


CAMP LEJEUNE

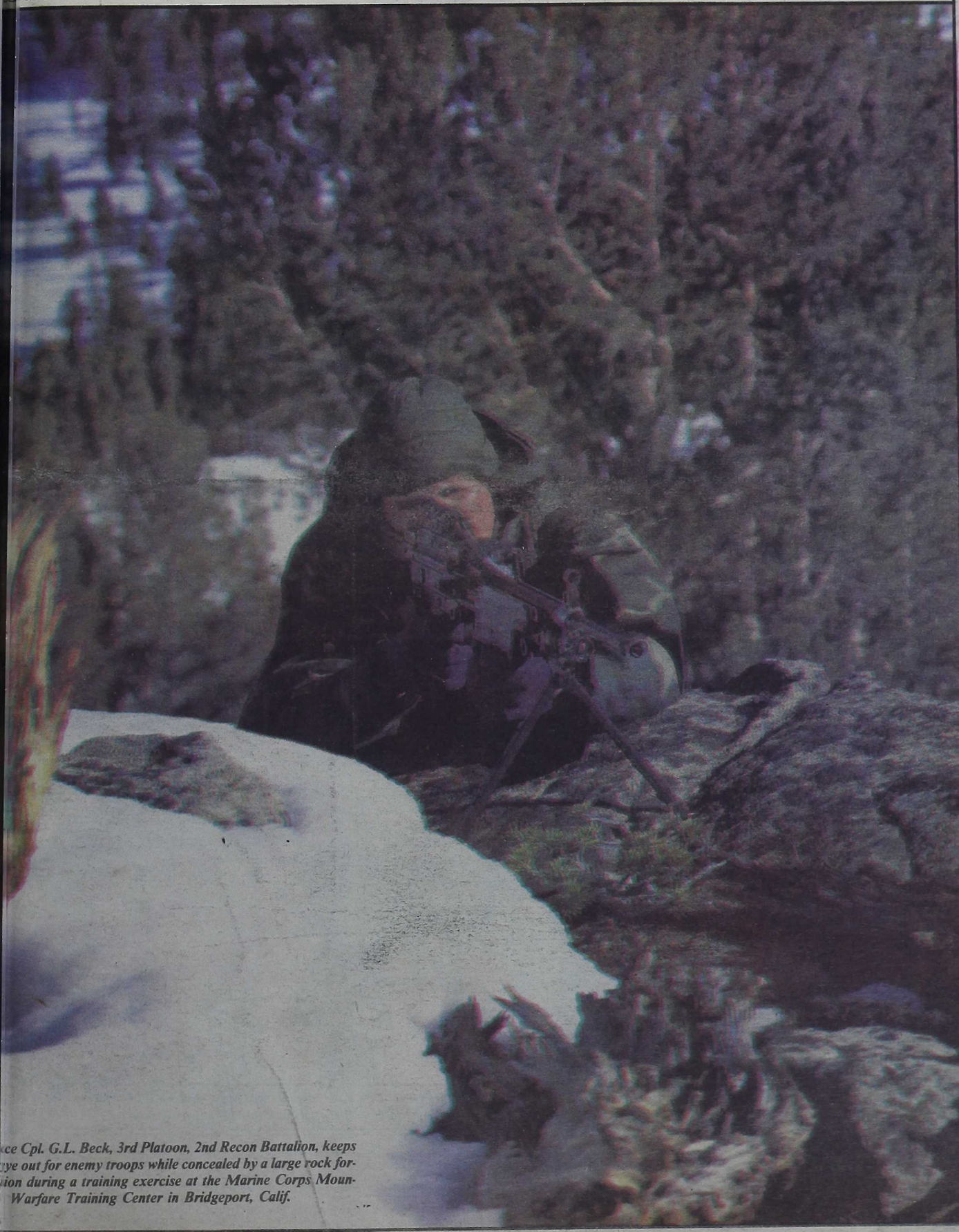


GLOBE

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Lance Cpl. G.L. Beck, 3rd Platoon, 2nd Recon Battalion, keeps eye out for enemy troops while concealed by a large rock formation during a training exercise at the Marine Corps Mountain Warfare Training Center in Bridgeport, Calif.

Lance Cpl. M.E. McLean

National Nutrition Month

Evaluate weight reduction diets for safety

By Ensign Amy Meupin, R.D.

There are many ways to diet. Some good... some downright harmful. So how can someone tell if a diet is good and safe? Some simple guidelines can be used for evaluating weight reduction diets.

A good diet provides foods from all four Basic Food Groups each day including: two servings of two to three oz. each from meats, four servings from bread and cereals, four or more servings from fruit-vegetable group each day and two to four servings from the milk group.

Something else to consider is who wrote the program. Look at the authors of the diet — who are they and what qualifies them to write it. The information should be based on tested fact, not case history or testimonial. A good diet should involve changing eating habits and behavior and be written by a reputable nutritionist and accepted by the medical profession.

Beware of a diet that: has less than 1,000 calories per day; is based on something no one else knows (new miracle weight reduction pill); makes a lot of money for the author or company; emphasizes one food, omits others (example: carbohydrates are bad!); doesn't qualify the author — no credential offered; or guarantees quick weight loss.

To maintain a balanced diet and still lose weight, a dieter needs to estimate the total calorie needs. To do that, he or she must estimate ideal body weight by the following method:

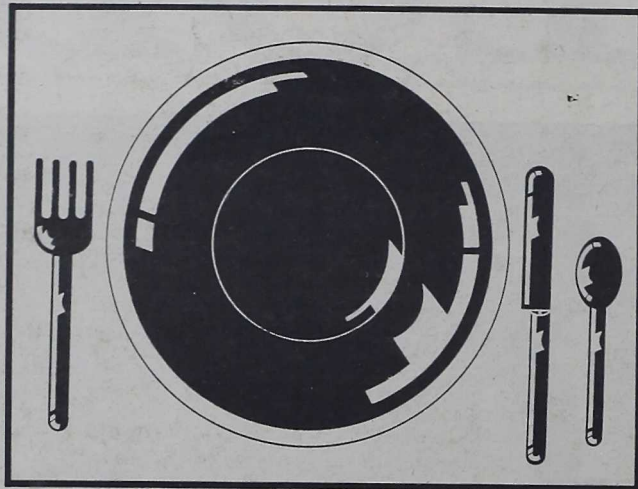
Males: take 106 pounds for first five feet of height then add six pounds for every inch over five feet;

Females: take 100 pounds for first five feet of height then add five pounds for every inch over five feet.

To estimate your calorie need take IBW times one of these activity factors:

13 — sedentary; no regular exercise.

14 — moderate exercise; one half hour



every other day.

15 — active daily exercise: one hour or more.

For example: ideal body weight for a moderately active 5 foot 10 inch male would be 166 (plus or minus 10 percent) calorie needs 166 x 14=2,324 to maintain weight. In order to lose weight he must subtract 500 to 1,000 calories per day. Subtracting 500 calories per day would enable the person to lose one pound per week. Remember, one pound of fat — 3,500 calories. To lose two pounds per week, the person would subtract 1,000 calories per day.

A diet should not be below 1,200 calories for men and 1,000 for women, because otherwise the diet would not contain all the nutrients in the proper amounts. So, once a person determines how many calories he or she needs, a registered dietitian can plan a diet which will enable weight loss and still have a balanced diet: 50 percent of total calories from carbohydrates, 30 percent protein and 20 percent fat — based on a number of servings from each food group.

A weight loss of one to two pounds per week is recommended, because losing weight too quickly can

be harmful. If a person loses too much body tissue can be lost, dehydration of electrolytes (sodium and potassium) can occur, energy levels can be depleted, blood sugar can occur and essential nutrients can be depleted.

Fasting or meal skipping can cause the body to slow down as many calories as a person would normally burn and exercising. A diet that does not meet the body's nutritional and energy needs. Here are some ways to avoid these problems:

□ Eat three meals a day — not skipping meals can make a person feel hungry and cause him or her to overeat.

□ If snacking is necessary, a dieter should choose low calorie foods like fruits, vegetables and unbuttered popcorn.

□ Watch serving sizes: A typical serving of meat is three to four ounces cooked; a half cup vegetable or starch, one slice bread, one cup milk, one piece or one half cup fruit.

□ Pick leaner meats such as chicken, turkey or lean red meat. Avoid higher fat meats like hamburger, lunch meats or hot dogs.

□ Bake, broil, steam or barbecue. Avoid fried and breaded foods or sauces and gravy.

□ Use skim or lowfat milk. Drink non-caloric beverages with water, coffee, tea or diet drinks.

□ Use low calorie salad dressing, vinegar or lemon juice on a vegetable only salad. Avoid cheese, olives, seeds and nuts on salad.

□ Eat fruits instead of desserts. Use canned fruits or juices without added sugar.

□ Exercise is an important part of losing weight and maintaining weight loss.

For more information contact the Clinical Nutrition Branch, Naval Hospital.

Poison Prevention Week observed March 19 — 25

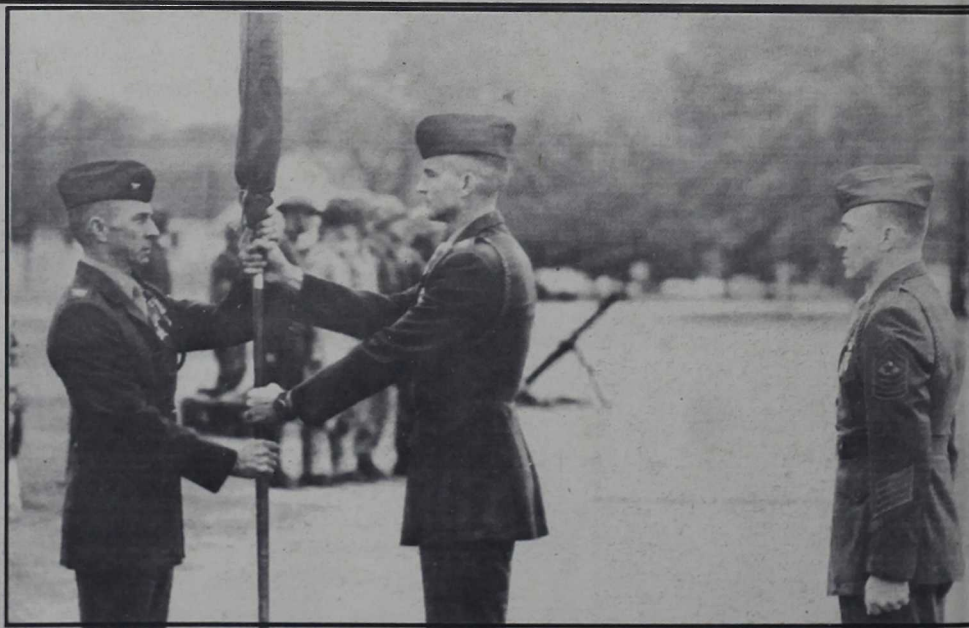
File Report

"Curious Minds Plus Busy Hands Equal Potential Poisoning" is the slogan for the 27th annual observance of National Poison Prevention Week, March 19-25.

In 1962, when the first National Poison Prevention Week was observed, there were almost 500 accidental poisoning deaths to children under 5. In 1986, there were only 59 deaths.

The Poison Prevention Week Council attributes this reduction to emergency first aid information from poison control centers, increased vigilance by parents and other adults and child-resistant closures—all of which amount to greater awareness of the problem.

The council was organized to coordinate the annual prevention week. Its charter calls for local communities to use the week to raise awareness of the dangers of accidental poisonings and to take preventive measures as the dangers warrant.



PRESENTING THE FOLDED COLORS— Lt. Col. Michael R. Green, 2nd Bn., 6th Marines battalion commander, middle, presents his unit's colors to Col. R.H. Sutton, 6th Marines commander.

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News briefs

the federal and state income tax... at the Camp Lejeune Tax C... in Bldg. 55 on Lucy Br... from 6:45 a.m. to 5:30 p.m. ... forms are available, call... On-site tax advice and assi...

Holy Week

Protestant chapel community... planned for the coming Ch... Base chaplains are inv... community to attend... week observances. Services... Protestant Chapel, Bldg. 16... Service Center. Child care is... Child Care Center dur... programs for children a... years. The schedule events a... Sunday, the 9 a.m. morn... Word and Table form... The 10:30 a.m. cong... Chapel and join in the op... Sanctuary to recall Jesus'... five days before his crucifi... Lenten midweek devotion... witness begin at 11:45 a.m... through the week. Thursday Holy Commu... on March 23. Later that... Holy Communion, featur... as the celebrant, begins wit... 6 p.m. Friday's midday service, fea... presented as a dramatic... on March 24. Holy Saturday, March 25, ar... the Baptismal Covenan... The service will feature t... Vows and the lighting of...

Following morning, the East... the amphitheater behind... commemorating the resurrec...



— Maj. Gen. Donald R... general, MCB, is frocked... his wife Elaine and Lt. Gen... ing general, FMFLant, dur... March 9.

News briefs . . .

Center

For the federal and state income tax returns file at the Camp Lejeune Tax Center. The center is located in Bldg. 55 on Lucy Brewer Road from 6:45 a.m. to 5:30 p.m. To confirm if state forms are available, call the center at 295-1111. On-site tax advice and assistance will be available.

Holy Week

The Protestant chapel community has an exciting program planned for the coming Christian Holy Week observances. Base chaplains are inviting the entire community to attend any and all Holy Week observances. Services will be held at the Protestant Chapel, Bldg. 16, adjacent to the Service Center. Child care is provided at the Point Child Care Center during the Sunday morning programs for children ages 6 weeks to 2 years. The schedule events are as follows: Palm Sunday, the 9 a.m. morning worship will follow Word and Table format, including Holy Communion. The 10:30 a.m. congregation will be at the Chapel and join in the opening procession to the Sanctuary to recall Jesus' entrance into Jerusalem five days before his crucifixion.

Monday Lenten midweek devotions to consider the witness begin at 11:45 a.m. Monday and Tuesday through the week. Wednesday Holy Communion will begin at 10 a.m. on March 23. Later that day, the service Holy Communion, featuring Chaplain D.L. Krabbe as the celebrant, begins with a communion at 6 p.m. Friday's midday service, featuring the Pastoral presented as a dramatic reading, begins at 11 a.m. on March 24.

On Holy Saturday, March 25, an Easter Vigil calling the Baptismal Covenant will be held at 7 p.m. The service will feature the renewal of the Vows and the lighting of the Paschal Candle.

On the following morning, the Easter celebration will be held at the amphitheater behind Bldg. 2 with the service commemorating the resurrection of Christ.



Cpl. Kevin Doll

PROMOTION— Maj. Gen. Donald R. Gardner, commanding general, MCB, is frocked to his present rank by his wife Elaine and Lt. Gen. E.T. Cook, Jr., commanding general, FMFLant, during a ceremony held March 9.

Base, public officials present views to commission on proposed extended telephone service program

By Sgt. Rick D. Spaulding

In an attempt to provide toll-free telephone service for all of Onslow County, base and public officials presented their views on the proposed Conventional Extended Area Service Approach program to the Public Utilities Commission in Raleigh March 6.

County representatives unanimously supported the Conventional EAS program over the West Virginia Local Calling Plan at a meeting to determine the type of telephone service county residents prefer in Jacksonville City Hall Feb. 13.

The commission decided, in an executive session March 6, to poll subscribers of the affected exchanges. Each resident will receive a ballot with his or her telephone bill within the next two months.

The countywide Conventional EAS program will increase rates for everyone, with the smaller exchanges being charged more. This plan would add the following amounts to monthly telephone service bills:

- Jacksonville — residence, 21 cents; business, 48 cents.
- Swansboro — residence, \$5.03; business, \$12.02.
- Richlands — residence, \$2.58; business, \$6.18.
- Maysville — residence, \$3.79; business, \$9.03.
- Sneads Ferry — residence, \$4.18; business, \$10.05.
- Holly Ridge — residence, \$4.49; business, \$10.71.
- Topsail Island — residence, \$5.70; business, \$13.61.

The West Virginia plan would have allowed consumers to choose the type of service they personally preferred from several options.

The base representative at the meeting was Lt. Col. Ron J. Gross, base communications-electronics officer.

"I've come to Raleigh today to represent, in addition to General Gardner (Maj. Gen. Donald R. Gardner, CG, MCB), all Marines, Sailors and their families living in Onslow County," Gross said. "After attending the meeting at Jacksonville City Hall to discuss Conventional EAS over the West Virginia plan, it was decided that we (the base) would conduct a telephone survey to determine which plan would best serve the more than 42,000 military personnel in the affected area.

"We asked affected personnel to call a specific phone number and vote on the two plans," Gross explained. "The survey ran for approximately one week. A small sample responded two to one in favor of Conventional EAS over the West Virginia plan."

Gross also said that because the sample polling was so small, it was determined that subscribers of the outlying areas should be given the opportunity to vote on the matter. They should be given the right to vote on the program, since they will ultimately have to bear the costs. He stressed that the base hoped the commission would provide the least costly program for military personnel and their families.

Gross stressed the importance of Marines and their families responding to the poll. "Failure to return your vote will make the commission assume you are in favor of Conventional EAS at the published rates," he asserted.

In addition, the Public Staff asked the commission to defer any action on the West Virginia plan in Onslow County until after the countywide EAS plan has been fully explored and a final decision is made regarding Conventional EAS.

Chaplain D.L. Krabbe, 2nd MarDiv., will share the message of hope. Special music will be provided by the 2nd MarDiv. Band and the Base Protestant Chapel Choir. This will be followed by a Word and Table service at 9 a.m. and divine services at 10:30 a.m.

The Easter celebration will continue with regularly scheduled Sunday services at all Base Chapels.

Acne clinic

The monthly Acne clinic for dependents of active duty personnel will be held on Saturday from 8 a.m. to noon. This clinic is only for people with acne conditions. There are a limited number of appointments available and will be made on a first-come-first-served basis by calling the Dermatology Department at 451-4555.

Women's History Month

The following events are scheduled to commemorate Women's History Month. For additional information contact the Human Services Directorate at 451-3814.

- Today—Self Image Workshop, Enlisted Club MCAS New River, 9-11:30 a.m.
- Tuesday—Self Image Workshop, SNCO Club, 9-11:30 a.m.
- Wednesday—Women's Health Issues, Family Service Center, 7-9 p.m.
- March 23—Self Image Workshop, Enlisted Club, MCAS New River, 9-11:30 a.m.
- March 28—Fun Run, Geottage Field House, 11:30 a.m.-1 p.m.
- March 29—Self-Defense for Women, Marston Pavilion, 7-9 p.m.
- March 30—Women's History Month Luncheon,

Base Cafeteria, 11:30 a.m. - 1 p.m.; guest of honor, Adm. M. Hall, director of Navy Nurse Corps; tickets are \$5 and may be purchased through command representatives by March 24.

March 31—Self-Defense for Women, the old messhall, MCAS New River, 3-5 p.m.



Cpl. John E. Crowe

PROMOTION— Maj. Gen. Bobby G. Butcher, commanding general, 6th MEB, has another star pinned on by his wife Patricia and Lt. Gen. E.T. Cook Jr., commanding general, FMFLant, during the promotion ceremony held March 9.

Commandant says end strength top priority

By Pat Viets

Marine Corps Commandant Gen. A. M. Gray told the Defense Subcommittee of the House Appropriations Committee that the Marine Corps' top priority is to maintain its end-strength.

"Our worldwide commitments require fully combat-capable units," Gen. Gray said. "Since end-strength reductions of the past year caused us to cadre three infantry battalions, I am opposed to any more reductions in manpower." He made the remarks March 1 in his second annual report to Congress on the posture of the Marine Corps.

In his report, Gen. Gray described changes the Corps has made to remain fit and ready for service, issues the Corps faces today, and his vision of the future.

"We realized that the maintenance and improvement of our capabilities with respect to future requirements would have to be made by drawing on every available resource from within," Gen. Gray said. "We avoided the lengthy, bureaucratic staffing process that can so often stifle or kill a worthwhile concept."

Most likely threats

The Commandant also told the subcommittee that a study group determined that, while the most demanding threat to the free world would continue to be the specter of high-intensity war with the Soviets, the most likely threats to our security interests would be low- to mid-intensity conflicts.

"They realized that in order to remain this nation's premier force-in-readiness, the active force must be structured and equipped to react immediately and decisively to these threats without relying on mobilization of reserves," the Commandant said.

The general described changes made in the structure of the Fleet Marine Forces after a study group analyzed the structure from the bottom up. The group proposed more than 30 recommendations, which have been, or will be, implemented as the Corps' warfighting enhancement initiatives.

Specifically, these initiatives added more Marines to the infantry battalions, provided more scouts to the Light Armored Vehicle Battalions to convert them to Light Armored Infantry Battalions, transferred the heavy assets needed in general war to the reserves and combined intelligence assets within the Marine Expeditionary Forces.

The Commandant said that several initiatives were difficult to implement because manning and resources did not increase in the current budget or the one before it. "We did, however, accomplish these changes through significant and, in some cases, painful reallocations of manpower from within our operating forces and supporting establishment," Gen. Gray said. "Your leaner and more operationally



Gen. A.M. Gray, commandant of the Marine Corps

capable Corps cannot sustain further reductions."

High standards

The general described issues facing the Corps today, including the maintenance of a quality force. He said that retention, readiness and morale remain high because of the quality of the nation's Marines. "This is the ultimate argument for maintaining our high standards," he said.

"We will further improve training and readiness by providing a balanced flow of Marines through our training pipeline. Assigning recruits evenly throughout the year provides a manageable flow through Marine Battle Skills Training," Gen. Gray said.

Quality of life is important to retain the high

'Our worldwide commitments require fully combat capable units. Since end-strength reductions of the past year caused us to cadre three infantry battalions, I am opposed to any more reductions in manpower.'

Gen. A.M. Gray

caliber of young men and women the Corps and trains, the Commandant said. He also urged Congress to resolve the problem of an insufficient number of doctors, nurses and corpsmen to provide medical care to Marines and their families.

The Commandant said that the high quality of life of enlisted Marine families. In many cases, both spouses must work to meet the military requirements for food, clothing and shelter.

"We are placing the greatest emphasis on family service centers and child development centers," Gen. Gray said. Fiscal year 1988 saw a 400 percent increase over FY-83 in the number of contacts with family service centers. Although 250,000 contacts were made, the ceiling on appropriated fund support to morale, welfare and recreation activities inhibits providing affordable care to all Marine families who need it, the Commandant said.

MV-22 Osprey program

Besides manpower, Gen. Gray discussed the MV-22 Osprey program, including aviation, amphibious shipping and development. He said that the MV-22 program, his top aviation priority, is the most important advance in military aviation since the Vietnam War.

"The MV-22 Osprey tilt-rotor aircraft, with its tactical mobility and strategic deployment enhancements, will provide a decisive advantage over-the-horizon operations," the Commandant said. "It flies twice as fast, twice as far and is more survivable than the 25-year-old helicopter it replaces."

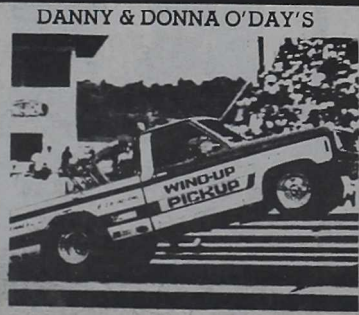
In looking toward the future, Gen. Gray said he does not see a change in our national interest in the fundamentals of our national military strategy.

"Our strategy should continue to be based on basic tenets: deterrence, forward-defense and active defense," the Commandant said. "I can believe that our most effective deterrent is our ability to respond rapidly to any threat across the spectrum of conflict with an appropriate and timely response."

Gen. Gray said that the Marine Corps is combat ready today than it was last year, and it will continue to improve. "Our focus is on being leaner, more mobile and more expeditionary," he said.

"If asked, we could go to war tonight. The changes, one constant remains: our objective is to fight and win on any battlefield," he said. "I am prepared to do whatever has to be done to protect national interests throughout the world. As I have promised you in the past, in the coming times ahead, we'll take what you give us — and more."

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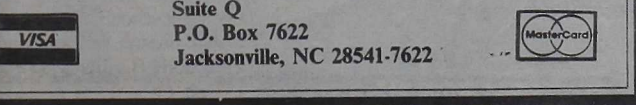


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An Excellent Installation:

... Camp Lejeune takes care of its own

EDITOR'S NOTE: The following stories are the beginning of a four-part series highlighting Camp Lejeune's participation in the Model Installation Program.

By Sgt. Jim Fitzgibbons

Before being killed on Ie Shima island near Okinawa during World War II, Ernie Pyle, a combat correspondent wrote: "Being a minority group militarily, Marines are proud and sensitive in their dealings with other military organizations. A Marine's concept of the perfect battle is to have other Marines on the right and left flanks, Marine aircraft overhead and Marine artillery and Naval gunfire backing them up."

Statements like that, made by correspondents writing about Marines since the earliest times, have made people understand why Marines rely so much on each other... how and why Marines take care of their own.

Taking care of its own is the primary reason Camp Lejeune has been in the forefront of the Model Installation Program for the past three years. Using the program, commanders here have been able to improve the quality of life for the

Marines and their families.

"Model installations are test beds for new ideas that help to streamline and improve management and operations," said Harold F. Smith, assistant chief of staff for Base Operational Support Management Assistance Department.

"The Model Installation Program is set up with the idea of reestablishing the principles of excellence which were once so evident in this country... principles which key on taking care of business by getting back to the basics and stress customer service as the way to get there," Smith said.

Under the Model Installation Program, people can submit proposals of how to improve operations for services offered here. If the proposal has merit, the commanding general can ask that much of the red tape involved in implementing changes be waived.

Since becoming a Model Installation three years ago, more than 1,000 proposals have been submitted and many have been implemented.

"It all boils down to getting back to where the rubber meets the road... taking care of the individual Marine or



MODEL INSTALLATION—This sign stands near the front gate indicating Lejeune's participation in the Model Installation Program.

employee," Smith said. "By doing that, Camp Lejeune won the Commander in Chief's Award for Installation Management in 1986 and has been up front in the annual competition every other year."

More often than not, innovative programs started under the Model Installation Program wind up being adopted at other Marine Corps commands and sometimes by other service installations as well.

During 1988, several services here produced new ideas, which are being considered for adoption at other commands and have been included in the base nomination for the 1988 Commander in Chief Award.

Human Services and the Department of Defense Dependent Schools have started an after school "drop-in" service to provide day care for children of working parents; DoD Schools Camp Lejeune

brought an automated financial system on line, which helps the school save \$1 million per year; Resources and Environmental Management continue a number of programs in areas of forestry and recycling to improve the quality of life; the opening of the Parkway Park State License Issue Office completed the vehicle license and registration complex.

In all, more than 210 Model Installation Program ideas were looked at during 1988 and helped Camp Lejeune realize a savings of more than \$1 million.

"Our commitment to excellent customer service will keep Camp Lejeune in the forefront of installation management," Smith concluded. "We have more improvements planned and underway."

... DoD schools save government \$1 million annually

By Sgt. Jim Fitzgibbons

During the past few years no government agency has been able to escape the belt-tightening budget cuts brought on by the Graham-Rudman Balanced Budget Act, so it should come as no surprise organizations have been finding ways to do their jobs with less.

The Department of Defense Dependent Schools here are no exception and, in fact, have found a way to save the government as much as \$1 million annually.

A financial management system, developed by Dr. Duane L. Linker, associate superintendent of the school system, is really nothing new to the Lejeune schools, but has come to light for possible adoption throughout the DoD School System.

Linker's Planning — Programming — Budgeting System is a management tool to help administrators keep an up-to-the-minute finger on the pulse of operations and programs, within the entire school system. Camp Lejeune DoD Schools have been using the system since 1978, and have been applauded for the ability to report up-to-date financial information on a moment's notice.

With the general ledger system used elsewhere, there's no real way of verifying costs and expenditures right away, according to Linker.

"The PPBS helps us to control our costs with a touch of the computer keyboard," Linker said. "We can direct our money down to the brass tacks for every grade, program and student."

With the PPBS program, school officials have the ability to evaluate educational programs while measuring performance levels of the

existing programs, and can look at any phase of the system just by calling it up on the computer screen or pulling out a spread sheet.

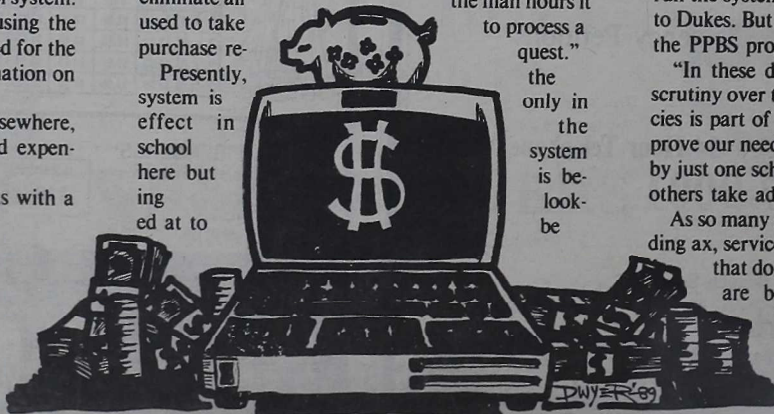
"The system allows us to track our budgeted money and know it's being expended properly," said Elenor S. Gurney, budget analyst. "We keep up to date on what funds have been spent and what funds remain for the school year, whereas with the old ledger system we could only confirm our information on a quarterly basis."

"What we can do here, in a matter of minutes, takes weeks or even months manually," Gurney added.

Savings realized by implementing the PPBS program at the Lejeune schools are mostly in the areas of labor and procurement.

"We minimize the chain for purchases the school needs to make," Gurney said. "With all our procurement information and codes in the system already, we virtually eliminate all the man hours it used to take to process a purchase request."

Presently, the system is the only in effect in school here but is being looked at to



'The system allows us to track budgeted money and know it's being expended properly.' Elenor S. Gurney

picked up by 18 DoD schools in the contiguous United States as well as the overseas dependent school system.

"This is by far the most superior output report program I've seen within the 18 schools we oversee," said Carolyn Dukes, budget analyst, Section VI schools. "This program is going to be put into use at the main office where I work, and will no doubt lessen the nightmare of dealing with a \$193-million annual budget. Each of the 18 Section VI schools will have to decide independently whether or not they want to use the program."

Most of the schools concerned have been picking up the hardware (mainframe computers and such) and run the system during the past few years, according to Dukes. But getting them to accept and implement the PPBS program is no easy task.

"In these days, when budget cuts and extra scrutiny over the money spent by government agencies is part of everyday life, we have to constantly prove our needs," Dukes said. "The savings realized by just one school will no doubt be multiplied if others take advantage of the system too."

As so many government programs fall to the wayside, services within the Department of Defense that don't show a profit or aren't competitive are being phased out. Camp Lejeune DoD Dependent schools are working to ensure that doesn't happen, and only Section VI schools are following suit.

Appellin
Story and photos by
Cpl. Deborah A. Drake
... on the edge, the Marine
... while screaming "Marine
... on the ground.
... some of the Marines of
... Landing Support Battalion
... they jumped recently from the
... tower.
... is sliding down a rope
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... instructor Sgt. Bruce E. Lamb.
... and once he came down he
... Marines and Sailors about th

Rappelling part of 'high-speed training'

Story and photos by
 Cpl. Deborah A. Drake

ady on the edge, the Marine took one giant
 ck while screaming "Marine Corps" as he
 l to the ground.

is what some of the Marines of Charlie Com-
 2nd Landing Support Battalion, 2nd FSSG,
 they jumped recently from the French Creek
 ing tower.

apping is sliding down a rope from obstacles
 s cliffs, buildings or a tower.

is is part of our high-speed training," said 1st
 chael W. Prince, executive officer of Charlie
 e Marines of Charlie Co. set out on their way
 e adventure of the day with two instructors
 2nd ANGLICO Bn.

e they arrived at the rappelling tower, they
 their seats with the ropes that were provided.
 urpose for the seats is to have a place to hook
 ring that secures the rope when one rappels.
 nstructors were already there securing and
 ing the ropes that were to be used to rappel off
 tower.

first person down the rappelling tower wall
 nstructor Sgt. Bruce E. Lamb. While he was on
 all and once he came down he gave instructions
 Marines and Sailors about the proper ways to

rappel and the safety precautions that needed to be
 taken.

Then Sgt. Douglas S. Curry, the other instructor
 from 2nd ANGLICO, tested his rope on the other
 side of the tower. After this was completed they were
 able to start rappelling.

First the Marines of Charlie Co. and their two
 corpsmen took on the wall. It was just like walking
 down the side of a building. Each one had to walk
 down the wall at least once. After that they took on
 the wall by leaps and bounds.

Then they got the chance to rappel off of the
 tower.

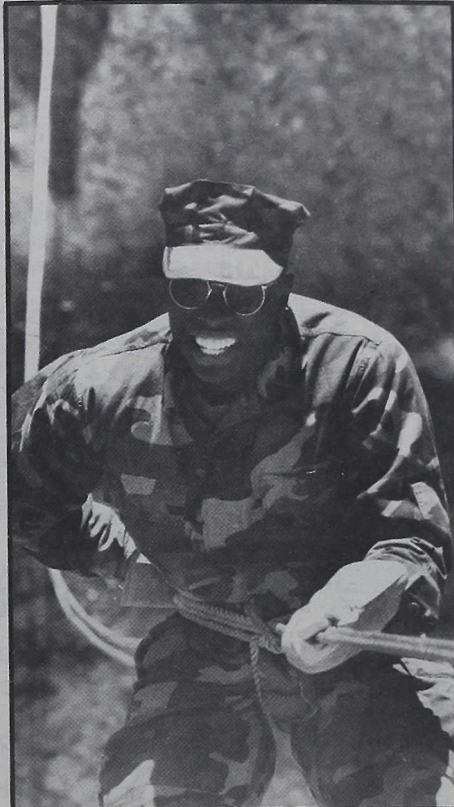
This seemed to be the highlight of the day. One
 Marine, Sgt. Roger L. Bailey, jumped from the tower
 at least three times. While dangling in midair he
 shouted "This is great, I love it." One Marine at the
 bottom told him "you hung there too long. The
 enemy just shot you, if you were jumping out of a
 plane." "Bull," Bailey said.

"I've never rappelled before. I'm curious," said
 HM3 Charles J. Williamson, one of the corpsmen.

There were a few first-time rappellers and some
 who had not rappelled since boot camp. But after the
 first time down the wall, they seemed to have gotten
 the hang of it.

"All in all, everyone likes it. It beats doing the same
 old thing for PT," said Staff Sgt. Gilbert D. Rykard.

Charlie Co.'s high-speed training, along with its
 regular training, is in "keeping with the Comman-
 dant's basic warrior package," Rykard said.



HN Randy Rice grimaces as he takes a long walk
 down the rappelling tower wall.



Marine from Charlie Co. takes a fast fall to the
 ground from the French Creek rappelling tower.



(Below) Lance Cpl. Colin R. Tomlinson begins his
 climb down.

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 Story and photos by
 Det Warrant Officer C.W.
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 YAYS ALERT—Sgt. Harve
 leader, is constantly alert

Slow, cautious pace marks Panama patrols

Story and photos by
 Chief Warrant Officer C.W. Rowe

Q — When does a cliché once again have meaning?

A — It is when lives are at stake. It is in a place like Panama. It is when a Marine is on patrol. Then a cliché like "teamwork" means a lot.

Confidence in the Marines I picked to go on patrol. I know I can count on them," said Sgt. Justin Haaland of the patrol he led recently into one of the Marine areas of operations in Panama.

Haaland and his patrol members are part of the Service Support Group-6 detachment in Panama. All Marines, not just the infantry, conduct patrols when they are with Marine Forces

Patrol. A Marine is a rifleman first, and it goes back to the beginning, Haaland said. "We're here because we want to see many other members of the detachment, to volunteer.

to be a grunt," said Sgt. Harvey Benford, one of the reasons I wanted to be here. I've done enough jungle training at Fort Sherman (a training facility in Panama); so I felt like I knew what to expect. I felt like I might have an edge, but I don't know if something happened." The potential exists every day, because patrols go on every day. They vary in size, in length of time, in the route they follow. Haaland had six men on patrol, two, snail-paced kilometers from early morning to early afternoon. The pace was always slow and cautious, a procedure dictated by the terms of the mission.

None of the patrols has yet been in any of the areas where the Marines have experienced with armed intruders into their AOs. But, the next patrol could be

anytime. "I never know if yours is going to be the patrol that you're on," Haaland said.

The possibility is something the Marines do think about.

"You have to mentally prepare yourself," said Sgt. Cpl. Shjon Anderson, "to think about what could happen. Are we gonna be the ones to get hit?" Anderson added, "The threat is always there." Whenever they encounter it, the Marines prepare. They rehearse the plan. They plan the route, the support, the procedures, communication, all the details

of teamwork that have ceased to be a cliché in Panama. They prepared before coming to Panama, attending the warrior skills course run by 2nd FSSG.

These skills are tested on a patrol.

Marines rise early. They check their gear — everything non-essential is left behind as one less thing to hump; everything essential had better work. They dress carefully — blousing trouser bottoms and boot tops with tape, making sure nothing will rattle or clang and give off a noise not natural to the jungle. They tend their weapons with professional skill that borders on obsession, because these weapons aren't loaded with blanks and won't be fired for practice.

They eat breakfast, though some have scant appetites. They don their equipment, check and double check and check each other. If your buddy makes a noise, it's your noise.

Waiting to go in, they indulge in horseplay, the verbal sparring whose rough humor can only be appreciated by another Marine. It's not a sign of childishness or of disdain for the danger that could lie ahead.

"The smokin' and jokin', that's a way to release the last bit of nervous energy," Haaland said.

When the patrol is inserted, it's all business. The jungle is not the place and there's no time for it. There is too much else to do.

"It's time to remember everything," Haaland said, "all the little things that can make a difference out there."

The jungle has its own rules. Only a few feet from a well-traveled road and one has gone back in time thousands of years. The perpetual twilight, the eerie echoing calls of birds, the not-quite-human chatter of monkeys, the skitter of a lizard or snake over the seared, fallen leaves of a palm tree, the sudden rustle of leaves from a ghostly draft wind—these things haven't changed since the dawn of time.

In the twilight, one's eyes strain, to penetrate a gloom made darker by the tangled undergrowth.

"It's a strange feeling out there," said Benford. "Because you lose some visibility, your other senses are augmented. You hear a lot more. You feel the tiniest bug crawling on you. Your awareness is heightened. But you can't see everything you hear, and that bothers you."

Teamwork becomes all important. Formations vary, but on this six-man patrol the setup was three Marines forward, patrol leader in the middle, radio operator behind him and tail-end Charlie bringing up the rear. Everyone has input. Each feeds information to the other. Each takes comfort that the others are there.

"If I can't see the point man or the patrol leader, then it's a little weird," said Cpl. Brain Carlton. "If I got lost, it would be even worse. As long as you can at least hear them, you feel secure. You know you belong to a unit and that you can trust these guys."

"I'm not itching for something to happen," Carlton added, "but if something does go down, then I want to be there. Maybe I could make a difference."

Anderson agrees: "It's a yes and no kind of thing. Yes, because I'd like to experience it if I knew I was



PATROL CONFERENCE— Patrol leader Sgt. Justin Haaland points out the route on one leg of the patrol as his radioman and assistant patrol leader Sgt. Harvey Benford checks the map.

going to come out of it in one piece. No, because I don't know if I'll come out of it in one piece."

It is that knowledge that makes another cliché very real — always be alert. That can be hard in the jungle — heat that makes a U.S. summer in the South seem like autumn in New England; the maddening irritation of insects that bite, sting, flutter, buzz and whine; slab-sided hills covered with a sliding carpet of crumbling soil, rocks and decaying plants; and undergrowth so thick it can wrap you in a blanket of barbed vines, stop you in your tracks and force you to low-crawl. But, on patrol, one is always alert.

"You don't know if someone is out there, set up, watching you, observing what you're doing," said Carlton. "And, if they are watching you, they could be carrying live rounds. If they start something, it's for real."

Everything about a patrol is real. The experience is such that the BSSG Marines live almost in two worlds in Panama. Their improvised maintenance shops are much like Camp Lejeune's.

"In our work area, it's just like back home at Lejeune," said Lance Cpl. Daniel Allen. "But just a few steps away is the jungle. That's where it's really at."

Haaland agrees: "You have to be constantly alert to security, to the possibility that something could happen at any time. This here in the maintenance bay may be like Lejeune, but just look over your shoulder and you see the jungle."

When a patrol is over and the Marines are out of the jungle, there are no real regrets that the patrol is finished. But, there is still a curiosity, the unanswered question about what might have happened.

"When it's over you're relieved that nothing happened, that no one got hurt," Allen said. "But you have to wonder what it would have been like. I know that if we came down here and didn't do things like these patrols, then I'd feel cheated. It's what we've trained for."

That training does not go to waste in Panama. For the Marines of BSSG, for all members of Marine Forces Panama, there will be more patrols. And every patrol will be proof that a cliché can have real meaning.

Because the key to every patrol is teamwork.



ALWAYS ALERT— Sgt. Harvey Benford, assistant patrol leader, is constantly alert.

Base civilian employee chosen for internship

Energy conservation engineer to work in Washington

Story and photo by
Cpl. Dave Mundy

A Camp Lejeune civilian employee has been chosen to participate in a one-year internship with the Energy Management Professional Enhancement Program at the Pentagon in Washington.

Karen M. Foskey, an energy conservation engineer at the Base Utilities Monitoring and Control System, has been selected to spend a year learning about energy policy formulation and evaluation at the national level in the Office of the Assistant Secretary of Defense for Production and Logistics.

"This is a big opportunity for me," Foskey said. "I'll get to see how the process works. Working with others (in the program) will help broaden my background."

The program is designed to familiarize participants with the process used by the Defense Department to develop and implement energy policy, improve DoD energy management by cross-training career professionals and encourage career development.

Participants will be involved in a wide range of defense, national and international energy policy matters. They may be assigned projects outside their areas of expertise for career broadening.

Foskey will spend six months working with the energy policy staff in the Office of the Assistant Secretary of Defense for Production and Logistics. She will then spend three to six months with the energy staff of another DoD organization.

Foskey was nominated for the internship by Maj. Gen. Donald R. Gardner, CG, MCB. She starts work at the Pentagon Aug. 1.



Karen M. Foskey was recently awarded a one-year internship in Washington.

'This is a big opportunity for me. I'll get to see how the process works. Working with others (in the program) will help broaden my background.'

Karen M. Foskey

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Marine practices marksmanship at own firing range

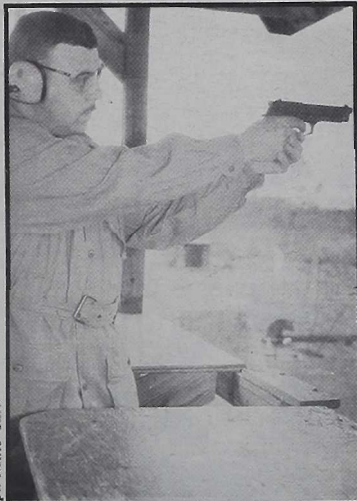
Capt. Rick D. Spaulding

Camp Lejeune hard-charger, live fire exercises for reservists enough, so in his spare time he hones his marksmanship with other Marines at his own firing range off base. Now back on active duty, Capt. Stroff III is logistics officer for the 3rd Force Reconnaissance Co. and coach of a college-level lacrosse team. He also co-owns and operates a sporting goods store and firing range.

He graduated from the Marine Corps Leaders Class in 1973 while attending Pfeiffer College here in North Carolina, Stroff said.

Stroff was accepted into the program and attended two six-week training courses at Quantico, Va. Upon graduation, he was awarded his commission. He spent several weeks at The Basic School and the Infantry Officers Class, followed by a variety of billets with the 3rd Force Reconnaissance Co. from 1977 until early this time, Stroff, an avid sport and fishing and hunting equipment dealer, came by in the local off-base store to use the selection was limited.

Stroff was stationed here in 1978, and he bought several local sporting goods stores. He was surprised to find they had very little merchandise," Stroff said. "I had a college friend, I opened a retail gun shop in Jacksonville. I started in a little shed with seven boxes of \$250 worth of ammunition," he said. "My friend wasn't a Marine, but he worked in the shop and took care of



Cpl. Mike Carr

THE JAMES BOND LOOK— After a day of running the ranges for reservists and practicing his marksmanship on-base, Capt. Michael J. Stroff III likes to improve his sight alignment at his own off-base range.

everything while I was deployed. I told him how to treat the Marines and gave him ideas on what their interests would be in hunting and fishing equipment. The business really boomed, and today we're one of the top retailers in North Carolina."

Stroff resigned his regular commission in 1981 after being promoted to captain and accepted a commission in the reserves. He returned to his alma mater



Cpl. Mike Carr

MILITARY STYLE— Capt. Michael J. Stroff III, logistics officer for Reserve Support Unit, MCB, hones his off-hand stance to perfection at one of the ranges he operated on-base.

and became the head coach of the university's lacrosse team, while still expanding his business.

"About that time I acquired a new partner for my business here, a retired Navy senior chief," Stroff said. "He ran the business while I coached the lacrosse team. We added a live fire range in 1981, which is the largest privately owned shooting facility in North Carolina today. We've concentrated on making our range

and shop a place where Marines can come and enjoy themselves. We want to provide an alternative pastime to Marines away from home."

While the business was growing, Stroff was busy leading his lacrosse team, and his leadership benefitted the university and the Corps.

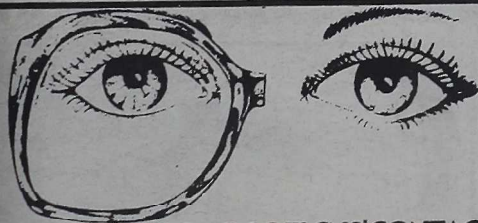
"I continued to coach the team for three years," Stroff recalled. "During this time five of my players, all with college degrees, enlisted in the Corps and became honor grads at MCRD Parris Island, S.C. Three are still on active duty and two are in the reserves."

Keeping active in the reserves himself, Stroff traveled to Mobile, Ala., to participate in exercises with his assigned unit, 3rd Force Reconnaissance Co. He also worked at the RSU here during the summer months.

In 1985 he came back on active duty as part of the Full Time Support Program and received a three-year contract. He also made a lateral move from infantry to the logistics field and became the logistics officer at RSU.

"I just recently received an extension for another three years," Stroff said. "I like being on active duty here because it also allows me the opportunity to work with the reserves. Having served with them, I know what their needs are and can help give them timely support."

"Then after a hard day running the live fire ranges, if time allows," he added, smiling, "I like to go out in town and practice my marksmanship... at my own range."



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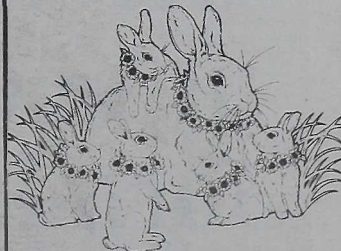
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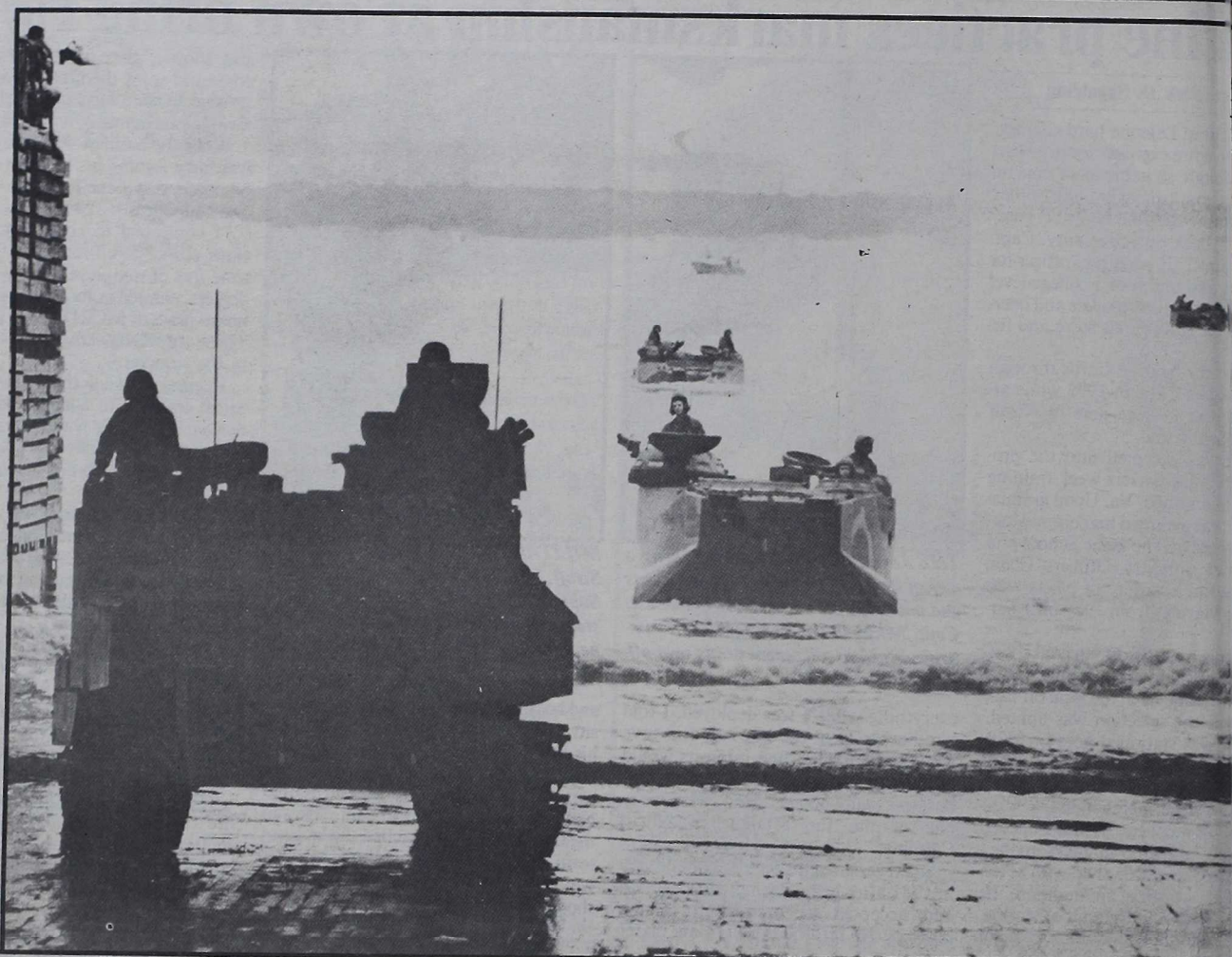
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HOME AWAY FROM HOME— Like giant turtles, AAVs split their time between beachfront property and floating sanctuaries like this ship.

Drivers training in open waters formidable task

Story and photos by
Lance Cpl. F. E. Charles

Inside an amtrac lumbering through calm seas, Marines are sometimes lulled to sleep by the loud drone of its diesel engine and a seemingly motionless ride.

In rough seas, though, some Marines may become rather green around the gills when the AAV starts rolling and the stench of diesel exhaust fumes are continually inhaled.

Usually for the troops huddled in the midnight blackness of an AAV's rear it's an uneventful ride — even when the crew boards its mother ship on the high seas.

But what the troops don't realize is the formidable task behind driving one of these "hogs," as the crews refer to them, in the open water and onto a ship.

"It comes down to timing and experience," said Lance Cpl. Steve Leiter, crew chief, Alpha Co., 2nd AAV Bn. "The most difficult part for new drivers is boarding the ship."

During recent amphibious operations, Alpha Co. practiced splashing (launching) and boarding two classes of Navy ships.

"Between the LSD and LST, the LSD is the widest

and easiest to board," Leiter said. "But tomorrow we'll be practicing with the LST. It only has about 12 inches of space on both sides of the tractor."

The battalion tries to schedule ship operations anytime ships from Norfolk are in the area and available. But what made this operation different from the rest was the addition of 40 new drivers to Alpha Co.

"The new drivers are straight from school," said Gunnery Sgt. Delbert Peacock, platoon sergeant. "We'll be doing a couple of statics (or ready circles) around the ship this afternoon and later make a beach assault. Then tonight we'll make a night assault."

The operation was also a boon for new boatswain mates aboard the *USS Portland (LSD 37)*, according to Peacock. "It's good cross-training for both the new Marines and Sailors."

In the water the new drivers worked on improving their formation driving skills.

"They'll be practicing ready circles, follow and trace and flanking movements," Leiter said.

The seasoned drivers, such as Leiter, made the initial splash into the water from Onslow Beach toward *The Portland*. Leiter made an effortless boarding of the ship, as Petty Officer 2nd Class Jerry Henson guided him into its well deck. Once aboard, Henson,

one of the experienced boatswain mates, guided the AAV around and backed him toward the bow.

But after a welcomed hot lunch, the new drivers who tested their abilities on the beach, after words of wisdom from Peacock, the new drivers, like Pfc. Deric Taylor cranked over the engine and waited for the boatswain's "go."

With a vigorous "double-time" and a roar from the new boatswains, Taylor roared the AAV into a frenzy and roared a splash. Taylor's AAV momentum carried it behind a white curtain of ocean spray off to join the rest of the company around the ship.

The new drivers preformed a splash off ship. But returning to the ship, boarding was another story.

Though Taylor boarded without incident, others weren't as lucky on their first try.

One new driver, upon approaching the ship, didn't approach it squarely. He lost control of his steering, but that reduced the impact and simultaneously its maneuverability. He could engage "crash reverse," then he hit the ship's bulkhead. Fortunately,

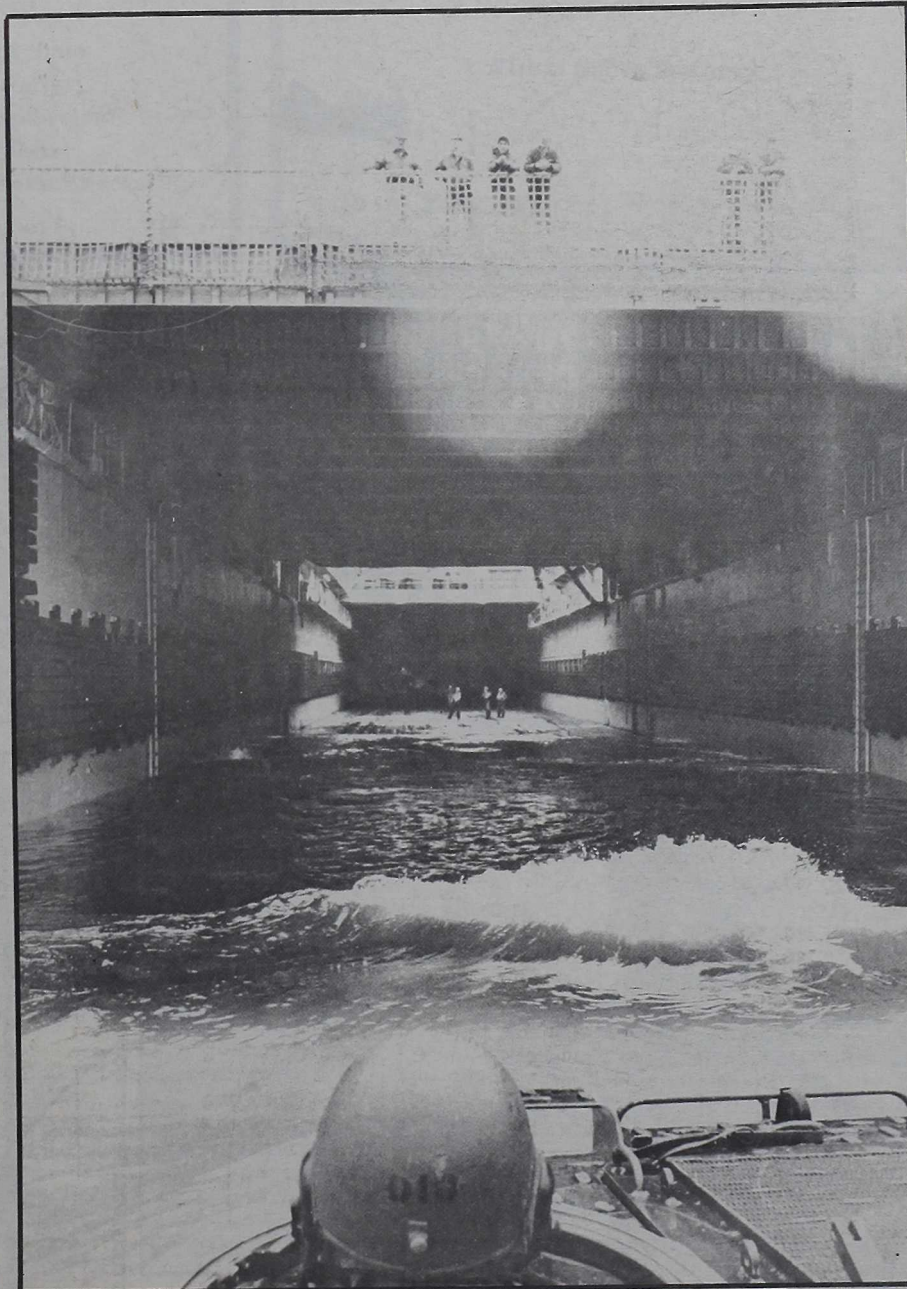


THE AAV POSE— (Above) AAV Bn., wait for the word to board. (Left) The AAV crew working out— (Left) The AAV crew working out the best lighting and panoramic views from the AAV and windowless troop





GETTING SQUARED— An AAV from Alpha Co., 2nd AAV's, maneuvers into the center of the Portland's stern before boarding.



WELCOME ABOARD— Boatswain mates, background, prepare to guide Lance Cpl. Steve Leiter's AAV aboard the USS Portland.



THE AAV POSE— (Above) Two Marines from 2nd AAV Bn., wait for the company to splash.
LOOKING OUT— (Left) The drivers compartment offers the best lighting and panoramic views compared to the windowless troop compartment.

but it briefly shook the driver's confidence
d concern with Cpl. Lewis Sempek, acting
ance chief for the company.
ause they don't have the stick time, accidents
" he said. "If they hit the ramp at an angle,
side of the ship, they could knock the final
ut."
her AAV maintenance Marine offered his ad-
When the boat dips, you have to get the trac-
the ramp," said Lance Cpl. Jesse Wilson. "It
es down to timing."
ember, get centered on the ship first, then
our rpm's up and creep onto the ramp,"
k cautioned the new drivers after the first run.
ust enough power to keep the tracks moving,
ou grab the ramp, then let off the gas and let
ater push you into the ship."
er a quick maintenance check on their vehicles,
ivers splashed again. This time, everyone had
better luck in board the *Portland*.
the real test was yet to come for the new
s. It wasn't the night boarding though; rather,
the next day's boarding.
e're doing the LST tomorrow," Leiter said.

26th MEU

Hitchin' a ride in rough coastal sea

Story and photos by
Sgt. Robert C. Jenks
26th MEU Correspondent

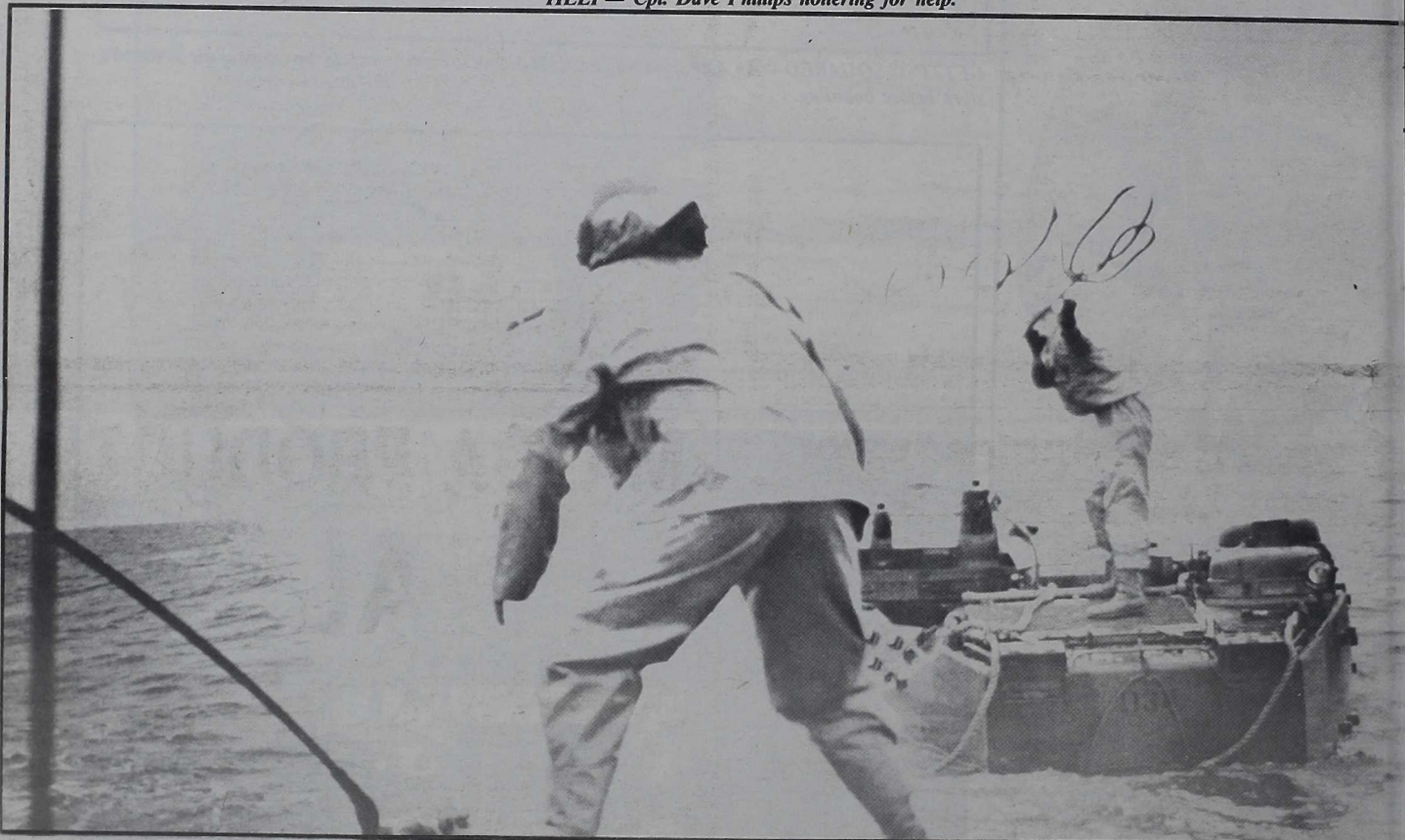
Sometimes a routine amphibious training assault can become a dangerous reality.

Charging through eight-foot swells off Onslow Beach March 7, Cpl. Dave Phillips, 23, 3rd Plt., Delta Co., 2nd AAV Bn., had an emergency. His Amtrac, loaded with a squad from Fox Co., BLT 2/8, 26th MEU, had stopped dead in the water. D-Day for crew chief Phillips proved a serious professional challenge.

Crew Chief Cpl. Brian Littweiller heard Phillips' yell for help and drove to the crippled trac's rescue. After an hour and a half in the tossing sea, the two crew chiefs landed their Marines and assault vehicles safely on the wintry coast.



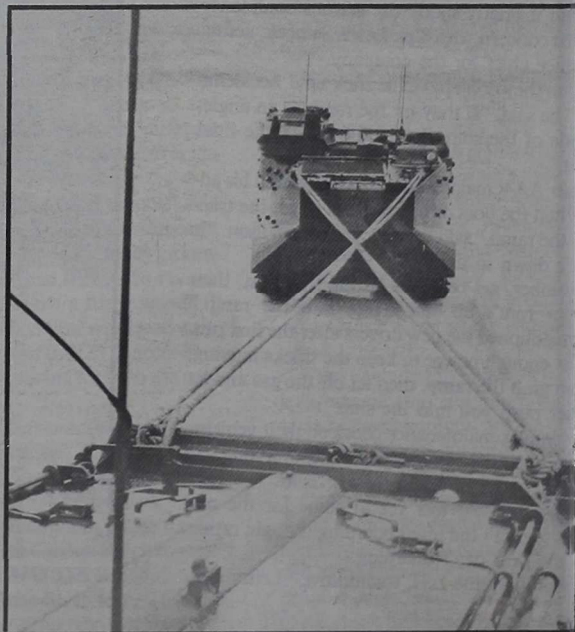
HELP— Cpl. Dave Phillips hollering for help.



NEED A HAND— Tossing the tow rope.



PULL IT IN— Using the gaff.



FINALLY— (Right) Safely ashore.

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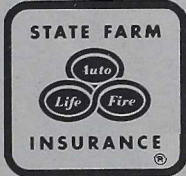
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Artillery plays up its supporting role

Story and photos by
Lance Cpl. F. E. Charles

"Missile weapons have now become the principle ones."

That quote can easily apply to today's artillery but, in fact, was stated by Napoleon Bonaparte nearly 200 years ago. He recognized the necessity and advantage of artillery on the late 18th and early 19th century battlefield.

The mission for artillery in Napoleon's day was to support the infantry.

According to Napoleon, the better the infantry, the more one must support it with good artillery.

Since Napoleon's time, the basic mission of artillery hasn't changed. Artillery then was applied scientifically to battlefield conditions, as it is today.

Technological advances in artillery in the late 20th century, however, would make the 19th century Napoleon rather envious.

Fire direction control is now done by computer. Artillery weapons are bigger and more diverse. But one thing that hasn't changed since Napoleon's time is its supporting role.

Napoleon also wrote, "Experience shows that it is necessary to have four guns to every thousand men."

It almost appears that modern-day practitioners have taken this Napoleonic observation to heart but added two more guns for good measure.

There are six howitzers to every battery in 10th Marine Regiment. The five battalions are split into direct and general support batteries. Three battalions are direct support, while two are general support.

Direct support battalions support an infantry regiment. General support battalions like 4th and 5th battalions are employed to influence the battle for division, according to Master Gunnery Sgt. Charles Spenser, operations chief, 10th Marines. "The general support battalions are tactically assigned as the situation dictates."

General support battalions such as



HEAVY METAL—The 8-inch howitzer high explosive round weighs about 207 pounds. It's no lightweight contender on the battlefield.

5/10 come under the control of the regiment. Direct support battalions are controlled by the infantry regiment, according to Spenser.

One of two general support battalions, 5/10 is the most unique in the type of howitzers it employs. The battalion operates only self-propelled howitzers. These are the big guns of artillery.

"We have both 8-inch and 155mm self-propelled howitzers," Capt. Michael Castagnero, commanding officer, Quebec Battery, 5/10, said. "We assist direct support batteries with more firepower and provide preparation fires for initial attacks and group and series fire."

The 8-inch howitzers of the battery can shoot up to 30 kilometers, or about 18 miles.

According to Castagnero, the self-propelled howitzers are best suited for a mechanized environment. "One advan-



GUN HYGIENE—Lance Cpl. Greg Gragola, Quebec Btry., 5/10, swabs the breech of the 8-inch howitzer. This ensures the howitzer will not misfire.

tage is speed. We can just pull out of our position and go," he said. "The only disadvantage is maintenance."

During a recent operation, Quebec supported 2nd Battalion, a direct support unit.

"In this case we come under the control of the battalion," said Sgt. John McDonald, communications chief.

Another difference between the two types of firing batteries is the forward observer. The forward observer provides target information to the fire direction control center, which in turn, computes data to enable the guns to fire the round and hit the target.

"We do not rate forward observers, because we are a general support battery," Staff Sgt. Juan Sullivan, FDC chief, said. "Because we are general support we can give supporting fire to anyone who can communicate a target to us."

This can be performed in a matter of seconds by an FDC man, such as Lance

Cpl. Rick Dunagan, sitting at the terminal of the Battery Computer System.

"The computer takes the guesswork out of computing data. It provides solutions for responding to situations, he said. The goal is to hit a target within 30-40 meters of the target with the round."

Considering the 8-inch howitzer is the most accurate howitzer in the Marine Corps, according to Castagnero, this is the infantry at a distinct advantage on the battlefield.

Target accuracy and timely delivery of the battery fire is aided by the Battery Computer System. Within seconds, it considers variables such as temperature, wind direction, speed, and air pressure at all altitudes. A 200-plus-pound projectile will travel 30 kilometers, and the data artillerymen will analyze their guns sights to.

"The BCS did away with manual numeric computation," Sullivan said. "It allows us to respond more rapidly to a higher sense of urgency the ground troops may have."

Having the capability of heavy firepower, combined with flexibility, "Star Wars" type technology to the battlefield, 5th Bn. surely would make Napoleon a bit envious if he were here today.

But one thing hasn't changed in artillery since Napoleon's time, that is support the ground-gaining troops—infantry.



GOLIATH'S GUN—The M110-A1, 8-inch howitzer is the Marine Corps' largest gun. It shoots a round a distance of about 30,000 meters.

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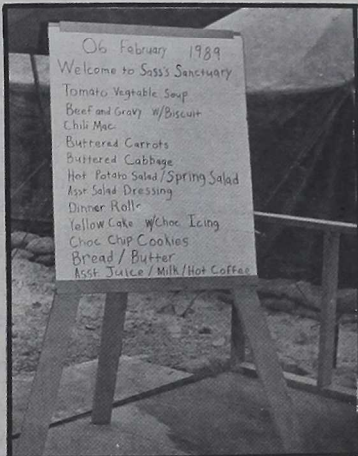
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any way to run a business? it's your job to feed the Marines Eng. Supt. Bn., 2nd FSSG.

Arthur Sass, logistics and food officer and the cooks of 8th rs were in the bush for the nt field mess competition. They CG's cup for being the best field 2nd FSSG Jan. 20. Now they ing for the distinction of the best East Coast.

here is more to running a top-eld mess than just being "a cam- covered cafe in the woods." udges from FMFLant were look- the total package. The "deep chefs would be graded in all of running a field food service on, from sanitation to security. ing out in the security department ecialists from Bulk Fuel Co. The 'fuelies' dug in a 360-degree



BEATS MRE'S— Lunch menu for a recent 8th Eng. Supt. Bn. field mess.

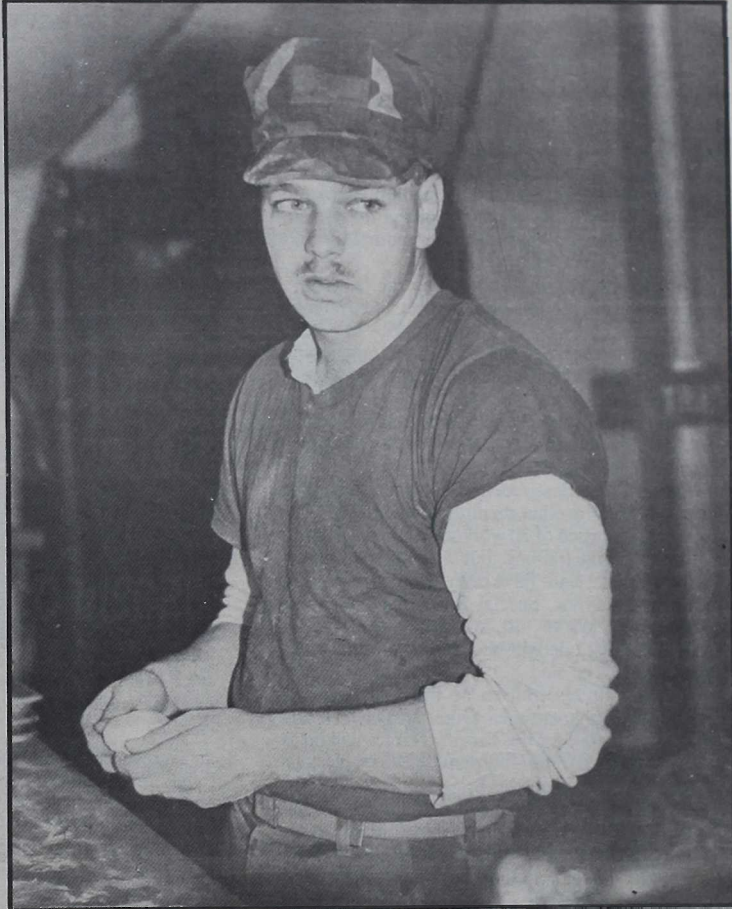
defensive perimeter. M60 machine guns and M249 squad automatic weapons were placed in well-concealed, hardened positions.

Listening posts and security patrols rounded out the "tactical hash house's" plan to keep "enemy" diners from patronizing the premises.

On the banks of Ellis Cove, a reverse osmosis water purification unit, from the Water Supply Section, Engineer Support Co., took untreated water from the New River and converted it to potable water for cooking and cleaning.

Engineer Support Co. also provided Marines for the unglamorous, but necessary mess duty.

As the judges toured the compound, the cooks and messmen continued to per-



ROLLIN' OUT THE DOUGH— Lance Cpl. Kevin Bencik, a baker with 8th Eng. Supt. Bn., makes a dinner roll during FMFLant field mess competition.

form their most important task— to ensure the food was on the serving line at the right time.

As they worked, the cooks took advantage of the chance to talk and learn from higher level food service personnel. The 8th Engineer cooks told the judges about cooking times they felt were incorrect on recipe cards.

Sass explained, "We can't control the temperature of the field ovens like we can in garrison. Experience pays off here. Even though we are competing, we try to learn as much as possible each time we go to the field."

As noon chow time approached, assistant chief cook Sgt. Lisa Amburgey left the galley to watch as the judges in-

spected a dry goods storage area. "We're going to be on time," she said confidently. "You can look great in the overall picture, but if the food is one minute late being served, it will really hurt you on points. At the rehearsal last week, we were more than an hour late," she added.

As the clock struck 11, rifle-toting patrons who had emerged from the woods lined up to dine at "Sass' Sanctuary."

Hot chow, on a cold day, was served on time. The Marines enjoying the meal didn't care about the judges' decision; it wouldn't be known for several weeks anyway. In their minds the mission had been accomplished in their minds — they were eating tasty, hot chow.



BEFORE THE STORM— The entrance of the 8th Eng. Supt. Bn. field mess peaceful before hungry Marines appear from the bush.

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Lejeune Marines follow trail to fitness

Story and photo by
Lance Cpl. F. E. Charles

"Without a healthy body, one cannot have a healthy mind," so the adage goes.

Marines are no exception. They've always been noted for their dogged persistence and unflagging endurance. Perhaps this comes from the mental and physical challenges every Marine endures in boot camp.

With unique physical training on the circuit and obstacle courses, recruits learn to meet and overcome the mental challenges of a new world.

Marines in the fleet still physically train to stay mentally prepared for the missions and tasks they'll someday face.

While the daily seven and thrice-weekly three-mile run keep Marines in shape, they have a tendency to become repetitive after a while.

Marine Corps Base received 10 fitness trail units from a North Carolina manufacturer in 1983. The units are comprised of 20 workout stations. They are similar to circuit training, but without the weights. Of the 10 units, eight have been installed, according to Donald Raynor, Special Services maintenance coordinator. "We've just installed one at French Creek. The last one will be installed around Molly Pitcher field," he said.

The first fitness trail to be installed here was around the field house area. Other areas which now have a fitness trail are the Tarawa Terrace ball fields, Courthouse Bay, Camp Johnson, the Naval Hospital, Support Bn. area and the Brig.

The stations look practical enough for a good physical workout for Marines who want to deviate from routine training. It's also rather a physical ordeal for Raynor and his maintenance crew of 14. "It takes



This Fit-Trail station at French Creek tests a person's balance. To complete the station successfully, one must walk the balance beam backward with eyes closed.

an average of 260 hours to build one course," he said.

Before the actual construction begins, the unit which requested the fitness trail submits a course design.

"There are three basic course designs," Raynor said. "These are the figure eight, circuit/selective and

restrictive course."

If one were to look at the course designed by the different units, the person would the figure eight wins hands down as being popular.

Once the go-ahead is given, construction To look at one station is to look at a deceptive fitness station. The construction method relies on basic carpentry and masonry skills constructing the wooden framed units on a cement foundation for them. Putting together a unit may be relatively easy, but becomes a time-consuming when multiplied by 19 other stations.

"Before we actually begin construction a measuring wheel to measure the length off the course" he said. "When construction we dig holes, set two-by-four-inch board pour cement."

Once the stations are set, Raynor and spread a sawdust base within the frame of each station.

After Raynor and his crew put up a fitness unit, one would suspect it's time to relax according to Raynor. "We go onto the next

That next project could be fixing basketball the cabanas at the beach or building the Beach Bash-89.

It's all in a day's work for the Special maintenance crew, which is guided by philosophy, "We try to provide the best service for our patrons."

And perhaps there's no better way to get a little physical training diversion than by running the fitness trails here.

It's one way to show Raynor and his Marines really do appreciate their work.

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USO programs now more informational

Story and photo by
Helen F. Pratt
The Community Reporter

ent Department of Defense
owed 42 percent of all Marine
listed personnel are married as
out of four officers. Because so
Marines are married, military
face circumstances like frequent
job searches, deployments and
stances from their families. For
n 40 years, the Jacksonville USO
helping wives cope with those
s and now offers a support group
s that meets once a week.

USO Service Wives Support
was organized 18 months ago by
whom, outreach director for the
was started to give wives of ser-
bers a chance to meet socially
week. However, says Lawhorn, in
ix or seven months the group has
d its activities to include pro-
at will educate the wives about
ograms and services are available
"Many wives," says Lawhorn,
eatened to go to base and ask for
h a particular problem, so they
the USO."

orn says she also receives many
from base agencies. She says
explains, Red Cross, Navy Relief
Family Service Center call to



Q AND A SESSION— Sgt. Maj. G.C. Beck, sergeant major of Marine Corps Base, answers questions and addresses concerns of wives during a meeting at the USO.

refer a wife whose problem is simply how
to make friends and become involved
with other service wives. "There are
wives," Lawhorn says with apparent con-
cern, "who expect their husbands to take
care of them. But, when their husbands
are gone on deployments or exercises, the
spouses don't know what to do."

Lawhorn tries to encourage wives to
take responsibility for themselves by of-
fering lectures and written materials on

topics ranging from safety while the hus-
band is gone to financial counseling and
deployment checklists.

At a recent talk by Sgt. Maj. G.C.
Beck, Marine Corps Base sergeant major,
jor, wives were given an overview of all
base agencies equipped to handle family
problems and emergencies and then pro-
vided some insight into the workings of
the Marine Corps.

He outlined deployment cycles, how

certain units function and background on
Marine Corps operations. When one
spouse asked about families and whether
or not they are important to the Marine
Corps mission, Beck answered,
"definitely." Although the Marines must
be gone on various operations, that's the
nature of the business. But family to the
Marine Corps is critical."

Beck stressed that Marines are the first
to go to a troubled area and they must
be able to perform their jobs well. The
Marine or Sailor worrying about his wife
or children back home will not be able to
concentrate on his mission. That's why
it is important to educate spouses about
the programs and agencies available to
them, so they can take care of problems
themselves and a husband will have one
less concern on his mind.

Through programs offered at the USO
and Camp Lejeune family agencies, the
Marine Corps continues to take care of
their own.

*'Many wives feel threat-
ened to go to the base and
ask for help with a par-
ticular problem, so they
come to the USO.'*

Starr Lawhorn



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Pastimes . . .

Support Group

The Away From Home Wives Support Group is continuing registration for its weekly support group. For more information or to register, please call 451-5927/5997.

St. Patrick's Day storytelling

The Base Central Library will hold a children's story hour Friday, St. Patrick's Day from 10:30-11 a.m. For more information call 451-3178.

Health Care Brochure

The Onslow County Home Health Agency runs a health care program for people of all ages who need nursing or special care. The agency provides a variety of services and has openings for full or part-time nurses. For more information contact Shirley Moore at 347-3802.

SNCO Wives meeting

The SNCO Wives will hold their monthly meeting tonight at 7 p.m. at the Hadnot Point SNCO Club. All wives of E-6 and above of active duty or retired military personnel are welcome. For more information call 451-5591.

Caregiver support group

The Caregiver/Responsible Party Support Group will meet the first Wednesday of every month at 3:30 p.m. at the Onslow Senior Center on 105 3rd St. in Jacksonville. The group is for people who are

responsible for or are caregivers of older adults who are either in a home setting or nursing home. The next meeting will take place April 5. For more information contact Audrey at 455-2747.

Easter egg story time

All preschool children are invited to attend this special hour of storytelling, games, movies and fun. The Base Library will hold the storytelling March 24 from 10:30-11:30 a.m. For more information call 451-3178.

Salsa time dance

Hispanic Heritage USA will sponsor a Salsa Time Dance on Friday beginning at 8 p.m. at the SNCO Club at Camp Johnson. Music will be Salsa de La Montana. The public is invited.

Mexican dance

A Mexican dance will be held at the SNCO/NCO Club, Hadnot Point, Camp Lejeune on Saturday from 7 p.m. to 1 a.m. The Association of Mexican-Americans invites everyone to come and have a good time. For more information call Master Sgt. Anguiano at 451-5128/5550 or 455-9230.

USO event

The USO Service Wives Support Group will hold a household items party hosted by Tina Hammacher on March 24 at the USO from 10:30 a.m. to noon. For more information call 455-3411.

Flea market

An indoor flea market will be held at the Pavilion on Saturday from 8 a.m. to 2 p.m. are available for \$5. For more information call 451-1521.

Tickets and Tours Update

For more information on the following tours, call 451-3535.

Upcoming trips:

Busch Gardens— A trip is planned for April which includes two full days at Busch Gardens transportation and two nights lodging. The cost is \$90.

Asheboro Zoo Bus Trip— This trip is planned for April 22. The tickets cost \$17 for adults and \$10 for children.

Opryland, U.S.A.— Special Services is planning a trip for May. Further details will be available near future.

Easter Egg Hunt set

Special Services' Easter Egg Hunt will be held this year at the Michael Stokes Sports Complex, Terrace on Sunday, March 26 at 2 p.m. All children through age six are invited to join. Plastic candy eggs will be hidden for the children to find. Candy and balloons will be given to all children.

In case of rain the hunt will be held on Monday, March 27 at 2 p.m.

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No movie

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Starring

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Heartbr

Starring

Weld

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At the movies . . .

WEEK OF March 16 to March 22

Monday:	No movie	
Tuesday:	Running on Empty (PG-13) Starring Christine Lahti & Judd Hirsch	Camp Theater
Wednesday:	Heartbreak Hotel (PG-13) Starring David Keith & Tuesday Weld	Camp Theater
Thursday:	Moon over Parador (PG-13) Starring Richard Dreyfuss & Sonia Braga	Camp Johnson
Friday:	Moon over Parador (PG-13) Starring Richard Dreyfuss & Sonia Braga	Camp Johnson
Saturday:	Bat 21 (R) Starring Gene Hackman & Danny Glover	Camp Johnson
Sunday:	Bat 21 (R) Starring Gene Hackman & Danny Glover	Camp Johnson

Movies may be substituted without notice due to nonavailability.

What's for dinner . . .

Thursday

☐ **Breakfast:** cream beef on toast, ham, sausage ☐ **Lunch:** soup, ravioli, lasagna, pizza, garlic bread, assorted vegetables, desserts and beverages. ☐ **Dinner:** soup, stuffed green peppers, grilled ham steaks, mashed potatoes, tomato gravy, assorted vegetables, desserts and beverages.

Friday

☐ **Breakfast:** cream beef on toast, sausage, bacon ☐ **Lunch:** soup, fried fish portion, shrimp, breaded oysters, hamburger parmesan, baked macaroni & cheese, scalloped potatoes, assorted vegetables, desserts and beverages. ☐ **Dinner:** soup, grilled polish sausage, breaded veal steak, franconia potatoes, mushroom gravy, assorted vegetables, desserts and beverages.

Saturday

☐ **Breakfast/Brunch:** assorted fruits and juices, cereal, eggs to order, assorted omelets, ham, sausage, cream of beef on toast, hamburger or cheeseburger, french fries, onion rings, assorted vegetables, desserts and beverages. ☐ **Dinner:** soup, Swiss steak w/tomato sauce, meat loaf, lyonnaise potatoes, assorted vegetables, desserts and beverages.

Sunday

☐ **Breakfast/Brunch:** Same as Saturday ☐ **Dinner:** soup, steamship round, sloppy joe, mashed potatoes, shoestring potatoes, brown gravy, assorted vegetables, desserts and beverages.

Monday

☐ **Breakfast:** creamed beef on biscuits, ham, sausage ☐ **Lunch:** soup, tuna casserole, hot tamales, chili con carne, burritos, spanish rice, refried beans, assorted vegetables, desserts and beverages. ☐ **Dinner:** soup, breaded veal cutlets, baked chicken, mashed potatoes, brown gravy, onion rings, assorted vegetables, desserts and beverages.

Tuesday

☐ **Breakfast:** creamed beef on toast, sausage, bacon ☐ **Lunch:** soup, simmered corn beef or apple glazed corned beef, Salisbury steak, browned potatoes, shoestring potatoes, brown gravy, assorted vegetables, desserts and beverages. ☐ **Dinner:** soup, pork chop suey, turkey a la king, fried rice, egg rolls, assorted vegetables, desserts and beverages.

Wednesday

☐ **Breakfast:** cream beef on toast, sausage, bacon ☐ **Lunch:** soup, fried rabbit, Swedish meatballs, O'brien potatoes, chicken gravy, assorted vegetables, desserts and beverages. ☐ **Dinner:** soup, baked knockwurst w/sauerkraut, BBQ spareribs parsley buttered potatoes, assorted vegetables, desserts and beverages.



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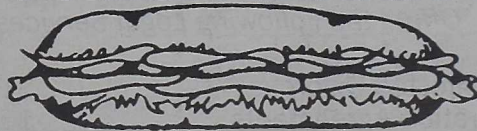
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What's on the tube...

The following broadcasts will be aired on Camp Lejeune Cable Television, channels 5, 8 and 12, March 16 to March 22

- | | |
|---|--|
| <p>Thursday</p> <p>Ch. 12 - 8:05 a.m. Lejeune Report
Ch. 5 - 9 a.m. Martin Luther King Jr.
Ch. 8 - 9 a.m. Leave and Earnings Statement
Ch. 5 - 10 a.m. First Aid: Burns
Ch. 8 - 10 a.m. The Few Good Men
Ch. 5 - 11 a.m. The 11th Hour
Ch. 8 - 11 a.m. Amphibious Operations: Embarkation
Ch. 12 - Noon Lejeune Report
Ch. 5 - 1:30 p.m. That's us in the U.S.A.
Ch. 8 - 1:30 p.m. Know your enemy
Ch. 5 - 2:30 p.m. Communication Security
Ch. 8 - 2:30 p.m. Code of Conduct
Ch. 12 - 4 p.m. Navy News
Ch. 12 - 5:30 p.m. Lejeune Report
Ch. 12 - 7 p.m. Lejeune Report
Ch. 12 - 9:30 p.m. Lejeune Report</p> <p>Friday</p> <p>Ch. 21 - 8:05 a.m. Lejeune Report
Ch. 12 - 9 a.m. Off Limits
Ch. 12 - Noon Lejeune Report
Ch. 12 - 2 p.m. Off Limits
Ch. 12 - 4 p.m. Navy News
Ch. 12 - 5:30 p.m. Lejeune Report
Ch. 12 - 7 p.m. Lejeune Report
Ch. 12 - 9:30 p.m. Lejeune Report</p> <p>Monday</p> <p>Ch. 12 - 8:05 a.m. Lejeune Report
Ch. 5 - 9 a.m. Testing and Boresighting Miles
Ch. 8 - 9 a.m. Code of Conduct (Part VIII & IX)
Ch. 5 - 10 a.m. Avalanches
Ch. 8 - 10 a.m. Decision is yours
Ch. 5 - 11 a.m. The Mili Word
Ch. 8 - 11 a.m. Where have all the people gone
Ch. 12 - Noon Lejeune Report
Ch. 5 - 1:30 p.m. Physical Fitness
Ch. 8 - 1:30 p.m. This is Parris Island
Ch. 5 - 2:30 p.m. Beach Intelligence
Ch. 8 - 2:30 p.m. Alcohol and the Family
Ch. 12 - 4 p.m. Navy News
Ch. 10 - 5:30 p.m. Lejeune Report</p> | <p>Ch. 12 - 7 p.m. Lejeune Report
Ch. 12 - 9:30 p.m. Lejeune Report</p> <p>Tuesday</p> <p>Ch. 12 - 8:05 a.m. Lejeune Report
Ch. 5 - 9 a.m. Victory at Sea; Fate of Europe
Ch. 8 - 9 a.m. Hostage
Ch. 5 - 10 a.m. A Gift from Mrs. Timms
Ch. 8 - 10 a.m. No Program
Ch. 5 - 11 a.m. Defensive Combat Marine Rifle Squad
Ch. 8 - 11 a.m. Natural Resources; Forestry Wildlife
Ch. 12 - Noon Lejeune Report
Ch. 5 - 1:30 p.m. Total Force
Ch. 8 - 1:30 p.m. Birds of the Mast
Ch. 5 - 2:30 p.m. Shark Danger in the Sea
Ch. 8 - 2:30 p.m. Parachute
Ch. 12 - 4 p.m. Navy News
Ch. 12 - 5:30 p.m. Lejeune Report
Ch. 12 - 7 p.m. Lejeune Report
Ch. 12 - 9:30 p.m. Lejeune Report</p> <p>Wednesday</p> <p>Ch. 12 - 8:05 Lejeune Report
Ch. 5 - 9 a.m. Characteristics of Biological Agents
Ch. 8 - 9 a.m. If you can't stand the heat
Ch. 5 - 10 a.m. The Habit of Winning
Ch. 8 - 10 a.m. History of the U.S. Navy with France and Trioli
Ch. 5 - 11 a.m. The Navy Man
Ch. 8 - 11 a.m. Personal Affair
Ch. 12 - Noon Lejeune Report
Ch. 5 - 1:30 p.m. Hook down wheel down
Ch. 8 - 1:30 p.m. First Aid; Strains, Sprains, Heat Casualties
Ch. 5 - 2:30 p.m. So Long Pal
Ch. 8 - 2:30 p.m. Though I walk through the valley
Ch. 12 - 4 p.m. Navy News
Ch. 12 - 5:30 p.m. Lejeune Report
Ch. 12 - 7 p.m. Lejeune Report
Ch. 12 - 9:30 p.m. Lejeune Report</p> |
|---|--|

On the radio...

The Camp Lejeune Report - a 3½ minute daily report is aired on:

- WJNC (1240am) at 1:30 p.m. weekdays
- WEGG (710am) at 2:30 p.m. weekdays
- WLAS (910am) at 1:30 p.m. weekdays

The Camp Lejeune Calendar - 90 seconds of upcoming highlights is aired on:

- WEGG at 2:30 p.m. weekdays
- WLAS at 10:30 a.m. weekdays

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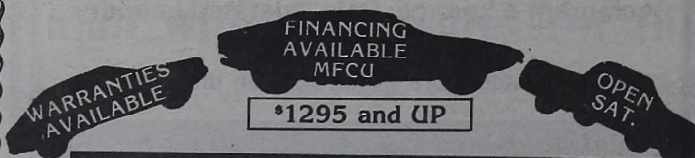


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- Day Masses
- St. Francis
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- Classes
- Mrs. Moore at 451-2144 fo
- Classes
- classes are held at 5:15
- Monday before the first and
- Call your unit Chaplain
- essions
- 45 p.m. St. Francis Xavier
- unit Chaplain.
- Episcop
- 6 a.m. Tues., Thurs.



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Worship Services . . .

Catholic

Masses
 m. St. Francis Xavier Chapel
 Camp Geiger Chapel
 French Creek Chapel
 m. St. Francis Xavier Chapel
 m. MCAS New River Chapel
 l. Naval Hospital Chapel
 l. Courthouse Bay Chapel
 l. St. Francis Xavier Chapel
 Tarawa Terrace Community Center

Day Masses
 a.m. (Mon.-Fri.) Naval Hospital Chapel
 a.m. (Mon.-Fri.) . St. Francis Xavier Chapel
 a.m. (Mon.-Fri.) . MCAS New River Chapel

Day Masses
 St. Francis Xavier Chapel
 Camp Johnson Chapel

Classes
 Mrs. Moore at 451-2144 for information.

ism Classes
 sm classes are held at 5:15 p.m. in Bldg. 37 the
 wednesday before the first and third Sunday each
 h. Call your unit Chaplain to register.

essions
 5 p.m. St. Francis Xavier Chapel or contact
 unit Chaplain.

Episcopal

5 a.m. Tues., Thurs. Protestant Chapel

Eastern Orthodox

10:30 a.m. Sunday Camp Johnson Chapel

Islamic (Muslim Juma)

11:45 a.m. Friday French Creek Chapel

Latter Day Saints (Reorg.)

10:30 a.m. Sunday, Bldg. 37 Sunday School
 11:30 a.m. Sunday, Bldg. 37 Sunday Worship

Seventh Day Adventist

Call 451-3210 or 346-9713

Jewish

8 p.m. Friday Sabbath Eve Service Jewish Chapel
 10:30 a.m. Sunday Hebrew School Jewish Chapel
 3 p.m. Monday Hebrew School . . . Jewish Chapel
 3 p.m. Wednesday Hebrew School Jewish Chapel

Protestant

Sunday Worship
 9 a.m. Protestant Chapel
 8 a.m. MCAS New River Chapel
 9 a.m. Camp Johnson Chapel
 9 a.m. Naval Hospital Chapel
 10:30 a.m. Protestant Chapel
 9:30 a.m. Camp Geiger Chapel
 10:30 a.m. French Creek Chapel
 10:30 a.m. Tarawa Terrace Community Center
 11 a.m. Courthouse Bay Chapel
 11 a.m. MCAS New River Chapel

Weekday Worship

6:30 p.m. Monday, (LDS) Protestant Chapel

Sunday School

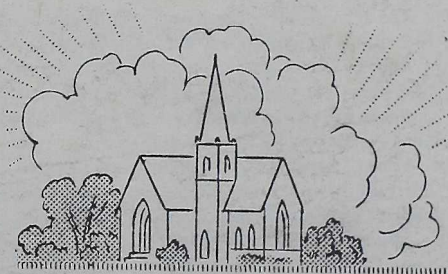
9 a.m. Bldg. 37 . . . kindergarten through grade 6
 and junior high through adult
 9:30 a.m. TT Community Center
 9:30 a.m. MCAS New River DeLialio School

Chapel notes . . .

Holy Eucharist celebrated

The Holy Eucharist, according to the rites of the Episcopal Church, is being celebrated at 11:45 a.m., each Tuesday and Thursday morning at the Protestant Church.

All Christians are welcome to attend and participate.



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THE GENERAL* Pepperoni, Italian Sausage, Beef, Ham, Mushrooms, Onion, Green Peppers, Canadian Bacon, Optional Black & Green Olives	8.99	10.99	11.99	13.99

FAST, FREE DELIVERY!

16" DOUBLE DEAL

2 Extra Large Deluxe Pizzas
5 Items For Price Of 4



\$16⁶¹ Plus Tax
Reg. 18⁶¹

Available for Delivery
& Dining Room

PHONE
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One coupon per order. Valid only with coupon.
Not valid with other coupons or specials.
Tax and bottle deposit extra.

X-TRA SPECIAL

Large 3-Item Pizza
PLUS
2 Soft Drinks

\$8⁷⁹

Available for Delivery
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PHONE
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SUPER SUBS 12"

Marine	6.75
Lasagna & Garlic Bread	5.75
Turkey	4.50
Roast Beef	4.50
Steak	4.50
Italian	4.25
Ham & Cheese	4.25
Pizza	4.25
Add'l Items50

(Served Hot or Cold)

PHONE 577-4029

Courts-martial . . .

Cpl. F.E. Fasick, H&S Co., 2nd Support Bn., 2nd FSSG, was convicted at a special court-martial of larceny and the willful and wrongful damage to personal property. He was sentenced to five months confinement, \$1,000 forfeiture, reduction to E-1 and a bad conduct discharge.

Lance Cpl. S. Eason Jr., Comm Co., H&S Bn., 2nd FSSG, was convicted at a special court-martial of UA. He was sentenced to two months confinement, \$932 forfeiture, reduction to E-1 and a bad conduct discharge.

Lance Cpl. A. Gavin, Brig Co., Support Bn., was convicted at a special court-martial of disobeying a lawful order. He was sentenced to 30 days restriction and \$400 forfeiture.

Lance Cpl. B.S. Herring, 8th Eng. Supt. Bn., 2nd FSSG, was convicted at a special court-martial of UA, disrespect to a staff NCO, and wrongfully using marijuana. He was sentenced to two months confinement, \$800 forfeiture, reduction to E-1 and a bad conduct discharge.

Lance Cpl. T.J. Sterling, Alpha Co., 1st Bn., 6th Marines, 2nd MarDiv., was convicted at a special court-martial of UA. He was sentenced to 75 days confinement, \$1,200 forfeiture, reduction to E-1 and a bad conduct discharge.

Pfc. R.N. Bradford, Golf Co., 2nd Bn., 2nd Marines, 2nd MarDiv., was convicted at a special court-martial of larceny, unlawfully entering, and wrongfully using cocaine. He was sentenced to five months confinement, \$2,330 forfeiture, reduction to E-1 and a

bad conduct discharge.

Pfc. C.L. Cook, Financial Management Sch. MCSSS, was convicted at a special court-martial of larceny and wrongful appropriation. He was sentenced to 100 days confinement, \$1,200 forfeiture, reduction to E-1 and a bad conduct discharge.

Pvt. W.L. Barnes, 1st Bn., 8th Marines, 2d Div., was convicted at a special court-martial and wrongfully using marijuana. He was sentenced to 75 days confinement, \$1,350 forfeiture, and a bad conduct discharge.

Pvt. R.G. McDonald, Administration Co., was convicted at a special court-martial of UA. He was sentenced to 50 days confinement, \$800 forfeiture, and a bad conduct discharge.

Off limits establishments

The Armed Forces Disciplinary Control Board has designated certain commercial establishments in and around Jacksonville as off-limits.

Military personnel patronizing these businesses are subject to disciplinary action under the Uniform Code of Military Justice.

Businesses and locations currently listed in Marine Corps Base Order 1620.11D as off limits are:

Friends Lounge, 1551 Lejeune Blvd., located on north side of Lejeune Blvd. (Hwy 24), 1/10 of a mile west of the Bell Fork Rd./Knox Trailer Park intersection and set back about 75 yards from the highway.

Man's World Movie Mates, 2235 Lejeune Blvd., located on north side of Lejeune Blvd., 5/10 of a mile west of Northeast Creek Bridge. Movie Mates Outcall Service is also off-limits. The Pawn Shop located within the east side of the same structure is not off limits.

Movie Mates—Adult World—Video Theater, 316 Wilmington Highway (U.S. 17, South), located on west side of Wilmington Hwy., 8/10 of a mile north of the entrance to Camp Geiger (1.5 miles north of entrance to MCAS New River).

Adult Relaxation, or **Relaxation**, or **Misty Blue**, or **Mike's Movie Mates**, or **Mike's Adult Bookstore** or **Touch of Class** or **Doll House**, or **Kay's Paradise**, located on west side of Richlands Hwy. (U.S. 258).

Adult Book Store and **Rat's Book Store**, located on the west side of Wilmington Hwy. (U.S. 17 south) near the intersection of Canady Road; .3 of a mile north of entrance to Camp Geiger and 1 mile north of entrance to MCAS New

River; set back from highway partially behind 430 Wilmington Highway.

Soft Touch or Dottie's or Adult Relaxation—The Private Affair, located on the west side of Wilmington Hwy. (U.S. 17 south) near the intersection of Canady Road; .3 of a mile north of the entrance to Camp Geiger and 1 mile north of entrance to MCAS New River.

Sandy's Paradise, or the **Outer Limit** or **Golden Nugget Movie Mates** or **Touch Video Theater** or **Velvet Touch Movie Mates** or **Rainbow**, located on west side of Wilmington Hwy. (U.S. 17 south); .2 of a mile north of entrance to MCAS, New River.

Adult Fun House or **Adult Relaxation Lounge/Touch of Magic** or **17 So Movie Mates**, located on the north side of Canady Road at the intersection of Wilmington Hwy. (U.S. 17 south); .3 of a mile north of entrance to Camp Geiger.

The Play Pen, located Maplehurst Road at intersection of Wilmington Hwy. (U.S. 17 south); across from the entrance to MCAS, New River. Car dealer right side of structure is not off limits.

Private Dancer Adult Relaxation, located .4 of a mile north of the entrance to Camp Geiger.

Many of these businesses frequently change names, owners or the appearance of the buildings. However, the businesses are still considered off limits until such time as removed from the base order by the Armed Forces Disciplinary Control Board.

Word Search:

B	L	A	R	N	E	Y	R	C	C	E	D	H	E	F	M	L
A	E	S	Y	Y	A	Q	L	L	L	E	I	K	S	H	L	A
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C	O	O	O	M	T	L	E	B	M	K	V	E	J	R	S	I
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L	L	A	D	H	P	I	E	D	N	F	O	T	G	Q	D	P

St Patrick's Day

Compiled by Cpl. Deborah A. Drake

Emerald Isle
Father O'Leary
Green
Ireland
Irish Jig
Kilpatrick
Luck of the Irish

Patron
Sh
St. Patrick's Ca
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Erin Go I

Pet of the Week



THIS WEEK'S PET— is a six-week-old Shepherd mix. If animal is not available, there are others up for adoption. Call Base Animal Shelter at 451-2695.


Former Olympic coach
eyes 'National' hopefuls

Page 3B

Champion Marines pay dues
in and out of boxing ring

Page 4B

CAMP LEJEUNE



SPORTS

Section B

Vol. 8

Circulation: 28,500

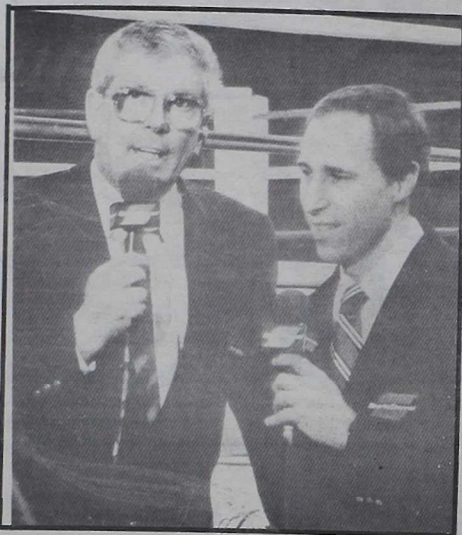
March 16, 1989

1989 Armed Forces Boxing championships



CHAMP—
Cpl. Arthur
Martinez
waves an
American and
a Marine
Corps flag to
celebrate a vic-
tory over last
year's cham-
pion, Army
Cpl. Ronald
Manley, in the
Armed Forces
139-pound
class. The two
brutally fought
it out in this
semifinal bout.

Staff Sgt. Lee J. Tibbets



Staff Sgt. Lee J. Tibbets

LIVE! *From Goettg Fieldhouse*



Staff Sgt. Lee J. Tibbets

Three Marines earn Armed Forces crown

By Cpl. Dave Mundy

You will not find Sgt. Eddie Donerlson with self-doubts again anytime soon.

"I'm still dazed," the Hawaii Marine said following his super heavyweight victory over defending champion Army Spec. 4 Robert Salters of Fort Bragg, in the finals of the Armed Forces Boxing Championships at Goettg Memorial Fieldhouse March 9.

Marines joining Donerlson in the winner's circle were: Lance Cpl. Teddy Randolph of MCB Camp Pendleton, Calif., who upset five-time Armed Forces champ Army Sgt. Runnell Doll in the 125-pound class; and Cpl. Arthur Martinez, 2nd MarDiv., who took a unanimous decision over Airman Larry Wheeler to regain the 139-pound title he lost last year.

The event was televised nationally by SportsChannel America.

Salters, the reigning Armed Forces champ, Olympic Trials finalist and the second-ranked amateur in the nation, had a 35-pound weight advantage (245-210) and reach advantage over Donerlson.

The Marine used a flurry of combinations that sent Salters to the ropes in the first round to build a big early lead, then managed to stave off a third-round charge to take a 5-0 decision.

Donerlson admitted having had doubts going into the fight, but credited All-Marine boxing coach Roosevelt Sanders for instilling "mental toughness."

Randolph grabbed a split decision from Doll in the night's wildest bout.

Randolph won the fight by keeping the five-time champion off balance with a consistent left hook. Even so, Doll rebounded from trouble in the first round and mounted a furious attack during the classic slugfest.

Martinez, who regained the Armed Forces title he lost a year ago after suffering a broken hand, gave up height and reach to Wheeler but was able to score consistently inside and gave the airman a lesson in using a jab.

"Wheeler hit me with a couple of good jabs in the second and third rounds but he wasn't thorough enough," Martinez said. "There was only one punch at a time and he did not score any points."

Martinez said his game plan worked after Sanders told him to "quit looking for the knockout."

The finals were a disappointment to four other Marine fighters.

Army Pfc. Rodney Garnett defeated Lance Cpl. Didier Hughes for the 132-pound title; Spec. 4 Guy Stanford came from behind to beat Cpl. Gregory Terry for the 165-pound crown; Spec. 4 Rudolph Bradley beat Sgt. Robert Michael for the 112-pound title; and Spec. 4 Maurice Linton dethroned Marine Cpl. Steven Jacobs for the 156-pound championship.

In other bouts, Seaman Sean Fletcher successfully defend his title, beating Spec. 4 Anthony DeJesus in the finals of the 119-pound weight class. Seaman Timothy Hagans won the Navy's only other title by taking the crown in the 147-pound category with a decision over Army Sgt. Anthony Jessie.

Three other Army fighters claimed titles. Spec. 4 Alex Villalobos beat Seaman James Davis for the



Staff Sgt. Lee J. Tibbets

FIRE AWAY— Lance Cpl. Didier Hughes right hook to the head of Air Force Sgt. Williamson while grabbing a victory in the 132-pound class.

106-pound crown, while Pfc. Pasqual Laine made his way to a decision over Petty Officer 2nd Class Grover Vines for the heavyweight championship. Spec. 4 Marlon Simkins stopped Petty Officer 2nd Class Anthony Chase at 2:36 of the third round to win the 178-pound title.

Garnett used effective counterpunching to keep Hughes at bay in winning the 132-pound title. Hughes came back in the third round and knocked Garnett in trouble, but Garnett's early lead stayed.

Terry rocked Stanford in the first round to win the 165-pound title fight and had control of the fight in the second. Stanford, however, opened up in the third round against the tiring Terry and a solid left hook at the 1:45 mark slowed the Marine fighter noticeably. Terry scored heavily near the end of the bout to come Terry's early lead.

Linton used a methodical approach in his fight with Jacobs for the 156-pound crown. Jacobs was able to find a chink in Linton's armor, and the Marine fighter used a flicking right jab to score through the first two rounds. In the third, Jacobs was unable to connect and backed Linton to the ropes. Linton was able to weave out of trouble and win the decision.

Bradley used effective counterpunching to win his decision over Michael in the 112-pound title fight. Bradley controlled the fight for much of the first round, as Michael couldn't find a connection. Michael's left hook lead. Michael rallied late in the second round with a series of jabs and combinations. Bradley used two exchanges midway through the final round to score the points he needed for the victory.



Staff Sgt. Lee J. Tibbets

LEFT HOOK— Marine Sgt. Robert Michael, left, stuns Army Cpl. Rudolph Bradley with a crisp left hook.

...MING— Lance Cpl. Ted ...
...ound class over Army Sg

Boxing

Story and photos by
Staff Sgt. Lee J. Tibbets

The 1989 Armed Forces Championships had it all: live-televised coverage of the military's best boxers snapping leather to the sound of cheering ringside reassurances from experienced trainers reassembling their gladiators. The event was a chance to collect for the many boxers the sweat, roadwork and the physical toll of reach of the searing sport. The five rows of VIPs, sat in the ring, were "champ" — Pat Nappi, amateur boxing, Nappi has no doubt does not come from boxing, but from 49 years of boxing. When the Syracuse, N.Y., native joined the Army and became athlete and boxing coach in 1940, he was a champion that 36 years later would be etched onto Olympic rings. Nappi fielded five gold-medal winners and medalists overall, during the summer Olympics. Nappi's coaching philosophy is simple: "A job: be dedicated and sacrifice as the boxers do. 'Get to work,' he said. 'Take care of yourself, they will take care of you.'"

When the American Boxing Association was formed in 1979, Nappi was named its national amateur coach. Nappi coached the national amateur teams to the nationals each year. There, boxers gain valuable

Armed Forces Boxing Results

106 Pounds

Gold Medal: Spec. 4 Alex Villalobos, Army
Silver Medal: Seaman James F. Davis, Navy

112 Pounds

Gold Medal: Spec. 4 Rudolph Bradley, Army
Silver Medal: Sgt. Robert W. Michael, Marine Corps

119 Pounds

Gold Medal: Seaman Sean A. Fletcher, Navy
Silver Medal: Spec. 4 Anthony DeJesus, Army

125 Pounds

Gold Medal: Lance Cpl. Teddy Randolph, Marine Corps
Silver Medal: Sgt. Runnell Doll, Army

132 Pounds

Gold Medal: Pfc. Rodney Garnett, Army
Silver Medal: Lance Cpl. Didier E. Hughes, Marine Corps

139 Pounds

Gold Medal: Cpl. Arthur Martinez, Marine Corps
Silver Medal: Airman Larry G. Wheeler, Air Force

147 Pounds

Gold Medal: Seaman Timothy D. Hagans, Navy
Silver Medal: Sgt. Anthony L. Jessie, Army

156 Pounds

Gold Medal: Spec. 4 Maurice Linton, Army
Silver Medal: Cpl. Steven A. Jacobs, Marine Corps

165 Pounds

Gold Medal: Spec. 4 Guy Stanford, Army
Silver Medal: Cpl. Gregory S. Terry, Marine Corps

178 Pounds

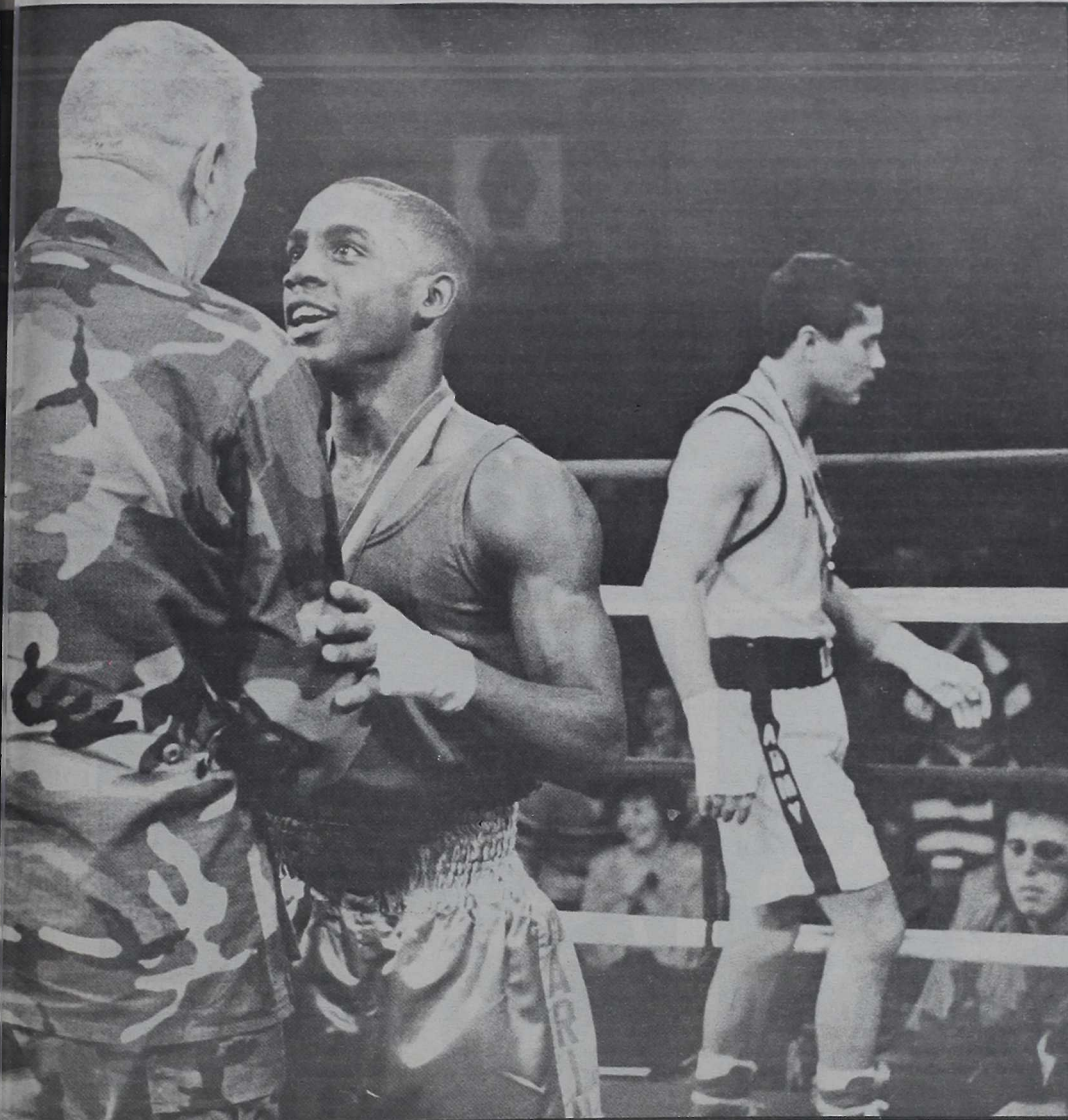
Gold Medal: Spec. 4 Marlon Simkins, Army
Silver Medal: Petty Officer 3rd Class Anthony J. Chase, Navy

Heavyweight

Gold Medal: Pfc. Pasqual Laino, Army
Silver Medal: Petty Officer 2nd Class Grover Vines, Navy

Super-Heavyweight

Gold Medal: Sgt. Eddie Donertson, Marine Corps
Silver Medal: Spec. 4 Robert Walters, Army



WINNING— Lance Cpl. Teddy Randolph beamed when Brig. Gen. Mitchell Waters gave him a gold medal for winning his 106-pound class over Army Sgt. Runnell Doll.

Boxing coach watches from shadows

Story and photos by
Staff Sgt. Lee J. Tibbetts

The 1989 Armed Forces Boxing Championships had it all: live-television coverage of the military's best pugilists viciously snapping leather to the approval of respective ringside cheering sections, experienced trainers reassured them reminded their gladiators now was time to collect for the many months' worth of sweat, roadwork and bag time, out of reach of the searing spotlights, and five rows of VIPs, sat an unobtrusive "champ" — Pat Nappi. In amateur boxing, Nappi has no peer. His status does not come from bouts inside the ring, but from 49 years of coaching inside the limelight.

When the Syracuse, N.Y., native joined the Army and became athletic director and boxing coach in 1940, he had no notion that 36 years later his name would be etched onto Olympic granite. Nappi fielded five gold-medal winners, seven medalists overall, during the 1976 Summer Olympics.

His coaching philosophy is as simple as a job: be dedicated and sacrifice as much as the boxers do. "Get to know the fighters," he said. "Take care of them and they will take care of you."

When the American Boxing Federation was formed in 1979, Nappi was hired to coach its national amateurs. The Marines, Navy, Army and Air Force send teams to the nationals each year. From there, boxers gain valuable inter-

national experience, Nappi said. And, of course, the nationals are a stepping stone to the crowned jewel of amateur boxing — an Olympic gold medal.

"Just going to the Olympics is something," he said. "Every time the American flag is raised during an awards ceremony, your heart soars."

There is stiff competition en route to the Olympics that military boxers have to face, starting at the nationals. Fighters who were reared in the junior program are weary foes vying for a national ranking. "The 'Juniors' is the best feeder we have to the national program," Nappi said.

"We take a close look at all the national boxers . . . one guy might have lost a previous bout in a 3-2 decision. To me, he deserves another fight!"

Boxers who win or place in the nationals receive a ranking from one to 10, he said. That "stable" of fighters represents the United States at the World Championships, Goodwill Games, Pan Am Games and the World Cup Matches. Many times boxers are unable to attend each event because of school or work commitments, thus creating a slot for new fighters.

A demon, however, is in Nappi's corner . . . a demon he cannot contend with. Agents are offering big money to lure amateurs into the professional ranks, and it plays a big role in depleting Nappi's stable.

"Every boxer should fulfill his amateur status before turning pro," he said. "And,

if they do it right, their career will be worth much more money."

Nappi used Sugar Ray Leonard as a prime example. "He did everything right and he has remained a down-to-earth guy despite the millions of dollars he has earned."

Did Nappi think Leonard was unwise to shun retirement and a previous eye injury to take a chance and tarnish an otherwise illustrious career? "When someone dangles \$8 million to \$10 million in front of you, you fight. And as long as they dangle, Leonard will be around," Nappi said.

But getting to the gym every day

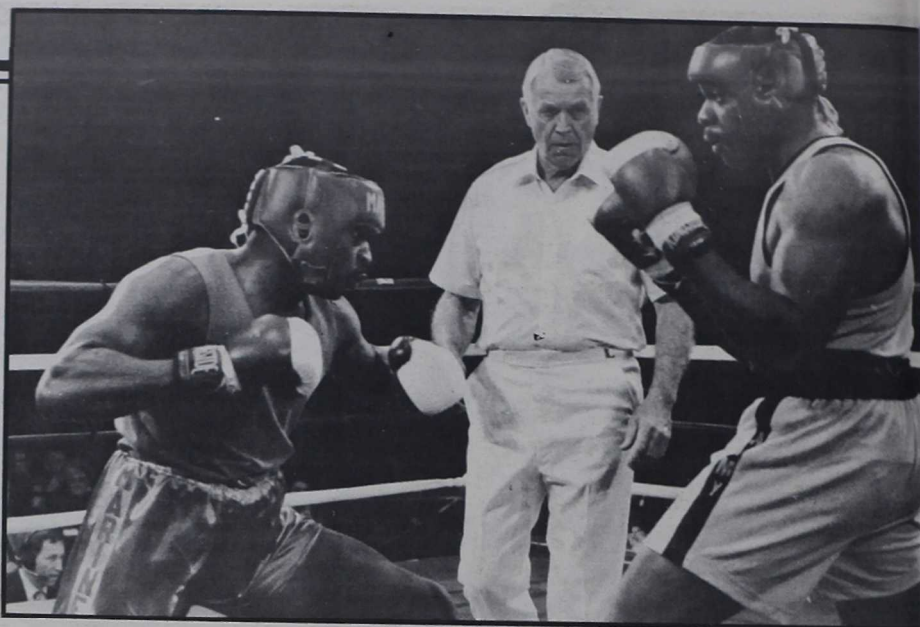
becomes harder as a fighter gets older. Boxing in the amateurs or pros is not a "piece of cake."

For now, Nappi is fighting the professional lure by finding incentives for his fighters to remain amateurs a little longer. He is not doing it at ringside, but from the shadows where no one recognizes the rugged silver-haired "middleweight."

He is not interested in getting his picture taken and smeared across sports tabloids or walking around a ring holding up the arms of a winning fighter either. He is, however, dead set on coaching amateur boxers who have an insatiable appetite for winning.



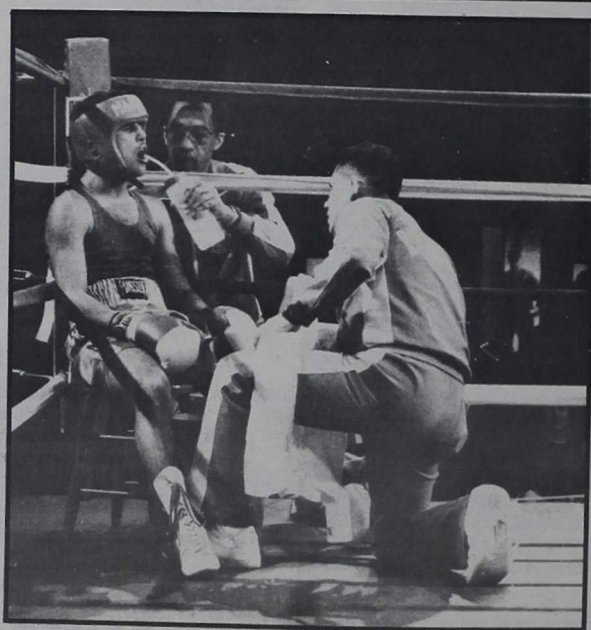
VISIT— Pat Nappi, second from left in front row, stopped by the "Snake Pit" to visit his former assistant and now Marine boxing coach Roosevelt Sanders.



DELIVERS A BLOW— (Right) Sgt. Eddie Donerlson Jr. pulls back to deliver a blow to his opponent. **VICTORY**— (Below left) The look of exhaustion and triumph show on the face of Cpl. Arthur Martinez after his championship win. **A BREAK**— (Below right) Coach Roosevelt Sanders gives water and advice to Martinez between rounds.



Staff Sgt. Lee J. Tibbets



Cpl. Kevin Doll

Price champions pay

By Cpl. Kevin Doll

Someone is going to pay . . . for all the 6.2-mile "death runs," the hours of sparring, gut-wrenching calisthenics and having to hit the rack every night at 9 p.m. . . all the things that have caused All-Marine boxer Cpl. Arthur Martinez to hate his coach.

"Why's he picking on me?" the 22-year-old wondered during recent team training sessions.

Martinez has been on the All-Marine boxing team for four years. He won a gold medal in the Councel Internationale du Sports Militaire competition, a worldwide military sports organization, while fighting with a broken hand. He has also made the Armed Forces Boxing team three times.

Marine boxing coach Roosevelt Sanders constantly "picks" on him and the rest of the boxers. He picks on them because all were beaten during last year's

Armed Forces boxing competition. The talented Martinez has received additional "attention" from Sanders because he's never won a national boxing match or an invitation to the world bouts.

Sanders picks on his boxers because he doesn't want them to be good . . . he wants them to be the best!

For Martinez, an artilleryman from 4th Bn., 10th Marines, Sanders' training has been extra tough. The artilleryman has had to work his way back into competition form following an operation in which doctors scraped bone chips from his fractured hand and grafted new bone to it. Martinez also had to endure four months with pins holding it all together.

Ring injuries are nothing new to the Trinidad, Colo., native who has been boxing since age 9. His father, a former All-Marine boxer in the same 139-pound weight division, taught him the ropes early on. Martinez has been pounding his way through opponents ever since.

"The food you eat, the hours you sleep and the friends you keep — that's what makes a champion," is the rule a coach told him once. Martinez lives by it.

"Boxing is important to every one of us on the team," he said. "Coach Sanders doesn't let us forget we're Marines first and boxers second. He's a retired Marine and he understands us because of it.

"When I'm working out, I hate him because he makes us work so hard," he added. "Coach Sanders tries to teach us the way he boxes and also how to improve our own skills. With all this training, we want to make it pay off. We want to make somebody pay for it."

Although Martinez's enlistment expires in May, he is planning to extend to represent the Corps in the nationals and possibly the world championships later this year. He says he hopes to become a professional boxer some day.

Sgt. Eddie Donerlson Jr., is another boxer whom Sanders likes to "pick" on. Donerlson is a quiet man. His soft-spoken words are brief and to the point.

He is a family man who's been married for eight years and is extremely proud of his 7-year-old son, who is active in bowling and karate.

A 6-footer who tips the scales at 210 pounds, Donerlson looks like a super heavyweight. But the All-Marine boxer doesn't care to act like one.

He began his career in the Italian Festa Americana, a boxing tournament for armed forces personnel serving in the Mediterranean. For three years he finished first in his weight class. In Egypt, at

last year's CISM competition, Donerlson won the silver medal. Due to strained knee ligaments, he was placed as an alternate for last year's armed forces competition.

A 30-year-old, Mobile, Ala., native, Donerlson is a squad leader for 2nd Bn., 3rd Marines, 1st MEB, Kaneohe, Hawaii, whose respect for his coaches is that of his teammate.

"Coach Sanders works us harder than any coach we've ever had," he said. "He's given us the heart and soul to put Marine Corps back on top (in boxing) where it's supposed to be."

Being an All-Marine boxer keeps him away from his family more than he likes, he said, but they are very supportive.

"As long as I fight and come home afterward, it's all right with my wife," he said with a grin.

Determination, stamina and guts are essential traits in boxing — not only to win but for the sake of life and limb.

For Sgt. Eddie Donerlson Jr., and Cpl. Arthur Martinez, years of withstanding the pain of their opponents' blows, and training until they were ready to die have paid off.

In the Armed Forces Championships held here March 6-9, Donerlson defeated last year's defending super heavyweight champ. Martinez gave his opponent a boxing lesson en route to becoming the third Marine in history to claim the Armed Forces boxing title four times.

The coach's "picking" and the boxer's determination have put a couple of Marine's back on top.

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Box scor

Senior League Bas
(As of March

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Over-The-Hill Le
(As of March

Bn., MCB
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gh Scratch Series—M

—Don Ruch, Officers
—Bernie Dickman, Leftover
—David Day, Hit and M

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—Terry Small, Leftover M
—David Day, Navy Mixe

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—Bertie Britt, Coffee and
—Vicki Hill, Officers Wi
—Celestine Payne, Paradi
—Gilda Mystlinski, Comm

gh Scratch Games—V

—Vicki Hill, Officers Wi
—Vicki Hill, Coffee and
—Nancy Lada, Commun

—Velma Sharp, Leftover
—Faye Hinnant, Hits an

Camp Lejeune Box scores

Senior League Basketball (As of March 3)

Comm Bn.	8-0
1st Bn., MCB	7-1
2nd Bn.	4-5
3rd Bn.	3-5
4th Bn.	2-7
5th Bn.	1-7

Over-The-Hill League (As of March 3)

1st Bn., MCB	6-0
2nd Bn.	4-1
3rd Bn.	2-3
4th Bn., Div.	2-4
5th Bn.	0-6

Youth Soccer League (as of March 6)

Division IV	
1st Bn.	1-0-0
2nd Bn.	1-0-0
3rd Bn.	1-0-0
4th Bn.	0-0-1
5th Bn.	0-0-1
6th Bn.	0-1-0
7th Bn.	0-1-0
8th Bn.	0-1-0
9th Bn.	0-0-0

Division III

1st Bn.	1-0-0
2nd Bn.	1-0-0
3rd Bn.	0-1-0
4th Bn.	0-1-0
5th Bn.	0-0-0

High Scratch games, series Bonnyman Bowling Center (as of March 7)

High Scratch Series—Men

- Don Ruch, Officers
- Bernie Dickman, Leftover Mixed
- David Day, Hit and Misses

High Scratch Games—Men

- Terry Small, Leftover Mixed
- David Day, Navy Mixed

High Scratch Series—Women

- Bertie Britt, Coffee and Tea
- Vicki Hill, Officers Wives Hdcp.
- Celestine Payne, Paradise Point Mixed
- Gilda Myslinski, Community Strickettes

High Scratch Games—Women

- Vicki Hill, Officers Wives Hdcp
- Vicki Hill, Coffee and Tea
- Nancy Lada, Community Strickettes
- Velma Sharp, Leftover Mixed
- Faye Hinnant, Hits and Misses

Sport shorts . . .

Golf tournament, party

The Annual St. Patrick's Day Engineer Officer Golf Tournament and Party are scheduled at Paradise Point Friday and Saturday. For more information, contact Lt. Col. Paul Hamilton or Jean Shea at 451-7136/7570.

Boxing smoker

The French Creek Enlisted Club will host a boxing smoker Friday at 7 p.m. Competitors should contact Master Sgt. James Scott at 451-1357. Everyone is invited to attend the smoker and admission is free.

Special Services boat show

Special Services has scheduled a boat show from 9 a.m. to 5 p.m., April 8-9 at Marston Pavilion featuring displays and demonstrations.

Women's bowling tournament

The Jacksonville-Lejeune Women's Bowling Association's 30th Annual Championship Tournament is scheduled for the Bonnyman Bowling Center. Tournament times for the doubles and singles event are 9 a.m., noon and 3 p.m. on April 9 and 12; and 3 p.m. on April 16.

Skeet safety, handling

The base skeet range is offering a course in safety, handling and shooting for April 15 and 22 for dependents age 10-13 of active duty, retirees and authorized civilian employees. Preregistration is Saturday through April 9 and the fee is \$20. Sponsors must be present at preregistration and the class day. All necessary items for the classes will be supplied by the range. Graduating students will receive a shotgun safety certificate which will allow them use of the range if accompanied by their sponsors. Call 451-3889 for more information.

Athletes of the year nominations

Nominations for the 1989 Male and Female Athletes of the Year for Camp Lejeune should be forwarded to the commanding general, MCB, no later than April 15 via the normal administrative chain of command. Period of consideration is from April 1, 1988 to March 31, 1989.

Contact Mr. Meyerson at 451-3636 for more information.

Softball coaches

The varsity sports coordinator is looking for coaches interested in organizing regional softball teams for MCB, 2nd MarDiv. and 2nd FSSG. For more information, contact Staff Sgt. Nolan at 451-2061.

Peoples Chase run

The 6th Annual Peoples Bank People Chase run is scheduled on April 1, in Rocky Mount. Entry forms are available at the Athletic Office, Goettge Memorial Field House. For more information, call 451-2061.

Intercollegiate golf tournament

The 18th Annual Intercollegiate Golf Tournament is scheduled for March 30-31 and April 1-2 at Paradise Point. The warm-up tournament, to select the Lejeune team, is scheduled for March 25-26. Tee time is 7 a.m., and green's fee is \$10. The intercollegiate tournament, offering two entry packages for \$45 or \$30, will feature players from many eastern colleges and is open to all active duty or retired military personnel. For more information, contact John Fletcher at 451-5445.

Over 50 tennis league

The Onslow County Parks and Recreation Department is sponsoring a 50-and-over tennis league. An organizational meeting is scheduled at 7 p.m. Monday at the Onslow Pines Park Administrative Office. Contact the department at 347-5332 for more information.

Adult tennis league

The Onslow County Parks and Recreation Department is sponsoring an adult tennis league. An organizational meeting is scheduled at 7 p.m. Tuesday at the Onslow Pines Park Administration Office. Anyone 18 or over is invited to attend. For more information, contact the department at 347-5332.

Youth coach clinic

The Onslow County Parks and Recreation Department will conduct a National Youth Sports Association certification clinic for youth baseball/softball coaches. The cost is \$15 and certification is mandatory for all head coaches participating in the 1989 coun-

ty program. Certification will be held March 27 for second-year coaches, March 28 for third-year coaches and April 11-12 for first-year coaches. All clinics will be held at Blue Creek Elementary School cafeteria from 6:30-9:30 p.m. For more information, contact the department at 347-5332.

Youth softball, baseball teams

The Jacksonville Recreation and Parks Department is accepting applications for baseball (7-15 year olds) and softball (girls, 10-15 year olds) teams at the Jack Amyette Center in New River weekdays 8:30 a.m. to 5 p.m. Fees are \$12 for all participants and non-city residents must pay a non-city fee. Contact David Lynch at 455-2600, ext. 262, weekdays from 8:30 a.m. to 5:30 p.m.

Water sports registration

Registration for various water sports will be held March 28-29 from 9 a.m. to noon at the Tarawa Terrace Community Center. Classes for water babies, water aerobics, and swim lessons for all ages will begin the first week of April. For more details, call 451-2253.

French Creek Bowling Center

The new French Creek Bowling Center, located in Bldg. FC332 across from the French Creek "E" Club, is now open. Bowling pro Barbara Thorberg will be at the center from 1 to 6 p.m. Saturday. For more information, call 451-1800/1801.

Youth bowling tournament

The Young American Bowling Alliance City Tournament (singles and doubles) will be held at the Bonnyman Bowling Center Saturday and Sunday as well as March 25-26. Call 451-5121 for more details.

IM track, field pre-meeting

A pre-meeting for the 1989 Intramural Track and Field Meet is at noon today at the Goettge Memorial Field House. Team rosters for individual events must be submitted at the meeting. The meet is scheduled at 8:30 a.m. March 22-23 at Lejeune High School. For more information, call 451-2061.

Practical shooting match

The Lejeune Practical Shooters Club is sponsoring a national classification match for the U.S. Practical Shooting Association at Stone Bay Rifle Range Saturday. Registration begins at noon and the competition begins at 1 p.m. The match is open to all shooters of 9mm pistols and above. The fees include \$8 for club members, \$10 for associate or honorary members as well as \$2 match cost. For more information, contact Gunnery Sgt. Harris at 353-2336 or Cpl. Smith at 353-0158.

Racquetball tournament

The 1989 FMFLant Racquetball Tournament is scheduled at Camp Lejeune April 3-7. Tournament division include men's and women's open for all ages, men's senior for ages 35-39, men's master for 40 and over, and women's senior for women 30 and over. For more information, contact tournament director, Staff Sgt. F. M. Nolan, 451-2061.

Fishing tournament

Courthouse Bay Marina will be conducting a fishing tournament Saturday. Launching will begin at 6:30 a.m., tournament at 7:30 a.m. and weigh-in will begin at 4 p.m. After the weigh-in, there will be a cook-out, trophies and gift certificates will be awarded. Fee is \$6. For more information, call 451-7386.

Co-rec slow-pitch meeting

The Jacksonville Recreation and Parks Department will hold organizational meetings for the Co-Rec Slow-Pitch softball league on April 3 and the Adult Women's league on April 4. Both meetings will be held at 7:30 p.m. at the Jack Amyette Recreation Center on South Drive. All participants must be city residents or pay a sports fee. For more information, call Michael Liquori at 455-2600, ext. 261, between 9 a.m. and 5 p.m. weekdays.

Tennis tournament

The deadline for registration for the April 22-23 Spring Jubilee Tennis Tournament at Sneads Ferry and Topsail Island is March 31. Fee is \$10. For more information, contact Lisa Lillie at 328-0541 or 455-7905.

Softball registration begins

Registrations for the 1989 Camp Lejeune Dependent Wives' Spring Softball League will be accepted at the Youth Center, Bldg. 1968, from 9 a.m. to noon through Saturday. Applicants must provide proof of eligibility, players will be charged a \$10 registration fee, and teams are limited to 15 players. There will be a pre-league coaches' meeting at 11:30 a.m., March 23, at the Youth Center. Games will begin April 11.



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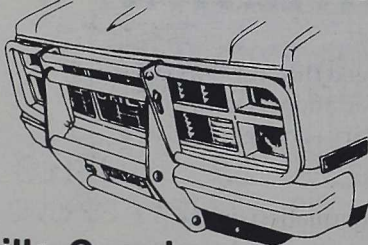
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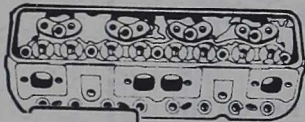
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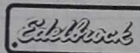


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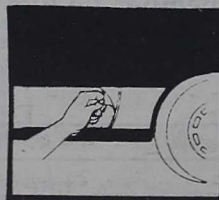
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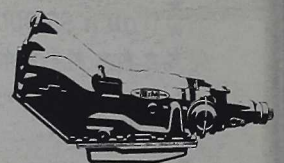


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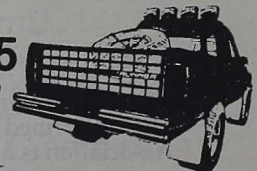
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Pana

Monic
727705

Diagonal Stereo Monitor-Receiver
150 Input Jack
Broadcast Stereo Reception with obx
Noise Reduction
Stereo Amplifier and Speaker System
2-Function wireless remote control
Channel cable-compatible tuner
On-Screen Display
Auto Programmable Scan
Lock and Sleep Timer
Clock and Sleep Timer
External Speaker terminals
Comb and SAW filters
Articulated Oak woodgrain cabinet
*See symbol in a registered trademark of dbx, inc.

Mfg. Sug. Ret. \$749.00

Monic
725805

Diagonal Stereo Monitor-Receiver
150 Input Jack
Broadcast Stereo Reception with obx
Noise Reduction
Stereo Amplifier and Speaker System
2-Function wireless remote control
Audio Output Jacks
On-Screen Display
Auto Programmable Scan
Lock and Sleep Timer
External Speaker terminals
Comb and SAW filters
Articulated Oak woodgrain cabinet
*See symbol in a registered trademark of dbx, inc.

Mfg. Sug. Ret. \$679.95

724-20615

Diagonal Stereo Color TV
Broadcast Stereo Reception and SAP
150 Input Jack
2-Function Wireless Remote Control
On-Screen Display
Auto Programmable Scan
Clock and Sleep Timer
Variable Audio Output Jacks
Comb and SAW filters

Mfg. Sug. Ret. \$479.95



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Panasonic

MCX

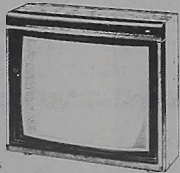
Member Corp Exchange

MAIN
Mon.-Fri. 10-6pm
Sat. 10-5pm
Sun. 12-5pm
451-2481

MCAS
Mon.-Sat. 9-9pm
Sun. 9-7pm
451-0539

Panasonic CT-2770S

27" diagonal Stereo Monitor-Receiver
• VHS input jack
• Broadcast Stereo Reception with dbx* noise Reduction
• Stereo Amplifier and Speaker System
• 55 Channel cable-compatible tuner
• Screen Display
• Auto Programmable Scan
• Filtered Remote Control
• V input and Variable Audio Output jacks
• Clock and Sleep Timer
• External Speaker Terminals
• One-Touch Recall of On-Screen graphics
• Comb and SAW filters
• Simulated Oak woodgrain cabinet
• dbx symbol is a registered trademark of dbx inc.

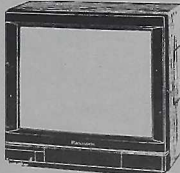


MCX SALE
\$630.95

Mfg. Sug. Ret. \$749.00

Panasonic CTK-2042R

20" diagonal Color Portable TV
• Flat Square Picture Tube
• 155 Channel Cable-Compatible Tuner
• 19-Function Wireless Remote Control
• One-Touch Recall of On-Screen Graphics
• Auto Programmable Scan
• Color/Hi-Fi Electronic Color Control System
• On-Screen Display
• Clock and Sleep Timer
• Simulated Walnut Cabinet



MCX SALE
\$314.95

Mfg. Sug. Ret. \$399.95

Panasonic KX-T1600

Easa-Phone Auto-Logic™ Answering System
• Recordable OGM chip with memory backup
• Auto-Logic operation automatically rewrites plays messages, stops at the last message and resets itself at the touch of a button
• Microcassette for ICM
• OGM skip lets callers bypass your outgoing message so that they can promptly leave their message
• Message memo recording lets you leave recorded memos for family and friends
• Tone remote control system
• Remote memory playback, remote turn on/off
• Room monitoring, toll saver, AC powered



MCX SALE
\$75.00

Mfg. Sug. Ret. \$89.95

Panasonic CT-2580S

25" diagonal Stereo Monitor-Receiver
• VHS input jack
• Broadcast Stereo Reception with dbx* noise Reduction
• Stereo Amplifier and Speaker System
• 55 Channel cable-compatible tuner
• 2-Function wireless remote control
• V input, Program Out and Variable Audio Output jacks
• On-Screen Display
• Auto Programmable Scan
• Clock and Sleep Timer
• External Speaker terminals
• Comb and SAW filters
• Simulated Oak woodgrain cabinet
• dbx symbol is a registered trademark of dbx inc.

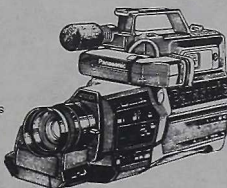


MCX SALE
\$535.00

Mfg. Sug. Ret. \$679.95

Panasonic PV-425

VHS Camcorder/HQ
• Built-in Character Generator
• Built-in Speaker
• Low Light; 7 Lux
• High-Speed Shutter
• 8:1 Power Zoom/Macro
• Flying Erase Head
• Audio Dubbing/Video Dubbing
• Self-Timer/Time-Lapse Recording
• VHS Index/Address Search Systems
• Infrared Auto Focus
• CCD Image Pick-Up System



Mfg. Sug. Ret. \$1,499.00

MCX SALE

\$1,299.95
(Case Included)

Panasonic KX-T2429

Easa-Phone ITS with Auto-Logic Answering System™ and Voice Menu
• Voice-synthesized announcements for remote menu, memo check, and time/day stamp for each ICM
• Hands-free speakerphone with mute
• Timer message transfer, 2-way and memo recording
• 32-station automatic/speed dialer
• 14-function tone remote control system
• LCD readout with clock
• Selectable ANNOUNCE/1 MIN/VOX recording times
• Switchable tone/pulse settings for compatibility with tone-accessed long distance services and other tone-actuated computer systems



MCX SALE
\$163.50

Mfg. Sug. Ret. \$210.00

Panasonic CT-2061S

20" diagonal Stereo Color TV
• Broadcast Stereo Reception and SAP
• Stereo Amplifier and Speaker System
• 155 Channel Cable-Compatible Tuner
• 20-Function Wireless Remote Control
• On-Screen Display
• Auto Programmable Scan
• One-Touch Recall of On-Screen Graphics
• Clock and Sleep Timer
• Variable Audio Output Jacks
• Comb and SAW filters



MCX SALE
\$369.95

Mfg. Sug. Ret. \$479.95

WHILE SUPPLIES LAST

Our intention is to have every promoted item in stock at the start of the sale. Occasionally, however, not all promoted items arrive in time or not all quantities are shipped as requested. Some of the promoted items are available in limited quantities on a first come first serve basis, so early shopping is suggested. The Exchange reserves the right to correct any printing errors.

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DRAW THE
SAME BENEFITS.*



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and a fair look at all

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- 1st Lt. MGySgt. Thibault
- 1st Lt. GySgt. Robinson
- 1st Lt. SSgt. Griffin
- 1st Lt. SSgt. Gabe
- 1st Lt. SSgt. Sanchez
- 1st Lt. SSgt. Jones
- 1st Lt. SSgt. Fleenor
- 1st Lt. SSgt. Salley
- 1st Lt. Sgt. Wallace

2nd MAR

- 1st Lt. MSgt. Burrous
- 1st Lt. GySgt. Stallbaum
- 1st Lt. SSgt. Angelo
- 1st Lt. Programs SSgt. McCann
- 1st Lt. GySgt. Conley
- 1st Lt. Mar Regt MSgt. Woods
- 1st Lt. Sgt. Franklin
- 1st Lt. Sgt. Brown
- 1st Lt. Sgt. Gomez
- 1st Lt. Mar Regt GySgt. Mellon
- 1st Lt. Sgt. Melton
- 1st Lt. GySgt. Batty
- 1st Lt. GySgt. Brown
- 1st Lt. SSgt. Battaglia
- 1st Lt. Mar Regt GySgt. White
- 1st Lt. SSgt. Monsen
- 1st Lt. GySgt. Aragon
- 1st Lt. SSgt. Musgraves
- 1st Lt. Sgt. Musto
- 1st Lt. Mar Regt GySgt. Hend
- 1st Lt. 10 GySgt. Lee
- 1st Lt. SSgt. Fetting
- 1st Lt. SSgt. Price
- 1st Lt. SSgt. Jenkins
- 1st Lt. SSgt. Zollicoffer
- 1st Lt. SSgt. Plunkett
- 1st Lt. Bn SSgt. Hudson/Sgt. S
- 1st Lt. Bn SSgt. Vetter
- 1st Lt. Bn GySgt. Swaso
- 1st Lt. Bn SSgt. Reed
- 1st Lt. Bn SSgt. Lassiter
- 1st Lt. Bn GySgt. Merrell

2nd

- 1st Lt. FSSG GySgt. Lumsden
- 1st Lt. Sgt. Minier
- 1st Lt. Bn SSgt. Hamilton
- 1st Lt. EngBn GySgt. Holmquist
- 1st Lt. Bn Sgt. Thomas/GySgt
- 1st Lt. Bn SSgt. Wolf
- 1st Lt. CommBn SSgt. Mendez
- 1st Lt. MT Bn SSgt. Ballester
- 1st Lt. Bn GySgt. Zahn
- 1st Lt. Sgt. Cashmere
- 1st Lt. Bn/Anglico/Recon Sgt. Ro
- 1st Lt. SD-21Sgt. Fackler
- 1st Lt. SD-23 MGySgt. Johnson

For Prior S

- RSS
- Sub
- GySgt. Davi
- Sgt. Cook
- 3

See your Career Planner

You'll get straight talk.
Answers to your questions.
A fair look at all the corps has to offer.

MCB CAMP LEJEUNE

	Bldg.	Ph. #
1 MGySgt. Thibault	12	5400
2 GySgt. Robinson	12	1381
3 GySgt. Griffin	12	1556
4 n SSgt. Gabe	1011	1755
5 SS SSgt. Sanchez	M-130	0916
6 S SSgt. Jones	BB255	7153
7 SSgt. Fleenor	TC-846	0478
8 t SSgt. Salley	RR-12	7138
9 Sgt. Wallace	63	2221

2nd MARINE DIVISION

10 IC MSgt. Burrous		2116
11 ations GySgt. Stallbaumer		3716
12 ations SSgt. Angelo		5706
13 Programs SSgt. McCann		2116
14 GySgt. Conley		3694
15 lar Regt MSgt. Woods		5374/5682
16 Sgt. Franklin		3592
17 Sgt. Brown		3716/1573
18 Sgt. Gomez		3839
19 Mar Regt GySgt. Mellon		0513
20 Sgt. Melton		0156/0115
21 GySgt. Batty		Deployed
22 GySgt. Brown		Deployed
23 SSgt. Battaglia		Deployed
24 Mar Regt GySgt. White		5200
25 SSgt. Monsen		2719/3984
26 GySgt. Aragon		0214/0516
27 SSgt. Musgraves		Deployed
28 Sgt. Musto		Deployed
29 Mar Regt GySgt. Hendges		2844
30 10 GySgt. Lee		2844
31) SSgt. Fetting		5213
32) SSgt. Price		3220/3992
33) SSgt. Jenkins		5025/5169
34) SSgt. Zollicoffer		1369
35) SSgt. Plunkett		2104/5227
36 in SSgt. Hudson/Sgt. Smith		2096/5945
37 son Bn. SSgt. Vetter		7259
38 Bn GySgt. Swaso		2424
39 Bn SSgt. Reed		3223
40 Bn SSgt. Lassiter		2017
41 / Bn GySgt. Merrell		7164

2nd FSSG

1 FSSG GySgt. Lumsden/		
2 Sgt. Minier	FC520	1334/5000
3 vcbn SSgt. Hamilton	FC400	5075
4 EngBn GySgt. Holmquist	FC300	1889
5 mBn Sgt. Thomas/GySgt.		
6 kston	905	3197
7 Bn GySgt. Wolf	914	3638
8 CommBn SSgt. Mendez	FC300	5712
9 MT Bn SSgt. Ballester	FC400	3578
10 io Bn GySgt. Zahn	FC413	1065
11) Sgt. Cashmere	FC400	5710
12 /Anglico/Recon Sgt. Rothfuss	FC520	3471
13 SD-21Sgt. Fackler	(CHPT)	582-2073
14 SD-23 MGySgt. Johnson	(BEAU)	832-7453

For Prior Service Marines RSS Recruiting Sub Station

GySgt. Davis Gy Sgt. Walker
Sgt. Cook SSgt. Clayton

347-4343

104 College Plaza Western Blvd.

JAKE'S

Auto & Truck Sales

- 1982 Chevy Monte Carlo, Auto, A/C, AM/FM cass.
- 1980 Plymouth Horizon, 4 spd., P/S, P/B, AM/FM radio
- 1980 Honda Accord, Low miles, 5 spd., AM/FM cass.
- 1986 Yugo GL, 4 spd., 12,000 miles, like new
- 1982 Pontiac Firebird, Auto., A/C, fuel injected
- 1978 Buick Regal, Auto., A/C, P/S, P/B, AM/FM cass.
- 1983 Ford Ranger, V-6, 4 spd., low miles, nice
- 1979 Pontiac Grand Prix, Auto, air, AM/FM cass., mags
- 1980 Olds Delta 88 Royale, Auto, A/C, loaded
- 1981 Chevy Citation X-11, V-6, high output, auto, A/C
- 1982 Tercel, 5 spd, low miles, A/C, AM/FM cass.
- 1982 Cutlass, Auto, low miles, A/C, AM/FM radio
- 1983 Capris, 5 spd, A/C, 302, Boss
- 1983 Trans-Am, Auto, A/C, gold mags, T-top
- 1983 Nissan 4x4, 5 spd., 3 in. lift kit, new tires
- 1971 Chevy Custom Van, V-8, AM/FM cass., fully customized
- 1978 Skylark Limited, low miles, auto, A/C, extra clean
- 1983 Turbo Pulsar NX, Auto, A/C, P/S, P/B
- 1982 Celica GT, 5 spd, A/C, AM/FM cass., sun roof
- 1979 Mustang Pace Car, 5 spd., A/C
- 1983 Buick Regal, Extra clean, auto, A/C
- 1970 Mercedes Benz, 220D, classic
- 1976 Titan Motorhome Camper, 35 ft, full size bed
- 1987 Suzuki Samurai, 5-speed, convertible, low miles. Extra clean.
- 1978 Ford Van, Fully customized, mags, AM/FM cassette.
- 1984 Ford Exp, 5-speed, new tires, low miles, extra clean.
- 1977 Camaro, A/C, PS, PB, automatic, clean.
- 1981 Monte Carlo, Automatic, A/C, PB, PS, clean.
- (3) 1983 Pontiac T-100's, Automatic, A/C, low miles, extra clean.

SPECIAL OF THE WEEK

- 1984 Nissan Stanza, 5-spd., A/C, AM/FM radio
- 1982 Datsun 200SX, 5-spd., A/C, AM/FM cass.
- 1979 Firebird, Auto., AM/FM cass., A/C, mags, extra clean

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Advance Auto Parts Motor Oil 10W30 Or 10W40 Motor Oil .69

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Mobil Super 10W-40 Or 10W-30 Motor Oil .79

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Havoline Supreme 10W-40 Motor Oil .89

Each Qt. LIMIT 1 CASE



Valvoline 10W30 Or 10W40 Motor Oil .99

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FREE Installation On Most U.S. And Import Cars & Trucks

410 To 630 Cold Cranking Amps
65-Month Battery 42.99

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SOUND SOLUTION Heavy Duty Mufflers 17.88

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Meets Or Exceeds Original Equipment Quality

Electronic Ignition		Standard Ignition	
4-Cyl.	9.99 Ea.	4-Cyl.	5.99 Ea.
6-Cyl.	12.99 Ea.	6-Cyl.	8.99 Ea.
8-Cyl.	16.99 Ea.	8-Cyl.	9.99 Ea.



Motorcraft Oil Filters 2.99

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Each LIMIT 8



Sylvania Halogen 4-Headlamp System 7.99

Each



Sylvania Halogen 2-Headlamp System 15.99

Each



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Each Exch. Excludes Electric Fuel Pumps For Many Domestic Applications Special Order Slightly Higher



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Each Blade/Refills Pair



Remanufactured Brake Master Cylinders 18.88

Each Exch. For Many Domestic Applications Special Order Slightly Higher



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ORDERS PLACED PRIOR TO NOON MOST LOCATIONS SAME DAY DELIVERY

USED

Check

MAKE MODEL

1984 Dodge Mini

1987 Mercury Lynx

1986 Honda Accord

1985 Nissan Sentra

1985 Chevy S-10

1987 Nissan Pathfinder

1987 Ford EXP

1988 Nissan Sentra

1986 Chevy Cavalier

1986 Chevy Astro

1988 Ford Escort

1986 Chevy Conv.

1984 Nissan Maxima

1982 Olds Cutlery

1984 Buick Century

1985 Mazda GLC

1984 Pontiac T-10

1984 Buick Regal

1983 Buick Regal

1985 Chevy Cavalier

1986 Olds Firenza

1983 Nissan Maxima

1984 Chevy Chevy

1985 Nissan Stanza

1984 Mercury Lynx

1986 Nissan Pulsar

1982 Olds Firenza

1986 Nissan King

1983 Datsun 280Z

1986 Plymouth Voyager

1986 Nissan 200

1986 Chevy Cavalier

ON THE LOT FINA

NISSAN

310 Western Blvd next to Jacksonville

USED CARS

Check List To Savings

YEAR	MAKE	MODEL	WAS	NOW
1984	Dodge	Mini Van Customized	\$7988	\$6900
1987	Mercury	Lynx XR3	\$7988	\$6900
1986	Honda	Accord LXI	\$11,988	\$10,800
1985	Nissan	Sentra s/w	\$5988	\$4800
1985	Chevy	S-10xcab 4x4	\$7988	\$6800
1987	Nissan	PathFinder	\$12,988	\$11,900
1987	Ford	EXP	\$7488	\$6400
1988	Nissan	Sentra	\$8988	\$7900
1986	Chevy	Cavalier	\$5988	\$4900
1986	Chevy	Astro Custom Van	\$12,988	\$11,900
1988	Ford	Escort	\$6488	\$5400
1986	Chevy	Conversion Van	\$14,988	\$12,900
1984	Nissan	Maxima	\$7988	\$7200
1982	Olds	Cutlass Cierra	\$3488	\$2800
1984	Buick	Century	\$4488	\$3800
1985	Mazda	GLC	\$4988	\$3900
1984	Pontiac	T-1000	\$3988	\$2700
1984	Buick	Regal Limited	\$5988	\$4700
1983	Buick	Regal	\$4488	\$3500
1985	Chevy	Cavalier	\$4988	\$3600
1986	Olds	Firenza	\$6688	\$5700
1983	Nissan	Maxima	\$5988	\$4900
1984	Chevy	Chevette	\$3988	\$2900
1985	Nissan	Stanza	\$7488	\$6700
1984	Mercury	Lynx	\$3688	\$2900
1986	Nissan	Pulsar	\$6488	\$5400
1982	Olds	Firenza	\$3488	\$2600
1986	Nissan	King Cab 4x4	\$8438	\$7600
1983	Datsun	280ZX	\$6988	\$6400
1986	Plymouth	Voyager Van	\$9488	\$8400
1986	Nissan	200 SX Turbo	\$7988	\$6900
1986	Chevy	Cavalier	\$8988	\$7900

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MAD MONDAY
TWO LARGE
TWO ITEM PIZZAS
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\$13.99

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THRIFTY TUESDAY
TWO MEDIUM
3 ITEM PIZZAS
\$10.99

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WILD WEDNESDAY
TWO LARGE
1 ITEM PIZZAS
\$9.99

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TERRIFIC THURSDAY
TWO SMALL
3 ITEM PIZZAS
\$8.50

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FABULOUS FRIDAY
2 LARGE
DELUXE PIZZAS
\$12.99

THE PROFESSIONAL PIZZA PEOPLE

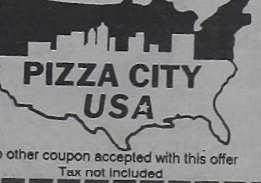


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2 MEDIUM
DELUXE PIZZAS
\$11.99

THE PROFESSIONAL PIZZA PEOPLE



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SUPER SUNDAY
4 LARGE
1 ITEM PIZZAS
\$18.99

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Nissan King Cab



All Nissan Trucks



Sentra 2 Door



Sentra 4 Door



Nissan Van

Van

Stk#718-290

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- ★ Verifiable Full-Time Employment
- ★ No Unsatisfactory Credit
- ★ Valid Drivers License

\$18,649

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\$16,649



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SUN-THURS
FRI & SAT

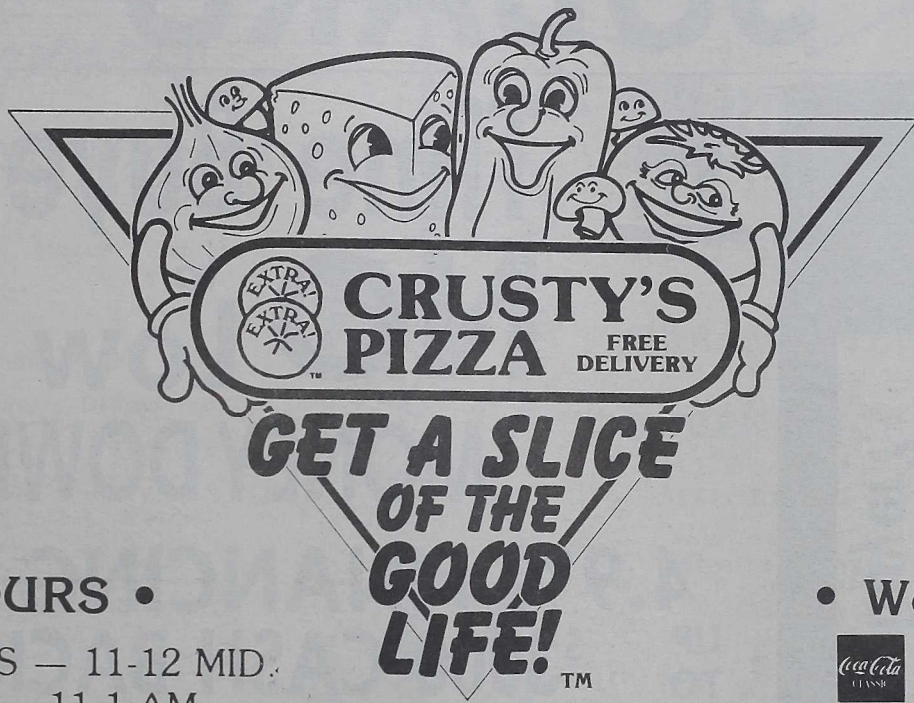
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BRYNN MARR AND

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THREE ITEM
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PIZZA
FREE DELIVERY

BUY ONE GET ONE FREE!



• HOURS •

SUN-THURS — 11-12 MID.
FRI & SAT — 11-1 AM

• We Serve •



in 16 oz. bottles

FREE DELIVERY

(Limited Area)

211 WESTERN BLVD.
353-3393

SERVING MAIN SIDE, FRENCH CREEK,
MOQS, T.T., MIDWAY PARK
BRYNN MARR AND PINEY GREEN

15 DORIS AVE. EAST
455-8900

SERVING NORTHWOODS, CARDINAL
VILLAGE AND GUM BRANCH RD.
VICINITY

(25¢ Check Fee)

137 S. MARINE BLVD.
347-7676

SERVING AIR STATION,
CAMP GEIGER AND CAMP JOHNSON

TWO SMALL
THREE ITEM
PIZZAS

ONLY

\$8⁶⁵

EXPIRES 3-30-89



TWO MEDIUM
THREE ITEM
PIZZAS

ONLY

\$10⁹⁹

EXPIRES 3-30-89



TWO LARGE
TWO ITEM
PIZZAS

Plus
FOUR COKES

ONLY

\$13⁹⁹
plus tax

EXPIRES 3-30-89



Pick-Up Only
TWO LARGE
PIZZAS
WITH 10 ITEMS

Pepperoni, ham, beef, Italian
sausage, green peppers,
onions, mushrooms. On re-
quest hot peppers, black
olives and anchovies.

(NO SUBSTITUTES)

ONLY

\$12⁹⁹
plus tax

EXPIRES 3-30-89



SUBARU

Special 1st. Time Buyer?

1st. Time Buyer
NO ^{to} Low
MONEY DOWN

4.9% FINANCING* OR
UP TO **\$3000 CASH BACK**



DL 4 Dr. **stk# 8296**
Reg. List Price **\$11,560**
Mfg. & Dealer Cash Back **-\$1160**

YOU PAY \$10400*

NEW 88 GL 4 Dr. **stk# 8241**

Reg. List Price **\$14,790**
Mfg. & Dealer Cash Back **-\$2590**

YOU PAY \$12,200*



stk# 8333

XT COUPE
Reg. List Price **\$16,215**

Mfg. & Dealer Cash Back **-\$2000**

YOU PAY \$14,215*



stk# 8321

Stationwagon

Reg. List Price **\$12,244**

Mfg. & Dealer Cash Back **-\$1200**

YOU PAY \$11,044*



5 sp. stk# 8324

Justy

Reg. List Price **\$8025**

Mfg. & Dealer Cash Back **-\$700**

YOU PAY \$7325*

Ask Any Subaru Owner
They ♥ Their Subaru



SUBARU
means business

*Must have full-time employment. Not had any adverse credit, and is SUBJECT TO THE BANK'S APPROVAL. Tax and tags not included.

Corner of
Lejeune and
Western Blvd.
Jacksonville

SINCE 1962

Cars Inc.

You'll never forget
your first time.

Customer satisfaction
is our goal

Sales Hours
9am - 7pm M-F
9am - 4pm Sat
353-2142



LOWER PRICES MEAN VOLUME SALES!

MCA
Mon. 10-8pm
Sun. 10-5pm
451-
Sp
JUM
W
Com
Jewe
recei
with
(No pu
March 17
1100-1800
MCX
Mon-Fri. 10-6
Sat. 10-5 pm
Sun. 12-5 pm
451-2451
LUCKY
YOU
Every
Retail
\$2.15
Gillette Foamy
Shave Cream 11 oz
MCX Sale
\$1.59
Daisy
Plus
Every
Retail
\$2.8
Daisy Plus Shavers
10 + 2 Free
MCX Sale
\$2.09

ri. 10-6pm
 7-5pm
 2-5pm
 481

MCAS
 Mon.-Sat. 9-9pm
 Sun. 9-7pm
 451-0539

MCX

Marine Corps Exchange

Our intention is to have every promoted item in stock at the start of the sale. Occasionally, however, not all promoted items arrive in time or not all quantities are shipped as requested. Some of the promoted items are available in limited quantities on a first come, first serve basis, so early shopping is suggested. The Exchange reserves the right to correct any printing errors.

Spring

JUMP INTO SPRING WITH 1928!

March 17 & 18

Come to the 1928 Jewelry Display to receive a FREE GIFT with "Pin-Try-On". (No purchase necessary)

Main Store

March 17
 1100-1800

March 18
 1000-1700

MCX
 Mon.-Fri. 10-6 pm
 Sat. 10-5 pm
 Sun. 12-5 pm
 451-2481

Announcing

NEW STORE HOURS

TARAWA TERRACE

CONVENIENCE STORE

Starting On March 20

Monday Thru Friday
 0630 - 2100

Saturday - Sunday - Holidays
 0900 - 2100

MCX

LUCKY YOU SALE

MCX

March 16-31

Specials Available at all Exchanges & "C" Stores.

Right Guard Sport Stick Deodorant 2.5 oz.

OR

Soft & Dri Solid Anti-Persprant & Deodorant 1.75 oz.

Everyday Retail \$1.80
MCX Sale \$1.39



Everyday Retail \$2.15



Everyday Retail \$1.85

Gillette Foamy Shave Cream 11 oz.

MCX Sale \$1.59

Gillette Foamy Gel 7 oz.

MCX Sale \$1.59



Good News 10 + 2 Free

OR

Good News Pivot 10 + 2 Free

OR

Good News Plus 10 + 2 Free

Everyday Retail \$2.70

MCX Sale \$2.09



Everyday Retail \$2.89



Everyday Retail \$2.89

Daisy Plus Shavers 10 + 2 Free

MCX Sale \$2.09

Good News Pivot Plus 10 + 2 Free

MCX Sale \$2.49



Atra Cartridges 10 + 2 Free

OR

Atra Plus Cartridges 10 + 2 Free

OR

Trac II Cartridges 10 + 2 FREE

Everyday Retail \$5.10

MCX Sale \$4.09

Our intention is to have every promoted item in stock at the start of the sale. Occasionally, however, not all promoted items arrive in time or not all quantities are shipped as requested. Some of the promoted items are available in limited quantities on a first come, first serve basis, so early shopping is suggested. The Exchange reserves the right to correct any printing errors.

The Lowest Prices
In Coastal Carolina!
Compare!

AUTO-PARK

Come See Us
We're Selling Cars
And Trucks For



SUZUKI

\$8,888
4-WHEEL DRIVE



4x4

1989 SUZUKI JA/SIDEKICK
THE LOWEST PRICED
UTILITY 4-WHEEL DRIVE
IN AMERICA!!

\$188⁰⁰

MONTHLY

TAKE THE DRIVE!!
WE'LL PAY FOR THE
GAS
IF WE DON'T TRADE

**\$1,000 REBATE
ON JX AND JLX
MODELS!**

**USE FOR TRADE OR
CASH IN YOUR POCKET!**

**UP TO \$700.00
IN CASH REBATES
ON SUZUKI SWIFTS!!**

SALE PRICE PLUS TAX, TAG, FEE, TITLE, \$888 DOWN, CASH
OR TRADE, 60 MONTHS PLUS PAYMENT, 12.75 APR WITH
APPROVED CREDIT.



6103 MARKET STREET
WILMINGTON
799-6546

USED CAR OUTLET

CHECK THESE PRICES:

'84 BUICK SKYLARK
Beige, 4-door, automatic, clean
OUTLET PRICE \$2995

'80 AUDI 5000
4-door, automatic, air, low miles.
OUTLET PRICE \$1995

'81 FORD T'BIRD
Dove grey, red, landau top, air, automatic,
V-8, AM-FM stereo, loaded!
OUTLET PRICE \$1995

'76 CADILAC ELDORADO
Loaded, 2-door, power.
OUTLET PRICE \$1495

'84 OLDS FIRENZA
Air, automatic, nice.
OUTLET PRICE \$2995

'86 JEEP CJ7 4x4
Renegade, hard top, 5-speed, aluminum
wheels, white raised letters, tires. Sharp!
28,000 miles. 6-cyl., more.
OUTLET PRICE \$8995

MANY, MANY MORE CARS
TO CHOOSE FROM
AT YOUR EVERYDAY
LOW OUTLET PRICES!!!

'83 GMC S-15 4x4 TRUCK
5-speed, air, aluminum wheels, low miles,
sharp!
OUTLET PRICE \$4495

'83 TOYOTA 4x4
5-speed, sliding window. SHARP!
OUTLET PRICE \$4695



6103 MARKET STREET
WILMINGTON
799-6546



RIPPY-KING MITSUBISHI

\$5,995
TRUCKS



15
AT
THIS
PRICE!

198
MIG
MA

EPA
23/28
MPG

All truck prices plus tax, tag &
\$285.00 destination charges!!

All Trucks have carpet, tinted glass all-around, steel
radials, double walled cargo bed, tilt steering wheel,
mirrors, cargo area light, lighter, tilt bench seat, underco
fabric protection, paint sealant and sound installation

\$49.
OVER INVOICE

21
IN
STOCK

198
PRE



EPA
28/37
MPG

EXAMPLE

STOCK #	EQUIPMENT	LIST
M000	RS, 5-speed, 3-door, custom stripe	\$7,860.00
M009	LS, 5-speed, 3-door, AM-FM cassette stereo	\$8,459.95
M113	4-speed, 3-door, molding, door guard, wheel moulding	\$6,679.90
M104, M107	4-speed, 3-door	\$6,629.96

Suddenly, the obvious choice

229 S. COLLEGE ROAD
WILMINGTON, NC
392-9260

NO MONEY DOWN WITH CREDIT APPROVAL-LOWEST PRICES IN CAROLINA
ALL PRICES PLUS TAX, TAG, TITLE, FEE. PRICES AFTER REBATES WITH APPROVED CREDIT!



FREE MUSIC!

**FREEDOM
TV & STEREO**

SEE THE MAGNAVOX AM/FM PERSONAL STEREO-WITH ANY NEW PAYMENT PLAN!

NOTHING TO PAY BEFORE MAY!

NO DOWN PAYMENT

0.0% INTEREST AVAILABLE

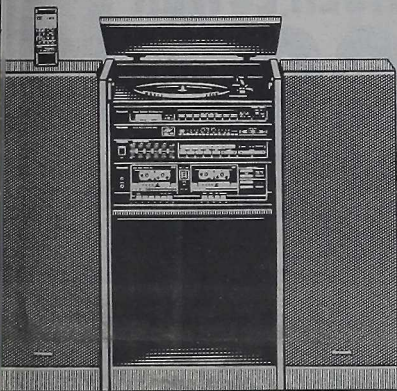
INSTANT MILITARY FINANCING

HOME STEREO

VIDEO

CAR STEREO

Complete! \$42.00
a month*



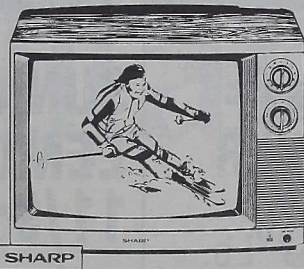
Panasonic SC-3037D

Full Rack System with double-cassette, power loudspeakers and full function remote control.
\$799.99 Delivered

**PLUS:
KENWOOD
PIONEER
JVC**

Payments based on no money down with 24 months to pay and an interest rate at 16.9% APR

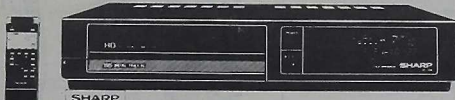
SHARP ONLY \$23.50 a month!



Sale Price With Coupon \$449.99

19" Linytron Color TV

SHARP VHS



VC-1106U
ONLY \$26.00 a month*

Full function remote control, cable ready, 14 day/4 program timer, compact size!

Sale Price With Coupon \$499.99

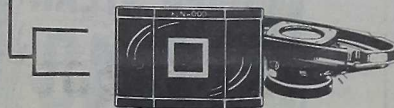
WHILE SUPPLIES LAST!

PACKAGE DEAL!

KENWOOD



KENWOOD KRC-2000A
Auto-reverse deck with tape advance, seek and 12 station presets.



KENWOOD KFC-6961
6" X 9" 2-way speakers with 50 watts each.

COMPLETE!
\$26.00 a month!
With Coupon

**PROFESSIONAL
INSTALLATION
AVAILABLE!**

Sale Price With Coupon \$494.98

Sorry, Not All Merchandise available at all Freedom Stores

**COUPON
FREEDOM TV & STEREO**

ANY KENWOOD RACK SYSTEM \$100 off	ANY TV OR VCR IN STOCK \$50 off	ANY CAR STEREO SYSTEM \$25 off
---	---	--

GOOD THRU MARCH 31, 1989



FREEDOM



T V & S T E R E O

113 Western Blvd.
Jacksonville, NC 28540
(919) 353-6090

200 Roosevelt Blvd.
Havelock, NC 28532
(919) 447-4285

USDA Choice
**T-BONE/PORTERHOUSE/
BONE-IN RIBEYE STEAK**
\$398 Lb.

USDA Choice
**WHOLE
SIRLOIN
TIPS** 12-14
Lbs. Average **\$168** Lb.

Prices in this ad good thru Sunday, March 19, 1989.

USDA Choice Beef
**BONELESS
SIRLOIN STEAK**
\$298 Lb.

USDA Choice Beef
**FAMILY PACK
CUBED STEAK**
\$248 Lb.

Pint..... .79

Red Ripe
STRAWBERRIES
\$129 Quart

Skinned & Deveined
**BEEF
LIVER**
58¢ Lb.

**SUNKIST
LEMONS**
11/\$139

Snow White
CAULIFLOWER
99¢ Head

Fresh
**WHOLE
CATFISH**
\$199 Lb.
Fresh Catfish Fillets.. Lb. 2.99

Washington State
**RED/GOLD
APPLES**
69¢ Lb.

Fresh Green
BROCCOLI
89¢
Jumbo Bunch

EXTRA LOW PRICES...EVERYDAY!!!

2 Liter

Coke, Classic99
Diet Coke
of Diet Coke1.09
Diet Sprite1.19
Sprite1.09

Western Anjou
PEARS
69¢ Lb.

Lykes All Meat
JUMBO WIENERS
\$129 Lb.

8 Oz. Baby Rice/5 Oz Cheese/
6 Oz. Butter
WISE POPCORN
\$129

16 Oz. - Cut Or French Style Green
Beans/17 Oz. - Whole Or Cream
Style Corn
DEL MONTE VEGETABLES
39¢

15 Oz. - Great Northern/Pintos/
Blackeye Peas
LUCKS BEANS
3/\$1

7.2 Oz. - Combination/Sausage/
7 Oz. - Pepperoni
MR. P's PIZZA
69¢

8 Oz. - Assorted
BREYERS YOGURT
2/99¢

22 Oz. - Dish Detergent
DOVE LIQUID
89¢

25 Lb. Dry - \$1.00 Off
ALPO DOG FOOD
\$699

6 Oz. - Assorted Flavors
WHISKAS CAT FOOD
4/\$109



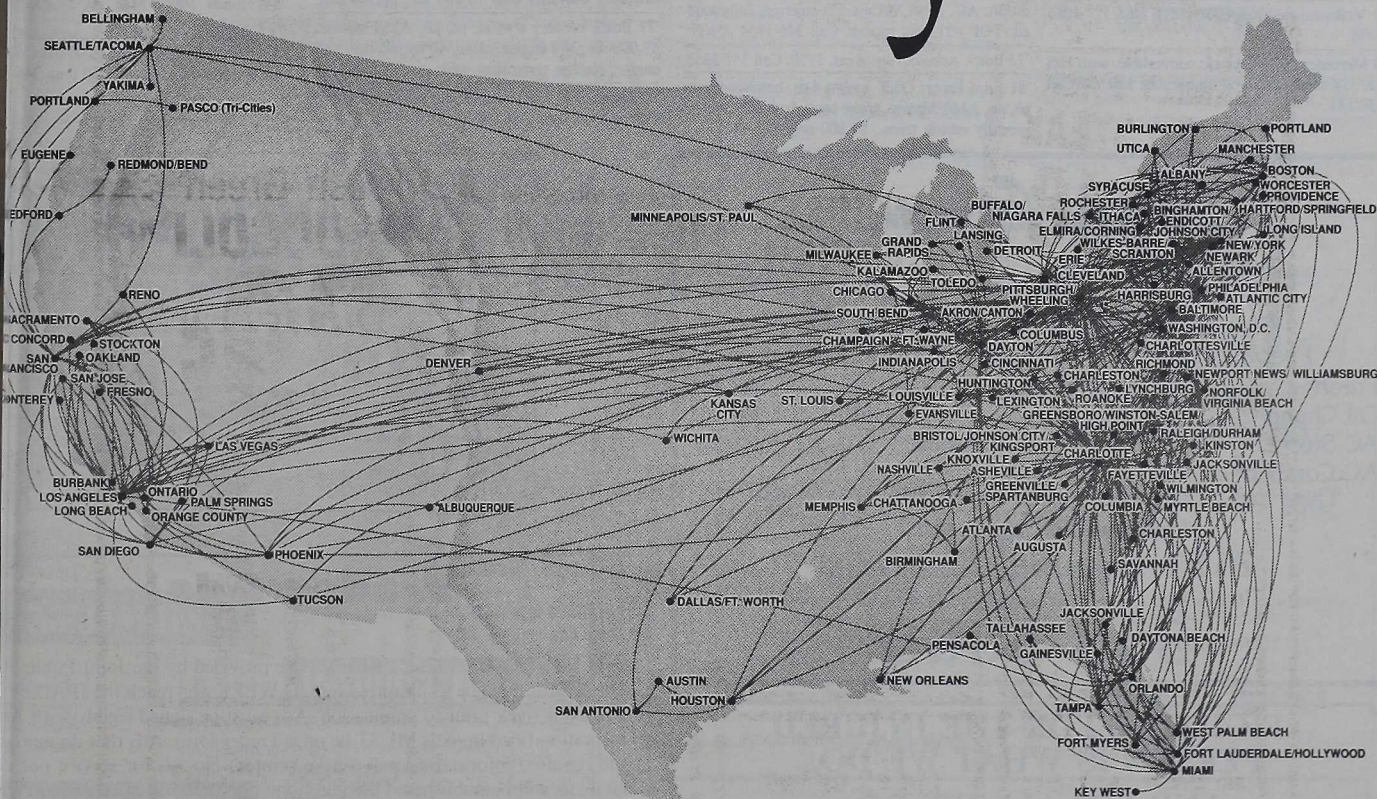
FOOD LION

There is a Food Lion conveniently located near you:

50% off any flight
USAir, Allegheny Com
military spending in
fares for you and your
mum freedom, min
to over 230 U.S. citie
Strategic saving
available on most flig



USAir Enlists Piedmont In The 50% Military Fare!



50% off any flight. Any day. Anywhere in the U.S. USAir, Allegheny Commuter and Piedmont are out to cut military spending in half with 50% off our regular coach fares for you and your family. So if you're looking for maximum freedom, minimum restrictions,* and year-round leave to over 230 U.S. cities, ask for our active duty Military Fare.

Strategic savings of up to 70%. Discount fares are available on most flights if you can plan ahead. Limited

seating, cancellation penalties and other restrictions apply.

Half-price package deals with PDQ and PEP. For personal small package delivery, USAir PDQ and Piedmont PEP mean same-day service and 50% savings.

To learn more about our special services for the armed services, call your base leisure travel office, or call USAir toll free at 1(800)428-4322; Piedmont toll free at 1(800)251-5720.

USAIR *PIEDMONT*

Subsidiaries of USAir Group, Inc.

*Green active duty military I.D. or active dependent I.D. required. Military Fare seating is limited and does not apply to official military travel.

NOTE: Trader ads must reach the Public Affairs Office, Bldg. 67 by noon, Friday a week prior to being printed in the *Globe*. Ads must be signed legibly with all other information filled in on the forms, which are available at the Public Affairs Office or printed in the *Globe*. Ads for services, commercial ventures and civilians will not be published. **MILITARY WORK PHONE NUMBERS WILL NOT BE LISTED IN THE AD.**

Due to the recent increase in the number of trader ads received by the *Globe* coupled with space constraints, the possibility exists that some ads may not be printed. The *Globe* regrets any inconveniences this may cause and will make every effort to print the ads in the following edition.

AUTOMOBILES

'83 Toyota Corolla/SW 106,000 miles in top cond. \$2,900. Call 353-5996.

'85 Cutlass Supreme V-8. PB. PS. PW. AM/FM/Cass. half vinyl top. 55,000 miles. Call 347-5024 after 5 p.m.

'79 Ford F100, V-8 Std. clutch, brakes and wheelbearings recently replaced. 3/4 ton helper springs. Asking \$1,200. Call 326-5054 AWH.

'87 Toyota 4X4 Silver/Gray, excellent condition. \$500 and take over payments \$226.84 or payoff \$8,000. Call Phil at 347-1679.

'87 Plymouth Sundance fully loaded, must sell, so take over \$249 payments and it's yours. Call Loretta at 347-7766.

'87 VW Fox GL, 4 dr. AM/FM/Cass. AC, in excellent condition. \$1,500 down OBO and take over payments (12 left). Call 455-2915 after 5 p.m.

'85 Ford Mustang, red, 4 cyl, 4 spd, runs good, needs some elec. work and btry. Asking \$4,500 or TOP (\$185 month). Call 1-326-5493 after 7 p.m. or AWH.

'75 Volkswagen Van, \$900 OBO. Call 577-4086 AWH.

'79 Mercedes 450 SL, black, convertible, with H/S tops, 55K miles, new tires. Immaculate \$20,500. Call 353-9141.

'85 Toyota SR5, 4 cyl., 5 spd., fuel injection AM/FM/Cass. tan with brown cap. \$4,500 firm. Call 451-2300 AWH.

'81 BMW 320i, excellent condition, low miles, sun roof, AC, Kenwood stereo. Must sell because of PCS \$6,800 OBO. Call 1-326-3430.

'87 Mazda 4X4, 33" tall tires, off-road lights, top-ter, bedliner, many extras. \$6,900 negotiable. Call 353-7760.

'74 MGB, Excellent running condition, tow bar and hard top included. \$3,000. Call 353-1387.

'87 Plymouth Voyager SE-7, garnet red, passenger deluxe seating package, AC, AM/FM, lug. rack, excellent condition. 34,000 miles. Asking \$10,400 OBO. Call 577-7956.

'82 Mercury Lynx, light blue, good condition, very dependable. Asking \$1,000. Call 455-6247 and ask for either Jarett or JoAnne.

'85 Dodge conversion van, 318 V-8 engine, PS, PB, AC, CC, 44,000 miles, ex rubber, emaculate throughout, four captain's chairs, back seat folds out into a double bed, window covers. \$8,500 firm. Call 455-0193 after 5 p.m.

'87 Toyota LE van, loaded, AM/FM/Cass, Dual AC, PS, PB, AT, refrig, rear DF. No money down, take over payments. Call AWH 326-4329.

*'87 Ford Escort (Pony), must sell, low miles, AM/FM/Cass. No money down, take over payments of \$132.44 a month. Excellent condition. Call AWH 326-4329.

'87 Nissan Sentra, AC, AM/FM/Cass, 5-speed, 4-cyl, 2 new tires, excellent condition, 63K miles. \$500 and take over payments at \$222 a month, 3 years left on loan. Must see to appreciate. Call AWH 327-3420.

'88 Pontiac Grand Am, low mileage, excellent condition, AC, AM/FM/Cass, tilt steering, fully loaded. TOP -313 per month. Call 346-1934 AWH.

'73 Buick Apollo, runs great, \$750. Call 347-3351.

'81 Ford Escort GLX wagon 4-dr. hatchback, ps, pb, air, AM/FM/Cass., cruise cont., fwd., new motor, recently rebuilt trans., \$1,800 neg. 455-1117.

'63 XKE Jag 6-cyl., body work needed, asking \$5,000 neg. 346-5736 after 7 p.m.

'80 Fiat Spyder, classic car, stored for 4 yrs., silver w/blk. conv. top, new tires, AM/FM/Cass., w/tri-ax spkrs., fuel inj., 53,000 mi., 5-spd., 2 ltr engine, graphic equalizer, must see to appreciate. 455-8012.

Great buy '86 Mercury HBK, loaded w/options, must see, 346-4272.

'83 Toyota Corolla s/w, \$2,900. 353-5996.

'84 Nissan 300ZX, completely loaded w/T-tops, digital dash, leather int., much more, pewter, priced to sell, 70,000 mi., ex. cond., \$8,000 firm. 346-9874 or 346-8497.

'80 Audi 5000-S luxury sedan 5-cyl. diesel, 5-spd., trans., 2-way sun roof, all leather int., 41 mpg., ex. cond., will sell or trade for 16'-18' O/B boat. 347-7369.

'88 GMC factory customized-high rise van, immaculate, loaded under warranty, \$16,800. 346-8378 before 5; 346-8661 after 5 p.m.

'74 Mercedes Benz 240D, ex. cond., '79 Oldsmobile Regency, loaded, outstanding cond., 455-3536.

'80 Datsun 200SX 5-spd., large engine, good running cond., 140,000 mi., does not use oil, 30-35 mpg., many specials, \$1,195. 393-8171 dwh.

'80 Datsun 30R hatchback, runs great, has high mi., air, a/t tape cass. player, 28-31 mpg, \$1,195. 393-8171 dwh.

'76 Chevy Monza 4-cyl., 4-spd., ex. work car, \$400 OBO, peavey T-40 bass guitar w/hardcase and JMF spectra amp 15" woofer, 130 watts, \$400 for both or sell separately. 347-5407, leave msg.

'87 Tempo GL, air, ps, pb, 5-spd. overdrive, power mirrors, AM/FM/Cass. auto rev., tinted windows, reclining seats, factory mag. wheels, map lights, cr extended warranty only 23,000 mi., \$6,500 neg.

'77 Buick century s/w, at, ps, pb, AM/FM/Cass., 59,000 mi., V-8 engine, clean, 40 hp mercury O/B engine, electric start, runs well.

'87 Dodge Colt, 4-dr., auto, r/s, air, low mi., AM/FM stereo, good cond., \$6,000 or TOP. 455-3748

'88 Beretta GT, loaded GT pkg., 5-spd., sunroof, ps & brakes, cruise, am/fm/cass. \$12,000, 20,000 mi. 346-8934

'80 Buick Skylark, 4-dr., 4-spd., good oo OBO. 353-1304.

'87 Chevy S-10 4x4 V-6, 5-spd., blk., w/ ex. cond., 353-2005.

'86 Mercury Sable, 52,000 well kept, full TOP. 326-4006.

'84 Ford Explorer, ps, tilt, cruise, air, over tanks, dual exhaust, chrome bumpers chrome spoke wheels, camper top w/shi ex. cond., 353-2005.

'74 Super Beetle, restored, \$2,350 OBO awh.

'86 chevy Silverado truck, short bed, fiberglass shell, 25,000 mi., at, air, pw, pl sliding rear window w/louver, bug shield bumpers, immaculate cond., \$9,800, see at Avve., Berkley Manner, CLNC. 353-1111

'81 Dodge Van 3/8 w/ auto trans, new cr tires, runs great, \$3,000. 347-9229.

'83 Ford ranger 60,000 mi., air, 4-spd., \$2, avail, end of March. 577-2795 awh.

'82 chevy K30 4x4, amny extras, \$5,500.

'74 Ford Pinto sw, AM/FM/Cass., runs g OBO. 353-6243 awh.

MOTORCYCLE

'74 Honda CB-750. Running good \$650 OBO. 326-5054 AWH.

'88 Suzuki Moped, Model FA50, brand n used \$550 OBO. Call 353-5795.

'84 Honda 500cc Mag 30, \$1,200 OBO. 353-0612.

'82 Black 550 Nighthawk, 6,000 miles, \$50 small repairs. Call after 5:30 p.m. 346-4

Simple Simon
Says
Warmer temperatures are on the way.
Prepare your car for summer now & save!

Freon \$1.29	Liquid Kool \$2.49
Oil Change \$1.49	AC Recharge Kit \$4.59
AC Stop Leak \$1.49	AntiFreeze \$6.99
AC Conditioner \$1.49	

These and many other items at our everyday low prices!
Come in while supply lasts!
2151 Lejeune Boulevard
(across from Tarawa Terrace 1 between Stereo World & Mallory's Fiune Furniture)
353-5888

FIGHTING FOR THE INJURED PERSON IS WHAT WE DO... AND IT'S ALL WE DO.

OUR PRACTICE IS LIMITED TO:

Automobile Accidents	Wrongful Death
Medical Malpractice	Slip & Fall
Workers Compensation	Motorcycle Accidents
Other Injury Cases	

Before you sign anything, call


NO FEE UNLESS YOU RECOVER **455-4065** FIRST APPOINTMENT FREE

BRUMBAUGH, DONLEY & MU
— ATTORNEYS AT LAW —
112 Old Bridge Street, Jacksonville, NC 28540

Diet and Cancer Risk
YOU CAN CHANGE THE ODDS
Dietary Fat

Too much fat in your diet?
That's a health risk... that's a cancer risk.
Learn more. Write:

American Institute for Cancer Research
Dept. FC2
Washington, D.C. 20069



MAIL TO: Trader P.O. Box 8438, MCB Camp Lejeune, NC 28542

Trader Ads

DELIVER: JPAO, Bldg (Mainside) Camp Lejeune


NOTE: TRADERS is a FREE service provided by the Joint Public Affairs Office. Ads must be resubmitted EACH WEEK and reach the JPAO by noon, Friday, a week prior to publication. Ads must be signed legibly with ALL information filled in. Ads MUST be on a Trader form. Ads that do not contain the required information will not be printed. No ads for service nor ads for civilians will be published. Official phone numbers will not be listed. Limit three ads per week. If the JPAO receives more ads than space permits, certain ads will not be published until the following week.

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

(Signature) (Rank) (Organization)

(Home Address) (Home phone)

Now
DIAMONDS
SOLITAIRE • TRIO



SOLITAIRE

Carat Solitaire \$27.00
Carat Solitaire \$37.00
Carat Solitaire \$119.00
Carat Solitaire \$299.00

BRIDAL SETS

Diamond Cluster Bridal Set . . . \$18.00
Diamond Bridal Set \$27.00
Additional Bridal Set \$27.00
2 Carat T.W. \$2.35

QUALITY
RE

JACKSONVILLE
Also in Independence, Mo.

Elite 150, only 3,000 miles. ex-n. moving: must sell. includes Ninja kit. Asking \$750. Call 353-9214.

100 CC Maim- Exc. condition, with 1,800 or trade for 4-wheeler. AWH

450A, ex. cond., garage kept., w/2 BS saddle bags, 15,000 mi., \$800

750cc Vulcan, ex. cond., \$2,500.

750cc low mi., 24,650, high-low range, \$800. 326-4197.

750cc Vulcan, ex. cond., \$2,500.

750cc Suzuki \$1,500, very clean. 347-1238.

750cc Honda Sportster, low mi., garage kept, must see to appreciate. 347-4496.

750 custom, good cond., 455-9921.

BOATS

16' vee hull, 165hp, 6-cyl., pwr tilt, dual sized trailer, \$2,950. 353-0199 awh. alkthru windshield and 35hp chrysler \$1,000. 353-5330.

16' vee hull, 165hp, 6-cyl., pwr tilt, dual sized trailer, \$2,950. 353-0199 awh. alkthru windshield and 35hp chrysler \$1,000. 353-5330.

16' vee hull, 165hp, 6-cyl., pwr tilt, dual sized trailer, \$2,950. 353-0199 awh. alkthru windshield and 35hp chrysler \$1,000. 353-5330.

16' vee hull, 165hp, 6-cyl., pwr tilt, dual sized trailer, \$2,950. 353-0199 awh. alkthru windshield and 35hp chrysler \$1,000. 353-5330.

trolling mtr., 5 times in water, ex. cond., \$5,000. 353-1240.

19' Grady white, 73 I/O 165hp OMC recent cooling system, intermediate bell housing, and aluminum fuel tank, depth finder, tandem trailer w.electric winch, very good cond., PCS orders, \$4,200. 726-1965.

'87 Bayliner Cuddy Cabin, great shape. \$7,300 OBO or take over payments of \$156 per month. Call 447-3032.

'83 Catalina 25 sailboat, loaded. OB motor, spin, depth, MTR, KT MTR, VHF, Autohelm, 5 sails, extrassssss. Value \$15,000; cost \$10,000 or \$1,000 and payments. Negotiable but must sell. Call 353-5840.

FURNITURE

KS waterbed, new cond., Paramount III solid oak, 6-dwr., ped. bookcase., mirrored headboard, Strobel mattress, \$700 OBO. 455-5032 awh.

Sears Kenmore 21 cuft, frig., w/ice maker, ex. cond., moving, must sell, asking \$450. 353-8212.

GE electric dryer and washer, \$50 for each. 346-4026.

New, big dresser and mirror, \$100, used grey, big dresser and mirror, \$50. 346-6281.

New couch, mauves and blues w/new matching chair, \$150, \$200 set, OBO. 353-0129 awh.

Kenmore dryer in very good cond., \$75 OBO. bdrm dresser w/ mirror, OBO. 353-0373 after 5 p.m.

Sony Trinitron 13" port. color TV, \$150, ex. cond. 353-2516.

Oak living room tables; solid oak 4' coffee table, 2 end tables, contemporary style, \$150. 353-2023.

Sleeper sofa & loveseat, two end tables, coffeetable, FS headboard, lamps. 7518.

Dresser w/mirror, 2 night tables, mens dresser, \$75. 577-1468 awh.

Solid dk. pine, 2-pc. hutch w/9 drawers on bottom, \$150; solid cherry buffet, \$125; pair of Broyhill solid cherry end tables, Queen Anne, \$300; country French velvet chair w/wicker hood, very rare, \$225; marble top end table, \$25. 346-8934.

Oak coffee table & 2 end tables by Broyhill. Like new. Moving must sell. \$350. Call 455-7973.

Clean & stylish 9 mo. old country style 3 pc. LR set, couch, love seat, chair. Asking \$450. Call 455-6247.

Youth bed w/ mattress & box spring \$30. Wood finish crib w/ mattress \$50. Call 1-298-5386.

Antique Oak finishing couch, victorian style, folds into a double bed. \$300. Call 346-1868.

Sofa-earth tones, modern styling. \$100. Call 346-1868.

Entertainment center, love seat, hide-a-bed, end tables, lamps, prices neg. Call 353-5148.

Five pc. Sumter BR set, solid cherry, Sealy post, mattress and box quenn size. Prices neg. Call 353-5148.

Large roll top desk, 22' x 48' x 43' (H). Hardwood w/ dark oak finish. Has 5 drawers plus 2 file size drawers. Includes slotted compartments plus 2 file size drawers. Includes slotted compartments plus built-in fluorescent light in exc. cond. \$225. Call 353-9722.

PETS

11-mo.-old AKC reg. female cocker spaniel, buff colored, has all shots and is completely house broken. 347-5477 anytime.

6-wk-old pups to give away to a good home. 353-7905.

AKC female shihtzu pup, 8-wks.-old, 1st shots and worming, beautiful 3 party colors, \$200, serious inquiries only. 353-3670.

pups, ready in time for Easter, 2 males, 2 females, white, \$50 ea. 577-3562.

Collie sable & white AKC w/all papers and shots, FS male, 9-wks-old, must sell, \$275 OBO. 577-1140 anytime, leave msg.

English Springer spaniel pups, working Dam. Both sire & Dam avail to see. Call 1-326-5783.

AKC reg. miniature Dachsunds-1 male & 2 females all red. \$150. Call 346-3983.

Free to good home, 1 older Bassett hound w/ papers, has been spayed. Call 455-0704 AWH.

Tamed young parrots, serious inquiries only. Call 577-4086 AWH.

Yard Sales

Many baby items, baby clothes, toys, stuffed animals, books, ladies clothing sz. 5, rocking chairs, stereo, q sz. headboard, mens uniforms. Saturday from 9 a.m. to 4 p.m. on 5086 Florida Ave. Call 353-2986.

Yard sale on 103 Berkshire Ct. on March 25 & 26 from 9 a.m. to 3 p.m.

Two family yard sale-Baby items & clothing, furniture, antiques and much more. Scuba gear & Japanese china also for sale. On Saturday from 8:30 a.m. to 2 p.m. Raintree Subdivision at 148 Raintree Circle. Call 346-1868.

Yard sale March 25 from 8 a.m. to noon in MOQ 3374. Maternity sz. 10-12, baby to 18 mos., formals sz. 9/10. Call 353-0952.

Garage sale in MOQ 3111 on Saturday from 8:30 a.m. to noon. Toys, furniture, drapes, magazines and clothing.

WANTED

Nintendo video game cartridges, willing to pay fair prices for games, not already owned. Must be in ex. cond., must have box, case and instructions. 353-5973.

WANTED: Toyota mini motor home, '80-'84 in good cond. 327-0901.

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1/2 Carat Solitaire	\$375.00
1/4 Carat Solitaire	\$1,195.00
1/2 Carat Solitaire	\$2,995.00

• WEDDING BANDS •

	SALE PRICE
Lady's Diamond Nugget Band	\$149.95
Man's Diamond Nugget Band	\$174.95
Lady's Design Diamond Band	\$199.95
Man's Design Diamond Band	\$209.95

• BRIDAL SETS •

	SALE PRICE
Diamond Cluster Bridal Set	\$189.00
Diamond Bridal Set	\$275.00
Additional Bridal Set	
2 Carat T.W.	\$2,350.00

SAVE OVER 40%!

	SALE PRICE
Lady's Diamond Band	\$410.00
Man's Diamond Band	\$435.00

SAVE ON ARTCARVED WEDDING BANDS!

Lady's Band	\$395.00
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NEED FIREWOOD: All hard wood; oak, \$45; mixed, \$40; split, delivered & stacked. 353-2952, Darryl.

MISCELLANEOUS

New, never used China dishes, extra dishes and glasses, \$25 (46 pcs.) 346-6281.

R.V. slide-in truck camper, fits any FS truck w/8' bedm fully self contained, good cond., \$800 OBO. 327-0901.

Lg. coffee table and end table, \$100; Lg. green flower vases, \$3 ea. 346-6281.

Baby play pen, swing, stroller, carrier, tricycle, low price. 327-0901.

Child's 4-wheeler, btry pwr'd., new btry., asking \$75, need to sell by March 14. 353-3280.

36"x36" wood bookcase, \$50; lg. box of China, Germany U.S. Zone, \$60; Sears 1/5hp pad sander/dual motion, \$25. 455-7748.

Man's 3-spd. 28" AMF and females 3-spd. 28" bike, very good cond., both for \$95. 393-8171 dwh.

Comodore 64 w/lg. selection of software, joysticks, paddles and data cass. 353-1954 awh.

6' artificial Xmas tree, \$10 OBO; 8-track Panasonic tap player/receiver, \$10 OBO. Misc. record albums, \$.25 ea; ladies clothes, \$1-\$2.5 ea., pants, jeans, blouses, sweaters, etc.

Great Northern Bravo shirt, new, still in the wrapper, sz 15x2, sm-reg., \$25. 353-6671.

Beautiful, new encyclopedia Britannica set, real leather bindings, pd. \$2,000, only asking \$800. 353-8428.

2 sets of dress blues, blouse, 38R, 41R trousers, 30R, 31R, 32R, 33R, \$125 ea. set complete. 455-9772.

Youth soccer goal, \$10; infant seat, \$10; GI Joe Tomahawk helicopter, \$10; 8-track AM/FM spkrs, \$20; Toastmaster oven/broiler, new in box, \$20, pinetable, 24"x30", \$20; L-shape shelf unit, \$50. 455-7748.

Sofa, like new cond., oatmeal colored upholstery, \$399; electric typewriter, Smith-Corona, correction feature, ex. cond., \$125. 353-8118 after 6 p.m.

4-14" Alloy rims for CRS Honda, \$200; KS waterbed w/accessories, \$200; baby swing, carrier, walker, all for \$25. 353-6274.

5:1 Woodmaster Multi-tool, ex. cond., \$650 firm; 17 cuft. Kenmore frig., ex. cond., \$100 firm., 455-5679. awh.

Prom dresses, sz 4 & 6 several to choose from, some all sequined or beads and chiffon, priced from \$30-\$150. 577-2707.

Sears Kenmore gas dryer, \$150; Sansui reel-to-reel tape player, like new, \$200; sony stereo cabinet, \$25. 455-5711.

RC racers, fox, tornato 4 x 4, monster trucks, speed boat & yacht, also batteries & charger, nintendo & 3 games and gun. Call 353-3213 AWH.

Heavy duty metal shelving, 56" H and 24" L, 24" depth, 4 shelves. \$50. Call 347-2066 AWH.

Officer uniforms, mess dress, whites, greens, all accessories, sword, 42 regular. Call 1-947-1758.

Stamp collection, over 1,000 stamps. \$200. Call 455-7835.

Goodyear tire, wrangler radial, P235/75 R15, fair \$5. Call 353-7018.

Mosin nagant 1944 carbine w/ capture document from Grenada \$200, Mosia Nagant 1944 carbine \$150. Soviet spetsnaz belt \$50. M-1 Garand cartridge belt \$15. German K-98 ammo pouches \$20 or \$30 for both. Nikon 50 mm lens \$50. Trade or sale for other military related items, weapons, uniforms, medals, gas mask. Call 353-4824.

New 5pc wood dinette set w/ covered seats \$150. Pine bifold doors, louver over panel fits 30" to 60" opening (4 prs) \$10 pr. Call 353-4092 AWH.

Full size black roll bar w/ 4 forward and 1 back-up light. \$175. Call 347-6781 after 6 p.m.

Japanese Nortaki china. Complete set, never used. Purchased in Okinawa. Price \$125. Call 346-1868.

Two 19" remote color TVs, excellent condition. Asking \$200 OBO. Call 346-5505 after 5 p.m.

Brand new, never worn. 14kt gold/1 CTW diamond tennis bracelet. 14kt gold post 1/2 CTW diamond stud earrings. 16" cultured pearls and brand new.

1/2 CTW diamond anniversary ring, yellow gold. Price \$600. Call 577-3076.

For sale or trade for other military items: Tarus 9mm Statin finish pistol, still in box, one box ammo, palmyer grips \$425. USSR Mosin Nayant, M 1944 Carbine w/capture documents from Grenada \$200, excellent condition. USSR Mosin Nayant, m 1944 Carbine \$150 excellent condition. Spetnaz belt and buckle \$60. M-1 garand ammo belt \$20 new. German K-98 ammo pouches \$20 each or \$30 pair. Nikon 50mm camera lens, Browning 1922 pistol \$200. Call 353-4824.

Queen size blue satin comforter with matching sheets and pillow cases \$30. NW gold clubs, 2-9 irons, PW, SW, P, 1.3.4 wood, bag, glove and lots of balls. \$125. Call 353-4772 AWH.

Black bedliner for 6' truck, brand new. \$200 firm. Call 347-1679 and ask for Phil.

Selling 155 ft. galv. steel, fencing, steel posts, two gates, three-foot high, ideal for enclosing yard for pets and young children. Price \$100. Call 353-5148.

Brown drapes and sheers to fit L/R, D/R in Cracker Boxes \$35. 7-piece Magnalite set of pots \$15. Q/S sofa sleeper \$175. stuffed chair \$20. telephone \$5. Regina electric broom \$10. Call 353-1387.

Going overseas, must sell: barbeque grill \$25, microwave \$50, Maytag washer/dryer set \$300, 20" girls bike \$35, lawn mower — needs minor work \$25, cross country ski exerciser \$100, 19" RCA XL100 color TV \$125, single bed-frame, bunk board, mattress \$75. 1982 VW Scirocco GL 73,000 miles. 5sp. AC. AM/FM/Cass, \$2,500 firm. Call 353-4150 AWH.

Sears storage shed 9X10 ft \$75. Hotpoint built-in dishwasher, works good \$100, Florida fan for attic, works great \$90. Call 1-637-3792 after 7 p.m.

Four General Motors Sport Rims, 14" w/G-60X14 tires. Rims \$100. Tires \$150 or \$225 for both. Call 1-627-2702 after 7 p.m.

BTU window air conditioner-osc. vents and energy efficient. Has been checked by prof. Ex. cond. \$500. Call 455-0228 AWH.

Shell fiberglass F/short bed truck, fits chevy silverado, GMCs full sz. slimline style low profile,

unique design, ht. app. 1 ft., outstanding. Call 353-1138 6-10 p.m.

Motorcycle helmet, "Shoei" model top of line, outs. cond. Small/medium 353-1138.

Sears 3 x 12 swimming pool w/ fill recliner rocker, full size bed frame.

350 Chevy bolt main, new parts, disas. Call 353-2005.

Commodore 64 w/ fast load cartridge drive, MPS 801 printer, panasonic monitor, 2 joysticks, many game disks. \$650. Call 577-4245.

Commercial size floor buffer w/ brush sz. mattress \$30. Call 455-0228.

White alum. truck cover for small truck (ranger). \$150. Call 1-298-5231.

Browning bushmaster deluxe con 55-70lb. draw weight, quiver arrows, guard. \$170lbs. Call 353-2005.

Weight bench incline/straight heavy at \$85. Call 577-7249.

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Car speakers—kloofers 8" AR 8.00 Custom cherry wood enclosures perform up. \$25. Call 577-7249 AWH.


Briggs & stratton lawn mower, good old. \$50. 21 cu ft. upright freezer also \$200. Call 347-4496 AWH.

Mans 12 spd 25" frame bicycle \$110. 1 cle w/ elec. monitor \$45. Audio cass. Audio rack system cabinet. \$60. Call

Ladies 14k white gold engagement ring ct. wt. solitaire diamond. G-H color, ty, unworn. Appraised \$1,040 asking \$757-9612/9562.

Ceiling fan \$20. Four pc. LR set (new) \$ set w/ 6 chairs \$50. Kerosene heater \$2 dogger \$5. Toaster/broiler oven \$8, 2

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Wednesday	7:30 p.m.-10:30 p.m.		11:00 p.m.-1:00 a.m.
Thursday	11:00 a.m.-1:00 p.m.		1:00 p.m.-5:00 p.m.
	2:00 p.m.-5:30 p.m.		7:30 p.m.-10:30 p.m.
	7:30 p.m.-10:30 p.m.		11:00 p.m.-1:00 a.m.
			Sunday
			1:00 p.m.-5:00 p.m.
			7:30 p.m.-10:30 p.m.


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over tire (new) \$15. FS mattress \$100. Call 353-6243 AWH.

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9950. Asking \$600 neg. Call 353-8297.

18 cu ft. freezer \$450. Magn

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tables, coffee table, 2 lamps

freezer 14.2 cu ft. harvest

drawers (bamboo wicker) \$300

4 p.m.

frame & box springs \$175. R

base, 4 rattan chairs w/ cus

plus top \$125. Oak coffee ta

beveled smoke glass

cont. LR set \$900. Weight

bench & various bars \$600

white \$550. Call 353-4192.

REAL ESTATE

2 BR house, lg. yard, quiet

available March 20. Call 347

Room in 3 BR house in

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 more 18 cu ft. freezer \$450. Magnavox TV \$150. Picnic table \$25. Bear whitetail bow \$80. Call 353-2005.
 stereo cabinet \$350. Trailer w/ new tires. \$229
 t, 2 end tables, coffee table, 2 lamps \$350. refrig. freezer 14.2 cu ft. harvest gold. set of drawers (bamboo wicker) \$30. Call after 4 p.m.
 ed w/ frame & box springs \$175. Rattan w/ rattan base, 4 rattan chairs w/ cushions. smoked glass top \$125. Oak coffee table & end tables w/ beveled smoke glass inlays. oversize cont. LR set \$900. Weights over w/ bench & various bars \$60. GE yer, white \$550. Call 353-4192.

REAL ESTATE
 -Furn. 2 BR house. lg. yard. quiet area. lease, available March 20. Call 347-3952.
 rent—Room in 3 BR house in Topsail 225 mo. Call 328-1385 AWH.
 -3 BR .2 bath house w/ LR and eat in kit. FP, DW, fully insulated garage, partially attic above garage for storage, situated on Assumption w/ equity for more info. Call AWH.
 -MH on Hwy 172 one mile from Triangle Gate. Children, pets, singles welcome. Call
 -2BR, 1 Bath house w/ storage area, fenced yard, new roof w/ warranty, freshly painted, up, carpeting, storm windows & doors, ap. furn. \$39,500 neg. Call 346-4178.
 -3 BR, 2 Bath w/ FP, foyer, garage and a back yard, great location near water ac-

cess, park, shopping areas and only 15 mins. from Main side. 9 1/2 Va assumable loan. Call 577-7964.
 \$1,000 holds Northwoods Park home until June. \$2,000 moves you in. Offer good through mid-March on a 3 BR, 2 bath house w/ FP, garage, refrig., drapes stay. Kids walk to school. Call 455-0163 after 6 p.m.
 MH for sale. 1987. 2 BR, 2 baths, jacuzzi garden tub, exc. cond. & area. TOP assume VA loan. Call 353-2662 after 6:30 p.m.
 Winterwood MH Park. 2 BR furnished w/ AC. \$250/mo. Call 455-4126.
 For sale—3 BR, 2 Bath in Raintree, huge master BR w/ walk-in closet, sep. DR, LR, and family rm. w. FP. 2 car garage, covered deck & fenced yard on quiet ct. Assume Va loan 9 1/2 (vets only) owner may help finance equity of \$5,000. Call 346-5269.
 For sale—3 BR, 2 bath house w/ garage, spacious yard, quiet neighborhood, on 141 Sandy Drive (2d right past Roses off Gum Branch. Assumable. Call 346-4237 6-9 p.m.
 For sale, '84 Redman Empire 14 x 70 MH, 3 BR, 1 bath, gas heat, stove, TOP of \$194/mo in Hubert. Call 353-9354.

Timeshare at Peppertree Resorts, Atlantic Beach, Red time, sleeps six, choose your vacation time and location. Asssume payments or \$5,700. Call 353-4479.
 Well kept 3 BR, 2 bath home w/ FP, foyer, garage and high fenced in yard, prime location near water access, park and shopping areas and 15 mins. from Mainside. Priced right w/ assumable 9 1/2 VA loan. Call 577-7964.
 For rent, 3 BR, 2 bath, partially furnished w/ W/D in N. Topsail. \$500/mo plus utils. Call 353-8037 wknds and after 6 p.m.
 Three BR brick ranch, 1 1/2 bath & den w/ FP, lg. lot, good schools. \$59,900 or assume loan. Call 346-2528.
 '86 MH for sale. 2 BR, 1 bath, skirting, porches, ceiling fans, refinance VA loan. Payments \$217/mo. Located in Knox MH Park. Call 577-7097.

Mobile Homes for rent, 2 bedron, Holiday City. Call 353-7200 or 353-7500.
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 For sale by owner: 3BR, 2BA, 5-yrs. old house. Garage, spacious yard, equipped kitchen. Call 346-4237 between 6-9 p.m.
 MH for sale. 14x70, 1986 2BR, 2BA, jacuzzi-gardentub, excellent condition. Excellent area. Close to Maingate. Take over pmts., assume VA loan. Call 353-2662 after 6:30.
 House for Sale or rent: 2-story colonial on golf course, near pool & tennis; 2956 sq. ft., 4BR, 2 with full bath; 3 1/2 BA, living room with french doors to foyers; DR, FR w/fireplace, large country kitchen, heated sun porch, .88 acre with 5' privacy fence, garage w/2-car openers & workbench; french doors to 19x28.8 patio; professionally landscaped; custom drapes & wallpaper, many extras. Sale \$148,000 or rent \$860/mo. Call 324-5029 after 3PM.
 2BR Mobile Home for rent. Large lot \$200 per mo. \$100 deposit. 1 mile from maingate CLNC. No pets. All electric, all furnished. 353-1335.
 For Rent: 3BR, 1BA brick home, lg. kitchen, laundry room inside, central air & heat with heat pump, lg. spacious yard located in Summersill area near school. \$400 mo. Call 455-1466.

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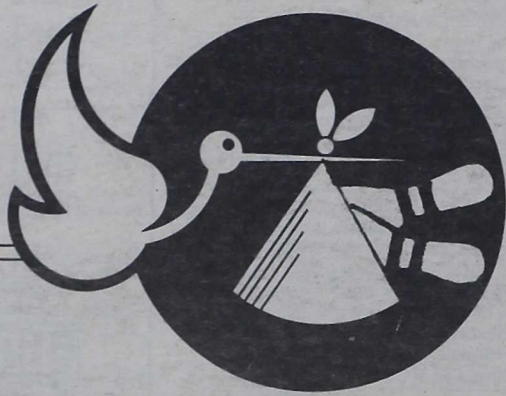
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 SAT 1:00 pm-MIDNIGHT

Bldg. 332 FC
Across from "E" Club

Manager—Mr. Will West
451-1800/1801

FOR OUR LITTLE FRIENDS

OUR ANNUAL

EGGS

CANDY

EASTER EGG HUNT

Sunday

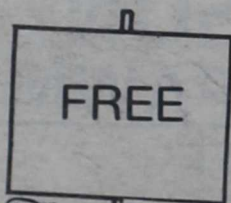
March 26, 1989

2:00 PM

Michael Stokes Sports Complex Field

Tarrawa Terrace 1
INFO 451-2253

Raindate Mon., March 27, 1989
2 PM



BALLOONS

