

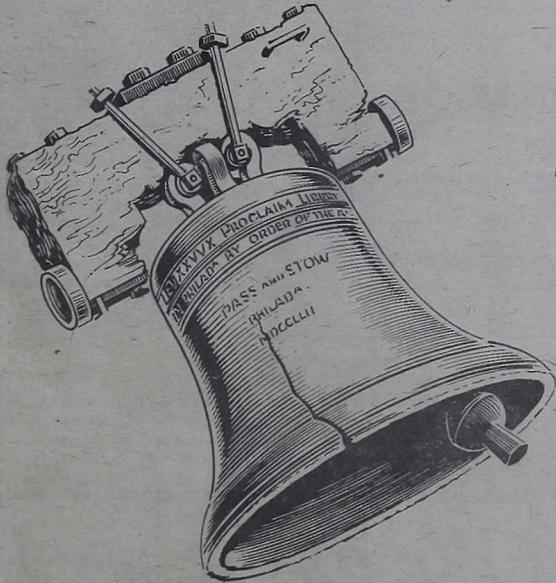
Camp

Globe

Lejeune

Friday, January 2, 1976

Volume 32, Number 1



Happy
Bicentennial
Year

Inside
the
Globe



A glimpse of
history P. 4&5

Words on weight
control P. 7



New
hair
regs
P. 7



All Camp
Basketball
P. 8

Alibi relay

Promises to keep in '76

By Capt. John R. Tellall

Resolutions are for constitutions so we'll stick to promises to keep for the new year. A real soothsayer who deals with "slates" said we had better make a few promises in Japanese for this year but others will carry on, so here are a few things we hope the Globe staff does for you in 1976.

More good photographs. The promise is the idea of a "pic of the week" showing the good Marine and sailor doing their thing. The basic plan is to use more photographic talent to help tell the story in a form that does not require too many words. Too many words are too hard for too many of our readers to read.

More troop opinions. We plan to get these at the source from the troops. There is an article of faith about this: that the troops will tell it like it is and that we won't be fired for honest reporting. With one new Globe staff member in '76 an old 'mustang' and another a young journalist, there should be balance.

More training stories. There will be more training this year for the troops and we hope to be in the bush to help show and tell where "it's all at." Try to help with this one. We know there are

Less wasted words. More pictures will help with this promise. There will be fewer "must runs" from the heavies if we have more troop stories to keep the pages full of good news.

words that a troop newspaper need not be just a command mouthpiece and rewrite sheet for orders and bulletins. There is already some slack on this one as new orders and bulletins are

Less tantalizing tidbits. This last promise is from the writer of this column. The words we write have been too slanted to the heavies. We've had too few good words about the troops. Here is the promise: at least one story a month will be about a good Marine and his story, even if this writer must "ghost write" it for the Marine. There will still be a parting shot, and a standing invitation for any responsible contributions.

There you are. More or less, as you want it in 1976. A future column will tell about what Globe readers wrote on the 1975 readership survey - except those who were emotional, signed their names and tried to insult us! That's heavy in an election year. **HAPPY BICENTENNIAL YEAR!**

Parting shot. A friend of ours got a dirty concrete block for her "pet rock" Christmas present, she laughed all the way to the bank to cash the check that was attached to it! That was heavy.

Looking forward to a new year of news for the troops, from the troops, about the troops, by the troops...

more exercises scheduled than people to cover them, so don't get mad when Globe doesn't feature your fifth assault on a fortified

position with two up and one back.

We promise not to funk out on this. One family page and one club page is enough in a troop newspaper.

Less system stuff. This flows from the above and says in a few

frequently news material due to the Globe's weekly press and first crack at publishing the word. (Like CMC's word that hair will be short in this edition and the once a year run down on uniform regulations.)

Kentucky windage

Wrapping up the year

By MGySgt. Matt Matheson

Do you think an old nostalgia buff like me would let 1975 pass entirely by without commenting on what we believe to be the most important events of the year? Of course not. What's good for Time magazine, newspapers and other forms of the media is good enough for this space.

On the national scene we have no comments except for the two biggest stories involving our Corps and Marines—the evacuation of Saigon and the Mayaguez incident. We are proud of those Marines who lived up to our traditions in those campaigns to prove to the Nation that "Semper Fidelis" is still more than a motto on our emblems.

Locally, Camp Lejeune had many good stories (and some bad ones) to let the world know we're still here. CISM, those international boxing matches in May must be considered on the plus side. Teevee fans were made aware of us through news clips including a segment on 2d Lt. Debra Baughman from Base PMO on "Sixty Minutes" last month and the "Movin' On" production filmed here in July.

Camp Lejeune hosted the really big Marine Corps rifle and pistol matches this year and it was great to see all the young shooters taking part. The all-Marine boxing and golf championships were here, and some regional sporting events.

"Solid Shield" and "Phoenix Light" were two of the bigger exercises of 1975, but credit should be given to the individual units that utilized Camp Lejeune's training areas to make certain this will always be a "Force-in-Readiness" Marine Corps. Other units from here travelled from New York to the Carib to Europe to maintain their readiness.

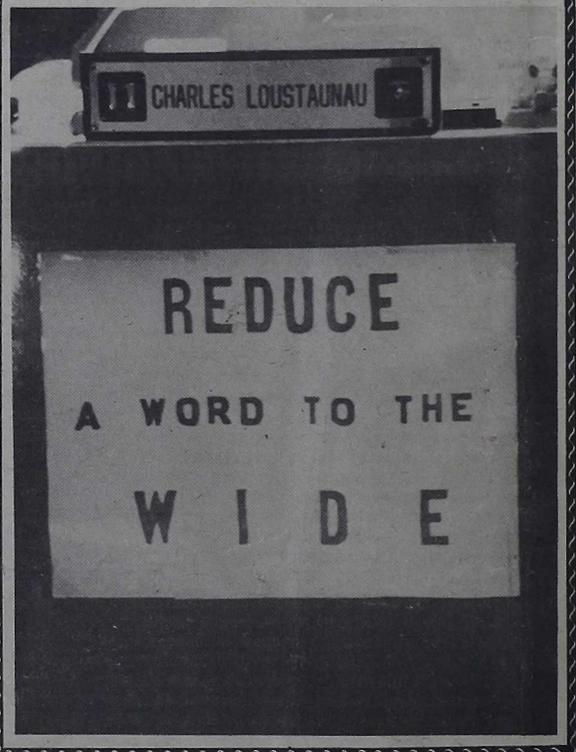
We have poured over the 51 issues of your Camp Lejeune Globe to try to hit all the highlights of the year. It is an impossible task because we would like to mention everyone and everything good appearing in those newspapers. There's not enough space to do it.

But, by golly, you know who you were and what you did...so, we toss a bouquet to you for the positive side of the coin and if you weren't up to standards, and you know that, too, then we won't throw a brickbat, but ask that you make certain 1976 is better for you, and our Corps.

SHORT ROUNDS: We have a couple of small decals with Marine Corps emblems on our automobiles, but for the life of us, we can't understand why anyone would put that new 12-inch decal on the side of their POVs...They wanna be recruiters, let 'em put in for such duty and they'll probably get a sedan with a similar decal on it...Congratulations to regular and reserve Marines for this year's Toys for Tots effort, as we understand from HQMC that some 7-8 million toys were collected and distributed (that's 30 percent more than last year)...Proves again that Marine-to-Marine teamwork does work in either Peacetime or Watime...It's now officially the Bicentennial year: Quick, you know Samuel Nicholas was the first Marine officer commissioned, but do you know who signed his warrant as a captain?...Remember, the shortest perceptible unit of time is the difference between the moment the traffic light changes and the idiot behind you honks for you to get it moving...Answer: John Hancock signed that warrant...One of our acquaintances is so dumb about cars she thinks you cool the motor by stripping the gears. **CEASE FIRE.**

Pic of the week

By Sgt. Michael Grove



I begin at the beginning

Donald Rumsfeld

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Sgt. Bob Stanley

PFC Mike Young

Cpl. Bob Farquhar

Convincer is convincing

Story and photo by Sgt. Brenda Lanclos

An impact severe enough to remember, but not enough to cause injury, was experienced voluntarily by several Lejeune Marines Dec. 18.

The impact was provided by the "Convincer", an educational

tool used by the North Carolina Highway Safety program; a crash course on the necessity of using seat belts.

Mr. Glenn Nichols, Traffic Safety Specialist for Camp Lejeune, commented, "The

Convincer is designed so that a person can be strapped in a cart-mounted car seat with a lap belt and seat harness. The cart slides down inclined rails, attaining a speed of approximately 7 mph."

"When the Convincer reaches the bottom of the rails," he continued, "the cart jolts to an abrupt stop against a pair of rubber bumpers. This impact helps to demonstrate the need for an occupant of an automobile, to use seat belts and harnesses."

During the demonstration a few of the Marines were skeptical of the Convincers worth. This attitude soon changed after a ride.

Cpl. Kevin M. Underwood, 1st Bn., 10th Marines, summed up the majority of feelings expressed by Marines. "I'd rather have found out from the Convincer, than a dashboard. Seat belts are important."



"I'M A BELIEVER!" — Sitting in the "Convincer", a device that simulates the effectiveness of seat belts in a 7 mph collision, LCpl. Michell O. Clement comments on his quick stop to Cpl. Ronald Roberts. Both Marines are members of 1st Bn., 10th Marines.

SNCO presentation

Col. H.L. Blanton, Jr., Commanding Officer, 2d Marines, gave a presentation on Staff NCO selection board procedures at the Hadnot Point Staff NCO Club, Dec. 18.

Blanton lectured on a variety of subjects beginning with how a selection board is set up to how Marines are selected for promotion.

Some of the significant items covered by Blanton's speech were things the boards normally look for, such as personal appearance, initiative, leadership and general value to the service.

"However, there are some things a man can do which will help his cause," continued Blanton. "the person should make sure his or her Service Record Book is correct and up to date. When going to get your picture, have a fresh haircut, pressed uniform, shined shoes and look like a Marine.

"Also," he added, "the Marine should strive to improve physical fitness scores, and seek more responsibility and improvement through off duty education and separate duties."

Following the colonel's speech, he answered questions on the subjects that had been covered.

Meanwhile... back at the base

Commissary hours change

Beginning Jan. 20, all commissaries will change their hours of operation. Hadnot Point will be open Tuesday through Friday 9 a.m. to 6 p.m. Tarawa Terrace will be open 10 a.m. to 6 p.m. Tuesday through Friday. The Air Station will be open from 10 a.m. to 5 p.m. Tuesday through Friday. All stores will be open from 9 a.m. to 4 p.m. Saturday.

License renewal

As of Jan. 1, 1976, North Carolina private passenger licenses will be renewed by validation stickers placed in the upper right hand corner of the present red and white plate.

Area residents can obtain the new stickers or tags at Ron-Cor in the New River Shopping Center.

Vehicle owners who have not received their license applications by Jan. 1, should contact the Division of Motor Vehicles in Raleigh.

MCX vehicle sale

Five used vehicles are being placed on sale by the Marine Corps Exchange. They will be sold to the highest bidders, and sealed bids only will be accepted.

The vehicles, include a 4-door sedan, a half-ton and a 1-ton step van trucks and two mobile canteen trucks.

These 5 vehicles may be inspected at the Exchange Service Station Jan. 5 thru 9, from 8 a.m. to 4 p.m. Blank bid forms will be available, with bids being received until 4 p.m., Jan. 13. The Exchange reserves the right to accept or reject any or all proposals received.

Wanted: Humor

Anyone knowing interesting war stories, sea stories or humorous anecdotes that can be printed in a creative military anthology. Please mail them to:

Lt. Col. A.W. Keller. USMC Ret.
Oklahoma State University
English Department
Stillwater, Oklahoma 74074

Education briefs... long words to the wise

ECU

East Carolina University Center at Camp Lejeune offers students the opportunity to pursue a schedule of course work which is structured in such a way that the Bachelor of Arts degree may be earned with a major in either Political Science or Sociology. Theoretically, the degree can be earned in four years by students who take full loads during each of the five terms offered each year at the Centers; but, practically speaking, such a heavy schedule will be advisable for only a select few. The courses are designed so that a person with the necessary determination, and capabilities may earn a bachelor's degree without attending a distant college campus.

Any student who has been admitted to the East Carolina University Centers - Camp Lejeune or Cherry Point is already a potential participant in the degree program. They are presumably in the process of meeting the general education requirements which eventually shall qualify them for admission to the Department of Political Science or the Department of Sociology for a major. Formal admission comes when the student has completed or nearly completed his General Education Requirements and subsequently completes a "Change of Major" form for approval by the Chairman of his designated department. These forms may be obtained from the Center offices. These programs can be taken

under the tuition assistance program. For further information contact Mr. Edmond Limer, Bldg. No. 63, extension 5864.

CCCC

Coastal Carolina Community College, through its college transfer division, offers students a wide variety of course offerings in the liberal arts, general education and specific curriculum programs. Students may work toward the Associate in Arts Degree (A.A) and the Associate of Fine Arts Degree (A.F.A.) for the purpose of personal enrichment and satisfaction while others may plan to transfer to four-year colleges and universities in order to continue their pre-professional training.

The College Transfer program is specifically designed to parallel the freshman and sophomore years of study at a senior college.

The college counseling staff and faculty advisors are available to advise students in course selection; however, it is the responsibility of the student to be familiar with the requirements of the senior institution to which they plan to transfer.

Any substitution of courses for those listed in the programs of study must have the approval of the Dean of College Transfer Education and the Dean of Student Affairs.

Coastal Carolina Community College requires all students to take courses in English, mathematics and natural sciences, social sciences, humanities and fine arts. These courses, in addition to physical education, constitute a general

educational core. Major course requirements designed for a particular curriculum or where such course variations and options are available, will be listed in the specific curriculum chosen by the student.

For further information contact the Base Education Office, Bldg. No. 63, extension 3091.

Pep U.

Registration is now in progress for Pepperdine University's January courses in the Master of Arts in Human Resources Management, Master of Arts in Counseling and Bachelor of Arts in Human Resources Management. Each three semester hour course is offered in two four day seminars. One class is offered each month and is taught by a highly qualified faculty from universities around the country. Registration is being conducted in the Pepperdine Office in Base Education, Bldg. 63, Room 209. The final registration date is January 2. Classes begin on January 8. For further information, contact Mary Roberts, extension 2355.

Non-School Credits

Two national programs sponsored by the College Board offer people an opportunity to earn college credit for what they've learned in high school, on the job, in life - the Advanced Placement Program (AP) and the College-Level Examination Program (CLEP).

Advanced placement, a national high

school-based program introduced in 1954, provides an opportunity for students to take college-level courses while still in high school and to receive advanced Placement, college credit, and even immediate sophomore standing upon entering college. Today AP courses in 13 subject areas are offered in approximately 3,500 high schools. Students participating in these courses and in other college-level learning experiences, such as an honors or accelerated class, a tutorial, or independent study, may demonstrate their knowledge on Advanced Placement Examinations each May. Last year, 60,863 students in 3,357 schools took 79,036 examinations and sent their grades to 1,507 colleges.

CLEP was launched in 1967 with support from the Carnegie Corporation. CLEP is designed to serve the nontraditional student who has acquired knowledge through correspondence and extension courses, educational television, adult education programs, on-the-job training, and independent study. It is based on the concept that what a person knows is more important than how they learned it. There are five general and 41 subject examinations which are given monthly at more than 800 test centers. Last year, 1,500 colleges offered credit on the basis of CLEP scores. CLEP is available free to Marines. For further information, contact the DANES Testing Office, Bldg. 63, extension 3091.

...pse history

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ly, inside the crum-
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 of old leather belts
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 the origin of the box
 able, but "Shotgun
 collectors newspaper,
 ublished a story about
 eating the C.S.S.
 and that relics were

Sinclair said that, on receipt,
 his buckles were heavily
 corroded, but proved to be in
 mint condition after repeated
 cleaning.

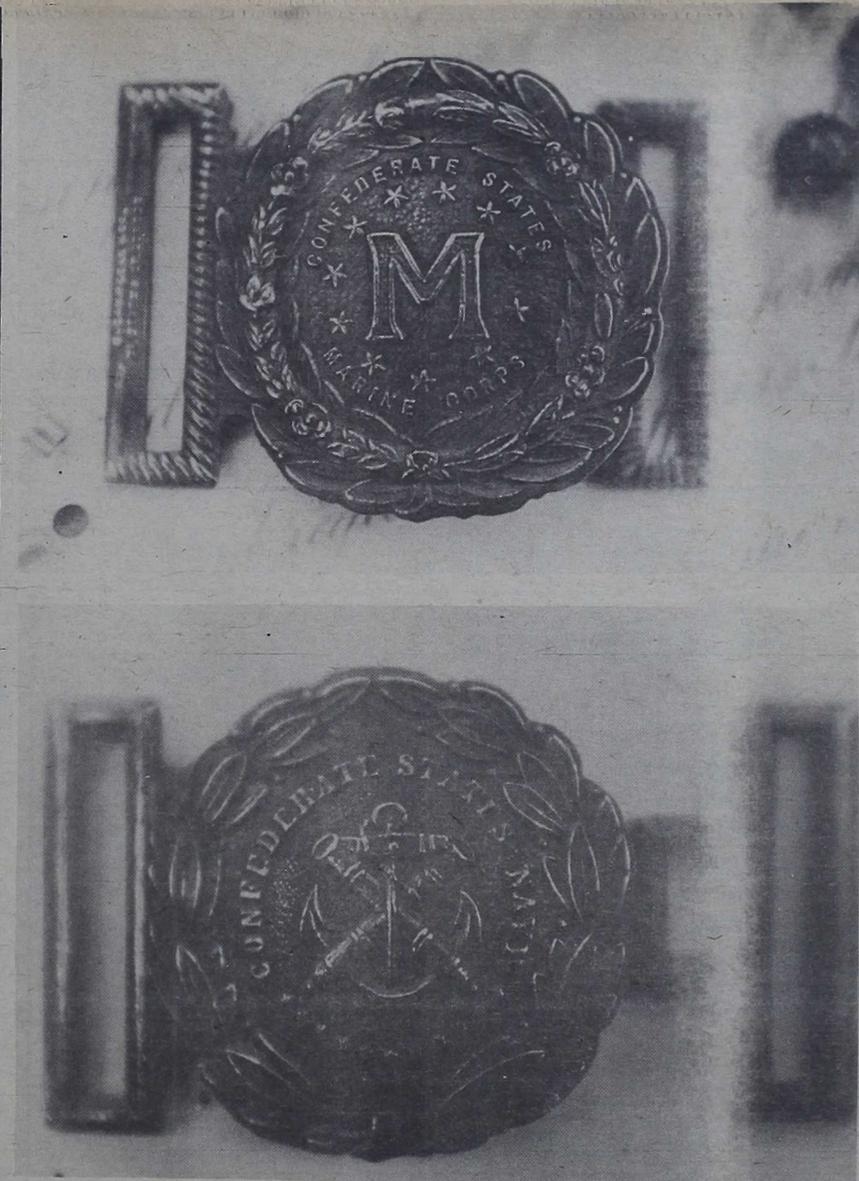
Another small glimpse of
 history was evident from the
 extremely small raised letters,
 "S. Campbell and Co., 71 Jeremy
 St., London," located only on the
 rectangle of the Marine buckle.

According to William A.
 Albaugh in his "Photographic
 Supplement of Confederate
 Swords," he wrote, "Early in
 1861, Saul Isaac and his nephew,
 Benjamin Hart, both of New York
 City, seeking the chance of
 financial gain, bought out the old
 and established military out-
 fitting firm of S. Campbell and
 Co., 71 Jeremy St., London. They
 handled all kinds of military
 equipment, including swords.

Isaac Campbell and Co., were
 in existence only during the war.
 Their contracts were only with
 the South. Therefore, all Civil
 War items bearing this name can
 be considered Confederate." Al-
 though said that the men were
 "purely profiteers" and charged
 high prices for their needed
 goods. "Knapsacks, etc. are to be
 found containing the unillustrious
 name of these bloodsuckers," he
 wrote in "Confederate Edged
 Weapons.

Isaac Campbell and Co., were
 suppliers and contracted the
 uniform items to other com-
 panies for manufacture. One
 might apply logic and surmise
 that it is possible the buckles of
 Sinclair could be authentic
 because the supplier and the
 manufacturer are both located in
 London.

Romantically, one would like to
 think that a rotten box of brass
 buckles, weathered fire, storm,
 two World Wars and over 100
 years have emerged now as a
 small glimpse into a little known
 corner of our 200 year history.



NAVAL SERVICE CIVIL WAR BUCKLES — Both the Marine (above) and the Navy (below) belt buckles are believed to have been worn during the Civil War. According to historians the wreath surrounding the buckle was of cotton and tobacco with the 11 stars representing the 11 Confederate States.

...we, when and how

By Sgt. Tom Griggs

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 n the summer period
 Blue Dress "B" and
 quarter-length sleeve
 trousers in color and

uniforms for all male Marines, FMF commanders may modify
 headgear for wear in the local area.

All Navymen should wear the Service Dress Blue as the UD
 during the winter period. Enlisted, E-6 and below, whose expiration
 of active service (EAS) occurs before July 1, 1976, aren't required
 to wear the new uniforms prescribed last July. A single breasted
 blue vest with gold buttons is optional for officers and chief petty
 officers with the Service Dress Blue, while the same with silver
 buttons is optional for E-6 and below.

All female members are required to wear the Service Dress Blue,
 but a black beret, rather than the combination cap, is optional.

The Navy UD for male personnel in the summer period is the
 Tropical White Long—preferred for uniformity. However, enlisted
 may wear Summer Blue. E-6 and below with an EAS before July 1,
 1976 aren't required to wear the new uniforms.

With a black beret authorized as optional wear, all female
 members are required to wear the Service Dress Light Blue in the
 summer period as the UD.

The Service Dress Blue is the only uniform authorized for leave
 and liberty in the winter period. The blue vest and black beret
 options mentioned before are also authorized for wear on leave and
 liberty.

Tropical White Long uniforms with ribbons are designated for
 leave and liberty in the summer period for Navymen. The Summer
 Blue with ribbons is additionally authorized for enlisted Navymen.

All female members are to wear the Service Dress Light Blue, with
 the black beret optional.

Enlisted other than chief petty officers are required to wear
 Service Dress Blue (vest optional) or Winter Working Blue with the
 peacoat or raincoat. When working in patient care, they may
 wear Tropical White Long on duty.

All female personnel are to wear the Service Dress Blue during
 the winter period.

Civilian wear is also taken into consideration in the recent
 regulations. It is emphasized that the term "appropriate civilian
 attire" varies with opinions and can be difficult to define exactly in
 detailed regulations. The order clearly points out, though, that
 articles of clothing like T-shirts, undershirts, tank tops, bathing
 suit tops, any sleeveless shirt, sweat suits or other PFT clothing
 can't be worn as outer garments except: when actually partici-
 pating in athletics or PT; at swimming pools and gymnasiums;
 Onslow Beach, including its club annexes; the immediate vicinity
 of quarters and barracks; and the Area 7 Exchange and Club when
 the Onslow Beach Recreation Area is officially open.

The requirements for civilian attire concern not only military
 members here, but also civilian personnel and dependents. The
 order provides additional information.

The new base order in its entirety is too involved and long to ex-
 plain wholly in this article. However, the basic regulations have
 been covered. For further details, refer to BO 1020.8K.

What's happening

Bicentennial opens with American Sounds

COM

Jan. 2 — Happy hour from 5 to 7 p.m. Special on chicken and steak from 6:30 to 9 p.m. American Sounds will play from 8:30 p.m. to 12:30 a.m.

Jan. 3 — Brunch is served from 8 a.m. to 1 p.m. The Dining Room is open from 7 to 10 p.m. Blue Exit entertains from 9 p.m. to 1 a.m.

Jan. 4 — Brunch is served from 9 a.m. to 1 p.m. Seafood Special from 6 to 8 p.m.

Jan. 7 — Beefeaters Buffet from 6 to 9 p.m. Special price on Martinis and Manhattans. Reservations must be made at 5978 or 1316.

SNCO

Jan. 2 — Western Dawn performs at Hadnot Point from 9 p.m. to 1 a.m.

Jan. 3 — Gentle Breeze entertains at Hadnot Point from 9 p.m. to 1 a.m.

Note — No game night at

Hadnot Point or Montford on Jan. 6 and 7.

NCO

Jan. 3 — Focal Strutters entertain from 8:30 p.m. to 12:30 a.m.

Jan. 7 — Super Grit returns to perform from 7:30 to 11:30 p.m. ENLISTED

Jan. 5 — Natural Feeling entertains at Camp Johnson from 5:30 to 9:30 p.m. Stardusters perform at the Rifle Range from 6:30 to 10:30 p.m.

Jan. 7 — Count Four is at Camp Geiger, Blue Exit entertains at Courthouse Bay, Celebrate is at Area No. 5 and Natural Feeling performs at the Central Area. All shows are from 6:30 to 10:30 p.m.

Area No. 2 from 6:30 to 10:30 p.m. USO

Jan. 2-4 — This weekends free movies are EL DORADO, BACK TO BATAAN, and DEVIL'S BRIDE. Free cakes and cookies are served every Sunday at 1:30 p.m.

Jan. 8 — Shauna entertains at



Country Singing — The American Sounds featuring Nancy Rowe will perform at the COM Jan. 2 from 8:30 p.m. to 12:30 a.m.

CINEMA

MIDWAY PARK FAMILY THEATER 7 p.m.

COURTHOUSE BAY 7 p.m.

NAVAL HOSPITAL 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	
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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 — CONRACK (PG RT 106) An idealistic white school teacher tries to break down the prejudice level by taking a job with a poor black school. Stars Jon Voight and Paul Winfield.

B — TRINITY IS STILL MY NAME (PG RT 118) Trinity again fails to attain the awful reputation of the rest of his family. Stars Terence Hill and Bud Spencer.

C — BITE THE BULLET (PG RT 131) \$2,000 is enough money to get even a former prostitute to enter an endurance race via horseback but not enough to win. Stars Candice Bergen and Gene Hackman.

D — DAY OF THE DOLPHIN (PG RT 105) A scientific study of the intelligence level of the dolphin. Stars George C. Scott and Trish Van Devere.

E — THE GIRL IN BLUE (R RT 99) A man searches for 4 years for a girl that he thinks he is in love with only to find that she is not for him. Stars David Selby.

F — FRANKENSTEIN AND THE MONSTER (R RT 93) A horror story of a new Frankenstein and how the experiment again fails. Stars Peter Cushing and Shane Briant.

G — THE DAY OF THE JACKAL (PG RT 143) The story of an assassination attempt of General Charles de Gaulle. Stars Edward Fox and Alan Badel.

H — 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.

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

J — 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.

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

L — THREE DAYS OF THE CONDOR (R RT 117) Condor, a code name, tries to uncover the murder of his co-workers without becoming a victim himself.

M — 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.

N — 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.

O — 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.

P — BATTLE OF THE PLANET OF THE APES (G RT 93) The war of the apes against man is started when humans attack a friendly ape. Stars Roddy McDowall and Claude Akins.

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

R — THE APPRENTICESHIP OF DUDDY 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 Michelle Lancto.

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

T — 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.

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

2 p.m. matinees

Camp Theater — Sat., LEMANS (G RT 109). Sun., SNOOPY COME HOME (G RT 89).
 Courthouse Bay — Sat., SNOOPY COME HOME (G RT 89). Sun., LEMANS (G RT 109).
 Air Station — Sat., WHAT'S UP DOC (G RT 94). Sun., JONATHAN LIVINGSTON SEAGULL (G RT 99).

Menus

Friday — Lunch: Fish sandwich, au-gratin potatoes, vegetables. Dinner: Veal, mashed potatoes, vegetables.

Saturday — Lunch: Sloppy joes, baked beans, vegetables. Dinner: Ham, sweet potatoes, vegetables.

Sunday — Dinner-Brunch: Roast turkey, mashed potatoes, vegetables.

Monday — Lunch: Pork chop suey, fried rice, vegetables. Dinner: Chicken, mashed potatoes, vegetables.

Tuesday — Lunch: Ravioli-Pizza, vegetables. Dinner: Pork, sweet potatoes, vegetables.

Wednesday — Lunch: Meat loaf, fried potatoes, vegetables. Dinner: Roast beef, mashed potatoes, vegetables.

Thursday — Lunch: Roast veal, buttered noodles, vegetables. Dinner: Steak, baked potatoes, vegetables.

In the library corner

ROSEY GRIER'S
 NEEDLEPOINT FOR MEN
 By Rosey Grier

Entertaining but practical, this is a beginner's book of needlepointing written especially for men by the huge six-foot-five, three hundred-pound ex-tackle from the Los Angeles Rams and New York Giants, Rosey Grier.

Rosey says he got into needlepointing as a joke but the joke turned out to be on him. He tried to bluff a top-notch needlepointer and give her some suggestions on stitching but she said if he was going to be an "expert" he should find out what he was talking about. Before he knew it, he was hooked and soon was talking about needlepoint on TV and recruiting his masculine friends.

Rosey had a weekly card game going for years and when he took up needlepoint, he says the men teased him unmercifully about his "dainty" little hobby but now,

believe it or not, every last one of the group has taken it up and they spend half the time playing cards and the other half needlepointing!

Rosey's designs are boldly masculine, created exclusively for men. There are chapters on selecting materials, stitches and how to work them, how to make needlepoint for your home and your office, for your lady friend, and many designs for sports items. He said more and more men are taking up the art and includes photographs of well-known men with their needlepoint to prove it.

Join Rosey and his friends in what he declares is one of the most relaxing and enjoyable hobbies around.

Read "Rosey Grier's Needlepoint For Men" at Base General Library, Bldg. 63, on Lucy Brewer Ave. Hours: 10 a.m. to 10 p.m. Monday through Saturday, 2 to 10 p.m. Sundays and holidays. Phone: 451-3178.

Weight control...the road is long

Part 1

By Sgt. Erny Richardson

Since its birth over 200 years ago, the Marine Corps has undergone many changes, but one subject that has remained unchanged is that of physical fitness.

With new weight standards and a Commandant who is a firm believer in the lean and mean Marine, many Leathernecks are keeping a watchful eye on the waistline and close scrutiny on the scales.

While this desire to become trim and slim and in good physical shape is commendable, many myths and misconceptions about weight loss and dieting exist.

These misconceptions can lead to problems unless the dieter has the facts. The person with the knowhow about diets and dieting at Camp Lejeune is LTJG Betty L. Wright, Assistant Chief of Food Management Service for Dietetics, at the hospital.

Wright conducts a Weight Control Diet Instruction Group, at 8:15 a.m., on Wednesdays, in the Officers' Dining Room at the hospital.

The instruction lasts approximately one hour and husbands and wives are encouraged to attend the group together.

"The class begins with everyone weighing in," said Wright. "Afterwards we discuss portion sizes, low-calorie cooking and how calories figure in weight

loss and plan meals using food models."

"The key word for dieting is "balance," she continued. "A balanced diet will include foods from four basic food groups which are milk and milk products, meat, fruits and vegetables and bread and cereals."

Calorie counting is an essential

part of a balanced diet. When a person comes to Wright for counseling, their height and weight is taken. Once this is done, a height and weight chart is consulted to determine what weight the individual should be.

"Basically it is a matter of figuring how many calories to cut out of a persons diet so there is a weight loss of approximately two

pounds a week until the goal weight is reached," said Wright.

"Once the individual has reached their goal," she continued, "the diet is arranged so that it contains only as many calories as needed to maintain that weight."

Why worry about weight control? Aside from the fact that being overweight adversely

affects a persons' appearance, it is plain unhealthy.

"Being overweight is associated with numerous physical problems such as diabetes," said Wright, "and makes a person more susceptible to cardiovascular diseases, such as high blood pressure, hardening of the arteries and heart attacks."

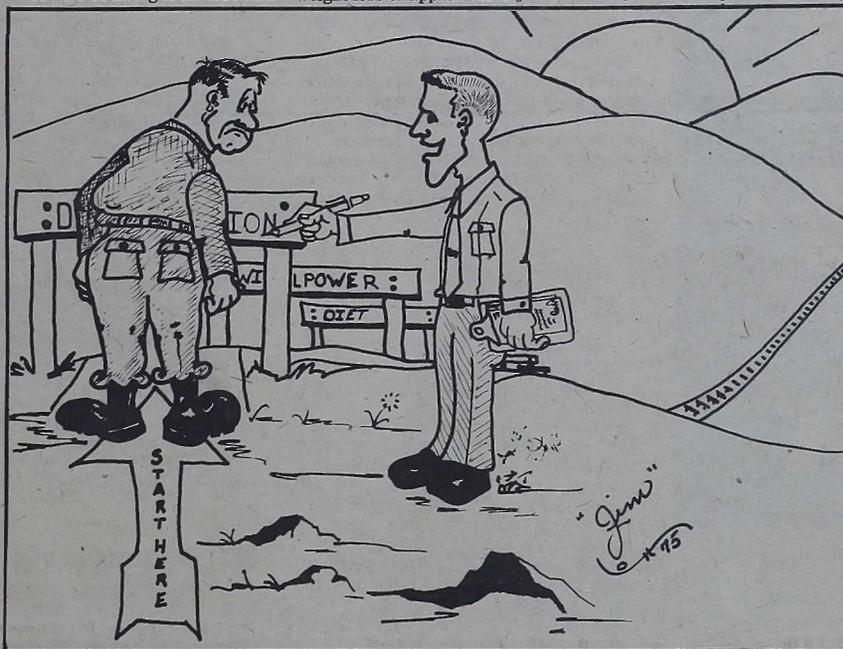
Improper dieting and eating habits directly contributes to weight gain. Unfortunately this leads into a vicious cycle, for when an individual finds he or she has suddenly put on some unwanted pounds they turn to the "quick weight loss" or fad diet.

"While these diets can cause a person to lose weight, they are rarely balanced and deprive an individual of necessary vitamins and minerals," she added. "Some, which say that all starches should be cut out and a lot of steak or meat eaten, fail to consider calories. For instance, one ounce of steak contains more calories than a slice of bread."

Along with the weight control group, Wright is available for consultation but she feels that many at Camp Lejeune are unaware of her service.

Recognizing a weight problem is fairly easy, but doing something about it requires will power, desire and some friendly assistance.

Lt. Wright can provide the assistance, but the desire and will must come from within.



Mop tops drop

No splittin' hairs over new grooming regulations

By Sgt. Tom Griggs

Back in the days when the ole gunny enlisted in the Corps, civilian hairstyles were combed or brushed into cuts like the flat-top, DA and pompadour. Young Marines today leave behind a world of shags and "Glen Campbell Specials." But in the Corps, then and now, private or gunny, Marines must follow Marine Corps hair grooming standards.

Because of some differences in the interpretations of those standards during recent years, the Commandant of the Marine Corps has published MCO 1020.43. The new order establishes one simple set of regulations for each and every male Marine.

Basically, the standards remain the same. However, the new order, says CMC, is intended to, "permit uniform enforcement of these standards."

"Male Marines will at all times wear their hair neatly and closely trimmed," the order reads. Hair "will not be over three inches in length fully extended on the upper portion of the head," it continues -- same as before.

But understand clearly the next statement: "and, will be evenly graduated from zero length at the hairline in the lower portion of the head to the upper portion of the head. The back and sides of the head, below the hairline, may be shaved to remove body hair." That means no more razor cuts, no blocked edges.

Sideburns are permitted only to the top of the ear's orifice -- that little ridge above the upper edge of the ear hole -- and no individual hair may exceed one-eighth of an inch. In addition, the

order adds, "sideburns will not be styled to taper or flare."

The only hair allowed on the face is a mustache. The MCO explains that it must be limited within the right and left corners of the mouth, the lowest portion of the nose and the margin area of the upper lip.

Besides a mustache, there is one exception when hair may be worn on the face. If a medical officer prescribes that shaving will irritate a part of an individual's face, that part affected may remain unshaven, but only that specific area. In other words, an individual may not grow a beard just because a portion of the face is affected. Where the hair must be worn, it can't exceed one-quarter inch.

In the order, CMC points out that Marines "with conditions which preclude shaving on a permanent or frequent basis may be processed for administrative separation..."

According to the MCO, "the frame cap shall fit snugly and comfortably around the largest part of the head." It says that hair must be styled so that all caps fit properly, and it emphasizes that "hair which protrudes in an unsightly manner beneath properly worn uniform headgear is considered excessive, regardless of length."

For those Marines who still admire the "high n tight", CMC couldn't have put it any plainer: "No male Marine may be required to have his hair clipped to the scalp except while he is undergoing recruit training or when such action is prescribed by a medical officer. This does not prohibit a male Marine from having his hair clipped to the scalp if he so desires."

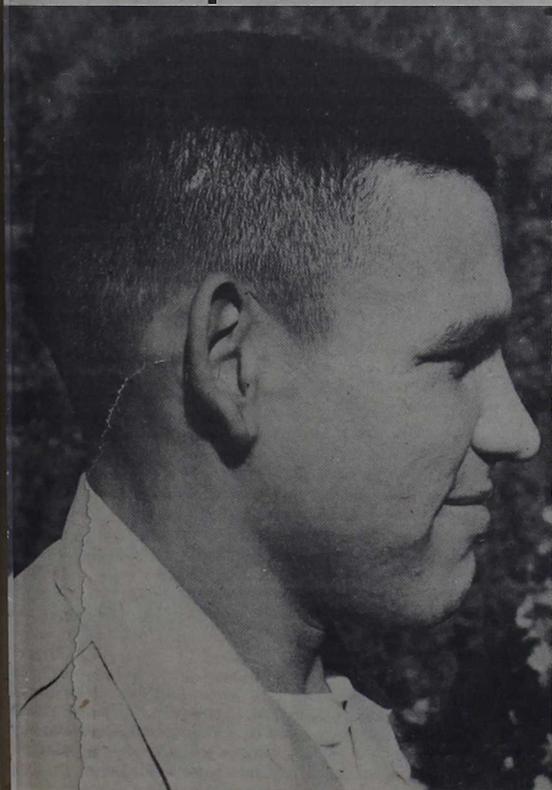


Photo by GySgt. Jack Holsomback

In All-Camp basketball

Area teams to battle

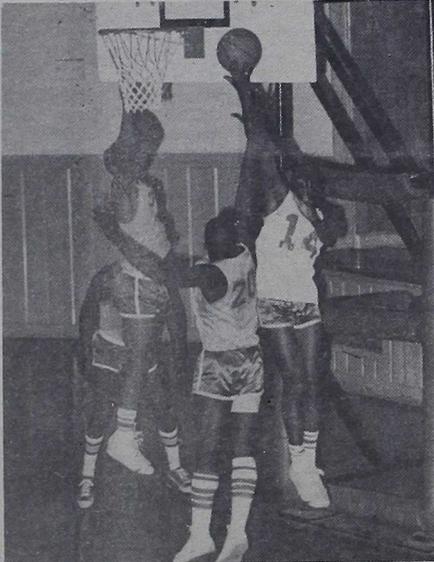


Photo by Cpl. Bob Farquhar

REACH FOR NO. 1 — The All-Camp Basketball Tournament action begins next Tuesday and teams from Base, Division, Force Troops-2d FSSG and New River will be competing for the No. 1 spot for the Camp Lejeune area. All games will be played at Goettge Memorial Field House and will begin at 6 p.m. nightly.

The action in the 1976 All-Camp Basketball Tournament is slated to begin here next week as four teams will battle one another for the No. 1 spot.

Two games will be played on Tuesday, Wednesday and Thursday nights. Because the tourney is a single round robin elimination, Friday is the day designated for the final playoff game, if needed.

Tuesday night starts the competition as the Air Station team takes on the best of Base in the first game, scheduled to begin at 6 p.m.

In game two of the night, Division's best will challenge the forerunners of the Force Troops-2d FSSG league in the 8 p.m. encounter.

The second night of play will show Force Troops-2d FSSG meeting Base (again at 6 p.m.) while the Air Station will host Division at 8 p.m.

Thursday's final night of scheduled round robin play sees Force Troops-2d FSSG and the Air Station in the 6 p.m. match up forcing Base and Division to close out the final game of the tournament in the 8 p.m. battle.

If any teams end the tournament with identical records and a play-off game is needed, it will be played Friday at 7:30 p.m.

All games will be played at stated times at Goettge Memorial Field House.

SPORTS SHORTS

Volleyball action slated

Force Troops-2d FSSG Special Services has announced the commencement of the 1975 Intramural Volleyball League.

League play will begin on Monday, Jan. 26 and units desiring participation are allowed to enter one 12 man team.

An All-Star team will be selected as the Force Troops-2d FSSG representative in the All-Camp Tournament in March while the first and second place finishers in the league will advance to the FMFLant Tournament.

Units planning participation are to submit team captain's name to the Special Services Officer (Bldg. 115) no later than Jan. 6.

There will be a team captains meeting at 2 p.m., Jan. 14 at the Special Services Office (Bldg. 115).

Saturday run for fun

Marine Air Group-29 (MAG-29) will host a 3.6 mile race for all interested Marines and dependents at the New River Air Station tomorrow.

Registration will begin at 8:30 a.m. at the Air Station Exchange parking lot with the race to start at 9 a.m.

Competition will be held in four age groups: 14 to 20, 21 to 30, 31 to 39 and 40 and above (Masters). Awards will be presented to the first five finishers in each age group.

Further information may be obtained by contacting Major Esser (455-6527) or Master Gunnery Sergeant Mora (455-6620) at the Air Station or Master Gunnery Sergeant Badami (451-1501) here.

Ping-Pong...Table tennis calling

Scheduled for Feb. 24-26 here is the 1976 FMFLant Table Tennis Tournament to be hosted by the 2d Marine Division.

The tourney, which will consist of double elimination play in both doubles and singles competition, will allow all participating commands to enter a maximum of twelve competitors.

Trophies will be presented to the winner and the runner-up in both singles and doubles categories while all participants will attend a banquet following the play.

Eligible commands wishing to enter are required to submit a team roster to include names, ranks, social security numbers, unit and events entered to the host command not later than Feb. 4.

A required meeting of all players with the Tournament Director will be held in the Division Special Services Office (Bldg. 300) at 9 a.m., Feb. 24.

Supplemental information can be obtained by contacting the Tournament Director, Major, D.L. Davis, exts. 3636 or 5623.

Grunts...and groans

The 1976 Force Troops-2d FSSG Intramural Weight Lifting Meet will be held Jan. 14-15.

The power lift meet which will be held at the Camp Geiger Weightlifting Fitness Center (Bldg. TC-330), will field competition in three separate events and eight weight classes.

The three events are bench press, squat lift and dead lift with the weight classes broken into the following: 123, 132, 148, 165, 181, 198, 224 (Heavy Weight) and 224 and over Super Heavy Weight).

Units desiring to participate may enter one team consisting of not less than five nor more than 16 competitors, limited to no more than two entries in each weight class. However, individual participation is allowed.

Top two finishers in each weight class will represent the league in the FMFLant Meet in late January.

Acknowledgement of participation must be submitted to the Special Services Officer (Bldg. 115) no later than Jan. 6.

A meeting of all team captains will be held at 9 a.m., Jan. 8 in the Force Troops-2d FSSG Gym (Bldg. 115).

Additional information and commitment forms may be obtained by contacting 1stLt. E. Valdes, exts.-5519 or 1879.

Golf course blitz

The Paradise Point Men's Golf Association begins the new year with something different: tomorrow (Jan. 3) the Association will sponsor a Blind Blitz Tournament beginning at 8:30 a.m. In this tournament, players will not know who their playing partners are until they return from play.

Information on the forthcoming Men's Association two-day golf trip to Myrtle Beach is posted in the clubhouse. Further details may be obtained from one of the Association's Executive Board members.

Striking facts about H&S Bn.

The Force Troops-2d FSSG Intramural Bowling League has completed half its regular season and leading in the Scratch Division is H&S Bn. with 52 points.

Leading the field of 11 teams in the Handicap Division is Radio Bn., out in front with a comfortable 66 points.

To attain their positions in the Scratch Division, teams bowl three games per week. Then taking the highest number of pins, the team with that score is awarded eight points, the team with the second highest total receives seven, the third gets six and so on.

Scratch Standings

Standings in the league play after seven weeks with their accumulated points are:

- | | |
|----------------|----|
| 1) H&S Bn. | 52 |
| 2) 2d Radio Bn | 51 |
| 3) Comm. Bn. | 42 |
| 4) Supply Bn. | 34 |
| 5) Maint. Bn. | 29 |
| 6) 2d Amtracs | 16 |
| 6) 2d ANGLICO | 16 |
| 7) F.A. Gp. | 12 |

In the Handicap Division, standings are determined in much the same way with one exception: the individual bowler's score is "adjusted" accordingly to his particular handicap.

Handicap Standings

Positions in this league after seven weeks with points are:

- | | |
|-----------------|----|
| 1) 2d Radio Bn. | 66 |
|-----------------|----|

- | | |
|-----------------|-----|
| 2) H&S Bn. | 56 |
| 3) Engineer Bn. | 55 |
| 4) Motor Trans. | 50 |
| 5) Supply Bn. | 38 |
| 6) Maint. Bn. | 28 |
| 6) F.A. Gp. | 28 |
| 8) 2d Amtracs | 19½ |
| 9) 2d ANGLICO | 16½ |
| 10) Comm. Bn. | 14 |
| 11) 2d Tank Bn. | 8 |

"One of the biggest reasons for our consistency", said Ronald Morris, a member of the H&S Bn. team in the Scratch Division, "is that the team is loaded with talent."

The 'talent' to which the bowler refers is CINCLANT Individual winner (1975) Bob Kelly and last year's Inter-Service Champion John Van Dyke.

What Kelly didn't mention was the averages of the players as individuals. Maintaining an overall team average of 182.4, individually they stack up as follows: Bob Kelly — 186, Ronald Morris — 185, John Van Dyke — 184, Rudy Hayes — 184, Lee Washington — 184, John Gambetta — 183 and Tom Diesen — 170.

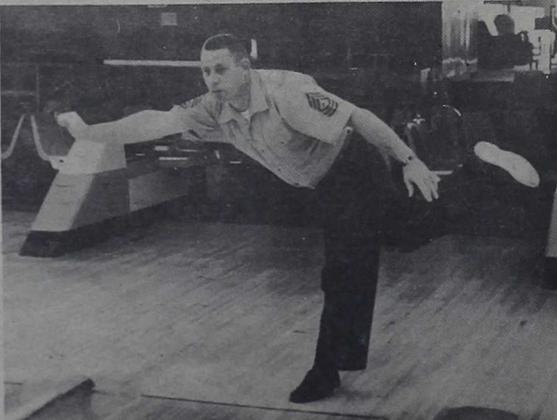


Photo by Cpl. Bob Farquhar

STRIKING FORM — Ronald Morris, a member of the H&S Bn. Scratch team, demonstrates the form that has allowed him to maintain an overall average of 185. His average, along with his teammates has enabled them to take first place in the Force Troops-2d FSSG Intramural Bowling League.