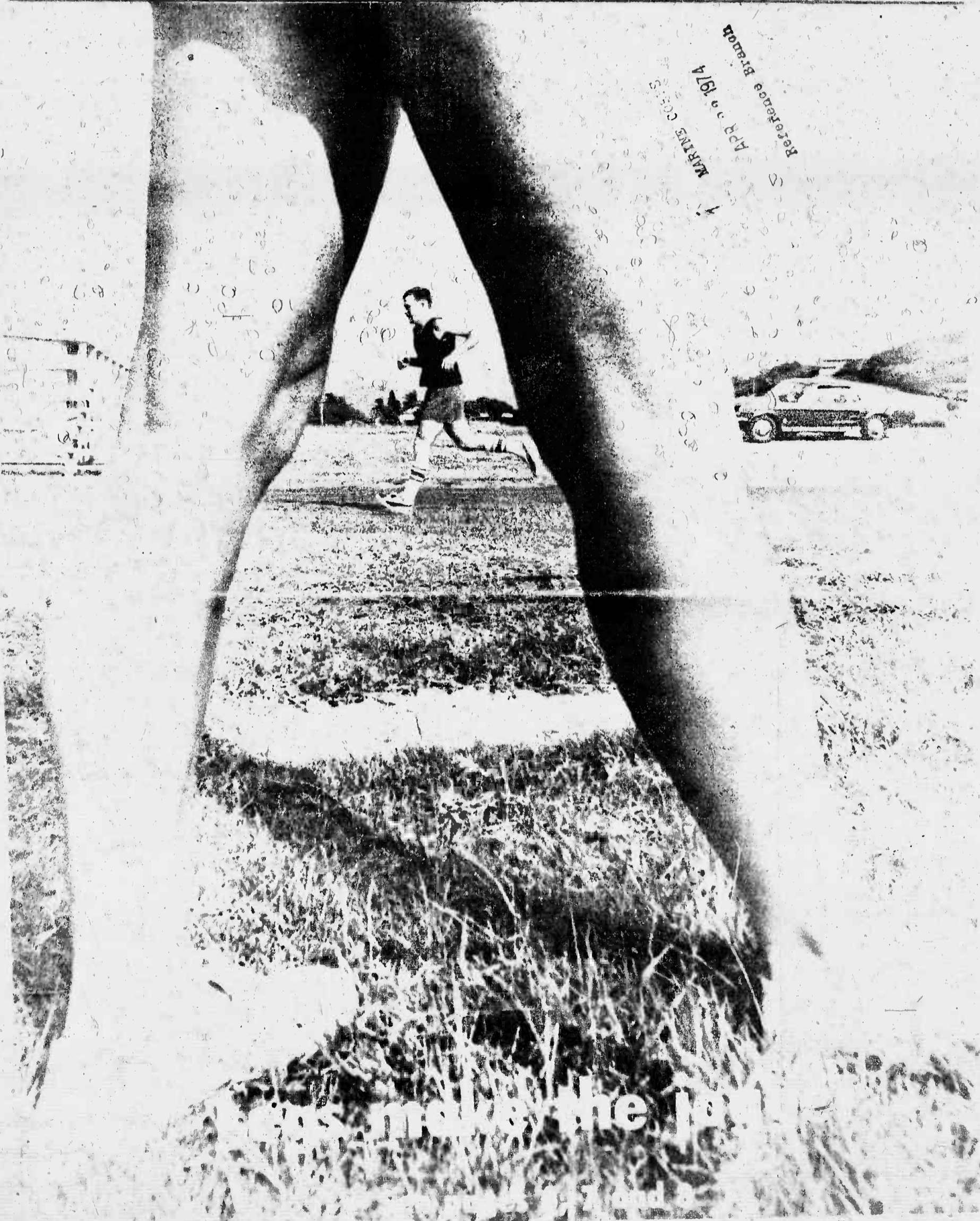


# HAWAII MARINE

Volume 3, Number 38

April 1, 1974

Rebecca Branch  
APR 3 1974  
MARINE CO-OP



...make the l...

# In my opinion

## Why do you exercise?



LCPL. KIM MORRISON  
H&HS  
I don't!

**CPL. MEL W. BENNEY  
CAMP SMITH**  
I usually exercise to keep up my physical appearance and to satisfy my own desire to put out just to know I can do it. I believe a Marine should look good plus getting a feeling of self satisfaction in accomplishing his goals of good physical endurance. Also, if you keep in shape you can pass the PFT.



GYSGT. ERLING HAGEN  
H&MS-24

After work, I like to have an occasional beer but unfortunately it puts on added inches, so I exercise. I also exercise to meet the Corps' standards of physical fitness and to pass the PFT. But if it wasn't required I doubt if I would continue the sit-ups and chin-ups. That's a real drudgery but I don't mind jogging at all.

**CPL. TERRY KEARNS  
H&HS**  
Exercising is just like a bank account. If you're working out regularly now and continue to do so, you're keeping your system healthy. Then when you get older you'll be able to rely on that system for whatever reasons. I've always exercised and always will but I think a lot of Marines don't because it's Marine Corps policy. They figure they're getting over but they're only hurting themselves.



CPL. DENNIS CAIN  
VMFA-212

Mainly because I want to stay in shape. I see too many Marines walking around that are fat and out of shape and I don't want to end up that way. I'd like to stay slim and trim. Before I came into the Corps I didn't exercise that much but now I get up at 5 a.m., three times a week and do my thing. You feel so much better after exercising and it makes you more alert during the day.



Photo by Cpl. E.P. Buchanan

**AFTER DARK HAZARD** - As the Marine lying in the road learned, a bicycle without reflector or light is dangerous, especially at night. If he lives, it will be a lesson learned the hard way. The first aid the Military Policeman is giving the victim will, hopefully, keep him alive until the ambulance, being called by his partner, arrives. For the young lady kneeling beside him, it will also be a night to remember: She wrecked her car and perhaps killed a man. At those prices, a light and a reflector seem really cheap.

## Chaplain's column

### Easter symbols: candy and Christ

By Chaplain R.L. Hedwall

"What does Easter mean, Grandpa?"  
"I'll tell you a couple of stories and let you decide for yourself."

Once upon a time there was a very pretty egg. A rabbit had laid it in a patch of grass. When little Sue and Bobby found it, the egg hatched out into a messy chocolate bunny, which they promptly tore apart and ate. Little Sue, Bobby, Mommy and even Daddy felt good about this; even friendly. For they knew that Easter Day had arrived and this meant that Spring was here and all the brown weeds would now turn green. And in many other ways it was a mediocre day too.

Centuries ago a man named Jesus, from the town of Nazareth, was cruelly put to death on a cross. Three days later his body disappeared mysteriously from the tomb where his friends had carried it. In the following few hours 16 people saw and talked to him. Within 40 days he was seen 11 times by more than 600 people,

Everybody, needless to say, was amazed.

The friends of Jesus tried to figure out what all this meant. They tried to remember the conversations Jesus had with them. They reread the writings of their religion. Eventually they put all this together with flashes of insight and understanding; and they concluded that this Jesus was the "Savior" sent by a loving God to suffer and die in mankind's place. The friends of Jesus were convinced this was

true because they had experienced an alive Jesus; and centuries later people still experience Him alive in themselves. This day that came to be called Easter was a proof that Jesus really was the Savior. And it was a promise that all mankind could also live a new life with God—beginning now and lasting forever.

"Oh Fshaw! The little dears have fallen asleep. Now we'll never know what Easter means to them."

## Editorial

### An open letter to drunks

**K-BAY** - Since you cannot refrain from drinking, why not start a saloon in your own home. Be the only customer and you will not have to buy a license. Give your wife \$55 to buy a case of whiskey. There are 240 snorts in a case. Buy all your drinks from your wife at \$.60 a snort, and in 12 days, when the case is gone, your wife will have \$89 to put in the bank and \$55 to start in business again.

If you live 10 years and continue to buy all your booze from your wife, and then die in your boots from the shakes, your widow will have \$27,085.37 on deposit, enough to bury you respectfully, bring up your children, pay off the mortgage on the house, marry a decent man, and forget she knew you.

**I've got this to say about that**

### Cycle safety

Dear Sir:

In 1972, motorcycles comprised 3.1 per cent of total vehicles registered in the United States. However, cycles represented only 1.2 per cent of the vehicles involved in accidents in the same year.

Passenger automobiles, on the other hand, made up 79.2 per cent of the vehicles registered but represented 84.2 per cent of the vehicles involved in vehicular accidents and 75.3 per cent of those in fatal accidents. In short, passenger cars were involved in more than their share of accidents and motorcycles less. (Statistics were compiled by the Statistics Division of the National Safety Council and released in August 1973.)

"Motorcycles would not be involved in nearly as many accidents as they are if it wasn't for automobile drivers; most cycle accidents involve a passenger car. Many times the driver of the auto will say: 'I didn't see the motor sicle, officer.' Even when the motorcyclist has his light on it does no good if car drivers don't watch for him. Cyclists see each other easily but, then again, the incidence of two cycle accidents is minimal.

My suggestion for answering the problem is for automobile drivers to watch where they drive! Perhaps this is futile. What chance do I have if 82.4 per cent of automobile drivers seem determined to run into something? Even with my light on, I still feel like a target.

With an increase in the number of motorcycles on the road, it is the passenger car driver who needs education about the cycle as well as the cyclist. Equally in danger are bicycle riders (especially since they seem to be breaking more traffic laws than any licensed operator ever thought of).

I think we should give all vehicles a high profile and watch out for the other guy!

R.B. Monaco Sr.  
2d Lt. USMC

**HAWAII MARINE**

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# Warner leaves post for Bicentennial job

WASHINGTON — Secretary of the Navy John Warner announced Tuesday that he is leaving his post as chief of the Navy Department. A replacement for Secretary Warner has not been announced yet. The text of Warner's message to all Corps and Navy commands announcing his decision and his feelings on leaving the position follows.

"It is truly with mixed emotions that I leave the leadership of the world's finest military organization—the United States Navy-Marine Corps team.

As I take leave to assume the leadership of the Bicentennial Administration, I hear a cry from all across this nation for a reaffirmation of those values established by our founding fathers: the values of decency, honesty, God and country, and selfless service to fellow man.

There is no group of Americans who display these values in their daily lives in greater measure than those who serve in national defense, both uniform and civilian.

Freedom is not free and it is through your dedication and your service that you do provide the freedom we enjoy. In particular, the men and women who wear the Navy blue and Marine green, you are providing through your selfless service and professionalism the finest Navy-Marine Corps team to be found anywhere in the world.

In my remarks at my swearing-in ceremony in May, 1972—amid high tempo combat operations in Southeast Asia—I stated that the two most important things to me in this world are my children and my country. I pledged at that time that my mission would be to support the Commander-in-Chief in his goal of achieving a generation of peace, not only for our children but for children the world over. It has been a great personal honor to have served with you in the achievement of this goal.

I have been a sailor; I remain a sailor. I have been a Marine; I remain a Marine. I have done my best. God Bless You all."

# Officers selected for general's star

CAMP SMITH — Two Marine Corps colonels stationed here were named for selection to the rank of brigadier general in an announcement made by President Richard M. Nixon April 5.

Colonel Harold A. Hatch, Assistant Chief of Staff, Fleet Marine Force, Pacific (FMFPac), and Colonel Richard E. Carey, Assistant G-3, Operations and Training, FMFPac, were named in the selection of 10 new flag officers.

Hatch assumed his present duty in February, 1973. He was awarded a Bronze Star in Vietnam and also served in Korea. He holds a Bachelor of Science degree in Business Education from the Richmond Professional Institute, Richmond, Va.

Carey has been stationed here since April, 1973. He was awarded a Silver Star for his actions in Korea and also served in Vietnam. He holds a Bachelor of Science degree in Business Education from George Washington University.



Photo by Sgt. E.S. Saylor

**HAPPY FOURSOME** — Colonel Ralph Thuesen, commanding officer Marine Air Group-24, (left) and Lieutenant Colonel R.L. Siredda, commanding officer, Marine Fighter Attack Squadron-212 (far right) extend their congratulations to Major Bill Tremper (center right) and Major Wally Boeck. Boeck and Tremper's flight completed 10,000 accident-free flying hours for VMFA-212.

# Lancers log squadron record of 10,000 errorless air hours

K-BAY — The Lancers of Marine Fighter Attack Squadron (VMFA)-212, added another feather to their cap recently by completing 10,000 accident free flying hours.

Accumulated between December, 1971 and April 1, 1974, the no-accident hours represent 7,000 sorties or flights

## Combined service on Easter Sunday

K-BAY — A joint Protestant-Catholic Easter Sunrise service will be held at the Station rifle range Sunday at 6 a.m.

The service will feature choirs from both Chapel congregations and the Brigade Drum and Bugle Corps will offer appropriate musical selections before the beginning of the service. Chaplain Michael Murphy will deliver the sermon and all Brigade and Station chaplains will participate in the service.

Some refreshments will be offered. Automobile parking is available at the range and buses leaving from the Chapel will also provide transportation.

## Chow hall closes during deployment

K-BAY — If you're left in the rear with the gear forget about chowing down at Anderson Hall.

The dining facility will close after the evening meal April 22 and reopen for breakfast May 11. Shut-down of the mess hall is caused by the deployment of elements of the First Marine Brigade to Pohakuloa Training Area on the Big Island.

A shuttle bus will be provided for Marines who do not depart so they can get meals at

by a single Lancer jet. During that time, the jet jockies of '212 spent a tour in Vietnam as well as flying normal training hops.

Although this is a record for VMFA-212, it has been done before by other squadrons and, as such, is not unique. It is, however, in the words of First Lieutenant Barry Plott, "uncommon". Plott, a pilot with '212, adds, "What it boils down to is that each flight depends on safety. It only takes one guy to cause an accident. If you don't have people working together, you're lost. Here, we work together."

This attitude and the squadrons' "full systems approach" to maintenance are

the factors behind the Lancers' safety record. Under the "full systems approach" all systems in the bird are up or working, or the bird doesn't fly. Exceptions are sometimes made if the system is minor or not essential to the plane's mission. This creates long hours for the maintenance crew. According to First Lieutenant Gary Brown, technical information officer for VMFA-212, "It's not unusual for them to work ten to twelve hours a day."

The Lancers aren't taking it easy though. With 10,000 accident free hours under their belts, their anti-accident campaign is still in high gear and is planned to stay that way.

# News worldwide

### DISCHARGE CODES

In reaction to pressure from several sources, Defense Department officials have ordered all services to stop coding discharges to reflect a specific reason for separation from active duty.

A Marine Corps message refining the orders indicates the DD Form 214MC (Marine Corps Discharge Certificate) provided the individual will no longer show any reference as to reason for separation or discharge, or if the Marine is or is not recommended for reenlistment.

Now the individual will have to request a narrative summary of the reason for his release on a separate paper which he can carry with his discharge certificate.

At the base of this move is a desire on the part of several powerful veterans organizations and congressional leaders to avoid stigmatizing veterans with discharge codes which may prevent them from getting jobs. Reports indicate there were formerly 500 such codes; most of them quite common such as "201-Expiration of term of

service," or "219-Erroneous induction."

However, there are some esoteric codes under which a man might be released from service and they provide an interesting insight to the type of soldier the Pentagon does not want on active duty.

Military people could formerly be discharged with codes such as these stamped on their papers:

- 287-Unclean habits, including repeated VD
- 368-Antisocial personality
- 369-Cyclothymic personality (very moody)
- 385-Pathological lying
- 386-Established pattern for shirking
- 41A-Apathy.
- 41E-Obesity
- 463-Paranoid personality

### FINALLY

A Jacksonville, N.C. judge, apparently sympathetic with

various efforts to beat the gasoline shortage in his area, has found Marine Corporal Edward Lay not guilty of riding a horse before dawn without lights.

A story from Jacksonville indicates Lay was issued a traffic ticket as he rode his horse to work early one morning. The citation was for "operating a horse on a public street during hours of darkness."

## Pless Hall open to guests Sunday

K-BAY — Pless Hall will be open to Marines and their dependents and guests Sunday.

The dining facility will start serving breakfast at 6 a.m. Enlisted men receiving comrats will be charged \$1.05 for the meal. Officers and adult dependents and guests will have to pay \$1.30 to eat and children under 12 will be tagged for \$.70.

Crisis Prevention Center  
24-hour hotline  
257-3240

Assists military and dependents  
With any type of personal problem

All cases remain confidential

What it's like to be a testing specialist

# Writer wrestles with weird works

By Sgt. F.W. Richardson

**K-BAY** When I saw the sign warning "dangerous radiation," I began to wonder if I should have stayed behind the old typewriter.

I knew that on the other side of the door was NDI (Non-Destructive Testing), a Section of Headquarters and Maintenance Squadron 24 that works with X-rays. Somehow though I've always associated radiation and X-rays with science fiction and horror movies. You know, mad scientists in white lab coats muttering chemical formulas, smoking liquids boiling in test tubes, that sort of thing.

### NEED A CRUCIFIX

Wishing that I'd brought a crucifix (just in case), I opened the door and stepped into a neat, air conditioned office and met the four-man NDI team. They turned out to be fairly normal types: Gunnery Sergeants Edmund Holland and Wayne Andersen and Staff Sergeants Richard Grumbine and Maxx Palmer. To my relief, there wasn't a white lab coat in the group.

Holland and Andersen sat me down and began to give me the lowdown on their rather unique work. By using various methods (maybe the correct term should be spells and incantations) they detect defects, cracks and corrosion in the physical makeup of aircraft and other equipment.

### PISTOL CHECK

During 1971 they received three requests to inspect 169 .45 caliber pistol barrels for Fleet Marine Force Pacific (FMFPac). They rejected 59 of them because of defects. Also during that year, they were called upon to demagnetize 30 CH-46 helicopters. Somehow the armor plating had become magnetized and was causing the choppers' compasses to go haywire.

You could call them professional "fault finders," though I was beginning to think of them as alchemists. "Actually we can use our testing methods on anything," said Holland (I was sure he was eyeing me like I was a wing strut).

"Except for the human body," he belatedly added. I let out a sigh of relief that left me limp with gratitude. Fleeting images of being strapped to a table "a la Frankenstein" had flashed through my mind. That may sound silly, but weird gizmos and gadgets made me paranoid.

### LETHAL RAYS

Grumbine took charge of me then and led me across the room. He showed me the X-ray machine, a black, box-like contraption boasting large yellow cables. I eyed it uneasily. Those cables looked a bit like tentacles so I kept a wary distance. The cables ran into a small lead lined room where the emitter of the lethal rays nested. I gave it a swift gaze and discreetly sidled back a few more feet.

Next, Andersen introduced me to the ultra-sonics machine that uses sound waves to detect flaws. Playing around with the thing, I began to feel like Boris Karloff. With this in mind, I followed Holland. He introduced me to a fluorescent dye that is sprayed on a piece of metal, allowed to soak in, and then examined under "black light." The dye reveals surface defects. "Black light" translates to black magic in my book and I looked for a doll in which to stick pins.

### PEOPLE GRINDER

A similar ritual is a thing called magnetic particle. Palmer was my instructor on this method, and up till now, I had been feeling pretty relaxed. But when he showed me this machine that resembled a vice with a metal doughnut in the middle,



Photo by Cpt. Jim Willey

**AIMING IN** - Gunnery Sergeant Wayne Anderson carefully adjusts the X-ray projector while I hold an aiming rod over the ray emission port of the projector.

I eyed him suspiciously. It looked like a people grinder.

Palmer began to throw switches and explain the method to me. "What we do here is run electric current through the damaged part while we spray it with a kerosene based liquid that contains fine metal particles. The current will set up a magnetic field in the part, and if there is a crack, it will cause the particles in the liquid to gather there. Like the dye, these particles are visible under "black light." I fingered my rosary, which luckily I had left in my pocket last Sunday, and checked my line of retreat.

### METAL DOUGHNUT

I watched in wary fascination as Palmer put a large bolt through the works and showed me a tiny crack near the thread. "Now to demagnetize it," he said. I jumped back, unsure of exactly what "it" referred to. Handing me the bolt, he set a dial on the machine for 2,000 amps and

told me to stick it into the metal doughnut.

"You're kidding," said I (Mother Richardson raised no foolish children). "No," said he. "Go ahead, it won't hurt you." It didn't, unless you count the quart of sweat I shed.

### MAGIC WAND

My faith in human nature restored, Holland gave me the basics on a nifty little device called an eddy current. This little beastie sets up a current with a test part by using a small probe (looked like a magic wand to me). If there's a defect in the part it will break the current and, depending on the machine, give an audible signal or register the defect on a gauge.

This seemed harmless enough until Holland handed the thing to me. It resembled a large lead pencil with a wire and ear plug sprouting from it.

Cauterously I put the plug in my ear and began to lightly scratch the "pencil" across the surface of the metal, fully expecting to

be benumbed by the bloodcurdling wail of a banshee (I knew it would be a banshee 'cause Holland is Irish). On about the fourth scratch it said "beep"

### "IT BEEPED"

"It beeped," I told Holland, as excited as Madame Curie discovering radium. "That means you found a crack," he calmly replied. I gave myself a pat on the back and conveniently forgot the metal part was a piece kept around to test equipment. As far as I was concerned, it was a revolutionary discovery destined to go down in the annals of history.

That ended my day with the NDT team. As I meandered back to my typewriter, I couldn't help but feel admiration for those four men. Their work is exacting and leaves no room for error. An overlooked defect in a Phantom's wing or a chopper's blade could be disastrous. So they don't make mistakes. They haven't yet; and frankly, I don't think they will.

# News highlights

## Dental care for Vietnam vets

**WASHINGTON** - Vietnam Era veterans needing dental care are presumed to be service connected and therefore eligible to receive dental treatment at Veterans Administration expense provided:

they apply to the VA within one year after their discharge, and

they were discharged or retired under conditions other than dishonorable.

This general eligibility covers sufficient treatment at VA expense to put the veteran's teeth into good condition one time. It does not extend to treatment for dental conditions that obviously existed before the veteran entered military service, VA officials pointed out.

Veterans who have special eligibility for continuing VA dental treatment, and for whom the one year application limit does not apply, include:

those receiving VA compensation for dental conditions.

those whose dental conditions resulted from combat wounds or service injuries.

those who were prisoners of war.

VA said that in addition, any veteran discharged or retired under conditions other than dishonorable may receive VA dental treatment reasonably necessary to obviate the need for hospital admission, provided he cannot afford to pay for the necessary care elsewhere.

## Opening for embassy guards

**WASHINGTON** - Marines who are genuinely interested in serving as security guards at the U.S. embassies and consulates, and who meet the requirements, are needed to fill openings in several new detachments.

Headquarters officials say that the time to apply for the program has never been better, and have indicated that every consideration will be given to waivers on rank, MOS and time on station.

Lance corporals through master gunnery sergeants may apply. Exceptionally qualified privates first class can apply for a waiver and, if accepted, will be promoted to lance corporal upon successful completion of

the Marine Security Guard School.

All Marines must complete the six-week course prior to assignment. Class convening dates are: July 2, 1974; Aug. 28, 1974; Oct. 23, 1974; Jan. 2, 1975; Feb. 26, 1975; and April 23, 1975. Staff NCOs applying for the program must report one week prior to convening dates.

Instruction at the school is presented jointly by the Corps and the Department of State, and includes reliability screening, training for security guard duties and living in an overseas civilian environment.

Details on the program, and a list of security guard detachments, are contained in Marine Corps Order 1306.2J.

## Junior enlisted cryptologists needed

**WASHINGTON** - Marines in grades private first class to sergeant are needed to fill three undermanned MOSs in the Cryptology field.

The MOSs are 2571, Special Radio Operator; 2574 Cryptologic Linguist, and 2575, Special Communication Operator. Career Planners have full details on additional service requirements, or if necessary contact the Intelligence Division (Code INTS), HQMC (Autovon 22-1209/4368).

Marines who are accepted for the basic MOS will attend school at either Pensacola, Fla., or Monterey, Calif. for training that could last from several

weeks to a year, depending on the MOS.

Many benefits are to be gained after successfully completing the school. Promotional opportunities are excellent, duty stations, both stateside and overseas, are generally choice and the MOSs carry a Variable Reenlist Bonus of four.

A recent survey showed that Marines in the field were promoted to lance corporal five months ahead of their contemporaries; to corporal and sergeant an average of eight months ahead; to staff and gunnery sergeant an average of 18 months ahead; and to the top two enlisted ranks seven months ahead.

## Naval Academy Preparatory School

**WASHINGTON** - While considering your promotion possibilities, why not think big? Your chance to earn a commission as a Marine officer, and a baccalaureate degree, is available via the Naval Academy Preparatory School (NAPS).

NAPS, a nine-month program which prepares its students academically for the U.S. Naval Academy, is open to unmarried Marines, 17-20 years of age, who have a GCT-AA score of at least 120. Candidates

who finish the program compete for the 85 appointments made to the academy each year.

The next NAPS class begins in the fall, with applications due at Headquarters by July 1. Those successfully completing the course would be eligible for appointment to the Naval Academy class going into session in mid-1975.

Full details and application procedures are contained in Marine Corps Order 1530.11A



Photo by Sgt. F.S. Saylors

**"YOU'VE GOT TO TRY"** - Trying to help a Marine and his wife resolve a marital conflict, Dick Sweet illustrates what he believes to be their worst problem—a communications gap. No matter what the problem, Sweet feels there is only one way to solve it—"You've got to try."

# Counselor aids the troubled in resolving personal crises

By Cpl. C.W. Rowe

**K-BAY** - All of us, at one time or another, have provided a shoulder for someone to cry on or listened sympathetically and tried to help with another's problem.

Dick Sweet does it for a living.

Operating under the vague title of Counselor for the Family Services Center, he works with people trying to help them solve a host of problems. Sweet's credentials are impressive; he holds a Master's degree in social work from the University of Texas and has worked in the field for 10 years. He's been with Family Services since August.

Helping kids handle the pressures of adolescence is one of Sweet's responsibilities. When a child is apprehended by MPs or civilian police as a runaway or for committing a crime, Sweet is called in. Then he works with the parents and sometimes the state's Family Court to find a solution to the youngster's problem.

Not all of his contact with juveniles comes when they break the law. "I haven't really gotten many cases from the MPs; most come from doctors, self-requests or from Mokapu School," Sweet pointed out. "I've had most of my work with younger kids. Their parents can't control them so I help the parents improve their communication with the child and improve their behavior management." He averages about five juvenile cases a month.

### MARITAL PROBLEMS

Most of Sweet's work is with couples, 25 to 30 a month, who are experiencing marital problems. There are an infinite variety of complaints couples bring in; no two are ever exactly alike.

The social worker holds weekly sessions with the couple that last for approximately an hour-and-a-half. "Usually you have to give them a week to digest what went on in the previous session and I give them something to work on, something to try in that week. People, when they first come in, are nervous and tense; it takes a while for them to get comfortable," Sweet explained.

What he will try to do varies with each case; however, generally speaking, he said, "My job is to fuel the motivation. I'm goal directed. In the first session, I try to get the people to establish a goal."

### FEELS RESPONSIBLE

Sweet works with doctors, chaplains or other social workers when it is necessary to help his charges. He feels responsible for them and believes "We have sort of a contract, a verbal kind of thing."

He feels there is only one way for a couple to be successful in resolving their difficulties. "If they're really intent on finding out about themselves, if they're willing to risk themselves, then they can make progress. They have to be willing to work at it, to put effort into it or they won't get anywhere." He does admit that "sometimes I have to prod people."

### IT TAKES TWO

If only one partner is willing to seek help, Sweet's job is made harder. "If they're having a problem, it's very difficult to help if one party doesn't want it." Occasionally he can work around this obstacle. "Sometimes I find that the wife isn't doing anything to solve the problem; she just complains. So we explore ways she can assert herself, find an outlet, just relieve her depression. Sometimes women

are afraid to even tell their husbands how they feel about something. If they did they often wouldn't have to come in and see me."

### SEPARATION WORRIES

Couples aren't the only beneficiaries of Sweet's talents. A young Marine, living in the barracks, will begin to have problems with a wife on the mainland. Sweet does his best to be of assistance. "Sometimes, I can help by just assisting them in writing a letter to their wives. Other times it isn't that easy. He may have to go see the man's superiors. "I only release information with his permission. I do make a big thing of confidentiality."

Other areas into which Sweet delves include neighborhood feuds, child abuse complaints, alcoholism and the Crisis Prevention Center.

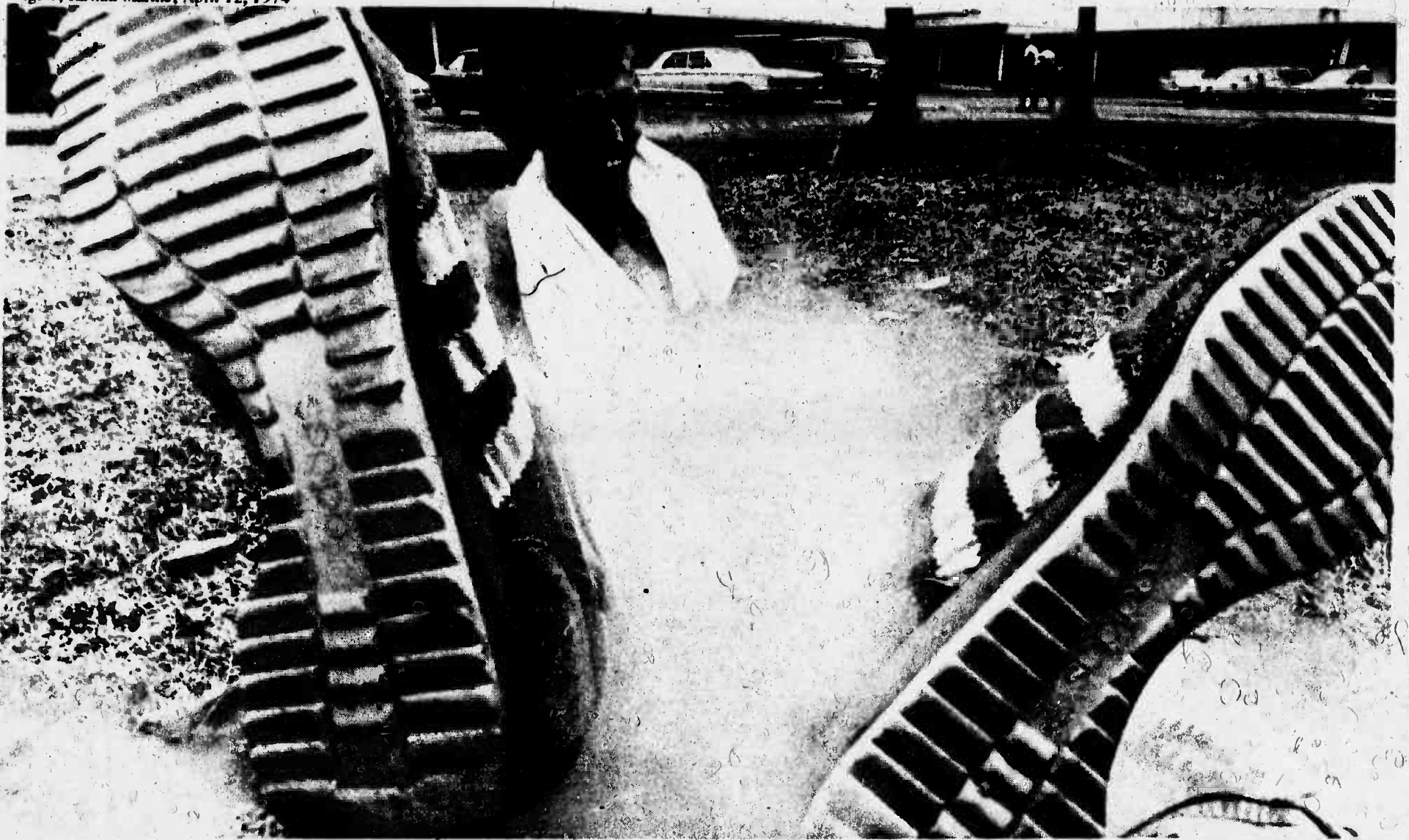
### BELIEVES STRONGLY

He believes in his work strongly. "I think, so far, that it has been demonstrated there is a need for this type of service. If these people don't get help, then it's going to take a toll both personally and in the way they do their jobs. These types of problems can be as incapacitating as a physical ailment."

Sweet enjoys his work. "This is a very interesting job because of the wide variety of problems. I get some reward, quite a bit, from helping them with their problems." There is also professional satisfaction in success. "I've found a fairly effective means of helping people work on their problems."

Nebulous as his job may sound, try to remember the last time you had a personal problem with no one to turn to. How much better would you have felt if someone had been there.

Dick Sweet is there.



Photos by Sgt. E.S. Saylor

**SMOKIN!!!** — After streaking through three miles in 17:10, Edward Buchanan takes a breather under the shade of palm trees. The photographer was going to capture an action photo of Buchanan but he couldn't catch him.



**I'M A LEG MAN MYSELF!!** — Doctor Timothy L. McLeod discusses leg and foot ailments with his patient "Homer." The Doc and he consider, even if you have some minor disorder from jogging, the benefits are far too rewarding to throw away.

# Achieving phy

By Cpl. Greg Gerding

**K-BAY** — Got a case of the trots?

It seems as though, during any time of the day, you can drive down Mokapu Boulevard or other traffic routes on the Station and find the beloved jogger. Sweating, huffing and puffing, he strains for that next mile.

Why do they do it? It's a fact that the human being is basically a lazy animal and will usually try to weasel his way out of any extra physical exercise besides falling out of the rack in the morning. And with the advanced technology in conveniences, it just gives him all the more reason for not sweating a drop.

Is it fear of flunking the PFT? Is it because the guy you see tripping over his feet is on the mandatory weight program or is he slowing traffic down because he has been threatened with it?

These could be some of the reasons (or hardships) for running but this article isn't to express that end of it. It's to show the importance of exercising regularly and why people should have enough initiative to get off their "rear ends" and do it. Not because you're forced to but because you want to be healthier and live longer to enjoy all the benefits of this day and age.

### DOC McLEOD

Doctor Lieutenant Timothy L. McLeod, general medical officer at the dispensary here, tells some of the hard facts about physical fitness and offers some good suggestions for your program.

He has a background as a jock and has maintained his interest in exercising since his early school days. "Exercise physiology has become an important part of my life," remarked the 27-year-old Texan.

Doc McLeod claims that the biggest problem with Americans today is that we

"over indulge." Too much of anything is detrimental and we seem to lead in all categories. "If you go out and 'lay one on' some night and expect to correct or justify this by working out the next day, you're kidding yourself," explained McLeod. "All you're doing is falling down the ladder of physical fitness and will have to work twice as hard to get back where you were." He added that "people who use the evils (smoking, drinking, etc.) moderately or not at all will be the healthiest through life."

### FITNESS BOOKS

Books have always helped man with his problems and torments dealing with physical fitness and sports are reportedly selling "extremely well." Some have reached best-seller status. One is "The Royal Canadian Air Force Exercise Plan for Physical Fitness."

Another, that McLeod abides by, is "Aerobics." Written by a Dallas physician, Doctor Kenneth Cooper, the offering has won wide attention. The title, which literally means "with oxygen," reflects his emphasis on activities that increase the intake of air and build up the circulatory system.

Dr. Cooper is one of the first to experiment or do research in exercise physiology and was the first to apply measurement techniques to exercise. He developed the "Aerobics Scale" that explains how much exercise and what type is needed to stay in shape. "These are questions that have been very nebulous in the past, very hard to answer, but Cooper tells it all," says McLeod.

### MUSCLES AREN'T EVERYTHING

Dr. Cooper holds muscular development to be of limited value and compares it with "putting a lovely new coat of paint on an automobile that really needs an engine overhaul." He adds that



REWARDS OF FITNESS - The blond beauty, Debbie Portell, whizzing by the Marines (above) seems to have captured a second glance and their undivided attention. Perhaps she's why more Marines are using the circular track for jogging. Oh, by the way, the legs on the cover also belong to Debbie. What she may be seeking with her fitness drive is a reward of good health, the same peacefulness (right) that enhances this couple's evening swim at the beach.



Saviors  
action

# physical fitness:

## Requires continuous, arduous effort, rewards with healthier, more full life

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"endurance fitness should be... Improving not just your muscles... lungs, your heart and your blood vessels... Physical fitness is based on just that... if the cardio pulmonary function is in proper equilibrium, then the subject is physically fit," stated Dr. McLeod. He also said that "the quickest way to accomplish this goal is by running." Other exercises that strengthen the core curriculum are swimming, cycling, walking, stationary running, handball, basketball and squash, in that order.

Dr. Cooper and other fitness authorities warn that... exercises, including... weight lifting are less desirable... above mentioned exercises. They... underemphasize steady exertion and... strengthen key...

### THE WAY OUT

A survey... Physical Fitness... ago revealed... U.S. adult population, more than 60 million people, participate in one or more... supplementary exercise, most take... way out.

Of course, walking is at the top of the list, with 44 million participating. 22 million ride bicycles, 18 million ride a bicycle, more than 18 million ride bicycles, 14 million swim, another 14 million practice calisthenics, 10 million play golf and about 6.5 million jog.

The survey showed that the majority who exercise tend to be younger, better educated and more affluent than sedentary Americans.

### DETERIORATING AMERICANS

Interest in exercising has grown over the past few years, but behind all of this is the awareness of the deteriorating physical condition of most Americans.

According to U.S. News & World Report, an estimated 50 per cent of the population is overweight, and 55 per cent of the population in the nation result from diseases of the heart and blood vessels, often associated with physical inactivity and sedentary living. Backaches in 1974 are expected to be responsible for more lost work time than the common cold. Even here at the University, Doc McLeod says "back problems are one of our biggest complaints."

### MENTAL BENEFITS

Experts claim not only that these physical problems, but also mental benefits as well, such as increased self-reliance and confidence in life. "We are all busy every day and need a physical therapy," claims McLeod. "Take out your...

...physically fit he becomes... produces more... This would... enormously... their...

LO... J. Shephard... professor of hygiene at the University of... the importance of the... production due to... in the United States has... 4 billion per year, with... to illness about \$3 billion;... perhaps \$5 billion and... and other services, and... the tightening squeeze in... today Americans will be... legs for transportation, and... exercise. There's a bright...

### ROUTINE EXERCISING

The point is, if you're not exercising regularly, no matter what your age or sex, you will fall into the dilemma of poor health. Most people will agree that an adequate physical fitness program is necessary for robust health but find it hard to get into the "habit" of routine exercising. They will try to sustain their physical needs with sporadic physical activity which does more harm than good. Inconsistent exercising doesn't build endurance, which is the most important factor of any program.

### RULES TO FOLLOW

Whatever exercise plan an individual follows, and regardless of the activity the exerciser indulges in, certain rules are axiomatic:

If you're in poor physical condition and getting on in years, a checkup with your doctor is necessary. Follow his advice in starting your exercise program.

A warm-up period is needed, especially for older people. McLeod warns that "without warming up properly, strenuous exercise is very risky and many times causes heart attacks. The strain for some people is just too great." Once the exercise session has ended, allow for a cooling-off period, giving the heart a chance to adjust to the severe change in pace.

Start the exercise program gradually, increasing the vigor and duration of the activity only as your fitness improves and as you feel necessary. "The purpose is to break a good sweat, because, if you are effectively exercising, you will perspire. But don't let this become a chilling factor; dress properly," McLeod stresses.

Inconsistency is a no no, but if you miss a day don't feel like the world is going to end. Some feel more comfortable exercising every other day. Some people are

busy and can't do it every day but make it a habit, not a chore, like brushing teeth or combing hair.

If bored with a workout pattern, try something different. Losing interest in an activity will lead to termination. Even an avid jogger should vary a running route. "The greatest fun to me is to know you have the capacity to run four or five miles without completely exhausting yourself and take off cross-country," says McLeod. "The same route gets old fast."

### BEST TIME TO EXERCISE

According to the Doc, there is a diurnal variation of hormone output in the body. At certain times of the day it is higher and lower, like high and low tide. The best time to exercise is at the high point and this would be during the awakening hours. Theoretically, after a good night's sleep, people are at their freshest.

If it is impossible to exercise in the morning, a workout session during the noon hour will give an extra boost for the remainder of the day. Skipping lunch could even result in losing a few unneeded pounds.

Sex and age are not prohibitive factors to jogging, swimming, playing tennis or other needed forms of exertion. In fact, the young, healthy, naturally active male needs exercise less than any other segment of our populace. But the young aren't going to stay young forever and the longer someone waits to start some type of program, the harder it's going to be to become physically fit.

Jogging is one of the best exercises in which a person can engage. But any physical fitness program is better than none at all.

The next time you drive down Mokapu and see some guy running along sweating, huffing, puffing, and straining, don't laugh or call him a fool. That "fool" may live a longer and healthier life than you.

# Gals pursue slim, trim goal, search for feminine beauty

By Cpl. C.W. Rowe  
Photos by Sgt. E.S. Saylor

K-BAY — Feminine beauty is an intangible.

It isn't something you can smell, see or touch, although it is rather nice to put your finger on a possessor. The mystique of feminine beauty is embodied in many diverse packages and is, literally, in the eye of the beholder. However, certain truths are eternal as regards what feminine beauty is not.

It is not a spare tire around the waist, thickened thighs, a sagging bust, padded hips, double chins or flabby legs. Unfortunately, it is easy for women to acquire these unsightly and unhealthy detractions and hard to lose them. Acquisition is simplified when a woman is a wife and mother and is easily tied to the confines of a home every day.

### EXERCISE CLASS

Ladies concerned with their shape are doing something about it. A women's only exercise class runs in the mini-gym near the Enlisted Club Monday through Friday. Monday, Wednesday and Friday, the ladies work out in the gym from 8:30 to 10 a.m. Tuesday the class is held from 2 to 4 p.m. and Thursday exercising goes from 6 to 8 p.m. The Tuesday class is not being held now because of the conflict with school but will start when the term ends. In addition, class members jog at the track near the gym each morning from 8 to 8:30 a.m.

Mrs. Norma Ward heads the effort, which includes between 20 and 40 exercisers. Mrs. Ward is a trim, slim fem, a radiantly healthy and enthusiastic advertisement for her teachings. She became involved with physical fitness trying to cope with a hyperactive 8-year-old. A doctor advised her to work she could keep up. So successful was the endeavor that she ended up teaching at her school, the Hollywood Figure Salon in Maryland.

### SMALL BEGINNING

Coming to Hawaii with her husband, a communications specialist with 1st Radio Battalion, she became involved with a small female exercise class at the 19th Puka. When the larger, Special Services sponsored class

began at the mini-gym, no full-time instructor could be found. In April of last year, she took over and has been going strong ever since.

Her philosophy is one of trimming and slimming and "it's been very successful." As she explains it, "All women have the same complaints, weak abdominal muscles caused by childbirth and not doing the right exercises, back problems, and overweight." Slimming and trimming is definitely an idea with merit; after all, who wants to cuddle up to a gal built like a Russian shot putter.

### START NOW

The time to start exercising, says Mrs. Ward, is before a woman gets into figure trouble. "A lot of the younger girls have good figures and they want to keep them... we know what our mothers looked like at 40 and we want to do a little better."

Spouses are often enthusiastic supporters of the program, she explains. "With so many husbands physical fitness oriented because they're Marines, they want their wives to be in good shape too." The youth emphasis of our culture is another goal, the fitness expert feels. "We don't want to look like our daughters but we do want to be young looking. You see some young 20-year-olds with children and they're overweight and you think how sad it is."

### SEE A DOCTOR

A lot is involved in an exercise program. In many cases, it must be tailored to the individual and can include a diet and other medical restrictions. A doctor is the man to see as a first step. "If the women would go see the doctors at the dispensary," asserts Mrs. Ward, "they'd get so much help."

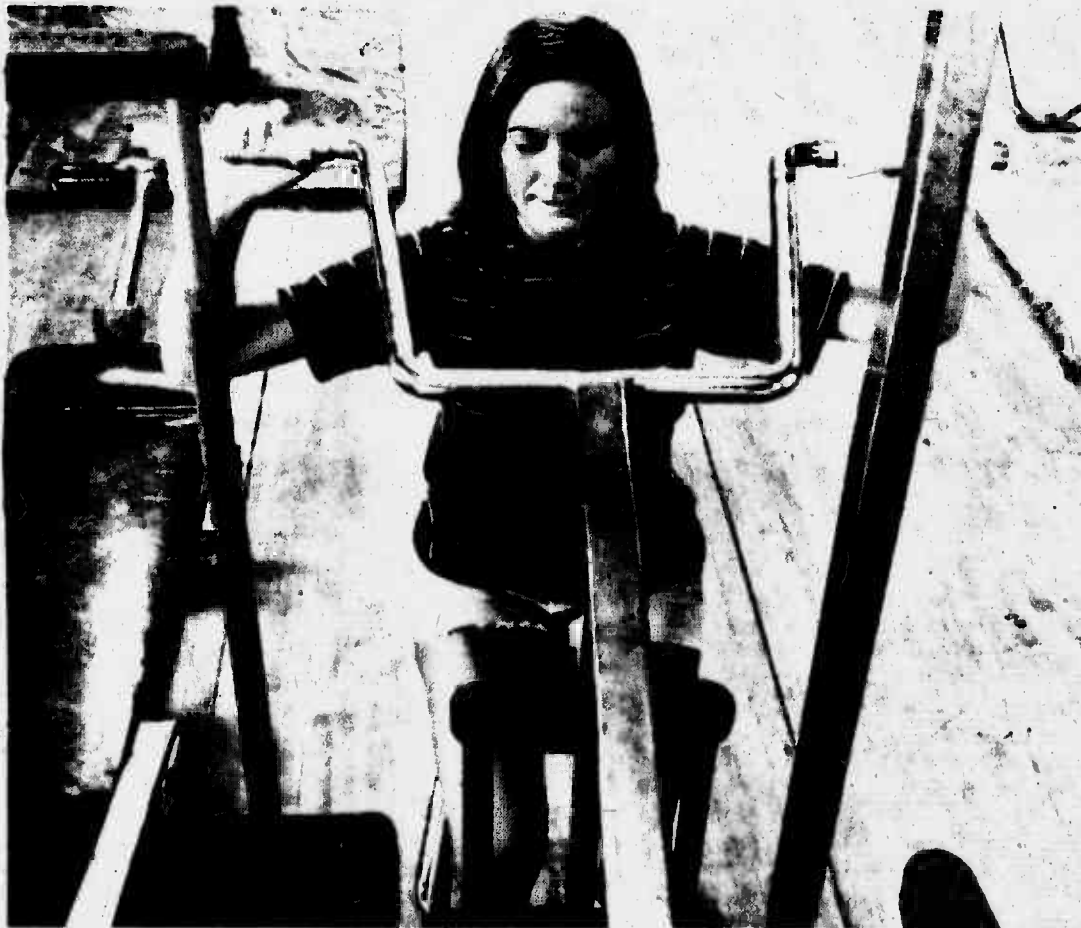
She believes strongly in the value of physical fitness. "I must say, I do feel much better following a regular exercise program. I've got a son who was almost 18 and it makes me feel pretty good to know I can hold my own."

Chasing the mystique of feminine beauty can be a hard task but the rewards are a fine form and an even finer feeling. It takes hard work; you get no more out of exercising than you put into it and the results never show overnight.

But the results do show and they are a beauty evident to the eye of any beholder.



**'ROUND THE BLOCK** — Working out on the bicycle machine before class starts, the only place Mrs. Linda Drake is going is to a slimmer, trimmer life.



**SHAPING UP** — Exercising on the universal machine at the mini-gym, Mrs. Patry Shaw (above) endeavors to get her arms into shape. Trying out a different kind of exercise, Mrs. Chris Aguilar (left) shapes up her eye muscles by following her finger.





Photo by Cpl. D.E. Kessler

**SHE'S A GIRL** - Mary Ramplin, the starting shortstop for the Barbums, gets ready to swing at one of Tony Stevens' pitches in intramural softball action Tuesday. Ramplin had two hits in four times at bat and the Barbums won, 18-9.

# Hawaii runs rampant in volleyball tourney

By Sgt. Bob Teeling

**CAMP SMITH** - Skill and teamwork proved to be the winning factors as the Hawaii Marine All-Stars Volleyball team all but completely dominated the Fleet Marine Force, Pacific, Volleyball Tournament, defeating the WestPac All-Stars.

The Hawaii Marines dominated the series by winning six of seven games played Monday and Tuesday night. The Hawaii Marines will now travel to the All-Marine Volleyball Tournament to represent FMFPac at Marine Corps Air Station, Yuma, Ariz., April 21-25.

The second game of the evening saw the Hawaii Marines trailing for most of the game but came from behind to win in another close one 16-14. The game was first tied at 13 apiece through the Hawaii Marine serving techniques of Len Fahmi and Chuck Tucker.

Al Chang and Soli Masoli with the help of Bob Duell scored a win in the third game of the evening for the Hawaii Marines as the WestPac players led by the hitting of John Randall again went down in defeat to the skilled Hawaii Marines 15-12.

## COUNTERATTACK

WestPac was not to be left out and came back in the fourth game of the match drawing the first blood over the Hawaii Marines. John Randall and Pepe Paepule of WestPac got their team rolling in the opening moments of the game to lead over the Hawaii Marines 7-1. Not to be overcome by this, the Hawaii Marines got full maximum effort from all members of the team to tie it up at 10-10 and then go on to win the final game of the tourney 15-11.

The WestPac team was made up of Marines from commands in both Okinawa and Japan. WestPac was led in the tourney by coach Dave Jersey and team captain Larry Banks, both belonging to Okinawa units. Also from Okinawa were Wayne Cook, Dana Hiler, Pepe Paepule, Chuck Rix, Tobi Savza and Elam Pele. Coming from Japan to play with WestPac were Scott Heinbaugh and John Randall.

Dick Dodge is the coach for the Hawaii Marines and the team captain Joe Pagan. Other team members representing FMFPac at the All-Marine tournament will be Al Chang, Chuck Tucker, Bill Creason, Soli Masoli, George Bender, Len Fahmi, Tino Vaivai and Bob Duell.

## RELENTLESS SCORING

Monday night, the Hawaii Marines showed no mercy on the WestPac team as they won three straight games to win the match. Led by team captain Joe Pagan, the team won the first game easily with a final score of 15-8. But, in the second game of the evening the WestPac team came back to try and win only to fall victim to the overpowering Hawaii Marines. The second game saw the Hawaii team come from behind to win 15-13. During the game, the WestPac team led by as much as nine points.

Remembering their narrow win over WestPac, the Hawaii Marines were determined not to come close again and didn't give the WestPac team time to recover, dominating the third game 15-5. Al Chang of the Hawaii Marines displayed his outstanding skills as a hitter as well as a setter in the first night wins over WestPac.

## ACCURACY DROPS

Resting until the following night, the Hawaii Marines couldn't get it together for the first game of action and WestPac won their first game of the night 16-14. The game was led by the efforts of the team captain Larry Banks and coach Dave Jersey.

# Pack, Bums score victories in heavy hitting contests

By SSgt. Jack Michalski

**CAMP SMITH** - The Rat Pack and the Barbums bounced back from opening game losses to even their records in the Intramural Softball League here.

The Rat Pack erupted for nine runs in the first inning on only five hits and then hung on for a 16-12 win over the Spartans.

The key hits in the inning, that saw 13 batters come to the plate, were a single and double by Tony Martin, a two-bagger by Lew Campbell and a single by winning pitcher Gary Braymen.

The Pack added five in the third inning on a walk, a single by Campbell, a fielder's choice, a ground out, an error, a double by Ron Richard, a triple by Braymen and a single by Bob Green.

The Spartans started a comeback in the bottom of the

fourth. Trailing 15-2, they pushed two runs across on an error, a double by Nick Gadbury and a single by Jack Bricker.

They scored three more in the fifth. With one out Ray Sears singled. Darwin Kessler followed with a perfect hit and when the catcher threw wild, Sears scored and Kessler took third. Jim Cerenelli followed with a triple to score Kessler and came in on an overthrow.

They netted another in the sixth on a walk, an error and a sacrifice fly by Sears.

They netted four more tallies in the seventh on singles by Bricker and Tom Thane, an error and an inside the park homer by Dan Henry.

The loss was the second in a row for the Spartans.

The Barbums grabbed an early lead, lost it, then rallied for

an 18-9 win over the Under-ciders.

The Barbums took an 8-5 advantage but the Under-ciders rallied for four runs in the bottom of the fifth and a 9-8 lead.

A two-run double by Jerry Jakes drove in two runs in the uprising and a sacrifice fly by Jim DePue and a single by Jim Davis the other.

The Barbums took the lead for good in the top of the sixth as they exploded for seven runs as 11 batters came to bat. They only managed three hits in the inning but took advantage of six Under-cider errors.

Sam Logan had three hits for the winners while Dave Kees scored four times.

Tony Stevens and Davis had two hits each for the losers. It was their first loss.

The games between Maintenance and the Pacers and the Allies and Motor Transport were postponed.

# Clements' birdie nips Owens, wins crown by single stroke

**CAMP SMITH** - Jerry Clements birdied the par five 18th hole to edge defending champion Lee Owens by one stroke and win the quarterly Camp Smith Golf Tournament April 4 at the Navy/Marine Golf Course.

Playing in less than ideal weather conditions, Clements made the turn with a five over par 41 but rallied for a one over par 37 on the backside to finish with a six over 78.

Owens shot a 38-41 for a 79. Double bogeys at two par threes on the back nine cost Owens a repeat title.

Bob Queen fired a net 70 to capture the "A" Flight. The nine-handicapper had a consistent 39-40 for a 79. Dave Nay nipped Ed Gillis and Don Stephens for second place honors. All three had net 72's but in a scorecard playoff, Nay

topped Stephens on the first hole and Gillis on the second.

In the "B" Flight, Floy Zamora carded a net 71 to defeat Tex McVeigh by two shots. Zamora, a 17-handicapper, shot an 88 while McVeigh, who plays with a 16, had an 89.

Joe Dorsett's net 69 was good enough to win the "C" Flight, beating Bob Lacoursiere by a stroke. Dorsett had a gross 92 and Lacoursiere a 91.

In the Calloway Flight, Jerry Brown shot a net 70 for first place. Mike Peterson finished second one stroke behind.

Willie Davis won the longest drive contest on the 10th hole with a drive of over 280 yards.

Saxton took the closest to the pin contest on the 133 yard 17th hole, putting his tee shot within eight feet of the cup.

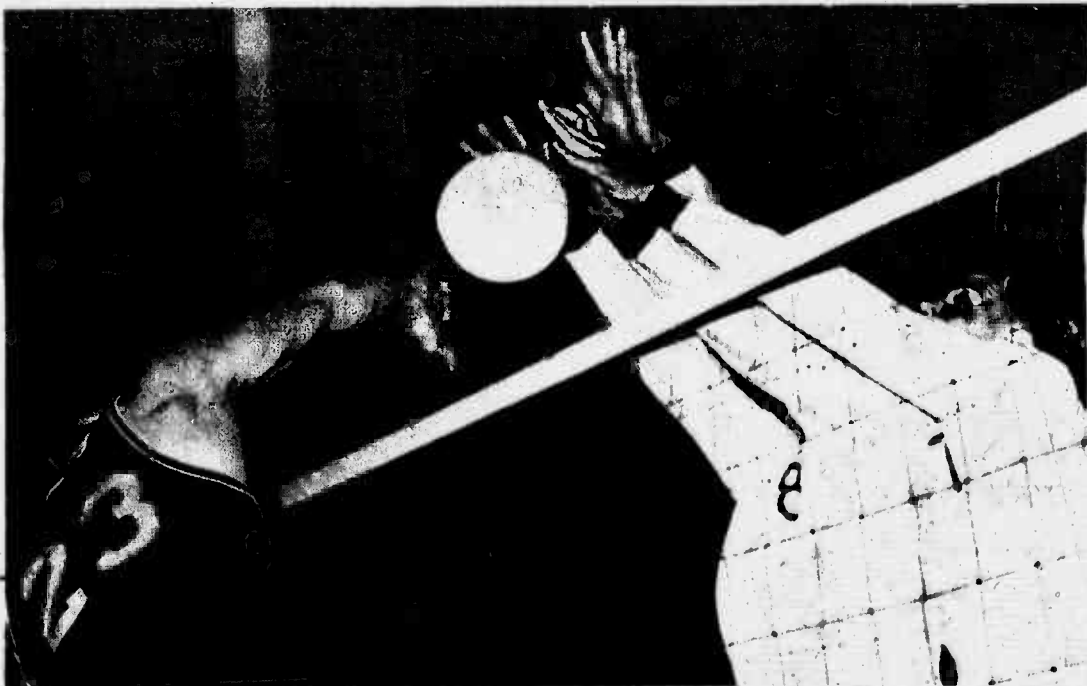


Photo by Cpl. D.E. Kessler

**BLOCKED SHOT** - Larry Banks, 23, of WestPac has his attempt at scoring a point blocked by Hawaii Marine team member Chuck Tucker, 8, and George Bender, 7. The Hawaii Marines dominated the FMFPac volleyball tournament, winning six of seven games and will represent FMFPac in the All-Marine tournament at MCAS, Yuma, Ariz., April 21-25.



Photo by Cpl. A.E. LeMieux

**NOT QUITE FAST ENOUGH** - Clyde Roberson, catcher for 1/12, attempts a steal in the bottom of the fifth but shortstop Bob Price of '463 was one step ahead of him for the out. The grunts defeated the wingers 4-1 during Monday's action.

## Brigade lashes 1/3 15-8, 15-12 in Intramural Volleyball action

By SSgt. George Spear

**K-BAY** - By whipping out a bundle of service aces, Headquarters Company Brigade managed to put a healthy stomp on First Battalion, Third Marines (1/3) 15-8, 15-12 Tuesday night in Intramural Volleyball action.

Brigade was first, to score when Lorell Haugley zapped a service ace. Paul Kroeger scored first for 1/3, also firing an ace.

With the score jammed at 3-3, Charles Olmstead put the Brigade team ahead when he nailed a spike. Two service aces by Thomas Kirkland lengthened Brigade's stride to 6-3.

An ace by third herd's Jimmy Garrison and two spikes by Sam Faatea and Kroeger knotted the score at 6-6.

A service ace by Fred Sisley put the Brigade team one

ahead of 1/3 but the grunts countered with an ace and a spike to put them one up.

Brigade was not to be put down, though, as Joseph Paris shelled an ace and Dennis Copeland executed two spikes.

With the score at 10-8, Brigade strengthened their lead with four aces by Haugley, Copeland and Kirkland.

The winning point came when 1/3 returned the ball out of bounds, making it 15-8.

The second game was a tighter one as Third Marines nailed down three points on a service ace by Kroeger, an out of bounds and a net ball.

A service ace by Kroeger plus spikes by Sisley and Faatea put the grunts ahead 6-3.

Three service aces by

Olmstead and Rodney Bothelo plus a spike by Bothelo landed the Brigade bunch in a 6-6 tie.

Two balls lobbed out of bounds gave the grunts a two point lead but two service aces by Copeland and Kirkland plus two spikes by Paris and Olmstead shot the Brigade team to a 10-8 lead. A spike by Kroeger narrowed the lead by one for 1/3.

Three service aces by Paris plus a spike by Olmstead made the score 14-9 for Brigade. Two out of bounds balls plus a spike by Tunney wrapped it up for 1/3's scoring streak, bringing them 12-14 under Brigade.

The grunts made their winning point when a Third Marine's player was caught in the net.

## Cannon cockers down heavy copters, capture second win in softball action

By Cpl. Greg Gerding

**K-BAY** - First Battalion, Twelfth Marines (1/12), captured their second win of the Intramural Softball Season, against one loss, by slipping past Marine Heavy Helicopter Squadron (HMH-463) 4-1 Monday at Pollock Field. The defeat gives HMH-463 a one and one season record.

Neither squad could get it together in the opening inning but 1/12 changed the action from meager to hot and heavy and took a quick 2-0 lead in the bottom of the second.

Centerfielder Bill Robertson started off the action for 1/12 on a bouncer to shortstop Bob Price. Price, too anxious to throw Robertson out, overthrew the ball to first baseman Deacon Jones. Subsequently, Robertson scampered to second.

**WOUNDED** HMH-463 had their

problems and one more they didn't need fell on catcher Bob Shillito. He broke his little pinkie. Tim Walinski filled the empty spot and the game got underway again.

Frank Sherman of 1/12 took over the batter's box and burned one to second baseman Larry Cook but was caught out at first. Robertson had the advantage and trotted on down to third base. First baseman Carl Evans then sacrificed a high fly to center field to bring Robertson stomping home.

With two outs, Doc Taylor grounded to third baseman Dale Leach. The ball slipped through his glove and, by the time Price recovered, Taylor was safe on first. Taylor stole his way to third on bad pitches and Mike Stawicki was put on first by a walk.

With Clyde Roberson at bat, Stawicki went bookin' for second on the first pitch.

Catcher Walinski tried to prevent the steal but overthrew the ball so Taylor came from third to cross home plate for the second run. Roberson was thrown out at first to end the arty threat.

In the top of the third, '463 had their own ideas about scoring, but fell one short of tying 1/12 in making their only run of the game.

The first two wing wipers went down but Les Stonecypher sent a soaring fly to right field which was good enough for a triple. Centerfielder Bill Bubsey grounded to the shortstop but Evans dropped the ball at first which sent Stonecypher over for the squadron's only run.

### TWO MORE RUNS

Action subsided once again until the bottom of the fifth and sixth innings when 1/12 scored their last two runs of the game.

In the fifth, Stawicki was hit by the wingers' pitcher Paul Perron and walked to first. Roberson bunted for a base hit to put Stawicki on second but the third baseman wasn't satisfied. He got hoggy and went to third. Roberson tried to follow suit but was caught out at second.

Pitcher Byron Coleman smacked a high right fielder for the second out but gave Stawicki plenty of time to score the third run.

### FINAL RUN

The artillerymen's final run in the sixth came on a series of errors as had their second tally. Robertson was called out on a pop-up to the shortstop and Sherman grounded out to first. Evans walked to first and stole second. The ball was overthrown as before and Evans booked for third.

HMH-463 wasn't going to half step and overthrew the ball again to third base. Evans couldn't resist and trucked on home for the cannoners' final run.

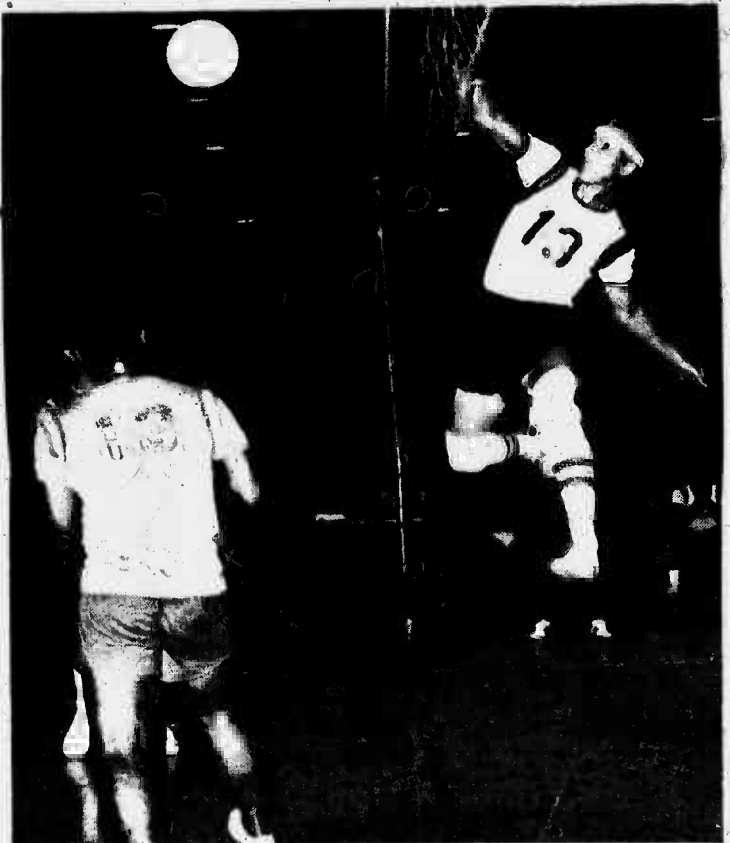


Photo by Sgt. E.S. Saylor

**HIGH AND MIGHTY SPIKE** - Dennis Copeland (13) of Headquarters Company Brigade meets a First Battalion, Third Marines serve with a killing blow. Brigade crippled 1/3 15-8, 15-12.

**Sports as I see it**  
George's Sportline... 257-2141/42

## Corps group sets golf match, civilians, dependents invited

**K-BAY** - The Aloha Detachment of the Marine Corps League will sponsor a golf tournament at K-Bay on Tuesday starting at 8 a.m. All Marines are cordially invited to participate.

First prize for participants will be a round trip to any neighbor island for two. However, in order to provide duffer and pro alike an equal opportunity to win the grand prize, each player will be given a numbered ticket with the winning ticket to be drawn from a hat.

In addition, appropriate individual and team trophies will be awarded along with other prizes such as closest to the hole

on all par 3 holes; first in the hole, and so on.

Scoring will be by the official Callaway System monitored by K-Bay golf pro Ralph Allen.

Players may arrange their own foursome or sign-up individually.

There will be a \$10 entry fee to defray the expenses of trophies, prizes, food and refreshments.

Entries will be limited so do not delay. Contact Major Warner at 262-9250 or Captain McMillin at 257-2874. Entry blanks are available at the K-Bay golf course. Civilian guests and dependents are also invited to participate consistent with K-Bay regulations.

**K-BAY SCUBA LESSONS** begin Tuesday at 6:30 p.m. at the Station Pool for Tuesday and Thursday night sessions. Entrants must pass a swimming test prior to enrollment. The course is \$35 with all equipment furnished except mask, fins and snorkel. Upon completion of the course, students will receive triple certification (NAUI, PADI, YMCA). More information can be obtained by calling Dennis Kirwan at 261-5652.

**GOLF TOURNEY** - The first annual golf tournament for the United States Air Force was held recently at K-Bay. The top three finishers were: Captain Mike LeBus (99), Sergeant Glen Hunt

(109) and Master Sergeant Ron Kelly (143).

**MARINA CHANGES HOURS** - Beginning April 19, the K-Bay Marina will open on Fridays from 12 a.m. to sunset. For further information call 257-3108.

**PARACHUTE CLUB** - The Kaneohe Marine Sport Parachute Club will hold its next meeting at 6:30 p.m. tonight to discuss acceptance of new members in the Club. The meeting will be held in the Parachute clubhouse (Building 713) located directly across Runway 22 proceeding toward Pyramid Rock. Films "Sky Capers" and "Masters of the Sky" will be shown at the meeting. All interested personnel are invited to attend. For more information call 257-2354.

# Father/son become pals, discover guide to rapport



**BIG BRAVE, LITTLE BRAVE** — Jim Willeford and his seven-year-old stepson Greg dress up in Indian attire for all Y-Guide functions. The Indian theme is used as a vehicle to achieve the motto "Pals Forever".

Photo by Richard Groves.

By Cpl. Terry Kearns

**K-BAY** — Staff Sergeant Jim Willeford and his seven-year-old stepson Greg share something that some fathers and sons of today might lack. What they share reinforces the love and understanding that is needed between all fathers and sons — friendship.

They have reached their rapport through the Y-Indian Guides, an organization that has been bringing fathers and sons together for the last 10 years.

Jim became involved in the Y-Indian Guides after Greg learned about the program from his friends. A trip to the nearest YMCA (Young Men's Christian Association) was all it took to get the Willefords signed up and into the program.

### GOOD FRIENDS

After two years in the program Jim is quick to admit his love for the Y-Guides. "Since Greg and I joined we have become much closer," he remarked. "Not only has our relationship improved but we have actually become good friends."

It's little wonder that relationships mature with the Y-Guide motto "Pals Forever".

Beginning in the early 60s, the Y-Guides have grown from just a few members to 29,000 tribes. Sponsored by the YMCA, the Guides are divided into regions, nations and tribes according to geographic locations. On the islands today

there are 22 tribes and three nations. K-Bay "Indians" belong to the Windward Nation and make up three tribes with about eight to ten fathers and sons in each.

A boy must be between the ages of 5 and 9 to join Y-Guides while the dad can be any age. It is a father and son organization and the only time mothers are allowed to participate is at annual family picnics.

### INDIAN CUSTOMS

During meetings and functions, the fathers and sons stick strictly to Indian customs and names that the dads and boys pick for themselves. Jim is called Big Bear; Greg is Running Cub. How did they happen to pick the names? "When you think of a name you might like, you're supposed to say it at the breakfast table," commented Jim. "If everybody laughs you're supposed to take the name."

Even though Indian names and customs are the thing at Y-Guide functions, Jim admitted that the overall purpose of the program was not learning the ways of Indians. "The purpose of Y-Guides is to bring a father and son closer together. The Indian theme is what we use as a vehicle to reach our objective of better understanding and friendship."

Background and financial position is no barrier in the organization. In the Windward

nation, there are fathers who are sergeants, lieutenant colonels, doctors, lawyers and carpenters.

### FEATHER AWARDS

The fathers and sons aim for feather awards which are given in recognition of an accomplished task. The first thing they must be able to do is recite the six Y-Guide aims which are much like those of the cub scouts. The sons will recite half; the father will supply the remainder. All of the feather awards are earned in this manner with father and son pulling as a team to complete a task.

Jim has already accomplished a first in the Y-Guides. He is the first Marine chief to be elected to the Windward Nation and will represent Oahu tribes at the annual Y-Guides national convention in Rochester, N.Y. April 24.

### TRIBAL MEETINGS

Besides tribal meetings which are held once every other week, there are camp-outs, rifle shoots, archery, family picnics, pinewood derbys and sports events which keep the fathers and sons busy.

Jim and Greg Willeford have learned more than just Indian ways from the Y-Guides. They have become friends, something that can't be bought or handed down. In their case, the Y-Guide motto "Pals Forever" will probably always apply.

# Local locomotion

### Clubs

#### CAMP SMITH STAFF CLUB

**TODAY** — Happy Hour will go from 4:30 to 6:30 p.m. featuring go-go girls.

**SATURDAY** — Dinner will be served beginning at 6:30 p.m. with the Sugar Mill on hand at 9 p.m. for your listening and dancing pleasure.

**SUNDAY** — It's Easter and there's an Easter egg hunt at 2 p.m. for the kiddies. Cartoons will be shown at 3 p.m. and punch and cookies will be served. Free prizes will also be given away.

**MONDAY** — Happy Hour will go from 5 to 7 p.m.

#### ENLISTED CLUB

**TODAY** — It's the soul sounds of The Tops from 8 p.m. to midnight.

**MONDAY** — The sweet country sounds of Don Shane and the Country Aces will be featured from 7 to 11 p.m.

### Leisure

#### K-BAY ART MART

The tenth annual Awa Lau Wahine Art Mart is scheduled to take place from 6:30 to 9:30 p.m. at Lockwood Hall Sub Base, Pearl Harbor May 3.

All artists who are members of Awa Lau Wahine or of their immediate families are invited to participate. Art Mart is an evening display and sale of art works of talented Navy, Marine and Coast Guard officers and their dependents.

All entries will be priced not to exceed \$100 and are decorative

rather than of utilitarian nature. Artists are required to submit an entry form by April 19.

Contact Marge Bradshaw at 422-0209 or Luanne Cromwell at 261-1357 for more information.

#### FLEAMARKET AND ART MART

Family Services will hold a Fleamarket and Art Mart from 10 a.m. to 6 p.m. April 20. Donations can be delivered to the Family Services Center or call 257-3168/3606 for pick-ups. Proceeds of sales will go to family services not already funded.

### Lost bikes

**K-BAY** — Corporal Oscar Warren, police sergeant for the Provost Marshal's Office, has eight bicycles that fit the "lost and found" category. If they aren't claimed by

April 15, they will be donated to Toys for Tots.

If you think one of the bikes is yours, call Warren at 257-2047 and make arrangements to see them. You must be able to describe the bike or have some proof of ownership, such as a bill of sale.

### Education

**K-BAY** — The Joint Education Center has been given an extension

by USAFI for administering the GED and CLEP tests.

Examinees will have until May 24 to complete either one. Also, requests for transcripts from USAFI will be fulfilled if received before May 31. The hours for testing are: 7:30 to 11:30 a.m. and 1 to 4 p.m. Monday, Wednesday and Thursday and 7:30 to 11:30 a.m. Friday.

For further information contact the Center at 257-2061 or 257-3572.

## In Sunday double-header

# Orioles axe Marines 12-6, 29-2

**K-BAY** — The Hawaii Marines fell beneath a flood of base hits and home runs Sunday in a doubleheader against the Orioles in the first game of the Hawaii Major Baseball League.

The top-ranked University Sporting Goods' Orioles, composed of players from the Jolly Roger and Holsum Bakers' team, walloped the Marines 12-6 in the first game and returned to annihilate the Leathernecks 29-2 in the second.

The beginning of the first game looked promising for the Marines in the second inning as Jim Salazar plastered a homer

and Rich Wickell was batted in on a homer by Bill Beck.

Ron Ramic powered a homer for the Orioles with two on in the third to tie the score at 3-3.

The fourth inning was scoreless for both teams but Salazar made it home in the fifth on an RBI by Billy Schoen.

The sixth inning provided the last two runs for the Leathernecks when Gary Cusick and Beck crossed home to make the score 6-3.

Then, in the seventh and eighth innings, the Orioles unleashed nine unbelievable

runs. Five homers fired by Tony Ferriera, Skip Borges, Aran Ahu, Bob Matias and Kala Kaahue plus one run each by Dick Harrison and Ahu and two by Ramic brought the final tally to 12-6.

The second game of the afternoon was twice as devastating as the first for the Marines. One run in the third and one in the fourth were all the Marines could muster as the Orioles scored 16 runs in the first five innings. Then in the sixth, the Orioles let go with a bundle of 13 runs, swamping the Marines 29-2 after seven innings of play.

# Movie memo

	Fri	Sat	Sun	Mon	Tues	Wed	Thur
<b>BOONDOCKER</b> 6 p.m.	6	7	8	9	10	11	12
7 p.m. (Thursday)							
<b>FAMILY THEATER</b> 7:15 p.m.	5	6	7	8	9	10	11
8:15 p.m. (Thursday)							
<b>BARBERS POINT</b> 7:30 p.m. (Outdoor)	3	4	5	6	7	8	9
<b>CAMP SMITH</b> 7 p.m.	2	3	4	5	6	7	8
<b>MARINE BARRACKS</b> 7 p.m.	1	2	3	4	5	6	7
1. <b>THE SLAMS</b> — Jim Brown, Judy Pace, R, drama							
2. <b>CITY FOR CONQUEST</b> — James Cagney, Ann Sheridan, none, drama							
3. <b>DEAF SMITH AND JOHNNY EARS</b> — Anthony Quinn, PG, western							
4. <b>*HIT</b> — Billy Dee Williams, Richard Pryor, R, melodrama							
5. <b>THE SUMMERTIME KILLER</b> — Karl Malden, PG, drama							
6. <b>STRAW DOGS</b> — Dustin Hoffman, Susan George, R, suspense							
7. <b>THE POSEIDON ADVENTURE</b> — Gene Hackman, PG, adventure							
8. <b>SUMMER WISHES, WINTER DREAMS</b> — Joanne Woodward, PG, drama							
9. <b>CROMWELL</b> — Richard Harris, Alex Guinness, G, historical drama							
10. <b>THAT MAN BOLT</b> — Fred Williamson, Bryan Webster, R, drama							
11. <b>ANGELS WITH DIRTY FACES</b> — James Cagney, released 1938, drama							
12. <b>THE PAPER CHASE</b> — Timothy Bottoms, Lindsay Wagner, PG, drama, also stars Academy Award, Best Supporting Actor — John Houseman							

\*Extra Long Running

# Classified ads

## For Sale

1962 DODGE Dart V-8, \$150; 1965 Merc-Comet 269 auto; 1950 Willys wagon w/stant six engine, three sp trans. Call 257-3156 or 257-3561 DWH.

SWIVEL ROCKER, newly upholstered high back overstuffed, \$175; black, white and gold decorator rug, \$30; newly upholstered love seat, light green brocade, \$40. Call 257-2095 DWH, 254-3245 anytime.

TWIN BOX SPRING and frame, \$10. Call 254-3297 AWH.

PLAYHOUSE, \$50; golf clubs, four woods and irons, \$40. Call 254-3083 anytime.

HOME REFERENCE LIBRARY for entire family, World Book Encyclopedia and Childcraft. Call 261-9296 anytime, 257-2085 DWH.

WINDMILL washing machine, \$110; Africa rotary lawn mower, \$45; two pedestal cocktail tables, \$25; drapes, gold 64"x150", \$30; 9x12 blue shag rug with pad, \$40; 8x11 brown oval rug, \$40; Polaroid 350 Land Camera with case & close-up kit, \$100; GE refrigerator, needs work, \$25. Call 257-2877 DWH, 254-1764 AWH.

STEREO, eight track, AM/FM radio, \$50. Sewing machine, 30 different stitches, automatic button hole, instruction book and accessories, \$50. Call 235-5010 anytime.

APPALOOSA MARE, six years old, gentle children's horse, trained, excellent jumper, \$650. Call 262-6312 anytime.

1970 CHEVY IMPALA, good condition, power steering, power brakes, factory air, \$950. Call 257-2845 DWH, 254-2519 AWH.

1965 IMPALA SS, automatic, good shape, \$500 or offer. Call 257-2519 DWH, 262-8927 AWH.

ANTIQUe small walnut secretary with brass hardware, \$150. Call 254-1423 anytime.

1970 DATSUN ROADSTER Conv, \$900 or best offer; JVC Stereo w/speakers, \$300 or best offer; Panasonic two and four channel receiver and eight track w/four speakers, \$200 firm. Call 257-3213 DWH, 254-1958 AWH.

BAR, excellent condition, \$60; sturdy metal TV pole, over two stories in height, \$15. Call 261-4654 DWH, 254-3471 anytime.

ODYSSEY game by Magnavox. Play 13 games on your TV. Pong, football, roulette, etc. four months old, sells new for \$125, now \$85. Call 254-3230 AWH.

CONSOLE, 26" remote control TV & video tape with TV camera and tapes, four months old, warranty, \$1300 now, sold new for \$1950. Call 254-3230 AWH.

KITCHEN SET, \$25; G.E. refrigerator, \$75; coffee table, \$20; ladies skates w/case, \$10. Call 254-2741 AWH.

1967 OLDS, Delta 88, bronze, air, condition. Just put more than \$150 into reconditioning this car. See GySgt. Youmans in the van next to Bldg 204, or 2404D Harris Ct. Price \$650. Also 755x14, same as F78x14 w/w lire, new \$10, fits most intermediates. Call 257-2793 DWH, 254-2753 AWH.

ANIMAL SHIPPING KENNELS, molded plastic, one large, \$23; one small, \$13. Call 477-6015 DWH, 624-9094 anytime.

ACOUSTIC GUITAR, Goya, Sunburst finish, \$150 new, \$75 1st offer. Call 257-2604 DWH, 254-1195 AWH.

CRIB, mattress, springs, dresser plus many extras, all for only \$75. Everything in excellent condition. Call 477-6232 DWH, 456-9243 anytime.

LADY KENMORE DISHWASHER like new, \$200; G.E. console stereo, \$75; King size bedroom suite (Coleman, N.C.) \$480, two 9x12 catery green shag carpets, \$40 each; double bed w/posturepedic extra firm mattress/box spring frame, headboard/footboard, \$45. Sport run-about 17-foot Bayliner boat, Evinrude outboard motor, all accessories included, \$3,200. Moving, must sell! Call 257-2077 DWH, 254-4516 anytime.

1971 TRIUMPH TR-6, yellow, white conv top, 39,000 miles, 23 plus MPG, AM/FM/SW radio, Mitch X red wail. Call 257-2501 DWH, 235-4243 AWH, Lt. Sullivan.

GOLD SHAG RUG for living room, 18 ft by 12 ft, \$100; Red bedroom rug, 10 ft by 14 ft, \$25; Gold shag bedroom rug, 14 ft by 10 1/2 ft, \$25. Two large rotating Toshiba fans, excellent condition, \$15 each. Call 254-2470 anytime.

1968 T-BIRD, clean, no rust, \$2,500. Call 257-3607 DWH.

DISHWASHER, gold Lady Kenmore maple top portable, excellent condition, one and one half years old, moving to mainland, \$175. Call 254-2470 anytime.

MARINES complete dress blues, new, worn once. Take best offer. Call 257-2017 or 257-2064 from 7:30-4:30 p.m., Monday-Friday.

1968 CAMERO Sport Coupe, automatic, \$800, LBB \$1,000. Call 257-3113 DWH.

1969 FORD LTD Country Squire station wagon, new tires, 38,000 miles, air cond, full pwr, Juppaga rack, trailer hitch, AM/FM stereo radio, dual facing rear seats, \$1,200 or best offer. Call 257-2495 DWH, 261-4886 anytime.

WARDS SELF CLEANING GAS RANGE, built-in warming shelf, automatic timed oven, yellow, excellent condition, paid \$550 one year ago, asking \$400. Maytag porta-dryer, electric, three years old, good condition, \$20; black two position car seat, good condition, \$10. Call 235-5037 anytime.

MUST SELL EVERYTHING, eight rooms furniture, bunk bed, \$60; King size bed, \$225; dressers; sofas; chairs; rocker; dining room set, oak, six chairs, w/itch, office furniture; desk chair, typewriter; many kitchen appliances; dishes, pots and pans; silverware. TV's color, console and portable. Stereo and record player. Lawn mower and many other tools. Ten speed bike also boy's bike, toys, etc. April 12, 13, 14, 15, 1107 Lunalui St, across from Kaitua Drive in.

## Garage Sale

TOMORROW from 10 a.m. to 6 p.m., 1753 Lawrence Rd, KMCAS. G.E. Dishwasher, chairs, Voice of America phonograph and other items. Call 257-3212 DWH, 254-2929 anytime.

## Lost

FEMALE SAMOVED white fluffy dog. Call 257-2762 DWH, 254-1772 anytime.

WIRE HAired FOX TERRIER, black & white, female, wearing red collar. Lost in Hilltop Housing Area, KMCAS afternoon of April 4. Call 257-2970 DWH, 254-2745 anytime.

## Wanted

BABYSITTER for three school age children, April 11-April 19, all day, must be reliable. Call 254-4119 after 5:30 p.m.

TOYS FOR TOTS may be left at 2093A Ewood Drive, KMCAS. Call 254-2148 Sgt. Hawkins anytime.

K-BAY SCOUTS need newspapers, corrugated cardboard, manila envelopes (no magazines). Tie in neat bundles, deposit in box at 7-Day Store of KMCAS Commissary.

CLOTHES for needy families in United States and foreign countries. Drop off at 2432-B Cochran St., KMCAS. Call 254-1427 anytime for pickup.

KAILUA KOIN KLUB meets every 1st and 3rd Monday at Kaitua Library. New members welcome. Call 257-2304 DWH, 254-4967 anytime.

DEADLINE: 1 p.m. Friday prior to publication (10 a.m. at Camp Smith). All ads are typed 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 news will be accepted over the telephone. Ads received via U.S. Mail will be verified as to authenticity of the sponsor's relation to the military prior to publication. The mailing address for submission is: Joint Public Affairs Office, KMCAS/1st Marine Brigade, FPO, San Francisco, California, 96615.

All persons must be active duty or retired members 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. An ad will be published on space available basis.

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

TELEPHONE: \_\_\_\_\_  
(During working 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: \_\_\_\_\_

ADVERTISEMENT: (Keep it short and legible)

## Youths still required to register with Selective Service boards

HONOLULU — Even though the day of the draft is done, the Selective Service spectre is still with us.

Inductions have ceased but 18-year old men are still required to register under the provisions of the Military Selective Service Act (50 USC App 462). Eligible men must register within a 60-day period that begins 30 days before their 18th birthday.

## Hotel chain offers low prices, discount available to Marines

OAHU — High prices often make it difficult for a Marine and his family to enjoy the many attractions in Hawaii, especially if vacation plans call for spending leave time on one of the other islands.

InterIsland Resorts of Hawaii is doing its part to help solve the problem by offering discount rates at its hotels and inns on the Big Island, Kauai and Maui. The discount rates are good until the end of the year

Registration may be accomplished at any local board, with a volunteer registrar or by mail-in registration cards. On Oahu, the local board is at 1149 Bethel Street, Rooms 307 and 310, Honolulu. Volunteer registrars are in all island high schools and mail-in cards are available at the Family Services Center, Bldg. 455, and the lobby of the Exchange, Bldg. 1072.

For additional information call 546-8650.

but vary a little from hotel to hotel and island to island.

Included in the package are Big Island resorts Kona Surf, Nanihoa Surf, Kona Inn and Kona Islander; Kauai Surf and Kauai Islander and the Maui Surf.

For exact rates call either InterIsland Resorts at 922-1636 or Joint Special Services at 257-3108/3520 or your unit Special Services Officer.



Lynn Navaja

Photo courtesy TLN