubs to cable television," Hildreth said. "A lot of the issues deal with MWR programs or facilities, and their suggestions are a valuable tool to us. I believe the board is really working and the representative are really asking the Marines about what is-

sues concern them, bec suggestions usually tur long run."

The Singles Advisor again today at the Build Center at 1:30 p.m., and Sailors have suggestio want addressed, they sh of the unit representati

Col. Joe Stewart, AC/S MWR, ext.2524
Sgt. E. McKinnon, 2nd CEB, ext.3993
Sgt. T. Kinser, 2d Mar.Div., ext.3944
Sgt. T. McCall, 5/10, ext.3944
Sgt. A. Ortiz, Hq.Spt.Bn. MCB, ext.3381
Sgt. T. Kruger, 1/6, ext.2420
Sgt. M. Reyes, Brig. Co., ext.1562
Sgt. E. Bratcher, MarForLant, ext.8927
Cpl. R. Nystrom, 1/6, ext.2420
Cpl. C. Ramirez, 2nd FSSG, ext.2312
Cpl. K. Haight, 2nd LAR, ext.1073
Cpl. C. Theobald, MarForLant, ext.8930
Cpl. S. Conway, 2nd Mar.Div., ext.3505
Cpl. T. Palermo, MCB, ext.1981
Cpl. J. Wharton, MCB, ext.2555
Cpl. R. Redding, MCSSS, ext.0897

Cpl. A. Akins, Hq.Svc. Co., ext.3993
Cpl. J. Bounds, 2nd AA, ext.3993
Cpl. M. Durand, 2nd CE, ext.3993
Cpl. J. Ruddle, 2/10, ext.3993
Cpl. J. Hanneman, 3/10, ext.3993
Cpl. J. Gray, MCB, ext.3993
LCpl. A. Holt, Co. A, II, ext.3993
LCpl. D. Lack, MCB, ext.3993
LCpl. W. Franke, 8th M, ext.3993
LCpl. D. Troy, 8th Com, ext.3993
LCpl. I. Taylor, Hq. Svc, ext.3993
LCpl. D. Fincher, 6th M, ext.3993
LCpl. K. Brecht, MCB, ext.3993
LCpl. J. Myers, 2nd LA, ext.3993
LCpl. E. Rogers, RSU M, ext.3993
PFC B. Medakovic, MC, ext.3993

Hunting areas announced

Environmental Management Division

Camp Lejeune has reserved certain hunting areas on certain dates for individual and organized hunting.

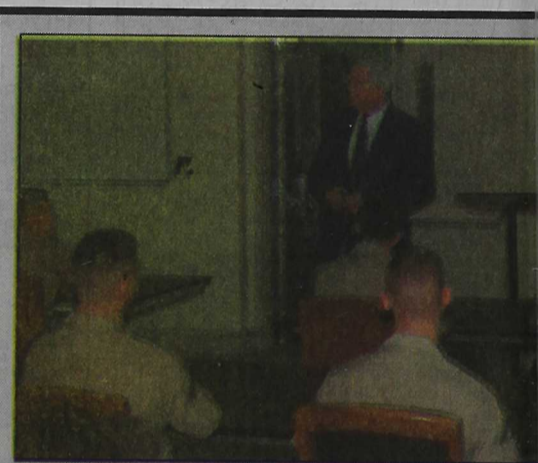
These are not the only areas and dates that hunting will be allowed. Range control will

continue to make individual gun and bowhunting areas available on a daily basis throughout the hunting season, contingent with training requirements.

The following gun areas and dates have been reserved for individual and organized hunters:

	Individual Gun Hunting Areas	Organized Gun Hunting Areas
Saturday	HA, HB, HC, HD, IE, JD, KA, KB, LA, LB, LC, MD, ME (either sex)	None
November 4	FA*, FD, GC, GD, GF, GG, HA, HC, HE, IA, IC, JA, JC, SRK, SRL, SRO, SRP, SRS, SRT, SRU (antlered only)	Area III (antlered only)
November 10	FC, GC, GF, GG, HA, HB, HD, IA, IB, IC, JB, JD, KA, LA, LB, MA, MB, MC, RA (antlered only)	Area IV** (antlered only)
November 11	HA, HE, IC, IF, JA, JB, KA, KC, LA, LC, MA, MB, MD, MF, SRK, SRL, SRO, SRP, SRS, SRT, SRU (antlered only)	Area I (either sex)
November 18	FA*, FB, FD, GF, GI, KA, LA, LC, MB, MF, QA, QB, RA, RB, SRD, SRF, SRI, SRL (either sex)	Area II (antlered only)
November 23	FA*, FB, FD, GG, GF, KB, KC, LB, LC, MA, MB, MD, ME, QA, RA (either sex)	Area IV** (antlered only)
November 25	FA*, FB, FD, GF, GG, GI, MA, MB, MD, QA, QB, RA, RB, SRK, SRO, SRQ, SRT (either sex)	Area II (either sex)
December 2	FB, GG, HC, HD, HE, IB, IE, IF, JA, JB, QA, RB, SRF, SRK, SRQ, SRS, SRT, SRW (antlered only)	Area III (antlered only)
December 23	None	Area II (antlered only)
December 30	FA*, FC, FD, GI, HA, HF, IA, IB, IF, JA, RA, RB, SRK, SRL, SRO, SRP, SRS, SRT, SRU (antlered only)	Area III (antlered only)
January 1	None	Area IV** (antlered only)

*Hunters are to remain clear of the F-11 range fan due to recreational shooting.
** SRV and Camp Davis areas are not included in Area IV hunts.
The SRB, SRC, SRD and SRJ Training Areas will be closed due to range construction.



Graduation

Retired MGen. Donald Gardner talks to the graduates of the Enhancement Course at the Base Education Office. The Basic S is a 180-hour course that helps students improve their math, reading skills.

CONSTRUCTION from 1A

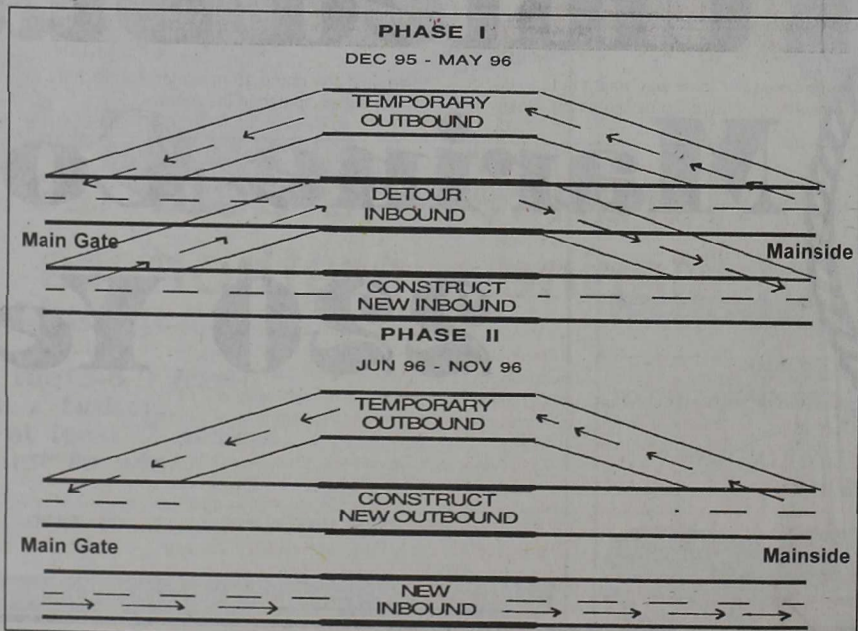
With all the construction taking place, there will be a definite need for alternative routes onto Lejeune. The situation may be resolved with another contract that's in the works, said Lacy.

"The new landfill contract in the works includes a clause that the Piney-Green Rd. entrance be paved and opened for traffic," he said. "If that contract

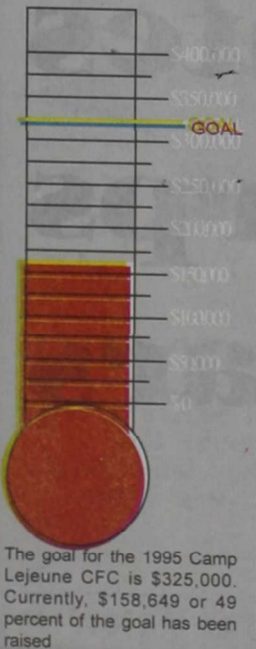
can be negotiated, work started and quickly completed, it will relieve some of the traffic problems."

The whole situation will be a mess, said Lacy.

"It will slow down an already slow traffic site, but it was time for the work to be done to ensure that Camp Lejeune continues to have safe bridges and roads for all to travel on."



Combined Federal Campaign



MEU trains in Albania

26th MEU(SOC)

Elements of the 26th Marine Expeditionary Unit and members of Naval Special Warfare units, Explosive Ordnance Disposal personnel and medical personnel recently conducted 10 days of incremental training in the mountains and countryside of the tiny Balkan nation of Albania.

Exercise Rescue Eagle marks the second time that Marine and Naval forces have trained in this former communist state.

The Albanian soldiers were not

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John Shaikashvili.

FAMILY from 1A

sues affecting them. One way NMFA does this is through a monthly newsletter that is received by more than 10,000 members, family service organizations and spouse clubs and corporate donors.

Over the past 26 years NMFA has been the voice, eyes and ears of military families and continues to address topics of concern, Regner says.

"Recently a directive came down concerning the centralized authority in Washington verses the local school board authority," said Regner. "NMFA gathered facts and information and is still fighting the battle to keep local school board authority

within their respect

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SPORTS

Flag Football
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 against Hq.Svc. Bn. to keep
 top ranking. 3B

The Globe

Bodybuilders flex muscles at fair

LCpl. Brian M. Danisevich
 Globe staff

Staying in shape is an everyday affair for Marines from sea to shining sea, as a means for them to prepare for strenuous missions they are tasked with performing. However, not all Marines have such an easy time building their bodies the Marine Corps way.

For that reason world class bodybuilders, Eddie Robinson, Sharon Bruneau and Tom Deters, came here Saturday to administer a performance and training seminar. The seminar was a part of a Fitness Fair which took place at Goettge Memorial Field House Oct. 22.

During the seminar, the bodybuilders revealed their secrets of ultimate performance, nutrition, diet strategies and body fat control.

Robinson and Bruneau kicked off the seminar with a brief demonstration using free weights and dumbbells to show how to safely make faster gains in the gym.

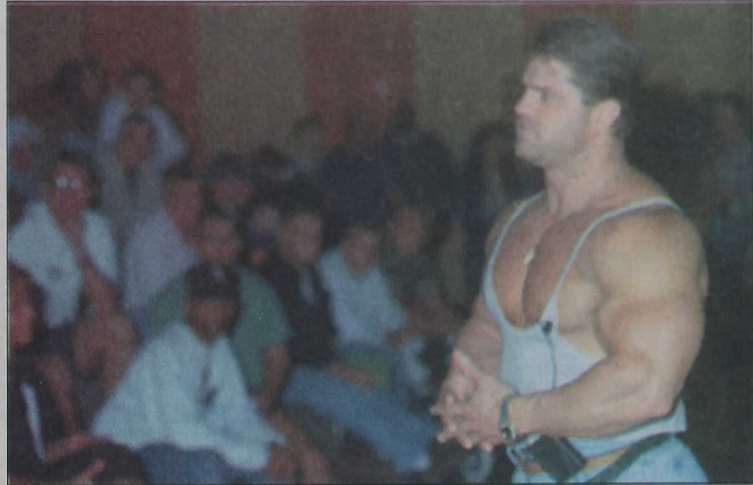
"Basically we're here to educate the people as best as we can on training and nutrition," Robinson said of the seminar. "To help give a better understanding of what we do, and how to better improve their lifting and way of life."

Robinson also said he was happy to be here to reveal the bodybuilding secrets to the Marines.

"This is where it counts," he said. "The main thing we have to do is help our defense or offense. If they're in the best shape, it just helps us out."

Many Marines were on hand to witness the seminar and soak in the information that was being given out.

Capt. Joe Zarba, 2nd Landing Support Battalion, 2nd Force Service Support Group, was one of the many Marines at the seminar looking to make gains. Zarba said that he visits the weight room six days a week and was interested in the information that was offered Saturday.



Eddie Robinson, professional bodybuilder, speaks to a packed audience about positive gains in the weight room at Goettge Memorial Field House, Saturday.

— See **MUSCLES/4B**

'Marathon of Monuments'

Runners take to the streets of D.C. for the 20th Annual Marine Corps Marathon

Cpl. S.L. Kille II
 Globe staff

WASHINGTON — Starting with the roar of a 105mm howitzer, nearly 16,200 athletes set out to conquer the 20th Annual Marine Corps Marathon, Sunday. Referred to as the "Marathon of Monuments" by many, the 26-mile, 385 yard course brought runners through the heart of the nation's capital and its historical attractions.

Just under four minutes ahead of the competition, Darrel General, 29, of Mitchellville, Md., was the first runner to reach the finish line with a time of two hours, 16 minutes and 34 seconds. He was followed by Francisco Hernandez of Mexico City, Mexico, with a time of 2:20:19.

Claudia Klassen, 38, of Williamsburg, Va., took top female honors with a time of 2:49:21 followed by Maria Pazarentzos of Hagerstown, Md., with a 2:52:18 finish.

The 1983 overall winner, Farley Simon, 40, of San Diego, Ca., was the Marine Corps' first finisher with a 2:25:25 finish.

Ken Carnes of Snellville, Ga., clinched his fourth first place finish in the wheelchair competition after a heated battle with Cisco Jeter of Woodbridge, Va. Pulling away at the very end, Carnes grabbed a 1:48:41 victory, 12 seconds ahead of Jeter.

Though no records were shattered in this year's marathon, the United States Marine Corps team captured its first Challenge Cup victory since 1989. The annual Chal



Runners make their way past the U.S. Capitol building, just shy of the 15-mile mark in the 20th Anniversary Marine Corps Marathon. Nearly 16,200 runners participated in the marathon.

— See **MARATHON/2B**

Tenacity, endurance characterize mentality of Marine marathoners

Cpl. S.L. Kille III
 Globe staff

WASHINGTON — Of the 16,200 runners who participated in the 20th Annual Marine Corps Marathon, Sunday, many were members of teams. One of those teams taking part was the Retired Sergeants Major team from the Camp Lejeune area.

Headed by retired SgtMaj. Domenick A. Irrera, the team has participated in the marathon since the late 1970's. The remainder of the team consisted of retired SgtMaj. Jim McCoy, SgtMaj. Gilbert Macias of Marine Corps Air Station Cherry Point, SgtMaj. James Lewis of Washington, D.C., MSgt. Kenneth Toney and retired LtCol. Jim Rider.

Though some members of the team are not sergeants major, the initial concept of the team was to foster a spirit of competition within the ranks.

"I would really like to see teams formed that are made up of Marines from different ranks," Irrera said. "I know that I'm not going to win, but I'm up there with my banner displaying my rank. I would really like to see other teams running under their own banners whether it be corporals, colonels or even generals. I guess in a way I'm putting up a challenge each year for that to happen."

Like many of the runners on the team, Irrera's days of running marathons began many years ago. While stationed in Hawaii, Irrera was approached by a friend who encouraged him to enter the Honolulu Marathon. He heeded his friend's advice and entered the marathon in 1973. Three years later he entered his first Marine Corps Marathon and has only missed three since. Though he's now 69 years old, Irrera has no plans to quit.

— See **RUNNERS/3B**

FROM THE SIDELINES

Cpl. S.L. Kille III
 Globe staff

Legend tells that the first "marathon" was run in 490 B.C. when a Greek runner ran from Marathon to Athens to tell the news of the Athenians' victory over Darius I and the Persians. Legend also has it that the messenger died upon his arrival to Athens.

After witnessing the 20th Annual Marine Corps Marathon this weekend and seeing the grimace on several runners' faces, the legend doesn't seem so far fetched.

Thousands of runners took time from their schedules to train for and run this year's race. Anyone who did take the 26-mile challenge deserves a huge pat on the back. Yet instead of using this space to laud their success, I want to recognize another group that deserves just as much praise — the spectators.

It's estimated that nearly 70,000 spectators were on hand to cheer on their loved ones and friends.

From the starting line and throughout the course of the race, enthusiastic and cheerful faces greeted the runners at every turn.

"As I walked from one monument to the next for the feel of the race, I began to notice faces of spectators I had seen miles away. A few were on bicycles, but most were on foot, taking short cuts to make it to another point to constantly be a shining face for their runner to see.

Yet it did not stop with their loved ones. Constantly one could hear phrases like, "Way to go USMC!" and "That's it yellow shirt, c'mon number 3560!" It did not matter whether they knew the runners or not. They cheered for everyone and encouraged them to do their best.

What I saw and heard was nothing like the usual banter

— See **SIDELINES/4B**

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 Cpl. M. Rodig, 2nd C
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MARATHON from 1B



Above: Carrying the U.S. and Marine Corps flags, two runners make their way along the race route. Right: Runners prepare to start their stop watches seconds before the opening of the marathon.

...enge Cup competition pits the U.S. Marines against the British Royal Navy/Marines.

The runners' quest began in Arlington, Va., adjacent to the Marine Corps War Memorial and Arlington National Cemetery. Heading down the Jefferson Davis Highway the athletes made their way to the Pentagon, around Pentagon City and back to the Marine Corps Memorial to complete the first seven miles.

The pack stayed relatively tight as the runners continued on and crossed the Potomac River into Georgetown. As they began to pass the Kennedy Center and rounded the Lincoln Memorial (just shy of mile 11) the miles of road began to show as the pack began to lengthen.

"I was doing really well, feeling really great until just before the Lincoln Memorial when I began to say to myself, 'why are you doing this?'" said Kathleen Costello of Haverhill, Ma. "But when I saw my husband and daughter near the memorial, I perked right up."

The runners continued their "tour of Washington" by cutting over to Constitution Avenue where they passed numerous sites, including the National Museum of History and the Washington Monument. After cutting over to Madison Ave., the runners made their way to the halfway point near the U.S. Capitol.

The journey back took the athletes behind the Capitol and past the original Smithsonian Institute in a four



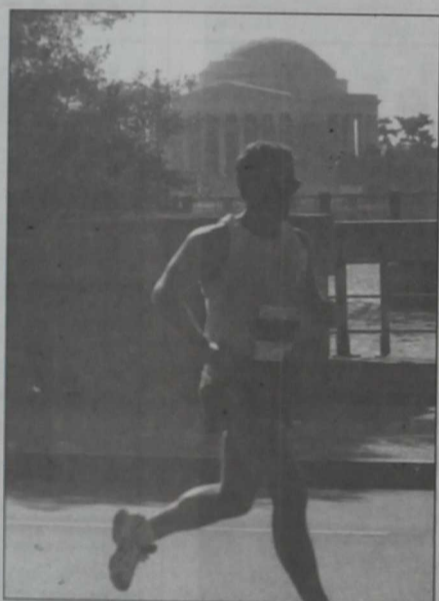
Cpl. S.L. Kille III

mile journey back to the Lincoln Memorial. Though many seemed totally exhausted at this point, the majority trudged on toward the Jefferson Memorial and mile 18.

Taking a turn down Ohio Drive, the runners made their way around East Potomac Park. The four mile loop brought them back to the Jefferson Memorial. After passing the monument, the runners made their way across the 14th Street Bridge and back to the Jefferson Davis Hwy. for the final stretch.

As the last two miles of the marathon began to dwindle away, the anticipation and euphoria of spectators grew as the runners made their way to the finish line and the completion of the 20th Annual Marine Corps Marathon. It is estimated that approximately 14,000 runners completed the event.

In its 20 year history the marathon has grown to be the nation's fourth largest. The event is geared toward both serious and amateur competitors with no prize money awarded. It provides an opportunity for one to challenge themselves physically while taking in the Capitol's monuments and is aptly called "The People's Marathon."



Cpl. S.L. Kille III

Truly a "Marathon of Monuments," a runner reaches mile 16 with the Jefferson Memorial in the background. Marathoners raced past monuments, through the streets of Washington during the 20th Annual Marine Corps Marathon, Oct. 22.

'Cats claw 'I 21-8, LHS fa 1-4 in confere

LCpl. Brian M. Danisevich
Globe staff

The Wildcats from Richlands sent Lejeune sprawling to a 1-4 record in the Coastal Plains 1-A Conference after downing the Devilpups 21-8 on a rain-drenched field here Friday night.

The Wildcats converted three Lejeune turnovers into touchdowns in the first half of play in their cruise to victory. It was the Wildcats third consecutive victory after losing five straight to start off the season.

Gabe McKay set up Richland's first touchdown when he intercepted a Jason Anderson pass on the Devilpup's opening drive. Quarterback Lamont

Cummings added insult to injury with a 10-yard scramble to get the Wildcats on the board.

The Wildcats added to their lead in the second quarter with a 1-yard scoring plunge from Jimmy Bluit that was set up by another errant toss from Anderson, which fell into the hands of Richlands' Willie Allen.

Richland's opportunistic defense struck again late in the second quarter when they came up with an Anderson fumble at Lejeune's 1-yard line. The fumble recovery set up Cumming's second touchdown run of the night

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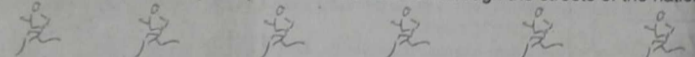
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Wheelchair competitors race off the starting line. Fifteen competitors took part in the Games of Snellville, Ga., captured his fourth victory in the event with a 1:48:41 finish. S... 20th Anniversary of the Marine Corps Marathon in Washington, D.C. Competitors carry states and countries to participate in the 26-mile run through the streets of the nation's



LCpl. Brian M. Danisevich

Body buzz

Derrick Whitsett, left, provides some healthy advice to LCpl. Daniel Johnston, 1st Bn., 8th Marines. Whitsett was at the Nutrition Shop in the Marine Corps Exchange Oct. 13 and 14 to give pointers on how to make positive gains in the weight room. Whitsett, an International Federation Bodybuilding Professional, won the Light Heavyweight Championship last year.

Youth Soccer

Division II		Division I
Natural Disaster	9-0-0	Celtic II
Celtic I	7-2-0	Lejeune Hurricanes
Lancers	5-4-0	Raptures
Red Devils	3-6-0	Wildcats
Strikers	1-6-0	Vipers
Express	0-7-0	Skyhawks
		Scorpions
		Lightning Bolts
		Rockets
		Panthers

Youth Football

Division I		Division III
Colts	3-1	Bull Dogs
Falcons	3-1	Devil Dogs
Eagles	2-2	Vikings
Bull Dogs	2-3	Falcons
Vikings	1-4	

Standings as of Oct. 24

Football drills Hq.Svc. Bn. for victory

Cats claw victory
1-8, LHS falls
4 in conference

and gave the advantage to the Devils. Lejeune half after Richland Lejeune's advantage of and promotion into the Ron Bailey yard drive. Quarterback Lamont added insult to injury and scramble to get the board. Lejeune added to their second quarter with a scoring plunge from in that was set up by a toss from Anderson into the hands of Willie Allen. Lejeune's opportunistic de-again late in the sec-when they came up Anderson fumble at yard line. The fumble up Cumming's sec-run of the night

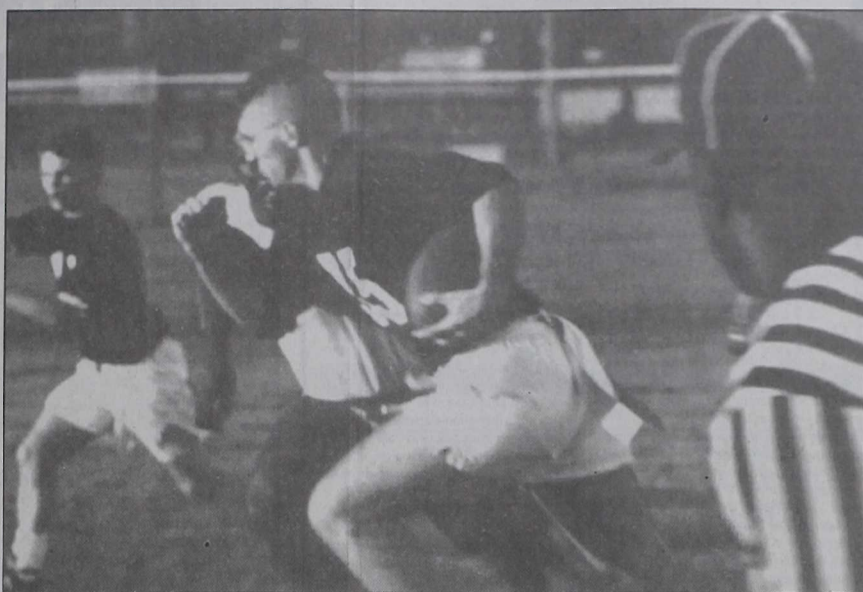
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LCpl. Brian M. Danisevich

Jason Simms, Hq.Svc. Bn., sprints toward the goal line with blockers in front after hauling in a pass during the second half of play in a game against Dental. The game took place at Harry Agganis field, Oct. 18.

2-play, 65-yard drive with a 24-yard halfback option pass from Harold Johnson to Paladino. The touch-down pass was set up by a 41-yard

of their own to close out the scoring in the contest and grab the victory.

Maury Vanderpool caught a 3-yard screen pass and used his blockers to rumble 44 yards and cut Hq.Svc. Bn.'s lead to two points. Gloston then put the game away by hauling in a 39-yard touchdown pass with under 30 seconds remaining.

"I saw that they had a shutter guy in the flat, so I just told him (Reese) that I'd run a flag pattern," Gloston said of his game-winning grab. "As soon as I cut, the ball was on the money."

Gloston was all over the field in the game, switching at quarterback, running back, wide receiver and safety. He finished the game with 3 receptions for 104 yards, five carries for 40 yards and two completions for 41 yards.

Hq.Svc. Bn. had an opportunity to score moments before Dental's late touchdown when they drove the ball



LCpl. Brian M. Danisevich

Thomas Lamb, Hq.Svc. Bn., makes a cut after scrambling from the pocket during an Intramural Flag Football game against Dental. Lamb completed 12 passes for 141 yards and three touchdowns.

40 yards in 12 plays, but were shut down at the Dental 2-yard line.

"On that one particular drive inside the 20, we got our goal line defense out there," Stevenson said.

"It's hard to score on us when we get our red zone defense out on the field," he added.

Lamb threw three touchdowns in the game for Hq.Svc. Bn. in a losing effort. He completed 12 passes for 141 yards and rushed for 27 yards.




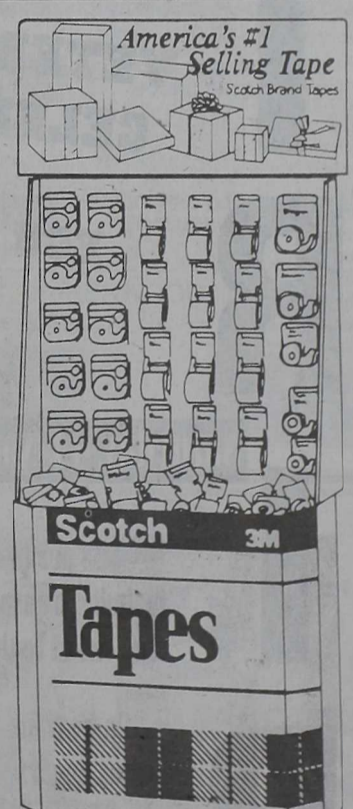


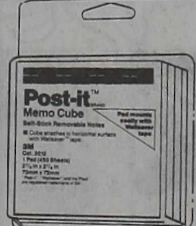


With the victory Dental maintained their position atop the league with a 5-1 record, while Hq.Svc. Bn. dropped to 2-3 on the season.



LCpl. Brian M. Danisevich

Maury Vanderpool, Dental, prepares to uncork a pass as a Hq.Svc. Bn. player applies some defensive pressure.

Getting Ready for Winter / Getting Ready for Christmas

<p>COLE PADLOCK SPECIAL</p> <p>Your Choice 2.99 Sale</p> 	<p>Combination Lock Twin Pak • Reg. 4.99</p> 	<p>Buy 2 3M Scotch Brand Glue Sticks Get One Free</p>  <p>• For paper, cardboard, photos or fabric</p> <p>Special Purchase 99¢</p>	<p>America's #1 Selling Tape Scotch Brand Tapes</p>  <p>Entire Stock of 3M Scotch Brand Tape</p> <p>• Magic Tape • Scotch Tape • Mailing Tape • Packing Tape • Reg. 50¢ - 2.39</p> <p>Take 20% off Ticketed Price</p>
<p>Door Patio Door Insulator Kit</p> <p>• Stop cold draft and reduce air infiltration by 87% • Reg. 11.99</p> <p>Take 20% off Ticketed Price • 2170</p> 	<p>Outdoor Window Insulator Kit</p>  <p>• Stitches tight and wrinkle free • Stops cold drafts • 42x62 • Reg. 4.25</p> <p>Take 20% off Ticketed Price</p>	<p>Post-it-3M Brand Memo Cubes</p>  <p>Entire Stock Reg. 75¢ -4.25</p> <p>Take 20% off Ticketed Price</p>	
<p>Door Patio Door Insulator Kit</p> <p>• Stops cold drafts • Clear as glass • Reduces heating cost and saves energy • Reg. 13.99</p> <p>Take 20% off Ticketed Price • 2140/2149</p> 	<p>Indoor Window Insulator Kit</p>  <p>• Won't burn through • Clean removal • 2140 • Reg. 4.25 • 2149 style 84x237 Reg. 18.99</p> <p>Take 20% off Ticketed Price</p>	<p>Introducing 3M Room Decorating Kit</p> <p>• Jumbo removable appliques • Goof Proof; Easy to use • Reg. 17.99</p> <p>Take 20% off Ticketed Price</p>	

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teen competitors took part in the event with a 1:48:41 finish in Washington, D.C. Competitors ran through the streets of the nation...

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 Lightning Bolts
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 Panthers

South Football

3-1 Bull Dogs
 3-1 Devil Dogs
 2-2 Vikings
 2-3 Falcons
 1-4

Division III

5-1
 2-3
 2-3

Standings as of Oct. 24

PICKS OF THE WEEK

"Sam I Am"
16-16

Nebraska at Colorado ... Will the Cornhuskers remain undefeated and possibly challenge Florida State for the National title this year? The answer to that question relies heavily upon how they handle the Buffaloes this week. There are many who believe that the 'Huskies are more deserving of a number one ranking than the Seminoles. If Tommy Frazier can pass for four touchdowns like he did against Kansas State, the answer could be yes.
Cornhuskers 34, Buffaloes 27

Chicago at Minnesota ... Erik Kramer passed for 349 yards last week to help clinch the Bears third consecutive victory. The Vikings have been losing steam lately and suffered miserably at the hands of the Packers last week. The Vikings have much to gain from a win and may be just a little hungrier than the Bears. It'll be a close one.
Vikings 27, Bears 23

Cleveland at Cincinnati ... At one point, the Browns seemed to be a team to be reckoned with while the Bengals were faltering. The tide has turned and now the teams are battling to take the number one spot in the AFC Central. Jeff Blake's superb job in leading the Bengals to a 27-9 win over the Steelers clearly shows an example of great things to come.
Bengals 23, Browns 10

Buffalo at Miami ... The Bills suffered an embarrassing loss to the Patriots Monday night and will surely be looking for redemption. The Miami Fish have been unable to stay focused in recent games and have suffered defeats at the hands of dismal teams like the Jets. Unless they do something to turn their season around, they will really be embarrassed this week.
Bills 45, Dolphins 10

DANO
18-14

Nebraska at Colorado ... Last year I picked Kordell Stewart and the rest of the Buffaloes to walk into Lincoln and kick the Cornhuskers' tails, but ended up eating my words. This year I'm going to stick by Nebraska as they make their bid for an undisputed National Championship. Tommy Frazier has been unstoppable thus far and even with the losses of some key personnel Nebraska has excelled. Give Nebraska the victory enroute to another Big Eight title.
Cornhuskers 33, Buffaloes 28

Chicago at Minnesota ... Talk about a must win for the Vikings. A loss here and Minnesota would find themselves four games out of first place with eight games remaining. Warren Moon has fallen steadily over the past couple of weeks, but it's about time for him to step up and get the Vikings moving. Look for Chris Carter and Robert Smith to have big numbers for the Vikings.
Vikings 27, Bears 24

Cleveland at Cincinnati ... Jeff Blake has found success in the vertical passing game, and has the Bengals in their first divisional title hunt since 1988. As for the Browns, they are looking pathetic at this juncture in the season. Vinny Testaverde is afraid to throw the long ball, while their running game is virtually non-existent. Look for Cleveland to try to pound the ball down Cincinnati's throats, but don't expect them to win it.
Bengals 31, Browns 21

Buffalo at Miami ... Dan Marino is back for the Dolphins behind center and will be looking to snap a three-game losing streak by his team. The Dolphins, however, are going to need to re-establish a running game that has gone sour in the past couple of weeks to beat the up and coming Bills. This one should be nailbiter, especially if the Bills defense continues to play the way it has.
Dolphins 23, Bills 17

C.T. Armchair
16-16

Nebraska at Colorado ... How many wins versus top-20 teams does it take to get a #1 ranking? Nebraska is still searching for the answer after defeating another one, Kansas State, last week 49-25. Tommie Frazier looked "prime time" passing for four TDs. Colorado also had an impressive victory against Iowa State last week, 50-28. This is a tough one to call with Colorado playing at home. Nebraska came through last week, though, to keep me at 500. Go Nebraska!!
Cornhuskers 35, Buffaloes 30

Chicago at Minnesota ... Eric Kramer comes off the game of a lifetime versus Houston last week, passing for 349 yds and two TDs. The Bears have won three in a row and share the head seat in the NFC Central. Minnesota lost to the Packers by two touchdowns. The Bears, by no means, are back to '85 standards, but once again are looking like the "Monsters of the Midway." I like the Bears on the road in this one.
Bears 28, Vikings 17

Cleveland at Cincinnati ... Deemed to be the battle of the AFC Central (if you want to call it that), both teams are 3-4 and top the division. Jeff Blake disappointed the struggling Steelers last week passing for 275 yds and three TDs. Cleveland lost to an expansion team. Oh Nelly, this could be a good one. Yeah Right! The Bengals at home by 10.
Bengals 24, Browns 14

Buffalo at Miami ... The Bills' so-called top rated defense didn't display their talents against the Patriots Monday night. Thurman Thomas is out and his replacement fumbles the ball. Jim Kelly will have to show his experience playing Miami on the road. The Dolphins also struggled last week with a disappointing loss to the 2-3 Jets. If Miami expects to stay in the title hunt for the AFC East, they must win this one.
Dolphins 35, Bills 21

THE PHATMAN
19-13

Nebraska at Colorado ... The Cornhuskers march into Boulder, Colo., Saturday with another chance to prove they're better than Florida State by possibly beating another Top Ten team. The question has to be asked: how can the Seminoles stay ranked Number One, when Nebraska, Ohio State and Florida continue to murder ranked opponents? Well, sports fans prepare for disappointment again this week, because Nebraska will win, and somehow, the Seminoles will stay ranked Number One.
Cornhuskers 27, Buffaloes 14

Chicago at Minnesota ... What is happening in Chicago? They bring in Kramer as quarterback, and all of a sudden, the Bears look like a contender. The Vikings started strong when they almost defeated Dallas, but it appears the Minnesota boys are slacking. The Bears will rise to the occasion, and Chicago will get the all-too-important win on the road.
Bears 24, Vikings 17

Cleveland at Cincinnati ... Former ECU star Jeff Blake has turned the tables around for the Bengals, and with a win over Pittsburgh, they're back in the race for the title. However, the Browns will start a new era for Cleveland this week when Eric Zeier takes to the field. The Battle of Ohio will end with Cleveland putting a hurtin' on the Bengals.
Browns 27, Bengals 13

Buffalo at Miami ... A game that would normally be an offensive explosion looks to be a defensive struggle with Marino out for the Dolphins and the Bills missing Thomas and Reed. However, the Dolphins managed to win last week, and don't look for them to give an inch at home. This road trip might even finish the Bills for the rest of the season.
Dolphins 35, Bills 24

Weekly standings

Intramural Football

Red League

CEB	6-0	10 MA
LAR	5-2	Tanks
6 MAR	2-3	HQ Div
3/6	1-5	2/8

White League

8 ESB	6-1	H&S E
Sup Bn	6-1	Maint
CHB	2-5	8 Mtrs
Med Bn	1-5	Rad B

Blue League

MCSSS	6-0	2 MAV
NavHosp, CP	3-3	SOI
8 Comm	3-3	H&HS
HQSpt Bn	2-4	SRIG
MCAS	1-4	

Flag Football

Dental	5-1	HQ Div
H&S Bn-A	4-2	1/8
1/10	3-1	H&S B
ISMD	2-4	HQSpt
Maint Bn	0-5	5/10

Standings as of Oct. 19

SIDELINES from 1B

I hear covering sporting events. There was no "we're better than you, nanny nanny boo boo" rhetoric floating in the air. Everyone was friendly.

It really made me think about whether we have taken the spirit of competition too far. Sure, everyone wants their team or their hero to win, but do we need to push the

envelope by trading insults, yelling "boo!" at the opponents? I think it might be a nice change to appreciate the efforts put out by our opponents.

I'm not saying we need to root for them. What I'm saying is that an athletic event should be seen as an athletic event. The team or person that wins did so because they were the better competitor that day.

There used to be a term floating around called "good sportsmanship." Good sportsmanship is not something reserved for the athletes on the field, at the track or in the ring, but also applies to fans. We need to begin allowing our athletes to compete. If they become champions, great; but if they lose, it was meant to be.

I must admit that I have been

guilty of not being the best fan. But after this past weekend, my eyes were opened to a different way of looking at what sports should be all about - friendly competition and having fun.

Thinking of that fateful "first marathon," I have to wonder if the runner had fans cheering for him, perhaps he wouldn't have died.

MUSCLES from 1B

"I was interested in what Doctor Deeters had to say about nutrition," he said. "I lift just to stay in shape and because it's a good stress reliever," he added.

"I think these type of things are great," Zarba said of the performance and training seminar. "They need to get more Marines out because our diets aren't the greatest."

"We rely on three days a week of one hour of PT (physical training),

and it takes the body in shape demands that added.

Upon completion period, dedication at the builders made fine Corps M signed autographs and personal v the bodybuildi

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Weekly Standings

Intramural Football

Red League	White League	Blue League
6-0	6-1	6-0
5-2	6-1	3-3
2-3	2-5	3-3
1-5	1-5	2-4
		0-5

Flag Football

5-1	4-2	3-1	2-4	0-5
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Standings as of Oct. 19

CITY CARS

804

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Announcements

ANNUAL ONSLOW COUNTY MUSEUM ART AND CRAFT FESTIVAL. The Onslow County Museum is pleased to announce that applications are currently being accepted for the 18th Annual Onslow County Museum Art and Craft Festival. The Festival is scheduled for Sunday, November 5 from 10 am until 5 pm in the heart of the richlands Historic District. Annual attendance is 15,000-20,000 spectators. Over 140 artisans and craftspeople are expected. Booths are 10'x10' and registration is \$40.00. All crafts must be handcrafted by the vendor-no commercially manufactured or imported items will be accepted. A limited number of food vendors will also be eligible for participation. Interested parties should contact the museum for details and an application. For more information please contact Onslow County Museum - attention: FESTIVAL, P.O. Box 384, Richlands, (910) 324-5008/(910)324-2897 FAX. 11/5

OCTOBERFEST: Pine Vally UMC at 910 Pine Valley Rd. (Off of Country club) will hold Octoberfest on Saturday October 28th. the hours are 7:00 am to 1:00 pm. Events will include: yard sale, crafts, and baked goods, children's games, breakfast and lunch booths. We invite everyone out for a great day - rain or shine. For information: 353-4611. 10/25

ANNUAL MARINE CORPS BIRTHDAY BALL. Firday Nov. 10th, 6:00 pm. Branch Home. Stillwood Road off Dawson Cabin Road. Sponsored by the Fleet Reserve Assoc. Br. 208. All proceeds will benefit various city and county charities. 11/8

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- powder
- juice
- vegetables oil
- red salsa
- opped fresh cilantro to garnish

n to 450° F. Lightly grease baking sheet. Cut each
 half. Rinse in cold water and pat dry with paper
 e the crushed tortilla chips and chili powder in a
 ix well. Combine the lime juice and vegetable oil
 low dish.
 et pieces into the lime/oil mixture and then imme-
 e seasoned tortilla crumbs to coat. Place on pre-
 sheet. Sprinkle fillets with any remaining crumbs
 eated oven until crisp and golden, about 8 to 10
 nding on the size and thickness of the fillets. (The
 be tender when pierced with a fork in the thick-
 n the salsa. Spoon salsa across the center of the
 Sprinkle with fresh cilantro (optional) and serve.



shaw was invented in 1869 by an American Baptist
 e, Jonathan Scoble, to transport his invalid wife about
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Fresh Grade A
Fryer
Leg
Quarters **49¢** Lb. Reg. 69¢/Lb.
America's Cut
Boneless
Center Cut
Pork Chops **\$3.89** Lb. Reg. \$4.89/Lb.

25 Oz.
Kellogg's
Frosted
Flakes **\$2.59**
 Reg. \$4.15

Fresh Florida White Or
Red Grapefruit
3/99¢ Reg. 69¢ Each
 A PRODUCT OF THE
 FLORIDA SUNSHINE TREE
 High in Vitamin C
 High in Potassium
 Sodium Free
 Cholesterol Free

48 Oz.
Crisco
Oil **\$1.99**
 Reg. \$2.29

DELI/BAKERY SELECTIONS

4 Roll
 White, Peach/Blue
Scott
Bath
Tissue **\$2.29**
 Reg. \$2.69
 LASTS LONGER!
 1000 Sheets Per Roll

Cooked **\$2.99** Lb.
Ham (Reg. \$3.99)
 Yellow & White
 American Cheese **2.49** Lb. Reg. 3.49
 Quarter Sheet
 Halloween Cake **7.99** Ea. Reg. 10.99
 Delicious - 6 Ct.
 Halloween Cupcakes **2.49** Ea. Reg. 2.99

Prices in this ad good Wednesday, October 25 thru Tuesday, October 31, 1995. We Reserve The Right To Limit Quantities.

MVP CUSTOMER

MAMA MARY PIZZA CRUST 13 Oz. - 7" MVP \$1.59 Price With \$50 Purchase Extra Low Price Without MVP Card \$1.99	ENSURE HI-PRO VANILLA 8 Oz. - 6 Pack MVP \$5.83 Price With \$50 Purchase Extra Low Price Without MVP Card \$7.29	RAGU PIZZA QUICK 14 Oz. Traditional MVP \$1.00 Price With \$50 Purchase Extra Low Price Without MVP Card \$1.26	DRIXORAL 10 Ct. MVP \$3.19 Price With \$50 Purchase Extra Low Price Without MVP Card \$3.99
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TS & FIGURES

Shopping By The Numbers

is larger every time you visit an outlet center. More than half the country has been to at least 24 months.

That's expected to increase to over \$12 billion for 1995.

- Who's the average outlet shopper? Studies suggest it's a 37-year-old woman with a household income of approximately \$45,000 a year.
- The number of new visitors to outlet malls is growing at a rate of nearly 15 percent each year.
- Retailers are entering the outlet industry at a rate of 30 per year—many of which are renowned brands—providing the consumer with more authentic, branded, top quality merchandise and significant value with guaranteed satisfaction.
- There are nearly 12,000 factory-direct stores nationwide—7,500 of those have opened within the past six years.
- Almost 60 new outlet centers will open by the end of 1996. Perhaps you will be one of the first visitors.

Poke Cake Adds Sparkle to Holiday Celebrations



Today season is the time for families and friends to make merry with the help of festive meals and tans year, there's no better way to capture the excitement of the season than with a spectacular Holiday

and green color, this spectacular, yet simple-to-prepare two prepared white cake layers. The brilliant color is achieved by poking holes in the prepared cake and pouring a blue gelatin solution over the top. Frosted with soft clouds of Cool Whip and decorated with spearmint leaves and red berries makes a delicious centerpiece for the annual tree Christmas Eve party.

HOLIDAY POKE CAKE

Two round white cake layers, cooled* and water.

(Serving size) 1 (3 1/2 oz) Jell-O brand gelatin, any red flavor

(Serving size) 1 (3 1/2 oz) Jell-O brand lime flavor gelatin

(Serving size) 1 (3 1/2 oz) Cool Whip whipped topping, thawed

Preheat oven to 350 degrees F. Bake two cake layers, Jell-O brand sugar-free gelatin dessert and whipped topping.

Place top sides up, in 2 clean 9-inch round cake pans. Bake for 15-20 minutes. Remove from oven and cool for 1/2-inch intervals.

Bring water into each flavor of gelatin in separate saucepan until completely dissolved. Carefully pour red gelatin over first cake layer and lime gelatin over second cake layer.

Let stand in warm water 10 seconds; unmold onto serving plate.

Place 1 cup of the whipped topping. Unmold second cake layer on first cake layer. Frost top and sides of cake with whipped topping.

Let stand 1 hour or until ready to serve. Decorate as desired. Store cake in refrigerator.



ANNUAL HOLIDAY SALE

All Lenox Dinnerware, Stemware, Flatware, China Gifts and Crystal Gifts

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... This In The New

16TH ANNUAL USO CHALLENGE ROAD RACES

SATURDAY, 4 NOVEMBER 1995
CAMP JOHNSON GYM M129

EVENTS/TIMES

0815 1 Mile Fun Run Entry Fee: \$6
0900 8K Individual Run Entry Fee: \$9
0915 5K Military (Mud) Run Entry Fee: \$7

**20-Man Formation Run with unit Guidon in utility trousers and boots. Run will consist of hard surface off roads, and a few obstructions *obstacles*

ALL PROCEEDS BENEFIT THE USO OF JACKSONVILLE



Entry fees postmarked no later than 28 October 1995

Make checks payable to: USO CHALLENGE RACES
Mail applications to:
USO CHALLENGE RACES
9 TALLMAN STREET
JACKSONVILLE, NC 28540

LOCATION:

The entrance to Camp Johnson, a part of Marine Corps Base Camp Lejeune, is located at the Beirut Memorial on NC HWY 24 East in Jacksonville, NC

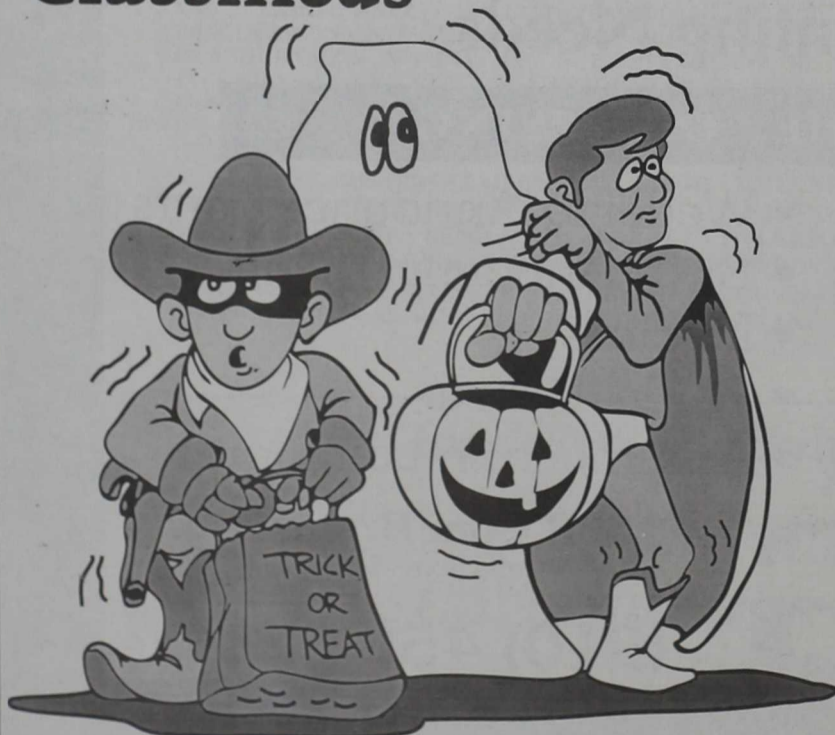
MILITARY (MUD) RUN:

Formation run in utility trousers, boots, and with unit Guidon will consist of AT LEAST 20 MEMBERS. Winners will be the unit with the best time with all members in formation. Each group member must fill out a registration form and the forms must be submitted together. There will be a very large rotating trophy entrusted to the winning unit for one year along with a smaller permanent unit trophy and medals for all group members. The start will be staggered. The course will be a mix of hard surface roads, unimproved roads, and "obstructions". Units with more than 20 members are welcome, but will be at a slight time disadvantage negotiating portions of the course which require group and individual effort. All participants receive a short sleeve T-shirt.

FOR MORE INFORMATION CALL 455-3411

Don't get Spooked!

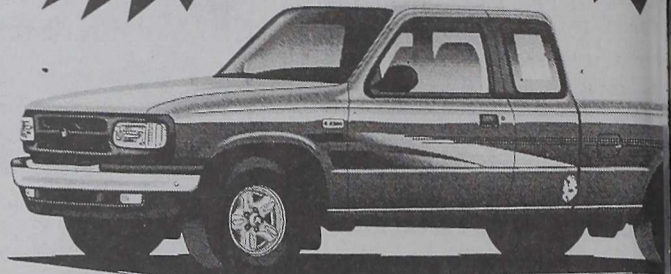
You can find what you're looking for in the Globe Classifieds



MAZDA OF JACKSONVILLE is having their **Fall Truck Clearance**

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Up To **\$2000** Cash Back
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FREE SHUTTLE: Transportation Provided From ALL Camp Lejeune & MCAS New River Locations

REDEEM THIS MILITARY CASH ASSISTANCE COUPON

To use as your down payment during this special sale. Limit (1) one per purchase. Valid only Oct. 26-31, 1995 at MAZDA of Jacksonville

\$750

To use during this special sale. Limit (1) one per purchase. Valid only Oct. 26-31, 1995 at MAZDA of Jacksonville

Check Out Our 1st-Time Buyer's Program

LARGEST MAZDA TRUCK INVENTORY ON THE EAST COAST

3 Year/50,000 Mile Bumper to Bumper Warranty



123 WEST 35th

THE THIRD ANNUAL 50K ON ROAD CYCLE TOUR D'PAIN

SATURDAY, 18 NOVEMBER 1995 ♦ 0800
GOETTGE MEMORIAL FIELD HOUSE ♦ CAMP LEJEUNE, NORTH CAROLINA

awards

Plaques will be awarded to the top three male and female OVERALL, OVERALL MASTERS finishers, and to the top three male and female finishers in the following age groups: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-70, 70 and over. Top overall finishers are not eligible for age group awards.

course

A flat, fast, asphalt course covering a measured distance of 50 kilometers (31 miles). The course routes through a variety of settings, adding to the enjoyment of the challenge. The course is clearly marked and aid stations will be located every eight miles. Medical and communications personnel will be available throughout the route. For your convenience, men's and women's showers and restrooms are available at Goettge Memorial Field House. The finish will be straight and fast.

event rules

The Tour d' Pain is conducted according to standard racing rules. Helmets are necessary. Race is a self-seeded, open mass start in which all types of cycles are allowed.

race packets

Cyclist's packets contain race information, cyclist's number, safety pins, commemorative T-shirt, and patch. Packets will be available for pickup on Friday, 17 November, from 0900 to 1600 (9 AM to 4 PM) at the Fitness Center, French Creek, Bldg 332. They will also be available on race day at Goettge Memorial Field House off of Main Service Road from 0700-0745.



ENTRY FORM

Name _____
Address _____
City _____
State _____ Zip _____ Phone () _____
Sex _____ Age on Day of Race _____ T-Shirt size: M L XL

WAIVER MUST BE SIGNED BEFORE MAILING!

GENERAL RELEASE:

In consideration of this entry being accepted and desiring to be legally bound, my heirs, assigns, executors, administrators, etc., I hereby release the sponsor Marine Corps Base, Camp Lejeune, and all those associated with this event for injuries and damages incurred or arising from my participation in TOUR D'PAIN.

Signature _____ Date _____
SIGNATURE OF PARENT OR GUARDIAN IS NEEDED IF APPLICANT IS UNDER 18 YEARS OF AGE

REGISTRATION: Military (Active Duty, Reserve, Retired, Dependent) - \$10 if received by Wednesday, 15 November and \$15 thereafter. Civilian - \$20 if received by Wednesday, 15 November and \$25 thereafter. Late registration will be from 0700-0745 at Goettge Memorial Field House the day of race.

MAKE CHECKS PAYABLE TO "MWR ACTIVITY" AND MAIL THIS APPLICATION ALONG WITH APPROPRIATE ENTRY FEE, TO:

MORALE WELFARE AND RECREATION
ATTN: MSAD RACE
1401 WEST ROAD
CAMP LEJEUNE NC 28547-2539

OR DELIVER TO FITNESS CENTER, FRENCH CREEK, BLDG 332

THE DAILY NEWS

OPEN TO ALL MILITARY PERSONNEL

Sponsored by:



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

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 451-0996

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 Sat 0900-1400
 Closed Sunday
 451-0555

Courthouse Bay (Bldg#3A)
 Hours: Mon-Fri 0830-1600
 Closed Sat & Sun
 451-7155

MCAS (Bldg#200)
 Hours: Mon-Fri 0800-1700
 Closed Sat & Sun
 451-6362

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92 ACCORD EX COUPE Loaded, 39,078 Miles SK#78931 \$13,950	92 ACCORD DX 4 Door, 5 Speed. SK#953401 \$11,450	91 ACCORD DX 4 Door, Auto, A.C. SK#78930 \$8,950
94 CIVIC DX COUPE 5 Speed, A.C, Cassette, 1 Owner. SK#953131 \$12,950	92 ACCORD EX 4 Door, Auto, Loaded, 1 Owner. SK#952431 \$15,950	88 CIVIC DX 4 Door, 5 Speed, A.C, Cassette. SK#952571 \$6,450
91 CRX HF A/C, 5 Speed. SK#953231 \$7,950	88 ACCORD 3 Door, 5 Speed, A.C. SK#951812 \$3,950	89 CIVIC S/W Auto, A.C. SK#951822 \$5,950

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NEWS OF HEALTH

Mammograms: Pictures That Can Save Your Life

(NAPS)—Recently, First Lady Hillary Rodham Clinton launched a public awareness initiative to educate Americans about the importance of mammography screening, especially for older women who are at greater risk of developing breast cancer.

The need for public education is clear: According to the American Cancer Society 182,000 women were diagnosed with breast cancer in 1994. Some 46,000 women die each year from breast cancer and 30 percent of these deaths may be prevented through both treatment and early detection techniques—particularly mammography. Surprisingly, only 37 percent of women covered by Medicare take advantage of the mammography benefit.

A mammogram is a special breast x-ray that can reveal the presence of small cancers up to two years before they can be felt by you or your health provider. The National Breast Cancer Awareness Month sponsors agree that mammography remains the most effective means currently available for detecting breast cancer in its early stages.

One company recognized that a void existed in the communication about breast cancer, early detection, and early intervention. As founding



For women sixty and over, who are at greater risk of contracting breast cancer, a mammogram is especially important. If you are over 65, Medicare benefits are available.

sponsor of National Breast Cancer Awareness Month, which takes place every October, Zeneca Inc., a \$2.6 billion bioscience company in North America, is committed to educating women about the importance of mammography screening.

The company has also pledged to support Mrs. Clinton's program and to promote its vital messages to Medicare-eligible women as part of this 10th anniversary celebration of National Breast Cancer Awareness Month.

Paid Announcement

A man who uses a great many words to express his meaning is like a bad marksman who instead of aiming a single stone at an object takes up a handful and throws at it in hopes he may hit.

—Samuel Johnson

FREE THINGS TO SEND FOR

(NAPS)—For free recipes using California carrots, send a self-addressed, stamped, business-size envelope to Holiday Carrots, 531-D North Alta Ave., Dinuba, CA 93618.

For information on a poster and essay contest for children, call the Youth Programs Department at the MADD National Office, 214-744-6233, Ext. 217.

To learn about CARE's worldwide history, tap into the Home Pages "CARE History" section at <http://www.care.org> or call 1-800-521-CARE.

For a free retirement planning brochure, *Preserving the Value of Your Estate*, call Manulife Financial at 1-800-435-9214, ext. 126.

For information on Edmark's KidDesk Family Edition computer software, call 1-800-691-2985.

For a free brochure on Miller's "Educational Instructors Package" for welding instructors and students, write to: Miller Electric Mfg. Co., Attn: Marketing Dept., P.O. Box 1079, Appleton, WI 54912; or call (414) 751-2120.

The most important thing you should know about windshield



repairs is not to rush the shop that is doing the repairs as the adhesive that is being used has to seal properly, point out the experts at LYNX Services. For the name of a nearby LYNX from PPG auto glass repair shop call: 1-800-800-9000.

For great recipes featuring rums from Puerto Rico, send a stamped, self-addressed, business size envelope to: Puerto Rican Rum: from Drinks to Desserts, 666 Fifth Avenue, New York, NY 10103-1599.

Of all the threats to your financial security, none is more dangerous than debt. If you would like to learn more about how to improve

your personal finances, including reducing your debt, order a free copy of the informational brochure called *The Solution: How You Can Take Control Of Your Financial Life*. It is available to those who write to: Primerica Financial Series, 3120 Breckinridge Blvd., Duluth, GA 30199, Attn: Corporate Relations; or call: (404) 564-6329.

An informative brochure on how to hire a Plumbing-Heating-Cooling contractor to give your home a repair check is available free to those who write to the National Association of Plumbing-Heating-Cooling Contractors, Dept. NAPS, P. O. Box 6806, Falls Church, VA 22040 or call 800/533-7694.

For information on the talking book program, write the National Library Services for the Blind and Physically Handicapped, The Library of Congress, Washington, DC 20542; or call 1-800-424-9100.

For free helpful booklets, *Hyperactivity*, *The Highly Active Child* and a fact sheet on *Diet and Behavior*, write to The Sugar Association, Inc., "Diet and Behavior", 1101 15th Street, N.W., Washington, D.C. 20005.

Paid Announcement

There are two times in a man's life when he should not speculate: when he can't afford it and when he can.

—Mark Twain

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RETIRED MILITARY (E-8/E-9's)

Would you like to play a little less golf and spend 20 to 25 hours each week talking to active military about an educational plan that can assist then in accomplishing their career goals? We are an international firm that would like to show you how this is accomplished. No sales experience necessary - and you will receive \$500 per week during training. Interested? Kindly write to PO Box 170, Midland Park, NJ 07432. 10/25

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MAYSVILLE AUTO AUCTION every Saturday, 7 pm. Dealers and public welcome. Buy or Sell. Call dealer for registration and numbers. Across from Post Office, Rt 17, Maysville. Delmans Sanders, NCAL #311. 743-2102 or 1-800-515-9876. TFN

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CASH PAID for dressers, chest of drawers, living room furniture,

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RESPONSIBLE PERSON needed to take over payments of \$43 on Whirlpool washer & dryer pair. See Lisa at Furniture Finance. 933 Lejeune Boulevard. 10/25

ANGRY WIFE! forces husband to sell 100 watt stereo system. Just purchased. Assume payments of \$48.67. See Danny at Furniture Finance. 933

Lejeune Boulevard. 10/25

RUGGED PINE BUNK BED combo with ladder and safety guard rails. With ad \$79.88. See Danny at Furniture Finance. 933 Lejeune Boulevard. 10/25

7PIECE WHITE BEDROOM SET with desk, chest, dresser, night stand and bed for \$300 or best offer. See Lisa at Furniture Finance. 933 Lejeune Boulevard. 10/25

MAGIC. 5 drawer chest two for \$99, 4 drawer or chest two for \$79. Watch them disappear at this price. See Lisa at Furniture Finance. 933 Lejeune Boulevard. 10/25

PEOPLE ARE ALWAYS floored by our room size rug prices. 9x12 only \$89.99. 12x15 only \$149.99. See Danny at Furniture Finance. 933 Lejeune Boulevard. 10/25

DEPLOYING Must cancel layaway on 3 piece living room. Pick up balance of \$642. See Danny at Furniture Finance. 933 Lejeune Boulevard. 10/25

TOT TO TEEN All kids furniture are on sale now. Bunkbeds, daybeds, chests, desks... big selection. Small prices. See Lisa at Furniture Finance. 933 Lejeune Boulevard. 10/25

TAKE OVER PAYMENTS on 25 inch contemporary console TV. Less than \$49 per month. See Lisa at Furniture Finance. 933 Lejeune Boulevard. 10/25

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MEDAL AND RIBBON SETS expertly mounted for dress uniforms. Fast service. One low price includes new suspension ribbon, hardware, tax and labor. We stock all medals, (Regulation, Anodized, Miniatures), ribbons, devices, mounts. 455-1982. TFN

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Professional mounting, next day service, same low price. All work guaranteed. We sell medals, all branches. 346-2630. 10/26

SEMPER PAR MARINES! Call now! Hear weekly updated reports on the news and developments shaping your Corps! 1-900-234-7575 x2056. \$1.99/minute, 18+ only. (619-275-6625). 10/26

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HOMES FOR SALE: 100% owner financing. Great Variety of Homes! Call Choice Jacksonville Realty. 455-7284. TFN

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ROOMATE WANTED: Male or female. Large house-Branchwood area. Completely furnished. Own bathroom. Nice! Worth every bit of \$250 = utilities. Deposit required. 938-2033 day or 353-1800 evening. Ask for Lynn. 10/26

COUNTRY LIVIN' - 3 bedroom, 2 bath home on .51 acre-861 Mill River Rd. Loan assumption on \$4000- Take over payments \$598 - new VA loan-all appliances - fireplace, ceiling fan, 17x9 deck, car garage - call Century 21 Town & Country - Dennis Bragg 455-5731/346-2788. 10/26

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Is Hereby Given

ROSE BROS FURNITURE DISPOSAL CENTER

2103 Lejeune Blvd, Jacksonville, North Carolina

THE DOORS HAVE BEEN ORDERED LOCKED

Effective Immediately

The Present Owners of Rose Bros Furniture Disposal Center Has Demanded

THE 2 MILLION DOLLAR FLOOR SAMPLE INVENTORY WILL BE "LIQUIDATED"

THE DOORS WILL REMAIN CLOSED UNTIL SATURDAY, OCTOBER 28, 1995

THE DOORS WILL OPEN AT 10AM

AND ALL MERCHANDISE WILL BE SOLD

This Complete And Absolute "FURNITURE LIQUIDATION" IS OPEN TO THE GENERAL PUBLIC, DEALERS AND ANY INTERESTED PARTIES. Purchases Must Be Made By CASH, CHECK, CREDIT CARDS OR APPROVED CREDIT. All Goods Must Be Claimed And Removed From The Premises Within 24 HOURS. DELIVERY EXTRA RENTAL TRUCKS AVAILABLE. Examples Innersprings Mattress Sets King Size \$198.00, Cherry Rice Beds \$260.00, Day Beds \$24.00, Spider Lamps \$59.00, Sectional Sofa \$548.00, Living Room Tables \$19.00 ea., Entertainment Centers \$88.00. ALL PATRONS WITH MERCHANDISE ON LAYAWAY MUST CONTACT THE DISPOSAL CENTER IMMEDIATELY AT 910 353-1744.

ABSOLUTE DISPOSAL LIQUIDATION SATURDAY, OCTOBER 28, 10AM TO 9PM.

- | | | |
|--------------------------|--------------------------|---------------------------|
| 4 VICTORIA BEDS | 196 RECLINERS | 153 WHITE WASHED TABLES |
| 23 OCCASIONAL CHARIS | 30 ROCKING CHAIRS | 8 PEDESTAL TABLES |
| 60 PILLOW BACK SOFAS | 16 ODD STATIONERY CHAIRS | 129 BEDROOMS |
| 10 TILE TOP TABLES | 11 PINE T.V. CABINET | 4 CAPTAINS BEDS |
| 23 FLORAL TABLE SETTINGS | 20 T.V. CARTS | 73 DINETTES |
| 43 IVY WITH PLANTER | 20 PARLOR CHAIRS | 172 PAINTINGS |
| 6 LOW BOYS | 165 ODD TABLES | 946 MATTRESS SETS |
| 11 ARMORS | 400 GLASS TOP TABLES | 47 DINING ROOMS |
| 17 5 DRAW CHESTS | 144 BED FRAMES | 64 ENTERTAINMENT CENTERS |
| 13 COLONIAL SOFAS | 6 PINEAPPLE BEDS | 397 LAMPS |
| 50 LOOSE PILLOW SOFAS | 36 POSTER BEDS | 93 OAK DINING ROOM CHAIRS |
| 16 27" TABLE TOPS T.V.'s | 11 DINING TABLES | 37 BAR STOOLS |
| 71 LACQUERED END TABLES | 16 DROP LEAF TABLES | 26 SPIDER LAMPS |
| 92 BOOKCASES | 2 CHERRY DESKS | 37 SECTIONAL SOFAS |
| 3 CACTUS TREES | 1 OAK ROLL TOP DESK | COMPLETE LINE OF |
| 47 FLOWERING TREES | 38 OAK BOOK SHELVES | WHIRLPOOL APPLIANCES |

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t center, \$200;
Call 347-9167.
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drive, CD ROM,
sound card, 14
300. Call 347-
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rs, diaper bags,
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sink, \$50. Call
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w/50 mm lens,

Ladies black leather jacket w/removable
liner, \$30. Call 577-3568.
Boys 20 in. bike, \$50; car seat/carryer, \$30;
baby swing/cradle, \$35. Call 326-3260.
Vivitar slide projector, \$100; black velvet ball
gown, 7/8, \$90; misc. baby clothes. Call
326-3260.

10 gal. aquarium complete, \$35; Kirby
vacuum w/attachments, \$55; semi auto
Remington rifle, 243 cal. w/scope, \$350.
Call 577-5673.
Nikon FM-2, \$75; Lyman dial caliper, \$19;
cartridge gauges, \$4; car jack \$6; green
scarf, \$2. Call 577-1794.
Refrigerator, \$90; small dress blues blouse,
\$25; sunroof holder, \$8; waterbed liner, \$15;
ALICE pack frame, \$15; cammie pile cap,
\$8. Call 577-1794.
Black Bart woodburning stove, free-stand-
ing or insert w/blower, \$400. Call 353-7260.
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floppy drive, \$30; keyboard, \$20; VGA
monochrome monitor w/video card, \$50
OBO; RC off-road car w/battery pack,
charger. Call 577-8518.

Denise Austin power rider, \$100; manual
treadmill, \$100; stereo, \$75. Call 353-1223.
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Truck camper shell, \$125. Call 327-0901.
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7585.

Dog fence w/steel stakes. Call 577-8461.
Universal gym, 6 stations, \$400; bunk beds,
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Electric train, \$3,500; auto battery, \$25; town
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Men's golf clubs; 40 channel CB; ladies golf
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alized digital assistant. Call 938-2008.

Regina carpet/upholstery cleaner, power
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Fisher Price tough trike for boys/girls, ages
1 1/2-4, \$15; Cosco potty, \$5. Call 347-7123.
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New insulated boots, 8 1/2D: \$80; 18 in.
road bike, \$300; 54 cm racing road bike,
\$350; 53 cm racing road bike, \$450; home
performance cycle indoor trainer, \$100. Call
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Step ladder, \$50; fog lamps, \$75; 69 in. surf
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OBO. Call 326-2730.

Ladies black leather jacket w/removable
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10 gal. aquarium complete, \$35; Kirby
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Remington rifle, 243 cal. w/scope, \$350.
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Nikon FM-2, \$75; Lyman dial caliper, \$19;
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Refrigerator, \$90; small dress blues blouse,
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computer cards, desktop case. Call 347-
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Ass't ball gowns, ass't sizes. Call 353-3408.
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95 Nissan Sentra GXE, AM/FM, 5 spd.,
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Ford 302 motor, \$200; various 85 302 eng
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79 Ford Mercury Grand Marquis, white
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91 Mazda 323, gray, 5-sp, AC, stereo. Call
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94 Mazda B3000, black/gray, 5-sp. Call
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93 GMC Sonoma PU, 4-cyl., 5-sp, AC, AM/
FM, \$500 + TOP. Call (910)452-2898.

86 Ford Mustang convertible, V-6, high
miles, needs paint, \$2,000. Call 353-1913.

73 Ford Nova, \$800, 350 engine rebuilt 2
years ago. Call 346-4792.

93 Ranger XLT super cab, 4X4, AC, 5-sp.,
CC, tilt, PW, PL, AM/FM, \$13,200. Call 577-
8502.

72 VW Baja Bug, street legal, \$1,500 OBO.
Call 285-6934.

88 Olds Ciera, 2 dr., AT, \$1,900. Call 353-
3714.

64 Chevy II Nova, 2 dr, hard top, original 6-
cyl, 2-sp., \$4,500 OBO. Call 353-2497.

92 Plymouth Sundance, black/gray, AT, 2-
dr, 52K, \$1,300 OBO. Call 347-0933.

88 Honda Civic LX, gray, \$3,600. Call 455-
9663.

64 Chevy II Nova, 350 w/350 Turbo,
\$4,000. Call 347-8953.

87 Chevy Celebrity, PS, PB, AC, 4-dr., AM/
FM, 120K, \$2,500. Call 577-6826.

84 Ford Ranger VG, AT, PB, AC, AM/FM,
\$3,500. Call 577-6826.

87 Ford Bronco 300 straight six, AT, AM/
FM, \$2,500. Call (919)447-0489.

87 Grand National, AC/PS, PB, loaded,
factory T-tops, one owner, \$12,000. Call

347-7123.
91 Chevy Caprice Classic, loaded, leather
interior, \$8,000. Call 455-6416.

86 Mazda PU, blue, 5-sp., \$2,200. Call 393-
8585.

82 Saab 900, 4 door, 5 spd., AC, AM/FM,
\$3,500. Call 347-7123.

92 Coleman pop-up trailer, sleeps 6, AC,
Call 938-2008.

93 30ft. Jayco camper, utility trailer, low to
ground w/camper top, \$195, old boat trailer,
\$48. Call (919)393-8574.

82 Sailboat, 17 ft., outboard, trailer, new
battery and extras, \$3,500. Call 353-6711.

19 ft. Manatee, deep V, 140 HP, Evinrude,
outriggers, live well, LORAN, VHF, LCD,
safety gear, trailer, \$4,000. Call 455-3856.

17 ft. fiberglass boat w/center console, 115
HP Evinrude, w/tilt-trim galvanized trailer,
stainless steel shrimping w/all equipment,
\$4,000. Call 328-2434.

Bass hunter boat w/motor, 2 seats, batter-
y, oars, life jackets, anchors, \$750. Call 353-
0670.

New Mercury 5-HPd motor, worth \$1,200;
Zodiac inflatable, worth \$1,500. Never used.
Call 340-6052.

Queen-size waterbed frame, head and
footboards, \$50; coffee/end tables, \$20;
lamps, bedspreads, twin comforter, \$5/ea.
Call 355-2419.

Assorted new furniture, will transport up to
20 miles. Call 326-2730.

Very long sofa and armchair, brown plaid,
great condition, \$125. Call 346-6998.

Couch and corner sectional. Call 353-6303.
Black/white bunkbed set, matching com-
puter table, end table, \$285. Free mattress,
sheets. Call 355-0135.

Queen size waterbed, mirror headboard,
satin sheet set, \$175. Call 455-7541.

Country blue sectional sofa, reclining ends,
\$600. Call 577-0041.

Entertainment center, \$35. Call 938-2587.
Berklene reclining sofa, chair, colonial plaid,
\$525; solid oak rocking chair, \$175. Call
353-9488.

Brown plaid sofa, matching chair, \$70 OBO.
Call 346-9269.

Three piece lighted wall unit, \$75. Call 353-
2076.

Gun cabinet, \$50. Call 465-5036.

Rattan living room set includes 4-pc. sec-
tional sofa, 2 chairs, \$300. Call 353-3966.
Maytag washer/dryer, \$700; matching
couch, loveseat, chair, \$300. Call 347-6953.

Glass coffee table, end table, \$50; bamboo
wicker dining table w/glass top, 2 chairs,
\$75. Call 347-6953.

Two piece sectional sofa, \$250. Call 577-
3817.

GE washer, 6 cycle, \$250. Call 340-6052.

Super single waterbed, \$150; full size bed
w/headboard, \$200; couch, \$100; kitchen

table, \$150. Call 577-5438.

Sylvania 25 in. color TV w/remote, \$200.
Call 353-0398.

Refrigerator, side by side, 25 cu. ft., \$800K
Call 347-4781.

Four drawer desk, chair, \$45. Call 353-3628.

Sofa w/matching loveseat, \$60. Call 353-
3189.

Daybed set, cover, 3 pillow shams, \$30. Call
938-2521.

Three piece living room table set, black w/
brass, glass. Call 353-3410.

98 Yamaha FZR 600, stage 3 jet, Kerken
header, Dyno runs, looks great, \$2,500. Call
577-1542.

80 CX 500 Custom motorcycle, 17K w/hel-
met, windshield. Call 347-0025.

81 Kawasaki motorcycle, 440 LTD, \$500.
Call 577-3831.

81 BM125 Suzuki, liquid cooled, needs
carburetor work, \$500 OBO. Call 285-
6934.

85 Suzuki GS 450L, new battery, tires,
cables, w/three helmets, \$1,300. Call 455-
8316.

94 Suzuki RF 600Z, \$5,000 OBO. Call 455-
4126.

93 Jetski 750 SS w/trailer, accessories,
\$3,700 OBO. Call 328-0025.

94 Kawasaki Ninja EX600, 12K, \$3,400
OBO. Call (919)447-0489.

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'92 FORD F-150	\$7995	'94 NISSAN EXT. CAB 4X4	\$15,995
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