



Spear Points



Captain's Line

EGGHEAD SAILING, XXI

Capt. R. W. Ramsay, Jr. is completing his tour as Executive Officer, USS L.Y. SPEAR (LS-104). He will be relieved by CDR Alexander Tuley this month and then he will report to CINCLANTFLT Staff for duty.

During the past two years our XO has contributed to every phase of life on board L.Y. SPEAR. His total dedication, unique fairness and ability to maintain the courtesies, unobtrusive working hours we routinely have has resulted in better living conditions, smoother, more expeditious organization and administration with a more equitable chain-of-command for all hands. During those past two years command of SPEAR, in fact so effectively that we are still considered the best example of how the program can work. Major habitability improvements have been completed with more in progress. The ship prepared for a short notice (thirty days) deployment and deployed with exceptional success—meeting the standards of OMA support for our Indian Ocean South group that all Pacific and Atlantic Fleet/Coms have been trying to emulate.

The XO has been able to manage all of the numerous daily demands placed on him in a most impressive, unobtrusive manner where individual needs are met in a courteous, getting the attention they deserved. Managing the day-to-day personnel manning and crew rating required training has been ably and competently accomplished in a superb fashion.

As of L.Y. SPEAR are proud to have known and served with our XO; he is the best. For every hour we have worked he has believed and then taken home work to stay abreast of the constant demands placed upon him. For every possible on-site situation he has confronted, we have seen a talented, superbly sensitive and caring diplomat acting for our individual and collective best interests.

Twelve hundred personnel assigned (without three thousand individuals now have passed through L.Y. SPEAR during the XO's tour) bringing a challenge that few leaders can effectively meet and still guarantee the continuing success of mission accomplishment required by extraordinary work load and non-ending input of new, unmet demands.

Our XO is a super, caring person we both respect and feel honored to have served with during the past two years. Good luck, XO, far winds and following sea always.

The deadline for submitting articles to this newspaper is ten days prior to each pay day.

The SPEAR POINTS newspaper office is located forward on the enlisted dining facility, level 2331.

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XO

the staff



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THE FARRIS GREEN PEN STRIKES AGAIN



"TRUST ME!"



"THIS IS NOT A VACATION CENTER,
NOW GET BACK TO WORK!"



THROUGH EXPERIENCE THEY WOULD FIGURE OUT A WAY
TO GET ME BACK SOMEDAY.



MEMORIAL DAY 1981

In conjunction with the traditional Memorial Day parade held on Saturday, 30 May 1981, a service was held at Woodlawn Memorial Cemetery to commemorate the loss of the USS SCORPION. The memorial service was sponsored by the Yelverton Chapter of the Veterans Auxiliary Committee of Norfolk, and was dedicated to the sixty-nine officers and men who gave their lives when the SCORPION was lost at sea. A flag raising and wreath laying ceremony took place with appropriate music by the Atlantic Fleet Band. Family representatives of many crew members were there as well as Capt. R. E. Cooper, Commander, Submarine Squadron SIX, adding to the solemnity and dignity of the service was the participation of USS L. I. SPEAR'S Honor Guard. Their professional and military bearing greatly enhanced the meaningfulness of the ceremony and their presence was appreciated by all in attendance. A shower will come to the members of L. I. SPEAR'S Honor Guard.

COUNT BRUNO'S SERVICES AGAIN

On 22 May 1981 the Middle Blood Buzzer Team from the Naval Regional Medical Center, Portsmouth returned to L. I. SPEAR for their regularly scheduled bi-monthly (BMap). As usual, SPEAR officers lived up to their reputation for giving and donating 47 pints of their blood. All of the blood collected is used to treat naval personnel and their dependents. Participation in our blood drives helps to ensure that a ready supply of this vital fluid is always available. Your continuing concern for the well-being of your fellow servicemen is greatly appreciated. There are three more visits scheduled this year: 28 August, 22 October, and 21 December 1981.

NEXT YEAR—NUMBER ONE

On May 20, Elizabeth held its annual Motor Whale Boat Race. Weeks before that day, Third Division, in its usual spirit of determination, set out to win against fourteen other entries. FN Bill Grady climbed into the engine compartment and tuned the engine to its highest performance. IMSEN Kim Towens began reading books like HOW TO CUT THROUGH THE BOAT IN FRONT and THE FINE ART OF DIRTY MOTOR WHALE BOAT RACING.

On the day of the race, I climbed into the boat and left with the words of the CEO (singing in my ears, "Don't come back unless you beat the LANE")

As we headed up the Elizabeth River looking for trouble—we found it. The HEVETT'S MFB was broken down and we had literally towed it in (through the whole way, if memory). When we arrived we found that two other entries had withdrawn—probably out of fear—and another MFB was broken down.

Time for the race came and we headed for the starting line. By both of the draw we started—we passed it on the outside. As we headed up, I looked back and found my rearview mirror full of other entries while FN Grady assured me that the engine would take us to first place.

Under the watchful eye of the Captain and the Commodore and their guests on board their gips, we drove valiantly to reach first place. Unfortunately it seemed that the SPURANCE and the LANE had real volume two on motor while boat racing while we had only had volume one. My BBI Towens' expert driving kept us out of serious trouble. We finished seventh, which wasn't bad for a boat 10 years older than all the others. Thanks to all who came and cheered us on! Just wait until next year!

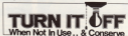
ENG-DA, BRILL



THE BAND PLAYS ON

A mark of distinction has been added to numerous activities on board L. I. SPEAR. The USS L. I. SPEAR Ceremonial Band has been performing at social events and other occasions, much to the delight of those in attendance.

Keep up the good work! The members encourage other dependents who have the talent or musical inclination to join the band. Commendation for their professional skills has come from all levels, Admirals to Seaman. If you are excited about the prospect of being a part of the Ceremonial Band please contact the Chaplain's Office at EXT. 411.



Get Smart



In a ceremony, held in the Flag Conference Room, Pass class graduation certificates for Emergency Medical Technicians were presented to three SPEAR Sailors by Captain Kauer.

TM1 Leonard J. Brunner, TM1 Donald B. Sharson Jr., and SN Robert J. Gonzalez successfully completed Pass courses which enabled them to further qualify as EMTs. After passing state EMT exams they will be qualified to work with emergency crews such as the Fire Department, Rescue Squad or Ambulance Service. They will also be more useful to the Ship's crew because of their increased knowledge and will be more helpful shipmates in one day to day work. Congratulations!

If you are interested in furthering your education as these shipmates have, through Pass classes, keep your eyes on the plan of the day for the next organizational meeting for Pass!



HAPPY
FATHER'S DAY!

(June 21)

TO BAW

The first Father's Day celebration was in 1830, sponsored by the YWCA of Spokane, Washington and by the Spokane Woodmen's Association. It was originally the idea of Mrs. Julia Howe Bond of that city, to honor her own father, who had raised six orphaned children on his Washington farm. It was not until 1912 that the U.S. Congress established the third Monday in June as the official date. As the custom is a tribute to Mother's Day, so the new-day kind, may reflect in the custom of Father's Day.



TICKETS: Provides tickets for events in VA Beach, Hampton, Williamsburg, New York, Washington, Baltimore, Richmond, Philadelphia, Boston, most major New England cities, plus all Virginia State Parks and National Parks.

SELECT-A-SHIRT: Provides tickets for events in Norfolk, VA Beach, Richmond and Williamsburg.

Congratulations

RETIREMENTS

With much pomp and circumstance will sailors gathered on the front porch of L-7, SPEAR to bid farewell to an old friend. The retirement ceremony of NMC Louis Van Wiggins marked the end of his twenty-one year career.

Chief Wiggins was presented with numerous plaques from SPEAR and his command. Several nominations from his Naval Career were presented to him as a reminder of the years Chief Wiggins spent to service in the Navy.

The L-7, SPEAR Command Staff added a special touch to the occasion with their fine performance.

TMC Charles O'Brien retired in a ceremony held on the front porch maintained by the L-7, SPEAR Command Staff and the Honor Guard.

Chief O'Brien was presented with numerous plaques and mementos from his career in the Navy.

We wish you both success in your new careers.

BIRTHS

A son was born on 11 May 61 to TM1 Richard G., his wife Mildred. James weighed 8 LBS 104 OZS.

REINTEGRATE."

Stephen J. Blawie US1 (SS) for four years.

Bobby J. Watson US2 for four years.

Jerry S. Holworth US2 for four years.

Mark A. Richards US1 for six years.

Welcome back to the fleet.



B-E DIVISION UP-CLOSE

B-E Division encompasses these work centers manned with CPN's and under Petty Officers of various rates. Whether working in the Quality Assurance Office, Non-Destructive Testing Lab or the Chemical Testing Lab each one of us must be motivated by working out of our rates.

The Chemical Testing Lab on board L. T. SPYGLASS is the only lab with an atomic absorption spectrophotometer under special testing for use in the fleet. SPYGLASS Fellow is not only qualified to use all this special test equipment but performs chemical analysis for bonded units as well as for SPYGLASS.

The Quality Assurance Office has IFA, IMA, and IMA's ensuring that production work accomplished can travel units in close to specifications along with meeting the requirements of the quality assurance manual.

The Non-Destructive Testing Lab ensures that welders and brazers are qualified, along with performing tests and inspections of welding and brazing on submarines. There are many areas in other fields that you can consider working in during your Navy career.



Safety First

AUTOMOTIVE FIRE-SAFETY

Recently my family and I experienced a near-disaster. It is my hope that by telling you about it you may learn from my mistakes and the same thing won't happen to you.

As my wife returned from a shopping trip and pulled into the garage, smoke began to billow out from under the hood of the car. She shut the engine off, got herself and our daughter out of the car, and ran to the neighbor's house for help. It was in one good fortune that our neighbor was home and had a fire extinguisher. He was able to put the fire out while the fire department was still on the way.

The Fire Chief said that, given the time needed for them to respond and the nature of that type of fire, we could have lost not only the car but our home as well. The only thing that prevented such a terrible loss was the quick action of my neighbor and the fact that he owned a fire extinguisher.

The fire was caused by a broken fuel line. The fuel line was the rubber hose type and had deteriorated with time. So, there are the lessons I learned, and I hope you will also learn from my experience.

This safety note was taken from Agfa's "Driver" magazine.



DRILLS, DRILLS, DRILLS... WHY BOTHER?

Doesn't it seem that every time you want to get something done, another drill gets called away? If it isn't a fire drill (the flooding, November Emergency, rapid launches, general quarters, and on and on). You sometimes get frustrated to the point of saying "Why bother, it's just another drill". Just another drill? Maybe, maybe not. L. T. SPEER is not unique in the fleet in having a wide variety of drills. All ships must go through these evolutions in order to maintain their availability at sea. Going to sea is an inherently dangerous venture since all the members of a neighborhood Fire Department, Police, Rescue Squads are not available. We can only rely on ourselves and our fellow shipmates to protect us from the hazards of the sea. If you doubt the need for drills, just ask those personnel who survived the recent triple aircraft accident on board the USS NEMEC. It wasn't the Coast Guard, the Virginia Beach Fire Brigade, nor the Naval Hospital that extinguished the fires, cooled ordnance, diked fuel over the side so it wouldn't ignite, nor treated the injured; it was all NEMEC personnel pulling together to minimize damage and loss of life. So, next time you hear the bells go, stop and think about it for a moment, maybe it is not a drill!

FORWARDED BY:
LENN E. S. THOMPSON
PUBLIC AFFAIRS OFFICER



NO PLEASE DOC! I'LL BRUSH AND FLOSS!

NAVY TO THE RESCUE

A small Canadian sailboat, crippled and drifting in dense fog, was rescued recently by USS COMPTON (DE-684) (DD-874) when the Navy ship responded to her distress signals.

The doctor was conducting anti-submarine warfare exercises when it received the distress call about 100 miles off the Virginia capes. The ship located the "Turtletop" and sent a boat crew to assist the down-camped sailboat.

Dr. and Mrs. Alex Brantford of Montreal, Canada, who had been on their way home from Bermuda, were found by the dg crew to be in good condition. The sailboat, however, had been the victim of a sudden squall and had been drifting for nearly twenty-four hours.

The ship's dg crew brought the couple back to the ship for dry clothing and hot food while EN1 Michael F. Rush and EN1 Alan L. Schneider repaired "Turtletop's" engine and electrical system. An hour later the Doctorfish were back aboard the sailboat and on their way under their own power to Norfolk, VA, for further repairs.

COMPTON DE GRASSE is commanded by CDR Philip G. Fox and is homeported in Norfolk.



The USS KITTIWAKE (ASR-13) was commissioned in July 1946, as a submarine rescue vessel. Her primary mission is to serve our country honorably in any task — in any area of the world, and to maintain diving proficiency and readiness to rescue the crews of disabled submarines. KITTIWAKE'S secondary mission is to support submarines for sea trials and to accompany them on their first dives after construction or improvements have been done on them. The KITTIWAKE is equipped for towing and rescuing torpedoes at-wreck.

Submarine rescue vessels have the unique capacity to recover a crew from a downed submarine. The KITTIWAKE is equipped with a McCann Rescue Chamber. After the vessel is secured by four anchors, and four large mooring buoys spaced, the ship is stationary and the rescue chamber can be dropped to a depth of 200 feet. Approximately 11 feet tall, 100 tons, the chamber can be attached to the submarine's hatch and eight personnel can be recovered at a time.

Manned with six officers, three of which are diving officers, fifteen to twenty divers, the total crew numbers sixty to one hundred.

The KITTIWAKE'S crew members live the Great Ash in the Navy. Her current CO, LCDR Martin, is very proud to inform us that of twenty three persons aboard who were eligible to make out from the Hatch on one twenty were released. Very impressive!

We are proud to have you, USS KITTIWAKE (ASR-13), as a necessary element of the components which form COMBINATION SIX.

SECRET CITY MILITARY PAY AS TOP ISSUE

During an Annual Forces Day presentation in Norfolk, VA, on 16 May, Secretary of Defense Casper W. Weinberger said the price to have an all-volunteer force was adequate pay and allowances and it was a small price to pay for peace and freedom.

He said, "No longer can the cost of one 220 million people reap the benefits of peace and freedom at the expense of the health, happiness and welfare of our men and women in uniform and their families."

The Secretary cited budget proposals for pay raises to be effective this year. He said, "There are not formulas or mathematical increases. They represent simple equity, for they are essential to bring military compensation up to the level of comparability with the civilian sector that was promised when our nation instituted the all-volunteer force almost a decade ago."

In relating improved retention figures to the increased military pay, Secretary Weinberger said "... The

retention figures so far this year give clear evidence that many recruits, who in all likelihood would have otherwise left the service, are now staying in."

He continued by saying, "At the same time, we will direct more of our attention to attracting the outflow of commissioned and enlisted personnel with the advanced, technological skills that are so essential in the modern military and so competing in modern industrial civilian society."

SPECIAL SERVICES

FOR LADIES ONLY

—MAKE-UP WORKSHOP—

Learn the latest in make-up techniques for the upcoming season at the free workshop to be held 12:00, 14 June at the F-4 (Café) Holiday Shop. To sign up, call 694-2276/7218.

—WOMEN'S TENNIS LADDER—

Here's your chance to join to improve your tennis and meet new tennis players. Special Services is now organizing a tennis ladder at the Naval Station Athletic Office. Novice and advanced players alike are encouraged to sign up. There will be an organizational meeting 17 June at 14:00 at the Naval Station Gym on Gilliland Street. For further information, contact the Athletic Office at 444-2276/7218.



**Navy Women Win 2 Gold,
2 Silver and 2 Bronze
in Nationals**

Navy Women captured four medals in the U.S. National Boxing Championships held 22 May in Concord, CA. Two-time, 1978 World Medalist of 1980 Jan Blythe and NJS James Bradford of NJS BRIDGEWATER, N.J. added gold medals and national championships. Perry O'Hair Malone became the first Navy heavyweight to top that weight class since Bruce Riddick won the title in 1971.

Two other Navy boxers, FN Jeffrey Carter of USS Florida and SN Steve Fernandez of USS Pennsylvania, captured bronze medals in the National meet, losing only to the eventual champions in their weight class.

Two of the medalists, FN Jeffrey Carter and A2J Bradford, are representing the U.S. in International Competitions immediately following the National Championships. The two Navy men left last week for Caracas, Venezuela to compete for the U.S. in an international match there.

PRESIDENT, SENATOR HONOR SPACE SHUTTLE ASTRONAUTS

Astronauts Capt. John W. Young, USN (REEJ) and Capt. Robert L. Crippen, USN, were honored for their performance as crewmembers in the first orbital test flight of the space shuttle "COLUMBIA" in astronomy on 19 May at the White House and 20 May at the Pentagon.

Young and Crippen were awarded NASA Distinguished Service Medals by President Reagan for their historic flight which occurred from 12 to 14 April. In addition, Mission Commander Young was presented the Congressional Space Medal of Honor.

During the White House rose garden ceremony, the President said, "As I told them before they took off, through them we all felt as giants once again, and once again we felt the surge of pride that comes from knowing that we're the first, and we're the best, and we are so because we're free."

Secretary of Defense Casper W. Weinberger presented the Department of Defense Medal for Distinguished Public Service to Young, and the Defense Distinguished Service Medal to Crippen in a ceremony at the Pentagon on the following day.

In commending the two astronauts for their performance, secretary Weinberger said, "We must remember that such individual successes are the results of many efforts—the hard efforts that represent the heart of our nation and provide the hope of our future."

During the ceremony both astronauts presented Department, Service and Service Academy Flags that were flown the shuttle during the mission to the Service Secretaries and Service Chiefs.

The space shuttle offers great potential for the Navy. From 1982 to 1987, the shuttle is scheduled to carry six NAVSTAR satellites into orbit for the Navy. They will be put into a 12,000 mile-high orbit where they will join 12 identical satellites. The NAVSTARS will be strung out like beads around the earth to provide the most precise and instant navigational service the Navy has yet desired.



MOTHER SAID THERE WOULD BE DAYS LIKE THIS!

ATHLETIC TRAINING CAMPS

The Chief of Naval Personnel will be conducting training camps for softball 16 July to 14 September, golf 11-12 September, and tennis 13-20 September to select Naval representatives for intensive sports competitions. Personnel interested must apply by official letter to their commanding officer. Applications must be received by Chief of Naval Personnel no later than 30 days prior to the training camp. A sample letter of application and further information on Navy participation in the intensive sports program may be obtained at the Athletic Office, Bldg. 7-24, Naval Station, Guantanamo.

-TICKETS-

Special Services operates two ticket offices for the convenience of military personnel and their dependents. Location of the offices are as follows:

1. MAIN TICKET OFFICE:
Located in the Naval Station Theater, Bldg. C-5 on Basin Ave. at Gilbert St. This office has both a TICKETBOX and a SELECT-A-SHIRT outlet. Civilian employees on the Naval Base are permitted to make cash purchases of tickets from this office, but are not entitled to any military discount that may be offered.
HOURS: MONDAY-FRIDAY
0900-1700, Phone: 444-3835.

2. BRANCH TICKET OFFICE: A branch ticket office is located in the Fleet Recreation Center, Bldg. 3-71 on Davison Ave. between Piers 7 and 12. Only South Coast and King's Dominion Tickets and the discount coupon book are sold here.

HOURS: MONDAY-FRIDAY
1100-1200
SATURDAY/SUNDAY/HOLIDAYS
1100-1400.

It's your attitude that counts...

Are you really discouraged?

HERE IS A MAN WHO...

Failed in Business '71

Defeated for the Legislature '72

Again failed in Business '74

Overthrew His '75

Had Nervous Breakdown '76

Defeated in Election '78

Defeated for Congress '80

Defeated for Congress '81

Defeated for Congress '82

Defeated for Vice-President '84

Defeated for Senator '85

Elected for President '88

That man was Abraham Lincoln

BREAK OFF TO ACTIVE DUTY SOLDIERS

Buy active duty galley! Special Services has come through for you again. Did you know that you can now schedule weekend and holiday tax times in advance at Growth Point Golf Course? That's right! To do this you must have a group consisting of at least two active duty personnel. Tax times will be accepted on the Wednesday preceding the weekend or holiday you are interested in.

Some starting times will be reserved specifically for displaced personnel and will be assigned upon personal application to the station on the days they are to be utilized.

Tax times for weekends and holidays will be accepted from all states (dependent, retired, etc.) by telephone after 0800 on the preceding Thursday on a first-come, first-served basis. Inactive duty drilling members are not eligible to request starting times.

TIPS TO PREPARE FOR A MARATHON

Many books have been written on running and how to prepare for a marathon. I will attempt to condense a couple of years' experience and experience into a few simple paragraphs on how to complete your first marathon in 3-5 1/2 hours.

1. Pick a marathon close to home, in the cooler parts of the year, and a fairly flat one. Examples: Marine Corps, Washington, D.C., November 1; Richmond Marathon, Richmond, VA, October 18; or Manassas, VA Beach, VA, March 13.

2. Before you start your daily runs and after you finish, STRETCH your leg muscles SLOWLY for 5-10 minutes. Build up your stomach muscles by doing leg lifts or sit-ups to counter the aching pull of your back muscles. Stretching after you run will keep muscles from stiffening up so bad.

3. Start building up your weekly mileage at a rate of no more than 10% a week until you reach 40-50 miles/week. If you are doing 22 miles a week consistently, try 27.5 next week, etc. Now is the time to start that slow increase for a November marathon. By late August you should be comfortably doing 50 miles a week for the next 3 weeks.

4. Do not run the same amount of miles each day. It is boring, and it is better to do a short, medium, and long run. Each Saturday or Sunday take a long slow run (over an hour) to the medium run location. If you are doing 3, 4, and 6 during the week, do an 8-10 mile run Saturday or Sunday. If you happen to be barely 4 miles don't try a 10 mile the weekend after you read this article. You should build up to where you can comfortably run 10-12 miles one day for at least 4 weekend runs prior to the marathon.

5. Buy a good pair of running shoes that fit well and train in the shoes you intend to run in. I wouldn't start a marathon in a pair of shoes I hadn't run at least one 20 mile and a total of 100 miles in. I know from experience that a small blister can disrupt your running style and form and due to the wear compensation, injure the delicate muscles between that takes months to heal completely.

6. It takes a lot of dedication to finish a marathon and a lot of training to prepare for that finish. No one can do that training for you, and the amount you put into it will be directly proportional to how you finish your marathon. I suggest you keep a simple log of your daily mileage and how you feel after each run. The 8 weeks prior to the marathon should show an average of 7.0 miles a day. Don't panic at the end of the week if you only have 50 miles logged when you were supposed to have 60. Make up for it with a few extra miles a day the next week or so, rather than do it all at once.

Anyone having questions on training, see BNCM (30) McKeon at the CSM Material Office.

Entry forms are also available for the Marine Corps Marathon.



PT. R. A. MARCHENE CSM

SOFTBALL NEWS

In Virginia Beach the weekend of May 14 and 15, the "D" Bracket Outer Special Softball Tournament was held. SPEAR Team No. 1 (A) entered and once again they brought home a trophy. They took the second place trophy this time after finishing their bracket tied with a team called "Miller Time" with three wins, one loss and only six runs given up. The winner was then decided by the toss of a coin, and you KNOW LITCO (Johnston) lost the toss. (Maybe you should have chosen a friendly game of poker instead, Mr. Johnston!) "Miller Time's" first loss was to L.Y. SPEAR in a 3-2 game.

Well done to the SPEAR "A" Team on their second trophy.

ATTENTION BIRD BUNTERS

There are still a few memberships available in the Cemetery Ridge Bird Club. The club is located in Sussex County. During the hot-weather hunting season it has been either wet or all season. We maintain a hunting trip and a well-trained pack of three hounds. For more information contact NICK Cochran ext. 329 or MLC Room ext. 322.

Military discount concert tickets Special Services, Naval Station Norfolk Office, Bldg. C-8, has a limited number of military discount tickets available to the following concerts:

BOBBY BROTHERS	8 JULY
PAYLOR, VA. BOB	\$9.50
MAIN EVENT	14 JULY
PORTSMOUTH STADIUM	\$9.50
CREDITORR CHRIS	14 AUGUST
HAMPTON COLLEUM	\$9.50
YAN HALEN	27 AUGUST
HAMPTON COLLEUM	\$9.50

Radio Tapes: Special Services will be holding a second course in Radio Tapes beginning 22 June from 1900-2000, each Thursday. The cost is \$25.00. To register, come to the

Athletic Office in the NAVSTA NORVA Gym. Call 444-2176/7718 for further info.

Regimes/Intermediate Basketball Classes: Special Services is now taking registration for five week classes in beginning and intermediate basketball at the NAVSTA NORVA Gym. Regime classes will be held on Mondays beginning 22 June. Both classes will commence at 1820. Cost for the session is \$10.00. Registration is limited so sign up now at the Athletic Office. Call 444-2176/7718 for further info.

French and Italian conversation classes: Special Services is now taking registration for French classes in conversational French and Italian to be held on Monday beginning 22 June at the P-1 Café (Bobby Shop). The French class will be conducted from 1700-1900 and Italian from 1900-2000. The cost for each French session of classes is \$20.00 and all materials are provided. To register, come to the Athletic Office in the NAVSTA NORVA Gym on Gilbert Street. For further info, call 444-2176/7718.

AT THE YMCA

The Armed Services YMCA, 500 E. Ocean View, Norfolk, offers the following recreational opportunities in individuality for two dollars each Tuesday at 1800, adults only.

For hours of magic and fantasy, two nights to gather, to play Dungeons and Dragons—whether experienced or a beginner, you are invited to come and get a little magic in your life at 1800 on Tuesdays and Thursdays each week.

A good tournament is also being sponsored each Wednesday at 1800, entry fee is one dollar and a prize is awarded.

All those interested in improving their table tennis and learn from some of the best, come on Tuesdays and Thursdays at 1900.

For more information on the above, call 440-2744.

Send Spear Points Home!

FROM _____

8 Pcs. 10¢
 12 Pcs. 14¢



TO _____

FOLD IN HALF AND STAPLE ON ALL 3 SIDES TO MAIL.