

HAWAII MARINE

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KANEOHE BAY, HAWAII. JULY 22, 1981

TWENTY PAGES

Pass in Review

Impact aid fund

WASHINGTON, D.C. — Two different versions of a bill to include impact aid funds for public schools have been passed by both the U.S. House of Representatives and the Senate. This legislative action should decrease the threat by some public school districts to either close schools located on military bases or charge tuition to military families with dependents in the public schools. The House version of the bill included \$404.6 million in impact aid for 1982 and the Senate version contained \$500 million. Since both bills differ in the amounts for impact school aid, a joint committee will have to meet to work on a bill acceptable to both the Senate and the House.

F/A-18 Hornet jet

WASHINGTON, D.C. — A review of the F/A-18 Hornet jet fighter program was completed in June with an endorsement made by the Department of Defense to begin full production.

Deputy Secretary of Defense Frank Carlucci, in a memorandum to the Secretary of the Navy said, "The reviews indicate that the F/A-18 has met all requirements for use as a Navy/Marine Corps fighter. Full production of the F/A-18 aircraft for the fighter applications is approved. The ongoing scheduled tests of the F/A-18 in the attack role will continue as planned."

Development and initial operational test and evaluation of the F/A-18 in the fighter role have been completed. Tests on the performance and reliability of the F/A-18 during initial operational test and evaluation achieved a fully mission capable rate greater than its predecessors.

Mr. Carlucci also said the cost reduction initiatives presented by the Navy at the program review show good potential for significant savings and he directed the Navy to implement those initiatives.

Military airlift travel

HICKAM AIR FORCE BASE, Hawaii — A Significant number of enlisted Marines recently arriving or departing from Hickam Air Force Base aboard military airlift command transportation were improperly groomed and lacked the appropriate uniform.

Marine Corps orders specifically state that civilian attire shall not be worn by Marine utilizing MAC transportation, unless authorized in the individual's orders or leave authorization. Even in this case, appropriate uniforms shall be in their possession and available for use.

Deployed time policy

WASHINGTON, D.C. — The policy concerning accumulated deployed time has been modified, according to ALMAR 096/81.

Beginning July 1, Marines assigned to Fleet Marine Force units that deploy overseas or conduct operational or field exercises away from their homebase for 10 consecutive days or more will receive a two-for-one adjustment to their overseas control date.

Prior to this change, Marines received a two-for-one adjustment to their DAUS when they deployed for more than 24 hours. According to manpower officials here, the ADT program was established in 1977 to provide Marines a measure of protection from immediate permanent change of station orders to a DAUS dependent restricted tour for Marines completing their continental United States FMF tour.

Some Marines are under the mistaken impression that once they obtain a new DAUS-DR, they are protected from further deployments while in a CONUS-based FMF unit.

Most first enlistment Marines assigned to deploying units receive little benefit from ADT. They seldom have enough time remaining until their expiration of active service after completing their FMF tour to receive an unaccompanied tour. Also, there are very few unaccompanied tour billets in WestPac for them to fill now. After October 1981, only one infantry battalion will remain as an unaccompanied overseas tour command, and it is scheduled to join the unit deployment program in January 1983.

Marines in combat support and combat service support units seldom receive much benefit from ADT since the amount of deployed time they accumulate, except in support of unit deployments, is not sufficient to establish a new overseas control date.

According to manpower officials, some Marines are so intent on getting a new DAUS-DR, ADT has been recorded for reasons other than originally intended. Accumulated deployed time will not be recorded for exercise planning conferences, predeployment liaison visits or individual training not associated with unit activity.

So now, for every day Marines spend in the field after the first 10 consecutive days, two days are added to their DAUS, delaying the date they are eligible for an overseas unaccompanied tour.

In memoriam

Memorial services were held Thursday morning in the Station Chapel for Cpl William D. Yaxley. Navy Chaplain D. Casey conducted the services.

Cpl Yaxley, 23, of Support Company, Brigade Service Support Group, died July 12 of injuries received in an automobile accident while on leave in Champaign, Ill.

Cpl Yaxley was a supply administrative clerk in the Customer Service Section of the Supply Automated Support System Management Unit.

Marines plant trees

by LCpl Charlie Marshall

A handful of Marines from Company A, 3d Combat Engineer Battalion participated in a community project July 14, which involved the transporting and replanting of two 30-foot monkeypod trees.

THE TWO TREES, donated by the expanding HC&D Quarry, were planted in the front lawn of Kalaheo High School by the Marines using heavy equipment.

This eight-hour project first started in January with a phone conversation between Liz Keller of the Kailua-Lanikai Outdoor Circle and Martha Burke, president of the Kalaheo High School P.T.S.A. After it was decided the campus would be a suitable home for the trees, Kalaheo Princi-

pal Rosemary Warriner asked for the Marines' support.

After Lone Star Construction Company transported the trees from the quarry to the front of the school, the Marines, armed with two cranes and a backhoe, lifted them over a fence and up an embankment.

LTCOL ROBERT BARKER stated, "Projects of this nature benefit both the Marine Corps and the

civilian community. The Marines here are refreshing themselves as to the procedures of lifting objects and operating heavy equipment."

Another project the heavy equipment platoon is presently working on is expanding the Waimanalo State Beach Park. The Marines are clearing approximately 70 acres of land to enhance the park and provide more area for recreation.



Photo by SSgt Joe Blackburn

STEADY AS SHE GOES — SSgt Larry Galusha, Company A, 3d Combat Engineer Battalion, Brigade Service Support Group, guides the 30-foot

monkeypod tree as the crane lowers it into a hole. The community project July 14 involved transplanting two trees to the front yard of Kalaheo High School.

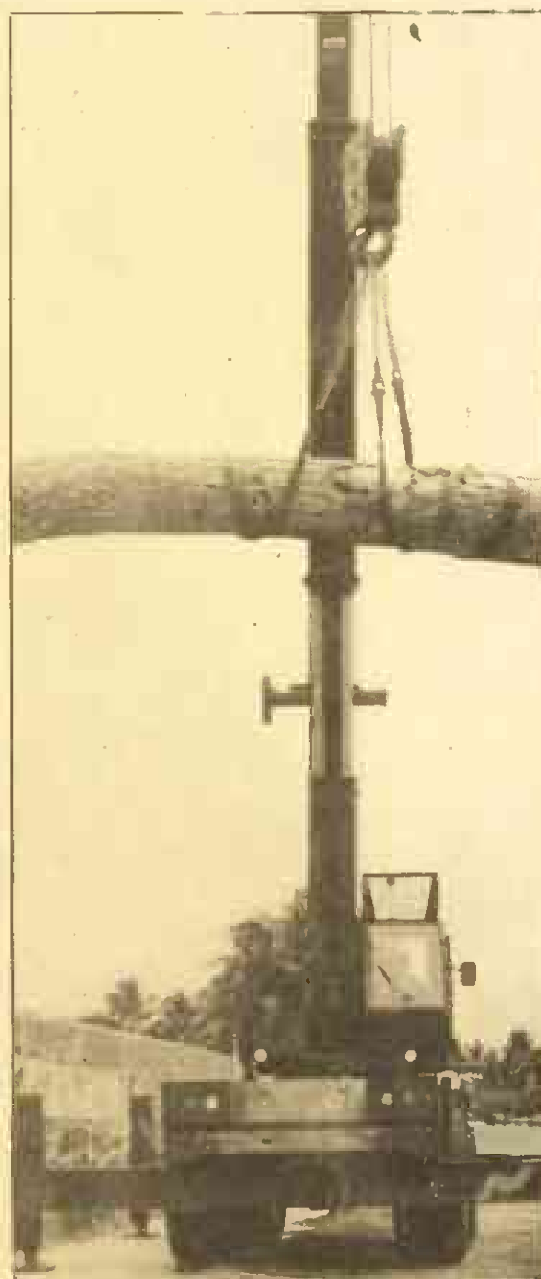


Photo by 1st Lt Mary Wilkowski

UP, UP AND AWAY — A 30-ton Drott crane lifts one of two monkeypod trees from a truck to place it on the front lawn of Kalaheo High School. The expanding H.C.&D. Quarry donated the trees and the Outdoor Circle called upon the Marines to help relocate them July 14.

Congressman fights for veterans rights

"The honor of being remembered as a veteran of the armed services should not be denied an individual based upon how remains were disposed of after death," said Congressman Cec Heftel in a recent address to fellow congressmen and women.

HEFTEL WAS speaking in support of his bill (H.R. 1714) which corrects an inequity in current law that discriminates against veterans whose cremated remains were scattered and those who elected to be buried at sea.

The discrepancy was brought to the Congressman's attention when Beverly Brew Miranda, wife of deceased veteran William Brew, contacted his office for help in getting a war memorial plaque

placed at the National Memorial Cemetery of the Pacific. According to Mrs. Miranda, a legal technicality prevented the plaque from being placed at Punchbowl Crater.

BREW HAD SERVED as a Marine for five years in World War II, was wounded twice and received numerous commendations, two purple hearts, a gold star for bravery. When Brew died of cancer in 1972, he donated the undiseased portions of his body to a transplant center and the remainder to the medical center at the University of California. Upon applying to the Veterans Administration for a memorial plaque, Mrs. Miranda's request was denied because there were no remains.

Thus the struggle began. Now, after eight and one half years of fighting bureaucracy and with the help of Congressman Heftel, new legislation has been drafted. The House unanimously passed the bill June 2 that would allow all veterans, from World War II on, who have donated their bodies to science, or were buried at sea, or

were cremated, to have a memorial plaque in their honor placed at any national cemetery.

THE BILL, WHICH HAS the firm support of veteran organizations and the Veterans Administration, will now move to the Senate where it is expected to pass.

Summer Fun officials seek keiki monitors

"There are a lot of children involved with the Summer Fun Program. But the program is only as good as the support we give it," said Marty Brace, Special Services director of dependent recreation.

The Summer Fun program is in need of parents to volunteer their time as bus monitors. "There have been children hurt at the pick-up points and on the bus, through fighting and shoving each other," she explained. "The bus drivers can't concentrate on keeping the kids seated and continue to drive safely."

"If there are not enough parents interested in riding the bus, and helping to correct this problem, there is the possibility that the bus service will be discontinued," stressed the director.

Interested volunteers may contact Brace at 257-3108/3520 to sign up.

Pick-up point	Bus Schedule	
	Morning time	Afternoon time
Colman Field	8:50 a.m.	2:30 p.m.
7-Day Store	8:30 a.m.	2:10 p.m.
Connor Loop	8:30 a.m.	2:10 p.m.
Harris and Mac Lachlan	8:50 a.m.	2:30 p.m.



TEAM WORK — Marines from the headquarters element of Battalion Landing Team, 2d Battalion, 3d Marines exit a CH-53 Sea Stallion on Kahoolawe during the rehearsal for Operation Bell Volcano 81-2 July 8. The two battalions held a Supporting Arms Coordination Center Exercise and used Weapons Company, 1/3 to mark targets for fixed-wing sorties by Marine Aircraft Group-24, 1st Marine Brigade. For story and photos see page A-8.

Photo by SSgt Michael Prosser



Photo by SSgt Joe Blackburn

COME'N GET IT — Preparing chicken for lunch is only one of the many duties Cpl Leonard Wooley performs as a cook at the Anderson Hall Dining Facility. Because of his can-do attitude and ability to perform in an exemplary manner, Cpl Wooley was selected as the Chef of the Quarter for the second quarter of calendar year 1981. For this commendable achievement he was presented a Letter of Appreciation from the Commanding General, a 96-hour liberty and 90 days working at the Hale Koa Hotel in Waikiki.



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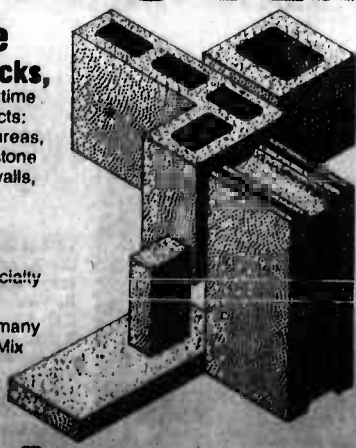
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Clinic offers school physicals

The Kaneohe Branch Medical Clinic announces that physical examinations will be conducted at the clinic in Building 216 Aug. 24 through 26, for military dependents entering the Hawaii school system in any of the following categories:

- a. First Admission (transfer to Hawaii)
- b. Kindergarten
- c. Pre-school
- d. 4th, 7th or 10th grade
- e. sports physicals
- f. camp physicals
- g. cheerleaders physicals.

THE STATE Department of Education will accept a copy of any physical from out-of-state transfers completed within 12 months prior to school entrance.

Parents are required to make appointments for their children and obtain the Hawaii school system physical examination forms personally at the Immunization Clinic during regular working hours.

Experience has shown that giving immunizations during school physicals creates a bottleneck at the immunization clinic. Therefore, the Immunization Clinic will be closed during school physicals, August 24 through 26. Parents must bring their children into the Immunization Clinic for required immunizations prior to the school physical any Monday, Tuesday, or Friday, or on Wednesday from 8 until 11:15 a.m. No appointment is required, but the health record must accompany the child. Immunizations will not be given the day of child(ren)'s school physical.

CHILDREN Under 18 years of age obtaining a physical examination must be accompanied by a parent and have in their possession proper identification including school examination forms (filled out), up-to-date shot record, eye glasses (if worn)

and a fresh urine specimen in a thoroughly clean container. Only children receiving physicals will be allowed in the clinic. Babysitting is available at the air station Day Care Center. Reservations may be made by calling 257-2608.

Morning examinations will be conducted from 8-11:30 a.m. and afternoon exams from 1:30 p.m. The order of processing will be in accordance with the last two digits of the sponsor's social security number as indicated below:

Monday, Aug. 24, morning, SSN 00-16; afternoon, SSN 17-33.
Tuesday, Aug. 25, morning, SSN 34-50; afternoon, SSN 51-66.
Wednesday, Aug. 26, morning, SSN 67-83; afternoon, SSN 84-99.

TO ACCOMMODATE this large scale school physical examination operation the usual activities of the clinic must be curtailed. Active duty

people will be seen in military sick call, dependents with acute cases and emergencies will be seen in the Emergency Room on a walk-in basis. If there are any questions, please contact Mrs. McKinley at the Immunization Clinic, 257-2131 or Lt. Cmdr. Graham at 257-2697.

Your child's physical exam will be completed as quickly as possible. In order to expedite the physicals, the following are "musts."

1. DOE Form #14

(Pupil's Health Record) is the only physical exam form given out by the Clinic. Any other necessary forms must be obtained by the parents. All forms must be filled out prior to the appointment day.

2. Shot Card. Immunizations must be obtained prior to the day of the physical exam.

3. The day and time of the physical exam, determined by the last two digits of the sponsor's social security number, your

child(ren) must have:
a. Parent accompanying child(ren) under 18 years of age.
b. Immunization record.

c. Eye glasses (if worn).
d. Urine specimen collected in a small thoroughly clean capped container.

If any physical problem is found, an appointment will be made for a follow-up.

LAST YEAR an estimated \$79,800 was kept in the pockets of air station families through this venture.

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3	2	Lovin' Her Was Easier	Tom Pall and the Glaser Brothers
4	3	Dixie On My Mind	Hank Williams, Jr.
10	4	Too Many Lovers	Crystal Gayle
11	5	I Don't Need You	Kenny Rogers
8	6	Fool By Your Side	Dave & Sugar
9	7	Prisoner of Hope	Johnny Lee
14	8	I Still Believe In Waltzes	Conway Twitty & Loretta Lynn
1	9	Fire And Smoke	Earl Thomas Conley
12	10	Unwound	George Strait

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FOR HEROISM — SSgt Joseph Contreras received the Navy/Marine Corps Medal July 9, for saving the life of a Marine dependent, Oct. 5, 1980, in Hawaii where he was previously stationed. Contreras is stationed with Headquarters and Service Company, Infantry Training School, Camp Pendleton, Calif., and is an infantry tactic instructor.

Heroism

Marine earns medal for saving life

MARINE CORPS BASE, Camp Pendleton, Calif. — SSgt Joseph D. Contreras of Headquarters and Service Company, Infantry Training School, here, was presented the Navy/Marine Corps Medal July 9, for saving a Marine dependent from drowning, Oct. 5, 1980, in Hawaii.

The Navy/Marine Corps Medal is the highest award given to a member of the naval service for acts of heroism not actually involving combat.

Contreras was a member of 1st Battalion, 3rd Marines, 1st

Marine Brigade, at the time of the rescue.

"I was at one of the beaches," SSgt Contreras explained. "A storm was coming in and all swimming and surfing had already been canceled on the other side of the island because the swells were 6- to 8-feet high."

"I heard a youngster yell for help. The two lifeguards were having trouble getting to him because of the swells, so I swam out to help."

"The boy had been using a boogie board and because of the strong undertow, was pushed about 600 to 800 meters offshore, where he lost his

board. By the time I reached him, he was already suffering from leg and back cramps, and was in shock."

"I got control of the boy, and kept him afloat until the rescue helicopter got there — about 20 minutes later."

"I assisted in hooking him to a hoist and when the helicopter left, I swam on in," said SSgt Contreras. "He was taken to the hospital there, and was released in a couple of days."

Contreras is a native of Roswell, N.M., and is an infantry tactic instructor here.

Cash Sales

The Retail Clothing store will be closed for monthly inventory from July 24 through 29. Normal business will resume at 8 a.m. July 30.

Red Cross

The American Red Cross will offer a Cardio Pulmonary Resuscitation class for military, dependents and civilian employees, from July 27 through 30.

The course will be conducted from 6 to 9 p.m. at the American Red Cross office. To sign up call the Red Cross at 257-2606/3575.

Returning deployment

People planning to meet the Marines and sailors returning from the Western Pacific deployment during July, should be aware of security restrictions at the Naval Supply Center, Pearl Harbor during the offload of the Marine Amphibious Unit.

In the interest of safety, all pier areas, to include the "H" Piers, Piers K-5 and K-7, and the entire fenced area around Piers K-10 and K-11, will be off limits to all personnel other than those authorized. Personnel authorized access will include the press and NSC employees.

These areas will be off limits until the ships are tied up at the pier

and all brows and ramps are in place. Once the ships are secured, people will be allowed on the piers until the commencement of cargo and vehicle off load operations.

Once the operations begin, all but authorized personnel will be asked to leave the piers. NSC Police will be present to provide security and to maintain restricted areas. The complete cooperation of all concerned in this matter is requested to promote safety and expedite the off-loading and return of the Marines and sailors.

Wife's workshop

Coping with the experience of deployment separation can be a very negative experience, but it also holds the potential for some personal growth and even preparation for greater marital enjoyment.

"Operation Second

Stage" is a workshop conducted by the Regimental Chaplain of Third Marines on making the best of military separation.

"Second Stage" has already been conducted for families of two, battalion landing teams afloat and was acclaimed as highly beneficial to those who attended.

The Battalion Landing Team, 2d Battalion, 3d Marines "Operation Second Stage" is scheduled for Aug. 2 at 3:30 p.m. in the Family Services Gym next to the 7-Day Store. All wives related to BET 2/3 are invited to attend, this includes those related to Marine Amphibious Unit Service Support Group 31; 2nd Platoon, Company A, 3d Reconnaissance Battalion; Battery B, 1st Battalion, 12th Marines; Marine Medium Helicopter Squadron 262; deployed Marines of Company A, 3d

Combat Engineer Battalion; and hospital corpsman assigned to any of these units. Child care will be provided.

For more information, call Chaplain Dunks at 257-3202.

Host families

Hawaii Loa College is seeking families who would like to host a visiting Japanese student for an overnight visit from Aug. 8 through 9. The 43 students, boys ages 16 and 17, are visiting Hawaii to learn language and customs. Each boy will have \$25 to pay expenses. For additional information contact Kay Glenn at 261-1105 or 235-3641.

Voting

Although the 1982 general elections are more than a year and a half away, Federal Voting Assistance

Program officials are on the look out for a voting slogan.

Service members, their families, and U.S. citizens residing overseas are eligible for the contest to find a slogan for the 1982 election year.

The winner will receive a certificate of recognition from the Department of Defense.

More than 1,200 entries were received in the 1980 contest.

"You're A Voter Only If You Vote... Be A Voter," was selected as the winning slogan.

Entries must be received by Sept. 11, 1981. Send any number of slogans, in any format, along with artwork (not necessary for consideration) to: The Federal Voting Assistance Program, Office of the Secretary of Defense, Room 1B-457, The Pentagon, Washington, D.C.

20301. Full name and complete mailing address must be included with entries.

Koolau Players

The Koolau Players need musicians for their upcoming production, "The Boy Friend," a roaring '20s musical.

Musicians who play the following instruments are especially needed: clarinet, bass clarinet or saxophone, bass saxophone, trumpets and trombones. If you are interested call Kate at 257-2253 during working hours at home at 235-1355 or contact Lorraine at 254-1238.

Canadian strike

Due to the Canadian postal strike, military post offices will not accept any Canadian Assistance Program, addressed mail. Previously accepted mail will be held at the post 457, The Pentagon, office until further notice.

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EDITORIAL / OPINION

Street Scoop

How do you feel about reinstating the draft?



SSgt H.M. White, BSSG: "It's a good idea. We need the manpower and also more of a cross-section of the American public."



SgtMaj Bob Porter, (USMC Ret.): "It's a fantastic idea. We would get a lot of talent, and that helps. We would get skilled, already trained people, and that would save money on training. Besides, everyone should serve his country."



Capt Cozy Bailey, H Co, 1st MarBde: "I feel it's something we need. Whether or not it will be effective remains to be seen. The all-volunteer force just isn't working."



Sgt Mary Peavy, H&H8: "I think they should start the draft up. It will help the Corps because we'll get better quality people. I'm also for drafting women. If men are drafted, women should be drafted also."



Capt Kenneth Williams, Co. 5: "I don't think they should use the draft. People should be able to make their own decisions about entering the service. They won't put out if they are forced to join."

Fitness: Is first class necessary?

by SSgt Rick Morris

"What the hell, all that goes on my records is pass or fail."

SOUND FAMILIAR? Seems around physical fitness testing time you hear that quote a lot. I've even been guilty of it myself a time or two. But when the time comes I never give it a second thought, I go for that first class everytime.

It bothers me though that so many Marines not only voice that opinion, but actually put it into practice.

One of the things Marines are noted for in combat is their stamina over long periods of time. But how can anyone hope to maintain that reputation if they can only achieve the minimum on a simple PFT? That's not even considering those who can't pass it.

THERE ARE APPROPRIATE Marine Corps orders that require each individual Marine to participate in regular, vigorous and progressive physical fitness programs. Not attempting to maintain a high level of fitness is a blatant disobedience of a direct order. And unless things have changed in the last few milliseconds, a violation of a Marine Corps order is subject to punishment.

Aside from the legal part though, is the personal pride involved. As one fellow Marine put it, "To be a Marine is in itself to strive for excellence."

How can anyone not only accept minimal performance, but also not try to do anything about improving performance?

IT DOESN'T TAKE MUCH time to engage in some sort of training each day. It can be in the form of a run or work out at

the gym or participation in an athletic sport. (Contrary to popular belief, mass consumption of food and alcohol are not athletic events.)

I'm not advocating that every Marine go out and run marathons or master a triathlon. I'm not every saying that every Marine should score first class.

What I am pushing is that all Marines have the responsibility to themselves and their fellow Marines to achieve, maintain and try to improve their level of physical fitness, stamina and strength.

It's an undisputed fact that these things are essential to combat readiness and superiority. Being in shape also contributes greatly to self-confidence, a

Yes?

sense of well being and overall health. Cardiovascular endurance has been linked to living a long life.

I SYMPATHIZE WITH PEOPLE who have weight problems and who work hard at controlling them. I deplore those masses of flesh who do nothing to improve themselves.

The PFT is a measure of general fitness. General fitness is a measure of a person's interest in himself. Self-interest is a determining factor in self-pride. So, a person who cares nothing about achieving a good PFT score and staying in shape, cares nothing about himself. If he doesn't care about himself, he damn sure won't care about anyone else.

GySgt Bill Matthews

Like so many other orders or regulations within the Marine Corps, the one concerning physical fitness is open to conjecture, opinion and interpretation.

When the Commandant of the Marine Corps set down standards for the current physical fitness test during the early Seventies, there was all kinds of speculation concerning the scoring system. The Commandant decided that the pass/no pass system was a viable method of determining the combat readiness of our Corps.

I like to believe that the Commandant realized: a) that not all Marines are

No?

physically alike, and some Marines couldn't achieve first class rating regardless of the number of hours they devoted to physical fitness training, b) if emphasis is placed on the PFT at the expense of other tasks, it follows that the combat readiness of a unit will likewise be affected.

Now I agree with my counterpart that each Marine, when faced with the inevitable PFT should strive to do his or her best. But I find it ludicrous to emphasize physical fitness to the point where it becomes all encompassing.

Physical fitness is an important part of military life and more so in being a Marine. After all, our middle name is

readiness. but, I believe we should lower the order of our priorities. It should have its place.

Many Marines enjoy running and jogging and I'm not belittling them for their pursuits. But I'm sure, that there are a heck of a lot of Marines that are perfect physical specimens and are as incompetent in their specialties as they are proficient in the PFT.

I find it difficult to believe that some of those Marines that leave their work spaces or offices at 10 a.m. and return after lunch aren't leaving their work to be picked up by someone else. And I'd be willing to bet that most of the Marines that pick up the slack for those "perfect physical specimens" are probably third-class PFT'ers; however, they don't have the luxury to PFT for hours.

The Commandant of the Marine Corps recently decided to recognize those Marines who achieve a high first-class rating on the physical fitness test. A special notation may appear in section "C" of the fitness report. This recognition has been long in coming. But I also think that like outstanding performance in one's specialty, or excelling in the Essential Subjects Test, or firing expert on the range this recognition is just a slice of the pie.

Expertise in each endeavor associated with our trade should be the hallmark of all Marines regardless of rank. And only by striving to excel in each area do we contribute to the "whole-Marine" concept. Maybe it's time each one of us should reevaluate our opinion of what it takes to be a real Marine. I for one think that the PFT is just part of it.

Three legs are better than one

Klutzism strikes part-time athlete

by Sgt Cheryl Martin

A common misconception is that all athletes are extremely well coordinated. I, for one have found that I have no coordination problems on a court or a field, but get me in a room with more than one obstacle in it and I become a black-and-blue mess in a matter of minutes.

Yes, I tend to run into things. You too, huh? Since you know where I'm coming from, let me relate to you my latest experience in "klutzism."

First of all, running (or jogging slowly in my case) has never been one of my favorite things to do at noontime. One particular day, last week, I was making my way along my little course, feeling pretty spunky, running against the traffic like any safety conscious individual. Having to make a right turn at the next corner and judging the speed of the oncoming vehicle, I decided it was time to cross the street.

Realizing the danger of stepping out in

front of a moving vehicle, I actually picked up my pace enough to say I was running to the other side. That was my big mistake. Had I been going slower it might not have hurt as much when my foot stepped precisely in the spot where the pavement is built up an inch or so above the gutter.

Needless to say my ankle made numerous crunching noises as I was thrown to the ground. Next thing I knew I was on my way to the emergency room with one shoe off and one shoe on.

It didn't take long to figure out that I had a sprained ankle. Catches, ace bandages and a light-duty chit and I was on my way back to the shop.

The question that makes me want to hit people with a crutch is "Did you hurt your foot?" No, idiot, I'm testing wearing a new shoe.

Then comes "How'd you do it?" To save myself some embarrassment I would like to say something exciting like I was hang gliding or skydiving and my chute opened

a little late. Unfortunately I cannot tell a lie. But how do I explain that I stepped in a crack when it wasn't really even a crack? Or I stepped off a curb when I never made it that far?

Not having been on these wooden pains-in-the-armpits for quite a while, I found it quite difficult to maneuver on two toothpicks and a boot and still manage to keep the injured foot off the ground.

Stairs are very tricky. So is wet pavement. Not to mention teeny-weeny

bathrooms. To make things worse, I own a tiny convertible.

To add to the pain in my ankle, I now have tired armpits, the palms of my hands are bruised and I have the strongest left leg in history.

Too bad I can't run my next physical fitness test on one leg. One last note... I had so many bruises on my legs (from running into things) that when I went to emergency and told them I sprained my ankle getting out of the way of a car, they asked if I was sure that he didn't hit me.



Desire to excel promotes goals, dreams

by Sgt Cheryl Martin

"One who is contented with what he has done will never become famous for what he will do. He has lain down to die, and the grass is already over him."

Christian Nestell Bovee

One definition of the word content is to limit oneself in requirements, desires or actions. To me, this means reaching a

plateau and not having the courage or energy to climb any higher.

LIFE IS LIKE A mountain with its peak never in sight. Our goals, dreams and aspirations keep us climbing and forever reaching for the next plateau. Some believe that dreaming is foolish, but without dreams we have nothing to live for. If we are simply content with what we are we will never know what we can be. I am by no means a brilliant

philosopher, but I think I can share my beliefs and be confident that many people identify with them.

Contentment, to me, is stagnation. We can't be content to make it through life, we must make our lives the best possible. It takes hard work, determination and the ability to dream.

EACH OF US HAS the potential to be the best at everything. We have the strength to succeed. Likewise we have the weakness to fail. It is our decision.

In the Marine Corps, the obstacles we face are tough, the restrictions many and the path we climb is narrow. At times it may seem the odds are against us and we'll never get anywhere. That is the time to relax, build our strength and courage

back up, set our sights and then continue to march.

No one can take our dreams from us. They are ours to nurture and bring to life. We must keep striving for promotions, better physical conditioning, sharper looking uniforms, and higher degrees of combat readiness. We must want these things, they can't be given to us.

WHEN PEOPLE SHOW A desire to better themselves, there will always be someone behind them to give them a boost. If there is no desire to reach the next plateau, there will be no helping hands.

It is for us to decide where we are going in life, how far up the mountain we want to climb. To be content is to set no goals and have no dreams.

Strength

Trend endangers national structure

by Chaplain Max Dunks

Occasionally we read or hear of a building collapsing while under construction. Several factors determine the strength and durability of a structure. The most basic of those factors is the strength and quality of the materials used. For example, soft crumbly bricks will not withstand very much stress.

WE MAY THINK OF our nation as a giant brick building. The family is the basic social unit and educational institution. It is a brick in the building.

How strong is our national structure, based on a survey of the "bricks" of which it is composed? To be sure, one may find strengths in our national structure, but an evaluation of the "bricks" is sobering to me. Current statistics reveal that 45 percent of all first marriages fail. Of those who marry a second time 85 percent fail. By 1987 25 percent of all youths under 18 years of age will live in a home where one parent is a step-parent.

WHERE WILL THE NEXT generation of Americans receive the basic moral convictions which will enable us to survive with a national identity? In both the Old and New Testament of the Bible, parents are clearly charged with the responsibility to teach, guide, and discipline their children. (Deut. 6:4-9; Prov. 22:6; Eph. 6:1-4). A nation's strength including national defense, is only as strong as the character of its people.



Call Recm and tell them their new individual assault craft is here.

by SSgt. Rick Morris

Every year a book is published which lists the driver's license extension and/or renewal policy for each state concerning persons in the military.

The Provost Marshal's Office at MCAS Kaneohe Bay has received its copy of the book and is using it in determining a driver's permit validity.

The following list of procedures for military extensions and license renewals applies to residents of those states who are stationed outside of the state on active military duty.

When applying for a renewal, it is a general requirement that if the license does not confirm military status a written statement must be included with

the request to show proof of military service.

For automatic extensions, a license has to have been current and valid at the time of entering service.

The following states must be renewed and have no extension policy: Alabama, Alaska, Connecticut, Florida, Hawaii, Kansas, Kentucky, Georgia, Michigan, Mississippi, Missouri, Nevada, New Jersey, New Mexico, New Hampshire, North Carolina, Oklahoma, Wisconsin.

Four states have an automatic extension until 30 days after discharge or return to the state. They are California (Form DL-236 available, but

optional), Maryland (Form DL-85 may be carried, but is optional), Montana (must carry proof of military service or request a military renewal sticker), and South Dakota.

Only the states of Massachusetts, Tennessee and Nebraska have an automatic 60 day extension. Nebraska has a Form DL-106 that may be carried, but is optional.

Ninety day extensions are granted in the states of Arizona, Minnesota, Texas, Utah, Washington and Colorado. Colorado also has a Form DR-639 which extends the license three years or 90 days after return to the state, whichever occurs first.

Pennsylvania has an automatic 45 day extension.

The states of Iowa,

New York, Ohio and West Virginia automatically extend a driver's license until six months after the date of honorable discharge.

The following states have special requirements concerning license renewals.

Arkansas — An extension must be requested. A card is then issued to extend the license until 30 days after discharge from the service. The card must be attached to the license.

Delaware — This state has no automatic extension. It does offer a special "Service-man's license which is good for four years. The special permit can be applied for under a renewal-by-mail policy.

District of Columbia — A special no-photo "Absentee Per-

mit" is issued by mail. The permit is good for four years.

Idaho — This state's extension policy was repealed in July 1976. Licenses of military personnel are not extendable and must be renewed by mail.

Illinois — There are two options for this state's residents. A 45 day extension may be requested or a license may be renewed by mail.

Indiana — Hoosier state driver's licenses expire four years after entering the service or 30 days after discharge, whichever occurs first.

Louisiana — No extensions have been granted since September 1979. Licenses can now be renewed by mail and extensions granted before the September 1979 cutoff

will be honored.

Maine — Licenses endorsed with a "Per-mission Code K" are extended until 30 days after discharge.

Rhode Island — No extensions are granted for residents of this state. A special license is available, however, which expires 30 days after discharge.

South Carolina — Residents stationed outside of the continental U.S. are given 45 days after they return to the state to renew their license.

Vermont — Licenses from Vermont are automatically extended to four years after the original date of entry into the service or 30 days after discharge, whichever occurs first.

Virginia — An automatic extension policy for this state keeps a license valid

until four years beyond the expiration date as long as the holder is on active duty, or until returning to the state.

Wyoming — Residents of this state must apply for an extension. A Form MVDL-702 is issued to cover a three year extension with proof of active service.

PMO reminds drivers it is the individual's responsibility to maintain a valid driver's license. If a license is nearing expiration, take appropriate action far enough in advance to renew or extend it before the current one runs out.

According to the Hawaii State Traffic Court Office in Honolulu, the maximum penalty for driving without a license or with an expired license is \$1,000 and 1 year in prison, or both.

States announce annual license renewal policies

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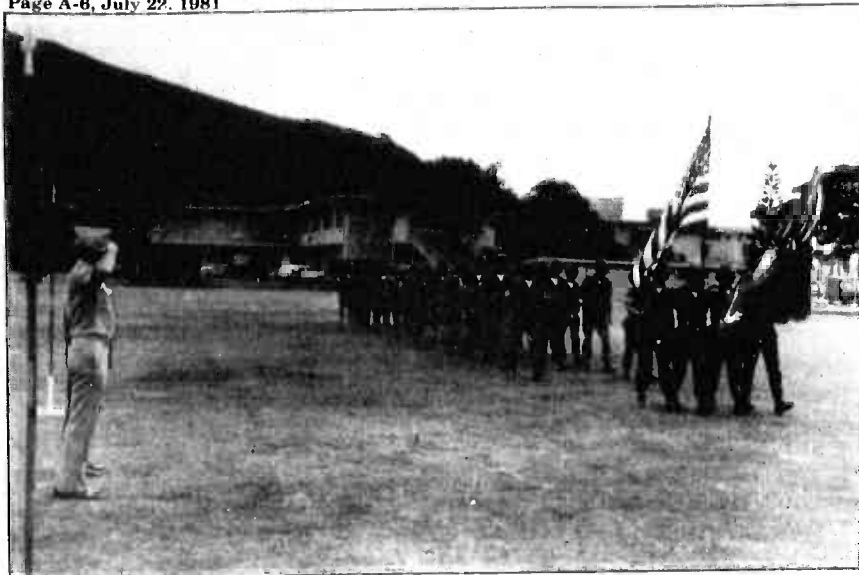
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What are the odds?



Scenic overview



We're going to do what?

Review

3d Fleet commander observes 1st Marine Brigade

Vice Adm. Edward Waller III, Commander Third Fleet, Ford Island, Naval Station Pearl Harbor, visited the air station July 14, to view various ground and air activities.

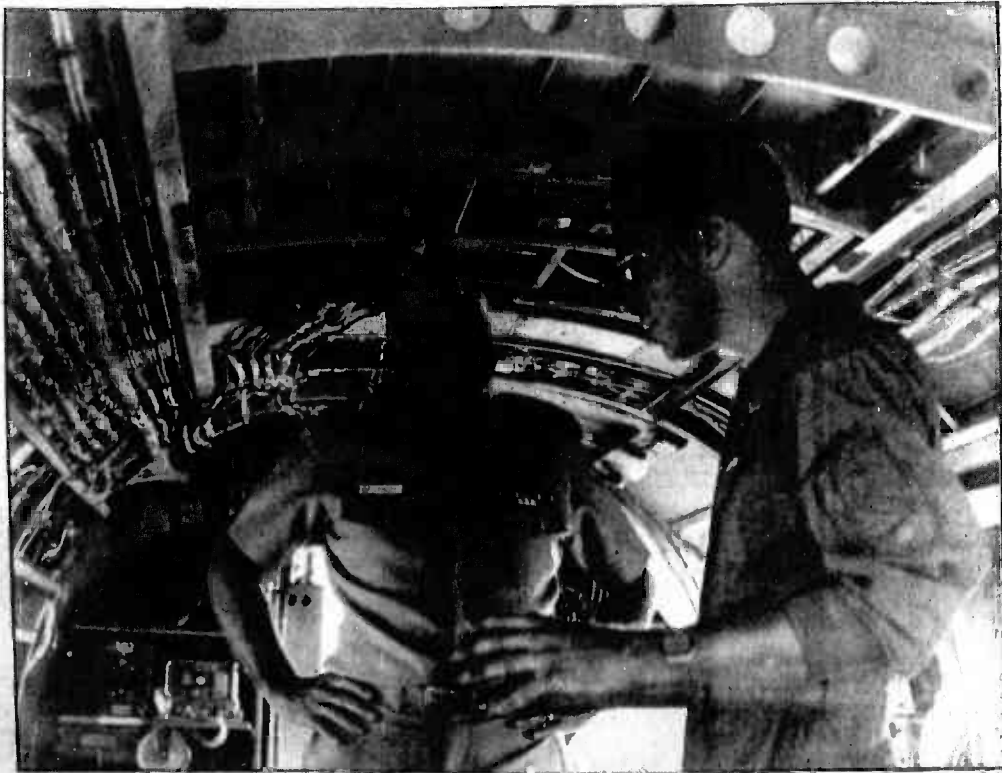
Photos clockwise from top left are; Company C, 1st Battalion, 3d Marines, 1st Marine Brigade, passes in review after a 15 gun salute in the Vice Admiral's honor, upon his arrival here.

The advantages of war games were explained to Vice Adm. Waller during his visit to 3d Marines. First Lieutenant Les Shimaneck, 3d Marines training officer, explained how the war game is played and the ways that combat simulation can benefit the Corps.

Gearing up for an excursion in an Amphibious Assault Vehicle, Vice Adm. Waller pauses for a moment to receive a quick driving lesson from Cpl John Wallace, a crew chief with Co. D, 3d Assault Amphibion Battalion.

Sgt Ira Baker, a crew chief with Marine Medium Helicopter Squadron Composit-265, explains the CH-46E helicopter to the Vice Admiral. During the crew chief's brief, he explained the capabilities of the aircraft and modifications made to it.

BrigGen Bain McClintock, Commanding General, 1st Marine Brigade, briefs Vice Adm. Waller while showing him a panoramic view of the base from Kansas Tower.



Photos by Cpl Greg Lange

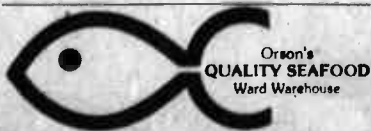
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Safety

Every year around 12,000 lives are lost as a result of fires. Toddlers and the elderly make up about half the deaths in home fires.

MANY OF these lives may be spared if people had a plan to escape from a burning home. In addition to having a plan it is also a good idea to rehearse the escape plan.

In some instances fires can be prevented by people foreseeing potential hazards and taking steps to correct them before a fire occurs.

Parents should show as well as teach their children how to keep calm, and escape a building.

Children should be taught fire safety and be shown examples of the correct manner in which to prevent fires. They should be informed that playing with matches, stoves or electrical outlets is dangerous. Young adults should be informed about the danger of smoking around items which give off combustible vapors, and warned about the danger of

smoking in bed.

THE CHILDREN are not the only cause of fires. Adults are often the reason fires are started. People should ensure that matches and cigarettes are out before disposing of them. Flammable liquids should be used only if they are in approved containers and, should be kept away from flames and sparks.

In the home, families even without children, should have an escape plan worked out and rehearsed often. It sounds easy enough to plan on using the front door in case of a fire, but, what happens when the front door is blocked by flames? People need to discuss the possibility of an alternate means of escape.

ONCE THE escape routes have been determined, walk through them to see if furniture or other items hinder a quick way out. Try the route in the dark or with eyes closed. Remember fires often happen late at night.

When trying out the escape route see if windows are large enough to climb through, or if the screen can be easily removed.

Once the escape route is worked out, plan a location for family members to meet outside. It should be somewhere far enough away for safety, but close enough so that everyone may arrive quickly. By meeting in a designated spot it can be ensured that everyone is safe.

IF A FIRE should occur and a person is forced to drop from a window, they should try to throw down a mattress to soften the fall. It is also advisable to slide out of the window feet first, on the stomach, hang briefly from the window sill, flex legs slightly and then let go.

By hanging from the window, instead of jumping, the person is already part way down to the ground. By jumping from a standing or sitting position, a person increases his chances of injury. If

windows are too high for safe jumping, perhaps ropes or chain ladders can be stored next to windows.

IF A DOOR has to be opened during a fire, first check the door knob and near the top of the door. If it is hot there is fire on the other side that may flash into the room if the door is opened. Try to find a different route.

If there is no other way out, or a person wakes up in a smoke-filled room they should cover their nose and mouth with a cloth and crawl along the floor. Although the air closer to the floor is safer, people should take short breaths.

Don't call the fire department from the burning building. First get out then call from a neighbor's home. Only after the fire department has assured that the fire is fully extinguished and the structure solid, should people even consider re-entering the building.

IN MANY in-

stances it is a person's clothing that is on fire, either in a burning building or as a result of matches or other flammable items.

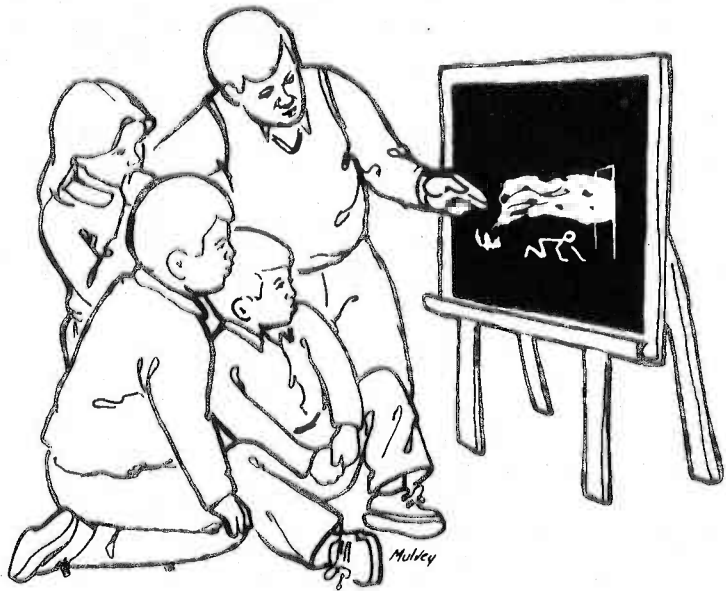
If a person is on fire they should remember to stop, drop and roll.

Stop; don't run, running only gives the fire oxygen, so it may burn faster and hotter.

Drop; this is the most important part of the sequence. Fire burns up so by dropping, the flames burn away from the body. This decreases the chance of the head, face and chest being burned.

Roll; by rolling on the ground the fire is not receiving continuous oxygen and may be smothered.

AS IN ANY emergency situation it is important to remember not to panic. If people remain calm when a fire occurs, chances are their lives will be saved.



Salutes

EDITORS 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 Hometown News releases submitted to the Joint Public Affairs Office by unit information officers.

SOMS
Welcome Aboard:
SSgt R.V. Daniels

Sgt A.L. Whitney
PFC D.M. Evans
Promotions:
SSgt J.E. Smith
LCpl R.A. McCulagh
Good Conduct Medal:
LCpl M. Garcia III
LCpl E.J. Kimball
Navy Achievement Medal:
GySgt J.L. Miller

1/3
Promotions:
Sgt D.E. Burns
Sgt W.E. Graham
Sgt J.W. Ligon
LCpl J.T. Hill
LCpl J.L. Kinnard
LCpl J.N. Lazzati
LCpl J.A. Lupica
LCpl G.E. Mayer

LCpl C.J. Mitchell Jr.
LCpl A.K. Thomas
LCpl M.D. Zimmerman
PFC R.R. Gibbs Jr.
PFC M.L. Duckett
PFC C.A. Helwig
PFC I. Johnson Jr.

3/3
Promotion:
Sgt D.C. June

BSSG
Promotions:
Sgt W.J. Wilson
Sgt M.A. Briones
Cpl C.B. Isom
Cpl H. Artavia
Cpl D.A. Beam
LCpl K.A. Young
LCpl R.R. Boyd
PFC K.A. Lincke

Reenlistments:
GySgt F.J. Finkenbinder
GySgt R.E. Pavlick
Sgt M.A. Briones
Sgt K.W. Bivens

HMM-265
Welcome Aboard
Sgt T.H. Glenn
Promotions:
SSgt W.E. Compton
LCpl S.T. Wimberly
Navy Achievement Medal:
Sgt P.D. Kingsbury

MAG-24
Letter of Appreciation:
1stLt C.S. MacKenzie
1stLt J.S. Miller

Paradise Pastimes

BEYOND THE GATES Merrill Ashley and dancers from the New York City Ballet make their first Hawaii appearance Aug. 1, 2 and 3 at the Neal Blaisdell Concert Hall.

Principal dancers Ashley, Ib Andersen and Sean Lavery will lead the corps of performers. A full orchestra, conducted by Honolulu Symphony musician Les Petre, will accompany the dancers.

Program selections include "Apollo" with choreography by New York City Ballet Master George Balanchine, "Afternoon of a Faun" with choreography by Jerome Robbins of New York City Ballet and Broadway acclaim, "Who Cares?" to the music of George Gershwin, and the Grand Pas de Deux from Tchaikovsky's "Nutcracker."

Tickets for the New York City Ballet are priced from \$8 to \$15. Mail orders are being processed through July 22 at the NBC box office. Tickets go on sale at the NBC box office at all HITS locations, including Sears, tomorrow. For complete information on the New York City Ballet, call NBC at 521-2911.

SCHOFIELD BARRACKS, HAWAII — The time for the Schofield Barracks Youth Carnival is getting closer, brining with it rides, refreshments and live entertainment featuring such local stars as Henry Kapono, Rap Raplinger and Noehalani Cypriano.

The annually held fun raiser, will run from July 31 through Aug. 2 at Desiderio Field south of the 25th Infantry Division Headquarters Building (Building 580).

Rides and games will be provided by E.K. Fernandez plus there will be a wide selection of food booths.

Scrip for the carnival is on sale now by the kids involved in the Schofield Barracks Youth Activities and in all 25th Infantry Division units and will be on sale at the carnival grounds during the carnival.

The public is encouraged to attend. Signs will be posted at the Main Gate on Schofield giving directions to the carnival.

CHEAPSHOTS — The Military Affiliate Radio Station sends free MARSgrams to anywhere in the free world. A MARSgram is similar to a telegram and can deal with any personal, non-commercial subject. Drop boxes for MARSgrams are located at the main exchange, the customs office in Hanger 105 and the MARS office, second floor of Building 505. For more information call 257-2797.

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5. Lower Back Pain, Hip Pain, Pain Down Legs

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HALF-LOAD, FIRE! — A mortar team from Weapons Company, 1st Battalion, 3d Marines fires an 81mm white phosphorus round to mark targets for fixed-wing aircraft on Kahoolawe July 8. Although 1/3 fired the marking rounds, the Supporting Arms Coordination Center Exercise was held in conjunction with Battalion Landing Team, 2d Battalion, 3d Marines rehearsal for Operation Bell Volcano 81-2.

Photo by SSgt Michael Prosser



Bell Volcano 81-2

Operation readies Marines for Western Pacific deployment

by SSgt Michael Prosser

BARKING SANDS, Kauai — D-Day for Operation Bell Volcano 81-2 began with bright skies and mild seas. The information was particularly significant to the air and amphibious craft making the heliborne and amphibious assault July 10.

SUDDENLY THE ship's muted hum was shattered by a call from the bridge. "Flight quarters, flight quarters, all personnel concerned man your flight quarter stations."

From all areas of the USS Okinawa (LPH-3), one of five ships involved in the bi-annual Mid Pacific Operations, sailors and Marines hurried to the flight deck, quickly donning flight vests, headsets and goggles. Crew chiefs and mechanics from Marine Medium Helicopter Squadron (C) 262 had begun pre-flighting the helicopters an hour before the call for flight quarters.

HMM (C)-262 pilots and co-pilots on flight status for D-Day attended early briefing in the squadron's ready room. Word was passed concerning the day's weather and flight conditions, helicopter assignments and locations of the different drop zones for each assault wave. They were also briefed about helicopter direction signals, safety aboard

ship, the direction of the nearest land, the ship's position in the naval force and emergency procedures. Shipboard landing with a helicopter could be extremely dangerous without practice flight hours at West Field's ship mock-up.

"EVERY PILOT and co-pilot practiced at West Field before departing K-Bay for the deployment," says Capt Phil Exner, a CH-53 pilot assigned to HMM(C)-262 for the six-month trip. "Our primary concern in practice was coming in at the right angle and setting down exactly on the landing spots."

Marines from Company G and the headquarters element of Battalion Landing Team, 2d Battalion, 3d Marines were scheduled to fly on every available aircraft. Each unit was broken down into serials; five for a UH-1N Huey, 20-25 for a CH-46 and 30-35 for a CH-53.

Marines of Company F, Marine Amphibious Unit Service Support Group-31 and sailors from the Beachmaster Unit going ashore in landing craft and amphibious tractors from the USS Denver (LPD-9), and the USS Alamo (LST-33), were serialized for each beach assault wave.

REHEARSALS were staged on D-1 to school Marines and sailors on the correct procedures to follow

when their serial was called.

Minutes before H-hour on D-Day the following message was passed from the bridge of the ship: "... the following serials lay to the hangar deck (the hangar deck is four levels below the flight deck on the USS Okinawa), 8100-1, 8100-2, 3, 4..." and on until the first assault wave of helicopters was filled.

Marines and sailors of BLT 2/3 were manifested and assigned to a particular helicopter. Manifest information included the name, rank, social security number and the unit of each individual.

COMBAT CARGO personnel led each serial to the flight deck when the signal was passed from the bridge. Helicopter directors gave the word to load each helicopter as the crew chiefs ensured each man was strapped in, had on a life vest and protective headgear.

Four teams from 2d Platoon, Company A, 3d Reconnaissance Battalion had been inserted from a Navy submarine to land on Kauai and conduct beach and ground reconnaissance and transmit the information by radio to the 37th Marine Amphibious Unit staff.

THE MAJOR objective of Bell Volcano 81-2, which lasted from

July 7 through July 11, was to exercise the landing plan. In other words, the objectives were to develop combat powers ashore in order to take assigned objectives and effect unit link-up.

Company G was tasked with the acquisition and control of certain terrain features following their assault to secure Landing Zone Eagle on Kauai.

A landing force support party from Company A, 3d Combat Engineer Battalion assigned to MSSG-31 established a beach support area on Red Beach.

COMPANY F landed on Red Beach in amphibious tractors. Their mission was to secure the beach and on order, revert to the BLT reserve.

Other designated units from the surface and air assaults were required to occupy or control assigned objectives in the process of link-up.

Communications, always a vital link in any exercise, were no less important in Bell Volcano 81-2.

IN ORDER TO

exercise command and control, a unit must have communications. Those communications provides logistic support, the means for coordination of fire support and a link between the Marine Amphibious Unit headquarters and the BLT commander.

Communications between the amphibious force at sea and the BLT also provided helicopter support for the assault and the limited logistical resupply.

Some communications systems failed on a temporary basis, but back-up radios provided the Marine Amphibious Unit staff the means to monitor the conduct of the operation.

DURING A surface assault, a landing craft from the USS Denver (LPD-9), unloaded a tank that became an immediate casualty when it went dead in the water after hitting a sandbar.

The tank was the type of casualty that would be encountered in a real war.

In a contest of strength vs. weight, a Navy D-8 Dozer from the USS Alamo powered the 52-ton, water-

laden tank to dry land. The operator of the D-8 Dozer, Equipment Operator Constructionman Chris Tufts, from the BMU aboard the USS Alamo, called pulling the tank from the water "a routine job. Our crew is always helping land craft and even vehicles that get stuck in the sand."

OPERATION Bell Volcano 81-2 was considered a success, according to Col Edward Mockler, Commanding Officer of the 37th Marine Amphibious Unit during the exercise.

"The most important aspect accomplished was that the amphibious squadron and the BLT got to work together," states Col Mockler. "Communication systems that will be used for the next six months were massaged and minor problems identified."

The Navy/Marine team discovered on a face to face basis that the initial skills and coordination effected during Bell Volcano 81-2 will help them achieve their end goals in the future, no matter what the tasks as they depart to assume their front line role as the 31st Marine Amphibious Unit in the Western Pacific.

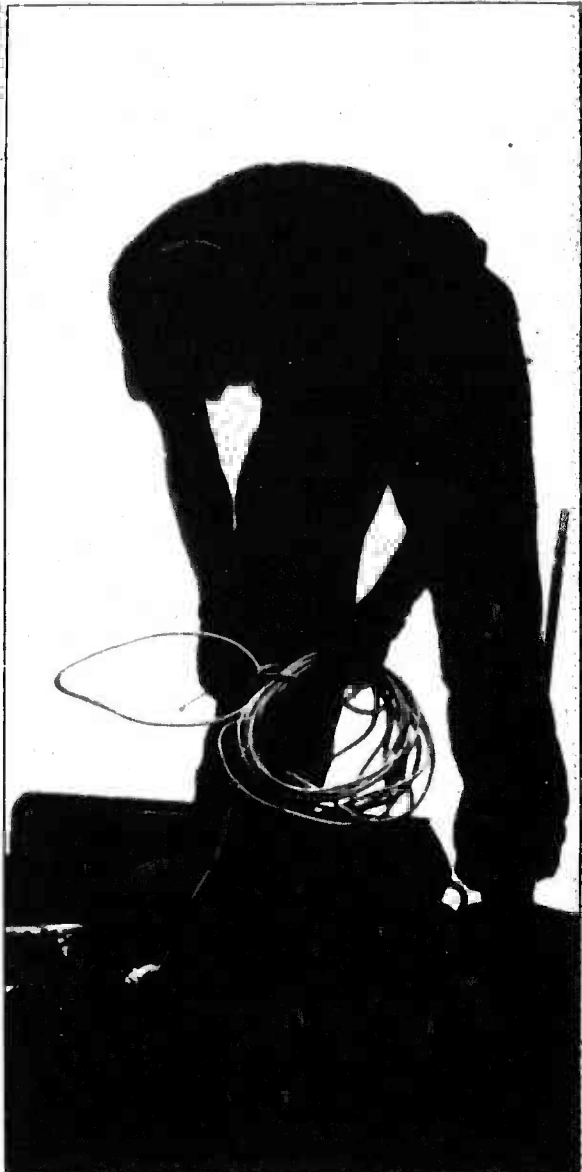


Photo by SSgt Michael Prosser

BACKLOAD PREPARATION — A tracked vehicle crewman from Company D, 3d Assault Amphibian Battalion, ensures his amphibious tractor is ready for its waterborne backload to the USS Denver (LPD-9), following the completion of Operation Bell Volcano 81-2 July 11. The Marine and his fellow crewmembers spent two days and one night on Kauai before departing Hawaiian waters to take up the vigil as the 31st Marine Amphibious Unit in the Western Pacific.

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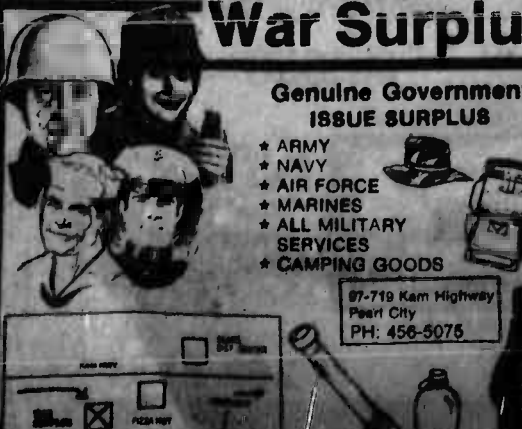
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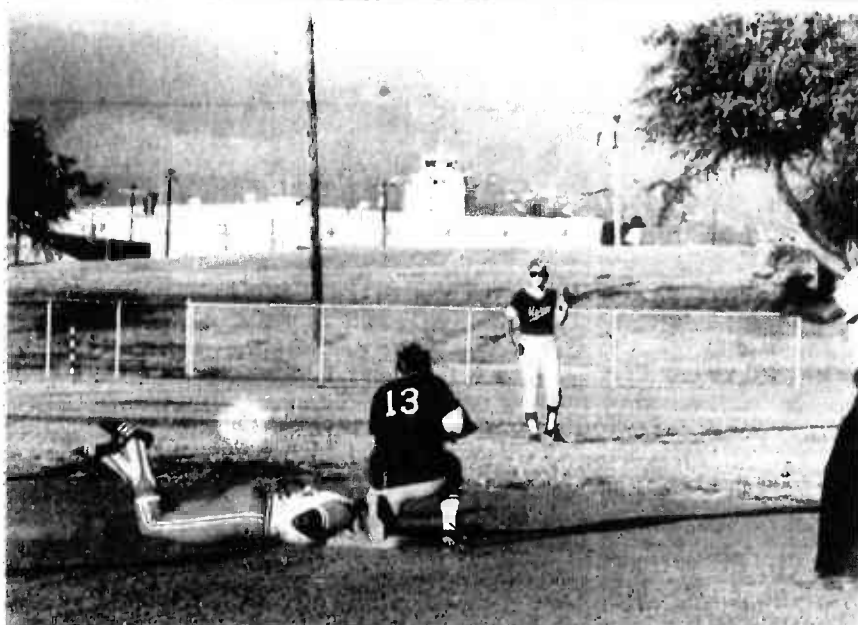


Photo by SSgt Joe Blackburn

YOU'RE OUT! — Hawaii Marine teammates Cpl Rolin Stanek and LCpl Robin Mavis express their views to the umpire as he called Cpl Stanek out at the plate. The umpire

remained steadfast in his call and the Hawaii Marines women's team eventually lost the seven-game series after they had a three game lead July 10.



Photo by SSgt Joe Blackburn

TOO LATE — Cpl Jeanne Keener (No. 13) puts the tag on a Western Pacific player after she was caught off base when a line drive ball was hit to left fielder Cpl Robin Stanek. The

WESTPAC women in a come-from-behind triple-header won the Fleet Marine Force Pacific championship beating the Hawaii Marines women's team.

WESTPac Marines cop title

by MGySgt Stony Merriman

HAWAII — The Western Pacific lady leatherneck all-star slow-pitch softball team convinced everyone here July 10, they are "the champions of the Pacific."

HOWEVER, IT took a come-from-behind triple-header to

convince the Hawaii Marines: 3-1, 8-2 and 11-1.

But that doesn't tell the entire story, the FMFPac games be-

gan July 8 and the fired up aloha ladies downed the visitors 5-2. Game two saw the WESTPac "Bombat Brigade" go into action from the third inning, as they scored five runs. Cpl Liza Edgington, WESTPac shortstop, connected for a double and Sgt Donna Harris came through with a single with the bases loaded. Sgt Harris, the second baseman, also tripled with the bases loaded in the sixth.

Coach GySgt Marty Martinez was still not satisfied with the victory in game two and had his team on the field for hitting practice at 8 the next morning. Then after lunch it was "pepper" drills.

YET, EVEN the finest team's bats go to sleep every so often and this was the case July 9 for WESTPac in game three. They collected only one hit in the 32-minute losing contest. Final score 3-0.

Game four followed in 10 minutes and it was simply a repeat

performance of game three. The scorekeeper's book showed Hawaii in the lead at the end of seven innings 2-0. WESTPac's bats were still asleep.

EXTRA HITTING practice was what Coach Martinez ordered for July 10... just after sunup. Game five was a good defensive battle on both sides. Yet the eight hits for the "Japanese ladies" compared to the two hits for the "Hawaiian ladies" was the tell-tale clue in the 3-1 victory for the western Pacific team.

"We can't let our guard down," Martinez told his huddled team in the dugout. "Now is the time to shine. Not next week, not next year... now!"

They responded with blasts all over the field. If there was a weak spot WESTPac found it and tied the series with a 8-2 score in game six.

Sgt Sara Randall, 'Pac's left center-fielder, smashed a first inning home run with one aboard to get the

scoring under way. Before Hawaii knew what hit them the base pads were filled with WESTPac runners and the scorekeeper's pen was kept busy writing score after score. The hitting attack continued constantly throughout the seven innings. A total of 15 hits were recorded for WESTPac and only two for Hawaii. Final score 11-1.

When ask "What happened to turn the series around in WESTPac's favor?" Coach Martinez answered. "First, naturally, the long hours and months of punishing workouts and games in the Orient paid dividends. Second, every game the WESTPac men's team was able to cheer for us, we won. While they were playing at Kaneohe Bay we just couldn't seem to get fired up."

Cpl Michelle Hickman was selected to represent Hawaii. Teammate LCpl Robin Mavis was a 1980 All-Marine and will also attend the desert trial camp.



Photo by SSgt Joe Blackburn

A SWING AND A HIT — Western Pacific batter Sgt Sara Randall finds that all the practice does pay off as she meets the ball for a base hit during the Fleet Marine Force Pacific championships. WESTPAC won the best-of-seven series defeating the Hawaii Marines women's team by winning the last four games July 10.

Muscles

Leatherneck works toward goal

by PFC Todd Ramsburg

If one were to choose the word that best describes LCpl Paul Hospodar, that word would most certainly be dedicated. Besides fulfilling his duties as a Marine, LCpl Hospodar is constantly working toward his goal of being a champion body builder.

"Body building is a 24 hour-a-day sport," says Hospodar. "You have to plan your diet, sleep, and training."

ALL OF this hard work has obviously paid off. For the past two years LCpl Hospodar has been runner-up in the Mr. Hawaiian Islands Contest.

In addition to his silver medal finishes, this

year he was also voted "Most Muscular" by the panel of judges.

"The way I train is called the confusion-insanity program," Hospodar explained. "It means that you work out until you reach the pain barrier, and then go on a bit further." Not wanting to spend too much time on only one part of the body, he concentrates on alternate body part exercises when working out.

Training for a competition starts long before the contest begins. Eight weeks before the event Hospodar starts his diet of eggs, tuna, and water.

"I EAT those

particular foods for high protein and low carbohydrates," LCpl Hospodar commented. "The diet dissolves all the fat in your system so you go in to the competition with as little fat as possible."

HIS TRAINING does have its rewards. Because of his second place finish in the Mr. Hawaiian Islands Contest, he is now eligible to compete in the American Body Building Championships in October. There he will be up against all the top amateurs in the United States. His goal is to go as far as he can in this demanding sport, and with his dedication, and his eye towards self-improvement, he probably will.



USMC photo

LCpl Paul Hospodar



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Matches test devildogs

A turnout crowd of 67 players were on hand for the first official racquetball tournament held July 3 through 5 at the upper racquetball courts.

ON THE FIRST day more than 33 matches were played starting at 8 a.m. and running until midnight. Most of the first-round losers were surprised at the strict enforcement of the United States Racquetball rules.

By the end of the second day of the tournament, match winners were being advanced to quarter and semifinals.

Emerging victorious from the semifinals in the open division was SSgt Vince Cruz who defeated MSgt Robert Lenkowski 21-16, 21-7 and Sgt Jim Jenkins who clobbered GySgt Mario Vasquez 21-0, 21-8.

DURING THE finals Sgt Jenkins outshot SSgt Cruz 21-6 and 21-12. GySgt Vasquez took third place by a forfeit and MSgt Lenkowski finished in fourth.

The women's division semifinals had Laurie Malone winning by a forfeit and Pam Green over Nancy Boileau 21-5 and 21-0. Malone came

out of the finals a winner, outlasting Green in a match which had to be settled by a tie breaker, 21-9, 16-21 and 11-8. Boileau ended in third place while Penny Marts captured fourth by a forfeit.

Intermediate division semifinalist SgtMaj Saula Talamoni outcasted Petty Officer 1st Class Mondo Galarza 21-8, 16-21 and 1-7. Sgt Robert Myers conquered GySgt Butch Goings 21-14, 16-21 and 11-5. Sgt Myers was victorious over SgtMaj Talamoni to cop first place. Petty officer 1st class Galarza took third place and GySgt

Goings finished fourth.

FINALISTS FOR the novice division were 1stLt Dave Schlacke defeating 1stLt Jim Harris for the top position, Andrew Smith placing third and Sgt Andrew Sanchez finished fourth.

The winner of the ladies good sportsmanship trophy was Marie Walker and the men's winner was SSgt James Tatum.

A possible doubles tournament is being organized for August. The first meeting for the racquetball club is scheduled for Aug. 14 at 7 p.m. at the upper racquetball courts.



THE TROPHY WINNERS — The victors of the first official racquetball tournament pose for a picture after the completion of the matches. The three-day tournament held July 3 through 5 aboard MCAS Kaneohe Bay sparked enough interest to start a racquetball club. They are: (left to right) front row; GySgt Butch Goings, SSgt Vince Cruz, director, Sgt Andrew Sanchez, middle row; Marie Walker, SSgt James Tatum, Laurie Malone, GySgt Mario Vasquez, Sgt Maj Saula Talamoni, back row; Sgt Jim Jenkins, Sgt Toby Williams, Sgt Robert Myers, Andrew Smith and JLCpl Saula Talamoni Jr.

Marines win gold medals

Boxing team dominates match

CAMP LEJEUNE, N.C. — Six USA boxers and the United States Team walked off with top honors at the 33rd International Boxing Championships hosted here July 3.

The United States tallied 30 points followed by the Dominican Republic with eight.

Other teams included in the scoring were, Korea with seven points, Egypt and Germany six, Algeria and Thailand with four, while Italy, Sudan, Venezuela and Greece scored three.

USA BOXERS dominated the upper weight classes during the week long competition. Army Specs. 4 Lawrence Howie, Joe Manley, James Mitchell and Woody Clark along with Marines, Sgt Calvin Jackson and Cpl James MacDonald, won the gold. Army Spec. 4 Bobby

McCorvey, Marine Cpl Incencio Ventura earned silver medals while Marine LCpl Tim Christensen and Army Spec. 4 Fred Perkins captured the bronze.

Kyung Cho of Korea won a decision over Incencio Ventura in the first contest of the night. Despite a comeback in the later part of the third round Ventura could not surmount the knockdowns were the results of hard lefts to Ventura's face during the 106 pound/48 kilo contest.

BOULAM QUA-DAHI of Algeria won the 112 pound/51 kilo contest by decision over Egypt's Gamal Elkome. Quadahi, the aggressor in the bout, worked to Elkome's body in all three rounds. The Egyptian's late rally in the last two rounds failed to change the decision. Payao Pooltarat of Thailand defeated

Germany's Stefan Gertel in the 119 pound/54 kilo bout with a steady barrage of rights that landed solidly on Gertel's face. Each round was filled with solid exchanges by both fighters. Army Spec. 4 Lawrence Howie decided Egypt's Saber Serga in the 125 pound/57 kilo contest. Howie, scoring standing eight counts on Serga in the second and third rounds, was clearly the aggressor.

Joe Manley was winner by walkover in the 132 pound/60 kilo weight class. Konstantinos Syrras of Greece suffered a broken wrist and was unable to box.

ARMY SPEC. 4 James Mitchell of the USA team knocked out Sudan's Abouk Abashouk with smashing rights and lefts to the head at 1:23 in the second round of the 136/63.5 kilo bout.

At 1:03 in the opening round, Leo-

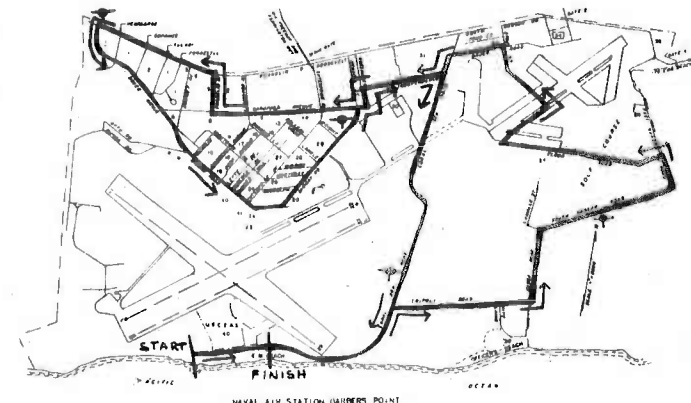
nardo Batista of the Dominican Republic knocked out Korea's Wak Seuk Seong with a right cross in their 147 pound/67 kilo contest. Batista started the round slowly, but after the Korean received a standing eight count Batista never let up on Seong.

In the non-stop battle in the 156 pound/71 kilo category, Jorge Amparo of the Dominican Republic won a close decision over Army Spec. 4 Bobby McCorvey of the United States. Both boxers received standing eight counts; Amparo in the second and McCorvey in the third. Marine Cpl James MacDonald of the USA Team won a decision in the 165 pound/75 kilo bout with Jorge Cartaya of Venezuela. One minute into the opening round MacDonald scored a standing eight count on the

Venezuelan. From then on it was MacDonald the aggressor, controlling the action in the match.

MARINE SGT Calvin Jackson of the USA team used hard rights for three rounds to win a decision over Luigi Di Lauro of Italy in the 178 pound/81 kilo bout. It was Jackson's hard right in both the first and second rounds that accounted for two standing eight counts on the Italian.

In the last match Spec. 4 Heavyweight Woody Clark of the United States attacked the midsection of his much taller opponent Josep Herperts of Germany. The referee stopped the contest at 2:58 of the first round and declared Clark the winner. Herperts had the height and reach on the much shorter champion, however, Clark maintained control of the fight from the opening bell.



Unit sponsors half-marathon

The Third Annual EOD Half Marathon will be held at Barbers Point Naval Air Station Sunday, Aug. 23. Both military people and civilians are invited to compete in this 13.1-mile run,

which will begin at Nimitz Beach. The course itself consists of relatively flat paved roads, with a minimal amount of traffic. To enter, simply mail registration forms to: Race Director, EOD

1/2 Marathon EOD Group ONE, Barbers Point, Hawaii 96862. T-shirts and race packets will be guaranteed to all runners whose registration forms are received by

Aug. 7. The cost is \$7 per runner and all proceeds will go toward the EOD Memorial Scholarship Fund. For additional information, call Wayne Horton at 684-8143 or 487-7685.

Sportnotes

The Men's Open Slowpitch Summer Football standings Thursday were:

Pacific	W	L
3dComEng	6	1
Btry 'A' 1/2	4	3
VMFA-232	4	3
Lasers	3	3
SOMS	2	4
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Vending	4	2
Co. 'C' 1/3	4	2
Wildbunch	4	1
H&HS	4	1
Motor T	2	4
NOSC	1	4
HMH-463	0	5
West	W	L
1stRadBn	5	0
H&MS-240rd	2	2
BSSG Supply 2	2	2
Vigilantes	2	1
H&S BSSG	2	1
Amtracs	1	3
HqCo3rdMar	0	4

An organizational meeting for Intramural Eight-Man Flag Football will be held Aug. 6 at 11 a.m. in the Family Theater lobby. The season begins Sept. 8. Command authorization forms for entering unit teams are available at the Athletics Office.

An Intramural Volleyball organizational meeting will be conducted Aug. 7 at 11 a.m. in the Family Theater lobby. The season begins Sept. 8. Command authorization forms for entering unit teams are available at the Athletics Office.

Superior men and women Marine Athletes in all sports are reminded to drop by the Athletics Office and make sure they are properly identified, especially newly arrived Marines.

Superior Marine runners are urged to contact the Athletics Office for the 1981 Hawaii Marine Cross Country Track trials to be held Aug. 3.

Tryouts for the next season of the women softball league are being conducted Sundays from 1-3 p.m. at Risely Field. League play will start after teams have formed.

The Mini Gym is having "Ladies Night" on Mondays, Wednesdays and Fridays weekly from 8-9 p.m.

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Vitamins: Daily dosage supplements essential nutrition lost by dieters, vegetarians and finicky eaters

by Sgt Nora Parrish

Many people take daily dosages of vitamins to make up for what they miss by dieting and grabbing quick meals at fast food restaurants.

SOME EAT balanced meals and do not require vitamins but, there are certain groups of people who lack some of the essential vitamins.

The body requires a certain amount of vitamins, without which it fails to function properly.

People thought to be lacking in the essential vitamins

include dieters and finicky eaters who often avoid foods with high mineral and vitamin content. Vegetarians run the risk of not receiving enough vitamin B-12 by not including meats in their diets.

According to recent studies, smokers lack as much as 30 percent vitamin C. Alcohol intake can also decrease the amount of vitamins in the body.

A balanced diet that meets the U.S. Recommended Daily Allowance for vitamins provides people with the required nutrients.

THERE IS NO substitute for good nutrition. With the overabundance of fast food restaurants and people find it easier to eat a hamburger, coke and fries. These fast-food junkies should take commercial vitamins to make up for those they miss in their diets.

People must be careful not to abuse vitamins. A severe example of overuse involves a four-year-old Kansas boy who took a full bottle of children's vitamins. He was hospitalized with vitamin A and iron poisoning.

Although that is an

extreme case, the Food and Drug Administration's National Clearing House for Poison Control Centers reports that about 4,000 cases of vitamin poisoning occur each year. Of those, about 3,200 cases involve children.

The best way for people to avoid overusing vitamins is to follow the recommended daily allowance established by the FDA and listed on each bottle.

ONCE THE decision to take vitamins is made, the question of which are needed and

what purpose they serve arises.

One of the more commonly taken vitamins is vitamin C which aids in the production of collagen, a substance that gives structure to bones, cartilage, muscles and tissues. It also helps to prevent internal bleeding and promotes the health of teeth and gums. Vitamin C can be taken into the body by eating citrus fruits, tomatoes, cantaloupe and cabbage.

Vitamin E, often referred to as the "sex vitamin" actually prolongs the life of red blood cells and helps the body use vitamin

A. Vitamin E can be included in the diet by using vegetable oils, nuts or plant tissues.

TO KEEP EYES and skin healthy people should eat foods with vitamin A in

them. Vitamin A helps with the proper growth of bones, glands, teeth, nails and hair. The sources of vitamin A are fish, liver and milk. There are many other vitamins on the market and each

serves different purposes. Many vitamins are found in the foods people eat. To discover if you need them, find out the purpose of the vitamin and in what foods it can be found. You may already be

receiving the necessary amounts in foods you eat.

Vitamins are not a cure-all and do not replace good food and exercise but vitamins can help promote good health.

U.S. RECOMMENDED DAILY ALLOWANCES

Vitamin	Unit of Measure	Infants	Kids Under 4	Adults (Age 4 up)
Vit. A	International units	1,500	2,500	5,000
Vit. D	Int'l. units	400	400	400
Vit. E	Int'l. units	5	10	30
Vit. C	Milligrams	35	40	60
Folic Acid	"	0.1	0.2	0.4
Thiamine	"	0.5	0.7	1.5
Riboflavin	"	0.6	0.8	1.7
Niacin	"	8	9	20
Vit. B6	"	0.4	0.7	2.0
Biotin	"	0.05	0.15	—
Pantothenic acid	"	3	5	—
Vit. B12	Micrograms	2	3	6

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P165/80R15	165/80R15	\$48.95	\$1.82
P175/70R13	175/70R13	\$48.95	\$1.61
P185/70R13	185/70R13	\$51.95	\$2.03
P185/70R14	185/70R14	\$54.95	\$1.82

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Aviators prepare in ready room

by Sgt Nora Parrish

Imagine for a moment pilots flying their aircraft without a briefing on their mission, the weather or possible problems in their flying area.

AERIAL CHAOS might result. To avoid an awkward situation like this Marine Heavy Helicopter Squadron-463, like all aircraft squadrons, operates a ready room.

The ready room serves many functions and its relation to the squadron's mission is vital. It is there that pilots receive, among other information, their aircraft assignments, local and pertinent area's weather forecast and their missions while flying.

"The ready room is manned by an opera-

tions duty officer whenever we have a helicopter in the air," explained 1stLt Mike Henry, pilot training officer.

THE ODO briefs the pilots before their flights. Once the brief is given, the pilots discuss the mission themselves.

"Briefs the pilots give themselves include reviewing the Naval Air Training and Operating Pro-

cedures Standardization, checking the dures for different memorandum board situations that may for noise sensitive arise. When the NATOPS reminders and officer needs to see a changes in the area pilot it is noted on a and then initialing board in the ready each memorandum room. The board also reminds pilots of annual instrument checks, given in the pilot's birth month or a NATOPS check, also given once a year.

Along with its use for operational purposes the ready room is also the place where

officers gather to relax and talk. The importance of their jobs surround them. On the walls are posted safety reminders and current information about flying. Posters show other countries' aircraft and distinguishing markings.

EVEN AFTER the pilots land their helicopters more work must be completed. "Each pilot must fill out flight reports," said 1stLt Henry.

When the pilots finish their reports and the last flight has safely landed the ready room is still active.

"The ODO completes forms concerning flight hours on the helicopters, the number of flights that went out in relation to those scheduled and he

begins the paperwork process for the next ODO," related 1stLt Henry.

When the ODO has completed his paperwork and leaves for the day the squadron duty officer assumes the duty in case an emergency flight is needed.

"IF, DURING the night or on a weekend, it is necessary for a flight to go out, a full helicopter crew plus an extra pilot would be called in," explained 1stLt Henry.

"The extra pilot would be in the ready room assisting the outgoing helicopter crew so the mission may be safely completed."

Daily Bread

The daily breakfast and weekend/holiday breakfast/brunch menus consist of fresh fruit, assorted hot and dry cereals, eggs to order, omelettes, assorted meats, creamed or chipped beef, hash browns and hot cakes or French toast.

All lunch and dinner menus include assorted salads, beverages, breads and desserts.

The menus for today through Tuesday are:

TODAY — Lunch: soup, Swiss steak, baked potatoes, fried squash, lima beans.

Dinner: soup, pig-in-a-blanket, stuffed cabbage, stuffed green peppers, fried cauliflower, asparagus.

THURSDAY — Lunch: soup, glazed duck, turkey chow mein, egg roll, steamed rice, fried rice, broccoli.

Dinner: soup, roast pork, mashed potatoes, mixed vegetables, Navy beans, applesauce.

FRIDAY — Lunch: soup, stuffed beef roulade, franconia potatoes, peas, cauliflower au gratin.

Dinner: soup, halibut, salmon steak, rice, collard greens, carrots.

SATURDAY — Brunch/Dinner: soup, pot roast, mashed potatoes, vegetable combination, green beans.

SUNDAY — Brunch/Dinner: soup, beef steak, baked potatoes, onion rings, asparagus, corn.

MONDAY — Lunch: soup, breaded veal, ham, sweet potatoes, green beans, mushroom gravy.

Dinner: tacos, chili con carne, bean and beef burritos, broccoli, Spanish rice.

TUESDAY — Lunch: soup, baked beef and noodles, peas, carrots.

Dinner: soup, chicken Newport, barbecue chicken, mashed potatoes, corn, fried okra.

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Then look at just the hard facts. Consider your job security, medical, educational and retirement benefits.

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• REVOLUTIONARY WAR

Misuse curtails card privileges

If a dependent abuses the privileges received from possessing a uniformed services identification and privilege card, DD Form 1173, he or she runs the risk of having the ID card confiscated and further use of the abused privilege curtailed.

The time period for such a suspension

varies depending on the offense and the circumstances surrounding the incident.

A letter by the station commander will be sent to the individual stating how long the abused privilege is being withheld. Below are some of the most common violations as outlined by Marine

Corps directives.

Shoplifting — Shoplifting aboard a military installation is cause for suspension of commissary and exchange privileges.

Check Abuse — Passing bad checks is also considered grounds for suspension of commissary and exchange privileges. First

offense can result in loss of privileges for up to one year.

Theater Abuse — When the conduct of a person holding a DD Form 1173 so warrants, the individual can be expelled from the facility. Depending on circumstances, theater privileges may also be suspended.

Marine Corps Order 1750.6 states consequences if a dependent's ID card is confiscated: "Arrangements shall be made for immediate (within 24 hours) reissue of a new DD Form 1173, less the privilege abused." The new card is provided by the unit of the dependent's sponsor.

The only privilege granted by DD Form 1173 that cannot be denied is medical care.

Possession of a dependent's ID card grants the holder certain privileges not entitlements. Abuse of those privileges may result in their revocation.

Local motion

K-BAY OFFICER'S CLUB

TODAY — Lunch in the Pacific Room from 11 a.m. till 1 p.m. features special, hot carved sandwiches, soup and salads. Mongolian barbecue on the Lower Lanai from 6 till 8:30 p.m.

THURSDAY — Lunch in the Pacific Room from 11 a.m. till 1 p.m. Beefsteak Night from 6 till 8:30 p.m. featuring steamship round, a seafood item, rice or potatoes, vegetable and a salad bar.

FRIDAY — Lunch in the Pacific Room from 11 a.m. till 1 p.m. Happy Hour in the Tapa Bar from 4:30 till 6:30 p.m. Mongolian barbecue on the Lower Lanai from 6 till 9 p.m. "Country Lane" plays from 8:30 p.m. till midnight in the Tapa.

SATURDAY — Candlelight dining in the Pacific Room from 6 till 8:30 p.m.

SUNDAY — Champagne Brunch in the Pacific Room from 10 a.m. till 1 p.m. with a wide variety of breakfast specials and a complimentary glass of champagne. In the evening, beef and crab buffet from 6 till 8:30 p.m.

MONDAY — Lunch in the Pacific Room from 11 a.m. till 1 p.m. Join us Monday through Friday for a variety of specials, hot carved sandwiches, soup and salads. Monday evening the club is closed.

TUESDAY — Lunch in the Pacific Room from 11 a.m. till 1 p.m. Tuesday evening the dining room is closed. The Tapa Bar opens from 4 till 10 p.m. Happy Hour is from 4:30 till 6:30 p.m. Popcorn is available at the bar.

K-BAY SNCO CLUB

TODAY — Luncheon special is peppered beef. Family Night Buffet served from 5:30 till 8:30 p.m.

THURSDAY — Luncheon special is tuna

noodle. Mongolian barbecue served from 5:30 till 8:30 p.m.

FRIDAY — Luncheon special is fish and chips. Candlelight dining and peel and eat shrimp served from 6 till 9 p.m. "Wooden Brass" plays from 9 p.m. till 1 a.m.

SATURDAY — Prime rib and crab served from 6 till 9 p.m. "Dave West & the Chain Gang" play from 9 a.m. till 1 p.m.

SUNDAY — Buffet Brunch served from 10 a.m. till 1 p.m. Cook your own steak over a charcoal grill from 4 till 7 p.m.

MONDAY — Luncheon special is Mexican plate. Happy Hour is from 5 till 6 p.m.

TUESDAY — Luncheon special is hamburger steak. Happy Hour is from 5 till 6 p.m.

WINDWARD ENLISTED CLUB

TODAY — Lunch from 11 a.m. till 1 p.m. Dining room opens from 6 till 8:30 p.m. D.J. in the Moongate Lounge.

THURSDAY — Lunch from 11 a.m. till 1 p.m. Dining room opens from 6 till 8:30 p.m. D.J. in the Moongate Lounge.

FRIDAY — Lunch from 11 a.m. till 1 p.m. Dining room opens from 6 till 8:30 p.m. "Wood & Brass" play in the Moongate Lounge from 8 p.m. till midnight.

SATURDAY — Dining room opens from 6:30 till 8:30 p.m. "Star" plays in the Moongate Lounge from 8 p.m. till midnight.

SUNDAY — Dining room opens from 6:30 till 8:30 p.m.

MONDAY — Dining room opens from 6:30 till 8:30 p.m.

TUESDAY — Lunch from 11 a.m. till 1 p.m. Dining room opens from 6:30 till 8:30 p.m. and features Eddie's fantastic all you can eat smorgasbord. D.J. in the Moongate Lounge.

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Call Theatre
For Show Times

WAIKIKI #2
In Town/Dorby Street
CHRISTOPHER REEVE
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"SUPERMAN II" (PG)
8:15 - 8:00 & 10:30 PM
SPECIAL ENGAGEMENT!
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Kalaheua
923-5353

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KUHIO #1
2798 Kuluhi
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"STRIPTES" (R)
TONIGHT:
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KUHIO #2

ENDS TOMORROW:
ALAN ALDA
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"FOUR SEASONS" (PG)
TONIGHT:
8:30 - 8:30 & 10:30 PM

KAPOLANI
1546 Kapaeha
955-5115

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8:00 - 8:00 & 10:30 PM

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917 Pali Highway
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STARTS FRIDAY
"WOLFEN" (R)
"SHINING" (R)
GATES OPEN AT 8:30 PM
SHOW STARTS AT 7:30 PM

KAHAHA
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8:30 - 8:30 PM
"LAWRENCE" (PG)
8:30 PM ONLY

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For Show Times

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ENDS TOMORROW:
"TICALS" (R)
1:00 & 4:00
7:00 & 10:00 PM

PEARL RIDGE 3

"CLASH OF THE TITANS" (PG)
11:45 AM & 2:00 & 4:15
8:45 & 8:45 & 10:45 PM

PEARL RIDGE 4

"HISTORY OF THE WORLD PART I" (R)
8:00 - 8:00 & 10:00 PM

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July 27-31	Senior Citizens' Forum	10 AM	CMH
August 6	Every Thursday		
August 4-Sept. 22	Heartbeat	8-11 AM	Kaneohe
Sept. 13-15	Heartbeat Follow-Up	7 PM	Kaneohe
	Five-Day Plan	7-8:30 PM	Kaneohe
	Five-Day Plan Follow-Up	7 PM	Kaneohe
	Weight Management	7-9:30 PM	CMH
	Heartbeat	8-11 AM	Kaneohe

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Unit Info

VMFA-232 Red Devils

Thanks to the super job in our maintenance department, the Red Devils again exceeded their projected monthly hour goal in June.

The Red Devils recently took LtGen O'Donnell on his final flight in the F-4 and in the Marine Corps after more than 39 years service.

Following the Marine Aircraft Group 24 change of command, the squadron had a family picnic at Bellows Air Force Station. A good time was enjoyed by all hands and their families and, our appreciation is extended to 1stLt Kurt Eckert

and all those who helped make it a smashing success.

This past weekend and for the rest of July, the squadron will be participating in the midshipmen sponsorship program and will introduce the F-4 community to the visiting midships from the Naval Academy.

Congratulations go out this week to a lot of people. First of all our new Air Combat Tactics Instructors were recently certified. They include Maj R.A. Miranda, 1stLt D.G. Herrin and R.D. Alles and Capt J.A. Henry. Welcome aboard to PFC J.M. Hullings and LCpl D.H. Sorden who just checked in and

congratulations to our newest sergeant, L.E. Forman.

The Red Devils had two more additions to their family this week. Born to Maj Thomas Maxfield and his wife Karen June 30 was a seven-pound 11 and one-half-ounce girl named Krista Joy. Sgt Robert Neisser and his wife Susan followed two days later with a seven-pound 14-ounce boy named Lawrence July 2.

The softball team is gearing up for a new season and promises to be tough competition for any of its future opponents.

submitted by 1stLt Greg Paine

HMM-165

During Marine Medium Helicopter Squadron 165's present deployment aboard the USS Belleau Wood (LHA-3) several of the pilots have completed thousand-hour marks in their aviation career.

Career milestones were recently achieved by various pilots of HMM-165. Representing more than 23,000 accident-free flight hours, HMM-165 is committed to its second Western Pacific deployment.

submitted by 1stLt Freeman



ACCIDENT-FREE HOURS—Nine pilots from Marine Medium Helicopter Squadron 165 (standing left to right) Capt Mike Kimlick, Steve Melton, Gerald Hammes, Maj Dave Moore, Bob Orziz and Capt Ray Shelton. (Kneeling left to right) Maj Dan Healy, LtCol

Gary Thiry, and Capt Greg Johnson, hold posters denoting the number of accident free hours they have completed. These pilots reached their thousand-hour marks while on their Western Pacific deployment.

Cinema

W T h F S S M T

MCAS Theater

Camp Smith Theater 3 7 7 8 9 10 11

1. **HARDLY WORKING** — Jerry Lewis, Susan Oliver, PG, comedy. Lewis is a free spirited, unemployed clown who tries his hand at many jobs. They include disco dancing, bartending and Japanese cooking.

2. **THE WANDERERS** — John Friedrich, Karen Allen, R. drama. "The Wanderers" are a gang of Italian-American youths in the Bronx during the 1960s. Their exploits include minor disagreeable encounters with rival gangs.

3. **AMERICAN POP** — Ron Thompson, Marya Small, R, musical-drama. An epic story in animation of four generations of an American family and the way music affects their lives over the years.

4. **HERO AT LARGE** — John Ritter, Anne Archer, PG, comedy. An out-of-work actor along with 62 others are shuttled around Manhattan in a bus and dropped off in Captain Avenger costumes at neighborhood theaters for promotion. One night Ritter foils a robbery and the media make a fuss.

5. **ROLLER BOOGIE** — Linda Blair, Jim Bray, PG, comedy-drama with music. When the mob tries to muscle in on a disco rink, the kids rally together to route them out.

6. **THE WILD ONE** — Marlon Brando, Mary Murphy, PG, drama. Motorcycle club terrorizes a small town only to be run out. Supposedly

based on a true incident in a small California town.

7. **THE HOWLING** — Dee Wallace, Patrick McNece, R, horror-drama. Anchorlady Wallace sets herself up as bait for a psycho and is killed. Her co-workers preparing a story on the murder begin a study into werewolves.

8. **THE 39 STEPS** — Robert Powell, David Warner, PG, drama. When a man is killed the police pursue a British Intelligence Agent who has unearthed a plot of assassination.

9. **THE BLACK MARBLE** — Robert Foxworth, Paula Prentiss, PG, comedy-drama. A love affair blossoms between detectives in the Los Angeles police department. They are partners working on a case involving the kidnapping of a show dog owned by a lonely spinster.

10. **THE INCREDIBLE SHRINKING WOMAN** — Lily Tomlin, Charles Grodin, PG, comedy. Tomlin starts to diminish in size due to excessive use of perfumes, detergents, deodorants and other sprays. Reduced to doll-size, she still tries to lead a normal life. She cooks, shops and washes dishes with amusing results.

The Family Theater will feature shows of **THE INCREDIBLE SHRINKING WOMAN** Friday. The first showing is at 6 p.m. and the second at 8.

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Spareribs
Small Lean Sides
3/4 lb. Average



LB. **\$1.99**

5# Fryer Thighs
Gold Kist or Tyson Brand

EA. **\$3.39**

Crossrib Roasts
Boneless Safeway Quality

LB. **\$2.89**

NECTARINES
U.S. No. 1 Quality
Crisp,
Sweet, Crunchy
(SAVE 40c LB.)



LB. **49¢**

PEARS
Sweet Bartlett
New Crop



LB. **69¢**

APPLES
U.S. No. 1 Quality
Golden Delicious
(SAVE 30c LB.)



LB. **49¢**

CANTALOUPE
U.S. No. 1
Ripe, Sweet,
(SAVE 20c LB.)



LB. **39¢**



Malolo Syrup
1 Gallon
All Flavors

\$4.39

Long Grain Rice
Town House 2 lb.



79¢

Chili



Nalley's
15 oz.

69¢

Ritz Crackers



12 oz.

\$1.06

Large Eggs
Lucerne
Grade A Dozen
Mainland
Shelltreated



\$1.09

Bathroom Tissue
Scotch Buy
4 Roll
Single Ply



89¢

Salad Oil
NuMade
24 oz.



\$1.09

Ice Cream Sandwich
Party Pride
6 Pack



\$1.29

YOUR SPECIAL STORE ...

Items and prices in this ad are effective July 22-25, 1981

040 Ala Liliwai St Honolulu 95-1227 Kakaia Hwy St. Ann
1121 S Beretania St Honolulu 1080 Keolu Dr. Kailua
2805 E. Waiwae Rd. Honolulu 48-085 Kaim Highway Kaneohe
1300 Pali Highway Honolulu 25 Waiwae Bay Drive Kailua



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60 HELP WANTED MALE & FEMALE

TEACHER/counselor. Adult day program, special education & vocational exp. For further info. & application call 595-4781 after 3 p.m.

PRE-SCHOOL teacher w/dog, born again Christian. Ph. 488-1951 9-4 p.m.

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Leaving the service? Retiring? Going back to the mainland? Fee pd. jobs. Call Gene at 487-6974. JOB CENTER

RANCH hand, Reliable & hard working. Knowledge of horses and tack repair nec. Experience in team driving preferred. Call 259-8084

CUTE & cheerful counter cashier \$500-\$700. Call Sue 941-0531 Aloha Jobs

SALES person. Full-time, men's sportswear store. Exp. preferred, but not essential, excel. benefits. Apply between 10-12 p.m. Tues.-Fri. Kramer's Kailua, 860 Kailua Rd.

AUTO Body person, 1st class, preparation person, salary commensurate w/exp. Apply in person 131A Heikili St., Kailua. Ph. 282-5060

HEAD teacher for Christian pre-school. Call 262-8587 or 262-0331.

LOST Your Tri-Chem liquid Embroidery instructor? FREE Services, classes, 624-5779, 422-1735, 833-1433, 499-1513, 254-3896. F-part time positions open. Earn while you learn.

EXPERIENCED SALESPERSON

For Women's Specialty Shop Full-time APPLY IN PERSON Malihini Shop

YARD man needed and also misc. work. Call 671-1383

DENTAL Asst. clerk possible receptionist. Full time. Exp. preferred. Kailua 262-8232

PHOTOGRAPHER needed to design portraits for male models. Bren 259-9254

ARTEX Decorator Paints, accepting orders. Party Plan. Call 833-4148

MODELS for make-up and hair needed. Ph. 622-2084 Alberta from 10-10

ISLAND EMPLOYMENT Sales Clerks \$3.45 hr. Maintenance \$3.50 hr. Cleaning Woman \$3.50 hr. Separation \$3.35 hr. Typewriter DOE Receptionist \$7.75 mo. Travel Agent DOE Dental Receptionist \$\$\$ Melinda 261-9782

GYMNASTICS Instructors Hawaii School of Gymnastics Now & in Sept. 671-3100

WANTED NOW!!! Windward Area Secretaries to \$800 Full Chg. Bookkeeper to \$900 Chairside/Receptionist to \$580 Program Director \$1000+ Underwriter to \$1000 Test Control Clerks. Will train to \$800 Sales Reps w/train to \$800 General Maintenance \$3.50 Cleaning Maintenance \$3.50 Gardener at \$3.50 Phone Collector \$650 P.T. Receptionist \$4.75 P.T. Sales Clerks \$3.35 P.T. Kitchen Helper \$3.35 Dental Assistant to \$600 Receptionist good salary Honolulu Area. Haw'n Jewelry engraver \$\$\$ Typewriter \$55 Press Portion \$\$\$ Caretaker \$4.50+ And other jobs Call Jackie 262-8137 Kailua Employment Service 787 Kailua Rd. - Room 207 M-F 9:30 to 4 daily

AVON GOING INTO THE BEAUTY BUSINESS IS GOOD BUSINESS! Sell Avon and start your own beauty business. Sell your own hours. Be your own boss. Earn good money. For details call 688-3286

NEED extra income? Earn in your spare time. Call 388-5667 for Appt.

61 HELP WANTED SALES CONSULTANTS for Yamano Cosmetics. Call 623-0716

62 DOMESTIC HELP WANTED AFTER School babysitter, Mon-Fri. Enchanted Lake area. Must love children. Must drive. Call after 6 p.m. at 262-0459 for interview.

WANTED: Responsible exp. sitter for 2 mo. old baby, my home. Schofield/Wheeler area. Refs req. and own transportation. Ph. 625-0770

WAIPAHU - need high school or young adult to babysit in my home. 677-0440 oves.

63 SITUATIONS WANTED KANEHOE: Will babysit, my home weekdays. Call 235-8357

BABYSITTING - KMCAS, fenced yard, lunches, snacks & TLC. Call 254-5656

WILL babysit full time, my Kaneohe home. Call Lynn 235-8288

EXPER. housecleaner w/refs., avail. to clean your Kailua/Kaneohe home. 261-1180

CHRISTIAN babysitter w/exp., loves children, my home. Mon-Fri. no evens, infants to 4 yrs. meals & snacks. Ph. 824-2194

WILL Babysit in my home infants to 2 yrs. Exp. Reasonable. 262-6243

WILL do babysitting, my home, full-time, M-F. Patch Provider Member. Reasonable. 262-9445

DO you need a sitter for your child, Mon-Fri? Call 247-3574

MASON: Needs work. If you are in need of any block cement work or home repairs call Tony for a Free Estimate 235-4141

WILL clean your home or will baby sit in my home. Windward. 247-1684

CHILD care-Responsible teenager will care for your child or baby in her home. Mon-Sat. 262-9347 ask for Jeannie. Kailua

MILITARY HOUSE CLEAN Reasonable Rates Guarantee Inspection FREE Estimates Call 422-2535 or 422-6914

68 GARAGE & LANAI SALE

SUE-ANN Sale Sat. July 25, 327 Pololu Dr. In Koko Head, 8104 Alii. Items top quality in like new cond. White crushed naupahyde sofa & love seat from France; Jherilene sofa, pale blue; queen size Simmons sofa bed; king size bed; dbl. bed; Singer Touch & Sew w/cabinet; dining sets; lamps; end tables; oriental rugs; lot of misc. & designer items. Don't miss it.

MOVING: Safe Mini ramp, cigarette machine, futon, zabuton, kitchen table & chairs; many other unique things. Sat. & Sun. July 25 & 26, 8 to 5, 1343 A 16th Ave. Maunaloa

SAT. 9-6 Sun. 12-8 30 heavy duty steel shape post \$2 pc. French Provincial white & gold china cabinet, mirrored interior \$400, picture frame, clothes, shoes, hooks, full size mattress & box springs, clean \$40; full size bed spread, horse pick, child's English riding outfit, Boots, English, Western, more. 46-408 Huiopapa Pl. Haku Plantation, Kaneohe

MARINER'S RIDGE: Fri. & Sat. 7/31 & 8/1, 9-5 Toys, clothes, oil painting, tools; misc. 955 Kawaiki Pl. (off Kaahua Pl., Hawaii Kai)

Sat. 9 a.m. dressers \$25, child's desk \$15, wood toy chest, lamp, etc. 527-Awai St., Kailua. 262-4898

REFRIG. couches, chairs, color TV, dresser & much more! The whole thing must go! 47-541 Melekuia Rd., Kailua. Follow signs. Ph. 239-9537

MOVING Sale: Sat. 8 to 4. High chair, dressers, clothes; misc. 626 Papalani St., Kailua

GARAGE & plant sale: Applis, clothes, misc. Many healthy house plants. Sat. 7/25 624-A Kailua St., Kailua

FRI. 7/24, Sat. 7/25, 9-4. Clothing, toys, applis, books, 2 dbl. beds complete w/headboard; bds. Priced low to sell now! 626 Pamaele St., Kailua

A SUMMER X-Mas Fair 7/24 Sat. 994 Maninihola, Hawaii Kai. Variety of crafts 9-11 p.m.

BABY items: clothes; plants; misc. household. 7/25, 9-4 45-244 Halemuu, Kaneohe

MOVING Sale: Fri. Sat. & Sun. 9-4. Chest freezer, corner group; 35 gal. aquarium, misc. items. 95-100 Klapapa Dr., Apt. 423, Mililani. Ph. 623-7516

JULY 25, 9 to 5, piano books; dress, fabric, aquarium, toys & pre-teen clothes, like new; kitchen items; new sheets; tbl. cloths & much more. 856 Kaumakani St. Marina side, Hawaii Kai

GARAGE Sale Sat. 25th, 8 a.m. to 4 p.m., 44-151 Kalanani, Pi, Kaneohe Bay Dr. Clothes; U.H. sch. books; knickknacks; house goods; many misc.

TOASTMASTER Convection oven/broiler, Oster kitchen center, 8 cu. ft. freezer, 32" Frigidaire 4 burner cooking top, many small appliances, hutch, hassocks, picture; frames; tabletop gas grill; moped, books; tools; and more. Saturday, July 25, 9-5, 1050 Kailua Dr.

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KAILUA Beach House: \$275 mo. incl. utils. 262-9457 evos. 944-5550 wkdays.

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HAWAII Kai: Furn. townhouse, master bdrm & bath. \$250 incl. utils., covered parking. Ph. 395-4725

KAILUA: own room, beautiful quiet home, pool, \$225 plus utils. Military preferred. 261-9556

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KANEHOE Windward Estates, new unit, 3 bdrm., 2 bath, 2 car garage, \$650 mo. Call after 6 p.m. 235-1825

KAILUA: Windward Cove, 3 bdrm., 2 bath, rooftop deck, amenities \$625. 261-2479

KAILUA: 3 bdrm., 3 bath, 2 story, Carpets, drapes, all major appls., dbl. balcony overlooking landscaped gardens in tropical setting of lush vegetation. Quiet, private & secluded, 2 car-carport w/locking storage \$825 mo. water & yd. care incl. Cori Nims (R) 235-1389 Ann Jelferles Inc. 261-9747

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KANEHOE: Windward Estate, 2 bdrm., 2 bath, 2 parking stalls \$575 mo. 267-2741

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83 HOUSES PARTLY FURNISHED KANEHOE: 2 bdrm., avail. 8/1 \$40

• 98 RENTALS WANTED

RESPONSIBLE family need 2 or 3 bdrm. home. Windward. Will repair if necessary. Refs. Call 235-0687, 533-1926

• 103 OFFICES FOR RENT

KAILUA: Central bus district 2300 sq. ft., 1st floor, air conditioned. Jack Wolfe, Ph. 281-7922.

• 108 BUSINESS PROPERTY FOR SALE OR RENT

2 NEW office spaces for rent in Kaneohe, near Windward Shopping Mall. Call for information, 235-5621 or 734-5749.

• 114 REAL ESTATE FOR SALE

ALBERT "Big A" Ford (RA) Real Estate sales & purchasing counselor. Retired Air Force. Call 923-4373.

• 114 REAL ESTATE FOR SALE

BY Owner, Ewa Beach, Fee \$154,000. 4 bdrm., 2 bath, lg. pool, many extras. Terms open. Ph. 889-8150.

• 120 FURNITURE

TEAKWOOD bar w/marble top & 2 bar stools \$900/offer. 677-0022 oves.

• 123 RENTALS

TV RENTAL. Maynard Rental near Pearl Ridge. 498-6326.

• 126 MISCELLANEOUS

REFRIG. top-freezer, no frost 21.5 cu. ft. Whirlpool, gr. \$175. girls' 3 spd bike Sears \$55. both excl. cond. 262-5065

• 126 MISCELLANEOUS

MUSIC for your party. Quartet plays mellow Hawaiian and Hawaiian. Honolulu. Ph. 261-3579.

• 126 MISCELLANEOUS

PARACHUTES/skydiving instructions. Parachutes for sale. Jump Hawaii, Inc. Ph. 836-2427.

• 126 MISCELLANEOUS

MARY KAY COSMETICS. For re-orders & free facials, call Yolanda. 299-9021.

• 126 MISCELLANEOUS

VACUUM CLEANERS. Like New, 1 yr. guar. \$19.95 & up. 456-4211 - 795 K in the P.

• 126 MISCELLANEOUS

CARPETING. Like new, earth tone, 136 sq. yd. \$400/best offer. Ph. 623-4302.

• 126 MISCELLANEOUS

STANLEY HOME PRODUCTS. Ph. 262-5531.

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NEW - SUPER! DIET DRINK. FAST - NUTRITIONAL - SAFE! Perfectly Balanced & PATENTED. CALL NANCY 395-4188.

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BIO-Feedback, professional model, used 3 times only \$125 or offer. 262-9991.

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PARADISE USED FURNITURE. Rattan living rm. set \$375. beautiful formal 7 pc. dining set \$450. frost free refrig. excl. \$325. old Japanese Tansu \$200. antique oak dresser \$90. 1200. antique rolltop desk \$1500. 6 drawer dresser \$60. 4 drawer long dresser \$90. decorators sofa \$200. bar stools \$15 & \$60. decorator rattan couch \$275. Stereo console \$45. Also tables, lamps & more. 320 Ulukou St., Kailua 261-8492.

• 126 MISCELLANEOUS

WOODEN desk, 1 drawer 20" X 40" \$35. wooden child's table 19" X 41" \$15. brand new Stroebe stroller \$45. bassinet \$15. 262-4534.

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ADIRAL color TV 10" screen. excl. cond. \$100. Ph. 262-4534.

• 126 MISCELLANEOUS

QUEEN size sofa bed \$190. Call 672-4881.

• 126 MISCELLANEOUS

OVERSTUFFED brown vinyl couch \$50. Ask for Jean 235-6453 leave message, 922-6769.

• 126 MISCELLANEOUS

HAND Carved walnut vanity w/double mirror, a classic. Must sell \$350 or best offer. Call 955-1622.

• 126 MISCELLANEOUS

WASHER & dryer heavy duty 1 yr. old \$350. 2 pc. L shape sectional sofa \$300. decorator sofa \$250. 7 pc. dinette set \$200. bunk bed set \$125. Colonial style sofa \$200. 2 seater adjustable lounge chair w/vibrator \$150. Call 623-7074.

• 126 MISCELLANEOUS

6 DRAWER Dresser \$35. round cocktail tables \$25. lamps \$10 ea. nightstand \$15. mirrors \$10 ea. w/ frame \$20. Come browse. 633-3010.

• 126 MISCELLANEOUS

WICKER sofa, excl. cond. \$225. Call 396-0433 or 395-4957.

• 126 MISCELLANEOUS

MUST sell. Stereo, TV, freezer, 5 pc. liv. rm. recliner, 5 dr. chest. Offer. 623-1794.

• 126 MISCELLANEOUS

REFRIG. top-freezer, no frost 21.5 cu. ft. Whirlpool, gr. \$175. girls' 3 spd bike Sears \$55. both excl. cond. 262-5065

• 126 MISCELLANEOUS

MUSIC for your party. Quartet plays mellow Hawaiian and Hawaiian. Honolulu. Ph. 261-3579.

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MARY KAY COSMETICS. For re-orders & free facials, call Yolanda. 299-9021.

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• 131 WIKI WIKI FREE BEE

FREE: To home w/out sm. children, 3 yr. old AKC Yorkie w/catafact, 261-1826

FREE: Magnificent black male cat, 6 mos. old, needs footage/acceage & good care. 523-5730.

FREE: Netherland dwarf rabbit. Eves, 239-7961

FREE: Darling calico kitten, 3/4 mo. needs TLC, shots. 523-5730 a.m./p.m.

FREE: Healthy, cute guinea pigs & rabbits. Ph. 261-1933 to good homes

FREE: Adult white poi dog, looks like Sheltie. 456-3527 eves. after 7/25.

FREE: Male pup, healthy well behaved 9 wks old, looks like a Doberman, 259-9087

FREE: kittens to good homes. Call 422-081 after 4 p.m.

FREE: Male cats, 1 yr. old, housebroken. Call 689-7595. Ewa Beach.

FREE: Female spayed 7yr cat. Call after 5 p.m. 235-3187

FREE: To good homes, 2 Irish Setters, 2 Shepherds, 6 poi pups. Call 839-5159

FREE: 7 week old kittens, 3 gray striped males, 1 blk & wht. litter box trained. 422-8627

FREE: For adoption: Welsh Terrier, mother & daughter both spayed, friendly, healthy. 262-9538

FREE: Please give our dog a loving home. Akita, Ridgeback. 235-0567, 533-1926

FREE: 4 kittens, 7 wks. trained & weaned. Ph. 595-7463

FREE: Neutered male Labrador/Setter, good watchdog, loves children. 261-8309

FREE: 6 wks. old kittens, 3 male, 2 female, Millant, Ph. 623-0330

FREE: kittens to loving home, 1 calico, 1 black, 1 grey tiger. Please call 395-0850

FREE: Leaving island, must find good home for 1 yr. old Tom Cat. 3 yrs. old. 423-2168

• 136 MISCELLANEOUS WANTED

WANTED: 5' high upright piano. Call 247-6434

WANTED: Unserviceable RCA Zenith & Motorola Quasar Color TVs. 623-2326

CASH for Lawn Mowers & Outboard Motors. Any Condition. PH. 259-5927

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

• 144 MUSICAL SALES & SERVICE

GRINNELL Piano console, good condition \$650 or offer. Call 239-8492

PIANO Baldwin Spinet, solid walnut, incl. bench, dehumidifier, sheet music, tuning & delivery \$1450/offer. 235-1737.

PEARL Drums, 4 pc., good cond., all access. \$350 Ph. 422-7784

PRE-CBS Fender cabinet w/2 JBL 10" speakers, excl. monitor \$200. Ph. 262-4091.

LOVELY well-toned piano, humidifier, excl. cond. \$600. Ph. 466-0302.

• 144 MUSICAL SALES & SERVICE

FENDER jazz bass, excl. cond., must see! \$450/offer. Call 396-9165

• 146 BOAT SUPPLIES & SERVICE

15'x7 VENTURE Catamaran, needs boom, has trailer. Best offer, Chris. Call 468-7947 or 531-1565.

75 HORIZON ski boat 460 Ford V8 motor, custom upholstery, 8-track stereo, best offer, Ph. 247-1459 after 5

CAL 25 just hauled, exceptional boat, many extras, good price. Ph. G/Sgt Day 257-2943 or 235-5604

SCUBA Tanks 72 steels 77-80 hydros \$100. Phone 639-8054

19' REINELL 100 198H P. new engine, 898, new leg, good diver/ski boat, many extras, \$5500 firm. 625-1446

TWENTY foot Fiberglass boat, trailer & 55 Johnson motor \$2750. Walter Lum 247-4064

• 151 PET SUPPLIES & SERVICE

GERMAN Shepherd/Lab puppies, 7 wks. \$30 262-8354

3 AKC Apricot miniature poodles, females \$200 ea. Call 254-2795

PERSIAN cat, CSA registered female blue cream, leaving island \$150. 839-6057

• 151 PET SUPPLIES & SERVICE

PUPPIES for sale, Golden Lab/Irish Setter. \$15 Ph. 423-2838

WANTED: Bluecap or blue finches, also nice bird cages. 259-5525.

STUD Service Black-rust AKC Doberman w/strong red-rust bloodline. 638-8640

LIASA Apso AKC 1 yr. old, very friendly, good w/children. Call 624-3812 eves

BASSET Mound puppies, 7 wks. old \$50 Ph. 262-5522

GREAT Dane's, 6 weeks \$100. No Papers. Call 261-3546

• 156 AUTO PARTS & SERVICE

73 PINTO wagon, 67 Cougar for part or whole. Call 395-3770, 5-9 p.m.

73 CAMARO for parts. Call 259-5621

KAUAI Kampers for small pick-up truck \$500 sliding window, brand-new for Datsun King cab \$75. 845-5154

PARTS From '68 Volks: Front axle \$75, steering box \$25, steering column \$30, lowered rear hood \$20, rebuilt engine, never been run, best offer over \$400. Call after 5:30, Jerry 261-6729

• 156 AUTO PARTS & SERVICE

BATTERY FACTORY AUTO BATTERIES \$20 1001 Kaliahulu Avenue PH. 734-8723

• 161 AUTOS WANTED

I WILL pay up to \$500 for autos running or not. Ph. 396-8182

• 166 PICKUPS, TRUCKS

69 DATSUN Pickup 1300cc \$950. Call 261-6579 after 4 p.m.

78 RAM Charger, 4x4, white spoke rims w/AT trackers, nice paint w/interior windows 29,000 mi. auto. \$5300/offer. Ph. 262-5766

80 FORD 4x4, excl. cond. \$8500/best offer. Ph. 261-9745

AAAAA SUPER DEALS AAAAA LOTS OF PICKUPS '80 Dodge 4 spd. \$5775 Pickup loaded, sharp (T21079) WIDE TRUCK SELECTION at WHOLESALE MOTORS Ph. 836-1222 2999 N. Nimitz Hwy.

• 168 PICKUPS, TRUCKS

78 GMC pickup, overload springs, excl. cond. \$3300/offer. Robert 261-0613

• 171 MOTORCYCLE SALES & SERVICE

78 YAMAHA 750XL only 1700 mi. extras avail., original \$2500 now \$2000, must sell. Call 239-7301

78 HONDA 125, mint cond. red, super low mi. \$550. Call 259-5906

74 750 HONDA, running cond., needs minor repair, \$550 or best offer. Call Cpl. Jones 477-5067, from 9 to 6

79 HONDA CM400T, 9500 miles, excl. cond. \$1100. Call 526-7149 eves. 923-1730 days. Ask for Ruth

MOPED 79 Puch Maxi, helmet, baskets, excl. cond. \$400. Ph. 422-4164

79 HONDA CB750S with Vetter fating 2,600 mi. like new \$2200. 247-3757

• 174 RENT-A-CAR

RELIABLE Used Cars, Low Monthly and Weekly rates. Collision waiver extra. Auto Mart Car Rental, 98-088-Kum Hwy., Aiea. Ph. 487-9991

• 175 VANS, CAMPER & JEEPS

AAAAA SUPER DEALS AAAAA LOTS OF 4x4s 78 JEEP 4x4, auto. \$8775 Black pickup Honda steering air. Stereo, wide tires/rims. (AKS580) WIDE 4x4 SELECTION at WHOLESALE MOTORS 836-1222 2999 N. Nimitz Hwy.

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MOPED 79 Puch Maxi, helmet, baskets, excl. cond. \$400. Ph. 422-4164

79 HONDA CB750S with Vetter fating 2,600 mi. like new \$2200. 247-3757

• 174 RENT-A-CAR

RELIABLE Used Cars, Low Monthly and Weekly rates. Collision waiver extra. Auto Mart Car Rental, 98-088-Kum Hwy., Aiea. Ph. 487-9991

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AAAAA SUPER DEALS AAAAA LOTS OF 4x4s 78 JEEP 4x4, auto. \$8775 Black pickup Honda steering air. Stereo, wide tires/rims. (AKS580) WIDE 4x4 SELECTION at WHOLESALE MOTORS 836-1222 2999 N. Nimitz Hwy.

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• 176 PICKUPS, TRUCKS

78 HONDA 125, mint cond. red, super low mi. \$550. Call 259-5906

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74 750 HONDA, running

178 VANS, CAMPERS & JEEPS

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77 Dodge Working Van with many extras (1980) 121 870 cash down - tax & lic. OAC. Repossession price \$3982.01. See representation mgr.
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68 INTERNATIONAL Step Van, 8 cyl., auto. \$400. 823-5892.
72 VW Van, new paint/tires, rebuilt motor. Offer. Call 261-2516.
69 FARGO window Van, 6 cyl., 3 spd., 928TBS. \$788. 78-KARY Van, p/s, auto 794TCT. \$5888 Car City, 833-3017.

178 AUTOS FOR SALE

AUDI
75 FOX/4 dr., auto., air, low mi. showroom cond. \$2400. 836-1353 (W) or 595-2423 (H).
73 100LS, 4 dr., air, AM/FM stereo, radials, exc. cond. & interior \$1800/offer. 537-2846, 988-7322.

AUSTIN HEALEY
74 AUSTIN Marina, good cond., new tires & paint \$2900/offer. 836-1151, 487-702.

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PURE LUXURY
80 CPE DEVILLE \$18,975. Low mi. (P21025). 78 ELIMINATOR (P21025). Future classic (P21025). 78 CPE DEVILLE. Lic. for comm. (P21060). 75 DEVILLE \$7775. Elegantly used (P21060).
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CHEVROLET
72 CHEVY Nova, C, V-8 (307). \$950/best offer. 254-2108.
69 NOVA, 2 dr., 8 cyl., good cond. \$400. Ph. 823-5892.
78 CHEVY Impala station wagon, loaded \$3800/offer. Ph. 261-3965.
73 MALIBU Classic, auto., p/s, runs good \$895. Ph. 395-5725.
75 MALIBU Classic wgn. \$850/best offer. Ph. 839-7524. eves. after 6 p.m.

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Need clean small car. Will pay over top \$\$\$.
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78 FORD GRANADA GHIA Cpe. 6 cyl. auto, power steering. (B00000) \$1795
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70 MONTE Carlo, AM/FM stereo, good running condition. \$700/offer. 89 Chevrolet, runs good \$400/offer. Call 261-6818.
79 CHEVY Big 10 pickup, auto. p/s, air 624TEN \$5688 Car City, 833-3017.
78 MONTE Carlo, V6, auto., p/s, air AJU184 \$3888. Car City, 833-3017.
68 CHEVELLE 327, 2 dr., magis, auto., power, \$700/best offer. Ph. 261-6011.
76 CHEVY Monza 2+2, exc. running cond., a/c, auto., AM/FM & 8-track stereo, new tires, call Tim at 262-9445 after 5 p.m.

DATSUN
80 DATSUN B210 Fastback, 5 spd. BCT873 \$3988 Car City, 833-3017.
79 DATSUN B210 = 4 dr., 4 spd. BCT858 \$3188 Car City, 833-3017.
75 DATSUN 280Z, 5 spd., air, AM/FM \$4700/best offer. Ph. 537-5921.
74 710 2 dr., 4 spd., AM/FM radio, clean, \$1,600 or offer. 677-8022 eves.
78 DATSUN B210, 4 dr., 4 spd., must sell. Ph. 941-1784, 456-4211.
68 DATSUN 510 \$900/best offer. Ph. 261-4801.
73 DATSUN 4 dr. wagon \$700 or best offer. Ph. 254-1688.
74 DATSUN B210 standard, 42,000mi., avail 7 Aug., \$1,000 or best offer. 488-3782.

DODGE
71 DART, 2 dr., sm. V8, auto., good car \$925. Call 261-0330.
67 DODGE Dart, 4 dr. sedan, runs great \$500/offer. Call 377-5233.
FORD
79 FORD Fairmont, auto. V-8, p/s, p/b, tilt wheel, \$3300. Call 855-1309 or 824-4593.
66 MUSTANG convertible, good cond. \$2750. 487-9694, 544-3760 Bev.
78 GRANADA Ghia, auto., air, AM/FM radio/tape \$2500, 487-9694, 544-3760. Bev.
78 MUSTANG, auto., air, radio \$2550/best offer. 80 Pinto, auto., air, radio \$4100/best offer. 537-5921.
77 GRANADA, 2 dr., air, perfect in & out. \$2250. After 5 p.m. 261-1214.
64 T-BIRD, full power, a/c, perfect in & out. \$3500 or offer. Call 261-7872.
77 MUSTANG II, exc. condition, 40,000 mi., landau roof, new paint, V8 \$3500 or offer. Call 261-7872.
74 PINTO wagon, body/engine in good cond., needs starter \$700/offer. Call 423-2285.
66 FORD LTD, runs good, new battery, good tires, no mechanical problems \$340 Cash, also has 2 brand-new tires for sale \$15 ea. Ph. 262-9034.
78 FAIRMONT, auto., 4 dr., air, new radials, stereo radio, exc. cond. 422-1474.

HONDA
78 HONDA Civic, 5 spd. Must sell. \$2900. Call 624-3260 after 5 p.m.
75 HONDA CVCC, needs work \$850. Call 261-4415.

HONDA
71 HONDA 600, rebuilt \$1295. Call 261-0353.
MAZDA
72 MAZDA RX2, 2 dr Day 474-2103; Eves. 261-2353
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BANK REPOSSESSION
77 COUGAR XRT 2 dr. many extras (BRI189) \$775 cash down. Tax & lic. OAC. Repossession Price \$3781.08 See Representation Mgr.
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OLDSMOBILE
74 CUTLASS Supreme, needs repair \$600 or offer. Call 239-7864 after 5 p.m.

PLYMOUTH
73 SCAMP 2 dr., auto., air, p/b, p/s, AM radio \$600. Call eves. 823-0870.
72 DUSTER "Wild Cherry" 340, 2.02 heads, 727 B & M, man. auto., 3000 stall, 4.30 Posi, stereo & TV systems, button velour panel, many more \$3100/offer. 456-2130.
76 VOLARE low mi., exc. cond., must sell, leaving. \$2700/offer. Ph. 247-2943.
72 PLYMOUTH Valiant, 4 dr. sed., 6 cyl. \$250. Ph. 247-1989.

PLYMOUTH
77 BLUE Subaru \$2,000, automatic, 2 dr., excellent condition. Ph. 235-3357.
77 SUBARU station wagon, 4 wheel drive, BCU609 \$2988. Car City, 833-3017.

SUBARU
78 SUBARU Brat, 17,000 mi., \$3,000. Ph. 947-3174.
TOYOTA
72 TOYOTA Corolla, 5 spd., 2 dr., runs good \$1000. Ph. 689-7595.
77 COROLLA 2 dr., 4 spd., radio/heater, low mi. \$2195/best offer. 254-2996, 257-2747.
72 TOYOTA Corolla, 2 dr., 4 spd. BDB037 \$788. Car City, 833-3017.

VOLKSWAGEN
78 SCIROCCO, exc. cond., unique has less 100 mi. Johnson cassette spkr. \$5500. Call Hoster 257-3117 work 257-2419 rim. 124.
FIBERGLASS Kit Car Invader GP, 1600cc motor, dual Weber carburetor \$2200/offer. Call 262-0818.
71 BUG, runs good, body good, \$1100 or best offer. Semi-auto. 486-4849.
76 VW Bus Van, new tires, brakes & clutch, needs muffler \$3700. Eves. after 4 p.m. and wknds. 261-0249.
87 BUG, exc. body, cond. New silver paint, Michelin \$1,980. 395-9062, 395-1107.
73 VW van, std., good cond. \$3000/best offer. Call 625-0571, 655-9045.
75 RABBIT good cond. \$2000/offer. Ph. 235-0352 anytime.

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SUPPLEMENT TO HAWAII NANY NEWS, HAWAIIAN FALCON, HAWAII MARINE AND SUN PRESS NEWSPAPERS

JULY 22, 1981



People of all ages are flocking to racquetball courts. Current estimates place the number of participants at nearly 12 million.

Fitness boom centers on three big sports

Hawaii's people are said to be the healthiest in the country.

The warm summer weather draws even more people into the fitness crazes that have swept the islands.

Three sports stand at the forefront of this fitness boom — running, racquetball and swimming. They're participant sports.

Of the three major participant sports, swimming has the most tradition and the largest numbers. Industry sales figures show that nearly 75 million people are at least casual swimmers.

"Swimming is the best all-round exercise you can get," says former UCLA All-American swimmer and water polo player Carl Thomas.

"You don't have to be a John Naber (winner of four Gold Medals at the 1976 Olympics) to enjoy swimming. It's easy to do and provides tremendous exercise for both the upper and lower parts of the body as well as the heart."

The running boom began in the United States with Frank Shorter's 1972 Olympic Marathon victory and accelerated with Bill Rogers' 1976 Olympic victory. Running, swimming and racquetball all share a common element — they are done inexpensively.

"All you need to run are good shoes and some wide open spaces," says Carl Ruhl, Marketing Vice President for PONY, a New York based manufacturer of competitive athletic footwear.

"People all over the country are running," Ruhl continues, "nearly 35 million of them."

Running clubs and clinics have sprung up for the casual runner, while competitive races such as the Honolulu Marathon draw thousands of entrants.

"One thing swimming, racquetball and running share is the fact that there are no age restrictions," says Ektelon Vice President and General Manager Bob McTear.

"You can get into any racquetball facility in the country and find people ages seven to 77 playing the sport, enjoying themselves and keeping in shape at the same time."

Ektelon now estimates 12 million people are playing racquetball. With a base of only 500,000 in 1972, you can see how this interest sport has exploded.

Ironically, professional interest in "participant" sports is minimal. There are professional racquetball and running events, but interest in watching them pales compared to the joy of playing.

Recognizing this, many companies have developed events for the participants. PONY, for example, sponsors hundreds of 10K (6.2 miles) races in communities all across the country.

Speedo has teamed with Coca-Cola to sponsor the summer teen swimming championships, and the Ektelon-Perrier Racquetball Championships are played annually drawing upwards of 10,000 participants.

So, join the rest of America. Eat right and get your exercise. Be you a jogger, swimmer or racquetball player, you'll feel better and live a lot longer in the end.

Glimpse of movie world promised in popular Universal Studios tour

While Universal City Studio employees have to spend the summer in Hawaii working on the filming of the hit TV show *Magnum, P.I.*, islanders will be traveling by the thousands for summer vacations in California.

Many will visit Universal City and take the studio tour.

There are few people who haven't cherished a desire to get "behind the scenes" of the movie world, to see, "on location," exactly what goes into the making of a motion picture or television show.

For years, this dream has come true for millions of people on a Universal Studios Tour, a guided excursion through the world's largest and busiest motion picture and television studio.

Now, in 1981, this already fabulous tour is more exciting than ever — thanks to the addition of new attractions, such as "The Incredible Shrinking Woman" exhibit, a multi-media presentation on "The History of Special Effects," a visit by Universal Studios' 30 millionth customer, and the arrival of the new Super Trams.

In March, "The Incredible Shrinking Woman" exhibit, a rare, detailed look at the making of Universal Pictures' smash comedy, *The Incredible Shrinking Woman*, starring Lily Tomlin, opened in the Tour's Visitors Entertainment Center.

The exhibit, complete with many of the giant, oversized props used to make Lily Tomlin appear shrunken, features a behind-the-scenes look at how Universal special effects experts created various illusions.

Set models, stills, costumes, story boards and smaller props are all on display. Giant props include a dresser, a shopping cart, a hamster cage, a skateboard and a frying pan, complete with giant bacon.

In June, the Tour transformed a working sound stage on Universal's famed Lower Lot into an attraction where guests experience a multi-media presentation on "The History of Special Effects."

The multi-million dollar attraction gives Tour visitors an informative and entertaining lesson in movie history — a phenom-

non made possible by inventive artists, craftsmen and technical experts that originated classic special effects.

The Tour, which features a guided Glamor Tram through Universal's Front and Back Lots, lets visitors

Kauffman and Bernadette Peters, *The Continental Divide*, with John Belushi, *The Archer* with George Kennedy, *Harper Valley*, with Barbara Eden, *The Incredible Hulk*, with Bill Bixby and Lou Ferrigno, *Sheriff Lobo*, with Claude

help the Tour meet ever-increasing attendance.

During 1980, Universal Studios Tour achieved a record year in paid attendance, making it the nation's third largest attraction with nearly four million visitors.

Currently, a large redesigning and resurfacing of the Tour parking lot is in progress, making visits to the Tour more convenient.

The Visitors Entertainment Center, home of the new "Incredible Shrinking Woman Exhibit," also houses four live shows that not only show how movie makers create illusions of suspense, tension, terror, humor and fun, but allow Tour guests and would-be "stars" to test their acting talents.

"Castle Dracula," where guests come face to face with Universal's most famous monsters, "Screen Test Theatre," and "The Animal Actors Stage" all give visitors opportunities to perform onstage or on camera. And, a live action "Western Stunt Show" gives an action-packed and humorous look at the world of movie cowboys and stuntmen.

Movie makers allow tour guests and would-be 'stars' to test their acting talents.

experience other famous special effects, including the shark from *Jaws*, "The Battle of Galactica," "The Doomed Glacier Expedition," a "Flash Flood," the "Runaway Train" and "The Parting of the Red Sea."

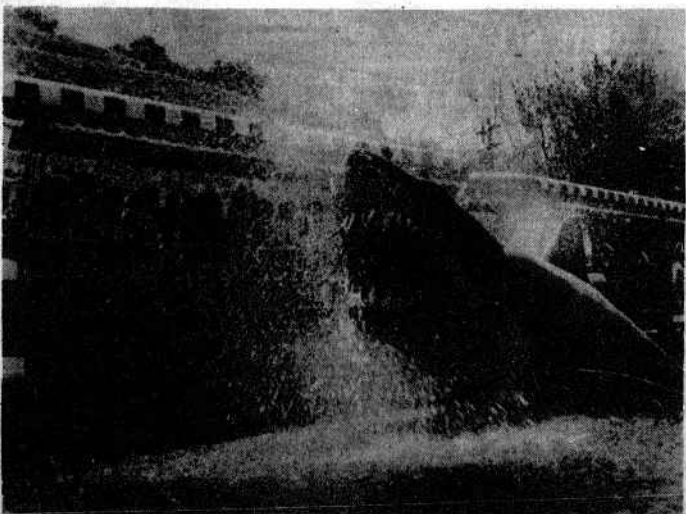
Throughout the Back Lot, guests receive a close-up look at many of the historic outdoor sets and facades used in such motion picture classics as *All Quiet on the Western Front*, *Frankenstein*, *The Sting* and *Showboat*.

Among the 1981 Universal motion picture and television productions filming at the studio are *Hartbeeps*, with Andy

Aikens, *B.J. and the Bear*, with Greg Evigan, *Quincy, M.E.* with Jack Klugman, *Buck Rogers in the 25th Century*, with Gil Gerard, *House Calls*, with Lynne Redgrave and Wayne Rogers, *Aloha Paradise* with Debbie Reynolds, and *The Gangster Chronicles*.

To transport Tour guests throughout the Front and Back Lots, Universal Studios Tour will begin using its new "Super Trams" late in 1981.

The Super Trams will be more comfortable, quieter and more environmentally sound. In addition, the new Trams can accommodate up to 175 visitors, which will



If you're planning a vacation to the mainland this summer, you can see the real "Jaws" up close — maybe too close. The award-winning movie becomes a horrifying reality, a breath-taking special effect on the Universal Studios Tour. A sudden attack by the deadly, 24-foot shark on the tram above was survived by all passengers.

Choices for Hawaiian summer fun are endless

In Hawaii people always entertain outside, but during the hot Hawaiian summer, the outdoors becomes the second living room. Wise hosts and hostesses will give some thought to making the amenities outdoors reflect those inside the home as closely as possible.

For example, special touches can make all the difference when you've invited friends for a barbecue. At this classic outdoor event, beer is a "must."

A nice touch is to surround beer — in a handsome bottle for best effect — with ice cubes in a

plastic pail, and put the pail into a deep wicker basket.

Make a small investment in an embossed plastic tablecloth — it will save your table from food stains. Set out metal or heavy plastic ashtrays that stay in place to save policing the ground the next day.

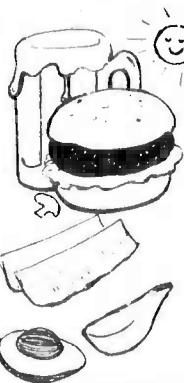
Your guests will appreciate

cloth napkins that don't blow away easily. You could even use colorful dish towels — very handy for buttered corn on the cob.

Hurricane lamps give a soft focus to the evening. Don't make the entertainment area so close to your flower beds that there's danger of guests stepping on the flowers, but close enough for diners to enjoy the flowers' beauty and fragrance.

Hamburgers need not be the usual. Serve a number of different toppings for each guest's preferences.

A really different one is elegant American caviar



(you don't use much, so it's affordable), with or without sour cream.

A tasty favorite is sautéed fresh mushrooms with a generous sprinkling of freshly ground pepper.

Unusual complements to the taste of hamburger are lightly grilled pineapple slices or slices of avocado.

Little touches such as these make your backyard party an occasion. It's entertaining at its best — relaxed and comfortable, and just enough gracious elements to raise it out of the ordinary.

Good pictures: Tips for starters

It has been said that everyone in Hawaii is a photographer. Photography and the islands' beautiful scenery go hand-in-hand.

But it is action that can really make a picture beautiful. Experts say that the best way to stay prepared is to keep your camera loaded and ready for almost any spontaneous situation.

Whether friends are playing on a bicycle or running on the beach, you can take good pictures of the action, if you are prepared.

If you have not taken pictures in some time, be sure the batteries are fresh. You may want to take a roll of "test" photographs before important events to make sure everything is in working order — including the photographer!

Whether you have a 35



Amateurs often fail to get close enough to subjects.

mm camera or a smaller, pocket camera, a general-purpose film is ideal for most every picture-taking situation.

It provides good results in daylight as well as indoors

with flash (for those rainy summer days).

To help you take better photographs this summer, here are some tips from photo experts.

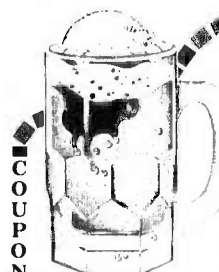
- Move in close to capture facial expressions, and remove distracting objects from the background.

- Take photos in open shade if harsh sunlight causes squinting. Look for a point next to a building, beach cottage or park pavilion, rather than under a tree that has a mixture of shade and sun.

- Examine your subject from all angles to decide on the best angle.

- Hold the camera steady and squeeze the shutter gently.

- If action is going past you, follow the action with your camera so your subject will be sharp and the background blurred.

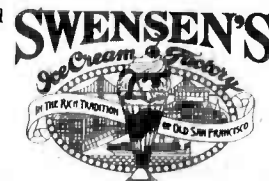


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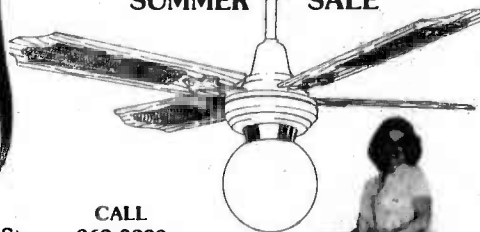
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Summer's fun is infectious.

The magic of summer affects us all. Longer days mean late-hour softball games and extra time to

putter around in the garden. They mean peaceful walks in the park and lingering hours on the front porch or lanai.

Fun-filled, magical hours

are not all that summer brings, however. Scraped knees, sun-scorched skin, and a host of unwanted insect bites are part and parcel of the summer

season.

Nonetheless, the true summer-lover's spirit remains undaunted in the face of such minor inconveniences.

It's hard to say whose eyes light up more brightly at the thought of summer fun — little people's or big people's?

Children are full of

mischievous glee, having left textbooks behind. Adults, however, are no less happy to get away from the nine-to-five routine for a few weeks vacation.

The choices for summer fun are endless. Sandy beaches beckon sun worshippers, campsites fill with hardy vacationers, and tennis courts come to life with lobs and aces.

While everyone has his or her own way of plunging into summertime activities, perhaps tops on the list for most people are water sports.

An invigorating dip in the

Island Carpenter Ants can be destructive as termites

"Carpenter ant" is a misnomer for this tenacious pest. Unlike its human namesake, the insect does not build things from wood. It destroys it.

Carpenter ants can be as destructive as termites by weakening wood timbers in a home. Breeding carpenter ants even look like termites, with wings for short flights to establish new colonies and to "swarm" during a brief spring mating season.

Like termites, carpenter ants can cause havoc in wooden structures. They don't eat and digest the wood as termites do but burrow into it and establish and enlarge their nests.

They thrive on moisture, and chances of infestation are greater if homeowners let leaves clog gutters and downspouts or allow tree limbs to overhang.

In the islands, where humidity is a problem year round, intensified in the summer months, residents should be on the lookout for these pests, in areas where moisture tends to collect.

Since some ants in a colony forage for food —



sweets, grease, meat and even other insects — they often give homeowners a tip off that something is awry by disappearing behind a loose piece of siding.

The ants can also be detected by the piles of sawdust they remove in their tunnelling operations. But they also deposit the sawdust in spaces between walls or even in unused passageways of their own nests, and can go unnoticed.

These pests are not easy to get rid of. Laboratory studies show the ants are

exceedingly hardy and can live for six months without feeding. In one study, several survived for 70 hours completely submerged in cold water. One ant observed lived for 41 days beheaded and was still walking around two days before it died.

They can be eliminated by dusting and/or spraying their nests with proper pesticides, but it is no job for the do-it-yourselfer. They are difficult to eradicate and

a qualified pest control operator should be called if a problem exists or is suspected, advises the National Pest Control Association.

Too often homeowners who spot carpenter ants darting about are worried

more about an "ant problem" than about the damage they can do.

Hawaii residents especially should be aware that the species do thrive in humid tropical climates and take proper action when necessary.

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Universal Studios promises 'action'

The Visitors Entertainment Center also features a movie and TV museum, shops, a movie memorabilia shop and food and snack bars.

Adjacent to the Tour Entertainment Center is Womphopper's Wagon Works Restaurant, which will celebrate its first anniversary in October. Womphopper's, owned and operated by C.L. Womphopper IV, great grandson of C.L. Womphopper, legendary used-wagon salesman, features the finest in Bar-B-Que ribs, chicken, hamburgers, chili, sandwiches, salads and seafood.

A fully-stocked saloon is on the premises, along with a gift shop. Live country music is on hand nightly.

Universal Studios Tour,

where the thrill of "lights... camera... action" comes alive, is open every day, except Thanksgiving and

Summer fun is infectious

ocean, a few laps in the pool, a whoosh in the wind via sailboat or surfboard, a quiet day's fishing... all in a day's fun under an azure sky.

Golfers take to the greens with a passion that confounds those unfamiliar with the sport. Barely-clad runners take part in road races and twilight jobs.

Hot afternoons are best spent running through the cooling mist of a lawn sprinkler, or building sand castles along the shore.

Besides the increase in activity out-of-doors, summer brings changes

Christmas. It's located at Hollywood Freeway at Lankershim Blvd., in Universal City, Calif.

into the home as well. It's a struggle to keep cool — fans and air conditioners work full-time, shades are drawn during the day.

A favorite break from the heat of the kitchen — hibachi cookouts take many families outside for char-broiled steaks, chicken and burgers.

Vegetable gardens are a favorite pastime of homeowners and apartment dwellers alike. Tomatoes and string beans flourish amidst many an urban landscape, as more and more neighborhood gardens take hold in empty lots and curbside greens.

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New waterproof sunscreens promise better protection

Everyone is out enjoying the Hawaiian sunshine this summer. Whether they're out on the beach, poolside, on the tennis courts or just outside, they may be too busy to think about protection from those golden rays till sunburnt skin and damaged hair

serve as painful reminders. However, this summer, it's possible to enjoy the sun without the worry that you're risking your skin — your looks, by taking the time to find the sun-protection that works best for your individual needs. A beautiful skin is a

healthy skin. Keeping it that way, even through extended sun exposure, can be a reality this year by using completely waterproof SUNDOWN sunscreens from Johnson & Johnson.

The new sunscreens come in the most needed SPF (sun protection factor) formulations: Moderate Protection (SPF), Extra Protection (SPF 6), and Maximal Protection (SPF 8), to suit different skin types.

They maintain protection for up to 80 minutes in the water with no reapplication necessary.

Elizabeth Arden's system of five factored (numbered) in-the-sun products — Sun Blocking Cream (15), Sun Shading Cream (8), Gentle Tanning Cream (6), Sun Tanning Cream (4), and Dark Tanning Gel (2) — allows you to determine exactly how long you can expose your skin to the sun without burning.

Even so, there are certain points to remember, certain precautions to take, even if a golden tan is your main goal this summer. When you first start sunning, use a higher factored product that offers more protection until your skin gets used to the sun.

Always apply sunscreen evenly and re-apply when necessary. Take special care with sun-susceptible areas — the backs of hands and

tops of feet where skin is thinnest, the "V" of your chest, your face and neck.

Dr. Stephen Mandy, a Miami dermatologist, notes, "Overexposure to the sun is the prime source of skin cancer and premature aging and wrinkling the skin."

"Once the sun has damaged your skin, it is irrevocable, so it is essential to begin protecting skin at an early age," he advises.

While sun can cause havoc with any exposed skin, lips are unique because they don't tan.

They do, however, burn much more easily — particularly the lower lip

which is more directly exposed to the sun — and should be given equal protection in your sun protection regimen.

According to Dr. Tony E. Jones, director of research of Blistex, Inc., and professor of medicinal chemistry at the University of Colorado, the reason lips don't tan because their skin contains little or no melanin, a dark pigment present in other skin, which is brought to the surface by the sun and acts as a natural antiburn agent.

While makeup often can effectively cover up imperfections on other

areas of the face, even the perkier new pink lipstick or gloss won't hide swollen, sunburned lips.

And, with today's emphasis on healthy-skin-is-beautiful-skin, it's more important than ever to keep lips soft, moist and smooth at all times.

So, don't forget your vulnerable lips when you're shopping for summer skin products. It's wise to choose a medicated lip balm such as Blistik that contains PABA sunscreen protection as well as lanolin emollients. These ingredients help relieve drying and chapping and give protection from sun, wind and dryness.



Tennis players may be too busy to think about protection from the sun until there are painful reminders.

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New, short-cut swim suits spark exercise plans for shapely legs

Hot summer days mean putting your best leg forward on Hawaii's beaches.

The news this year is that swim suits are cut very short and bringing more attention than ever before to the leg.

If your legs don't measure up then don't despair — help is on the way. Here's a new set of exercises that are designed to get you in shape for Hawaii's casual clothes.

The exercises are designed to tone hips and thighs and are also designed to keep you fit and flexible —

Bend forward at the waist and bounce four times. The stretch to the right side, arm extended overhead, palm up, and bounce four times. Then, bending your knees slightly, lean backward with arms extended to the sides and bounce four times. Finally, stretch to the left, arm overhead, palm up, and bounce four times. Repeat eight times. Do the exercise briskly, stretching as much as possible without straining.

• Squat with legs apart, feet pointing out. Bounce four times, going as low as

Then, supporting your body with straight arm, raise your leg 10 times. Change sides and repeat.

• Hold onto a heavy chair or dresser, waist high with your hips at right angles to the chair. Stand on your toes throughout the exercise. Sink down halfway, keeping knees and ankles together, back straight, and hold for a count of 10. Come back up, then drop halfway down for another 10 count. Drop to heels and bounce 10 times.

• (For inner thighs) Face chair or dresser. Start on toes, keeping heels together all the time, back straight. Sink to a halfway position, keeping knees as far apart as possible. Hold for a count of 10. Drop to your heels and bounce 10 times.

• Kneel on all fours. With one leg extended in back with your foot flexed, swing your leg to the side and back 10 times. Then bounce it forward four times. Repeat with the other leg. This exercise is great for hips and buttocks, as well as, inner thighs.

• Kneel on all fours. Raise your right leg in a bent-knee position to hip level. Keep your ankle slightly lower than your hip, and flex your foot. Extend your leg out to the side and then bend it back. Repeat 10 times. Change and repeat with your left leg.

• Lie on your right side, resting on your forearm. Bend your lower leg slightly for better balance. Point the toes on your upper leg. Then swing your upper leg backwards and forward 10 times. Finish by bouncing your upper leg back 10 times. Repeat, lying on your left side.

possible. Shift your weight to the left leg and bounce four times. Move your weight to the right leg and bounce four times. Move your weight back to center and bounce four times. Move your weight to the right leg and bounce four times. Repeat the entire exercise eight times.

• Kneel on all fours. Bring your right knee forward and try to touch your forehead, then extend your leg back and up, arching your back. Repeat 10 times. Then, with your leg still extended, bounce leg up 10 times. Repeat with left leg.

• Lie on your side, resting on elbow and upper arm. Your body should be straight with the shoulder hip and knee aligned. Bend the lower leg slightly. Upper leg should have toes facing down, heel up. Raise and lower your leg 20 times. Repeat the exercise while resting on your forearm, raising your leg 15 times.

and it is rigorous enough to have your legs feeling like limp spaghetti after the first few sessions.

Begin the program with two warm-up exercises. The first is an all-encompassing exercise for thighs, calves, buttocks and posture improvement.

The second is an all-around body toner.

Do all the exercises briskly and, if you like, put some music on — a good rock beat or any lively music will do.

• Stand with legs and feet turned out, keeping your back as straight as possible with shoulders relaxed. Hold your arms straight out in front of you, clasp your hands and count to four as you lower your torso to a sitting position. Do this eight times. On the last, hold your sitting position to a count of four or as long as you can before raising yourself back up.

• Stand with feet apart, arms extended to the sides.



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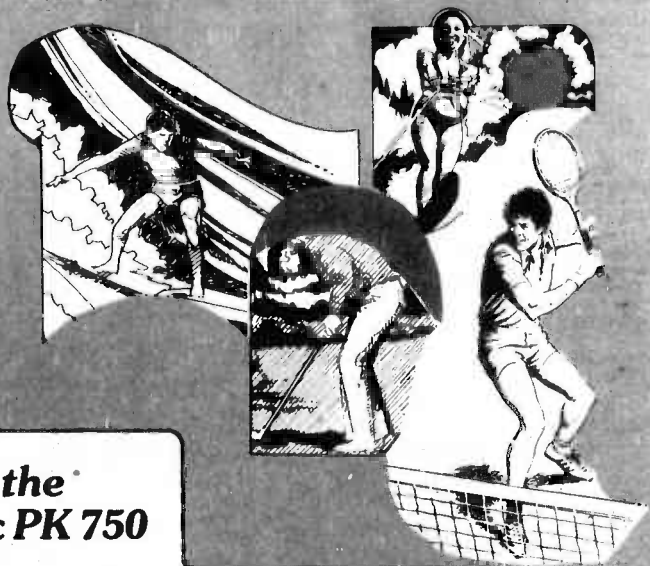
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