

Camp

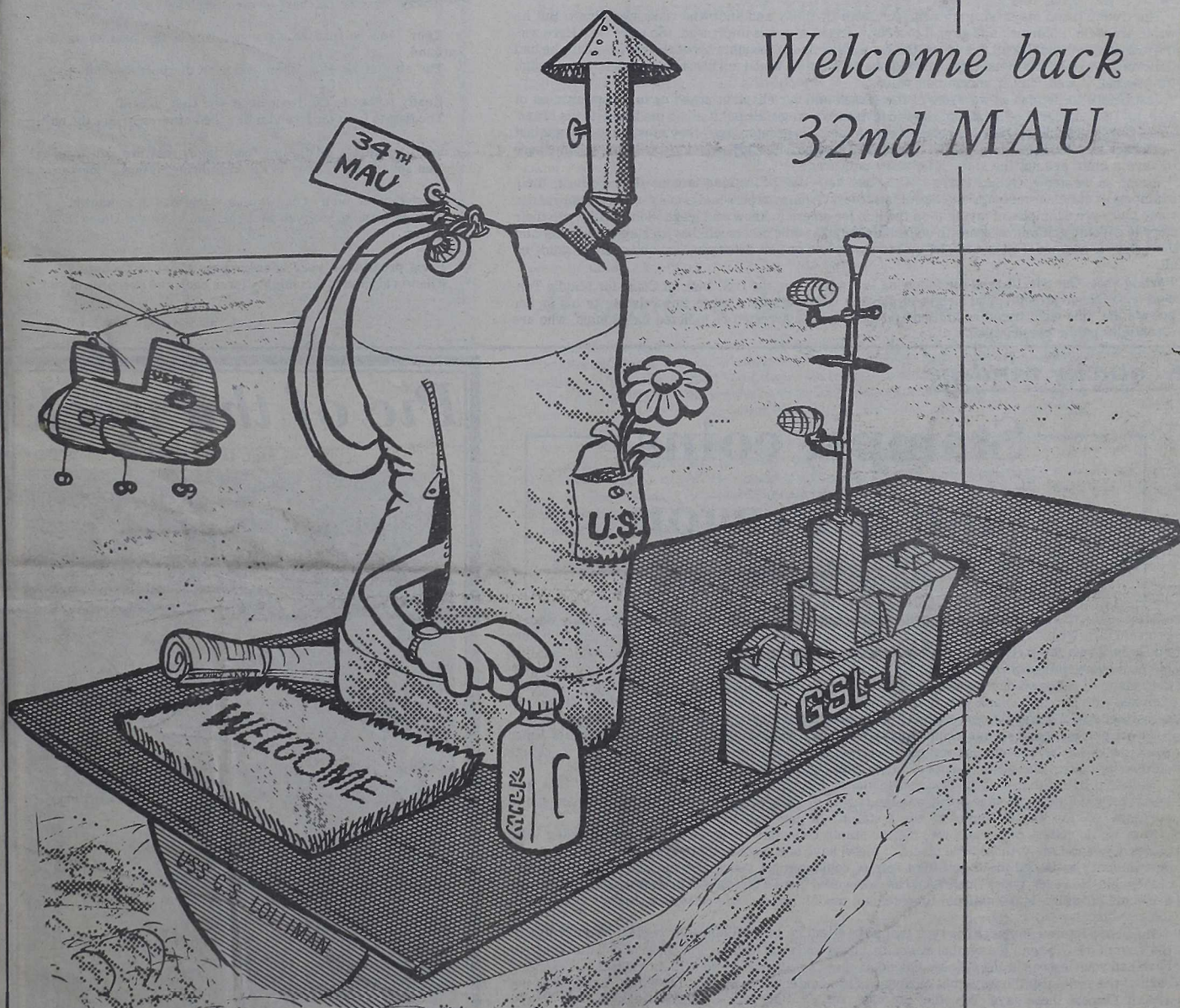
# Globe

Lejeune

Thursday, January 8, 1976

Volume 32 Number 2

Welcome back  
32nd MAU



Good luck 34th MAU!!!

Inside  
the  
Globe

Horse show  
P. 3



New  
food  
service  
uniforms  
P. 7



What  
the  
troops  
think  
P. 4 & 5



All  
Camp  
basket-  
ball  
P. 8



# Let determination guide us

By Capt. John R. Tellall

We don't know Gunny Cyrus but his story is worth telling. More than his words above are the facts of the writing and the courage he showed in sharing his thoughts about the Corps over two months ago.

The Gunny faced major surgery near our 200th Birthday and knew the risks were high. But he wrote his poem, "Marine" and gave it to a Navy friend who was impressed. (So were we.) Here was the crunch, the crucial point, his crisis. His calm collection of thoughts about the Corps means he had the courage to face the facts. He might be gone soon but he would tell his story and pass it on. Judge for yourself -- we'll call it uncommon valor.

Just before Christmas as we wrote of the season and our chaplain urged us to a commitment of love, Lt (USN) Robert Lee Stratman showed love and courage. He put it all on the line with his brave act of going back into his burning home to save a life. "No greater love" they must have thought last week back in Tennessee where he was buried. The details of the dash back into his burning home here to save a child are not the story. The story is courage.

As far as we know, GySgt. Cyrus is O.K. and Lt. (USN) Stratman is gone. But we have their examples as our clear message and marching orders. Whatever personal crisis we face in the year to come there are examples of laying it on the line for others to know and learn. Some will write their story in carefully chosen words with collected thoughts while others will have a single brave act and their story is finished. Either way, let the stories be told and let determination and courage guide us all.

Parting Shot: Our SJA flagged the following last week from the U.S. District Court for Middle Tennessee, "...Since an individual's right of privacy is essentially a protection relating to his or her private life, this right becomes limited and qualified for arrested or indicted individuals, who are essentially public personages."

## MARINE

Two hundred years of service for the red, the white and blue,  
Traditions still maintained and established now by you.

From bygone days of yesteryears at peace or clash of war,  
Always they're the best of men to clean up any chore.

Your fame surpassed by none, you're the best there are  
around,  
The elite of all elite when you hear the battle sound.

Ready forces to the front upon you they prevail,  
The first to fight for freedom like the hammer strikes the nail.

Swift relentless hit the foe from lands that are still free,  
You sound the famous battle cry bring nation's liberty.

Most famous men of battle this world has ever known,  
Though small in size you pack the punch, You're Uncle Sams,  
His own.

Hang proudly on your banners pass silent in review,  
The world salutes this mighty force each and everyone of you.

J.L. CYRUS, GySgt. (ret.), USMC

## Kentucky windage

# Stamps, coins and a Dragon

By MGySgt. Matt Matheson

Mentioning the new postal rates, and isn't everyone these days, we think our ole Uncle Sam is pretty smart. We have been receiving and have seen young Marines putting two 10-centers on letters due to lack of a three cent stamp to equal the new rate of 13-cents for first class. Seems to me that happens every time postal rates go up. We procrastinated recently when Uncle did away with the 13-cent air mail rate and never got around to turning in our stamps for 10-cent ones, so we are well supplied with stamps. Thank you. Scrounging around in our at home desk the other night, we ran across a couple of books of 8-cent stamps, too. Besides face value, wonder what they're worth?

We are not interested in stamp collecting. Why anyone would bother pasting little squares of paper into big books is beyond our comprehension, especially after some machine has run black markings across the face of the piece of paper, which ruins whatever beauty was printed thereon.

We had a friend that made a Med cruise and on his return, we asked him the usual "How was liberty" and all he could rave about was the beauty of the stamps in mint condition he managed to purchase. All the way to Naples to buy a stamp? At government expense?

Now, we do collect coins, and we suppose stamp collectors think we're nuts for hoarding little pieces of metal. Lately, those little pieces of metal have been getting quite expensive. For years, our government has issued proof and mint sets of coinage most years and the price has been quite reasonable. However, guess Uncle Sam has discovered there's quite a profit in his output, because he has come up with a \$4,000 national Bicentennial medal. For us little collectors, there's a \$5 medal, too.

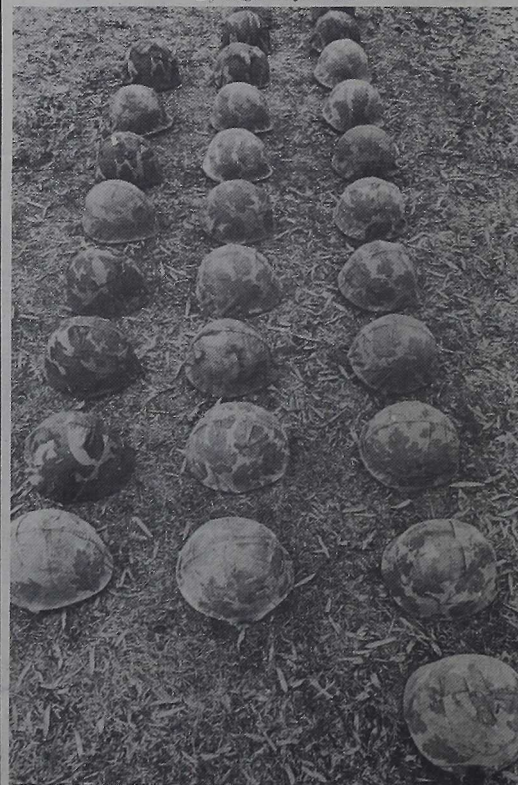
The above figures, if you're the type that pays attention to the Chinese calendar, because this is the Year of the Dragon...the symbol of wealth, power and good fortune. For those of you that may not have had your lessons in the Chinese calendar, there's a 12-year cycle with an animal representing each of the years. By the way, that calendar is used extensively in Asia, including Japan, so is not strictly Chinese these days. The other animals: rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, cock, dog and boar.

SHORT ROUNDS: Okay, we admit the Christmas photo in the Dec. 18 Globe was us at an early age, and to the dozen or so that called, that staff sergeant chevron was legal...we haven't always had rifles in our chevrons. The little girl is now 25, and the caption gave her age as four, as the photo was indeed 21 years old...

If that chevron shook up our readers, what would publishing a photo of the old square rocker do to them?...Mark your calendar to go to Wilmington on March 31 or April 1 because those are the dates the Armed Forces Bicentennial Caravan will be visiting that city and New Hanover. The Marine Corps is well represented with the other services in that traveling historical exhibit...Remember, Rome was built at night, because everyone knows Rome wasn't built in a day. CEASE FIRE.

# Pic of the week

By SSgt. Doyle Sanders



31 traffic fatalities

Idiot only may be cozened twice.

Dryden



The Globe is published weekly in compliance with Department of the Navy and Marine Corps Publications and printing Regulations under the supervision of the Joint Public Affairs Office, P.O. Box 8438, MCB, Camp Lejeune, N.C. 28542. Printing is contracted through the DAILY NEWS, Jacksonville, N.C. with non-appropriated funds at no cost to the government. The Globe does not accept advertising. Subscriptions are \$8 per year, available through the Custodian, Base Recreation Fund, Marine Corps Base, Camp Lejeune, N.C. 28542. Views and opinions expressed are not necessarily those of the Marine Corps. The Globe is published for informational purposes only and should not be interpreted as directive in nature. Mention of products, personalities and services in the Globe does not constitute endorsement.

Commanding General

Executive Editor

Editor

Assistant Editor

Sports Editor

MajGen. Herman Poggemeyer, Jr.

LtCol. H.M. Owens

Sgt. Bob Stanley

PFC Mike Young

Cpl. Bob Farquhar



## Meanwhile... back at the base

### Olympic contributions for U.S. team

Those wishing to make a voluntary contribution to the U.S. Olympic effort, for the 1976 Olympic Games, may do so Jan. 12 through 23, by dropping their donation in collection boxes located at the following activities: Bonnyman Bowling Center, Paradise Point Golf Course, Camp Theater, Hostess House, Main Exchange, and the Commissary.

All contributions will be sent to the United States Olympic Committee.

### Putting a stop to uniform rumors

A rumor recently passed along states, "The new light weight greens are being pulled off the shelves at Cash Sales because of excessive shrinkage in the material."

According to the Base Clothing Officer, 2dLt. C.T. McKenzie, "There is absolutely no truth, what-so-ever, to this rumor. We still have the uniform on the shelves and we're not taking them off."

Light weight greens may be purchased between the hours of 8 a.m. - 3 p.m., Monday thru Friday at Bldg. 1212 in the Industrial Area or Bldg. TC 732 at Camp Geiger.

As of Jan. 1, all male Marines are required to maintain one light weight uniform. Cost of this uniform is \$39.78 complete, or if purchased separately; blouse \$28.70, trousers \$6.59 and garrison cap \$2.39.

By January 1, 1977, all male Marines will be required to maintain a minimum of two light weight green trousers.

### Services held for Navy hero

Funeral services were held Jan. 2 in Kelso, Tenn., for Lt. Robert Lee Stratman, MSC, USN.

Stratman died at Brook Army Hospital, Ft. Sam Houston, Tex., Dec. 30 from injuries received during a fire here in his home at Paradise Point, Dec. 21.

Stratman was the 2d Marine Division Preventive Medicine Officer here. He is survived by his wife Clista and four children.

A special fund has been arranged to aid the family. Donations may be deposited in the Robert Stratman Fund at the First Citizens Bank and Trust Company branch bank at the Naval Regional Medical Center here. The account number is 505-52-6485.

## Base stables sponsor Horse Show

Camp Lejeune's First Schooling Horse Show will be held at the Base Stables, Jan. 11, beginning at 9 a.m.

The show will be made up of nineteen classes in English and Western equitation, ranging from Color Guard Class, to Modified Jumper and Open Equitation. James Rooney, American Horse Show Association Judge, from Camden, S.C., will conduct and judge the events. Ribbons will be awarded to the first through fourth place winners of each class.

Entry fee is \$2 per class and military personnel and their dependents are welcome to view the show. Further information can be obtained by calling the Base Stables at 451-2238.

## Employment openings for Vets

Huron Valley Steel Corporation of Trenton, Michigan now has six more openings for Security Guards. They prefer, at this time, that applicants be retired or retiring Marines with experience in Military Police or security and guard work.

The starting pay for these positions is outstanding, the pay is double that of security guards in most areas. Pay raises and bonus payments are rapid and the fringe benefits are excellent.

This security force is headed by a former Marine and the force itself is made up primarily of retired and discharged Camp Lejeune Marines. Their aim is to have the finest industrial security force in the country and feel that qualified Marines would help realize their goal.

A very reputable automobile franchise in Jacksonville has an immediate opening for a parts man. Pay will depend on your qualifications and the fringe benefits are excellent. They prefer a retired or retiring Marine for this position.

Interested personnel are urged to contact Slat Mueller, Veterans Employment Representative of the North Carolina Employment Security Commission. Mueller maintains an office in Base Education Bldg. 63 or can be reached at Base Extension 2844.

## Alcoholics Anonymous offers hope

Alcoholics Anonymous (AA) is a self-supporting fellowship of persons who share experiences, strengths and hopes with other alcoholics in order to solve their common problem. According to a member of the Jacksonville AA, the desire not to drink is the only requirement for membership.

The Jacksonville AA meets in the bank building at the corner of Mill Ave. and Old Bridge St. every Tuesday, Thursday, Friday and Saturday at 8 p.m. The Tuesday and Thursday meetings are only for alcoholics.

Another AA organization, the Phoenix Group, holds study sessions for alcoholics every Sunday, 8 p.m., at the Lutheran Church of Our Savior on Lejeune Blvd.

Tri-Command AA members conduct meetings for alcoholics on Mondays and Wednesdays, 8 p.m., in Ward 5B of the Naval Regional Medical Center here. An open meeting is also held on Ward 13A, the Alcohol Rehabilitation Unit, every Tuesday at 12:15 p.m.

For further information on local Alcoholics Anonymous groups, call 346-6725 day or night.

## Alien registration required in Jan.

Each alien in the United States must report his address during January to the immigration and naturalization service of the Department of Justice. Included are alien Marines assigned here and at other Marine facilities in the U.S.

"United States" includes all the United States, Puerto Rico, Guam and the Virgin Islands. Aliens can obtain alien address cards at any U.S. Post Office or immigration office. A card must be completed, signed and delivered to a postal clerk or immigration employee. It shouldn't be mailed by the alien.

In addition to address, each alien must report his nationality, place and date of entry into the U.S., place and date of birth and his alien registration number. The registration number appears on an alien registration card which must be carried by an alien at all times.

An alien on board a ship or in a command outside the U.S. during January must report his address within 10 days after returning. If an alien returns during January, he can report through any U.S. Post Office. However, after January, he should write the nearest immigration and naturalization service office.

## Telephone rates on the rise

The price of telephone services here is going up, and the rate increase will affect everyone in the Camp Lejeune Complex. Recently, it was announced by the Carolina Telephone United Telephone System that it must introduce new directory assistance rates.

This rate hike, effective Jan. 15 authorizes higher rates for all directory assistance calls. These charges will be made to the Camp Lejeune telephone system when off-base directory assistance inquiries are dialed.

Provisions of the new tariff permit a prescribed number of free, direct dialed, directory assistant calls for each trunk line. The total number of inquiries allowed is 820 for the base. After the maximum number is reached, 20 cents will be charged for each direct dialed inquiry. If operator assistance is used in directory assistance calls 40 cents will be charged.

To minimize increases to base telephone billing, personnel utilizing official telephones will make directory assistance inquiries only if absolutely necessary. If assistance calls must be made, they will be dialed direct. Current direct dial directory assistance numbers are: Jacksonville are: 9-113, within area code 919: 9-1-555-1212, outside area code 919: 9-1-(area code)-555-1212 and Camp Lejeune: 451-1115. All directory assist calls originating from base phones to the base operator and all calls direct to the base operator from off base phones will be toll free. command will be required to certify that all calls were made for official government business. On each user's toll statement, the quantity of dialed and operator handled directory assistance calls originating from that number will be identified.

Phone users here are encouraged to compile a "frequently called numbers" list, using directory assistance only if necessary. Telephone directories for the base and Jacksonville are available at the Base Telephone Office, Bldg. 1104.

Good telephone habits are like good manners, they grow with practice. With the consumer price of telephone usage ever-rising, conservation of telephone calls can add up to a substantial savings through telephone conservation.



SEA MARINES — Marines of the 81mm Mortar Platoon, Hq., H&S Co., 2d Bn., 2d Marines, 2d Marine Division, prepare to depart on a six month Mediterranean deployment with the 34th MAU.

## 34th MAU

# Maintaining readiness in the Med

Personnel attached to 34th MAU departed Morehead City, N.C., Tues. for a six month Mediterranean deployment.

The 34th MAU is a composite of Marine air, ground and logistical support units, designated as a force-in-readiness.

Included in the MAU is a Battalion Landing Team from 2d Bn., 2d Marines, 2d Marine Division, Camp Lejeune. The BLT is the infantry arm of the MAU.

Marine Medium Helicopter Squadron (HMM) 162, a composite helicopter squadron currently assigned to 2d Marine Aircraft Wing at Marine Corps Air Station (Helicopter), New River, N.C., Logistics Support Unit (LSU) 34, made up of service support organizations of the 2d Marine Division and Force Troops 2d Force Service Support Group, Fleet Marine Force, Atlantic, all from Camp Lejeune, complete the MAU.

The 34th MAU is commanded by Col. John E. Greenwood of Warren, Ohio.

# Proving

Story and photo by Lt. R.R.

LYMPSTONE, ENGLAND Nov. 6 — When someone is seen in a USMC in a exchange program all efforts are taken to ensure he will be to their vantage. No mistake was made when GySgt. Lloyd D. Daniels presented the with the Royal Marines.

Presently attached to the Royal Marine Commando Training Center, he has somewhat of an institution among the Royal Marines. Every time he comes as the GySgt. Daniels has the duty of training recruits, and in fact of the recently served as troop officer for a squad of recruits — a Royal officer. The staff at Lymstone believe this is the first time a Royal Marine Commando Recruits.

GySgt. Daniels, who calls Yuma, Arizona home, didn't center and teaching. He, like the recruits he trained went through the Royal Marines before to don the Green Beret — the mark of a commando graduate.

In 1918 King George V of England directed that the senior Marines be as King's Squad. And, as 'the Gunny's' squad neared the end of their training became the King's Squad. The last two weeks were devoted to this result squad worthy of the name. "They looked good because they were the Gunny. "In fact, we all worked hard."

Since GySgt. Daniels commanding the King's Squad was invited to the graduation even more unique by inviting a USMC officer.

As the 36th MAU was training in the area, their CO, Col. H. invited to the squad, present awards to the honor graduates and receive a salute.

The graduation marked the first time the colonel and gunny worked but during the inspection they looked as if they had rehearsed the inspection smoothly that only the unfamiliar Royal Marine uniforms among above in this wasn't a typical job for the USMC.

Among the parents and guests present was the gunny's five-year-old Judith Daniels doesn't think the work her husband does is all that different. "It took about two years for her to get used to the weather," she commented, "and now I like it. Still," she added, "I'm anxious to see him."

The gunny's squad has graduated but his job isn't over. He will be in England and any job assigned by the Royal Marines must be a performance is any indication, the job will be well done and the Marines.

## Rapping: it's

**Editor's note:** The Globe keeps its promise and presents some troop feelings on matters of importance to them.

By Sgt. Brenda Lanclos

Rapping with another about problems and changes is the modern way of expressing opinions among the younger generation.

Among Marines communication is an essential factor in breaking down barriers in any society, especially a service-oriented one like the Marine Corps.

Take a walk around the base and talk to Marines here without emphasis on whether their opinions are pro or con towards the Marine Corps. Ask them about themselves and their everyday problems, thoughts and daydreams. You'll find a varied group of interesting opinions and also an individual free-thinking person concerned with life around him.

Sgt. Freddy E. Mizell, Military Dispatcher, bus terminal, spoke out strongly. "Let's say the younger Marines especially remind me of over grown Boy Scouts. By this I mean they're always trying to see what they can get away with. About myself, you could say I live one day at a time, for instance what's uppermost in my mind today is going home and paying the rent."

Just the opposite of the sergeant was LCpl. Marvin Jones, who was carrying his seabag and personal gear after just having checked in to Marine Corps Base. "I feel that the Marine Corps is worthwhile. I've had no hassle so far. But I'll tell you, having to carry around all

this luggage is no fun! There's got to be another way!"

"Failure to communicate" is a common military term these days.

LCpl. Baxter Henry, a prisoner of war chaser, commented, "People just aren't informed anymore. They are too many restrictions on what they can do and can't do. Soon as you learn these rules, they come out with a whole new set of the same."

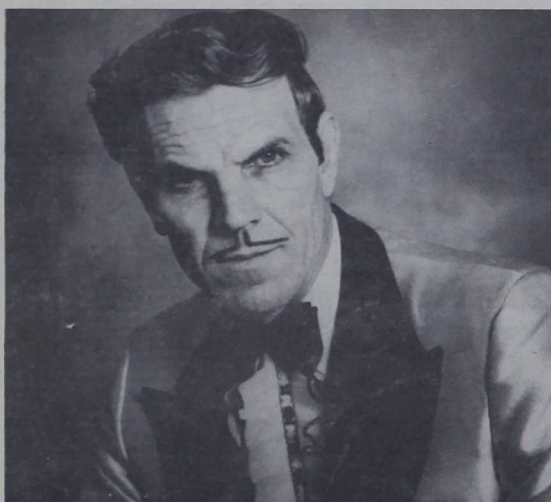
Cpl. Charlie Ellis, NCO in the Ambulance Section, is a firm believer in the Marine Corps system of passing the word. "I believe it's up to the individual to find out what he wants to know. I don't believe people would just read! For instance the 'Globe.'"

HM-2 John F. Clark, pointed out, "I feel there is adequate information getting to the troops. But I believe that there is less professionalism in the younger Navymen or Marine today."





# What's happening



Mysterious magic - The famous magician, escape artist, and hypnotist The Mysterious Novak will be performing throughout Camp Lejeune during the week of Jan. 8-15.

## The Mysterious Novak

### Staff club hosts famous hypnotist

#### COM

Jan. 9 - Happy hour from 5 to 7 p.m. Special on chicken and steak. Changing Times entertains from 6:30 to 9:30 p.m. and Charlie Albertson performs from 8:30 p.m. to 12:30 a.m.

Jan. 10 - Brunch served from 8 to 1 p.m. The Dining Room is open from 7 to 10 p.m. Andy Owings will return tonight from 9 p.m. to 1 a.m.

Jan. 11 - Brunch is served from 9 a.m. to 1 p.m. Seafood Special from 6 to 8 p.m.

Jan. 14 - Beefeater Buffet from 6 to 9 p.m. Special price on Martinis and Manhattans. Reservations must be made at 5978 or 1316. Changing Times entertains from 6:30 to 9:30 p.m.

#### SNCO

Jan. 9 - Sound Manufactures entertain at Hadnot Point for

your dancing and listening pleasure from 9 p.m. to 1 a.m.

Jan. 10 - Charlie Albertson entertains at Hadnot for both dancing and listening pleasure from 9 p.m. to 1 a.m. Also there will be a Special Floor Show featuring the famous hypnotist The Mysterious Novak.

Jan. 13-14 - Game night will return to the Club.

+Note - Anyone wishing to hold private parties at the SNCO Club may make reservations by calling the Club Manager.

#### NCO

Jan. 9 - Uptighters entertain from 8:30 p.m. to 12:30 a.m.

Jan. 10-11 - Southeast performs on the 10th from 8:30 to 12:30 a.m. and on the 11th from 7:30 to 11:30 p.m.

Jan. 14 - Southeast entertains from 7:30 to 11:30 p.m.

#### ENLISTED

Jan. 8 - Shauna performs at Area No. 2 from 6:30 to 10:30 p.m.

Jan. 11 - G.T. Corporation performs at the Rifle Range, Shauna is at the Central Area and Natural Feeling entertains at Courthouse Bay. All shows are from 6:30 to 10:30 p.m.

Jan. 12 - The Mysterious Novak will be featured at the Central Area from 7 to 8 p.m. and from 9 to 10 p.m. at Area No. 1. Stardusters perform at Area No. 2. Mixed Blood is at Area No. 5. All shows are from 6:30 to 10:30 p.m.

Jan. 13 - The Mysterious Novak entertains at French Creek from 7 to 8 p.m. and at the Naval Hospital from 9 to 10 p.m.

Jan. 14 - The Mysterious Novak performs from 7 to 8 p.m. at Camp Geiger and from 9 to 10 p.m. at MCAS.

Jan. 15 - The Mysterious Novak entertains at the Rifle Range from 7 to 8 p.m. and at Courthouse Bay from 9 to 10 p.m. G.T. Corporation entertains at Camp Johnson from 5:30 to 9:30 p.m. Shauna performs at Camp Geiger and Mixed Blood entertains at Onslow Beach. All shows are from 6:30 to 10:30 p.m.

#### USO

Jan. 9-11 - The weekends free movies are APACHE UPRISING and BEEING BEEING. Also on Jan. 11 free cookies and cakes will be served from 1 p.m.

## CINEMA

MIDWAY PARK FAMILY THEATER 7 p.m.

COURTHOUSE BAY 7 p.m.

RIFLE RANGE 7 p.m.

MONTFORD POINT INDOOR 7 p.m.

GEIGER INDOOR 7 p.m.

CAMP THEATER 7 p.m.

AIR STATION 7 p.m.

DRIVE-IN 7 p.m.

ONSLow BEACH 7 p.m.

FRENCH CREEK OUTDOOR 7 p.m.

	Today	Fri.	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.
N	O	P	Q	R	S	T	U	
M	N	O	P	Q	R	S	T	
K	L	M	N	O	P	Q	R	
F	G	H	I	J	K	L	M	
I	J	K	L	M	N	O	P	
G	H	I	J	K	L	M	N	
D	E	F	G	H	I	J	K	
C	D	E	F	G	H	I	J	
B	C	D	E	F	G	H	I	
A	B	C	D	E	F	G	H	

A - THE DOVE (PG RT 105) The true story of a man who after many setbacks and disappointments finally makes a round the world voyage. Stars Joseph Bottoms and Deborah Raffin.

B - AMERICAN GRAFFITI (PG RT 110) A typical night of love and adventure of a group of teenagers in the early '60's.

C - THE APPLE DUMPLING GANG (G RT 110) Slapstick comedy adventure of a mad-cap bank robbery and the gang who attempts it. Stars Bill Bixby and Susan Clark.

D - SCORPIO (PG RT 114) A professional killer is hired by a CIA agent to kill the Fascist head of Eritria. Stars Burt Lancaster and Alain Delon.

E - THREE DAYS OF THE CONDOR (R RT 117) Condor, a code name, tries to uncover the murder of his coworkers without becoming a victim himself. Stars Robert Redford.

F - BUSTER AND BILLIE (R RT 100) The love story of the most popular guy and girl which does not work when he falls in love with the town tramp. Stars Jan Michael Vincent and Joan Goodfellow.

G - CAHILL, U.S. MARSHAL (PG RT 102) The story of a Marshal and his son who without guidance turns to crime. Stars John Wayne and George Kennedy.

H - LIMBO (PG RT 112) The story of two women and what their feelings and reaction is when they find out their husbands are coming home after they were thought to be dead in Vietnam. Stars Kate Jackson and Kathleen Nolan.

I - BATTLE OF THE PLANET OF THE APES (G RT 94) The war of the apes against man is started when humans attack a friendly ape. Stars Roddy McDowall and Claude Akins.

J - ONE OF OUR DINOSAURS IS MISSING (G RT 94) When micro-film is stolen and hidden in the bones of a dinosaur the skeleton has to be stolen. Stars Helen Hayes and Peter Ustinov.

K - THE APPRENTICESHIP OF DUDY KRAVITZ (PG RT 121) A young Jewish man finds that friends are more important than getting ahead in the world, the hard way. Stars Richard Dreyfuss and Micheline Lanctot.

L - UNDERCOVERS HERO (R RT 95) The story of the prostitutes of France play in winning WWII. Stars Peter Sellers and Curt Jurgens.

M - DEADLY CHINA DOLL (R RT 94) A single man tries to stop a shipment of opium from reaching its destination while managing to fall in love. Stars Angela Mao and Carter Huang.

N - ALOHA BOBBY AND ROSE (PG RT 89) A pool game and gambling lead a young couple into running after committing murder. Stars Paul Lemat and Diane Hull.

O - THE BOOTLEGGERS (PG RT 116) The story of the moonshiners way of life and danger. Stars Paul Koslo and Dennis Fimple.

P - EMPEROR OF THE NORTH POLE (PG RT 123) Gang-war tactics are used when a fight breaks out between railroaders and bums. Stars Lee Marvin and Ernest Borgnine.

Q - ESCAPE TO WITCH MOUNTAIN (G RT 98) The feared Witch Mountain becomes a hideout for two children when they feel a millionaire is taking advantage of them because of their supernatural powers. Stars Eddie Albert and Ray Milland.

R - THE CRAZY WORLD OF JULIUS VROODER (PG RT 98) The love story of a disabled veteran and the nurse who takes care of him. Stars George Marshall and Timothy Bottoms.

S - LUCKY LUCIANO (R RT 111) Mafia story or a gangster who becomes a crime czar in America. Stars Edmund O'Brien and Gian Maria Volante.

T - CINDERELLA LIBERTY. (R RT 117) Love story of a hustler her son and sailor. Stars James Caan and Marsha Mason.

U - THE FORTUNE (PG RT 93) The story of two inept con artists and the millionaire heiress she tries to swindle. Stars Warren Beatty and Jack Nicholson.

## 2 p.m. matinees

Camp Theater - Sat., WHAT'S UP DOC (G RT 94). Sun., JONATHAN LIVINGSTON SEAGULL (G RT 99).

Courthouse Bay - Sat., JONATHAN LIVINGSTON SEAGULL (G RT 99). Sun., WHAT'S UP DOC (G RT 94).

Air Station - Sat., CANCEL MY RESERVATION (G RT 100). Sun., A VISIT TO A CHIEF'S SON (G RT 92).

## Music's top ten

### Rock Top Ten

1. Sky High
2. Saturday
3. Fox on the Run
4. Love Rollercoaster
5. Our Day Will Come
6. Fly, Robin, Fly
7. I Write the Songs
8. Theme from Mahogany
9. Evil Woman
10. Rock and Roll All Night

Jigsaw  
Bay City Rollers  
Sweet  
Ohio Players  
Frankie Valli  
Silver Convention  
Barry Manilow  
Diana Ross  
Electric Light Orchestra  
Kiss

### Soul Top Ten

1. Love Rollercoaster
2. Lets Do It Again
3. Walk Away from Love
4. I Love Music
5. You Sexy Thing
6. Wake up Everybody
7. Sing a Song
8. Free Ride
9. Once You Hit the Road
10. Valentine Love

Ohio Players  
Staple Singers  
David Ruffin  
O'Jays  
Hot Chocolate  
Harold Melvin and the Blue Notes  
Earth, Wind and Fire  
Travars  
Dione Warwick  
Norman Connors

### Country Top Ten

1. Convoy
2. Just in Case
3. Country Boy
4. Where Love Begins
5. Let It Shine
6. Overnight Sensation
7. Me and Old C.B.
8. The Happiness of Having You
9. Somebody Loves You
10. White Knight

C.W. McCall  
Ronnie Milsap  
Glen Campbell  
Gene Watson  
Olivia Newton-John  
Mickey Gilley  
Dave Dudley  
Charley Pride  
Crystal Gayle  
Cledus Maggard

# Exercise aids dieting with weight control

Part II

By Sgt. Erny Richardson

Looking and keeping fit has been a constant standard of the Marines for the past two centuries.

Today, with new weight standards, the emphasis on fitness and proper military appearance is even greater.

While many units and sections here run a regular exercise program along with physical fitness tests, the responsibility of staying physically fit rests with the individual.

Fortunately, here at Camp Lejeune, there are a variety of activities that an individual can participate in to fight his or her own battle of the bulges.

Joggers of both sexes and all ages can be seen running at all hours of the day both on and off base. Others prefer more watery pastimes such as swimming, diving and boating.

Scattered about are numerous gyms where Marines can play basketball, workout on parallel bars or build the body beautiful with dumbbells, barbells and Universal machines.

The list of exercises and activities seems almost endless but which ones are the best for losing weight?

"The most important thing in controlling weight is the diet," said LtJg Bonnie Riker, a base physical therapist. "However,

any exercise that consumes a lot of energy or calories will help an individual lose weight."

"Exercises such as swimming and running are good for endurance, burn up a lot of calories, and are extremely beneficial to the cardiovascular system," she added.

The cardiovascular system is the vast network of blood vessels, veins, and arteries that stretch

especially for an individual who may have a desk job or not enough time for an extended workout," said Riker. "Each isometric exercise is done for only six seconds, the person relaxes for a few seconds, then goes on to the next exercise."

"It's possible to double a person's strength over a 20 week period using isometrics," she added, "but the average increase

check with a doctor. When first starting out, go slow, but be consistent. Care should also be taken in choosing the exercise or sport.

"There are some exercises, such as kneebends and straight leg situps, that are very bad for a person," said Riker. "Kneebends are bad for the knee joints and the situps put undo strain on the lower back, both of which can

Today there are many gadgets proposing to help an individual reduce. There are devices to trim the tummy, shape the body, and plastic and rubber belts and suits to melt away midriff bulges. Of these items Riker is non-committal.

"I couldn't say they are bad for a person," she said. "If they work the muscles or make them work against some sort of resistance, then they would be more beneficial than doing nothing. As for the plastic belts and suits, you can't spot lose weight. The only thing I can see that these do is cause a person to sweat a lot."

"While this will cause a weight loss, it's for the most part, a water loss which is quickly put back on," Riker added. "I don't think these plastic suits are all that good for a person. They can cause extreme dehydration which is unhealthy. The cotton sweatsuits are good, especially during the winter months. They keep the body warm which helps prevent muscle cramps."

Getting rid of unwanted pounds isn't easy but it can be done. First see a doctor and ensure there isn't something wrong you don't know about. Then get into a well balanced diet and program of physical exercise.

From there it's a matter of individual will and pride.

## "It's possible to double a person's strength over a 20 week period."

from the heart to all parts of the body. Blood is in constant motion through this system, bringing the body cells necessary nutrients and oxygen and carrying away wastes.

While taking careful care of the cardiovascular system, it is also important to work on muscular strength, the basis for physical fitness. Exercises that work on developing and maintaining strength in the muscles are many and varied, ranging from simple calisthenics to isometrics.

"Isometrics are really good

is between 3 per cent and 5 per cent a week. The only thing wrong with isometrics is that they do nothing for the cardiovascular system."

"If a person wanted a good all around fitness program, built on isometrics, they should combine them with an exercise like running or swimming," she added.

Like improper dieting and fad diets, exercise can be carried to extremes or done improperly creating problems. Before beginning an exercise program,

lead to serious ailments."

"If a person wants to do situps, they should do the bent knee type," continued Riker. "The bent knee situp takes the strain off the back and isolates the abdominal muscles causing them to work harder. To get an even better effect, when the person comes up he should twist the body, touching the right elbow to left knee and vice versa."

"This twisting motion," she added, "not only works on all the abdominal muscles but also on the muscles at the sides of the body."

### Towed vehicles

## Is it worth it in the long run?

"More than 50 privately owned vehicles are towed from Camp Lejeune and stored at owner expense each month," according to the Provost Marshal's Office but they stress that a minimum of effort and arrangements by Base drivers would prevent the inconvenience and expense of the removals.

Vehicles which lack state or base registration, block a normal traffic route, create a traffic hazard or are involved in a crime are subject to immediate removal from the Base.

Unattended vehicles illegally parked are also eligible for the tow truck. When someone requests removal of a vehicle in his parking area, they are responsible for towing and storage fees if the owner is actually authorized to park there.

A citation is first issued by PMO, attempts are made to contact the owner and 24 hours later, the vehicle may be removed.

When stopped for driving under the influence, violators are given until 8:00 a.m. the following day to move improperly parked vehicles. Some other authorized driver must move the vehicle if the violator's driving privileges are revoked.

"If in doubt, call the Military Police Desk Sergeant from one of the emergency telephones available and report the problem," SSgt. Rodgers concluded.

## Cooks sport new look

Story and photo by Sgt. Michael Grove

Colorful, experimental uniforms will soon be worn by some food service personnel in Marine Corps Dining Facilities.

Maj. James Knocke, the Base Food Services Officer said that cooks, chief cooks and bakers will be more easily identified among other personnel in the facilities.

The chief cooks will wear a red, bell-type chef's cap and matching, jacket over black and white checked trousers with a neckerchief.

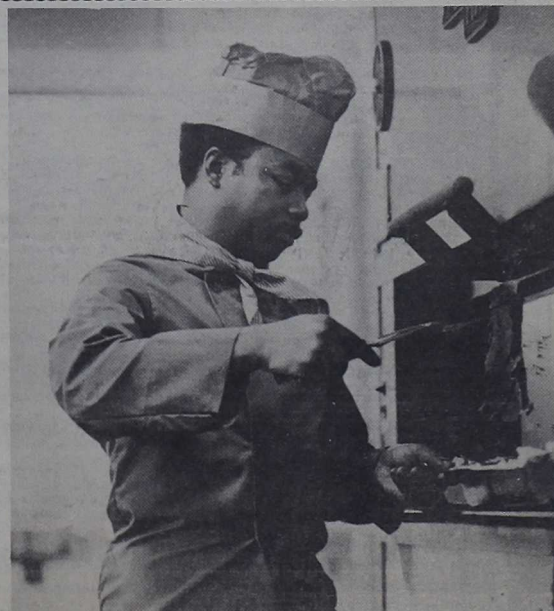
SSgt. Glenn Haney, Base Food Services, explained that other cooks and bakers may wear no-iron whites instead of the old-style cotton uniforms or a mixed combination of whites with parts of the uniform. A red, paper chef's cap could be substituted for comfort during warm and humid working conditions. Once properly approved, a number of the uniforms would be purchased by Base Food Services and sent to each dining facility where the Dining Facility Officer and

Manager would distribute them to their personnel.

Several different uniforms were examined by members of Food Services Management before a decision to experiment with the uniforms was made. Haney said that they will be ordered after a number of manufacturers' bids are received and considered. According to him, the bids will go out soon and are expected to be returned by late February or early March, making distribution of the trial uniforms possible around March 1976.

Although not finally approved, dining facility patrons will probably see the experimental uniforms being wear-tested in March or April.

Haney added that the experimental uniforms will cost little and they won't deteriorate in their appearance so rapidly, and that they are lighter, more comfortable to wear than the old type.



## Action in All-Camp play

# Base wins; Force Troops/2d FSSG edges



**AT THE READY** — John Nottingham (22) of Base sets, ready to take the rebound as teammate Eugene Miller (highest in the air) tips in the ball for two more points as MCAS (H), New River players try in vain to block the shot.

The 1976 All-Camp Basketball Tournament got underway Tuesday night with more than enough action to warm the fans.

In the first encounter of the night, Base ran away with an easy win, blasting MCAS (H) by a 79 to 50 margin.

Playing consistently for the long break, Base utilized the talents of John Nottingham to put them in the lead early in the contest and to keep them "out of reach".

Game two of the night was a real squeaker as Force Troops-2d FSSG literally outlasted Division on a 45-44 edge.

Both teams started the game with all men on the teams cold in the shooting department. By the end of the first half, Force Troops- 2d FSSG sat on a slim 25-24 lead.

### DIVISION LOSES HEARTBREAKER

Coming down to the 33 second mark, the score was tied at 44 apiece. Division's Larry Pitcher fouled Mike Alexander and the Force Troops- 2d FSSG player was awarded two shots.

Successful on one of the free throws, Alexander gave his team a 45-44 edge.

Division had one chance left, however, when Kenneth Williams was fouled on a lay-up. Moving to the foul line, Williams needed to make both shots for the win; one for an overtime game. The time on the clock showed one second remaining.

Missing both attempts, Force Troops- 2d FSSG took the win.



Photos by Cpl. Bob Farquhar

**SPRINGBOARD HEIGHT** — Division's Dennis Broaders (30) goes high enough to touch the net while blocking this shot by a Force Troops-2d FSSG player. Ready for the rebound is Division's Kenneth Williams (15).



**SMOOTH DELIVERY** — Lt. Stanley J. Stolpe (center) hands off to a teammate while participating in the 1974 Quantico Relays. A five time All-American and member of the All-Marine Track Team, Stolpe, known as a runner's runner, is presently running four to five miles a day in preparation for the 1976 Olympics. As S-2 Officer for 3d Bn., 10th Marines, he maintains that the running must not interfere with his regular duties.

## "A runner's runner"

By Sgt. Erny Richardson

"The older I get, the smarter I get about running and I think this is true of most runners," says Lt. Stanley J. Stolpe, S-2 Officer, 3Bn., 10th Marines, a runner's runner.

A 25 year old native of Shawnee, Oklahoma, Stolpe has been running since he was a child and comes from a family of running enthusiasts. His father, Richard H. Stolpe, retired Navy captain, was an All American at Oklahoma State in the 100, 220 and 440 yard dashes.

"My mother is a runner also," said Stolpe. "She is 46 and recently had a knee operation, but she can still run three miles in about 26 minutes."

Following in his father's running shoes, Stolpe was a five-time All American in the 400 at Oklahoma State and the 1974 Interservice champ. Presently a member of the All Marine Track Team, he will be going to Quantico, Va., to begin his training in February, with his eye on the Olympics.

"Making the trials and participating in the Olympics has been a goal of mine for a long while," Stolpe stated.

Stolpe is primarily a quarter mile runner but also runs well in 220's and, as a relay specialist, sprint medleys, distance medleys, mile relays and the 880.

"My best times, so far, have been 45.5 in the quarter and 20.5 in the 220," he said.

"PFT wise, I usually run the three miles in 17 minutes but I am not a long distance runner."

To keep in shape Stolpe runs between four and five miles of high speed training a day.

"This helps develop the cardiovascular system which is very important," he said. "I also work out with weights but not super heavy ones since large muscles aren't needed for what I do."

"The rest of my work out usually includes pullups, calisthenics, rope climb and obstacle course. This I feel gives me the necessary balance of physical strength," Stolpe continued.

Even with his past accomplishments, present training and future Olympic plans, Stolpe still considers his running a hobby.

"I like the Marine Corps," he stated. "It has given me the self-discipline to continue training on my own, whereas I used to depend on a coach to keep me going. I also like running, but I won't put it before my job."

"I believe that in the past, people have abused the privilege of representing the Corps in athletics by concentrating more on their sport than on their duties as Marines," concluded Stolpe. "However, I think that CMC's new policy of keeping fit is good and in the long run I think it will not only help athletics, but also benefit every Marine."