



HAWAII



MARINE



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Helping to keep Hawaii Marine green

April 13, 1973



Photo by Sgt. E.S. Saylor

ON WATCH - Corporal James Andrews, a lifeguard with K-Bay Special Services, keeps his eyes peeled for swimmers who find themselves "over their head" in trouble.

'All in a Day's Work'

Marine Saves Lives

K-BAY - Three swimmers - one a 3-year-old boy - were rescued from possible drowning last weekend by Corporal James Andrews and other Special Services' lifeguards.

"It's all in a day's work," explained Andrews.

Two swimmers were pulled from a 15-foot surf, 100 yards from the Pyramid Rock shoreline.

"The waves were breaking up to 15 feet during the rescue," the Philadelphia Marine related, "and if it hadn't been for Skip's help, one of the swimmers might have drowned." Skip Berg, Andrews' partner in the rescue, is a civilian lifeguard on the Station.

The Station Pool was the site of a near-tragedy Saturday when a three-year-old boy wandered too far from the pool's shallow area. Andrews was on duty at the time and quickly spotted the danger, rescuing the child. "No harm done, but that was one scared little kid," Andrews recalled.

The three weekend incidents were the first this year in waters supervised by the Station Special Services' lifeguards and the rescue of the child was the second attributed to Andrews. He saved his first drowning victim in March.

Andrews, who holds three Gold and one Silver Medal in AAU competition won while participating in international meets in 1971 on Guam,

began his stint as a K-Bay lifeguard four months ago.

Before joining the Corps in 1969, Andrews was active in East Coast YMCA swimming for more than three years, so he was a "natural" for his first job when he reported for duty at Guam. "I'm a grunt by profession, but the Corps needs experienced swimmers for qualified lifeguards, so here I am."

While sport and body surfing are among his favorite hobbies, Andrews' interest in sports covers a wide-range of activities. He played semi-pro basketball for his hometown Philadelphia All-Star team and now plays forward on the Hawaii Marine team.

"People either aren't aware or don't care about the danger in swimming on any beaches around the Station," Andrews explained. "This is especially true at Pyramid Rock. The undertow there is tremendous when waves reach 10 feet or higher and even the strongest swimmer can be pulled under by the currents."

Andrews enjoys his work, but often finds that many water enthusiasts don't understand a lifeguard's role. "We're not put on the beaches to harass swimmers," he stated, "we're there to help swimmers and keep K-Bay free of drownings."

Andrews offers this advice: "Obey the regulations, use common sense, and good times come easy."

Four Marines, Two Sailors Honored

By Sgt. John Midgette
K-BAY Four Marines and two Sailors received medals during ceremonies here Friday.

Major Royall W. Geis, station management engineers office, and Captain Thomas Zalewski, assistant communications officer, were presented the Bronze Star with Combat V.

Meritorious Service Medals went to Lieutenant Colonel Dwight R. Timmons, commanding officer, 2nd Battalion, 3d Marines, and Major Torrence W. Rogers, S-2 officer in 1st Battalion, 12th Marines.

Chief Dental Technicians Thomas G. Finnegan and Beingo R. Raguidin of the K-Bay Dental Department received Navy Commendation Medals.

Geis, while serving with Marine Medium Helicopter Squadron-263, Marine Aircraft Group-16 from May, 1970 to April, 1971, provided managerial support as operations officer in Vietnam.

On Oct. 1, Geis was reassigned as assistant group logistics officer while also serving as base development officer. He directed daily logistics operations, provided policy guidance to subordinate units, and initiated many improvements in base facilities, including the installation of 40 hot water heaters in the enlisted and officer living areas.

Zalewski, while serving as communication advisor to the Vietnamese Marine Corps from January, 1972 to January, 1973, provided plans which greatly enhanced the operational effectiveness of Vietnamese Marine Corps communication units.

Timmons was cited for his management of the Human Affairs Program, where he developed and implemented innovative projects which greatly enhanced the atmosphere of understanding and communication between Brigade Marines. Reassigned as assistant chief of staff, G-4 on December 1, 1972, Timmons became largely responsible for a program known as the Administrative Deadline Program which provided storage of 400 items of equipment and reduced maintenance workloads. This program saved the government more than \$1 million. The program won the President's Management Award as well as the Secretary of the Navy's Cost Reduction Award.

Rogers was cited for his efforts as the Human Affairs Officer of the Brigade and Air Station. From December, 1971 to November, 1972, Rogers offered recommendations to the commanding general to counter human relations problems and initiated a campaign which within months eased racial tensions, markedly reduced racial incidents, reestablished effective communications between all members of the command.

Finnegan was cited for his meritorious service while serving with the 21st Dental Company and with the Dental Department here. From August, 1971 to April, 1973, he



GEIS



ZALEWSKI



TIMMONS



ROGERS



RAGUIDIN



FINNEGAN

supervised and coordinated activities of his section. Fiscal/Supply and Shop Stores. He was also recognized for his support of the Navy/Marine dental health project on Molokai.

Raguidin was cited for his technical expertise in the conversion of the small K-Bay dental department into an advanced and professionally staffed department capable of providing outstanding prosthetic service to all Kaneohe personnel. Raguidin was also instrumental in the introduction of modern equipment to provide high-density plasmas for crown

and bridge fabrication, a complete porcelain processing capability, and automatic casting an partial denture frameworks.

Present at Friday's color ceremony was Rear Admiral Wade

Hagerman, Inspector General, Dental, who was visiting and inspecting dental facilities throughout the 14th Naval District, and Brigadier General William L. Smith, Brigade commanding general, who presented the medals.

For Cpl. Toledo

Initiative Pays Dividend

K-BAY - When Lance Corporal Richard A. Toledo, a member of Headquarters and Headquarters Squadron here, began working with a civilian firm modifying rifle racks for the Station Armory, he didn't realize his efforts would earn him a meritorious mast nor that the Navy Relief Society would become \$200 richer.



TOLEDO

The presentations, meritorious mast for Toledo and the money to the Navy Relief, were made by Colonel William J. White, commanding officer, Marine Corps Air Station, Kaneohe Bay on Friday.

Initially, he provided security for weapons being used by the civilians in the modifying of the rifle racks but Toledo was not satisfied with watching and was soon assisting the workers.

In fact, he assisted so much the contract was completed ahead of schedule, according to the firm's president and it was felt Toledo's enthusiastic spirit inspired the civilian workers to work more efficiently as a unit.

In appreciation to Toledo, the firm of Carter Company Incorporated contributed \$200 to the Navy Relief Society in his behalf and Colonel White presented Toledo with a meritorious mast.

I've Got THIS To Say About THAT

The Hawaii Marine is published for you, its readers, and for that reason alone, this column was created.

Material accepted for this column will be open viewpoints, pro and con opinions on a particular subject, and letters to the editor. When submitted material warrants a specific answer, it will be forwarded to appropriate staff sections for reply.

The guidelines for submissions to this column are: letters should be typewritten or printed legibly and double spaced; they should not be offensive in language, personally insulting or libelous toward an individual or group; they must be signed by the writer (name will be withheld by request); and the writer should include his phone number to clear up possible errors in meaning.

All material for this column should be sent to: Editor, Hawaii Marine, KMCAS, Kaneohe Bay, Hawaii.

Dear Editor:

I was in the station bowling alley one Saturday morning to roll a few games (normally three because of the waiting list) and, as usual, got me a coke, drew me up a chair, and prepared to wait my normal 45-60 minutes. I noticed a league was bowling on four of the lanes, but what I couldn't understand was why the management closes the alley adjacent to the league closed to the bowlers on the waiting list? Fortunately for those waiting, the other alley adjacent to the league was broken down on this occasion. I'm a bowler who enjoys the game, even when it's watching someone else bowl, but why watch when you could be participating?
NAME WITHHELD BY REQUEST

In Reply:

The station bowling alley, like most military and civilian bowling facilities, observes this practice as a courtesy extended to league bowlers. It can be distracting to a tournament or league bowler to possibly have a novice bowling adjacent to him who is not aware of the game's courtesies.

However, the present policy has been reviewed, and in light of the fact that the K-Bay facility consists of only 10 lanes, the practice of leaving this open lane has been discontinued, effective immediately. All bowling lanes will be open, which in turn should reduce the waiting list. Thank you for bringing the need for change to our attention.

LTCOL. D.F. BROWNE
Services Officer

Homecoming Appreciation

The Commander in Chief Pacific recently noted the spontaneous manner with which military personnel and civilians alike turned out to greet the returning POWs. In so doing, they provided an emotional inspiration for the entire Nation.

Please extend his and my appreciation to all who contributed for their outstanding support and spirit in making homecoming such a great success.

LOUIS H. WILSON
Lieutenant General, U.S. Marine Corps
Commanding General, Fleet Marine Force, Pacific



Photo by GySgt. Larry Sasaki

MONICA JASPER AND HER MOTHER, JEANIE, (left inset) and Sergeant Ken Daug with his son Steve (right inset) enjoy the Station Crash demonstration during SOMS first open house Saturday. See story on page 8.

In My Opinion



AKERS

NINA AKERS,
DEPENDENT

"I started in high school. I don't really know why I smoke, but I don't believe it causes cancer. I'm a nurse and I think cancer is caused by a virus. It does cause harm to the lungs and smoking isn't good for breathing, but I don't think it causes cancer. Eventually I plan to quit, but I don't know just when."

HM-2 JOHN JUSTIN,
DISPENSARY

"I smoked for kicks when I was a freshman in high school, but I really couldn't afford it, so I quit. I saw the way my buddies were smoking a couple of packs a day and I didn't want to get into it that heavily and get hooked, so I quit. My dad's a heavy smoker and has emphysema—he's been smoking so long now he won't quit—so I'm aware of the health problems. I think there's a lot of different reasons people smoke to be cool, to lose weight, and a lot of older people didn't know about the health hazards when they started and it wasn't as expensive then, but it ends up being a habit, physical or psychological."



JUSTIN



STOKES

GYSGT. NILES STOKES,
DISBURSING

"I can go with them or without them. As far as the medical reports on cancer go, I figure if you're going to die, you're going to die. I don't smoke that much, just to keep my hands busy. I wouldn't ever want to make a habit of it. I think most people get started by seeing others smoke—they see Joe do it and they go along—it's the thing to do."

Why do or don't you smoke?

LAQUETTA WANNER,
DEPENDENT

"I've tried it, but I've never been a habit smoker. I guess I don't smoke because of health reasons—cancer and all that. I've always thought smoking was a nervous habit, and I don't have a nervous problem. My husband smoked—not regularly, but once in awhile—but he quit altogether a year ago. Smoking is like any habit, chewing gum or anything else. I've just never taken it up and I'm glad I haven't."



WANNER



LOGAN

WILLIAM LOGAN, DEPENDENT

"I've smoked since I was about 13 when a friend and I started stealing them from our parents. Now I've formed a habit of it. I guess most people get started by trying it—like a fad or something. I used to smoke about a pack a day, but I've cut down to half that. Eventually I hope to quit altogether."

PFC KEN McFALL, H&S 2/3

"I don't really know why I smoke—habit, I guess. I started like most people do—going along with the crowd, being cool. Now I'm smoking between a pack and two packs a day. I do worry about cancer since my father has cancer caused by smoking. I've tried to quit a lot of times; the longest was about seven months, but I always get started again. I imagine that one of these days I'll quit again."



McFALL



What Makes You Tick?

By GySgt. Phil Hartranft

K-BAY—Lance Corporal Bux A. Norrod, Jr. is 21-years-old and a member of "A" Company, 3rd Reconnaissance Battalion.

What makes him tick?

Norrod is an assistant team leader with the Recon company assigned to Brigade. A simple five-letter word keeps him moving and ticking. . .Pride!

"I wouldn't swap jobs with anyone in the Corps. Recon is where the word 'pride' still means the same thing. . .Marine."

A Vietnam veteran and a former high school wrestling champion, he believes there is no substitution for motivation.

"We (Recon) have it because we want it. We're all mostly volunteers and we wouldn't want it any other way."

He explained that if Marines come to Recon and don't "cut the mustard" they are shipped out quickly.

"We only want the best and only the best want us. It has to be that way for us to properly perform our mission at all times. It's always been that way and it always will be that way."

Now serving the second of two split tours in the Marines, Norrod explained to me why he joined the Corps and volunteered for Recon in the first place.

"I was reared in Tennessee but then moved to Michigan during high school. When I watched the TV news or read the newspaper it used to make me sick to see some of the youth of America demonstrating against anything they felt like attacking that week. I made up my mind I wanted no part of it. I went to see a Marine recruiter, heard about Marine Recon and here I am today. I've never regretted for one minute that oath I took the day I joined."

He earned his wings (jump) at Fort Benning, Ga. in 1969 and captured the third place standing in his class.

"To me everything is a challenge. In high school, wrestling was my challenge; today being a Marine is my challenge. When your job is no longer challenging it's time to move on. I'm just put together that way. Life has to challenge the individual and we have to accept the challenge."

He quickly added that he loves Recon and the pride and satisfaction he receives from being a Marine. But unfortunately, he added, he wouldn't be able to stay with Recon for a career.

"Outside of being a Recon Marine I feel there is no challenge left for me in the Corps. I have always wanted to be with the best and Recon is just that."

The young lance corporal has definite ideas about his training too. "I am happy when we are in the field and actually training. I realize that some garrison duty is necessary but if I had my way, the majority of my time would be spent in the "boonies."

Norrod likes the Hawaii beaches, the Hawaiian people, but most of all, he likes 3rd Reconnaissance Battalion!

"We only have approximately 40 Marines right now in our company but we are tight. When we train as a unit, we train as one. When we run as a unit, we run as one. We're small but we're "swift, silent and deadly."

I asked him if he felt the Marine Corps really needed a Recon unit today. Without hesitation and firing back point-blank he replied: "No unit in combat is effective or can do its mission without its eyes and ears and we are just that. We will always have a place in the Marine Corps. An important and in my opinion a proud place."

With that statement the interview was over but in MY own personal opinion, it was just starting. I realized as he walked away that while Marines like him wore the 'globe and anchor' there would always be a Marine Corps.

He represents a dedicated group of highly motivated trained Marines who are the "eyes and ears; the swift, silent and deadly" of the Marine Corps.

But most of all he is one of the ones who still spells pride the way we were all taught. . .MARINE!

That's what makes Lance Corporal Bux Norrod, Jr. tick. What makes you tick?



NORROD



By SSgt. D.L. Shearer

Religious Services Slated For Holy Week, Passover

OAHU — Religious services for Holy Week (April 19-22) and Passover (April 16-24) have been scheduled as follows:

CATHOLIC SERVICES

THURSDAY: Mass of the Lord's Supper will be celebrated Maundy Thursday, April 19, at the Kaneohe Station Chapel at 7 p.m.

FRIDAY: Good Friday Service celebrating the Lord's Passion and communion is scheduled for 2 p.m., April 20 at the Kaneohe chapel. Good Friday is a day of fasting and abstinence.

SATURDAY: Easter Vigil Mass fulfilling the Easter Sunday obligation will be held at 6 p.m., April 21 at the K-Bay Chapel.

SUNDAY: Easter Sunday Mass will be held at 8 and 11:15 a.m. and confessions will be heard on Thursday, Friday and Saturday one hour before each service.

PROTESTANT SERVICES

THURSDAY: The Christian Passover Seder Service will be conducted at 7 p.m. Maundy Thursday, April 19, at the Kaneohe Inn Banquet Room. Reservations are required and can be made by calling 257-3552.

FRIDAY: Chapel services on Good Friday, April 20, will be held at 12 p.m. in the Kaneohe Chapel. The service, "Seven Last Sayings of Christ," will include music and meditation.

SUNDAY: Easter Sunday Service will be conducted at 6:08 a.m. at the Kaneohe Rifle Range in cooperation with the Windward Association of Evangelicals. The program will include former Miss America, Vonda Kay Van Dyke as guest soloist and testimonial; the Wayne Meeds Trio of Waikiki; and performances by the K-Bay Marine Band. Chaplain Sigmund C. Schade will bring the Easter Message. Bleachers will be available for an expected 1,000 Marine families and guests. In the event of rain, services will be conducted in the Family Theatre. Regular Easter Worship Services will be held at 10 a.m. in the K-Bay Chapel.

DINING HALLS OPEN

K-Bay's Anderson and Pless Dining Halls will be open to all military personnel, their families and guests for breakfast following the Easter Sunrise Service.

JEWISH SERVICES

APRIL 16-APRIL 24: The Jewish Feast of the Passover begins at sunset April 16 and ends at sunset on April 24. The first two and last two days of the Passover Festival are days of religious obligation for members of the Jewish faith. Monday, April 16 is Home Hospitality for single servicemen. The Passover Seder will be held at the Enlisted Men's Club, Pearl Harbor, on Tuesday, April 17 at 6 p.m. Seder reservations must be made by calling Chaplain John Rosenblatt at 471-0050.

FRIDAY: Passover Week Services will be held April 20 at the Pearl Harbor Aloha Chapel at 5:30 p.m.

Did You Know This ABOUT SMOKING?

Smoking several cigarettes in a closed room soon makes the concentration of nicotine and dust particles so high that the nonsmoker inhales as much harmful tobacco by-products as a smoker inhales from four or five cigarettes.

Smoke from an idling cigarette contains almost twice the tar and nicotine of smoke inhaled while puffing on a cigarette. On the average, smoke inhaled while puffing on a cigarette contains 11.8 mg of tar and 0.8 mg of nicotine, as compared to 22.1 mg of tar and 1.4 mg of nicotine from idling smoke. Thus, smoke from an idling cigarette may be twice as toxic as smoke inhaled by the smoker. Although the concentration of harmful substances inhaled by the nonsmoker is less than the concentration inhaled by the smoker, the nonsmoker's exposure will be for a greater period of time.

Smoking in an airplane will obviously constitute something of a menace to a nonsmoking passenger. It seems obvious that in the confines of an airplane, where a nonsmoker is required to sit next to one or between two smokers, and where the air circulation is typically poor, the nonsmoker will be subjected to a significant health hazard from the smoker.

An editorial some years in SCIENCE magazine concerned the pollution of air by cigarette smoke. In a poorly ventilated, smoke-filled room, concentrations of carbon monoxide can easily reach several hundred parts per million, thus exposing present smokers and nonsmokers to a toxic hazard. In fact, it has been found that children of smokers are ill more frequently than children of nonsmokers, usually because of respiratory disease.

It is becoming increasingly apparent that the nonsmoker who must be present in the traditional "smoke-filled room" characteristic of many conferences and social gatherings has an exposure to tobacco by-products quite similar to the exposure of the smoker. There is some evidence that this "smoking environment" extends even into the home where children may have a sufficient exposure to influence their cardiovascular system and add years of exposure to their smoking history, even before they actually smoke themselves.

During Holy Week

Stand Up and Be Counted

By Chaplain Sigmund C. Schade

Next Sunday the Christian world commemorates a great moment in history. This moment occurred many years ago when a man sitting on a donkey was approaching the gates of Jerusalem with a few of his followers. This was not an ordinary man. He was a man who astounded the Pharisees, the Sadducees and the rulers of his time. The man was known as Jesus of Nazareth.

When the great crowd of people who had gathered at Jerusalem heard that Jesus was approaching they went out to meet him. This was the only time in the history of Jesus' ministry that his followers really had a demonstration. They lined his path with flowers; they waved the palm branches; and they hailed him as their liberator—the King of Israel. He was their hope to usurp the throne and cast off the dictatorship of their Roman overlords.

I guess the triumphal entry of Palm Sunday was the greatest misunderstanding of history. While the people were looking for an earthly King, Jesus came to proclaim a greater kingdom that was to reign in the hearts of men; a Kingdom of Love. This Kingdom of Love was to be implanted into the hearts of all men. It was in the principles of this Kingdom that man was expected to find his way back to God and also discover the seeds of freedom, liberty, justice and world peace. Here was a Kingdom that rose above nationalism, above man's selfish pride and greed, and taught that man must live as a brotherhood in love with one another.

The events following the triumphal entry into Jerusalem should be familiar to all men. When this Kingdom of Love was proclaimed in the courts of men, there were no crowds to cheer. There were only the screams of materialistic mobs crying, "Crucify Him!" "Crucify Him!" It was at this moment that the history of man was on trial and even Christ's disciples followed at a great distance.

In this moment of history, when the moral ethic and basic principles of Christianity are on trial, it behooves every Christian to stand up and be counted. May I encourage everyone to worship at church or chapel during this coming Holy Week.

The scientist has made this world a neighborhood. Let us dedicate ourselves to making it a brotherhood.

HAWAII MARINE

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Income Tax Filing Deadline Monday

Taking Some of the 'Ouch' Out of Food Costs

By GySgt. Phil Hartranft

K-BAY—How would you like to make an average of \$450,000 a month in gross sales, save your customers an average of 30 per cent over your nearest civilian counterpart and still not be the most popular place on the Station?

The Station commissary is just that!

Serving an average of 18,000 customer transactions each month, including both active duty and retired military personnel from Windward Oahu, the commissary is still one of the military wife's prime benefits.

In charge of running this more than \$5,000,000 venture each year is Captain Harris H. Dinkins. He has served as K-Bay's commissary officer since 1970.

Dinkins and his staff of three other Marines and 67 civilian employees are responsible for seeing that Windward Oahu military families have food on their tables at the best possible price available.

"In 1952 when the Act was passed, Hawaii was a territory and the government absorbed the transportation cost charges.

"However, in 1959 when Hawaii became the 50th state, the island military shoppers also started to help pick up the tab for the transportation of their food since Oahu commissaries were now United States based. Today almost an average of 12 per cent of a commissary shopper's bill is the transportation cost of getting the food here in the first place. Transportation and the high cost of living put an extra burden on the Oahu military wife when she shops for her families food."

Many K-Bay store shoppers wonder how much profit the commissary makes and what eventually happens to it. Captain Dinkins answered this way: "All Marine commissaries are authorized to make an overall profit of 3 to 5 per cent. The only reason this profit is allowed in the first place is to help defray the cost of capital assets

COMMISSARY STOCKS LESS

The end of this answer brought out another often asked question by the family meal planners. Why doesn't the commissary stock as many items as local food stores?

"Civilian stores," started Captain Dinkins, "usually stock nearly 8,000 items compared to our 4,000. However, our shoppers should remember that a large portion of the excess amount in a civilian store are items the military buys in a package store or the exchanges, such as houseware items, toilet articles or liquor or soft drinks. Another major drawback we have here at Kaneohe is the lack of space for some of the other products. Products that really sell fast such as soap powder require a lot of space on shelves. Civilian store managers could probably put four large sizes of a brand of soap powder on their shelves and it would last all day. If I did that it would be gone in five minutes."

All meat sold at the K-Bay commissary is "U.S. Choice". Some shoppers think other island commissaries have better meat than available here. To counter this Dinkins added that all meat purchased by Oahu commissaries come from the same organization — Defense Personnel Support Center in California.

MEAT IS EXPENSIVE

In the last month Dinkins said that the purchasing of beef has dropped off to an extent where the store has had to cancel two orders of beef from the mainland. He admits prices are high but that he has to compete with civilian buyers when purchasing and can't lower his prices just because people aren't buying. Many K-Bay shoppers are switching to fowl, fish and other meat products in the interlude.

Recently many shoppers have asked Captain Dinkins about the advantages and disadvantages of buying what is referred to as a "side of beef" (hind and front quarter of a steer). He cautions against this way of buying your beef.

"When a shopper buys a "side of beef" it really looks like a lot of meat and a real bargain. However he should bear in mind that an average of 33 per cent of his purchase price will be going into uneatable items like fat and trimmings. Also your average butcher will charge between a nickel and a dime per pound to cut it; the customer needs a good sized place to store it; and the quality of the beef will drop the longer it is frozen while waiting to be consumed."

Every three years K-Bay's commissary undergoes a Price Certification Survey to see how its prices of food items stack up against local civilian food markets.

"We just had our last one in September, 1972," added Dinkins, "it showed that K-Bay commissary shoppers were saving an average of 30 per cent in their food buying over civilian families on Oahu."

improvement and the overall operating costs of the commissary store itself. Civilian workers are not paid out of this profit area."

CHEAPER IN TOWN

Some K-Bay food patrons sometimes say they can purchase items cheaper at local food markets than at the Station commissary. Dinkins, a 10-year Marine veteran, replied to this in this way.

"This is sometimes true. However, what the civilian markets are doing are advertising what is referred to as 'loss leaders'. These are items the civilian stores will reduce to attract more customers into their stores. The store manager knows that once a potential customer is inside he will most likely buy more than just the few advertised 'loss leaders'. This is what the manager is counting on. These are usually the items our shoppers are talking about. But they should remember that these items may only total three out of the stores more than 8,000 items."

COMMISSARY PRICES HIGHER

One of the first things a new Oahu military shopper learns is that the commissary prices aren't the same as those on the mainland. They're higher! Captain Dinkins spoke of a major reason.

"K-Bay families are faced with a problem they didn't even think about while stationed on the mainland...3,000 miles of water between them and the major food suppliers! It adds up to one thing. Someone has to pay for the transportation of this food. Here at K-Bay it is the commissary store and in turn its shoppers."

He explained why this is so. "The Appropriation Act of 1952 stated that commissaries based in the United States would have to defray (pay) the transportation costs of their food items. Transportation costs for commissary stores in United States territories or foreign countries would be picked up by the government.



Photo by Sgt. E.S. Saylor

MRS. DIONE RIEGER AND HER DAUGHTER, MARY ANN, take a moment after entering the commissary to check out the Voluntary Price Reduction Board. The board lists items offered to the commissary by food sellers at an additional eight per cent savings.



Photo by Sgt. E.S. Saylor

MRS. ERNEST WILSON and daughter, Denise, check out the difference in price between chicken and beef while shopping the K-Bay's commissary.

SAVINGS

In addition to the overall 30 per cent savings the Air Station commissary also offers their customers an additional low savings. But sometimes this leads to confusion for the shoppers.

Once entering the commissary store shoppers are faced with a sign referred to as the V.P.R.B. (Voluntary Price Reduction Board). This board carries a list of items that food distributors are offering to the commissary for reduced sales. In turn Dinkins and his staff pass this savings on to the customers. These items normally save the shopper an additional 8 per cent of their original price. Now Captain Dinkins explained where the confusion arises.

"The items listed on the board are only offered to us (the commissary) for a specific period of time. Maybe 30 or 60 days. When the distributor resumes charging his normal selling price for his item we return that item to that price. Here shoppers sometimes think we are

increasing our prices. This normally happens around the first of the month and some customers think we are just trying to make an extra few cents just because they have money in their pockets. However, the majority of the time it is these special items on the V.P.R.B. going back to their normal selling price."

MOTHER NATURE CAUSES PRICE RISE

Even Mother Nature has a part to play in the rising cost of commissary items.

Commissary shoppers will remember that recently the price of mainland eggs jumped almost 100 per cent over what they were a few months before. The reason behind this drastic price increase was that in California, which is a major egg supplier for Oahu markets, a rare chicken malady, New Castle disease, popped up. As a result of this millions of chickens had to be put to death to halt the spread of it. Then it was simply the law of 'supply and demand'. Everyone wanted eggs but

there just wasn't enough chickens around to produce them. In turn the price of eggs soared.

LONGEST HOURS IN CORPS

Since the Garland, Tex. native assumed duties as K-Bay's commissary officer he has brought something here you won't find anywhere else in the Marine Corps. K-Bay's commissary is open more hours, 43, than any other commissary in the Marine Corps. This is an improvement of nine more than when he arrived. He feels it is worth it.

"The longer hours helps our shoppers because normally they don't have to contend with crowded check-out counters and the aisles are less congested most of the time," he explained.

So if you would like to gross an average of \$450,000 a month in sales, save your customers more than 30 per cent over your nearest civilian competitor and still be the Station villain, try being a benefit...try being a commissary!



Photo by Sgt. E.S. Saylor

THIS HAND, BELONGING TO A SHOPPER at the K-Bay commissary, will soon discover that paper items are one of the most expensive items to ship to Oahu from the mainland.



Photo by Sgt. E.S. Saylor

MRS. LOLA MCINTOSH, ONE OF THE CIVILIAN EMPLOYEES who man the check-out stands, is kept busy every day just ringing up the "savings" offered to commissary shoppers.

Marines Place Third in 26-Miler

By Cpl. Jim Plemons
CAMP SMITH - Three of the Hawaii Marine runners combined to take the third place team award in the

Norman K. Tamanaha Marathon on Maui Saturday. They were Carlos Mora, Thomas Miller and David Schmidt.



Photo by Cpl. Bill Harraman

FATHER OF THE MARATHON - Norman Tamanaha, the man for whom the Maui Marathon was named and who is called the "Father of the Marathon" in Hawaii, crosses the finish line. He is 66 years old.

The first runner to finish the 26-mile, 385-yard course was Gordon Haller of CINCPACFLT representing the Tantalus Marathoners. He set a new record of 2:39:14.

Johnny Faerber finished second for the Hawaii Rangers, just ahead of Ruben Diaz and David Cadiz of the same team.

Fifth place went to John Hayes of the Army team and John Netch and Sam Bassitt of the Tantalus team were close behind.

Mora of K-Bay was the first Marine to finish. His time was 3:03:07.

The next Marine was Miller of Camp Smith. Last year, Miller passed out from the heat and was revived to finish the race. He made a fine comeback this year to finish the race in 3:20:19.

The third Marine to complete the grueling run was Schmidt of Camp Smith. He combined with Miller and Mora to total 39 points to take the third place team honors.

Other Marines to finish were: Fred Simmons, Johann Haferkamp, Kimo Morgan, Don Thurmond, Angelo Ivie, Larry Sebert, Bill Gardner and Paul Everest.

Norman K. Tamanaha, the man the race is named after, also participated in the race. Norman, a

veteran of many marathons (including the Boston Marathon) is called the "Father of the Marathon" in Hawaii. Although Norman is 66 years old, he finished in the number 20 spot, just ahead of Simmons and Haferkamp. His time was 3:37:12.

Lars and Scott Cole took the number 15 and 16 positions respectively. Now, this doesn't sound worth mentioning until you look at the fact that Lars is 13 years old and his brother Scott is only 12 years old. These two brothers finished only 20 seconds apart at 3:24:05 and 3:24:25. They both covered the course bare-footed. Their father, Harold, finished ninth in 3:03:47.

Carolyn Miyashiro was the only woman to enter the race. Carolyn was born in Kailua but now lives in Los Angeles where she works as a secretary. She covered the course in 3:45—a five minute improvement on her performance in the Culver City, Calif. marathon.

All finishers received a decorated "T" shirt at the awards picnic following the race. Individual and team awards ranged from cups and bowls to plaques and mugs. A special award was made to the ambulance driver for his time and efforts in this and previous races.

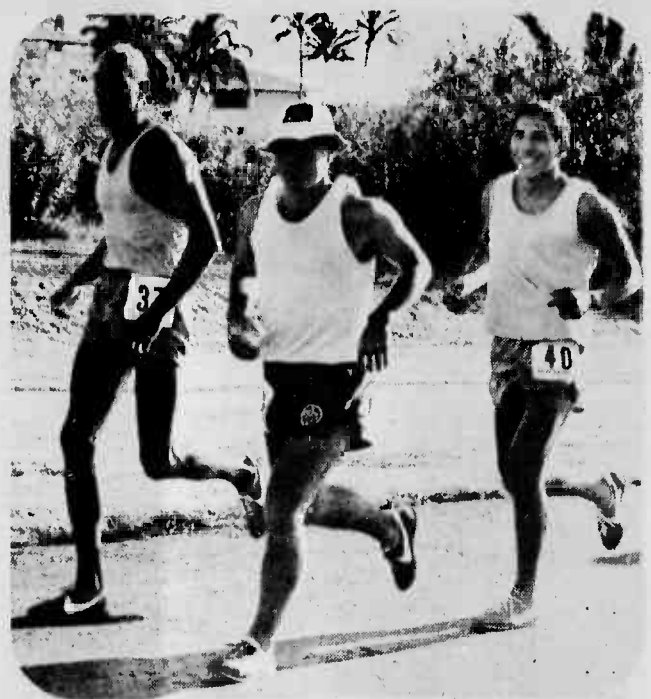


Photo by Cpl. Bill Harraman

MOVIN' ALONG - Three Marine runners pace each other during the 26-mile marathon. They are (from left to right): Carlos Mora, K-Bay, Thomas Miller, Camp Smith, and Angelo Ivie. Camp Smith, Mora and Miller were the first two Marines to complete the grueling run.

Aulea Swimmers Return Victorious

K-BAY - The Aulea-K-Bay Swim Club's National Team made a triumphant return Sunday from the Short Course Nationals in Cincinnati, Ohio, where they garnered 13th place out of 116 teams in the U.S. Women's Swimming Team Championships.

Coached by Albert Minn, the Aulea girls made a major break through in Hawaiian swimming when Michele Pujale, Kathy Shipman, Laura Hove and Patty Wagner scored 70 points in five events. This marks the first time ever in Hawaiian swimming that a team, men's or women's, has gone to the nationals and scored in relays.

Shipman was outstanding among the four 12-year olds in the meet. Her time of 59.7 in the 100 meter butterfly tied the 11-12 national age group record set by Deena Deardriff in 1971 and placed her 17th, first alternate to the consolation finals.

Shipman's time of 1:56.4 for her 200 meter leg of the 800 meter relay and 54.1 for her leg of the 400 meter relay were both under the national age group records for the individual 200 and 100 meter freestyle events but will not count as records.

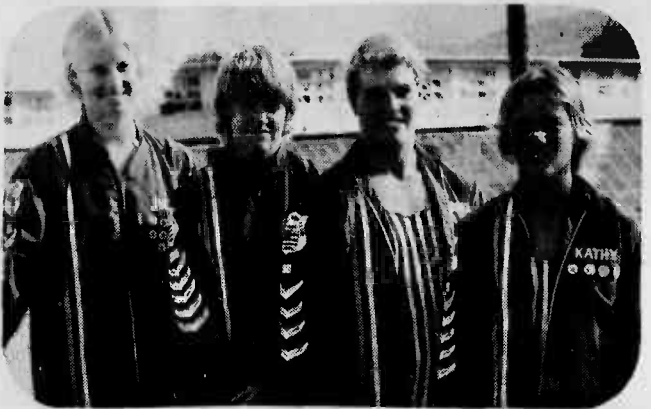


Photo by Cpl. Mike Lane

AULEA SWIM TEAM - (l-r) Patty Wagner, Laura Hove, Michele Pujale and Kathy Shipman returned Sunday from the Short Course Nationals at Cincinnati, Ohio, where they captured 13th place and scored 70 points out of 116 teams competing in the U.S. Women's Swimming Team Championships. This is the first time that a Hawaiian team has scored in the relays at the Nationals.

SPORTS

As I See It

Greg's Sportline.....72142



K-BAY
THE HAWAII MARINE BASEBALL team will open the Summer League Sunday at noon with a doubleheader against Jolly Rogers at Quick Field in Pearl Harbor. Admission is free. **ORIENTEERING CLASSES** will begin Saturday at Brigade schools, classroom two at 8 a.m. Subject matter will include the tentative training and meet schedule and a lecture on the introduction to orienteering. All personnel interested in participating are requested to bring a notebook and pencil. Uniform of the day or utilities must be worn. For further information contact Major Lehrack at 72963 or 72658. **A TRACK AND FIELD MEET** between the University of Hawaii and the University of Nevada is scheduled for April 17 and 20 at U of H's track field. Any military personnel interested in participating as independents can contact the athletic director, Special Services Office by Monday. It's not far away so give him a call now at 73520 or 73592. **REGISTRATION** for ceramic, stain and enamelling classes will be accepted up to April 20. Register at the Hobby Shop. For more information call 72541. **WOMEN'S EXERCISE CLASSES** are beginning now at the mini-gym. The classes will consist of regular calisthenics, isometrics, and a few tension relievers such as a small amount of yoga. There will be exercises for beginners and for those who exercise regularly. There will be individual attention given to anyone who needs help with problems. You must wear leotards or clothing that is unrestricting. These classes are in addition to any other exercise classes being conducted. For further information call the Family Services Center at 73168.

CAMP SMITH
THE MANANA CHARGERS swim team took ten ribbons in competition against 12 local teams at the A&B Meet in Waiolua last weekend. There were 58 events in the meet and one of these was won by Ronnie Seagrove of the Chargers. She swam off with a blue ribbon in the 100 yard backstroke competition for girls in the 13-14 age group. In addition to her first place ribbon, the Chargers also took four, third place; one, fourth place; two, fifth place and two sixth place ribbons. **AFTER TEN WEEKS** of howling in the Thursday night male SNCO Bowling League the Kingpins hold a scant two game lead over the Goodguys with the Magnificent "Bs" only another two games behind. The defending champions, the Seafarers, continued to have their problems and are in fourth place far off the pace. In last week's action the Kingpins took three games from the Seafarers. In other action the Bar Rats took three games from the Red Moustaches. High series for last week's bowling were Ron Hungate of the Kingpins with 201/524 series. Bob Sibigroth had a 195/533 series and Bill Nickerson had a 187/508 series for the Goodguys. Jamie Jamison of the Seafarers had the only other 500 series of the evening, when he rolled a 189/507 series.



Photo by 1 Cpl. Ed Buchanan

TUNE-UP LESSONS - Kathryn Willers, wife of Army Chaplain Ralph Willers, of Ft. Shafter, receives instructions on tuning a car engine from Lynn Mahood, wife of Staff Sergeant Joseph Mahood, NCOIC of K-Bay's Hobby Shop. The course on basic automotive maintenance for women military dependents, which is given from 9 to 11 a.m., Mondays and Wednesdays at the Auto Hobby Shop, will be discontinued unless more students enroll in the course. So far, Mrs. Willers has been the only student. Since learning the intricate workings of autos she has changed the oil, lubricated and completely tuned her family's two cars. If interested, call Lynn Mahood at 254-3936 or the Hobby Shop at 72541.

Forty eight points came on the strength of two fine team performances in the 800 and 400 meter freestyle relays. The Aulea girls swam 7:48.3, 15 seconds faster than their seeded time for sixth place medals and 26 points in the 800 meter relay. In the 400 meter relay they scored 22 points and eighth place medals with a time of 3:38.0, five seconds faster than their entry time.

Swimming her best times, Pujale scored 22 points in three individual events. Her best event was the 200 meter individual medley in which she placed eighth in the nation with a time of 2:12.7. Michele was 10th in the 200 meter butterfly with 2:06.7 and 13th in the 100 meter butterfly with 59.6.

Volleyball Team Begins Training For Haili Open

OAHU - After a two week break, the highly successful Hawaii Marine Volleyball team will resume practice Monday.

The team has been inactive since capturing third place in the Holy Trinity Annual Tournament during the latter part of March. They will be preparing for their entry into one of the world's largest, volleyball tournaments, the 13th Annual Haili Open in Hilo.

Along with the Marines, over 60 other teams, consisting of nearly 1,000 players, will be in Hilo for the four-day tournament, beginning Thursday.

The tournament attracts most of the top teams locally and from all over the country. Coach Dick Dodge states, "Playing against this calibre of competition is not new to the Marines. Some of the tournaments that we have entered this year have featured items with All-Americans and former Olympians.

However, we are enthusiastically looking forward to this tournament and know it will be an exciting and valuable experience for all of us."

The team currently has a 24 and 9 record. Team members include: Joe Pagan (Team captain), Willie Nakagawa (trainer/manager), Dick Barba, Al Chang, Len Fahmi, Val Fuji Ava, Jake Ku, Larry Larlosa, Soll Masoli, Fano Ropati, Bob Smith, and Nuusila Suanl.

Green Barons Fly Quarterly Contest

By LCpl. Greg Gerding

K-BAY - Tense and nervous, the pilot knows at anytime an enemy plane could come out of nowhere and strike. The pilot glances behind him and there it is, right on his tail! He goes into a dive but it's too late! In one last helpless try for survival he shoots his plane straight up but the opposing plane already has him in his sights and knocks him out of the air.

This was just some of the action that took place in the combat (dog fighting) event during the "Green Barons" quarterly contest. The other two events featured were the rat race and the touch and go.

The rat race consisted of the pilot making as many as possible laps with his plane, plus a pit stop in a time limit of 10 minutes.

Steve Allison and his pit crew had it all together and must have been using hi-test as he took first place in the race with 167 laps. John Bonanno placed second with 157 laps. Rick Gearheart took third with 138 laps and Jack Allison placed last in the event with 122 laps.

In the touch-and-go event, the pilot was required to touch the wheels of his plane on the landing strip at full throttle. The strip was divided into five sections, each having a different point standing. The pilot was awarded 20 points for touching the center section, 15 and 10 points for the outer four sections. Each contestant was given 10 attempts to touch the strip. Steve Allison used his skill once



Photo by LCpl. Ed Buchanan

HA! HA! I'LL GET 'EM ALL - Lee Gauthreaux gets ready to start his FW 190A-3 before competition began during the "Green Barons" quarterly model airplane contest. He took first place in the combat and third in the touch and go event.

again and took first place in the event with 75 points. Rick Gearheart followed with 70. Third place went to Lee Gauthreaux with 50 and Jack

Allison placed fourth with 50 points.

The last event of the afternoon was the combat in which the many hours of work and preparation went down, for some, in one big smash.

In this event, a streamer was attached to the tail of each plane by a kill cord. The object was to cut the streamer off by the prop at the kill cord to knock the plane out of the competition. If part of the streamer was cut off, the pilot was awarded 20 points.

The sinist maneuvering of Lee Gauthreaux brought him first place honors in this double elimination event with 80 points and one kill. John Bonanno came in second with 60 points and one kill. Rick Gearheart took third with 40 points and Steve Allison placed fourth with 20 points.

The "Green Barons" are looking for interested patrons to join the club and will be glad to help in any way to get you started. For more information call John Bonanno at 254-2603, Lee Gauthreaux at 254-2136 or just go out to the field next to K-BAY Inn any Sunday afternoon when the club is flying.



Photo by LCpl. Ed Buchanan

AFTER THE CRASH - The end results of long hours of preparation to enter in the contest sometimes seemed in vain for many of the pilots after looking at the remains of Jack Allison's Profile Mustang.

K-Bay Soccer Team Smashes Army, 5-0

K-BAY — The Hawaii Marine Soccer Team remains undefeated in the Spring League Season by wiping out the Army Redlanders 5-0 at Schofield Barracks Sunday.

Steve Spanbauer started the ball flying for the Marines, scoring the first goal of the game after two minutes of play.

Sparked by the opening goal, Jim Parson came back with the help of his teammates to maneuver through the defensive lines of the Army to score the second goal.

The outstanding plays of Spanbauer never ceased as he came back late in the first half to score again making it 3-0 at half time.

In the second half, the game plan for the Marines remained the same — to score. John Neubarth and Earl Martell came back and staggered their opponents by adding the final two goals of the game with the Redlanders still unable to score.

Coach/manager, Soat Viriyapunt said that "it was the best game the team has played since it was formed and we shouldn't have any problems the rest of the season if the team performs as well as they did Sunday."

Sunday the Hawaii Marines will meet the Olympic Soccer Team from Honolulu. The game will be played here at the soccer field at 3 p.m.



Photo by Cpl. Mike Lane

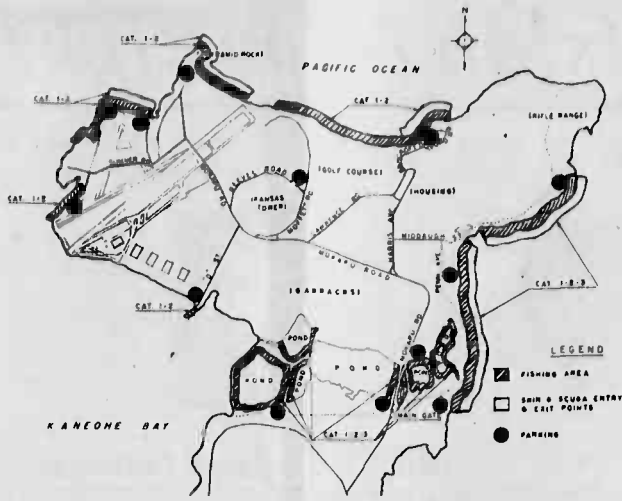
I SAW IT FIRST! — John Neubarth (left) of the K-Bay soccer team drives for the goal early in the second half during the contest with the Army Redlanders, Sunday at Schofield Barracks. The Marines shut-out the Army 5-0.

In The Camera's Eye



Photo by Sgt. E.S. Saylor

PUTTER IN A PALM TREE — What appears to be a putter hanging in a palm tree near the fifth green of K-Bay's golf course, is just that — a putter in a palm tree. The mystery lies in how it got there. One theory: it belongs to a mynah bird that lives in the tree, for they like to collect objects. But if he's big enough and smart enough to put the putter there, maybe he's also a golfer and hangs the putter there when not using it.



FISHING MAP

Fishing Holes Mapped

K-BAY — Like to fish? Well, if you do then this article should be of interest. The station offers a number of good fishing areas and as long as you abide by the regulations you can enjoy a fish dinner.

Personnel authorized to fish aboard the Station are broken down into three categories as follows:

Category 1 is active duty military personnel and their dependents. House guests will be considered the same as dependents for fishing purposes, however, they must be accompanied by a member of the military family. Military personnel and dependents may also sponsor two non-house type guests but must accompany such guests at all times while actually fishing. Retired military personnel have the same fishing privileges as active duty personnel.

Category 2 is composed of civilian personnel permanently employed by activities aboard the Station and members of their immediate family.

Those persons not fitting into the preceding two categories, but have a valid Station fishing permit, belong in Category 3. You can pick up an application for a fishing permit at the Provost Marshall's office (PMO). Persons belonging to Category 3 are allowed to shore fish only and only in the Ponds Area and along Ft. Hase Beach.

To help you enjoy yourself and

Byrds 'Fly Over' Camp/Battalion

CAMP SMITH — In the pre-season intramural softball game April 15, the Byrds defeated Camp/Battalion 9-4.

The game was decided in the first three innings as the Byrds jumped to an 8-0 lead.

In the bottom of the fourth inning Camp/Battalion brought in Cliff Eisenach to pitch to send the Byrds down swinging.

In the top of the fifth, Camp/Battalion rallied for three runs as John Saxton got a base hit and John Drury walked. Bill Waters doubled to bring in Saxton and Ron Weber followed with another double to bring in Drury and Waters.

In the bottom of the fifth, Cliff Eisenach again sent the Byrds down one, two, three.

Two walks in the top of the sixth made it seem as though Camp/Battalion would rally again but the next three men flied out.

In the bottom of the sixth, Ted Larson tripled and stole home for the Byrds final run.

The top of the seventh was the last hope for Camp/Battalion. Kenneth Foley tripled to drive in their last run to end the game 9-4 in favor of the Byrds.

stay out of trouble, don't fish or park anywhere except where authorized,

and don't take fish from Station waters except in accordance with the Division of Fish and Game Laws, Rules and Regulations. Don't use more than two poles, nets or traps while fishing. Information on nets and traps is available at PMO. Keep your fishing area in a good state of police and don't leave the shore line except to tend fishing equipment.

The possession or use of intoxicating beverages, explosives, poisons, drugs, chemicals, electrical devices or other unlawful items while fishing is prohibited, as is the sale or barter of fish taken from the Station. Don't tamper with government property, interfere with Station activities or someone's personal property.

Be sure and keep your fishing license with you and be ready to show it to game wardens or the military police on request. If you plan on doing some skin or scuba diving you must fit into the first or second categories, and be accompanied by a companion diver.

As a closing note the Station is a game and bird sanctuary and hunting is prohibited.

VRB Payments Need CMC OK

OAHU — Headquarters has announced that all Variable Reenlistment Bonus (VRB) payments, both lump-sum and installment types, must be authorized by the Commandant of the Marine Corps.

Requests for approval of any type of VRB payment should be included when submitting a reenlistment request document along with a copy of the commanding officer's VRB checklist.

These documents should reach Headquarters Marine Corps at least four weeks before the date of intended reenlistment. This will insure adequate monitoring and control of the VRB program and payment of the bonus at the time of reenlistment.



Photo by Lt. Col. Ed Buchanan

'WE'VE DONE IT, ORVILLE! — Long before the Wright brothers made their historic flight at Kitty Hawk, man, in his envy of the birds' ability to fly, began experimenting with glider aircraft and was successful — for short distances. Here, a glider is towed skyward by a single-engine prop. You, too, can experience the thrill of soaring at Dillingham Field on Oahu's North Shore. Glider rides are available seven days a week from 10 a.m. to 5 p.m., for \$7.50 per person. The current record for a continuous glider flight on Oahu is 52 hours. Yes, Wilbur, we've come a long way!

Silent Five Bowlers Slip by J-5, Pin First

CAMP SMITH — Two teams that fought for the championship in the league last season came out of the smoke of Monday's battles to take over first and second places in the present league. The Silent Five moved into the top position over the J-5 by less than 200 pins. Both teams had identical records at the end of Monday night bowling.

Leading the Silent Five to their clean sweep over the Bar Bums was Bill Nickerson with a 220-186-164, for a 570 series. Curly Riffle gave Bill all the support that was needed with a 170-215-180, for a 565 series. Mike York was high for the losers with a 471.

Three keglers for the J-5 team cracked 500 to enable them to take four from the Money Makers. D. Boerner was high for the winners with a 564, Ed Moilanen finished two shy of him with a 562 and Bill Balmer rolled a 511. High for the Money Makers was W. Blair with a 428.

The PMO Tickets took over third place in the standings by capturing four from the Funny Bunnies. The Tickets squeaked out the first game by one pin, the second by 42 and the final match by 75. Leading the Tickets

was Rick Logan with a 519 series.

The Bums white-washed the former top team, the Winos, behind the fine bowling of Al Endicott. Al rolled 187-186-180, for a 553 series. Jake Correll provided all the help that was needed as he rolled his way to a 523. By dropping four to the Bums, the Winos went to the fourth position and the Bums moved into seventh. N. Brewster was high for the losers with a 450.

The highlight of the night was provided by Tom Cooke, the Winos, as he converted the 6-7-8-10 split in the tenth frame of the opening game.

Stan Blackman and the Nads earned a split against the Abends by taking the first game by five pins and the final game by five pins. Top kegler for the Nads was A. Kusmiller with a 201-140-224, for a series of 565. J. Burrows, the Abends, rolled a 508 to become their top kegler of the night.

The last place team, the Misfits, remained firm in their earlier position by dropping four to the J-8 Ballers. Top roller for the winners was Hap Albers with a 528 series. Charlie Wiese picked up a 6-7-10 and rolled a 450 series to become the top kegler for the "cellar-dwellers."



Photo by Lt. Col. Greg Garding

MINI-POWER — Beverly Boeck of the "Hot Rods" gives it all she has during a practice session last week preparing for the season opener Saturday at the field across from Station Training at K-Bay. The K-Bay Girls Softball League will consist of two senior, three ponytail and three pigtail teams. Additional information concerning the league can be obtained from Stan Main at 254-4836.



Photo by Lt. Col. Ed Buchanan

'OVER 30' CHAMPS — Gunnery Sergeant D.J. Garbacz (utilities), team captain and the team players of the Communications Electronics Basketball Team present the team trophy to Lieutenant Colonel J.W. Black, commanding officer of Station Operations and Maintenance Squadron. The team ended their season with a 8-1 record.

Maintaining a Jogging Program Will Give Your Body More Life

This is the second in a series of articles on physical fitness presented by the Hawaii Marine.

By Fred Gass

OAHU — Start your jogging program after first having a medical checkup. You can jog early in the morning on the sidewalks or deserted streets in your neighborhood; on the grass, pathways or roads of a nearby park; on the running track of the football field of the nearest high school or college.

Or you can run at midday, instead of eating lunch. If both early morning (before work) or noontime are not practicable then jog before supper, or two hours after eating.

IN POOR CONDITION?

Assuming you're in poor condition, the best way to begin your program is by selecting three days a week on which to run, with a day of rest between each day of jogging.

It's important that you wear a properly fitting, fairly sturdy pair of flexible shoes to jog in. Good tennis shoes will do but there are many shoes especially designed for jogging and distance running available at sports stores and in the sports department of large department stores.

To help cushion your feet and prevent blisters, wear at least one thick pair of woolen socks. Many runners wear an extra pair of thin socks next to their feet.

Begin your back-to-dynamic-health program with three ten-minute walking and jogging sessions each week during the first month.

DON'T OVERDO

To be sure you're not overdoing it, and are systematically progressing slowly enough for your body to make the necessary physiological adjustments, you should carefully measure the amount of exercise you're getting by counting each step, during the beginning walking-jogging sessions.

Not only is the counting of steps during the first nine weeks good discipline, although it will seem very boring, it assures that you're getting an accurate measurement of personal

physiological progress.

Start your eleventh week by increasing your jogging time from 10 to 15 minutes. Although this is a 50 per cent increase in exercise, it will be easier than you think.

11TH WEEK

Jog easily during the 11th week and for the following five weeks. At the end of this time you will have completed four months of gradual conditioning.

Stick with the 15-minute jogging routine for the next four months but increase the number of running days each week from three to four (for two or three weeks) and then to five days each week.

During your jogging program you'll notice many changes for the better in your system. Gradually, you'll feel better, stronger and more alive. Nature will reward you for your exertion.

During your first 3-day week, run ten steps very slowly then walk for 90 steps. Repeat this routine until your ten minutes are up. If you're in poor condition, this is plenty of exercise. Remember that walking is exercise too.

RUN FLAT-FOOTED

When you run, try to run flat-footed, taking the weight of each step as evenly distributed as possible on each foot. Letting your foot hit the ground heel first jars your bones and

strains the ligaments more than landing flat-footed.

If you run by letting your toes strike the surface first (as one does in sprinting) you'll severely tax your calf muscles, with resultant tenderness and possibly chronic soreness.

During your second week jog for 20 steps, walk for 80, for ten minutes each day of your program.

With each passing week increase your running steps by ten, decreasing your walking steps by the same number, in reaching every 100 steps. You'll therefore begin your tenth week by jogging for the full 100 steps. Of course, this means you're running slowly for ten full minutes, therefore you no longer have to count your steps.



Island Spotlight



hats off!

K-BAY

HQ BRIG.

The following Marines are the top three graduates from the Nuclear, Biological and Chemical Defense Course, Class 8-73: Sergeant M.A. Neelands, PSB, honor graduate, 99.4; Sergeant A.R. Becker, MACS-2, second place, 98 and Private First Class C.R. Speed, 3rd AmTrac Bn., third place, 96.2.

The following Marines are the top eight graduates from the Motor Vehicle Operations' Course, Class 21-73: Privates R.L. Collins, 3rd AmTrac Bn. and K.M.

Lueck, VMFA-212, honor graduates, 96.5; second place, Corporal S.L. Beaman and Private First Class D.C. Keesling, 1st Radio Bn., 96; and third place, Corporal L.C. Olson, PSB, Lance Corporal J.J. Mulholland, Comm Sp1 Co., Lance Corporal C.R. McVay, 1st Radio Bn. and Private First Class R.P. Robertson, MAHS-24 with a 95.5.



IRVINE

1/12

Lance Corporal R.M. Perrine was awarded a Certificate of Commendation.

Corporal F. Gonzales was awarded the Good Conductor Medal.

Lance Corporal J. Meloche completed the MCI course, Basic Fire Direction Control.

Sergeant S.T. Pitera was promoted meritoriously. Pitera is a radio chief with "A" Co. 1/12, and has been in the islands for about two and a half years.



PIRERA

21st DENTAL CO.

Dentalman G.D. Metzger received a Certificate of Commendation.

Sergeant P.J. Angerano was promoted to his present rank.

H&MS-24

Corporal J.W. Bowman was promoted to his present rank.



KNUTSON

Corporal D.K. Knutson reenlisted for a period of six years. Knutson is the Receipt Control NCO for H&MS-24 Group Supply, at K-Bay.

Corporal W.W. Cobb III was promoted meritoriously to his present rank. Cobb is a supply man with H&MS-24 at K-Bay.



COBB

HQ REGT.

Captain J.F. McDowell received a Letter of Appreciation.



FOX

Lance Corporal T.E. Fox was promoted to his present rank meritoriously. Fox is an administration clerk (S-1) for Headquarters Co. 3rd Mar. Regt.

VMFA-235



KERNAGHAM

Corporal T.D. Kernaghan was awarded the Good Conductor Medal. Kernaghan's duties include being an electrician for the F-4 Phantom I. He is a member of VMFA-235 at K-Bay.



WISCHIART

Corporal V.G. Wischart III received the Good Conductor Medal. Wischart is an avionics technician for VMFA-235 at K-Bay.

3rd AMTRAC BN. Sergeant P.D. Nutter reenlisted for a period of four years.

Four Tapped For Colonel

CAMP SMITH - Four Hawaii based Marine lieutenant colonels have been selected for promotion to colonel as announced last week by the Secretary of the Navy.

They are: Lieutenant Colonel G.H. Polakoff, Force Public Affairs Officer, Fleet Marine Force, Pacific, Camp Smith; Lieutenant Colonel R.G. Kummerow, General Contingency Plans and Joint Operations Planning Coordinator, Commander in Chief, Pacific Fleet at Makalapa; Lieutenant Colonel D.M. Duffield Jr., Head, Southeast Asia Section, Operational Intelligence Branch, Commander in Chief, Pacific at Camp Smith; and Lieutenant Colonel J.V. Cox, Strategy Officer, Plans Division, Commander in Chief, Pacific at Camp Smith.

Police Science Degree Offered

K-BAY - It is now possible to earn a college degree in police science during a two-year tour of duty here. Beginning May 3, Gavilan College will offer nine nine-week courses leading to an associate of arts degree in administration of justice (police science).

By satisfactorily completing the courses, 72 of the 90 quarter hours required for a degree can be obtained. The additional 18 quarter hours can be earned through USAFI courses, CLEP General and Subject examinations, Gavilan College "Challenge" examinations, credit for Armed Services schools and experience, elective courses, and credit for courses taken at other colleges or universities.

All classes will be held at K-Bay on Tuesday and Thursday evenings from 7 to 9 p.m. Tuition for the first nine-week course, an introduction to the justice system and community-police relations, which

starts May 3, is \$167 and can be funded through the Veterans Administration or Tuition Assistance programs.

The program consists of five mandatory and three elective courses. The five mandatory courses are: introduction to the justice system, criminal law, evidence, administration of justice, and community-police relations. The elective courses include juvenile procedures, investigation, patrol procedures, narcotics and vice control.

A work experience course is available to those enrolled in the degree program, making it possible to earn up to nine credit units. If the student is now working in a field that is directly related to administration of justice, such as military police, he can earn up to 15 credit units through this course.

For more information, contact Mrs. Baker at the Joint Education Center.

1,132 Receive Rockers in April

WASHINGTON, D.C.—April promotions will go to 1,000 sergeants from the new staff sergeants list, along with 92 advancements to gunnery sergeant and 40 to master sergeant.

All the staff sergeant promotions will be back-dated in varying degrees for seniority purposes, but pay will be drawn from April 1. The back-dating comes because no advancements have been made since last September when the previous list was exhausted.

The 229 most senior on the list will have an Oct. 1, 1972 date of rank; followed by 199 with Nov. 1, 1972;

316 with Dec. 1, 1972; and 256 with Jan. 1, 1973. That will leave 4,087 on the list waiting for promotion.

The 92 promotions to gunnery sergeant leaves 118 on the fiscal year 1972 list. The latest list of 2,020 has not yet been touched.

The 40 advancements to master sergeant leaves 404 waiting. For the second consecutive month there will be no promotions to first sergeant, with 310 left on that list.

Promotions to sergeant major and master gunnery sergeant remain frozen until June.

Do You Owe State Taxes?

OAHU - Tax counseling of military personnel has revealed that many are unaware of their liability to pay state income taxes.

It is the personal responsibility of each serviceman to obtain the necessary forms, file returns and pay taxes when required by his state.

Most states have enacted broader tax laws, many requiring state courts to recognize and enforce the liability for taxes.

Regular filing and timely payment of taxes will insure against later collection of accumulate tax liabilities, penalties, interest, and in some cases, fines. Although the Statutes of Limitation on collection of unpaid taxes are generally short (between 3 and 6 years) they do not apply if no tax return was filed, they run from the date of filing only, and do not cover cases of fraudulent failure to file or pay taxes.

Sergeant Promotions Scheduled for June

WASHINGTON, D.C.—Good news for those corporals close to making sergeant! The next promotion period is in June.

To be eligible corporals must have a date of rank of Aug. 31, 1972 or earlier and be recommended by their commanding officer.

Commanders have been directed to compute composite scores on those qualified and forward them to Headquarters by May 10. In computing those scores, conduct and proficiency marks assigned prior to May 1, 1973 may be used, along with time and service in grade through May 31.

Once Headquarters determines the number qualified in each occupational field, a cutoff score is established based on the number of new sergeants needed in each field. If corporals meet or exceed this score — and are still qualified — they get promoted. These minimum scores will reach the field in early June.

Enlisted Commissioning Program

If the Brass Fits, Wear It

OAHU - So you quit college to join the Corps and gave up the chance to be a Marine officer, right? Wrong.

There are many routes leading to a commissioning; one of the most attractive is the Enlisted Commissioning Program (ECP).

The ECP requirements are generally broader than other programs, making it available to many Marines who would otherwise be ineligible.

To qualify, the individual must be at least 19½, but no older than 27, and a high school graduate. The program is open to Marines of any rank. A GCT of 120 or higher is required, however, a re-test can be arranged in most cases for those with a test score lower than 120.

In addition to these prerequisites, the applicant must have satisfactorily completed at least one year of college work (30 semester or 45 quarter hours) at a regionally accredited institution.

Certain formal schools attended

Selection Boards Set for Officers

WASHINGTON, D.C. - Headquarters has announced the convening dates for male officer boards and tentative numbers to be picked.

* Major - Meets July 10, and expected to select 201 unrestricted officers from a zone of 236. That's 73 fewer than last year.

* Captain - Convenes Aug. 21, with a tentative allocation of 206 selections from a zone of 217. Last year, 1,013 were selected.

* Lieutenant Colonel (LDO) - Meets July 10. Tentatively slated for five picks from a zone of seven. Same number as picked last year.

* Major (LDO) - Meets July 10. Expected to make nine selections from a 10-man zone. Picked 104 last year.

* Captain (LDO) - Meets with regular board, Aug. 21. Expected to select 42, compared to 85 last year.

Several factors are involved in the decreased numbers to be selected this year. Promotion freezes and drawdowns in officer end-strengths are hurting all grades. To date no advancements have been made off last year's captain list. And, except for a few lieutenant colonel promotions, little relief is expected before July 1.

while in the Marine Corps may be applied to the college credit requirement if they are accepted by the American Council on Education. A career planner or education officer can assist in verifying credit for these schools.

As an entrance requirement, the applicant must pass the College Level Examination test, a five-part examination similar to a college entrance exam, covering English composition, math, social science-history, the humanities, and natural science.

Additional requirements include physical qualifications and a military

obligation of at least 12 months.

Upon acceptance, the individual will receive orders to the 12-week officer candidate course at Quantico, Va. Once he has graduated, the Marine will be commissioned a second lieutenant in the Marine Corps Reserve and receive orders to The Basic School for a period of about six months.

For further information concerning ECP and for assistance in choosing United States Armed Forces Institute (USAFI) courses for help in meeting test requirements, contact your career planner or the Joint Education Office.

EOD Technicians Needed; Steady Hands Is a 'Must'

OAHU - The Marine Corps is currently experiencing a severe shortage of Explosive Ordnance Disposal (EOD) Technicians (MOS 2336) especially in the grades of sergeant and below.

Marines serving in this special duty receive an additional \$55 per month and are authorized to wear the EOD insignia. Requests for assignment to the EOD field should be submitted on the Administrative Action Form, NAVMC 10274 addressed to the Commandant of the Marine Corps (Code DFB3) via the chain of command.

Qualifications are:
* Minimum AR and PA scores of 220 or minimum GM score of 110 (Waivers will be considered).
* Must possess a Final SECRET security clearance based on a

DOD Limits Luggage Aboard MAC Flights

OAHU - Persons flying aboard Military Airlift Command aircraft must ensure that luggage meets new Department of Defense requirements for outside dimensions.

The new regulation applies only to checked luggage and states that the outside measurements of any one piece of luggage may not exceed 36 x 24 x 30 inches. Luggage exceeding any one of these measurements will be refused at MAC air terminals.

The change permits luggage slightly larger than a standard size footlocker. Standard footlockers measure 32 x 16 x 13 inches.

The rules governing carry-on

background investigation (this requirement cannot be waived).

* Must extend/reenlist, if necessary, to have two years active service remaining upon notification of selection.

Marines not possessing a Final SECRET clearance based on a background investigation, if otherwise qualified, request deferred assignment to the EOD field. If they are found qualified by this Headquarters, their application will be held in abeyance pending completion of a background investigation.

Once qualified, the Marine will be ordered to the first available EOD class leading toward MOS 2336. If you are interested and think you can qualify for this field, contact your unit career planner now.

luggage and weight allowances were not effected. Outer dimensions for carry-on bags remains 9 x 13 x 24 inches. Clothing bags which do not fold in half don't fit the carry-on dimensions, and will be refused except for colonels and above. Colonels and higher are considered VIPs.

Total weight allowance for luggage per passenger is 66 pounds, except as authorized in orders. In no case will a single piece be permitted to exceed 100 pounds.

However, if size and total weight limits are observed, there is no limit to the number of bags that may be checked.

Hawaii Servicemen Receive COLA and Off-base Housing Increase

OAHU - An increase in the cost of living allowance (COLA) and off-base housing allowance for Hawaii-based personnel was announced last week. The changes, effective April 4, are listed below for each pay grade.

RANK	NEW COLA RATES					
	NO DEP	1 DEP	2 DEP	3 DEP	4 DEP	5 DEP OR MORE
0-7	NEW 1.15 OLD .40 INCREASE .75	1.40 .45 .95	1.50 .50 1.00	1.55 .50 1.05	1.60 .55 1.05	1.70 .55 1.15
0-6	NEW 1.10 OLD .35 INCREASE .75	1.40 .45 .95	1.45 .50 1.00	1.50 .50 1.00	1.60 .55 1.05	1.65 .55 1.10
0-5	NEW 1.10 OLD .35 INCREASE .75	1.35 .45 .90	1.40 .45 1.00	1.50 .50 1.00	1.55 .50 1.05	1.65 .55 1.10
0-4	NEW 1.05 OLD .35 INCREASE .70	1.30 .45 .85	1.40 .45 1.00	1.45 .50 1.00	1.50 .50 1.00	1.60 .55 1.05
0-3	NEW 1.00 OLD .35 INCREASE .65	1.20 .40 .80	1.30 .45 .85	1.35 .45 1.00	1.45 .50 1.00	1.50 .50 1.00
0-2	NEW .90 OLD .30 INCREASE .60	1.10 .35 .75	1.15 .40 .75	1.20 .40 .80	1.30 .45 .85	1.35 .45 .90
0-1	NEW .80 OLD .25 INCREASE .55	.95 .30 .65	1.00 .35 .65	1.05 .35 .70	1.15 .40 .75	1.20 .40 .80
W-4	NEW 1.05 OLD .35 INCREASE .70	1.30 .45 .85	1.35 .45 1.00	1.40 .45 1.00	1.50 .50 1.00	1.55 .50 1.05

W-3	NEW 1.00 OLD .35 INCREASE .65	1.20 .40 .80	1.30 .45 .85	1.35 .45 .90	1.40 .45 .95	1.50 .50 1.00
W-2	NEW .95 OLD .30 INCREASE .65	1.10 .35 .75	1.20 .40 .80	1.25 .40 .85	1.30 .45 .90	1.40 .45 .95
W-1	NEW .90 OLD .30 INCREASE .60	1.05 .35 .70	1.10 .35 .75	1.20 .40 .80	1.25 .40 .85	1.35 .45 .90
E-9	NEW 1.00 OLD .35 INCREASE .65	1.25 .40 .85	1.30 .45 .85	1.35 .45 .90	1.45 .50 .95	1.50 .50 1.00
E-8	NEW .95 OLD .30 INCREASE .65	1.15 .40 .75	1.25 .40 .85	1.30 .45 .90	1.35 .45 .95	1.45 .50 .95
E-7	NEW .90 OLD .30 INCREASE .60	1.10 .35 .75	1.15 .40 .75	1.20 .40 .80	1.30 .45 .85	1.35 .45 .90
E-6	NEW .85 OLD .30 INCREASE .55	1.00 .35 .65	1.05 .35 .70	1.15 .40 .75	1.20 .40 .80	1.25 .40 .85
E-5	NEW .75 OLD .25 INCREASE .50	.90 .30 .60	.95 .30 .65	1.00 .35 .65	1.05 .35 .70	1.15 .40 .75
E-4	NEW .70 OLD .25 INCREASE .45	.80 .25 .55	.85 .25 .55	.90 .30 .55	1.00 .35 .65	1.00 .35 .65
E-3	NEW .65 OLD .20 INCREASE .45	.75 .20 .55	.80 .20 .60	.85 .20 .65	.90 .25 .70	1.00 .30 .75

RANK	OFF-BASE HOUSING ALLOWANCE					
	Old Housing Allowance		New Housing Allowance		New Income Per Day	
	SINGLE	MARRIED	SINGLE	MARRIED	SINGLE	MARRIED
07-10	4.60	5.75	5.75	7.20	1.15	1.45
06	4.25	5.15	5.30	6.45	1.05	1.30
05	3.95	4.80	4.95	5.95	1.00	1.15
04	3.60	4.30	4.45	5.40	.85	1.10
03	3.15	3.90	3.95	4.90	.80	1.00
02	2.75	3.50	3.45	4.40	.70	.90
01	2.20	2.85	2.70	3.55	.50	.70
W4	3.45	4.15	4.30	5.20	.85	1.05
W3	3.10	3.85	3.90	4.80	.80	.95
W2	2.75	3.45	3.45	4.35	.70	.90
W1	2.50	3.20	3.10	4.00	.60	.80
E9	2.60	3.70	3.25	4.60	.65	.90
E8	2.45	3.45	3.05	4.30	.60	.85
E7	2.10	3.25	2.60	4.05	.50	.80
E6	1.90	3.00	2.40	3.75	.50	.75
E5	1.85	2.75	2.30	3.45	.45	.70
E4	1.65	2.45	2.05	3.05	.40	.60
E3	1.45	—	1.80	—	.35	—
E2	1.30	—	1.60	—	.30	—
E1	1.20	—	1.50	—	.30	—



Photo by Col. Mike Lane

NEW OFFICERS - The K-Bay Enlisted Wives' Club installed new officers at their EM Club Saturday meeting. They are from left: Diane Javurek, treasurer; Sherry Bowman, secretary; Kathleen Krutzky, vice-president, and Amelia Croteau, president. Also elected but not in photo are: Sue Hiemann, sergeant at arms, and Linda Ernest, chaplain.



For Sale

1966 BUICK WILDCAT - Four-door hardtop w/air, top condition; Gibson 8,000 BTU airswep air conditioner, tops; Sears auto air cond., tops 12 volt Delco battery, new; all fair priced. Call 261-9847 anytime.

DINETTE SET, table with four chairs, really looks GREAT! \$75. Call 254-3329 anytime.

1972 COMPLETE double - bass drum set. See at Bldg 1036, or call Cpl. Ricky Kilian at 73139 DWH, 73536 AWH.

COLDSPOT, 18,000 BTU air conditioner, four yrs. old, 220 volts, \$50 or best offer. Also will trade anything. Call 72977 DWH, 254-4938 anytime.

RUG, beige, 10'x10' hi-low nylon, excellent condition, \$25, pad included; brass tea cart, 2 shelves, \$5; other items including drapes and silver. Call 254-4820 anytime.

Classified Ads



1969 CHEV SS Impala convertible, 427 cu., 11600, good condition. Call 254-3049 anytime.

1964 CHEVY II Wagon, good transportation, \$193. Call 254-1703 anytime.

POLAROID Colorpack II, \$10; dresses, muumuu, girl's size three to four, dresses 10 cents and up; hair dryers, \$1 and \$3; "Cat in the Hat" bedspread, \$5; girl's frilly blue bedspread, \$4. Call 72949 DWH, 254-3297 AWH.

SIGNATURE Zigzag sewing machine, in beautiful condition, 14 decorator cams, carrying case, and walnut cabinet included, \$85/off. Call 254-1214 anytime.

PORTABLE Tape Recorder - Ampex 861, perfect for that second recorder, good condition, \$80/best offer. Call 254-1214 AWH.

ENCYCLOPEDIA, almost brand new, set with bookcase and four medical books, seven lands and people, 10 children's books, 10 science books at \$300 or best offer. Call 73508 DWH; 261-5713 AWH.

DISHWASHER, Sears Kenmore, front-load automatic, has had 1 1/2 years of careful use and TLC, white/avocado trim, \$150. Call 254-1214 AWH.

BEIGE CARPET, \$15 or best offer. Call 595-4888 AWH.

ELECTRIC RANGE, 30 inches with glass door on oven, asking \$40 or best offer. Call 235-2298 after 5 p.m.

CHILD'S Golf starter set with bag, \$10 record player with case, \$10; Jr. sleeping bag, \$2; Swinger polaroid B&W camera, \$3; large Hot Wheels set, \$3. Call 254-1034 AWH.

AIR CONDITIONER, Sears, 14,000 BTU, \$50 or best offer. Call 72116 DWH.

TIRES, four 7.35x15, \$20. Call 254-3049 anytime.

FRIGIDAIRE Refrigerator: Boy Scout uniform size 12; Cub Scout uniform size nine; kitchen table; oak Chinese bar; oak coffee and end tables (hand carved); paintings, oil on velvet; ruby earrings and ring; jade earrings; black sapphire ring. 2002 A Fleming Circle, KMCA. Call 254-4589 anytime.

1971 DODGE Dart Demon, Sealed bids being taken at MCAS Federal Credit Union, FPO San Francisco, 96615. May be seen at Bldg. 401, KMCA, Kaneohe. All bids must be sealed, the Credit Union reserved the right to refuse any and all bids. For information call 254-1334 DWH.

1972 YAMAHA, 250cc twin, 2800 miles, gold and black, in excellent condition, asking \$450. Call 261-9284 after 5 p.m.

1971 CAPRI, no rust and runs great, \$2,000 or make offer. To see, call 72826/72168 DWH, 235-4958 anytime.

1970 DATSUN 510, four-door, four-speed, radio, heater, in great condition, \$1100 or best offer. Leaving soon, must sell. Call 254-3329 anytime.

1964 DATSUN, lots of rust but runs great! Available April 26. First \$150 gets it. Call 254-3329 anytime.

1967 BARRACUDA FASTBACK, better-than-mint condition. See and drive at 2211 Bauer Drive. Call 254-1214 AWH.

1972 HONDA CL 175cc, just seven months old with 2,000 miles, looks and runs like new, cost \$850 new, will sell for \$600. Call Gy59l. Brown at 73618 OWH or 261-6176 AWH.

1963 CHEVY Impala 327 cu. in. four-speed trans., oil, water, amp gauges, tachometer, radio, engine rebuilt in December 1972, four chrome reverses G-60-14, also miscellaneous racing parts extra with car \$50. Holly carb. Military duel point distributor, \$400/best offer. Leaving island soon. Call 72976 DWH, 262-4978 AWH.

1964 VW BUG, four new tires, recently overhauled and new brakes, asking \$450 or best offer. Call 235-2298 after 5 p.m.

1970 MGB-BT, wire wheels, radials, white, must sell. Call 72456 DWH, 595-4888 AWH.

Services Offered

PIANO Lessons, \$5 per hour. Call 595-4888 AWH.

DEADLINE: 12 p.m., Friday prior to publication (10 a.m. at Camp Smith).

All ads are typed early Friday afternoon and delivered to the publisher prior to 4 p.m. Ads received after the deadline will be run the following week.

All ads must be signed and fronted will be accepted over the telephone. Ads received via the U.S. Mail will be verified as to authenticity of the sponsor's relation to the military prior to publication.

All persons must be active duty or retired member of the Armed Forces, a dependent of same, or a civilian employee of a Department of Defense organization. Dependents will indicate their sponsor's name and rank.

NAME: _____ RANK: _____
(If dependent, write sponsor's name and rank)

TELEPHONE: _____
(During work hours After work hours Anytime)
(Your Hawaii Marine representative will spot check ads for accuracy, and, in case of ads received in the U.S. Mail, for authenticity.)

DATE AND TIME: _____ (Remember, ads must be in prior to 12 p.m. at KMCA and 10 a.m. at Camp Smith)

ADVERTISEMENT: (Keep it short and legible-if you can't read it, neither can we)

Signature: _____
(ad submissions must be signed)

Club Jottings

K-BAY OFFICERS CLUB

FRIDAY: Happy Hour on the Lanai from 4 to 6:30 p.m. Come try our Friday night menu-New York Steak, Shish-Ke-Bab or Mahi Mahi from 7 to 9:30 p.m. The Local Express on stage from 9 p.m. to 1 a.m.

SATURDAY: Come in and try our gourmet food prepared by our Chef from 7-9 p.m. Reservations Please.

SUNDAY: Brunch is served from 10 a.m. to 1 p.m. and it is excellent! Then from 6-9 p.m. the ever popular Crableg and Steak buffet is served. Reservations Please.

MONDAY THRU FRIDAY: Lunch is served from 11:30 a.m. to 1 p.m. with hot sandwiches, salad plates and a Special of the Day.

WEDNESDAY: Tonight is Beefeater Night.

THURSDAY: Bring the family for Pot Luck Dinner from 6 to 8 p.m. All you can eat; Adults, \$2.25; Teens, \$1.75; and children under 12, \$1. Reservations Please.

STAFF NCO CLUB

FRIDAY: To start this week off with lots of fun, step into the Club from 4 to 6 p.m. and enjoy happy hour. Tonight at 9 p.m. you can enjoy the music of Town and Country. Also, free floor show. ACE CANNON from 8 p.m. to 10 p.m.

SATURDAY: The club opens today at 11 a.m. and the Package Store from 11:30

a.m. to 9 p.m. Tonight in the ballroom you can enjoy the music by The Interpreters. They will entertain in the ballroom from 9 p.m. to 1 a.m.

SUNDAY: Today and every Sunday is Family Day at the club from 3 to 5 p.m. There will be cartoons for the kiddies plus a movie Those Galloways. Also, brunch is served every Sunday from 9 a.m. until 1 p.m.

MONDAY: Tonight is Monday Night at the Movies. Our feature tonight is Butterfield 8, starring Elizabeth Taylor. The movie begins at 8 p.m. with free popcorn.

TUESDAY: Make your Easter reservations early.

WEDNESDAY: The Staff NCO Club is presenting Membership Night. We are featuring New York Steak with all the trimmings for only \$1.50. Music for the evening by Duke's Penthouse Six.

ENLISTED CLUB

FRIDAY: Noon Luncheon in the Fireside Inn featuring our newest special The Dieters Plate prepared by our Chef for all you Happy Calorie Counters. For your convenience, lunch from 11 a.m. to 2 p.m. Happy Hour from 4-6 p.m. In both bars. Now that you are here, stay and listen to the sounds of The Phase 4 appearing in the Ballroom from 8 p.m. to midnight.

SATURDAY: All Bars open at noon. The Pizza Pit will be open for sandwiches and pizzas from noon to 4 p.m. For your

entertainment pleasure, tonight in the Ballroom from 8 p.m. to midnight, LIGO & Co.

SUNDAY: Bars open at noon. In the Pizza Pit sandwiches and pizzas available at noon. Then for your dining pleasure the Fireside Inn opens at 5:30 p.m.

MONDAY: Noon Luncheon 11 a.m. to 2 p.m. The Fireside Inn is closed on Monday evenings, however, a brand new group, The Rainbows, will be performing for your listening pleasure in the Ballroom. Stop in and listen to them and let us know what you think. They will be live and on stage from 7 to 11 p.m. The Pizza Pit will be open from 4 to 10 p.m.

TUESDAY: 11 a.m. to 1 p.m. Lunch Au Go Go with Terri. Luncheon in the Fireside Inn from 11 a.m. to 2 p.m. Don't forget our new Diet Plate. We open for dinner at 5 p.m.

WEDNESDAY: Lunch Au Go Go with Barb. 11 a.m. to 1 p.m. Tonight in the Ballroom, curtain time at 7:30 p.m. Circus World starring John Wayne.

THURSDAY: 11 a.m. to 1 p.m. Lunch Au Go Go with Terri. Luncheon at the Fireside Inn 11 a.m. to 2 p.m. Remember 5-10 p.m. is Buffet Nite in the Fireside Inn.

CAMP SMITH STAFF NCO CLUB

FRIDAY: Happy Hour. Come up and finish the week in style.

SATURDAY: Outstanding dinner and dancing. The Phase IV entertain from 9 p.m. to 1 a.m. Welcome to the bowling teams and all members.

SUNDAY: No buffet. Mail your income tax today.

MONDAY: Happy Hour, **TUESDAY:** Game night. Bring a friend with you tonight, one of you might win.

WEDNESDAY: Monthly Staff NCO luncheon. The guest speaker is Lt. Gen. L.H. Wilson, Jr., commanding general, FMF/Pac.

THURSDAY: Ladies Day at the Club. Ladies drinks half price tonight. Private party in the Ballroom.

ENLISTED CLUB

FRIDAY: Guest Night from 4:30-6 p.m. Happy Hour from 6-7 p.m. Also, come and listen to the country and western sounds of Hi Country from 8 p.m. to midnight.

WEDNESDAY: To entertain tonight Buddy Banker Variety from 7-11 p.m.

SATURDAY: Snack bar opens from noon-10 p.m. Bar opens from noon-1 a.m.

SUNDAY: Snack bar opens from noon-10 p.m. Bar opens from noon-midnight.

MONDAY: Snack bar opens from 8 a.m.-10 p.m. Bar opens from 11 a.m.-1 a.m. New Evening Hours 5 p.m.-midnight.

THURSDAY: Snack bar opens from 8 a.m.-10 p.m. Bar opens from 11 a.m.-1 p.m. and 5 p.m.-1 a.m.

Food Scoop

K-BAY AND CAMP SMITH TODAY

LUNCHEON - Spaghetti w/meat sauce, pizza, spinach w/egg, yellow cake.
DINNER - Roast fresh pork, bread dressing, spiced applesauce, grilled potato cakes, navy beans, brownies.

SATURDAY

DINNER BRUNCH - Chicken fried steak, potatoes, peas w/mushrooms, summer squash, apple pie.

SUNDAY

DINNER BRUNCH - Roast turkey, cornbread dressing, corn, broccoli, strawberry shortcake.

MONDAY

LUNCH - Vegetable meat loaf, mashed potatoes, succotash, mustard greens, pineapple pie.

DINNER - Ham steaks, macaroni & cheese, sweet potatoes, asparagus, Harvard beets, devil's food cake.

TUESDAY

LUNCHEON - K-bay burgers, assorted franks, potatoes, French fried onion rings, baked beans w/pork, chocolate cookies.

DINNER - Fried fish portions, shrimp, macaroni Republic, mixed vegetables, southern style cornbread, upside down cake.

WEDNESDAY

LUNCH - Submarine sandwich, stuffed peppers, kidney beans, green beans, chocolate pie.

DINNER - "International Night" Roast beef au jus, turkey, ham, beef stroganoff, apple dressing, asparagus, orange cake.

THURSDAY

LUNCH - Spaghetti w/meat sauce, pepperoni pizza, cauliflower, summer squash, marble cake.

DINNER - Baked chicken, chicken caeciorito, rissole potatoes, corn, brussel sprouts, lemon cookies.

At the Flicks

THEATER	SATURDAY 14 APRIL	SUNDAY 15 APRIL	MONDAY 16 APRIL	TUESDAY 17 APRIL	WEDNESDAY 18 APRIL	THURSDAY 19 APRIL
SUBASE 1900 1400 - SATURDAY SUNDAY ONLY	*SONG OF NORWAY FLORENCE HENDERSON TORALV MAURSTAD G - MUSICAL 148 min.	*AVANTI JACK LEMMON JULIET MILLS R - COMEDY 134 min.	*BANANAS WOODY ALLEN LOUISE LASSER PG - SATIRE SHORTS - 96 min.	THE HERO RICHARD HARRIS ROMY SCHNEIDER PG - DRAMA 96 min.	DOCTOR'S WIVES DYAN CANNON RICHARD CREWNA R - DRAMA 102 min.	WHAT'S UP DOG? BARBARA STRISAND RYAN O'NEAL G - COMEDY 94 min.
MCAS BOONDOCKER 1930 1930 - THURSDAY ONLY	*FRIGHT SUSAN GEORGE HONOR BLACKMAN PG - MELDRAMA SHORT - 94 min.	*SONG OF NORWAY FLORENCE HENDERSON TORALV MAURSTAD G - MUSICAL 148 min.	*AVANTI JACK LEMMON JULIET MILLS R - COMEDY 134 min.	*BANANAS WOODY ALLEN LOUISE LASSER PG - SATIRE SHORTS - 96 min.	THE HERO RICHARD HARRIS ROMY SCHNEIDER PG - DRAMA 96 min.	DOCTOR'S WIVES DYAN CANNON RICHARD CREWNA R - DRAMA 102 min.
MCAS FAMILY THEATER 1915 2015 - THURSDAY ONLY	RAGE GEORGE C. SCOTT RICHARD BASEHART PG - DRAMA 99 min.	*FRIGHT SUSAN GEORGE HONOR BLACKMAN PG - MELDRAMA SHORT - 94 min.	*SONG OF NORWAY FLORENCE HENDERSON TORALV MAURSTAD G - MUSICAL 148 min.	*AVANTI JACK LEMMON JULIET MILLS R - COMEDY 134 min.	*BANANAS WOODY ALLEN LOUISE LASSER PG - SATIRE 96 min.	THE HERO RICHARD HARRIS ROMY SCHNEIDER PG - DRAMA 96 min.
FORD ISLAND 1930	THERE'S A GIRL IN MY SOUP PETER SELLERS GOLDIE HAWN R - COMEDY 96 min.	RAGE GEORGE C. SCOTT RICHARD BASEHART PG - DRAMA 99 min.	*FRIGHT SUSAN GEORGE HONOR BLACKMAN PG - MELDRAMA SHORT - 94 min.	*SONG OF NORWAY FLORENCE HENDERSON TORALV MAURSTAD G - MUSICAL 148 min.	*AVANTI JACK LEMMON JULIET MILLS R - COMEDY 134 min.	*BANANAS WOODY ALLEN LOUISE LASSER PG - SATIRE 96 min.
BARBERS POINT (INDOOR) 1900	CRESCENDO STEFANIE POWERS JAMES OLSON PG - MYSTERY SHORT - 90 min.	THERE'S A GIRL IN MY SOUP PETER SELLERS GOLDIE HAWN R - COMEDY 96 min.	RAGE GEORGE C. SCOTT RICHARD BASEHART PG - DRAMA 99 min.	*FRIGHT SUSAN GEORGE HONOR BLACKMAN PG - MELDRAMA 94 min.	*SONG OF NORWAY FLORENCE HENDERSON TORALV MAURSTAD G - MUSICAL 148 min.	*AVANTI JACK LEMMON JULIET MILLS R - COMEDY 134 min.
CAMP SMITH 1900	*DARLING LILI JULIE ANDREWS ROCK HUDSON G - MUSICAL 136 min.	CRESCENDO STEFANIE POWERS JAMES OLSON PG - MYSTERY SHORT - 90 min.	THERE'S A GIRL IN MY SOUP PETER SELLERS GOLDIE HAWN R - COMEDY 96 min.	RAGE GEORGE C. SCOTT RICHARD BASEHART PG - DRAMA 99 min.	*FRIGHT SUSAN GEORGE HONOR BLACKMAN PG - MELDRAMA 94 min.	*SONG OF NORWAY FLORENCE HENDERSON TORALV MAURSTAD G - MUSICAL 148 min.
MARINE BARRACKS 1800 - 2015	*MACBETH JON FINCH FRANCISCA ANNIS R - DRAMA 140 min.	*DARLING LILI JULIE ANDREWS ROCK HUDSON G - MUSICAL 136 min.	CRESCENDO STEFANIE POWERS JAMES OLSON PG - MYSTERY SHORT - 90 min.	THERE'S A GIRL IN MY SOUP PETER SELLERS GOLDIE HAWN R - COMEDY 96 min.	RAGE GEORGE C. SCOTT RICHARD BASEHART PG - DRAMA 99 min.	*FRIGHT SUSAN GEORGE HONOR BLACKMAN PG - MELDRAMA 94 min.

Leisure Lines

K-BAY MEETINGS

The next Enlisted Wives Club social will be April 24 at 10 a.m. in the Enlisted Club. There will be two guests. The next business meeting will be May 8 at 7 p.m. in the Enlisted Club. If you are the wife of a sergeant or below, you too can belong to the Enlisted Club. If you would like information or transportation to meetings call Mrs. Croteau at 261-5654.

The installation of the Staff NCO Wives' Club will be April 18 at Orson's Steak House in Kailua. It will be in the Banquet Room with Cocktail Hour from 11-11:45 a.m. Installation of officers will follow with Mrs. William White as Installing Officer. Special guest will be Mrs. William L. Smith. The price will be \$4.25 with your choice of Kailua Salad or Grilled Ham.

The Kailua Koin Klub meets the first and third Monday of every month at the Kailua Public Library (next to the Police Station). The meetings start at 7 p.m. with refreshments on hand. For further information contact Gunnery Sergeant King at 72203 or 247-3461.

FIRST AID COURSES

Advanced First Aid Courses will be held by the Red Cross for all interested persons 15 years of age and older who have in their possession a current Standard First Aid Card.

Morning classes will be held Tuesdays and Thursdays from 9-11 a.m. in the Old Mokapu School, Room 105. Classes run the 17, 19, 24 and 26 of April and the 1 and 3 of May.

Evening classes will be held Mondays from 7-9 p.m. in the Old Mokapu School, Room 105 beginning April 16.

If interested, call the KMCA's Red Cross at 7-2606/7-3575 NOW!!! Remember you must be at least 15 years old and have a current Standard First Aid Card. Wear slacks!

Family Services Center

Can you H-E-L-P? The Family Services Center is looking for qualified families to provide a "Foster Home" for children of other military families or in an emergency situation on a temporary basis. Your charitable deed will be compensated with pay.

We wish to remind all of you that we

now have information on all major bases, so if you are in receipt of PCS orders, come in and get the "word" about where you are going.

For further information, please call Family Services Center, 257-3168.

PEARL HARBOR

Enlisted Club News

Ceremonies celebrating the reopening of the Marine Barracks Enlisted Club, the Globe and Anchor, will be held at the club at 4:30 p.m. Saturday, April 14. The club, since being closed for renovation, has put on a new look.

Free beer and pupus will be provided. Entertainment will consist of a performance by the CINCPACFLT Pop & Stage Band, as well as numerous Go-go girls.

CAMP SMITH

HOURS CHANGE

The Camp Smith General Mess Hall has drafted a new set of hours for meals. From now on breakfast will be served from 7 to 8:15 a.m., dinner will go from 11 a.m. to 12:30 p.m. and supper will be served from 4:30 to 6 p.m. on week days.

Brunch meals on Saturdays, Sundays and holidays will remain the same.

Stew, Fish and Steak

Prepare Meals for Less Money

K-BAY - The rising cost of food products are forcing shoppers throughout the nation to hunt for those low-cost meals of yesterday.

In an effort to help Oahu based Marines and their families get good meals for less money the following menus are printed for their consideration. The three menus listed are designed for average helpings of a family of six.

The fish and stew meals would cost military shoppers between \$3.50 - \$4 to prepare on the average while the Round steak menu would average \$5.50.

STEW MEAL

Items needed: 2 pounds beef, chuck roast cubed; 3 tablespoons all purpose flour; 3 tablespoons shortening; 1/4 teaspoon pepper; 6 cups of water; 3 medium onions quartered; 6 carrots scraped and cut into chunks; 6 medium potatoes peeled and cut into one-inch cubes; and 1/2 cup cooked peas.

Directions: Dredge meat with flour and brown on all sides in shortening in kettle. Add 2 teaspoons salt and pepper and water. Bring to boil, cover, and simmer for 1 1/2 hours, or until meat is almost tender. Add remaining ingredients except peas and simmer for 45 minutes or until

vegetables are tender. Season and sprinkle with peas (peas are optional). Serve over noodles.

Suggested menu: Beef stew over buttered noodles; green salad with dressing; and jello with or without cream, whipped.

FISH MEAL-BAKED COD

Items needed: 1 1/2 pounds thawed frozen cod fillets; 1 teaspoon salt; 1/8 teaspoon pepper; 1/4 cup melted margarine; juice of 1 lemon; 1 teaspoon grated onion; paprika (optional); and minced parsley (optional).

Directions: Wipe fish with clean cloth or paper towel. Cut into serving pieces and put in greased shallow baking dish. Sprinkle with salt and pepper. Combine margarine, lemon juice and onion and pour over fish. Sprinkle with paprika. Bake in preheated slow oven (325 degrees F) for about 30 minutes. Then sprinkle with parsley.

Suggested Menu: Baked cod fillets; tartar sauce (use mayonnaise or salad dressing with chopped onions, pickles and a dash of paprika.) Chill 30 minutes before serving (optional), packaged frozen french fries; buttered

green



TESTING MARIJUANA - Sergeant R.J. Corte tests out some marijuana in the crime laboratory at PMO. This experience will be useful now that the sergeant has graduated from the Military Police Investigators course given at K-Bay by CID. Sgt. Corte will now assist CID personnel in crime investigation.

MP's Expand Investigation Force

By SSgt. W.N. Goff Jr.

K-BAY - You say someone stole a dollar from your wall locker while you were in the shower. Well, don't just stand there griping, call the military police. It's your right.

Chief Warrant Officer-3 R.C. Farrand, investigations officer for the Provost Marshal's Office, thinks it is your right, also. Only one thing stood in his way until recently—there were only four accredited criminal investigators. Add that to the fact that so far this year he has had more cases than the whole year of 1971, and one might understand why some reports seemed to carry more significance than others. Now, however, that is not the case.

Recently, six military policemen graduated from Military Police Investigator Training Class 1-73. "With this class," said Mr. Farrand, "I am building the investigative aspect of the K-Bay police force."

What is a Military Police Investigator? He is a Marine authorized by the Commandant of the Marine Corps to conduct criminal investigations into minor criminal offenses under the direct supervision of a criminal investigator, or to assist a criminal investigator in the investigation of major criminal offenses.

To become an MPI, the selected military policemen who have indicated motivation and aptitude have to be recommended to CMC for assignment as MPis. They must be at least 21 years of age, have a minimum GCT of 110 and be at least a sergeant. They

must have completed one year as a military policeman, have a satisfactory background investigation, no history of mental disorders and be a high school graduate or equivalent.

Once selected to become MPis, the military policemen attend 63 hours of instruction conducted by the Criminal Investigation Division. These hours are broken down as 43 subject hours, eight review hours, eight examination hours and four range hours. The subjects taken are authority and jurisdiction, Article 31 - rights to counsel, apprehension and restraint, search and seizure, collection and preservation of evidence, rules of evidence, interviews and interrogations, elements of criminal offenses, laboratory and technical assistance, courtroom demeanor, report writing, marijuana detector dog operations and weapons training - flam fire. A research paper is also required.

"Once a Marine completes the course," continued Farrand, "he is authorized for OJT as an MPI, and is qualified to carry MPI credentials."

After one year MPI OJT and upon receiving a positive evaluation by the installation provost marshal regarding the individual's ability as an investigator, the Marine may, upon acceptance, attend the U.S. Army

Criminal Investigation Course at Fort Gordon, Ga. Upon successful completion of the course, MOS 5821 (criminal investigator) will be assigned and accreditation will be initiated by CMC. He is now a full fledged member of CID.

Regressing for a moment, the

instructors for the MPI course here are Farrand, Gunnery Sergeants A.N. Thompson and S.K. Smith. Staff Sergeant J.F. Maenneche was the assistant instructor.

Graduating from the course were GySgts. J.R. Brown and F.R. Buffington and Sgts. G.G. Maglaya, M.A. Clark, F.J. Schoenning and R.J. Corte.



Photo by Sgt. E.S. Saylor

DUSTING FINGERPRINTS - Sergeant G.G. Maglaya dusts a file cabinet at the scene of a crime for fingerprints. A lot of the work is routine, but proven to be helpful in capturing the guilty.

New G.I. Loan Possible For Some Homeowners

OAHU - Veterans who have used their G.I. loan can have their eligibility restored and get another VA guaranteed loan under some circumstances, the Veterans Administration has reminded veterans.

The basic qualification is that the first home was sold for compelling reasons, and in addition, VA must have been released from liability on the original loan. This usually happens when a home is sold with new financing, it was explained.

Options Offered To Unmarried In Benefit Plan

OAHU - A Member of the uniform services who has neither a spouse nor a dependant child when he retires can elect immediate participation by naming someone else as beneficiary under the Survivors Benefit Plan (SBP) insurable interest provision.

The member also has the option of foregoing or delaying participation in SBP until such time as he or she acquires a spouse or dependent child to initiate participation to provide survivor payments for the spouse and or child by notifying his particular military service in writing.

An insurable person elected for a beneficiary is any person who has a bonafide financial interest in the continued life of the SBP participant, or someone who is going to receive some financial gain during the life of the retiree. The cost of or for the insurable person is different and somewhat higher than the basic spouse/child cost. It is 10 per cent of the retiree's full retired pay plus an additional five per cent for each full five years that the beneficiary is younger than the retiree. The total cost or reduction cannot exceed 40 per cent of the retired pay. A retiree cannot elect less than the full amount of the retired pay as the base amount to be used under the insurable-interested person.

Dental Technicians To Celebrate 25th

OAHU - Navy dental technicians will celebrate their silver anniversary at the CPO Club, Pearl Harbor, beginning at 6:30 p.m. April 21.

On the menu for dinner, which begins at 7 p.m., will be roast turkey and terriyake with all the trimmings. Happy hour starts at 8 p.m. followed by dancing at 9 p.m. The celebration is scheduled to end at 1 a.m.

Tickets are available at any Oahu dental activity at \$6 per person. All members of the dental team are invited to attend.

Some of the reasons for which property may be disposed of and entitlement restored by VA are:

Transfer of employment from one locality to another by an employer.

Destruction of home by fire or natural hazard.

Voluntary change of employment to another locality offering more income and opportunity for advancement - provided satisfactory evidence is furnished VA.

Retirement of a veteran, or transfer of a serviceman by his military department while he is on active duty.

Limited space in a veteran or serviceman's home, if a doctor certifies that space is a health question. An increase in size of his family, however, is not in itself sufficient grounds for restoration of entitlement.

Loss of employment through a reduction-in-force, or curtailment of activities in occupation where he is employed - if suitable employment is obtained in another locality.

VA guaranteed home loans are available to eligible veterans and servicemen with at least 90 days of active duty during World War II and the Korean Conflict, or at least 181 days in the Vietnam Era. Loan benefits also are available to eligible widows, and wives of servicemen missing in action or prisoners of war for more than 90 days.

Unsung Heroine Nominees Sought

OAHU - The Ladies Auxiliary to the Veterans of Foreign Wars is looking for outstanding candidates for competition in the ninth annual Unsung Heroine Award contest.

Women members of the military and civilian employees of the Armed Forces or any organization with a primary association with the Armed Forces are eligible to compete.

The service, project or achievement supporting the individual's candidacy may have been performed while on duty, off duty, or a combination of both, but must have been done during 1972-73.

Entries are chosen by a panel of judges appointed by the sponsoring organization. Nominations must be countersigned by the candidate's commanding officer or civilian supervisor and bear a postmark no later than May 15.

The award will be presented during a convention held in New Orleans Aug. 17-24.

Submit nominations to: Mrs. Lola Reid, National President, Ladies Auxiliary VFW, 405 W. 34th St., Kansas City, Mo. 64111.

THE MARINES WANT THEIR GOOD MEN TO STAY.

TO: _____

At SOMS Open House Kids Say the Funniest Things

By GySgt. Phil Hartnaff

K-BAY - Station Operations and Maintenance Squadron (SOMS), K-Bay's youngest squadron, held their first open house since their inception last summer and their youngest "members" told it like it was.

More than 350 SOMS personnel and their dependents braved sprinkles of rain and chilly weather to take part in the day's activities.

They were taken on tours and observed demonstrations of the Station crash crew; explosive ordnance disposal team; weapons section briefing; boathouse activities; search and air rescue (SAR); communications briefing; and an overall view of the Station from Kansas Tower.

The "youngest members," dependent children of SOMS personnel, had their own ideas of what was happening.

Kelly Hayer, 5-year-old daughter of Sergeant and Mrs. Joseph Hayer, observed the SAR demonstration prior to getting ready to ride a pony and made these observations of what she saw.



KELLY

"I asked her to tell me why the helicopter could stand (hover) in one place while in the air. With a look of disbelief that I didn't know it myself she added, "Because the man's not driving it."

She started telling me about how she was looking forward to riding the ponies following the tour so I asked her to tell me the difference between a pony and a helicopter.

Kelly looked me straight in the eye and as if she were talking to the dumbest guy in the world she replied, "A pony has legs and a helicopter can't walk."

During the SAR demonstration SOMS personnel utilized a 'dummy' as the subject of their rescue. After little Kelly had watched the demonstration I asked her if the man going up the rope to the helicopter was real and she quickly replied, "Nope!" I asked her how she knew and she answered, "Because he couldn't walk!"

I asked her if she knew what kind of airplane was flying the demonstration (it was a CH-46 helicopter) and she quickly corrected me. "It's no airplane, it's a helicopter." Talk about being put in your place!



Photo by GySgt. Larry Sasaki

PAM BELL, 11-year-old SOMS dependent, finds out that helicopters aren't the only means of transportation her dad's unit has during SOMS first open house Saturday. Whannon Floyd helps Pam prepare her vehicle for take-off.

Thinking that maybe she could stand just one more question from me I asked her if she would rather fly a helicopter or ride a pony. "I would like to ride a pony," she started and then paused and continued, "but I think you are too big so you had better fly the helicopter." At this point I bade her good-by, promised I'd never speak to her again and climbed under the seat with the photographer.

Having made such a 'big hit' with Kelly I decided to muster enough courage to talk to a male counterpart. I chose Mike Green, 5 1/2-year-old son of Staff Sergeant and Mrs. Mike Green, mainly because he looked smaller than me but I soon found out he had an equalizer... two shiny six-guns!

Mike was a typical cowboy. Everywhere he went he started to look for a horse. While watching the SAR demonstration he put his saddle on dad and while visiting the Weapons section he put his weary bones to rest on a rocket pod. Since he was sporting two shiny six-shooters, no one was going to tell him to get off.



MIKE

He enjoyed a demonstration of Master Sergeant Homer Detrich's, NCOIC, EOD, home-made cannon while at the EOD area. Why? "Because the cannon shoots louder than my guns. I like this the best." My photographer and I refused to talk to Mike anymore after he refused to let us try out his six-guns.

I left the open house before the picnic because my photographer was starting to lick his lips, preparing for the upcoming 'dunking for apples' game with the kids. I was worried he might drop his camera in the water with our valuable photographs in his haste to beat the kiddles to the biggest apple. He wasn't very happy about this until I promised I wouldn't tell the little boys and girls he had false teeth!



Photo by GySgt. Larry Sasaki

BATHTUB BOATER - Blain D. Wiese, 14-month-old son of Staff Sergeant and Mrs. Gerald Wiese, tries his hand at piloting a "bathtub boat" while visiting the K-Bay boatdock during SOMS' first open house Saturday.



"IS THIS A SOMS?" 6-year-old Jerry Ray Bell asks his father as they get a close look at the new squadron insignia which was unveiled Saturday.