

# CAMP LEJEUNE GLOBE

Vol. 49, No. 14

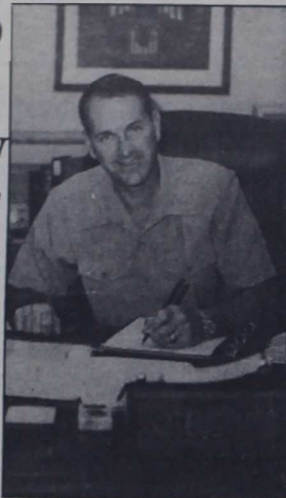
April 9, 1987



Captain T.F. Koontz, A Company commander, 1st Battalion, 2nd Marines, 2nd Marine Division, leads his company on a 40-kilometer hump. The battalion finished the march in seven hours and 30 minutes. For more on force marches see pages 16 and 17. (Photo by GySgt. J. Booker Simmons).

# UPDATE CG'S

ORNER



In my experience the Navy corpsmen who support Camp Lejeune are very well trained and professional. I have the utmost confidence in their treatment and prevention of illness and field-type injuries. My question is, to what standards and by what agency are the corpsmen who serve on the ambulances certified and are the corpsmen qualified as Emergency Medical Technicians?

Naval Hospital EMTs are trained to the standards of the United States Department of Transportation, Emergency Medical Technician-Ambulance: Naval Standard Curriculum. The curriculum at the Naval Hospital, Camp Lejeune is approved by the National Registry of Emergency Medical Technicians and the North Carolina State

Registry. Emergency Medical Technicians stationed on military bases are required to be national EMTs. State certification is not required for military bases. It should be noted, however, that Camp Lejeune EMTs are given both the North Carolina State and the National Registry examinations.

The Emergency Medical Technician-Ambulance: Naval Standard Curriculum is accepted by the National Registry of EMTs. Each ambulance dispatched aboard Camp Lejeune is required to have at least one attendant who is EMT-Ambulance qualified.

Also, the mutual aid agreement with Onslow County does not require the Naval Hospital EMTs to be state certified for mutual aid requests. But as previously stated, they have passed both the national and state examinations.

## Taft visits

Story by Sgt. Ray D. Adams

Camp Lejeune was in the spotlight March 27 as Deputy Secretary of Defense William Howard Taft, I observed training and toured various facilities aboard base.

Arriving at the Marine Corps Air Station, New River, Taft was flown over training areas by helicopter followed by an automobile tour of the various base facilities.

During his brief visit, Taft viewed Marine Air Ground Task Force demonstration at Landing Zone Bluebird. Afterwards he spoke with several of the Marines about their role in the MAGTF.

A press conference was also held with Taft at LZ Bluebird, with local media to answer questions on topics of national interest such as the Strategic Defense Initiative and the Iran/Contra affair.

The deputy secretary of defense completed his visit with a walk-through tour of the Naval Hospital, Camp Lejeune.

## HEALTH WATCH

### Do you know what you're eating?

Story by Lt. Amy D. Lindberg, USN

It used to be that all you saw was a simplistic food picture, the name of the product, the manufacturer's name and maybe some service suggestions. Now it resembles a mini text of nutrition.

With an emphasis in educating consumers towards better eating habits, Nutrition Labeling began in the 1970s. The label is required by law to provide the customer: name of product, the net weight of the contents, list of ingredients in order of predominance and the name and address of manufacturer. The Food and Drug Administration (FDA) requires nutrition information only in cases where a nutritional claim is made — such as "low calorie" or "reduced cholesterol."

If a product provides nutrition labeling, there is a standard format used: serving size, servings per container, amount of calories, protein, fat and carbohydrates per serving, as well as the eight nutrients which must be listed as a percentage of the U.S. Recommended Daily Allowance. Listing other nutrients as a percentage of the RDA is optional unless some sort of claim is made about them.

Such claims can "make or break" a customer, depending on what the customer is trying to avoid or add to their diet. By label reading, consumers may learn some things they wanted to know...and some that the manufacturer would rather they NOT know!

In the interest of attracting the health conscious consumer, for example, a label may indicate that it has "100 percent Vegetable Shortening." If the vegetable ingredient contains palm or coconut oils, it might as well be an

animal shortening — both categories of these fats are saturated and of no proven benefit to those attempting to lower their cholesterol and saturated fat intake. Most products of vegetable origin will be polyunsaturated and "good" for you; polyunsaturates have been found to enhance the lowering of

cholesterol in the blood by helping the body eliminate cholesterol. Cocoa butter, palm and coconut oils are the exceptions — they may be free from cholesterol — but not from saturated fats!

Another marketing ploy is to advertise a product such as peanut butter with a "low cholesterol" label. Any fat, of animal or vegetable — origin, can be hydrogenated. Hydrogenation is the process by which unsaturated fats become "hardened" and adopt characteristics similar to that of cholesterol. In essence, the benefits of polyunsaturates are lost with hydrogenation.

If you are attempting to reduce the consumption of fats in your diet, the order, number and types of fats listed on a label can be helpful. Shown below are labels for mayonnaise and reduced calorie mayonnaise. Both contain polyunsaturated fatty acids in the soybean oil, but the imitation mayonnaise has more water (the first item listed on the label). Ingredients are listed on packages by weight, with the item present in the greatest amount listed first and the item present in the least amount listed last.

Products that are labeled "natural" should be handled with caution; these products are not extra healthy or lower in calories. Many products advertised

as "natural" have unusual and unnecessary additives such as lecithin and bee pollen. Such products often have hidden sugar content in the form of honey, corn syrup, fructose, or sorbitol.

Industry responsibility, consumer awareness and government regulation helped bring about current nutrition labeling system. Nutrition labels identify the types and amounts of nutrients provided by the different foods we eat. It is the consumer's responsibility to become more aware of how to interpret them! Don't let marketing ploys sway your purchasing power: READ THE LABELS!

#### Nutrition Labeling

Mayonnaise	
Nutrition Information Per Serving	
Serving Size	1 tablespoon (14 g)
Servings per package	32
Calories	100
Protein	0
Carbohydrate	0
Fat (provides 99% of calories)	11 g
Polyunsaturates	6 g
Saturates	2 g
Cholesterol (50 mg/100g)	5 mg
Sodium	70 mg

Imitation (Reduced-Calorie) Mayonnaise	
Nutrition Information Per Serving	
Serving size	1 tablespoon (14 g)
Servings per package	32
Calories	45
Protein	0
Carbohydrate	1 g
Fat provides 93%	
Polyunsaturates	3 g
Saturates	1 g
Cholesterol (40 mg/100 g)	5 mg
Sodium	90 mg

#### Ingredient Labeling

**Mayonnaise**  
**INGREDIENTS:** Soybean oil, eggs, water, vinegar, egg yolks, salt, sugar, lemon juice, paprika, dehydrated garlic, dehydrated onion, calcium disodium EDTA to protect flavor, natural flavor.

**Imitation (Reduced-Calorie) Mayonnaise**  
**INGREDIENTS:** Water, Soybean oil, food starch — modified egg yolks, vinegar, salt, eggs, mustard, flour, phosphoric acid, di-a-tocopheryl acetate (vitamin E), calcium disodium EDTA to protect flavor, natural and artificial flavor, oleoresin, paprika, beta carotene (color).

#### Label Watch

Ingredients high in saturated fatty acids

- Beef fat
- Butter
- Cream
- Lard
- Cocoa Butter
- Coconut oil
- Palm oil

Ingredients high in unsaturated fatty acids

- Oils, liquid or partially hydrogenated:
- corn
- cottonseed
- sesame
- soybean
- sunflower

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## UPDATE

# COLA increased to fit economy overseas

### Staff Report

Marines serving in certain overseas stations may see an eight to 15 percent increase in their Cost of Living Allowances (COLA) as early as March 30, 1987. The new COLA rates were approved by the Secretary of Defense March 1.

According to Secretary Caspar Weinberger, the changing value of the dollar has made living overseas more difficult for many service members and their families. The decision to increase COLA was made to maintain purchasing power at a level on par with their stateside counterparts.

The new COLA rate will apply to single Marines and married Marines whose families are command sponsored.

Without COLA, most service members are unable to buy the same goods and services in a foreign country at the comparable cost as they could buy them in the continental United States.

Against the major European currencies alone, the US dollar has declined more than 40 percent in the past 18 months. This decline affects civilians and military personnel, particularly those who rely heavily on the economy of the host country for food, lodging and other services.

Service members stationed in West Germany, Japan, Italy and Spain, and especially those who live off the local economy, have carried the heaviest financial burden because the purchasing power

of the U.S. dollar in these countries is below the 1980-1985 average. Nearly 70 percent of all active duty personnel stationed overseas, which includes 23,173 Marines, now serve in these four countries.

Besides the increase in COLA, another step has been taken to ease the financial burden of an overseas tour, specifically for families who have joined their Marine on an unaccompanied tour. Certain family members in West Germany, Japan, Italy and Spain, who are non-command sponsored and have a serious need to return stateside, will be entitled to one free trip back to the United States aboard military aircraft. Non-command sponsored dependents are eligible for this benefit if

they arrive overseas by May 1, 1987. Non-sponsored dependents arriving after that date will have to bear the expense should they need to return to the states.

DoD's policy is that full housing and allowance benefits are given only to command-sponsored families. Therefore, Marines who are anticipating assignment to Japan on unaccompanied, dependent restricted tours are strongly advised to leave their families at home. Without the appropriate overseas allowances, families brought to Japan will be subject to unnecessary hardship.

The Secretary of Defense said other options are being explored that will preclude military people from incurring a financial burden while serving overseas.

# DITY program policies and procedures change

### Staff Report

Changes to procedures governing the Do-It-Yourself (DITY) move program will go into effect April 14 for members who choose to handle shipment of their personal property, in conjunction with orders.

The changes are also significant for Marines, as it is anticipated the Marine Corps will adopt the same changes, possibly within months," according to Marine Corps Base TMO Officer, Col. Ben H. McNutt.

Overall, however, the monetary incentive of the DITY move program remains. Members will still pocket the difference, after taxes, between what they spent on the move, and 80 percent of the projected cost to the government of the same shipping.

The TMO office currently manages thousands of DITY moves annually, evidence of a trend toward use of the program recently noted by Lead Shipment Clerk Lynne Carlyle, a 13-year TMO veteran who has supervised the program the last five years.

Every shipment must be examined individually by TMO to discern applicability under the new changes, but some specific new procedures include the following:

Procurement of rental vehicles and services, including procurement of you-load-they-drive moves, will be personally arranged by the member, using the operating allowance provided by the disbursing officer at origin.

Group DITY moves will no longer be authorized for Navy members.

The types of DITY moves available will be: privately owned vehicles, rental vehicles and you-load-they-drive.

McNutt said there was generally only one basic change to the program.

"In lieu of members coming to us and us obtaining competitive bids for them from rental companies, he (the member) does it with paperwork we provide," concluded McNutt.

For More information, call the Base Personnel Property Shipping Office at 451-2377 or 2654.

## NEWSBRIEFS

### Town meeting slated

Hear ye, hear ye--All Midway Park residents are cordially invited to a New England style Town Meeting at the Midway Park Theatre, today at 6:30 p.m.

The neighborhood meeting will feature live entertainment, followed by a community relations question and answer session with base organizations, Special Services, Navy Relief, Fire Department, Naval Hospital, Red Cross and others.

The Marine Corps Base Chief of Staff will be the guest speaker for the event which is hosted by the Midway Park Chaplain's office.

All members of the Midway Park community are encouraged to attend.

Refreshments will be served. For further information telephone Lt. Cmdr. Richard E. Martindale or Petty Officer 3rd Class Leslie Spriggins at 451-2144.

### 3rd MarDiv Assoc. meets

The 3rd Marine Division Association, Inc. is scheduled to conduct its 33rd Annual Convention at the Holiday Inn at the Embarcadero, 1355 N. Harbor Dr., San Diego, Calif. July 22-26. For more information write to Mr. Marlow C. Williams, 4520 Hillview Drive, La Mesa, Calif. 92041.

### Historical tour available

Civil War battles scorched the countryside near present-day Durham, N.C., at a location named Bennett Place.

And now, the North Carolina Division of Travel and Tourism invites visitors to the historical site just two miles west of Durham off Interstate 85.

The site will be open Monday-Saturday 9 a.m. — 5 p.m. and Sunday from 1-5 p.m.

A reenactment of the Bennett Place surrender is scheduled for April 25-26.

For more information on other interesting sites in the state, write the North Carolina Division of Travel and Tourism, 430 N. Salisbury St., Raleigh, N.C. 27611 or call toll-free from within the United States 1-800-VISIT-NC.

### Onslow Beach Opens

The Onslow Beach Recreation Area will be open for all military and dependents beginning May 2.

Activities operated by the Marine Corps Exchange in the beach pavilions will operate weekends beginning May 2 through May 25.

Beginning May 26, through September 7, facilities will operate, Tuesday through Sunday.

Transportation will be provided on base via base motor transport office bus service.

### Recruiters Needed

Recruiting Station Northern New England is looking for a few good Marines recruited from New Hampshire, Vermont and Maine to return home on the command recruiting program as recruiter assistants.

Northern New England Marines interested in returning home for 30 days to join in the recruiting effort with no charge to their leave balance should call SSgt. T.J. Savelli at (603) 436-9569.

For more information on the command recruiting program speak with your unit career planner.

### Officer reductions

According to ALMAR 051/87 the National Defense Authorization Act for fiscal year 1987 has called for officer end strength reductions in fiscal year 1988 and fiscal year 1989.

Based on a Secretary of Defense allocation decision of January 28, 1987, the Marine Corps' share of the reduction is 308 officers.

This reduction will be accomplished by reducing the number of accessions, reduced number of augmentations, decreased number of EAD's that extend officers beyond fiscal year 1987, and projected increases in attrition, (discharges, resignations, retirements).

This will not cause changes in the present continuation policy nor will it result in involuntary retirements. For further information consult ALMAR 051/87.

### Tax assistance offered

Marine Corps Base will offer a Voluntary Tax Assistance Program for all military personnel and their dependents, April 9, 13-15. The program will assist anyone with questions pertaining to the 1986 federal tax forms.

All forms will be filled out by the individual service member, as the program is for assistance, not preparation.

All interested persons should bring their W-2 forms and all documents relating to the 1986 income tax year with them for assistance.

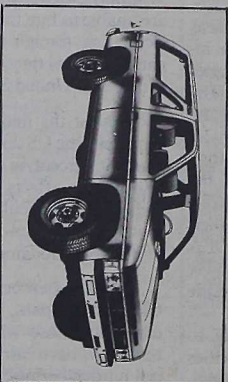
Assistance will be available at four locations. The French Creek Enlisted Club will host the first session today. The next session will be April 13 at the Hadnot Point Enlisted Club. The Community Center at Midway Park will be the meeting place April 14 and the final session April 15 will be at the Tarawa Terrace Community Center. All sessions will be from 4-8 p.m. For more information, call 451-2321 or 1903.

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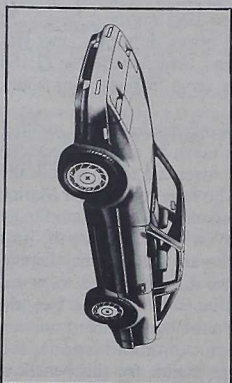
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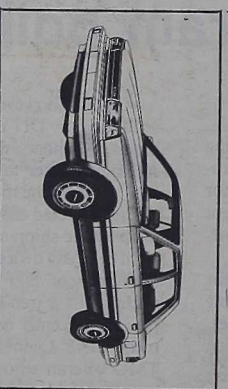


□ **PATHFINDER** "NISSAN IS ON TARGET WITH A QUIET, COMFORTABLE, VERY SMOOTH-RIDING SPORT UTILITY." ROAD & TRACK "4X4 OF THE YEAR." 4WHEEL & OFF ROAD "...SEEMS TO SET A NEW STANDARD FOR COMFORT AND CIVILITY..." CAR AND DRIVER.

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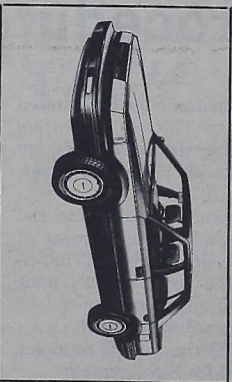


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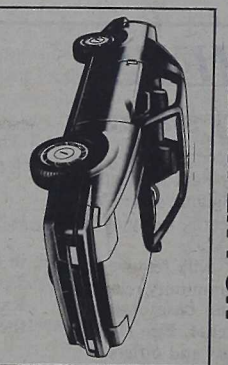


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## FEATURE

# 2/8 returns home after six-month pump

Story by Cpl. Amy J. Cobbeldick

Camp Lejeune's self-proclaimed "America's Battalion" returned home April 3, after a six-month deployment to Okinawa via Camp Fuji, cold weather training at Chitose on the island of Hokkaido, Japan.

As the Marines departed buses to meet their families at Camp Geiger's messhall, hugs, kisses and the tears of joy were all that could be seen. The warmth the Marines received greeting their wives, children and long-time friends contrasted sharply to the chilling weather endured while training with the Japanese Ground Self-Defense Force at Mt. Fuji.

Second Battalion, Eighth Marine Regiment was rotated to the Third Marine Division as part of the Unit Deployment Program from October 1986 to the first week in April.

Hokkaido, Japan's northernmost island is the base for the Japanese Ground Self-Defense Force's Northern Army. This was also home to about 200 2/8 Marines from January 26, until February 12.

"The Japanese soldiers were surprised at our level of cold weather expertise, but most of all they were surprised that we came here as a combined arms team. They are accustomed to training with the U.S. Army and didn't really understand that,

as Marines, we have the capability to coordinate air and artillery support at the company level," said Capt. John Ballard, Golf Company commander, 2/8.

"We've learned a new cross-country skill technique to increase our speed and we've also found that their large snow-cat vehicle is outstanding for logistical support of the company, specifically for keeping a water supply available. That's critical because many cold weather casualties are related to dehydration," said Ballard.

"It was the most realistic training I've ever been through. We had a chance to simulate what a wartime situation would be, and to expect the unexpected," said Hospitalman Steven Hensley, Fox Company.

Liberty was given to the Marines in Tokyo, and according to Hensley, it was like a Japanese New York.

"My wife should get a medal for putting up with the separations and the problems that arise while I'm half way around the world. Above and beyond the separation, the extensive cold weather training, hard work and the dedication gives this battalion a better working knowledge of our allies. We would be able to function along with the Japanese Army or the Royal Thai Marines," said Sergeant Steve M. Campbell, Headquarters and Service Company.



Sergeant Patrick A. Connor, Fox Co., 2d Battalion, 8th Marines is welcomed home by wife Cheryl and children Michael and Kristan after a long six-month deployment to Okinawa. (Photos by Cpl. Amy J. Cobbeldick).



Cpl. Clinton Glenn, 1st Platoon, Echo Company, 2/8, prepares to throw a hand grenade during a recent exercise at Mt. Fuji. (Photo by Sgt. Al Vaughan).

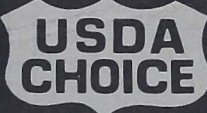


Lance Cpls. Levi Carter (left) and Jarvis Culver (right), both of Weapons Platoon, Echo Company, 2/8, 2nd MarDiv., prepare to fire their M-60 mortar. (Photo by Sgt. Al Vaughan).

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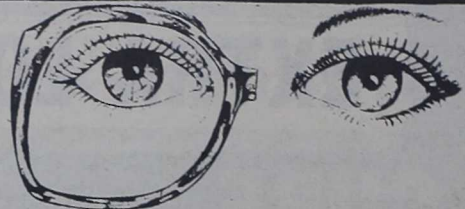
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## FEATURE

# 2d FSSG trains NCOs to be Corps' leaders

by Sgt. D.K. Holl

One squad worked into the night making its guidon. Another squad worked gently to capture it. While there was only enough time within the busy schedule of classes, drill, uniform and wall locker inspections to catch their breath, camaraderie and teamwork among the Marines kept the motivation high.

The students at the 2d Force Service Support Group Noncommissioned Officers School were concentrating on forming the best leaders in the Corps.

"This is our first NCO School specifically designed for the FSSG units. We are concentrating on honing the Marines' leadership skills so they are able to pass on what they learn to others who follow them," said 1st Sgt. William D. McVey, the noncommissioned officer in

**"We want our students to be able to lead by example. Marines have to be able to actually do things, not just know how to do them by the book method."**

"There are several items of instruction we cover that are especially important to FSSG Marines because they support the infantry. We cover all the information that is required by the Base NCO School, but we spend almost three days in the field practicing perimeter defense and area security," McVey said.

"We also teach the students how to use field radios, lay wire for communications, land navigation and other tactics that are necessary in combat. FSSG units can't always rely on the grunts to be there for them. They have to be able to defend their units," he said.

The school was started soon after Lt. Gen. John I. Hopkins and Sgt. Maj. Perry Wade arrived at 2d FSSG.



(Above and left) Cpl. Lee A. Stein, 2d Medical Battalion, 2nd FSSG and 3rd squad leader/guide, carries his squad's banner, "Warren's Warriors" during a hump back to garrison from two days in the field. Sgt. Rick Warren is the name of the 3rd squad's instructor/advisor. (Photos by Sgt. D.K. Holl).

"Sgt. Maj. Wade handed me a box of books about NCO school and told me to start a school. From those manuals and directives, my eight-member staff and I put the curriculum together," said McVey.

"We are designed to teach 36 students per class. We hope to train as many sergeants and corporals as possible by running a class almost every month," he added.

The curriculum is based on 16 graded events. Five are tested by written exam. All the rest are tested by practical application.

"We want our students to be able to

lead by example. Marines have to be able to actually do things, not just know how to do them by the book method," said Gunnery Sgt. Charles L. Jones, operations and academic chief. "Here, we test the students in what we feel is the most accurate way, by practical application."

The students are put into squads the first day. In addition from that time on, they take turns performing the functions of the platoon commander, platoon sergeant, guide, squad and team leaders to let them lead at each level.

"Sword manual, drill, .50 caliber and M-60 machine gun familiarization are included in addition to the curriculum of

wall locker, junk on the bunk, personnel inspections and physical fitness tests," he said.

"I haven't done a lot of this type of training since boot camp, so it's really a good experience. It's a great confidence builder for any corporal, especially when we get back to our unit and now we can assist the other troops," said Cpl. Frank Caruso, Heavy Equipment Section, 2d Landing Support Battalion. "I would recommend it to anyone who really has an interest in leading. You never know when you have to take charge of a situation and this type of training really gets us prepared."



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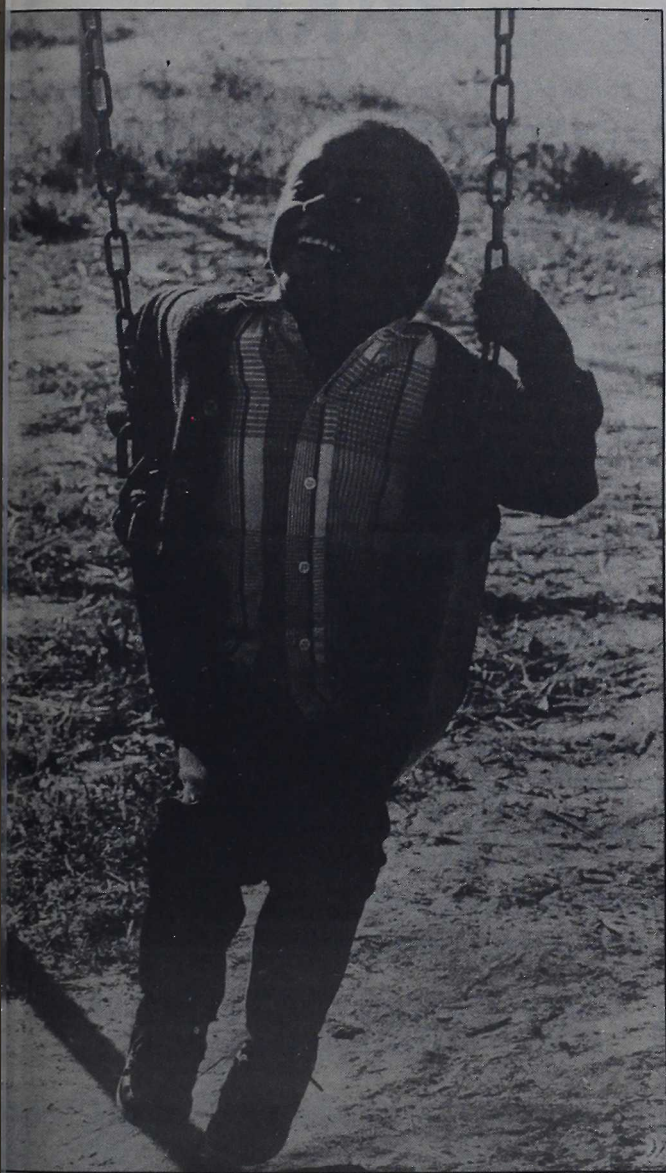
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Demario North takes time out for some fun at the Tarawa Terrace Child Care Center. Demario will be four years old April 17 and is the son of Cpl. Joseph and LCpl. Mary A. North. (Photo by Cpl. Eva M. Snyder).

## Month of Military Child celebrated with activities

Report by Cpl. Amy J. Cobbeldick

April is the Month of the Military Child with fun-filled activities for the parents as well as the children.

The month of the Military Child is celebrated in conjunction with the National Association of Young Children at military installations across the nation.

"Health and welfare are important to every family member, the children aren't old enough to know why daddy or mommy are gone, so we try to educate the children on what the parents do. The appreciation we give the child makes them feel special," said First Lieutenant Joann van Kan, supervisor of the Morale, Welfare and Recreation Division.

"This month designated for the Military Child is designed to strengthen the family unit and create a healthy environment in which children can grow to appreciate the jobs their parents do," continued van Kan.

For more information concerning ac-

tivities and times consult Base Bulletin 1710 of March 31 or 1stLt. van Kan 451-2525.

Month of Military Child activities.

Today - 9 a.m. - 1 p.m. Field trip to Show Biz Pizza in Wilmington, N.C.

April 10 - 10 a.m. - noon Skateworld, Jacksonville

April 11, 12 - 2 p.m. Childrens Matinee, Camp Theatre

April 15 - 10 a.m. - 2 p.m. Field Day to Onslow Pines Park, Jacksonville

April 16 - 5 p.m. Youth Bingo at Youth Center

April 19 - 2 p.m. Easter Egg Hunts at Marston Pavilion, Tarawa Terrace, Community Center adjacent to Midway Park and Park Child Care Center

April 23 - 11 a.m. to 2 p.m. Pool and Picnic at the Camp Johnson Pool

April 25 - 9 a.m. Children's No Tap Bowling Tournament at Bonnyman Bowling Center

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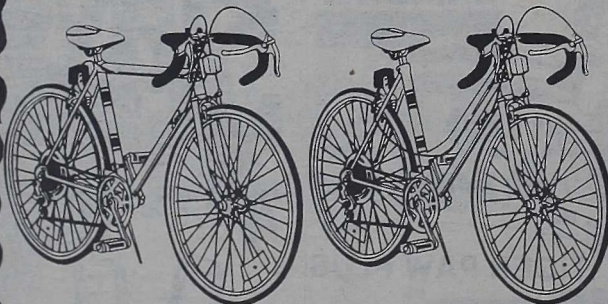
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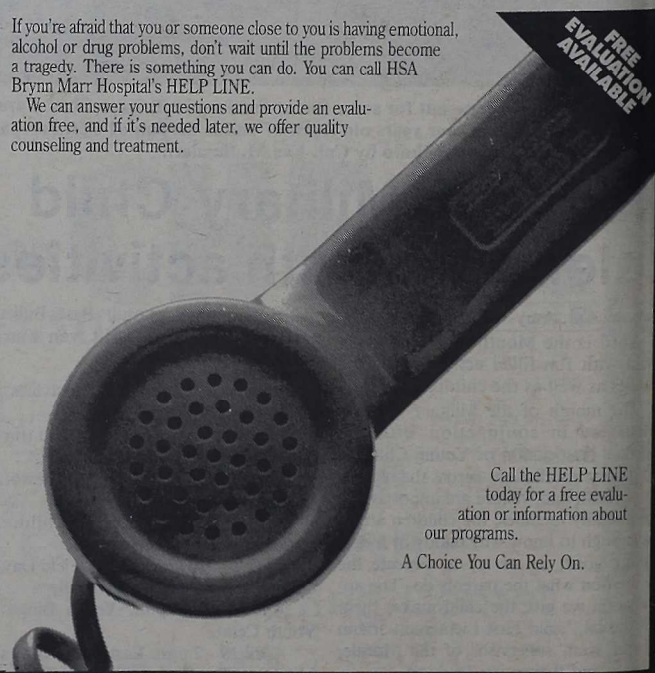
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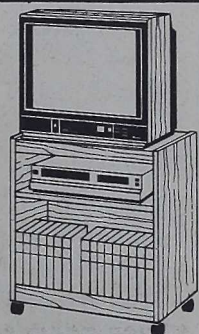
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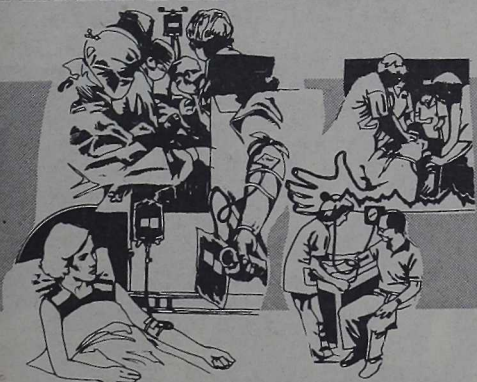
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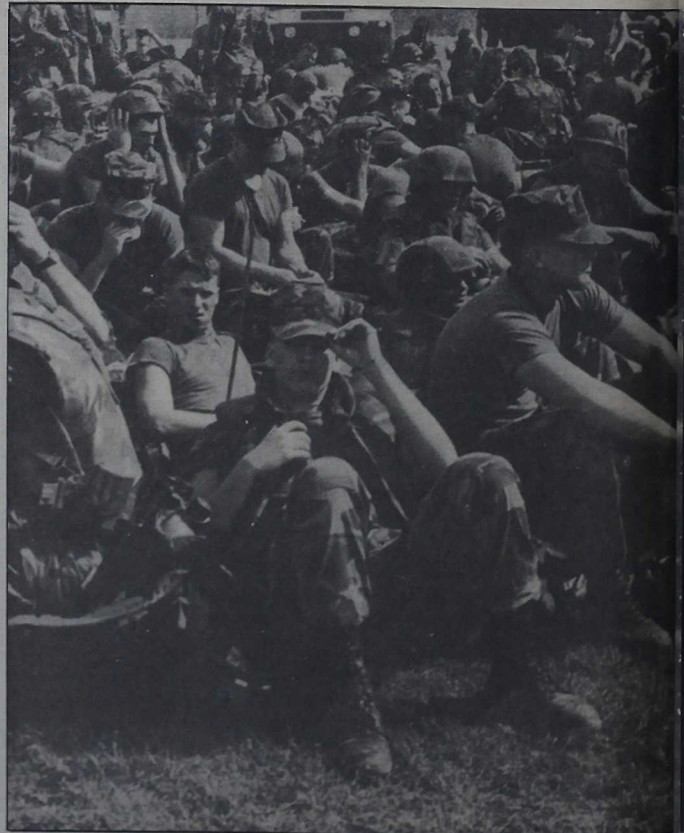
# ESPRIT



Marines from 1st Battalion, 2nd Marines, 2nd MarDiv conduct a 25 mile endurance hump recently as part of their Marine Corps Combat Readiness Evaluation System. (Photo by GySgt J. Booker Simmons).



Marines from Weapons Company, 2nd MarDiv walk alongside Marines from the 1st Battalion, 2nd Marines, 2nd MarDiv during a 25 mile endurance hump. The distance was covered in less than eight hours. (Photo by GySgt J. Booker Simmons).



(Above and right) Marines from 1st Battalion, 2nd Marines, 2nd MarDiv conduct a 25 mile endurance hump recently as part of their Marine Corps Combat Readiness Evaluation System. (Photos by GySgt J. Booker Simmons).



Company carried all crew served and individual weapons



Members of the 2nd Marine Division Band lead the 1st Battalion, 2nd Marines to the finish line of a 40 kilometer hump recently. The band's rousing rhythms perked up the tenderfooted Marines as they completed the march. (Photo by GySgt J. Booker Simmons).

## Twenty - five mile hump tests 1/2's combat fitness

Story by GySgt. J. Booker Simmons

The military designs and buys multi-million dollar vehicles to carry its personnel to combat, but if the vehicles aren't available or the terrain is too rugged, Marines always have a method of movement...humping.

The 1st Battalion, 2nd Marine Regiment demonstrated this method of movement today as part of their Marine Corps Combat Readiness Evaluation System. The battalion performed a 40-kilometer march with all indigenous gear in an eight-hour time-frame.

"Not only is the endurance march good training," said Lt. Col. Jerry D. Humble, commanding officer 1/2. "but it's also a good motivation tool for the battalion. Everyone has to participate unless they are on leave or medically excused. Completing a difficult task together and mutually shared hardships will really weld units together."

This bonding process starts from the time the battalion sergeant major gives the command to "Route Step" until the last tender-footed step taken. For those participating for the first time, it's an unforgettable experience.

"I'd never humped 25 miles before," said Pvt. Chris Ayers, an 18-year-old from Hingham, MA. "I didn't know if I could do it. The furthest we'd humped in Infantry Training School was about eight miles. It was motivating to be challenged and learn you could do whatever you are called on to do," said Ayers.

Not only was Ayers challenged and impressed with the results, the entire battalion finished the 40 kilometers in less than eight hours with less than a three percent drop rate. Ayers platoon, 2nd Platoon, Company C, 1/2 lost none of its Marines. Sergeant Douglas Snyder, platoon sergeant for Charlie 1/2 was proud and impressed with his unit's performance.

"I have a very motivated and dedicated group of Marines here," he said. "We started together and finished together. If you want to find out how conditioned Marines are, don't put them in nylon shorts and sneakers and run a PFT. Put them in cammies, 782 gear with weapons and take them on a hump. Then you'll find out how physically and mentally conditioned they are," said Snyder.

If Snyder's rule for measuring conditioning is valid, the Marines of 1/2 are in shape to move even when all the multi-million dollar vehicles aren't available and the terrain is too rough.



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## MWR NOTES

**BEAUTY SHOP SPECIALS** for April are available at the Central Beauty Shop, Midway Park and Tarawa Terrace Beauty Shops.

9-11 April	Manicure.....	\$3.00
	Frosting..... (Long Hair Extra).....	\$18.00
	Facials.....	\$7.00
	Hot Oil Treatment (Set or Blow Dry Extra).....	\$5.00
13-25 April	Summit Curl including Haircut.....	\$33.00
	(Long Hair Extra).....	
	Special Perms including Haircut.....	\$20.00
	(Long Hair, Set or Blow Dry Extra).....	

**PANASONIC TRUCKLOAD SALE** now in progress at the Main Exchange and selected items at the MCAS Branch Exchange. Save on home stereo systems and video equipment while the supply lasts.

**GLIDDEN 10% PAINT SALE** continues through 12 April at the Main Exchange. Check out the new line of paints we're stocking for you. Buy now and save for your summer paint jobs.

**SNEADS FERRY LAPIDARY CONCESSION** will be in the Main Exchange until 12 April with their selection of jewelry, belt buckles and other gift items.

**BUDWEISER CLYDESDALES AT MCX** for one day only, 10 April, beginning at 11:00 a.m.- 1:00 p.m. Bring the kids to see The Budweiser Clydesdale Hitch parade from the MCX Central Service Station to the MCX.

**COTTE COMPANY CONCESSION** will be in the Main Exchange 14-18 April. See how they can personalize sunglasses and license plates for you.

**RENATA DI RENZZO** fine jewelry sales promotion begins 15 April while the supply lasts. To kick off this promotion Renata di Renzzo will give away a complimentary gift of gold on 15 April. Drop by the Jewelry Department today to pick up your lucky number to win. Hurry. Limited entry numbers available at the Main Exchange.

**KENT BIKE PROMOTION** - Gear up for savings. Come to the Kent Bike promotion beginning 15 April while the supply lasts. Save on Kent BMX boys and girls bikes and ladies and mens 10 speeds. There's something for everyone. Layaway or charge it with Master Card, Visa or your Discover Card.

**STRIDE RITE KID'S TENNIS SHOE PROMOTION** will be held 17-18 April. 2 days only. Save on Easter shoes for the kids at the Main Exchange.

**CAMP GEIGER SERVICE STATION** is now the location of a new Mini "C" Store and gas outlet. Hours of operation are from 9:00 a.m. to 5:00 p.m., Monday through Friday. Closed Saturday and Sundays.

**20% OFF ALL LADIES DRESSES** now thru 18 April at the Main Exchange. These include evening gowns, Juniors, Missy, Budget. Make your choice for Easter.

### NEW ITEMS MAIN EXCHANGE

**CASE LOT SALES.....**Contact lens wearers can find a large selection of lens care products by Bausch & Lomb, Cooper Vision, Barnes Hines and Allergan. Find disinfecting solutions (regular and sensitive eyes), daily cleaners, carrying cases and more.

**HOUSEWARES DEPARTMENT.....**Look for the special purchase of Pyrex and Corning Ware. Assorted Pyrex Spice O' Life store n' see storage containers come complete with lids and are ideal for storing small portions. Assorted Pyrex pie plates are also available. Very practical and versatile, Microwave Plus Sets include one set of 4 bowls, 2 glass covers and 2 storage covers; a mixing bowl set is in and check out the 5 pc. Microwave set of different size containers to meet a variety of needs.

**BUDGET SHOP.....**Little boys 3T to 6 and bigger boys 7 to 16 will find a new selection of shirts, shorts, swimsuits and tank tops by Donmoor, Gym Gear and Splash.

Ladies see the new Play Panties by Lady Duke. Comfortable, lightweight without lines, they are available in full brief and bikini styles in sizes 5.6 and 7.

**LUGGAGE DEPARTMENT.....**Looking forward to those vacation days ahead? Travel in style and ease with American Tourister mix and match sets with assorted pieces. This includes the Organizer, lightweight easy to carry clothes bag which is perfect for short trips. Check out Spalding Sport Packs and the Sasson collection.

**CAMERA DEPARTMENT.....**Frame it beautifully with assorted brass and silver frames by Hampton Brass.

**GIFT DEPARTMENT.....**Wake up to sweet scents with "Summer Morning" home fragrance spray, drawer liner and light ring set by Claire Burke.

Expecting? Spread the news with Bee-Gotten Creations, Inc. which includes adorable Father-to-Bee, Mother-to-Bee and Grandma-to-Bee mugs. Enter the Father-to-Bee photo essay contest by Bee-Gotten Creations and win \$5000.

**COSMETICS DEPARTMENT.....**Feel revitalized. Revlon and Ultima are working to make you look beautiful. Eterna 27 Elimina is the wrinkle free reducer that is taking European women by storm. Ultima II Pro-Collagen Anti-Aging reparative firming sun and pre-sun care products will be especially useful for summertime. Try Natural Wonder makeup with natural ingredients; hypoallergenic, fragrance free. Instant Nail Color is quick to apply and fast to dry. Get professional results at home. While you're in this department browse through the new Revlon and Ultima II Spring colors in makeup.

**SOUND DEPARTMENT.....**Kodak VHS T-120 and Beta L-750 video tapes are now available for only \$4.35 each.

**TOY DEPARTMENT.....**Gear up for bicycle month and summertime. Cycle storage hooks are a must for storing your bike neatly. Cycle Honkerhorns are available in Sesame Street characters and are mountable on handlebars. The Cookie Monster Spring Bopper also mounts on handlebars and comes with reflectors for safety. Get Bike Spinners that twirl with the wind as you ride. A lantern headlight goes a long way for safety. You can even find an 8-tune melody siren that plays songs like "Rock A Bye Baby" and "Are You Sleeping" for Mom's and Dad's that take baby along for the ride. If you Gotta Getta Gund check our new selection of stuffed toys then take a peek at Sea Bear and Combat Bear military bears.

**SHOW TUNES EASTER BASKET DRAWING.....**Register now until 17 April to win an Easter basket courtesy of Hanes filled with goodies like Hanes Show Tunes boys and girls underwear. Drawing will be held 17 April at the Main Exchange. Winner will be notified.

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# SPORTS FEATURE

## Steroids prohibited in the Marine Corp

Story by GySgt. Bob Torres

Marines are no longer permitted to use anabolic steroids unless prescribed by a military medical official, according to ALMAR 024/87.

Since the early '60s steroids have been used by athletes as a means of "gaining strength." Until recently, the use of anabolic steroids by some amateur and professional athletes was a hushed topic. Although continued use was known to cause disagreeable side effects, some athletes persisted.

"There is doubt as to whether or not steroids are indeed helpful for strength development," said Jim McHugh, Drug

Alcohol and Health Affairs Branch, HQMC. "They'll bulk you up, but in terms of true health gains, we don't know. Some of the side effects of taking anabolic steroids are aggressive behavior, temporary sterility and damage to the cardiovascular system. The long term effects are unknown."

What are steroids? Anabolic steroid drugs are used as a tissue builder. Physicians can prescribe steroids when there has been severe muscle damage. They are prescribed to help stimulate or reconstruct the damaged tissue.

Steroids affect the cardiovascular system and other specific organs. By weakening the system, an individual runs the risk of a reduced life span. The liver can be affected through swelling or hepatitis. Heart attacks, particularly among older individuals, have risen dramatically for steroid users. So far, sterility has been temporary, but the effects of steroids are residual and stay in the system two to three years. No one knows the effects of continued anabolic steroid use over an extended period of time, "McHugh said.

"Marines may have gotten into weightlifting and then through muscle building magazines bought anabolic steroids," said McHugh. "Some commands don't recognize that as being any different than Marines who use marijuana. It is a legal drug, but only if it's prescribed."

"We're not going to war on this, but a Marine needs to know that if he is rendered unfit for duty as a result of his

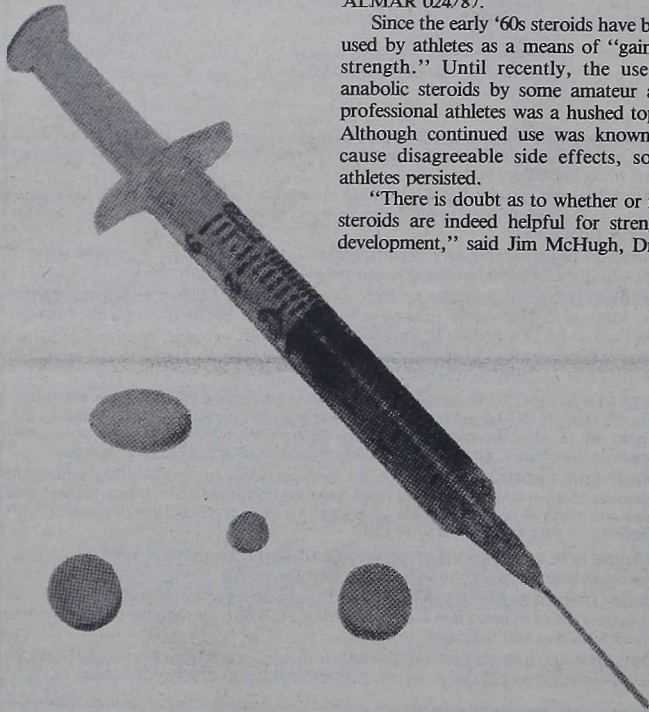
use of drugs, and anabolic steroids drugs, he can well be charged," McHugh. "The Marine Corps has health and well-being of the entire Marine Corps in mind, and legitimate use of steroids by individual Marines is not what we're talking about. The Corps is banning the use of steroids because the drugs have no long-range value, and the potential to the individual, who is a valued member of our Corps, is just too great."

Anabolic steroid use has not run rampant in the Marine Corps, but the evidence of occasional use in the military services. "Right now you look at guys and they're bulked up and great," McHugh continued. "The winning weightlifting contests and look healthy, but the reality could be that although they have a nice external frame, they're not healthy."

"One of the problems has to do with bone structure," said Dr. Gabe Merkin, a sports medicine expert. "There are bigger, quicker, stronger athletes through the use of steroids, but the problem is that the bone structure cannot bear all that muscle. Bones are not made to handle that kind of strength."

"When people are on steroids, it makes them crazy. They may become very aggressive," continued Merkin, "so aggressive, that they behave unnaturally."

"We're looking at this from a health perspective," said McHugh. "All we're trying to say is don't use steroids. You're hurting yourself and you're hurting the Corps."






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# SPORTS Stats

## Intramural Soccer



Bn	2-0
NR	8-1
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	3-1
	5-3
DIV	4-3
1Bn	4-3
in	2-3
MGB	2-5
	3-6
imBn	2-6
	1-6
SuprBn	1-7
	0-6

Youth Soccer Division 3		
Wins	Losses	Ties
5	0	0
5	0	0
2	3	0
1	4	0
1	4	0
1	4	0

Division 4		
Wins	Losses	Ties
4	1	0
4	0	0
3	1	0
3	1	0
2	1	1
2	2	1
2	3	0
1	3	0
0	3	2
0	4	0

Division 5		
Wins	Losses	Ties
4	1	0
4	1	0
3	1	0
3	2	0
1	2	1
1	4	0
0	4	0

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Total Pins	16,446	High Game	M. Gordon - 276
	16,387		2d FSSG
	15,941	High Series	
	15,859		M. Gordon - 644
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	15,502		

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CONDITIONS: 3-4 Foot Glassy Conditions

Date: March 28-29

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2. Team Productions / Emerald Isle

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3. Squarrel Dearing
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5. Donny Schmaus
6. David Aury

### Masters:

1. Joe Jolly
2. Doug Dougherty
3. Kelly Richards
4. Randy Howell
5. Pete Rudd
6. Eric Eason

### Active Duty 26 and Up

1. Kelly Rhodes
2. John Kaufman

### Mens:

1. Rob Blizzard
2. Bill Worlich
3. Randy Borquin
4. Jeff Sanders
5. Chad Elswick
6. Paul Chaucer

### Active Duty 17-25

1. Larry Fowler
2. Michael 'Sean' McGowen

### Longboard:

1. Kelly Rhodes
2. Kelly Richards
3. Eric Eason
4. Randy Howell

### Superheat:

1. Rob Blizzard
2. Aaron Wagner
3. Kelly Rhodes (military)
4. Joe Jolly
5. Larry Fowler (military)

### Teams Participating:

1. Village Surf Shop / Perfection Surfboards, Garden City, South Carolina
2. Ocean Sports, Mt. Pleasant, South Carolina
3. Surf City Surf Shop, Myrtle Beach, South Carolina
4. Salt Creek Surf Shop, Emerald Isle, North Carolina
5. Precision Surf 'N' Sail, Emerald Isle, North Carolina
6. Team Productions, Emerald Isle, North Carolina
7. 'OB' Bay Boys, Onslow Bay, North Carolina

**Kelly Rhodes, Regional Automated Services Center, Marine Corps Base prepares for the surfing competition on Onslow Beach. Rhodes won the Longboard and Active Duty 26 and Up categories. (Photo by Cpl. Val Bode).**



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## SPORTSMAN OF THE WEEK



Lance Cpl. Andre D. Green, Weapons Company, 3d Battalion, 2d Marines warms up by jogging before his sprint workout. Green also runs one to two miles per day to keep his fast forms. (Photo by LCpl. Kari Jo Vaughan).

### Sprinter runs toward victory, '88 Olympic

Story by LCpl. Kari Jo Vaughan

Most Marines run to keep in shape. But to Lance Cpl. Andre D. Green, Weapons Company, 3d Battalion, 2d Marines running means much more than just fitness.

Green, already an accomplished sprinter, is currently training for the All Marine Track Team trials May 8-13 at MCAS El Toro, Ca. The 27-year-old mortarman has some pretty lofty long-range aspirations.

"I want to compete in the 1988 Olympic Games," said Green. "Yes, I'll be on that team. You've got to want it worse than others, be more hungry. I want this. It takes a lot of discipline and concentration to be a sprinter. Some days I don't want to get up and run, but to be the best you have to."

Running one to two miles per day and doing an intensive-sprint workout keeps Green in swift shape. His best sprinting times are: 10.1 seconds for the 100 meters and 20.5 seconds for the 200 meter race. But Green didn't always strive to be a fast track star.

Green began sprinting in 1975 in high

school and has also competed in National Collegiate Athletic Association meets and Pan American games.

"Initially I hated track. I want to play football," admits the Cleveland native. "I thought track was too boring...run, run, run until you pass out. But I stayed with it because I was successful at it. Now I really love it. I don't even get chills all over my body and I'm scared. Something just comes over me. But once I'm running the race, it goes away."

Sprint races are very competitive. Green has a winning philosophy that he thinks gives him an edge.

"I don't care where other runners have competed. They may have been at the Olympics or they may have never competed, but I don't underestimate anyone. Anyone can have an extremely good sprinter, but I have to think I can beat them to be competitive," Green said.

With his experience and continued devotion to his sprinting, Green should be ready for the All Marine Track Team and possibly attain his ultimate running goal, sprinting for the United States at the 1988 Olympic Games.

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## JOCK SHORTS

**Congratulations to the members of the All-Marine Boxing Team** who competed in the U.S. Boxing Championships in Buffalo, N.Y. Winners were Zrinell Webster at 119 pounds and Joseph Pemberton at 201 pounds. Kevin McLeish, Charles Harris and Abel Velarde also competed. Good job Marine Boxers!

The USO will host a **Challenge Open Ping Pong Tournament** April 10-12. It will be a double elimination, best two-out-of-three tourney. The entry fee is \$2. Trophies will be awarded to the first, second and third place winners. Purpose of tournament will be to select a team to represent the USO in competition against other affiliates that field ping pong-players. All Marines, sailors and their dependents are welcome to participate in the tournament. For more information call 455-3411.

**Lifeguards** are needed for this summer. Applicants must possess valid American Red Cross Advanced Lifesaving or Water Safety Instructor Certification. Applications are being accepted at the Non-appropriated Fund Personnel Office, Bldg. 712, weekdays 7:45 a.m. to 3 p.m.

The **Onslow/Lejeune Special Olympics** will be holding their Spring games on April 10 at Lejeune High School. Opening ceremonies will begin at 9 a.m. All volunteers need to report at 7 a.m. For more informa-



**N.C. State Powerlifting Championships** will be held in Charlotte, N.C. on April 25 and 26. Entries must be submitted by April 18. Entry forms are available at the Fitness Center, Building 201.



The **Fourth Annual Coastal Bike Trek** will take place May 1-3 and 8-10 along 100 miles of Carolina's coast. The race will benefit the American Lung the 100 miles split up with an evening spent at the beach. Housing accommodations in Wilmington and Long Beach, meals, vehicles for carrying supplies or luggage, maps, and a special Trek T-shirt will all be provided. The registration fee is \$15. To participate in the trek, the rider must raise a minimum of \$200 in sponsor contributions by April 20. Awards will be given to the biker who raises the most funds. Registration can be picked up at the ITT Office or Fitness Center. For more information, contact Kenneth Gangwere at 451-5036 or 346-8833.



The **Camp Lejeune Intramural Track and Field Meets** will be held April 13-15. A meeting will be held at noon, today at the Goettge Memorial Field House. Command meet dates are April 13 for 2d Marine Division, April 14 for Marine Corps Base and April 15 and 2d FSSG. Team rosters and events entering must be turned in at the meeting today.

**FMFLant Racquetball Championships** will be held April 13-17 at the Nautilus Fitness Center. It will be a double elimination tournament for individuals and battalion teams must qualify in the Intramural Racquetball Tournament. For more information contact Staff Sgt. Nesbitt at 451-2061/3125.

**1987 All-Marine Handball Championship Trials** will be held here. All active duty Marines interested in participating in the trials April 21-24, must attend the meeting at 12 p.m., April 20 at the Goettge Memorial Field House. First and second place finishers will be requested to participate in the All-Marine Championships, May 3-8 at El Toro, CA.

The Jacksonville Recreation and Parks Department is sponsoring a **Beginning Gymnastics Class** for youth ages 6 to 12 on Mondays and Wednesdays through April 22, at the Northwoods Park Middle School. CC Markwick, former southern California all-around gymnastics champion will be the instructor. For more information call 455-2600, ext. 262.



The **USO Chess Club** meets every Sunday at 12:30 p.m. Persons interested in playing chess or learning the game are welcome to play or join the chess club.

There will be an **Intramural Golf Organizational Meeting** April 20 at 12 p.m. in the Gold Course Clubhouse. All team captains are required to attend. For more information call 451-3636.

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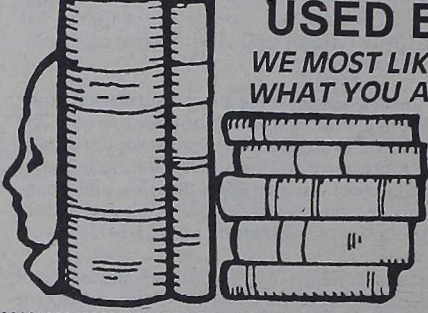
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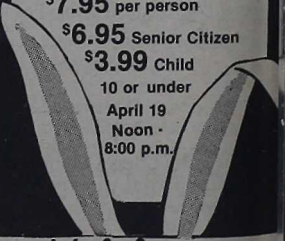
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Serving: Air Station, Camp Geiger, Camp Johnson, Knox Trailer Park, Bellfork Homes, New River, Northwoods, Pelletier Trailer Park, Sherwood Forest, Branchwood, Cardinal Village, Willow Woods, Lauradale, Raintree and Deerfield.



Hours:  
Mon-Thurs 4pm - 12 mid.  
Fri & Sat 11 am - 1 am  
Sunday 11 am - 12 mid.

### PIZZA CITY USA

**TWO LARGE 14" DELUXE PIZZAS**  
(5 Items for the price of 4)  
Pepperoni, Sausage, Onion, Green Pepper, Mushrooms  
**\$13.50**

No other coupon accepted with this offer. Price does not include tax. Exp 6/87

### PIZZA CITY USA

**TWO LARGE 14" THREE ITEM PIZZAS**  
**\$12.30**

No other coupon accepted with this offer. Price does not include tax. Exp 6/87

### PIZZA CITY USA

**TWO LARGE 14" SPECIAL PIZZAS**  
(7 Items for the price of 5)  
Pepperoni, Ham, Sausage, Green Pepper, Onion, Mushroom and Extra Cheese. (NO SUBSTITUTES)  
**\$14.70**

No other coupon accepted with this offer. Price does not include tax. Exp 6/87

### PIZZA CITY USA

**TWO LARGE 14" TWO ITEM PIZZAS**  
**\$11.10**

No other coupon accepted with this offer. Prices does not include tax. Exp 6/87

### MONDAY NIGHT SPECIAL

### PIZZA CITY USA

**TWO LARGE 14" DELUXE PIZZAS PLUS 4 FREE PEPSI'S**  
**\$12.99**  
Monday Nights Only

No other coupon accepted with this offer. Price does not include tax. Exp 6/87

### PIZZA CITY USA

**FREE VIDEO**  
OBTAIN Movie ticket from PIZZA CITY USA when you pick up your **LARGE or X-LARGE** Pizza and present it to Video City for a **FREE** Movie Rental.

Exp 6/87

# CALENDAR

## HIGHLIGHTS

Jacksonville High School will be presenting the musical **The King and I** April 30 and May 1-2 on the Jacksonville High School stage.

The performances will be at 7:15 p.m. on April 30, and 8 p.m. on May 1-2. Tickets are \$4 for the performance on April 30 and \$5 for the May 1-2 performances and are available at the box office at the school auditorium from 6 p.m. to 7 p.m. on the nights of the shows.

This year's musical marks the 24th anniversary of the Jacksonville High School musical. *The King and I* is a love story between an English-born teacher and the King of Siam. Students from the elementary to high school level will be participating in the performances.

For more information contact Marla Batchelor at 346-9706.

The Jacksonville Recreation and Parks Department in association with the Jacksonville Golden Age Club, is sponsoring a **seven-night cruise** in the Caribbean, Jan. 2-9, 1988.

Ports will include: San Juan, Puerto Rico, St. Thomas, U.S. Virgin Islands and St. Maarten, Netherlands Antilles.

The cruise includes airfare, transfers, accommodations and port fees.

The ship will be Carnival Cruise Lines newest 'fun' ship, the "Celebration."

For more information call Rhonda Peedin at 455-3107 or Angela Rocco at 353-8550.

The Onslow County Parks and Recreation Department will sponsor an **Easter Egg Hunt** for children through age 9, April 11.

The Hunt will be conducted at Onslow Pines Park beginning at 10 a.m. and another egg hunt at Hubert By-Pass Park at 2 p.m.

The activity is free.

For more information call the Parks Department at 347-5332.

Hidden Talents Craft Shop will be having a **10% off sale** for the month of April.

The **Base General Library** will have new operating hours effective April 1. The new hours are:

<b>Monday - Thursday</b>	<b>9 to 10 p.m.</b>
<b>Friday</b>	<b>9 to 4:30 p.m.</b>
<b>Saturday, Sunday &amp; Holidays</b>	<b>10 a.m. to 10 p.m.</b>

For more information call 451-3178.

The Onslow Art Society of Jacksonville will hold their **27th Annual Spring Art Show** April 21 - 26 at the Jacksonville Mall. All artists are eligible to enter. Our judge will be Raymond Perlman, Chairman, Commercial Art & Advertising Design at the Fayetteville Technical Institute. For more information and registration forms, please write to: **Onslow Art Society, P.O. Box 844, Jacksonville, N.C. 28540.**

The Jacksonville Recreation and Parks Department is sponsoring a **Tax Preparation Class** for Senior Citizens on Mondays and Tuesdays from 10 a.m. - 2 p.m. through April 14 at the Senior Citizens Center. For more information call Rhonda Peedin at 455-3107.

**Hidden Talents** is offering classes in reed baskets, rag baskets, stained glass, hand quilting and machine quilting. For more information call 451-2658 or 353-9151.

The **Staff Non-Commissioned Officers Wives' Club** will meet at 7 p.m., April 16 at the SNCO Club Hadnot Point in Camp Lejeune. All wives of active and retired E-6 and above of all military personnel are invited. For more information call 451-5591.

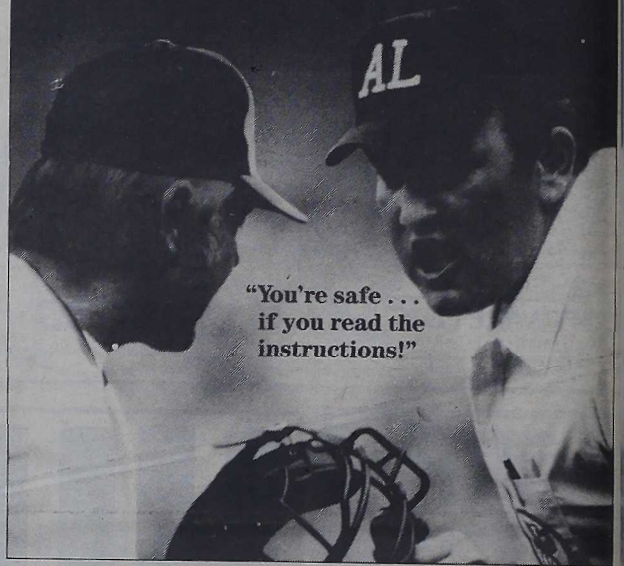
The **SNCO Wives Club Thrift Shop** located in Bldg. 1403 Dogwood St. will not be opened **April 18** as scheduled due to the Easter Holiday. For more information call 451-5591.

The **National Naval Officers Association** will meet on April 10, at 7 p.m. at the USO. For more information, call Captain N. Jerome Willingham, 451-1058, 353-1310.

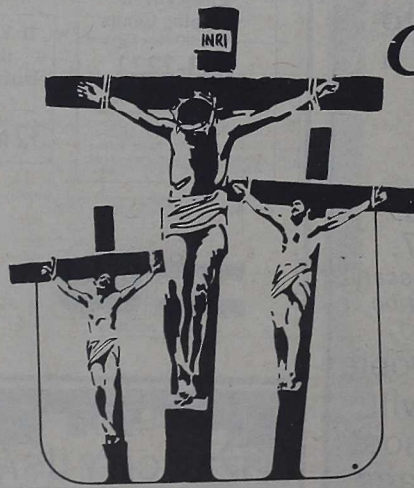
The **Onslow/Lejeune Special Olympics** will be holding their Spring games on April 10 at Lejeune High School. Opening ceremonies will begin at 9 a.m. All volunteers need to report at 7 a.m. For more information call 353-8693 anytime.

Many of the answers to questions about filling out tax forms are in the package of instructions sent to you by the IRS. Don't let it slide, check it out!

**TAX TIP**  
A Public Service of the IRS



"Why don't we have a battle of wits sometime?"



## CHAPEL NOTES

**Pentecostal Fellowship** meets every Tuesday in Base Chaplain's Office, Building 37 at 7:30 p.m. For more information, call Chaplain Williams at 451-5363 or Chaplain Frazier at 451-0332.

The **Easter Sunrise Service** will be Sunday April 19 at 7 a.m. at the Amphitheater behind Building 2.

April 9  
9 a.m. Desig  
9 a.m. Quad  
10 a.m. Land  
10 a.m. Land  
Hist.  
Ops.  
11 a.m. Victo  
Night  
11 a.m. Fire  
12:30 p.m. Iwo  
1:30 p.m. First  
Mout  
2:30 p.m. Conti  
2:30 p.m. Tradi  
4 p.m. Navy  
4:30 p.m. Lejeu

April 10  
9 a.m. Off I  
9 a.m. Off I  
9 a.m. Off I  
2 p.m. Off I  
2 p.m. Off I  
2 p.m. Off I  
4 p.m. Navy  
4:30 p.m. Lejeu

April 13  
Lejeu  
9 a.m. Build  
Tradi  
9 a.m. Ampt  
Naval  
10 a.m. Seami  
10 a.m. All O  
11 a.m. Parac  
Rescu  
11 a.m. Aircro  
1:30 p.m. Comm  
try Br  
1:30 p.m. Amph  
ning a  
2:30 p.m. The R

CAMP LE  
WRCM-(  
WJNC-(  
WJIK-(15  
WEGG-(  
WJCV-(  
WLAS-(9

CAMP LE  
WJIK-(15  
WEGG-(7  
WLAS-(9  
WJCV-(15

LEJEUNE  
WJIK-(15  
WJNC-(12  
WZYC-(11  
WVBS-(10  
WRNS-(9

# CALENDAR

## CABLE TV



The following broadcasts will be aired on Camp Lejeune Cable Television, channels 5, 8 and 12, April 2 - April 8.

April 9	8	2:30 p.m.	Stay Alive in the Summer Bush
9 a.m.	12	4 p.m.	Navy News
9 a.m.	12	4:30 p.m.	Lejeune Report
10 a.m.			
10 a.m.	April 14		
11 a.m.	5	9 a.m.	Amphib. Ops. Ship to Shore Boat Group Tactics
11 a.m.	8	9 a.m.	Amphib. Ops. Ship to Shore Helo Assault
11 a.m.	5	10 a.m.	Hamlet Village
1:30 p.m.	8	10 a.m.	Supporting Arms Artillery
1:30 p.m.	5	11 a.m.	Amphib. Ops. Ship to Surface Assault
2:30 p.m.	8	11 a.m.	Ambush and Immediate Action
2:30 p.m.	5	1:30 p.m.	Stay Alive in the Winter-Bush
4 p.m.	8	1:30 p.m.	2nd LAV Bn. Orientation Brief
4:30 p.m.	5	2:30 p.m.	Sexual Assault
	8	2:30 p.m.	Snake Bite Treatment
	12	4 p.m.	Navy News
	12	4:30 p.m.	Lejeune Report
	April 15		
	5	9 a.m.	AAVP 7A1 Ops. Checks and Services
	8	9 a.m.	Health Record Maintenance
	5	10 a.m.	Navy Enlisted Service Records
	8	10 a.m.	OCR Correspondence, Pt. 1
	5	11 a.m.	Pharmacy Math
	8	11 a.m.	OCR Correspondence, Pt. 2
	12	12 noon	Lejeune Report/Focus
	5	1:30 p.m.	Explanation of Navy Advancement System
	8	1:30 p.m.	Sea Turtles
	5	2:30 p.m.	Pre-Operative Care
	8	2:30 p.m.	Post-Operative Care
	12	4 p.m.	Navy News
	12	4:30 p.m.	Lejeune Report

## DINNER BELL

**Thursday - Mess Hall Lunch:** soup, Swedish meatballs, BBQ spareribs, au gratin potatoes, spinach, assorted vegetables & desserts. **Mess Hall Dinner:** soup, tuna casserole, pepper steak, steamed or fried rice, carrots, cabbage, assorted desserts.

**Friday - Mess Hall Lunch:** soup, chili, sukiyaki, egg foo young, grilled cheese, peas & carrots, assorted vegetables & desserts. **Dinner:** soup, chowder, ham, fish, potatoes & gravy, baked beans, assorted desserts.

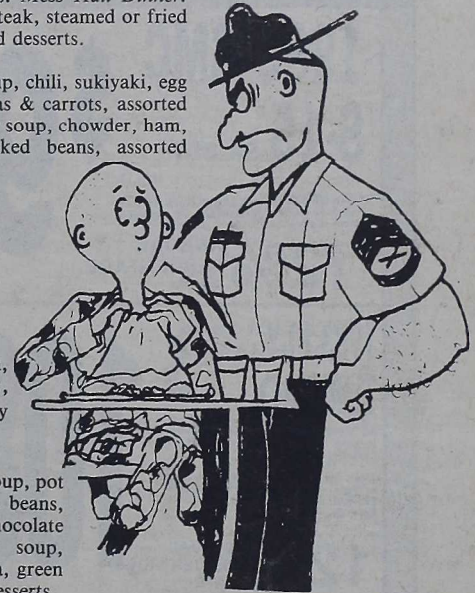
**Saturday - Mess Hall Dinner:** soup, corned beef, meat loaf, macaroni & cheese, parsley potatoes, squash, peas, turnovers, spice cake.

**Sunday - Mess Hall Dinner:** soup, roast pork ham, chicken, potatoes, stuffing, gravy, cauliflower, hot rolls, cranberry sauce, pumpkin pie.

**Monday - Mess Hall Dinner:** soup, pot roast, mashed potatoes, lima beans, cream corn, blueberry pie, chocolate cake. **Mess Hall Dinner:** soup, spaghetti, veal parmesan, pizza, green beans, garlic bread, assorted desserts.

**Tuesday - Mess Hall Lunch:** soup, Rock Cornish hens, Swedish meatballs, potatoes, rice, stuffing and gravy, assorted breads, desserts. **Mess Hall Dinner:** soup, scalloped ham & noodles, swiss steak w/gravy, rice, green beans, assorted desserts.

**Wednesday - Mess Hall Lunch:** soup, pork slices, Salisbury steak, O'Brien potatoes, sauerkraut, white beans, assorted desserts. **Mess Hall Dinner:** soup, liver & onions, chili mac, grilled cheese, succotash, broccoli, assorted breads and desserts.



## RADIO



### CAMP LEJEUNE REPORT - 2 1/2 MIN. DAILY NEWS REPORT

WRCM—(92.1 fm)	10:55 a.m.	WEEKDAYS
WJNC—(1240 am)	12:30 p.m.	WEEKDAYS
WJIK—(1580 am)	7:30 a.m., 12:08 p.m.	WEEKDAYS
WEGG—(710 am)	2:30 p.m.	WEEKDAYS
WJCV—(1290 am)	11:45 a.m.	WEEKDAYS
WLAS—(910)	11:30 a.m.	WEEKDAYS

### CAMP LEJEUNE CALENDAR - 90 SEC. UPCOMING HIGHLIGHTS

WJIK—(1580 am)	2:30 p.m., 2:08 p.m.	WEEKDAYS
WEGG—(710 am)	2:30 p.m.	WEEKDAYS
WLAS—(910 am)	10:30 a.m.	WEEKDAYS
WJCV—(1290 am)	9:30 a.m., 3:30 p.m.	WEEKDAYS

### LEJEUNE FOCUS - 5 MIN. SINGLE FEATURE REPORT

WJIK—(1580 am)	10:40 a.m.	SATURDAYS
WJNC—(1240 am)	4:30 p.m.	SUNDAYS
WZYC—(103.3 fm)	8:25 a.m.	SUNDAYS
WVBS—(100 fm)	8:55 a.m.	SUNDAYS
WRNS—(95.1 fm)	4:00 a.m. & 2:20 p.m.	SUNDAYS

## AT THE MOVIES



All movies begin at 7:30 p.m.

April 9 - April 15

<b>Thursday:</b>	<i>The Hitcher (R)</i> Camp Theater
<b>Friday:</b>	<i>The Hitcher (R)</i> , Camp Theater
<b>Saturday:</b>	<i>The Color Purple (PG-13)</i> , Camp Theater
<b>Sunday:</b>	<i>The Three Amigos (PG)</i> , Camp Theater
	<i>Foreign Body (PG-13)</i> , Camp Johnson
<b>Monday:</b>	<i>The Three Amigos (R)</i> , Camp Theater
	<i>The Name of the Rose (R)</i> , Camp Johnson
<b>Tuesday:</b>	<i>52 Pick Up (R)</i> , Camp Theatre
	<i>P.O.W. The Escape (R)</i> , Camp Johnson
<b>Wednesday:</b>	<i>52 Pick Up (R)</i> , Camp Theatre
	<i>The Journey of Natty Gann (PG)</i> , Camp Johnson

### MATINEES:

**Saturday:** *Care Bears II - A New Beginning (G)*, Camp Theatre, 2:00 p.m.  
**Sunday:** *Care Bears II - A New Beginning (G)*, Camp Theatre, 2:00 p.m.

# Pick-A-Truck - Pick-A-Payment

**1985 GMC  
S-15** SK 897

**\$ 96<sup>46</sup>**  
per mo.



S-15 Pickup

Sale price \$4295, with \$1000 down (cash or trade), 42 months, total \$4051.32, deferred payment price \$5051.32, 12% APR.

**12% ANNUAL PERCENTAGE RATE**

+ tax, tags

**1983 PLY. TURISMO**

**\$ 108<sup>30</sup>**  
Per Mo.

2.2 Coupe, Air Conditioning, Power Steering & Brakes, 5 speed, AM/FM Cassette, SK 862A.

Sale price \$3995 with \$1200 down (cash or trade), 36 Months at 12% APR, total \$3249.00, deferred payment price \$4449.00.

**12% ANNUAL PERCENTAGE RATE**

+ tax, tags, Dec.

**1985 CHEVETTE**

**\$ 92<sup>83</sup>**  
Per Mo.

TWO TO CHOOSE FROM  
Automatic Transmission, Air Conditioning, Power Steering, AM/FM radio.

Sale price \$3995 with \$1200 down (cash or trade), 36 Months at 12% APR, total \$3341.88, deferred payment price \$4541.88.

**12% ANNUAL PERCENTAGE RATE**

+ tax, tags, Dec.

**1984 PONTIAC 6000**

**\$ 126<sup>05</sup>**  
Per Mo.

4 Door, Automatic Transmission, Power Steering & Brakes, AM/FM radio.

Sale price \$4995 with \$1200 down (cash or trade), 36 Months at 12% APR, total \$4537.80, deferred payment price \$5737.80.

**12% ANNUAL PERCENTAGE RATE**

+ tax, tags, Dec.

**1984 VW RABBIT**

**\$ 132<sup>69</sup>**  
Per Mo.

4 Door, Automatic Transmission, Air Conditioning, AM/FM radio, SK 804A.

Sale price \$4995 with \$1000 down (cash or trade), 36 Months at 12% APR, total \$4776.84, deferred payment price \$5776.84.

**12% ANNUAL PERCENTAGE RATE**

+ tax, tags, Dec.

**1983 GRAND PRIX**

**\$ 159<sup>26</sup>**  
Per Mo.

Automatic Transmission, Air Conditioning, Power Steering, AM/FM Cassette, Tilt, Cruise, Glass T-Tops.

Sale price \$5995 with \$1200 down (cash or trade), 36 Months at 12% APR, total \$5733.36, deferred payment price \$4933.36.

**12% ANNUAL PERCENTAGE RATE**

+ tax, tags, Dec.

**1983 HONDA CIVIC 1500**

**\$ 154<sup>80</sup>**  
Per Mo.

Automatic Transmission, Power Steering, AM/FM radio, SK 645A.

Sale price \$4995 with \$1000 down (cash or trade), 30 Months at 12% APR, total \$4644.00, deferred payment price \$5644.

**12% ANNUAL PERCENTAGE RATE**

+ tax, tags, Dec.

**1984 CUTLASS SUPREME**

**\$ 175<sup>87</sup>**  
Per Mo.

Five To Choose From

2 Door, Automatic Transmission, Power Steering & Brakes, AM/FM & Much More!!

Sale price \$6495 with \$1200 down (cash or trade), 36 Months at 12% APR, total \$4531.32, deferred payment price \$7531.32.

**12% ANNUAL PERCENTAGE RATE**

+ tax, tags, Dec.

**1986 FORD AEROSTAR**

**\$ 180<sup>30</sup>**  
per mo.

SK 71174-A

Sale price \$8495, with \$1000 down (cash or trade), 54 months at 12% APR, total \$9736.20, deferred time payments \$10,736.20.

**12% ANNUAL PERCENTAGE RATE**

+ tax, tags



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International Travel of Jacksonville

**BAHAMAS Bet-A-Way Vacation**

from **\$199**  
Beginning April 22  
**WHY PAY MORE?**

Includes: Airfare from Raleigh, 3 nights, Air transfers, Beach Club, Golf & Diving also available.



353-8550



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on all  
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Open Mon-Sat 10:00-8:00p.m.  
Sunday Noon-5:00p.m.

Trailer ads must...  
Office, Bldg. 302, to...  
to being printed...  
with all of...  
must be printed...  
Neither...  
will be p...  
PHONE NUMBER...  
IN THE AD.

**AUTOMOBILE**

Chery Caprice, 2...  
top, solid...  
347-4923.

Oldsmobile 88, A.C...  
\$7,800 mi., \$6,200...

Chrysler Fire Truck...  
2000 DWH or 346-88...

Chrysler Supreme, \$1...  
44 Pick-up, ...  
warranty for four y...

Mustang, 4 cyl., 4 sp...  
cond., \$1,600/meg.

Trans Am, low mi., ...  
AM/FM cas., new ra...  
ite, blue book va...  
\$8,450.

Chery Van 250, ...  
blue w/running...  
AM/FM 8-track, ru...  
\$794 A.W.H.

Nissan 4x4 King...  
CB w/antenna, b...  
lights, matching bl...  
TIP, can be seen...  
Bldg. 321.

GMC Pick-up truck, ...  
Bridle, 2 dr., haich...  
leaving area, S...  
Kia Encore, ...  
Dodge Truck, 318 re...  
hood, tool box & ext...  
3000 BD, 577-2183.

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Offers t...

Uncontested  
Separation  
Adoptions  
Driving Will  
(Fees)

**NO FEE**  
Robert Cox  
Attorney at L

Onslow

•Intertill  
•Steriliza  
•Family P  
•Intra Ute  
•Artificial

Buffong, M.  
S. Hays, M.

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# TRADER

## BOATS & RECREATIONAL VEHICLES

15 1/2 ft. fiberglass V-bottom boat, fish or ski, electric start, 40 HP Johnson outboard, heavy duty cox tilt trailer, many extras, \$500/firm. 455-3983 anytime.

Mercury propellers, alum. 13 pitch, new \$60, rebuilt \$45, both for \$90. 347-6923.

1984 Catalina 22, 3 sails, 8 HP, pop-top, galley, depth sounder, compass, many extras, located Gottschalk, \$8,900. 353-6006 AWH.

1976 12' Grady White fishing boat, I/O merc. cruiser, 188 HP, loaded w/equipment, on all alum. tandem trailer. 455-0791.

1981 Blue Fin boat, Deep Vee, new int., 75 Evinrude w/less than 30 hours, power trim, galvanized tilt trailer \$4,800. 455-5644.

Welercraft ski boat, 16' fiberglass w/tilt trailer, 65 HP Evinrude motor, excl. cond. \$1,800. 327-7000/327-6000.

## FURNITURE & APPLIANCES

7-pee. LR set, couch, rocker, chair, coffee table, 2 end tables, 2 lamps \$400/BO, 4-pee. master bedroom set, QS bed, 7-drawer dresser w/hutch mirror, 5-drawer chest, 2-drawer night stand \$500/firm, 3-pee. child's bedroom set, TS bed, 3-drawer dresser w/mirror, 4-drawer chest \$200, 5-pee. dinette table w/leaf and 4 wood chairs \$75, all items like new, must see. 346-6930 AWH.

Sears Kenmore refrigerator, 18 cu. ft., frost-free, excl. cond., almond color. 347-5508.

Solid wood DR table w/4 chairs, FS bed (mat., bxsprgs. & frame) 455-7803.

Sears Kenmore, 30" continuous cleaning elec. oven, used 4 mos., white w/black glass oven door \$200. 577-3059.

Wards 21 cu. ft. refrig./freezer \$400, Sears port. dishwasher \$200, lg. fold-out sewing cabinet \$150. 577-7454.

Trader ads must reach the Joint Public Office, Bldg. 302, by noon, Wednesday prior to being printed in the *Globe*. Ads must be legible with all other information filled in. Ad must be printed legibly or mistakes may be made in printing. Neither ads for services nor for civilians will be published. **MILITARY K PHONE NUMBERS WILL NOT BE LISTED IN THE AD.**

## AUTOMOBILES

Chevy Caprice, 2 dr., 327, AT, blue vinyl top, solid body, runs good, 3/BO. 347-6923.

Oldsmobile 88, AC, AM/FM stereo cass., 67,000 mi., \$6,200/firm. 353-7178.

Chevrolet Fire Truck, excl. cond., \$2,500. 192 DWH or 346-8819 AWH.

Cutlass Supreme, \$1,300. 347-3351 AWH.

Toyota 4x4 Pick-up, 15,000 mi., TOP, still warranty for four years. 353-0504.

Mustang, 4 cyl., 4 sp., good body, high mi., cond., \$1,600/neg. 451-1614.

Trans Am, low mi., AT, AC, PW, PB, tilt AM/FM cass., new raised ltr. tires, louvers, pkg., blue book value is \$8,900, asking \$4,555-4590.

Chevy Van 250, 6 cyl., AT, semi-nized, blue w/running boards and tire car-AM/FM 8-track, runs good, \$1,500/neg. 504 AWH.

Nissan 4x4 King Cab, AC, AM/FM CB w/antenna, brush guard bumpers, lights, matching black camper shell, no TOP, can be seen at 10th Marines Mess Bldg. 521.

JMC Pick-up truck, \$120. 326-4967 after 9

Honda, 2 dr., hatchback, brown, clean & cond., leaving area, \$3,000/BO. 353-9187

Renault Encore, excl. cond., \$3,800. 307.

Dodge Truck, 318 rebuilt eng., have rec., hood, tool box & extra set of tires & wheels \$900/BO. 577-2183 AWH.

1985 Honda 700 Shadow, 3,600 mi., excl. cond., \$1,500. See HMC Keenan, 6th Marines, Regimental Aid Station or HP 215, Rm. 301.

1985 Pontiac Fiero, AC, AT, AM/FM stereo, \$6,500/firm, serious inquiries only. 455-1693 AWH.

1977 Nova, PS, PB, AC, CC, tilt, rear def., AM/FM cass., minor rust, int. excl., \$1,000/BO. 353-7043.

1970 Ford TK, 302 eng., 3 spd. trans., 210 rear end, looks bad and runs good. 1-326-5579.

1984 Trans Am, black/gold, aero, 5 spd., sunroof, loaded, \$8,000. 577-7944.

1971 Mazda B-1600 Truck, primed and ready to paint, 4 cyl., 4 sp., new tires and brakes, runs good on regular gas, \$500/BO. 455-3983 anytime.

1982 GMC Pick-up, 54,000 mi., blue, PS, PB, radio, split rear window to shell, bedliner, ex. tires, \$5,000. 347-2066.

1985 GMC 1500, full size Pick-up, 350 V8, AT, AC, AM/FM cass., PS, PB, 4 new tires, 2,400 mi., \$8,000. 455-3172.

1973 Ford Grand Torino, very good cond., no work needed, dependable, must sell, \$650. Can be seen at Bldg. 420, WYN Co., 2d LAVBn, ask for Cpl. Collard.

1986 Honda Accord, wheels and hubcaps, never used, all for \$75, four aluminum wheels, 13"x6 1/2", like new w/tires, fits Nissan, Toyota, Mazda \$225, bell super magnum helmet, 7/4, \$25. 353-9480.

1982 Toyota SR5, 4x4, long bed, 5 spd., AC, AM/FM cass. tape, cap, bed & tailgate mats, low mi., 37,400, never abused, excl. cond. 353-5190.

1971 MG, excl. cond., hardtop. 353-5857 AWH.

1979 Olds Omega, excl. cond., AC, PS, vinyl roof, must sell. 347-3442 anytime.

1960 Ford F-100 PU 223, 3 spd., 2nd owner, \$800. 353-9048.

1979 VW Super Beetle Convertible GHIA, white on red, low mi., excl. cond., great beach car. 455-8906.

1985 GMC S-15 Pick-up, AM/FM radio & cass., \$100 and TOP/\$165.75/mo. 1-326-1264.

1979 Ford Mustang, 4 cyl., new battery, new starter, AT, AC, AM/FM, 8-track, \$2,000, must

see, must sell. 455-3062 AWH.

1981 Subaru GL Sadan. 353-5642 AWH.

1986 Ford Ranger XTS, V6, 2.9L, 26,000 mi., AC, PS, PB, bucket seats, sliding window, 5 spd., AM/FM cass., must sell, \$8,300. 353-4390.

1986 Buick Skyhawk Custom, 2 dr., tilt wheel, 5 spd., AM/FM stereo, 30,000 mi., must sell, \$6,200. 455-5584 anytime.

1978 Monte Carlo, good cond., runs good, AM/FM cass., \$2,100/BO. 326-4213.

1984 Toyota Tercel, excl. cond., 5 spd., AM/FM cass., AC, CC, new tires, 53,000 mi., \$4,800. 455-3064 AWH.

1978 Ford Courier Pick-up, 5 spd., stereo, low mi., excl. cond., \$2,100. 353-1881.

1978 Dodge Aspen, 318 4 BBL., 3 spd., PS, PB, black, runs good, many new parts, \$1,400. 353-1652.

1986 GMC S-1 pick-up, 4 cyl., 2.5L, 4 spd., AM/FM cass. stereo. 1-326-3465 AWH, weekends anytime.

1985 Mustang GT, black, 5 spd., PS, AC, AM/FM cass., excl. cond., \$8,400. 353-3764 AWH.

1984 Mustang L, excl. cond., low mi., \$4,600. 455-8874.

1972 VW Van, rebuilt eng., very little rust, \$500. 455-5621.

1973 VW Superbeetle, some rust, \$500. 455-5621.

1978 Mustang II, straight shift, 4 cyl., good cond., \$800. 743-9831.

1977 Vega Hatchback, 4 cyl. AT, black, excl. cond., \$800. 743-9831.

1984 GMC Full-size Pick-up, w/camper, excl. cond., need paint, \$5,800. 455-1272 AWH.

1980 Honda Accord Hatchback, AC, St., AM/FM, no equity PO, MFCU \$1,800. 326-5398 AWH.

1981 Honda CX 500, 1,300 mi., black, good cond., \$475. Can be seen at Bldg. 420, WPNS Co. Guard, 2d LavBn.

1976 Honda TL-125 extras \$450, CZ, MX, 125-400 cc, frame & engine parts, Honda 100-125 4-stroke engine parts, 1978 Maico forks, Yamaha YZ-100 engine parts, MIC carbs 32-38mm \$5-\$65/OBO/Trade. 347-6287 AWH.

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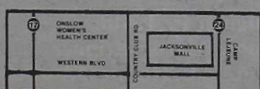
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Shows above:  
11-826780 Brutus Roman Chair

**Brutus Roman Chair**

Excel's new Brutus Roman Chair continues the Brutus tradition of two inch square tubing and beautifully sculptured lines so fitting to the Excel philosophy. The Brutus Roman Chair is designed for easy walk-through mounting to do back hyperextensions, front hyperextensions, traditional and bent-knee sit-ups and moderate back decompression. Five adjustable positions to adapt to almost any size athlete. The Brutus Roman Chair is a dynamic new exercise apparatus previously available in only awkward, heavy and expensive models. The value packed Brutus Roman Chair is attractively finished in black Wrinklecoat™ powder paint and padded with high density two inch foam. Safety is designed in with a wide, stable base to support the serious athlete during vigorous workouts and the easy-help handlebar is perfectly placed to help dismount after the exercise routine.

**Features**

- Professional quality 2" heavy-duty steel construction
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- Entirely made in the U.S.A.
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Fri 10-6, Sat 10-6

# TRADER

Sofa, brown, w/matching chair, brown oval braided carpet \$60/BO. 577-7849.

Early American style swivel rocker, excl. cond. \$30. 353-0398 AWH.

Burgundy sofa, makes single bed, excl. cond. \$80, brown toppe short bed, Fleetside \$50. 1-326-3631 anytime.

Family room furn., couch, 2 chairs, 2 end tables, ottoman \$350, Sears kerosene heater \$100, Officer dress blue uniform, sz. 38 \$100, maternity clothes, sz. 12/14. 353-9112.

TV, 25" color Zenith Console Early American, maple, like new \$350, VCR cass. recorder, VHS Toshiba wireless remote, 1 mo. old, wrnty, 105 cable ready \$250, TV 13" B&W Sharpe \$35. 326-5398 AWH.

Maroon color QS sleeper-sofa, very good cond., \$125/firm, 2 living room suites, each consist of a sofa & chair, one beige \$200, the other brown 2/floral designs \$400, must see to appreciate. 353-5891 anytime.

## MISCELLANEOUS

Water pump, 1/4 H.P. \$100, Sears water softener, new \$250, lg. water storage tank \$30, insulation, Owens Corning, R.19, 15x39x2, 48.96 sq. ft. \$10/per roll or \$130/13 rolls, 2 new wheels & tires, riding lawn mower \$15, 100 ft. stainless steel guttering, new, rust proof/never needs paint \$35, inter. door, 24x77 \$10, plate glass mirror, 24x47 \$30, used kit. sink, porcelain \$10/BO, beige BA sink \$12, chrome BA, space saver \$15, Noritake china/8 pc. place setting, Reina pattern \$150, Gibson refrig., deluxe, fr. free, white \$150, painting w/frame \$35, mirror, gd. wd. frame, 20x47 \$40, 2 lg. Sansui spkrs., dk. wood, new \$100. 455-0876.

Sears craftsman yard vacuum, blower, shredder, bagger \$150, wh. marble top vanity/plus dr. & fr. for custom type BA sink, 59x22 \$35/compl., elec. wall clock, 10" round \$10, tall Lazy-Suzy, monkey pod wd., 3 tiers/pineapple on top, waverly head collection, made in England. 455-0876.

White GE electric stove, 36 in. \$150, leather type material, lg. coffee table/2 end tables by Lane,

dk.wood \$150. 455-0876.

2 pcs. luggage \$75, lawn mower \$65, riding mower \$225, new 5 HP motor down shaft \$110. 347-3351 AWH.

Clean gasta Bermuda hay, 100 bales \$3/per bale. 346-2192 DWH or 346-8819 AWH.

Stingray Pro-Windsurfer, 12', used twice \$500. 458-4589 or 354-3044 AWH.

Farm equip., Lilluston rolling cultivator \$1,000, corn planter \$850, 3 bottom plows \$650. 346-2192 DWH or 346-8819 AWH.

2 Hub and rotors for Jeep CJ-7, brand new, never used, \$300/both, I'll pay shipping. (215) 334-1111 DWH or (215) 465-3607 AWH.

Craftsman 10" table saw w/stand \$300, 400 lb. York olympic weight set \$300. 347-2592 AWH.

Mt. Fuji climbing sticks \$20/ea., 24" Quasar color TV, cable ready, needs work \$50. 347-6287.

Tomato cages, 5 ft. high, 7 1/2 ft. circum., made of concrete reinforcing wire \$5/ea., Beab frencher machine \$10, heavy duty metal shelving, 56 in. high, 56 in. long, 24 in. in depth, 4 shelves, 6 in., 11 in., 16 1/4 in., 16 1/2 in. \$50. 347-2066.

26" men's bloom tire bike, bowling balls (14, 15, 16 lbs.), electric adding machine. 347-2066.

Child's wading pool, excl. cond. 455-0791.

Deep sea fishing rods and reels, excl. cond., all types of fishing sinkers from 2 oz. to 16 oz. 455-0791.

25" Panasonic color TV, remote, console, excl. cond. 455-0791.

Bumper pool table w/balls and cue sticks. 455-0791.

Gas/electric grill, cast iron \$40, 20" boy's bike \$25, sled, wood \$10. 353-8465 AWH.

Cabbage Patch doll clothes for Easter, boys, girls, preemies & twins, 3 outfits/\$10. 455-3172. 4 tires, 14", 6 ply radials, 22,000 mi., \$50/set. 353-6704 AWH.

Realistic AM/FM stereo receiver, 120 watts, 2 T-200 Realistic spkrs, 150 watts/ea., Realistic dolby/chrome cass. deck, Realistic reel-to-reel tape deck. 353-2436.

AM/FM stereo and separate teac cass. recorder, \$50/both. 353-3635.

5 gal. fish tank w/acce. \$10, girls' bike \$5, weight bench (no weights) \$30, bird cage \$2. 577-7458 or see at 1526 Mantankau, TT1.

Carved teakwood hope chest \$200, 14" GE B&W TV \$50, children's Hello Kitty table w/two chairs \$25, tricycle \$10, potty chair \$8, Playskool Tyke Bike \$8, fitted plastic crib protector \$2, spring horse (small) \$25. 347-6024 AWH.

Boys' 20" bike \$12. 353-1881.

Car bra, fits 1985 Honda Accord LX \$50. 347-1196.

Fencing: welded metal frame 4' tall, app. 200-250 ft. in length, 17 5' ground-in stakes and homemade, partial wooden gate, very sturdy, excl. cond. 353-7925.

Remington Rand standard size manual typewriter w/lighted table, excl. cond. \$30/both. 347-2927.

China, 5 pce. settings plus many extra pieces, white w/gold band, Bavarian \$15. 353-3635.

Golf clubs, Haig Ultry by Wilson, 2 thru PW, reg, shaft, Neuman leather grips, excl. cond. \$215. 353-5190.

Sears heavy duty weed eater w/100 ft. of pwr. cord, excl. cond., used once. 346-6996.

Rifle, MIA heavy barrel, fiberglass stock \$750, pistol, .38 cal. heavy barrel PPC, gun & holster \$625, lg. trampoline \$225. 455-8841 AWH.

Bookcases 4"x72" and 32"x72" made of sound wood small corner cabinet, 18"x72" made of solid wood, potato and onion bin, 16"x30", solid wood. 353-8165.

Shed, 9"x10" \$150, washer GE \$350, water bed, KS canopy, curtains for TT \$50, end tables \$10/ea., frplce, lighted logs w/heater \$50. 353-1949.

Brown sofa w/matching chair, brown oval braided carpet \$60/OBO. 577-7849 AWH.

Left handed golf clubs, irons, 4, 6, woods 1,3, excl. shape \$35, Brunswick No. 13 bowling ball \$15, Solomon down-hill ski bindings w/brakes 15, set belts \$3/pr., 48 lbs. of D.P. weights, no bars \$10, 1981 Mazda for parts. 353-8662.

Washing machine \$150, 14" chain saw McCoulogh \$125 inc. oil & extra chains, wheel barrel for wood \$5. 455-3062 AWH.

Child's red wagon \$10, beige golf bag \$1 grey light-weight wool coat, sz. 8-10 \$20 Cashmere coat w/white fur collar, sz. 8 346-2567.

22" power propelled lawnmower, rear Solid state ignition, 4.0 reserve power, season \$250, 10-stitch Kenmore zig-zag machine w/cab. & chair \$150. 353-6291

Oak frames sofa and chair, beige fabri end table and ottoman \$350, antique re phonograph cabinet, 45" tall, excl. for stereo \$100. 346-2567.

Aluminum camper shell to fit 6 foot bed Mazda, Nissan, etc. pick-up \$50. 353-18

Apple compatible laser 3000 compute memory, software - word processor, sheet, filer-game \$425. 353-9112.

Crane cam/solid lifters, 300 blazer can mid-range power, fair idle, \$100. 455-76 Apartment size dryer, excl. cond., uses elect. \$75. 327-7000/327-6000.

1 pr. Nash 500 water skis, used one sea rope and pulleys \$75/BO. 455-3983.

## MOTORCYCLES

1980 XL500 Honda, street & dirt bike, few repairs, \$500/BO. 353-7032.

1980 KZ550 Kawasaki, black w/cafe' raing, Barnett clutch, Kerker pipes, custo back rest & helmet, \$650. 353-9187.

1981 Honda, 650 cc, black w/vetter fair bags, new Die-Hard battery, 11,000 \$700/will finance. 577-7207 AWH.

1981 Harley Davidson, 1340 cc, blue, lo 3,000 mi., \$4,500. 346-2192 DWH or 3 AWH.

1972 Honda 500, good cond., \$550. 3 DWH or 346-8819 AWH.

1978 Honda GL1000 Gold Wing, compl. out, excl. cond., 18,000 mi., \$1,850. 4 AWH.

1983 Yamaha II 600K, street legal, lov w/extras \$1,400, 1981 Honda CX500 C midnight blue, back rest w/rack, case low mi., super clean \$1,000/OBO on 347-6287.

# NOBODY GETS TOUGH WITH US!

You'll never find anything tough or warmed over, stale or boring at Piccadilly. Our food's always fresh and tasty and ready to enjoy. That's why more and more Marines are joining the regulars who eat with us. We dish up great lunches and dinners—choice meats and seafoods, homestyle vegetables and salads, and the best desserts on land, sea or air—every day. And we don't skimp on the servings. So, don't settle for S.O.S. Get fresh with us.

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# TRADER

amaha XT350, red & white, w/matching  
\$1,100/BO. 347-6505 AWH.  
iki GPZ 1100, very hot & quick \$2,800.  
93-2492.  
onda 705 Magna, 6,200 mi., custom like  
/helmets and cover \$1,700. 353-1263.  
arley Davidson Sportster, 4,500 org. mi.,  
347-6024 AWH.

## PETS

Champion sired Cocker Spaniel pups,  
potential \$250, AKC Cocker Spaniel pups,  
on Pedigree \$150, red & white, black &  
black & tan, tri-color, chocolate & tan.  
98.  
male Cocker Spaniel, 5 yrs., spayed, excl.  
Iren \$75, AKC Cocker Spaniel, 4 yrs, very  
ent \$125. 353-8598.  
iberian Husky pups, blue eyes, shots and  
d \$200. 353-1769 AWH.  
Leeshond pups, now taking deposits, will  
ly in time for Easter. 577-7708.  
Jobermans, female, red & rust, 9 mos.,  
blue & fawn, 7 mos., shots, ears, tails and  
claws done, great watchdogs, excl.  
Iren, moving must sell, \$150/ea. 455-7610  
e.  
i Bull Dog pups, 10 wks. old, AKC  
red, Champion bloodline \$850. 353-4969  
und pups, female, 10 wks. old. 353-6291.  
good home: Black female cat, 1 yr. old,  
ivable, white paws and whiskers, found  
n't keep. 347-4819 AWH.

## RENT & REAL ESTATE

it: MH, 10x45, 2 BR, private lot, close to  
married only, no pets, six mos. lease,  
no. 353-2668.  
for rent: Sneads Ferry, 2 BR, LR, kit., 1  
ifurn. 327-2972 AWH.  
e: 1985 Parkway MH, 2 full baths, garden  
BR, W&D, ceil. fan, frplce., built-in  
system, raised kit., QS bed, fully skirted,  
lights, many extras, \$500 down & TOP.  
55.  
e by owner: 3 yrs. old, 3 BR, 2 BA, LR,  
/vaulted ceil., frplce., lg. country kit.,  
d back porch w/vaulted ceil., skylight  
l. fan, plentiful storage, large wooded lot  
at street, conv. to PI and MCAL, \$68,000.  
24-1514.  
e: 2 BR, 1 BA, 54x14 MH, furn., garden  
rpet, cent. heat, window AC, underpinn-  
cl. cond., TOP/assume loan \$209/mo.,  
ver fee neg., must sell. 455-2619 AWH,  
ids anytime.  
le: 1985 12x56 MH, 2 BR, 1 BA, excl.  
TOP/\$203.14, 353-9848.  
larshfield, 14x70, 3 BR, 2 BA, fully furn.,  
vinyl T-lock underpinning, TOP/\$302.  
99.  
onner 12x56, 2 BR, fully elec., fully furn.,  
A/C, already set on log, \$500 equity &  
\$240/mo. 346-5841 AWH.  
ouse for sale: ideal for lovenest for  
eds, corner 2-story brick in Brynwood, 2  
BA, LR, DR, new carpet & wallpaper,

compl. modern kit., private patio, neatly land-  
scaped, 4 mi. from maingate, 1 mi. from Onslow  
Hospital, assume VA loan. 353-9300.

For sale by owner: 4 BR, 2 1/2 BA, eat-in kit.,  
frplce. w/woodstove, FR, garage CAC on 1/2 a  
wooded lot in Stafford, VA, 1 mi. from I-95.  
Call collect (703) 659-0251 AWH.

For rent: condo on Emerald Island, 3 BR, 2 BA,  
furn. for family of 8, weekly rates. 353-4320.

1983 D/W MH, must sell, assume VA loan.  
353-5642.

For sale: Brynn Marr area, 1,400 sq. ft., sgl. car  
garage, corner lot, chain link fenced yard, lots of  
extras, \$65,900 or appraised value, whichever is  
less. 353-3395 AWH.

For sale: 5 acres developed and landscaped,  
ready for your house or MH, Hubert area, 3 mi.  
from Hwy. 172. 353-0254 AWH.

For rent: Modern studio apt., furn. w/carpet,  
very clean, 14 ft. frplce., Sneads Ferry,  
\$275/mo. \$ deposits, lease. 327-7000/327-6000.

For rent: 2 BR house, fully furn., carpet, sep.  
eat-in DR, W/D conn., \$275/mo \$ deposits, lease  
in Holly Ridge. 329-9361.

For sale: 1/2 acre land including septic tank, elec.  
pole and country water. \$7,500. 353-5857 AWH.

Home for sale: Willow Woods, 3 BR, 2 BA, all  
appl. incl., near schools and stores, located at  
end of a cul-de-sac, lg. backyard. 347-3442.

Must sell: 1984 14x60, full elec. Conner MH, 2  
BR, 1 BA w/garden tub, front kit. w/table,  
disposal, 6 mi. from Air Station, TOP to  
qualified VA, no money down, sacrificing  
\$10,000 equity, will help pay sales tax. 353-5103  
DWH or 347-6769 AWH.

Must sell: 3 BR, 2 BA, Ranch home on acre lot,  
fenced yard, garage, all the extras, assume VA  
loan w/low down. 455-7610.

## WANTED

Wanted: Little Tyke outdoor children's toys  
(slide, swing, tree fort, etc.) 353-9913.

Wanted: airline approved dog kennel, 40" - 27"  
- 30" or similar measurements. 353-8465 AWH.

Wanted: Staff NCO (male or female) to rent  
room in home in Lauradale area. Will have use of  
entire house and will have own key, non-drinker  
please. 455-0791.

Wanted: child care for kindergarten girl  
afterschool til 5:30 p.m., Monday - Friday. Ken-  
wood Estate Subdivision. 455-8449.

Wanted: professional sales rep. needs  
male/female to share luxury ocean front condo at  
Emerald Isle. Mature responsible, non-  
smoking officer preferred, condo has 2  
bedrooms 2 baths, washer/dryer, many extras,  
only \$250 plus utilities. 1-728-6538.

## YARD SALE

Yard sale: Sat., April 11th, 8 a.m. to 4 p.m., 101  
Stratford Road, Jacksonville, next to Camp  
Johnson. 455-7803.

Garage sale: knick-knacks, clothes, drapes,  
bedspreads, washer & dryer motors and more,  
everything in excl. cond., Sat., April 18 only, 9  
a.m., 27 Spruce Ct., Willow Woods, rain or  
shine. 346-4467.



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- 1984 MAZDA RX7 GS \$8988
- 1983 Toyota Celica GT \$7488
- 1985 TOYOTA TRUCK \$5988
- 1980 PONTIAC FIREBIRD FORMULA \$4588
- 1986 MAXIMA SE \$13,988
- 1986 TRANS AM \$14888
- 1982 VW Scirocco \$5988
- 1979 DATSUN 280 ZX \$5988
- 1983 Nissan 200 SX \$5988
- 1981 Chevy Camaro \$4488
- 1983 TOYOTA COROLLA \$3988
- 1984 Nissan 300ZX Turbo \$13488
- 1986 PULSAR NX \$9988
- 1982 CADILLAC DEVILLE \$6988

- 1982 Datsun 210HB \$2988
- 1986 FORD TAURUS \$10988
- 1984 Nissan Sentra \$4988
- 1985 Toyota Truck \$5988
- 1984 Mazda Truck \$3988
- 1986 Mercedes Benz 190E \$24,988
- 1984 PONTIAC TRANS AM \$8988
- 1982 DATSUN 210 \$3488
- 1983 DATSUN 280ZX \$8488
- 1986 Pontiac 6000 \$8988
- 1987 Chevy Van Custom \$19,988
- 1985 200 SX \$8988
- 1982 FORD T-BIRD \$3988
- 1983 MAZDA RX7 \$8388

TRADER ADS JPAO, Bldg. 302 (Mainside), MCB OR DELIVER TO: Camp Lejeune, NC

NOTE: Trader Ads must reach the *Globe* office by noon, Wednesday 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 IN THE AD.

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 sale or a house or trailer, that it is available without regard to race, creed or religion.

(Signature) \_\_\_\_\_ (Rank) \_\_\_\_\_ (Organization) \_\_\_\_\_

(Home address) \_\_\_\_\_ (Home phone) \_\_\_\_\_

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

**Cardinal**  
NISSAN-MERCEDES  
JACKSONVILLE, NC 353-7700

310 Western Blvd.,  
Next to Jacksonville Mall

# WRAP-UP

## COURTS-MARTIAL

**CPL. J.L. PONDER**, 2dBn, 2dMar, 2dMarDiv, was convicted at a special court-martial of failing to maintain sufficient funds. He was sentenced to be confined for 75 days, to forfeit \$900, to be reduced to E-1, and to receive a Bad Conduct Discharge.

**CPL. T.P. JOHNSON**, Logistics Co., Support Battalion, Marine Corps Base, was convicted by special court-martial of drunk driving and damaging government quarters by crashing his POV. He was sentenced to be confined for 45 days and to be reduced to E-1.

**LCPL. M.E. CORNELL**, 2dBn, 6thMar, 2dMarDiv, was convicted at a special court-martial of violating a general order, wrongfully using marijuana, and drunk and disorderly. He was sentenced to be confined for 60 days, to forfeit \$800, to be reduced to E-1, and to receive a Bad Conduct Discharge.

**LCPL. W.P. DETTY**, 2dLAVBn, 2dMarDiv, was convicted at a special court-martial of UA. He was sentenced to be confined for two months, to forfeit \$300, and to be reduced to E-1.

**LCPL. E.L. HUGHES**, 2dMedBn, 2dFSSG, was convicted at a special court-martial of UA. He was sentenced to be confined for 75 days, to be reduced to E-1 to receive a Bad Conduct Discharge.

**LCPL. S.L. PERRY**, 1stBn, 10thMar, 2dMarDiv, was convicted at a special court-martial of wrongfully using marijuana and larceny. He was sentenced to confine for 60 days, to be reduced to E-1, and to receive a Bad Conduct Discharge.

**LCPL. J.L. ROUSH**, 1stBn, 8thMar, 2dMarDiv, was convicted at a special court-martial of UA. He was sentenced to be confined for 45 days and to be reduced to E-1.

**PFC. D.M. ELLIS**, Food Service School Co., Headquarters Battalion, Marine Corps Base, was convicted by special court-martial of unauthorized absence. He was sentenced to be confined for 65 days, to forfeit \$400, and to receive a Bad Conduct Discharge.

**PFC. L.A. GRIESHEIMER**, H&S Co., ITS, Marine Corps Base, was convicted by special court-martial of unauthorized absence. He was sentenced to be confined for 60 days, to be reduced to pay grade E1, and to receive a Bad Conduct Discharge.

**PFC. F.L. YOUNG**, HQBn, 8thMar, 2dMarDiv, was convicted at a special court-martial of UA. He was sentenced to be confined for 96 days and to be reduced to E-1.

**PVT. E.W. CARR**, Food Service School Co., MCSS, Marine Corps Base, was convicted by special court-martial of unauthorized absence. He was sentenced to be confined for three months, to forfeit \$1,314, and to receive a Bad Conduct Discharge.

**PVT. R.L. CONLEY**, 3dBn, 2dMar, 2dMarDiv, was convicted at a special court-martial of UA, violating a lawful order, disrespectful language, and communication threat. He was sentenced to be confined for 4 months, to forfeit \$1000, and to receive a Bad Conduct Discharge.

**PVT. C.L. CUTHBERTSON**, Food Service School Co., MCSSS, Marine Corps Base, was convicted by special court-martial of unauthorized absence. He was sentenced to be confined for 20 days and to receive a Bad Conduct Discharge.

**PVT. G.R. WANAMAKER**, H&S Co., ITS, Marine Corps Base, was convicted by special court-martial of unauthorized absence. He was sentenced to be confined for 60 days, to forfeit \$300 and to receive a Bad Conduct Discharge.

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

## WORD SEARCH

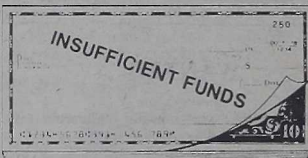
NBC

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ALPHA  
 ATROPINE  
 ARSENICAL  
 ATOM  
 BACTERIA  
 BETA  
 BINARY  
 BIOLOGICAL  
 BLISTER  
 BLOOD  
 CAUSTIC  
 CHEMICAL  
 CHOKING  
 CPOG  
 CONTROL CENTER  
 DEABSORPTION  
 DEFENSE  
 DELIBERATE DECONTAMINATION  
 DETOXIFICATION  
 DYNAMIC OVERPRESSURE  
 EDS  
 EXPEDIENT DECONTAMINATION  
 FUNGUS  
 GAMMA  
 GROUND ZERO  
 HASTY  
 HYDROLYSIS

MICROBIOLOGY  
 MICROORGANISM  
 MOPP  
 NATO  
 NBCD  
 NERVE  
 NEUTRON INDUCED  
 NUCLEAR  
 PDS  
 PATHOGEN  
 PARASITE  
 PERSISTENCY  
 PERSUASIVE  
 PHOSGENE  
 RADIAC METER  
 RCA  
 RICKETTSIA  
 SHOCK WAVE  
 SIMPLIFIED FALLOUT  
 PREDICTION  
 TOXIC  
 TOXINS  
 URTICANT  
 VESICANT  
 VIRUS  
 VOMITING AGENT



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

**371 Checks for a total of \$22,757.44**



Sergeant Kimberly Thomas will be the wrap-up story for Women's History month. Sergeant Chuck Little will give TMO for the news on DITY moves. Sergeant Jeff Shinker will have some from the 2d Marine Division band's tour to Bermuda.

The Program airs nightly at 4:30 p.m. on Base Cable T.V. on channels 5, 8, 12, on Monday at 8 a.m. and Wednesday at noon.

## Solid Shield on the march

Globe Staff Report

Approximately 40,000 U.S. troops will participate in the joint service exercise Solid Shield 87 during late April and early May. The exercise will take place in the United States, the Atlantic Ocean, the Caribbean and Honduras and has no relation to any real world events in Central America.

An exercise of this type is conducted annually using the names Solid Shield and Ocean Venture alternately.

This year's exercise is the 24th to be held and will be divided into two phases. The first phase will be conducted here and the other, with about 6,500 troops, will be a joint U.S.-Honduran air and amphibious exercise, in Honduras. There will also be extensive air and sea operations along the east coast of the United States.

Solid Shield will include active and reserve forces of the Army's XVIII Airborne Corps, the Navy's Atlantic Fleet, the II Marine Amphibious Force, the Air Force's Tactical Air Command, Military Airlift Command, Strategic Air Command, and the U.S. Coast Guard.

In Honduras, Navy and Marine forces will conduct an amphibious assault on a beach near Puerto Castillo on the northern coast. Army forces will conduct an air mobile assault in the same area. Approximately 3,100 U.S. troops will be ashore in Honduras during part of the exercise. Members of the Honduran Army and Navy will participate in those operations.

The Camp Lejeune portion of the exercise will include an Army parachute assault, a Navy-Marine Corps amphibious operation and a Maritime Prepositioning Force in-stream (at sea) offload operation. The commander of the amphibious force will coordinate the joint landing carrier battle group, headed by USS Saratoga, will support amphibious operations off the North Carolina coast. A non-combatant evacuation operation from the Naval base at Guantanamo Bay, Cuba will also be conducted during this phase of the exercise.

The largest of this exercise series conducted in 1983 when 47,000 soldiers, airmen, Marines and Coast Guardsmen participated.

Capt. Randy Conn... soccer kicking.