NEWS
Project share helps needy
Page 14A

NEWS FEATURE
Marines conduct bone marrow drive
Page 13A

SPORTS
Youth soccer leagues crown new champs
Page 4B

SPORTS FEATURE
Fitness director spearheads series
Page 2B

THE GLOBE

Camp Lejeune, N.C.

1993 Circulation 28,500 Vol. 50 No.16

Base responds to water concerns

Maj Jay C. Farrar

Information contained in a recent Jacksonville Daily News issue concerning lead in the water systems aboard Camp Lejeune and Marine Corps Air Station New River was incomplete, and therefore misleading.

News articles in the February 25 and April 8 editions of The Globe contained the most complete information on lead in the drinking water.

All raw water sources and water treatment plants aboard Camp Lejeune and MCAS New River meet current North Carolina and Environmental Protection Agency standards for lead levels.

All single-family housing meets current regulations and requirements for lead-level testing.

Testing revealed that water distribution systems in selected buildings and areas aboard Camp Lejeune and MCAS New River exceeded North Carolina and EPA standards for excessive lead. Those test results showed 80 percent of the samples taken met requirements.

However, the state and EPA require 90 percent of samples tested meet requirements.

The areas with systems where samples exceeded the 90 percentile state and EPA standard for lead action levels are:

-French Creek Area
-Old Hospital Area
-Industrial Area
-Marina

The following guidelines are provided for those using water in the four affected areas:

• Anytime water is left unused for six or more hours, run the cold-water tap for about two minutes to flush the system. This allows any affected water to run out.

• Use only water from the cold-water tap for drinking, cooking and making baby formula.

• Hot water causes leaching from pipes and is likely to contain higher levels of lead. If drawing water for cooking, EPA officials recommend boiling cold water.

Individuals concerned about the drinking water in their area can call the Environmental Management Department at 451-5063 or the Occupational Health and Preventive Medicine Department at 451-5707. The EPA also has a hotline that individuals can call at (800) 426-4791.

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Camp Lejeune com- open for the first time grand opening cer- is at 0900 in the com- ing lot and the public Vendors from many ional food companies and with prizes and mp Lejeune's other saries will close in solidate operations at tion. The Tarawa Ter- ssary will close May ot Point commissary ay 10.

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THE CHATTER BOX

"Do you feel the government is spending your tax dollars properly?"



"No. Too much money is being spent on foreign aid. There are people here who need help too."

LCpl Frank Vega Jr.
3d Bn, 12th Marines



"Yes. There are so many financial needs, and you can't expect all of the areas to be totally fulfilled."

PFC Thomas J. Padron
3d Bn, 6th Marines



"No. They need to spend more on defense since the entire world is in turmoil."

PFC Chris M. Vandament
3d Bn, 6th Marines



"No. There needs to be tighter restrictions on the welfare program

Briefs

Korean War vets honored

The International Korean Veterans Memorial will be the first major international memorial honoring veterans from each of the 22 nations that formed the United Nations Command during the Korean War.

The lifesized scene depicts 11 allied soldiers on a battlefield and the solitary figure of a field nurse reaching out to the wounded.

Funding for the project is by individuals, organizations and corporate donations. Checks and money orders may be made payable and mailed to the International Korean Veterans Memorial Fund, c/o Bank of America, File #52698, Los Angeles, Calif. 90074-2698.

Red Cross workers needed

The following American Red Cross volunteer positions are available at the Naval Hospital. Hours are flexible and only one four-hour period a week is necessary, although more hours or days may be requested.

To apply and review the position descriptions call the American Red Cross at 451-2173/5191/4596. Positions include recovery room; radiology (file room and front desk); urology clinic; outpatient records; ENT clinic; otorhinalaryngology department; orthopedic clinic; patient administration department; and branch medical clinics at Building 15, Camp Johnson, Courthouse Bay and Camp Geiger for clerical assistants, craft aid, nurse aid, pharmacy assistants.

Prison discipleship taught

A Prison Fellowship ministry course will be taught from 0900-1600 Saturday at the Staff Noncommissioned Officers Club.

In Part I training, the basic dos and don'ts of prison ministry will be taught, fellowship programs will be introduced, and understanding prisoner backgrounds and needs will be covered.

Part II training deals with the problems facing prisoners, ex-prisoners and their families, and the programs designed to deal with those problems.

A $4 lunch will be provided at the SNCO Club.

For registration information call the Prison Fellowship office at (800) 445-5244.

USO events highlighted

The United Service Organizations is sponsoring the following events for the month of April:

• A craft day will be from 1000-1130 Friday at the USO. Crafts made will be sold in the future. Children are welcome under parental supervisio
ments will be served.

• Mike Torres, of ORR Sec
speak from 1000-1130 Apri
explain do-it-yourself insta
Refreshments will be serv

• The USO Service Wiv
military wives to meetin
every Friday.

• Items are needed for the USO May yard sale. Donations can be taken to the USO, or call 455-3411 to have them picked up.

Ideas for USO guest speakers, crafts or outings can be addressed to Bettina Amabile at 455-3411.

SNCO graduation set

The Staff Noncommissioned Officer Academy Sergeant's Course 4-93 will graduate at 1030 May 4 in the Marine Corps Air Station New River Theater, Building AS420. The public is invited. The uniform will be the uniform of the day.

Drill Instructors convene

The U.S. Marine Corps Drill Instructors Association's national convention will be June 10-13 in Charlotte. All present and former drill instructors and their guests are invited. For more information write the USMC DI Association, 4085 Pacific Hwy, San Diego, Calif. 92110 or phone (619) 688-0864.

Recruiting help needed

Marines ranking from private to sergeant are needed to support the Corps' recruiting effort from coast to coast. The following is a listing of solicitations from various areas:

• Marine Corps Recruiting Station San Diego needs native-Southern California Marines to participate in the Command Recruiting Program. All Marines are eligible upon command approval. Call (619)688-1507 for more information.

• MCRS Orlando, Fla., needs Orlando natives for its Command Recruiting Program. Call (407)240-2114 or see your unit's administration section.

• MCRS Louisville, Ky., wants Marines to return to the Kentucky/Southern Indiana area to help with the recruiting program. For more information call the following recruiting sub-stations: Clarksville, Ind., (800)858-3129; North Louisville, (800)858-9279; South Louisville, (800)858-9279; Evansville, Ind., (800)858-3135; Lexington, Ky., (800)858-9271; London, Ky., (800)858-7351; Bowling Green, Ky., (800)858-4085; Hopkinsville, Ky., (800)858-9281; and Paducha, Ky., (800)858-9275.

• MCRS Thomasville, Ga., wants Ma its recruiting program. Call (912)888-8300 6667/75 for more information.

Nigh

Lejeune Lau

22d MEU

Navy Achievement M
Sgt R.W. Bledsoe
Sgt T.C. Foskey
Sgt D.J. Pritchard
Cpl R.W. Burks
Cpl B.D. Law
Cpl J.D. White III
LCpl P.L. Hawkins
LCpl M.J. Roach

Certificate of Commen
Sgt R.W. Harmon
Sgt R.L. Prioleau
Sgt W.A. Stanley Jr
Cpl J.W. Amiss
Cpl T.P. Hayden
Cpl J.D. Holeman
Cpl J.D. Kimmerly
Cpl Z.J. Loney
Cpl J.P. Moffitt
Cpl J.A. Williamson
LCpl J.F. Bean Jr.
LCpl W.J. Brueggen

26th MEU

Navy Achievement M
Capt Kurt B. Larson
SSgt Warren A. Gomm

Letter of Commendati
LCpl George J. Pappa
LCpl Frank A. Bielowi
Cpl Donnell R. Toles
Cpl Danny R. Jackson
Cpl Eliseo Gonzalez

Promotions
CWO2 Brian D. Carlso
Cpl Brian S. White
Cpl Eliseo Gonzalez
Cpl Donnell R. Toles

Air Force Commendation
SSgt Thomas P. Shey

Good Conduct Med
Cpl Eliseo Gonzalez

Letter of Appreciati
LCpl Michael H. Barbe

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National Guard troops, ngeles last week as a nst rioting, went home s the threat of violence in the Rodney King e vanished. Gov. Pete d commanders to re- combat-ready troops, local armories, after y officials, according ery, his spokesman.

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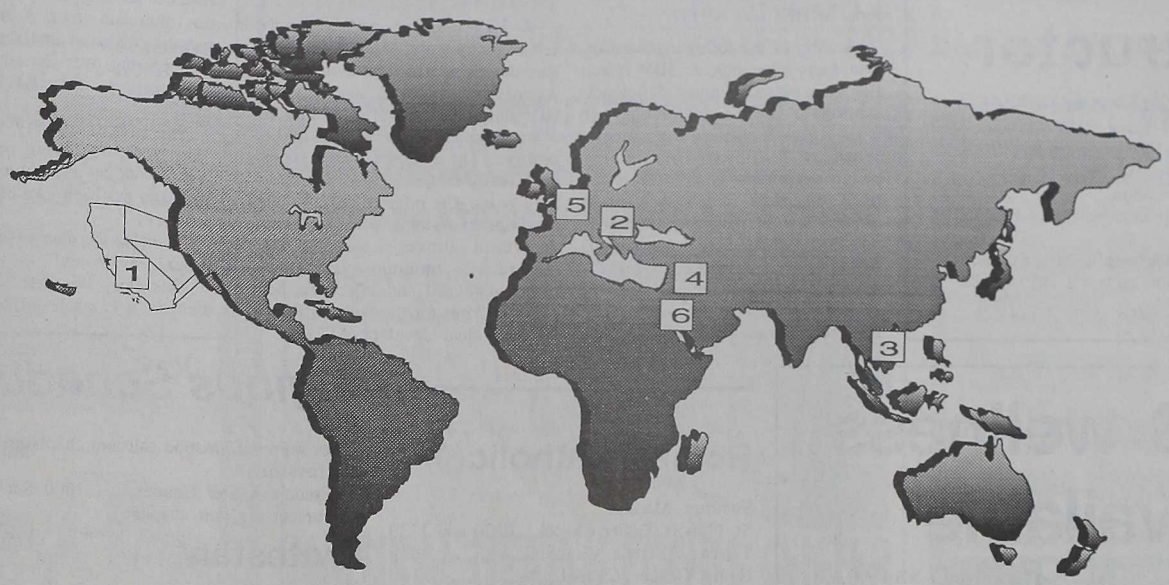
e ex-army Gen Tran old U.S. envoy Gen. oday he did not write a S. prisoners that has iction with Hanoi.

Quang suggested the Russian intelligence service may have written it.

The document said North Vietman held approximately 1,205 prisoners at a time when it said it held approximately 368 prisoners of war.

President Clinton asked Vessey to come to Hanoi to assess Vietnamese cooperation in U.S. efforts to account fully for servicemen missing from the Vietnam War. (Reuter)

Around The Globe



4 U.S., Jordan talk military aid

Gen Joseph Hoar , U.S. Central Command, met with Jordanian officials Saturday about renewing American military aid, a government official said. Washington cut military aid after Amman took Iraq's side after the August 1990 invasion of Kuwait. A government official, speaking on condition of anonymity, said Hoar and the prime minister discussed U.S. military assistance to Jordan. U.S. and Jordanian troops began a joint military exercise in the kingdom's southern desert last week. (AP, Reuter)

5 Germany unsure of troop status

Foreign Minister Klaus Kinkel said Sunday Germany was considering if it could fulfill an offer of troops for Somalian humanitarian work to the U.N. without violating its constitution. The Sunday newspaper Welt am Sonntag said preliminary plans, to be presented to Kohl's cabinet for approval on Wednesday, included a so-called self-defense unit of 150 men drawn mainly from paratrooper companies equipped in part with armored personnel carriers and light tanks.

6 Bush leaves Kuwait

After paying tribute to U.S. and Kuwaiti soldiers, George Bush got a royal sendoff Friday to cap a three-day visit. Bush's last stops before Kuwait's emir, Sheik Jaber al-Ahmed al-Sabah, saw him off at the airport were at camps of U.S. and Kuwaiti soldiers. Some 1,500 American troops are in Kuwait under a 10-year defense pact negotiated by the oil-rich emirate after the 1991 war. Bush addressed the American soldiers from a stage covered with camouflage netting at their base in Doha, about 12 miles north of Kuwait. (AP)

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1987 Honda AccordLXI 5 spd, A/C, AM/FM $5900
1986 Chevrolet S-10 4 spd, AM/FM stereo, V-6. $2400
1986 Ford Mustang GT 50 Auto, A/C, red, runs great $3200
1986 Toyota Van Auto, O/D, dual AC, dual sunroofs, ice maker $5800
1988 Toyota FX auto, AC, AM/FM cass, low miles $4300
1986 Dodge Conquest Turbo Auto w/OD AM/FM cass ditigal dash A/C cruise $3700
1979 Datsun 210 S/W auto $1200
1985 Olds Toronado auto, AC, AM/FM cass, Fully Loaded $2700
1987 Honda Civic 5 spd, clean, great gas mileage $2900
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Navy News

Be an HIV instructor

For more information about HIV or how to become a certified Navy HIV instructor, call the Navy Medical HIV program at (301) 295-0048 or DSN 295-0048.

For local information:

- Call the Camp Lejeune Naval Hospital at 451-4300.
- Visit one of the base's branch clinics.
- Go through unit battalion aid stations.

Learn signs of HIV

LCDR Catherine Wilson

WASHINGTON -- This article will focus on some of the physical symptoms that can be associated with HIV infection.

Q: What are the signs and symptoms of HIV and AIDS?

A: Any of the following signs or symptoms may indicate HIV infection or acquired immune deficiency syndrome. Only a doctor can tell what signs or symptoms mean. When first HIV infected, there might be no symptoms. Later, fever, fatigue, diaarrhea, skin rashes, night sweats, loss of resistance to infection, furry white spots in the mouth, dry cough or shortness of breath, memory or movement difficulties or red or purplish spots on the body may be experienced. It is important to remember that many of these signs or symptoms can occur with other illnesses. Only a doctor can tell what the signs or symptoms mean.

Q: What is the normal course of HIV infection?

A: HIV infection can present itself in many ways. Usually the person develops flu-like symptoms. Approximately 6-12 weeks later HIV antibodies develop -- this is when a person's HIV test would be positive. The infected person does not usually feel sick, sometimes for 5-12 years. The infected person then develops symptoms such as those described above. Later as the individual's immune system becomes damaged and infections become difficult for the body to fight, the individual develops AIDS.

Chaplain's cor

'Replace misplaced priorit

LT Deborah K. Blanks

Once upon a time, a man was in a car accident along a dangerous mountain road. A highway patrolman arrived and found the man peering over the edge of a cliff wailing, "My BMW! My BMW!"

The officer quickly replied, "Sir, you're grieving over the loss of your car and fail to realize your arm has been torn off in the accident!"

In shock, the man yelled, "My Rolex! My Rolex!"

This story illustrates how ridiculous it is when our priorities are misplaced. Th replace his car or v arm is an entirely ter.

We should neve possessions a highe the kingdom of God sessions will pass i good relationship v ator will have "et The scripture says where you treasure heart will be also."

$$

CHAMPUS wellness booklets available

Medical Society of Virginia Review Organization

RICHMOND, Va. -- The Medical Society of Virginia Review Organization is the regional review center for the Mid-Atlantic region. As such, the MSVRO is authorized to investigate utilization issues and quality of care concerns regarding general civilian acute care hospitals in Delaware, the District of Columbia, Maryland, North Carolina, Pennsylvania, South Carolina and Virginia.

In addition to offering a brochure entitled "Your Rights as a CHAMPUS Patient," the MSVRO speakers service is available to provide presentations on Civilian Health and Medical Program of the Uniformed Services patient rights to interested groups.

The MSVRO began offering additional service to Mid-Atlantic CHAMPUS beneficiaries March 1with two new wellness booklets entitled "Healthy Mom, Healthy Baby" and "Your Health and Your Heart."

These booklets focus on vital information for expectant mothers and important steps to prevent cardiovascular disease. They also include a variety of practical tips and suggestions for healthy lifestyles. The booklets are 16 pages in length and are developed with the special needs of military families in mind. They have been distributed to all military treatment facilities, military service organizations and installation community service offices. They also will be available at all CHAMPUS beneficiary workshops conducted by the MSVRO.

To request complimentary copies of these booklets call (800) 545-3814.

Religious Schedule

Roman Catholic

Sunday Masses

St. Francis Xavier Chapel.....0830 and 1130
Tarawa Terrace Chapel.....0830
Camp Geiger Chapel.....1100
Courthouse Bay Chapel.....0930
Naval Hospital Chapel.....1000
French Creek Religious Center.....0900
MCAS New River Chapel.....0930
Brig.....0800
Marine Combat Training.....1300

Weekday Masses (Mon.-Fri.)

St. Francis Xavier Chapel.....1145
Naval Hospital Chapel.....0630 and 1230
Camp Geiger.....1130
MCAS New River Chapel.....1145

Saturday Masses

St. Francis Xavier Chapel.....1700
Camp Johnson Chapel.....1700
Naval Hospital Chapel.....0630

Baptism Class

Will be held in the Catholic Annex, Building 17A, Wednesday at 1700 before the third Sunday.

For more information call unit chaplains.

Confessions

St. Francis Xavier Chapel.....1600 Sat. (or contact the unit chaplain)

Protestant

Sunday Worship

Divine Liturgy.....0900
Protestant Chapel.....1030
Sunday School Building 37.....0900
Camp Johnson Chapel.....0900
Naval Hospital Chapel.....0900
Tarawa Terrace Chapel.....1100
Tarawa Terrace Sunday School.....1000
Camp Geiger Chapel.....0930
Camp Geiger Field.....1300
French Creek Chapel.....1030 and 1900
Courthouse Bay Chapel.....1100
Single Adults Building 37.....1800
Protestant Chapel Praise Service.....1930
Brig.....0900
Marine Combat Training.....1300

Weekday Worship

Naval Hospital Chapel.....1200 Fri.
Protestant Chapel.....1900 Wed.

Seventh Day Adventist

Phone contact.....

Eastern Orth

Camp Johnson Divine Litu

Jewish

Sabbath Eve Service Bldg.

Lutheran (WE

Camp Johnson Chapel Sch
Sunday Worship.....

Islamic (Musli Jumah)

Protestant Chapel.....
Brig.....

Latter Day Sa

Sunday Sacrament meetin

Protestant Chapel.....

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MCAS (Bldg #2
Hours: Mon-Fri 080
Closed Sat &
451-6362
Camp Geiger (Bld
Hours: Mon-Fri 080
Sat 0900-14
Closed Sund
Please call:
451-0555
Camp Johnson (Bld
Hours: Mon-Fri 073
Closed Sat &
451-0996
Courthouse Bay (Bl
Hours: Mon-Fri 083
Closed Sat &
451-7155

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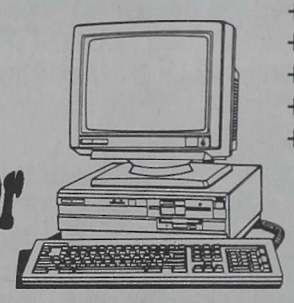
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Cpl Brian R. Criley, adjusts the sights on a Tube-Launched, Optically-Tracked Wire-Guided missile launcher.

Story and photos by Cpl Donald E. Preston

While most Marines were cooling their heels during the Easter 96-hour liberty, members of Tube-launched, Optically-tracked, Wire-guided Platoon, Headquarters and Service Company, 2d Tank Battalion heated-up the range as they fired missiles early April 9.

The Devil Dogs hooted and hollered as they hit their armored targets at range G-3. This was the first time many of the Marines had fired an actual TOW missile. The firing was preceded by hundreds of hours of preparation.

The TOW system attaches to the turret of a High Mobility Multipurpose Wheeled Vehicle and is made up of three sections: a missile guidance set, day and night sights and a missile carriage.

The gunner has the ability to control the 80-pound missile for up to 12 seconds after being fired. "The missile cartridge is connected to the MGS which takes navigational information from the sights to the missile and back via two wires. They connect the missile and MGS during it's entire flight which can be up to 3,750 meters," said Sgt Carl L. Wheless, TOW technician.

There are currently three types of TOW missiles. The TOW missile has a six-inch warhead and the TOW II-A has an eight-inch warhead. The platoon has the ability to shoot the TOW II-B, but the missile is not currently a part of the units' inventory. "The TOW II-B flies differently in that it flies six feet over the target and explodes downward. The others just shoot straight into the targets," Wheless said. "It's the only one that can destroy a M1A1 tank."

The TOW system has day and night sights. "The night sights can be used even when there is no moon or stars out because it is a thermal night sight; as long as the gunner can see the target he can hit it," Wheless said.

Members of TOW PLT don't get to fire their weapon as often as they like due to it's high cost. "Depending on the type of TOW missile being fired the cost can from $10,000 to $15,000 per gunner may get to fire one or t year," Wheless said.

The platoon has to spend hou tive maintenance as well as trair and outdoor simulators. The inc uses a combination of comput and compact disks. "The eva desired circumstances and con nario as the gunner engages targ monitor," Wheless said.

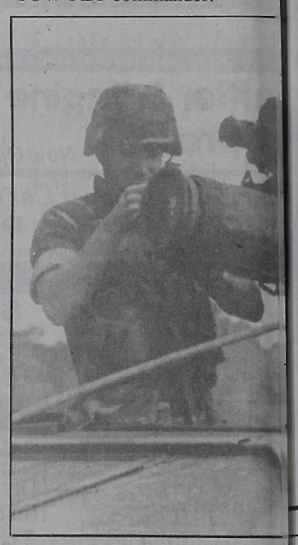
The outdoor simulator uses a is mounted on targets. A specia connected to the TOW systen firms a hit or miss. "If the sights and stay there the computer wi much you missed it by or if you h Wheless said.

The gunners have to know e radio operations, vehicle operat of the squad automatic weapon. shoot and scoot. If the enemy se missile is coming from all he has there. This means gunners h radio, vehicle, TOW system, an tics," Wheless said.

This once a year shoot was because 2d CbtEngr Bn recently targets on the range. "It's like a don't have to shoot at targets t Swiss cheese," said 1stLt Steph TOW PLT commander.



A Tube-launched, Optically-tracked, Wire-guided missile is sent down-range during a live-fire exercise April 10-11.



Cpl Brian R. Criley straps a l the end of a Tube-launched, tracked, Wire-guided missile l protect against possible misfir

Corpsmen train to serve 'the few and the proud'

Story and photos by Sgt Darren W. Milton

From Navy whites to camouflaged utilities, from the sterile environment of the hospital to the dirt and grime of the field, the mission of the Naval Field Medical Service School is to prepare Navy corpsmen and dental technicians for duty with the Fleet Marine Force.

"Our job is to train combat corpsmen to adapt to Marine ways of thinking and to appreciate those they support," said SSgt Linden D. Lawson, instructor, Field Medical Service School, Marine Corps Service Support Schools.

There are two FMSS's, one at Marine Corps Base, Camp Pendleton, Calif. and one at MCSS, Camp Johnson.

The school here was first activated during WWII April 8, 1943. It was deactivated August 31, 1945 following the end of the war, then reactivated October 1, 1950 as a formal Marine Corps school.

The basic course is a seven-week course given to active duty servicemembers. There are also three other programs. Medical department officers are given a two-week FMF orientation. Mobile Medical Augmentation Readiness and Medical Personnel Unit Augmentation Readiness team members are offered a five-day course. Naval reserve members attend the program over a period of five drill weekends and end with 17 consecutive days of active duty.

Class 93-03 will graduate Friday from the basic course. During this course their training has concentrated on both the military and the medical aspects of their job.

To accomplish this they are taught by both Marine and Navy instructors. "We are here to teach them discipline," said Cpl David A. McNamee, instructor, FMSS, MCSSS. "We also teach them what to expect when they get with a Marine unit."

The students are taught subjects such as unit movement, small unit tactics, field communication, and land navigation in the classroom. They are then applied in the field.

"This school is very well organized," said CPO Reginald J. Lecoq, student, FMSS, MCSSS. "We get to apply those things we're taught."

The Navy instructors are experienced corpsmen and teach the students medical aspects of being a field corpsman. They teach them emergency medical care for combat wounds, Battalion Aid Station procedures, environmental injuries and casualty triage.

"The most important part is getting us ready to do what we'll do in combat, getting us ready to take care of the people that take care of our country," SN Daniel J. DeMonia, student, FMSS, MCSSS.

According to the students and instructors, the highlight of the entire course is the obstacle litter course. During the obstacle course, the students are required to cross a rope bridge, crawl through tunnels, climb over eight and ten foot walls, and crawl under barbed wire; all of this while trying to beat the clock, the colored smoke and the harassment of the instructors.

"I love it, all the physical stuff, getting down and getting dirty," DeMonia said.

"The obstacle course is very motivating, it helps up to find the strength we didn't think we had," Lecoq said.

The litter course is also filled with obstacles but it is performed by a team of four. They are required to overcome all the obstacles as a singular unit, with the added burden of carrying a stretcher piled tall with sandbags, representing an injured Marine in combat.

"It's a very good part of the training, it's strenuous and it makes you think," SR Brandy J. Rex, student, FMSS, MCSSS.

"People from all different ranks and all different backgrounds come together to form a team, and that's the name of the game, teamwork," said Navy LT Robert A. Welch, training officer, FMSS, MCSSS.

"It takes special corpsmen to serve with Marines. They are the individuals responsible for the prevention or treatment of the sick and injured in the fleet," said Capt Alan E. Mataldi, commanding officer, FMSS, MCSSS. "Here we try to focus the corpsmen on understanding their reason for being."

As the sign reads out in the front of FMSS, "We train the Navy's finest to serve the few and the proud."



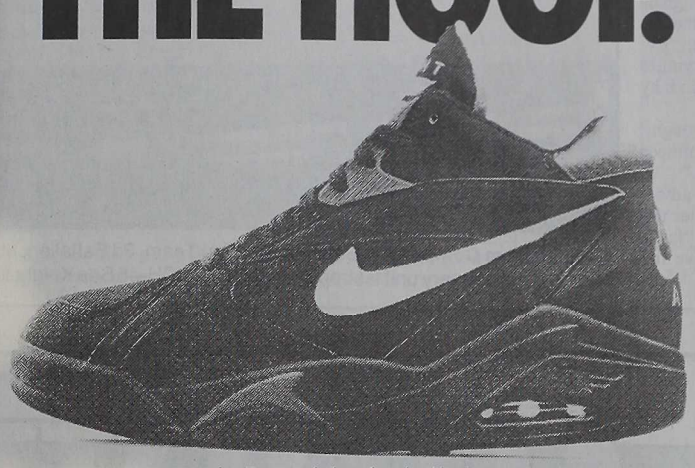




Far left, SN Anthony Julius (front) and his t into formation with othe Medical Service Schoo students after completi obstacle course. **Left,** **William W. Cross** grim his way through the litt obstacle course. **Top,** I students battle the muc mud during their run th the litter obstacle cours

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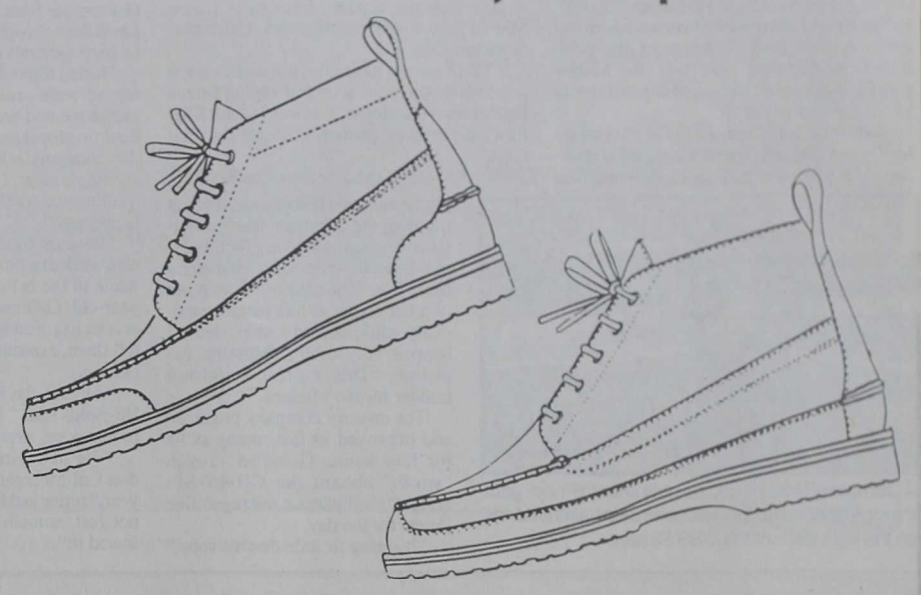
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Marines hone fast-roping skills from helicopter

Story and photos by Sgt M.A. Genovese

When the signal was given, 11 Marines, wearing 782 gear and weapons, quickly boarded the waiting CH-46 Sea Knight Helicopter. The helicopter lifted off the *USS Saipan* and soared into the sky.

Following a short flight over the Atlantic Ocean, the pilots returned to Saipan. The CH-46 Sea Knight did not land instead, it hovered over the flight deck. While receiving guidance from flightline personnel, the Marine pilots held their craft's position approximately 55- to 65- feet in the air.

Suddenly a rope fell out of the back of the helicopter. Seconds later, a strong wind blowing, a lone Marine slid down the rope. Just before he landed on the flight deck, another Marine slid down. This fast-paced action continued until all 11 Marines had exited their airborne transportation and were back on *USS Saipan*. These Marines and the other 137 leathernecks from Company I, Battalion Landing Team 3d Battalion, 8th Marines, 26th Marine Expeditionary Unit (Special Operations Capable), honed their fast-roping techniques with the support from their fellow Marines from Marine Medium Helicopter Squadron-264.

"This exercise gave all our Marines some good hands-on training on fast-roping from a helicopter vice down a tower," said SSgt Edward Messina, platoon sergeant, 1st Platoon.

The 30-year-old Marine from Pinellas Park, Fla., mentioned that this was the first training the Marines had participated in since embarking for the six-month deployment to the Mediterranean Sea. "The chance to jump out of a helicopter at this height, especially while aboard a ship, doesn't happen very often," Messina explained. "This is a real confidence builder for the Marines."

The infantry company practiced and improved its fast-roping skills for four hours. Going in 11-man "sticks" aboard the CH-46 Sea Knight, each platoon averaged five jumps for the day.

"It's easy to slide down a rope," said Sgt Robert Kleckner, squad leader for 1st PLT., "but not if someone is coming down right behind you."

He pointed out that there were many factors the Marines had to take into consideration when fast-roping from the helicopters. "Unlike on land where the ground is stationary, the ship's flight deck is constantly moving," added the 25-year-old Chicago, native. "Also you're fast-roping from an unsteady platform because the helicopter is moving as the pilots try to keep the craft over the flight deck."

During the exercise certain aspects of fast-roping were stressed, such as safety, proper technique and ensuring Marines were going down in proper order. For Sgt Jacob Reynolds, the company's helicopter rope suspension training master, his main concern during the training was for the Marines to "work on their technique."

"Besides concentrating on technique, we also worked a lot on our hand and arm signals while in the helicopter," pointed out the 27-year-old LaGrance, Ky., leatherneck. "Everyone has to understand what you're trying to tell them, especially when you can't do it by talking.

"At first the jumps were a little rough," Reynolds said. "However, as they continued to fast-rope, everyone got a lot better."

"We just remembered a piece of advice that Col Metzger gave us at true earlier this year," remarked Kleckner. "He told us "fast is not fast, smooth is fast" and today we followed it."



A Company I Marine and a flightline leatherneck grab the rope attached to the helicopter as the aircraft lands on the flight deck of the *USS Saipan.*



Marines from Company A, Battalion Landing Team, 3d Battalion, 8th Mar Marine Expeditionary unit fastrope 65 feet from a CH-46 Sea Knight to the f

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ualex 1-93

ankers tackle ort Knox

en W. Milton

arines of 2d Tank Battalion, 2d vision recently returned from Fort . where they took part in a seven- cise called Operation Requalex 1- xercise was designed to maintain tank gunnery skills.

nges now available at Camp Leje- the tankers to firing at stationary m stationary positions. The Cedar ge at Fort Knox enables the gunner tationary pop-up targets and tracked argets from both stationary and nks. "The Camp Lejeune multipur- e is yet to be completed therefore e ranges at Fort Knox," said Navy T. Guarnieri, assistant operations l TankBn, 2d MarDiv. "At this time e best facilities available."

the exercise all tank gunners are succesfully complete a Tank Gun- mediate Course. This course is part levels of qualification. The course n a list of four tables performed by rs. "Tables five through seven are tones to Table 8, which is our main " Guarnieri said. "This is a neces- f training to assure they are quali- at ready."

the highlights of the exercise was l training. The tactical training was provided by Syment, a civilian company which makes tank simulators. "It is a complete computer simulated world. The program allows a gunner to act out any possible combat situation on any terrain desired simply by looking through the periscope onto the computer screen," Guarnieri said.

"Although the main focus of the exercise was Table 8, much time was spent on collateral training," Guarnieri said. While part of the unit operated tanks, others trained at basic infantry skills. The tankers tackled the M-16A2 Assault Course, Combat Pistol Course, and the M-88/M2 Qualification Course. They also participated in scout platoon field exercises and a tracked vehicle recovery.

"We held battalion logistics and combat training operations as well," Guarnieri said. "This brought the supply elements out in to the field to get a feel of how well they could support us in a combat environment."

The battalion also had time for Basic Skills Training with classes on first aid, patrolling, land navigation and training on the grenade range. "We had the opportunity to field a couple of masks, the M-42 Combat Vehicle Crewman's mask and the new M-40 Infantry mask," Guarnieri said. While at Fort Knox, 2d TankBn worked closely with the soldiers there. "They supplied instructors and monitors," Guarnieri said. "We received outstanding cooperation and support from the Army."



LCpl Phillip M. Kamalleri

A 2d Tank Battalion M-1A1 tank negotiates a berm at Fort Knox, Ky. during Requalex 1-93.

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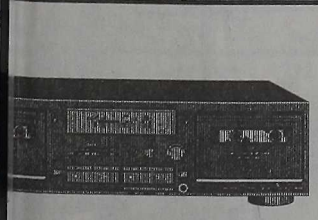
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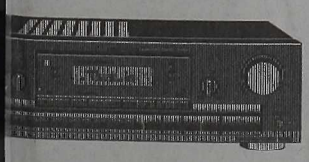
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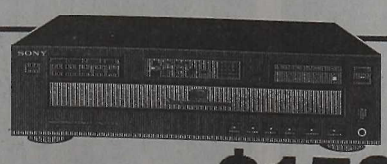
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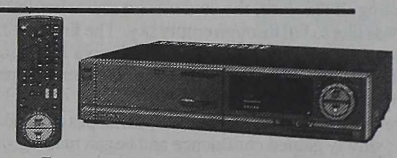
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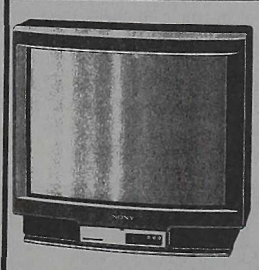
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- Cable-Compatible Express Tuning® System
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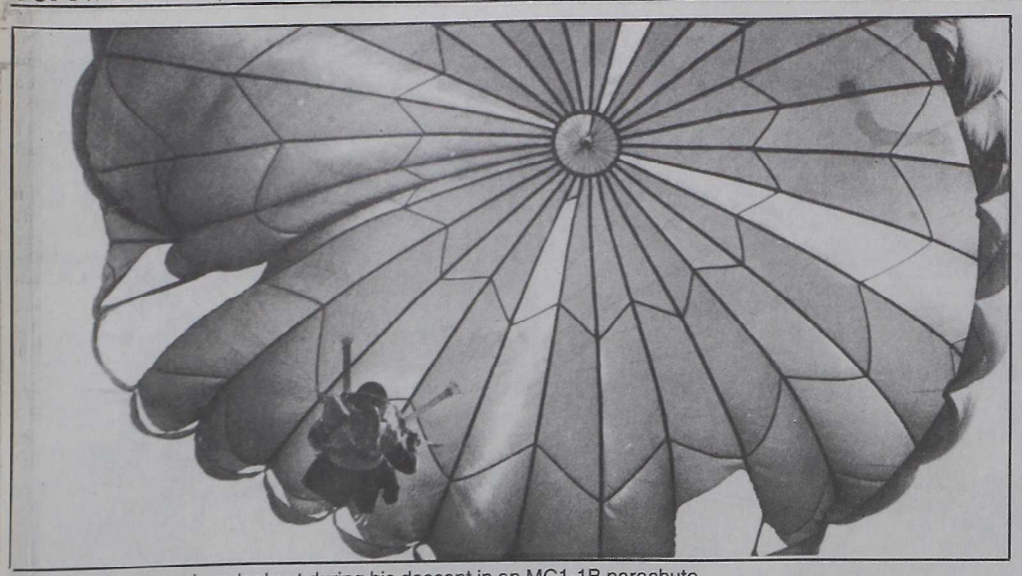
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CCD-TR31
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- 10:1 Variable Speed Power Zoom Lens
- Full Range Inner Focus System
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- 10-Bit Digital Camera Signal Processing
- Wireless Travel Remote Control With Clip Holder
- World Clock For Date/Time Recording
- Auto Date
- Zoom, Battery Meter
- Electronic Manual Focus Dial
- Quick Record

$699.99 MCX Price



A jumper keeps a sharp lookout during his descent in an MC1-1B parachute.

MARINES GO AIRBORNE

Story and photos by
Cpl Mark D. Oliva

Every year, nearly 3,000 Marines undergo a rigorous test of endurance, mental alertness and desire. The test is three weeks of Basic Airborne School at Fort Benning, Ga. The reward is the privelage to wear Airborne wings.

Marines arriving at "jump school" quickly learn a few Army courtesies. "Clear or Not Clear, Sgt. Airborne" is the only response Airborne students are permitted to give their instructors. They lose all identity and are called "leg" to remind them of what they are or "airborne" to let them know what they want to be. Officers are designated as "Alpha" and noncommissioned officers are called "November". Three digit numbers for males and two digit numbers for females indicate the students placement on the roster and that's where individuality seems to end.

The teamwork begins on day one. In five short days the students will be transformed from individuals from the different branches of service to airborne students with one mission — to get the wings.

At 0445, the first Monday morning, reveille sounded and the students were greeted to their first day of "Ground Week" and the first physical training session. Wearing "cammies" and tennis shoes, they fall into formation and get the first real good look at their black hats.

A right face and forward march and they're off on a pace that doesn't let up until they pin their wings on. Cadences echo off the surrounding barracks as they run down to the sawdust pits where the "black hat" instructors let the students know who's boss.

Sometime in the middle of the run, the sun came up and the sweat-soaked bodies caked in sawdust were visible running in mass formation, the way they did do everything for the next three weeks. "Run drops" were escorted to the side and told to step away. They were the first to find out there is no mercy in the Airborne.

The morning routine turned to clockwork as the weeks went by and the ranks slowly shrank and bodies ached more and more.

When the sun got high in the sky, the students were familiarized in the first week with mock doors and how to exit an aircraft while in flight and then with the 34'-towers.

With black hats constantly screaming for the "legs" to move at "airborne speed", the students got into their parachute harnesses and climbed up the stairs to the mock door — 34 feet above the ground.

Standing in the door, the students go their first taste of what it was like to fall through empty sky. The first few exits from the tower for every jumper seemed more like a scene from the "Three Stooges" rather than an exit from an aircraft traveling at 140 miles per hour.

More and more jumps from the tower passed and the students slowly gained confidence and began making satisfactory exits.

The afternoons were no more forgiving than the mornings at the tower. Students quickly learned that the parachute landing falls were far from comfortable. Doing their best to lay down five points of contact on the ground (balls of the feet, calf, thigh, buttocks, and the push-up muscle), the students were rewarded with the "front leaning rest" or push-ups for poorly executed PLFs. Black hats constantly screamed for students to keep their feet and knees together and the black hats offered "Sats" only for perfect landings.

After a week of constantly keeping up the pace of slamming their bodies into the ground and conquering their fear of heights, the students finally acquired enough satisfactory exits and PLFs to qualify. Ground Week was over.

The following Monday morning offered an easier atmosphere. The black hats didn't drop the students to do push-ups as often, but the days didn't get any shorter during Tower Week. In the swing landing trainer, the students got an even better idea of the impact of their landings. Meanwhile, other platoons learned emergency procedures for deploying their reserves parachutes. Others practiced pulling "slips" or directional control of the T-10C and MC1-1B parachutes. After four days under the hot Georgia sun, most students had qualified and were ready to move onto Jump Week.

In the darkness once again, the students formed and waited to move to the training area. This time it was down to the flight line. After a one mile boots and utilities run the students were given their briefs on how to get their parachutes, reserves and how the jump would be performed.

Students went over everything in their mind. Check body position and count, check canopy and gain canopy control, keep a sharp look out during the entire descent, prepare to land and land. It was a lot easier said than done.

The black hats asked if anyone wanted to quit as they performed inspections of the gear. Uneasy glances and shaky voices that reassured each jumper they weren't alone in their fear.

Each stick made their way to the waiting C-141 Starlifter and C-130 Hercules airplanes. Jump masters made easy small talk and reassured the jumpers that they were going to be all right. All buckled in and ready to go, the planes rumbled down the runway and lifted in the open, blue sky.

"Ten minutes," the jump master sounded off. The entire plane repeated the time warning. "Get ready," he continued. Hook up, check static lines, check equipment and the sound off for the equipment check soon followed. The nervousness was building. They were 1,250 feet over Fryar drop zone. They just needed to remember the five points of performance.

"One minute," the jump master voice was no longer comforting. "30 seconds," he said. There was no backing out. It was just a couple of seconds. Everyone watched the red light as it turned green. "Stand in the door," the jump master said to the first jumper. The only thing they knew now was just follow the jumper in front of them.

The light flashed green. "Go," the jump master shouted. The engines seemed to get louder as everyone shuffled to the door. The static lines were handed off and there was only the jumper and the door. One foot out and it all just happened.

After most students decided to open their eyes, they saw their chutes blossom round and knew they would be fine. Slipping to the left or to the right, they slowly descended to the earth as black hats spoke to them with loud speakers. "Feet and knees together jumper. Look at the horizon. Keep your knees bent. Hold what you've got jumper, hold it."

The ground seemed to reach up and pull the jumpers down. Bang! The PLF came natural and the the jumpers lay on the ground. Everything still worked and they were all right. Gathering up the gear and double timing off the DZ, the jumpers moved on four more jumps: one MC1-1B, one individual exit with combat equipment and two mass exits, one with combat equipment.

"The hardest part of the whole course was making it to jump week," said LCpl Vincent Montgomery, Headquarters Battalion, 2d Marine Division. "That first jump had to have been the hardest thing I've ever done. It wasn't easy to step out of the bird. I forgot to count, to check the canopy, just everything. It was like we all just lost our discipline up there. But, we all made it."

As the soldiers, airmen, sailors and Marines graduated and had the wings sunk deep into their chest, they were welcomed into a fraternity bonded in the air. They were more than parachutists. They were Airborne.



Happy after making a safe landing, a jumper rolls up his chute.



Top, Sticks of jumpers board a C-141 Starlifter for their first jump. **Right,** A black hat performs a pre-inspection insuring the harness is on correctly. **Bottom,** Landing, a Marine learns that despite the impact, a parachute landing fall can be reassuring.





ANNOUNCEMENTS

MUSIC SERIES: The arks & Recreation Depart- Onslow County Public Li- sonville Recreation & parks nt, and WJNC radio will be ring a Lunch Music Series at the New River Water- . The performances are free lace from 12:30-1:30 pm. oy your lunch and listen to t music. In case of rain, all ces will be moved to the lding. For more informa- 347-5332. 5/5

ATTENTION ALL BLIND AND VISUALLY IMPAIRED PERSONS: A support group for blind and visually impaired persons is trying to contact all blind and visually impaired persons in Jacksonville and the surrounding area. They are trying to send out a monthly newsletter that includes helpful information that will benefit this group. If you know of any blind or visually impaired person, have them contact us by writing to Weldon Simpson, P.O. Box 746, Jacksonville, NC 28541, giving him your name and address. They may also call Weldon at 455-3380, Ruby at 455-2876 or Dan at 326-4467. TFN

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1 — 1993 CHEVY CAPRICE New, Fully Equipped — Was $21,608 NOW $16,900

2 — 1989 PONTIAC SUNBIRD Auto, Air Stereo — Was $6995 NOW $5800

3 — 1985 DODGE TRUCK Full Size, Clean — Was $4995 NOW $3700

4 — 1993 GEO PRISM LSI, Auto, Air — Was $16,814 NOW $14,881

5 — 1991 CHEVY SUBURBAN 454 Engine, 1 Owner — Was $19,995 NOW $17,800

6 — 1989 CHEVY BERETTA Auto, Air, Stereo — Was $7995 NOW $6800

7 — 1993 CHEVY TRUCK S-10, Brand New — Was $10,089 NOW $8400

8 — 1993 LUMINA EURO 4 Door, Loaded, New — Was $18,535 NOW $14,987

9 — 1992 BUICK SKYLARK Program Car, Factory Warranty — Was $12,995 NOW $10,700

10 — 1993 CHEVY CAVALIER Door, Coupe, Air STK3043 — Was $11,813 NOW $10,335

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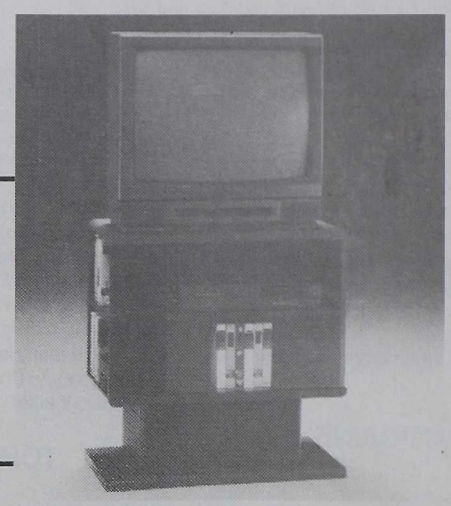
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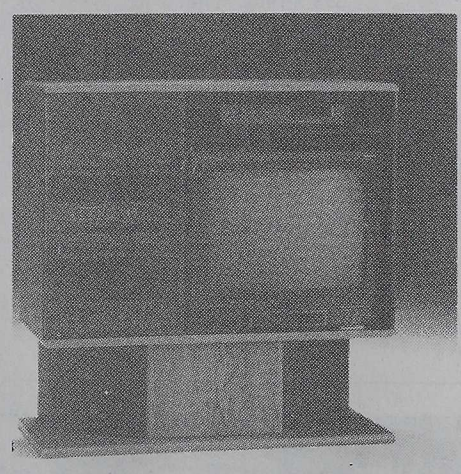
*Sale prices in effect in all exchanges where merchandise is carried

Innovative Accommodations For Home Entertainment by Bush Industries

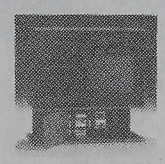
Case Casard Visions Collection TV/VCR Black Stand
#7414 Mfg. Sugg. Retail $119.95
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A CONTEMPORARY CABINET FOR HOME ENTERTAINMENT
- Unique open side is perfect for videotape storage
- Sturdy pedestal base conceals spacious storage compartment behind a sculpted, solid door

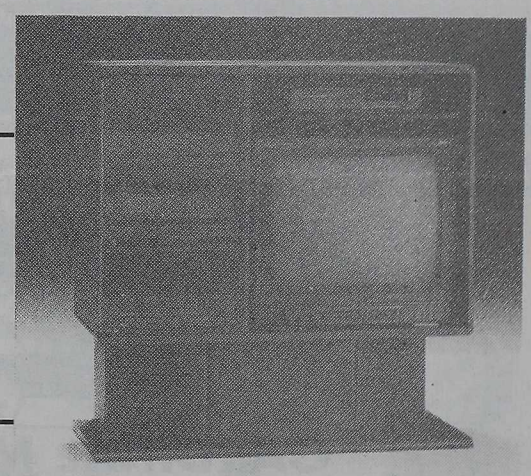


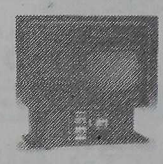
Case Casard Pedestal Oak Home Entertainment Center
#7909 Mfg. Sugg. Retail $249.95
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A STRIKING PEDESTAL DESIGN FOR HOME ENTERTAINMENT
- Sturdy pedestal base features a center compartment with touch-release videotape storage and two side storage areas
- Accommodates a complete home entertainment system

Case Casard Pedestal Black Home Entertainment Center
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A STRIKING PEDESTAL DESIGN FOR HOME ENTERTAINMENT
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- Accommodates a complete home entertainment system



Innovative Accommodations For Home Entertainment
- Unique storage system includes dedicated touch-release CD storage rack and spacious side compartment enclosed by a swing-out door
- Accommodates a complete home entertainment system

Bush Hallmark Collection Home Entertainment Center
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Bush Monterey Oak Collection Home Entertainment Center
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MARINE CORPS EXCHANGE Division of MWR

Need help? Base phone line has the answer

Human Services at Camp Lejeune offers many assistance and information programs to the base and the Jacksonville community. Among those programs is a free, 24-hours a day, fully automated, totally confidential phone line. It covers more than 100 topics from alcoholism to sexually transmitted diseases. To use the system call 451-2063/2078 from any touch-tone phone. When the system answers a short tape recorded information message is available on all the topics listed below.

The following is a list of topics and their numbers:

ALCOHOL

100 Alcohol and drug don't mix
101 Alcohol and health
102 Alcohol facts for young people
103 Alcoholism: A family disease
104 Alcoholism: Do I have a problem?
105 Alcoholism: What is it?
106 Being a responsible party giver
107 Codependency: What is it?
108 Drinking & driving: Deadly combination
109 Drinking while pregnant: Effects on the baby

COCAINE

120 Crack Cocaine
121 Facts about cocaine
122 Your money or your life: Cocaine takes both

MARIJUANA

130 Are there medical uses for marijuana?
131 Is marijuana harmful to my body?
132 Marijuana: Fact or fiction?
133 Marijuana: Often asked questions
134 Marijuana: The high lasts longer than you think
135 Marijuana: The mental effects

OTHER DRUGS

140 Anabolic steroids
141 Barbiturates and other downers
142 Crank labs
143 Designer drugs aren't fashionable
144 Heroin and other opiates
145 ICE: Smokable methamphetamine
146 Inhalants: sniffing and huffing
147 LSD and other hallucinogens
148 MDMA: A drug called Ecstacy
149 PCP: It really is that bad
150 Pregnancy: Drugs and your baby
151 Speed it kills

TOBACCO

160 Are you ready to quit smoking?
161 Cigarettes, pipes and snuff: All the same
162 Effects of cigarette smoke on non-smokers
163 Why should I quit smoking?

SELF-ESTEEM, ASSESSMENT AND HELP

320 Can I "spot"a drug user?
321 Do I have a chemical problem?
322 Drug abuse information for parents only
323 Is my child high risk?
324 Is our home part of the problem?
325 Is there a chemical problem in our house?

CHILD ABUSE AND SEXUAL ABUSE

200 Child abuse: Emotional
201 Child abuse: Neglect
202 Child abuse: Physical
203 Child abuse :Sexual
204 Date rape
205 Incest
206 Rape: the victim

STRESS, DEPRESSION AND SUICIDE

350 Exercise: A stress control tool
351 Relaxation techniques
352 Stress management
353 Stress: What is it?
354 Suicide warning signs
355 Suicide: Facts and myths
356 Suicide: Helping those left behind
357 Your mind as a stress manager

SEXUALITY

220 Boys ask: "What is normal?"
221 Girls ask: "What is normal?"
222 Good nutrition and pregnancy
223 Parents to soon: Teen pregnancy
224 Saying "no" to sex
225 Sexually transmitted diseases
226 Starting a family: Thing's to consider
227 STD's: How to protect yourself
228 The "other" STD's
229 Venereal warts
230 Sexual harassment: What is it?

AIDS

250 AIDS and sexuality
251 AIDS: Answers for teens
252 Am I at high risk for AIDS?
253 How DON'T you get AIDS?
254 What are the symptom of AIDS?

NUTRITION, DIET, AND WEIGHT CONTROL

300 Caffeine: Friend or foe?
301 Dietary fat and cholesterol: The difference
302 Exercise and fluids
303 Fast food: Consider your choices
304 Fiber in your diet
305 Learning habits for lasting weight control
306 Need to lose 10-15 pounds?
307 Nutrition for athletes
308 Preventing diet relapse
309 Shaking the salt habit
310 Sports nutrition: Energy sources
311 Sugar or artifical sweetener?
312 Understanding your blood cholesterol level
313 Using food labels
314 Wise weight management

CAMP LEJEUN HUMAN SERVICES INFORMATIO

400 The consolidated dr and alcohol center
401 Navy alcohol drug s action program (NAD new name is PREVE
402 Family counseling c
403 Child development services
404 Family service cente
405 Family readiness
406 Key Wives network
407 Financial education consumer economics
408 Marriage prep semin
409 Active parenting
410 Relocation assistanc program
411 Loan locker
412 Brides school
413 Exceptional family member program
414 Career resource cent
415 Transition assistanc program seminars
416 Pre-Separations brie
417 Retired affairs
418 Vetrans affairs office
419 Foreign born spouse orientation

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'89 MAXIMA SE $12,988
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2nd Spring Quarter 19
Classes Begin May 11
Classes End July 7
Holidays
May 31 and July 5
Schedule At Mainside Camp Lejeun

Course #	Sec #	Course Title	Days	Time	Cr
ENG 150	42N	Fundamentals of Composition	TTH	6:00-9:00	
ENG 152	42N	Composition and Literature	MW	6:00-9:20	
HIS 161	42N	Am Hst: Age Dis to 1865	TTH	6:00-9:00	
CAS 153	42N	Computer Literacy	TTH	6:30-9:00	
PSY 253	42N	Abnormal Psychology	TTH	6:00-9:00	
SOC 151	42N	Introduction to Sociology	MW	6:00-9:20	
BUS 115	42N	Business Law I	MW	6:00-9:20	
BUS 145	42N	Small Business Management	MW	6:00-9:20	
OSC 151	42N	Keyboarding	MW	6:00-9:20	
CJC 102	42N	Introduction to Criminology	TTH	7:00-10:00	
CJC 230	42N	Introduction to Corrections	MW	6:00-9:20	
ECO 161	42N	MacroEconomics	TTH	6:00-9:00	

Schedule At Marine Corps Air Station/NewRive

Course #	Sec #	Course Title	Days	Time	Cr.
ENG 151	52N	Composition & Rhetoric	MW	6:00-9:20	
CAS 153	52N	Computer Literacy	MW	6:30-9:20	
SOC 151	52N	Introduction to Sociology	TTH	6:00-9:00	
OSC 151	52N	Keyboarding	TTH	6:30-9:00	
BUS 161	52N	Introduction to Business	TTH	6:00-9:00	
BUS 235	52N	Business Management	MW	6:00-9:20	
CJC 101	52N	Intro to Admin of Justice	TTH	5:00-8:00	
CJC 116	52N	Criminal Law II	TTH	8:10-10:00	
CJC 220	52N	Crim Just Org & Administration	MW	6:00-8:10	

REGISTRATION: CLNC
May 3 9:00a.m. - 1:00p.m.
May 4 9:00a.m. - 1:00p.m.
May 5 9:00a.m. - 1:00p.m.
5:00p.m. - 1:00p.m.
REGISTRATION: MCAS
May 3 9:00a.m. - 1:00p.m.
May 4 9:00a.m. - 1:00p.m.
May 5 9:00a.m. - 1:00p.m.
NO LATE REGISTRATION

upply Battalion joins hunt r bone marrow donors

nd photo by
emary Palfy

han 180 Marines, sailors ndents gathered to be- mbers of the Department se's bone marrow donor during the 2d Supply Bat- l Force Service Support cent marrow drive.

blood is drawn, it's sent cal laboratory where it's and the lab results are into the national bone egistry, said 2ndLt Ron ordinator for the unit's drive.

ne marrow transplant is nope of survival for many ore than 16,000 Ameri- ricken with leukemia, anemia and other fatal seases each year, said Bill neral manager, DoD mar-row donor program.

To support the recruitment and tracking of active duty military, dependent and DoD civilian marrow donors, the National Marrow Donor Program established a donor center under contract with the DoD.

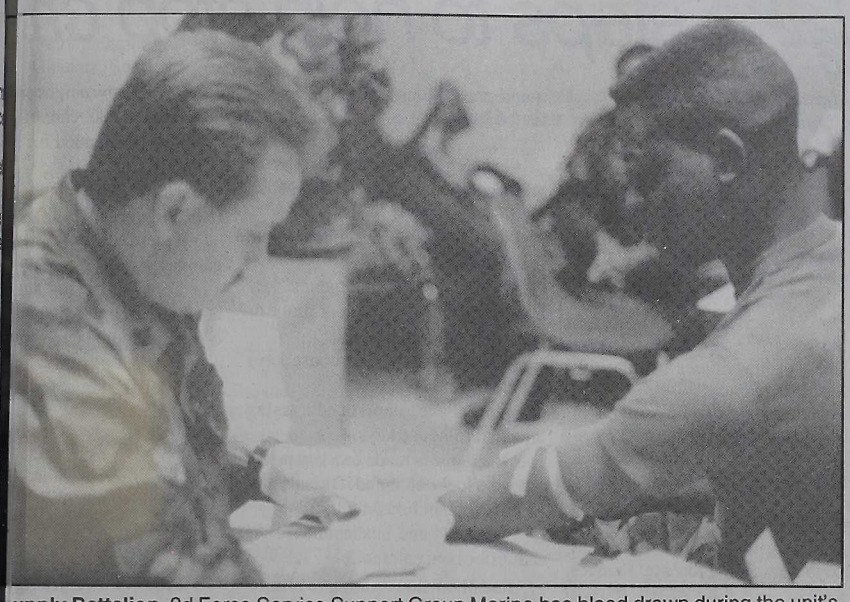
Nearly 70 percent of patients in need cannot find a suitable match within their families, and the odds of finding an unrelated match can be as high as one in a million, according to the DoD's Bill Young Marrow Donor Center. "The National Marrow Donor Program exists to help individuals who desperately need to find marrow donors through maintaining a national registry of potential donors," Lowe said.

While the military is the nation's largest source of blood donations, servicemembers meet the strict marrow donor health and age requirements more so than any other organization. Potential donors must be healthy and between the ages of 18 and 55.

"This program is one that provides all of us in the military with an opportunity to play a direct role in saving someone's life. That someone may be another servicemember, dependent or possibly even a civilian from our hometown," Lowe said.

"We take things for granted. Tomorrow is not promised to us," said Barbara Stephens, who received a bone marrow transplant. "If there's something you can do to help someone live a normal productive life, please do it. It would be a rewarding experience to know that you were able to help someone live."

For more information on setting up a bone marrow drive, call Cole at 451-3405.



upply Battalion, 2d Force Service Support Group Marine has blood drawn during the unit's bone marrow drive.

Marine supports gift of life

Cpl Chuck Albrecht

Recently Col Thomas H. Flowers received an award for his volunteer work in support of the National Marrow Donor Program. The award was presented to Flowers by William B. Lowe, general manager of the program.

Flowers, commanding officer, 2d Supply Battalion, 2d Force Service Support Group, has spent the past three years coordinating with other branches of service and setting up bone marrow drives. Camp Lejeune is not the only duty station where he has done this work. Flowers has supported drives at the Defense Electronic Supply Center and Wright Patterson Air Force Base, both in Dayton, Ohio, along with the Defense Construction Supply Center, Columbus, Ohio, and several reserve units across the United States.

Flowers got involved in the program in October 1990 when he found out that his close friend LtCol P.D. Schrunk was diagnosed with leukemia.

Flowers did what he could for his friend, and by doing so, he found out about the NMDP. Since then Flowers has devoted his time and effort to supporting the program. Today, Schrunk is recovering and is still on active duty. "The recovery of LtCol Schrunk is what keeps me going," Flowers said. "I hope more people will learn about the program and support."

Flowers said he feels privileged and honored but there are a number of people who deserve the same recognition.

For more information on the NMDP call William B. Lowe at (301) 781-7800 or 1-800-MARROW-3.

Commissary pays for itself

Defense Commissary Agency

Shoppers at military commissaries save, on the average, slightly more than 25 percent of what they would spend at civilian grocery stores. This is possible because the Defense Commissary Agency follows a long-standing policy — set in 1867 — of selling foods "at cost"; that is, at no profit to the commissary or to any government agency.

Most shoppers know that a five percent surcharge is added to their grocery bill at checkout.

This surcharge money goes right back into the stores. It pays for new construction, renovations and upgrades, and aids in operating and maintaining commissaries. The largest share of the surcharge funds is used for building new facilities and modifying existing ones.

Not a single tax dollar goes into commissary construction or renovation; commissary patrons pay for these projects themselves through the surcharge.

Surcharge funds also buy supplies, such as paper bags, meat wrappers and other packaging materials, as well as equipment like electronic scanners and scales. Overall, the surcharge is used to make shopping quick, convenient and pleasant. These measures encourage patrons to continue to use their commissary privilege, which in turn helps to generate more surcharge funds.

The first large-scale experiment with a surcharge came in 1879, when Congress established a 10 percent surcharge on all commissary items — except tobacco — to help pay spoilage and transportation costs. The surcharge quickly proved to be extremely unpopular and was discontinued in 1884.

The surcharge did not reappear until 1952 , when Congress decided that commissaries should become self-sustaining. Commissaries were directed to add a 2 percent surcharge to the price of all goods sold to cover the costs of purchasing and maintaining equipment and supplies.

Congress raised the surcharge to three percent in 1974, to provide funds for contruction and improvements of store facilities. Two years later the surcharge again increased by one percent.

The last surcharge icrease occurred in April 1983, when the secretary of defense directed that a five percent charge be levied on all goods purchased at commissaries. As of February 1992, the surcharge remains at five percent.

The positive effect of the surcharge can best be expressed in simple terms: while it provides funds to maintain the commissary benefit, it simultaneously enables this benefit to be maintained at no additional cost in tax dollars. From the patron's point of view, it is a customer cost that provides an important, tangible customer benefit — yet costs the customer half of what it did 100 years ago.

Currently, 52 stores are programmed for contruction or renovation by 1993, at a cost of about $355 million — paid for entirely by surcharge funds.

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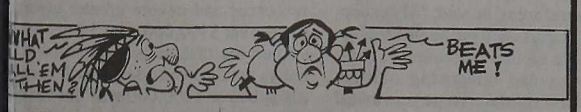
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Sharing is caring

Cpl D.T. Thornton

The Self-Help and Resource Exchange program was created to get people involved with the community. Michael W. Brown, Jacksonville area SHARE coordinator, explains the program is a way of giving to the community while getting something in return for the effort.

In exchange for $13.78 or $13 in food stamps, plus two hours of volunteer work in the community with an organization of your choice, participants in the program receive a food package worth $30-35.

Participants may purchase as many food packages as desired and this program is open to everyone regardless of income.

The food package contains about 16 different items, including fresh fruit, vegetables, frozen meat, and other items such as rice, pasta and beans.

Community service can be done in a variety of ways. "Volunteering at a hospital, working with boy or girl scouts, taking an elderly person to a doctor's appointment, or even volunteering with Onslow County's Soup Kitchen are all types of community service," said CDR Mitchell B. Schranz, chaplain, Headquarters and Support Battalion, Marine Corps Base. "It is a great way to stretch food budgets, and to contribute to the welfare of the community at the same time."

Originating in San Diego in 1983, SHARE believes to end poverty it is necessary to change the conditions that allow it to persist. According to SHARE, 149,218 food packages have been distributed in North and South Carolina since March 1991 . This represents 4,593,683 pounds of nutritious food.

"Project SHARE is not a government sponsored program," said Brown. "Its goal is to get people involved with the community."

The Jacksonville-area operation is located at New Life Baptist Church, Drummer Kellum Road. To take part in the SHARE program or to form a host organization call 455-7644.

Lejeune takes hold of substance ab

Cpl Regina J. Richards

The signs of alcoholism and drug abuse are sometimes hidden.

In reality, the person sitting next to you while you work could be dependent on alcohol or drugs.

The people at the Consolidated Drug and Alcohol Center aboard Camp Lejeune work with drug and alcohol dependent individuals daily.

Recognizing the need for an organized rehabilitation program, the Marine Corps began a substance abuse program in 1976. It wasn't until 1982 that Camp Lejeune started the Tri-command Substance Abuse Center.

The following year the center changed its name to the Consolidated Drug and Alcohol Center. The 23 staff members at the center see about 180 clients each month, but 30-40 percent of the appointment do not show for their initial interviews. "When people don't show for a scheduled appointment it results in lost time for the command and the center," said GySgt Keith C. Wright, senior counselor. It is the responsibility of the center to evaluate individuals identified as possible substance abusers.

After looking over the health records, personnel records and a questionaire completed by the client, a counselor will make a determination on what level of treatment is needed or if any is needed at all.

The center's drug and alcohol programs are divided into two major phases: the proactive and the reactive phases.

The proactive phase are the measures taken by the individual commands to educate, prevent and deter the abuse of alcohol and use illegal drugs.

The reactive phase begins after an incident of alcohol abuse or illegal drug use has been reported to the center. The goal of the reactive phase is to stop the abuse and prevent the recurrence of abuse.

The key elements of this phase are timely identification of the problem, effective treatment and rehabilitation, appropriate discipline or adminstrative actions followed by restoration to full duty or separation from service. According to Mari P5300.12 which governs the of drugs and alcohol, leaders the characteristics of alcohol be familiar with the sympton of alcoholism.

It also states that the Marin tolerate the possession, use o illegal drugs. All-Marines distributed in fiscal year 19 point home by stating there tolerance" for drug abuse.

MCO P5300.12 explains durg and alcohol abuse; every stands the important role th defense of our nation, and th tive impact on the physical a being, resulting from the us marijuana, narcotics and o substance which render Mar unfit for duty and a risk to the Marines.

"The burden of responsib the battalion commander. We recommendations," Wright s

CRISIS from 1A

enemy country threatened a U.S. military installations. In turn a fire and explosion occurred at Marine Corps Air Station Cherry Point. The Camp Lejeune EOC was then set up and stood by to handle any crisis that may occur.

About 1200 there was a report of an accident on Lyman Road. Upon arriving the Military Police and Fire Department discovered 29 Marines scattered on the road side. The Fire Department immediately set to putting out a fake diesel tank that had caught fire during the accident. Shortly after ambulances and members of the EMD arrived on scene.

Medical personnel and spare firemen went around and checked the injured Marines. Each of the injured Marines had fake makeup wounds and it was up to the corpsmen to decide who should be sent to the hospital first.

Once on scene, the Fire Department discovered that the diesel tanker had leaked 12,000 gallons of fuel. "We come out and assist the Fire Department with clean up. We vacuum the fuel off the water that the Fire Department contained using boons," said Mac Farrow, spill response team foreman.

Sgt Michael Bierly, investigator, Criminal Investigation Division, was on scene collecting information of the accident from wounded Marines. He discovered part of a timing device in the vicinity of the accident which might mean a bomb caused the accident.

That afternoon investigators had identified a suspect. The suspect was a former Marine who was discharged for having an alcohol problem. The disgruntled Marine had threatened to get back at the Marine Corps.

At 1700 PMO was informed about a domestic dispute in Midway Park. MPs arrived at the quarters and began a cautious approach. Inside the house screaming could be heard. After knocking on the door the resident opened the door and said "Go away. I have a gun and I'm not afraid to use it."

At this point the MPs blocked streets surrounding the house. An on site command post was set up and CID, NIS and PMO prepared for relaying on site information to negotiators at another location.

Throughout the evening negotiators talked with the hostage taker and met certain demands. "Our job is to keep the situation from going mobile. The negotiators job is very crucial they have to be careful one trigger word could escalate the situation out of proportion," said Capt Hans J. Miller, field operations officer, PMO. "We want to resolve the situation without loss of life."

At one point the hostage taker informed the negotiators he had planted a bomb at one of the Bachelor Officer's Quarters and confessed to the incident earlier that day. In return for some pizza the hostage taker released the location of the bomb.

Two CID agents stood by during the whole incident. "We interview surrounding residents to find out about individuals inside. We try to find out what kind of problems the individual might have or if there are weapons in the house," said Sgt Ted R. Nycz, CID agent. "We would also question the hostages in the event one of them comes out."

Eventually the hostages were released and the imaginary crisis was over. "We set the play and the players have to solve the case. There are not 3-by-5 cards in this exercise," Simmons said

"We had good cooperation with all agencies involved. Every one worked together and shared information," said 1stLt Kenneth K. Carpenter, field operations watch officer.

Take steps to help stop cr

Compiled by
Sgt Darren W. Milton

As in the rest of the country, crime remains a problem in the Camp Lejeune area; burglary being one of the fastest growing.

In the U.S. a prowler enters a home every 10 seconds, and of all the goods stolen each year, only about 5 percent are recovered.

Serious crimes can also result from failure to protect homes and families against illegal entry.

A person can spend thousands of dollars on an electronic security system, leave for a while and come back to find the home ransacked. If a burglar wants to break into a home, it's as good as done.

Following the common sense rules listed below will increase chances that a would-be prowler will bypass the home and move to an easier target. These are day and night, yearround precautions that will work effectively:

- Install good locks on all exterior doors and windows and always lock them.
- Have a one-way peephole in the front door.
- Don't leave an "emergency" key under the mat, on top of door frame or any other "hiding place."
- Keep car keys and house keys separate.
- Never have a name or address tag attached to house keys.
- If a move is made or a key is lost have the locks changed if it isn't part of government housing.
- Trim all trees, bushes and shrubs that offer concealment.
- Install outside lighting to eliminate dark areas around doors and windows.
- Get to know neighb be trusted to take care it will be unattended fo period of time.
- Don't leave notes indicating absence.
- If there is a garage garage door open.
- Consider buying a ers that turn lights on a off a few hours later or
- Keep a dog at the not have to be big or fer as it makes noise.
- Never give persona over the phone.
- Never put a full mailbox or in the phon cially when living alone
- Engrave everythin with a personal Social Se ber. No one has the sam



Cpl Jame

Showing the way

Military Operations in Urban Terrain facility chief **SSgt D.R. Allen** identifies one of the man training structures to Royal Saudi Naval officers and their U.S. Marine Corps liaison **LtC Turner**, second from left, during an April 13 visit. Royal Saudi Navy **LT Ali Al Bogami**, far **CMDR Fahad Al-Ghowairy** enjoyed a day-long tour designed to present information on en and advanced training with the Marine Corps.

President visits *USS Roosevelt*

Jim Garamone
Armed Forces Information Service

President Bill Clinton told servicemembers that the military is one of America's greatest successes and said his office comes with no greater honor than that of being commander-in-chief.

President Clinton, aboard the carrier *USS Theodore Roosevelt*, addressed servicemembers via the Armed Forces Radio Service, Department of Defense's overseas network for U.S. servicemembers, civilian employees and their families. He said today's armed forces represent more than just security. "You're the shining model of our best values: dedication and responsibility, and the willingness of you and your loved ones to bear a tremendous level of sacrifice," he said.

President Clinton said the U.S. still needs the military, but change will continue. In fact, as he delivered his talk, Pentagon officials released the latest round of base closures. He said bases must close, but "we must not close our eyes and our hearts to the need for new investments and a need to create new jobs in communities with old bases." He said a changed security environment demands changed security arrangements and the U. S. is "not downsizing for its own sake. We are trying to right-size our security for security's sake."

President Clinton listed criteria he will use in drawing down the military: First, the U.S. military must be exceptionally mobile with first-rate sealift and airlift to enable the country to project power. Second, the military must be agile with an emphasis on speed, maneuverability and technological superiority. Third, firepower must be precise to reduce dangers to servicemembers and to reduce civilian casualties. Fourth, the military must be flexible enough to work with diverse coalition partners in various places of the world. Fifth, the military must have the correct intelligence when it needs it. And finally, the military must be ever ready, given the unpredictability of new threats. "None of these goals are possible without a quality force," Clinton said. "All of you ... exemplify that quality. It is your skills, your experience, your training and your dedication that will get the job done for America and guarantee that our vital interests can be protected."

President Clinton said the U.S.cannot leave the men and women who won the Cold War out in the cold. He mentioned his plan for defense conversion and said he wants to "ensure that those of you who choose to leave the military in the years to come return to a nation of jobs and growth and opportunity. "And as you follow the news of all these changes, I ask you to remember this: I am immensely proud of who you are and what you're doing.

"And as these changes proceed, I pledge that as long as I am your president, you and the other men and women in uniform will continue to be the best trained, the best prepared, the best equipped fighting force in the world."

Clinton strengthens relationship between Department of Defense, private sec

F. Peter Wiggington
Armed Forces Information Service

There was a time when Department of Defense was a huge customer for commercial, high-technology products. In fact, the department helped guarantee an early market for high-risk technologies that were expensive to develop. But the situation has changed.

Not only is DoD no longer a gigantic customer, there are even firms that refuse to deal with the department because of the way it conducts business. However, the strained relationship between the private sector and the federal government must change, said President Bill Clinton during recent remarks made in Mountain View, Calif.

Speaking about technological needs for America's growth, President Clinton pointed out, for example, that the defense-space share of the U.S. computer hardware market was 100 percent in 1954. It contunued to exceed 50 percent of the market until 1962. But DoD is no longer an influential prime customer, he said.

That is not becuase DoD has different requirements. Current commercial capabilities often equal or surpass DoD requirements. Instead, President Clinton said, the problem was due to "a growing morass of procurement laws and regulations," which must be revised. "Many commercial manufacturers refuse to do business with DoD altogether, and those that do often wall off their defense production," he said. "As a result, the military and commercial worlds have grown increasingly segregated from one another."

President Clinton referred to the 1991 findings of the Center for Strategic and International Studies.

According to that report, this estrangement adversely affects both DoD and the nation. Even when lower-cost, same-requirement products exist, DoD will pay higher prices. Also, the estrangement deprives the department of a broad domestic production base available for both peacetime and defense demands. Further, it lessens DoD access to commercial state-of-the-art technologies.

"Additionally, the wall between engineers and scientists engaged in commercial and military work impedes the kind of shoulder-to-shoulder contact that is the essence of technology transfer and that is basic to achieving greater job stability and growth opportunities for the U.S. work force," stated the report.

President Clinton said defense acquisition policy, along with federal government procurement in general, will be reviewed and reformed. The review will begin by examining the recently completed DoD procurement policies study and recommendations of the "Section 800 Panel" mandated by the fiscal 1991 Defense Authorization Act.

Those recommendations were recently filed in an 1,800-page document titled Streamlining Defense Acquisition Law. In its report, the 13-member team stated the "panel's overall thrust is to make DoD's buying processes conform more closely to the norms of the commercial marketplace."

The report said that by the early 1990s, lawmakers and procurement experts worried about DoD's ability to respond quickly to scientific challenges.

It cited a story told by Donald Hicks, former DoD under secretary of defense for research and engineering, concerning an emergency order for 6,000 commercial radio receivers placed during the Persian Gulf war. Hicks said the Army waived all military requirements and specifications. Nevertheless, no procurement official was willing to waive the lowest-available-price certification requirement.

"Since the radio was widely marketed and any misstatement might constitute a felony, no company official would make this certification," the report said. "The impasse was resolved only when the Japanese government bought the radios without a price certification, donated them to the U.S. Army and credited the purchase against Japan's financial contribution to Operation Desert Storm."

The report pointed out that the "gulf war demonstrated the devastating tactical effect of sophisticated weaponry of all kinds, particularly when precision munitions were coupled with advanced command and control systems.

If these developments truly represent what DoD referred to as a 'military technological revolution,' then the innovations needed to hone the American combat edge will increasingly depend on developments in the commercial secto," said the report.

Pete Bryan, DoD director of contract policy and administration and chairman of the acquisition law advisry panel, said the group met over a period of 16 months and evaluated nearly 900 acquisition statutes.

Although the document recommends changes in several areas, he said, "My expectation is that Congress will put as number one on its agenda the section pertaining to commercial products and integrating military and commercial activities. There's an awful lot of interest in dual-use by Congress, the current administration, industry and from Mr. (Bill) Perry (deputy defense

We think the simplified acquisi old has a lot of merit. I'm not sure get acted on. But to us, that wou over half of the contract actions th right now."

That threshold relates to "s chases," which have been defined by periodic increases from $1,(current $25,000. Though originall to expedite acquisition, small-d and services have become subje complex and costly administra solicitation provisions and contra

Accordingly, the panel recomm tablishing a new, uniform thr $100,000 to be adjusted every fiv adopted, "contracting officers wil to turn to a labyrinth of regulation mine whether and which simplif dures can be used. In addition budgets decline, contracting offic able to conserve on contract adm resources and devote greater effo tracts over $100,000, which accou 90 percent of DoD's acquisition nally, small businesses which rec tracts below $100,000 will not hav with unique and costly legislate requirements," said the report.

Swimmers master series meet

Story and photo by LCpl T.E. Ainsworth

Marines, their family members and individuals from the civilian community did more than tread water Saturday, in theMasters Swim Meet at the Camp Lejeune Area 2 indoor pool.

The meet was open to anyone of any age and the swimmers didn't have to be registered with U.S. Masters Swimming to participate. Sponsored by the Morale,, Welfare and Recreation Division, the event was the fourth installment of the Lejeune Grand Prix Series.

Ron Gerughty, MWR Fitness Director and series organizer, said he was pleased with the turnout of the meet. "We've really had a good response. I'm glad to see this many people from different age groups participate."

He added the nearly 100 participants made this by far the largest swim event ever to be held aboard Camp Lejeune to any MWR sponsored event.

Plaques were given to the top three male and female overall finishers in each event and the top three in each age group.

In the 19-and-Under age group, Mike Reilly took first place. Reilly competed in five events, coming in at the top of the class in all five. Only two individuals of all the age groups beat his 26.0-second time in the 50-meter freestyle. Reilly's outstanding finishes earned him the Male Overall victory. Reilly is a member of the Lejeune Devilfish swim team.

Another Devilfish swimmer that did well was Amanda Capper, who tied with Semper Fit instructor, Teri Hort, for the Female Overall title. Hort claimed first in the 25-29 age group. Capper and Hort competed in five events each and took first in all.



Christopher Smith swims to a second-place finish during the first heat of the 1,650-meter freestyle. Smith competed in five events, and his 21:16.00 time helped him win the top-spot in the 25-29 age bracket of the Masters Swim Meet, Saturday in the Area 2 pool.

Calvin Curnutte, showed the stamina he is known for by competing in 12 events, including the 1,650-meter freestyle. Nabbing first place in seven of the 12 heats, Curnutte placed and no worse than fourth in any.

Curnutte competes in triathalons throughout the country and was the champion of last year's Bud Light Toughman Triatialon. He took first in the 20-24 age group, his closest competition was seven points behind.

An individual who is racking up points toward the Grand Prix Series title is Rick Bequette. Bequette took second in the Male Masters category of the Tour d' Pain bike race March 20, and also competed in the European Cross Country March 6. The Masters Swim Meet makes his third event and increased his total score by 31 points. Bequette came in second in the Masters Overall category.

Scoring points toward the Grand Prix was based on the formula of Total Swim Meet Points times 50 percent. Total points were calculated as follows: no more than five events could be applied toward the total, three points were awarded for first, two for second and one for third place in each event. The points decided who won the categories.

Leaders strengthen bond on green

Story and photo by LCpl T.E. Ainsworth

Leaders from the military and civilian communities got together Wednesday for a little "PR" during the Greater Camp Lejeune Chief of Staff Invitational Golf Tournament at Paradise Point Golf Course.

This annual event, which featured less than 100 participants last year, tallied an impressive 144 this year, said golf pro, Grant Beck.



Sgt Heidi Larson, Headquarters and Support Battalion, Marine Corps Base putts from the 18th green during the Chief of Staff Invitational.

"Word of this tournament got out and it seemed everyone wanted to take part," he said.

There were so many participants, the golf club had to bring in eight golf cars from Marine Corps Air Station Cherry Point.

Col John R. Kopka, chief of staff Marine Corps Base, said the tourney wasn't a highly competitive event, it was just for fun.

"The purpose of the tournament was to enhance the relationships between the civilian leaders, retired and active-duty military in Camp Lejeune area."

It was designed to provide a place for these people to mingle and have a good time, Kopka added.

The Morale, Welfare and Recreation Division supported the event by providing food and beverages for the golfers.

Since the event was just for fun, the entrants didn't have to be experienced golfers to enter.

The rules of the tourney allowed for a wide variation of skill levels and experience by evening out the skill per team.

Each golfer put his or her handicap on the entry form. This allowed for easy separation of individuals with high, middle-ranged and low handicaps.

One person from each skill level was put on each team to even out its ability.

The players were classified either A, B, C or D according to skill. The A player, perhaps the best golfer on the team, was the team captain.

A and B players teed off from the tee furthest from the green, with C and D starting closer. Regardless of experience, all female contestants teed from the closest.

To further increase a team's chances for a good score, the tournament was played in a "Superball" format. Beck said the format was built for a wide variety of handicaps.

"This makes the games go faster and gives everyone a chance to hit from a good position. Everyone gets a bad shot now and then. This gives each team four chances to make a good drive."

The format is also called a captain's choice. The team captain finds the ball with the best position on the fairway. All players "drop ball" from that spot and continue to play from the best position until someone makes it to the green.

Then the golfers putt from the position that gives all players the best chance of getting in the hole. The team uses the lowest individual score as its score for the hole.

"I think it's a wonderful way to continue strengthening the existing bonds between members of the military and civilian communities," said Susanne Sartelle, Jacksonville/ Onslow Chamber of Commerce executive vice president.

She added the Chamber of Commerce classifies Camp Lejeune and Jacksonville as one. "We look at it as a community with two facets. One wears a suit to work, the other a uniform."

The team of Steve Carpenter, Stacy Whittington, Gretchen Weinert and Maj Robert Kelly took first in the tournament with 61.

One point behind was the team of Abe Rosen, Ray Herbert, Col Tom Kahl and Keith Kopka.

Even the third place team, Ty Hart, Cliff Jacobs, GySgt Rick Pelow and Helen Larson wasn't far out of the running with a respectable score of 66.

Although competition wasn't the main focus of the tournament, all teams did well on the par-70 course, as no team scored higher than 80.

Atlantic racquets serve up regional standing

Globe Sports Staff

The Command Marine Forces Atlantic Racquetball tournament concludes today at Courts Plus in Jacksonville.

As with the All-Camp tourney, the categories were Doubles, Women's, Seniors, Masters and Open. The top four finishers in each category will compete in the East Coast Regional tournament next week.

The participants of the MarForLant competition are mostly from the Camp Lejeune area. Many commands opted to bypass MarForLant and send athletes for regional play.

Although most categories have less than four players, assuring everyone gets entered into the regional, the Open bracket has seen some heated competition.

Monday's first round saw the following Open division players advance: MSgt John R. Althouse, Marine Corps Air Station New River; SSgt Dwane A. Rains, Camp Lejeune; Cpl Christo-pher Rothbauer MCAS New River (bye); and SSgt David Cantreras, MCAS New River.

Seniors bracket winners were: Capt Jose Hernandez, Camp Lejeune; and Maj Tom Rollandini, Camp Lejeune.

Camp Lejeune's MGySgt Michell Samuels and SgtMaj John Clark met in the semifinals of the 40-and-Over Masters category.

GySgt Sanora Donley, Camp Lejeune beat MCAS New River's SgtMaj Burnadette Howardin the Women's opener. Donley met GySgt Mary Wiezenhofer, Camp Lejeune in the semifinals Tuesday.

All doubles players advanced to today's finals.

Lejeune High recognizes winter athletes

Globe Sports Staff

Lejeune High School awarded individual athletes who made its winter sports program a success Monday in the high school cafeteria.

Dr. Rick Scroggs, Camp Lejeune Dependent Schools superintendent, welcomed the athletes and their parents, and specially thanked the present moms and dads for their continued support.

"The level of excellence achieved this season in particular is a direct result of parental involvement," Scroggs said. "For a school with less than 400 students, we continue to compete with much larger school systems. I think this says a lot about our student body's moral character."

The character of the boys' basketball team this year was tested far into the post-season. As co-champs of the Coastal Plains Conference, the Devilpups obtained a No. 2 state ranking during the regular season. The cagers were sectional champs and made it to the Final Four 1A teams in the East Regionals.

Jaakan Grimes was recognized as the squad's most valuable player. Grimes was named All-Conference, All-State Honorable Mention and was a McDonald's All-American nominee.

Perhaps some of the varsity hoopsters success came from the fundamentals developed at the junior varsity level. The J.V. 'Pups posted a 16-2 record and won the conference championship for the second consecutive year.

The Lady 'Pups, meanwhile, earned a berth in the second round of the state playoffs behind the talents of scholar athlete Karen Ola.

Although the school boasts no swim team, two scholar-athlete swimmers were successful as members of the Lejeune Devilfish Swim Team. Michael Reilly and Stephanie Hill represented the school in the Regional and State Meets.

Jordy Wetzel represented the Lejeune Wrestling team as its most valuable grappler. But perhaps the most valuable squad in the winter program was the cheerleading unit which included 11 (or 61 percent) top scholars

Coaches Doug Erny and Debbie Bryant were also named Conference Coaches of the Year..

LEJEUNE MARATHON

Runners set for base's premiere event

Sgt Dave Higgins

Saturday, long-distance runners will get their first taste of what has become the premiere athletic event of the spring season.

The first running of the Lejeune Marathon begins at 0800 in the Goettge Memorial Field House parking lot.

Sponsored by the Athletic Branch of the Morale, Welfare and Recreation Department, the marathon covers a scenic, well-designed course that is flat, fast and conducive to record setting performances.

MWR officials expressed confidence the marathon will draw thousands in years to come and will eventually rival the Marine Corps Marathon in participation and stature.

The six-month separation between the two events is causing some athletes to bill the new event, "the Spring Marathon."

Like its D.C.-based forerunner, the Lejeune Marathon is a "people's marathon," open to men and women of all ages, including military members and the general public.

Competitors may be in either individual or as many as five-person team categories.

Because it's the debut marathon for Camp Lejeune, MWR Fitness Director Ron Geraughty said he expected to only draw 25-50 athletes to the event.

"Marathoners usually plan their competitions six months to a year in advance; they just don't wake up one morning and decide to run a marathon," he said.

Tuesday the pre-registered total was 64, causing the race organizer to say, "100 would be phenomenal."

The reason for the higher-than-expected registration numbers, can probably be attributed to a word-of-mouth belief that Lejeune's race officials will run another well-organized event (see related story below, right).

Gerughty and his team have put together three events, which have been nothing short of spectacular, for the new Lejeune Grand Prix Series. Each of these events also sent record crowds to the starting line.

Although the Lejeune Marathon is not part of the series, Gerughty said both complement a sound athletic regimen. The first three Grand Prix events could be looked upon as build-ups to this event.

After a smaller run during the Armed Forces Day 5K, May 15, series participants will find themselves being primed for the Marine Corps Marathon.

Athletes could then continue to make ready for the Lejeune Marathon and establish a year-round training program.

"One of the things that I feel will attract more marathoners to Lejeune is the extremely fast course we offer," Gerughty said. "The capability is there for many to run personal bests.

"I also feel the quality of this race will be extremely good. We strive to do the best for our participants, so they'll have not only a good physical time, but a good emotional time as well."

Some of the early entrants who have traveled great distances to compete in the Lejeune event are Wayne A. Montes de Oca of Okinawa, Japan, and Edward Thomas, a Los Angeles native and veteran of the L.A. Marathon.

Regional trekkers have registered from places such as White Marsh Island, Ga., and Apopka, Fla.

One of the "word-passing" features is the race's clearly-marked aid stations, with water, liquid replenishments and sponges, situated every two miles along the 26-mile, 385-yard course. Another is the addition of medical and communications personnel throughout the track.

But a feature which helps make the Lejeune Marathon a cut above the rest is that splits will be available at each mile. This addition allows runners to pace themselves a mile at a time.

"I figure the course will be quiet and maybe even a little lonely this year," said MWR Semper Fit instructor Terri Hort, who's become one of the area's most formidable athletes. "But I imagine the streets will be lined with spectators once we start getting more competitors."

Some of the pre-registered athletes have already asked where family members could meet their loved ones along the way to give support, Gerughty said.

Beginning on Main Service Road, participants will turn right on Stone Street and again on Brewster Road. The next right turn heads runners up the inbound lanes of Holcomb Boulevard.

It is the left turn, across four lanes onto Sneads Ferry Road which race officials say causes them the most concern. But, they agreed, military policemen have their compete confidence in handling any traffic situation which may arise.

The runners next turn is a left onto Lyman Road, then a right at Highway 172. Then it's Sneads Ferry Road again to Main Service Road.

Upon reaching the field house, runners will turn onto the Liversedge Field track for an Olympic-class finish.

Registration for the marathon costs $20 and will be accepted today at Fitness Center 201 or from 0630-0745 Saturday at the Goettge Memorial Field House. A cutout registration form is also available on page 8B.

Call Dr. Gerughty at 451-5430 for more-detailed registration information.





Sgt Da

Semper Fit instructor Terri Hort has one of the area's most formidable a

Upgraded technology

Lejeune timing system's speed, accuracy unique



Chronomix, Inc.

The Chronomix Compusport CC 737

LCpl T.E. Ainsworth

Add a timing device to an everyday run and it suddenly becomes a race. Often the race is only as good as the device timing it.

Officials of Morale, Welfare and Recreation Department's fitness team know the importance of a reliable timing device, and have updated the old system to the state-of-the-art technology.

MWR purchased the Chronomix Compusport CC 737 Portable Printing Timer to use in all timed events it sponsors.

Assistant Fitness Director, Jim Lashbrooks, said the Compusport takes care of the problems most racing organizers experience in tabulating an event.

"Hopefully, it has eliminated some of the kinks we've had in the past, and will continue to ensure a smooth race," Lashbrooks said.

The down side of previous races was participants having to wait around while the computer figured out who won, Lashbrook explained. Too much time was wasted while race officials deciphered the computer's jargon.

Before the purchase of the Compusport, athletes were forced to wait around for 15 minutes to an hour for the machine to begin printing out the final results. Only then could anyone decide who had won. The Compusport changed all that for the fitness team.

As soon as the last person crosses the finish line, the computer prints results with overall times, including age groups, team categories or individual's assigned running number.

"This system is more precise, easier to work and understand than anything we've ever experienced," Lashbrooks said. He added the Compusport is accurate enough to be used in Olympic events, and a similar unit is standardly used for major running events.

One feature that makes this unit desirable is the 10-lane timing capability. The Compusport can time up to 10 lanes simultaneously by connecting gripswitches to a multi-lane interface. With this capability, the computer can be used for track, swim meets or any sport that uses lanes.

Even the largest races aren't a problem for Compusport because it has a 10,000-item memory. This is especially important when multi-chutes are used at the finish, said Lashbrooks. The computer can actively store 10,000 competitors' complete data.

A select timing keypad safeguards against accidental misplacement of an athlete's information. A person can enter a runner's bib number as he crosses the line, push a button on the keypad and the number corresponds with time appearing on a built in tickertape. Not only does this system save time when presenting awards, but when matching up times with numbers from registration rosters.

The Compusport can be interfaced with a computer to display the lane, time, place or any select timing information. This can be done after the conclusion of the event, or on-site during the meet. All data can be stored and re-transmitted up to 10,000 times.

Loaded with nickel-cadmium, rechargeable batteries, the unit is completely self-contained and portable; but it can use an alternate power source.

The Compusport matches times with names by the use of scanner tabs attached to each participant's bib. As the runners come in, their tabs are removed and scanned in chronological order. The computer then lines up the clicks on the gripswitch with the code given by the scanner.

Lashbrooks said there have been problems scanning in sunlight. He is in the process of making a hood for the scanning wand to make Lejeune's MWR the lone sponsor able to immediately scan tabs. The perfected use of scan tabs allows our athletes almost immediate results on a detailed printout.

Fitness director gives touch of cla

LCpl Nikoletta Klimak

"If you ask someone to adopt a new lifestyle — one with exercise and proper diet — but then you don't give them the opportunity do that, well then that becomes difficult."

With that thought in mind, Dr. Ron Gerughty, Morale, Welfare, Recreation fitness director, architected the Lejeune Grand Prix Series. The nine-event series spans a six-month period, with military athletes, as well as their spouses and civilians, earning points by participating. Athletes enter with hopes of clinching the series trophy in October.

"My biggest reason for getting this off the ground was to give the troops the opportunity to get on track to a healthy lifestyle," Gerughty said. "Also, knowing how competitive Marines are, I wanted to organize a long-term event that would test their physical abilities."

Gerughty said that while Marines are runners, ("it comes with the job") the series strikes an even balance, combining swimming, cycling and running.

"I focused this program toward the beginner, with hopes of leading athletes into natural development," he said. "The ultimate goal is to prepare an athlete for the Marine Corps Marathon later this year."

With 30 years of experience in athletic therapy behind him, as well a a doctorat in sports medicine, Gerughty spent months with his staff piecing the series together.

While the initial idea was developed quickly, he said it took about four months to kick the series in full gear."There is still a lot of work to be done if we want to have a successful annual event," Gerughty said.

"After every event, we look to find ways we can improve the event so will be twice as good next year with twice the turnout. We are constantly striving to improve."

The series' debut event, the European Cross Country, which took Gerughty nearly two months to map out, led 200 area runners through some of the muddiest wooded areas of Lejeune.

Gerughty said the unique event is his favorite because there is only a handful of similar courses in the United States. Lejeune's Euro-Cross is perhaps the finest course in the nation, he sa

"I don't think the European C Country race was our 'maker' o `breaker', but I think it did estab credibility of the series," he said people know they will be partici a well-organized competition, ru capable, professional staff."

The Tour d'Pain 50K bicycle next event, was the largest cyclir held at Camp Lejeune.

Although not included in the s the 5K Family Fun Run attracted than 400 area runners. Most of th top finishers are members of Sem personalized training program, al initiated by Gerughty.

The next Gerughty-run event i Lejeune Marathon, scheduled for day. The grueling 26 mile, 385 y is also, however, excluded from t series.

"Because the athletes in the se competing for points, I felt there enough time for them to run the r thon and recover fast enough to c and be successfully," he said. "Bu sure there are some who will try."

Gerughty said Lejeune's big ad tage is that the course is flat and runners to clock fast times. The r thon starts and ends at Goettge M Field House, finishing Olympic-st with the last lap around the Liver Field track. He mapped the course runners will not run in an area mo once.

"I'm not fond of 'out-and-back' course where athletes run to a spo turn back, or loop around the same area," Gerughty said. "In the Leje Marathon runner will trek a sceni coursecovering no territory twice."

While he hopes to draw as man 12,000 runners to Lejeune in upco years, sighting that there are only full marathons in the state of Nortl Carolina, Gerughty said the numbe won't be here this year.

"In order to take part in a marat an athlete must be training properl can't just decide to do it overnight said. "Runners must also know tha is a marathon out there to train for

"We have had only a short time advertize for the marathon. But jus even hold a marathon here is a feat Lejeune's cap."

There are six series events separ the Lejeune Marathon and the anna Coor Light Half-Marathon, Gerught last chance to challege the runners before the Marine Corps Marathon,

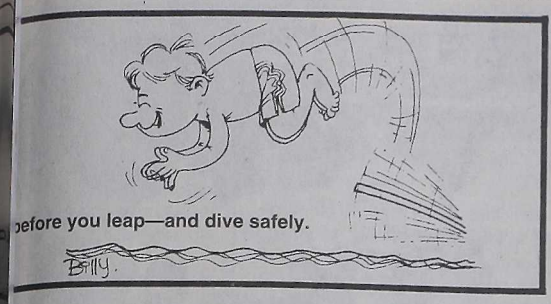
"We have the facilities to promo better, healthier lifestyle and we ha capabilities, sowe might as well tak advantage of them," Gerughty said.

"I would like to see this series g to where we can compete not only against fellow Marines and sailors, other bases and services as well."



Sgt Dave Higgins

Dr. Ron Gerughty checks runners' unofficial times during the Family 5K Fun Run, April 4. The event attracted more than 400 individual and team-formation athletes.



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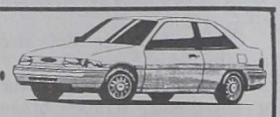
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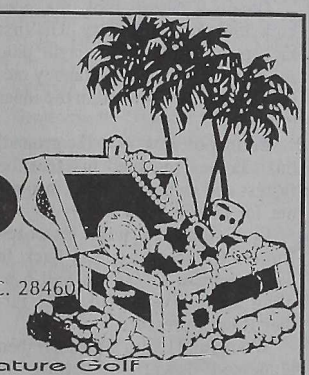
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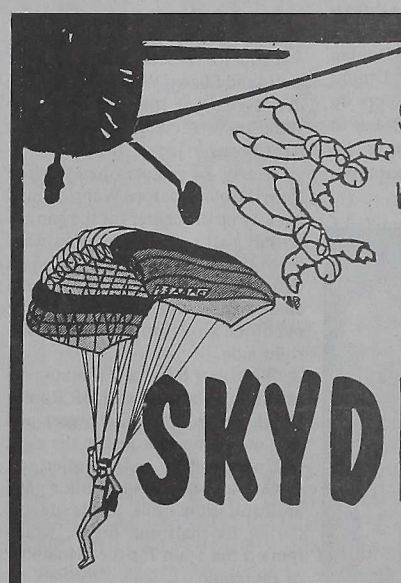
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Dragons breathe fire in Division III tourney

Story and photo by Sgt Dave Higgins

The Division III Dragons landed the only second-half goal to edge the Royals 3-2 in the Youth Soccer season-ending tournament Sunday on Liversedge Field.

The Dragons, known for blowing away opponents by large margins as it rolled undefeated through league play, got preliminary-round wins with scores of 10-0 and 8-0.

Finishing at 8-4, some may have figured the Royals to be yet another easy target for the "fire-breathing" Dragons. But the squad was continually putting on the pressure, and looked to be heading the game into overtime, following the Dragons' third goal midway through the second half.

It was the Royals who were quickest to the attack. Left wing Sean Hoebing gave Dragon goalkeeper Matt Deardorff early action. A tripping violation in front of the crease gave right wing Josh Rabine the first opportunity at an easy digit.

Deardorff's coverage was more than adequate on the penalty kick, but Rabine's boot careened off the left post for the first game-point at 25:28.

The Royals' early success was probably more credited to the defense than the offense, however. Dragon right wing Pat Clancey seemed to be the target of the defensive unit, meriting double-team coverage throughout most of the game.

When afforded the slightest opportunity to launch the ball in the direction of the net, Clancey was often off-balance or under siege from sweeper Nick Turner. Clancey shots generally ended up going wide right of the goal, and Turner's powerful leg had the ball to midfield time and again.

Dragons center-forward Dan Hilton found the answer to the Royal riddle with 13 minutes remaining in the opening half. Goalkeeper Kevin Durant had abandoned the crease while under centering pressure, so Hilton outdribbled Sean Scuchart and smashed a pay-dirt blooper from the inner box.

The Royals retaliated with a long-distance rocket launch and center-forward Sergio Garcia waiting in the wings. Had the ball been without a rapid backspin, Deardorff may have been able to pull the ball down in front. The keeper leaped into the air at the instant the kick was booted, and defied gravity until the leather was on his fingertips.

But the Royals were determined to regain the lead. Rabine drove of the field's center and attacked from the outer box. The wing again found the left post the key to success, as the ball snagged the upper net following the ricochet.

With 1:25 remaining in the half, left wing Kyle Almond choked the score at two on a second close-in shot.

Finding the Dragon defense continually more impenetrable, the Royals began a fierce quest for the go-ahead goal. With the offensive front at the corners, the ball rolled untouched past a net left vacant by keeper, Deardorff.

Clancey, who had thus far been taking a beating by the aggressive Royal players, broke away down the right side. His shot was inches off, finding the right intersection of goal -posts rather than open net.

The tide seemed to be turning substitutions came in for both teams with nearly 15 minutes of the half expired. Hoebing and forward Bobby rife repeatedly sent shots to the goal.

The Dragons regrouped and sent their share of balls into the Royal keeper's hands. Then, from the right, Clancey successfully shot into the left side of the goal to give the Dragons a one-point edge.

Durant was thwarted by a threatening offense as the final minutes of the contest. Royals coach Bobbie Thomas tried to send all but Durant forward in an effort to keep up pressure and tie the contest, but in the closing-minute confusion defensive players were confused about the desperation strategy.



The undefeated Dragons won the Division III tourney under coach **Tom Scagliarini.**



The Division IV Cobras rolled undefeated through the season under **Greg Butler's** vetera

Cobras net tourney w

Story and photo by Sgt Dave Higgins

The Cobras followed an 11-0 championship with an impressive outing in the Youth Soccer Division IV tournament last weekend.

Demetre Woods had a pair of goals and Shawn Wehrle booted the initial goal of the championship game on Liversedge Field, to lift the Cobras 5-1 over the Raiders.

Nearly 10 minutes had expired from the clock before Wehrle found his way up the center for the game's initial goal. The center-forward dribbled past Raiders Robert Gillespie and Patrick Fenton and challenged goalkeeper Naiomi Perez out of the box, firing into the goal's right side.

With less than two minutes remaining in the first half Ramos Quick drove down the center and shot a closeup shot just to the right of Cobra keeper Justin Butler.

Cobras coach Greg Butler gave an inspirational talk to his players during the halftime break, which ignited the team for the remainder of the game.

The Raiders, led by right wing Jessica Fenton, came out hungry for a goal in the second half, howerver. A shot on-goal from the far right, tested the abilities of Justin Butler in the box. The Cobra defender's stiff-fingered rejection sent the Raiders away without payoff.

Dennis Clancey took the goal kick downfield in a hurry. His first kick ricocheted off the right pole sending Campbell and Clancey racing to the ball, centered in the inner box.

Both booters went to the ground, but Clancey regained his feet the fastest and swiped the ball into the net for the tie-breaker.

In a signature move by coach Butler, Clancey dropped back to defensiveman to use his ball-handling aggressiveness to repel further Raider pressure.

Woods and Laura Deardorff then tandemed downfield, setting up Woods in the right-center of the inner box. A powerful punch from his foot found the Cobras opening the margin to two.

Moments later, Woods and Deardorff again maneuvered past bewildered Raider defenders. When Woods' shot-on bounced off Quick -- now in the crease, Patrick Wehrle gave a rewarding swift kick into the lower net.

Woods, happy to find his team up 4-1 but perhaps disappointed because his kick had f not be denied a second receiving a centering Brandon Tietjen, his again was deflected by keeper. Woods was wa bounce this time and b score-capping goal.

Coach Butler increa fensive stance by rota with Simonae Taylor. lady continued the offe sure, keeping the Raid check.

The Cobras had co championship game aft victory over the Cosmos was considered a gr because it was the Cosm spoiled the Cobras ch undaunted season in the championship.

The Raiders, mean advanced to the final r surprising win over the The Chargers finished with a runner-up 10-1 were considered the te until they were edged bras.

Saturday, the Cobr opening round victorie Cougars and Lancers, Raiders rocked the R gained a bye into the s

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OUNCEMENTS

OVE-MEDICAL ASSIS-PROGRAM for pregnant thout health insurance. The County Health Department de: health care for you and y, help with medical exl medical appointment transFor more information call or 347-2154. TFN

) ITEMS for Disaster Re-Deliver to American Red Ruth St. or call Kathy Smith 81 to assist with following 12 bottles aspirin, 6 bottles tubes petroleum jelly, 6 box , 12 bottles kaopectate, 3 alamine lotion, 12 bottles peroxide, 6 tubes hydrocortment, 12 bottles liquid annes, and 24 boxes antihistalets. 4/21

IOLICS ANONYMOUS olding their open meetings Wed Fri afternoons from 2:45 at the Base Chapel New River. TFN

THE MOUNTAIN MIN-S. Featuring Pastor Steve el will be rendering services ird Sunday at 6 PM at the McDaniel Resthome. Located mada Road. TFN

REYNOLDS ALUMINUM RECYCLING CENTER is located at Northwoods Shopping Center, Onslow Drive, Tuesday thru Saturday 9:30 am to 12:30 pm. Consumers can call toll free 1-800-228-2525 for more information. TFN

WORSHIP SERVICE and Fund raising each Sunday at 11:30 at St. James FWB Church in Richlands. For more information phone 347-1232. TFN

TIME FOR TOTS-"Coffee, Cookies, Crafts & Activities" A morning for moms and tots to share new experiences and friendship. Wednesdays 10:00-12:00 noon. September 25-May 6. Jack Amyette Recreation Center on South Drive. Fee $10.00 per year for family. Ages 2-5 yrs. old-preschool. TFN

INFANT OF PRAGUE CHURCH BINGO (a Non-Profit Organization), Infant of Prague Gymnasium, Bordeaux Street (Across from Jones Funeral Home Chapel). Every Wednesday & Saturday Evening 7:00 p.m. - Doors open at 6:15 p.m. All proceeds to benefit St. Francis of Assisi School. TFN

BATTERED WOMEN'S SUPPORT group meets every Wednesday 12:00 - 1:00 pm. Childcare provided, no fee involved. Onslow Women's Center. 309 New Bridge Street 347-4000. TFN

SEXUAL ASSAULT SUPPORT Group meets 1st and 3rd Tuesday of the month 6:30pm-8:00pm. Onslow Women's Center. Please call Jan Shane at 347-4000. TFN

NEW LIFE BAPTIST CHURCH has Sunday school every Sunday morning at 9:50 am and Morning Worship Service at 11:00am. Children's church and nursery service is available. Please come and worship with us.433 Drummer Kellum Road. Rev. James E. Richardson is the pastor. TFN

CROSSROADS CHRISTIAN FELLOWSHIP will be having their Sunday school and worship services every Sunday. School begins at 9:30 am, morning worship is at 10:30 am and evening worship is at 6:00 pm. The new location is 126 Center Street behind Burger King on Western Blvd. TFN

THE PEERS FAMILY DEVELOPMENT CENTER, located at 151 Chaney Avenue, is a nonprofit organization promoting the growth and development of the family through parent education, parent aides, and drop-in child care. PEERS is always in need of donations of volunteer time, money, and other items. Please call 938-5449 or 938-5447 for information on how you can help or benefit from this program. TFN

NEW LIFE BAPTIST CHURCH has 8:00 am Morning Worship. Sunday school every Sunday morning at 9:50 am and Mid-Morning Worship Service at 11:00am. Children's church and nursery service is available. Please come and worship with us.433 Drummer Kellum Road. Rev. James E. Richardson is the pastor. TFN

SWING INTO SPRING: Golfers can enjoy the Spring with a round of golf at 141 different courses throughout North Carolina. For just $35 you can purchase the Golf Privilege Card from the American Lung Association. Although there are some restrictions at some courses as to time, days or months, the card is valid through December 31st, allowing ample time to visit some of North Carolina's finest courses. A golf Privilege Card makes an excellent gift for birthdays, Mother's Day or Father's Day. All proceeds help in the fight against lung disease, the third leading cause of death. To order, call 395-5864 or 1-800-821-6205. 4/28

BIRTHCHOICE: will host training sessions on May 10-May 14, at the Jacksonville Wesleyan Church, 121 Chaney Ave. from 11 am - 1 pm Mon. & Tues. and 9-11am Wed.-Fri. Topics covered will be crisis pregnancy, pro-life abortion and post abortion counseling, Christian counseling and counseling the sexually active. Anyone interested in pro-life crisis pregancy counseling is invited toattend. Childcare will be provided. Call Diane Jones at 455-7457 or Judy Keith at 455-9294 if you have any questions. 5/12

TWO COUNTRY HAM BISCUITS $1.69 With This Coupon Bojangles'
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MEN'S PRAYER BREAKFAST every Saturday morning at 7:30 am at Golden Corral. TFN

PRIMERA IGLESIA HISPANA De Dios Pentecostal M.I. Orden de Culto. Mates - Oracion-7:00- 8:00 pm. Mercoles - Soc. de Damesy Cabelleros - 7:00 to 9:00 pm. Viernes - Soc. de Ninos - 7:00 to 8:00 pm. Domingo - Esc. Dominical - 10:00 am to 12:00 m. Culto Evangelistico - 1:00 to 3:00 pm.Jose Maldonado (919) 938-3561. 1911 Lejeune Blvd Jacksonville. TFN

MEMORIAL DAY WEEKEND ARTS AND CRAFTS SHOW: The annual Swansboro Memorial Day Weekend Arts and Crafts show is now being planned. Limited space is available. If you are interested in selling and showing your craft please call Rose Stancill at 919-326-3601 or 919-326-1571. Deadline for entering has been extended to April 31. 4/28

MEMORIAL DAY WEEKEND ARTS AND CRAFTS SHOW: will be held at Swansboro Middle School on Saturday, May 29 (10 am-8 pm) and Sunday, May 30 (10 am-4 pm). Admission is $3.00. The work of over 50 artists and craftsmen will be displayed. For more information call Rose Stancill at 326-3601. 5/26

COMBINED FEDERAL CAMPAIGN APPLICATIONS are being accepted from agencies and organizations that are non-profit with local eligibility for the FALL 1993 CFC, until April 30th. Call John Caskey, United Way of Onslow County at 347-2646 for instructions on applying. 4/28

NAMES PROJECT AIDS MEMORIAL QUILT: Morehead City Display. "The Quilt.. . Touching Hearts from all Walks of Life". Crystal Coast Civic Center, Morehead City, North Carolina. July 2 ,3& 4, 1993. For more information call or write: Jamie Long/Co Chair, The Names Project Aids Memorial Quilt, Morehead City Display, PO Box 773, Morehead City, NC 28557, Phone: (919) 247-6687. FAX (919) 447-6161. 6/30

ADULT TABLE TENNIS REGISTRATION: The Jacksonville Recreation & Parks Department will be holding registration for an Adult Table Tennis league. Deadline to pay individual entry of $15.00 will be 5:30 pm on Thursday, April 22., located at the Athletic Offices on Eastwood Drive. Participants must be 16 years of age or older. All interested participants may call Michael Liquori at 455-2600 Ext. 285 Monday through Friday 8:30-5:30 pm. 4/21

YOUTH MINISTRIES PRESENTS " THE JOY CLUB" in lifting up the name of Jesus. Saturday March 20 and every other Saturday after. 11:00 am to 1:00 pm. Sneads Ferry Pentecostal Holiness Church. 241 Fulchers Landing Road. For more information call Lisa at 577-3026 or 327-0441 (Church). Children 1-18, stories, crafts, puppets, guests speakers, singing, activities, snacks and much more. TFN

YOUTH BASEBALL REGISTRATION: The Jacksonville Recreation & Parks Dept. will be accepting Baseball registration for boys and girls at the Athletic Office on Eastwood Dr. in New River weekdays from 8:30-5:30 pm. Registration date: ages 10-12, March 29-April 8. Ages 13-14, April 5-April 22. Ages 15-17, April 5-April 22. Ages 7-9, April 5-April 29. Registration is $12.00 for all participants, and Non-City residents must also pay the non-city user's fee. Parents must fill out the necessary registration form before a player can participate. A birth certificate must be provided at registration. For further information, contact David Lynch at 455-2600, ext 291 weekdays form 8:30-5:30 pm. 4/21

THE JACKSONVILLE JAYCEES: Reminding men and women ages 21-39 that there is an organization striving to make Jacksonville a better place for every one. We also provide and enhance valuable personal skills. To be a part of the jacksonville Jaycees, please call Dale R. Schuffert for more information at 347-7441. Looking forward to hearing from you. TFN

THE SERVICEMEN'S CHRISTIAN CENTER at 575 Corbin St. is open to all service personel for your enjoyment with recreation, refreshments and Christian Fellowship. Bible Study starts at 6:30 each Tuesday and Friday evenings. Phone 577-7000 for transportation. TFN

THE PEERS PROGRAM need parent aides. There are parents out there who need support and guidance, and possibly you could provide this for them Call us at 938-5449 and ask for Christine. We need your help. TFN

COASTAL CIVITAN will have a meeting on the second and fourth Tuesday of every month at 6:30 pm at Fisherman's Wharf. Proceeds will benefit Handicapped Children, for more information call 346-2472. TFN

RICHLANDS AL-ANON WEEKLY MEETING - Tuesday nights. 8 PM - 9 PM. Richlands AA Building. TFN

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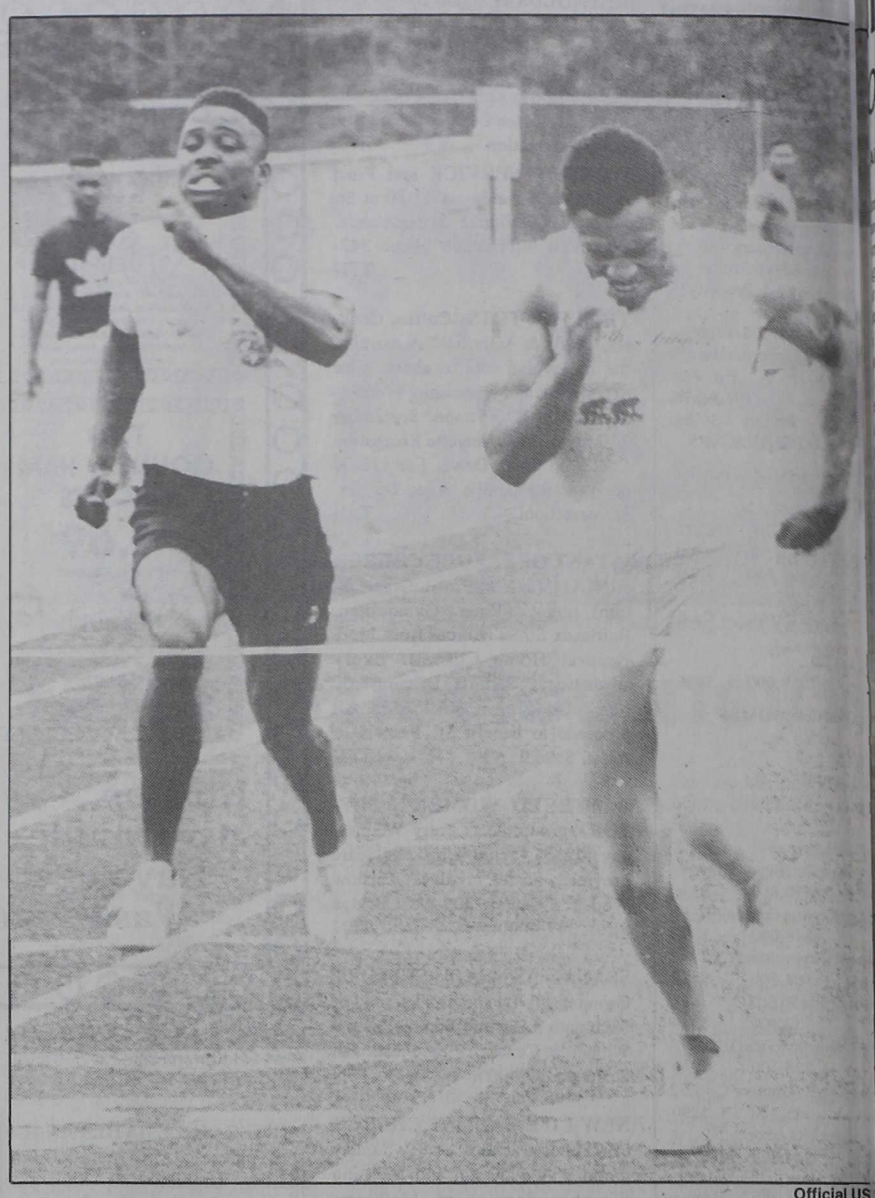
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Hanes 3pk Brief (#2215)
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Official US

Athletes are now training for the Lejeune Track Meet, which will be run on Liversedge Field Ma

Intramural/Athletic announces schedu

Globe Sports Staff

The Morale, Welfare and Recreation Department's Athletic Branch recently announced its upcoming schedule.

Upcoming events include sports of the Intramural League program, varsity-level team events and sporting activities for the individual athlete. The athletic department also updated the status of some of its current programs and events:

Golf entry ends today

Registration will end today for the Intramural Golf leagues, which are set to begin play May 3 at the Paradise Point Golf Course.

Assistant Athletic Director, Larry Coffman, anticipates 30-40 teams will compete in the three Lejeune leagues. Coffman added there will be four-man teams, as opposed to five-man teams as in past years, to ease league scheduling.

Although the league's held their organizational meeting Monday at the clubhouse, those interested may register today only. MWR's Recreation Division pays participant green fees, and the season is played at 1400 Monday-Wednesday.

Call Everett VanderVere at 451-2061 for more information.

Regional racquetball openings available

Anyone interested in participating in the East Coast Regional Racquetball tournament beginning May 3 at Courts Plus in Jacksonville may register by calling Larry Coffman at 451-3636.

Unlike other post base-level events, the racquetball regional is available to any active-duty Marine or Sailor regardless of past league experience. Women competitors are in particularly-high demand.

Women's varsity softball looking for new talent

The Camp Lejeune Varsity Women's Softball squad holds practice at 1730 every Monday, Wednesday and Thursday on Harry Agganis Field. The team is still looking for women Marines and sailors to play.

Call team coach retired LtCol W.C. Blaha at 455-8662 for details.

Misfits rugby team hosts Cherry Point

The Camp Lejeune Misfits Varsity Rugby team will play the Cherry Point Rugby Club at Cherry Point Saturday. This will be the team's last seasonal game, before it travels to Fort Benning, Ga., for the Mili-

Military National Champ April 30 through May 3.

Varsity Soccer tea continues tryouts

All-Marine Soccer-vete Luis Cisneros continues tryouts for interested playe 451-0872/0875 for details

Division gets runn during regional voll

2d Marine Division tool in the East Coast Regional ball tournament April 11-1 Goettge Memorial Field Marine Corps Air Station Ne ousted 2d MarDiv in con matches, 15-10, 11-15, 1 11-15, 17-15, 15-9.

The All-Marine Volleyb ney is being played in th house through May 8.

Five softball squad remain unbeaten

As of Friday, only five remained undefeated in th mural Softball leagues. He ters and Support Battalion, Corps Base has the league wins with eight.

Games are played from 2200 Monday through Thu



Official USMC

Intramural Golf registration draws to a close today. Call **Everett VanderVere** at 451-2061 for de

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Roddy, 2d Radio
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TIR-FRY BEEF SA
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small red onion, cho
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ndem team nears Atlantic

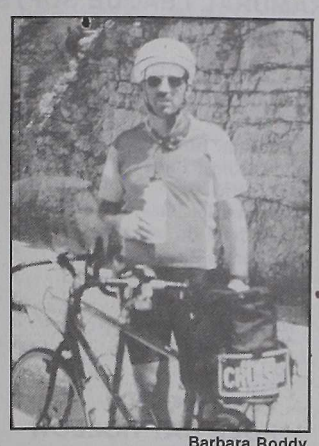
00-mile cycling odyssey concludes today

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Barbara Roddy

1stSgt Jim Roddy, 2d Radio Battalion, takes a rest between Ozona and Junction, Texas, April 11.

they travelled across Texas.

The weather wasn't the only thing giving them problems, however. By the time they made it across Louisiana, the bike had three additional flat tires, upping the total number of flats to five.

In a telephone interview Tuesday, Roddy said the thing that worried him the most was when he found the rear tire rim was cracked.

Taking control of the situation, they ordered another rim at the next stop. While the pair's wives waited in Mobile, Ala., for the new rim to arrive, the tandem team hit the road without the support vehicle.

As The Globe went to press, the support vehicle had yet to reunite with the bicyclists.

Roddy also reported the rear bearings are going bad; but he said he thinks they will last to the journey's end today.

On the lighter side, a Louisiana state highway patrolman stopped Roddy and Bowman on Interstate-10 last weekend. He informed them it was illegal to ride a bike on a Louisiana highway.

After explaining to the "trooper" what the cyclists were doing, he let them go wishing them good luck. The patrolman told them to be careful in Mississippi, because it has the same law and the police may not be as friendly there.

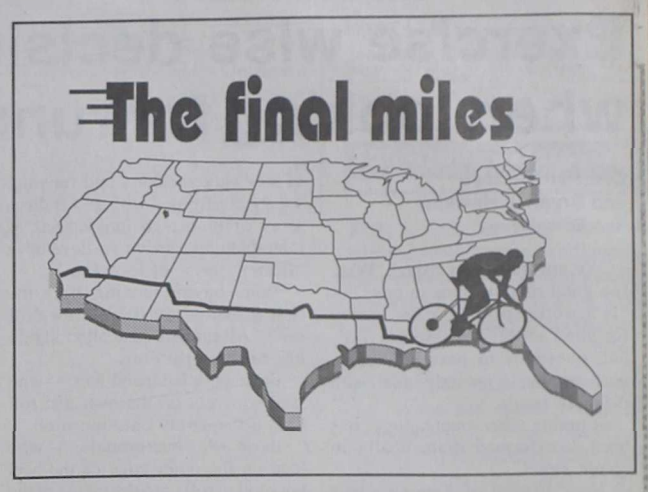
For the past three days the men have endured a headwind which made the trekking difficult. Even with the strong wind to fight against, they've been averaging 120 miles a day and ride from "sun-up" to 1800-2000.

So far, Roddy said, the most difficult thing has been losing the support vehicle. Barbara Roddy and Nancy Bowman are driving the car with trailer, leading the way for the entire journey.

The support vehicle contains food, spare parts and medical kits. The trailer houses individual bicycles, in case one of the men was unable to continue or in the event the tandem broke.

Roddy said they keep losing the vehicle because maps don't always match the land features and roads.

The team has added an extra measure to locate the missing



wives. 2d Radio Bn's Officer of the Day has been used as a rallying contact point in an effort to rejoin the two pair of highway wanderers.

The men are still collecting donations for the Salinas Christian School in Salinas, Calif.

They hope to have raised enough money to expand the school to accommodate high school students. At last report, they had collected more than $5000.

Across the country Roddy said they generally met nothing but friendly and helpful people.

This marks the end of a long training period for the first sergeant. He has been training for two years for the trans-continental trip, and said it was the only reason he took up biking.

Overall, Roddy said the 18-speed Burley "Rock and Roll" has been a good durable bike considering the wear and tear they've been putting on it.

The Globe will have coverage of the bicyclist's arrival at St. Augustine in the April 29 issue.

Mother's Day

e mother of all
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erica was held at the
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April Is The Berries
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Did you know that the Native Americans began cultivating strawberries more than 300 years ago? Since then, those juicy red berries have become an American favorite. Right now, this nutritious fruit is available in large supply and at an Extra Low Price at Food Lion.
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1) Select berries which are firm, plump and full colored.
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Oriental-Style Salad Makes A Super Supper

Low-fat and delicious, this easy-to-prepare Stir-Fry Beef Salad is a marvelous warm weather meal.

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ish salad with more than a
of the Orient. This Stir-Fry
alad is delicious, nutritious
nderfully economical. That's
it's made with versatile rice.
nakes the beef in the recipe go
As a complex carbohydrate,
s the fat in the recipe down to
well. In fact, only 30 percent
calories in this recipe come
t and the cholesterol count is
mg. You'll find this salad
sy to prepare and just right for
weather.

TIR-FRY BEEF SALAD
pound boneless beef sirloin steak
tablespoons olive oil, divided
tablespoon grated fresh ginger root
clove garlic, minced
small red onion, chopped
cup (about 2 ounces) fresh mushrooms, quartered
tablespoons cider vinegar
tablespoon soy sauce
1 tablespoon honey
3 cups hot cooked rice
1/2 pound fresh spinach, torn into bite-size pieces
1 medium tomato, seeded and coarsely chopped

Partially freeze steak; slice across the grain into 1/8-inch strips. Set aside. Heat 1 tablespoon oil, ginger root, and garlic in large skillet or wok over high heat until hot. Stir-fry beef (half at a time) 1 to 2 minutes. Remove beef; keep warm. Add remaining 1 tablespoon oil; heat until hot. Add onion and mushrooms; cook 1 to 2 minutes. Stir in vinegar, soy sauce, and honey. Bring mixture to a boil. Add beef and rice; toss lightly. Serve over spinach. Top with tomato; serve immediately.

Makes 6 servings.

Each serving provides 334 calories, 22.9 g. protein, 10.3 g. fat, 36.9 g. carbohydrate, 2.8 g. dietary fiber, 602 mg. sodium, and 53 mg. cholesterol.

Exercise wise decision-making when looking for running shoes

Drs. Patrick Bays and Bryan J. Hawkins
Navy Editor Service

We are frequently asked "What is a good running shoe to buy?" or "Is it worth spending more money for good shoes?" These are difficult questions to answer because each person is an individual with different needs.

Running shoe technology has been transformed dramatically in recent years.

Now, instead of donning a pair of sidewalk sneakers and running, we are confronted with and endless array of high tech innovations as manufacturers strive to develop a "fleeter form of footwear."

When buying running shoes, the first question to ask is "How do I run?" All runners basically fall into one of three patterns:

those with balanced feet — who land squarely on the heel and roll forward squarely onto the toes;

those who overpronate — who land on the outer edge of the heel but rend to roll onto the inside of the foot as it goes forward and

those who supinate — who run predominantly on the outside of the foot.

If you are uncertain which kind of runner you are, ask a knowledgeable observer to watch you run — a doctor, physical therapist or even an experienced running shoe salesman. Given the opportunity to look at your worn running shoes, these experts can probably tell you which category you fall into.

Most people run with balanced feet. Overpronation is far more common than supinaton (which is a good thing, because it is also less apt to cause damage.)

Modern running shoes are made with all the above factors in mind and are designed to provide motion control, increase shock absorption or both. Any good running shoe should have a good, firm heel counter. The heel counter is literally a cup around the heel and serves to keep the heel from "lipping off" the sole. The midsole is where the newest technology of the running shoe comes into play.

These days midsoles are often made with air pockets, gel-filled pockets or various other types of special cushioning material. A motion control shoe designed for an overpronator will build a firmer cushion into the inner part of the shoe to support the "rolling over" tendency. On the other hand, a sole made for a supinator may incorporate more "cushioning" among the outside edge of the shoe.

So which type of shoe should you buy? The answer may be quite simple. Knowing which top runner you are should narrow the choices. If you didn't know then buy a solid heel counter and a good midsole cushion. But beware. Don't be talked into buying the most expensive shoe just because it has all the "high tech advantages." It may not be the one best suited to your running style.

Once you've purchased the shoes, inspect them from tie to time for clues to time for clues to which type of runner you are. The next time the choosing process will be easier.

LEJEUNE MARATHON

SATURDAY, APRIL 24, 1993 ◆ 0800
GOETTGE MEMORIAL FIELD HOUSE
MCB, CAMP LEJEUNE, NORTH CAROLINA

ENTRY FORM

LATE REGISTRATION WILL BE FROM 0630-0745
AT GOETTGE MEMORIAL FIELD HOUSE ON THE DAY OF THE EVENT

Check One: ☐ Individual Entry ☐ Team Entry

Name _____

Address _____

City _____

State _____ Zip _____ Phone ( ) _____

Sex _____ Age on Day of Race _____ T-Shirt size: YS YM L XL XXL

WAIVER MUST BE SIGNED BEFORE MAILING!

GENERAL RELEASE:

In consideration of this entry being accepted and desiring to be legally bound to myself, my heirs, assigns, executors, administrators, etc., I hereby release the sponsors, officials, Marine Corps Base, Camp Lejeune, and all those associated with this event, of all claims for injuries and damages incurred or arising from my participation in THE LEJEUNE MARATHON.

Signature _____ Date _____

SIGNATURE OF PARENT OR GUARDIAN IS NEEDED IF APPLICANT IS UNDER 18 YEARS OLD

MAIL THIS APPLICATION, ALONG WITH APPROPRIATE ENTRY FEE TO:

MWR Recreation Division
Athletics Branch, Building 6, Camp Lejeune, NC 28542-5001
Attn: Betty Compton

CALL 451-5430 FOR MORE INFORMATION

SCOREBOAR

INTRAMURAL LEAGUE SOFTBALL
(As of Friday)

MARINE CORPS BASE			2D FORCE SERVICE SUPPORT GROUP			2D MARINE DIV		
HqSpt Bn	8	0	2d Maint Bn	4	0	2d LAI Bn		
MCES	5	1	2d Medical Bn B	3	3	2d CmbtEngr Bn		
8th Comm Bn B	4	1	H&S Bn	2	1	2d Tank Bn		
MCSSS	5	2	8th EngrSpt Bn	4	2	HqDiv A		
2d Force Recon Co	4	3	2d Supply Bn	3	2	1st Bn, 10th Mar		
NavHosp	3	3	2d Dental Bn	3	3	2d AsltAmph Bn		
Postal	2	4	FCAC	3	3	6th Mar		
Intel Co	2	4	8th MT Bn	2	3	5th Bn, 10th Mar		
2d SRIG	2	5	MedLog	2	3	3d Bn, 10th Mar		
2d Radio Bn	2	5	2d Medical Bn A	2	5	HqDiv B		
Disbo	1	5	2d LdgSpt Bn	1	3	8th Mar		
8th Comm Bn A	1	6	ELMC	1	4	3d Bn, 12th Mar		

EAST COAST REGIONAL VOLLEYBALL
(April 11-15)

2d Marine Division def. Camp Elmore 15-4, 15-6; **Marine Corps Air Station New River** def. 2d Force Service Support Group 15-5, 15-8; Marine Corps Combat Development Command, Quantico, Va. def. MCAS Beaufort 15-9, 5-15, 15-10; Marine Corps Logistics Base Albany, Ga. def. Marine Corps Base 15-11, 12-15, 15-13; 2d MarDiv def. **MCAS New River** 15-5, 15-11; MCCDC Quantico def. MCLB Albany 15-7, 15-13; 2d FSSG def. Camp Elmore 15-4, 15-7; MCAS Beaufort def. MCB 15-7, 10-15, 15-13; MCLB Albany def. 2d FSSG 15-7, 16-14; **MCAS New River** def. MCAS Beaufort 15-13, 15-12; 2d MarDiv def. MCCDC Quantico 15-13, 15-8; **MCAS New River** def. MCLB Albany 10-15, 15-12, 15-11; **MCAS New River** def. MCCDC Quantico 15-13, 15-3; **MCAS New River** def. 2d MarDiv 15-10, 11-15, 15-4; **MCAS New River** def. 2d MarDiv 11-15, 17-15, 15-9.



POLE CAT HOLLOW MUD SLING RESULTS
(Saturday)

A Class: 1. Jay Wade 121'; 2. Billy Phillips 120'-10".

B Class: 1. Randy Ivey 11.97 seconds; 2. Dennis Odum 136'.

C Class: 1. Randy Ivey 13.38 seconds; 2. Ray Evans 15.4 seconds.

D Class: 1. Gene Wells 9.41 seconds; 2. Bill Orr 9.71 seconds.

E Class: Ed Ipock 7.23 seconds; 2. Steve Wells 7.93 seconds.

F Class: Harry McCoy 5.2 seconds; 2. Chip Ellis 5.67 seconds.

YOUTH SOCCER LEAGUE
(Final Standings)

DIVISION IV				DIVISION III	
Cobras	**11**	**0**	**0**	**Dragons**	**12**
Chargers	10	1	0	Rebels	9
Cosmos	7	3	1	Royals	8
Raiders	7	3	1	Cobras	7
Cougars	5	5	1	Panthers	2
Shooting Stars	4	4	3	Lancers	2
Chiefs	4	4	3	Express	1
Rockets	4	6	1		
Lancers	4	7	0		
Skyhawks	3	6	2		
Royals	1	10	0		

Cobras defeated Raiders 5-1 in league tournament Sunday.

Dragons defeated Royal league tournament Sund

Youth Baseball L opening ceremonies 180 at Liversedge Field.

ALL-CAMP RACQUETBA
(April 5-9)

Open Division: 1. M Althouse, Marine Corps tion New River; 2. S Preciado, 2d Marine Di

Seniors Division: 1 Glen Erhart, 2d MarDiv David Richtsmier, 2d M

Masters Division: 1. Robert L. Anderson, Corps Base; 2. SgtMaj Cook, MCB.

Doubles: 1. Ander house; 2. Richtsmier/ Benson, 2d MarDiv.

UNCEMENTS

OF NRA": The newly Friends of NRA" Coastal pter announced that it first Fund-Raising Banksonville Country Club the 13th of May at 6:30 ing. The National Rifle is a 121 year old organiated to preserving the nership and use of fireds from the "Friends of raiser will help promote as firearms safety and conservation research, ge development, marksraining, wildlife habitat conservation education North Carolina. For tickinformation on how you this inaugural event con- Larrick at 455-1444, dgett at 346-6976 or er at 353-7593. 5/12

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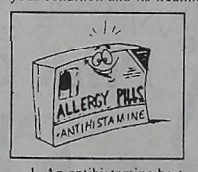
PENTECOSTAL HOLIURCH has Sunday School day morning at 9:45 am. Worship Service at 11:30 ren's church and nursery ilable. Please come and Lord with us. 130 Bell Fork Robert L. Meredith is the TFN

WOOD BAPTIST - Sunday School- Bible y Sunday at 9:45 PM. 903 Drive. For all ages! TFN

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Division of MWR
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MARINE CORPS EXCHANGE Division of MWR

QUICK QUIZ
Understanding Allergies

If you're among the more than 40 million allergy sufferers in America, you might like to test your knowledge of your condition and its treatments with this little quiz.



1. An antihistamine best treats (a) sneezing (b) itchy, watery eyes (c) runny nose?



2. To clear a stuffy nose you need (a) a decongestant (b) an antihistamine?



3. To relieve sinus aches, you need (a) an antihistamine (b) a decongestant?



4. Drowsiness is th common side effect o the-counter allergy m tions. (a) True (b) Fa

ANSWERS

1. (a), (b) and (c). 2. (a). 3 (b). However, most with allergies prefer a combination of decongesta antihistamine to relieve all their symptoms. 4. (a) nately, there's a new antihistamine-decongestant me that can relieve annoying allergy symptoms includi sal congestion without causing drowsiness called Se D. It's available only by prescription.

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The three g essentials of ha ness are somet to do, somethin love and somet to hope for.

—Anonyn



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Dr. Uwe Ca
Convenient Eve and Weekend

UNCEMENTS

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WOOD BAPTIST - Sunday School- Bible ry Sunday at 9:45 PM. 903 Drive. For all ages! TFN

AMERICAN CANCER SOCIETY AND HOSPITAL FORM NEW SUPPORT GROUPS: A breast cancer support group has recently been formed in Onslow County for women in Onslow and surrounding counties. It is open to women in any stage of breast cancer - newly diagnosed through recovery. It will provide a place to share concerns, needs and any non-medical problems in an informal setting. If you are interested in joining this group, which hopes to provide better physical and emotional healing through peer support, please call Carol Thomas at 347-1714 or the American Cancer Society office at 353-3322. A general support group for all cancer patients, their families, friends, and care givers has also been formed. This group will meet on the second and fourth Wednesday's at 6:30 at the Education Center at Onslow Memorial Hospital. For information call Janna Martin or Annette Lemon at 577-2472. 4/28

THE JACKSONVILLE TOASTMASTERS meet every Wednesday at 7:30 pm at the Naval Hospital, Camp Lejeune. Learn to express you thoughts, ideas and opinions. Develope leadership skills. Visitors are always welcome. For more information contact any Toastmaster or call 353-9559 or 353-0964 after 6:00 pm. TFN

FREE CATARACT SURGERY for those who cannot afford it will be available on May 1, as part of Mission Cataract USA '93, a nationwide project participated by nearly 200 eye surgeons throughout the United States. Locally free eye screenings will be given by Dr. Carol Johnston at the Onslow Eye Clinic located at 264 Memorial Drive in Jacksonville, NC on April 24, 1992, 8 am to 4 pm by appointment only. The screening will determine those candidates with cataract and financial need. Eligible candidates will receive an eye exam and will be scheduled for cataract surgery on May 1. The surgeries will be performed at the Surgery Center, located at 166 Memorial Court, in Jacksonville, and include lens implants and all follow up care. Anyone who is visually impaired and has financial need can call 919-353-1030 to make an appointment. 4/28

CAROBELLS 4TH ANNUAL 8K ROAD RACE and 1 mile fun run will be held on May 8th. Pre-registration is $8.00, day of race $10.00. Team run $7.00 per team member - minimum of 10 persons per team. T-shirts will be given to the first 150 registered. Awards will be presented to the top 3 male and female runners in the 8K. Awards to the top 3 male and female finishers in the following categories: 19 and under, 20-29, 30-39, 40-49, and 50 older. Top 3 finishers in the one mile fun race will receive ribbons. Team trophy awarded. Command with the most participation receives a trophy. High School with the most participation receives a trophy. Jacksonville Road Runners will provide the finish line. Door prizes will be given and a free pig picken for participants following race. For application, please contact Cindy Rice at 455-3080. Carobell is a non-profit residential facility for severe and profound handicapped residents. Proceeds of race will go towards the purchase of a new education building. 5/5

T-BALL REGISTRATION: The Jacksonville recreation and Parks Department will be accepting T-Ball registration for boys and girls ages 5 & 6 at the Athletic Office on Eastwood Drive in New River weekdays from 8:30-5:30pm. Registration will run April 19 - May 7. Registration is $7.00 for all participants and Non-City residents must also pay the non-city user's fee. Parents must fill out the necessary registration form before a player can participate. A birth certificate must be provided at registration. For further information contact David Lynch at 455-2600 ext 291 weekdays form 8:30 - 5:30 pm. 5/5

GIRLS SOFTBALL REGISTRATION: the Jacksonville Recreation & Parks Dept. will be accepting Girl's Softball registration at the Athletic Office on Eastwood Drive in New River or you may call to register weekdays from 8:30- 5:30 pm. registration dates begin for ages 7-15 on April 5 and will end on April 30. For more information on these programs contaxt David Lynch at 455-2600 ext 291 weekdays from 8:30-5:30 pm. 4/28

MISCELLANEOUS

JAPANESE SWORDS, Daggers, SAMURAI ARMOR, WWII Militaria, Antique Bronzes, Ceramics, Lacquerware, Paintings, Prints, Masks, KOREAN Artwork... Paying $100-$1,000's... Ed (800) 322-2838. 5/13

LET US PACK & SEND YOUR MOTHER'S DAY GIFTS. We have USPS or UPS, even over-night services. Located behind Main Exchange. 577-7737. 5/6

ADAMS DOGHOUSES, STORAGE BARNS, PLAYHOUSES. Doghouses-Small $25, Medium $35, Large $50, Super $75 & $85, Storage Barns 8X8-$625, 8X12 $825, Playhouse-$275. Call 324-3973. TFN

AVIATION OPPORTUNITY- Qualify for a career. We offer- FAA Approved courses. Approved for VA Flight Training Benefits. Ellis Airport. Jacksonville. **TARHEEL AVIATION 324-2500.** TFN

FOR SALE: Minolta Camera, XGI, 50 mm lens, 135 lens, 28-70 lens- $200. Call after 5 pm 353-8344. TFN

FOR SALE: Officer uniforms: Blue's W.S.A., S.S.A., size 42-44. Call 327-3109. 5/13

FOR SALE: Lionel trains, engines, cars, switches, tracks, etc. Call 327-3109. 5/13

I WILL MOW YOUR LAWN. $8 to mow lawn. $10 to mow and weed eat. Tarawa Terrace and Knox. 577-5419. 5/6

COMIC COLLECTORS
Receive 25% off new comics with subscriptions at **MICHELLE'S BOOKS, COMICS & VIDEOS.** Brynn Marr Center, Western Blvd. 353-7622. We also hold comics while you're deployed. TFN

FOR SALE: Kenmore 15.8 cu. ft. deep freeze. 8 months old. $350. Must sell, moving out of area. Call 353-9217. 4/29

WANTED: U.S.M.C. WWI/ WWII/VIETNAM Uniforms, Medals, Documents, Equipment, ENEMY SOUVENIRS, Insignia (Anything WWII RAIDER/ PARATROOP/PILOT) ... Ed Hicks (8000 322-2838. 5/13

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Jacksonville NC 28540 4/22

FOR SALE: 1 Man Bass Hunter, Minkota trolling motor, deep cycle battery. Sears battery charger, great deal at $185.00. Call 353-7782. 4/29

CRAFTERS
Are you creative in making crafts? Would you like to sell them? I can help you. Call 347-6052 for more information after 5:00 pm. 4/22

PETS

FOR SALE: AKC registed Chow, Purebred, 11 weeks old, comes with pet taxi and accessories. Immunizations started. $200. Call 577-7437. 4/22

YARD SALES

GARAGE SALE: Saturday April 24. 8 am - 4 pm. 1108 Keating Ct. Country Club Hillls. 4/22

AUTOMOBILES

FOR SALE: 90 Mustang GT, loaded, sunroof with pullout CD player. Must sell. Call Lance Cpl. Strutzel at 451-1786. Leave message. 4/29

FOR SALE: ' 65 Cadillac Hearse. Orders, Must sell, will accept best offer. AWH 347-9168 or 346-7525. TFN

FOR SALE: 1984 Chevette, 1 owner, good local transportation, asking $700.00. Please call 455-5378 after 5 pm. 4/22

FURNITURE/APPLIANCES

FOR SALE: Day bed, white iron and brass with 2 twin size orthopedic mattresses and rollout popup trundle. Never used, in box. Cost $700, $310 cash. Call 637-2645 (New Bern). 5/14

FOR SALE: brass bed, queen size with frame and deluxe orthopedic mattress sert in factory box. Can't use, cost $750, sacrifice $285 cash. Call 637-2645 (New Bern). 5/14

CASH PAID for dressers, chest of drawers, living room furniture, kitchen tables, chairs, bunkbeds, bed room sets, antiques. 743-0088. TFN

HELP WANTED

HELP WANTED: Sales & Marketing Executive needed to do one on one & group presentations marketing the hottest commodity in the country. All major credit card & benefits package. No insurance license necessary. Excellent commission & residual income. No experience necessary. EOE M/F. Call 1-804-751-3232. 4/22

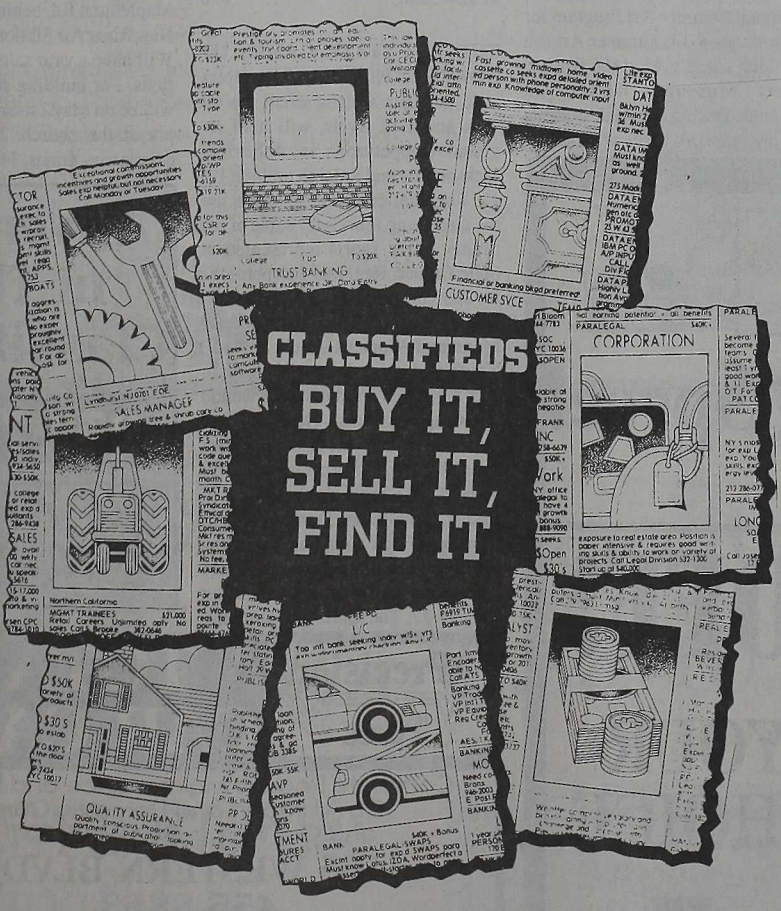
SALES: The Financial Stategies Division of USLICO is seeking Senior NCO's and Officers separating from the Service for an exciting opportunity as a Field Representative at various locations in NC & SC. Call Tana Weil at (919) 751-2177. 5/13

ANNOUNCEMENTS

T.O.P.S #NC 380 will hold weekly meetings on Mondays at 7PM in the USO Basement, 9 Tallman St. T.O.P.S is a non-profit weight loss support group. TFN

AN INDEPENDENT DIABETIC Support group will meet Tuesday night at 7:30 pm at the Onslow Memorial Hospital and Thursday mornings from 9-10:30 am at the Enlisted Club at Camp Johnson. TFN

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3 Weeks	$9.60	50c for a bordered ad.	
4 Weeks	$11.00		

Payment Enclosed: $_____

Check or Money Order

Shopper

SPORTS SHORTS

Carobell Road Race slated for May 8

The 4th Annual Carobell Dollar Days Road Race and One-Mile Fun Run is scheduled for 0800 May 8.

The day's events begin with a one-mile fun run, which begins at the senior citizens' center on the Downtown Waterfront.

An 8K road race follows on an accurately-measured, asphalt course.

Awards will be given to the top three male and female finishers in five age brackets of the 8K. The top three finishers of the fun run will receive ribbons.

Call Cindy Rice at 455-3080 for registration information.

Enjoy Lejeune recreation

Aerobics schedule: Semper Fit Aerobics classes are free to all military patrons and their families.

High-impact/Step Aerobics are from 1130-1230 Monday-Friday in Marston Pavilion; from 1900-2000 Monday-Thursday in Berkeley Manor Elementary School; and from 1130-1230 Mondays, Wednesdays and Fridays in the Camp Geiger gym.

High/Low Combo and Kids in Motion run simultaneously from 0900-1015 Monday-Friday in the Area 5 gym. Kids in Motion now carries a $1.50 charge per child, per class. Register in advance in building 6.

Prenatal Aerobics are from 1700-1800 Tuesdays and Thursdays upstairs in the Area 5 gym.

High/Low Combo is from 0900-1000 Saturdays in Marston Pavilion.

Low-impact/Step Aerobics are from 0900-1000 and 1800-1900 Mondays and Wednesdays; and from 0900-1000 and 1700-1800 Fridays in the Tarawa Terrace Community Center. Classes also run from 1700-1800 Mondays, Wednesdays and Fridays in Berkeley Manor Elementary School.

Belly Burner classes are from 1230-1250 Mondays, Wednesdays and Fridays in the Camp Geiger fitness center. Classes are also from 1200-1220 Monday-Friday and 1800-1820 Monday-Thursday in the Area 2 gym.

Water Aerobics is from 1130-1230 and 1830-1930 Tuesdays and Thursdays in the Area 2 pool.

Water Running is from 1130-1230 and 1830-1930 Mondays, Wednesdays and Fridays in the Area 2 pool.

Call 451-3584/5430 for more information on Semper Fit Aerobics classes.

Walking program: The Semper Fit program offers "Healthy Stride," a flexible, year-round walking program that fits into people's busy lifestyles.

The program was developed by Kathy Smith, health and fitness authority and national chairperson for fitness and wellness for the National Recreation and Parks Association.

A journal is provided to each patron to record his or her progress. For details call 451-3584.

Running classes: Fitness Center 201 has instituted a running class designed to improve overall performance in long-distance running.

Classes are from 1130-1230 Monday-Friday on the Liversedge Field track, and will emphasize actual performance based on customized, individual evaluation.

Call 451-5430/3584 for more information and to sign up.

Fitness training: Individualized personal training programs are offered for cardiovascular proficiency, strength and toning, weight-management and aerobic-anaerobic conditioning.

Appointments are available from 0830-1700 Monday-Friday. For registration information call the Fitness Center at 451-3584.

Pistol special: Patrons can get a free box of .22-caliber pistol ammunition with rental of a .22-caliber pistol from 0900-1600 Saturdays and Sundays at the A-1 Pistol Range Range aboard Camp Johnson. Call 451-3889 for details.

Stables activities: The Semper Fi 4-H Club meets once a month for young horse lovers. Pony rides are also available for children.

Trail riding and stalls for privately owned horses are available year-round. Visit the stables from 0800-1700 Wednesday-Sunday, or call 451-2238 for more information.

Water instruction: Registration continues through May 14 for Water Babies, Pre-School and Advanced Beginner classes. The classes will be in three sessions, with the following deadlines for registration: Friday for the May 3-12 session; and May 14 for the May 17-26 session.

The classes will be taught from 1800-1945 in the Area 2 indoor pool. Call 451-0768 for details.

Registration for a lifeguard instructor training course will be at the Area 2 pool through Friday. Call 451-2024 for more information.

Indoor pools: The Area 2 pool offers an early morning lap swim/masters swim program from 0600-0730 Mondays, Wednesdays and Fridays. Recreational/lap swimming is offered from 1130-1300 and 1630-2000 weekdays and from 1100-1700 weekends and holidays. For details call 451-2513.

French Creek bowling: The French Creek Bowling Center is now open from 1700-2300 Wednesday-Saturday. Red-pin bowling is available from 1700-2300 every Saturday. Strike and win a free game. Youth lock-in or birthday packages are always available.

For more information on any of these events call 451-1799.

Bonnyman bowling: Summer leagues signup has begun at Bonnyman Bowling Center. "TGIF" is on-going every Tuesday and Friday. Strike it rich from 1130-1300 every Wednesday. For information call 451-5121/1799.

Golf lessons: The Paradise Point Golf Course is now accepting appointments for private golf lessons. Call 451-5445 for details.

Golf volunteers needed: Volunteer golf marshals and starters are needed at the Paradise Point Golf Course. A free yearly golf membership will be offered in exchange for volunteer work. Contact the golf course at 451-5445.

Youth golf registration: Golfers age 13-16 may register to take certification to use the Paradise Point Golf Course. The certification allows young golfers to demonstrate their ability and knowledge of the game and to play without adult supervision. Call the pro shop at 451-5445.

On-base fishing: Classes on casting, rig-making, species, baits and tactics held every Sunday afternoon at Risley Pier. Call 451-7154 for for more information.

Martial arts: Karate, gymnastics and dance classes have resumed in the Marston Pavilion. For more information call 451-1521.

Rollerskating: Skate Days are now offered weekly in areas aboard Camp Lejeune. Bring the whole family for hours of fun. The next session will be May 2 at the Marston Pavilion parking lot. Call 451-1521/5052 for details.

Skateboarding: The Youth Center ramp is open for members during regular hours of operation. The center also offers safety gear rental at reasonable rates. There's always something to do at the Youth Center. Call 451-2177.

New marina hours: The Courthouse Bay Marina is open every Monday, Wednesday and Thursday from 0800 to sunset. Weekend and holiday hours are from 0600 to sunset.

Slip discounts: Courthouse Bay Marina offers discounted leases for slip usage equal to one free month per year. Call the manager at 451-7386 for more information.

Sailing classes: Gottschalk Marina offers summer sailing classes for beginners and advanced sailors.

Upon completion of these classes, participants receive the U.S. Naval Sailing Association qualification record book and a certification card. The next class will be O-Day and Compac 19 (for advanced skippers) Saturday and Sunday.

For details call 451-8345.

Volunteers needed

Timers, course monitors and general staff members are needed to assist in the Camp Lejeune Grand Prix series. Training will be provided to all volunteers; and those participating will receive a commemorative T-shirt and refreshments.

Sign-up at the Fitness Center or call 451-3584.

Lejeune Marathon entry forms available

Entry forms are available for the Lejeune Marathon, which begins at 0800 Saturday. The event is open to men and women of all ages, to include the military and general public.

The marathon covers 26 miles, 385 yards over a flat and fast course conducive to record-setting performances.

The race is a qualifier for larger-drawers, such as the Boston Marathon and a stepping-stone to Olympic qualification.

For more informat
Gerughty at 451-543(

Devilfish seekir interested swim

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information or to sche
call aquatics direct
Stephenson at 451-25

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ANNOUNCEMENTS

(NASHVILLE, TN) The F and Loss Prevention Project (of North Carolina) will join Willie Nelson, President of FARM AID Inc., and other farm leaders from across the country at FARM AID VI in Ames, Iowa on April 24, 1993. This benefit concert is part of an overall effort to plant the seeds of change for a new rural agenda in this country. Citing the Land Loss Prevention Project's commitment to supporting family farmers and find new solutions to the problems facing America's farm families Mr. Nelson siad, "We are calling on farm leaders from around the country to come to Iowa and make their voices heard. Starting in the heartland FARM AID will make sure that family farmers lead the way when the folks in Washington sit down to make a new farm policy." Land Loss Prevention Project's executive director, David Harris, echoed Mr. Nelson's enthusiasm. "A new Administration in Washington has given all of us new hope for a farm policy that helps all of our farmers," Harris noted. "From 1980 to 1991, North Carolina lost 35% of its farms and the potential consequences of the proposed new trade agreements will also hit family farmers especially hard." Mr. Harris also added that Secretary of Agriculture Mike Espy's. 4/22

SUMMER ART: The Onslow County Museum is pleased to announce its 9th annual Summer Art Program for students ages 8-14. Summer Art is a week-long camp held at the Onslow County Museums Gallery in Richlands. During the week students will partcipate in a varity of art activities which focus on this year's Summer Art topic, Under the Sea. Students will also go on a field trip, a nature hike at Hammocks Beach State Park. The dates for the program are June 14-18, June 28-July 2, July 12-16 and July 26-30. A 12 passenger van is also provided from Jacksonville. Spaces are still available on the van for the July 12-16 session. This program is sponsored by the Richlands-Onslow County Museum Foundation. Cost to participate is $45.00 for members and $50.00 for non-members. For more information contact the Onslow County Museum at 324-5008. 5/26

THE 1993 STATE GAMES OF NORTH CAROLINA, an Olympics style amateur athletic event for all ages and skill levels, will hold regional competitions in Asheville, Jacksonville and Raleigh on June 12-13. Regional competition sports are the qualifying rounds for some of the twenty -three sports represented at State Games. Regional competitions for 1993 include Boys Youth Basketball, Boys and Girls Youth Soccer, Mens and Womens Adult Softball, Youth and Adult Indoor Volleyball, and Youth and Adults Taekwondo (sparring and forms). The 1993 State Games torch run will take place from June 23-25. Opening ceremonies will be held at Durham Athletic Park in Friday, June 25 in Durham, North Carolina. Final competitions in the twenty three sports that make up State Games will be held in Durham on June 24-27. The sports are : baseball, youth basketball, bowli
equestrian, figure skating
nastics, ice hockey, kar
shooting soccer, softba
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leyball, and wrestling.
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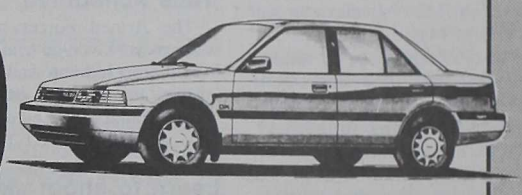


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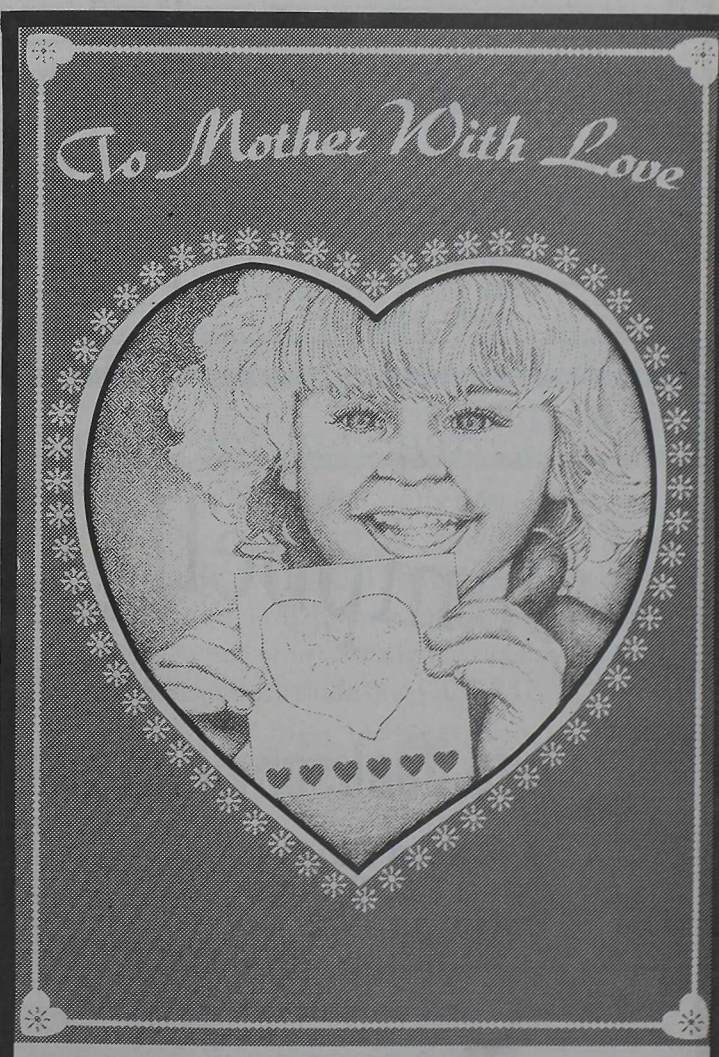
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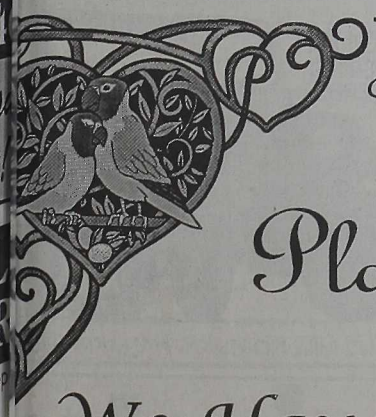
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SHORTS from 10B

is scheduled for Saturday and Sunday at Mendoza Park in Spring Lake, N.C. Cumberland County will host the Pines Classic men's and women's world-qualifier May 1-2. The tournament will be in a round-robin format and will be played at Cumberland County Park in Fayetteville.

Competition for both tourneys is open to all bonafide Armed Forces Men's and Women's teams.

All bonafide teams are also eligible to play in the East Coast USSSA Invitational in June and the USSSA Armed Forces State Tournament in August. The top four teams will earn berths to the Corporate A World Tournament slated for Labor Day weekend.

For more information call program coordinator Steve Sargent at Defense Switched Network 236-7071, (919) 396-7071 or 424-2205.

Invitational softball begins Friday

The Invitational Softball Classic at Marine Corps Air Station New River begins Friday. Entry fee is $75 per team. This is an open tournament with modified Amateur Softball Association rules and is open to military and civilian teams.

For more information call Ted Curry at 451-6714.

Social tennis club formed

The Lejeune Ladies Tennis Association continues its spring play from 0900-1100 Mondays through the end of May.

The club is open to all military personnel and their dependents. Half-year dues are $4 and all levels of play are welcome to join.

Activities include a doubles tennis tournament as well as various social play days. Call Denise Kruse at 577-1980 for more information.

Powerhouse Club meets monthly

The Semper Fit Powerhouse Club meets from 1630-1830 the last Wednesday of each month at the Fitness Center. Call 451-5430 for details.

Judo lessons offered at New River

The Camp Lejeune/Marine Corps Air Station Judo Club offers free lessons every Monday, Wednesday and Friday from 1830-2030 in building AS-226, Marine Corps Air Station New River. Lessons are open to active duty and dependents. Children may start at age 5. For more information call GySgt Gus Daniels at 451-1992.

Okinawan karate instruction offered

Karate classes are from 1800-2000 Mondays and Wednesdays in the Area 5 gym. There is a $25 monthly fee. The class is traditional Okinawan karate and open to active-duty personnel only. For more information, call PO1 V.E. Ates at 451-1723/3416.

Kajukenbo style karate taught at Tarawa Terrace

Karate, the art of self-defense, is taught in the Kajukenbo style Tuesdays and Saturdays at Tarawa Terrace Community Center. Call 451-2253 for times, costs or details.

Tae kwon do trials scheduled

The Armed Forces mens and womens tae kwon do trials are May 5-11 in Fort Indiantown Gap, Penn. Anyone interested in participating should contact the Lejeune special services officer at 451-1596/1698.

Learn to shoot skeet

The Lejeune Recreational Shooting Club is offering free skeet-shooting lessons from 1130-1300 on Thursdays and Fridays at the Skeet Range. The club holds a meeting at 1630 the first Thursday of the month at the range. For more information call Range Manager Marvin Powers at 451-3889 or SSgt Ron Ausman at 451-2721.

Recreational activities offered in Jacksonville

Girls' softball: Registration for girls' softball is being accepted for ages 7-15 through April 30 at the athletic office on Eastwood Drive. For more information call David Lynch at 455-2600.

Youth baseball: Baseball registration for boys and girls will be accepted at the athletic office on Eastwood Drive. Registration ends today April 22 for ages 13-14 and 15-17; and continues through April 29 for ages 7-9. Call David Lynch at 455-2600 for more information.

Volunteer coaches: The Jacksonville Recreation and Parks Department is compiling a list of potential volunteers for proposed T-Ball, girls' softball and senior baseball leagues. Interested coaches may pick up an application at the athletic office on Eastwood Drive. Persons selected must be willing to attend a mandatory 4- to 6-hour National Youth Sports Association certification clinic.

For more information call David Lynch at 455-2600.

T-Ball: T-Ball registration for boys' and girls' ages 5-6 will be accepted at the athletic office on Eastwood Drive in New River until May 7. Call David Lynch at 455-2600 for more information.

For more information call David Lynch at 455-2600.

Table tennis: The Jacksonville Recreation and Parks Department is offering open play table tennis on Thursdays from 1800-2100 in the Jack Amyette Recreation Center.

For more information call Michael Liquori at 455-2600.

Tennis: The Jacksonvile Area Tennis Association is looking for members. There are no dues or fees, and anyone is welcome to join. The association hopes to develop a challenge ladder and boasts a consulting tennis professional. Call Michael Carter at 455-2600 for more information.

Motorcycle club: The Jacksonville Sport-bike Club meets the second Wednesday of each month to promote safe and fun motorcycle riding. The club is open for new members. Call club organizer Ben Kapelaa at 455-0124 for details.

Golf Lessons: Youth and adult golf lessons for beginners and intermediate players will be offered every Wednesday. For details call Michael Liquori at 455-2600.

Disk golf tournament: For the first time a disc golf tournament will be included in the annual heritage festivities. Northeast Creek Park is the site for Saturday's tourney, which begins at 1200. Registration will be taken before the event, and will end at 1130. For more information call Gary R. Gusan at 455-5237.

Youth activities: Jacksonville Recreation and Parks Department offers numerous youth classes and clubs. Call 455-2600 for details.

Hash runs scheduled

The Hash House Harriers have runs scheduled at 1400 Sundays and 1900 Wednesdays. Runners follow a powder trail through the woods and residential areas to find the finish. Fees are $3. Beverages are provided at the finish. Call Chris Marshall at 353-1693 or Rita Matthews at 326-3968 for details.

Local running club memberships available

The Jacksonville Roadrunners, a local running club, provides race information, running clinics and regular events for serious runners and anyone else who likes to run (speed is not essential). Membership is $10 ($15 per family). Membership includes a newsletter, National Roadrunners membership and discounts at local sporting goods stores. For more information and a free copy of the newsletter, call Debby Beals at 324-5743 or Jack Butler at 455-2895.

Nelson Bay Triathlon slated

The 5th Annual Nelson Bay Challenge Sprint Triathon will run May 1 in Sea Level, N.C., which is about 30 miles east of Morehead City. The event is sanctioned by the Triathlon Federation, and includes a 750-meter swim, 20K bike and 5K run.

Awards will be presented in six male and six female age divisions, with one team division award. Registration deadline is Wednesday. For an entry form or more information call (919) 240-4767 or 247-6902.

Velo Century and fun ride slated for Sunday

The 3d Annual Down East Spring Century will begin at 0900 Sunday. Events include a 100-, 50- and 25-mile race and a 10-mile family run ride. The ride begins at the park on S. Wilmington St. in downtown Richlands.

The route is a 50-mile loop which meanders through rural farmlands of flat to very gently rolling terrain.

Those involved in the century will return through the same course. There is also a 25-mile loop and a 10-miler for those wanting to ride with their families or just want to take it easy.

Registration begins at 0800. Call PO1 Rex Crowder at 451-5993/2059 or 346-3443 for details.

Bowhunters organization formed

The North Carolina Bowhunters Association is looking for members. Membership supports the right to bowhunt in this state. The association's wildlife commission helps to influence future legislative decisions concerning hunting restrictions and regulations

To become a membe local chapter call Sgt Lar at 577-8105.

Bass fishing club looking for membe

Serious-minded bass f are invited to join a lo fishing club. Experience ership of a boat are not n Call Frank Cowart, the pre Hawg Wild Bassmasters sonville, at 353-1703 o Moody at 327-3683.

Off-road action rolls in Bear Creek

For four-by-four fun for by the Pole Cat Hollow M Gates open at 1600 Satu Pole Cat Pond on Sand Ric off Highway 172 in Bear

For more information c 5625/5744.

Education tournam deadline approach

The deadline to enter the Jacksonville/Onslow Cha Commerce Education Golf ment, which will be playe at the Paradise Point Golf

For the second year, the will be run in conjunction Pepsi New River Heritage I Individual and team entries accepted. Team entries mu at least a 50 handicap with golfer having less than a 1 cap.

Prizes will be awarded three top teams, three close pins and four longest Mulligan Prizes will a awarded. A golfer who s hole-in-one on the 8th hole a complete set of formal w

Check-in time is 1100, v shotgun start at 1200.

For a golf tournament ent and a free festival brochure, the Jacksonville/Onslow C of Commerce at 347-3141.

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LATE REGISTRATION: May 24 &25
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Wedding gown sz7, victorian style w/lace and pearls, ivory, w/or w/o hoop, hat incl., was $600, sell $275. Call 353-9468.

1 DP dual 20-exercise home gym, was $500, will sell $200 OBO. 1 DP rowing machine $35 OBO. 1 small safe $60. Call 577-1561.

Utility trailer, heavy duty w/4x8 box, $200 OBO. Call 347-4514 and lv msg.

Carpeting, PP 2-story, wall-to-wall for MBR, FR/DR, neutral colors. Call 353-5143.

3 prom gowns, sz6, lavender, rose, red, worn once, $30 or $20 each. Slimmer exerciser $15. Yashica Super 8 movie camera $20. Call 353-8934.

Prom/ball gown, sz9/10, lillie rubin/exclusive black, beaded floor length, $350 OBO. Call 577-1853.

Collectors '66-'92 mens magazines, by all 75-100 issues $25. Call 326-7281.

Coal/paper burning stove $35, good cond. Call 938-9026.

New wedding dress, sz10, never worn, lots of beading, V front and back, $300. Call 354-3057.

Free spirit smoke creek mountain bike, 18-spd, like new, rode twice, $200. Call 726-5312.

Front yard swing, holds 2, $85. '83 Toyota Celica $550, runs but needs engine work. '82 VW Wagon, 7 pax, $1500. Call 353-7836.

Coin collectors plastic sheets, plastic cases, plastic & cardboard slides, $10 takes all. Call 326-7281.

386DX-25 tower computer w/ VGA, 80M hard drive, 4meg ram, math-co, high density floppies, more. $950 OBO. Call 577-3713.

Dinette set w/four chairs, dark walnut finish, asking $250 OBO. Call 353-4743.

Pine china cabinet, good condition, $150 OBO. Call 938-2930 anytime.

Gas powered radio control car, OS21 engine, futaba controls, starter motor and fuel, $350. Call 455-6010 AWH.

27" console color TV w/remote like new $400 OBO. Magnavox VHS camcorder w/accessories $575 OBO. Wieder weight bench w/ 220lbs of weights $100 OBO. Electric Roadmaster Treadmill $175 OBO. '85 Olds Cutlass Brougham, cruise control, loaded exc. cond. $2,600 OBO.

Little girls pageant part dresses for sale, sz6 and 7. One pageant gown sz7. Call 353-7512.

Large canister for rainbow vacuum cleaner $25, 8 heavy glass insulators from high tension elctric lines $25, 13-in. B&W TV $25. Call 347-2066 AWH.

Cannon T-70 full auto camera w/ 277T auto flash, all manuals, carrying bag, straps, 35-70mm lens, excellent cond. $200. 38-caliber special, Rossi, 5-shot revelver $150. Call 577-8208.

Organ for sale, Wuelitzer digital music system, exc. cond, paid $2,500, asking $800 OBO. Call 577-7998.

Beretta 92F 9mm pistol, like new, make offer. Call 577-1461.

Sears Craftsman 18HP lawn tractor, 44-in. deck, Briggs & Stratton eng., 6 spd, 2-range transmission, exc. cond., used two summers $1,600 OBO. Call 577-5261.

'78 Jeep J-10 w/8,000lbs cap. winch. Boat 14' fiberglass w/trailer $350 outboard motor, 18HP (Evinrude) $500. Call 455-3665.

Toyota truck w/air, stereo, x-cab, x-bed, bedliner, camper, etc. Lawnmower, 4HP w/grass catcher $125. Lawnmower, Sears electric $100. CAll 455-3665.

Washer $125, dryer $125, 4,700 BTU A/C $75, Hot Point Potwasher dishwasher $100, APT size 110V dryer $75, single bed w/drawers underneath $100, 40R Alpha blouse, 41R blues blouse, IBM Quietwriter Printer $125. Call 324-6211.

'69 VW Beetle, tinted windows, AM/FM stereo cass. $3,000 OBO. Gold washer and dryer works good $250. Call 353-4026 and lv msg.

Sears portable table saw, never used $125. Call 347-9384 anytime.

17' V-hull boat w/40 horse Mercury motor $900, golf bag dolly $10. Call 324-6211.

34" IVC color TV and 30" color console TV, Minolta video camera w/all access., 2 sofas, men's 12-spd bike, large TASCO telescope, 3x6 rug. Call 577-8253.

Coffee table, 2 end tables made of cypress logs $250, rocking chair $35, metal sights $50, 10-spd Murray bike $45, 3HP lawnmower $55. Call 455-3665.

Antique piano $150, 55-gal aquarium w/lights and stand $100 OBO. Call 347-6210.

Bug reflector for Jeep Cherokee, custom fit $20. Low G-Man Nintendo game $5. VHF/FM Marine handheld radio, paid $220, asking $100. Call 577-7998.

26" Ladies bike $30. King size Rattane Head Board (Wiker) $20. Call 353-0212.

4 GY Wrangler P235/75R15 tires, aggressive tread, exc. cond., $50 all, $15 each, Call 354-9577 and lv msg.

AUTOMOBILES

'87 Dodge D-50 p/u, 4 spd, AT, AM-FM cass, bedliner, 75,000 miles, $2,500 nego. Call 353-5813.

'91 Cavalier, 2 dr, 5 spd, 4 cyl, 23 k mi., AM/FM cass., $6,225 OBO. Call 353-8172.

'91 Geo Metro hatchback, 5 spd, AM/FM cass., very low miles, like new, 50 MPG Hwy., 47 MPG city, no equity, take over low balance, must sell. Call 577-8619 and lv msg.

Chyrsler Class E '83, $1,500. Chrysler 5th Ave '85, $2,000 take over payment. Honda Prelude Si '87, $9,000. Call 455-5042.

'93 Ford Thunderbird LX, fully loaded. Call 577-1872.

'83 Dodge p/u 4x4, PS, PB, AM/FM cass, $3,500. Call 455-5574.

'84 Nissan 4 dr wagon, AM/FM cass, real clean, $1,500 OBO. Call 327-0901.

'78 Chevy Nova, runs great, needs some work, $800 OBO. Call 577-7758.

'87 Ford p/u F-150 XLT Lariat, loaded, short bed, straight-6 250, 4 spd stick, exc. cond. Call 347-1591.

'87 300ZX Turbo, all the extras, exc. cond. Call 577-3585.

'75 VW Bug, runs great, needs body work, $1,000 OBO. Call 346-1126 daily.

'87 Dodge D-50 p/u, AT, AM/FM cass, bedliner, 75,000 miles, $2,500 nego. Call 353-5813.

'82 Dodge Power Ram, 4wd, 318 just rebuilt, auto trans just rebuilt, fully loaded, CB, Kenwood stereo system, much more, runs great, looks great, asking $4,000 OBO. Call 346-9833.

'93 Toyota 4x4 p/u, take over payments. Call 577-1923.

'91 Nissan Sentra, 5 spd, red, $500 and top OBO. Call 451-1523 Rm. 321.

'82 Subaru DL, 3 dr hatchback, 5 spd, AM/FM, avg retail in current "blue book" is $850, will sell for $400. Call 577-4654.

'70 AMC Javelin, exc. cond., interior like new, 5,000 miles on new TRW engine, just broken in, new starters, alternator, carburator, chome, plugs, plugwires, coil, dist cap, regulator, too many new parts to list, $2750 no payments, cash only, must sell. Call 326-7281.

'90 Oldsmobile minivan, silhouette, white, low mileage, 38,00 miles, exc. cond., make reasonable offer. Call 451-5869.

'88 Ford Ranger supercab XLT, 2.9L V-6, PS/PB/AC, AM/FM cass., tilt, bed liner, cruise, $4,500. Call 327-2917 anytime.

1985 Chevy C-10, 54,00 orig. miles, auto, 4.3L V-6, PS/PB/AC, AM/FM cass, dual tanks, cruise, tow pkg, camper shell, long bed, $4,400. Call 327-2917 anytime.

'80 Camaro Z-28, 350, new brakes, recently safety inspected, runs good, body exc shape, needs paint job, $1,500 OBO. Call 577-3092 AWH.

For sale or trade, '86 Olds Firenza, cruise, $1,500. Call 451-5853 Rm 110.

'80 Celica hatchback GT GC, SR, TS, very clean. Call 353-0212.

BOATS AND RECREATION

Scamper pop-up camper, used 6 times, has heater/AC, was $5,200, asking $3,800 OBO. Call 577-8652.

'76 Aristacraft boat, 3ltr engine, 19 ft, must sell. Call 451-0189.

'88 Bayliner 2556 Cierra, '89 outdrive, dual stations, dual radios, dual depth finders, remote spot-light, head w/standup shower, stove refridge, microwave, sleeps 6, new canvas/paint plus all the extras. Call 353-8983 AWH.

'87 motor home, chevy engine, 40,500 miles, fully equipped w/tow package, dual air and generator and lots more. Call 346-6539.

28' Sport Craft cabin cruiser, exc for fishing or cruising, powered by 165 mercruiser in board/outdrive just reconditioned, has depth finder, VHF, stereo and much more. V-berth w/head and galley. Asking $8,000 OBO and trade possible. Call 346-9833 AWH.

'85 Toyota motor home, 20 ft Huntsman roof and dash AC, generator, awning, 17 MPG, exc. cond, $12,00 OBO. Call 327-0901.

'84 Conroy Runabout, 16' bowrider, 90HP mercury O/B, cox trailer, good cond., $3,500. Call 577-1649.

'87 Bayliner Capri, 15 ft, 40HP w/ low hours, trailer w/many extras, asking $4,000. Call 577-5325.

'76 Hydro Stream 16' Ventura II; w/1985 115HP Mercury motor; easy-roller trailer, $7,000. Call 455-4840.

Pacemaker 32 cabin cruiser flybridge, new engines 6.5Kw onan genset, DF, VHF, battery charger, halon full head and galley, water heater, AC, microwave, stereo, TV, great for cruising or live aboard. Will sell or trade. Call 577-5261.

Boat for sale: '86 Bayliner, 16 ft, 85HP O/B, great condition, $3,800 OBO. Call 577-7998.

MH, '69 Dodge TRAVCO, 22'. All the comforts of home on wheels compact and self sufficient. 318 eng, auto trans in excellent condition, asking $4,995 OBO. Call 346-9833 AWH.

WANTED

Want to rent 4-5 BDR house: Military family w/2 kids and golden retriever relocating 7/1/93. Wishing for: fenced yard, garage for woodworking, area for sewing room, and near elementary school. Will be making trip in May to Camp Lejeune area for house hunting. If you have a house to rent available by 7/1/93 please cal collect at (703) 659-3981.

Roomate: Female between ages 19-25 to share 2BDR trailer 10 minutes from Camp Lejeune, $275/mo. Call 353-7512.

Female/Male officer roomate to share 4 BDR house in Swansboro, non-smoker, $300 rent plus half utilities, view of White Oak River, avail Aug 1. Call 354-3057 and lv msg.

Ride to Elizabethtown, Fayetteville, Lumberton areas on weekends. Will share expenses. Call 347-2313 and lv msg.

Wanted to buy: Little Tykes Crazy Coupe or similar car in good condition. Call 577-8122.

Female roomate wanted to share expenses of 3BDR home located in the Gum Branch area. Call 455-3225 AWH.

FURNITURE AND APPLIANCES

Baby swing $15; potty chair and step stool $5; sofa w/recliner at each end, blue and brown $300; king-sized waterbed w/mirror headboard, storage and 12-drawer underdresser $600. Call 353-3032 AWH.

5-pc livingroom set, queen-sized sleeper sofa, love seat, end tables and coffee table, good cond., asking $350. Call 346-5489.

Wall unit, cherry wood, $800. Call 455-3643.

Queen-sized posture guard box springs and mattress, 3 yrs old, good shape, $75. Call 346-9953.

Frigidaire/Hi Efficiency 7,500 BTU Air Condtioner, 110 volts, $250. Call 577-7217.

Large cream sofa, love seat, and chaise, needs cleaning, $900. White Oak and glass lighted china cabinet, $700. Call 346-5337 and lv msg.

Hide-a-bed/couch, creme, stitched fabric, good cond., $450 OBO. Call 326-1153 and lv msg.

Italian marble, glass, brass dining room table, decorative console and 2 end tables $1,200, w/8 cream high-back chairs $1,900. All 346-5337 and lv msg.

Sony CD player, almost new, $175 OBO. Call 326-1153 and lv msg.

Basset Pineapple bedroom suite, 6-foot dresser w/triple mirror highboy, large night table, steps to bed, was $3,900 new, make and offer. Call 353-5639.

2 Thomasville dressers $100 OBO. Solid oak wall unit $250 OBO. Blue, mauve, beige, couch $150 OBO. 2 end tables, lamps $35 OBO. Whirlpool washer and dryer $400 OBO. Call 353-5639.

Oak table w/4 chairs, $150. Call 346-8298 AWH.

Kitchen table w/4 cushion chairs, brown, $155. Call 347-9384 anytime.

Zenith TV, radio, record player console early American model 27" screen, $225. Call 347-9384 anytime.

PETS

AKC reg black lab puppies, first shots and wormed, $80. Call 326-7252 anytime.

Cheap ball pythons, $50 each. Call 326-7252 anytime.

Redbone mix pups available to loving home that believes in spaying and neutering. Lots of wrinkles, sad eyes and long ears. Would make perfect pets for kids. Call 346-5298.

YARD SALES

0800-1200, Sat, MOQ 3100. Baby items, car seat, bikes, desk, chairs, furniture, etc.

0830-? Sat, MOQ 3228. Furniture, baby/children's clothes and toys, stereo, clothes, household items and more.

MOTORCYCLES

'87 Yamaha Scooter, 80CCs, 494 orig miles, $550, helmet included. Call 327-3859 AWH.

'85 Honda 250 SX, $1500. Call 346-6587.

'91 Ninja, exc. cond., 8,000 miles, new back tire, chain, tank bra, cover, helmet, $3,800 OBO. Call 327-3470.

'80 Honda CX 500 Custom, water cooled, shaft drive, full windjammer fairing, exc. cond., $800 OBO. Call 324-1260 AWH.

'91 Harley Davidson Sportster for sale or trade for car/truck. 883 Deluxe, 6,400 miles, $4,300 OBO. Call 451-5853 Rm 110.

REAL ESTATE

For rent: first mo free, 10 min. from mainside, 2BDR, 1 bath, recently remodeled, $400/mo. Call 298-3881 AWH.

Northwoods, 4BDR, 2.5 baths, very well maintained, 6yrs old, $103,000 or assume for $5,000 and refinance. Call 455-7030.

12x50 MH, good cond., $1,800 or rent $190 per month, near Air Station. Call 455-3651 AWH.

2BDR MH, pvt lot, lawn care, clean, fully furnished, couple only or couple w/small child. About 1.5 miles from Lejeune main gate. $225 per month, $125 deposit. Call 353-1335.

For rent: trailer w/AC, grass cutting, water, sewage, trash includ Call 455-3940.

Pepper Tree time share, Atlantic Beach, red week, 1 bedroom plus many RCI extras, $3,650. Call 455-7215.

Military or relocate, Knox MHP, must qualify, $150 per month + $65 lot, 14x70 Horizon, 2 bed/1 bath, large living room w/bay window, all appliances, air some remodeling, new plumbing, 2 sheds. Call 577-1649.

College Park custom 4/5 BDR formal areas, den fireplace w/ woodstove, screened patio, acre plus lot in cul-de-sac near mall. Call 326-2772.

5 acres in plantation estates, Swansboro. Can subdivide into two 2.5 acre lots, access to White Oak river, serious inquiries only, $32,000. Call 353-9468.

House for rent: Rock Creek, 2 story, 2,956 sq.ft.; 4 BDR, 3.5 bath; LR w/french doors to foyer; DR; FR w/fireplace; Lg. county kitchen; heated sun porch; lg. deck; custom drapes/wallpaper; hardwood floors; Master BDR 13x17.5 w/bath; 4th BDR over garage 26x13.5 w/bath and lots of storage space; .88 acre w/privacy fence; golf course lot; cul-de-sac near pool, tennis, bass lake; oversize 2-car garage w/ openers; paddle fans; many extras; 14 miles to main gates of Camp Lejeune and MCAS New River. Call collect (703)758-8726 AWH. Rent is $925/mo, util avg $154/mo.

5.5 AC w/2BDR, 1 bath MH all electric, $43,000. Call 347-4370.

For rent: 2 BDR MH in Hubert, big pvt fenced lot, pets OK, $350/mo plus $300 deposit. Call 346-5354.

3 BDR house, close to base, schools, shopping, $58,950. Call 347-9384 anytime.

House for sale: Brynn Marr, assume 7.5 percent of 15 yr VA loan. Call 577-7758.

2BDR MH 10x45 on pvt lot near Camp Lejeune. Furnished, has cable and phone connections. Married only, no pets, $150/mo plus deposit and lease. Call 353-2668.

3BDR, 2 bath 1,300 sqft on quiet cul-de-sac in Bear Creek, garage, fenced yard, fireplace, convenient to back gate. Call 326-3940 and lv msg.

HOW TO PLACE YOUR FREE TRADER AD:

TRADERS is a FREE service provided by the Public Affairs Office. Ads must be resubmitted EACH WEEK and reach the PAO by noon, Friday, a week prior to publication.

Ads must be signed legibly with ALL information filled in. Ads MUST be on a TRADER form. Ads that do not contain the required information will not be printed.

No ads for service nor ads by civilians will be published. Official phone numbers will not be listed. Limit is three ads per week.

If the PAO receives more ads than space permits, certain ads will not be published until the following week.

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

TRADER FORM

DELIVER TO:
PAO, Bldg. 67
(Mainside)
Camp Lejeune

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

Signature *Rank* *Organization*

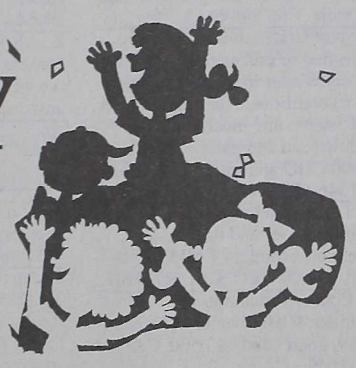
Home Address

Home Phone *Work Phone*

THE MWR CYCLE
It Begins and Ends with You

RECREATION DIVISION

IT'S A MILITARY CHILD PICNIC CELEBRATION!



MONTH OF THE MILITARY CHILD

MILITARY CHILD PICNIC CELEBRATION
24 April 1993
1100-1500

Sodas Supplied by Coca Cola

Stone Street Ball Fields
Michael J. Stokes Athletic Complex (TT-I)
Cross Street Softball Field

Hot Dog, Chips, and Soda for $1.00

April is Month of the Military Child and, to celebrate, the Youth Activities Section will conduct family picnics at all 3 locations from 1100-1500.
Stop by and grab lunch. Enjoy a game of badminton, croquet, or frisbee.

Open to all authorized patrons and their children 5-19 years old.



FOR MORE INFORMATION CALL 451-2177

SPONSORSHIP DOES NOT IMPLY ENDORSEMENT BY USMC OR FEDERAL GOVERNMENT

BONNYMAN BOWLING CENTER SUMMER LEAGUE

LEAGUE TYPE	BOWL DAY	LEAGUE NAME	ORGANIZATION MEETING
Mixed	Monday	Pinmixers	10 May - 1800
Ladies	Monday	Bonnyman Ladies	10 May - 1800
Mixed	Tuesday	Tuesday Night Tornadoes	18 May - 1800
Seniors	Tuesday	Senior Strikers	18 May - 1000
Ladies	Wednesday	Coffee & Tea	
Men	Wednesday	Bonnyman Men's League	12 May - 1800
Mixed	Wednesday	Bonnyman Wild Thangs	19 May - 1800
Youth	Wednesday	Tigers (Youth)	22 June - 093
Youth	Wednesday	Munchkins (Bumpers)	22 June - 093
Mixed	Thursday	Shooters	20 May - 1800
Ladies	Thursday	Short Pins (8 Pin No Tap)	20 May - 1000
Mixed	Thursday	Bonnyman Sorties (Scratch)	20 May - 1900
Youth	Thursday	Rock'N'Roll (Ages 12-18)	20 May - 1700
Mixed	Friday	Pinbusters (Early)	21 May - 1800
Mixed	Friday	Stragglers (Late)	21 May - 2000
Ladies	Friday	Community Strikettes	14 May - 1000
Mixed	Sunday	Sunday Funnies	09 May - 1600

LEAGUE REGISTRATION Date _____

Name _____ Phone (Home) _____

Address _____ Phone (Business) _____

City _____ State _____ Zip _____

❒ Full Team ❒ Couple Age ____ (If under 18)

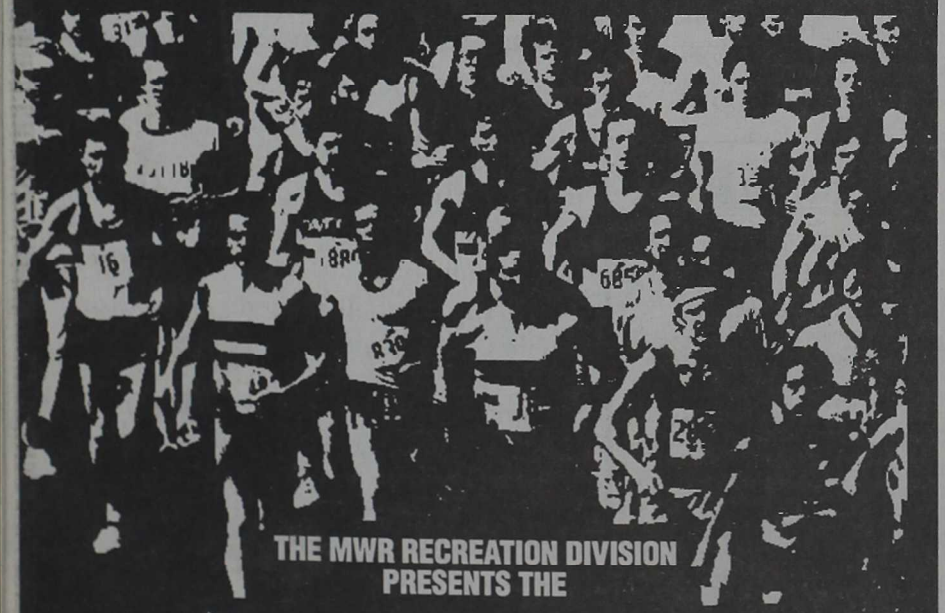
❒ I'm ready for Super Bowling, and I would like to join the following:

1st Choice _____ Time _____

2nd Choice _____ Time _____

FOR INFORMATION CALL 451-512

TAKE THE CHALLENGE!



THE MWR RECREATION DIVISION PRESENTS THE

LEJEUNE MARATHON

SATURDAY, APRIL 24, 1993 ◆ 0800
MCB, CAMP LEJEUNE, NORTH CAROLINA

CALL 451-5430 FOR ENTRY INFO

RODEO RODEO RODEO RODEO

Back By Popular Demand!

CAMP LEJEUNE CHAMPIONSHIP RODEO

CO-SPONSORED BY

WTND THUNDER 99.5 Hot COUNTRY

1900 FRIDAY and SATURDAY
APRIL 30 and MAY 1

BASE STABLES

$5 in advance / $7 at the gate
Children 9 and under $2 in advance / $3 gate
1700 gate opens / Parking at Stone Street Ball Field

FOR TICKET INFO CALL 451-223

THIS AD DOES NOT IMPLY ENDORSEMENT OF ITS SPONSORS BY THE U.S. MARINE CORPS OR THE FEDERAL GOVERNMEN