

Cook a safe
Thanksgiving
Commandant of the Marine Corps
Code (HDS-4)
Headquarters, U.S. Marine Corps
Washington, DC 20380-0001

10



Combat Center
Marines partici-
pate in Marine
Corps Marathon.

11

OBSERVATION POST

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November 16, 1990

5/11 'Arty' ready, willing, able

CPL. STEVE NELSON
IMEF

SAUDI ARABIA -- Ready, willing and able. These three words best describe the attitudes and abilities of Marine artillery units here for Operation Desert Shield.

The "arty" Marines are set up in positions where sand, haze and horizon are the only things visible. But in dealing with the adverse living and working conditions, the cannon cockers continue to patiently wait out the Mid East crisis, ready to perform at a moment's call.

One contingent of big guns dug in here is 5th Bn., 11th Marines (5/11), they arrived in country Aug. 16 and headed to the field two days later. Since arriving, 5/11 moved several times, said 1stLt. Michael Halt, executive officer, Battery "Q."

"We've recently taken on the mission of directly supporting units in front of us," Halt said. "They're a forward screening force keeping track of what's going on up front. We maintain constant communication with them and if something breaks out, or they run into trouble, they can call on us for fire."

Halt stated that the battery currently has its M198 Howitzer cannons set up in the same forward position with Battery "S" to form a battery group. With their big guns pointed northward and ready for action, the arty Marines anxiously await a "real" fire mission.

So far, the closest the batteries have come to any engagement here was a live-fire exercise conducted earlier this month. "Waiting around" has been the name of the game ever since America's armed forces deployed here. But during this time period it is important that the basic skills of every Marine don't deteriorate, Halt said.

"We practice gun drills (simulated fire missions) in the mornings to maintain our speed in getting the guns up," Halt said. "But because of the general area we're targeting, the coordinates won't vary much." Halt said his battery has the ability to fire in any direction.

After reveille sounds, physical training follows; usually a few games of basketball between fun crews to keep up physical stamina and to see who claims bragging rights for the day.

Following a formation and morning chow are gun drills and classes. Classes refresh memories on the usage of crew-served weapons such as the M2 .50-caliber and the MK19 40mm machine guns which are entrenched and manned at the batteries' observation posts. Afternoon hours are usually devoted to rest and more classes due to the heat and wind.

Of course, maintenance is a never ending job in the desert. The howitzers, vehicles, weapons and communication gear all require care, whether it be the removal and cleaning of dust and sand or just everyday vehicle maintenance.

Another area which requires upkeep is morale. Set up in the middle of nowhere, one's spirits could easily be dampened by lack of mail, lack of information, or simple homesickness. But morale in Battery "Q" is high, a fact they attribute to the close-knit relationships between their Marines.

"These Marines are very mature and can put up with anything," said SSgt. Herb Baylor, section chief. "Morale is pretty high, even when they don't get that much mail or hot chow. They're top notch individuals and work well together."

Wives, families, friends and hometown communities have been extremely supportive, the artillery Marines said, which boosts morale considerably.

"The mail is pretty slow out here," said Sgt. Dallas Whitney, an artillery gunner, "but the mail we do get really lifts our spirits. It's good to see everyone back at home is supportive."

All of the men realize that diplomacy must run its course before hostilities begin. But should they receive a call for fire from the front, there seems to be no doubt among the Marines in these batteries that their mighty gun and "can do" attitudes will prevail over that of any enemy.



SGT. BRAD MITZELFELT

LCpl. Todd Hassing, an engineer who doubles as a cannoneer with Battery "T," 5/11, fixes optical equipment on a Howitzer.

Airline advice for traveling service members

SGT. MART GATLIN
Observation Post.

Here's some pre-holiday advice from the SATO Leisure Travel Office for those Marines and sailors desiring to fly home for the holidays.

"The heaviest travel days so far this year are on the 21 and 22 of December," said Diana Hickox, SATO travel agent. "We are booked for roundtrip flights to Florida and Hawaii."

"It is better for service members to book and pay for their flights now because we can't guarantee airline ticket prices until the tickets are purchased."

According to Hickox, the Military Furlough Discount Fare is the way to purchase tickets because the fare offers no penalties, no time limit to purchase the tickets, and no day or time requirement to fly. Tickets purchased under the Military Furlough Discount Fare are changeable and refundable.

Service members may also purchase tickets through the Low Excursion Fare which is the lowest roundtrip fare available. It's lower than the Military Furlough Discount Fare because of its rules and restrictions. For more information on these rules and restrictions, contact the SATO Leisure Travel Office.

Other helpful reminders when using air transportation are to book flights as early as possible, particularly during peak travel periods, such as Thanksgiving and Christmas; arrive as early as possible at the airport during peak seasons to avoid delays; and have luggage properly identified prior to check-in.

If plans are to travel in the late evenings, the best available flights will be from Los Angeles (LAX) or Las Vegas (LAS), according to Hickox. One-way fares are notoriously more expensive than roundtrip fares. There are other fares that are at least changeable and refundable; however, they are fares that assess a 25 or 50 percent penalty for any changes and/or reduce the refund value by 25 or 50 percent. They do offer some flexibility over the cheapest excursion fare, but are anywhere from \$100 to \$200 higher in cost.

"Historically, airlines frequently change, add and/or delete a rule, restriction and/or fare, so you should check with our office which is located in Building 1863 or 368-4192, when arranging air travel," Hickox concluded.

I N S I D E R

What is your favorite MWR activity?



HN Michael W. Click, Military Sick Call, "The East Gym, because I use the weight room and the jacuzzi a lot during the week."



Cpl. Andre L. Rogers, Headquarters Bn., "The East Gym, because I play in many basketball games there. Also there's a good weight room to work out in."



Capt. Cathy L. Sullivan, Headquarters Bn., "The childcare center because they take good care of my son while I'm not able to and I don't think they receive enough credit for the service they provide."



Cpl. Bruce Moore, Postal Clerk, "The gym, because I enjoy playing racquetball."

Wives' support groups meet

DAY/TIME	UNIT	EVENT	CONTACT
Ongoing	FFSC	The FSC is conducting wives deployment support groups from 10:30 a.m.-noon: Mon.-Wives only, no children Tue.-Wives w/infants, preschoolers Wed.-Wives w/kindergarten-6th grade Tue. evening 6:30-8 p.m.-Wives only. Childcare drop-in care is available for Tuesday sessions.	FSC 368-6355
Ongoing	3rd Tnk	Hotline information.	Doreen O'Neal 368-6634
Ongoing	FRP	Videotaping is now being done at Combat Center TV Bldg. 1758.	Unit Rep or Cindy Huston 368-5131
Ongoing	FRP	Send a free message to your loved one in Saudi Arabia through Desert FAX In Bldg. 1455, Mon.-Fri., 9 a.m.-4 p.m.	Family Readiness 368-5131
Ongoing	Prstnt Chapel	Prayer Vigil each Wednesday from 9-9:30 a.m. Will be held until Marines and Sailors return home.	Chaplain's Office 368-6464/6466
Monthly	3/7	Bn.-level family readiness meeting.	Family Readiness 368-5131
Bi-monthly	3/7	Co.-level family readiness meeting.	Family Readiness 368-5131
Dec. 6 to Jan. 17	FSC	Stress Workshop every Thursday, Bldg. 1738 from 6 to 8 p.m.	368-6344
Dec. 7	FSC	Women's Stress Factors and Fixers Workshop in Building 1455 from 10 a.m. to 12 p.m.	368-6344
Ongoing	NRS	Budget Counseling and Checkbook Balancing. Held in Building 1455 Tuesdays and Wednesdays from 9:30 a.m. to 12:15 p.m.	368-6323



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N E W S

Deductions made from military pay to support Naval Home

CMC
Washington, D.C.

The Naval Home was established on Feb. 26, 1811, by an Act of Congress for disabled and decrepit Navy officers, seamen and Marines. Originally located in Philadelphia, Pa., it was moved to Gulfport, MS in 1976.

The Naval Home provides primary residence facilities for retired officers and enlisted personnel who are receiving retired pay and honorably discharged veterans who served with the Navy or Marine Corps during a period of national conflict.

There are currently approximately 380 residents at the Naval Home. Construction of new facilities will provide space for up to 600 residents.

In the recent past, funds for the Naval Home operation have been appropriated annually as part of the Navy Budget. With the passage of the National Defense Authorization Act for fiscal year '90 and '91, Congress mandated that the Naval Home could no longer be funded by annual appropriations from within the Navy department budget and would operate from funding sources similar to the U.S. Soldiers and Airmen's Home (USSAH).

Since fiscal year '77, regular Air Force and Army enlisted and warrant officers have had fifty cents deducted from their pay each month in order to assist in the funding of the USSAH.

Prior to the change in the law, Navy and Marine Corps personnel were not required to have similar deductions for support of the Naval Home. We are now required to make this deduction from pay.

Accordingly, effective Oct. 1, fifty cents is being deducted from the pay of regular Navy and Marine Corps enlisted and warrant officer personnel each month. These deductions will be credited to the funds available for operation of the

Naval Home.

Since officers are not allowed admittance to the USSAH and Congress has directed that both homes be run with standardized policies, we anticipate that officers will no longer be admitted to the Naval Home. Hence, no payroll deductions for Navy and Marine Corps officers were authorized by Congress.

The Department of Defense is pursuing changes to the public law that would allow officers with significant enlisted military service to continue to be admitted to the Naval Home and contribute to its support via monthly payroll deductions.

Disbursing has the answers

L.B. HOPKINS
Disbursing Officer

1. The Family Service Center (FSC) is being overwhelmed by phone calls for direct deposit amounts. Please call 1-800-645-2025 for routine inquiries regarding direct deposit amounts or call your bank on pay day. Please don't call the FSC if your spouse is in CONUS. You will tie up limited phone lines which are urgently needed to help the families of deployed Marines. Instead, Marines in CONUS should contact their unit admin office. If you have pay problems please don't hesitate to call the FSC at 368-6344/6345 if your spouse is deployed.

2. Beginning Jan. 1, 1991, Puerto Rico income tax will be automatically deducted from pay for active duty Marines who claim Puerto Rico as their place of legal residence. The Puerto Rico income tax will replace the Federal Income Tax Withholding (FITW). The amount of the monthly withholding may be substantial. Review your tax plan/filing status and contact your admin office if changes are desired.

Courts-Martial Results

Hospitalman Recruit Scott J. Streetman, Naval Hospital, was found guilty of Art. 91, disrespect to a SNCO; Art. 92, dereliction of duty; Art. 128, assault; Art. 108, damaging government property; Art. 134, drunk and disorderly; Art. 134, conduct prejudicial to good order and discipline; Art. 92, driving on revocation; Art. 95 resisting apprehension; Sentence... forfeiture of \$475, confinement for 4 months, and a bad conduct discharge.

PFC Troy M. Wray, MCCES, was found guilty of Art. 108, damage to military property; Art. 112a, wrongful use of cocaine; Art. 121, larceny; Art. 130, breaking and entering. Sentence... confinement for 44 months, forfeiture of all pay and allowances, reduction to E-1 and a dishonorable

discharge.

LCpl. Steven G. Becker, MWSS-173, was found guilty of Art. 112a, use of methamphetamine. Sentence... reduction to E-1, confinement for four months, and forfeiture of \$1,900.

Sgt. Jerry Killian, MCCES, was found guilty of Art. 80 attempt to steal; and Art. 123, forgery. Sentence... To be confined for a period of 60 days, forfeiture of \$400, reduction to E-1 and a bad conduct discharge.



News Briefs

Holiday hours posted

Thanksgiving Day closings and hours have been set for MWR activities. All activities will be closed except for the following: Bowling Center, 1-7 p.m.; East Gym, noon-6 p.m.; golf course, 6:30 a.m.-5 p.m.; Marine Palms Exchange, 9 a.m.-5 p.m. The E-Club hours will be: mess, 11 a.m.-9 p.m.; club, 11 a.m.-10 p.m.; bar, 3:30 p.m.-9:30 p.m. Normal hours will resume Nov. 23.

Surcharge waived

The Secretary of Defense, in an effort to improve the quality of life of military members, has granted a waiver of the surcharge rate for officers and all military dependents for the 1990 Thanksgiving and Christmas holiday meals. Dependents can attend the Thanksgiving meal, Nov. 22, 3-5 p.m. and the Christmas meal, Dec. 25, 3-5 p.m., both in Bldg. 1650. Meal rates/charges are \$2.45 for officers and dependents, and \$1.25 for children under 12. The waiver does not apply to military personnel drawing per diem.

Mail mix-up

There is a free mail policy for deployed troops in the Persian Gulf. This policy applies to mail sent "from" deployed troops only. Items destined for the Persian Gulf marked "free" or without proper postage will be returned to the sender. Include a return address and the correct postage on letters and packages you send.

Service slated

A special Ecumenical Community Thanksgiving Service will be held at 7 p.m., Tuesday at the base Protestant Chapel. Various pastors from the community will be participating.

Final workshop held

Family Budgeting, the last in a series of workshops co-sponsored by National University and MWR, will be held Nov. 28. Basic information on balancing a checkbook, handling charge cards and expenses will be covered. The workshop is from 9-11 a.m. at the Education Building, Bldg. 1526. Free babysitting is provided. For more information or to register, call National University at 368-6887 or 368-6312.

Write to Santa

The "Send a Letter to Santa Claus Program," sponsored by the Marine Corps Exchange, runs from now through Dec. 4. Pick up a letter from Santa for your child, to be postmarked from Santa Claus, Ind., at the MCEXchange "Trim a Tree" department.

Give Yourself a Raise.

Sign up for new competitive-rate U.S. Savings Bonds where you work—and safeguard your future with

- high market-based interest
- guaranteed earnings
- tax advantages
- no risk
- worry-free ease of Payroll Savings



Letters: making time in Saudi a little more bearable

CPL. JEFF HOWELL
Observation Post

For service members who are thousands of miles from home, the next best thing to being there, is a letter. It matters little whether or not the letter is from a friend, a family member, or a complete stranger, it's all the same. A letter is as close to home as they can get, and for the brief few moments it takes to read it, a letter erases the miles and makes home seem a little bit closer.

Edith Stafford and others like her, know the value of a letter and have taken it upon themselves to write to service members deployed with Operation Desert Shield. Mrs. Stafford "adopted" a unit, through the adopt-a-unit program. She wrote to a number of Marines in 1st Battalion, 7th Marines (1/7), and shared with us some of the letters she received in reply, in the hopes that others might also be inspired to write.

LCpl. Olaf Roschitz, from 1/7 wrote, "I was the lucky one to receive your letter. It's good to hear from someone who cares. We don't get much news from home so we really don't know how the public feels about us. From your letter it sounds like people have a positive attitude."

Those inspired to write to service members they don't even know, truly have a positive attitude, and that attitude carries over to the fortunate ones who receive such mail.

PFC Antonio Lucio from 1/7 was another fortunate Marine who received a letter from Mrs. Stafford. Lucio's attitude was brightened immediately, and he wrote, "Hi, I just got your letter about 30 minutes ago. I was so happy when I got it, because I haven't been getting any mail from anyone."

Once Marines did receive the mail they were very eager to get to know their new penpals and continue the exchange. None more so than Thomas Heath who wrote,

"Tell me something about yourself. I wish I could meet you face to face, then I could tell you about my tour in Saudi Arabia and you could tell me about what's happening in your area. It makes me feel good that you took the time to write and I'd really like you to write back so I can get to know you better."

LCpl. Ruben Carranza from 1/7 was equally eager to know his new friend. After thanking Mrs. Stafford for writing he got right to the heart of it. Carranza wrote, "Tell me a little bit about yourself. How many brothers and sisters do you have? What kind of sports do you like? Are you planning to join the service? Do you work?"

Aside from the natural curiosity and desire to know who would write them, the Marines were happy to have someone to listen to what was on their minds. Heath wrote, "There's not much going on over here except the heat, the hunger for real food, and the hunger to get back home."

LCpl. J.B. Mitchell also vented his grievances when he wrote, "The only real discomfort is that we only get one hot meal a day. Living on dehydrated food gets old real fast."

For the most part the letters were positive and the Marines were just plain happy to know that someone back home was thinking of them and concerned for their welfare.

The young men and women deployed to the Middle East have a difficult and important role to play and every letter received makes that job a little easier. Edith Stafford and others like her, who take the time to show their concern and support for those they've never even met, are to be commended. The role they play is just as important as any service member's.

If you would like to write to a service members deployed with Operation Desert Shield send your card or letter to:

Any Servicemember
Operation Desert Shield
APO New York, NY 09848-0006

Chaplains column: "Semper Fi" words to live by

JOHN W. GROVE
Religious Program

In a previous "Chaplain's Column", Chaplain Joseph Carlos, included references to the two words that Marines have been using from the very beginnings of the Corps: Semper Fidelis. With his words as a springboard, I would like to expand just a bit on his article because I am convinced that these often-used words, Semper Fidelis, are at the very center of the Marine Corps' experience and are words that Marines and sailors need to make applicable to their lives and service.

"Semper Fidelis": always faithful, to what? I don't think there can be any doubt that whoever first coined this phrase as the motto of the Marine Corps had something more in mind than some neat, catchy slogan that would serve the same purpose as a fraternity's secret handshake. You can be sure they were trying to hit upon words that would capture the very essence of what it means to be a Marine.

As they saw the strength of commitment to the cause of the nation and to their fellow Marines, they certainly must have thought it important to capture those strengths in a simple, yet profound phrase that would say it all, once and for all times.

My dictionary describes "faithful as being "firmly and devotedly supportive," loyal; and being "worthy of

trust or belief," reliable. The epitome of the highest ideal Marine, then, is on who is both loyal and reliable. So when we end our ceremonies or our conversations with the words "Semper Fi," we are reaffirming both our loyalty and our reliability.

Back then to the question, "always faithful to what?" From my perspective, the answer is threefold. When we use the words "Semper Fi," we reflect at three levels in which we usually operate. The first is being always faithful to our brother/sister Marine, affirming our loyalty and reliability to them. That means you and I would never think of doing anything that would cause harm or injury to our comrades. It means that we would never steal from our comrades, including taking advantage of their being deployed for our own selfish ends. Having an affair with the spouse of a deployed Marine is contrary to the most basic principles of loyalty and reliability. It is the exact opposite of "Semper Fi." Stealing a comrade's "boombox," wallet, or any other personal possession, flies in the face of "Semper Fi."

The second level where you and I put to practice "Semper Fi" is to our nation. Most of us abhor the very thought of betraying our nation. If you are like me, when the Walker spy case broke several years ago, you wanted that father/son team to get the worst that our government could give them. Most of us are convinced that there is not enough money in the world to make us betray our nation and our fellow Americans. And yet,

there are some of us who, while wanting the security of a government pay check, do not want to make the sacrifices that we might be called upon to make, especially now that there is all too real a possibility of war in Southwest Asia. Being loyal and reliable to our nation also means we support and defend the principles our nation was founded on, that of freedom and justice for all. When we turn our heads at injustice and oppression, wherever we find it, we are not being "always faithful" to our nation and to the people who are this nation.

The third level, is sort of the umbrella under which the other two are sheltered. To be "always faithful" to the God who has given us life, who has blessed us with those countless blessings we enjoy, means we affirm our loyalty and reliability to the God who has been faithful and reliable to us. To be loyal and reliable in this area, also means that you and I make every effort to make best use of the time and talents that we have been given. Please forgive me for "borrowing" one of the recent catch phrases of the Army, but being loyal and reliable on this level, really does mean being all that you can be. It means living faithfully each and every moment of the day.

Semper Fidelis! Be proud to be a Marine. You have good reason for pride. But, never forget what you are saying when you proudly affirm, Semper Fi. Don't just say it, do it!

N E W S F E A T U R E

A death in .7 of a second without seatbelts

PARAMEDICS AGAINST DRUNK DRIVING

Georgia

Do you know what happens in the **FIRST SECOND** of a fatal auto accident in which a vehicle traveling 55 mph hits a solid object?

* In the first 10th of that second, the front bumper and grille of your car or truck collapses.

* The second 10th of the second finds the hood crumbling, rising and hitting the windshield as the spinning rear wheels lift from the ground. Simultaneously, the front fenders begin to wrap themselves around the solid object. Although the vehicle's frame has been halted, the rest of the car is still going 55 mph. Instinct causes the driver to stiffen his or her legs against the crash and they snap like toothpicks at the knee joint.

* During the third 10th of that second, the steering wheel begins to disintegrate and the steering column aims for the driver's approaching chest.

* The fourth 10th of the second finds

24 inches of the vehicle's front end crushed while the rear end is still moving at 35 mph. The driver's body is still traveling at 55 mph.

* As half of that first second passes, the driver is impaled on the steering column and blood rushes into his or her lungs.

* By the sixth 10th of that second, the impact has grown to the point where the driver's laced shoes are literally ripped from his or her feet. The brake pedal snaps. The vehicle's frame buckles in the center. The driver's head smashes into the windshield, as the rear wheels, still spinning, fall back to the pavement.

* In the seventh 10th of that first second, the door's hinges rip loose like paper and fly open. The seats snap free, striking the driver from behind. The driver however won't feel those seats...he's already **DEAD**.

Aren't seatbelts worth seven 10ths of a second in the life of you, your family or friends? Wear them this upcoming holiday weekend, for their sake!

Seatbelts save lives: Accident victims testify

LCPL LISA GRACIANO
Observation Post

Karri Foster and Stacie Northrup, military dependents, used to wear their seatbelts most of the time. Now they wear them all the time.

On Sept. 25 at 11:41 p.m., Foster and Northrup were driving onto base on Del Valle Road when another car, traveling at high speed, headed toward them, according to SSgt. James Treichel, Provost Marshall's Office. While attempting to round the corner at high speed, the car swerved into the oncoming lane and hit Foster and Northrup's car head on.

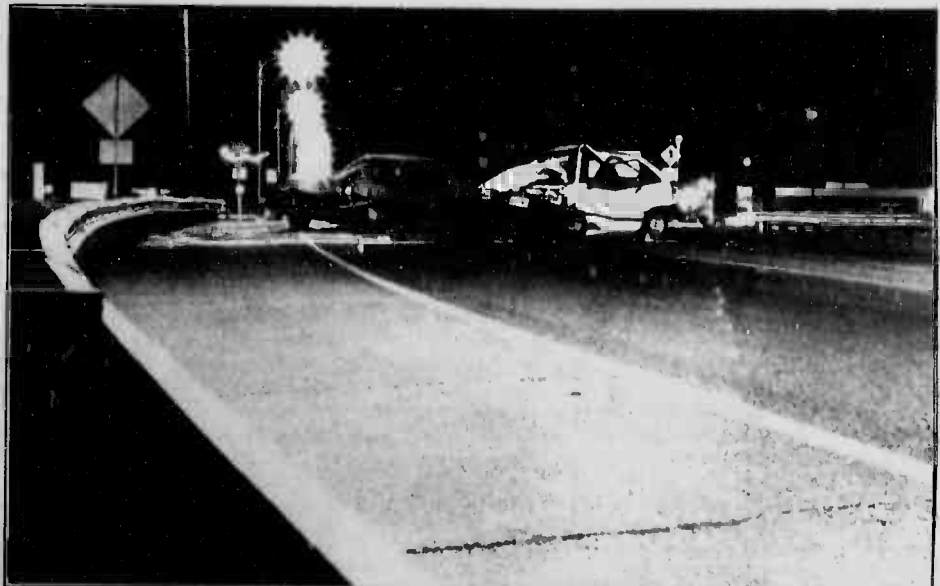
"I was only going 25 miles per hour," Foster said. "There was nothing I could do but pray."

Foster and Northrup were wearing their seatbelts and received only minor injuries. Foster suffered head, knee and foot injuries. She received 23 stitches in her head, and 12 in her knee. Northrup said she received 15 stitches on her leg, and an injured back.

The driver of the other car was not wearing her seatbelt. She was seriously injured. "She broke almost everything from her pelvis down," Northrup said. According to Treichel, she broke both legs, her pelvis, her left arm, and received other injuries.

"Wear your seatbelt always," Northrup advised.

"They may hurt you, but they could save your life," Foster said. "It gave me a bruise across my collarbone, but I'd rather have a bruise than no life."



LCPL JAY WINTJEN

A head-on collision on Del Valle Road near the Commissary Sept. 25, left three women injured. The most seriously injured person was not wearing her seatbelt.

Resourceful Marines make use of MREs

SGT. TONY SINAGRA
Observation Post

Editor's Note: Sgt. Sinagra is one of three Combat Center Marines deployed to the Middle East as part of Operation Desert Shield.

NORTHEAST SAUDI ARABIA, -- Marines have always been resourceful. Throughout their 215-year history, Leathernecks have taken great pride not only in their combat prowess, but also in their uncanny ability to make seemingly useless objects into functional ones.

But now during Operation Desert Shield, Marines are faced with what is perhaps the biggest challenge to their legendary resourcefulness yet: What to do with the oatmeal cookie bars found in the familiar, repackaged "Meals, ready-to-eat."

About one-half-inch thick and 3 inches long, the rectangular, sand-colored cookie can be found in certain "selected" MRE menus, ostensibly as dessert. Since its actual ingredients aren't listed on the package, an inexperienced person would probably assume that these block-like morsels are made with the usual contents found in a normal cookie. Things like flour, wheat, sugar and perhaps even some oatmeal thrown in for good measure. Marines who have actually eaten one will, almost unanimously, dispute that assumption.

"I think it's made out of sawdust," said Cpl. John Calvillo, of 3rd Tank Bn., I Marine Expeditionary Force. "You know, like low-grade press-wood with a little sugar."

"I have no idea what's in an oatmeal cookie bar," said Sgt. Ray Binney, a military policeman with the 1st Marine Division. "Could be toxic waste, compressed sand, or maybe old fish tank gravel." But Binney added with certainty, "I do know that I'm never going to eat one again."

Indeed, the general consensus among Marines

here is that this alleged food item should, under no circumstances, be eaten. But as always, Marine Corps versatility has once again surfaced to save the day.

"Just because you can't eat them, doesn't mean you can't use them for something else," said LCpl. Matt Perry, an armorer. "They're great for sharpening dull bayonets," offered Perry. "They're even better than soapstone."

Other Marines and sailors have come up with additional uses for this culinary pariah:

General Construction and Carpentry - Both Marine combat engineers and equally resourceful Navy Seabees claim oatmeal cookie bars are quite effective as a replacement for wood shims, moldings and other assorted building materials. One group of SeaBees is said to have built an entire hardback tent frame out of oatmeal cookie bars.

Survival Uses - Marine survival experts have reportedly trained their students to use cookie bar shavings to build smoky fires in the event they get lost in the desert. They warn however, that these fires should not be used to cook with, because of the potentially hazardous fumes the shavings give off.

Insect Repellent - Mashed up and mixed with water, the oatmeal cookie bar turns into a poultice that, when smeared on the body, repels even the most bloodthirsty insects.

Administrative Uses - Clerks here have started using these often-shunned snacks to erase pencil, pen and even heavy magic marker errors.

Spot Removal - Marines have found oatmeal cookie bars are excellent for removing stubborn stains like grape juice, motor oil and blood from clothing. Simply rub the cookie bar briskly against the spot and watch it disappear. Unwanted

tattoos can be removed the same way (though this should be done under medical supervision.)

Medical Uses - Corpsmen claim that an oatmeal cookie bar used in suppository form is a sure-fire cure for severe dysentery. They added that it may also be eaten for the same effect. But the medical staff hastened to point out that orally ingesting the cookie bar could be even more unpleasant than the malady itself.

Tactical Uses - Marine Corps infantrymen have also found a number of functions for this much-maligned munchy.

"Oatmeal cookie bars are far superior to sand bags for building bunkers and lining the edges of fighting holds," said one infantry officer. "They're virtually bulletproof."

A gunnery sergeant claimed that he has breech-loaded and successfully fired cookie bars from both the M79 and M203 grenade launchers (please check with your unit armory before attempting this). Other hard-core Marines insist on keeping handfuls of the cookie bars in the cargo pockets of their utilities.

"Oh, I'm not planning to eat them," said one lance corporal. "I'm saving them for close combat, in case my bayonet breaks." Indeed, the command, "Prepare to throw cookie bar!" may someday be heard on the battlefield along with, "Fix bayonets!"

A young private first class suggested perhaps the most ingenious use yet for the "dessert from hell."

"We should drop about a million of those suckers on the Iraqi forces occupying Kuwait," he said. "Can you imagine what that would do to their morale? They'd be out of there within 24 hours."

Leave it to the Marines to make the utmost of an unpalatable situation.



A Marine five-ton truck w



Commandant of the Mar
upon his arrival at a I M



LCpl. Nathan Tudor scans the desert for movement from his observation post in his battalion's forward area.



ton truck waits at a camel crossing in the Saudi Arabia Desert.



SSGT. CHRISTOPHER GREY

LCpl. Richmond A. Drenzo takes a water break in the 110-degree heat during Operation Desert Shield.



SSGT. CHRISTOPHER GREY

of the Marine Corps, Gen. A.M. Gray is greeted by MGen. John I. Hopkins
val at a 1 MEF landing zone in Saudi Arabia.

SGT. BRAD MITZELFELT

Contracting Offices meet the needs of deployed Marines

CPL. R. J. ENGBRECHI
Observation Post

Editor's Note: Cpl. Engbrecht is one of three Combat Center Marines deployed to the Middle East as part of Operation Desert Shield.

SAUDI ARABIA -- Marines and sailors involved in Operation Desert Shield who have enjoyed bottled water, fresh fruit, clean laundry and a number of other services can thank the Marines from the 1st Force Service Support Group Contracting Office.

"The basic purpose of the Contracting Office is to support the Marines and sailors participating in Operation Desert Shield," said Sgt. William Hopler, a contracting agent attached to the office.

"We simply buy whatever is needed that can't be had through regular supply lines."

The Contracting Office works requests for supplies and services approved by 1 Marine Expeditionary Force's (1 MEF) G-4. Hopler said the approval/disapproval stage is where the purchase of an item is given a priority, or a decision is made to do without a product or service entirely.

After requests reach the Contracting Office, the Marine contracting agents consolidate orders to make as many purchases as possible at a single location. After they have consolidated requests, the contracting agents find distributors who can fill their needs.

"When an individual order exceeds \$25,000, we have to compare prices in at least three locations to get the most inexpensive buy," Hopler said. "Once we make the final deal, the distributor whose services or goods we are purchasing,

carries out his end of the bargain before being paid by the Contracting Office."

Here the contracting agents have purchased many items, ranging from lumber to heavy machinery and laundry service.

"The largest single item we're purchasing at this time is bottled water," said Hopler. "We put out approximately \$24,000 per day for the water and its delivery."

The only problems Hopler and the other contracting agents, SSgt. Mark W. Austin and Sgt. Jeffrey W. McGinnis, have experienced in Saudi Arabia is finding some of the brand names Marines request.

"We haven't had any problems with the Saudi Arabian distributors," said Hopler. "They are very friendly and resourceful. If they can't supply a product, they usually know who can."

High on the Contracting Offices' list of priorities is the possible purchase of the rental vehicles being used by Marine units here.

"Depending on the length of American military presence here, it may save some money in the long run, to buy the vehicles instead of paying the rental fees," Hopler said.

Other major items on the priority list are the purchase of pipes, lumber, and other materials for tents and shower facilities to better the quality of life for 1 MEF Marines and sailors.

To date, the Contracting Office and its agents have purchased \$3.5 million worth of goods and services for the men and women participating in Operation Desert Shield.

"We get a lot of satisfaction trying to help the Marines and sailors here," said Hopler. "We try to do anything we can to make each day a little better than the one before."

E N T E R T A I N M E N T

MWR employee receives Armed Forces Awards

STEVE REED
MWR Marketing

During the week of Oct. 11, the National Park and Recreation Congress was held in Phoenix, Ariz. The meeting brought together a respected gathering of top recreation professionals from across the country and around the globe.

Representing MWR Recreation and Hospitality from the Combat Center was our own Roy Madden.

The first honor bestowed on Mr. Madden, "The Marine Corps Recreation Achievement Award," is a category I award based on his accomplishments over the past year. Criteria for this Marine Corps wide award are conceived and judged by a committee at Headquarters Marine Corps. Dedicated achievement, Quality programming, Innovations and Facility improvements rank high on the list of qualifications. As the winner of this coveted award, Mr. Madden outdistanced nominees worldwide. The presentation of the award was made to Mr. Madden by Director of MWR Support Activity, James Joy, Brigadier General USMC (Retired) and Mr. Hawkins, Recreation Operations, USMC.

To further distinguish himself, Roy Madden was nominated as one of four select individuals from all of the Armed Services to receive an "Executive Fellowship to the Armed Forces Recreation Society." His plaque reads: "In appreciation of your outstanding personal contribution and enthusiastic support provided to the Armed Forces Recreation Society of the National Recreation and Park Association." This award was presented by the President of the Armed Forces Recreation Society, Ronnie C. Miles.

In addition to the above mentioned honors, Roy was given an "Executive Fellowship to the National Recreation and Park Association." This award was given in appreciation of outstanding leadership and service.

When we interviewed Mr. Madden and asked him to comment on his recent success; he shared the following thoughts: "I am honored to have been nominated for such special awards. To actually be selected out of all of my respected peers was a real thrill. The recognition came to me as a single individual, but as I pointed out at the awards ceremony in Phoenix, the credit is due to lots of people. No one person

alone is responsible for the success of a program.

It takes the combined efforts of a dedicated team. I am fortunate to be part of that kind of team, to work with that caliber of quality people. In these difficult times of austerity and cutbacks throughout MWR, these same people strive towards achievement.

"The key to a successful Recreation and Hospitality branch of MWR, now and in the future, is constant reevaluation of the changing needs of Marines and their families. If we are able to identify and appropriately satisfy these needs, we are doing our job".



LCPL LADONNA AUSTHOF

Roy Madden, MWR Recreation and Hospitality was the recipient of the Marine Corps Recreation Achievement Award.

ITT takes you away

Today -- Laughlin Nevada Turnaround -- \$2 trans -- Depart theater at 7:30 p.m. and return 11:30 a.m., tomorrow. Free fun book and coupon good for a free buffet included in the package.

Sunday-- Disneyland/Knotts Berry Farm -- \$12 trans -- Depart theater at 7 a.m. and return at 10 p.m. Tickets can be purchased at the ITT office.

Saturday, Nov. 24 -- Ice Capades Chalet -- \$10 trans -- Depart theater at 9:30 a.m. and return at 8:30 p.m. Tickets can be purchased at ITT office.

Sunday, Nov. 25 -- Santa's Village -- \$10 adults, \$5 children trans -- Depart theater at 8 a.m. and return at 8 p.m.

Monday, Nov. 26 -- Price is Right TV show taping -- \$12 trans -- Depart theater at 9 a.m. and return at 11 p.m. No one under 18 will be admitted. You could be one of the lucky people asked to "COME ON DOWN."

The ITT Office is open Tuesday through Friday from 9 a.m.-4:30 p.m. and Monday from 10 a.m.-4:30 p.m. For more information call 368-6597.

Now playing at the Combat Center Theater

ADULTS \$2. CHILDREN \$1 unless otherwise noted

FRIDAY -- 7 P.M. -- **DICK TRACY** -- PG -- NOTE: VIOLENCE WARNING -- Action/Drama -- Warren Beatty spearheads this extraordinary new film based on the classic American comic strip detective and stars as the most popular fictional crime stopper of all time. The remarkable gallery of cops-n-robbers come to life with dazzling one of a kind special

effects. Also starring Madonna. \$2.50, children \$1.25.

SATURDAY -- 7 P.M. -- **DICK TRACY** -- PG-13 -- Action/Drama -- See Friday at 7 P.M.

SATURDAY -- 9:30 P.M. -- **AIR AMERICA** -- R -- Comedy -- Satire about the CIA backed airline which operated in Vietnam at the height of the war. Starring Mel Gibson and Robert

Downey Jr. Adults \$2.50, children \$1.25.

SUNDAY -- 7 P.M. -- **DICK TRACY** -- PG-13 -- Action/Drama -- See Friday at 7 P.M.

MONDAY -- 7 P.M. -- **MIAMI BLUES** -- R -- Thriller -- A dark comedy about a psychotic ex-con killer and the dim-witted woman he manipulates. Fred Ward is the rough-hewn cop on their trail. Adults

\$2 children \$1.

TUESDAY -- 7 P.M. -- **CADILLAC MAN** -- R -- Comedy -- a womanizing Cadillac salesman uses his best sales pitch to save his life after an angry husband holds him and the entire dealership hostage. Starring Robin Williams and Tim Robbins. Adults \$2, children \$1.

WEDNESDAY -- 7 P.M. --

BACK TO THE FUTURE III -- PG -- Comedy -- NOTE: LANGUAGE WARNING: -- Part III settles in one place and time: The American West, 1885. Doc Brown over shot his time destination by 100 years at the end of Part II, so now Marty McFly must join him and try to finally get back to the present. Adults \$2, children \$1.

THURSDAY -- 7 P.M. No movie. Happy Thanksgiving.

C L A S S I F I E D S

To place an ad in the OP, you must be active duty military, dependent, retired military or a civilian employee of the Combat Center. Ads will only be accepted when completed on forms available at the Public Affairs Office, Building 1553, or at the Main Exchange courtesy desk.

All ads must represent an incidental exchange of goods or services between two parties and not a sustained business operation. All ads must meet the following requirements for publication in the OP:

- The deadline for submitting ads is noon Thursday, the week prior to publication.
- Ads should contain 15 words or less. Any ad exceeding this limit is subject to editing.
- Housing ads must be approved by the Center Housing Office before submission.
- The OP cannot accept babysitting or child care ads.

- Ads must be resubmitted each week for continual run. Copies are acceptable.
- All ad forms must be filled out completely and signed.
- All ads must contain a phone number or location of described goods or services. WORK EXTENSIONS CANNOT BE ACCEPTED.
- Submitted ads not meeting the requirements listed here or printed illegibly will not run in the OP and the Public Affairs Office will give NO notification.

AUTO

- 64 CHEVELLE SUPER SPORT -- needs paint job, collectors car, \$2,800 OBO, 368-3842
- 73 MATADORE -- ac, ps, pb, new tires, \$700, 367-6295
- 80 VOLKSWAGON DASHER -- 5dr, exc cond, have pcs orders, must see, \$1,795 or make offer, 368-0530
- 83 RENAULT ALLIANCE -- tan, 4dr, am-fm/cass, 5sp, eq, good gas mtr, \$1,500 OBO, 368-0283
- 83 DATSUN KING CAB TRUCK -- new motor, BK rims, new tires, \$2,500, must see, 368-8077
- 83 EL CAMINO -- good cond, 70k, \$3,600, 367-1771
- 85 CHEVROLET TRUCK -- .8 ton, V8 (305), AC, 4sk, clean, \$5,300, 362-5244
- 85 CHRYSLER LE BARON -- power everything, 62k, new paint, windshield, 367-0550
- 86 NISSAN PULSAR NX -- ac, am-fm, looks, runs good, \$3,600, 368-4027
- 86 CAVALIER -- auto, am-fm/cass, ac, ps, pb, new tires, Bks 1645 m 248, 368-6436 Alvarez
- 86 CAMARO IROC Z, exc cond, non-motor, 23k, \$11,000 OBO, 368-3842
- 88 VOLVO 740 TURBO -- pw, sunroof, ac, cass, auto, 4dr, assume lease, \$407 a month, 362-4273
- 88 NISSAN DESERT RUNNER 4X4 -- 12.5k, v6, ac, loaded, exc cond, 1987 edition, worth \$22,000 will sell \$12,500, 362-4585
- 89 VOLVO -- 2400L, pw, pl, cruise, cass, 4dr, 5sp, 17k, \$14,000 firm, 367-1998
- 4X4 DODGE RAM CHARGER -- ps, pb, ac, lo, m, runs good, exc cond, \$7,800, 368-4027
- SANDRAIL -- runs well, needs some work, \$500 cash, 368-0031

MOTORCYCLES

- 82 YAMAHA HERITAGE SPECIAL -- 600cc, runs great, recently tuned, \$750 OBO, 368-3030
- 85 HONDA 200 -- 3 wheeler, \$925, 367-0670
- 86 KAWASAKI 125 KX -- \$825, 367-0570
- 88 HONDA REBEL 450 -- 23k, saddlebags, clean, \$1,000 OBO, 362-5244

HOUSING

- FOR SALE -- 3bd, 2ba, over 1,600, fireplace, 2 patios, landscaped, sprinkler system, fenced, on 1/3 acre, dbl gar, exc location, \$97,500, 367-1717/4350
- FOR SALE -- beautiful 2620 sq ft iv apt on 3 lots, 3bd, 2ba, store room/workshop (387 sq ft), \$80,000 by owner (negotiable), 367-7084
- FOR RENT -- 1bd house, dbl gar, fenced yard, \$300 mo, 367-5854
- FOR RENT -- 2bd, 1ba, older home, \$300 mo, call 367-4377
- FOR RENT -- 2bd mobile home, furn, no pets, utilities pd, \$425 mo + \$200 security, 367-3431
- FOR RENT -- 1bd house, fenced yard, pets ok, fresh pd, \$270-\$200 deposit, 367-2390
- FOR RENT -- 1bd house, furn, newly painted, w/pt pd, \$297 mo, avail Dec 1, no pets, 367-7817
- FOR RENT -- lease w/option, FHA non-qualifying, 3bd, 2ba, lg fenced back yard, \$500 security, \$700 mo, \$200 credit back at time of purchase, 367-0040
- FOR RENT -- 3bd, 1ba, downtown TP, near Oak & Elementary, carpet, drapes, stove, frig, dishwasher, no pets, \$450 mo + \$200 security and last mo, 367-3437
- FOR RENT -- 1bd apt, new paint, carpet, clean good furn, tub, yard, trees, w/pt pd, 367-4590

MISCELLANEOUS

- AUTO PARTS -- complete Pontiac 455 eng, needs rebuilding, \$150, 368-3858
- AUTO PARTS -- 1 H.D. sportster touring seat by Corbin, new, \$150, 367-4740
- AUTO PARTS -- 1 Continental TK0-24 Rltz rear tire, 140-90 H16, 200 miles on the \$50, 368-7289
- AUTO PARTS -- US mag wheels, BF Goodrich tires, like new, \$400 OBO, 368-3040
- ELECTRONICS -- tv, stereo cabinet, glass doors, \$40, electronic typewriter, \$90; Atari games, \$50; reloading equip; 368-4027
- ELECTRONICS -- Amstrad PC, color monitor, 30 megabyte, hard disk drive, 5.25" drive, printer, mouse, loaded w/software, \$1,000, 368-4027
- ELECTRONICS -- Sega system, 2 control pads, gun, 3-D glasses, 9 games, exc

- cond, \$175 or will trade for Nintendo, 361-3105
- ELECTRONICS -- IBM compatible Toshiba T1100T laptop, color monitor; Bks 1645, m 238
- ELECTRONICS -- computer, 100% IBM compatible, monitor, printer, software, \$600 OBO, 368-6404
- ELECTRONICS -- Irwin, model 110, tape drive, 5.25" mount, \$100, 367-3759
- ELECTRONICS -- stereo system, amplifier, turntable, dual cassettes, speakers, in case, \$400, or will sell indiv, 368-3811
- ELECTRONICS -- Apple II E, printer, printer stand, software, used title, BO, 361-3909
- ELECTRONICS -- new, won at PX, rack system, \$250; GE boom box, \$100; Aki tape recorder with speakers, \$300; nice Christmas gift, 367-6030
- FURN -- king waterbed, bookcase, headboard, complete set, \$125, 368-2105
- FURN -- Chromcraft dinette set, brand new, \$900, 367-4740
- FURN -- stoves, furn, frig, super low prices, 367-4102
- FURN -- sofa, chair, exc cond, brown, plaid, wood accents, \$150 OBO, 361-2401
- FURN -- super single water bed, mat liner, heater, \$75, 367-4921
- FURN -- king waterbed, semi-walves, black padded, heater, great cond, \$400, 361-3714
- FURN -- solid brns floor lamp, Tiffany shade, \$40 OBO; solid oak coffee table, claw legs, exc cond, \$175, 367-5271
- FURN -- coffee table, good cond, hard wood, \$75 OBO, 361-7701

- MISC -- gold sloop, for dry wash, run of small eng, \$150, 367-6030 p73
- MISC -- Century 2000 S+E, infant car seat, never used, \$40, 368-2094
- MISC -- prom gown, sz 3-11, \$20-80, 368-3980
- MISC -- man's black onyx ring, diamond, paid \$1,000 will sacrifice for \$300 OBO, 368-3198
- MISC -- pool, 3'X12', \$75, 361-6507
- MISC -- baby items, boy clothes, \$10; toddler gifts, \$10; mobile, \$8; playpen, \$25; more, 368-1027
- MISC -- am-fm/cass-track, \$20; double hback, \$5; 1/3 horse douchboy pool pump, used once, make offer, 367-3353
- MISC -- Tex Tan roping saddle, new \$1,200, sell \$825 firm, 367-1749
- MISC -- oil horican lamps, odd, old, lg brass, pane with lamps on bottom, \$300 set, 367-8030
- SPORTING GOODS -- hushie, black women's 12sp, Murray bike, new, \$60 OBO, 368-9315

- SPORTING GOODS -- weight bench, \$40, 368-3993
- SPORTING GOODS -- Mosby model 500 combo, 12 gauge, \$200; Marlin 45/70, \$250; Marlin 22, scope, \$60; Mosby model 500 410, \$180; New England Arms 20 gauge, \$70; 368-4027
- SPORTING GOODS -- rock climbing gear, ropes, harnesses, biners, friends' chicks, shoes, pack, more, cheap, 368-3356
- SPORTING GOODS -- heavy duty Karate kickbag, 6 lbs, leather, \$100, 367-4364
- SPORTING GOODS -- 270 oil savage model 110L, left hand ball action, adjustable feather sling, 4X Bausch & Lomb scope, 40 rounds, \$230, 367-4364

- SPORTING GOODS -- Garda 380 auto, carrying case, leather holster, 100 rounds, \$200, 367-4364
- UTILITIES -- upright freezer, 15.3 cu ft, like new, \$150, 367-0550

WANTED

- M-1 GARAND RIFLE -- or 45 pistol, will trade, uncirculated Morgan dollars, 367-6030
- AUDIO CASSETTES -- educational, inspirational, self help, trade? 361-0101
- PUNCHING BAG -- double end, 361-0101
- MOTORCYCLE HELMETS -- two, black, matching, full face, 361-0101
- TABLES -- end, coffee, 3 piece, matching, solid wood, strong, good quality, 361-0101
- ROOMMATE -- offer over 30 to share 2,200 sq ft, home, inground pool, indoor jacuzzi, pool table, 368-6943
- MOTORCYCLE HELMET -- full face, 368-5475
- TV/VCR -- preferably one unit, 368-5475
- RADIO -- dbl cast, cd player, 368-5475
- ROOMMATES -- to look for house to rent, must be responsible, no parties, 368-5475
- BIKCYCLE -- 20" boys bike, for parts, 368-0149
- BABYSITTER -- for 3 children, 6hrs, Fridays, 368-0587/0949 Km

LOST & FOUND

- WEDDING RING -- lost, plain band, reward, 367-1749
- JEWELRY -- found, in parking lot, contact MGySgt. Duncan, 368-8500 with description

SALES

- GARAGE SALE -- 6036 Cabuta, Nov. 16-17
- GARAGE SALE -- Nov. 17, 8208 B Crampton Ct, clothes, radar detector, vacuum cleaner, misc
- GARAGE SALE -- 2 family, toys, clothes, boat motor, microwave, craft items, Nov. 17 9 a.m., 3002 Upshur Dr
- YARD SALE -- you need it? we have it, clothes, furn, misc, 74071 Playa Vista, Dr, TP Nov. 16-17, 367-4860
- YARD SALE -- Nov. 17, 8 a.m.-3p.m., misc, baby, household items, 3946 B Roadrunner Dr
- YARD SALE -- 5355 Daisy, off 2 mile, Sat-Sun 9 a.m.-3 p.m., 3 families, 367-4102

PETS

- LILAC CROWN AMAZON PARROT -- 1 person bird, beautiful, lg wrought iron cage, paid \$350, must sell \$225, 228-2634
- AKC GERMAN SHEPHERDS -- stud, puppies coming soon, 367-1292
- KITTENS -- 1 male, 1 female, 10 wks, litter box trained, 368-5202
- AKC COCKER -- female, very tiny, cute, 1.5 yrs, \$100, 368-0149



H E A L T H &

Enjoy a safe Thanksgiving with these Holiday turkey tips

ARMED FORCES INFORMATION SERVICE
Washington D.C.

Family and friends are just sitting down to the holiday dinner, and everything from the turkey to the dessert has to be just right.

By following a few simple guidelines, the turkey placed on the table will be nicely browned and succulent, instead of underdone or overdone, say U.S. Department of Agriculture poultry experts.

Also, common sense and a little extra care will ensure a happy holiday season, the department's experts said. Otherwise, overlooking basic health precautions when preparing a turkey and its accompanying dishes can cause food poisoning.

Wash anything that touches raw poultry with soapy water before it's used again to prevent the spread of any bacteria. This includes hands, utensils and kitchen counters and sink.

Picking out a turkey for the meal is not as simple as it used to be. Now the decision is whether to buy a fresh, frozen, frozen and stuffed, or precooked bird. Each type has specific time requirements for thawing and cooking.

The department's tips include temperatures to store the birds at and how long to allow for thawing and cooking.

Buy a fresh turkey and refrigerate it at 40 degrees Fahrenheit or colder for no more than one to two days

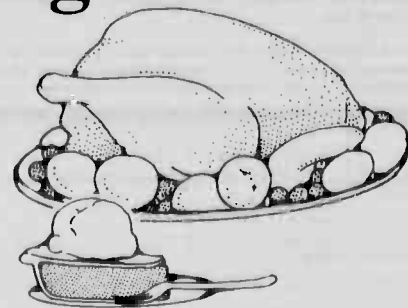
before cooking. A frozen bird should stay in the freezer at 0 degrees or colder until it's time to thaw it. Cook it as soon as it is thawed, officials say. Don't keep it in the refrigerator after thawing.

Thawing a frozen turkey in the refrigerator can take from one to five days, while thawing it in cold water may take anywhere from four to 12 hours. The length of time and the power level for thawing the bird in a microwave oven are provided with its instruction manual. After thawing the bird, remove the neck and giblet package from inside it, and wash the bird inside and outside with cold water. Allow it to drain well.

Stuff the turkey loosely just before cooking, allowing about three quarters of a cup of stuffing per pound of bird. The dressing's dry ingredients may be mixed ahead of time, with the perishable ones added just before stuffing the bird. As soon as the turkey is done, remove the dressing. The turkey's inside temperature should reach at least 180 degrees Fahrenheit, which will cook the dressing. Directions for cooking times and temperatures are available in basic cookbooks or on the bird's wrapper.

Times for roasting a turkey vary, depending on the bird's size and if it's stuffed. A stuffed bird takes longer to cook. For example, at 325 degrees Fahrenheit, an unstuffed, 16 pound turkey takes from 3 1/2 to 4 1/2 hours to cook, while a stuffed bird the same size needs 4 1/2 to 5 1/2 hours in the oven.

Refrigerate leftover turkey within two hours after



cooking, Department of Agriculture experts say. The best way to store turkey is to divide leftovers into small portions and store in several small containers. Turkey stored in the refrigerator will keep for three or four days, but leftover dressing should be eaten within two days. Eat frozen leftover poultry or dressing within a month.

The Department of Agriculture has a toll-free, year-round meat and poultry hotline that can provide information on how to buy, cook, carve and use leftover turkey. For ideas or answers, call 1-800-535-4555 (202-447-3333 in the Washington, D.C. area).

The hotline is open Monday through Friday from 10 a.m.-4 p.m., Eastern time. From Nov. 1 through Nov. 30, the hours are 9 a.m.-5 p.m., and on Thanksgiving Day, Nov. 22, the lines will be answered from 8 a.m.-2 p.m.

Good Nutrition Should Be Part Of Healthy Weight Loss

It happens too easily. Your clothes are just a little tighter. Your mirror shows a bulge you hadn't notice before. You are forced to admit that maybe your bathroom scale isn't five pounds too heavy, but possibly you are!

Now advice on how to lose weight healthfully is coming from an unexpected source, the American Institute for Cancer Research. One reason for this national cancer group's interest in weight loss is research which has shown that excess weight may be linked to higher risk for some types of cancer.

Studies have shown that in men, cancers of the colon, rectum and prostate occur more often in those overweight. For overweight women there is increased risk of cancers of the breast, cervix, ovaries gall bladder and uterus.

But the Institute also has a natural interest in weight loss programs because of its emphasis on diet and nutrition related to reduced cancer risk. The Institute has been developing programs to show people that following the Dietary Guidelines to Lower Cancer Risk can and should be part of a normal

lifestyle, including such things as weight loss diets.

In fact, it turns out that the AICR's Dietary Guidelines to Lower Cancer Risk form the basis of a very sensible weight loss program. The Institute's Guidelines recommend reducing consumption of dietary fat to 30 percent or less of daily calories and increasing consumption of fruits, vegetables and whole grains.

By following these dietary recommendations and slightly limiting portion sizes, it's easy to build a balanced, nutritious diet plan which can lead to steady and sensible weight loss.

To help make such weight loss easier, the Institute has published a free booklet, "Get Fit, Trim Down," which offers a wide range of weight loss tips, including information on food choices, sample menus, exercise advice and other ideas for healthy weight reduction.

To obtain a free copy of "Get Fit, Trim Down," send a stamped (45 cents postage), self-addressed, business size envelope to the American Institute for Cancer Research, Dept. TD-IP, Washington, D.C., 20069.



Nutrition Notes

Eat Smart When Eating Out

Q. At home my family and I have no trouble eating nutritiously. But when we go out to a restaurant, good intentions seem to go right out the window. What can we do?

A. Of course, it's easier to eat right at home where we can choose the ingredients and cooking methods of the foods we prepare. But because researchers estimate an average of 35% of cancers, and maybe as much as 70% of cancers, may be related to diet, it's important to keep up those good eating habits when eating out. Learn to read the

menu carefully, skip high fat dishes, and order dishes featuring more fruits, vegetables and whole grains. Ask how dishes are prepared, ask for sauces and dressings on the side, and feel free to make reasonable requests for lower fat preparation methods, such as broiling instead of frying.

For a free copy of a new booklet filled with tips and good ideas on eating smart when eating out, send a stamped, self-addressed, business size envelope to the American Institute for Cancer Research, Dept. CD-IP, Washington, D.C. 20069.

F I T N E S S

Waight takes Marine Corps Marathon Local Marines participate

LCPL MERRION JOHNSTON AND CPL JEFF HOWELL
The Sentry & The Observation Post

MCCDC Quantico, Va. — New Britain, Pa., resident Matthew Waight blew away the competition at the 15th Anniversary Marine Corps Marathon, keeping nearly a mile-long distance between himself and the other runners throughout most of the race, crossing the finish line at 2:21:32.

From the moment the 105mm Howitzer announced the start of the race, the 27-year-old electrical engineer kept a steady, even pace, and finished more than five minutes ahead of the second-place runner.

Despite his first place rating, Waight was not impressed by his own performance.

According to Waight, who had been hoping to come in under 2:21, "Today just wasn't my day."

In the Woman's category, Olga Markova, 22, holds the title of the first Soviet to win the Marathon in its 15-year history, blazing across the finish line at 2:37:06.

A native of Leningrad, U.S.S.R. and sergeant in the Soviet Army, Markova was one of approximately 10 Soviet runners.

In his opening address to the athletes, Commandant of the Marine Corps Gen. A.M. Gray, Jr., likened the voluntary efforts of the athletes running a race of endurance to the voluntary actions of the service men and women in Saudi Arabia.

"Like the people in the military services deployed to Saudi Arabia, you do so much and ask so little," said Gen. Gray.

Among those participating in the marathon were two Marines from the Combat Center; GySgt. Claude Purdy of Range Scheduling and Sgt. Ronald Jarmon of Combat Service Support Detachment-12.

A dedicated runner and veteran of seven Marine Corps Marathons, Jarmon said he ran the race for the personal challenge and to provide a positive example for his son.

"Running relieves a lot of stress and gives me lots of time to think," said Jarmon. "It make me a better person, all around and it's a positive influence for the kids."

GySgt. Claude Purdy said he ran his first marathon not only for himself and the personal accomplishment, but for the entire community and his fellow Marines in Saudi Arabia.

"Sgt. Jarmon and I knew of no one else from Twentynine Palms who was

running in the race and were proud to represent the community," said Purdy. "We did it for the Combat Center and the Marines in Saudi."

In the wheelchair division Kenny Carnes from Morningside, Md., returned to the marathon to take back-to-back wins in his category. Carnes crossed the finish line at 1:40:22, shaving 14 minutes off last year's time, setting a new course record.

This year has been a year of firsts for the Marine Corps Marathon. For the first time in the 15-year history of the Marathon, the race reached its maximum 13,000-runner limit, and was publicized on national television in conjunction with the New York race which began an hour later.

Also a first in marathon history, two servicemen reenlisted at the race site. Marine SSgt. J.D. Epps, Jr. of Redstone Arsenal, Ala., and Petty Officer 3rd Class H.P. Stephens, from the office of the chaplain, Headquarters Marine Corps, Washington, D.C., reenlisted at the start line.

As the runners maneuvered through their 26.2-mile "Marathon of the Monuments," and estimated 100,000 cheering spectators were doing their best to provide the runners with motivational support.



Sgt. Ronald Jarmon of CSSD-12 (left) and GySgt. Claude Purdy of Range Scheduling stretch out after a run. The two Marines were recent participants in the 15th Annual Marine Corps Marathon.

CPL JEFF HOWELL

Achilles Track Club member, Daniella Zahner of Switzerland, who ran the entire race on crutches, was encouraged by the crowds enthusiasm.

"The people here are very nice," said Zahner. "They cheered me on throughout the entire length of the race."

Along with the spectators, approximately 2,000 Marines and Navy personnel provided a variety of support to the runners by passing out water and electrolyte drinks at points along the race route, handling baggage, providing information, manning aid stations, passing out solar blankets and presenting medals to the runners as they crossed the finish line.

A total of 38 countries were represented at the "People's Race." Among the 13,000 athletes who ran the race were Rick and Dick Hoyt from Holland, Mass., a father and son wheelchair racing team. This was their fifth time to run the Marine Corps Marathon.

"We love what this marathon stands for," said Rick Hoyt.

Also among the competitors was Marine Corps Reserve Col. John Marshall, who boast the title of "the only Marine to do all 15."

"I started running the marathon when it was a Reserve function and I have seen it grow in size and efficiency in 15 years," said Col. Marshall. "I run this marathon because it seems like a thing a Marine ought to do."

Sports Briefs

Gyms close today

The West Gym/Fitness Center and East Gym/Fitness Center will close today at noon in order to accommodate the MWR Marine Family Day. The facilities will reopen tomorrow at the normal operating hours.

Boxing tryouts

The 1990-91 All-Marine Boxing tryouts will be held Dec. 17-21 at Camp Lejeune. You may sign up at the West Gym, Bldg. 1518, Monday through Friday from 7:30 a.m.-3:30 p.m. For more information, call the West Gym at 368-6857.

Martial arts show

Recreation and Hospitality will host the First Martial Arts Demonstration Dec. 1 beginning at noon. Students from martial arts schools around California will be featured. The demonstration will take place in the West Gym, and the public is invited to attend.

Win a turkey

A Turkey Shoot at the Skeet Range will be held tomorrow at 9 a.m. A turkey will be awarded to the shooter with the best aim. The entry fee is \$3, and the shotgun and ammunition are provided. Make reservations at the Check-Out-Center, Bldg. 1321 or call 368-7235 for more information.

Classes available

Youth Activities offers a variety of classes for children and adults. Children may enroll in martial arts, tumbling, assorted dance or piano lessons. For adults, tap dance and jazzercise is offered. Jazzercise, held Tuesdays and Thursdays, 9:15-10:15 a.m., also offers free child care. New evening Jazzercise classes began Nov. 13. Call 368-6269 for complete details.

Horses strut

The Combat Center Horse Show is Sunday at the stables. The general public is invited to compete and support as spectators. Entry fees are \$4.50 before and \$5.50 the day of the show. Competitions in both Western and English divisions will be held. Registration begins Sunday at 8 a.m., with competition beginning at 9 a.m. For more information call 368-6360.

Learn self-defense

Classes in jujitsu are now available. Adult classes are Mondays and Wednesdays from 6-8 p.m. at the West Gym. Youth classes are Tuesdays and Thursdays from 7-8 p.m. at the Youth Center. For information contact Sgt. LaVine at 368-0117.

A C T I V I T I E S

MWR Services

Win at the Officers' Club

Tonight win at "Lucky Spots" during Happy Hour. We introduced the game last Friday and it went well. Specially "spotted" glasses and mugs entitle the holder to free prizes. This week we're adding on some new giveaways. Monday is football night with large screen TV and quadrasound. Come over to cheer your team on to victory. Your Club will be closed for Thanksgiving Holiday. Nov. 23, we reopen with "Five and Dime" Happy Hour. That's \$5 for your first Specialty Drink and 10 cents for every one thereafter. Take your Specialty Drink glass home as a souvenir!

As a reminder; The Officers' Club has revised its hours. We will now be open Monday and Wednesday nights: 4:30-11 p.m.; Fridays: 4:30 p.m.-midnight. The Club will be closed Tuesday and Thursday nights. We are open again on Saturdays from 4-10 p.m.

Enjoy Bosses Night at the SNCO Club

Tonight, the "Ladies" are coming to Bosses Night. Stand in line for our Fabulous Female Revue, where the girls show you everything they can. The party starts at 7:30 p.m. with a \$4 cover charge at the door. Don't miss the fun! The SNCO Club will be closed for Thanksgiving, have a happy holiday. Join us next Friday for Happy Hour from 5-6 p.m.

We will be open for all ranks Sunday Brunch from 9 a.m. to 1 p.m. - Truly a scrumptious spread at a great price. The SNCO Club is open on Saturdays again from 4-10 p.m.

Dance at the Enlisted Club

Tonight is dance night at the mighty "E" Club. Drop over and strut your stuff, shoot some pool, play some games and have some fun! Come with some friends and meet some new ones. The Club will be open Thanksgiving Day: the mess 11 a.m.-9 p.m.; the Club 11 a.m.-10 p.m.; the bar from 3:30-9:30 p.m. Have an excellent holiday. Nov. 23, the Club will be open on regular hours featuring some hot DJ entertainment.

Shop the Giant Red Tag Sale at Exchange

Come shop The Main Exchange "Value Center" boasting value prices on women's and children's clothing. Top quality at very affordable prices. The new "Value Center" is in the Main Exchange mall. Take advantage of our fantastic offers this holiday season. Don't miss our Electronics Mall Sale, this weekend at the Main Exchange Mall with added in-store specials!

Here comes the BIGGEST SALE of the entire year. It's the "After Thanksgiving Day Sale" - Nov. 23-26. The Main Exchange will open its doors at 8 a.m. for a GIANT Red Tag Sale on the mall and Special discounts on selected merchandise in every department. Get there early; free coffee and doughnuts will be available on Nov. 23. This is a "must-shop" sale!

Child Development Center cares

Help us earn dollars for your Child Development Center. Save labels and proofs of purchase from listed products at our designated drop boxes and let us turn them into WEE CARE Coupons worth cash. Look for label return boxes marked WEE CARE, and return your labels or proofs of purchase there. For additional information contact CDC at 368-7590. WEE CARE.

Youth Activities Center

As promised, tonight is "Chili Dog Fest" between 6-8 p.m. We've rounded up Chili Dogs from here to Mexico City for tonight's celebration. Come on over and munch-a-bunch down for only \$2! Tomorrow it's Movie Madness at YAC, featuring a surprise show. Monday and Tuesday, get into the Thanksgiving Day spirit with all sorts of Pilgrimesque events. Lots going on at YAC. Happy Turkey Day.

Center Library holds story hour

Today 3-5 year-olds are invited to visit with little Miss "Coco" for Story Hour between 10:30-11:30 a.m. She likes talking to boys and girls. Story Hour continues Nov. 23, at the same time for the same age group. There's lots to see and learn about at the Center Library.

What's happening at the Wives Clubs

Officers Wives Club welcomes new members

Our Craft Fair is Dec. 1 in Patriotic Hall at Luckie Park from 10 a.m.-2 p.m. Santa's workshop is Dec. 14-15. Volunteers are needed. For more information contact Lynda at 368-9818 or Kathy at 368-4058. Join us for the Christmas Tour of Homes Dec. 13. Sign up at the O'Club at 6:30 p.m. the tour is from 7-8 p.m. RSVP to your group representative by Dec. 7. New members can contact Carrie Foldberg at 368-8020.

Staff NCO Wives Club's ...

... monthly meeting will be Nov. 26 at the SNCO Club. Our guest speaker is Pat Woodbury, she will discuss "dressing for the holidays. Don't forget breakfast with Santa Dec. 15, all ranks are welcome. Tickets are on sale through Dec. 5. Contact Betty Wilkinson at 367-4123. For new members and information contact Nancy Welch at 367-2529 or Terry Eccles-Petlet at 367-6521.

The Enlisted Wives Center...

... is a place where women can come and meet new friends, learn new skills, relax, or just have fun. We offer a variety of activities, limited child care and transportation (with a day's notice). The center is located in Bldg. 1455 and is open Tuesday through Thursday from 9 a.m.-3 p.m. For more information, call Natalie at 368-9496, Debbie at 368-3204, or the center at 368-5337.

This week's activities start with horseback riding on Tuesday. Wednesday is craft day. Thursday we'll be closed for Thanksgiving.

Are you ever short of bread before payday? If so The Enlisted Wives Center is giving away bread to families who need it every Thursday at the center. In addition sometimes there are extra items such as potatoes and onions.

The Second Hand Rose Thrift Shop...

... provides an excellent way to recycle unneeded items. We carry adult and children's clothing, uniforms and household items. Proceeds from the shop are disbursed to the SNCO and OWC philanthropic funds. Hours of operation are Tuesday, Wednesday and Friday 9 a.m.-1:30 p.m. Consignments are 9:30 a.m.-12:30 p.m. Volunteers are always needed. Contact Ginny at 368-6847 for more information.

What's cooking...

Monday

Lunch: roast turkey or liver & onions
Dinner: pot roast or veal

Tuesday

Lunch: fish or pork
Dinner: bbq chicken or roast

Wednesday

Lunch: hamburger or shrimp
Dinner: beef pot pie or corn beef

Thursday

Lunch: Swedish meatballs or chicken
Dinner: tuna noodle casserole or chicken

At the mess halls: (Until further notice the HqBn. mess hall, Bldg. 1650 will be the only mess hall open.)

Today

Lunch: beef pot pie or liver & onions
Dinner: Italian feast

Saturday

Dinner Brunch: sauerbraten or veal

Sunday

Dinner Brunch: steamship round or pork

Church services...

Catholic Programs

(Bldg. 1542, 368-6456)
Saturday Mass - 8 p.m.
Sunday Mass - 8 a.m., 10:30 a.m., 6 p.m.
Daily Mass Monday-Friday 6:45 a.m., 11:45 a.m.

Protestant Programs

(Bldg. 1541, 368-6464)
Sunday Liturgical Worship with weekly Holy Communion - 8 a.m.
Sunday Evangelical Worship - 9 a.m.
Sunday Traditional Worship with weekly Holy Communion - 11 a.m.
Tuesday Latter Day Saints Service - 7 p.m.

Jewish Program (Bldg. 1541)

Friday Jewish Sabbath Service - 7:30 p.m.

Bible Studies (Bldg. 1541)

Thursday Christian Warrior Training-- 11:45 a.m.
Thursday Koinonia - 7 p.m. (368-6464)

Prayer Vigil (Bldg. 1541)

Wednesday from 9-9:30 a.m.

Religious Education classes are held September through May for pre-school through 12th grade Sundays from 9-10 a.m. at the Catholic Chapel and 10-10:45 a.m. at the Protestant Chapel. Choir practice is held Wednesdays at 6:30 p.m. at the Catholic Chapel and at 7:30 p.m. at the Protestant Chapel.