

CAMP LEJEUNE GLOBE

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Gunnery Sgt. J. Booker Simmons

... Tedesco spots a round fired from the LAV's 25mm chain gun during a live-fire exercise at Camp Lejeune's Golf 7 range.

Agile, mobile, versatile: LAVs lead the way

Story and photos by
2nd Lt. Cathy Engels

Agile, mobile and versatile. These not only describe the individual Marine. They also describe one of the Marine Corps' newest weapons systems—the light armored vehicle.

Alpha Co., 2nd LAV Bn., 2nd MarDiv., put some of that versatility to use here recently when they conducted day and night live fire exercises at the G-7 range and practiced formation changes to answer the attacks of imaginary aggressors at TLZ Falcon and TLZ Goose.

"We don't get to fire live ammunition here very often because of the range of the gun (3600 meters for a Sabot round and 2400 meters for an armor piercing

round). Usually we have to go to Fort Benning, Ga.," said Cpl. Michael Graue, Alpha Co.

It's exercises such as this that help determine just what the LAVs are capable of.

"There is a standard operating procedure for the vehicles, but no one is quite sure just where and on what level in the division to attach them," said Staff Sgt. Steve Campbell, H&SCo., 2nd LAV Bn., 2nd MarDiv. "They are designed to accomplish all kinds of different missions, from reconing a proposed battle site to transporting troops (six fully combat-loaded each) to providing prep fires or fire support."

See LAVs, Pgs. 10-11A



2nd Lt. Cathy Engels

armored vehicles move quickly to get into a new formation that will allow them to attack an imaginary assault.

What's inside...

Co's senior CWO bids adieu...Pg. 3A
Cooks battle for title...Pg. 13A

CG's Corner...



Many Marines work in confined areas with smokers. Isn't this a health hazard to those Marines who don't smoke? Also, cigarettes have been removed from the field rations. With the emphasis placed on combat readiness, will Marines who now currently smoke be combat ready while going through withdrawal from tobacco.

Current Marine Corps policy concerning smoking in areas where both smokers and non-smokers work is based on instructions passed by the Secretary of the Navy. In these instructions is stated that "where ever possible" in buildings, facilities and ships, separation be provided between smoking and non-smoking personnel in common work spaces. Where practical, commanding officers should designate smoking areas for personnel who desire to smoke. Smoking should

not be permitted in areas shared by unless, in the commanding officer's judgment, ventilation is adequate to provide a health hazard. Here at Camp Lejeune, a base currently being updated which will provide detailed guidance concerning those areas where smoking is allowed and where and when it is prohibited.

Cigarettes are no longer provided in the field ration because of the determination of the Surgeon General that smoking of tobacco is a health hazard. Although heavy experience "withdrawal" symptoms which may lead to a degradation of combat readiness. Education programs are being developed to reduce tobacco use and provide information on the health risk of tobacco use as well as the health risk of tobacco use.



Staff. Sgt. Daniel Geltmacher

Setting it straight...

The GLOBE wishes to correct errors which appear in this newspaper. Readers wishing to point out errors, whether ours or those of our sources, should contact the Managing Editor at 451-5655. Corrections will appear in this space.

Many phone calls prompted a search for two additional LAV wheels. Check Pg. 20A for results.

Army school gives Main confidence under pressure

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

Spending 18 hours in temperatures that hover around freezing, wading through bone chilling, waist-deep water in swamps and fording streams that would send a polar bear packing on the next south-bound ice flow, and getting harassed and ambushed along the way is just a typical day in the U.S. Army's Ranger School.

"It was the coldest I've ever been," recounted Staff Sgt. Daniel Geltmacher of his last week at the school in Fort Benning, Ga.

Geltmacher, a platoon sergeant from H&SCo., 2/4 finished as an honor graduate in the school's last class of Fiscal Year-87. Army Ranger School had been something he'd wanted to accomplish since he was a private first class and member of a super squad in 1979.

"Our platoon leader was a lieutenant who had recently graduated from the school," Geltmacher said. "He pushed us hard."

It was then he started to notice that Marines who had been through ranger school were different.

"They not only seemed to be squared away, but were more confident than other Marines when under pressure," he said.

What ultimately prepared Geltmacher for his success in ranger school was that of being a scout/sniper and then scout

sniper instructor at Quantico, Va., in the early 80s.

"It enabled me to be a scout/sniper of everyone else," said Geltmacher.

In fact, Marines who graduate from the school have the built in psychological advantage of just being Marines, which also lead to additional stress.

"Because of our boot camp experiences, the instructor put more leadership roles on us from the start," he said. "We've got the additional stress."

The Army Ranger environment. Marines live up to their motto. Moreover, Geltmacher said, the rigors of ranger school to sleep and the extra stress on oneself to do well.

"The eagle, globe and anchor something to us," Geltmacher said. "It's psychological power behind it. It actually helps pull you through the course."

The course is 58 days of non-stop vivability through leadership. It uses the dismounted infantry as a vehicle to evaluate the leader. Contrary to what people think, the school is not a patrol training school.

"You have to know the terrain before you go," said Geltmacher. "It's a challenge of the ranger course."

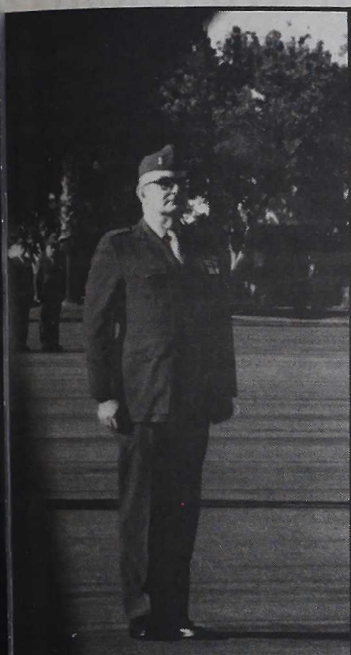
But when all is said and done, the feeling of successfully accomplishing the challenge of the ranger course counts.

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Editor Sgt. J. P.

Newsbriefs...



Staff Sgt. James F. Burkhardt

er presst 'gunner' ashore

Warrant Officer 4 Frank J. Simons Jr. retired Camp Pendleton, Calif., after more than active service. Simons, a veteran of Korea m, enlisted in the Marine Corps in 1952.

Sheep' leader dies

Gregory "Pappy" Boyington, Marine of Honor recipient and leader of the "Bee" Squadron during World War II, died in Fresno, Ca., Jan. 11 at the age of 75. He was best known for his leadership of the fighter Squadron 214 in the Central area. The squadron, made up of a group of replacements and green pilots, was dubbed "Bee" Squadron. It was there that Col. 31 at the time, was nicknamed "Pappy".

expenses deductible

Corps Officers may be able to consider certain entertainment expenses tax deductible, when business expenses necessary to the trade of the officer. A Tax Court recently ruled in favor of a Marine Corps Officer who had deducted \$1,800 in 1983 for hosting change of command dinners. The court considered the tradition that incoming commanders to pay for the reception. The court made this ruling even though the expense is not mandatory and allowed for deduction. Since the beginning of 1986, the maximum deduction for entertainment expenses has been reduced to 80 percent. This reduction applies to other justifiable business expenses for the 1987 tax year. More information is available through the Internal Revenue

to contest entries due

Entries for Military Pictures of the Year, 25th Annual Competition, which includes Military Pictures of the Year, are available at the Public

Affairs Office.

Entries must be postmarked by Feb. 15 for the DoD-wide competition which is open to active duty photographers, journalists and photojournalists who take photos for official use as part of their military duties.

Reserve and National Guard personnel who occupy these billets during annual training may enter photos taken during training.

All photos must have been shot during calendar year 1987.

This year's special category is "USO Programs". For entry forms contact Sgt. Snyder at 451-5883.

Education eligibility defined

To be eligible for education benefits, the Vietnam-era servicemember currently on active duty needs to stay in the service until June 30, 1988.

The Department of Veterans Benefits (DVB) circular 22-85-6 was revised Oct. 13, 1987 and explains Chapter 30 of the Montgomery GI Bill. The circular is available at the Consolidated Education Center and supplies information on eligibility, funding and benefits.

Eligibility requirements for those who have basic Chapter 34 eligibility and who serve on active duty after Jun. 30, 1985 will also be affected. Period of service is explained as follows:

"An individual must have served on active duty without a break from Oct. 19, 1984, through June 30, 1985. If, during this period, an individual is discharged and returns to active duty within 90 days in accordance with DoD policy, this period is not a break in service.

"Also, this individual must serve on active duty for at least three continuous years beginning July 1, 1985. Therefore, such a person must have an RAD date of June 30, 1988 or later. Any day an individual is not on active duty during this three-year period will interrupt the continuity of service."

Counselors are available at the Consolidated Education Office, MCB. For more information call 451-3091 or 3092.

Division Sgt. Maj. to change

Sergeant Major John V. Browne, 2nd MarDiv. Sergeant Major, will relinquish his duties to Sergeant Maj. Roy J. Yeddo at 1000, Jan. 29 at WPT Hill Field. The 2nd MarDiv.'s 47th Birthday celebration will be held in conjunction with the posting and relief ceremony. In the event of inclement weather, the ceremony will be held in the Area 4 Gym, Bldg. 401.

Privacy Act video aired

The videotape, "Privacy Act 1974" will be broadcast every Tuesday and Thursday at 8:30 a.m. and 1:30 p.m. on base cable channel 12 starting Jan. 19 and continuing through Aug. 30. For more information call Gunnery Sgt. Knutti at 451-1972/3733.

Postal hours reduced

The U.S. Postal Service has been given a mandate by Congress to reduce retail services by 10 percent. Effective Jan. 2, the Camp Lejeune Post Office, Bldg. 1770, began closing on Saturday and Tuesday afternoons. To ensure that Saturday postal services are available for Camp Lejeune personnel, the military Unit-4 Post Office, located in Bldg. 67, is now open on Saturdays from 8 - 11:30 a.m. All military post offices will remain open on Tuesday afternoons. Reduced retail services will not affect mail delivery to quarters or post office box service.

Listed below are the revised U.S. Post Office closing schedule for the Camp Lejeune and Jacksonville area:

Office	Afternoon	Saturdays
Camp Lejeune, Bldg. 1770	Tuesday	Closed
Jacksonville Main Post Office	Thursday	Closed
Naval Hospital	Wednesday	Closed
Tarawa Terrace	Wednesday	Closed
Midway Park	Tuesday	Closed
MCAS	Thursday	Closed
Northwoods	Wednesday	Closed

School board to meet

The Camp Lejeune Dependent's Schools Board of Education will hold its next meeting tomorrow at the Superintendent's Office, Bldg. 855, at 8:30 a.m. The meeting is open to the public. Anyone desiring to have items placed on the agenda should contact the Superintendent's Office prior to the meeting.

STEP training offered

The Family Service Center will host the Systematic Training for Effective Parenting (STEP) on Wednesday evenings from 7 p.m. to 8:30 p.m. for seven weeks. The classes will focus on understanding your child's behavior and misbehavior. Principles presented are effective with both elementary age and young adolescents. You need not be present for every class in order to attend the STEP program. Single parents and step-parents issues will be discussed. Please call to register at 451-5417/5997/1362.



Sgt. S. L. Wheaton Jr.

Reception booster

Lance Cpl. Steve Boaz, of 9th MAB's SCAMP, attaches an antenna to a telephone pole to pick up signals from outlying sensors. Boaz was part of exercise Valiant Blitz 88-1 held recently in Korea.



Gunnery Sgt. Larry Walker, military airport liaison, provides assistance to Marines arriving at Albert Ellis Airport in Jacksonville.

Airport liaison assists military air travelers

Story and photo by Sgt. Al Vaughan

Marines, Sailors and dependents traveling through the Albert Ellis Airport now have a dependable friend in time of need.

Since it opened shop Nov. 23, the Military Police Airport Liaison has helped countless numbers of military personnel with traveling problems.

"When we started, our primary job was to take care of new Marines, especially those coming in fresh from recruit training, and help get them to their next duty station," said Gunnery Sgt. Larry Walker, liaison NCOIC. "That is the primary situation we handle here."

Between Walker and his assistant, Sgt. Kenneth Pennington, flights are covered day and night. Marines arriving in uniform are greeted the minute they walk into the terminal and briefed on everything from arranging transportation to filling out baggage claims. That's the easy part of the job according to Walker.

"We've assisted the airport security in everything from a female passenger fainting and going into shock to a Marine trying to board an airplane with munitions in his pockets," said Walker. "Some

Marines don't realize that board aircraft with their Because of our good relationship airport security, we've been able to handle these rare cases on our own.

But, not all situations are as simple. Walker said the greatest amount of time is spent helping people with and enforcing uniform regulations. Situations are even funny.

"One Marine's family arrived soon discovered their son had come to pick them up," said Walker. "We got in touch with their son for them."

Walker said that any time he has to call on a unit to solve a problem, he has received full support from his leaders.

"That's one thing that makes me proud to be here rewarding," he said.

In the future Walker said he would be assigned to the airport liaison section to help even out the workload.

"The one thing I want military personnel to know is my section is here to help and not harass them. If they have problems, all they have to do is ask for assistance."

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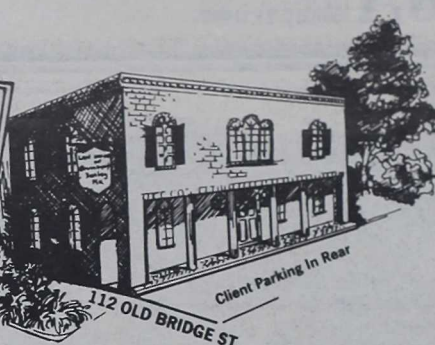
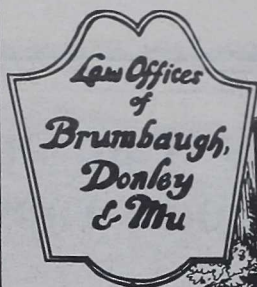
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Combat engineers team up to move mountainous traps

Story and photos by Cpl. Steve Nelson
Camp Pendleton

LAS PULGAS LAKE—Obstacles are carefully orchestrated into exercise scenarios to challenge Marines not only physically but mentally.

In an exercise in the rolling hills here, a joint force of Marines from 1st and 2nd Combat Engineer Battalions were confronted with every obstacle the exercise conductor could direct, as they maneuvered through a mechanized assault course.

The main purpose of the exercise was to advance tanks and tracked vehicles, and to maneuver combat engineers and infantry Marines across obstacles in a mechanized assault on a make-believe, fortified enemy position.

The joint exercise with Marines from 2nd CEB, 2nd MarDiv., was just one of several training scenarios carried out as a part of Exercise Tango I, which lasted three weeks. The first week of training was on San Clemente Island, Calif., and the other two here.

"It's great that they (2nd CEB) can come out here to train with us," said Maj. Jack Moore, 1st CEB S-3 officer. "It gives

Marines on the East Coast an idea of what training is like on the West Coast and they tell us what it's like on the East Coast. There aren't as many live-fire restrictions out here as there are at Camp Lejeune, so our training gets more realistic," he added.

The mechanized assault began near Las Pulgas Lake as white clouds of smoke billowed from amtracs and provided a smokescreen for concealment from the enemy. Leading the pack was an M-60 tank hauling an M58 linear-charge, rocket-propelled explosive. The tracked vehicles easily rolled through the canyon until they approached a long stretch of obstacles made up of barbed wire, concertina wire, log posts and possible landmines.

To clear a path through the obstacles, the combat engineers fired the line-charge rocket. Trailing the rocket, like a tail on a kite, was a string of simulated C-4 explosive which fell to the ground in a straight line. Had there been actual explosive in the line charge, it would have then been detonated to make an unobstructed path. Since the explosive wasn't used, a pre-cleared path was followed.



An armored bulldozer moves earth to make an anti-tank ditch passable for vehicles.

The front-running tank was also equipped with a mine plow used for proofing the line, meaning that the plow tills up the ground in front of the tank to bring to the surface any land mines which didn't detonate as a result of the line charge blast.

At the end of the field of obstacles was an anti-tank ditch that would have delayed progress of most any vehicle. But a D-7 bulldozer with a special armor package, manufactured by Israeli military industries, came to the rescue and quickly rendered the ditch passable.

Once all the vehicles had advanced beyond the ditch, they moved through a series of obstacles and up a hill toward the enemy position high atop a ridge.

At the bottom of the hill, the 1st and 2nd CEB rushed forward on tracs under enemy fire and a way up the hill before encountering wire obstacles.

To overcome these obstacles, a Bangalore torpedo was slid under the wire and detonated to clear the wire, opening up an avenue to the enemy.

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ercises went well," said Moore. jump on the Commandant's carry out joint exercises with different areas of the country, n very beneficial for everyone

Capt. Steve Dunkin, 2nd CEB heavy equipment officer. "When a battalion travels across the country for a three-week exercise, everything has to be perfectly planned," he said. "If a part or component is forgotten, there's no going back to get it. Whatever you brought is what you have to work with."



amphibious tracked vehicle lays out a smoke screen to conceal other track- icles in their advance to the enemy's position. (Right) The engineers were debrief- the successful completion of the exercise. Both the 1st CEB from Camp eton and the 2nd CEB based at Camp Lejeune joined forces for the exercise.



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Rx: If it won't grow by itself: burn

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

December marked the beginning of prescribed burning done by the base forestry branch, Natural Resources Division. As 20,000 acres are slated to be burned this season, this is no small task.

"The public and the Marines just aren't aware of why we're doing this," said Danny Becker, assistant forester. "People are unaccustomed to seeing forest fires, so we get a lot of calls from people during this time when they see the smoke and flames. We will normally burn from December until the end of February."

Prescribed burning is used as a forest management tool during winter, when there is still moisture in the wood, moderate humidity and cooler temperatures. Because of these factors the fire burns cooler and can be easily and safely controlled.

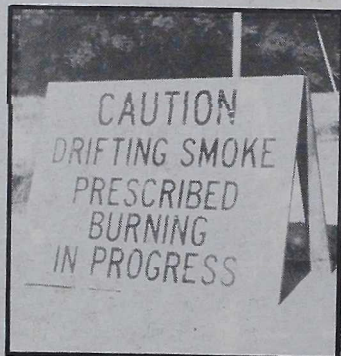
"With a moderate breeze and the cooler ambient air temperatures the heat from the fire is allowed to dissipate away from the crowns of the trees and minimizes any damage to them."

The forestry branch uses a prescribed burn for a number of reasons to reduce the risk and the severity of wild fire by reducing fuel on the ground; to enhance wildlife habitat by improving the nutrition of vegetation; to diminish litter and brushy competition for timber production; and for range maintenance.

The actual burn itself, as in anything connected with Nature, depends on appropriate weather conditions.

However, months before the foresters actually begin the prescribed burn, they detail their objectives in a written plan. The plan addresses everything from public awareness to environmental impact.

The foresters also adhere to smoke



Foresters Larry Church (driver) and Eugene "The Torch" Jones ignite a prescribed burn.

management practices and state regulations on air quality standards.

The benefits of prescribed burning are many, however the most noticeable is the enhanced appearance and accessibility of the forest here.

Whenever a burn is planned, motorists will notice warning signs on roadsides of an area being burned. The smoke, the flames and the sound of the vehicles of the forestry branch performing a safe prescribed burn.

Taylor and Kripner

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This ad was designed and printed with the Laser Printing facilities of Software Plus! Computers. Information on how your documents can also have the 'typeset' look for pennies. (Sorry, we currently do not process DOS word processing files.)

lf: bu the highest tradition...

HqBn., MCB

R berly M. Thomas - Merit Awd 1st & 2nd

SptBn., MCB

R bert L. Wilson II - GCM
ol. William Ciamaricone - GCM
ol. Mark M. Stuempges - GCM
C ldine Bright - Mert. Mast
I. V redo Rodriguez - Mert. Mast

Rifle Range Det.

nces l. Nolan Corpening - GCM

H&SBn., 2nd FSSG

I. K n Perry - Mert. Mast

2nd Maint. Bn.

nce l. Kenneth E. Beadle - Mert. Mast

2nd Supply Bn.

Whenever a turn
motorists will notice
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The Torch" Jone
Placido Carrillo - Jnt. Svc. Ach. Medal
l. Martin J. Niklas - GCM
l. M. Carr - Mert. Mast
l. Benjamin D. Cromes - Mert. Mast

2nd Anglico

Ralmond R. Cole - GCM
J. E. Cruz - GCM
John T. LeMaster - GCM

2nd Dental Bn.

DT2 Ralph W. Youngblood - Ltr. of App.
DT3 James Allen Jr. - Ltr. of App.
DT3 Russell Martin - Ltr. of App.
DN Jesse B. Cowan - Ltr. of App.

2nd LSB

Sgt. Dallas Harris - Ltr. of App.

6th Marines

Cpl. Steven E. Marton - GCM
Lance Cpl. Michael T. Sinclair - GCM
Lance Cpl. Andrew L. Marcus - GCM
Staff Sgt. Eugene Bradley - Mert. Mast
Cpl. Leonard K. Kritz II - Mert. Mast
Lance Cpl. Ralph A. Wilburn - Mert. Mast
Lance Cpl. Gus A. Hinton - Mert. Mast
Lance Cpl. Anthony V. Vandenbosch - Mert. Mast
Staff Sgt. Donald E. Babbs - Cert. of App.
Staff Sgt. James A. Harris - Cert. of App.
Staff Sgt. Jerry D. Ross - Cert. of App.
Staff Sgt. Eugene Bradley - Cert. of App.
Staff Sgt. Elvin G. Jenkins - Cert. of App.
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Sgt. Randall H. King - Cert. of App.
Sgt. Kim L. Dexter - Cert. of App.
Sgt. Rudy Resto - Cert. of App.
Sgt. Dann C. Byrne - Cert. of App.

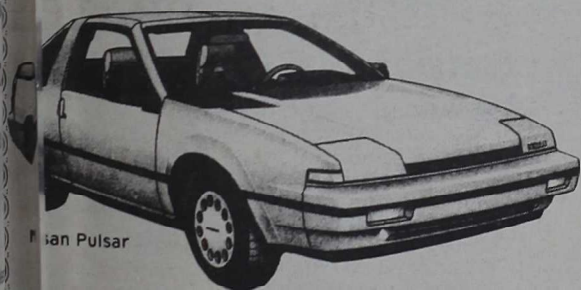
10th Marines

Cpl. Norman K. Hubbard - GCM
Cpl. Leon J. Gazzara - GCM
Cpl. Paul R. Urbano - GCM
Lance Cpl. Robert R. Campbell - GCM
Lance Cpl. John W. Gates - GCM
Lance Cpl. Nathan W. Free - GCM
Sgt. Johnnie B. Jones - Mert. Mast
Sgt. Anthony D. McRae - Mert. Mast
Sgt. Arron I. Rivera - Mert. Mast
Cpl. Richard L. LeSuer - Mert. Mast
Cpl. Harry T. Phillips - Mert. Mast
Lance Cpl. Dale L. Thomas - Mert. Mast
Lance Cpl. Leonard J. Pinette Jr. - Mert. Mast
Lance Cpl. Cornelius K. Terry - Mert. Mast
Lance Cpl. William J. McLaughlin - Mert. Mast
Lance Cpl. Ray M. Lizarraga - Mert. Mast
Lance Cpl. Jose V. Gonzalez - Mert. Mast
Pfc. Douglas A. Hamblen - Mert. Mast

2nd Tank Bn.

Capt. John T. Barrera - NAM
Sgt. Robert E. Mason - Mert. Mast
Cpl. Roger W. Knopick - Mert. Mast
Cpl. Mark E. Herny - Mert. Mast
Cpl. Wayne A. Hartman - Mert. Mast
Cpl. Corey A. Simons - Mert. Mast
Lance Cpl. David P. Ramirez - Mert. Mast
Lance Cpl. Timothy A. Garland - Mert. Mast
Lance Cpl. Timothy L. White - Mert. Mast
Lance Cpl. Ronald J. Rader - Mert. Mast
Lance Cpl. Vernon L. Ivey Jr. - Mert. Mast

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Nissan Maxima



Corporal Rick Manwarren waits for instructions in the turret of an LAV nick-named Iron Mistress.

2nd Lt. Cathy Engels



Corporal Mike Graue rides in the turret of an LAV on his way to TLZ Falcon.

2nd Lt. Cathy Engels



Corporals Rick Manwarren (left) and Roger Davis negotiate one of

LAVs—

from Pg. 1A

"The LAVs could be sent to a hot area ahead of the troops to provide reconnaissance. They would then be used as to whether prep fires are necessary or they might even provide the troops with themselves," said Capt. Warren Foersch, Alpha Co. commander, 2nd Battalion.

"New equipment such as the LAV is great to work with because it allows your imagination and be innovative," Foersch said. "You are a real part of the team when it comes down to the wire where these will ultimately be used."

There are five variants of the wheeled vehicles here—the recovery, 81mm mortar, 140mm chaingun and TOW II antitank missile. The LAV is equipped with an M2 machinegun for self defense.

Cpl. Darren Pierce, Alpha Co., said the TOW variant is the best. "The TOW variant is the best," Pierce said. "I haven't been able to take it yet."

In addition, an anti-aircraft gun is in the works.

"The 25mm chainguns are the best," Pierce said. "The 25mm chainguns can be fired when the vehicles are stationary or in motion during the day or night," said Foersch.

At night an M36 night sight is used.

AVs

g. 1A
LAVs could be re-
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might even provide
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2nd Lt. Cathy Engels

Sergeant James Tedesco (left) and Cpl. Darren Pierce wait for instructions on which direction they will be moving in next.



2nd Lt. Cathy Engels



2nd Lt. Cathy Engels

Corporals Rick Manwarren (left) and Roger Davis make their way from TLZ Falcon to the G-7 range.

ger Davis negotiate

ation changes at TLZ Falcon.

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Kitchen craftsmen

Turning raw



into fine
cuisine brings out the best of
2nd FSSG's culinary artists

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

Three Marines in pressed, white uniforms lined up anxiously behind their respective tables of lavishly garnished full course meals. In marched 15 majors and colonels with clipboards in one hand; plate, fork and knife in the other and a peckish look in their eyes.

This was the setting for 2nd FSSG's chef-of-the-quarter cook-off. The three finalists—two from H&SBn. and the other from 2nd LSB had to undergo a written test and review board before making it this far.

"Some people have an eye for it; some work at it for years and still can't master it," said Master Gunnery Sgt. David Miller, food tech., 2nd FSSG. "These Marines are the best in the Group."

Each cook was given the same menu of chocolate chip cookies, buttered whole-grain corn, brown gravy, mashed potatoes, sausage bread dressing and baked stuffed pork chops to prepare for the judges. Each had to follow the Armed Forces Recipe Service Card for 100 portions. Then, they had to reduce those 100 portions down to ten. But the individuals' cooking proficiency and imaginative garnishes were the key to success.

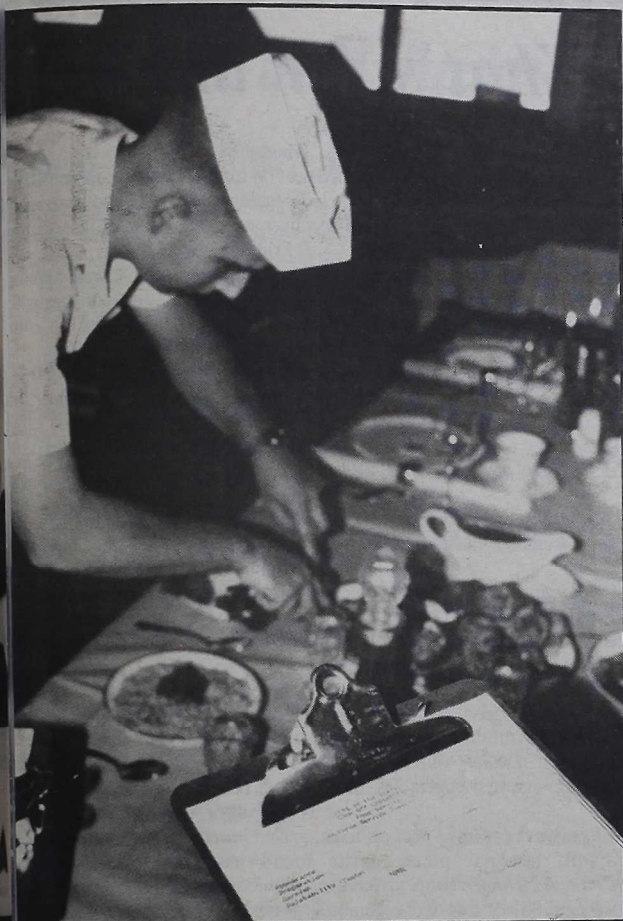
On the other side of the table stood the judges. They graded on a scale of 0-10 the appearance, preparation, garnish, and palatability or taste of the cuisine.

With the final points tallied, the margin between victory and defeat was narrow. The victory took Lance Cpl. Beverley Lewis, H&SBn., by complete surprise.

"I had so many problems this morning," she said. "I was late, had to get chit...it was just total chaos."

For Lewis, the dire sequences of the morning turned out to be the map of success in the afternoon. For her efforts she received a trophy and award from Brig. Gen. Jarvis Lynch, Commanding General, 2nd FSSG, and an opportunity to attend one of two formal culinary schools in New England.

(Left photo) Evaluator Master Gunnery Sgt. David Miller gives cook-off contestants (left to right) Lance Cpl. Beverley Lewis, Sgt. Francis Jackson and Lance Cpl. Daniel Hoye a last-minute briefing on the rules before the competition begins. (Below) Lance Cpl. Lewis' winning main-dish is displayed. Garnish and appearance are two key elements in food preparation.



For grades Lance Cpl. Daniel Hoye during the cook-off. Check lists are to ensure each contestant is evaluated in the same areas.



At the movies...

WEEK OF JAN. 21-27

Thursday: The Princess Bride (PG-13) Camp Theatre
Friday: Big Easy (R) Camp Theatre
Saturday: Big Easy (R) Camp Theatre
Sunday: Power (R) Camp Theatre
Roxann (PG) Camp Johnson
Monday: Power (R) Camp Theatre
Inner Space (PG) Camp Johnson
Tuesday: Billy Galvin (PG) Camp Theatre
Stake Out (R) Camp Johnson
Wednesday: Billy Galvin (PG) Camp Theatre
Witch Board (R) Camp Johnson

Camp Theater Matinee
Starts at 2 p.m.

Saturday
and Sunday: Pinocchio

Movies may be substituted without notice due to nonavailability

What's for dinner..

Thursday

□ **Breakfast:** sausage, ham, creamed beef on toast □ **Lunch:** soup, stuffed parmesan, O'Brien potatoes, assorted vegetables, desserts and beverages □ **Dinner:** soup, pork slices Mexicana grilled beef liver assorted vegetables, desserts and beverages

Friday

□ **Breakfast:** bacon, sausage, creamed beef on toast □ **Lunch:** Manhattan clam chowder, tuna casserole, beef stew, noodles, biscuits, assorted vegetables and beverages □ **Dinner:** Manhattan clam chowder, oysters, shrimp, fish, scalloped potatoes, assorted vegetables, desserts and beverages

Saturday

□ **Breakfast / Brunch:** assorted fruits and juices, cereal, eggs to order, potatoes, sausage, hamburger or cheeseburger, french fries, onion rings, desserts and beverages □ **Dinner:** soup, Spanish style Swiss steak, french fries, rissole potatoes, assorted vegetables, desserts and beverages

Sunday

□ **Breakfast / Brunch:** Same as Saturday □ **Dinner:** soup, Salisbury steak, chicken, dressing, mashed potatoes, assorted vegetables, desserts and beverages

Monday

□ **Breakfast:** ham, bacon, creamed beef on toast □ **Lunch:** soup, barbecue chitlings, meat loaf, parsley buttered potatoes, fried cabbage, assorted vegetables and beverages □ **Dinner:** soup, ginger pot roast, mashed potatoes, assorted vegetables, desserts and beverages

Tuesday

□ **Breakfast:** bacon, sausage, cream beef on toast □ **Lunch:** soup, Polish sausage, burger parmesan, mashed potatoes, assorted vegetables, desserts and beverages □ **Dinner:** soup, southern fried chicken, Swedish meatballs, mashed potatoes, dressing, assorted vegetables, desserts and beverages

Wednesday

□ **Breakfast:** creamed beef on toast, grilled luncheon meat, sausage, ravioli, lasagna, pizza, garlic bread assorted vegetables, desserts and beverages □ **Dinner:** soup, grilled liver w/onions, baked ham, sweet potatoes, fried cauliflower assorted vegetables, desserts and beverages

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inner... Highlights and happenings...

Employment classes offered
The employment Resource Center will be offering training classes for Marines, Sailors and students that will soon be looking outside the door for employment. For information call 451-6185 at MCAS New River.

Winter session begins
Carolina Community College will be offering its second Winter Session on Camp Lejeune Jan. 25 and ending March 1, 1988. Registration is today at Bldg. 63 from 8 a.m. to 1 p.m. per course is \$18.75. Some of the courses are Economics, English, Speech, Psychology and Criminal Justice. Stop by Bldg. 63 for a schedule and dates.

Hosts chess tourney
The 10th will host a Chess Tournament on Jan. 22 at 10 a.m. It will be single elimination tournament. All Marines, Sailors and their families are welcome to participate.

East hoe-down set
The Division Officers' Wives Club will hold a Hoe-down on Sat., Jan. 30 at 7 p.m. in the Goettge Memorial Fieldhouse. Tickets are \$14 and \$7 each. There will be an all-you-can-eat buffet and a live country band and square dance.

Reservations must be made by Jan. 22. For more information call Patti Huly at 353-1178.

Lavert in concert at Goettge

As part of Special Services salute to Black History Month, Lavert will be presented in concert, Feb. 26 at 8 p.m. in Goettge Memorial Fieldhouse. Tickets for Lavert, whose popular hit is Casanova, will go on sale this week in the Information, Tickets and Tours office in the fieldhouse. Advance tickets for seating are \$15 and tickets at the door will be \$17.50. Call 451-3535 for more information.

Marston Pavilion closed

Marston Pavilion closed the first of January for renovation. As a result, the monthly Flea Market has been moved to the TT Community center for Feb. 6 from 8 a.m. to 1 p.m. Tables may be rented for \$3 and reserved by calling 451-2253.

Also, the Teen Club has been moved to the Youth center on Stone Street. Dependent children, ages 13 to 19 can go there every Friday and Saturday night from 8 p.m. to midnight.

Atlantic City trip planned

Atlantic City's the place and we've got a seat reserved for you for this Atlantic City weekend, Feb. 16-20. You'll stay at one of the most popular casinos on the Boardwalk, have a \$24 million dollar spa at

your disposal and receive \$30 in coins to play whatever you want. Cost for the trip is set at \$119 per person. Call 451-3535 for more information.

Concert tickets available

Tickets are on sale for the following East Carolina University Series Concerts: A Tribute to Woody Herman, Feb. 11; Atlanta Ballet, Feb. 16; Marcel Marceau, March 2; and the Empire Brass Quintet, Apr. 8. Get your tickets now by calling 451-3535.

The heavy metal group "Def Leppard" will appear at the Raleigh Coliseum Jan. 26 at 8 p.m. Tickets are on sale at the I.T.T. Office in the Field House for \$20. Call 451-3535 for details.

Child care openings

The Officer's Wives Club child care center has openings for 3 and 4-year olds in the morning (9 a.m. - Noon) and afternoon (12:30 - 3:30 p.m.) preschool program. For information, call 353-4788.

Chapel Notes...

A Jewish community bowling party and chapel advisory council meeting will be Jan. 30 at 6 p.m. at the Bowlarena on Western Blvd. An adult education and brunch will be Jan. 31 from 10:30 a.m. - 12:15 p.m. at the Jewish Chapel.

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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, Jan. 21 - 27

Jan. 21
Ch.12 - 8:05 a.m. Lejeune Report
Ch.5 - 9 a.m. Chosin to Hungnam
Ch.8 - 9 a.m. MOPP Chemical Protection
Ch.8 - 10 a.m. Royal Marines: Nothing is Im-possible
Ch.5 - 11 a.m. Direction: Leadership
Ch.12 - Noon Lejeune Report
Ch.5 - 1:30 p.m. Landmine Warfare Pt. 2
Ch.8 - 1:30 p.m. Intro to Miles
Ch.5 - 2:30 p.m. How to install MILES on the M-60 Tank
Ch.8 - 2:30 p.m. Intro to MILES
Ch.12 - 4 p.m. Navy News
Ch.12 - 5:30 p.m. Lejeune Report
Jan. 22
Ch.5 - 9 a.m. Legacy in the Making
Ch.8 - 2 p.m. Team Spirit '78
Ch.5 - 10 a.m. Alcohol Abuse
Ch.8 - 10 a.m. Basic School
Ch.12 - Noon Lejeune Report
Ch.5 - 1:30 p.m. Trial by Fire
Ch.8 - 1:30 p.m. Proudly they Came
Ch.5 - 2:30 p.m. A Second Chance for Life
Ch.8 - 2:30 p.m. Martin Luther King Jr.
Ch.12 - 4 p.m. Navy News
Ch.12 - 5:30 p.m. Lejeune Report
Jan. 25
Ch.12 - 8:05 a.m. Lejeune Report
Ch.5 - 9 a.m. LES
Ch.8 - 9 a.m. First Aid: Burns
Ch.5 - 10 a.m. A few good men
Ch.8 - 10 a.m. The 11th Hour
Ch.5 - 11 a.m. Amphib. Ops.: Embark
Ch.8 - 11 a.m. That's Us in the USA
Ch.12 - Noon Lejeune Report
Ch.5 - 1:30 p.m. Know Your Enemy

Ch.8 - 1:30 p.m. Communications Security
Ch.5 - 2:30 p.m. Code of Conduct
Ch.8 - 2:30 p.m. Testing and Boresighting MILES
Ch.12 - 4 p.m. Navy News
Ch.12 - 5:30 p.m. Lejeune Report

Jan. 26
Ch.12 - 8:05 Lejeune Report
Ch.5 - 9 a.m. Code of Conduct
Ch.8 - 9 a.m. Avalanches
Ch.5 - 10 a.m. Decision is Yours
Ch.8 - 10 a.m. The Mili World
Ch.5 - 11 a.m. Where Have all the People Gone
Ch.8 - 11 a.m. Physical Fitness
Ch.12 - Noon Lejeune Report
Ch.5 - 1:30 p.m. This is Parris Island
Ch.8 - 1:30 p.m. Beach Intel
Ch.5 - 2:30 p.m. Alcohol and the Family
Ch.8 - 2:30 p.m. Victory at Sea: Fate of Europe
Ch.12 - 4 p.m. Navy News
Ch.12 - 5:30 p.m. Lejeune Report

Oct. 27
Ch.12 - 8:05 a.m. Lejeune Report
Ch.5 - 9 a.m. Hostage
Ch.8 - 9 a.m. A Gift From Mrs. Timms
Ch.8 - 10 a.m. Defensive Combat Marine Rifle Squad
Ch.5 - 11 a.m. Natural Resources: Forestry Wildlife
Ch.8 - 11 a.m. Total Force
Ch.12 - Noon Lejeune Report
Ch.5 - 1:30 p.m. Birds of the Mast
Ch.8 - 1:30 p.m. Shark: Danger in the Sea
Ch.5 - 2:30 p.m. Parachutes
Ch.8 - 2:30 p.m. Char. of Bio. Agents
Ch.12 - 4 p.m. Navy News
Ch.12 - 5:30 p.m. Lejeune Report

On the radio...

The Camp Lejeune Report - a 2½ min. daily rep is aired on:

WJNC (1240am) at 1:30 p.m. weekdays
WJIK (1580am) at 7:45 a.m. weekdays
WEGG (710am) at 2:30 p.m. weekdays
WJCV (1290am) at 12:45 a.m. weekdays
WLAS (910am) at 1:30 p.m. weekdays

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

WJIK at 12:45 p.m. weekdays
WEGG at 2:30 p.m. weekdays
WLAS at 10:30 a.m. weekdays
WJCV at 2:30 p.m. weekdays

The Camp Lejeune Focus - a 5 min. single feature Report is aired on:

WJIK at 11:15 a.m. Saturdays
WJCV at 12:45 p.m. Sundays
WVBS (100fm) at 6:30 a.m. Sundays
WRNS at 4:30 a.m. Sundays



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New support company activated by 2nd LSB

photos by Sgt. Eva Snyder

Support Battalion, have birth to a new company—Support Equipment Co. Marines who make up the new were originally assigned to



David Hubka, Bravo Co., 1/2, stands by during recent operations at TLZ Falcon.

H&SCo. and H&SBn, but because motor transport has the most in manpower, it became necessary to form a new company.

Since then, the motivated Marines have plowed right into the thick of things with their first mission at TLZ Falcon.

"We're expanding the landing zone to restore it to its former size. Over the years the trees and vegetation have grown so large it's become necessary to clear some acreage," said Master Sgt. Robert H. Lissor, operations chief, LSE Co.

Although clearing the TLZ is the newly-formed company's first official mission, it's actually the second phase of a larger operation.

"The base forestry unit began clearing approximately 90 acres last year. After felling the trees, they took some pulpwood from the area," Lissor said. "During the second phase we'll clear an additional 40 acres. When we're finished the drop zone will include a total of 180 acres."

Completion of the zone is slated for March 30, 1988.

"The completion date also allows for



Corporal Greg C. Finnigan (right) and Lance Cpl. Jimenez Thomas, Bravo Co., 1/2, 2nd MarDiv, conduct field operations in the zone.

inclement weather. Since we're at sea-level the soil doesn't drain. Any amount of rain can make our jobs virtually impossible," said Staff Sgt. William D. Ousley, heavy equipment operator.

The heavy equipment used for the job includes D7G Caterpillar bulldozers (D7's). The Caterpillars are automatic and run on diesel fuel. LSE Marines have logged a total of 2,000 man-hours operating four D7's a day for the past seven weeks.

LSE Marines also perform preventative maintenance on the dozers. The first echelon includes checking fluid levels and tasks such as lubricating specific areas of the machinery.

"The lift cylinder is one area that needs daily attention. Without proper lubrication, the couplings holding the blade could break," Ousley added.

And it is this knowledge coupled with experience that will keep the Marines of LSE Co. on the "cutting" edge.

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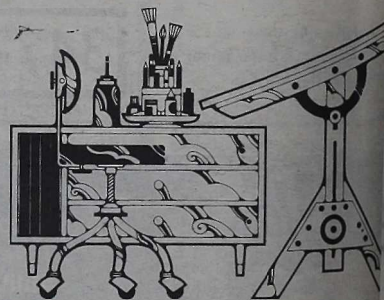
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Power to the people

Photos by
C. Kevin Doll

burning rises, without warning, the sound, exhaust towers jutting and looking like a hi-tech, futuristic scene from a Hollywood movie. It comes the steam needed for the base to prepare the meals in the cookware. Without the steam, there wouldn't be hot water for the showers or heat for the rooms when the mercury takes a

Central Steam Plant, known to the workers simply as Bldg. 1, has been supplying Camp Lejeune with heat for over 40 years.

The five-boiler complex rests on a five-acre lot on Holcomb Blvd. across from the main base and is part of the utilities branch of Base Maintenance.

One boiler is capable of burning coal and one can only burn expanded David Southerland, general foreman. "The type of oil the plant burns is referred to as No. 2, which is a thicker, hotter burning in automotive oil."

The plant has a generating capacity of 100,000 lbs of steam an hour, according to the general foreman at the plant.

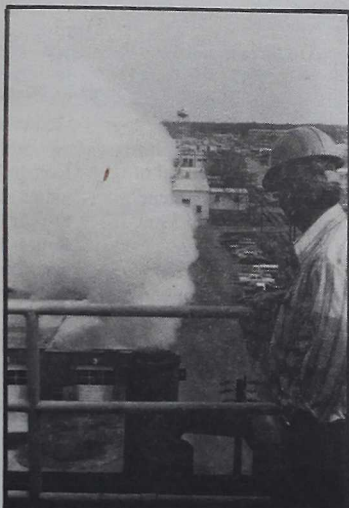
Consumption during the winter is approximately 200 tons of coal and 100,000 gallons of oil every 24 hours. Coal consumption is about 42,000 or about 500 railcar loads.

The renovation project is currently in its second phase of coal burning equipment," Southerland said. "The purpose is to replace the old parts with more modern, efficient components. While the project is going on, we are burning only

first thing usually noticed about the plant is the 135-foot-high electric precipitators.

The precipitators remove the coal ash after the environmental protection standards," said Richard Weston, plant manager.

The steam plant system includes



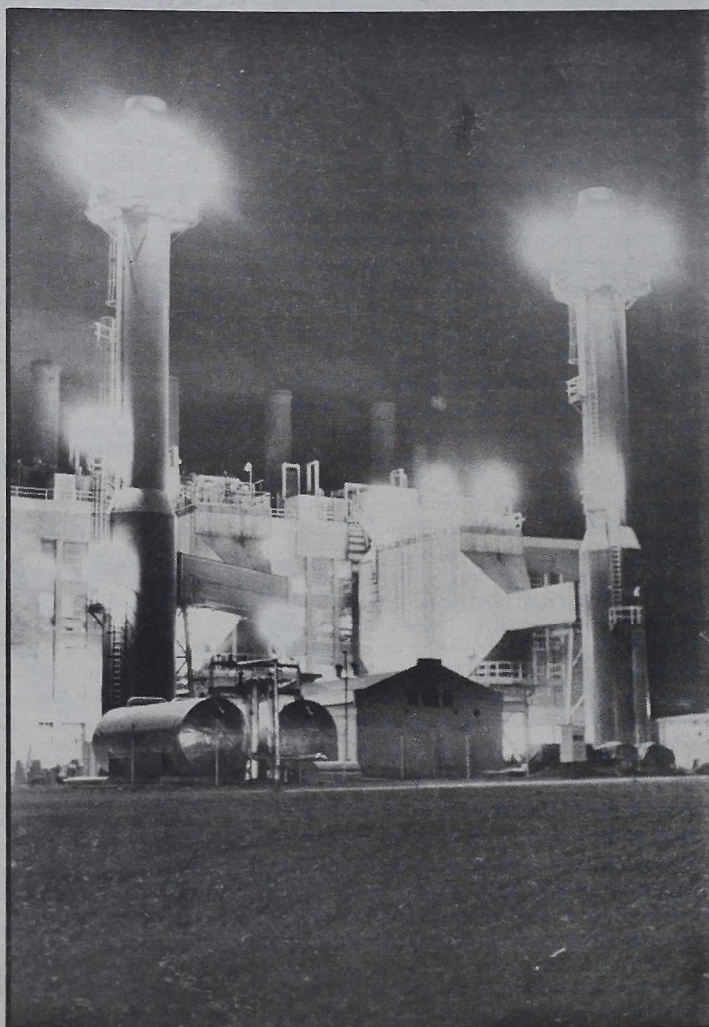
Weston checks the ash conveyor. Escaping steam creates a vacuum which removes waste fly ash from the boilers.

manned and unmanned boilers and distribution lines which form a maze throughout the entire base. Camp Geiger, Camp Johnson and New River all fall under the jurisdiction of Base Maintenance Utilities branch.

Evidence of the vast network of steam lines tunneling throughout the base can be seen in the steam pits which surface around buildings. These pits, growing constantly from the heat and pressure of the steam, can be spotted by their rising mists.

"Mechanics can work on the lines from these pits and check the flow of steam," said Southerland.

Civilians work three shifts at the plant, keeping it on line 24 hours a day, 365 days a year. About 90 men work in the chain of steam production and steam dis



The brightly-lit steam plant towers above the buildings of the industrial area.

tribution for the main plant and the outlying plants. These include boiler operators, coal handlers, instrument mechanics, instrument panel mechanics, pipefitters and welders.

So when you walk in your toasty room from the harsh wintry wind and turn on the hot water in your shower, feel secure that somewhere, someone is working to keep the steam flowing your way.



Weston points out the coal yard at the steam plant where coal is transported by conveyor belts into the plant.

and Weston discusses the days work David Southerland near the water heater which boiler water and removes oxygen.

Courts-martial...

Gunnery Sgt. T. E. Simmons, 2nd Supply Bn., 2nd FSSG, was convicted by general court-martial of wrongful disposition of government property, larceny of government property and making a false sworn statement. He was sentenced to forfeiture of \$900 and reduction to E-3.

Lance Cpl. V. D. Hill, 8th Comm. Bn., 2nd FSSG, was convicted by general court-martial of rape. He was sentenced to three years confinement, forfeiture of all pay and allowances, reduction to E-1 and a dishonorable discharge.

Sgt. O. North, H&SBn., 2nd FSSG, was convicted by special court-martial of wrongful use of marijuana. He was sentenced to 42 days confinement and reduction to E-4.

Cpl. R. T. Lane, HqBn., 2nd MarDiv., was convicted by special court-martial of UA and writing bad checks. He was sentenced to 120 days confinement, reduction to E-1 and a bad conduct discharge.

Lance Cpl. M. Leonard, 2/10, 2nd MarDiv., was convicted by special court-martial of sleeping on post. He was sentenced to 30 days confinement, forfeiture of \$200 and reduction to E-2.

Lance Cpl. T. Gonzalez, 2nd Maint. Bn., 2nd FSSG, was convicted by special court-martial of violating a general order and wrongful use of cocaine. He was sentenced to 120 days confinement, forfeiture of \$1,200 and reduction to E-1.

Lance Cpl. C. Smith, 2/4, 2nd MarDiv., was convicted by special court-martial of UA. He was sentenced to four-months confinement, forfeiture of \$1,200 and reduction to E-1.

Lance Cpl. L. G. Baker, H&SBn., 2nd FSSG, was convicted by special court-martial of wrongful use

of marijuana. He was sentenced to three months confinement, forfeiture of \$900, reduction to E-1 and a bad conduct discharge.

Lance Cpl. J. D. Burrell, 2nd AsltAmphibBn., 2nd MarDiv., was convicted by special court-martial of UA and wrongful use of marijuana. He was sentenced to three months confinement, forfeiture of \$900, reduction to E-1 and a bad conduct discharge.

Lance Cpl. T. S. Jones, 2/2, 2nd MarDiv., was convicted by special court-martial of UA. He was sentenced to three months confinement, forfeiture of \$1,200 and reduction to E-1.

Pfc. R. V. Crouch, 2/4, 2nd MarDiv., was convicted by special court-martial of UA. He was sentenced to six months confinement, forfeiture of \$2,682 and reduction to E-1.

Pvt. A. Arlequin, 2/2, 2nd MarDiv., was convicted by special court-martial of UA, failure to go to his appointed place and disrespectful language. He was sentenced to 30 days confinement, forfeiture of \$600 and a bad conduct discharge.

Pvt. A. E. Thrower, 2nd AsltAmphibBn., 2nd MarDiv., was convicted by special court-martial of disobedience of a lawful order and wrongful use of marijuana. He was sentenced to 60 days confinement and a bad conduct discharge.

Civil court...

Editor's Note: The following cases affecting Camp Lejeune were heard recently in local U. S. District Courts.

Arland Millwood, also known as **Robert Earl Davis**

was sentenced to three years in prison for receiving stolen goods. He is a former Marine who was dishonorably discharged following conviction at a general court-martial.

Keenan T. Cortez was convicted of drug possession and is scheduled for sentencing this month.

Robert Earl Dillon was convicted of machinegun in interstate commerce stems from possession and transport of an M-16A1 rifle from Camp Lejeune to Sentencing for the former Marine is this month.

Allen Wayne Peed was convicted of possession of a sawed-off shotgun. Sentencing is scheduled for this month.

Richard Allen Alexander and Lawrence Jr. were convicted of armed robbery at the King Restaurant at Camp Lejeune. Sentencing is scheduled for this month.

Luke Durussel was sentenced to five years in prison for mailing LSD from Camp Lejeune.

William Joseph Bocchinfuso was placed on probation for stealing a motorcycle.

Lonnie Williams Jr. was convicted of stealing a videocassette recorder from a barracks at Camp Lejeune. Williams, who committed the crime while on active duty Marine, will be sentenced this month.

Kenneth William Stephens was convicted of stealing a stolen motor vehicle in interstate commerce. The offense was committed immediately after discharge from the Marine Corps. Sentencing is scheduled for this month.



Last week, the number and amount of worthless checks written to base clubs, exchanges and commissaries totaled:

431 checks for a total of:
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Look what we found!

After numerous phone calls last week and much searching, we've found additional wheels missing from the photo caption in last week's LA photo. Thanks to our readers, certain members of the staff, namely, wrote the caption, will never forget the number of wheels on an LAV that the equation 4 + 4 still equals 8.



CAMP LEJEUNE SPORTS

January 21, 1988
Section B

Husenita, 9, tosses the ball, which broke right at first, but then changed course—with a little help of gutter bumpers.

adding the gutters

Youth bowlers play 'bumper bowling'

photos by Cpl. Bruce Cob-

with a better feeling rather than simply leaving knowing he's helped the janitor do his job for the day.

"The bumpers really help me a lot," said 9-year old Vanessa Aleman, who's been at the game for about three months now.

It's been said that the family that plays together, stays together. At a time when youngsters are spending time in front of TV sets, according to children like Vanessa and Joseph A. Aleman, going

bowling is a nice change of pace.

"It's good to get out of the house on a Sunday afternoon and come here," Vanessa said. "It's really fun."

For 1st Sgt. Paul N. Husenita, Bravo Co., 2nd Aslt Amphib Bn., 2nd MarDiv., going bowling with the family involves taking four little keggers along, not to mention his wife.

Husenita's children were out there giving it a try. Daughters April, Jennifer and Laura helped their younger brother,

Nick, loft the ball down the alley, or in Nick's case, give it the "old two-handed roll" down range.

One might compare this form of bowling to bumper pool and coin it, "bumper bowling".

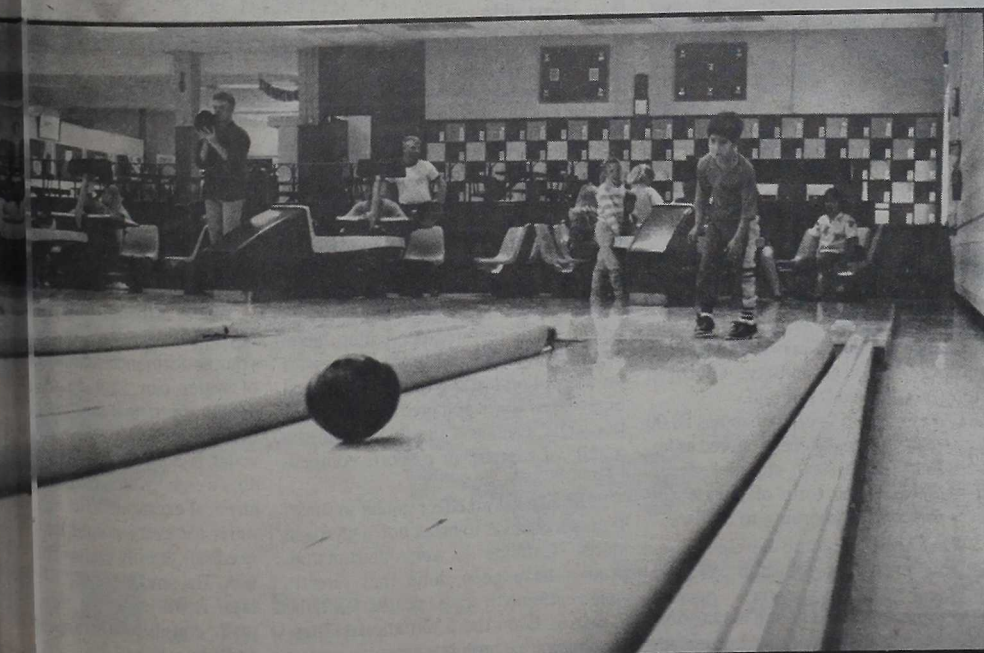
For more information about the center and league play, call 451-5121.



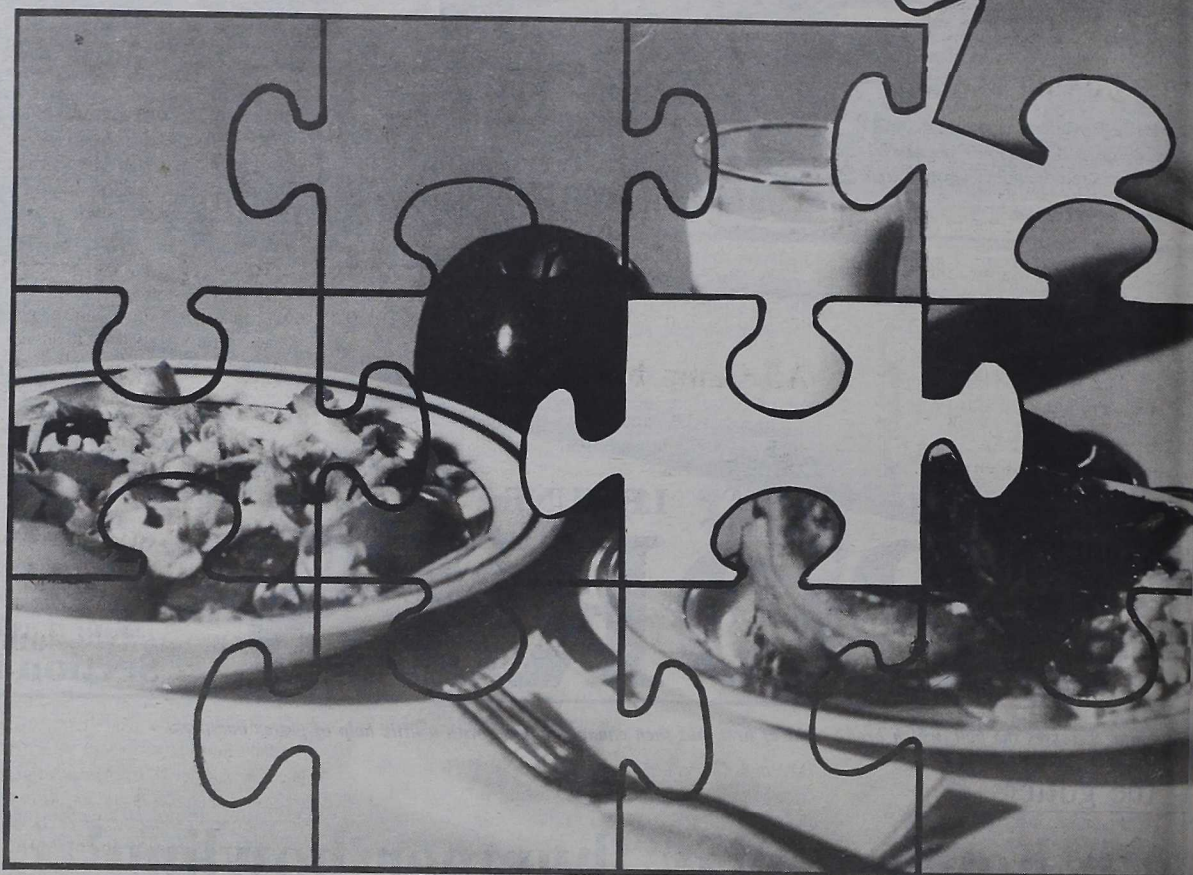
Youth basketball schedule

Jan. 22
Rockets vs. Bulls MinDiv
Area 1 Gym, 7 p.m.
Bulls vs. 76er's MajDiv
Area 1 Gym, 8 p.m.

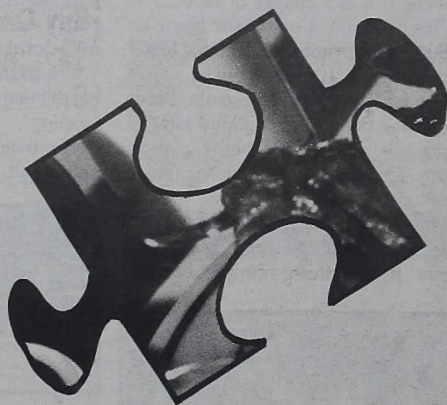
Jan. 23
Warriors vs. Tigers MidDiv
Area 1 Gym, 8 a.m.
Bulls vs. Wildcats MidDiv
MCAS Gym, 8 a.m.
Lakers vs. 76er's MidDiv
MCAS Gym, 9 a.m.
Celtics vs. Blackhawks MinDiv
Area 1 Gym, 10 a.m.
Lakers vs. Bucks MinDiv
Area 1 Gym, 11 a.m.
Pistons vs. 76er's MajDiv
Area 1 Gym, noon
Celtics vs. Lakers MajDiv
Area 1 Gym, 1 p.m.



Joseph A. Aleman, 6, lets one go without stepping over the foul line...at least not too far. (Above) He watches ads for the pins.



Putting the pieces in place, key to sportsman's diet



Stories and photo by Sgt. Eva Snyder

A marathon runner who runs 15-20 miles a day is going to need more than 5000 calories daily and require an even higher percentage of carbohydrates, (approximately 60-70 percent of his total intake) whereas a male who runs 2-3 miles a day might only need 3000 calories.

The foods these runners choose to meet their calorie quotas should add up to proper nutrition.

"Proper nutrition is needed for top sports performance. Some elements to consider for proper nutrition are protein, carbohydrates, sugar, caffeine and water consumption," said Lt. Vickie L. Spillane, administrative dietitian, Naval Hospital.

"Contrary to popular belief, high protein diets do not enhance physical performance or increase strength. In fact, if too much protein is eaten some is excreted in the urine and the rest is converted to

body fat, resulting in just the opposite of what you may be trying to achieve," Spillane said.

"Carbohydrates are needed to make muscle glycogen. Glycogen is the substance enabling a person to engage in sustained physical activity. Glycogen stores are limited," she said.

The average 155-pound man has 50,000 to 100,000 calories of energy stored as fat, but only 1000-1400 stored as carbohydrates in the form of muscle and liver Glycogen, according to Spillane.

When these stores are depleted, blood sugar (Glucose) drops and exercise-induced hypoglycemia occurs—sluggishness, irritability and exhaustion.

Some high carbohydrate foods include bread, cereal, pasta, rice, beans, corn, potatoes, peas, lima beans, milk and fruits.

"Fruit is also a good source of unrefined sugar. It's a myth to eat foods with

refined sugar immediately before exercise or a competition. Sugar will actually impair performance. Although it might give you a quick energy boost, sugar causes insulin to be secreted decreasing blood sugar rapidly. Sugar also interferes with fat absorption leading to early depletion of glycogen stores and premature exhaustion. The result is a tired feeling in the middle of exercise or a sports competition," Spillane said.

"Caffeine has an effect similar to sugar. It causes the liver to break down glycogen stores. Caffeine is very detrimental. Studies have been done that directly relate caffeine to sports deaths. Caffeine is a drug. Even the International Olympic Committee prohibits amounts greater than 15 micrograms per milliliters in the urine. It can cause athletes to develop upset stomachs. Effects on the central nervous system include trembling, quickened respiration, anxiety, depres-

sion, irritability and nervousness. Caffeine's most detrimental effect is that it causes water loss, dehydration.

"Water is the most important element for your performance steadily. If you lose too much during exercise, dehydration, heat stroke or even death. To judge if you need water, do what you can, weigh yourself before and after physical exertion. You need water for every pound lost. You also need salt. It only causes fluid retention. The amount of salt in a meal is sufficient for most people. Main consideration should be water," Spillane said.

"Since water is absorbed more quickly than solutions with electrolytes, (sports beverages, soft drinks, plain old water) is best for rehydration," Spillane said.

Planning steps to nutrition

"A pre-game meal consisting of complex carbohydrates should be eaten three hours prior to the event," said Lt. Vickie L. Spillane, administrative dietitian, Naval Hospital.

This will allow time for the food to leave the stomach. High fat and high protein foods stay in the stomach longer than high carbohydrate foods and could cause vomiting during the event. It's wise to avoid high-fat foods such as fried chicken, french fries, mayonnaise, chips, etc. since fat takes the longest time to leave the stomach.

A low fat, high carbohydrate pre-competition meal might consist of:

- Chicken sandwich on whole wheat bread.
- 1 cup soup
- carrot sticks
- banana
- 1 cup skim milk or two percent lowfat milk
- lowfat yogurt

Spillane suggests that anyone with a weight or dietary problem go to their battalion for a consultation sheet. A consultation sheet is the initial step in making an appointment with a dietitian at the Naval Hospital.

"January is always our busiest time of year. Everyone has good intentions for the new year. Knowledge and persistence can help an individual meet their goals," Spillane said.

Port shorts...

Marine boxing slated

1988 All-Marine Boxing Championships will be held at the Goettge Memorial Field House beginning Monday. Entry procedures require notification of the Office by 4:30 p.m., Jan. 22. The bouts begin at 6 a.m., Jan. 25 with the first scheduled at 7 p.m. Competition is open to all Marines and Navy personnel on Marine Corps Base and will be used to select the 1988 Marine Corps Boxing Team. The awards banquet will be held Jan. 29, following the tournament with awards going to the winners and runners-up. Competing are from Lejeune, Camp Lejeune, Okinawa, Hawaii and admission is free. For more information, call Mr. Nilsen or Gunneryman at 451-3636/1879.

Marathon runners needed

The Marine Corps men's marathon team will be composed of active duty Marines to compete in the 1988 Marine Corps Marathon. The Marine Corps Marathon is their dual meet with the Royal Navy Team in the Marine Corps Marathon. The first runner for the team finished with 2:38:07, the first Royal Navy runner with 2:27:51. To be considered for the team, men must have run a marathon in 2:40 or better in a sanctioned marathon in 1987. For more information, call 451-3636.

Small umpires needed

Umpires are needed for high school baseball and

softball games in the Jacksonville and Camp Lejeune areas this spring. For more information, call Bill Kuhn at 346-6741.

Youth sports director moves

The Youth Sports Coordinator's office is now located in the Information, Tickets and Tours office in the Goettge Memorial Field House. The coordinator can be reached by calling 451-5398.

All Camp basketball finals

The men's All-Camp Basketball semi-finals will be tonight at 5:30 p.m. and 7 p.m. The finals will be Jan. 22 at 6 p.m. Teams participating in this year's All Camp are 2nd Maint Bn., 2nd FSSG; 2nd FSSG 2; 8th Marines, 2nd MarDiv.; HqBn., 2nd MarDiv.; MCSSS; SptBn., MCB; MCAS 1 and 2.

Women's b'ball standings

(as of Jan. 15, 1988)

SptBn., MCB	7-0
2nd Supply Bn., 2nd FSSG	6-1
MCAS New River	2-3
2nd FSSG	2-5
MCSSS, MCB	1-4
HqBn., 2nd MarDiv.	0-5

Run organizer needed

The Red Cross Office is seeking an enthusiastic volunteer chairman to organize the American Red Cross Fun Run in April. Experience is not necessary and assistance is provided. Inquire at the Red Cross Office at Bldg. 14, Mainside or call 451-2173/2182.

Unusual Pter's needed

Units participating in unusual platoon or company physical training such as push-ball, triathlons and field meets should contact Sgt. Eva Snyder for possible GLOBE coverage as soon as possible. For more information, call 451-1607/5883.

Adult soccer registration

The Adult Soccer League has openings available for teams and individual participants. For registration information, call the Onslow County Parks and Recreation Department at 347-5332 through Feb. 6.

Lejeune bodybuilding contest

Camp Lejeune will host a bodybuilding contest March 12 at 6 p.m. at the Camp Theater. Prejudging will be at noon, March 12, at the theater. A rules briefing and weigh-in will be noon, March 5 at the theater. All active duty and retired military personnel, their dependents and authorized DOD employees at Lejeune are eligible to participate.

A \$15 entry fee is due by March 5. For more information, contact the tournament director, Gunnery Sgt. North at 451-1759/2875.



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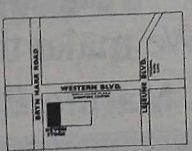
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CURRICULUM COURSES OFFERED: (all courses are 3 hour courses)

COURSE	TITLE	DAYS	TIME
ECO 201	Principles of Economics	TTH	6:15-9:05 PM
ENG 101	English Composition I	MW	6:15-9:05 PM
ENG 102	English Composition II	TTH	6:15-9:05 PM
ENG 103	English Composition III	MW	6:15-9:05 PM
ENG 121	Grammar and Composition I	MW	6:15-9:05 PM
SPH 201	Fundamentals of Speech	TTH	6:15-9:05 PM
SPH 201	Fundamentals of Speech	MW	6:15-9:05 PM
PSY 206	Applied Psychology	MW	6:15-9:05 PM
PSY 206	Applied Psychology	TTH	6:15-9:05 PM
CJC 110	Juvenile Delinquency	TTH	6:15-9:05 PM
CJC 115	Criminal Law I	MW	6:15-9:05 PM
CJC 115	Criminal Law I	TTH	6:15-9:05 PM
CJC 202	CJ and the Community	TTH	6:15-9:05 PM
CJC 202	CJ and the Community	MW	6:15-9:05 PM
CJC 205	Criminal Evidence	TTH	6:15-9:05 PM
CJC 210	Criminal Investigation	SAT	8:00-1:15 PM
CJC 225	Criminal Procedure	SAT	8:00-1:15 PM
WLD 1101	Basic Gas Welding	SAT	8:00-4:00 PM
BCP 204	Introduction to Data Processing Microcomputer Applications	SAT	8:00-4:00 PM
BCP 204	Introduction to Data Processing Microcomputer Applications	MW	5:30-10:00 PM

CONTINUING EDUCATION COURSES OFFERED:

COURSE	DATE	DAYS	TIME
GED Preparation	Jan. 19-Feb. 19	T-F	9:00 AM-Noon
Beginning Typing	Jan. 12-Feb. 16	TTH	5:30-8:30 PM
SAT Preparation	Jan. 13-Feb. 17	W	6:30-9:30 PM
Computer Mini Course	Jan. 6-Feb. 1	MW	6:00-9:00 PM
Introduction: Word Processing	Jan. 16-Feb. 20	SAT	8:30-12:30 PM
Introduction: Word Processing	Jan. 11-Feb. 8	MW	6:00-9:00 PM

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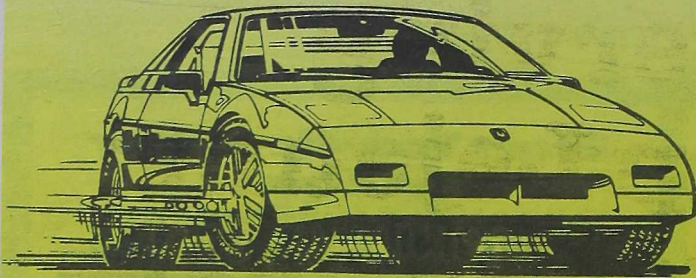
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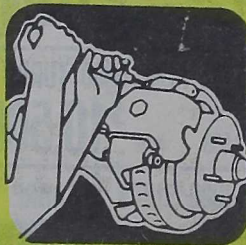


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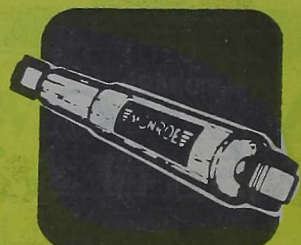
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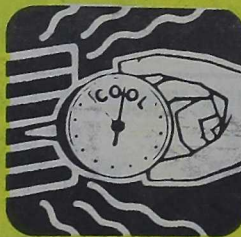
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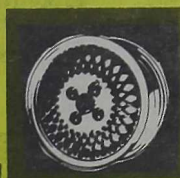


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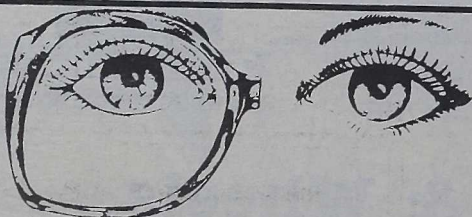
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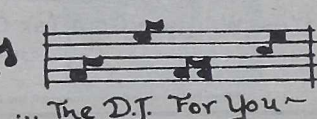
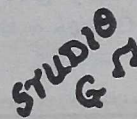
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MARK YOUR CALENDARS!



Trader

NOTE: Trader ads must reach the Joint 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. The ad must be PRINTED LEGIBLY or mistakes may be made in printing. Neither ads for services nor ads by civilians will be published. **MILITARY WORK PHONE NUMBERS WILL NOT BE LISTED IN THE AD.**

AUTOMOBILES



'85 Nissan Sentra/SE, 5 spd., ac, sun roof, exc. cond., relocating overseas, must sell, 346-2173.

'84 Nissan King Cab, am/fm, 5 spd., full recline seats, exc. cond., \$400 & TOP, 347-5292 AWH.

'77 Pinto Wagon, auto., cass. stereo, new battery, 32500 mi., must see, \$875, 353-9022 AWH.

'79 Ford Granada, exc. body & inter., runs, \$500/BO, moving, 353-5566.

'86 Mustang LX, 4 cyl., 4 spd., ps, pb, cruise, am/fm, sun roof, \$6300, 577-7195.

'86 Ford Mustang LX, sun roof, cruise, ps, pb, am/fm, \$6000 Neg., 577-9176.

'84 Chevy Cavalier, 2 dr., red, 4 spd., am/fm stereo, sun roof, ac, ps, pb, \$4000/or \$1200 & TOP of \$135 mo., 577-3187.

'87 S-10 PU, red w/grey int., 1 owner, great cond., 12000 mi., 4 spd., 4 cyl., ac, am radio, TOP \$185 mo., 326-3817 AWH.

'86 Toyota MR2, low mi., cruise, upgraded am/fm tape player, spoiler pkg., ac, lots more, serious inquiries only, 326-3406 after 5:30 p.m.

'81 Scottsdale 1/2 T PU, at, ac, ce, ps, pb, am/fm stereo w/4 spkrs., tilt wheel, custom rims, new tires, camper shell, 70241 mi., like new, 346-2287 AWH.

'87 Honda Civic-SI, 5 spd., red, am/fm cass., ac, sun roof, bucket seats, black int., 15000 mi., exc. cond., grt. gas mi., TOP/\$220.03 mo., 353-1197 AWH.

'79 Cad. Coupe de Ville, black w/red lthr. int., load ed, am/fm cass., tint windows, exc. cond., 88000 mi., Asking \$3650, 347-4334 AWH.

'84 Thunderbird, black, new tires, good cond., power everything, must sell for \$5500, 577-1077 AWH.

'77 Ford LTD, very good cond., \$600, 577-3664.

'81 Subaru GL Station Wagon, auto, ac, ps, pb, elec., windows, tach & gauges, \$2100, 455-4228.



'29 Ford Roadster, fiberglass, street rod, 350 Chevy, 4 spd., posi., indep. fr. end., 80% finished, driven 1 summer, 6000/trade for 1930 thru '48 Ford Sedan or Coupe, 346-8005 after noon.

'71 VW Bug, good body, eng. needs work, \$300, 436-6154 AWH.

'82 Ford E150 Club Wagon, ac, am/fm w/tape, tilt, cruise, ps, pb, Michelins, 2 tanks, seats 8, exc. cond., \$7800/BO, 353-3673.

'78 Olds 98 Regency, loaded, exc. 2nd car, overall exc., \$2100/BO, 353-3673.

'66 VW Bus-Camper, fresh mtr., transaxle, tires & brakes, 12 volt sys., am/fm/cass., new carpeting & curtains, no rust, seats 8, good trans., \$800, 327-3230.

'75 Colt Sup., 2 dr., am/fm, ac, ps, pb, new uph., good rubber, runs good, \$900, 326-5771.

'75 Chevy Van, \$500, 455-2958.



'80 GMC Long Bed 1/2 T PU, 6 cyl., 3 spd., new clutch, brakes & exhaust, less than 60k mi., 20 plus mpg., \$2795, 327-3230.

'76 Auto Parts, Pontiac Trans Am, 346-6030.

'86 Jeep Comanche X, 5 spd., ps, pb, am/fm/cass., crsc, 20000 mi., 5 yr.-50000 deluxe war. transferable, getting married, \$10000, 346-3714.

'86 Olds Clais, 346-6030 AWH.

'81 Datsun Sport PU, 5 spd. overdrive, am/fm cass., full instr., sliding rear window, new battery, tool box, no rust, runs exc., \$1600, 455-0704.

'80 Pontiac Phoenix, V6, at, stereo/tape, tile, cruise, ac, 60000k mi., \$1175/BO, 455-2424.

'76 Pontiac Ventura (hatchback), very depend., \$800/BO, 455-4606 AWH.

'74 Peugeot 504, runs good, body in good shape, \$650, 577-3736.



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can't help



an't help because
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Only you, as a par-
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1 Find of America, Inc.
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children. Our educa-
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nd of America, Inc. at
5-1848.

**CHILD FIND
AMERICA INC.**

277 New Bulls New York 12561
1911 255-1848

JAKE's

& Truck Sales
ars & Trucks
u Can Bank On
nch Rd. & Hwy. 17 N
hind Burger King)
347-7377

MERCURY BOBCAT
\$100 NOW \$1700

OD ESCORT
\$900 NOW \$2300

IMA
\$300 NOW \$5600

HYV CITATION
\$500 NOW \$2000

HVETTE
\$195 NOW \$1700

SUN 280ZX
\$195 NOW \$7400

TIAC T-1000
\$100 NOW \$2900

AN SENTRA S/W
\$100 NOW \$3400

SUN 210 HB
\$100 NOW \$2200

No Reasonable Offer Refused
s & Trucks To Choose From
ING BANK & CREDIT UNIONS
ING To Those Who Qualify

DOUBLE RUFFLE SALE!

15% off

On Dorothy's designer
Double Ruffle Curtains
& Valances! Dorothys...
renowned for prompt
delivery and quality service
with her world famous
curtains & accessories.
Begin your '88 decorating with
Dorothy's.

Double Ruffle Sale Jan. 18-30

Dorothy's Ruffled Originals, Inc.

6721 Market Street, Wilmington, NC 28405
(919) 791-1296 Shop Hours: Mon-Sat., 9 a.m.-5 p.m.



Trader

'87 Toyota Truck, tint, ac, bedliner & Kenwood stereo, \$500 down & refin., payoff \$6500, 577-3561.

'96 Plymouth Turismo, loaded, run roof, am/fm cass., cruise, new tires & wheels, \$5600/\$1000 & TOP, LCpl. Johnny Felipe, Bldg. 519, 451-1995 AWH.

'83 Honda Civic, 4 dr., am/fm, 5 spd., ac, cloth seats, 70000 mi., dark br., 40 mpg., \$3700, 451-1350/1664 AWH.

'82 Datsun 200SX, exc. cond., ac, pw, ps, pb, \$3500, 353-8539 AWH.

'85 Nissan Sentra SE, silver & black, 5 spd., ac, sun roof, fog lights, exc. cond., must sell, 346-2173.

'82 Toyota Starlite, 3 dr., am/fm, ac, \$2500/\$500 & TOP, 353-6331 or 455-4678 AWH.

'71 Corvette Stingray, low mi., 270 hp, 4 spd, exc. cond., silver w/blk. int., \$11000, 455-9961 leave message.

'71 VW Square Back, fuel inj., am/fm cass., runs & looks good, new tires, \$650, 455-0704.

'78 Datsun S10, SW, 4 spd., new brakes, am/fm, exc. running cond., \$900/BO, 353-7169 until Jan. 25.

'81 Dodge Charger 2.2, ac, pb, ps, tint windows, 2 dr. hatchback, louver, am/fm cass., red & black, \$2000/\$1500 & TOP, 455-2086 leave message.

'76 Mazda B1600 PU, green, ac, good tires, recent inspect., \$695, 354-2542.

'80 Pontiac Sunbird, 4 cyl., 4 spd., ac, pb, ps, am/fm stereo, good cond., \$1500 Neg., 577-3262 AWH.

'84 Nissan Sentra, 2 dr., ac, am/fm, front seat recline, 5 spd., exc. cond., \$3195; '68 Ford PU, runs well, 6 cyl., stake bed, tlr. hitch; 393-8574.

'85 Chrysler Laser XE, turbo, ps, pb, ac, pw, pl, cruise, lthr. intr., am/fm cass, w/equal., 39000 mi., 353-3824, \$6700/BO.

'86 Jetta GL, white, 4 dr., 5 spd., sun roof, loaded, 22000 mi., flawless, 577-7071.

'82 Chrysler LeBaron Medallion, many options, ps, ac, pb, 63000 mi., many new parts, \$3375 Firm, 455-0733 AWH.

'84 Ford F-150 PU, camper shell, tlr. hitch, \$4300, 247-2257.

'85 Toyota 4 Runner, loaded, low mi., will trade for Dodge or Plymouth Mini-Van, 455-9961.

'64 Chevy Impala, 2 dr. h.t., 283 V8, auto, tilt steering, pw, ps, ac, BO, 346-5852.

Ford 429 w/C-6 trans in good cond., 353-7207. Asking \$250.

350 Chevy short or long block rebuilt, short \$350/long \$800, for stock blocks, 353-7207 AWH.

BOATS & RECREATION



'84 RV Midas by Coachman, 23', low mi.; '85 Basstracker 1710, loaded, mint cond.; '86 Rider mower, John Deere, w/grass catcher; '86 Sears 10" table saw w/legs, reas. offer; 324-4801 after 7 p.m.

16' Barbour Boat w/trlr. & 75 hp eng., Asking \$550, or trader for Jon Boat w/8 to 25 hp eng., 326-1264.

RV 35' 5th Wheel Camper & Ford PU Tlr. Special for pulling, both exc. cond., both only \$16500, 327-0901.

'87 Proglass Bass Boat, 40 hp Johnson w/VRO, aerated live wells, bilge pump, foot for trolling mtr., HD battery & HD galvanized tlr., less than 10 hrs., orders, \$4900/BO, 353-3673.

16' Hubie Cat Sailboat w/almost new sails-orange/yellow/white w/orange trampoline, Asking \$1800, great bargain for summer fun, 347-6406 AWH ask for Bill.

Boat mtr. 20 hp Chrysler, elec. start, \$450, 353-2076.

FURNITURE & APPLIANCES



Dbl. Paupasan chair w/foot stool, red cushion, good cond., 346-2173.

Kenmore apt. sz. washer & dryer w/rack for stacking & permanent or port. attach., \$350, 353-8772.

Complete living room suite, \$200 Firm, 577-1568.

Basset 3 pc., good cond., living room suit, \$325/BO; Lady Kenmore washer, \$75; Century baby swing, \$25; 12x12 br. carpet, \$50; 9x12 blue carpet, \$80; 5x8 carpet, brown, \$20; 353-9734.

Pine bedroom set, headboard & footboard (no mattress, rails incl.), mirrored bureau, chest of drawers & night stand, Asking \$575, 354-2542.

Living room set, 6' sofa, beige, coffee table, chair w/tottoman & 2 end tables, \$500, exc. cond.; kitchen sink, \$10; bathroom sink, \$10; rear window louver '78-'80 Celica hatchbacks, \$60/BO; 326-3866.



LOST & FOUND



Found—Black & white short hair male puppy on Monday 1/11/88, near the Officers' Club and the Golf Course, Contact Gary Johnson at Construction Tlr., at Officers' Club or 353-1817.

MISCELLANEOUS



30-06 rifle, \$190; electronic prtg. cal., \$25; Viking Roto Toms (3 pc. set), \$180; shoulder holster for large pistol, \$15; 324-2572.

Mens 10 spd. bike, reconditioned, \$60; 4 drawer filling cabinet, new, \$25; sm. B & W TV, \$30; 455-2285 AWH.

Piano, Kohler & Campbell, upright-like new, pine country colonial finish, \$2500, 353-6132.

Jenny Lind Crib w/mattress, good cond., \$60; rattan dresser, exc. cond., 8 drawers, \$60; Even Flo infant-toddler car seat w/yellow gingham cover, like new, \$30; Japanese doll in glass case, like new, approx. 20"h., \$15; 353-2079 AWH.

Casual coffee table, 21"x54"x15" h., dark wood finish, exc. cond., \$15, 455-7081.

4 cane & brass chairs, exc. cond., \$50, 455-1877 AWH.

Kodak Ektasound 160 movie camera w/carry case and all acces., brand new cond., 577-2121.

Club car golf cart & tlr. w/battery charger, exc. cond., 455-2424.

Entertainment/stereo cabinet, 49" w, 36" h., 18" d., dark wood finish, exc. cond., \$30, 455-7081.

9mm TX-75 pistol w/2 mags, exc. cond., \$300, 455-7940.

Truck bed cover fits Ford F-150 short bed w/sliding window, smoked windows, 324-3063.

Ruger Mini-14 w/1 30rd mag., 1 5rd mag 3x9 scope, 3 boxes of ammo, \$275; Marlin CS336 30/30 w/scope mounts, 2 boxes ammo, \$200; Llama .45 ACP w/3 mags, \$250; 353-6362 AWH.

Ruger 10/22 22 cal. rifle w 10 plus 30 round magazine, very good cond., \$70, 455-7940.

Zenith 25" color TV wood cabinet, floor model, needs minor work, only \$65; elec. guitar, \$40/BO, turntable/receiver, \$20, radio am/fm cass. w/seek, scan, etc., \$25, DP exerciser, \$75, 22 cal. Mossberg & Sons rifle, exc. cond., \$65, 326-3866.

10 spd. men's bike, \$35, dress white 41L, make offer, left handed golf clubs, make offer, fp grate, \$5, fp screen, \$10, 353-6179.

Free 2 hard wood trees to person w/chain saw, 393-8585.

Bicycles, 10 spd. Nishiki, \$70; Murray Mtn. 10 spd., \$70, 353-1924.

9 1/2' Slide-in Wolverine pu truck camper, sleeps 6, gas/elec., refrig., furn., ac, gas range oven, bath w/shower, exc. cond., \$2960 Neg., 353-2711.

Pistol, 22 cal. H & R model 999, exc. cond., \$150, 353-3457 AWH.

Sleep sofa, QS, plaid, \$125, 353-3457 AWH.

FS mattress Goldbond luxury firm, foundation & frame set, \$70; 2-flip chair ts, \$30 ea. or \$50 pr.; recliner, br. corduroy fabric, \$90; all only 5 mo. used, TV rotational table, \$5; 353-7169.

250 gal. fuel oil tank containing 100 gal. of fuel oil, inclds. stand & copper fittings, please call, 455-0353 AWH.

1 sofa (loveseat) 2 livingroom chair 347-2213; 22' Sunline self contain and awning; 1 Chevy pu w/towing will sell as one unit or sep.; 347-

DP bodytone 500 Multi-Gym, gox 455-7928.

Midland CR6001 precision series lower side band built-in Mic ge comp. w/ant., 577-2121.

Bose 901V unlimited watt spkrs w still in box series V, \$750, 451-382

Surfboards, 9'6", \$50; 7'4", \$70; 6'

WWII German army blie buckle, tain troop sleeve insignia 3, mete cap insignia 3, 347-3846.

Play pen, stroller, snugli, very e sm. baby items also, make offer MHP, Rocky Run Rd., Midwa

Stereo cabinet, \$40; exercise DP1500 weight pack, \$150; Se \$100; 247-2257.

Go kart, Briggs & Stratton 5 I frame, \$300/BO, 353-2581.

Apple IIe computer, 128k mon 2 drives, sys. saver, \$975, 577-

Wm. uniforms sz. 12, some sz. 1 of Dress Blues & Dress Greens spection Ready, all acces, 346-

6' art Christmas tree, only used Neg., 346-3714.

Vitacycle exercise bike, asking

Sears Beta VCR, inc. 85 tapes v \$600/BO 353-2558

Portan Tanning Sys., 6' tall, 5 closet, almost new, 353-3895.

QS bdrm set, exc. cond., \$250; Special, good cond., \$500; 223

5 tires & rims for Ford PU, 8 tires are in fair cond., BO, Intelc assorted tapes, BO; 353-6813.

Handsome wood cabinet console organ w/rhythm and drum beat bench, extremely exc. cond., \$70

Calif. King water bed pedestal, satin sheets & comforter & 1 bed liner, 455-1162 after 6 ask f

Refinished white iron crib, \$1 cond., \$25; tall steamers trunk, recliner, \$30; 577-7105.

Fur coat, \$90, paid \$225, 455-8490.

Kenmore microwave, DP gym p 205 Sheffield Rd. after 6:30 p

Matching sofa & chair, exc 455-4669.

455-5111 FREE DELIVERY 455-5111 FREE DELIVERY 455-5111 FREE DELIVERY 455-5111 FREE DELIVERY

Our Taste Is Homemade

Dough Boy

PIZZA

455-5111

FREE DELIVERY

Limited Area

237-4 New River

New River Shopping Center

"Don't Be Chicken, Try our Wings"

COUPON

14" TWO ITEM PIZZA

Expires 2-21-88

\$5.95

PLUS TAX

COUPON

17" ONE ITEM PIZZA

Expires 2-21-88

\$7.50

PLUS TAX

COUPON

50¢ OFF Any Whole Sub

Expires 2-21-88

COUPON

17" ONE ITEM PIZZA & 2 Doz. "BUFFALO" CHICKEN WINGS

Expires 2-21-88

\$11.95

PLUS TAX

*Not valid with other special offers

We Carry a Full Line of

YORK

BARBELL

NATURAL HEALTH FOOD CENTER

Your Body Building Headquarters

Mon.-Thur. 10-6:30

Fri. 10-8, Sat. 10-6

347-4221

Personal Enroll Money Orders Government Travelers Check Refunds

New River

Under

lug Am. racing spun alum. wheels, 10/80, 326-3596 ask for Kevin.

uper shell for FZ PU, \$275/BO.

discussin group forming; seamstress or New River Shopping Center area;

4' chain link, bought in July, \$300

mens Roadmaster, 12 spd., 27",

cond., \$150/BO, 353-9392 after 6

7 watt, walnut Matsushita, \$20; pr.

1 spkrs., 40 watt, walnut, \$75;

utor, control wave, length & speed

pad, \$300, new, never used/BO,

walnutmoire w/desk, good cond., BO,

rs Kenmore, 1350 watt, full size,

II Typewriter, like new, \$200,

by Hotpoint, touch control panel,

1541C disk drives, new, not used,

er or sep., \$180 ea., 324-2376.

otic chickens, pet rabbits, multiple

tie downs, 150 gal. oil drum, MH

sizes, trlr. steps, 353-2076.

AKC Reg. Samoyed puppies, \$250, 346-5816 even-

CFA reg. Persian kitten, male, champion sired, exc. pedigree, had first shots, \$200, or \$150 w/neutering agreement, 393-2181.

Dashound, 2 males, red/black, ready for pu on 20 Jan. '88, \$100, 577-1209.

Shetland Sheepdog, born on 28 Dec. 87, \$250, 455-4411 AWH.

4 1/2 mo. old AKC reg. Siberian Husky, great family pet, all provisions incld., \$450 Not Neg., 577-1405.

AKC Great Dane puppies, info 353-4887 after 6 p.m.

3 Mares, gentle riding, 1-broke to kant, good price, 326-4524.

WANTED



Dog carriers of all sizes. 353-3368 AWH.

Male roommate to share 3 bdrm., brk. house, w/ microwave, fireplace, w. & dr., 3 mi. from main gate. 353-1601

Riders to share exp. for weekend trips to Norfolk area, leave on Fri. return Sun., 353-6970.

RV or Toyota Mini Mtr. home, '83 or newer, in good cond., 327-0901.

Wool and wool blend material, clothes or scraps, cheap or free, 347-6245 days or 353-4797 AWH.

Babysitter for 2 1/2 yr. old girl, 2 or 3 nights a mo., working mother desires someone mature (over 40), responsible, non-smoker w/no other sm. children, 455-1877 between 7 & 9 p.m.

Dachshund, male, preferably black, 354-4625.

Heading to Monterey Calif., need someone to share in driving, departing on 29 Jan., interested 346-6177 AWH.

YARD SALES



1400E, gloss black, 10000 mi.,

ge rack, cruise control, helmet, exc.

5-3866.

10 Ltd., black w/chrome trim, low

uggage rack, low mi., 2 helmets and

10, 353-0321 after 7 p.m.

10 moped, \$250, 353-5396 AWH.

0, 1800 mi., w/helmet & cover, exc.

, 353-2205.

Maxim, low mi., exc. cond., garage

347-3368 AWH.

53-1732.

RENT & REAL ESTATE



'86 Conner NH, furn., 2 bdrm., 1 ba., all elec., cath. ceiling w/fan, garden tub, front kitchen, \$500 & assume VA \$196.75, 455-7913.

Live at the Beach! N. Topsail, 3 bdrm., 2 ba., great rm., comp. furn., reasonable lease, 328-1237.

14x70 MH, exc. cond., total elec. w/lots of extras, \$10000/BO, 327-0901.

'85 Conner 14x54, TOP of \$239.90, 2 bdrm., 1 ba., furn., new LR carpet & mini blinds throughout, storage shed, first 2 pymts. made, 455-6840.

'83 Marshfield MH, 2 bdrm., 2 ba., central air, fp, skirt set up, fenced, TOP \$281, 577-1077.

White Sands Home, 9.5 VA assumption, Neg. Equity, 3 bdrm., 2 ba., must see, Newport-223-3434.

Assume 3 bdrm. home, quiet cul-des-sac w/garage, porch, woodstove, low equity, 455-3422.

3 bdrm., 1 1/2 ba. brick home w/2 car garage, 2.8 acres, trlr. space f/rent, shade trees, 326-4079.

Sale/Rent: Acorn Forrest Townhouse, 2 bdrm., 1 1/2 ba., central air/heat, appliances, garage, lrg. yard, will neg. price & settlement fees, 328-1426.

'86 Parkway MH, 14x72, 2 bdrm., unfurn., shed, 8x16 deck, stove & refrig., doub. ins., wood siding, luxurious penthouse model, refin. VA loan, no equity, curr. pymt. \$317.58 at 13.9%, 577-7158.

Room for Rent: Male/Female, non-smoker preferable, \$175 mo. & 1/2 util., calbe and food, should have own sheets & mattress cover for dbl. bed., room will be ready for occupancy 1 Feb. 88, 577-3562 AWH.

'83 Conner MH, 2 bdrm., 2 ba., fp, all elec., \$1000 equity & assume VA loan, \$247.84 mo. 353-8975.

3 bdrm., 2 ba., ranch style house in Woodlands area, lrg. eat-in kitchen, family room w/ceiling fan & fp, dining & laundry rooms, large deck, garage, assumable VA at 10 1/2%, 455-0679.

Rent: 4 bdrm., dbl. wide MH, unfurn., private fenced yard, near main gate, 353-2076 avail. Feb. 15.

Rent: 2 bdrm. brick home, furn., carpet, very clean, eat-in dining room, fp w/wood heater, gas heater, window ac, washer/dryer conn., storage room, \$350 mo. & lease & deposit, 327-6000/7000.

'85 River Crest MH, Knox TP, fp, dw, furn. ceil. fans, china cab., bay wind., storm win., under pin, wood deck, and many extras, afford. pymts., 577-2121.

Country Club Hills, 4 bdrm., 2 1/2 ba., large corner lot entering cul-de-sac, all formal areas & family room w/fp, eat-in kitchen, deck & 2 car garage, \$750/mo., 353-3792.

Sale/Lease: near everything, 3 bdrm., 1 1/2 ba., sep. dining rm., den, lrg. fenced yard, assum. VA 9.5%, great College Park Neighborhood, 328-1237.

Rent: 4 bdrm. home, carport, large acre lot w/barn, \$525 mo., inclds. utilities and water, 347-1324 leave message.

Rent: Winterwood MHP, 2 bdrms., washer/dryer, ac, \$285 mo., 455-4126.

'85 Fischer 14x65 MH, 2 bdrm., 1 1/2 ba., all carpet, lrg. kitchen, like new, near main gate, assume Va loan or refin., 353-6156.

Tired of Paying Rent? Own this 2 bdrm. furn MH on lrg. lot for only \$21500, has central heat & air, 326-4524 AWH.

Rent: 2 bdrm. MH, close to C.Geiger & MCAS, avail. immed., part. furn., free water, sewage-trash collect., \$300 mo., 346-8991 AWH.

'83 Conner MH, 3 bdrms, 1 1/2 ba., tot. elec., assume VA load of \$223.66 mo., Knox MHP, 353-5170 serious inquires only.

'81 Redman MH, Knox MHP, no equity just TOP of \$191 mo., must sell, 353-1754.

Branchwood, 3 bdrm., 2 ba., living & dining rm., fp, eat-in kitchen w/appl., laundry rm. & pantry off kit., clean, fenced yard, deck, shed, assume 9 1/2% VA, \$600 mo., asking \$3000 equity, 347-6300.

Large Colonial style home in Branchwood, 3 bdrms., 2 1/2 ba., den/fp, formal living & dining rooms, all appl. & extras, covered wood deck overlooks private wooded lot, extra lrg. garage, \$77500, 346-6354.

TRADER ADS

JPAO, Bldg. 67

(Mainside), MCB

OR DELIVER TO: Camp Lejeune, NC

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

NOTE: Trader Ads must reach the *Globe* office by noon, Friday a week prior to being printed in the *Globe*. Ads must be signed legibly with all other information filled in. The ad must be printed legibly or mistakes may be made in printing. **NO ADS FOR SERVICES NOR ADS BY: CIVILIANS WILL BE PUBLISHED. OFFICIAL PHONE NUMBERS WILL NOT BE LISTED. ADDITIONAL SHEETS MAY NOT BE USED.**

It is requested that the following advertisement be included in the new edition of the Trader section of the *Globe*.

PLEASE READ ABOVE INFORMATION BEFORE FILLING OUT THIS FORM:

I certify that I am not involved in any commercial enterprise and if requesting advertisement for rent, or sale or a house or trailer, that it is available without regard to race, creed or religion.

(Signature) (Rank) (Organization)

(Home address) (Home phone)

NOTE: The editor reserves the right to reduce the number of words used in each ad to ensure space for publication of all ads.

CHECKPOINT

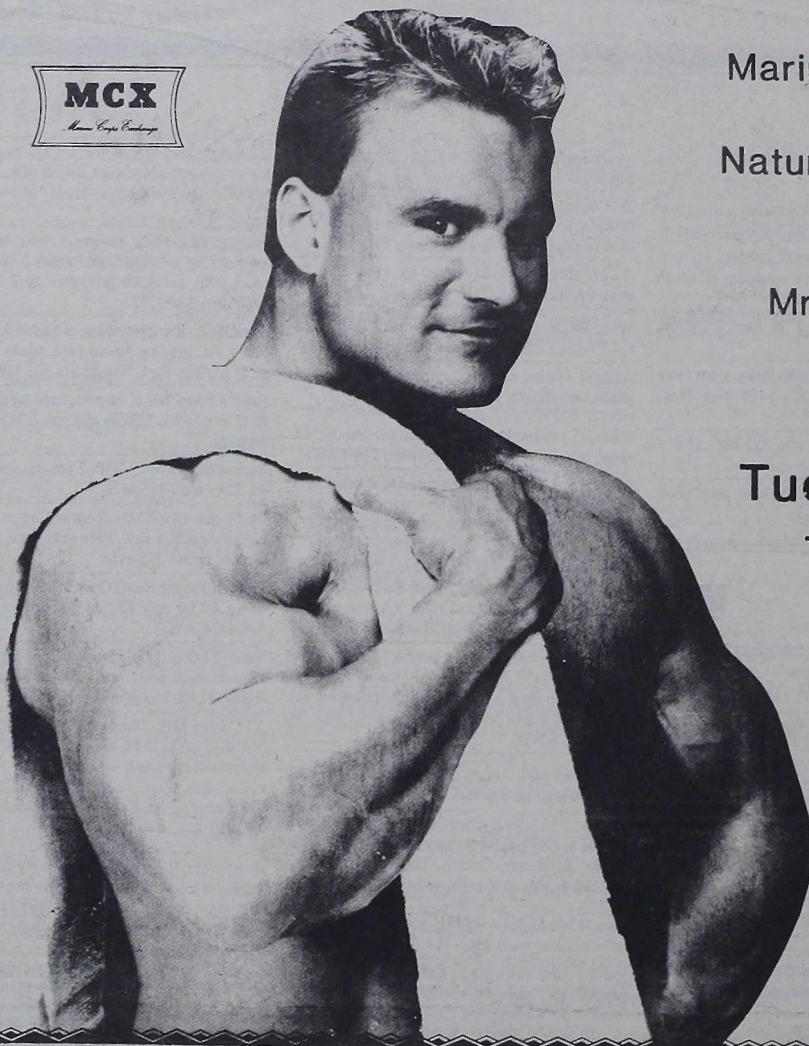
CHECKS CASHED



216 Brynn Marr Drive
Brynn Marr Plaza
Jacksonville, N.C.
577-7122

- Out-of-State
- Two Party
- Unemployment
- Insurance Drafts
- Cashiers Checks

Personal
roll
Money Orders
Government
Travelers Checks
x Refunds



Marine Corps Exchange
and
Natural Source Products
present

Mr. California 1986
Doug Stadele
in person

Tuesday, Jan. 26
11am-1pm

Get tips on
body building
techniques & nutrition.

Main Exchange
HADNOT PT. Mon.-Fri. 10-6pm
Sat. 9-5pm Sun. Noon-5pm
451-2481

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.

everyday values equal
BIG SAVINGS



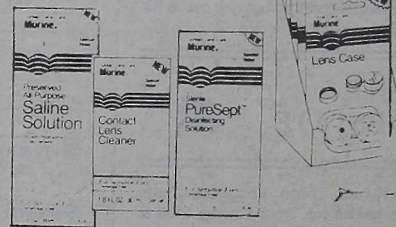
Flex Shampoo &
Conditioner 15 oz
Everyday Retail \$2.20
MCX Special \$1.49



Colgate
Toothpaste
5.5 oz.
20% more Free
Everyday
Retail \$1.50
MCX Special \$1.19



Selsun Blue
Shampoo 4 oz
Everyday Retail \$2.70
MCX Special \$1.59



* Murine Preserved Saline
Solution 12 oz. plus
Everyday Retail \$2.20
MCX Special \$1.39

* Murine Contact Lens
Cleaner 1 oz.
Everyday Retail \$3.25
MCX Special \$2.09

* Murine Pure Sept
Disinfecting Solution
8 oz.
Everyday Retail \$3.65
MCX Special \$2.39

Murine Lens Case
Everyday Retail \$3.65
MCX Special \$2.19



Aqua Velva
3.5 oz.
Everyday
Retail \$2.05
MCX Special \$1.19



Johnson's Odor-Eater
Footwarmers Warm
Fleece &
Thin-N-Thermal
plus \$1.00 Mail-in
Refund Offer
MCX Special \$2.09

➔ Plus a \$1.00 Mail-in
Cash Refund Offer
on these!*

**Cash in on the
special buys now
thru Jan. 30
at all "C" Stores
& Exchanges**

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.

Main Stores
HADNOT PT. Mon.-Fri. 10-6 p.m.
Sat. 9-5 p.m. Sun. Noon-5 p.m.
451-2481

MCAS
Mon.-Sat. 9-9 p.m. Sun. 9-7 p.m.
451-0539