HAWAII MARINE

Voluntary payment for delivery to MCAS housing/81 per four week period.

KANEOHE BAY, HAWAII. JULY 7, 1982

BWENTY PAGES

Bill proposes increased education benefit

· CAMP LEJEUNE N.C. - Marines and CAMP LEJEUNE N.C. — Marines and sailors who are thinking of leaving service because of a perceived erosion of benefits may want to delay the decision, especially if they are headed for college. A new military education benefit bill is now in Congress which would increase money provided by the government to military students studying off-duty to as much as \$600 per month.

\$600 per month. If the bill survives intact, and if people or the bill survives intact, and if people currently in uniform elect to participate in the new program, they could reap as much as \$21,600 in educational benefits during three years of service. The money would be paid to cover tuition and other course costs for students who go to college or other approved learning institutions while they are in uniform.

UNLIKE THE CURRENT VETE-rans Educational Assistance Program, which also provides supplementary money for off-duty education, the new proposal would not require military people to contribute out of their salaries to hall de hall of credit Maraly obligating people to continue out of their obligating build a bank of credit. Merely obligating to service would for three years qualify most people for the increased money and of the bill hope that enticement will help the services enlist more people as well as keep the people they've got in

In a telephone interview recently, a staff member of the House Armed Services Committee told the Globe (Camp Lejeune Newspaper) that a bill (HR1400) calling for the increased benefits was introduced on the floor of the House June 22. The source who asked not to be 22. The source, who asked not to be identified, said the bill, which is sponsored by the HASC and Rep. G.V. "Sonny" Montgomery, D-Miss., was expected to pass the House in late summer or early fall. Passage could be delayed or the bill significantly modified in the Senses given the situation with the Senate given the situation with the federal budget, the spokesperson warned

Meanwhile, sponsors and other advocates of increased military benefits are hoping news of the proposal will help halt the drain of experienced military people who would leave service to pursue their education as civilians.

If the new proposal is passed inact by the House and Senate, the most immediate effect may be on people who serve in non-technical fields such as combat arms.

"THE BILL WILL PROVIDE an additional incentive for services that have a hard time recruiting or retaining people in low technical fields," explained the HASC staffer. "One of these fields is

"The bill will provide an additional incentive for services that have a hard time recruiting or retaining people in low technical fields . . .

combat arms, which really don't give a person a good technical background."

The new program would open to all active duty people, but they may not participate in another educational benefit system simultaneously. "If a member is currently emrolled under the VA or old (Vietnam-era) G.I. Bill, which was terminated in 1977," the source explained, "they would have to choose which program they want to participate in. The bill however, will not be retroactive to cover people who served in the armed forces and are now out."

In its current form and subject to congressional revision, the bill calls for benefits based on a two-tier platform. The first tier, which covers an initial minimum three-year enlistment, would provide \$200 a month in education credit. Individual services could authorize a

"kicker" of \$400 more per month for people who enlist for service in selected jobs, bringing the total to \$21,600 in credit for 36 months of service.

"As an example," the HASC staff member explained, "someone who enlists in the Air Force usually receives training that would benefit them in the civilian job market. But a person that comes into the market. But a person that comes into the service under a combat arms field really doesn't get a skill needed in the competitive market. This is where the kicker comes into play."

THE SECOND TIER INCLUDED in HR1400 is designed around a five-year re-commitment of obligated time which would trigger education money for 36 of up to 60 months of service. The initial credit for second enlistments would provide only \$100 a month, but the services could supplement that with a \$300 per month kicker, allowing a maximum of \$400 per month or a total of \$14,400 during a second enlistment.

Differences between the proposed program and the current VEAP system are significant. With VEAP, dollars designated by military people for education are doubled by the government. The most a VEAP participant could receive in educational credit during a four-year enlistment is \$8,100. Guidelines from different military branches do authorize additional "bonus" money for people who choose an occupational field with traditionally low enlistment or retention rates.

rates.

One such program, the Army College Fund, grants up to \$12,000 to high school graduates who score 50 or higher on the Armed Services Vocational Aptitude Battery and then chooses one of 72 military occupations covered by the Army program bonus. Banked monetary credit may only be used after the soldier is honorably discharged.

That picture, as well as the entire

honorably discharged.

That picture, as well as the entire educational benefit outlook for military people, would change if the proposal before Congress survives scrutiny. Sponsors of the bill seem confident that some form of increased benefit will be provided in the near future.

Tripler

New intern class may cause patient inconvenience

TRIPLER ARMY MEDICAL CENTER, Hawaii — Rotation time each summer wreaks havoc on the best of schedules at every military installation.

Tripler, a teaching hospital, has the same staff turnover. The major difference at Tripler is that its turnover affects military personnel and family members at all other installations.

The Tripler staff asks patience from the patients during this

rotation cycle, A new class of interns arrived at Tripler in June. Their academic training year began Thursday.

New to the islands and new to the Army, it takes a few weeks for them to become familiar with Tripler and its graduate medical education programs.

Initially, this causes some

delays which impact on patient care areas. And it may take a little

longer for an appointment or, on a return visit, the patient may not be

seen by the same physician.
In the long run, Tripler's graduate medical education graduate medical education benefits all patients. No physician shortage exists here as does at other non-teaching hospitals. This is because the Army is obligated to fully staff its teaching hospitals based on the dictates of civilian medical boards which establish specific guidelines on the number of staff physicians required to train interns and residents.

Patients can be confident that redical care provided by interns and residents is performed under the close supervision of a staff physician. The extent of care each physician is allowed to give is determined by the amount of graduate training they have completed.

July 9 designated as P.O.W.-M.I.A. Day

United States honors captives

HQMC, WASHINGTON — Since the days of the Continental Marines, when General George Washington complained of the treatment accorded our Revolu-tionary War prisoners, the United States has recognized the uncommon hardships experienced by those held centive during times by those held captive during times

In keeping with that tradition, President Ronald Reagan has designated July 9 as National P.O.W.-M.I.A. Recognition Day. A Presidential Proclamation said the day is "dedicated to all former American prisoners of war, to those still missing, and to their families.

families.
"I call on all Americans," the

President continued, "to join in honoring those who made the uncommon sacrifice of being held captive in war."

The President also asks state

and local officials and private organizations to observe P.O.W. M.I.A. Recognition Day with

appropriate ceremonies.

The first official P.O.W.-M.I.A.

Recognition Day was established under Public Law 95-349, passed by Congress in 1979. Since World War I through the Vietnam conflict, more than 142,000 U.S. servicemen were taken prisoner and more than 17,000 of them died while in captivity. During the same period, more than 92,000 servicemen were lost in combat.



MARINE CORPS BASE, CAMP PENDLETON, Calif. — Marines and former Marines who are regular or associate members of the Force Recon Association are invited to the Association's first convention, scheduled to be held at the Marine Corps Recruit Depot Officers Club, San Diego, Aug. 28. Regular membership is open to

those who have served with Force Recon units. Associate member-ship is available to all past and current Recon Marines.

"It's time for a gathering of those eagles who served with Force Recon," says Major Gary Marte, officer in charge of the Marine Corps Base billeting

office, here, "All Force Recon ornice, aere. All Force Recom Association members are welcome and should call me for information and reservations at 725-3178 or 6451." Persons interested in becoming regular or associate members may also contact Marte.

The guest of honor for the

convention will be Assistant Commandant of the Marine Corps General Paul X. Kelly. Depot Commanding General Major General W.H. Rice will host the

Former Sergeant Major of the Marine Corps John Massaro, will be the featured speaker.





Home larceny rises but, can be avoided

Larceny is on the increase in barracks and housing areas here, according to the Crime Prevention Division of the MCAS Security Department.

Department.
"Seventy-one percent of the air station population has been effected by illegal entries," said Master Sergeant Philip Johnson, crime prevention chilef. "Of these

crime prevention chief. "Of those effected, 58 percent were in the barracks and 42 percent in the housing areas."

Those statistics were compiled by the Crime Prevention Division from January to May 1982. That's an increase of 15 percent for the same period last year. an increase of 15 per same period last year.

same period last year.
In monetary terms, items worth
\$48,000 were stolen last year
between January and May and
\$136,000 for the same period this

year.
"In some cases, break-ins can be prevented if residents ensure that their homes are less attractive to prospective burglars," Johnson said.

To cut down on the problem, the Crime Prevention Division offers programs to help residents reduce the risk of becoming victims of illegal entries.

One such program, Security, is designed to identify areas within the home that are vulnerable to burglars.

J.J. ELDER

vulnerable to burglars.
Besides pointing out those areas, the member of the Crime Prevention Division conducting the inspection will also advise residents of ways to make their homes difficult for forced entry.

Another program, Operation Identification, assists residents in marking and identifying their valuables. "Residents who are able to identify their missing possessions make it easier for the

Besides those two programs, the Crime Prevention Division has brochures and pamphlets on home security. Tips on how to make a home safe from burglary when home safe from burglary when going on a vacation are included.

A Residential Security Checklist is also available for those who want to see if their Residential Security

homes discourage illegal entry.

By depriving a would-be thief of easy access to personal property, a crime of larceny can be prevented.

oins assigned to the clearing project at Kahoolawe, For acre photos and story turn to A-4. (Photo by Sgt Greg Berry)

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Marines march to freedom's beat

Walking down Kainalu Street in Kailua, Uncle Sam (left) leads the way in the July 4th Parade as the Joint Service Color Guard follows close behind. The Fleet Marine Force

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Pacific Band (above), led by Master Sergeant Gilbert Harris, marches to the tune of our nation's 206th birthday. (Photos by GySgt Bob Hoffman



OFFICIAL HAWAIIAN MUSIC REPORT June 27, 1982 P. McCartney/S. Wonder

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Cherries

Watermelons U.S. No. 1

Deep Red Cutters **Full of Flavor**



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Everything advertised in this publication must be made available for purchase, use or patronage without regard to race, creed, color, national origin, age or sex of the purchaser, user or patron. A confirmed violation or rejection of this policy of equal opportunities by an advertiser will result in the refusal to print advertising from that source.

HAWAII MARINE

Support changes hands

Colonel Harry Solter Jr. ucceeded Lieutenant Colonel

succeeded Lieutenant Colonel
Philip Cisneros as the commanding officer of Brigade Service
Support Group during a change of
command ceremony Friday.

Cleneros, who has served as the
commanding officer of BSSG
since April 10, will report to the
Murine Corps Air-Ground Combat
Center, Twentynine Palms, Calif.
for duty.

Solter, who was commissioned in 1958, has served in various assignments during his 24-year

He served as a platoon leader company executive officer and company executive officer with the 3d Pioneer Battalion, 3d Marine Division on Okinawa, Japan. Later, in the same tour, he commanded General Supply Maintenance Company, 3d Force

Service Regiment.
The colonel was assigned as the guard officer, Marine Barracks, Earle, N.J. in 1962. After his promotion to captain in 1963, he

served as the barracks executive

officer.
In 1965, he took command of Company D. 7th Engineer Battalion, Twentynine Palms, Calif. When the unit was ordered

Calif. When the unit was ordered to Vietnam, he retained command throughout the tour.

After completing the Amphibious Warfare School at Quantico, Va., Solter served with various engineer units within the 5th Marine Division and as the Division personnel officer, Camp Pendleton, Calif.

In 1970, he returned to Vietnam as the G-4 operations officer, 1st Marine Division.

Marine Division.

After completion of the Command and Staff College at Quantico, the colonel served in various assignments. Upon promotion to his present rank, he became the Assistant Chief of Staff, G-4, for Marine Corps Base, Camp S.D. Butler, Okinawa, Japan. He served there from May 1981 to May 1982.



Col Harry Solter Jr.

Hypnosis: an effective treatment

by Judy Smith, RN

WASHINGTON - Hypnosis has been practiced for centuries and was once considered a primitive ritual

beloved by mystics but scorned by medics. In recent years, medical science has determined that hypnosis can be effective in treating many conditions such as dental anxiety, phobias, headaches, warts, smoking, alcoholism, obesity, insomnia. nausea and bedwetting.
Probably the most common

medical use of hypnosis is in controlling the pain of cancer, arthritis, backaches, childbirth, dental work and even major surgery. As a pain reliever, hypnosis has an advantage over drug use in can be used several

times without hazard. Hypnosis is not sleep, nor is it a state of unconsciousness In hypnosis, at the suggestion of another person and with your consent, you are able to experience altered percep-tions that may include new thoughts and buried memo-

The brain-wave pattern of a person in hypnosis usually reflects a state of altertness and intense concentration in which one is both highly attentive and responsible. Attention is so focused that other perceptions may be temporarily blocked out. It is like becoming so engrossed in a task or in reading a book that you are unaware of activities around you.

While in hypnosis, you cannot be made to do things you would not do when you're awake. Nor can you be hypnotized against your will,

since in hypnosis there must be cooperation between the hypnotist and the subject.

You remain in control of your mind and at some level aware of what is going on. However, if you are a responsive subject, and if the hypnotist suggests that you will forget what happened during hypnosis, you will be unable to recall the events.

The possibilities for hypnosis as a therapeutic tool unlimited. But, it is important to consult a qualified hypnotist who is well-trained in medicine or psychology.
Unfortunately, most states

exercise no control over wine may practice hypnosis. exercise no control over who Therefore, it's wise to cautious and to examine the credentials of anyone proposes to hypnotize Ask your physician or local medical society for guidance.

Helm changes during birthday month

Colonel Michael F. Keane Jr. Colonel Michael F. Keane Jr.
will relinquish command of 1st
Radio Battalion to Lieutenant
Colonel Michael J. Moss Friday.
The 10 a.m. ceremony will be held
beside 1st Radio Battalion
Building 1053.
Keane will report to 3d Marine
Division, Okinawa, Japan for
duty.

Moss first came to 1st Radio Moss tirst came to 1st Radio Battalion as a captain in July 1974. He served as platoon commander and a detachment officer in charge. In 1975 he was promoted to major and served as company commander of both letter companies, battalion staff officer, and battalion executive

In 1978 Moss attended the Marine Corps Command and Stuff College. Upon graduation he was assigned to Headquarters Murine Corps as the Ground Electronic Warfare Officer in the Operations Division. His primary duties involved representing the Marine Corps in joint service electronic warfare matters.
Moss was promoted to

was promoted to

lieutenant colonel in February

EDITOR'S NOTE: A photograph of Col Moss was not available at press time.

"You cannot command and control if you cannot communi-cate" is one of the many axions in the communication field. And that's the purpose of 1st Radio Battalion — Communication, whenever and wherever needed.

THOUGH THE UNIT begins its 18th year July 14, 1st Radio Battalion's history began in World War II.

Headquarters Company, Corps Signals Battalion was established Signals Battalion was established Jan. 2, 1943 to provide a Radio Intelligence Platoon. When the war ended, radio units were deactivated because they were no

Sept. 15, 1958, the 1st Radio Company, Fleet Marine Force, was activated at Camp H.M. Smith. A year later the unit was redesignated as the 1st Composite Radio Company, FMF, and

conducted training operations throughout the Pacific area in support of the 1st and 3d Marine Divisions. Due to the space limitations at Halawa Heights, the company eventually relocated at the air station.

at the air station.

The increase of military involvement in Vietnam caused the activation of Subunit No. 1 at Pleiku, Republic of Vietnam in

January 1962.
Subunit No. 1 was redesignated Detachment A in May 1963, a little more than a year after its organization and was relocated to Phu Bai.

THE TERM "COMPOSITE" in the unit's designation was deleted Sept. 17, 1963. The next deleted Sept. 17, 1963. The next year the company expanded to battalion size and assumed its present designation, 1st Radio Battalion, FMF.

After the establishment of Detachment J in March 1965, it was later redesignated as Subunit No. 1, 1st Radio Battalion at Da Nang, Air, Rage, Republic of

Nang Air Base, Republic of Vietnam in January 1966. With continuous flow of personnel and

material to support the effort, the battalion flag was shifted from Hawaii to Vietnam. Subunit No. 1 was deactivaled and 1st Radio was neactivated and 181 Radio
Rattalion minus the FMF
assumed its combat role. The rear
echelon in Hawaii was designated
as Subunit No. 2, 1st Radio

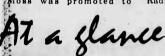
Battalion, FMF.

The battalion flag arrived back at Kancohe Bay April 18, 1971. when the battalion returned from Vietnam, a detachment remained

or the commanding general, 3d Marine Amphibious Brigade. This detachment later rejoined the battalion in May.

The Meritorious Unit Citation, Navy Unit Commendation, National Defense, Vietnam Service with eight stars and the Vietnam Cross of Gallantry with Falm are streamers attached to Palm are streamers attached to 1st Radio Battalion's colors and proudly tell the story of the battalion's involvements.

Detachments and subunits of the battalion have also been awarded two Presidential Unit Citations and the Navy Unit Commendation



Service Station

Weekend hours for the Marine Corps Exchange Gas Station are 8 a.m. to 6 p.m. However, the Service Department is closed every weekend.

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Topics such as Catalog '82

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Exchange Catalog '82
leasehold property,
offers 10 percent, and the pros and cons
savings on all orders
of real estate investment will be covered from 7 to 8:30 p.m.

Also, the Rent Plus program will be featured as an aid to investing for the

required. For more information call Janie Ing at 257-3606.

Career alternatives

A Career Alternatives Seminar will be held July 21 at Prince Kuhio Federal Building, 300 Ala Moana Boulevard, Honolulu.

Both active duty and veterans are welcome.

The program will burn at 531-4772. cover topics such as private industry, Mr. Coffee recall government services, North American business opportuni-ties, and a continued military career. How to set career goals will also be discused, as

opportunities.
Business leaders

and informal, and will sions will "tell it like it 1000 Mr. Coffee. Those be held on the 5th floor is" and answer ques who own a Mr. Coffee from 5:30 to 7:30 p.m. tions.

North American Systems has voluntarily recalled its model CMX1000 Mr. Coffee set career goals will due to potential also be discused, as electrical problems well as local job and water leaks.

Business leaders The recall affects to their exchange mair from various profes only the model CMX-store for a full refund.

For more informanumber stamped on tion, call Duke Pamburn at 531-4772. under the unit along with the electrical information.

The Army and Air Force Exchange Service sells the 12-cup coffeemaker for \$48 in its retail stores. The unit features a 24-hour electronic digital clock and timer. Customers who own the CMX1000 model should return it to their exchange main

Ombudsman



If you have a question or complaint about the content of the Hawaii Marine — or a suggestion or compliment — please telephone

suggestion or compliment — please (elephone our Ombudsman, Gunnery Sergeant Theresa Gallagher, at 257-2178.

GySgt Gallagher, the Joint Public Affairs media operations chief, will endeavor to answer your questions and complaints through impartial investigations. She will accept calls between 7:30 a.m. and 4:30 p.m. Mondays through Fridays. Selected complaints and responses will be printed on a weekly basis.

And the winner is . . .

The BATTER UP! cutline in the June 23 issue stated that "Motor Transport Company,

Brigade Service Support Group defeated HMM-262, 12-11, . . ." It should have read "HMM-262 defeated MT 12-11 in intranural

softball action Sunday at Pollock Field."
In the SAFE! cutline, same issue, Sergeant Doug "Scarborgh's" name is misspelled. The correct spelling is "Scarbrough." (I hope.)
Better check your listing, Motor T scorebook

keeper

The batter identified as Sergeant Terry Smith in the ORBITAL SHOT cutline, published in

Sergeant Nick Bailey, Avionics' pitcher.

Come on Sports Section, clean up that 0-2

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Searchers sweep spent shells

Story and photos by Sgt Greg Berry

Destruction of government property ...it's a serious charge, and one that's taken professionally by the people at Kahoolawe Training Area — it's their

A group of service members make the island their home for 10 days each, month in a joint effort by the armed

month in a joint effort by the armed forces to clear unexploded ordnance from 10,000 acres of the island.

Ordnance that can't be moved is destroyed in-place by Explosive Ordnance Disposal technicians. "We're sent here to destroy government property," said Marine Staff Sergeant Jim Connors, Headquarters and Maintenance Squadron-24. "All joking aside, though, the island offers a great variety of ordnance, giving us the opportunity to see bombs we normally wouldn't encounter."

wouldn't encounter."
Connors was part of last month's crew, which consisted of 10 EOD techs and 27 support people. Two of the technicians and 10 of the "sweeps" were Marines from here.
Sweeps, or sweepers, are the individuals who locate the ordnance for the techs. The sweeps are well-versed on safety before heing sent "on the line" and understand the basic rule

wouldn't encounter."

the line" and understand the basic rule of safety on the island — don't touch anything you're not supposed to.

The acres to be cleared are sectioned and about a dozen or so sweeps form a line abreast to comb the area. Pieces of shrapnel and nonexplosive ordnance such as shell casings are collected during the search, but everything else is left alone. "If I'm not sure, I won't touch it," explained one of the sweeps Petty Officer Second Class Debhie Taylor, a sailor from the submarine base at Pearl Harhor. That's sound advice, considering the variety of hombs and shells scattered on the island, which has been used as a bombing target since World War II.

World War II.

A "graveyard" is kept at the base camp with an example of svery type of ordnance that's been found on the island. The range of weaponry extends from the tremendous 500-pound bombs to the baseball size antipersonnel bomblets.

Surprisingly, it's the small bomblets that are considered the most dangerous. The reason is they can easily hide in clumps of grass, waiting

easily hide in clumps of grass, waiting for an unwary foot to trod by

Despite the apparent dangers of Despite the apparent dangers of working near unexploded bombs and missiles, the men and women who made the island their home last month weren't frightened. "You get to see stuff you've heard about, but have never seen," 'Taylor said. She explained that the safety lecturers given by the officer in charge, Lieutenant (junior grade) Alan Singer, let them know exactly how to stay let them know exactly how to stay healthy. Using the "graveyord" as a teaching aid, the Navy EOD officer told the sweeps what to do, and especially what not to do, while classing a rese.

especially what not to do, while clearing an area.

Knowledge is the key explained one of the techs. "If a person is knowledgeable in the field, it's no more dangerous than working as a construction worker on a skyscraper, or any other potentially hazardous job," Connors said. The leatherneck added that the sweeps didn't have much to worry about as long as they kept their eyes open for ordnance, and the techs knew how to handle high explosive material.

explosive material.

Bomhs weren't the only danger on the island — heat was everyone's enemy.

The sweeps were light clothing while on the line to help prevent heat exhaustion. Cut-off, shorts and T-shirts were abundant and uniforms

Another reason the Marines didn't stick to strict uniform regulations is the shortage of fresh water — Kahoolawe has no fresh water supply. Kahoolawe has no fresh water supply. "Cammies deteriorate when washed constantly in salt water," said SSgt Robert Watts, 1st Battalion, 3d Marines. Watts, who was in charge of the Marines there, said he really enjoyed being on the island, "The job we're doing is really good. We're getting rid of the shells and helping to stop the erosion."

getting rid of the shells and helping to stop the eroslon."
Erosion is the biggest problem plaguing the small island. The lack of fresh water hampers vegetational growth, and what does grow is assaulted by goats, which have no natural prediators there.

To counter the problem, many different varieties of trees were planted to find a strain the goats didn't like, and now that strain tamarask is being planted to slow the erosion, according to Lieutenant Liza Collins, Kahoolawe Public Affairs Officer.

Collins, Kahoolawe Public Affairs Officer.

It will take time to stop the erosion and clear the selected acreage. Since the project began in January 1981, slightly more than 2,000 acres have been cleared of ordnance. The tree planting is battling the elements and getting a root-hold in a few places, but the biggest problem in the planting is, the "digging" of holes. Singer explained that ordnance could he just below the surface, so shovels can't be below the surface, so shovels can't be

That problem is easy for techs, though. They set off small charges to make the holes. And that's something they're good at . . putting holes in government property.



BOMB FOR BOMB -Sergeant Jim Connors places a blasting cap into a stick of plastic explosive used to detonate unexploded ordnance. The Headquarters and Maintenance

Squadron-24 Explosive Ordnance Disposal technician spent 10 days on Kahoolawe last month as part of a joint service ordnance clearing operation there.



DEADLY - Anti-personnel bomblets are one of the more dangerous types of ordnance found on Kahoolawe because of their small size. Sweep personnel are

cautioned about the bomblets, and take extra care in checking small clumps of grass that could hide the deadly



IN THE NEWS - Norris Tanigawa, cameraman for Channel 2 News, films a 500-pound bomb at the Kahoolawe Training Area before Explosive Ordnance Disposal technicians prepare it for destruction. EOD

techs have spent 10 days a month for 18 months clearing ordnance from Kahoolawe, and will have cleared 10,000 acres when the project is completed.



BOMBS GALORE - The "Graveyard" at Kahoolawe Training Area has an ample of every type of ordnance found



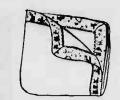
TEAMWORK — Marine Staff Sergeant Jim Connors (left), Navy Ordnanceman-1 Kelly Groff (foreground) and Navy Personnelman-1 Ed Rogrs team together to destroy a high explosive anti-tank round. The

Explosive Ordnance Disposal technicians at Kahoolawe Training Area detonate most of the ordnance where it is found.



CATCHING RAYS

— Life on Kahoolawe isn't all work,
as Marine Private
First Class Randy
Chiaverotti can
testify. The 1st
Battalion, 3d Marines' leatherneck
enjoys the work,
and play, at Kahoolawe because, "It
keeps me busy and
hreaks up the K-Bay
routine."



CURITY Crib Blanket Reg: \$5,10 Sale: \$4.20 Also Available DUNDEE MILLS Fleece Crib Blankets

Reg: \$5.80 SALE: \$4.60



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Playpen Pads
Asst. Prints and Sizes Reg: \$5.50-\$7.25 Sale: \$2.00



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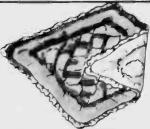
DUNDEE MILE Chix Zip-A-Quilt Sale: \$8.25 Reg: \$10.00



CRADLE-TOGS Infant Boys & Girls 2-Pc Knit & Terry Diaper Sets Reg: \$5.00 Sale: \$3.50



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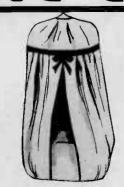
MARCUS BROTHERS COTTON QUILT W/ Ruffled Edge In Nursery & Check Prints Special Purchase: \$4.10





CARTERS Toddlers Training Pants Knit Combed Cotton Seamless Crotch Double Gusset Front To Back Waist

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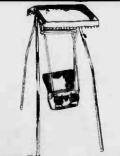


DUNDEE MILLS Chix Diaper Stacker W/ Swivel Hanger

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Prefold Diapers 12 to a package Gauze Reg: \$10.25 Sale: \$8.50 Softcare Birdseye Reg: \$7.75 Sale: \$5.80 Reg: \$7.75 Saic.

Birdseye W/ Fiber
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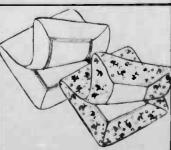
COSCO PETERSON Baby Hi - Lo Converts From 30" high Feeding Table To 24" high Play Table W/ Single Bar Adjustment

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Season approaches worst months

Hawaii is in the middle of the hurricane season with the worst months, August and September, still ahead.

Would you know what to do if a hurricane was headed toward the

Hurricanes traditionally bring winds of 75 mph or more, flooding, wind-whipped waves and storm

Weather forecasters can usually give 24 to 48 hours' notice of an impending hurricane so there is plenty you can do to protect your home and family ahead of time: • Secure outdoor items that might blow away or be torn loose.

lanai furniture, garden tools, toys, swings, signs and other objects can cause severe damage when hurled through the air by hurricane winds.

· Disconnect TV antenna leads and store antenna in a safe place.

• Cut dead tree limbs and palm

fronds. Pick fruits from trees

• Fill your car's gas tank. Park it in your garage or in an open ace away from trees, utility des. Set the emergency brake.

Drain swimming pools to half

· Store drinking water in clean

containers, including a sanitized bathtub and washing machine.

• Tape glass windows on the inside with large Xs to reduce shattering or nail plywood over them. Draw drapes and blinds as added protection.

Move furniture away from exposed doors and windows.
 Remove all hanging articles

from walls and store in a safe

place.

Package your valuables such as jewelry, titles, deeds, insurance papers, licenses, stocks, bonds, inventory, etc., for safekeeping in waterproof containers.

· Have an adequate supply of

canned goods that can be eaten without cooking.

• Bring pets inside. Have plenty of newspaper for sanitary purposes. Feed pets moist or canned food to preserve water.

• Have flashlights and extra batteries

batteries.

• Have a battery portable radio

 Have a battery portable radio with extra batteries.
 Listen to the radio or television for specific instructions.
 Carry out instructions from Civil Defense of Figure 1. Civil Defense officials.

 If you live in a low-lying area that is prone to flooding, see your insurance agent now about getting flood insurance coverage.

FACTORY AUTHORIZED GOOF SALE

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Plan before making purchases

Basic steps save consumers money WASHINGTON - Consumers that a purchase you make and a service you use works or is done

lose thousands of dollars every day simply because they do not take the time to plan ahead before making a purchase or contracting for a service.

The Washington, D.C., Office of Consumer Protection believes that many consumer problems can be prevented, that a great deal of money can be saved, and that purchases of goods and services can be enjoyed to a greater degree by following some basic steps.

Here is a list of tips to prevent

consumer problems:

• Plan ahead — no matter how small or large a purchase or service may be, planning is always a wise measure.

Read consumer magazines or publications that contain

information on products and services. Ratings listed by such publications will allow you to make a better choice.

make a better choice.

• Do comparison shopping by telephone — making a few telephone calls before you actually go shopping will save you time and transportation money — and

you will accomplish three things:

1. You can be sure that the item you are looking for is available;

2. You can have many of your questions about a product answered beforehand; and

3. You can compare prices and get a better buy.

 Compare prices and quality.
 Time spent comparing prices, quality and safety of goods and services will be time well-spent because it can save a great deal of money and trouble.

Find out what the warranties are, and read them carefully.
Find out the company's

 Find out the companys policies for refunds or exchanges.
 Find out the track record of reliability. Call the Better Business Bureau or the Office of Consumer Protection.

• Find out the financial arrangements before you sign any

papers.

• Ask plenty of questions — rememher that you have to be sure

you.

• Keep all receipts, warranties, cancelled checks, contracts and

any other documents in a safe place. You may need them if a

Read contracts carefully, and

if you do not understand them, find

someone who can explain them to

problem arises. (Courtesy of Washington, D.C., Office of Consumer Protection)



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Salutes

EDITOR'S NOTE 2/3
- Salutes is designed Proto recognize indivi-duals for their achieve-ments and exceptional performance of duty as well as to welcome new arrivals to Hawaii.

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

BSSG High School Gra-

duate: Sgt. L. Minguela LCpl K. Paul COMSPTCO

High School Gra-LCpl B. Anderson LCpl B. Anderso LCpl B. Dorton LCpl F. Lopez LCpl T. Lopez LCpl M. Ward LCpl S. Womack

GET

WET!

WITH

Promotion:
Sgt R.L. Bozica
Cpl J.A. Ferguson
Cpl R.K. Helsel
Cpl J.L. Williams
LCpl A.J. Mathis
LCpl I.T. McManus
High School C High School

High School Graduates:
LCpl J. Dolan
LCpl M. Kikstra
LCpl C. Vandenbosch

Welcome Aboard: SgtMaj J.J. Knowles Cpl D.M. Lyons LCpl K.E. Cowart MACS-2

Good Conduct: GySgt P.J. Davis Sgt J.T. Hudson Jr. Sgt B.P. White Cpl P.L. Bouten Cpl K.L. Koeller Welcome Aboard: MGySgt R.E. Kalna Sgt G.R. Hardin

LCpl J.D. Harvey
Designated WSSI:
Cpl M.S. Liles

HMH-463 High School Gra-

LCpl J. Navarro

H&MS-24

Promotion: PFC S.D. Grant
LCpl J. Ortiz PFC D.F. Shields
Lligh School Gra Cpl J.W. Kapparis

Cpl G. Burley Cpl G. Burley
Welcome Ahoard:
2ndLt T.W. Bernacik
GySgt B.W. Wilson
Sgt E.D. Brown
Cpl J.K. Tamagawa
I.Cpl R.P. Keefe
PFC J.J. Reardon
PFC F.F. Rusek
PFC D.E. Tarver

MABS-24 Welcome Aboard: Sgt H.M. Cooper Cpl J.C. Arellano Cpl E.L. James Cpl M.A. Johnson Cpl B.D. Nichols Cpl E.A. Scott Cpl T.A. Steward

Cpl R.E. Tubenville Cpl R.L. Shannon LCpl J.S. Smith LCpl J. Wilson PFC T.E. Allison PFC R.E. Freeman PFC S.D. Grant PFC D.F. Shields

Letter of Apprecia-

CWO-2 T.E. Price GySgt D.N. Bolin SSgt D.L. Cooke SSgt R.D. Frosti SSgt T. Paulo SSgt D.W. Stottlemyer SSgt C.L. Stout SSgt J.D. Tappaign SSgt C.L. Stout SSgt J.D. Torosian Sgt M.J. Culp Sgt L.R. Flach Sgt F. Matilla Sgt J.L. Reynoso Cpl D.M. Young Cpl H.D. Gray

Cpl K. Ioane

Cpl F.J. Saey

Cpl H.R. Paterson Cpl A.L. Pinpin Cpl H.R. Patterson

HM-1 D.L. Dross HM-2 O.J. Allen HM-3 B.K. McGawn

LCpl L.J. Airo LCpl F.J. Dellenger

LCpl D.J. Fackler LCpl K.C. Gross LCpl C.W. Isaacs

LCpl W.E. Kostolni

LCpl A.D. Pritchett LCpl J.L. Smith LCpl F.H. Williamson PFC M.R. Azure

Good Conduct Me-

LCpl B.C. Lewis LCpl J.R. Lohnes

PFC J.S. Carroll PFC R.N. Nelson

Sgt J.L. Czwalina Cpl K.W. Brown

LCpl M.T. Evans Marine of

LCpl R. Morales
NCO of the Month:
Cpl S.G. Commorato

Navy Expeditionary Medal:

Month.

MSSG-37

Promotion: Sgt J.V. Summers
LCpl L.K. Blackmon
LCpl R.D. Garland
LCpl K.C. Green
LCpl M.P. Rossi
LCpl G.B. Young
PFC M.L. Davis
Meritorious Mast:

Cpl V.D. Davis Cpl M.E. Zager Cpl R.A. Nelma LCpl S.M. Chase LCpl L.J. Folse

LCpl G. Moore LCpl C.D. Dunce Com-Letter of mendation LCpl D.T. Oliva Good Conduct Me-

Cpl D.E. Williams
Navy Achlevement Medal SSgt G.L. Fullmer

SSgt A. Milliron SSgt R.L. Shuford SOMS

Welcome Aboard: Cpl R. Garcia

??

LCpl K.M. Hilton LCpl G.E. Moser

Promotion:
BM2 S.L. Coder
EN2 S.L. Hazelip
EN2 J.L. Waters
Cpl D.W. Rowland
EN3 S.I. Reed EN3 P.J. Stroh EN3 V.C. Stewart EN3 B.D. Murray

Cpl A.R. Skortz Meritorious Mast: Cpl S.A. Ritter Cpl M.R. Wright Good Conduct Me-

Skt S.J. Swanson

Letter of Appreciation 2ndLt S.W. Crowell Sgt B.E. Delacruz Sgt P.D. Loftls LCpl J.L. Ronay LCpl L.X. Villanueva Certification of Appreciation: Capt D.P. Mathern

Reenlistment: MSgt L.P. Rieger GySgt W.R. Dunham SSgt M.T. Peters

VMFA-232 Welcome Aboard: SSgt A.B. Hendricks

Sgt J.A. Darrin Jr. PFC M.K. Cipriano PFC S.M. Fink PFC W.E. Harrison PFC J.P. Taffolla

HMH-463 High School Gra PFC E. Baguso

H&HS

Welcome Aboard: LCpl T.O. Bryant LCpl A.E. Paterson LCpl B.M. Rivers PFC K.E. Dixon PFC D.M. Taylor

POSTURAL ANALYSIS AND CONSULTATION



5. Nervousness
6. Neck Pain or Stiffness
7. Arm and Shoulder Pain

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JULY 4, 1982

This Week

I Don't Think She's In Love Any More Slow Hand Any Day Now 'Till You're Gone Listen To The Radio Would You Catch A Falling Star Take Me Down Don't Worry 'bout Me Baby When You Fall In Love

Love Found You And Me

Charile Pride Conway Twitty Ronnie Milsap Barbara Mandrell Don Williams John Anderson Alabama Janie Fricke

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Get on the road again with Tom Dancer on weekday afternoons, 3-7 p.m .on AM94 KDEO Country Radio

Thanks Everyone who came to celebrate

Starting Friday, July 9th, through July 31 . . .

\$2.00 OFF on Dinner Combination

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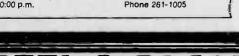
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FLOATING MASTER - Corporal Mark Liles, Marine Air Control Squadron-2, keeps his body affoat with lung power as both his hands and feet are tied during the water survival portion of the Water Safety

Survival Instructor's Test conducted at the station pool. Safety-man, Lance Corporal Joe Veasey, Marine Aircraft Group-24, stands by with a safety float. (Photo by Sgt Chris Taylor)

Water safety

Course imparts confidence to would-be instructors

Forty-one Marines lined up to take a plunge into the station pool June 2—17 survivo.

The Marines selected from various

The Marines selected from various station and brigade units had their underwater goggles set on earning water safety, survival instructor titles. Gunnery Sergeant Ron Compton, course coordinator and instructor, along with assistant instructors, Staff Sergeant Shawn Dickson and Corporal Paul Ollivier, put the leathernecks through approximately 20 days of physical and psychological training.

training.

The 41 Marines choosen to participate had passed a pre-test of a 500-meter cross stroke swim in 14 minutes or less. On the first day of class the instructors cut 11 of the students because the class was too large. This left the 30 fastest

"It is a very hard course. After a "It is a very hard course. After a Marine has completed it, he will be able to perform and teach strokes exactly like the American Red Cross requires," explained First Sergeant Jim Lewis, a water safety survival instructor from Company A, 3d Reconnaissance Battalion.

The course consisted of six days of advanced lifesaving, six days of water safety, six days of water survival, eight hours of cardio-pulmonary resuscitation and eight hours on how to teach non-swimmers. The training culminated in a day of confidence

culminated in a day of confidence skills.

"There are very demanding confidence skills required of the Marines who want to become instructors," Lewis said. "They must perform various tests in the water, first with their hands tied, then with their feet tied and finally with both

tied."
According to Lewis, this type of training proves to the Marines that they don't need their appendages, only to relax. "Psychologically it is really demanding but it imparts a lot of confidence to the would-be instructors who in turn can give a portion of that confidence to their students."

The 17 Marines who graduated June

The 17 Marines who graduated June 25 are qualified to teach water safety

25 are qualified to teach water safety and survival at their respective units. Compton and Dickson, from Landing Force Training Command, Naval Amphibious Base, Coronado, Calif., make the trip to Hawaii twice a year to teach other Marines how to instruct water safety and survival. This time they were assisted by Ollivier, a qualified instructor who is a lifeguard attached to Headquarters lifeguard attached to Headquarters and Headquarters Squadron.



ALL TIED UP - Lance Corporal Joe Veasey, Marine Aircraft Group-24 leaps into the station pool with hands and feet tied during a Water Safety Survival

Instructor's Test. Safety-man Cpl Mark Liles, Marine Air Control Squadron-2, waits for the big splash. (Photo by Sgt Chris Taylor)



This week we proudly present our

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Hawaii's Most Original Bellydancers, Tap Dancers, **Exotic Dancers, Comedy** Grams, Maglc Grams, Hula Dancers, and Fire Dancers.

Every performance is a complete revue. Male and Female professional entertainers rated G. PG, R, X, XXI For your next special occasion, send a tasteful gift with a touch of class — send Hawaii's most original . . . Party Gram Exotical

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Art Nelson Sailmaker Inc. Sailmakers and Riggers

Dealers in Signet Scientific

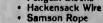
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PLACING A CHARGE — Gunnery Sergeant Johnny Wells, Headquarters and Maintenance Squadron-24, places a plastic explosive beside an unexploded light anti-armor weapons system rocket. More than two dozen pieces of unexploded ordnance were blown in-place Wednesday during clearing operations at the main impact area here by Explosive Ordnance Disposal technicians. The technicians from H&MS-24 and Brigade Service Support Group. The danger of unexploded Brigade Service Support Group. The danger of unexploded ordnance in the area of the Red-footed Booby Bird Colony is one of the reasons all tours of the area coordinated by the Public Affairs Office. (Photo by Sgt Greg Berry)

Localmotion

K-BAY OFFICERS' CLUB

TODAY - Lunch in the Pacific Room from 11 a.m.

TODAY — Lunch in the Pacific Room from 11 a.n. to 1 p.m. features special, hot carved sandwiches, soup and salads. Mongollan barbecue on the Lanai from 6 to 8:30 p.m.
THURSDAY — Lunch in the Pacific Room. Reefeaters buffet from 8 to 8:30 p.m. featuring steamship round, seafood item, rice or potatoes, vegetable and a salad bar.
FRIDAY — Lunch in the Pacific Room. Happy flour in the Tapa Bar from 4:30 to 6:30 p.m. Mongolian barbecue on the Lower Lanai from 8 to 9 p.m. "Venus" plays in the Tapa Bar from 5 p.m. to 12:30 a.m.

SATURDAY — Hotel round of beef and Alaskan king crab buffet in the Pacific Room from 6 to 8:30

p.m.
SUNDAY — Champagne Brunch in the Pacific Room from 10 a.m. to 1 p.m. featuring a minf buffet, menu orders, and all the juice and champagne you desire. Prime rib and peel your own shrimp buffet

desire. Prime the and peel your own shrimp butlet from 6 to 8:30 p.m.

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

TUESDAY — Lunch in the Pacific Room from 11

to 1 p.m. The Tapa Bar opens from 4 to 10 p.m. Happy Hour from 4:30 to 6:30 p.m.

K-BAY SNCO CLUB

TODAY — Lunch from 11 a.m. to 1 p.m. Family Night Buffet from 5:30 w 8:30 p.m. "50's Review with Mick Musters" plays from 9 p.m. to 1 a.m. THURSDAY — Lunch from 11 a.m. to 1 p.m. Mongolian barbeque served from 5:30 to 8:30 p.m. "Pali-Tones" play from 5 to 8 p.m. FRIDAY — Lunch from 11 a.m. to 1 p.m. Candialish Diplay featuring used and eat shrime is

FRIDAY — Lunch from 11 and 22 Candlelight Dining featuring peel and eat shrimp is served from 8 to 9 p.m. "Silver Dollar" plays from 9

m. to 1 a.m.
SATURDAY — Prime rib and crab served from 6, 9 p.m. "Kiddle Diaco" plays from 2 to 5 p.m.
Request Line" plays from 9 p.m. to 1 a.m.
SUNDAY — Buffet Brunch served from 10 a.m. to

1 p.m. Cook our steak to your perfection over a charcoal grill from 4 to 7 p.m.

MONDAY — Lunch from 11 a.m. to 1 p.m. Happy Hour is from 5 to 6 p.m.

TUESDAY — Lunch from 11 a.m. to 1 p.m. Happy Hour is from 5 to 6 p.m.

WINDWARD ENLISTED CLUB

TODAY — Lunch from 11 a.m. to 1 p.m. Dining doom opens from 5 to 9 p.m. Every Wednesday the

Chef's Special includes salad bar. D.J. plays rock and roll in the Moongate Lounge from 7:30 to 11:30 p.m. In the Ballroom "Conspiracy" plays from 7:30 to 11:30. THURSDAY — Lunch from 11 a.m. to 1 p.m. Dining Room opens from 5 to 9 p.m. with all the beef ribs you can eat. Country and Western night features "Electric Rangers" from 7:30 to 11:30 p.m.

FRIDAY — Lunch from 11 a.m. to 1 p.m. Dining Room opens from 5 to 9 p.m. with prime rib special, prime rib and king crab special, or just king crab special. Disco from 8:30 p.m. to 12:30 a.m.

SATURIDAY — Dining Room open from 5 to 9 p.m. with prime rib special, or just king crab special, "Calamity Jam" plays from 8:30 p.m. to 12:30 a.m.

SUNDAY — Club opens at 11 a.m. Breezy Inn opens from 2 p.m. to 8 p.m. with prime rib special, prime rib and king crab special, or just king crab special, in the Moongate Lounge guest D.J. from New York spins discs from 7:30 to 11:30 p.m.

MONDAY — Lunch from 11 a.m. to 1 p.m. Dining Room opens from 5 to 9 p.m. with "Italiano Night" featuring all the spaghetti you can eat Happy Hour from 5:30 to 7:30 p.m. with free popcorn.

TUESDAY — Lunch from 11 a.m. to 1 p.m. Dining Room opens from 5 to 9 p.m. with an all you can eat smorgasbord. In the Moongate Lounge D.J. plays rock and roll from 7:30 to 11:30 p.m.

rock and roll from 7:30 to 11:30 p.m.

Personnel shortages discontinue program

Well-Baby Checks at the Naval Regional Medical Center have been discontinued due to personnel shortages. However, a program is in the planning stages which will enable at least 90 well-baby checks to be accomplished each month. This program would utilize a structure similar to the Saturday Cancer Detection Clinic which is staffed by physicians which is staffed by physicians assisted by Red Cross Volunteers.

In order to put the Saturday Well-Baby Clinic into service, at least 10 Red Cross Volunteers are required to devote one half day to

Saturday each month. These volunteers will receive instruction and on the job training so experience is not necessarily a prerequisite. The Well-Baby Clinic will be held in conjunction with the Cancer Detection Clinic which will require six additional volunteers to assist with over 100 pap-smears during the same period of time.

An avenue for dependent care has been open and it is up to us to determine the fate of this innovation. Interested? Please leave your name and telephone number with the Red Cross Office — 471-9152 or 471-3155.

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Menders extend needlework talents

Story and photos by Sgt Pepper Davis

Without the Marines of the Tent Repair Shop in Maintenance Company, Brigade Service Support Group, most of the Brigade would be in a ragged state.

The section does basically what its name suggests, but as Gunnery Sergeant Dan Thompson, Shop Chief, explains, "Repairing tents is only a small part of what we do."

GySgt Thompson went on to explain, that aside from

repairing sleeping bags, field safes and packs and refilling fire extinguishers, the shop is now in the reupholstering business, where they virtually reconstruct vehicle seats and generator covers. And, their needleworking talents do not

ACCORDING TO THOMPSON, they are capable of making curtains, other items made with canvas, and of course, tents. They also repair body armor, but with some limitations.

imitations.
"We can fix flak jackets if they have minor rips and tears," said GySgt Thompson, "but if more than 65 percent of the jacket is damaged, we remove the inserts, package them separately from the jackets, and send them to (Marine

Corps Logistics Base) Albany, Ga. or Okinawa (Japan), "he commented. He explained further that the inserts are then used in other jackets while the tattered jacks are usually

The Tent Repair Shop is also the centralized collection point for gas masks. They do not repair them, but forward them to Schofield Barracks where the maintenance work is

THREE DIFFERENT MODELS OF sewing machines THREE DIFFERENT MODELS OF sewing machines are used by the shop's eight Marines. A light duty machine is for cloth and untreated canvas and a medium duty machine is used for treated canvas and leatherette material. For tents, tarps or buge things, the heavy duty machine is

used.

GySgt Thompson said that during some weeks the shop receives as many as 15 tents for repair. Since working space is limited, overcrowding is a problem. But he says they have a system worked out that serves a twofold purpose.

"We send repair teams out to units," he said. "This way they don't have to bring tents here, drop them off, then come back. By sending out repair teams, we can save time and the unit can stay with their equipment. It also gives us experience in field work."



SITTING DOWN ON THE JOB — Lance Corporal Michael Taliaferro snips a piece of thread after repairing a tcnt. Taliaferro, of the Tent Repair Section, Maintenance Company, Brigade Service

Support Group, is one of the Marines who keeps the brigade in stitches. The Tent Repair Section does what its name suggests, and much more.



SEWING MACHINE RAIDER - Before mending tears in a sleeping bag, Corporal Thomas Ward adjusts the needle on a light-duty machine.Repairing

siceping bags, tents, packs, seat covers and a myriad of other fabrics is the specialty of the Tent Repair Section.

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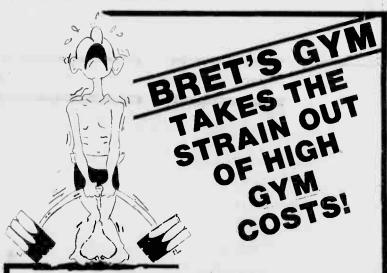
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WestPac wins Regional Softball Championship



A WARM WELCOME - Major Steven Walsh receives a welcome from teammates after hitting a two-run insurance homer in

game 5 of the series. (Photo by Sgt Chris Taylor)



— Sergeant Guilleremo "Panama" Foster, with his straight and level swing, hits his second home run in game 3 of the series game 3 of the series. Foster's four for four batting led the Hawaii Marines to a 20-10 victory. (Photo by Sgt Chris Taylor)

HOME RUN SWING

'82 Tinman contest slated

The 1982 Lite Tinman Triathlon, an 800-meter swim followed by a 25-mile bike race and concluding with a 10-kilometer run, will start at 6 a.m. Sunday at Ala Moana Beach Park, Honolulu.

Ala Moana Beach Park, Honolulu.
In conjunction with the triathlon, Action Hawaii is sponsoring an all-military competition. Awards and merchandise will be presented to the top three finishers in each branch of service with the 1982 Tinman Triathlon All-Military Championship trophy going to the branch of service whose top three finishers have the fastest

the finishers have the fastest cumulative time.

More than 44 Marines have registered for this event and will compete against a field of 750 athletes.

athletes.

To ensure the safety of all participants, there will be a mandatory bike safety check Saturday from 7 a.m. to 4 p.m. at Fort Ruger Park. No inspections will be held the day of the race except for those bikes that did not pass on Saturday. If a bicycle does not pass the safety inspection it will not be allowed inspection it will not be allowed

Athletes who were unable to pick up their race packets July 3, may pick them up anytime before Saturday at The Running Room in Honolulu.

Honolulu.

Last year's overall winner was Michael Lockett with a finishing time of 2:04:15. The first female finisher was Becky Russell with a 2:14:41. She was the 21st overall

finisher.

Neither the top male finisher nor the top female finisher won a single event of the triathon but their combined times were enough

The 1981 top finishers for each

Swim: Gerhard Kieseling Bike: Steve Timpson Run: James Press 34:19

WOMEN
Tina Marie DeJesus Nancy Kummen-Baird Patsy Vasquez



WestPac's first in five years

by Cpl Charlie Marshall

For the first time in five years the WestPac Softball Team defeated the Hawaii Marines in

deteated the Hawaii Marines in the Fleet Marine Force Pacific All-Marine Tournament, 4-2 in the best of seven series. Master Gunnery Sergeant Calin Reeves, coach of the WestPac team attributes his win to a veteran ball club. "The majority of the men have been playing together for the past year," he stated," and I felt that this year we had a varsity club capable of playing Hawaii on the level of play that they are accustom to."

He spoke highly of test year's

play that they are accustom to."
He spoke highly of last year's state champion Hawaii Marines with their 64-4 record. "Hawaii's reputation is well known throughout the Pacific. But with the combination of veterans and young players I knew our chances of winning were as good as theirs," he continued.

Game 1

In the first game of the series Hawaii managed to slip past their opponents 10-9 in the seventh inning. Scoring two runs in the second Hawaii led momentarily in the see-saw match.

the see saw match.
WestPac returned in the hottom

of the inning with two runs, but back-to-back home runs by Sergeant Guillermo "Panama" Foster and Chief Warrant Officer 2 John Roberts kept Hawaii in

front.
WestPac added another run in

the end of the third inning.

Keeping Hawaii scoreless in the fourth WestPac took the lead for the first time in the game with a home run by Major Steven Walsh followed by Lance Corporal Jack Smith's two-run homer.

Base hits and sacrifices were the Base hits and sacrifices were the key for Hawaii, moving men around the bases and scoring four runs in the fifth. West Pac encountered with three runs of their own to maintain the lead. Senior Chief John Erickson of Hawaii led off the sixth with a

riawan led off the sixth with a single and eventually scored to tie the game at 9.

In the top of the seven lead-off hatter Private First Class Roger Dunnam hit the game-winning home run which put Hawaii up one game to zero.

Game 2
A totally different WestPacteam returned for the second game of the doubleheader June 29 as they hit the ball 20 times which led

they hit the ball 20 times which led to 24 runs.

The 24-7 rout was highlighted by WestPac's Gunnery Sergeant Mike Boyd who hit three home runs in five trips to the plate. Smith went four for five with two home runs and four RBIs.

Seven Hawaii Marine errors took their toll as the series became tind at one general sea.

tied at one game each.

Game 3

Game 3
The Hawaii Marines rebounded after that 24-7 embarrasment to deal out a 20-10 win over WestPac in the second day of slowpitch softball.

softball.
Displaying the ball playing that won them the 1981 state 12 hits.
championship, the Hawaii Marines showed WestPac what they were made of.
Jumping out to a 5-0 lead after

	-										
			Gan	10 1	1						
Hawaji		0	2	2	0	4	1	1	17500	10	
WestPac		0	2	1	3	3	0	0	-	9	
			Gan	10 2							
WestPac	:	7	10	2	2	0	0	3	diges	24	
Hawail		1	1	4			1	0	#10	7	
			Gan	10 3	ı						
Hawaii		5	2	1	3	9	0	0	abjes	20	
WestPac	3	0	1	4	0	0	4	1	abjen	10	

UNSUCCESSFUL SLIDE - A WestPac player slides into second base after he was put out by short stop Staff Sergeant Steve Schmidt. (Photo by Sgt Chris Taylor)

	INDIVI	DUAL B	ATTIN	G				
HAWAII	Pc1.	AB	A	H	2B	3B	HA	RBI
Foster	.722	18	11	13	0	0	6	12
Rhyne	.667	3	2	5	D-	0	0	0
Watkins	.571	21	5	12	2	0	0	2
Roberts	.526	19	9	10	0	0	6	15
Schmidt	.500	20	6	10	1	0	3	18
Nobles	.471	17	5	8	0	1	3	10
Dunnam	435	23	6	10	1	0	4	5
Austin	.400	14	4	6	Ø	0	0	2
Bessette	.391	23	8	9	2	1	1	4
Hammond	.381	21	6	8	3	0	0	41
Erickson	.250	4	1	1	0	0	0	1
Nagle	.250	4	1	0	0	0	0	0
Bougher	.188	16	2	3	0	0	0	1
Williams	.167	6	0	1	0	0	0	0
Gomez	.000	2	0	0	0	0	0	0
WESTPAC	Pct.	AB	A	н	2B	30	HA	ABI
Boyd	.565	23	12	13	1	0	7	20
Smith	560	25	10	14	1	0	5	15
Walsh	.560	25	6	14	0	0	3	9
Sanford	.476	21	9	10	1	0	3	B
Johnson	.444	9	5	4	0	1	0	1
Carico	.417	12	2	5	0	0	0	2
Heath	.400	25	9	10	0	0	0	6
Burnside	. 00	5	2	2	0	0	0	1
Schwartz	.385	26	12	10	2	0	0	5
Weathermen	.375	24	5	9	Ö	0	1	7
Canku	.286	7	2	2	0	0	Ď	2
Reckley	.250	5	4	1	0	0	0	3
Marks	.231	13	2	3	0	0	0	2
DeJesus	.200	15	6	3	0	0	4	.3
Bryant	.000	0	1	0	0	0	0	0

the first, Hawaii added two more runs before WestPac could get on the scoreboard. More than 80 percent of the Hawaii bats hit better than .500.

WestPac added four runs with a grand slam by Smith in the top of the third, but failed to score again until the sixth inning.

until the sixth inning.

Hawaii, continuously hitting the ball, stacked up the runs-one in the third, three in the fourth and nine in the fifth inning.

A four-run rally in the sixth followed by a Boyd home run in the seventh capped the scoring for WestPac as Hawaii remained scoreless after the fifth.

Game 4

WestPac returned to upset Hawaii in the second game June 30, leaping out to a 3-1 ballgame and making Hawaii play catch-

and making Hawaii play catch-

Throughout the game Hawaii never held the lead. WestPac scored 15 runs from 15 hits and Hawaii squeezed out 12 runs from 12 hits.

Hawaii was simply outplayed as three times they left men stranded on base in scoring

			(arr	10 4					
10	WestPac		3	4	0	3	1	4	0 —	15
9	Hawaii		1	2	3	1	4	0	41	12
			(ап	10 5					
24	WestPac	0	4	1	0	0	0	2	9 -	1€
7	Hawaii	0	1	2	2	1	1	0	0 —	7
				Gen	ne f	5				
50	Hawall		0	0	0	0	0	6	3 -	5
10	WestPac		2	0	0	0	3	6	X	1

Game 5

Game 5
With the series tied at two games each, Hawaii was caught unprepared for what proved to be the last day of the tournament.

In the only game that went extra innings WestPac exploded with a nine-run eighth inning breaking a 7-7 deadlock.

Four home runs in the extra inning, two hit by Chief Warrant Officer-4 Thomas Sanford, gave WestPac enough momentum to end the series with their third straight win.

end the series with their third straight win.

Game 6

WestPac had built up a 5-0 lead before Hawaii rallied in the sixth with six runs. But that lead was quickly neutralized as WestPac came back with a six-run sixth themselves

Hawaii almost pulled a victory out of their hats in the seventh as their lead-off hitter reached first and was brought in by a Foster home run. Trying to keep their victory chances alive, Roberts hit the next pitch over the fence.

themselves.

Before Hawaii could get it Before Hawaii could get it rolling, the third out came around and WestPac, stunned by a regional victory, won their first series in the past five years.

The most valuable player award

was shared by two WestPac teammates. Boyd and Smith received the top player award for their performances in the batter's

All-Marines selected to attend trial camp



1982 ALL-MARINES - Selected to attend the All-Marine trial camp are (I to r) Sergeants George Bessette, Douglas Weatherman and Miles Health, Chief Warrant Officer-2 John Roberts, Lance Corporal Jack Smith and Sgt

Scott Nohles. Missing from photo are Staff Sergeant Steve Schmidt and Private First Class Roger Dunnam. (Photo by Sgt Richard

by Cpl Charlie Marshall

Every year at the conclusion of the Fleet Marine Force Regional All-Marine Slowpitch Softball Championships six Marines are selected from both teams to attend the All-Marine trial camp. Besides the two Marines

returning to the camp, Sergeants Scott Nobles for his second year and George Bessette for his fourth

and George Bessette for his fourth year, three other Hawaii Marines were nominated.

This year Chief Warrant Officer-2 John Roberts, Staff Sergeant Steve Schmidt and Private First Class Roger Dunham will attend the trial camp from July 11-Aug. 9.

Selected to attend the camp from the Western Pacific Team were Sgts Miles Health and Douglas Weatherman and Lance Corporal Jack Smith.

Coaching the All-Marine team for his second consecutive year is Master Gunnery Sergent Dave Burnett of Marine Air Control Squadron-2. He will be assisted by Gunnery Sergeant Jerry Morrison Gunnery Sergeant Jerry Morrison

of Headquarters and Maintenance Squadron-24.

At the trial camp in Camp Lejeune, N.C. the All-Marine team will be slimmed down to 15 players to compete in the interservice tournament is scheduled for Aug 8-13 at Fort Indiantown Gap, Pa

A selection committee, made up of both coaches, the head official and the tournament director, chose the nominees Thursday night to tryout for a spot on the prestigious ballclub.

Jerry Price, Special Services athletic director and director of the tournament, states, "We are looking at the individual performances of the players and the contributions they made to

The nominations were an nounced at the awards ceremony conducted Friday in the present of Brigadier General Jacob Moore, commanding general, 1st Marine Brigade. The general also awarded all the participating players gold and silver medals for the winning team and runner-up team respectively and presented certificates to all the players



DOWN THE LANE WITH EASE Sergeant Jim Roberts, 1st Radio Battalion, rolls a smooth shot down the lane at the bowling alley here. Roberts, a professional bowler, has an estimated average of 208 and has bowled two perfect games. (Photo by Sgt Chris Taylor)

polden Dimensions

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by Sgt Corrina Martell

"Most of the best bowlers in the Corps are right here at Kaneohe Bay," said Sergeant Bradley Chapline, secretary and treasurer of Intramural Bowling.

These guys have worked hard. They practice for hours and take the game to their heart."

Chapline, Headquarters
Company, 1st Marine
Brigade, named many
bowlers, but spoke specifically about Gunnery
Sergeant Jim Roberts and
Corporal Craig Gilliam.
Roberts, 1st Radio Battalion, has been bowling for
almost 25 years.
"I've bowled my entire time
in the Marine Corps," said
Roberts. "I've been a
professional for almost seven

professional for almost seven

The 29-year-old "gunny" bowls in three leagues — Thursday Night Point Money League, Radio Battalion Mixed Couples' League, and the Intramural Bowling

League.

He bowls approximately 20 hours a week and maintains

an estimated average of 208.

"To be considered a professional bowler, you have to average 190 points for two consecutive years for 66-games or more," explained Roberts. "Then you send in an

Rolling for high stakes keeps bowlers motivated

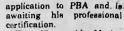
application to the Professional Bowlers' Association with a list of your three best tournament finishes."

If PBA recognizes the applicant as a professional, the bowler is then sent an official and leaved from the official card from the association.
"Every bowler's dream is to

have a perfect game (300 points). I've got two such games," declared Roberts, "I want to be the first military bowler to win a professional bowler's tournament. I've already bowled in eight or nine professional tourna-ments, but the closest I've come is second or third place.

Roberts hopes to compete in the 1983 tournament for professional bowlers which starts in Anaheim, Calif. in

Gilliam, Brigade Service Support Group, has been bowling approximately seven years. He has submitted his



application to PBA and, is awaiting his professional certification.

The 22-year-old Marine averages between 195 to 200, and explained that he started bowling because his father was a bowler.

"It's really challenging."he said. "A lot of people think bowling is an ensy sport but it's not. It's complicated. I enjoy the challenge of the pressure."

Gilliam bowls in the Thursday Night Point Money League, and substitutes approximately four times a week for higher average players within the league. He also substitutes at Windward Bowl in Kaneohe.
"My goal is to bowl a perfect game," said the young bowler. "I feel the competition is higher in bowling than other sports because there's a lesser percentage that can make it on television as a pro."

Gillam bowled in the intramurals last year for Headquarters and Headquarters Squadron and took first place. He has won 23 trophies here so far, and has won approximately 35 more

trophies on the mainland.

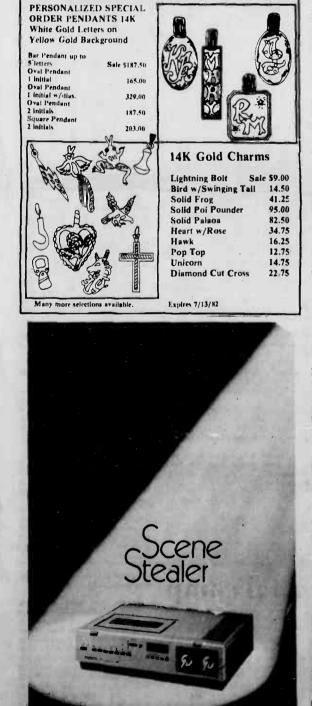
Like many professional bowlers, Gilliam would like to be a top money winner.
"There's a lot of money to be won for throwing a ball down

PRODUCT OF NISSAN



STRAIGHT AND SWIFT Corporat Craig Gilliam, Brigade Service Support Group, concentrates on an expert shot down the lane at the bowling alley.

Gilliam has an average of 195 to 200 und hopes to be professional soon. (Photo by Sgt Chris Taylor)



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Sportmotes

The Ladies Military Grand Prix Tennis Tournament, hosted by the air station, is scheduled for July 13-15. Entry deadline is today. For applications and information call the Athletics Office at 257-3520/3108/3258.

A Single Tennis Tournament is scheduled for, July 17 and the Double Tournament is slated for July 24, Starting time for all matches is 8 a.m. at the lower tennis courts. Active duty Marines must pre-register with Jan Young in the Athletics Office prior to 4 p.m. July 15.

The Navy's Explosive Ordnance Disposal Group One will sponsor the 4th EOD Half-Marathon on Aug. 22 at Naval Air Station.

The 13.1-mile race will start and end at Nimitz Beach. Aid stations will be available every two miles, and refreshments will be at the finish line.

nnish line.

To register, entrants must check in and pick up race packets at NAS Barbers Point Main Gate Aug. 14 or 21 between 10 a.m. and 3 p.m. There will be no check in on race day.

The cost will be \$8 per runner.

Registration forms should be mailed to Race Director, EOD Half-Marathon EOD-THEUONE, Burbers Point, Hawaii 96862. Entries must be postmarked by Aug. 6.

To support the 1982 Navy Relief Fund Drive, the. Easy Riders of HSL-37 are again sponsoring their annual 5 mile run and 20 mile relay race. All proceeds from entry fees go into the Navy Relief Fund. All Navy and Marine Corps personnel, their dependents and Federal employees are eligible to participate.

The races will commence at 6:45 a.m. (for 5 mile race) and 7 am (for relay race) live 24 at 1990.

mile race) and 7 a.m. (for relay race) July 24 at Nimitz Beach abourd Naval Air Station Barbers Point. Pre-race check-in for both events will begin at 5.30.

Entry forms can be obtained by calling Lieutenant Commander John Manly at 684-7443. There are four categories for the 5 mile race: open; senior (40 and over); junior (14 and over); under); and women

For the relay (teams of 5) there are two categories for entry: open; and mixed (teams comprised of at least two members of the same

Trophies, T-shirts, and plenty of refreshments will be available.

The \$7 entry fee is tax deductible. Preregistration closes Friday. Late registration will be accepted on the morning of the race, but no free T-shirt can be guaranteed.





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Walk Hawaii — HMSA
8-mile Novice Run, Hawaii Kai
North Shore 15K Run
2nd Annual Makiki Runs
Anthatia Missale Fun Run Saturday July 25 July 31 Aug. 1 Aug. 7 Aug. 8 Arthritis Miracle Fun Run Aug. 8
Scavenger Hunt Run Aug. 14
Entry forms for these and other races are available in the Athletics Office.

The next home game for the Varsity Soccer Team will be at noon July 18 at the Pop Warner Field, The Marines will challenge Paradise.

Organizational Meeting Billboard: Intramural flag football July 14 July 21 Recreational softball Intramural racquetball

All meetings are held at noon in the Station Theater lobby

JUST PUTTING AROUND - Staff JUST PUTTING AROUND — Staff Sergeant Robert Richardson, 1st Radio Battalion, awalts for his birdie putt to drop on the 18th hole. Unfortunately, the ball stopped within inches of the cup and Richardson parred the hole and his team took a third place in the intramural golf championships. First place went to Brigade Service Support Group followed by Station Operations and Maintenance Squadron No. 1. Headquarters Company, BSSG finished fourth. (Photo by Sgt Chris Taylor) Company, BSSG finished (Photo by Sgt Chris Taylor)

Football

Registration begins next week

Registration for the Dependent Youth Football Program will be held at the Youth Athletic Fieldhouse, Coleman Field, July 17, 24,

and 31 from 8 a.m. to noon.

After July 31, registrations will be taken at Coleman Field on each Monday from 4:45 to 5:30 p.m. No registration will be accepted

after Sept. 18.

Dependent youths, ages 9 through 16, may register. Games will be played here and in the surrounding military and civilian

Applicants must provide birth certificates, dependent ID cards, nd be accompanied by parents or guardians.

Registration fee is \$25.

Youths are required to have physical examinations. ppointments may be made after July 17 with Military Sick Call at



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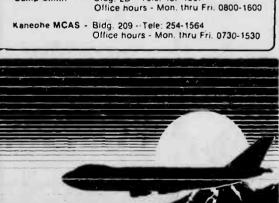
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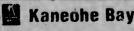
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MABS-24 downsH&MS-24's Avionics

by Sgt Greg Berry

An unsuccessful feet-first slide to home ended Head-quarters and Maintenance Squadron-24's (Avionics) bid

Squadron-24's (Avionics) not for the intramural softball championship June 28 at Pol-lock Field.

Marine Air Base Squadron-24 climbed through eight games after dropping to the losers' bracket to take Avionics 11-9 and 21-16. The win gave them the top spot.

WITH TWO OUTS in the WITH TWO OUTS in the bottom of the seventh, Sergeant Nick Ruitto bolted to home and slid in just milliseconds after the ball reached the catcher, Corporal Arron Brown, who tagged the approaching ground-hugging player. The umpire's voice sounded the official "out" and the game ended.

Both wames provided

the game ended.

Both games provided interesting and exciting action for the hundred or so spectators who crowded Pollock Field. The lead changed hands twice in the first game and five times in the second. And the changes weren't by a mere run or two. Avionics suffered an 8-4 lapse, then came back to lead 9-8 in the fourth inming of 9.8 in the fourth innning of

the first game.

Avionics' greatest come-back was in the third inning of the second game. They suffered a 9-4 deficit, then revived to a healthier 11-9 lead, only to lose it to MABS 13-11 when they came to hat. Parts of the ability of the

two teams to top each other's tally was the amount of fire power behind the hats. MABS-24's heaviest hitters were Sgt Dave Moore and Staff Sergeant Bob Dean. Moore collected four doubles and Dean simed for the fence. and Dean aimed for the fence and beyond with three

CPL AL PINERO and Lance Corporal Richard Morales each hit homers. Cpls Brett Sherman and Russell Phibbs added their three-

baggers (one each) to the cause and everyone on the team had at least one single.

Avionics didn't have a shortage of hitters either. Ruitto smashed a homer for three RBIs, a double over the fence for nother and a pair of three RBIs, a double over the fence for another and a pair of singles during the two games. He was walked the final inning, without a chance to send another hall to the stars. Gunnery Sergeant Butch Matson didn't find it hard to rap the ball either. He doubled The triple club included Sgts Gary Barton and Terry once for three RBIs, and sent three other doubles toward the fence, with one going over. Smith. Sgt Fred Schmidt and LCpl Robert Coffey both sent doubles over the fence and GySgt NIck Bailey. Sgt Ed Adams, Cpl Robert McKinney and LCpl Tony Saenz all contributed doubles.

Despite all the hitting, the two teams' defenses weren't out or "ppe. Avionics kept

MABS scoreless for three innings, but MABS main-tained stronger defenses. They sent H&MS three-up, three down twice and kept them smothered in six other innings throughout the two matches.

MABS MANAGED TO keep Avionics scoreless the last inning of both games, which was hard to do considering the explosive batting power of R&MS.



TOP OF THE HEAP — The air station's new intramural — softball champs swarm on top of their catcher, Corporal Arron Brown, who tagged the last out. Marine Air Base Squadron-24 triumphed 11-9 and 21-16 at Pollock Field June 28 against Headquarters and Maintenance Squadron-24. (Avionics). (Photo by Sgt Chris Taylor) TOP OF THE HEAP - The

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Carrier of the Week



Mike Moore

Sixteen-year-old Mike Moore is this week's Hawaii Marine "Carrier of the Week." Mike will be entering the tenth grade at Kalaheo High School this fall.

Mike has been a SUN PRESS carrier for

four months and really likes his job. It keeps him healthy and it's good exercise. He also likes the money he earns which he's putling aside for a Corvette. He also buys models which he likes to collect.

Mike would like to attend the University of Hawaii and be an officer in the Air Force. He'd like to win a trip to Australia and take his parents along.

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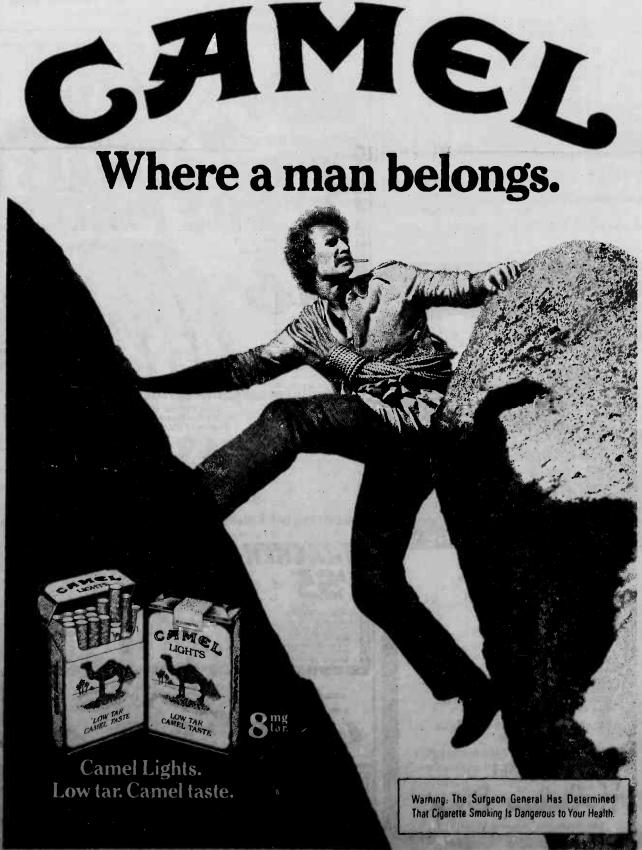
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Dieting, exercising combat obesity

by Celeste Rubanick

SCHOFIELD BARRACKS, HAWAII In the first two parts of this series, the physical, medical and psychological aspects of obesity were discussed. Now that we know why and how people become obese, it's time to look at what can be done to combat obesity in our society

THE GREEK PHILOSOPHER, THE GREEK PHILOSOPHER,
Socrates, issued the following dictum
concerning obesity: "Bad men live that
they may eat and drink, whereas good
men eat and drink that they may live." Is
it simply a matter of eating less?
Although the principal component of a
weight-reduction program is eating less of
the wrong things, exercise also plays a
large part. The person who loses wight
without exercising is not tightening up

without exercising is not tightening up the excess skin that results, and often

looks worse after losing weight.

By the same token, a person cannot lose weight safely simply by exercising. It is extremely dangerous for an obese person to suddenly take on strenuous exercise. The cause of obesity is overindulgence, and the cure is education, behavior modification (diet) and exercise, not just

THERE IS LIVING PROOF right here on Schofield Barracks that it's

possible to lose a large amount of weight and keep it off. Ellie Wallace, wife of Sergeant First Class Archie A. Wallace, B Company, 25th Aviation Battalion, lost 171 pounds between May 29, 1978 and April 7, 1980, and has just celebrated her second anniversary of keeping the weight off. a task often more difficult then just off, a task often more difficult than just losing the weight.

losing the weight.
Like many others who starved through the Great Depression of the 1930s, Wallace's mother had a weight problem. Her eating habits rubbed off on her daughter, and Ellie Wallace was 140 pounds at 7 years old and 250 pounds at her high school graduation. After numerous unsuccessful diets, her weight May 29, 1978 was 305 pounds. April 7, 1980, she weighed 134 pounds.

"I couldn't have done it without my husband's support and Weight Watchers International," she said. "With a diet, International," she said. "With a diet, you're alone. When the hard time hits, you're going to eat. Dieting in a group offers emotional support. They do what no diet book can."

SPEAKING OF DIET BOOKS, have you looked around lately? Bookstores have hundreds to choose from, and a recent visit to the library at Schofield Barracks found more than 20 diet books on the shelves. Some people try many of them before finding one that works. One

division soldier used different combinations of diets to lose 45 pounds.

"I knew that my biggest problem was getting bored with the same diet," she explained, "so I used three different diets, changing every two weeks before I got dis-interested. I would spent two weeks on a low-calorie diet, two on a high-protein diet, two on a low carbohydrate diet and then start the cycle over again. That way, just as I was craving starch as a result of the low-carbohydrate diet, I could change to the low-calorie diet and eat bread once a Just as important was her exercise program: eight hours per week at a health span, swimming, jogging, lifting weights and using exercise machines. Specialized exercise classes let her concentrate on the areas of the body which needed the most work. The result was a 45-pound loss in six months, and a very happy soldier who knew she had "really accomplished something."

NO ONE CAN TELL YOU which diet and exercise program is right for you, but be aware of the fact that the proper program will work if you follow the rules.

Although this series has pointed out that there are several reasons a person becomes obese, there are no reasons for a person to stay that way. Only one percent of all obese persons are overweight because of medical problems.

because of medical problems.

If you want to pick a diet, the most important rule is to choose a sensible one which will keep your body properly nourished. In general, diets of under 1,000 calories per day should be avoided. Crash or fad diets will only make you sick, and in some cases can even kill you. Don't pick a diet you know you won't

stick with. If you're considering a high-protein diet and can't live without bread, forget it. Planning a diet without exercise is equally useless. The exercise will make you feel better physically and mentally, and exercise before a meal lessens a person's appetite. person's appetite.

Always see a doctor before you start any diet! This rule cannot be repeated often

DON'T COUNT SOLELY on willpower. If you start a program you can live with, you should be able to change your eating habits gradually, decreasing the need for will power. Never believe you can't doit. There is no

excuse for remaining obese. Ellie Wallace's advice is a code for all of us to follow: "Never, never give up on anybody and especially yourself." You can do it!

Cinema

George, R. action-drama.

2. FIRST FAMILY — Gilda Radner, Bob
Newbart, R. comedy.

3. SHARKY'S MACHINE — Burt Reynolds, Makepeace, PG, action drama.

T F S S M T 2 3 4 5 6 7 7 6 9 10 14 12

1. ENTER THE NINJA - Franco Nero, Susan

Vittorio Gassman, R, thriller.

4. SIMON — Alan Arkin, Madeline Kahn, PG, comedy.

5. NEW YEAR'S EVIL — Kip Niven, Roz Kelly, R.

8. RAGING BULL - Robert De Niro, Joe Pesci, R. 9. ALL NIGHT LONG — Gene Hackman, Barbra

Streisand, R., comedy.

10. CASINO ROYALE — Peter Sellers, Ursula Andress, PG, comedy.

1. DEATH VALLEY — Paul Le Mat, Catherine

Hicks, R, suspense.

12. PORKY'S — Dan Monahan, Mark Herrier, R,

Paradise Pastine

WITHIN THE GATES — Susan Cleveland, director of Marine Corps Air Station Child Care Center, and Connie Chock, public health nurse, will present "Health and Well-Being of Young Children" at the Armed Services YMCA Outreach's weekly "Women's Awareness Program" July 14 from 9 to 11 a.m. The discussion, which will be held in Building 455, will focus on the physical and emotional aspects of growth and development, nutrition and discipline.

and discipline. and discipline.
Child care, 50 cents per child, and transportation are available. To make reservations, call Armed Services YMCA Outreach at 254-4719 or 254-5556.

Bonnie Lopez will demonstrate "Basket Weaving" at the Armed Services YMCA

Make

it all

better.

Outreach's weekly "Women's Awareness Program" held in Building 455 July 21, 1982

from 9 to 11 a.m.

This demonstration on how to weave a basket or plant container using newspaper will give the ladies the chance to learn this technique and take home an attractive decoration. After painting or varnishing they look like expensive leather or wicker!

Transportation and child care, 50 cents per child, is available. For more information or necessary reservations call 254-5556.

CHEAPSHOTS - The Station Chapel is sponsoring a free trip to Sacred Falls in Laie

Saturday.

A list of participants has already been submitted by the chaplain's office in order to

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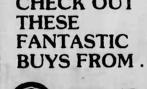
receive free lunches on the trip. Additional personnel are required to bring or buy their own

lunch for the trip.

Anyone wishing to sign up call the Chaplain's Office at 257-3506.

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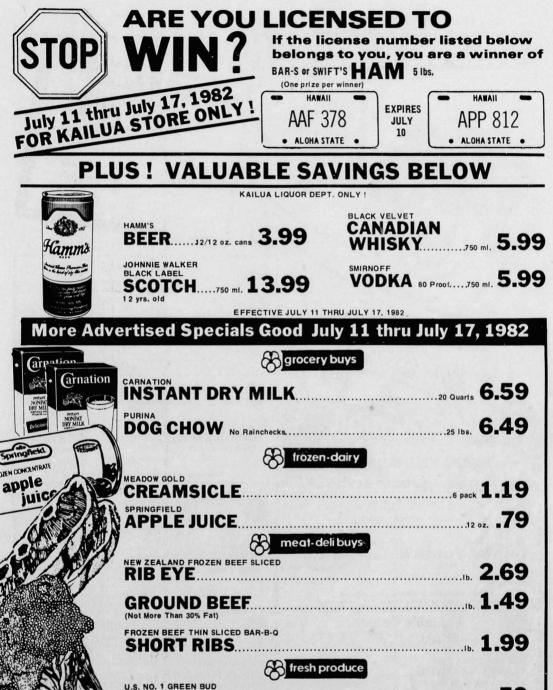
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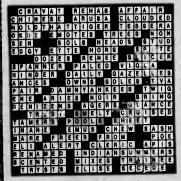
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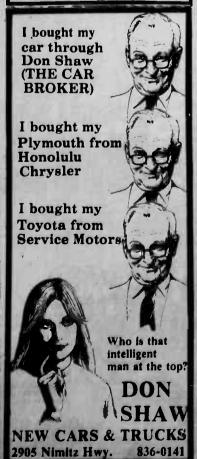
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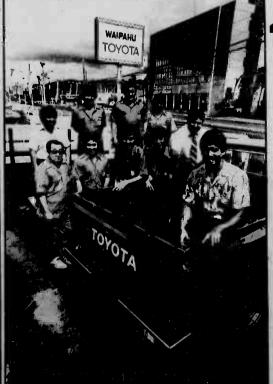
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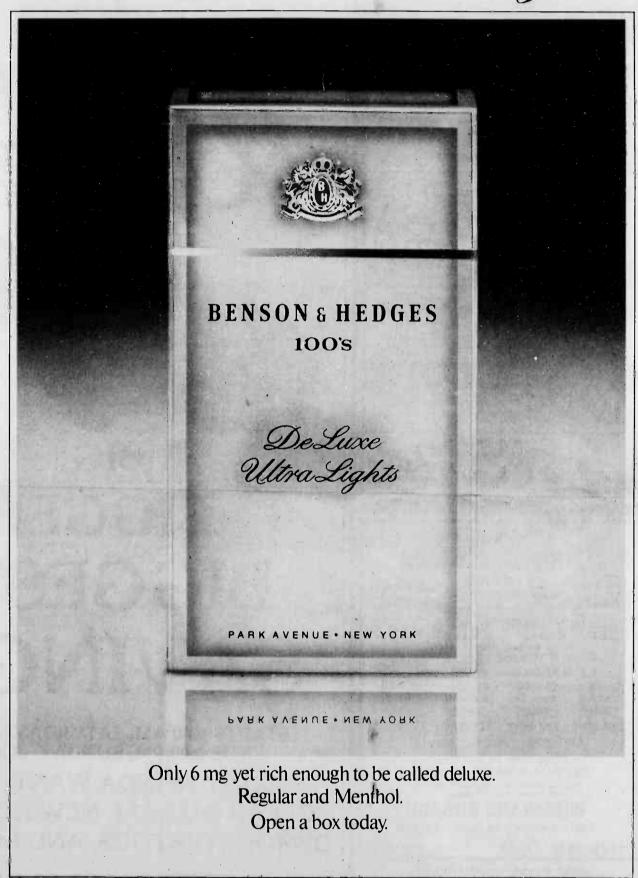
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