

HAWAII MARINE

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TWENTY-FOUR PAGES

Lehman visits

by Sgt Toby Williams

John F. Lehman Jr., the nation's 65th Secretary of the Navy, visited Marine and Navy units at MCAS Kaneohe Bay Thursday, as part of his tour of naval installations in the Pacific.

The former president of Abington Corporation, a Washington, D.C.-based management firm that specializes in defense matters, arrived at the air station via helicopter accompanied by LtGen A.W. O'Donnell, commanding general, Fleet Marine Force, Pacific. The entourage was greeted by BrigGen W.H. Rice, commanding general of the 1st Marine Brigade.

THE 38-YEAR-OLD Lehman, one of the youngest men ever appointed as Secretary of the

Navy, received command briefings at Kansas Tower by Rice and Col Mel Sautter, commanding officer of the air station.

Following the briefs Lehman paid a visit to Company A, 3d Medical Battalion's field unit.

Navy Lt. John Taylor, commanding officer of the medical unit, accompanied the secretary as he toured the field hospital facility, shaking hands and talking with junior enlisted sailors.

WHILE AT THE medical battalion, Lehman administered the oath of enlistment to Chief Petty Officer William Fletcher, who "shipped-over" for an additional six years.

The SecNav then proceeded up the road to the Combat Movement course where he was first briefed regarding the Combat Simulation

Center/War Gaming facility by Capt Richard Roan, commanding officer, Company D, 3d Assault Amphibian Battalion, and then Col Louis Buehl, 3d Marines' commanding officer, addressed the unit deployment program.

Afterwards, the secretary met with various brigade unit commanders to discuss operational requirements

MEMBERS OF Company D, 3d Assault Amphibian Battalion, Company F, 2d Battalion, 3d Marines, and Weapons Company, 2d Battalion, 3d Marines, provided a demonstration at the Counter-Mechanized Confidence Course.

The SecNav observed closely as amphibian assault vehicles, simulating tanks, roared towards a squad of infantrymen hidden

Continued on A-5



Photo by Sgt Pepper Davis

John F. Lehman Jr. Lehman visited the Leathernecks and sailors of the 1st Marine Brigade and MCAS Kaneohe Bay



NO OAR? — Heavy rains impaired traffic aboard the air station, halting almost everything that moved. More than six inches of rain fell on the air station within eight-and-one-half hours April 14.



KNEE DEEP — Up to his knees in water, a maintenance worker attempts to free a blocked drain. Heavy rains hit the air station April 14, leaving many areas flooded.

Control watch crew minimizes flood inconveniences

Heavy rains pummel Mokapu Peninsula

Recent heavy rains created a repeat of the January 1980 storm that left many areas aboard the air station flooded and damaged.

ACCORDING TO THE Station Operations and Maintenance Squadron's weather section, 1.09 inches of rain fell on the air station between 2 and 8 a.m. April 14. Within the following two and-one-half hours, an additional 4.93 inches fell.

Many of the air station's residents experienced inconveniences caused by the torrential flooding. Cars stalled and pedestrians waded through knee-deep water. Support units went to work immediately trying to make the inconvenience as minimal as possible.

One such unit was the Headquarters and Headquarters Squadron's Facilities Support, Facilities Department, which

activated the flood control watch crew.

"WITH ENOUGH ADVANCE warning, we can alert our crew and have them standing by 12 hours before the flood hits," commented MSgt Kenneth Street, noncommissioned officer-in-charge of the unit.

Street pointed out that the flood control watch crew is usually put on the stand-by roster during December through April, when most flood conditions occur.

When it became evident that flood conditions were imminent April 14, the flood control section moved into action.

"Within an hour-and-a-half, our crews had serviced approximately 25 to 30 houses aboard the air station," Street said. "Bingham Street and Lawrence Road were the main areas we concentrated on because they were hit hardest by the flood."

THE CREWS WORKED quickly and efficiently, water-proofing the quarters. In many cases sandbags were placed around the outside of quarters and in front of patio doors.

Street noted that the Ulupau Housing area barely felt the effects of the flood because civilian construction crews have been "weatherizing" the homes for the past two months.

Homes that flooded on the inside were vacuumed by a machine to remove water from the floors.

The unit also assisted in removing water from the main exchange and golf course clubhouse floors.

WORK ORDERS WERE submitted for civilian construction crews to repair homes with water leaking from under the floors.

These crews will be tasked with digging up the ground around the house and then resealing the leaking areas.

Blocked drainage ditches also proved to be a problem. Street pointed out that the drainage

ditch between Mokapu Elementary School and the 7-Day Store complex was a area of concern.

"The water overflowed onto the bridge and children were attempting to cross it on their way to school," he said. "We

immediately closed the bridge and roped it off."

ACCORDING TO STREET, the only other damage was a caved-in drop ceiling of one of the offices inside Hangar 102.

Jet fuel tanks rupture

Two 10,000 gallon nylon-rubber collapsible tanks containing JP-5 jet fuel ruptured April 14, leaking approximately 1,000 gallons of fuel near the station's fuel pits.

Most of the fuel was contained by specially-designed protective berms surrounding the tanks, however, initial reports indicated that approximately 200 gallons of JP-5 seeped into nearby storm drains. The drains carried

the JP-5 into Kaneohe Bay, creating a thin film in the waters near the air station's bayside flightline.

According to CWO-3 Brad Patch of Marine Air Base Squadron-24, the bladders are holding tanks for contaminated fuel, part of a tactical airfield fuel dispensary system. He said the cause of leakage is still under investigation.

The station's Waterfront Operations team and Crash, Fire and Rescue branch, assisted by U.S. Coast Guard personnel, used oil sorbant booms to contain the floating fuel.

Conservationists, as well as federal and state representatives aboard the air station monitored the progress of the clean-up activities to ensure the safety of plants and wildlife in the bay.



HAWAIIAN DANCES — The entire 35 member Waikiki Kodak Show will perform at MCAS Kaneohe Bay's Dewey Square, May 3 from 11 a.m. till 12:15 p.m. Admission to this special performance is free. Along with the show Kodak specials and free photos will be offered at the Main Exchange.

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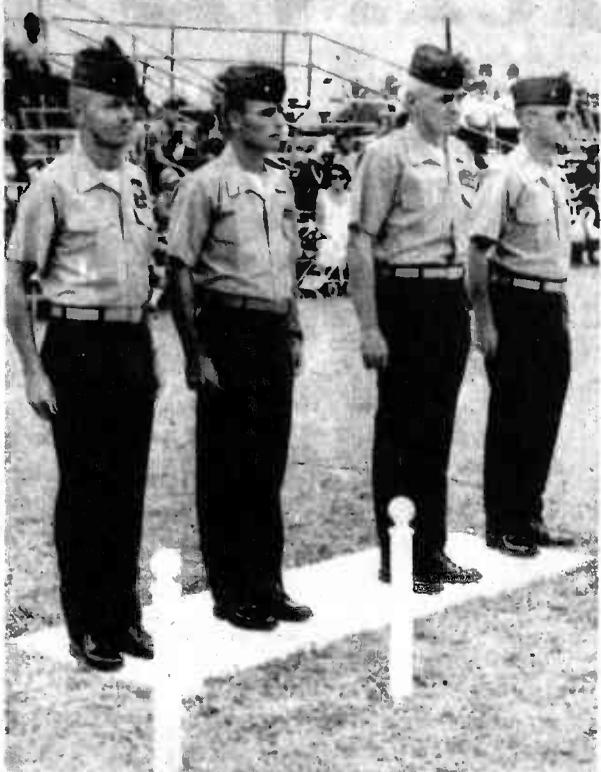
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Combat readiness
Training and familiarization build confidence
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Sports
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Joint change of command occurs

by Sgt Ernie Carter



IN JUST A MOMENT — LtCol James Brandon (right) prepares to receive command of 1st Battalion, 3rd Marines, from Col Raymond Findlay (center right), as Maj Clark Reifsnider (center left) prepares to assume command of 1st Battalion, 12th Marines, from LtCol Regan Wright (left). The joint change of command ceremony was held April 15 at Platt Field.

USMC photo

In a joint change of command ceremony April 15 at Platt Field, LtCol James Brandon, assumed command of 1st Battalion, 3d Marines, relieving Col Raymond Findlay, Jr. Maj Clark Reifsnider took the helm of 1st Battalion, 12th Marines from LtCol Regan Wright.

Findlay will be assigned duty with the Seventh Fleet, home based at Yokosuka, Japan, and Wright assumed duties as executive officer, 3d Marines.

BRANDON GRADUATED from Union University, Jackson, Tenn., in 1958. Upon completion of the twenty-third Officer Candidate Course at Quantico, Va., he was commissioned a second lieutenant. After attending The Basic School in August 1959, he was assigned to the 1st Infantry Training Regiment, Camp Lejeune, N.C.

FROM FEBRUARY 1960 to April 1962, the Denton, Ky., native served as a platoon commander and company executive officer with 3d Battalion, 2d Marines at Camp Lejeune.

He spent a three-month tour as an instructor with the Landing Force Training Unit, Little Creek,

Va., then returned to Camp Lejeune and remained with the 2d Marine Division until February 1963, when he was transferred overseas to the 1st Marine Aircraft Wing at Iwakuni, Japan.

HE RETURNED to the States in 1964 and was assigned to Marine Corps Recruit Depot, Parris Island, S.C., where he was commanding officer of a recruit training company and later the Chief Range Officer of the Weapons Training Battalion.

Brandon remained at San Diego until January 1967 when he attended the Military Assistance Training Advisory Course at Fort Bragg, N.C. Brandon was subsequently ordered to duty as an advisor with the Vietnamese Marine Corps in March 1967.

He was medically evacuated to the States for wounds sustained in action. After a lengthy hospitalization, he was once again assigned to Camp Lejeune.

FROM DECEMBER 1969 until 1972, Brandon served as the Inspector Instructor of the Marine Reserve Unit in Nashville, Tenn. He later assumed duties as the operations officer of 2d Battalion,

4th Marines, until transferred in 1973 to Quantico, Va., as the Commanding Officer of Company B, Officer Candidate School.

After attending Marine Corps Command and Staff College in 1974, he was assigned as public affairs officer on the staff of the Commander in Chief, Pacific.

He was assigned as the Executive Officer at Marine Barracks, Yokosuka, Japan from 1977 until June 1980, when he was assigned to 3d Marines as executive officer.

THE LIEUTENANT colonel's personal awards include the Joint Services Commendation Medal, Navy Commendation Medal, Purple Heart and Combat Action Ribbon.

Reifsnider was commissioned a second lieutenant in 1966 upon graduation from the Virginia Military Institute.

After attending The Basic School and the Field Artillery Officer Basic Course, he was assigned to the 1st Battalion, 11th Marines in Vietnam, where he served as a forward observer, liaison officer and fire direction officer.

He was a gunnery instructor at

the U.S. Army Field Artillery Officer Basic Course from June 1968 until October 1970.

FROM NOVEMBER 1970, until July 1972, he served as Commanding Officer of the Marine Detachment aboard the USS Albany.

Reifsnider attended the Amphibious Warfare School before reporting to 2d Battalion, 10th Marines, at Camp Lejeune, N.C. where he served as Commanding Officer of Battery F, a fire support coordinator for 6th Marines, and battalion executive officer.

From December 1974 until June 1978, Reifsnider was assigned to the Enlisted Assignment Branch at Headquarters Marine Corps and later he attended the College of Naval Command and Staff in Newport, R.I.

IN JULY 1979 he reported to 1st Battalion, 12th Marines.

The major's decorations include the Navy Commendation Medal with combat "V", Army Commendation Medal, two Presidential Unit Citations, National Defense Service and the Vietnam Service Medal.

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Salutes



15, 1977 to July 1, 1980.

EDITOR'S NOTE: Salutes is designed to recognize individuals for their achievements and exceptional performance of duty, as well as to welcome new arrivals to MCAS Kaneohe Bay and the 1st Marine Brigade.

The information contained herein is compiled from Fleet Home Town News Releases submitted to the Joint Public Affairs Office by unit information officers.

H&HS
Promotion:
Sgt G.F. Averill
Sgt J.R. Grubb
Sgt M.G. Nelson
Sgt N.S. Parrish
Sgt S.A. Perdue

Reenlistment:
SSgt J.M. Santiago

2/3
Welcome Aboard:
Capt A.B. LeGear
HM-3 J.M. Bronken
LCpl M.E. Haley

FOR MERITORIOUS SERVICE - LtCol Raymond Pollard, commanding officer, Marine Air Control Squadron-2, received the Meritorious Service Medal for duty while serving as the developmental coordinator for the command and control systems in the office of the deputy chief of staff for research, development and studies at Headquarters Marine Corps, Washington, D.C. from June

PFC M.G. Grace
PFC S.J. Hilfue
PFC M.G. Knoll
PFC M.C. Tubb
Pvt J.V. Balmos
Pvt M.D. Butcher
Pvt L.A. Capps
Pvt D.J. Crews
Pvt J.L. Hunter
Pvt M.A. Houser
Pvt K.L. Johnson
Pvt D.M. Sanders, Jr.
Pvt L.F. Steady, Jr.

Promotion:
Sgt R.L. Madorran
Cpl M.A. Evans
LCpl J.R. Boshell
LCpl D.G. McMechan
LCpl J.L. Pate, Jr.
LCpl J. Ramirez
LCpl R.S. Rayford
LCpl C.J. Smith
PFC D.R. Box
PFC D. Horn
PFC S.C. Page
PFC G.L. Walden, Jr.
PFC V.P. Wondolowski

Meritorious Mast:
GySgt T.J. Frazier
Cpl R.L. Miller

Pepperdine University Graduate:
Capt A.B. LeGear

1/12
Welcome Aboard:

2d Lt M.S. Ogden
Cpl T.J. Boardwax
Cpl W.E. Dembroski
LCpl R.D. James
LCpl D.W. Kelly
LCpl L.J. Tenbusch
PFC A.A. Carver
PFC G.E. Fields
Pvt F.S. Lemm
Pvt A.A. Johnson
Pvt S.M. Zerla

Marine of the Month:
LCpl W.E. Yanez

CoA, 3d Recon Bn
Welcome Aboard:
PFC M.R. Antes
Pvt M.D. King
Pvt G.R. Urbahn

Promotion:
Sgt K.H. Parker
Cpl C.N. Boltz
LCpl T.W. Bath

Good Conduct:
Sgt A. Margonelli
LCpl A.L. Montoya

Sgt J.E. Powell
Sgt J.F. Johnson
Sgt T.L. Munsey
Sgt L.D. Shelburn
Cpl T.K. Bugeya
Cpl E. Huerta

Meritorious Mast:
Cpl C. Bogie
Cpl C.M. Porter
Cpl D.T. Randolph
Cpl K.W. Rogers

Good Conduct:
LCpl T. Vee

Letter of Recognition:
LCpl G.L. Hooks

1st Radio Bn
Welcome Aboard:
Cpl R.J. Odell
Cpl B.W. Randleman
LCpl T.J. Delisle
LCpl J.E. Horgan
PFC C.A. Brown
PFC E.S. Cain
PFC M.L. Hall
PFC W.L. Storey
PFC D.M. Toburen
Pvt M.A. Hewitt
Pvt B.A. Pratt
Pvt F.A. Stigliano III
Pvt D.L. Wickland

CommsPtCo
Welcome Aboard:
Cpl W.J. Oakes

Promotion:
1stLt C.A. Nardone
GySgt D.W. Carpenter
Sgt J.J. Alexander
Sgt P.R. Randolph
Cpl L.E. Dulaney
Cpl R.B. Keller
LCpl A.E. Zachrel

Reenlistment:
SSgt M.A. Marcotte

BSSG
Welcome Aboard:
SSgt C.L. Miller
Sgt G.S. Aguliar
Sgt A.S. Buendicho
Cpl M.W. Cheever
LCpl J.A. Bullough
Pvt G. Osage

Promotion:
Sgt A. Fale
Sgt M.F. Hendrickson
Sgt A. Jenkins
Sgt R.H. Lefman
Sgt M.J. McCauley
Sgt D. Pelletier
Sgt A. Perry
Sgt J. Rea
Sgt A.H. Schultz
LCpl J. Almaguer, Jr.
LCpl W.P. Ferree, Jr.

LCpl H. Lathan
LCpl A. Loya
PFC L.D. Avery
PFC J.A. Hartmann
PFC S.L. Lewis
PFC G. Osage

Meritorious Mast:
Sgt K.K. Kookan
LCpl D.K. German

Letter of Recognition:
LCpl J.M. Gibson
LCpl K.A. Ham
PFC J.C. William

Reenlistment:
Sgt R.E. Bowman
Sgt W. Medina
Cpl R.R. Gargala
Cpl T.R. Starns
Cpl R.L. Topps

MABS-24
Promotion:
Sgt D. Aranow
Sgt K.R. Brewer
Sgt D.A. Griffes
Sgt C.A. Holstein
Sgt M. Paredes, Jr.

Cpl J.D. Stock
LCpl C.J. Ned

VMFA-232
Welcome Aboard:
LCpl J.A. Lowe
PFC C.A. Bruemmer
PFC D.C. Calica
PFC E.L. Therrien

Promotion:
LCpl A.K. Thompson

Meritorious Mast:
Cpl J.A. Marks

VMFA-235
Promotion:
Sgt D.R. Allen
Sgt M.L. Eldred
Sgt E.H. Hill
Sgt G.C. Jayme
Sgt T.E. Johnson
Sgt K.M. Lanigan
Sgt J.A. Morin
Sgt S.T. Nakashige
Sgt R.D. Parkes
Sgt A.F. Parlamas
Sgt G.L. Price

Sgt C.J. Rodriguez
Sgt D.J. Ruitto Jr.
LCpl B. Mathis

Good Conduct:
Sgt K.E. Kelley
Sgt J.E. Vandiver
Cpl P.A. Birchfield
Cpl S.L. Farley
Cpl J.W. Gibson
Cpl G. Gonzales

HMM-262
Welcome Aboard:
Cpl R.E. Long
Cpl J.A. Marasovich
LCpl S.L. McMichaux
PFC D.R. Lipps
PFC K.M. Moore
PFC R.D. Tingley

Promotion:
Sgt C.E. Medina
Cpl J.P. Kellogg

Marine Corps Professional Military Education and Training Award:
Cpl J.P. Kellogg

At a glance

Art show
The MCAS Kaneohe Bay Officers' Wives' Club is sponsoring an Art Show and Auction Saturday at the air station's Commissioned Officers' Club. The auction will start at 8 p.m. and is open to all active duty officers, retired officers and their guests. There is no admission charge. For more information, contact Linda Marron at 254-3670.

Photo of the Week
The Hawaii Marine is featuring a photograph of the week contest. If you are an amateur photographer interested in having your photographs published or a dabbler who happened to take one extraordinary photo,

bring it into the Joint Public Affairs Office, Building 244.

Submissions should be received no later than 11 a.m. Fridays.

Photographs should be black and white, 8 x10 or smaller. In addition to the photograph submitted, technical data to include 'F' stop, speed, film, and a return address should be included. Judging of the best submission will be made by an independent team of judges. Subject matter is all inclusive as long as it is deemed tasteful.

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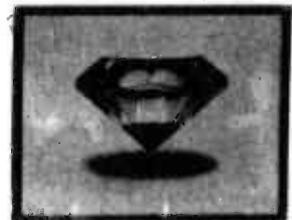
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EDITORIAL / OPINION

Street Scoop

What changes would you make in the uniform if any?



Cpl David Boone, HqCo., Bde: "There shouldn't be any change in the uniforms, but the regulations should be more strictly enforced."



2dLt Frank Anderson, 1/3: "Basically, there are too many requirements. They should design a uniform for both the summer and winter."



LCpl Dale Hess, BSSG: "Headquarters keeps changing the uniforms and regulations for woman Marines. Since my original issue they've changed it twice and that gets expensive."



Sgt Raul Marroquin, 2/3: "I wouldn't make any changes. I think the old utilities looked better, but the new cammies are more comfortable."



Cpl James Payne, MACB-2: "The flaps over the buttons on cammies. They make the uniform hard to iron. The uniform wears faster in those spots."

Swindle

Easy money lures unsuspecting victims

ARMED FORCES PRESS SERVICE — If you saw the film "The Sting," you know how elaborate some of the confidence man's swindle schemes can get. But the old, simple routines have been around for decades and still return a good income to the con man.

CONFIDENCE SWINDLES take advantage of everyone's desire to get something for nothing. For the con man or woman, the overhead is low and the returns are high.

Here's one of the simpler con games. A stranger, often a woman, starts a conversation with you on the street. After a few moments of banter, perhaps while waiting at a bus stop, another stranger appears with a large amount of money in an envelope. He or she interrupts your friendly conversation with the statement that the money has just been found.

WHAT TO DO WITH the money is discussed between the two strangers who make every effort to bring you into the decision.

Finally one will say that he or she works for a reputable businessman in the area and will ask that individual what to do with the money.

The stranger departs and returns in minutes saying that the boss suggests the three of you divide the money which the "boss will be counting."

THE HOOK IS IN NOW — here's your chance to get something for nothing. To show your good faith, you are then asked to put up some money to get your share.

The second stranger then leaves and returns shortly, saying that she gave her share of the money to the other stranger's boss to hold.

If you look interested, you might be asked to go to your bank to get a considerable sum of cash to put up for your share. Or, it may be played just for whatever you have in your pocket.

When you have money to put up, one of the strangers will take your money and "go to the businessman" to leave it there until the found money is divided.

YOUR NEW-FOUND FRIEND will return with the message that the businessman has counted all the money and is now ready to divide it up.

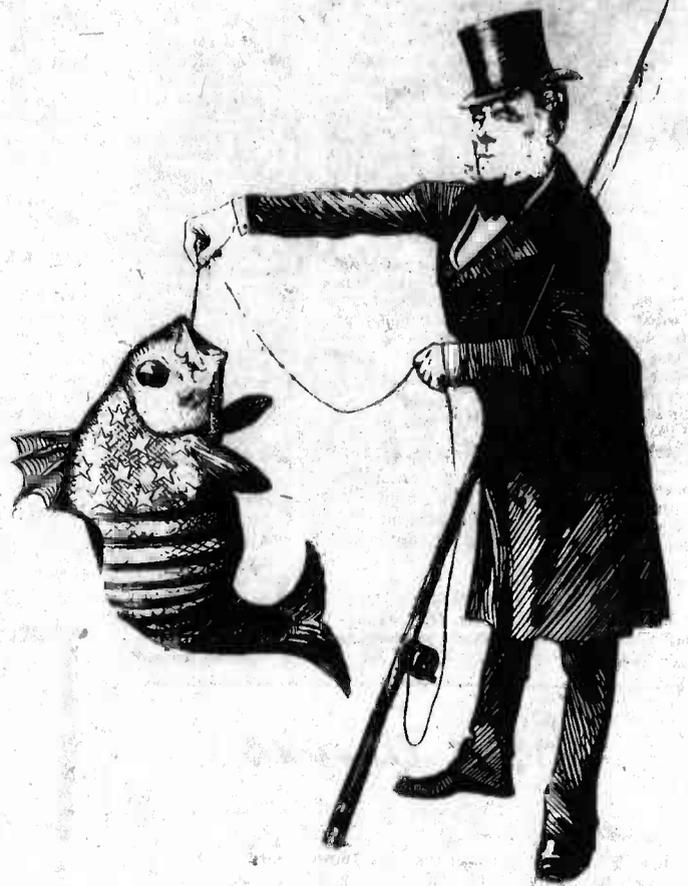
For your share, you're told to go around the corner to an address to see the boss. You go, minus your put-up money.

No luck. The address will either be an empty lot or a reputable shop where nothing is known of the scheme.

No matter how fast you hurry back to the spot you met the friendly strangers, they are long gone...and with them, your money. Instead of something for nothing you got nothing for something.

SCAMS LIKE THIS often go unreported because the "scammer" is ashamed of admitting what an easy mark he was.

Such simple con games sound preposterous when you read about them. Who would fall for a dumb trick like that? But right now, somewhere on a street corner, somebody is falling for the old "pigeon drop." You don't think so? Wanna bet on it?



Heroes hold Americans' respect

by SSgt Dennis Litalien

Two of America's finest heroes have died in recent weeks and their passing marks the close of a remarkable era.

AT FIRST GLANCE it would appear General of the Army Omar Bradley and former Heavyweight Champion Joe Louis had little in common.

On close examination, however, the similarities and parallels between these men become apparent.

During World War II both men were inspirational examples of the nation's pride and fierce determination. Americans could see in each the fighting spirit that would be required to win the war and they gained the admiration of a people because of it.

Even before the war, Louis delivered the first symbolic blow to Hitler's insane ideology. He made a mockery of Nazi supremacy by flattening Germany's Max Schmeling in less than one round.

HIS VOLUNTARY ENLISTMENT in the Army after the attack on Pearl Harbor

helped to keep morale high among the allied forces. He spent most of the war traveling to various military installations and fighting exhibition bouts. He also defended his championship twice during this period, each time donating his entire purse, first to Army Relief and later to the Navy Relief Society.

Meanwhile, Bradley was making his mark. It was his genius as a military strategist that secured some of the greatest victories in the European Theater. Bradley's forces were as unrelenting in combat as Louis was invincible in the ring.

Despite their fighting talents, both men disliked war. Each was quiet and possessed a gentle, generous and caring nature. Neither felt comfortable with the trappings that came from their illustrious positions and yet their personalities evoked a special dignity that caused the American public to take them to their hearts.

Whether they liked it or not, they became legends.

THE ENSUING YEARS saw each with his ups and downs. Both had been ill in recent years and were confined to wheelchairs.

But America didn't forget them. They remained respected and loved by their countrymen. This is the bond they

share and as long as we continue to treasure their contributions and memories they always will.

Revenge smooths exaggerated egos

by Father John Newton

"You wait, you'll get yours...I'll get even!" How often these words are spoken, or shouted, or sometimes said cowardly under the breath.

Is revenge sweet? Are we pleased to get even? Take an honest look.

YOU HAVE BECOME, in seeking revenge, the person you despised. In avenging your stung ego you've imitated your adversary. He has become your teacher in bad behavior. And, as a pupil, you have surpassed him.

You have put two evils at work in the world — the poison inside yourself and the

injury to the other party. Are you honestly proud of the results?

We tend to paint a glossy sheen over revenge. We make it seem virtuous.

"After all, I couldn't let him get away with that. He picked on the wrong guy this time." That's an overblown ego talking.

Who are we, anyway, that we can't bear a snub or insult? Why must we be avenged?

DID ANYONE AVENGE the unjust slap Christ was given at his trial? Didn't he bear quietly, for love of us, the spittle and body blows, the nail, the thorns and the spear? Did anyone ever seek revenge less?

"Learn of me for I am meek and humble of heart. Father, forgive them for they know not what they do."

Differences highlight military progression

WASHINGTON, D.C. — Think you've got problems? Consider what the military was like 200 years ago.

As reported in the May 8, 1790, "Gazette of the United States," requirements and authorizations were very different. For example:

— the term of service for officers and enlisted people was three years.

— NCOs and privates had to be "able-bodied men, not under 5 feet 6 inches in height without shoes, nor under the age of

18 nor above the age of 46 years."

— monthly pay was: lieutenant colonel, \$60; major, \$40; captain, \$30; lieutenant, \$22; sergeant, \$5; corporal, \$4; and private, \$3. That is not what they received though.

"Sums...shall be deducted from the pay of the noncommissioned officers, privates and musicians...for the purpose of forming a fund for clothing and hospital stores." Deductions were sergeant, \$1.50; corporal, \$1.25; and private, \$1.

— a fringe benefit in those days was that

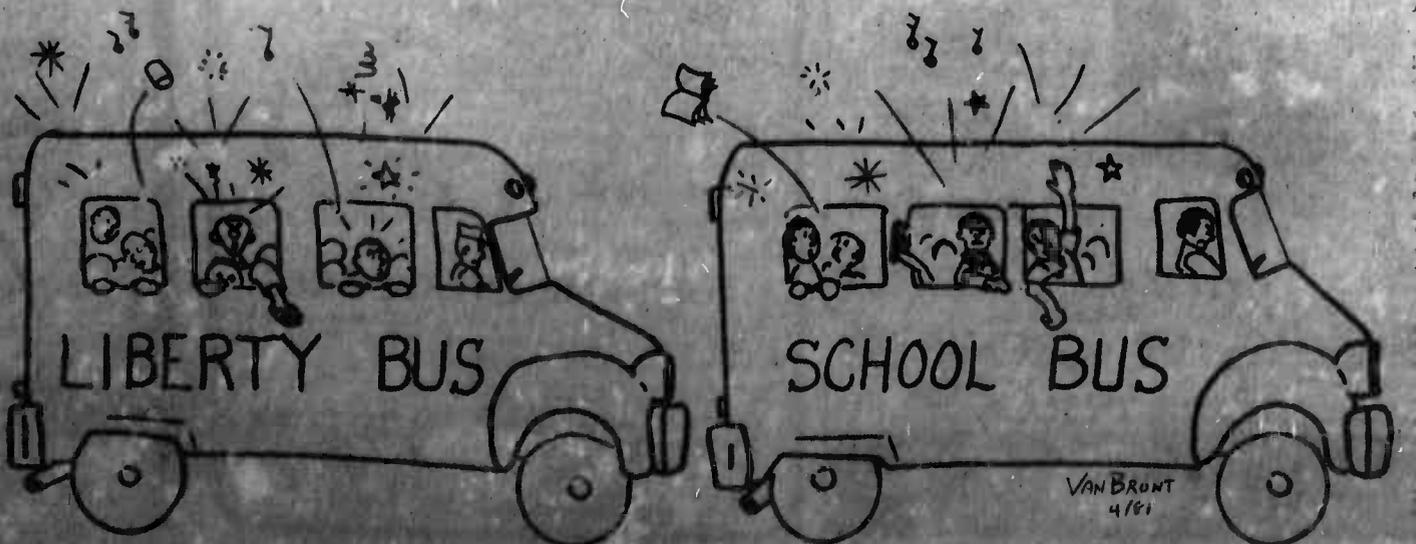
subsistence was paid to officers at the rate of \$12 for lieutenant colonels and \$10 for majors. Captains and lieutenants didn't get anything.

— for enlisted people, "every noncommissioned officer, private and musician...shall receive annually, one hat or helmet, one coat, one vest, two pair of woolen and two pair of linen overalls, four pair of shoes, four shirts, two pairs of socks, one blanket, one stock and clasp and one pair of buckles."

— there were no dining halls or base exchanges. Enlisted people got "one pound of beef or three-quarters of a pound of pork; one pound of bread or flour, half a gill of rum, brandy or whiskey or the value thereof at the contract price where the same shall become due; and at the rate of one quart of salt, two quarts of vinegar, two pounds of soap and one pound of candles to every 100 rations."

Now, what were those problems you thought you had?

WHAT GENERATION GAP??



VAN BRUNT
4/81



PLEASED TO MEET YOU — John F. Lehman, Jr. (middle), secretary of the Navy, exchanges greetings with Marines from Company D, 3d Assault Amphibian Battalion, 1st Marine Brigade as the unit's Commanding Officer Capt Richard Roan (left) observes. Roan's unit participated in a demonstration for the SecNav Thursday at the Combat Counter-Mechanized Course.



FIELD HOSPITALITY — Navy Lt. John Taylor (right), commanding officer, Company A, 3d Medical Battalion, 1st Marine Brigade, explains field hospital operational procedures to Secretary of the Navy John F. Lehman Jr. (second from right). Lehman visited the field hospital Thursday.

Visit

Cont. from A-1

inside fortified fighting holes. The sounds of .50 caliber and M60A1 machineguns blared as the 'attack' progressed. After the demonstration, Lehman was invited inside a fighting hole to experience the feeling of a 26-ton tracked vehicle crossing overhead. He readily accepted. Lehman donned overalls and black equipment and with his military aide, Col Russ Porter, crouched inside a fighting hole as the vehicle passed overhead.

The Secretary of the Navy concluded his visit by attending in his honor at the MCAS Kaneohe Bay Officers' Club.



WAR GAMING — Capt Richard Roan (left), commanding officer, Company D, 3d Assault Amphibian Battalion, briefs Secretary of the Navy John F. Lehman Jr. on war gaming concepts of the Combat Simulation Center. Lehman visited various Marine and naval units aboard the air station Thursday.



ONE FOR ALL AND ALL FOR ONE — Secretary of the Navy John F. Lehman Jr. (middle) poses with Lance Corporals Michael Briggs (left) and Maurice McGann, Weapons Platoon, Company F, 2d Battalion, 3d Marines, 1st Marine Brigade during his visit to the Combat Movement Course. The two Leathernecks participated with Company D, 3d Assault Amphibian Battalion in a demonstration of the Counter-Mechanized Confidence Course for the nation's 65th secretary of the Navy.

Achievements: Exam results place Mokapu students on track with national score averages

by SSgt Dennis Litalien

Results of an aptitude exam administered to Mokapu Elementary School students at the start of the school year are good news for parents. Pupils in grades one through six took the Stanford Achievement Test in September (except for third graders who were tested last May). Fourth and sixth graders were tested as part of the state program and the remainder were tested using funds from the school budget.

Results overall show that 23 percent of the youngsters examined scored below average, 54 percent were rated average and 23 percent achieved an above-average classification.

THOSE PERCENTAGES place Mokapu School students right on track with the national averages. National figures reflect 23 percent below average, 54 percent average and 23 percent above average.

The Stanford Achievement Test is one of several exams used in the United States to measure student achievement. It measures total reading and math skills and is broken down into sub-categories.

In comparison to other Hawaii schools, Mokapu's pupils are rated in the upper 50

percentile. They weren't the highest rated, nor were they the lowest.

THE NET conclusion is that students at Mokapu are receiving an education that compares favorably to state and national public schools.

According to Harry Uyeda, vice principal at Mokapu, students did well in vocabulary, comprehension and word study but displayed some weakness in writing and spelling skills. In mathematics, the children understood concepts, but were not as proficient in computations and applications. Uyeda considered the statistics to be roughly equivalent to the results of past years.

A CONTRIBUTING factor to the results of the SAT is the transiency of military life. "Overall, its effects depend on a child's ability to cope," explained Uyeda. "Less moving around is helpful to the learning process. Children from military families are required to make adjustments to changes in learning situations. Some fare well, others do not. Most however, have the advantage of broad life experiences."

Individual test reports were sent to parents. The reports included a cover letter explaining the exam, the way it

Grade 1 — Total Reading 32%, average 45%, above average 23%. *Total math below average 21%, average 49% above average 30%.	Grade 2 — Total Reading 23%, 54%, 23%. Total Math 29%, 56%, 15%.	Total Math 30%, 52%, 18%.	Grade 4 — Total Reading 24%, 57%, 19%. Total Math 27%, 52%, 21%.	Grade 5 — Total Reading 20%, 56%, 24%. Total Math 19%, 59%, 22%.	Grade 6 — Total Reading 14%, 70%, 16%. Total Math 24%, 56%, 20%.	*Total Reading includes reading comprehension and word study (phonics). *Total Math includes concepts, computations and applications.
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Specifics clarify standardized test scores

Your child comes home from school with standardized test scores that are below the norm. What does it mean? And what can you do?

THE NATIONAL Institute of Education notes that standardized tests are something every parent should understand. Here are some questions you can ask the principal or your child's teacher:

What kind of standardized test did my child take? Aptitude tests are used to measure a child's ability to learn. Achievement tests show how much students have learned in a particular subject.

Both of these tests compare your child with other students. How do students in this school generally compare with students in other schools in the system? With students across the country?

DO THE TEACHERS have any special training in testing? Are the students given any practice in taking tests? Are there any workshops or special programs planned to help parents understand the tests and what the results mean? Have the test makers reduced cultural bias in the tests the children will be taking?

There are general questions you should ask about any test, but there are also specific questions you need to ask about how the test results will be used for your child.

IN ACHIEVEMENT Tests, the results are frequently given as grade equivalents. For instance, a child in the fourth month of the fourth grade who is an average student would have a score of 4.4. If a child scores well above or well below average, ask if this information will be used to help set up a special program. If so, what other information will be used to decide if the child needs special placement?

If your child's scores are above or below average levels on the test, are other children in the class in the same situation?

FINALLY, ASK what you can do at home to help. Remember, tests help teachers plan, too.

To learn more about testing, including how you can help your child prepare for these tests, send for a copy of *Your Child and Testing*. It's free from Consumer Focus, Pueblo, Colo. 81009.



Comparison of Electrical Consumption

MARCH ELECTRICAL BILL OCTOBER THROUGH MARCH

NAME ▶ **COMMANDER MCAS**
 ADDR ▶ **N 6 MOKAPU PENINSULA**
 FOR SERVICE FROM **MAR 02,81** TO **MAR 31,81** ; **29** BILLING DAYS

YOUR ACCOUNT NUMBER	RATE
71 984 505 75	P

KILOWATT HOURS

METER NO **241826**
 PRES RDG **1770**
 PREV RDG **1305**
 DIFFERENCE **465**
 MULTIPLIER **12000**

TOTAL ▶ **5580000**

YOUR BILLING POWER FACTOR IS 96%

KILOVOLT HOURS

METER NO **241829**
 PRES RDG **7934**
 PREV RDG **7803**
 DIFFERENCE **131**
 MULTIPLIER **12000**

TOTAL ▶ **1572000**

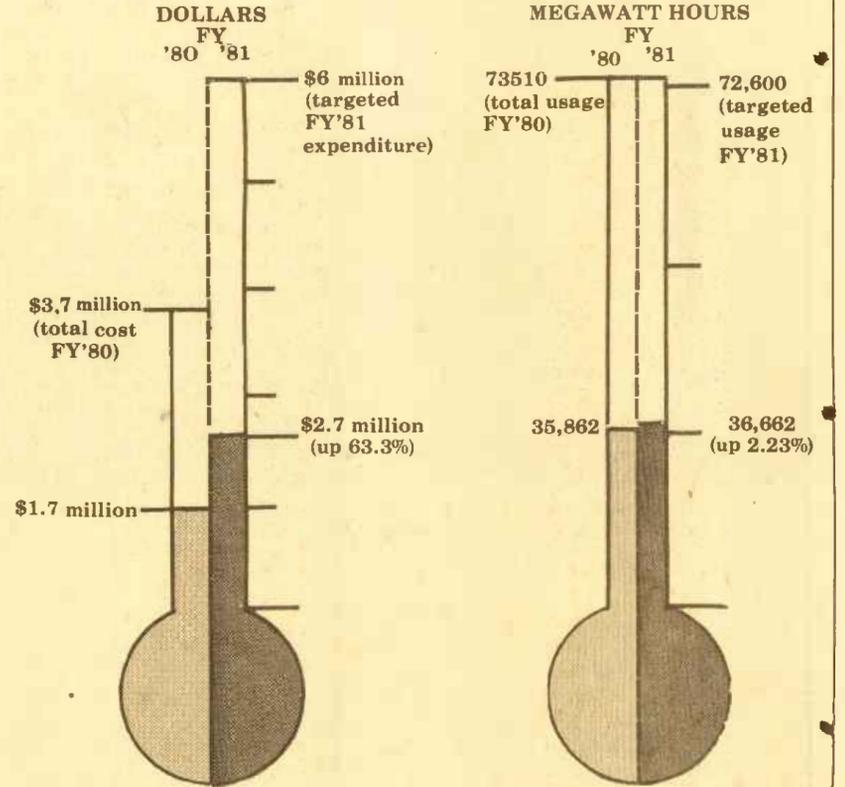
KILOWATTS

READING **0.90**
 MULTIPLIER **12000**
 MEASURED **10800.0**
 BILLING **11460.0**

SUMMARY OF CHARGES

DEMAND CHARGE	27,154.70
ENERGY CHARGE	289,076.40
TRANSFORMER ADJ 3DP	9,486.93CR
POWER FACTOR ADJ	3,478.54CR
FUEL ADJUSTMENT	236,935.73
TOTAL CURRENT BILL	540,201.36
BALANCE FORWARD	
TOTAL AMOUNT DUE ▶	540,201.36

HAWAIIAN ELECTRIC COMPANY, INC.
 P O BOX 3978 • HONOLULU, HAWAII 96813 • TELEPHONE 548-7311



Electricity

Kilowatt Hours Cost

January	_____	_____
February	_____	_____
March	_____	_____
April	_____	_____
May	_____	_____
June	_____	_____
July	_____	_____
August	_____	_____
September	_____	_____
October	_____	_____
November	_____	_____
December	_____	_____
TOTAL	_____	_____

Budget for next year

Kilowatt Hours _____

Cost

Electricity Saving Tips

- Turn off lights and appliances when not needed
- Operate dishwasher only when fully loaded, and air dry.
- Check energy efficiency labels when buying appliances.
- Select the most efficient air conditioner for your needs. Set the thermostat at 78 degrees
- When building a home, locate the refrigerator away from the oven and range

After paying the monthly electricity bill, put the receipt inside an envelope with this form attached. At the end of the month, add up the bills to date on the space provided. This method can help develop energy-efficient habits for comfortable living at home.

Energy

by Sgt Lamar Johnson

Like almost every necessity in society, the cost of electricity is rising. Increases are due mainly to the cost of oil imported into the country.

However, the unnecessary use of energy and electrical waste by Americans is also a contributing factor.

In Hawaii, residential electricity is used primarily for lighting, operating appliances and air conditioning. Although lighting normally consumes five to 10 percent of the electricity used in homes, appliances use much more.

MOST APPLIANCES are designed to save time and, used wisely, they can actually help fight inflation and take the big charge out of the electric bill. An important thing to remember is that the way appliances are used and cared for has a great deal to do with their efficiency and cost of operation.

Electricity is bought by the kilowatt hour. Many people haven't the vaguest notion how many kilowatt hours are used every day, nor do they realize how much of it is misused and wasted.

ONE KILOWATT HOUR equals 1,000 watts used in an hour, or 100 watts used in 10 hours. To determine the number of watts an appliance or other electrical equipment uses, look for the wattage rating, usually printed on the item.

As equipment is being used, the kilowatt hours are measured and recorded by the electric meter just as mileage is recorded on the odometer of a car.

According to Kevin Doyle, spokesperson for Hawaiian Electric Company, Inc., "On the average, a family of four living in a single family dwelling consumes approximately 1,000 KWH per month."

"IN APRIL 1977, the bill for 1,000 KWH would have come to about \$45.55. Also back then, each bill covered a two-month period."

"However, that same monthly bill now ranges from \$50 to \$63 for 1,000 KWH. Since January electric bills have been sent out on a monthly basis," he said.

He went on to explain, "The bills are computed according to Hawaiian Electric's residential rate schedule which also went into effect in January."

"**THERE IS ALSO** a fuel adjustment in the amount charged for electricity to account for changes in the cost of fuel. When the cost of fuel increases or decreases above or below \$21.39 per barrel, increases or savings are passed on to the consumer, as an adjustment in the bill based on the number of kilowatt hours used."

The customer charge and non-fuel energy charge are combined and listed as "non-fuel charges" on the bill, and the base fuel/energy charge and fuel adjustment charge

are itemized. Because of the fuel adjustment, the cost of a kilowatt hour fluctuates with the cost of fuel.

NOW THAT THE basics of electricity billing have been explained, here are some ways to be more energy efficient:

When cooking, use covered, flat-bottomed pans that match the size of surface units. When cooking vegetables use small amounts of water. For best results try using a pressure cooker.

Turn off surface units before cooking is completed, and finish cooking on retained heat. Make sure surface units are off when not in use. Keep reflector or drip pans clean.

Prepare several batches of long-cooking foods, such as stew, at one time. Freeze extras until needed.

PREHEAT OVEN only for baked foods or those that cook in less than an hour. Keep oven door closed until food is cooked.

Cook all foods for meals using the same heat for an oven meal, a broiler meal or a surface unit meal.

When cooking small quantities of food, use small portable appliances. Consider using a microwave oven instead of the range oven.

Use only cold water to pre-rinse dishes that have deposits of egg or rice. Generally, scraping is all that is required.

WAIT FOR A full load before operating the dishwasher. A full

cycle uses about the same amount of water as washing and rinsing the dishes from three meals by hand per day. Use sufficient amounts of dishwasher detergent and hot water.

If there is a cycle selector, use the shortest washing cycle that will effectively clean dishes.

To save about one-quarter kilowatt hour per load, open door at the end of rinse and allow dishes to air dry.

Operate the food waste disposer with cold water only, turning the water on first.

As for a refrigerator, it should be placed in a cool location for maximum efficiency. Avoid putting it beside the range or in direct sunlight.

Keep refrigerator and freezer condenser coils clean and check gaskets to be sure they're closing tightly. Replace worn or ill-fitted gaskets.

Open door only when necessary and close it as quickly as possible to avoid cold air loss.

Defrost non-frostfree models when the frost becomes a quarter of an inch thick. Frost is an insulator and makes the appliance work harder to maintain temperature.

FOR MAXIMUM efficiency keep freezer filled but not overloaded. Freeze foods in moisture and vapor proof wrappings or containers.

It's amazing how much money and energy can be saved at home by using all appliances wisely.

Area auditors monitor money flow

by Sgt Nora Parrish

CAMP H.M. SMITH, Hawaii — The Internal Revenue has them, most major businesses have them, and they can also be found on Marine Corps bases. What are they? ... Area Auditors Offices.

The Area Auditors Office here is responsible for auditing all base nonappropriated activities with the exception of the exchange system.

"**WE DO AUDITS** of all activities on a monthly basis, except for the chapel fund which is done every three months," explained CWO-4 Tommy Manry, officer-in-charge of the Area Auditors Office. "The audits are done to see that the activities are complying with all current directives and regulations. We ensure they are spending their money wisely and when required, their activity is making money."

Audits of activities include checking paperwork dealing with daily

financial transactions. This includes cash register tapes, member charges, dues, payments, and also pay-rolls.

"When we do the audits," explained Manry, "we may not include every piece of paperwork the activity brings to our office, but we still require the activities to bring all of their transactions to us. One piece of paper we look at may need another piece to back it up."

"**THERE IS NO** set period of time we have on each audit," explained MSgt Donald Rice, audit chief. "If we are working on one audit for three days and another activity brings in theirs, we will start on it. But if we don't have another one come in for a week or so, we continue to work on the one we have."

But there are times when the auditors will spend extra time on a particular activity, as Manry explained, "At the end of the fiscal

year if we have an activity that had a 12-page report sent in to the Inspector General, Headquarters Marine Corps, then we might take a little longer on their next audit than we would with an activity with a last report of four pages."

LIKE THE IRS, when discrepancies are found they are noted and the activity is notified. But unlike the IRS the command is also made aware of the problem. "We make a report to the command to let them know of discrepancies we find in an audit," said Manry. "When we notify them, they have 10 days to reply."

When the auditors office has problems with commands correcting discrepancies, they have an alternate chain of command. "The auditors office is attached to the command for administrative purposes only," said Manry. "The office actually falls under the Inspector General at Headquarters Marine Corps, and we always

have the alternative to go to them."

RICE ADDED, "When discrepancies are found we only have recommendatory authority over them. Generally we don't have any problems getting monthly discrepancies corrected."

Each activity has different guidelines for spending their money and the auditors must be aware of them, so they can make the right recommendations.

"For example, Special Services has certain items, such as tennis balls, that people are not required to return. There is a directive that states how many balls a person may check out during a given time."

"**WHEN WE AUDIT** them if we see that some people are receiving more than the directive says they should, then we would point this out. But just because we audit each activity every month doesn't mean that we always find something to tell the command."

At times there are errors that the auditors don't report. "Some minor errors are just that, minor errors," explained Rice. "If they become trend then we check into them."

ALTHOUGH A lot of the work the auditors deal with is shuffling through papers and numbers, not all of their work is handled inside their office. As Manry explains, "Some of our work is done on site. We hold cash counts, where we walk into an activity unannounced and check all the cash on hand. This includes what's in the safe, the register and any other cash they may have."

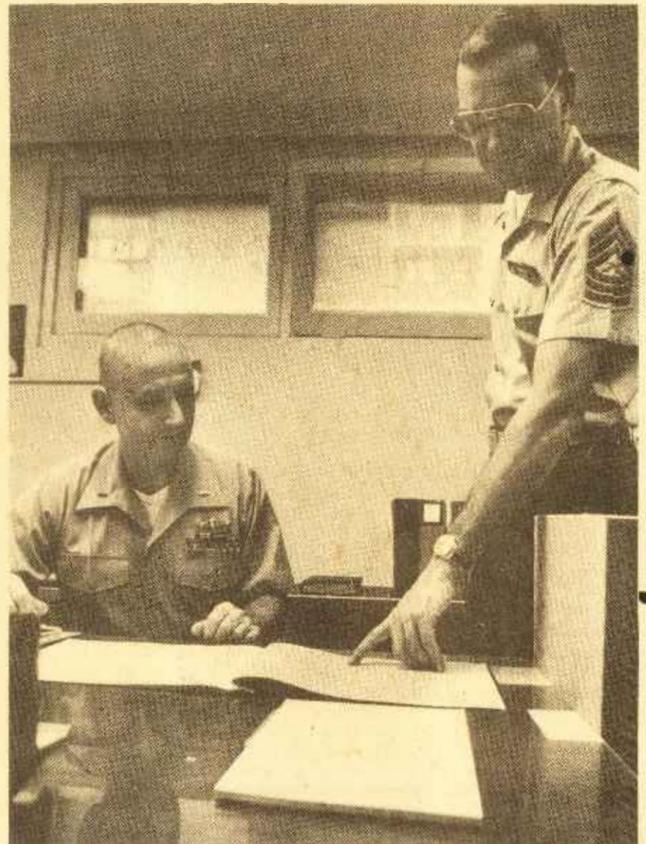
"Many times if they are short of money it is simply a matter of paperwork," interjected Rice. "If there is a significant shortage we would call the boss, or if he was there we would call the commanding officer and let him know, so he could start an investigation if he wanted. We are required to make a report

if there is a shortage of \$100 or more."

"**THERE IS NO** requirement of how many on site checks we have to do," commented Manry. "But we try to do one a year at each activity."

The interchange of paperwork between the auditors and each activity is not a one way street. "Many times activities will call the office and ask for assistance if they are having problems," said Rice. "If they are having trouble with their books, the office can look them over. Or if they are having trouble with inventory, one of the auditors can go through their inventory with them."

WHEN TAX TIME rolls around, many people fear the possibility of having the IRS audit them, but for the nonappropriated fund activities here they have a watchful eye on them year round, along with a helpful hand when they need it from the Area Auditors Office.



HERE'S THE PROBLEM — MSgt Donald Rice, audit chief, points out a discrepancy on a nonappropriated fund activities audit, to CWO-4 Tommy Manry. Both Marines work at the Camp H.M. Smith Area Auditors Office.

Reaction force responds to emergencies

by Sgt Moses Reynolds

PEARL HARBOR, HAWAII — Five gunmen speed through the ferry gates here and seize the docks to ambush the Commander in Chief of the Pacific Fleet when he arrives from Ford Island.

PFC Charles Flynn, a sentry on post, calls the corporal of the guard for a reaction force.

WITHIN minutes of the seizure, a Marine fire team, led by Cpl Daniel San Nicholas, has the situation under control. The disturbance lasts only 10 minutes and does not affect the Pacific Fleet commander's arrival.

It is only a drill, but the reaction force practices for real.

Marine Barracks, Pearl Harbor tested the concept of a small reaction force here recently. "We incorporated a small unit reaction for the purpose of immediate response," said GySgt A. Q. Barlow, guard chief.

"If the situation called for a larger force, an entire relief of 12 Marines would be ready to go while the fire team positioned itself at the scene," explained LCpl Mark Widmer, a sentry.

"IT'S SO MUCH faster to move four men already dressed and with their weapons in

hand than to wait for an entire squad to form up," said Barlow.

A four-man reaction force is dressed in full combat equipment with M16 service rifles at all times. Additional equipment at their disposal includes first-aid kits, hand-held radios, smoke grenades, tear gas and more than 2,000 rounds of ammunition.

"We don't respond to emergencies empty handed," remarked LCpl Pete Gray.

THE GUARD reaction can be committed by the base commander to any type of civil disturbance or other contingency on the base.

Sentries throughout the island are frequently tested on their abilities to react to emergency situations. "One day or night they may be called to an area of extreme significance such as Fleet Intelligence Center, Pacific or Headquarters, Commander in Chief of the Pacific

Fleet," said Marine Barracks Operations Officer Maj Tom Hall.

Constant vigilance is

apparent both at the gates and guard houses of the separate companies on the island all of which have a common mission: security.



Photo by Sgt Moses Reynolds
COVER AND COMMUNICATION — Marine sentry LCpl Mark Widmer conceals himself as he awaits further instructions from the corporal of the guard. Marine Barracks, Pearl Harbor recently drilled their reaction force at the ferry gates to Ford Island.


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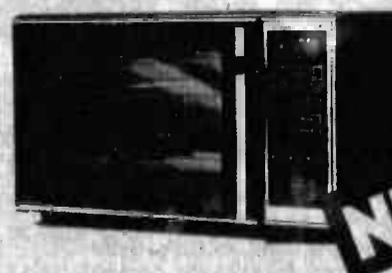
Paradise Pastimes

WITHIN THE GATES — The Armed Services YMCA Outreach is sponsoring "How To Discover and Achieve Your Goals," presented by Mary Lou Stott, A.C.S.W., April 29, from 9 till 11 a.m., in Building 455 at MCAS Kaneohe Bay at the weekly Women's Awareness Program. Recognizing and accomplishing career and personal objectives will be discussed. Child care and transportation is available. Deadline for reservations is Friday. For reservations and information call Outreach 254-4719 or 254-4965. The public is invited.

The Armed Services YMCA Outreach is presenting "Coffee and Conversation" today from 9 till 11 a.m. in Building 455 at MCAS Kaneohe Bay during the weekly Women's Awareness Program. Transportation and child care are provided. For reservations and information call Outreach 254-4719 or 254-4965. The public is invited.

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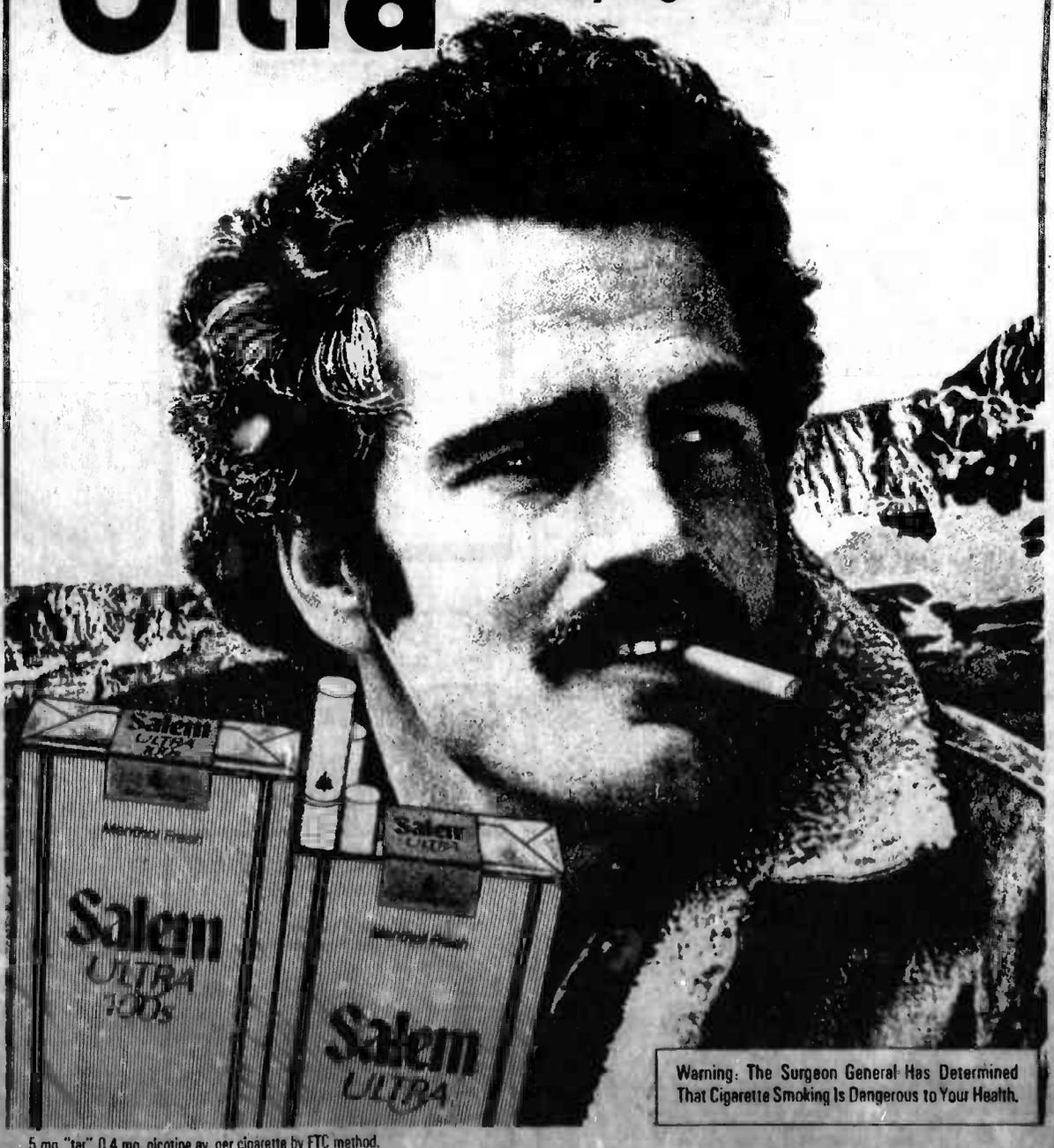
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World-renowned photographer retires

by GySgt Cortez Cortez

TREASURE ISLAND, SAN FRANCISCO

An historic career came to a close recently as world-renowned photographer Joe Rosenthal was honored for his more than 50 years of photographic genius during ceremonies at Treasure Island.

ROSENTHAL initially gained fame for his Pulitzer Prize winning photograph "Flag Raising at Iwo" — a dramatic photographic portrayal of five Marines and a Navy corpsman securing the American flag atop Mount Suribachi, the highest point of the Japanese held island of Iwo Jima during World War II.

Since then his historic photo has become a symbol not only of the resolute Marine fighting spirit but also American pride and determination.

The son of Russian immigrants, Joseph John Rosenthal was born Oct. 9, 1911. He was the fifth of six children. His father ran a haberdashery.

Raised among public buildings and the Washington Monument, Rosenthal was an average youth. He became a boy scout who enjoyed fishing. "We often went barefoot through sandlots and were known to drop a line or two and catch little fish," he said.

The adventurous type, he liked sports but due to his 115 pound frame lettered in track versus football in high school. Aside from normal teenage activities he developed another interest — photography.

THE STOCK market crash of 1929 forced him, at age 18, to separate from his family and live with his brothers in California.

"The depression era was very visible. The bread lines and the 'once' executive types were everywhere," he added.

Despite the economic disaster a determined Rosenthal managed to land a job as an office boy with the News-

paper Enterprise Association in San Francisco. There accomplished photographers Ted Smith, Charlie Doherty, Hemie Bryant and Eddie Murphy schooled him on the finer points of the art.

"I wasn't a fresh kid and I believe that encouraged them to help me," he remembered.

In a few months the name Rosenthal was appearing on credit lines for photographs in various publications. His photographic career had begun.

HIS FIRST AWARD was presented in 1936 when he received the Editor and Publisher National Photo Award.

Rosenthal later worked for the San Francisco News, ACME and Wide World Photos. When Associated Press bought Wide World Photos from the New York Times, they also gained the services of Rosenthal.

Rosenthal's mood changed as the country began to prepare for involvement in World War II.

"The issue was clear," he said. "The country was attacked and we had to protect our way of life."

Swept up in spirit he tried to enlist. His spirit was quelled by poor eyesight and he was categorized 4F. However with the aid of a fellow correspondent and an eye waiver he was able to cover the actions of the Maritime Service.

He traveled to Great Britain, Australia, Scotland, Wales and Algiers where he photographed hospitals, seamen's clubs and other items in support of the war effort, but saw no combat.

IN FEBRUARY 1944, while on leave in San Francisco, a phone call brought an offer to photograph the combat forces. He immediately resigned from the Maritime Service. His first assignment was operations in New Guinea.

"I wanted an assign-

ment to land with the Marines," he related. "That seemed to me to be where the action was."

After a thorough briefing, he spent 25 days photographing combat operations with Marines on the island of Guam followed by Peleliu.

"In Peleliu the beach was hot. It was as difficult a battle as Iwo but not as large," he said.

It was there that he encountered growing legend Chesty Puller, who at that time was a battalion commander.

"Chesty stood out in my mind," he said. "He appeared on the ninth day of battle: weary, sleepless and bearded. When asked how things stood, he said he hardly had a battalion left and in nine days he had suffered two thirds casualties."

"FROM ALL I could see," Rosenthal continued, "the Marines did a gallant job. I don't know how else to put it."

Another briefing and the Iwo Jima campaign followed.

"It was difficult landing, with heavy surf on the day of the landing. Many boats were hit as they landed on the beach," he recalled. "Fortunately for me I was surrounded by men who knew how to shoot."

The battle waged on. There would be many Marine heroes, but for Rosenthal it would be his actions on the fifth day that would make history.

"I got the word that a patrol was going up Suribachi. I thought to myself I ought to be able to get some type of picture there."

"WE MADE OUR way up Suribachi, machine gun fire all around us. Marine photographer Sgt Lou Lowery coming down from the hill told me I was too late and that they had already raised a flag."

Regardless, Rosenthal continued. "Reaching the top of the mountain, I saw the raised flag. I was told a second larger flag would be raised, however." Marines prepared to attach the

flag to an iron pipe when Rosenthal encountered Sgt Bill Genauat who was preparing to film the flag raising with his 16mm motion picture camera.

"We positioned ourselves and Bill turned to me and asked 'I'm not in your way am I, Joe?'" At that second, the flag raising began. Both turned and shot. The rest is history.

NUMEROUS other photographic awards have been bestowed upon Rosenthal along with the Pulitzer Prize. They include the Headliner Award, Catholic Institute of the Press Award in 1945, Press Photographer of New York in 1947, Honorary Member of Kappa Alpha Mu (University of Missouri) and Honorary member of the Marine Corps Combat Correspondents Association in 1954. The list continues for pages.

Recently, more than 400 newsmen, camera teams and close personal friends gathered in front of the Casa De La Vista aboard Treasure Island. At exactly 6:25 p.m. March 19, preceded by a police escort and chapered in a Marine Corps sedan, Rosenthal was brought to his place of honor, in front of a Marine color guard for the opening portion of the evening ceremonies.

THE PROCESSION moved inside Casa De La Vista which overlooks the Golden Gate Bridge as friends and well wishers greeted him. Those friends included a state senator, congressman and numerous state assemblymen as well as the vice-president of Associated Press.

Later more honors. A message from former President Richard Nixon and a resolution was read by Representative John Burton. Messages to Rosenthal from the Legislature and from California Governor Jerry Brown, a plaque from AP and the presentation of the Black Cat Award, a

personal tribute to their retiring ally with Marine escorts in World War II vintage uniforms and a color guard in dress blues. The 1st Marine Division Band from Camp Pendleton, Ca., journeyed 400

yards to serenade their civilian Marine hero.

Television camera crews, photographers and reporters rushed to greet him and record the historic event. The band played the Marine Hymn and the National Anthem.

Rosenthal, no stranger to tributes, stood at attention, misty-eyed, his beret held over his heart as the National Anthem was played.

A thunderous cheer went up as Col Lee Erickson, Director of the 12th Marine Corps District, told him, "Joe your name will be ever inscribed in our history," as he read congratulatory messages from the Marine commandant.

President Ronald Reagan, in a personal message to Rosenthal, called him "a living legend," who took "the single most important picture of World War II."

coveted award from the San Francisco Press Club highlighted the evening before the proud but weary retiree

addressed the assembled gathering.

"I'm just overwhelmed," he stated. "I thank all of you,

but you know there comes a time in a man's professional career when he must make the decision to step down

and let the younger crew make their mark. I will be forever grateful for your kindness and generosity tonight."



USMC photo WITH FULL HONORS — Joe Rosenthal, the Pulitzer Prize winning photographer who captured the flag raising on Iwo Jima's Mount Suribachi, retires after 50 years of photographic excellence. Rosenthal was lauded during ceremonies at Treasure Island, San Francisco.

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Tripler AMC	1:00-3:00	Tuesdays	433-6366
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Marine word search

The puzzle below contains at least 39 words necessary to maintain a state of readiness within the United States Marine Corps. See if you can find them.

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

- | | |
|-----------------------|-----------------|
| 1 AMBUSH | 21 LIEUTENANT |
| 2 ASSEMBLY | 22 MA'AM |
| 3 ATTACK | 23 MARCH |
| 4 BASIC | 24 MARINE CORPS |
| 5 BLAST | 25 MAST |
| 6 BRIGADE | 26 MISSION |
| 7 CANTEEN CUP | 27 OLD CORPS |
| 8 CAPTAIN | 28 PIN |
| 9 COMBAT RATIONS | 29 PROMOTION |
| 10 COMMAND | 30 QUICK TIME |
| 11 COMMANDO | 31 RIFLE DRILL |
| 12 COVER | 32 RUN |
| 13 ENLISTED | 33 SERVICE |
| 14 ENSIGN | 34 SHARPSHOOTER |
| 15 ESSENTIAL SUBJECTS | 35 SLING |
| 16 EYE MOVEMENT | 36 U.A. |
| 17 GREEN | 37 UCMJ |
| 18 HELMET | 38 UTILITIES |
| 19 INSPECTION ARMS | 39 WOMEN |
| 20 LEAVE | |

Intelligence Brief

by Combat Intelligence Center

Mi-2 Hoplite — could be bettered by using turbine engines. This improvement was brought to light by

American and French developments. The Soviets then developed their own turbine engine for helicopters and used two of these

for the Mi-2 Hoplite. The Hoplite made its first flight in 1961. Production of these helicopters was transferred to Poland in 1964. Since then, hundreds of these helicopters were built with possibly one-third of them for military use. The Hoplite is used by Indonesia, Poland and the USSR. The Hoplite's primary military applications are armed reconnaissance, liaison and armed support. A few different types of weapons can be carried by the Hoplite. These weapons can include one 12.7 mm machine gun, two 16-shot 57 mm rocket pods, or four anti-tank guided missiles. The ranges for these weapons are 1,500 meters for both the 12.7 mm machinegun and the 57 mm rockets, while the anti-tank guided missiles have a range of 3,000 meters. The Hoplite is a fairly small helicopter. It measures 17 meters from the tip of the rotor blade to the rear of the helicopter. Other features which can be used for recognition are its single rotor with three blades, twin engines, located above the body, a small bus like body and landing gear located in three different places.



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Safety

The following is the ABC's of Red Cross water safety.

Accidents are the leading cause of deaths for persons from age 1 to 44 in the United States, and drownings annually claim more than 7,000 lives.

Barefoot on the beach is fun, but watch out for broken glass, sharp rocks, and other objects that might cause painful cuts and bruises.

Camping near the water? Make sure it's a safe swimming place before you swim. A firm sand or gravel bottom with a gradual slope and no step-offs is safest, but make sure there are no underwater obstructions.

Diving into unknown water or into shallow-breaking waves is dangerous. Don't risk it.

Electric storms in the area? Stay out of the water. If you are in a small boat, head for shore.

First aid courses are preparation for safety. Plan ahead — be prepared — take a first aid course.

Guarded areas are best for swimming, but remember that even when there are lifeguards on duty, your children are your responsibility.

Home pool on your property? Then safety is your responsibility. There are approximately 300 drownings in home pools annually. The main contributory causes of pool accidents are (1) inability to swim, (2) inadequate barriers, and (3) lack of supervision.

Inflated tubes, air mattresses, etc., provide fun in the water, but often they are a source of danger as well. Nonswimmers and novices should never be allowed in deep water with such devices.

Jellyfish and other dangerous marine life can cause painful wounds and toxic reactions. Learn what to expect in an area before you decide to swim there.

Know your limitations. Many people get into trouble in the water because they overestimate their swimming ability.

Learn to swim. You can't think of a better sport to save your life.

Mouth-to-mouth artificial respiration should be given at the earliest possible moment to non-breathing victims of submersion.

Never swim alone, no matter how well you swim. Swim with a buddy.

Overheated? It's not time to swim. Cool a bit and then enjoy a swim.

PFDs are personal flotation devices, which should be worn by nonswimmers and novices aboard small craft, regardless of age. And make sure the PFD is a Coast Guard-approved device.

Qualified Red Cross instructors of skin and scuba diving can teach you how to enjoy this sport safely. Don't "pick it up on your own."

Reaching assists are the safest methods of rescue, both for the rescuer and for the victim. Reach with an arm, a leg, a pole, a towel, a branch, an oar, a paddle or a ski.

Sunburn can spoil a day of fun. If you're planning an all-day canoe trip, an outing at the beach, or a similar activity in the sun, take along something with which to cover up.

Tides move large masses of water and can create currents of considerable force. Never try to buck a current; conserve your strength and swim diagonally toward shore.

Underwater swimming is both enjoyable and challenging, but do it for short distances.

Vacations are fun, but don't let an accident spoil yours. Think safe, act safe and be safe.

Water where you swim should be clear and unpolluted, free of debris, comfortable in temperature and preferably without current.

Xtra safety preparation means an extra safe vacation.

You can help, even if you can't swim. Reach, throw or row — but don't go.

Zero in on safety. Your local Red Cross chapter can provide you and your family with literature and courses of instruction in first aid, water safety and small craft safety.



Photo by Sgt Pepper Davis
CHILDREN'S PARADE A SUCCESS — The second Kailua children's day parade began promptly at 10 a.m. Saturday with approximately 400 kielis in the marching line-up. Sporting various costumes, such as the two Easter eggs from Le Jardin Academy, the kids strutted, road, skate and pedaled around the route for 45 minutes. Following the parade, the kielis were hosted to entertainment and free refreshments provided by Kailua businesses.

Trivia

One of every three American workers feels overeducated for his or her job.

We eat 90 percent more beef than we did

Thirteen cents of the average food dollar goes for packaging. Three cents go toward advertising and promotion.

The average American weighs four pounds more than a man his age did in 1960.

Americans drink almost as much hard liquor in December as the next two months combined.

The average American travels 8,080 miles a year.

Americans spend \$2.5 billion a year buying food for their pets.

The average pencil draws a line 35 miles long.

Ninety-seven letters in 100 mailed in the United States are addressed with zip codes.

One American in two lives within 50 miles of a coastline.

In an average year, counterfeiters gyp Americans out of about \$3 million.

America produces an average of three nuclear devices a day, everyday.

Of every 100 members of the United States Armed Forces, 22 are stationed on foreign soil.

For every American wife who cheats on her husband, two American husbands cheat on their wives.

The minerals and vitamins in the average diet were valued at \$7.28 in 1980. That's a 643 percent increase in 10 years.

Hot weather kills 450 Americans in an average year, snowstorms kill 97, floods kill 83.

On an average day in America, 500 million cups of coffee are drunk.

The average office worker spends only 6.4 hours a day in his work space.

Cantaloupes are 94 percent water, apples are 84 percent water, bananas are 74 percent water and avocados are 65 percent H₂O.

The average Ameri-

can attends five movies a year.

The average man spends four hours a year tying his tie.

On an average day, 2,740 teenagers get

The average brain weighs 3 pounds but uses a fifth of the body's oxygen and blood.

Altogether the average American has 12.4 years of schooling.

Dollar bills weigh in at 490 to the pound.

In America there are 27,250 people for every department store.

The average funeral in America costs \$2,000 including the grave.

The average baby needs about 100 diapers a week during the first week of life.

Nobody likes to consider himself average. Everyone in some way, shape or form

likes to consider himself special. In the Marine Corps, being average is a one way ticket to four years mowing lawns and painting areas.

On the three gloomy prospects, there are certain areas in which practically everyone can be considered average. To prove it here are some unusual examples from a book entitled "American Averages."

The average person hears better at age 10 than he or she ever will again.

The average body has 2.3 million sweat glands.

About 1.5 million Americans are bitten by dogs each year.

Of every 100 murder victims in the United States, 64 are shot to death.

One United States household in 10 is equipped with a water-bed.

The average American doctor is 46 years old.

Hawaiians outlive other Americans. The average Hawaiian man lives to age 71 and the average Hawaiian woman lives to age 77.

South Carolinians are the shortest-lived Americans. Men die before age 64 and women live to 72.

On an average day, America spends \$54,794 fighting dandruff.

The average American man owns 15 dress shirts, six pairs of slacks, six sport shirts, five knit shirts and three sweaters.

The average family receives 97 pieces of mail from charitable

and non-profit organizations a year. Most want money.

Seven of 10 families in the United States own their homes.

In an average week, 7,000 readers write Ann Landers for advice.

The average American laughs 15 times per day.

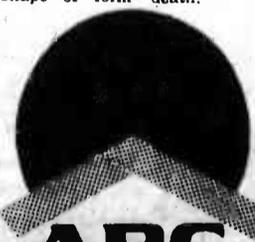
There is one police officer in the U.S. for every 200 people.

Every year, the work week of the average American employee declines by seven minutes.

The average man in the Armed Forces of the United States is 24 years, 5 months old.

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6 Drawer Chest	\$159	\$70
9 Drawer Dresser	\$189	\$80
Mirror	\$55	\$25
Headboard	\$59	\$30
Nightstand	\$49	\$25
Student Desk	\$135	\$60

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1. "Aw, I was too busy that night, I couldn't be there to watch it."
2. "I hate all those commercials. It makes me lose interest."
3. "Frankly, me dear, I don't give a damn!"

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Marine mission

Hard charging Leatherneck chooses Corps career

"When I was attending Navy ROTC at Oregon State, every man I ran into who was in the Marine Corps was hard-charging and wanted to be where he was."

Before Capt Russ "Rasty" Denman, assistant operations officer for Marine Fighter Attack Squadron-232, observed the appearance and attitude of Marines, he was slated to be a Navy officer.

"WHEN I graduated from high school I didn't know what I wanted to do so I took advantage of a scholarship to Navy ROTC at Oregon State," recalled the captain.

During his six years in the Corps the Oregon native has never wished to be anywhere else, and doesn't question his mission in the Marines.

"Right now I am planning to make a career of the Corps," said Denman. "When my tour here is up, I will

have more than nine years in. I can't see throwing away half of a career for something else. I enjoy the caliber of people I work with, and I enjoy flying. I really don't think I could settle down to an eight-to-five job."

The captain's duties as the assistant operations officer include filling in for the operations officer during his absence. Denman also makes sure reports are typed and submitted on time. The list of chores goes on and on.

WHEN NOT in his office at '232, the assistant operations officer is often in the cockpit of an F-4S airplane.

"As a child I dreamed about being a pilot instead of a fireman or a doctor. It's a whole new world up there. It's really hard to explain. When I was in California I could fly through the smog and everything was so clear and clean, it was just beautiful.

"I fly about twice a week, which takes up half a day with briefs. Actual flying time is only about two-and-a-half hours," explained Denman.

"Every flight that I go on is training. If I don't learn something each time, then something is wrong," Denman stated.

THE FIVE-FOOT, nine-inch captain has added responsibilities as a pilot. He is also a division leader. "Being a division leader I can take four airplanes out with me when I am flying. I am responsible for seeing that any pilot that goes up with me gets the proper training," commented Denman.

"I make sure all the safety requirements are met and that any emergencies that may occur are taking care of properly. After we land, I point out mistakes. We follow with corrective measures."

Denman said each pilot has a call name

that either they have chosen or the squadron tacked on them. "My call name is 'Rasty.' Maybe they gave it to me because it's close to nasty," the pilot said jokingly.

"Instead of using call names such as 'Whiskey 1-1' we use the ones given to us," he stated. "Because it's natural to respond to these names it's possible they could save the pilot's life in an emergency."

DENMAN SAID he doesn't think of life and death situations when he climbs into the cockpit. "When I get ready to fly I review what was said in the brief, and think about getting the mission accomplished."

"I've been flying when there have been emergencies, such as hydraulic problems, or the fire lights come on, but I've been trained to handle those emergencies.

"The most beautiful,

exciting and demanding flying I can think of is the 'Dog Fights' which we do among ourselves. Those cover about one-third of our training," explained Denman.

"That type of flying is really neat. It's great when the clouds are over you as you turn upside down. Coming out of the flip the earth starts coming towards you. It's just a super feeling."

ALONG WITH the dog fight training there is also night flying. "There are many things that go with being a pilot and to get all of the training in, the pilot works six days a week, and 10 hours a day.

"Many wives don't understand how pilots can spend all day working with each other, and then go to the club with the buys. We spend so much time together that the squadron becomes our

life," said Denman.

The blond-haired, blue-eyed pilot has total faith in the F-4S but looks forward to getting into the cockpit of an F-15 or F-16 Fighter. "The F-15s and 16s are almost magical airplanes. They are high-performance planes with lots of power."

Denman said that his finest moment as a pilot occurred on the USS Coral Sea, landing on a 1,000-foot boat at 130 miles per hour.

SO, WHAT would happen to the enthusiastic pilot if for some reason he was to leave the Corps?

"If I were to get out of the Corps I would try to join the National Guard or one of the airlines so I could continue to fly.

"Flying for an airline would be like a race car driver that couldn't race anymore so he drives a bus. All I would be doing is going from point A to point B."



USMC photo
SUITING UP — Marine Fighter Attack Squadron-232's Capt Rusty Denman tightens straps on his anti gravity suit. This is a small part of the routine pilots must perform daily before taking to the air in an F-4S.

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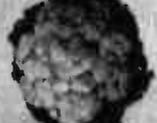
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SAFEWAY

Square meals

Pless Hall cooks supply essential ingredient for Devil-dogs

by Sgt Lamar Johnson

Dedication, ideas and long hours are the main ingredients that keep the Marines and sailors here well-fed three times daily, seven days a week.

Tasked with the heavy responsibility, cooks keep the Pless Hall food line moving.

"AT 4 A.M. I'm in the bakery making doughnuts and cinnamon rolls," said LCpl Angelo Hunter, a baker. He added, "On the average, I work from four to 11 hours daily. I feel I'm doing something people enjoy."

Cpl Cheri Smith stated, "As a cook I assist in the preparation of food products listed on the daily menu. In addition, I work on the food line to back-up the messmen who are on temporary duty, so we can replenish the quantity of food being served."

Smith continued, "I like the job. I've been at Pless Hall since July 1979, and the people working here help make it enjoyable."

"I ENJOY the experience of meeting new people in the command. Some Marines are on the 30 day assistance program here and, after working with them a while, I've come to know them as interesting people."

"One of the really good things about working in this job is the change in personalities every 30 days. Also, I'm not stuck in an office all day or in one central place. There's plenty of room for the work."

"When I joined the Corps, I had no concept of the Fleet Marine Force and when I was assigned the food service field, I actually cried. It was a little more than I could bear, because of all the unfavorable stories I had heard."

"HOWEVER, after awhile I came to the conclusion that being a cook is not as bad as some people think."

Cpl Shirley Sheely feels that the cooks must deal with a lot of unnecessary harassment

ment from members of the command who frequent the dining facility.

Sheely works in the salad room, the sandwich room and is the Pless Hall recreational activity assistant. "I make salads for lunch and dinner according to the daily menu," she said. "I also provide bag lunches for people who don't work hours that coincide with the dining facility's."

SHE CONTINUED,

"The job gets very difficult at times because of the attitude problems of some messmen. Many Marines who eat here are so unappreciative. They expect us to give, give, and continue to give, when they can't even thank us for the chow."

"I've been here two years and my job can't be done by just anyone. It takes judgement, hard work and tons of patience."

LCpl John Bolerjack has been at Pless Hall for three years. According to him, Marines complaining about chow is traditional.

"THE COOKS here have had to deal with so much in the past that it seems that our work routines have been programmed into us. In a way, that's good."

"During meal hours one of our biggest problems is people coming in, signing the sheet for one meal, and eating enough for three people before leaving. When this happens the facility loses money and the cooks are pushed to prepare

meals for the last-minute eaters.

"We are constantly short on manpower," he added. "The people on mess duty get only one to three days off for the entire month they work here."

"IF WE HAD more people assigned to us it would help cut some of those long hours for messmen. We serve all the Marines who eat at this facility on a ratio of one cook to every 40 Marines. It should be

one cook for every 25,"

he said. In spite of the long hours, unpleasant attitudes and manpower shortages, the Pless Hall cooks try to ensure that their patrons are not short-changed in service. They provide as best they can.

As Bolerjack concludes, "A sergeant major once told me, 'We may not be the elite bunch, but without us the elite Marines can't work. You see, every body has to eat.'"



Photo by SSGT Joe Blackburn
SUGAR AND SPICE, HOW NICE — Cpl Cheri Smith, a cook at Pless Hall Dining Facility, blends a hearty smile with a big batch of sauce for the MCAS Kaneohe Bay Marines' evening meal at the facility.

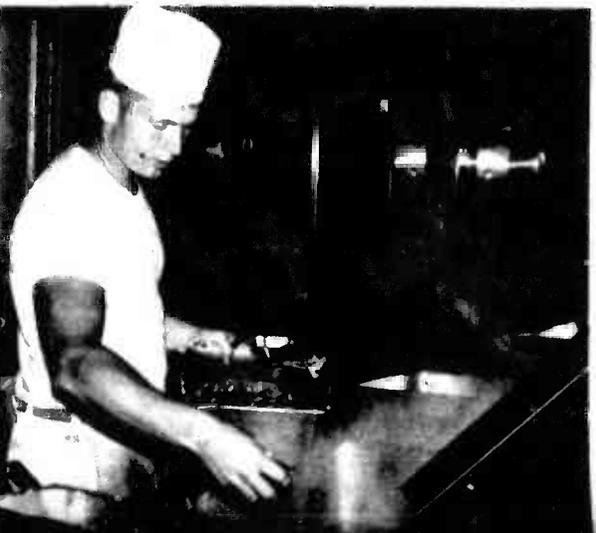
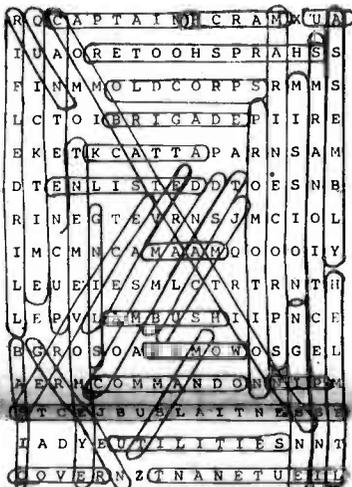


Photo by SSGT Joe Blackburn
PRIVATE RECIPE — Over a steaming hot grill, Pvt Duane Huebber mixes chopped vegetables for delicate flavor in the main course of an evening meal at Pless Hall Dining Facility.

Word search puzzle answers



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Course duplicates real life situations

by Sgt Toby Williams

In a militaristic world, mechanized machinery is the primary equipment used to enhance combat readiness and efficiency.

WITH THIS in mind, Col Louis Buehl, commanding officer, 3d Marines, 1st Marine Brigade had a Counter-Mechanized Confidence Course constructed near the combat movement course, to give infantrymen the opportunity to realistically encounter and tactically react to enemy armored vehicles.

Third Battalion, 3d Marines assisted 3d Combat Engineer Platoon, Company A, 3d Combat Engineer Battalion in constructing an effective training course to put Buehl's plans into action.

Now the new course affords brigade Marines a practical learning experience.

"MARINES HAVE to know the techniques needed to kill these tanks and mechanical vehicles they hear and read about," commented Buehl.

The course consists of six fighting holes, three two-man holes and three one-man holes. They are designed so amphibian assault vehicles can drive over Marines positioned inside them.

Buehl said psychological confidence is extremely important when faced with defeating tank-size opponents. "If you keep your head, you can survive," says Buehl. "Being psychologically prepared to do his job, a Marine can beat the tank. This also involves a Marine working

smarter, not harder, with the resources available to him."

ACCORDING TO BUEHL, the shock element presented to the untrained infantryman is an important factor in the designing of this course, and 3d Marines will have firsthand exposure to the armored vehicle shock effects.

Constant exposure coupled with intense training will allow Marines to be more conscious of fulfilling the mission, and less concerned about the oversized "pin boxes."

An additional benefit the Leathernecks will receive is an example of what a properly constructed fighting hole looks like. "Everyone talks about fighting holes, but no one builds them," Buehl remarked. "This training allows hands-on

experience to give Marines an example of the way their fighting holes should look."

Because counter-mechanized operations are so complex, everything in the Marine Corps inventory would have to be utilized. Buehl pointed out that "with the weapons we have, when properly applied, we can do our job as assigned."

USING RESOURCES effectively is a key factor in the Marines defeating a foe. Depending heavily on the ability of the infantryman, the Corps' mechanized tank support remains limited.

Because the regiment cannot, in some cases, match a potential enemy's mechanized force tank-for-tank, its Marines must learn to be tank killers.



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B

Quarters

Budget cuts eliminate leased housing

WASHINGTON, D.C. — To date, primary housing assistance for personnel on independent duty has been in the form of leased housing.

However, recent congressional budget cuts to the domestic (FH) leasing program have essentially eliminated leasing as a viable alternative for housing married personnel on independent duty.

Implementation of the variable housing allowance has provided some financial relief to subject personnel, however, experience indicates that affordable housing will continue to be a problem for individuals on independent duty.

Effective immediately, all Marine Corps personnel assigned to independent duty at locations within 60-minutes traveling time (one-way during rush hour traffic) of a Marine Corps installation will be given the same opportunity for quarters assignment as personnel assigned to the installation.

In situations where operational commitments/missions accomplishment is hampered by the 60-

minute parameter, activity commanders may utilize a 30-minute criterion vice 60, where appropriate.

For personnel affected by this change, establishment of position/control dates for quarters assignment will be as follows:

A. Family Housing:

Individuals currently on waiting lists in a priority three status will automatically be categorized as priority two and will be assigned a control date corresponding to the date of Marine Corps' bulletin 11101.

Individuals subsequently requesting quarters will be categorized priority two with establishment of their control date in accordance with Marine Corps Order 11101.

B. Unaccompanied personnel housing:

Individuals requesting permanent housing will be given a control date for quarters assignment as of the date of application.



HAWAII MARINE

SON RISE SERVICES
Chaplains Leroy Gilbert, Max Dunks and Larry Roth (left to right) raise their voices to sing songs of praise during Easter Sunrise Services. The services were held Sunday at the MCAS Kaneohe Bay range complex.

Photo by Sgt. Louis Matos

Rick's Review

And Justice For All, a Norman Jewison film starring Al Pacino takes a tough, uncompromising look at the problems found in the American legal system.

WHAT IS uncovered isn't pleasant. The movie takes us into a world where the principles of law have been perverted by greed, ambition and selfishness and replaced by a twisted version of Vince Lombardi's "winning is everything" philosophy.

As the story unfolds it is apparent something is terribly wrong.

Innocent people who don't belong in prison are being locked up and those guilty of crimes aren't.

The message is that oftentimes the quest for justice is subverted by legal jargon, courtroom strategy, dishonesty and backstage haggling. It matters little whether the defendant is innocent or guilty. What counts is victory, how much money and influence the client has, and building a "reputation."

THRUST INTO this legal quagmire is Arthur Kirkland,

Pacino, an unlikely hero if there ever was one. Kirkland is a rumpled, unspectacular fellow who truly cares about his clients and tries to fulfill his responsibilities as an attorney.

Big problems arise for Kirkland when he is forced to defend a judge, John Forsythe, accused of rape. Although he despises the judge as an individual, he agrees to defend him because he believes him to be innocent. When he discovers the judge isn't, he tries to back out — only to be

threatened with disbarment.

The way Kirkland resolves the conflict brings the film to an explosively dramatic conclusion.

Lest you think this movie is a grimly

tedious courtroom drama of the type that appears on television occasionally, it's not.

Numerous moments of hilarity are provided by Lee Strasberg as Kirkland's slightly senile grandfather and Jack Warden, who

plays a judge with a streak of fatalism a mile wide.

It is recommended that movie fans stock up on munchies for this one. You won't want to leave your seat once it starts rolling.



PHOTO OF THE WEEK — Gun one, a 155 mm howitzer from Battery K, 1st Battalion, 12th Marines, hurtles a high explosive projectile during a fire exercise. The photo was shot at Schofield Barracks Feb. 27 during annual training by Cpl Kevin Whitcomb, assistant section chief of gun one. Whitcomb photographed the action with available light with a Cannon A-1, and FD 50mm lens on Kodak Plus X Film exposed for 1/1000 at F 2.5.

Consumer's Choice

EDITOR'S NOTE: Consumer's Choice is a column designed to bring subjects of interest to consumers' attention. Articles range from grocery shopping to home buying.

The Federal Trade Commission says that women have a problem. The problem is that many women do not have a credit history in their own names.

When creditors ask local credit bureaus for a woman's credit history, past accounts under husband's name or a maiden name

cannot be found. What can a woman do to avoid this major menace to money matters?

Under the Equal Credit Opportunity Act, creditors must report information on shared accounts in both spouses' names. If the account was shared before June 1, 1977, and it has been subsequently closed, the local credit bureau should now be able to transfer the information from the joint file to the woman's own personal credit file. If the shared account is still open, women will have to ask

the creditor to make the transfer.

To receive credit, it's important to have a good credit history. Lenders have more confidence when a history of credit payments exists.

If a woman has never had credit before, she should consider starting a charge account to establish a good rating. Even if she doesn't meet the income standards of national credit cards, she should apply for a local bank card or department store charge card to build her credit ratings.

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SPORTS



IT'S NOW OR NEVER — Leathernecks of 1st Battalion, 12th Marines, grimace as they strain during the tug-o-war event of their field meet. The friendly competition was conducted April 15 at Platt Field. It was designed to test the field skills of the artillery Marines.

by Sgt Louis Matos



Field meet measures Leathernecks' skills

by Sgt Ernie Carter

Field meets are common diversions for Marines. However, field meets for artillery units like 1st Battalion, 12th Marines are anything but ordinary. Why was theirs different?...Howitzers.

MANY OF THE events were exclusively artillery-oriented. According to Capt. Robert Lafreniere, S-3 officer for the artillery battalion, "The meet was designed to test the field skills of our Marines."

And test them it did.

The first event, Howitzer Laying Competition, required the participants to lay a fire mission. Not a difficult task for someone trained in the art, but to make it more difficult, the Marines had to be fast and accurate within exacting specifications.

Headquarters Battery proved to be the fastest and most accurate, winning the first event and five points for the overall meet score. Battery K came in second, with four points, Battery A

was third with three and, Battery B came in last with one point.

BATTERY K made up the difference by winning the chariot race and event in which a team from each battery towed a 105 millimeter howitzer 100 meters, by hand.

Headquarters Battery came in second, followed by Batteries A and B.

Headquarters regained the lead by winning the conventional third event, a relay race. Battery K was second, B captured

third and A brought up the rear.

Tent erection was the title of the next event, and Headquarters showed the battalion just how fast they could work. Displaying great skill and coordination, they earned first place. Battery A took second followed by K and B.

THE FIFTH event was hard to follow as the artillery leathernecks assembled radio antennas correctly. Battery K was the first to erect theirs but couldn't get the required radio check. Headquarters Battery

erected their antenna and, although it worked, the team failed to include a loop in the antenna wire, costing them first place.

Battery K got their antenna down, fixed, back in the air and transmitting in time to win first place, with Headquarters in second, Battery B third and A last.

The second half of the meet started with tire changing. Teams raced 50 meters with the equipment necessary to change the tire on a M151, one-quarter-ton truck. The teams were

in second, K in third and A in fourth.

Accuracy was more important than speed in the eighth event, a relay race in which each member of the team raced to a horizontal control operator's chart, calculated part of a firing mission, and raced back to tag the next teammate who added his part.

Battery A won the event followed by B, Headquarters and in last place, Battery K.

Headquarters Battery and Battery B tied in the howitzer backing event. In the drive-off that followed, Headquarters won, B came

on target, which won them first and second places respectively.

Battery B was third and A came in last place.

Battery K won the ninth event, disassembly and assembly of the M16 rifle, followed by A, Headquarters and B.

The last event, Tug-O-War, decided the competition. Battery K who had been trailing Headquarters closely for most of the meet, won the event and slipped past their rivals by one point to win the overall honors.

BATTERY B placed second in the Tug-O-War, while A copped a third and, Headquarters finished last, the first time in the meet.

When the scores were totaled, Battery K had accumulated 40 points, Headquarters Battery had 39, Battery A 26 points, and following closely in last place was Battery B with 25 points.

Two prizes were awarded at the meet, a trophy for the first place winners, and a trash bag for the last place finishers.

AMATEUR CHAMPS — LCpl Jesse Ferguson (left), 3d Combat Engineer Battalion, Brigade Service Support Group, 1st Marine Brigade, and Cpl Hakim Shabazz, 1st Radio Battalion, 1st Marine Brigade, punched their way to Amateur Athletic Union boxing titles during the April 13 and 14 tournament at the Neal Blaisdell Center. Heavyweight Ferguson stopped the Army's Nathaniel Fitch in :01 seconds of the second round. Shabazz, a 147-pounder, earned a decision over Jack Snyder of the Palolo Boxing Club. In May the two Leathernecks will head for the AAU National championships in Concord, Ca.

Photo by Sgt Pepper Davis



Army stops Marines during sudden-death

by Cpl Charlie Marshall

SCHOFIELD BAR-RACKS, HAWAII — It took a sudden-death shootout after two overtime periods for the Army to emerge victorious over the Marine Corps 3-2 in Hawaii Armed Service Athletic Council Soccer Thursday.

THE MARINES had a chance to become the spoilers during this last night of the round-robin tournament, but the undefeated Army walked away with the 1981 championship.

After the three days of games the Navy finished second with one defeat, Air Force lost twice and the Marines returned to Kaneohe winless.

The Marines' defense led by Sgt Mike Powers displayed their skills by allowing the Army only minimal shots on goal. In the first overtime period, they kept the soldiers on their half of the field, never allowing them to play offense.

H&MS-24 had four hits leading up to the sixth inning. During that period their rally started with two singles. SSgt Matthias Simmons' triple knocked in two runs and H&MS-24 had the ball rolling.

Two errors on the Stallions' first baseman Cpl Randy Ross permitted the next two batters to get on bases. A double by LCpl Tom Hahn enabled them to score making it 11-5. A third error by Ross allowed LCpl Neil Kissinger to reach first and another run the score before the third out.

H&MS-24 HAD their last hit in the seventh when the runner was left on base as the game ended. H&MS-24's scoreboard showed them with nine hits, six runs and six errors. The Sea Stallions had hits, scored 11 runs and committed five errors.

THEIR OFFENSE was overpowering, controlling most of the game, but Kaneohe just couldn't capitalize on the plays that lead to goals. For example, the ball rolled untouched in front of the net from a corner kick until the Army managed to send it out of bounds. And with the goalie out of play Marines kicked the ball over the net from 20 feet out.

PFC Karl Siller broke the ice for the Marines when he scored unassisted from the left side of the field hitting the right corner of the goal. Siller's second goal came from a penalty kick in the second half as he was tripped from behind, inside the goalie's box.

IN THE FINAL minutes of regulation play, Marine goalie Cpl "T.J." Rahmberg was yellow-carded for charging as he made a diving save to stop an Army drive. Army Sgt

Lennin Vera's attempt at a penalty kick was partially blocked by Rahmberg but the ball managed to dribble in before he could recover.

Spec. 4 Levi Thomas added another Army goal to tie the game and send it into the first overtime.

During this overtime period the Marine's offense came to life but they were unable to score. The Army, forced to play defense for the whole period, looked as if they were about to be handed their first defeat but they held on and sent the game into a second overtime.

THE MARINES and soldiers battled up and down the field but were stalemated at the period's end.

Four members from each team were chosen for the sudden-death shootout and the Army scored four goals to the Marine's two which earned them the championship.

Units battle in intramural softball action

by Cpl Charlie Marshall

Headquarters Company, 1st Marine Brigade led by Cpl Jeffrey Schlecty, defeated

Brigade Service Support Group's motor pool 5-2 in a well-played softball game Friday at Pollock Field.

SCHLECHTY went three-for-four at the plate, scored twice and batted in three runs.

Motor transport did all of its scoring in the second inning. Cpl Danny Reyes reached first by a walk, followed by Cpl Thomas Russell's base hit. An error on Headquarters' third baseman allowed Cpl Robert Foltz to get on. Second Lieutenant Robert Takacs' single drove in motor transport's only two runs.

The Headquarters Company Wild Bunch scored two in the third, two in the fifth and one in the seventh inning. After two outs in the third inning Sgt Richard Vreden reached first base on 2dLt Arcelio Josiah's fielding error. Cpl Gerald Peters, the next batter, got on by an error in left field. Schlecty's ground rule double scored both base runners and the game was tied at two.

IN THE FIFTH Peters and Schlecty both hit doubles and later scored on a sacrifice.

Cpl Christopher Haverfield singled to left field in the seventh and batted in the final run.

The Wild Bunch had 10 hits which led to five

runs and were charged with three errors.

BSSG had five hits, two runs and committed three errors.

In the next game Marine Heavy Helicopter Squadron-463 upset Headquarters and Maintenance Squadron-24, 11-6 in a hilarious error-filled softball match.

H&MS-24 looked sharp in their green uniforms with pinstripe trousers totally outclassing the Sea Stallions as they showed up in tattered blue jeans. But when it came to baseball, the Stallions out-hit, out-scored and out-played their opponents.

HMH-463's first five batters scored from a series of hits and errors, jumping out to an early 6-0 lead at the end of the first inning. The Stallions added another run in the second, and four more in the third, giving them a commanding 11-0 advantage.

A six-run rally in the sixth inning put H&MS-24 on the scoreboard and prevented a shutout but, it was not nearly enough to come close to the powerful lead the Stallions had built up.

Golf classic

Law enforcement officials sponsor tourney

Law enforcement agencies and their guests around the island participated in the Third Law Enforcement Golf Classic held at the Kaneohe Klipper Golf Course April 13.

Final standings in the golf classic were:

"A" Flight/Low Gross	
Name	Score
1. Earl Thomas	73
2. Spec. 4 Mark Graham	76
3. Tosh Sato	76
"A" Flight/Low Net	
Name	Score
1. Leonard Kasparovitch	62
2. Edmund Capellas	65
3. Wendell Won	66
"B" Flight/Low Gross	
Name	Score
1. Louie Lee	80
2. Patrick Aki	82
3. Larry Shadron	84
"B" Flight/Low Net	
Name	Score
1. Arnold Capellas	67
2. Robert Ziegler	67
3. Albert Silva	68
"C" Flight/Low Gross	
Name	Score
1. Douglas Yoshikawa	81
2. Bob Reddin	83
3. Robert Chang	84
"C" Flight/Low Net	
Name	Score
1. Don Chong	63
2. Edward Zakimi	65
3. George China	65

"D" Flight/Low Gross	
Name	Score
1. Capt Rick Caldwell	81
2. Mori Kamei	87
3. Cal Shishido	91
"D" Flight/Low Net	
Name	Score
1. John Moreno	60
2. Bill Child	66
3. Col Britos	66
"E" Flight/Low Gross	
Name	Score
1. Maj Carl King	97
2. Tosh Chinen	97
3. 1stLt Mark Petrick	100
"E" Flight/Low Net	
Name	Score
1. SSgt Frank Hart	65
2. Floyd Smethurst	65
3. Col Mel Sautter	67
Women Only/Low Gross	
Name	Score
1. Colette Mun	81
2. Dorothy Napoleon	81
3. Frances Mun	96
Women Only/Low Net	
Name	Score
1. Mabel Chung	68
2. Phyllis Chung	70
3. Ellie Chang	73



Photo by Sgt Pepper Davis

WAY TO GO, BABE — Members of the Hawaii Marine varsity softball team congratulate SSgt James Austin and SSgt Guerneley Holley as they cross home plate from a homerun by Holley against Naval Air Station Barbers Point. During the double-header at Rieley Field Saturday, the Marines blitzed Barbers Point 6-2 in the first game, and then stopped them 11-8 in the second.

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GARAGE Sale: Sat. Apr. 25, 45-126-B William Henry Rd. Kaneohe.

68 GARAGE & LAHAI SALES

GARAGE Sale: Apr. 25, Sat. Only from 9 to 3, 7534 Kahakulua Pl., Katama Valley. Misc. items.

230 AIKANE St., Kailua. Fri.-Sat. 8-4: Recliner desk; punee; household misc.; clothes, books; toys; games; aquarium; bike.

410 ILIMANO St., Kailua. Sat. 4/25 9-2 p.m. Ladies & children's clothes, rocker, bicycle, toys, books, puzzles & household.

MOVING Sale: Misc. furniture & household items. Fri., Sat. & Sun. Call 254-1251 or 247-5132

3 FAMILY Yard sale: Sat. 4/25 9 A.M. to 3 P.M. 304-C Kalamia St., Kailua

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SAT. 9-4, 630 Kanaha, Kailua (nr. Kainalu School) hi-lo bed, furn., misc.

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68 GARAGE & LAHAI SALES

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FREE COLOR TV \$200; bunk bed set \$200; Spanish bdrm. set \$400. 455-2750

FREE LG. wicker chest coffee table \$145; huge table lamp \$80; antique sewing machine; plants. 395-9303

FREE SMITH elec. water heater 50 gals., 1 yr. old \$125. Call 456-2170

FREE 19" COLOR TV, Penny's, Accu-Scan solid state, excl. cond. \$250, 261-0683

FREE 18 CU. ft. Keivinator refrigerator w/ice maker, copper-tone, nice, 2 dr. \$150, 235-4527, 261-2141

FREE CRIB w/mattress \$49; play pen \$19; corner unit \$119; Colonial style sofa bed \$139; 6 drawer dresser w/mirror \$59; 4 drawer wood chest \$49; double pedestal desk \$79; student desk \$39; frost free refrig. \$200; mahogany buffet \$79; mahogany server \$29; 35 Oneawa St., 261-2852

FREE THE SILVER SMITH, call 259-7236 for Repair or Silver-plating.

PARENTS

Interested in caring for babies? Loving Foster Parent wanted for temporary care of infants. Call Child & Family Services. 621-2377 weekdays 9 to 5 p.m.

STORY & Clark piano; marble coffee table. 487-1988

4 WHITE vinyl bar stools \$60; 7' couch w/cushions \$70; scuba tank \$65. Call 259-5583

FILING cabinet metal 5 dr. \$139; refrig. frostless apt. size \$160; dryer Maytag 3 yrs. \$210; fans oscil. 20" \$25. 623-1543

Like New - Reconditioned Washers & Dryers Available - 8 mo. lease or longer. \$11.50 per mo. Includes full maintenance. 647-1344 Ask for Don

GE dishwasher, 2 cycle, avocado, good cond. \$75. Call 235-6148.

ADMIRAL 16.8 cu. ft., side by side, frost-free refrigerator \$300, 261-3884 (8-5 p.m.)

SEARS Kenmore washer & dryer, heavy duty, 5 cycle, 3 yrs. \$375. 239-9253

OLD but good cond. refrigerator \$70. Call 254-5076

GIBSON 22 cu. ft., side by side, white refrig./freezer \$275, excl., 261-9495

ALL MAJOR REPAIR APPLIANCES 800/1 Year Guarantee Quality Service! Refrigerators, Washers, Dryers, Ranges, Large Selection FROM \$99 WILL DELIVER - WILL FINANCE HONEST RECIPES APPROVED Plus \$2.20 extra from City Market. Kailua, Open Mon. thru Sat. 924-0822

FREE: 2 1/2 yr. old female Siberian Husky, brown & white, 2 1/2 yr. old part Lab, all white. Leaving. 423-2488

FREE German Shepherd/Labrador, male, 9 mos. old; all shots. 247-4730.

FREE: Terrier puppies to good home. Call 247-0152

FREE: mother cat & 1 kitten (female). Pol dog to good home. Ph. 235-1635

FREE: Cat lovers only! Adorable, playful loving kittens need home with lots of TLC. 235-5881 ask for Carol

FREE: 136 MISCELLANEOUS WANTED CASH for Lawn Mowers & Outdoor Motors. Any Condition Ph. 259-5927

WE BUY used furniture. We pay cash and pickup. Call 261-8492 or 261-1406

WOULD like to buy 3 slot pay telephone. Ph. 625-0236

Pacific Surplus & Distributors has 9 Commercial Sewing Machines that have been repossessed. All Machines are "NEW" With Full Warranty and Will Be Sold At "Wholesale Based Prices." ACT NOW They Won't Last Long... 262-8131

Public Notice

Answers to April 15, Crossword in the Sun Press Newspaper

America's Greatest Puzzle... Every Week From The New York Times

LEeward Training Club of Hawaii, Inc. Dog Obedience Registration

Milliani Recreation Center 2 May 4 & 6 at 7 p.m. Milliani Waena Park May 9 at 9 a.m. Waiapu Field (Palwa Street) Recreation Bldg. May 7 & 14 at 7 p.m. Parvovirus and Dist. shots required For Further Information Call 623-4948 or 623-4417

343 ENGINE 10.1 piston, Edelbrock valve covers, hi rise torque manifold w/650 double pump carb. Comes with super T-10 trans with vertigate pacing shift. Call 261-1534 for more information. \$709/offer.

AAAAA SUPER DEALS AAAAA LOTS OF PICKUPS AT WHOLESALE MOTORS Ph. 836-1222 2999 N. Nimitz Hwy.

FREE DOB Obedience Classes (10 weeks) Begin 4/18 Sat. morning EXPERIENCED INSTRUCTOR KOEHLER Method. CALL 262-7589

FREE 156 AUTO PARTS & SERVICE 1/2 INTEREST to 31' fiberglass fishing boat, docked at Pokai Bay, 487-3742.

FREE WINDOW V.W. Clinic, Islandwide mobile VW repair. Ph. 247-2525

FREE 71 FORD Fairlane 500, air, 702V engine, sell whole for parts \$350 or best offer. 282-7168

FREE 72 DATSUN parts for sale. Call 623-4145

FREE WHITE camper shell fits 1/2 ton pickup. Call 624-4371.

FREE 72 COMET for parts 289 Cl, V8 engine w/headers. Buy parts or car, make offer. Call evas., 949-3143.

FREE 70 VW Convertible doors, Wanted. 262-7731 evas.

FREE 73 CAPRI, rack & pinion \$45. Call 262-6422

136 MISCELLANEOUS WANTED

WANTED: Sewing machine. Call 247-6118

WANTED: Unserviceable RCA, Zenith & Motorola Quasar, Color TVs. 623-2328

137 MACHINERY & EQUIPMENT Submersible pump; 2 well head pump motors; acces. Call 621-7094.

ARC welder, 230 AMP, Penncraft & access. \$75; Ph. 488-7545

141 BUILDING SUPPLIES LUAN, doors, 1 3/4" x 3x3 & 3x4 table tops, etc. Price: \$7 & \$9, 235-3044.

144 MUSICAL SALES & SERVICE 2 FEMALE rock musicians looking for serious and reliable lead guitarist and bass player. 247-3168

FUN Machine organ Wurlitzer, 2 yrs. old \$600. Cash 262-5013

TOSHIBA Boston, solid state stereo system, turn table, AM/FM tuner, cassette tape deck, 3 pc. decorator cabinet \$300. Call 261-3884 (8-5 p.m.)

ZENITH stereo, AM/FM, 8-track cassette phono w/over 30 tapes, excl. cond. Must sell. \$250/offer. Call 262-6650 p.m.

Guaranteed lowest prices on stereo equipment in Hawaii. We carry a wide selection of lines of audio components, tapes, records and accessories at tremendous savings. Wholesale, direct to consumer sales and home, car, and portable systems. Below wholesale prices on selected demonstration pieces. Campus Audio 732-5284

146 BOAT SUPPLIES & SERVICE 12' SAILBOAT, jib, main, oars, trailer, sail away \$500. 235-6732.

151 PET SUPPLIES & SERVICE DALMATIAN puppy wanted: Female preferred, Ph. 261-8607.

BLUE point Siamese: female, 3 yrs. old; male, 2 yrs. old; 4 kittens. \$35 ea. 689-7346 evas. & weekends.

IRISH Setter, female, 11 mos. old, house broken, all shots, obedient, loves children \$50, 833-0822 after 4 p.m.

AKC Poodles mini males, bright & loving. Call 259-6196

YOU Should be selling! Sailboat - 15 ft. Catamaran with Genoa Jib sail, excl. cond. \$1075. Please call 261-0249 after 4 P.M. and Weekends.

PIT Bull pups for sale. Call David at 239-9120

ROYAL Palm Pet Shop now located at 802 Kailua Rd., (Remco Bldg.) 261-6166

STURDY custom dog-house, lge. Shepherd size. Asking \$35. Call 235-6822

DOG Obedience Classes (10 weeks) Begin 4/18 Sat. morning EXPERIENCED INSTRUCTOR KOEHLER Method. CALL 262-7589

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FREE 73 CAPRI, rack & pinion \$45. Call 262-6422

FREE 78 STAKE & platform flatbeds, 2 trucks, good cond. new paint \$7000 both or best offer. May be sold separately 841-0930

FREE 78 FORD moped w/extras, 1400 ml., excl. cond. \$250. Call 488-1749 evas.

FREE 78 PUCH Maxi, low miles, yellow \$300/offer. Call 254-1110

FREE 78 HONDA CX500, excl. cond., new battery/exhaust \$950/offer. 254-1679

FREE 79 SUZUKI Enduro 185, stripped for dirt. \$495. Ph. 261-7654

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171 MOTORCYCLE SALES & SERVICE

75 KAWASAKI KZ400 for parts \$125. Call 422-7825 after 6 p.m.

80 HONDA Express, good cond. \$325. Ph. 537-3803

73 AUTO ANNOUNCEMENTS JEEPS, CARS, PICKUPS from \$35. Available at local Gov't. Auctions. For Directory call Surplus Data Center 415-864-0537

7173 AUTO ANNOUNCEMENTS JEEPS, CARS, PICKUPS from \$35. Available at local Gov't. Auctions. For Directory call Surplus Data Center 415-864-0537

RELIABLE Used Cars, \$7 per day, 1 wk. minimum. Special monthly rates, collision waiver extra. Auto Mart Car Rental, 98-7066 Kam Hwy., Aiea. Ph. 487-9991

71 VW Camper, poptop, sink, sleeps 5, w/4 man tent. Engine has only 8,000 mi., battery new. Body needs some work \$2750. 682-3030 after 5:30 p.m.

78 PUCH moped w/extras, 1400 ml., excl. cond. \$250. Call 488-1749 evas.</

178 AUTOS FOR SALE

AMC
74 AMBASSADOR wagon \$500/offer. Call 261-8182.

ALPHA ROMEO
78 ALFA Spider, convertible. Nitrifluda, 5 spd. AYP821 Dr. 537-5921.

ALFA ROMEO
75 ALFA Romeo GT, 5 spd. AYP816 Dr. Call 537-5921.

BMW
77 530i 4 dr. V8, 4 spd. stereo, air, sunroof. (BEV347) \$8975.

BUICK
89 WILDCAT, good cond. \$500. Call 456-1002.

BUICK
77 SKYLARK V-6 2 dr. fully loaded, clean, low mi., beautiful. Must see! \$3950. 262-3091 before 10 a.m.

CLASSICS & ANTIQUES
85 FORD Thunderbird, fully restored. Fennel car cover. \$1795. Call 422-8005.

CHEVROLET
73 CHEVY Bell Air wagon, \$350. Call 254-5249.

CHEVROLET
80 MALIBU, good cond. \$500. 456-1002.

CHEVROLET
79 Vette, black, auto, air, power windows, T-top, AM/FM tape, customized hood, maps. (BGU417) \$10,475.

CHEVROLET
79 CORVETTE must sell, excel. cond. Best offer. Call 395-4008.

CHEVROLET
79 CAMARO 8 cyl., 16,000 mi. air, p/b, p/s, excl. cond. \$5200/best offer. 254-4850, 257-3518.

CHEVROLET
78 Malibu 2 dr. auto, steering, air, clean. (BCV427). Repossession price \$1776.71. Will finance. OAC. See Repossession Mgr. WHOLESALE MOTORS 2999 Nimitz. 838-1222.

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CHEVROLET
79 CAMARO Sports Coupe, metallic blue, 305, auto., air, AM/FM cassette, 25,000 mi. \$5500. 254-5200.

CHEVROLET
73 CHEVY Impala \$575. Firm. 254-4826 after 5 P.M. KMCAS

CHEVROLET
79 CHEVY Malibu, station wagon. Very good cond., low mi. \$4300. 239-9104.

CHEVROLET
75 CHEVY Monza, 2 dr., green \$1800/offer. 235-4206.

CHEVROLET
89 CHEVY Nova, 4 dr., runs good. Best offer. Call 261-2908.

CHEVROLET
74 CHEVY Malibu, would like \$200 best offer, needs work. 235-5164.

CHEVROLET
77 Camaro L/T, auto, air, steering, AM/FM 8 track & cassette, Cragars/wide tires. (BYJ846) \$3475.

CHEVROLET
72 CAMARO 2 dr., mag wheels, loaded, no rust, no scratch, good cond. Must sell! \$1695. 923-4300.

CHEVROLET
74 CHEVY Malibu, would like \$200 best offer, needs work. 235-5164.

CHEVROLET
73 CHEVY Bell Air wagon, \$350. Call 254-5249.

CHEVROLET
80 MALIBU, good cond. \$500. 456-1002.

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79 Vette, black, auto, air, power windows, T-top, AM/FM tape, customized hood, maps. (BGU417) \$10,475.

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DATSUN
71 DATSUN 510, needs new starter \$100. 257-3587. Cpl. House.

DATSUN
DATSUN 510, 1970, runs good. Fix up or parts. \$250. Leave message for Larry Young at 257-2839.

DATSUN
73 510 DATSUN auto, '81 plates, brand new radiator/starter/battery. \$650/best offer. 261-8126.

DODGE
71 SWINGER good transportation car, 6 cyl., auto. \$300. 262-7152.

DODGE
79 BRAVA, excl. cond. AM/FM cassette, 30 MPG, \$5600. Will accept trade-in for partial payment. Call 456-2895, 836-0628.

FORD
79 MALIBU wagon, p/s, p/b, air. \$4000/offer. Call 423-1433.

FORD
70 MUSTANG 2 door, V-8, would like best offer. Call 235-5164.

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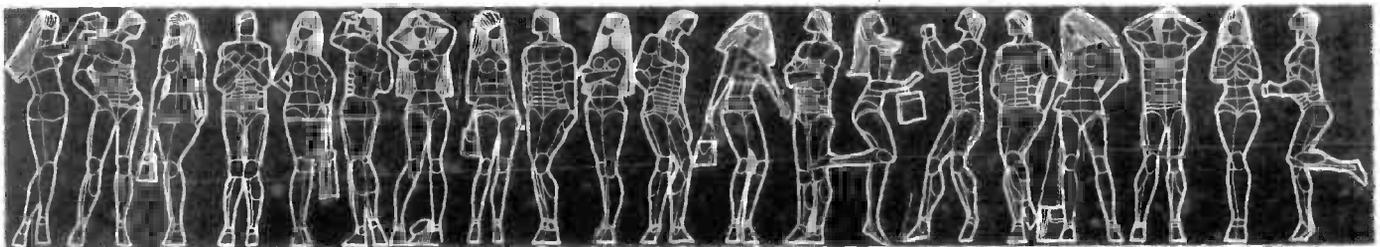
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Special Report

HEALTH & FITNESS

In Today's Automated Industry



Getting fit, staying fit: Run a mile

By **ROBERT DICKERSON**

Chances are that you have seen us from your car more times than you care to count.

We are on the highways, roads, beaches and parks of America.

According to recent reliable estimates including a Gallup Poll — 25,000,000, or one out of every ten Americans jogs. You might have passed us by on the coldest January morning in Minnesota, or perhaps the balmy July afternoon in Florida.

If you are not a jogger yourself, chances are good that you wondered why we do it? To quote the poet Charles Hamilton Sorley, "we run because we like it, through the broad bright land."

But a runner's zest for the sport often goes beyond a morning run, not because running is pleasurable, nor to develop physical fitness and endurance but because of certain chemical changes in a runner's body.

The runner develops what is known as a "positive addiction." If you are already a runner, or had thought about taking up jogging, is this something you should worry about?

Decidedly not! The worst that could happen to you is that you could increase your running distance and adopt a "marathoner's life-style." If that happened, you would be none the worse



PHOTO BY JENNI GORDON

A Honolulu Marathoner: The worst could happen

for it. You would never suffer a fatal heart attack, or other related disease of old age such as stroke, emphysema, cirrhosis of the liver and certain types of cancer.

Did I say "never?" Yes, I did, but you don't have to take my word for it. That is the claim of Thomas J. Bassler, M.D., president of the American Medical Joggers Association. Dr. Bassler is not saying that marathoners never die but that when they do die the cause of death will be one that usually affects teenagers.

Now I am not suggesting that you train for and complete a marathon (26 miles, 385 yards). Not yet anyway. I wouldn't want to alienate you before you started.

What I am suggesting however, is that you very slowly erase the number "one" from your mind. One mile seems to be the most common distance completed and not coincidentally, of attrition. At the one mile mark every drop-out will, without fail, curse the day he or she decided to undertake such an inane project.

Sad, because had they trained slowly and broken that barrier, they would have seen the real physical and psychological effects of running. These effects do not start to occur until the body warms up and a light sweat develops between 1.5-2.0 miles.

The physical effects are a decrease in weight,

reduction of, or quitting smoking without withdrawal, a drop in systolic and diastolic blood pressures, and better cardiovascular and pulmonary health.

Psychological effects are a lack of depression and a better mental outlook. A San Diego psychiatrist, Dr. Thaddeus K. Kostrubala, even uses jogging as an adjunct to alcoholic therapy. He says: "I have never had

such a breakthrough in medical knowledge in my whole life. I am intrigued beyond belief by what I am seeing."

All of the pleasures, benefits and joys of the sport can be yours too, without pain, injury or developing a hatred for jogging.

Nutrition gets more attention

By **AUDREY N. MARETZKI Ph.D.**

It has been more than fifteen years since a Nationwide Household Food Consumption Survey showed that the quality of American diets was declining.

Since then, nutrition has received a lot of public attention. We have had a White House Conference on Food, Nutrition and Health, conducted a Ten-State Nutrition Survey, launched a School Breakfast Program, a Child Care Food Program, and a Summer Feeding Program, instituted a Supplementary Food Program for Women, Infants and Children (WIC) and an Elderly Feeding Program.

We've expanded the School Lunch and Food Stamp programs drastically and we've initiated a National Health and



Nutrition guidelines are only seven simple rules

From Page 1

Nutrition Evaluation Study (HANES) to tell us whether or not these programs are influencing the health and quality of life of those who previously were hungry and malnourished.

Having addressed the problem of "Hunger USA" with a wide range of food programs initiated in the late 1960's and early 1970's, we began, in the mid 1970's to realize that affluence produces its own kind of malnutrition.

Overconsumption of food in general, and of

fats, sugars and salty foods in particular, was named as a major culprit in the development of six of the ten leading causes of death in the U.S.; heart disease, some forms of cancer, stroke, hypertension, arteriosclerosis, diabetes and cirrhosis of the liver.

When the diet-disease relationship was established to its satisfaction, the Senate Select Committee on Nutrition and Human Needs in 1977 issued a widely-disseminated staff report entitled *Dietary Goals for the U.S.* Subsequently, the diet-health relationship was further investigated and in 1979 the U.S. Surgeon General issued a report called "Healthy People." This report underscored the recommendations contained in the Senate's Select Committee's Dietary Goals.

We were told that excessive amounts of fat, sugar, and salt, most of which is purchased and eaten in the form of processed foods, is increasing the waistlines, raising the blood pressure, clogging the arteries and shortening the lifelines of many Americans who enjoy the "good" life.

Shortly after *Healthy*

People was issued, the American Society of Clinical Nutrition addressed the diet-disease relationship. This group of nutritional scientists assessed the quality of the evidence linking fat, cholesterol, carbohydrate, calories, alcohol and sodium to specific conditions such as heart disease, diabetes, dental caries and liver disease.

They concluded in their report that the best evidence available supported a casual relationship between alcohol and liver disease, between carbohydrates and dental

caries, between sodium and high blood pressure, and between cholesterol and fat and atherosclerosis.

Finally in 1980 the stage was set for the joint issuance by the U.S. Department of Agriculture and Health and Human Services of the *Dietary Guidelines for Americans*. These guidelines are a set of seven simple, common-sense, dietary rules. They are:

- 1. Eat a variety of foods.
- 2. Maintain ideal weight.
- 3. Avoid too much fat,

saturated fat, and cholesterol.

— 4. Eat foods with adequate starch and fiber.

— 5. Avoid too much sugar.

— 6. Avoid too much sodium.

— 7. If you drink alcohol, do so in moderation.

These guidelines are widely supported by nutritionists as being a step in the direction of health promotion and the prevention of chronic, diet-related diseases. Those who oppose the guidelines do so because they feel that at the

present time we lack sufficient clinical evidence to warrant making specific dietary recommendations to the general public, many of whom do not show clinical symptoms of the diseases of affluence. This position was articulated by the Food and Nutrition Board of the National Research Council in a report entitled *Toward Healthful Diets*.

Recently the Dept. of Agriculture issued a companion piece to the Dietary Guidelines; a publication entitled *Ideas for Better Eating*.

Center says human plasma badly needed

Helping your fellow man can not only be rewarding, it can be profitable.

While it may sound a bit Transylvanian, the Alpha Plasma Center doesn't want blood — it collects and manufactures blood plasma for products used to treat hemophilia throughout the world.

According to Michael Kulka, regional manager of Alpha Therapeutic Corp., human plasma is desperately needed.

"Alpha is in need of many more plasma donors because it takes

the equivalent of 400 donations to supply one hemophiliac with enough product for only one year," Kulka said.

Hemophilia is the congenital hereditary disease, which causes an abnormal slowdown in the human body's ability to stop bleeding, he added.

"Donating plasma is a relatively easy process," Kulka said.

Further, Alpha Plasma Center pays donors \$7 for the first visit per week and \$10 for the second visit in the same week.

"Each donor can earn

over \$80 per month, while helping other people," he added.

Guidelines have been established by the Federal Food and Drug Administration that make sure donors are in good health.

Donors are also asked a series of questions concerning routine medical history. Doctors do complete physicals before donation proceeds.

Unlike donating whole blood, plasma donors do not lose the red blood cells. According to Kulka that is why donors can give so often.

In fact, FDA authorities

say that plasma is 92 percent water and eight percent protein concentrate. Humans replace plasma in their systems within 48 hours.

Alpha Plasma Center is located at 3179 Koapaka St., behind the airport Ramada Inn. It is open from 10 a.m. to 6 p.m. Monday through Friday and Saturday from 8 a.m. to 2 p.m.

To qualify, according to Kulka, donors must be between 18 and 59 and have proper identification.

For further information call 836-0647.

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By **SUZANNE STEVENS**
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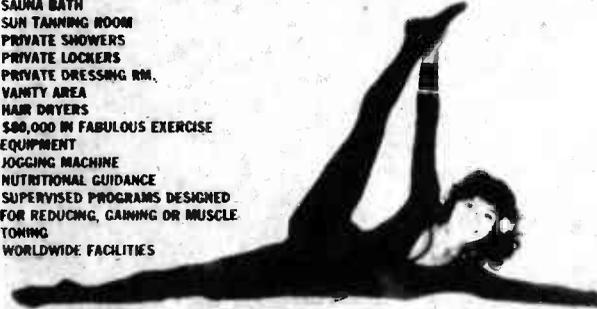
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Maintaining health in old age requires caution and initiative

By HELEN BATKIN, MPH and CHARLES L. ROSE, PHD

What can the older person do to maintain his health?

There are three general areas of age change which create problems for old people.

One is the kind of physical changes that give the appearance of old age such as the skin and body contours.

Second is the impairment in eyesight and hearing.

Thirdly, and most importantly, are the age changes in the brain which have an effect on memory, thinking and emotions.

In considering what we can do to maintain health in old age, we must do away with negative thinking about aging. People commonly interpret age changes as disease. We would be much better off if we regarded many of these changes as normal occurrences that accompany aging. We then will not over-react with depression and a sense of futility.

It has been observed that women are more subject than men to wrinkling of the skin. This is not well understood, but it is suspected that it is due to the hormonal changes that women experience more than men. This creates a special problem for women since they are more concerned with the appearance of their skin than men.

There are two simple ways to maintain healthy skin.

One is to keep out of the sun. This serves two purposes: it retards dryness and wrinkling, and more importantly, it cuts down the chances of developing skin cancer which can be both disfiguring and dangerous to one's health. This is particularly important in Hawaii where the sun is strong and shines through

out the entire year. If you are planning to be out in the sun, use a sun screen preparation and a hat.

Bald men in particular, should protect their scalp by covering their head.

Men are more prone to hearing loss than women. This is probably due to the fact that they are more exposed to noisy environments.

It follows that loud noise should be avoided to prevent elderly hearing loss. Since the elderly don't hear high pitched tones well, it is better to speak to them in low tones and slowly.

Visual impairments also affect the older person as does hearing loss. Eye problems; however, are somewhat less preventable.

The best advice is to be checked regularly by your doctor. Eye pain should be especially watched.

The brain ages along

with other organs in the body. This causes certain changes, slower reaction time, impairment of memory and mood changes.

Unfortunately, loneliness and absence of social stimulation can contribute to behavior which may be interpreted as "senility." It is therefore very important to remain mentally active within the limits of one's capabilities.

There are many other major age related conditions which might be discussed. These are heart disease, cancer, stroke, and diabetes.

Each of these can be controlled to some extent by a healthy life-style. This includes proper nutrition, weight control, exercise and stress reduction.

In Hawaii we are fortunate in that there is a great deal of interest in providing services and assistance to the senior citizens.

'Vitagenic' bed gets medical endorsement

Staying healthy and fit is important to all of us. This means eating right, exercising and getting plenty of rest. We know what foods are good for us, how much exercise we need, but do we know how to get a good night's rest?

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The bed is especially good for people with back problems — and even heart problems.

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Weight training promises multiple fitness benefits

By HARRY T. TAGOMORI

Weight training goes back in history to the times before the Roman Empire.

The Athenians weight trained to stay physically fit and believed in developing a sleek body. They were strong advocates of a healthy body and developing symmetry. The Spartans were alike because of their warlike culture.

So, weight training is not something that has just developed in our society, it has been with us throughout our early history.

It is only recently that weight training has gained popularity. People are beginning to realize what weight training can do for them. In the past, it was confined to competitive lifters and to professional "strong man" who worked in the circus.

At the same time, athletes, coaches, trainers and educators avoided weight training with the belief that it would make them stiff, muscle bound and lose flexibility. Also, the general public thought of weight training as only a means to develop a

"nice, sleek" body and shrugged it off as an activity for the egocentric.

Today, people are more health conscious than they were ten years ago. They're waking up to the fact that exercise is important to their health. They're becoming more conscious of their bodies. If they don't like what they see, they're going to gyms and spas to do something about it.

Weight training means different things to different people. An instructor of physical fitness may perceive weight training as a component of total fitness. An athlete sees weight training as a means to improve his sport performance. A person may weight train for rehabilitating an injury or surgery.

There are six groups of people that train with weights. One group are the olympic weight lifters. These lifters train for two lifts, the two-hand snatch and the two-hand clean and jerk and they're mainly interested in acquiring strength, speed, agility, and technique necessary to achieve success in these two lifts.

A second group of

weight trainers are your power lifters. This group are mainly concerned almost exclusively with

the developing of brute strength. They compete in three power lifts, the squat, the bench press,

and the dead lift, contested in this order. A third group are your body builders. This group

of people are more interested in developing massive musculature and
See Page 7

Little leaguers can easily damage arms

By CHET NIERENBERG, M.D.

With little league baseball getting into full swing, I am frequently asked by concerned patients whether their sons' sore arms are something to worry about.

"Little leaguers elbow" is a very real problem because the bones in and around the elbow are not as hard and strong in kids from age 9-15 as those of adults. With repeated use, usually from throwing, the muscles which attach at the elbow can actually pull a piece of immature bone away from the elbow joint.

This most often occurs on the inside portion of the arm and is medically referred to as medial epicondylitis — "little leaguers' elbow." There is usually pain when the player throws but not too much discomfort when he bats or fields.

Laying off a week or two may solve the problem if it

isn't severe. However, if part of the bone is truly pulled off, then it is necessary to plaster cast the elbow from 2-6 weeks so the piece can grow back.

And when the piece of bone is pulled too far off, surgery may even be required.

Therefore, if your child does not experience a

dramatic reduction of pain after resting for a few days, it is time to see a doctor.

Prevention of this problem involves recognizing that many young players can not throw or pitch as much as the coach might like.

Very few boys are able to pitch or throw every day in 5-day-a-week practices. The pitcher should not be encouraged to throw batting practice for other players, and, generally speaking, should not throw more than about 200 to 250 pitches with full force in any given week.

One common myth is that you can't develop little leaguers' elbow if you don't throw a curve ball. This simply is not so.

Although throwing the curve ball may hasten the occurrence of little leaguers' elbow in young players, it is still very easy to develop little leaguers' elbow by simply throwing a fast ball too hard and too often.



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Anytime between 8 in the morning and 7 at night. So, every day we'll review your food diary and menu plans, as well as discuss how you're doing. You'll learn how to change your habits and find out what it takes to keep the weight off forever. Everything is done in private. Never in front of an audience. That includes your daily trip to the scale.

Of course, there are not binding contracts at Suzanne Stevens Weight Loss Clinics. Many doctors approve and recommend our program so if you're overweight, pick up the phone now and make an appointment for your free weight loss consultation.

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Good health is tied to body's vital communications system

By L.J. CONNORS
M.A., D.C.

"In the days of old when men were bold" . . . many a brave knight set out in quest of the fountain of youth. There was a strong belief that somewhere in this world such a fountain did exist. Today there is a similar quest, people are seeking the key to health.

Health — what is it? The World Health Organization defines health as, "a condition of optimum, physical, mental and social well-being, not merely the absence of disease or infirmity."

Webster's dictionary sheds a little more light by telling us how we can obtain this optimum condition. It states that, "health is a condition of wholeness in which all of the organs are functioning 100 percent of the time."

The key word here is function. Good health means 100 percent function all of the time.

Gray's Anatomy goes on to tell us where function comes from. It states that the purpose of the brain and nervous system is to control and coordinate the function of all other tissues, organs and systems in the body.

So we see that the nervous system is the master system. It controls the function of all other systems and 100 percent function is that key that we are looking for.

Let's take a closer look at the organ that is responsible for function — the brain and nervous system. The brain is composed of three (3) sections, the first is called the medulla, brain stem or inner brain. Here is the control center to give us the proper function of our basic drives, such as survival, the urge to live, appetite, respiration, digestion, reproduction, heart, lungs, blood vessels and in fact, all the organs of our body.

The second section, the cerebellum or hind brain controls the function of coordination, fine muscle movement and balance.

The third section, the forebrain or cerebral hemisphere controls the higher functions such as consciousness, our ability to know and to judge, memory past and present.

The brain is the control center which communicates with every single cell in our bodies.

The main trunk line of this communications system is the spinal cord. It is an extension of the brain and nature protects it well by encasing it in a strong bony structure called the spine. This spine must be kept in

proper alignment so that we can have 100 percent function all of the time. Misalignment in the spine causes interferences with nerve impulses and recently we have discovered that it only takes 20 to 40 mm of pressure to reduce a nerve impulse by 60 percent. (20 to 40 mm of pressure is the same as very gently pressing a finger on the back of your hand.)

The spine is a very important structure. It must be kept as healthy as possible so that the nervous system can function at 100 percent all of the time. This will allow us not only freedom from disease and infirmities, but a state of optimum physical, mental and social well-being. This is the key that we have been searching for — the key to good health.

Kailua facility offers 'natural' approach to health, fitness

With all the attention on Health & Fitness these days you may be one of those who are considering embarking on a Health Program. After all, your health is your most valuable asset.

How you feel and look affects literally everything you do. So now What? Is this going to be another 'Attempt' or will you finally get those inches off and that blood pressure down.

Unfortunately sometimes those unfinished diets and exercise programs later become 'Major Medical Musts,' as evidenced by the staggering rate of Heart Disease. In reality, this means that those who don't attend regularly to their health are seriously and ever-increasingly limiting their ability to live life completely. Not merely to exist or get by but to really live.

Feeling good about yourself, being creative and successful at work and play are the real benefits that lay beyond losing a few pounds.

So how do you get started? And how do you win? Try the 'Natural' approach. 'Natural' as in Natural Woman & Natural Man Health & Fitness Centers. Serving the island from their locations in Kailua, these clubs may be the solution to your health problems.

"We specialize in assisting people in making the change to a healthy life-style naturally," says owner/operator Nandor Zimmersmann. A personal tour of either facility reveals why these clubs work so well.

The overall program is designed to deal with the three areas of health — exercise, nutrition and relaxation.

First let's take exercise. The exercise floors are bright, colorful and

spacious. The equipment is complete from bicycles and trampolines to a complete line of the latest in specialized exercise machines.

However, as Nandor points out, "The best equipment is useless, without the proper instruction." So, all the members receive individual attention in designing their programs. Including, goal setting, fitness testing, exercise prescription and instruction and the most important factor, moral support.

As a matter of fact, a new member absent for two weeks can expect a friendly reminder in the form of a phone call from one of the staff. And from what we can tell of the staff, they call because they care, not just because 'it's policy.'

If you like to get your exercise in group classes, Natural Woman has a class schedule that has to be seen to be believed. Running every hour, the classes range from Aerobic Dance to Tahitian Dance, from Sport conditioning to sensitivity and awareness.

There's even a class for lady body builders.

How about nutrition? The natural approach doesn't believe in "diets" but does support in juice fasting. In addition, there is a full time nutritionist on staff offering personal counseling and body fat analysis.

"Body fat refers to the percent of total body weight that is pure fat," explains Nandor. "Using 'scale' weight is inaccurate and ineffective. The accent should be placed on reducing the percent of body fat, not just total 'blind' weight."

The key to weight reduction is simple. Take in less — burn off more. The trick is keeping it off.

See Page 7



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Con-Stan Industries Introduces 'age-controlling' skin creme

Lack of energy, wrinkles, stiffness and loss of interest in life are all signs of age.

While scientists say that the natural aging process cannot be stopped, Con-Stan Industries has introduced two new products that will help maintain youthful appearances and feelings. According to Con-Stan officials, much experimental research has been devoted to aging. Nutri-

tion is a key, the officials indicate. So is the proper application of nourishment for your skin.

"These experiments, plus our own studies, have enabled Nutri-Metics to create and present the world's first natural, organic comprehensive, protein, enzymatic, vitamin-mineral nourishing age-controlling creme — Sel-E-RNA Plus," says a Con-Stan newsletter.

A second product has

been developed also. Sel-E-RNA Food Supplements provide extra DNA, RNA, Vitamin E, B-2 and other minerals which are required to slow the aging process. These come in tablet form.

"Feeding the cells of the body from the inside as well as the outside is a wise decision that will help you retain that youthful appearance, attitude and glow," say Con-Stan officials.

Weight lifting has many benefits

From Page 5

definition rather than developing exceptional strength.

A fourth group of people are your athletes. They train with weights to better their performance in sports. Athletes use weight to develop strength in the movement's characteristic of their sport.

A fifth group of people that weight train are the handicaps and patients.

They use weights for rehabilitation. Their program is prescribed to meet individual needs.

A sixth group of people that weight train are mainly interested in muscle tones, increasing muscular strength and muscular endurance, losing or gaining weight and developing a better posture. They're interested in an overall body conditioning program. These are your general

public, the everyday working people.

As a component of physical fitness, weight training is probably the best means of developing strength, muscular endurance and muscle tone. To a certain degree, it can help a person increase flexibility. For improving cardiorespiratory function, weight training may improve endurance to a small degree.

Natural fitness approach offered

From Page 6

The solution, sensible natural eating habits and regular juice fasting. It will completely change your relationship with food.

Finally, what do the clubs offer to aid relaxation? After all, stress is the major killer of Americans today. Well, this is perhaps the most pleasant aspect. There's nothing like sitting in a steam bath or sauna for deep physical relaxation. Or you can bobble away your tension in the powerful whirlpool. The tropical decor around the pool with live plants, skylights and murals create an atmosphere that is hard to leave.

If you prefer a real massage, you'll find yourself in good hands with the club masseuse. What about active

relaxation? You can choose from any one of a number of outdoor club activities. If you're a runner join the natural striders. When was the last time you went on a hike? The clubs feature monthly hikes with members from both clubs participating.

Perhaps you like to bicycle, play volleyball, or softball or how about scuba diving? All of these are regular monthly activities. Future plans include canoe paddling and, yes folks, Racquetball is coming soon. Sounds like a complete program, however, Nandor emphasizes, "The most important factor is the personal support system.

"It's not easy changing negative habits and beliefs built up over past years," he adds. "The hardest part is getting

started. Our job is not just setting up programs, it is also assisting people in overcoming their fears and considerations in simply getting started."

With this kind of dedication behind their programs and facilities, it is no wonder the Natural Ohana is so large and enthusiastic.

The atmosphere among the members is friendly and supportive, a fact that especially appeals to those just beginning on a Health Program. According to one of the members, "I tried to do it myself and never could, now I look forward to my regular workouts with 'Da Boys'.

So if you are ready to get results as they say, stop in at Natural Woman or Natural Man and join the Natural O'Hana and get results that are guaranteed. Naturally!

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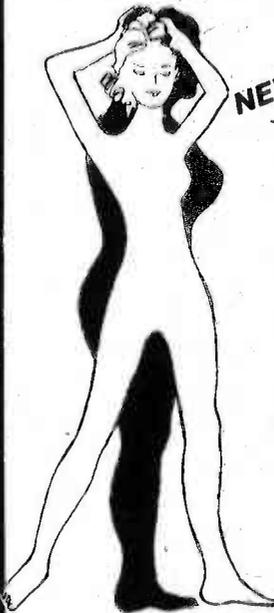
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"Nutri-Trim" is the dawn of a whole new attitude of life, according to Ruby Miller, the Club's Founder and National Director. Ms. Miller is a Corporation Staff member of Con-Stan Industries, a California based Corporation. The "Nutri-Trim Club" originated in Ms. Miller's hometown of Fargo, North Dakota, after she had formulated a plan which resulted in her losing 35 lbs. and 85 inches of fat in 2½ months. She dropped from a size 16 to a size 8 in that time and has maintained that for 3½ years. Nutri-Trim is self-improvement of the highest order. We are not only interested in our ladies, gentlemen or teens losing pounds and inches and keeping them off, but we are dedicated to give them a whole new look and image about themselves. Nutri-Trim will cover a complete nutritionally sound program and a complete self-improvement regime in their weekly classes. The exciting part for our clientele is they pay NO FEES—NO DUES—NO FINES.

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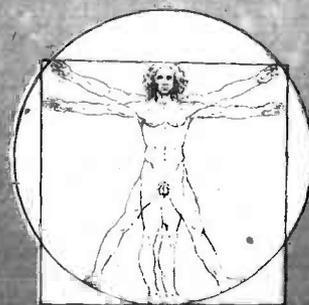
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