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How, where to
go for fitness

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THE GLOBE

Camp Lejeune, N.C.

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GySgt Dave Marriott

Gibraltar sunset

A 22d MEU Marine surveys the shoreline off the coast of Gibraltar during a recent Noncombatant Evacuation Operation.

Don't drive drunk, it could cost you your life

LCpl Rosemary Palfy

According to safety officials, a young American dies every three hours in an alcohol-related automobile crash.

Statistics like these have made alcohol-related accidents the leading killer of teens and young adults in the United States.

As National Drunk and Drugged Driving Awareness Month comes to an end, Department of Defense and national safety officials urge people to take a stand.

The National Commission Against Drunk Driving encourages people to follow this month's theme, "Let's take a stand. Friends don't let friends drive drunk."

New Year's Eve is traditionally a holiday when many people attend parties where alcohol is served, and

officials urge people to plan ahead by appointing designated drivers.

"Many drivers and pedestrians, although aware of the safety and legal risks of intoxication, do not know that their abilities may be impaired at levels of alcohol consumption lower than those established by states for convictions of driving under the influence and driving while intoxicated," said a National Highway Traffic Safety Administration official.

Even decisions about the amount of alcohol to be consumed and whether to drive after drinking can be impaired in some people by relatively small amounts of alcohol or other drugs, the NHTSA reported.

"Quite simply, operating a motor vehicle efficiently and safely requires unimpaired use of mental and physical abilities acting in harmony and capable of split-second adjustments."



Theft and drunk driving can cause damage.

Automotive theft, vandalism rising

Story and photo by
Cpl David J. Ferrier

Every 33 seconds a car is stolen in the United States. More than 1 million cars are stolen a year. About 40 percent of stolen cars have keys in the ignition; 80 percent are unlocked.

These are some of the alarming statistics provided by the American Association of Retired Persons in a booklet titled "How to Protect You and Your Car." Camp Lejeune has experienced an increase in the number of automobile thefts, break-ins and vandalism. From July to August, 37 vehicles were either broken into, vandalized or stolen. More than 40 vehicle crimes were committed

during October. Marines at the Crime Resistance Unit said these figures indicate that larceny involving vehicles is on the rise for Camp Lejeune servicemembers and their dependents.

Some of the most common items being stolen are base decals, license plates, insurance papers, stereo systems and car phones.

The CRU's mission is to help people reduce the chance of being victimized. They do this by giving units crime prevention classes, using McGruff the Crime Dog to educate younger children and by loaning engravers so people can permanently mark their valuables.

See AUTO14A

Noncombatant Evacuation Operation trains Marines, sailors

Story and photo by
GySgt Dave Marriott

22d Marine Expeditionary Unit

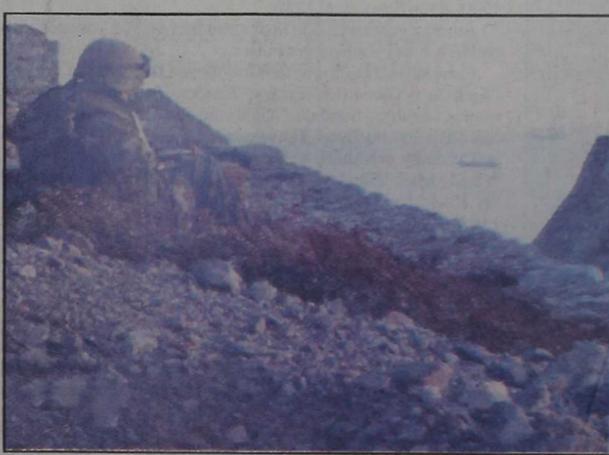
GIBRALTAR—If realism is the key to good training, then the Marines and sailors of the 22d Marine Expeditionary Unit (Special Operations Capable) may have met the key smiths recently during a Noncombatant Evacuation Operation exercise at the Lathbury Barracks Complex here.

Nearly 200 men and women from the British Royal Army, Navy, Air Force and Gibraltar Regiment played roles as aggressors, terrorists, and evacuees. LtCol Richard A. Hobbs, MEU Service Support Group-22, commanding officer, termed the operation his unit's "most challenging and realistic NEO exercise to date." Real-world restrictions on use of the MEU's aircraft, congested city streets, and rugged local terrain merely compounded the problems individual "actors" inserted into the

exercise play. Ordered to evacuate American citizens from the fictitious country of "Blue," the MEU had to quickly and efficiently conduct a NEO without relying on helicopters as the primary means of insertion and extraction. It was a feat they'd never attempted even during work-up training on Camp Lejeune.

The hastily constructed plan had the *USS Austin*, the *USS Gunston Hall*, and the *USS Lamoure County* dock in Blue's deepwater port on the morning of November 23. After offloading nine high mobility multi-purpose wheeled vehicles, the MSSG's Evacuation Control Center team convoyed to the evacuation site at the American embassy (Lathbury Barracks), where they joined the Forward Command Element. The FCE had inserted earlier to coordinate with the embassy staff and local government officials.

The plan's success depended on the Blue Liberation Front, a little-known terrorist organization respon-



A Marine scans the horizon during a recent NEO.

sible for inciting much of the political turmoil and chaos engulfing the tiny "Mediterranean state," being neutralized before to the evacuation. The task fell on Company B, Battalion Landing Team 1st Bn, 6th

Marines. Capitalizing on its small-boat expertise, CoB came ashore in 20 Combat Rubber Rafting Craft under the cover of darkness. After negotiating the cliff-lined coast and setting security at the beach landing

site, the company rendezvoused with a member of the local armed forces, who guided them to a point directly above the BLF command post in Buffadero Village.

Two hours before sunrise on November 23, CoB assaulted the village, eliminating the BLF threat. Once the BLF Command post was destroyed, Battery F, 2d Bn, 10th Mar, fast roped into the embassy compound and established local security. By 1100 the team arrived and the evacuee processing began. More than 80 had been cleared and transported to the moored ships when the exercise ended six hours later.

Although the limited helicopter support, unfamiliar terrain, and lightning tempo tested the MEU's ability to adapt, it was the performance of the role players that challenged the individual Marines and added an extraordinary amount of urgency to the exercise.

"I've been in 10 NEO exercises, See MEU14A

THE CHATTER BOX

What is your New Year's resolution?



Cpl Earl W. Kelton, 8th Comm Bn, 2d SRIG

"To work on picking up sergeant. I need to work on my PFT and rifle scores and make sure I do my MCIs."

"To stop drinking. I want to cut my drinking habits down to basically only the occasional social drink."



Sgt Djakorta L. Parker, HQSVC Bn, 2d FSSG

"To quit smoking. I've been smoking since I came off the drill field in 1984 and it's time to stop."



GySgt Greg Parks, 2d ANGLICO, 2d SRIG

"To make meritorious corporal by February. I've been selected for many boards and I think I'll get it this time."



LCpl D. Williams, 8th Motors, 2d FSSG

"To quit smoking. I've been smoking for four years and I'm ready to quit."



LCpl Carl D. Davis, 8th Motors, 2d FSSG

"To become 'debt free.' It is going to be nice to pay for things I'm getting now instead of things I already have."



SSgt D. J. Beasley, HQSVC Bn, 2d r-SSG

"To be a better person and give more. To donate to more charities and help other people out when I can."



Sgt Ted Tiedeman, 2d MarDiv Band

Support hotline set up

Families of American servicemembers deployed in support of Operation Restore Hope can find help with everyday needs from minor car repairs, to baby-sitting, to an understanding ear from the Family Support Network of the American Legion.

The Family Support Network of the American Legion is easily accessed 24-hours a day by calling (800) 433-3318. The toll-free hotline is answered from 0900-1600, Monday-Friday. An American Legion representative will discuss a caller's needs and begin the process of locating a Legion family member in the caller's hometown who can provide assistance.

After business hours and on weekends callers may leave their name, city they are calling from, phone number and a brief explanation of their need on an answering machine and action begins on the next business day.

Change of command set

LtCol William B. Garrett will take command of 2d Bn, 2d Marines from LtCol John K. Lynn during a change of command ceremony at 1000 January 7 at W.P.T. Hill Field. Goettge Memorial Field House will serve as the inclement weather location. Garrett is assuming command of the battalion after serving as the operations officer at 2d Marine Division G-3. Lynn will move on to a staff position at 2d MarDiv G-3. A reception will be held at the Staff Noncommissioned Officers Club after the ceremony.

Scholarship deadline set

The application deadline is March 1 for 25 college scholarships earmarked for active-duty servicemembers' dependents.

The \$1,000 scholarships are intended primarily for graduating high school seniors but servicemembers' immediate family members who completed high school within the last four years are eligible. In addition to sons and daughters, spouses may also apply.

Applications must be postmarked no later than March 1, and must include complete documentation or they will be disqualified. Along with high school transcripts, college board test scores and recommendations by school officials, applications must include a narrative statement.

The narrative should describe the applicant's extracurricular activities and how they have helped the individual to develop. Especially relevant ones are those that indicate leadership, citizenship, teamwork and dedication. These can include athletics, community service, student government and part-time employment.

The scholarship committee's decisions will be announced in May. Individuals who would like to receive notification concerning the status of their application should include a self-addressed, stamped envelope with

their application packet.

For more information and application forms, check with the local United Service Organizations or write USO World Headquarters, Budweiser/USO Scholarship Program, 601 Indiana Ave., N.W., Washington, D.C. 20004.

IWC to hold tea

The International Wives Club invites you to join them for an English tea. Social hour begins at 1030 and tea will be served at 1100 January 13 at the Lejeune Room at the Officers Club. Reservations are needed by January 8. Price is \$8.75.

Recruiters needed

Philadelphia Marine Corps recruiters are looking for Marines, specifically privates through sergeants, to assist recruiting efforts.

Active-duty Marines willing to serve in northern Delaware, southern New Jersey or southeastern Pennsylvania for 30 days permissive temporary additional duty could receive bonus points toward their composite scores or special recognition for fitness reports.

For more information call GySgt Kevin S. Malone at RS Philadelphia at (215) 492-6885.

RS New Orleans needs Marines to help the recruiting effort in Louisiana. Marines interested in spending 30 days at home helping their recruiter find qualified prospects are urged to call (504) 948-5551/5376 or DSN 363-5546.

Assistance available

More than 400 dependent children of active duty Marines and sailors are attending college this fall thanks, in part, to two new continuing education financial aid programs offered by the Navy-Marine Corps Relief Society.

Based on evaluation of financial need, the VADM E.P. Travers scholarship program provides grants of \$2,000 per academic year, and the interest-free parent loan program offers up to \$3,000 per academic year.

Initial applications for the 1993-94 academic year will be available from Navy-Marine Corps Relief Society offices throughout the Navy and Marine Corps this month. For more information on these programs, or to get an application through the mail, write to Navy-Marine Corps Relief Society, 801 N. Randolph St., Arlington, Va. 22203-1989 or call NMCRS headquarters at (703) 696-4904.

Screening test set

2d Force Reconnaissance Company, 2d Surveillance, Reconnaissance and Intelligence Group has planned a screening test December 11 for Marines in military occupational specialties 0300, 2531 and 2841. For more

Lejeune Le MCB

Navy Commendation
GySgt James G. J.
GySgt Craig K.
Capt Don M. T.

Navy Achievement
Cpl Stephen L.
Sgt John C. Claw
GySgt Jacob T.

Certificate of Comm
LCpl Phillip L. I.
Sgt Michael T. C.
Sgt Reginald Jon

information call Sgt Ben Bruce at

Tax listing notice

G.S. 105-308 duty to list; penal person in whose name any property under the terms of the subchapter with the tax assessor (or proper list allowed by law on an abstract setting required by this subchapter.

All tax listing abstracts for real must be signed, dated and returned before February 1, to avoid an auto list penalty. In addition to all other law, any person whose duty it is to who willfully fails or refuses to list time prescribed by law, shall be punishable by a fine not to exceed not to exceed six months.

Military personnel who are in On of military orders and claiming an Onslow County, N.C., as their leg required to list their personal property purposes in Onslow County; military real estate in Onslow County are rec estate for ad valorem tax purposes.

It is important to remember that will no longer pay motor vehicle t The tax listers will be located in the office at 39 Tallman St., Jacksonville Monday through Friday through F January 18.

All tax listings abstracts for real must be completed and returned to law office, 39 Tallman St., or if m or before February 1. A collection entrance of the tax office for your

Community Calendar

Human services

Home care explained

Caring for children in government quarters is unauthorized without approval of the base commanding general. More than 50 homes are currently authorized for child care.

To apply as a Family Child Care provider, contact Sue Yow at 451-2162. The next orientation is from 1000-1200, January 8 in building 331. Call 451-2162 to register.

Key wives trained

The Family Service Center will be conducting Key Wife Training from 1800-2100 every Tuesday in January.

Registration for all Key Wives Training is requested and can be obtained. Call 451-5927/5340.

Class planned

The Understanding and Entering the Federal Employment System Workshop covers the Standard Form 171, testing, how federal jobs are classified, how the federal hiring system works, entry level jobs for college graduates, benefits and Veterans Readjustment Act. The workshop will be from 0930-1200 Tuesday, at the Family

MWR events

Movies scheduled

The Camp Johnson and Courthouse Bay Theater open at 1900. Showtimes are at 1930.

Adult admission is \$2; \$1 for children 11 and younger; children 5 and younger get in free.

Currently scheduled at the Courthouse Bay Theater are "Glen Garry Glen Ross," Friday; "Singles," Saturday; "Consenting Adults," Sunday; "Night and the City," Monday and "The Public Eye," Tuesday.

Currently scheduled at the Camp Johnson Theater are "Candy Man," Sunday; "Glen Garry Glen Ross," Monday; "A River Runs Through It," Tuesday and "The Public Eye," Wednesday.

Audition slated

Auditions for Camp Lejeune's search of the stars will be held from 1300-1700 January 10 at the Midway Park Theater.

Vocalists, mimes, comedians, actors and technical people are encouraged to audition. There will also be a male and female spokesmodel category. Let your talent shine at search of the stars '93.

The event will take place at 2000 January 23 at the Midway Park Theater

For more information call Nancy St. Charles at 451-3535 or call 451-3181 and leave a message.

Service Center, building 14. Seating is limited. Call 451-5340/5927 to register for more information.

Special needs program

Active-duty servicemembers who have dependents with mental, emotional or physical needs must enroll in the Exceptional Family Member Program.

The EFMP is to assist servicemembers in providing for the special needs of their Exceptional Family Member before, during and after relocation required by change of duty assignment.

Servicemembers' monitors will be made aware of the dependents special needs and when the time comes to relocate, the monitor will assist in trying to make assignments where health care or other services are available to meet the family's needs.

For assistance in enrolling in the EFMP or for more information call 451-3212/3219.

Class offered

A Civil Service Workshop being offered by the Career Resource Center is scheduled for 0930-1200 Tuesday at the Family Service Center, building 14.

The Understanding and Entering the Federal Employment System Workshop covers the Standard Form 171 application form, testing, how federal jobs are

classified, how the federal hiring level jobs for college graduates, b Readjustment Act. To register call 4 ing is limited.

Free child care is available for p tions for child care must be made e by calling 451-2126.

Course offered

Did you know that a free college eligible family members? The Nav Safety Action Program offers the "I Responsibility."

The overall course goal is for pa and incorporate strategies that will re sible behavior in their professional a ments.

Through an emphasis on persona ticipants are trained to identify how and other current lifestyle choices physical and mental functioning.

Classes are offered weekly and are The next class will convene Monday

There will be an evening class b and will run through January 29. F call 451-5733.

Auditions planned

The Lejeune Playhouse is preparing for the spring production of "Man of La Mancha." Auditions will be held January 11-13 at the Midway Park Theater. Call 451-3535 to schedule an audition date and time.

Musicians needed

A rehearsal pianist and conductor are needed for the Lejeune Playhouse production of "Man of La Mancha." Instrumentalists are also needed for the orchestra. Call Nancy St. Charles at 451-3535 if interested.

Skateboard trip planned

Skateboard enthusiasts need to sign up for the Ramp House Trip planned from 1100-2000 January 10. The Ramp House is a large indoor skateboard ramp. Cost of the trip is \$10 per person which covers admission and transportation. Last day to register is Thursday. This trip is open to teens age 13-19. Call 451-2177 for more information.

Dirt bikes to be auctioned

A sealed bid sale of two 1991 Suzuki Model 250 dirt bikes will be held until January 8. The bikes may be seen by

appointment and minimum acceptable bi

For information, bid form, submissi and inspection times call Art LeBlanc a and Recreation Property Control Sectio MWR bid forms must be used.

Comedians wanted

The In Living Color Amateur Come preliminary rounds February 3 at the FF Club; February 10 and March 3 at the Cal Club and February 17 and March 10 at Enlisted Club.

Finals for the contest will be held Ma Creek Enlisted Club. All shows start at Preliminary winners will receive an jacket.

The grand prize winner will receive a two to Los Angeles, hotel accommoda Studios, and tickets to a live taping of

Contestant information can be obta following numbers: WDLX, (800) 242-0 (800) 849-4688 and MWR 451-2863/3137

Tickets may be obtained at the parti The event is presented by the MWR F Division. Co-sponsors of the event are W 93.3, and Sunny 96.3.

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CG, MCB
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Sport instructor leads with an unusual roar

ins
"An army of is to be feared of lions led by

invoke a mence, roaring lion to battle, SSgt lets his "deer" with laughter. ray of one-lin from the cuff, rator who gets tion.

say the Motor Marine Corps chools instruc- serious attitude matter. "I just have a sense of aid. "Of course, very seriously; e students of a ra push to be-

at level of stus- ss has not gone ember, the 33- ed one of three ructors of the tional Defense ssoiation.

ulatory letter, tiebout, deputy nstallation and ent, Headquar- orps, lauded efforts in the alized transpor- appreciate the and profession-

alms you display while training young Marines," the general wrote.

Lawton said he is overwhelmed by the award, but doesn't know how he was selected. "I have been Instructor of the Quarter at the company level a few times, but was never selected MCSSS Instructor of the Quarter," said the West Palm Beach, Fla., native. "Somebody must have done the nomination and made me sound really good."

GySgt Charles Campbell of Maintenance Management said Lawton needs little help sounding good. "He's a dynamic instructor who can teach just about anything with the proper rehearsal time," Campbell said. "The more he teaches the better he gets."

Lawton began teaching Marines to be mechanics at MCSSS in June 1988, following a nine-month absence from the active-duty ranks.

Earlier, he had spent seven years as a mechanic and 3.5 years as a recruiter at Marine Corps Recruiting Station Richmond, Va. It is the experience of speaking before large crowds as a recruiter that Lawton credits with his unique teaching techniques.

"I learned that you won't really communicate with somebody if you don't get their attention," he said. "That's when I started working with voice inflection and jokes from the top of my head."

"I've come to enjoy teaching although it's not something I would have considered doing before," he said. "For me, the biggest reward is when 'the light bulb comes on' for a student who before had no idea what I was saying."

Apparently, those light bulbs have been lighting for the more than 1,000 students who attend Lawton's classes each year. As the Corps' only formal school for mechanics, the Maintenance Instruction Section sees classes filled with young Marines, entering the 3500 military occupational field.

Lawton also instructs operations noncommissioned officers, staff NCOs and officers the maintenance management system essentials for mechanics.

Although the method of instruction could vary considerably for different audiences, Lawton said he doesn't change too much.

"Sometimes I have to realize that I'm talking to someone who has been in the Corps for eight to 15 years, rather than a Marine fresh out of boot camp," he said. "Even so, I teach the same way and make the same jokes to all of them...The adjustment is minimal."

Lawton hopes to retire from the Marine Corps in four years, when he and his wife, Bunnie, will adjust to the civilian lifestyle. The couple plan on settling in the Jacksonville area and dream of opening a specialized mechanics shop.

Until then, the staff sergeant will continue to keep Motor T School students learning and laughing. "I try to give the students a free run and see where they want the focus of the class to go," he said. "I'd stand on my head if it would get them more involved in the class. It's worked out pretty good so far."



Sgt K. T. O'Brien, this year's Malnar Award recipient, stands proudly with his plaque and NCO sword.

NCO honored with Malnar Award

Story and photo by LCpl Nikoletta Klimak

During the Vietnam War, SgtMaj John Malnar and the men of 2d Battalion, 4th Marines were in the heart of the conflict. In one of our nation's most controversial wars, these men, and others, fought fearlessly against the North Vietnamese and the Viet Cong. The bloody war claimed thousands of lives—including the life of Malnar, who was killed in the Battle of Dai Do, May 2, 1968.

Malnar was known as a "Marine's Marine, a man who led by example, inspiring not only his men, but officers," said retired BGen William Weise.

In his honor, the men who served with him in battle formed the 2d Bn, 4th Mar Association in the late 1980s.

A training center was built on camp Geiger and dedicated to Malnar in memory of his heroism. Four years ago, the association began presenting the Malnar Award to a 2d Bn, 4th Mar sergeant who exemplifies the traits Malnar was known for.

"SgtMaj Malnar never stopped learning, and was constantly seeking self-improvement," BGen Weise said.

"The Marine who receives this award is the epitome of the Marine NCO."

This year's recipient was Sgt K.T. O'Brien of Company E. O'Brien was carefully selected by his company and his battalion in a process similar to a meritorious promotion board.

"A lot of time and consideration goes into the selection of the Malnar recipient because it is such a high honor," said SgtMaj Jack Neuber,

battalion sergeant major.

Tactical proficiency, rifle score, professional military education, physical fitness test score and Battle Skills Training/Essential Subject Test knowledge are all looked at carefully.

"Choosing this year's winner was hard," Neuber said. He and the companies' first sergeants were on the selection board.

"Bearing had a lot of weight and O'Brien's was very impressive. That's what put him over the top," he said.

O'Brien was born in Okinawa, Japan and served three years in the Navy before enlisting in the Marine Corps in 1983 as a basic infantryman. He served with 1st Bn, 3rd Mar and 2d Reconnaissance Bn before being attached to his present unit.

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Contact the Coastal office at
Consolidated Base Education Station Education Office
Camp Lejeune Marine Corps Air Station New River
Bldg 202 River Bldg 233
353-0187 or 451-2391 451-6926
Classes begin January 6 - March 3

SCHEDULE AT MAINSIDE CAMP LEJEUNE

SECTION	COURSE TITLE	DAYS	TIME	CREDIT HOURS	CONTACT HOURS
1 41N	Art Appreciation	MW	6:00 - 9:10	5	5
1 41N	Introduction to Business	MW	6:00 - 9:10	5	5
3 41N	Computer Literacy	MW	6:30 - 9:00	0	0
2 41N	Introduction to Criminology	MW	6:00 - 9:10	5	5
3 41N	Identification Techniques	TTH	5:20 - 7:20	0	0
5 41N	Criminal Law I	TTH	7:30 - 9:30	0	0
0 41N	Fundamentals of Investigation I	TTH	6:00 - 9:10	4	4
1 41N	Introduction to Data Processing	TTH	6:00 - 9:10	5	5
1 41N	Microeconomics	TTH	6:00 - 9:10	5	5
1 41N	Composition & Rhetoric	MW	6:00 - 9:10	5	5
2 41N	Composition & Literature	MW	6:00 - 9:10	5	5
1 41N	American His: Age of Discovery to Civil War	TTH	6:00 - 9:10	5	5
1 41N	Keyboarding	MW	6:00 - 9:10	4	4
2 41N	State & Local Government	TTH	6:00 - 9:10	5	5
1 41N	Introduction to Psychology	TTH	6:00 - 9:10	5	5
2 41N	Social Problems	MW	6:00 - 9:10	5	5
1 41N	Principles of Speech	MW	5:30 - 8:40	5	5
1 51N	Introduction to Business	TTH	6:00 - 9:10	5	5

SCHEDULE AT MARINE CORPS AIR STATION NEW RIVER

33 51N	Computer Literacy	MW	6:00 - 8:40	3	4
01 51N	Introduction to the Administration of Justice	MW	6:00 - 9:10	5	5
16 51N	Criminal Law II	TTH	5:20 - 7:20	3	3
25 51N	Criminal Justice and the Community	MW	6:00 - 8:00	3	3
25 51N	Criminal Procedure	TTH	7:30 - 9:30	3	3
81 51N	Introduction to Data Processing	MW	6:00 - 9:10	5	5
82 51N	Microeconomics	MW	6:00 - 9:10	5	5
51 51N	Composition and Rhetoric	MW	6:00 - 9:10	5	5
52 51N	Composition and Literature	MW	6:00 - 9:10	5	5
82 55	American History: From the Civil War to Present	F	9:00 - 12:10	5	5
53 51N	Abnormal Psychology	MW	6:00 - 9:10	5	5
51 51N	Introduction to Sociology	TTH	6:00 - 9:10	5	5

REGISTRATION DATES

DECEMBER 16	JANUARY 5
9 a.m. - 3:30 p.m.	Mainside 9 a.m. - 1:00 p.m.
	Mainside & MCAS 5:30 p.m. - 7:30 p.m.
	MCAS 9 a.m. - 1:00 p.m.

THE COST OF THESE COURSES IS AS FOLLOWS:

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3 Quarter Hours	9.94	39.75
4 Quarter Hours	13.25	53.00
5 Quarter Hours	16.57	66.25

Active duty military using tuition assistance pay an "out-of-pocket" amount equal to 25% of the in-state tuition. A 3 credit class will cost \$9.94; 4 credits - \$13.25; 5 credits - \$16.57.

Coastal Carolina Community College is a fully accredited state institution offering courses which transfer to other colleges in the region of the country. Please see a counselor for details (Mainside 451-2391 or MCAS 451-6926) and contact the college to which you plan to transfer for help in choosing appropriate classes.

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Sun-Thu 1000-2000
Fri-Sat 1000-2100

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"Where Your Dollar Comes Back To You"

MARINE CORPS EXCHANGE



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Breakthrough MCX Sale **\$.59**
Health Drinks (Choc. or Banana) MCX Reg. Price \$.95

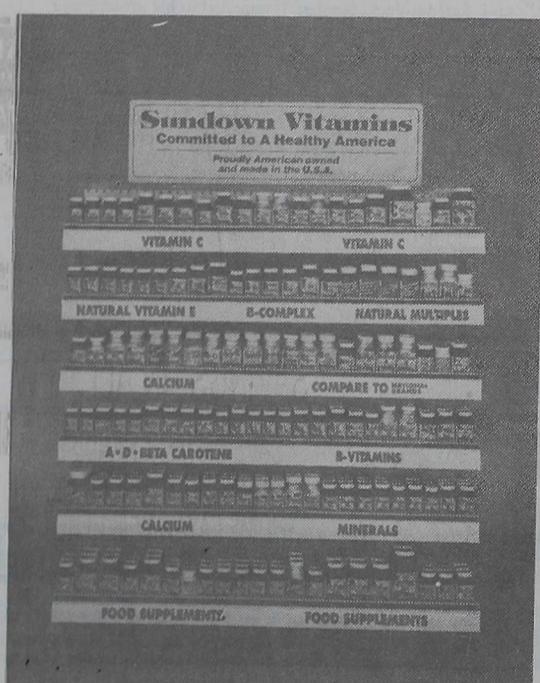
Big Chewables MCX Sale **\$3.99**
MCX Reg. Price \$6.50

Big 98 MCX Sale **\$10.99**
MCX Reg. Price \$15.35

Hot Stuff, 16 oz. MCX Sale **\$14.99**
MCX Reg. Price \$19.99

Monster Mix MCX Sale **\$19.99**
MCX Reg. Price \$29.30

Hot Stuff, 32 oz. MCX Sale **\$29.99**
MCX Reg. Price \$38.99



Save 25% Off The Ticketed Price
On All Sundown Vitamins

Garlic/Parsley MCX Price **\$1.50**
100 Tabs

C 1000 mg Timed MCX Price **\$4.25**
60 Tabs

Therapeutic M MCX Price **\$4.50**
130 Tabs

C 500 mg Timed MCX Price **\$4.55**
90 Tabs

Multiple Super "33" MCX Price **\$4.99**
60 Tabs

Beta Carotene MCX Price **\$5.25**
25,000 I.U. 100 Tabs

Rainchecks available on Sundown Vitamins.

Weight Loss Supplements

Diurex Pills MCX Sale **\$2.19**
42's MCX Reg. Price \$2.80

Dexatrim MCX Sale **\$4.29**
Maximum Strength MCX Reg. Price \$4.70

Diurex Capsules MCX Sale **\$2.99**
21's MCX Reg. Price \$3.30

Acutrim 16-Hour MCX Sale **\$4.29**
20's MCX Reg. Price \$4.70

Aqua Ban Tabs MCX Sale **\$3.29**
60's MCX Reg. Price \$3.90

Specials From Cybergenics

Diet Stuff MCX Sale **\$1.59**
By Cybergenics MCX Reg. Price \$1.99

Quick Trim MCX Sale **\$35.99**
Weight Loss Kit MCX Reg. Price \$42.99

Shake 'N Drink MCX Sale **\$1.99**
Bulk Up By Cybergenics MCX Reg. Price \$2.55

Cyber Trim MCX Sale **\$49.99**
By Cybergenics MCX Reg. Price \$59.99

Cybergain MCX Sale **\$11.99**
Tabs MCX Reg. Price \$15.99



Main Store 451-2481
Case Lots
MCAS Store 451-0539
Mon-Fri 0900-2100
Sat 0900-1800
Sun 1200-1700
Mon-Sat 0700-2400
Sun 1200-2200
Sun-Thu 1000-2000
Fri-Sat 1000-2100



Layaway Plan Available



"Where Your Dollar Comes Back To You"

AUTOMOBILES

FOR SALE: '85 Chevy Suburban, Texas customized, \$24,000 new, \$6500 or best offer. Call 327-3720. TFN

FOR SALE: '65 Cadillac Hearse, Black. Orders. Must sell, will accept best offer. DWH 451-8279, AWH 347-9168. TFN

FOR SALE: 1989 Mercury tracer, 39K miles, one owner, excellent condition, 5-speed, AC, AM/FM cassette, great gas mileage, \$3995. 353-1637. 1/7

PROTECT repossession on 88-92 vel 486-5883, e

- * 351 W rebuilt
 - * Heavy D rebuilt
 - * Rare F Mustang pr
 - * 351-C C
- For more in 346-3501 a if you have can buy it.

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LIVE ENTERTAINMENT
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MAY YOUR NEW YEAR SHINE BRIGHT

We appreciate our armed forces and look forward to serving you in '93.



NATURAL HEALTH FOODS

(Turn onto Hargett Street across from Cam...)
Mon-Thurs 10am-6:30pm
Fri 10am-8pm Sat 10am-6pm

Resolve To SAVE This New Year!

1986 Pontiac Fiero Speed, A/C, AM/FM, sunroof, clean	1973 VW Super Beetle Auto, clean, less than 100,000 miles	1972 Chevy Nova V8, Auto, A/C, Red, Clean	1985 Ford Escort 4Speed, AM/FM, clean, low miles
\$4495 \$3900	\$2495 \$1900	\$2995 \$2700	\$2495 \$2000
1984 Chevy S-10 Trk V6, auto, long bed, low miles	1989 Geo Metro SI Auto, A/C, Sharp	1985 Chevrolet Blazer 4Speed, AM/FM, Stereo, A/C, Clean	1986 Ford Mustang GT Auto, A/C, red, runs great
\$4495 \$2900	\$4495 \$4400	\$5995 \$5400	\$4495 \$4000
1987 Honda Civic 5 spd, clean, great gas mileage	1984 Jeep Cherokee Auto, A/C, AM/FM, 4x4, on & off the Road Fun	1987 Nissan Sentra XE 5Spd, A/C, 4dr, great family car	1985 Olds Toronado auto, A/C, AM/FM, cas, power door, window locks and seats, superb clean
\$4495 \$3900	\$4995 \$4400	\$3995 \$3400	\$3995 \$3400
1987 Hyundai Excel GL Auto, A/C, 4dr, low miles	1989 Nissan Sentra 5Spd, A/C, AM/FM	1986 Nissan Pulsar NX 5 spd, A/C, sunroof, dual	1989 Mitsubishi Prelic Auto, A/C, 4dr, sunroof, clean, good gas mileage
\$3995 \$3400	\$5995 \$5500	\$3995 \$3400	\$4995 \$4400

THIS WEEK'S SPECIAL
1986 Mustang GT Auto, A/C, Clean, Red \$3900

JAKE'S AUTO & TRUCK
347-705 Gum Branch Rd. (Behind B...)

Year's time for family, friends -- making resolutions



son comes to an end, o last year's New Year's especially important year's festivities by humble abode. over. The wrapping and everybody was ng those few bad gramming between gram was some talk lazy to get up and

opened. Someone, y unknown, asked o do for New Year's ight idea. "Let's get stuff our faces with ood and invite grandmother over!" d it was unanimous. w Year's this year. ted a major holiday, I eaded to the at not before I with-e bank. Once at the

grocery store, I turned into a shopping demon. The place was full of bad cart drivers. They were either too slow, didn't know how to stay on the right side of the aisle or standing around looking for their lost spouse. And of course I was the idiot who grabbed the cart with the wobbly wheel.

Every time I tried to push the thing straight it would crash into the floor

It looked like a Russian food line. From where I stood I couldn't even tell if I was in the "10 items or less" line. Finally I reached the register.

The cashier had the guts to ask me how I was today. I told her I didn't think she had the time to listen. She just "blipped" my chips over the scanner. Then, as if my blood pressure wasn't high enough, she told me what kind of a new year to have.

display sending cans rolling. I soon realized this was war.

Rushing down the "chip" aisle, I grabbed all the food that was needed to feed a small army. "Come on," the bag said, "Crunch all you want, we'll make more." I only needed one bag.

Arriving at the registers, I gazed at the other shoppers.

I finally collected myself after I was escorted out of the door. Now that I had relieved all that pressure I was ready to brave the holiday traffic. Several hours later I was back at home, only a couple of miles away.

We began to prepare for the evening festivities. Streamers were strung about as dirty socks were shoved in the laundry bin. This was major -- I didn't even know we had a coffee table.

I soon realized that instead of dusting and vacuuming, I would do it the efficient way. Goggles and gloves on like the instructions said, I plunged head-long into using the leaf blower on the entire place -- that is, until I got to the garbage disposal. But that's another story.

Since the leaf blower couldn't move the massive pile of clothes in my room, I employed the snow shovel.

When the cleaning was done, it was only a few hours till the guests arrived. I decided to take a nap.

Waking to the sound of the doorbell ringing, I realized I had overslept. I tripped my way to the door as I wiped the

sleep from my eyes. "Nice boxers," I heard as I realized I was half-naked in the doorway.

Soon I was dressed and ready to party. MTV was playing and the mood was right. I thought -- for just a split-second -- that everything was worth it. Then I smelled the smoke.

As I turned around, the curtain burst into flames. It didn't help when my buddies decided to put out the flames with my brand new leather jacket. They handed it back to me, still smoldering, as I wiped the tears from my eyes.

I surveyed the damage. The Christmas tree was now a "charred most" tree, the rug was scorched, and someone knocked over the only chips we had left.

I turned the channel and sat in the chair. While smoke still rose from my shoulders, the last 10 seconds of 1991 were counting down. My so-called "friends" began to sing. It was the new year. How bad could 1992 be?

Let's just put it this way. Because of my New Year's resolution, the celebration won't be at MY house this year.

Year's information for a safe, happy holiday

vis today being the Globe staff you a happy some infor-help bring the

the leading alities. An dividuals lose alcohol-related

board Camp offering free

nonalcoholic beverages to aid in the fight against drunk driving.

The Courthouse Bay Enlisted Club and many of the other clubs offers free sodas to customers who volunteer to be designated drivers. Taxis are also available to those who have had too much to drink. "Our bartenders and duty manager keep an eye on all the patrons to make sure that they get home all right," said Terri Harrison, CHB Enlisted Club manager. "If it means cutting someone off from the bar, so be it. Safety is the priority."

The Camp Geiger Staff Non-commissioned Officers Club stamps the hand of designated drivers when they arrive at the club so they can receive free sodas.

Not only does the Geiger Staff NCO Club offer to call a taxi for those who need one, but they also have a van at the club to take intoxicated patrons home.

The base is also working with several taxi companies in town to get either discounted or free fairs for Marines aboard base who need taxi service for New Year's, said MSgt Jim McGovern, MWR clubs

chief. "We are pushing designated drivers and responsible drinking at the clubs," McGovern said.

"However, because most Marines are home for the holidays or decide to go out in town for New Year's the clubs are not real busy."

"But I am finding that people are getting smarter and acting responsibly when they go out in town," he said.

"Many Marines find a motel where they can drink in the lounge and then just walk up a flight of stairs and go right to bed instead of trying to drive."



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"Free Quotes"

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COMPLETE AUTO INSURANCE
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NON-OWNERS POLICIES

DWI Rates as low as \$498 for 6 mos.

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Financial responsibility coverage, and SR-22 forms are also available.

Please give us a call before you buy! 346-4814 or 346-1987

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407 Johnson Blvd., Jacksonville, NC
A.E. Gurganus - Owner

17 NORTH MINI WAREHOUSE

"SPECIAL OFFER" TO ALL MILITARY ALL UNITS 1ST MONTH RENT ONLY \$8.00 OPEN 7 DAYS A WEEK

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Hwy 17 North
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ALTIMA - 300ZX - 240ZX - PATHFINDERS - MAXIMA - TRUCKS

SAYS CHRISTMAS IS OVER?!?

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OCK LIQUIDATION

G SALES EVENT!

gest Inventory East of Raleigh.

WILL NOT BE UNDERSOLD

NISSAN 300ZX 4900	'93 NISSAN SENTRA NO MONEY DOWN \$136.23 per mo.	THE ALTIMA \$12,999

ON LOT FINANCING

ARE OUR QUALITY & PRICES WITH THE COMPETITION.

240 SX \$8988	1992 DODGE DAKOTA \$10,688	1989 TOYOTA CELICA GTS \$8988
240SX \$11,488	1989 MITSUBISHI MONTERO 4x4 \$10,988	1990 FORD MUSTANG LX \$9988
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\$6988	1986 JEEP CHEROKEE \$4988	1986 MUSTANG GT \$4988
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\$4988	1989 DODGE DAKOTA \$6988	1986 CHEVY CAMARO \$3988
	1990 GEO TRACKER 4x4 \$8988	
	1989 JEEP WRANGLER \$10,988	
	1987 CHEVY ASTRO VAN \$6988	

OLUTE TOP DOLLAR PAID ON ALL TRADE-INS.

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Over 60 years of service to the Onslow County area.

NISSAN
310 WESTERN BLVD.
Next to Jacksonville Mall

MARINE CORPS EXCHANGE

"Where Your Dollar Comes Back To You"

Main Store Open Until 2100

JUMP IN TO '93 SALE

50% OFF

Ticketed Price

All TRIM A TREE Merchandise

31 Dec - 6 Jan

Enjoy huge savings on all Trim-A-Tree merchandise at the Main Exchange. Enesco products excluded from this sale

THE MWR CYCLE

Main Store 451-2481
Case Lots
MCAS Store 451-0539

Mon-Fri 0900-2100
Sat 0900-1900
Sun 1200-1700
Mon-Sat 0700-2400
Sun 1200-2200
Sun-Thu 1000-2000
Fri-Sat 1000-2100

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MARINE CORPS EXCHANGE
"Where Your Dollar Comes Back To You"

Christmas Coloring Contest

WINNERS

Congratulations to our First Prize Winners



Age Categories

- 3 & Under Cory Gosnell
- 4-5 Bobbi Gear
- 6-8 Aleka Powell
- 9-11 Johnna D.C. Williams

Congratulations to our Runners Up

- Nicole Mejias
- Stephanie Kirkpatrick
- Deacon Matthews
- Reggie Ramey
- Janette Hall

Thanks so much to everyone who participated.

Merry Christmas and Happy New Year

ENC Publications
123 Branchwood Shopping Ctr.
Jacksonville, NC 28540

AUCTIONS

ESTATE AUCTION: Saturday Jan. 2, 1993, 7 pm. 2 miles east Swansboro Hwy 24. Collection of ROSEVILLE POTTERY from Wilmington estate, plus 3 generation Pamlico Co estate originally from Buffalo NY. LAZY LYONS AUCTION NCAL 1249. Ph 393-2535. 12/31

CHILD CARE

NOW OFFERING CHILDCARE in my base home. All kinds of childcare programs. Breakfast, lunch, snack & base certified. Full time only. Call 577-4612. 1/21

MISSY'S HOME DAYCARE. Full time! Certified for all ages. Meal and snack provided. Limited space available. Call Michelle. 346-2179. 2/18

MISCELLANEOUS

DEBT CONSOLIDATION
Combine all your debts into one Affordable monthly payment. For free information call: 1-800-472-5554 12/31

RENT & REAL ESTATE

MOBILE HOME FOR SALE: Sacrifice. Must sell! Large 1992 doublewide home, 4 bedrooms, 2 baths. 347-7288. 12/31

MOBILE HOME LOTS: large selection of mobile home lots available. 347-7288. 12/31

MOBILE HOMES FOR RENT: Good renters wanted, 1 large 2 bedroom mobile home \$149 per month, large late model 3 bedrooms \$188 per month. Call 347-2288. 12/31

LOST & FOUND

FOUND: little breed, female d red fox. Call 347-1035

ATTENTION VETERANS

Congress has the veteran training program 60% reimbursement solo flight expenses. also include reimbursement aircraft maintenance. For details call Der...

TarHee All Jacksonville We Sell Phillips 66

LEJEUNE PAWN

WE MAKE BORROWING MONEY EASY!

2235 LEJEUNE BLVD. 577-2600

LOSE ALL THE WEIGHT YOU CAN UNTIL JANUARY 1, 1993 for only \$49⁰⁰



Physicians WEIGHT LOSS Centers.

Jacksonville, NC 347-5566

Nutritional supplements not included

ARE YOU TIRED OF PAYING OUTRAGEOUS PRICES FOR ALTERATIONS?

Name Tapes \$2.00 set Trousers Waists \$3.00
Chevrons \$2.00 set Trousers Hems \$3.00
Jackets - Taken in or let out \$10.00

EYELETS - \$25

577-7755

SUNSHINE ALTERATIONS

Mon-Fri 7am-8pm Sat. 7am-Noon Sun. 7am-11am
513 Kay Street - Holiday Mobile Home City

MAKE UP TO \$1,700⁰⁰ YOUR FIRST DAY AS A MAZDA TRUCK DRIVER!

FACTORY REBATES UP TO \$1,200 and Mazda of Jacksonville's Savings Coupon make this our **BIGGEST TRUCK SALE EVER!!**

100% Financing*

Redeem this coupon for

\$500⁰⁰



Redeem this \$500.00 coupon to use as your down payment during this SPECIAL TRUCK SALE. Total down payment up to \$1800.00! TRUCK CLEARANCE SALES ENDS

January 5, 1992

Valid only of Mazda of Jacksonville. Limit one per purchase. ** Prior sales excluded. Offer ends January 5, 1992

* To those who qualify. ** This offer in lieu of all other advertised promotions.

Mazda

of JACKSONVILLE

123 WESTERN BLVD.

(Across from Hardee's) 353-7387

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"Where Your Dollar Comes Back To You"

Main Store Open Until 2100



SAVE ON MERCHANDISE THROUGHOUT THE STORE. HOME LAYAWAY IS AVAILABLE. BUY IT NOW, TAKE IT HOME.

JUMP IN TO '93 SALES

20% OFF TICKETED PRICES ON 10KT & 14KT GOLD JEWELRY

<p>Chain not included</p> <p>BEST MOM</p> <p>NOW ONLY \$19.99</p>	<p>Chain not included</p> <p>NOW ONLY \$26.39</p>	<p>Chain not included</p> <p>Love You</p> <p>NOW ONLY \$19.99</p>
<p>NOW ONLY \$101.99</p>	<p>NOW ONLY \$33.59</p>	<p>NOW ONLY \$63.99</p>
<p>NOW ONLY \$47.99</p>		

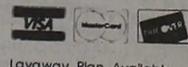
GOLD SAVINGS EVENT OF THE YEAR

Save 20% Off MCX Price, 31 Dec - 7 Jan

- NO RAIN CHECKS ISSUED
- NO ADDITIONAL DISCOUNTS ON AD ITEMS
- NOT ALL MERCHANDISE AVAILABLE AT ALL EXCHANGES



Main Store 451-2481 Mon-Fri 0900-2200 Sat 0900-1800 Sun 1200-1700
Case Lots Mon-Sat 0700-2400 Sun 1200-2200
MCAS Store 451-0538 Sun-Thru 1000-2000 Fri-Sat 1000-2100



Layaway Plan Available



"Where Your Dollar Comes Back To You"

SOMETHIN' FOR NOTHIN' FROM DOMINO'S

**FREE DOMINO'S TWISTY BREAD™ AND
FREE GARDEN FRESH SALAD™!**

When you order any large, one or more topping pizza at regular menu price.



Call Us!

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Serving Northwoods
& Camp Johnson:
455-2225
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Serving Bryan Marr
& Piney Green Areas:
353-7979
2007 Lejeune Blvd.

Serving New River
& Surrounding Areas:
451-0513
New River Air Station



SALAD & BREAD

FREE

**TWISTY BREAD™ &
GARDEN FRESH SALAD™**

WHEN YOU BUY A LARGE ONE-OR-MORE TOPPING PIZZA AT REGULAR PRICE.

Tax not included. Valid at participating stores only. Not valid with any other offer. Delivery areas limited to ensure safe driving. Our drivers carry less than \$20.00. © 1993 Domino's Pizza, Inc. Expires 1/31/93

FREE COKE®

FREE

SIX PACK OF COKE®

WHEN YOU BUY A LARGE EXTRAVAGANZZA® AT **\$13.99!**

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MEAL DEAL

\$9.99!

MEDIUM COMBO

MEDIUM TWO-TOPPING PIZZA, ONE ORDER OF TWISTY BREAD™ AND 2 CANS OF COKE® OR DIET COKE®.

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BONUS

FREE

CHOOSE YOUR SAVINGS

- DOMINO'S TWISTY BREAD™
- GARDEN FRESH SALAD™
- 2 CANS OF COKE® OR DIET COKE®

WHEN YOU BUY A MEDIUM TWO-OR-MORE TOPPING PIZZA AT REGULAR PRICE.

Tax not included. Valid at participating stores only. Not valid with any other offer. Delivery areas limited to ensure safe driving. Our drivers carry less than \$20.00. © 1993 Domino's Pizza, Inc. Expires 1/31/93

ANNOUNCEMENTS

NEW LIFE BAPTIST CHURCH has Sunday school every Sunday morning at 9:50 am and Morning Worship Service at 11:00am. Children's church and nursery service is available. Please come and worship with us. 433 Drummer Kellum Road. Rev. James E. Richardson is the pastor. TFN

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

THE ONSLOW COUNTY DIABETES Support Group will meet every Thursday morning on the third floor, Day Room at the Naval Hospital from 9-10:30 AM. Diabetics, relatives or friends of diabetics are welcome. TFN

BABY LOVE-MEDICAL ASSISTANCE PROGRAM for pregnant women without health insurance. The Onslow County Health Department can provide: health care for you and your baby, help with medical expenses and medical appointment transportation. For more information call 347-6021 or 347-2154. TFN

SUNDAY FREE PLAY: The Onslow County Parks & Recreation Department will be sponsoring the Sunday Free Play program for Onslow County residents beginning December 6, 1992. The program will run for 10 weeks at the following sites: Dixon Middle School, Trexler Middle School, Southwest Middle School, Swansboro Elementary School and Hunters Creek Middle School. Times for the program will be 1:00 pm- 5:00 pm. For more information, contact the Department at 347-5332. 1/27

THE ONSLOW COUNTY IRATE TAXPAYERS ASSOCIATION- Government Watch Committee will be having their meetings every 2nd and 4th Monday of the month. It will be held at Austins Restaurant in the Ramada Inn at 7:30 pm. New members are welcome. For information, call 347-6983. TFN

The Jacksonville Jaycees hold their membership meetings on the 2nd, 3rd and 4th Tuesdays of each month at the Captain's Table beginning at 7 p.m. We are always looking for men and women between the ages of 21 and 39. If you have the desire to get involved with the community please attend or call Dale Schuffert at 577-3355 or 938-2301 for more information. We invite you to "accept the challenge." TFN

TOP OF THE MOUNTAIN MINISTRIES. Featuring Pastor Steve M. Daniel will be rendering services every third Sunday at 6 PM at the Charles McDaniel Resthome. Located at 34 Ramada Road. TFN

THE PEERS FAMILY DEVELOPMENT CENTER, located at 151 Chaney Avenue, is a nonprofit organization promoting the growth and development of the family through parent education, parent aides, and drop-in child care. PEERS is always in need of donations of volunteer time, money, and other items. Please call 938-5449 or 938-5447 for information on how you can help or benefit from this program. TFN

THE PEERS PROGRAM need parent aides. There are parents out there who need support and guidance, and possibly you could provide this for them. Call us at 938-5449 and ask for Christine. We need your help. TFN

THE JACKSONVILLE WOMEN'S AGLOW FELLOWSHIP will have their monthly meeting, Saturday January 2, 1993 at Fisherman's Wharf Restaurant on Marine Boulevard., the meeting begins at 10:00 am. There is no cost and no reservation needed for attending the meeting. Free babysitting is available to women who attend the meeting by calling Becky Muse for a child care reservation at 455-6340. The speaker will be Ziva Rutherford from Richmond, VA. All women are encouraged to attend this non-denominational Christian Fellowship meeting. 12/30

WORSHIP SERVICE and Fund raising each Sunday at 11:30 at St. James FWB Church in Richlands. For more information phone 347-1232. TFN

TIME FOR TO ies, Crafts & Ac for moms and experiences and 1 days 10:00-12:0 25-May 6. Jack Center on South per year for fam old-preschool.

INFANT OF PR BINGO (a No tion), Infant of P Bordeaux Street Funeral Home Wednesday & Sat p.m. - Doors op proceeds to ben Assisi School.

BATTERED VOM PORT group me day 12:00 - 1: provided, no fee Women's Center Street 347-4000.

SEXUAL ASSA Group meets 1st the month 6:30pr Women's Center Shane at 347-400

NEW LIFE BA has Sunday scho morning at 9:50 Worship Servi Children's church vice is available. worship with Kellum Road. Richardson is the

CROSSROADS LOWSHIP will b day school and w ery Sunday. Sche am, morning wor and evening wor The new location i behind Burger Kin

ALCOHOLICS will be holding th on Mon, Wed Fr 11:45-12:45 at MCAS, New River



Candles onc that only wealt afford them.

YOU CAN MAKE IT HAPPEN!



Freedom Fountain

"DEDICATED TO THE MEN AND WOMEN OF OUR ARMED SERVICES WHO HAVE DEDICATED THEIR LIVES TO KEEP US FREE"

The idea of a "Freedom Fountain" grew from the events of Desert Storm. While a grateful nation stood by, once more men and women of the armed services of the United States of America distinguished themselves in the name of "Freedom."

While these brave men and women left the safety and sanctity of their homes, a nation watched.

As these events unfolded, Americans everywhere watched, listened, and prayed for the safe return of our men and women.

During this time Americans everywhere became preoccupied with the events of the Middle East. The topic of conversation on street corners and in barber shops was Operation Desert Storm. In school houses, courthouses, and in our homes, we watched with great interest.

Many remember, and many more have heard the stories and events of past conflicts and wars. World War I, World War II, the Korean Conflict, Vietnam, their mere mention evoke emotion and

for many, bring back memories, some good, some bad, and some very painful.

Onslow County and her people have always felt a special closeness to America's armed services. During this conflict, as in past, many of the men and women serving were dispatched from Camp Lejeune Marine Corps Base, and the New River Air Station.

Throughout the history of this great nation, Americans have answered the call to service. To serve, to fight, and in many cases, to die in the cause of "freedom."

The Freedom Fountain is dedicated to those individuals who have served, are serving, or are yet to serve this great nation, the United States of America.

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TO BE FUNDED and BUILT BY CARING CITIZENS

To be erected in the courthouse common, between the courthouse and the sheriff's department

Freedom Fountain

P.O. BOX 855 JACKSONVILLE, NC 28541

YES I WANT HELP MAKE IT HAPPEN

I am proud to donate _____ to help build the Freedom Fountain

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

like a dream

DWI nightmare becomes real



Friends Don't Let Friends Drive Drunk

I walk to my unit. Gunny, can I talk to you?
 YOU DID WHAT? DWI? WHY? EVERYTHING WAS GOING FOR YOU. NOW IT'S DOWN THE DRAIN. More yelling. More apologies.
 Last night's memories surface. I have 24 hours to remove my vehicle from base. It's only 0900. Better do it now. Where can I leave it? Gunny, may I ask a favor? Leave my vehicle at your house? Thanks.
 GO SEE THE MAN! STAND TALL! HOLD YOUR FEET TO THE FIRE! I see the CO. Shiny collar. Explanation? Thought I could drive? A few beers can't hurt? It can't happen to me? None, I answer. Disappointment, he says. Promising Marine, he says. I can't meet his eyes; only the cuffs matter.
 Court date set. One month later. Day after my birthday. Irony? Maybe. Time passes. Troops know what I've done. Loss of respect. I hate myself.
 REPORT TO THE JUDGE! The door closes. Sounds like a cell. Where's his gavel? No black robes. Another shiny collar. How do I plead? I have been found ... My sentence?
 Base driving privilege ... gone. Driving out in town ... gone. Driving in my home state ... gone. Insurance rates ... skyrocket. My vehicle ... sold. Service record book ... punishment entered.
 Rehabilitation programs. Level 1, 2 or 3. Completed. Cured? It's up to me. Only the cuffs matter. It can't happen to me. But it did.

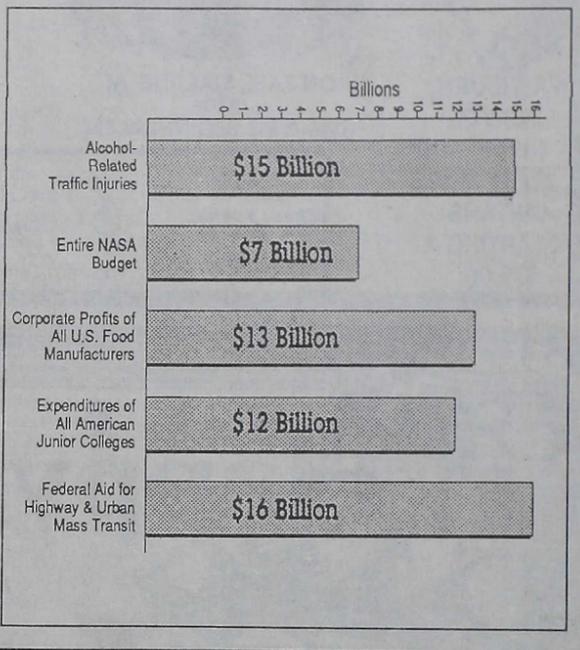
I have the right to remain silent? Do I understand these rights as you have read them to me? Isn't this the movies? I'm under arrest?
 Five minutes to MP headquarters. Longest ride of my life. My family. My friends. My career. This isn't happening.
 PRISONER TRANSFER POINT says the sign on the wall. But it means someone else. I'm not a prisoner. I'm not the one being transferred. Am I?
 Led down a hallway, I can't meet anyone's eyes. My offense doesn't matter. Only the cuffs. Sit here.
 Keys jingle ... cuffs removed ... is that a cell? Abandon hope all ye who enter here ... offense ... drunk driving ... understand? ... Huh? What is he saying? Blurry. Fuzzy.
 Did I drink that much?
 HA! New confidence. Cocky. Answer your questions? HA! Get a good lawyer. Sign here. Take the breathalyzer? Yes or no. I decide ...
 Again, sit here. Phone call made. Officer of the day on the line. What time is it? It's 0200. I hear my name mentioned. OOD arrives to take me home. Doesn't say much. Drops his baggage off.
 My room is dark. Andrew is asleep. James stirs. Did I have a good time? Hardly, I groan. I got a DWI. Hedoesn't believe it. It can't happen to you, he says. James must be dreaming too. My head hits the pillow. Rest ...
 ALARM! Headache. Cottonmouth. Nightmare? NO! REALITY! My car isn't here. Is it true?

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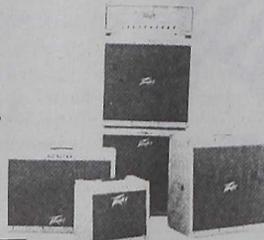
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Ex prepares Marines

to by Klimak

Day 1
 Lines of Company B, Marines loaded on the helicopter. The short helicopter to Landing Zone quickly debarked to the tree lines. The Division leader in the bush and as the sun slowly set, isolated "city" grew. The reconnaissance group was to find the best path to group returned and were passed, the combed in the tree lines. The platoon was given the order to clear. The exercise at the Military Urban Terrain facility is part of a field training for an upcoming exercise and six weeks. This allows us to have a foothold in a combat situation, considered strategic and we may be required. The MOUT facility is the most proficient building, clear it and report so additional buildings are cleared. The command was given, the platoon moved through the

bush, crossed the stream and surrounded the "city." As gunfire erupted, the company charged toward the facility.

Second Plt sent a fire team into the church, while the remaining Marines cleared apartment building 3. Using smoke and practice grenades and firepower, the men quickly cleared both buildings and moved to apartment building 4, leaving a sniper on the roof to provide coverage.

Once building 4 was gained, they moved to the hotel, which was cleared and used as a platoon assembly area.

Meanwhile, 3d Plt cleared city hall, the mini mall, and two small adjacent buildings. First Plt was tasked with clearing the schoolhouse and combing through the streets around the city.

"Ideally we would clear a building from top to bottom fast roping in off of helicopters," said Sgt A.J. Ciotti, 3d Plt squad leader. "However, this is the next best method."

Once the imaginary "city" was captured, the Marines returned to the church and then back into the bush. Their objective was accomplished. As they assembled at the landing zone in the cold night, they awaited the helicopters that would take them to their next mission.

Day 2

Nippy air greeted Marines as they stuck their heads out of frost-covered sleeping bags. The rising sun over Tactical Landing Zone Parrot symbolized a new day and a new adventure.

The hot morning chow put warmth inside their cold bodies and brought smiles to their grimaced

faces. As they assembled their gear and formed together for the road march, the men eagerly awaited the next training exercise, some three miles down the road.

The march took them to range K-408, where fire teams had to maneuver various obstacles using live-fire for support.

"This exercise is done primarily to get these men more confident in firing live rounds," said SSgt Stephen Ruvio, 2d Plt sergeant. "It tests the Marines' ability to tackle obstacles, listen to commands and work together. Going over walls while live rounds are being fired requires a lot of teamwork and discipline."

Each fire team had the opportunity to practice all seven obstacles before the real exercise began. While it seemed easy enough, using live rounds and CS gas added a degree of difficulty.

As the first fire team crossed their first objective, a CS gas grenade exploded on the ground directly in front of them. Quickly, two members donned and cleared their masks as the others continued to lay down the field of fire.

"Once all members of the fire team had on their masks they continued to maneuver through the course."

"It takes a lot of discipline to 'suck up' gas while the others are putting on their mask, but it saves lives," Ruvio said. "The exercise went really well. The gas added a bit of spice but it is imperative that these men know how to react to a gas attack."

While live fire added realism it also brought concern to most of the men.

"Anytime we put live ammunition into our magazines we have to put a lot of trust into our buddies," said Pvt Aaron Griffin, 3d Plt.

Once the exercise was completed at



Marines of CoB, 1st Bn, 8th Mar, learn how to maneuver over various obstacles at Range K-408.

K-408, the company moved to K-406B, where they performed another live-firing exercise. Their objective: to become familiar with instinctive field firing.

As the fire teams traveled down a simulated town road, they shot at bobbing targets hidden in the porches of the wooden facade. The exercise became more challenging when the Marines walked back on the road shooting with the opposite hands.

"The exercise was really motivating," said Pvt Tomeka McFadden, 3d Plt. "The live firing allows you to see the effectiveness of your weapon, something you don't see when you shoot blanks."

The company marched to LZ Cardinal after they completed the exercise, where they were extracted by helicopters and flown to LZ Penguin. There they bivouacked, preparing for another day of rigorous training.

Day 3

By the third day of training, the Marines were physically and emotionally drained. Their faces were soiled, their hands were chapped.

The icy wind battered their worn bodies.

Yet, as these Marines departed Landing Zone Penguin, "humping" to the Gulf 3 impact area, they were eager to begin their final mission.

The platoon were separated for this last exercise, each with their own objective. Second Plt moved to Combat Town and 3d Plt relocated to LZ Jaybird, both to do routine patrolling. Meanwhile, 1st and Weapons Plt remained at the impact area to take part in a live-fire exercise.

"The scenario for the exercise called for Weapons Plt, using the '60' and the 60mm mortar, to suppress the enemy, located downrange, before the line platoon moved in," said GySgt Billy Hawkins, Weapons Plt commander.

Two M-60E machine gun teams were strategically placed atop a dune, tasked with providing overhead fire for the line platoon, while two 60mm mortars were set up at the base of the berm, ready to rain havoc on the order of the line commander.

The platoons rehearsed the exercise to allow the platoon leaders to make

last-minute changes before they began firing live rounds.

Suddenly, a green smoke grenade exploded on the ground, starting the exercise. The machine guns spat out high volume, as 1st Plt crawled to the top of the berm.

Sgt Mark Byrd, acting platoon commander, began calling for mortar support, as the remainder of the platoon put rounds downrange.

The shoulder-launched multi-purpose assault weapon provided additional support to 1st Plt.

Once they felt the enemy was contained, the line platoon moved of the berm.

"An exercise like this allows you to not only work with live ammunition, but practice assigning sectors and calling for mortar support," Byrd said.

"It is important especially now. One day you could be here practicing and the next you could be doing the real thing," he added.

The more you know and the more time you spend training, the better prepared you will be."

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2d Marines' new taco bar 'borders' on excellence

Story and photos by
Sgt Jeff Gradney

Door monitors at the 2d Marines chow hall normally witness something that's a bit unusual in Marine dining facilities: Marines actually stopping to read the menu before deciding what to have.

The reason for that is simple: the chow hall offers more variety than any other on base — everything from the weekend pancake house to the daily luncheon deli menu.

That variety has grown over the last two weeks with the addition of a new dinner taco bar Mondays, Wednesdays and Fridays.

It's the first time in almost a decade that any Camp Lejeune chow hall has offered tacos to its patrons. The taco bar comes at the request of those patrons, and is the product of about nine months of planning by the mess hall's management.

"We've always had the Marines



Mexican chow is served every Monday, Wednesday and Friday at the 2d Marines' chow hall.

who eat here fill out suggestion cards," said MSgt Samuel Reyes, regimental mess chief. "Based on that, we try to give them anything they want."

The mess chief said that's not always an easy task, and the taco

bar is a good example of that.

"When we decide to try to put something like this through, there are two things we have to look at: first, it has to be something our Marines want; and second, it has to be cost-effective. That part takes a

lot of research and cost analysis," Reyes said. "We found out that taco shells weren't in the base food service supply order system, so we had put in the necessary paperwork to change that, and that took time."

Reyes said every new project the chow hall staff undertakes is first done on a test-run basis. Publicity is a big part of that test period.

"When we try something like this new taco bar, we try to get the word out. If we don't, no one will know what we're doing."

That method evidently works. The mess hall feeds more than 3,500 people a day, Reyes said, and his staff goes all out when they plan new selections such as the taco bar.

When patrons go through the taco line, they are served a complete Mexican-style dinner, complete with tamales, burritos, refried beans, and fresh, crunchy, spicy tacos.

Mess chief is 'top c

Story and photo by
Sgt Jeff Gradney

Chances are, anyone who eats at the 2d Marines chow hall will,

at some time during their meal, be greeted by a particularly cheerful, energetic gentleman who seems genuinely concerned.

His is the same type of concern that might be displayed by the headwaiter or chef of a fine restaurant.

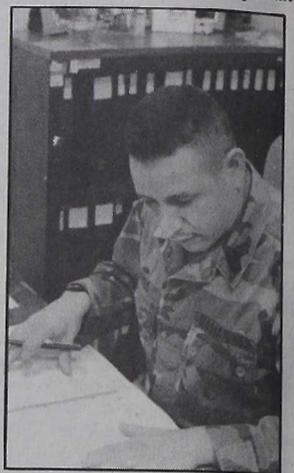
The gentleman is MSgt Samuel Reyes, the chow hall's regimental mess chief.

During virtually every meal his chow hall serves, he frequents the mess deck, asking the eating Marines questions such as "How's that chow, Marine?" or "Hey, are you getting enough chow, Marine?" His questions are not merely greetings, either.

He eagerly awaits a response to each and every query, because he is concerned. Reyes is genuinely concerned with the quality of each and every entree, dessert and full meal his chow hall serves.

That's a lot of concern, because statistics indicate the chow hall serves more people than any

other on Camp Lejeune has a lot to do with been running the about a year. In t arranged specialty



MSgt Samuel Reyes

how to pack 'em in. pasta bar on Tuesday days. There's a reason Reyes said. Most of eat in the chow hall days and Wednesday they hump, it's on F

Reyes said the the a good way for those get their carbohydrate before physical train

That type of insight Reyes' concern for t dietary satisfaction ar to coordinate his h: mess staff make him in the Marine mess fi

BGen Paul K. VanRiper, 2d MarDiv CG, congratulates the staff of the 2d Marines' mess hall for earning the 2d MarDiv Outstanding Mess Hall Award. The award is based on efficient management and the quality of food and service provided. The chow hall's new taco bar is just one example of the innovations making chow hall dining more "palatable."



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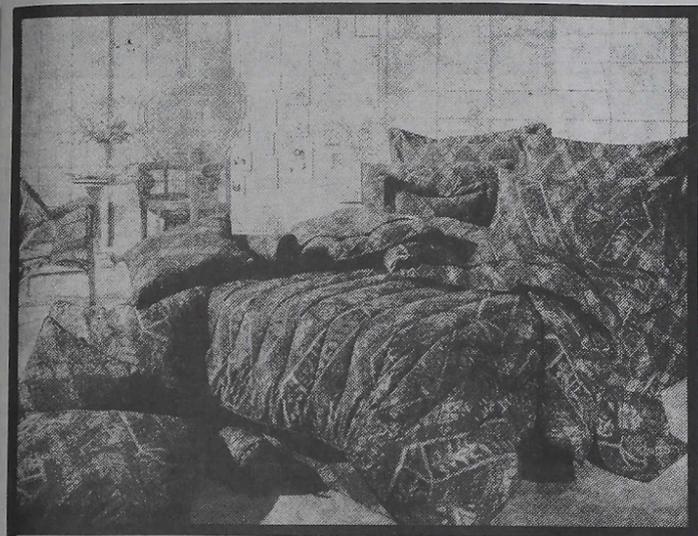
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"Where Your Dollar Comes Back To You"

High-tech maintenance Marines get new test equipment

Story and photo by
Sgt Jeff Gradney

While most Marines here are enjoying the holiday festivities, leathernecks of Electronic Maintenance Company's Calibration Section celebrated early. The 2d Maintenance Battalion, 2d Force Service Support Group Marines regularly test and service some of the most advanced electronic equipment in the Corps' inventory. They recently received new testing and calibration equipment to handle that task.

"Basically, we test equipment used to test other gear," said SSgt Roosevelt Crowley. "We test things like multimeters, signal generators and oscilloscopes. That stuff calls for exacting standards. With this new equipment, it's easier to test for those high standards. This new gear is all instantly programmable, so it checks for specifications automatically."

In many maintenance units, equipment is serviced and then tested to see if it works correctly. The calibration section adds another step to the process. "We test the gear before we service it, then we service it and test it again before we send it back the the unit it came from," said GySgt Gus Gustason, calibration noncommissioned officer in charge. "Basically, all of the equipment we use to either test or service other gear is brand new. We have a lot to do here serving a large number of units. This new test gear helps us help them."

The new equipment fills at least eight maintenance work spaces, and most of it resembles the types of electronic boxes, monitors and test terminals seen in science-fiction movies. Despite the new equipment's frighteningly complex appearance, it's operators say it's quite user-friendly.

"There are many complex procedures involved in what we do," said technician LCpl Kevin Wood. "This new equipment makes following those procedures a lot easier and much more simple. In fact, so much simpler that it actually cuts work time down by about a third."

Cpl Tom Middekel, another technician, echoed that feeling. "The new stuff has a wider range of capabilities. With those new capabilities, we can do more of our repairs at this level rather than having to send so much equipment away for repair. Now we're not as limited in that respect, and we have a much faster turnaround on our repairs."

That means greater efficiency for the calibration section and all the units they serve. "Virtually every piece of complex equipment out there, from field radios to tank motors, has to be tested and calibrated by maintenance units," Gustason said. "It's good to know that now, with this new equipment, we can help them, and maybe they can keep those radios working a little better and those tanks rolling a little farther."



Sgt James Blease uses new calibration equipment to test a complex device.

Local Soup Kitchen relies on donations, volunteers

Story and photo by
Kim Buckner

Jacksonville may not be a sprawling city where food lines and homeless shelters are filled to capacity, but there are those who need assistance because of finances, age or disadvantages.

Onslow County's Soup Kitchen Ministries serves hundreds of free meals a year. Volunteers work Monday through Friday preparing lunch served at the kitchen or from the Soup Kitchen truck. The kitchen operates solely on donations. Canned food, breads and other essential items are given by many groups especially during Christmastime.

From the outside, the kitchen, located downtown near the Infant of Prague Catholic Church, is nothing to look at. Inside, it isn't fancy either,

but the large round tables covered in red- and white-checked tablecloths give it a homey feeling. A short, fat Christmas tree covered in homemade ornaments decorated the room during Christmas. The concern and smiles of its workers warmed the room just as much as the large stove they used to prepare the meals.

An elderly man wore a green apron with yellow stitching that read, "Soup Kitchen Chef, Jack." His name is Jack Hogan and he has been working at the kitchen for two years. A volunteer can't be too old or too young. Two teens were also buzzing around helping to put away donations given that day.

Ann Hendricks, Soup Kitchen director, tried to keep things orderly as several volunteers worked to store thousands of can goods delivered that day.

"Christmas is basically the only time we get donations and we get an overload," Hendricks said. "But it lasts us all year."

Just as one load had been delivered, another truck was pulling in. Hendricks put her hands together, as if in prayer and uttered, "Thank the Lord." But that's all the thanking the group had time for at the moment - another 4,000 cans had arrived from Camp Lejeune's middle school.

Throughout the rest of the year different groups call and ask what the kitchen is lacking and deliver what they need. But with closets bulging at the seams it looks like it will be a while before this soup kitchen needs extra assistance.



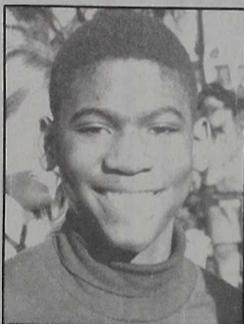
The Bear Team groups together to sing Christmas Carols after unloading more than 4,000 items of food.

Brewster Middle School students collect thousands of canned goods

Story and photos by
Kim Buckner

"The Marines have landed," exclaimed a Soup Kitchen volunteer as three military buses filled with Brewster Middle School students arrived at the Kitchen December 18. The group was closely followed by a truck holding more than 4,000 cans of food the students had collected.

The kitchen staff could hardly believe the amount of kids and food that had arrived at an already frantic soup kitchen. But they also seemed delighted that so many cared.



Tyrico Walls, 13, doesn't mind doing his part during the unloading.

More than 90 teens, all of them members of the Bear Team, had spent two weeks collecting donations from school-mates and neighbors. They quickly unloaded

the buses and formed a line from the truck to the kitchen and began unloading.

The Bear Team is one of nine teams at the school that was required to complete a community service project, said Kathy Snapp, team leader and math teacher. Shirley Bryan, Susan Wolf, Michael McDowell, Mary Hartman and Melinda Compton were also involved in the project.

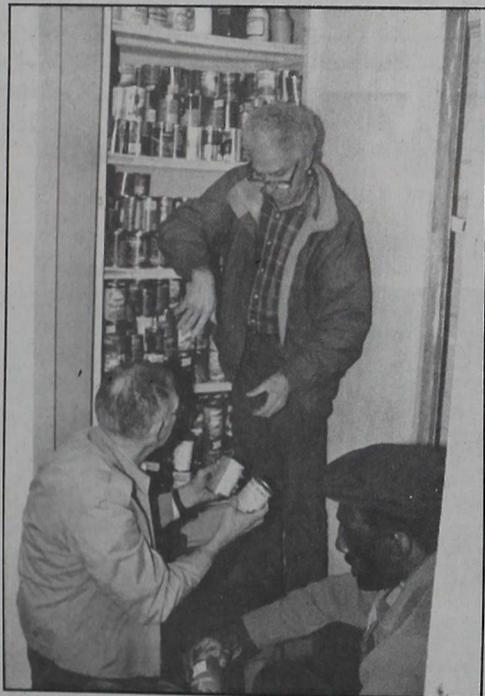
The team involved other grades by holding ice cream parties for the classes who collected the most cans. Kevin Ervine, Bear Team member, collected the most cans.

"I went from door-to-door in Berkeley Manor and Watkins Village asking for donations," Ervine said. "People were surprised to see us when they opened the door, but everyone gave something."

Another student added, "It's a great thing to do especially at Christmas - to give to those not receiving."

Some of the food collected went to the Council on Aging, Christmas Cheer and the Salvation Army. There was plenty to go around.

To conclude the student's trip to the Soup Kitchen, a group of students formed a small instrumental ensemble and played Christmas Carols as the whole group sang.



Volunteer Slim Ruddell, standing, stacks cans into an already crowded cabinet.

AUTO from 1A

SSgt Genevieve A. Sevener CRU staff noncommissioned officer in charge, said no particular types of vehicles are being targeted by criminals. Also there is no certain time of the year when auto larceny increases, but the holiday season does provide ripe pickings when packages are left unattended and in plain view in vehicles.

"People are so busy shopping they leave their cars unlocked," Sevener said. "They aren't taking the time to secure their valuables."

Another way to become an easy target is to leave cars unattended for extended periods of time. Camp Lejeune Marines and sailors frequently deploy for months at a time, and many of them leave their vehicles in their barrack's parking lots. This is an invitation for a criminal, said Sevener. Even giving control of the car to a friend isn't always a good idea; sometimes the temptation to drive the vehicle becomes too great. But there is an alternative.

The impound lot aboard base can be used to store vehicles for Marines who will be absent for extended periods. Marines should go through their chain of command if they want to store their vehicle in the impound lot during a deployment. They should make sure the vehicle's insurance will be valid for the entire period it is stored in the lot. Some insurance companies may offer reduced rates if the owner can prove the vehicle will not be driven for a while.

If Marines can't arrange to leave their cars in the impound lot there are alternatives. They should leave cars locked, with no valuables in sight in a well-lighted area. This can significantly reduce the chances the vehicles are stolen. Vandalism, on the other hand, is much more difficult to prevent, Sevener said. Sometimes the vandal is upset at someone and will seek to damage their car. Other times vandals are envious of a particular vehicle or simply have nothing better to do.

Any incident should be reported to PMO as soon as possible. If it happens on a weekend

or holiday, Marines should still report it and not wait until the next work day. The sooner an incident is reported, the more likely the chances are the goods can be recovered and the theft or vandal apprehended.

Some other tips offered by the booklet are:

- Always lock all doors.
- Roll up windows tight.
- Install tapered interior door lock buttons.
- Park in heavily travelled areas.
- Engrave an indentifying number on a hidden place on the car and on any valuable components to help police identify recovered property.
- Don't leave any valuables in sight.
- Don't hide spare keys because they can be found.

As a final deterrent to would-be criminals, stealing a car warrants a five- to 10-year jail sentence. Stealing a car and taking it across state lines, nets the criminal 10-15 years in jail.



Toys for Tots enthusiasts

Sgt Michael Holder and LCpl Dave Yelverton load bags of toys into Toys for Tots bins at the 2d MEB. These two Marines, members of Brig Co, 1st MCB donated many toys to the campaign, some donated or four toys each. Yelverton is responsible for initiating participation and donating duty time helping the campaign. "I figured if a junior trooper it, there would be more involvement," Yelverton said. LCpl Sheryl B... another Brig Co Marine at the Toys for Tots Campaign here collected donations. Every Marine seemed enthusiastic. Footballs seemed to be the most common donation. Many of the guys didn't bring in dolls.

MEU from 1A

but never in one as realistic as this. Zolio Suarez, assigned officer in the ECC team. "Their roles to the time they entered compound until the. Some people we legitimate evacuees ended up being in weapons or never knew what to do, or what. You had to keep them all the time. I more stressful than exercises.

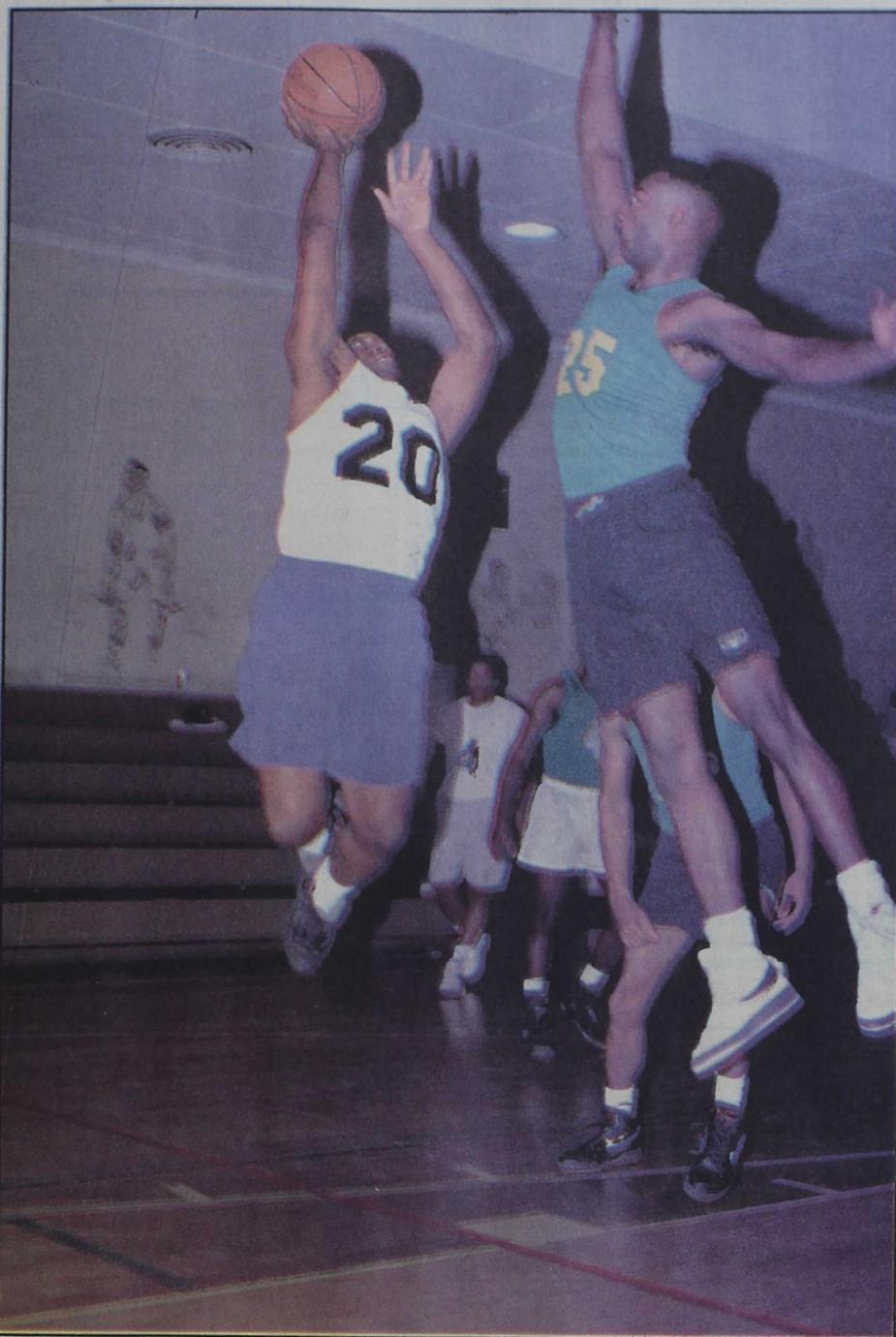
"In fact it was unknowingly detected named Habib who didn't speak English the embassy compound passport, so we an infiltrator. After for about four hours out through an intercom was a real-world didn't complain, at it was time for home and go home."

The Gibraltar Force reduced almost as many contingencies, and sonalities as it did.

Nearly 25 percent who entered grounds were classified for processing and segregate from the. They included nationalists, documented political undesirables, criminals carrying weapons, concealed explosives, a general who tried to enter the area and steal guards, had to be ground and physically.

The ECC Marine evacuees with women in labor, a massive heart attack.

Outside by the Btry F had their dodged insults and at them by a 100-p disarmed and separating spouses, search people hiding in trucks, and fought allow American citizens.



MCES's Cpl Jerome Jackson skies for a low-post jumper under MCSSS defensive heat.

'Triple S' wins schools skirmish

MCSSS downs MCES 71-49

Story and photos by
Cpl James A. Finch

Blazing hot Marine Corps Service Support Schools (12-1) glided by Red League competitor Marine Corps Engineer School (5-6) 71-49 December 22 in the Camp Johnson gym.

The 22-point margin of victory was not foreseeable early. With 6:57 left in the first half, MCES used a 6-0 run to break an MCSSS scoring streak and take the game to 26-23. Then came the turning point.

Three minutes later, MCSSS increased their lead to 18 on a 17-2 scoring onslaught capped by a three-point play, technical foul shots and Cpl Carlos Lowe's back-to-back three-pointers.

MCSSS used a relentless defense and a lot of clock in the end to cruise to the 71-49 finale.

Though it was an easy win, the team admitted to playing below its performance standards. "We usually average about 80 points per game," said MCSSS Coach SSgt Kenneth Copes.

"It was a slow night and some

of our players had to miss the game, forcing me to have to play," Copes said. "But we did the best with what we had, got our victory and we're going to come right back after the holidays and kick it off again."

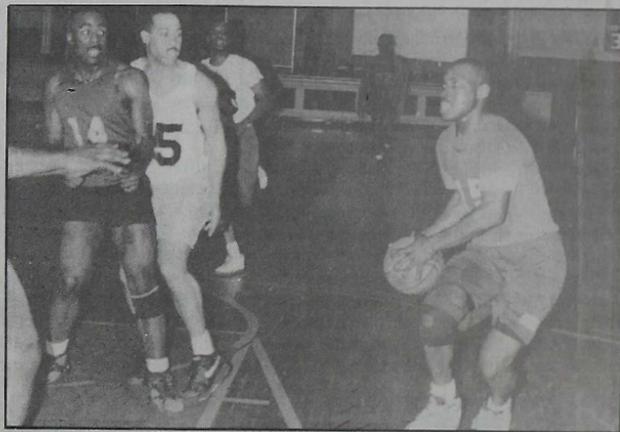
MCSSS's top hoopsters were Sgt Donnell Jackson, 14 points; Sgt H. Stewart, 12; and Lowe, 10.

MCES Coach SSgt Daniel Yates said frustration was his team's main downfall. "We pretty much let the officials and other small things take us out of our game. We definitely could have shown a lot more composure."

"Practice time should help us make a turnaround after the holidays. Thus far it's been hard to get organized because everyone has operational priorities."

MCES was led by Cpl Terrence Darby, nine points; and Sgt Rodney Curry and Yates; both with seven.

In other Red League games December 22, Navy Gold defeated Company B, Headquarters and Support Battalion, Marine Corps Base 65-61; and CoA, HQSPT Bn, MCB defeated Rifle Range Detachment 76-60.



An MCSSS forward looks to score an easy two as his team begins the first of its many second-half drives.

1st Bn, 2d Mar flaggers return from 'Big Easy'

Story and photo by
LCpl Nikoletta Klimak

Each year Recreation Division's Athletic Branch sends the flag football team champion to New Orleans for the National Flag Football Tournament.

This year more than 150 teams, including 12 military teams, did battle on the campus of the University of New Orleans for the flag football championship.

Representing Camp Lejeune was 1st Battalion, 2d Marines, which finished its season with a formidable 11-1 record.

The infantrymen loaded on a 40-passenger bus Saturday bound for the "Big Easy." Following a drawing to determine how each team would play in the double-elimination tournament, the Lejeune infantrymen lost their first game Monday, 4-6, to the University of Florida. Tuesday the team was eliminated 20-6 by the University of Arkansas at Little Rock and will return to Camp Lejeune today.

The team started its season perfect. After two weeks of play, 1st Bn, 2d Mar was a spotless 4-0. However, Postal was also clean at 3-0.

The mailmen ended their New Orleans hopes, losing back-to-back games in week three. Disbursing slipped by with a 14-13 victory but 1st Bn, 2d Mar dropped the paymasters 14-6.

The infantrymen's 8-0 victory against the Training Support Center put them at 6-0. In a regimental battle, they easily defeated 2d Mar 20-0, but only pulled off a close one against 3d Bn, 6th Mar, 22-20.

Their only loss of the season occurred November 23 against Personnel Classification and Assignment Office.

On a cold Monday night, PCAO, at that time the worst team in the league at 2-6, humiliated the infantrymen with their 39-30 victory.

However, the team bounced back to clobber Disbursing 37-12 and Postal 24-6. Another victory against Postal and TSC, and suddenly the infantrymen were 10-1 — the closest team sitting at 7-5 and the season one game away from being over.

They were crowned Red League champs after a forfeit against 2d Mar ended their season with the best intramural flag football record at 11-1.



The 1st Bn, 2d Mar flag football team gets set to head to New Orleans, December 26.

Hall of Shame

Collegiate football hilarious at times

Sgt Dave Higgins

Parade Magazine awarded the most "sadistic sports service" of 1992 to the Sports Nightmare Reminder Service in Santa Cruz, Calif. At the request of devious fans, owner Paul Sanford will mail a writer's friend an unmarked envelope containing news summaries of a favorite team's most humiliating defeats.

With so many college football bowl games slated for the next few days, it seemed a good time to render a similar service to our readers by citing examples of college football's most outrageous moments:

The oldest bowl tradition will be carried on when sixth-ranked Michigan faces the Washington Huskies in the Rose Bowl at 1630 Friday.

The Wolverines played in the first Tournament of Roses in 1902. Michigan had won all 11 of their games by outscoring opponents 555-0. Clearly, the weaker, smaller Stanford Cardinals didn't belong on the same field as the "Maizin' Blue."

With eight minutes remaining and trailing 49-0, Stanford captain R.S. Fisher threw in the Cardinal towel. Mortified tournament officials decided that football should be dropped from the annual program until California could produce a team that wouldn't shame the West. In 1916, after memories of its deplorable debut had faded, football returned to the Rose Bowl.

Perhaps this year's most anticipated New Year's Day game is the Sugar Bowl national title battle between top-ranked Miami and the Alabama Crim-

son Tide. 'Bama players will hopefully not try to equal the actions of fullback Tommy Lewis, who secured his place in the annals of shame during the 1954 Cotton Bowl.

When an opposing halfback broke loose up the right, he ran right by the Crimson Tide offensive unit on the sideline. The super-competitive Lewis charged without helmet onto the field from the bench and halted what appeared to be a touchdown-bound runner.

The shocked referees awarded the halfback a 95-yard touchdown, which gave the team a 14-6 lead and the eventual victory.

For some reason the public didn't blame Lewis for his overzealousness. He was called a "great competitor" and even appeared on the "Ed Sullivan Show."

But the off-the-bench tackle actually hurt Alabama more than its fans realized. Films show that 'Bama's Bill Oliver was running a clear line of pursuit that would have allowed him to push the runner out of bounds just 3 yards downfield of where Lewis had beaten him to it.

While Miami Hurricanes fans will be watching the sidelines for would-be Lewises, the Florida Gators will meet the North Carolina State Wolfpack in the Gator Bowl at 2000 today. The Gators performed the most shameful defensive play ever witnessed during a game with the 'Canes in 1971.

The Gators were slaughtering Miami 45-8 with two minutes remaining, but the Hurricanes had a first down on

See SHAME/6B

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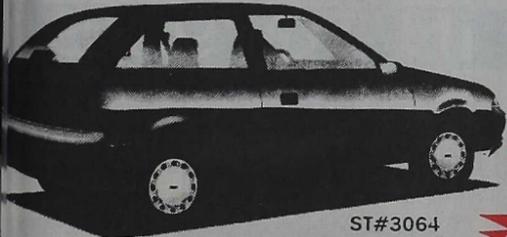
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Aerobics program covers resolutions

Sgt Jeff Gradney

When the new year comes, so will countless numbers of New Year's resolutions. Chances are, a fair percentage of those resolutions will be fitness-related.

Camp Lejeune's aerobics program is geared up to handle that. "Our aerobics program is expanding," said Terri Hort, base aerobics coordinator. "It's better than it ever has been. Class attendance is super. Rarely do we have a class with less than 30 patrons. It's very motivating for both the instructors and the patrons."

The aerobics program is seeing continued growth despite recent relocation difficulties. "A few months ago, Area 1 gym, where we were teaching, got closed down," said Horton.

"After that happened, we had a lot of problems trying to relocate and have our classes in one location. We wanted that because it would've been more convenient for our patrons. What we actually had to do was to go out and try to find other locations for our classes."

That search was very successful, and as a result, the aerobics staff offers a wide range of classes at several convenient locations such as Berkeley Manor Elementary School, where the staff teaches both low-impact and high-impact classes. Another fairly new aerobics program takes place in the Tarawa Terrace housing areas.

"Before we started our program there," Horton said, "the residents were hiring private instructors to teach. We thought there should be no need for that, and we had the people to do it, so we started a program there."

That program has been well received, and is designed primarily for military family members. It's not the only one that is, however. There are also morning classes scheduled for military family members at Area 5 gym Monday-Friday. Patrons can also bring their children to this class to take part in a creative movement class called Kids in Motion that takes place at the same time.

"Our daily 1130 classes take place in several locations, and are geared toward our active-duty military people," she added. "Those classes are very intense, very high-impact sessions."

Another program designed for active duty-members is the special session training program the aerobics team offers. "The special sessions are for any unit up to battalion size. We've handled thousands of Marines at a time. We actually go out to the units and teach whatever type of class they request, inside or outside, anything from circuit training to regular aerobics." Most of the special training sessions take place in the early morning, but Horton and her instructors don't mind a bit. "We're here to help the military stay in shape, and we love to do that."

Celtics dodge hot Bullets

Story and photo by Sgt Dave Higgins

Two winless youth basketball teams played an unexpectedly exciting game December 19 in the Brewster Middle School gym.

The Celtics, now 1-2 in Minor League play, dodged the Bullets, 13-12, in a game dedicated to birthday-boy player Dan McCarley.

The 11-year-old scored 10 points, despite having to sit out with foul trouble early in the game. McCarley's quick shot underneath in the early fourth quarter turned out to be the game's decider.

"This is his (McCarley's) second year playing, and he came to the team carrying a lot of experience from last year," said Celtics Coach David Brown. "Most teams don't effectively use a stocky guy like him — but the ones that do are successful."

McCarley started his six-point second quarter by rebounding his own missed foul; shooting, missing and rebounding again; and finally driving underneath for two. Seconds later he opened the Celtics lead to four with a nice layup on a quick take-away.

The forward answered again with 26 seconds remaining in the half by rebounding a missed shot by Tony Brown. Brown put the first points on the board from an inbound pass with a minute remaining in the first quarter.

Bullet Jamie Jenkins tied it at two with a distant shot before the quarter break.

Trailing by six in the third quarter the Bullets took advantage of McCarley's absence to pull within a basket.

Antonio Brown missed on a breakaway layup, but Sha-Necia Head rebounded and shot successfully from just inside the three-point line. Brown brokeaway again and demonstrated a perfect layup to narrow the margin to two.

McCarley and Tony Brown reentered for the Celtics with five minutes on the clock and the birthday boy made it a 10-6 game from inside the paint.

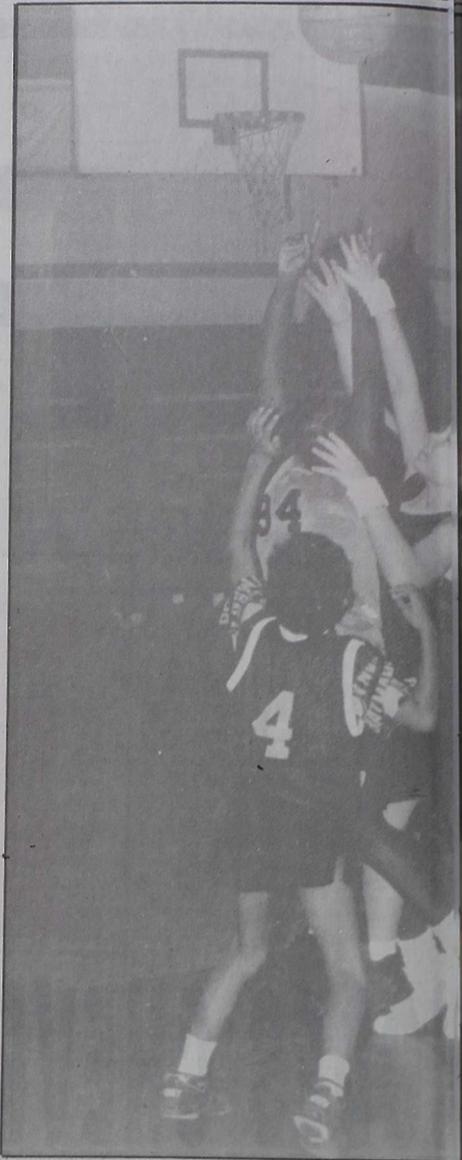
Antoine Miller came to life for the Bullets with fancy ball-handling and stealing skills. Though the smallest player on the court, Miller grabbed a rebound from the pack, then picked off a Celtics pass and netted on a breakaway.

Randy Hunt drew a Bullet foul in the lane with 1:10 left in the third and swished his first of two to make it 11-8.

Michael Brletich countered from long distance to close the gap to one, but McCarley hit again to keep the difference at three.

Head drew a one-shot Celtic foul and connected to make it 13-11 with five minutes remaining in the contest. Then Jenkins sank the first of two from the line to further heat the contest with :55 on the ticker.

Miller intercepted a bad Celtic pass at midcourt and brought the ball to the key to set up the final shot; but Tony Brown robbed it back and maintained control until the buzzer.



Sha-Necia Head draws a Celtic foul with 3:17 remaining.

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ANNOUNCEMENTS

MASTER SERGEANT LINDA BERGMAN-ALTHOUSE of Jacksonville joins Organization for Women in Military. The Women in Military Service Memorial Foundation announced Linda Bergman-Althouse of Jacksonville has joined the organization as a field representative. Bergman-Althouse joins other field representatives from North Carolina and the more than 900 field representatives worldwide to search for service women to ensure their service will be recognized and honored in the Women in Military Service Memorial. Construction of a memorial to honor all women who have served in the armed forces from the Revolutionary War through today and into the future was mandated by Congress in 1986. The memorial will be built in the nation's capital at the main entrance to Arlington National Cemetery. The heart of the memorial will be a computer register which will feature the photographs, records of service and memorable stories of the women who have served in our armed forces. The foundation seeks to register the 400,000 women currently serving on active duty, in the National Guard and in the reserves, the 1.2 million female veterans in the United States and all of the women who have contributed to our nation's military efforts since the Revolutionary War. There are an estimated 30,400 female veterans living in North Carolina. For more information about the memorial or to contact Master Sergeant Bergman-Althouse, write to Women in Military Service Memorial Foundation, Dept. 560, Washington D.C. 20042-0560, or call (800)222-2294 12/31

MISCELLANEOUS

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ANNOUNCEMENTS

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COASTAL CIVITAN will have a meeting on the second and fourth Tuesday of every month at 6:30 pm at Fisherman's Wharf. Proceeds will benefit Handicapped Children, for more information call 346-2472. TFN

RICHLANDS AL-ANON WEEKLY MEETING - Tuesday nights. 8 PM - 9 PM. Richlands AA Building. TFN

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Circle your picks of the college & pro football games listed below. In case of tie, total points of a special tie breaker game will determine the winner. No purchase necessary to play. Pigskin payoff is open to anyone 18 or older, except E.N.C. Publication employees and their immediate families. Enter as often as you like. All entries must be dropped off or postmarked by 5:00 p.m. Thursday preceeding the weekend the games will be played. Entries must be in by Thursday at 5 PM each week. If there is no winner, the cash pot will continue to build. If there is no winner going into the last week, the entry with the most correct picks will be the winner. If a tie occurs, the winner will be determined by a random drawing. If a winner is not declared until after the publication is printed, the cash pot will automatically revert back to \$50 without notification. The judges decision is final and applies to all rules.

FOOTBALL PIGSKIN PAYOFF

Name _____
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Boston College	VS Tennessee	Washington	VS Minnesota
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North Carolina	VS Mississippi State	Houston	VS Buffalo
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TIE BREAKER

Alabama VS Miami

Total Points _____

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New Contest Each Week



LCDR Kent G. Knudson

LT Rick Freedman, 2d Dental Bn looks downfield for a receiver December 5 on the Intramural Field. Dental Officers from Camp Lejeune lost two close games to their counterparts from Fort Bragg's Dental Activity on the same day as the traditional Army-Navy college football game.

Men's all-star basketball squad looking to add a few good players

Sgt Dave Higgins

Camp Lejeune is home to an all-star team that has recently beaten college-level competitors and has had players receive college athletic scholarships.

Coached by 1stSgt James L. Palmer, Headquarters Battery, 5th Battalion, 10th Marines, the base varsity basketball squad has played competitively and averaged about 90 points per game.

"We've played two overtime games and three others decided at the buzzer, so the competition level has been pretty even," Palmer said.

The coach credited the team's defensive focus for its success. "Ev-

erybody comes out to shoot baskets, but few come out to keep people from shooting baskets. It doesn't take an entire team to shoot, but it sometimes takes the whole team to keep the other guys from scoring."

Because of this philosophy the coach always tries to fill the roster with good defensive players, which is the team's current state due to players' command responsibilities.

"I'm looking for dedicated players who focus first on defense," the 20-year Marine basketball veteran explained. "Even though we're the Camp Lejeune All-Star Team, we don't particularly need stellar athletes."

Palmer said the squad can carry

a 15-man roster, but will make a tournament showing with just enough players to field a team. The coach has even had to don a jersey every now and then.

The team also has produced all-Marine players and has been invited to collegiate clinics. The exposure from varsity play gives Marines a chance to gain civilian recognition and is a good entry on an athletic resume, he added.

The all-stars are readying for January tournaments at Fort Gordon, Georgia and Charleston Naval Base in South Carolina.

Anyone who would like to try out for a spot on the team can call Palmer at 451-1472.

SHAME from 1B

Florida's 24-yard line.

When Florida players realized their quarterback needed just 13 passing yards for a career record they decided to let Miami score. Defensive co-captain Harvin Clark told his teammates, "When they hike the ball, everybody just fall to the ground."

Although disgusted by the "Florida Flop," Miami QB John Hornbrook ran for the "gimmee" touchdown.

John Reeves, the Florida quarterback, threw a 15-yarder on the next series and claimed the passing record; but Miami Coach Fran Curci was furious. "Tonight I lost all respect for Doug Dickey (Florida's coach)," Curci fumed. "What he had his players do shows absolutely no class."

Dickey claimed he had never coached his team on what to do to let another team score. Perhaps he should have inspired them with a few acting lessons.

Baylor Bears players will probably not find the same type of inspiration today in their coach's pregame pep talk before the John Hancock Bowl as did the team in 1978.

With several players injured and a 2-8 record, Coach Grant Teaff decided his team members needed a shocking message to take with them into their November 28 meeting with the highly favored Texas Longhorns.

Teaff gathered the Bears together and told a story about an Eskimo whose success at fishing came from keeping the bait (worms) warm in his mouth. "The game is yours," the coach said. "But there's one thing I'll do for you ... I'll keep the worms warm." Teaff then took a worm out of his pocket and ate it.

Inspired by the pep talk, Baylor destroyed mighty Texas, 38-14.

In the fashion of the great Knute Rockne, Lou Holtz will lead his Notre Dame team onto the Cotton Bowl turf at 1300 Friday to face the

fourth-ranked Texas A&M Aggies. The fifth-ranked Fighting Irish probably won't need the same type of psych up needed in the 1922 game with Georgia Tech.

Rockne showed his players telegrams of encouragement from prominent alumni. "I have a wire here from my sick little boy Billy, who is critically ill in the hospital," Rockne said with trembling lips and watery eyes. "All he wants is Daddy's team to win."

When the Irish returned to South Bend, Indiana having ripped apart the Yellow Jackets, none other than "sick" little Billy Rockne was there in picture-perfect health to greet the team. The coach had sent the bogus telegram himself.

Football frolics haven't always been the result of coaching tactics or spur-of-the-moment inspiration. The final play of the 1982 Stanford-California game defied description, imagination and logic.

Stanford had taken the lead with four seconds remaining, and needed only to tackle the kickoff returner for the victory.

Kicker Mark Harmon squibbed the ball into the hands of Kevin Moen on the Golden Bears 43. Just before being hit, Moen lateraled to Richard Rodgers at the Stanford 48-yard line. As Rodgers was about to be tackled, he lateraled to Dwight Garner at the 44. Time had expired, but the ball was still in play.

The field was filling up with fans, players and members of the Stanford band -- all who thought the game was over -- when Garner flipped the ball back to Rodgers.

Rodgers then tossed back to Mariet Ford, who sprinted to the 20. A trapped Ford threw the ball blindly over his shoulder hoping a Golden Bear player would catch it.

Sure enough, Moen, who had started the whole thing, snatched the pigskin in full sprint at the 25-yard line. One Cardinal defender chased Moen, but was intercepted by bewildered band members.

Moen, threaded sicians, passed knocked down a saxophonist in the unbelievable vic "This was the all time," broode Paul Wiggin. Th was history. Thir most importantly thing can happen football.

MWR from 2

service station longer, we lo hours. Becaus ers wanted it, main exchange service station next year. We ing on finalizi new fitness fac things happen customers war and we work to pen fast."

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If you find yourself experiencing the holiday blues, we can help. There may be good reasons for your attitude, and we'll show you ways you can better manage your stress and anxiety. For others, these signs may be early indicators of more serious problems that, with proper treatment will return you to sound mental health, so you can enjoy all that the holiday season is meant to be.

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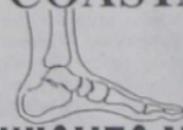
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MWR RECREATION

WINTER SWIM SCHEDULE

WELCOME TO THE WONDERFUL WORLD OF WATER



Aquatic Section, MWR Recreation Division, has scheduled instructional swim classes for Winter '93. Classes will be taken at Area 2 Indoor Pool between the hours of 0830 to 1700 not including holidays. Classes will be taught at Area 2 Indoor Pool and Camp Johnson Indoor Pool. For more information on levels of instruction, location, dates, times, fees, and charges, please call 451-2024 or 451-2513.

RECREATIONAL SWIM CLASS

January 93
from: 28 December - 15 January

February 93
from: 19 - 29 January 93

February 93
from: 1 - 12 February 93

AREA 2 POOL HOURS OF OPERATION

0600-0730 Mon/Wed/Fri
Early morning lap swim
Masters Swim Program

1130-1300 Mon-Fri
Recreational/Lap Swimming

1630-2000 Mon-Fri
Recreational/Lap Swimming

1100-1700 Sat/Sun/Hol
Recreational/Lap Swimming

SAFETY CLASS

January 93 Emergency Water Safety
from: 28 December - 8 January

February 93 Lifeguard Training Course
from: 18 - 29 January 93

CAMP JOHNSON HOURS OF OPERATION

1630-2000 Mon-Fri
Recreational/Lap Swimming

1100-1700 Sat/Sun/Hol
Recreational/Lap Swimming

Pool will be closed from
6 December 92 to 3 January 93
for Repairs.

COMMUNITY CPR & FIRST AID

January 93 Community CPR Course
from: 1 - 12 February 93

February 93 Standard First Course
from: 1 - 12 February 93

Aquatic Section Director
451-2513

Camp Johnson Pool
451-0768

Area 2 Pool
451-2024

YOUTH COMPETITIVE SWIM TEAM

Willifish Competitive Youth Swim Team will open its membership enrollment again in January. Youth 18 years of age and younger are invited to tryout for the team on dates advertised in the Globe. A yearly fee to MWR is required as well as a yearly membership to Swimming Inc., once the swimmer has passed a required swim test.

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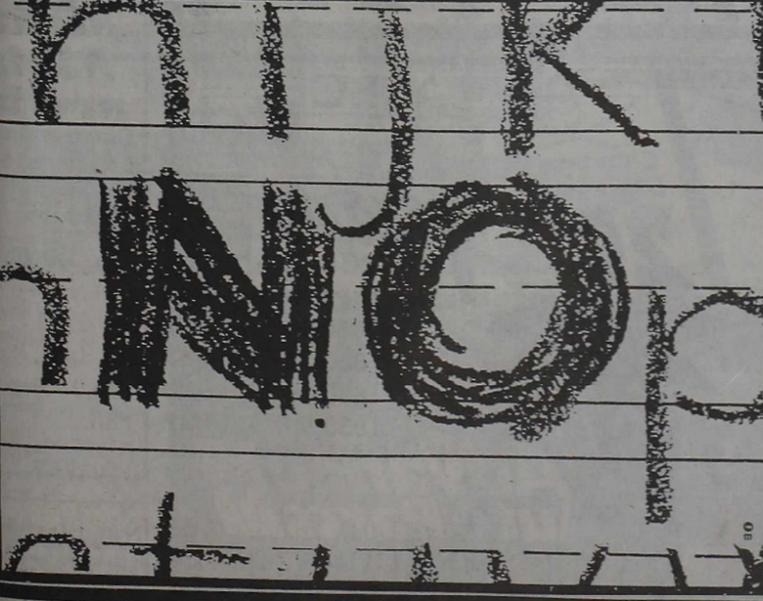
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When confronted with drugs, the two most important letters in the alphabet for your children to know are "NO." Children learn the alphabet at an early age, but they are also exposed to drugs early in life. Statistics indicate that 17% of today's youth use alcohol or drugs on a daily basis. Teach your children to kNOw their alphabet when it comes to drugs.

SPORTS SHORTS

Athletics seeking sports participants

Wrestling: Camp Lejeune Varsity Wrestling tryouts have begun in the Goettge Memorial Field House. Both Greco-Roman and freestyle wrestlers are welcome. Call LCpl G. Flerlage at 451-1308/4920 for more information.

Women's basketball: The Camp Lejeune Varsity Women's Basketball tryouts have begun in the Goettge Memorial Field House. Call Lee Williams at 577-8013 for more information.

Soccer: Anyone desiring to join the Camp Lejeune Varsity Soccer team call SSgt Luis Cisneros at 451-0872/0875 for more information.

Women's soccer: Camp Lejeune needs women for base teams to compete in an indoor soccer tournament Wednesday and Thursday. For more information call the intramural sports office at 451-2061.

Intramural volleyball: An organizational meeting will take place at 1200 January 12 in the Goettge Memorial Field House. Call 451-2061 for details.

Enjoy Lejeune Recreation

New aerobics schedule: Due to the closing of the Area 1 gym, Semper Fit aerobics classes have been relocated. The classes are free to all military patrons and their families.

High-impact/step aerobics are 0600-0700 Tuesdays and Thursdays and 1130-1230 Monday-Friday in Marston Pavilion; 1900-2000 Monday-Thursday in Berkeley Manor Elementary School; and 1115-1215 and 1730-1830 Mondays, Wednesdays and Fridays in the Camp Geiger gym.

High/low combo and kids in motion run simultaneously from 0900-1015 Monday-Friday in the Area 5 gym.

Prenatal aerobics are 1700-1800 Tuesdays and Thursdays upstairs in the Area 5 gym.

Hi/low combo is 0900-1000 Saturdays in Marston Pavilion.

Low-impact/step aerobics are from 0900-1000 Mondays, Wednesdays and Fridays in the Tarawa Terrace Community Center and 1700-1800 Mondays, Wednesdays and Fridays in Berkeley Manor Elementary School.

Belly burner is 1230-1250 Mondays, Wednesdays and Fridays in the Camp Geiger fitness center.

Water aerobics is from 1130-1230 and 1830-1930 Mondays, Wednesdays and Fridays in the Area 2 pool.

Water running is from 1130-1230 and 1830-1930 Tuesdays and Thursdays in the Area 2 pool.

Custom physical training sessions can be set up anytime for military units or battalions.

Call 451-3584/5430 for more information on Semper Fit aerobics classes.

Running classes: In response to numerous requests, Fitness Center 201 has instituted a running class designed to improve overall performance in long-distance running.

Classes are now 1130-1230 Monday-Friday at the Liversedge Field track, and will emphasize actual performance based on customized, individual evaluation.

Call 451-5430/3584 for more information and to sign up.

Pistol special: Patrons can get a free box of .22-caliber pistol ammunition with rental of a .22-caliber pistol from 0900-1600 Saturdays and Sundays at the A-1 Pistol Range at Camp Johnson. Call 451-3889 for more information.

Coaches needed: If you're interested in coaching or officiating youth soccer, call the youth sports office from 1100-1900 at 451-2179.

Stables activities: Riding lessons in English and Western riding and dressage have begun. Beginners through advanced riders are welcome.

The Semper Fi 4H Club meets once a month for young horse lovers. Pony rides are also available for children.

Trail riding and stalls for privately owned horses are available year-round. Call the stables at 451-2238 for more information.

Indoor pools: The renovated Camp Johnson indoor pool will reopen at 1630 Monday. The pool will offer adult and child beginner swimming lessons beginning January 19. Recreational swimming is available from 1630-2000 on weekdays and 1100-1700 weekends and holidays. Call the pool at 451-0768 for details.

The Area 2 pool offers an early morning lap swim/masters swim program from 0600-0730 Mondays, Wednesdays and Fridays. Recreational/lap swimming is offered from 1130-1300 and 1630-2000 weekdays and 1100-1700 weekends and holidays. For details call 451-2024.

Registration has begun for Emergency Water Safety Training January 11-15. Call the Area 2 pool for more information.

Volunteers needed: Volunteers are needed to assist instructors in belaying at the Challenge Ropes Course. Call 451-3925 for more information.

Bowling Specials: The French Creek Bowling Center offers programs for interested bowlers. Noon-time bowling is available 1100-1300 Monday-Friday. A \$3 fee covers three games, shoe rental, a

sandwich and drink. Discount bowling is available from 1100-1700 Tuesday-Friday.

Cost per game during this special is 75 cents. Red-pin bowling is 1100-2300 Saturdays. Strike and win a free game. Youth lock-in or birthday packages are always available.

For more information on any of these events, call 451-1799.

Mondays are family nights at Bonnyman Bowling Center. Special family rates go from 1700-2100. TGIF is on-going every Friday. Strike it rich from 1130-1300 every Wednesday.

Bowling league registration will begin at 0900 January 9 at the bowling center. For bowling center information, call 451-5121/5485.

Youth golf registration: Golfers age 13-16 may register to take certification to use the Paradise Point Golf Course.

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

On-base fishing: Classes on casting, rig making, species, baits and tactics held every Sunday afternoon at Riskey Pier. Call 451-7154 for details.

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

Karate classes for children and adults are held every Tuesday and Saturday. For information, schedules and fees call 451-1759.

Skateboarding: The Youth Center ramp is open for members during regular hours of operation. The center also offers safety gear rental at reasonable rates.

There's always something to do at the Youth Center. Call 451-2177.

Women's hoop tourney slated

A double elimination open women's basketball tournament is scheduled for January 8-10 in the Goettge Memorial Field House. Entry fees are due by Tuesday. Awards will be given to the top two teams and an outstanding individual. Competition is limited to the first 10 teams to call 451-3636.

Ski trip planned

The Information, Tickets and Tours Office is planning a downhill skiing trip January 16-17 in Boone. For information on this or other travel ideas call 451-3535.

Learn to shoot skeet

The Lejeune Recreational Shooting Club is offering free skeet-shooting lessons from 1130-1300 on Thursdays and Fridays at the Skeet Range. The club holds a meeting at 1630 the first Thursday of the month at the range. The club is also forming a skeet league, which will compete for about eight weeks beginning in January. Shooters with trap experience are needed. For more information call 451-3889.

Off-road action in Bear Creek

For four-by-four fun for all, drop by the Pole Cat Hollow Mud Sling. Gates open at 1100 Sundays at Pole Cat Pond off Sandridge Road in Bear Creek. For more information call 326-5625/5744.

New sports organization formed

Individuals interested in supporting Marine Corps men and women athletes have recently

formed the Marine Association. The private organization seeks to promote all levels of sports, support the de Marine Corps amateur activities and promote a physical fitness. The receives no funding from the Marine Corps, nor is it endorsed or sponsored by the Marine Corps. However, MC quest, and was granted quarters Marine Corps use the Marine Corps their organizational more information on tion, write to Marine Association, P.O. Quantico, Va. 22134. association president, at (301) 369-0260.

Wrestling Club r at MCAS New R

The Marine Corps New River Wrestling every Tuesday and building AS-226 across dental. All wrestling encouraged to participate or recreation. 1800-2100 Tuesdays and Thursdays. Call LCpl K at 451-6972/6246 for information.

Social tennis club

The Lejeune Ladies association extends an in all military and their de join a social tennis club are \$8 per year and the g from 0900-1100 at the Point Tennis Courts. Ac clude a doubles tennis as well as various social. Call Darcus Victti at 3.

See SHO

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SHORTS from 8B

New tennis league formed

The Ultra Slim Fast team tennis league has matches beginning at 0900 every Saturday at the Paradise Point tennis courts. Balls are free. All skill levels welcome. Call ENS Steve Hailley at 451-4920 or 353-7954 for more information.

Tennis lessons offered

Tennis lessons are now being offered at the Paradise Point tennis courts. The lessons require a fee and may be taken privately or in small or large groups. Call ENS Steve Hailley at 451-4920 or 353-7954 for more details and lesson reservations.

Recreational activities offered in Jacksonville

Table tennis: The Jacksonville Recreation and Parks Department is offering open play table tennis on Thursdays from 1800-2100 in the Jack Amyette Recreation Center. For more information, call Michael Liquori at 455-2600 Monday-Friday 0830-1730.

Adult Soccer League: An Orga-

nizational meeting for a 30-and-over soccer league is set for 1900 Tuesday in the Onslow Pines Park administration office. For more information, call 347-5332.

Youth activities: Jacksonville Recreation and Parks Department offers numerous youth classes and clubs. Call 455-2600 for details.

Youth soccer tryouts: The Under-13 Jacksonville Classic Soccer team has tryouts on the Parkwood Elementary School field. The tryouts are open to candidates born after August 1, 1979, who are interested in Division "A" competition. The team will be coached by SSgt Luis Cisneros, who has extensive coaching experience including coaching the all-Marine soccer team for several seasons.

Call Brent Wilshire at 346-2085 (after 1700) or Maureen Rupert at 577-1739 for more information.

Tae kwon do trials scheduled

The Armed Forces mens and womens Tae kwon do trials are May 5-11 in Fort Indiantown Gap, Penn. Anyone interested in participating should contact the Lejeune Special

Services officer at 451-1596/1698.

Free judo lessons offered

The Camp Lejeune/Marine Corps Air Station Judo Club offers free lessons every Monday, Wednesday and Friday from 1830-2030 in building AS-226, Marine Corps Air Station New River. Lessons are open to active duty and dependents. Children may start at age 5. For more information, call Al Almon at 451-0723.

Okinawan karate instruction offered for adults

Karate classes are 1800-2000 Monday and Wednesday in the Goettge Memorial Field House. There is a \$25 monthly fee. The class is traditional Okinawan karate and open to active-duty personnel only. For more information, call PO1 V.E. Ates at 451-5124/5132.

Carolina Beach holds trail race

A four-mile cross country trail race will be run at 1000 January 9 at Carolina Beach State Park. The day starts with a one-mile fun run for children with awards or ribbons

given to all finishers.

The event is sponsored by the Wilmington Roadrunners. Call Kevin McCarthy at (919) 452-3051 for registration information.

Hash runs scheduled

The Hash House Harriers have runs scheduled at 1400 Sundays and 1900 Wednesdays. The runners follow a powder trail through the woods and residential areas to find the finish. Fees are \$3. Beverages are provided at the finish. Call Chris Marshall at 353-1693 or SSgt Tim Roden at 451-1204 for details.

Local running club formed

The Jacksonville Roadrunners, a local running club, provides race information, running clinics and regular events for serious runners

and anyone else who likes to run (speed is not essential). Membership is \$10 (\$15 per family). Membership includes a newsletter, National Roadrunners membership and discounts at local sporting goods stores. For further information and a free copy of the newsletter, call SSgt Tim Roden at 451-1204.

Armed Forces cross country team formed

The Armed Forces Sports Committee is forming a cross country team for the Conseil International Du Sport Militaire Championships in Ossendrecht, Netherlands. The competition will take place March 15-21. Events will include a 5K for women and a 5K and 12K for men.

Marines interested in being considered for the CISM team must submit a summary of athletic

achievements accor 3-16 of Marine p1700.27. Summer races entered, time finish in races after

The Lejeune ment will help con sary forms and pro cation.

Devilfish seek interested sw

The Devilfish a ested swimmers age information, call Sa at 451-2513.

Powerhouse meets month

The Semper Fit P meets 1630-1830 th day of each month Center. Call 451-5

Lejeune needs women soccer players



Camp Lejeune needs women for base teams in an indoor soccer tournament February 6-7 in the Goettge Memorial Field House.

Call the intramural sports office at 451-2061 for more information.



Need your sporting event publicized?

Mail or deliver any additions or corrections to: The Globe sports editor at the Joint Public Affairs Office, Building 67, P.O. Box 8438 Camp Lejeune, N.C. 28542-5000 or phone 451-5655/5782/5883.

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Chrysler Corporation is taking its all-new Dodge Intrepid, Eagle Vision and Chrysler Concorde sedans on a two-month tour of cities in the Midwest, South and Canada.

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A juice box is like a beverage and fruit all in one because it locks in vitamins which will help give your child an extra boost to get through the day-and it's recyclable, too.

A tariff on imported minivans and sport utility vehicles could cost American consumers as much as \$1.8 billion in hidden taxes each year, according to the Association of International Automobile Manufacturers.

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You'll find many fun and fascinating facts about animals in Bill Adler's new book, *Outwitting Critters* (Harper Perennial, \$10.00 paperback).

Posters of the original J I Case Company logo, an eagle called Old Abe, are now collector's items.

KinderCare At Work is the nation's largest provider of corporate-sponsored child care.

To help when you change your baby's diaper, Fisons Consumer Health provides a diaper changing mat at cost. You can get one by sending a check for \$3.95 to Fisons Changing Mat, 8 Flagstaff Drive, Rochester, NY 14622.

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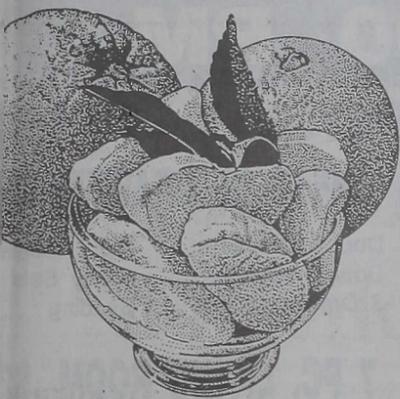
The holiday season erates more diamond than at any other time e reports the Americ Industry Association (A

PAID ADVERTISEMENT

Children need snacks

Information Service
 less than 2 years
 lot of calories to
 growth. However,
 as are so small
 n't eat enough at
 to meet their
 fore, many
 recommend
 meals in place of

and crackers. Milk, yogurt and cheese cubes provide calcium to help tooth and bone formation.
 Unless a doctor advises otherwise, don't strictly limit your toddler's fat intake. The American Academy of Pediatrics issued a statement expressing concern that some parents were overzealous in putting their children on low-fat diets. The academy recommends a fat intake for children of 30-40 percent of total calories to ensure the nutrients needed for proper growth.



Snacking plan can result in nutritious diet habits

Evelyn D. Harris
 American Forces Information Service

Americans are snacking more than ever. According to the Department of Agriculture, children now get one-fifth of their daily calories from snacks, women 16 percent.

And according to nutritionists, that's not necessarily bad. Snacks can be a fun way to fill in necessary calories and nutrients missed due to incomplete or skipped meals. The trick is to plan snacks wisely.

That means that contrary to the testimony from the attractive people in the advertisements, a candy bar — even if it does have peanuts — is probably not the best food to help you do what needs to be done.

In fact, said Col Mary Lucas, chief of the Army Medical Specialist Corps (which includes dietitians), eating a sweet snack can set you up for the "post-candybar fatigue syndrome."

"When you eat a candy bar, your insulin level goes up sharply — and then falls back down quickly, leaving you feeling tired," Lucas said. "In addition, most candy bars have a lot of fat and sugar, and some of them have a lot of salt."

Granola bars, while they sound healthy, are not much better. According to Gail Levey, a spokes-

woman for the American Dietetic Association, "Granola bars are just packed with grease. A granola bar sounds so wholesome, but to get it to stick together you have to use so much fat."

On the average, about 35 percent of the calories in many granola bars come from fat; the comparable figure for a candy bar is approximately 46 percent. The DoD Nutrition Working Group recommends that no more than 30 percent of the day's calories come from fat.

So, what's a snacker to do? Lucas suggests fruit — it's somewhat sweet and is a good source of important vitamins and fiber. She suggests carrot sticks if you're craving something crisp. But there are a lot of healthy snack choices, and dietitians say that if you customize your snacks to meet your dietary needs, you won't go wrong.

For example, if your meals are low in calcium, you might try low-fat yogurt or a cheese made primarily from skim milk, such as mozzarella (which is available in snack sticks), cottage cheese, part-skim ricotta cheese or diet cheese. Eat the cheese with whole-grain bread, crackers or celery for a high-fiber, low-calorie snack.

To please a sweet tooth, choose ice milk, which has less than half the fat of ice cream and 40 percent

fewer calories. Frozen yogurt is also lower in fat than ice cream, although it has just as much sugar. Surprisingly, tofutti — a soy-based frozen dessert — has almost twice the fat of ordinary ice cream, according to the Food and Drug Administration.

You can also make an ice cream-like treat by freezing a peeled banana until firm.

Nuts have high levels of fat and should be eaten in small quantities. Cashews and macadamia nuts are highest in fat, while seeds — of the sunflower, pumpkin and sesame varieties — are lower in fat. The American Heart Association recommends keeping the serving size for nuts down to three teaspoons.

Fresh, air-popped, un buttered popcorn is an excellent snack choice. But packaged popcorn may contain large amounts of salt.

Many people who eat healthfully at home eat a lot of junk and have too much caffeine at the office.

If you work in an office that has a refrigerator, bring in healthy snacks and beverages such as six-packs of fruit juice or a bottle of club soda.

And for those times when only a candy bar will do, one nutritionist suggests eating a small, "snack-sized" bar.

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 3 saltine crackers
 1/2 small banana

50-60 calories
 1 small apple
 1 small orange
 15 grapes
 12 cherries
 1 cup strawberries
 1/4 cup cottage cheese
 4 small shrimp

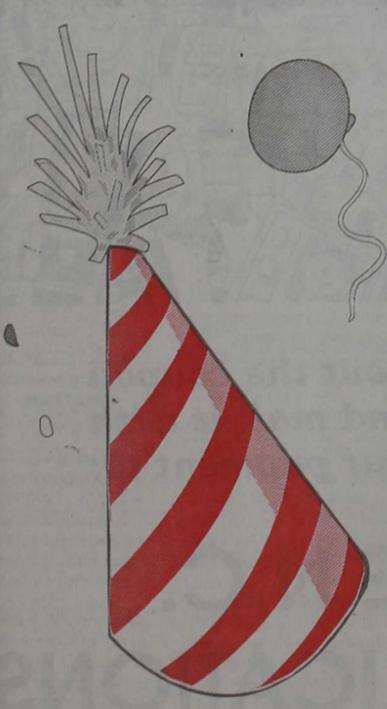
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HEALTH HINTS

(NAPS)—Do you think you might have Parkinson's disease—a disorder of the central nervous system that leads to difficulty with movement? Here are some symptoms to watch for:



If you suspect that you—or someone you know—show symptoms of Parkinson's disease, see your doctor.

- Early on in the disease, researchers recently found, the sense of smell declines.
- Parkinson's may start slowly, with trembling in an arm, a hand, or a leg.
- Usually, one side of the body is affected first, and then the other.
- PD is not contagious and isn't necessarily hereditary, but genetic factors may be involved, scientists say.
- The diagnosis of PD may sometimes be difficult because symptoms mimicking the disease can result from head trauma, exposure to toxins, certain drugs and encephalitis.
- Researchers are discovering new ways to slow the progression of the disease, and are experimenting with new medicines and the possibility of brain implants.
- Helpful booklets and the quarterly newsletter are available without charge. Write to the Parkinson's Disease Foundation, Columbia-Presbyterian Medical Center, 650 W. 168th St., New York, N.Y. 10032. Or call 1-800-457-6676. In New York, call (212) 923-4700.

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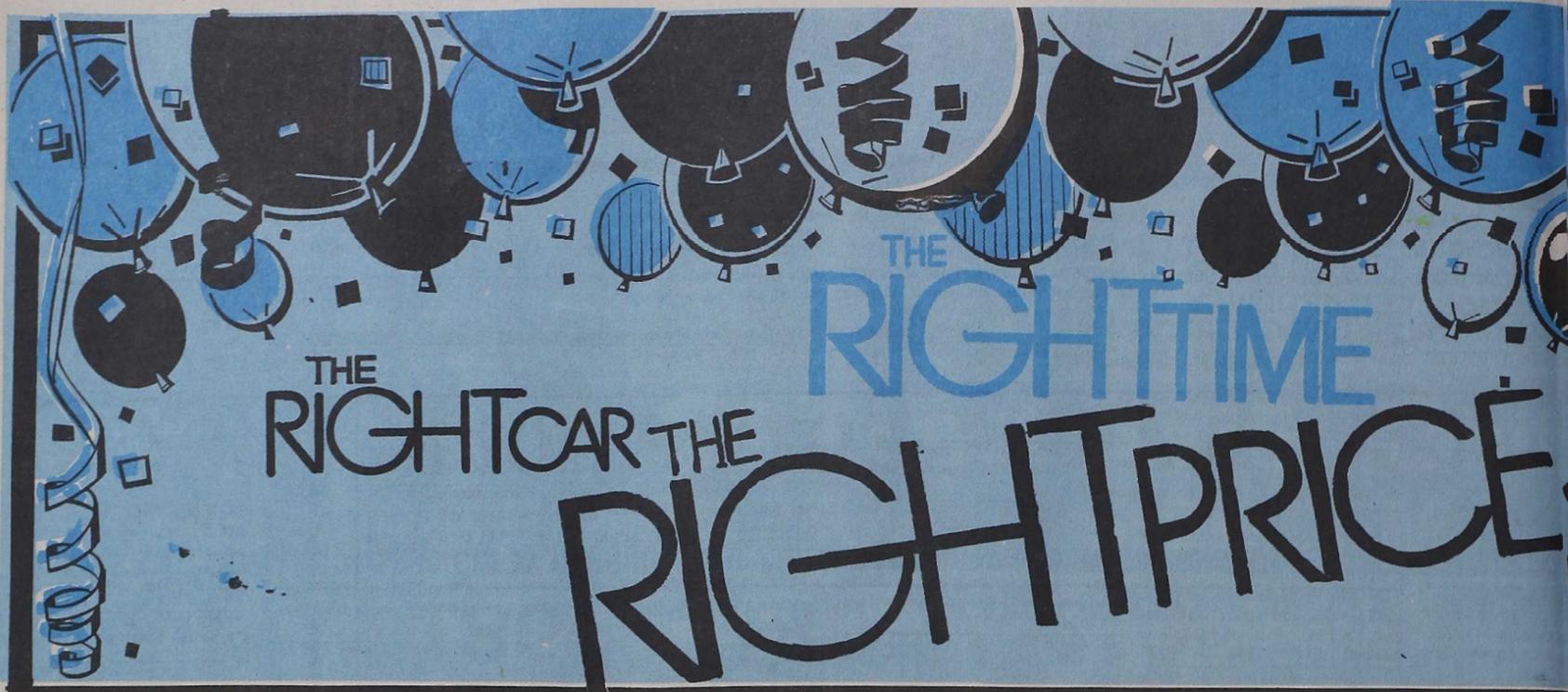


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LAST CHANCE TO BENEFIT THIS YEAR ON ALL PREVIOUSLY OWNED VEHICLES

1990 MAZDA 323 2 door, 5 spd., A/C, AM/FM, White, SKP9423 Sale Price \$4995 \$106⁷³ Per Mo.	1990 FORD ESCORT LX 2 dr., Hatchback, PS, PB, Tilt, Cruise, 5 Spd., A/C, S-Cass, Red. SKR9448 Sale Price \$5995 \$133⁴⁵ Per Mo.	1991 FORD FESTIVA AC, AM/FM, Tape, 5 Spd., P/S, P/B, Blue Sale Price \$7995 \$149⁴⁸ Per Mo.	1991 FORD ESCORT 5 Spd., A/C, P/S/B, S-Cass, Red SK-V04464A Sale Price \$6995 \$160¹⁶ Per Mo.	1990 FORD TEMPO 4 Dr., White, Automatic, AC, AM/FM, Rear Defogger Sale Price \$6995 \$160¹⁶ Per Mo.
1991 OLDS CALAIS 4 Dr., AT, A/C, P/S/B, S-Cass., RW Defogger, SKU7915A Sale Price \$7995 \$186⁸⁸ Per Mo.	1991 FORD ESCORT AT, A/C, P/S/B, Blue, Tilt, Cruise, S-Cass., RW Defogger, SKV0443A Sale Price \$7995 \$186⁸⁸ Per Mo.	1991 HONDA CIVIC 2 Dr., Blue, S-Cass., 4 Spd., SKV0253A Sale Price \$7995 \$186⁸⁸ Per Mo.	1991 MUSTANG 5 Spd., AC, P/S/B, Cruise, S-Cass., P/Win. AC Sale Price \$8995 \$213⁶⁰ Per Mo.	1992 TEMPO 4 Dr., AT, P/S/B, Burgundy, SKP9485 Sale Price \$8995 \$213⁶⁰ Per Mo.
1992 ESCORT LX 4 Dr., Blue, AT, P/S, A/C, SKP9483 Sale Price \$8995 \$213⁶⁰ Per Mo.	1990 CHEVY CAPRICE Only 48,000 Miles, 4 Dr., White, P/S/B, AT, AC, V-8, Tilt, Cruise Sale Price \$995 \$240³¹ Per Mo.	1989 AUDI 4 Dr., Red, A/C P/Win/Locks, Cruise, AM/FM, RW Defogger Sale Price \$10,995 \$253⁶⁷ Per Mo.	1991 PONTIAC CONVERTIBLE Sunbird LE P/S/B, AT, P/Win/Lock, AM/FM, White Sale Price \$10,995 \$267⁰³ Per Mo.	1991 COUGAR P/S/B, V-6, AT, AC, Tilt, Cruise, Win/Locks, Seats, AM/FM, Blue Sale Price \$10,995 \$293⁷⁵ Per Mo.

Sanders Ford

2 LOCATIONS TO SERVE YOU...

JACKSONVILLE 455-1911 **SWANSBORO 326-1801**