

Smoking: quitters live longer

Pages 6, 7 and 8



Editorial

Kicking a deadly habit

K-BAY — I'm killing myself. I smoke cigarettes and I know it's a form of suicide.

When I began smoking, so I would look older and impress my peers with my cool, I knew the harmful effects of smoking. The Surgeon General's report and many other documented, undeniably accurate medical studies had been published. I did it anyway, ignoring the truth, deluding myself by saying "it couldn't happen to me."

I'm sick of myself, of lying to myself and knowing I hurt no one but myself. Writing the stories that appear on pages 6, 7 and 8 opened my eyes. I too am addicted. A harmful drug has control of my life. It's pretty disgusting.

I would like to regain my self respect, my self control. I would like to get this monkey off my back. I would like to quit smoking but I don't know if I can. Even now, as I write this, there is one burning in my ashtray.

It is easy to find an excuse for smoking. I work in a newspaper office and there is a lot of pressure to publish each addition of the *Hawaii Marine* on time and do the best job of which we are capable. That's a cop out and I know it.

Even if I cannot quit and I pray I can, I will no longer kid myself. I know where smoking can lead. I know I can get cancer and it scares the hell out of me. I

don't want to die that way. I love life and I want to live every year I can squeeze out. When the man with the scythe comes for me, he's going to have to drag me out kicking and screaming. But I'm making it easier for him by smoking.

I know smoking can destroy my breathing system with emphysema and bronchitis. I don't want to be an old man at 30, unable to take a walk around the block without gasping for breath. I enjoy swimming, scuba diving, playing volleyball, hiking and other sports. I risk them by smoking. I enjoy the taste of good food and clean air yet I deny myself these simple joys by smoking. I think I'm a damn fool.

I think I'm crazy to jeopardize everything I have and everything I can have for the sake of a drug called tobacco. It's pretty stupid when I think about it especially because I've always prided myself on possessing common sense. Smoking just proves I don't possess any kind of sense.

When this article is published I will be trying to quit. Maybe I'll make it; maybe I won't. If I make it, it'll be the most wonderful thing that's ever happened to me. It will be a new lease on life. If I don't, I'll just go right on killing myself until I succeed. And what a stupid way to die it will be.

Cpl. C.W. Rowe

Chaplain's column

Love makes the world turn

By Chaplain Ernest M. Reagan, Jr.

K-BAY — Much "Bad Mouth" publicity is spread regarding family separation due to deployment or isolated assignments for those in the Marine Corps and Naval service. But if anyone wants to see pure happiness written on faces, let him be present at a pier or air terminal when reunions take place.

There is excitement in the air that can be felt even by outsiders. Old problems, worries and fears are for the moment forgotten as people are thrilled at seeing those they love and who love them.

It reminds us all of what power there is in that word - LOVE - it is still "what makes the world go around." Our Heavenly Father has put that force loose

in the world and that fact, as, down through history, keeps us from being strangers in this world or feeling forsaken - no matter where we are or what the circumstances may be. "For I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus Our Lord." (Romans 8:38, 39)

Last week's edition shortchanges 1st Lts.

K-BAY — A mistake appeared in last week's edition of the *Hawaii Marine* on page 3 in the story concerning the change in per diem rates, cost of living allowance and housing allowance.

The mistake, a typographical error, was to the effect that Marines in the pay grade O-2 with dependents would receive a new housing allowance of \$4.25 as opposed to the old rate of \$4.40. The correct figure for the new allowance should have been \$5.25. Our apologies for the inconvenience the mistake may have caused.

Church services

K-BAY

CATHOLIC: Saturday - 6 p.m.
Sunday - 3:30 & 11:30 a.m.
PROTESTANT: Chapel - 10 a.m.
Sunday School - 8:30 a.m.

CAMP SMITH

CATHOLIC: Sunday - 8:30 a.m.
PROTESTANT: Chapel - 10:30 a.m.

HAWAII MARINE

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In my opinion

Why do you smoke?

RICHARD GROVES
CIVILIAN PHOTOGRAPHER



GROVES

I started smoking cigarettes when I was 23 but found no satisfaction so I quit. Now I enjoy smoking pipes even though I don't inhale. I'm not hooked like most people who smoke are and I could stop anytime I feel like it. It's just that when I'm not busy I need something to keep my hands occupied. Before I never brought my pipe to work and just smoked when I got home but with desk work I'm able to smoke and work at the same time.

SSGT. N.D. LANGE
H&HS



LANGE

I smoke because I enjoy it. I started smoking when I was 9 years old just to keep up with the gang. My parents tried to discourage my smoking then but I kept it up anyway. I don't regret smoking cigarettes and I don't think it's affected me physically. If I had children, I'd let them make their own decision, but mine is a little young to start. I doubt if I could quit cold turkey, but then again, I don't want to.

PVT. MICHAEL STUBICK
A CO. 3D ENGINEERS



STUBICK

I was 14 years old when it all started. My dad smokes and he used to give me cigarettes anytime I wanted one. I've quit several times, for three or four month intervals, but I always start again. I work and hang around with people who smoke and the temptation and urge seems too great to quit for good. If I put my mind to it I think I could stop completely but I don't really see why I should.

CPL. BILL CLARK
POST OFFICE
CAMP SMITH



CLARK

I don't know. It's just a habit. A habit that's hard to get rid of but it's something to keep my hands busy.

CPL. GARY WILLIAM
H&S CO., CAMP PENDLETON



WILLIAM

It's just a habit now. When I was 16 I started smoking to keep up with the crowd. I could stop anytime I want to but I still keep smoking. I don't really know why. I smoke less than half a pack a day but everytime I get ready to stop, I'm discouraged by my friends. The only time I smoke heavy is when I drink and I'm trying to cut down on my drinking.

CPL. BOB KENNISON
FORCE PHOTO
CAMP SMITH



KENNISON

The only reason I smoke is because I like to and it relaxes me. As far as it being harmful, most everything on the market these days is harmful. The few years it may take away from your life is worth it, if you enjoy it, like I do.

SGT. CHIONG HUI SIN
HQ. CO., BRIGADE



SIN

A friend of mine dared me when I was 12 years old that if I smoked a cigarette, I'd cough. I told him I wouldn't so we bet and I won. I guess that was one bet I should have lost. I smoke now because I have a short temper and it helps to calm me down. I've tried to quit but I think it would be easier to commit suicide.

PVT. EUGENE CUMMINGS
SUPPLY CO., PSB



CUMMINGS

I don't anymore. I was getting tired of supporting everybody's habit besides my own so I quit about three months ago. It wasn't until I got to boot camp during January of last year that I started smoking. I thought it would calm my nerves but it didn't. It was kind of hard to stop because of the temptations but I soon overcame the problem. I doubt if I'll ever smoke again.

News topics

Unit awards listed

WASHINGTON — The Decorations and Medals Branch at Headquarters has compiled another batch of unit awards, all for service in Southeast Asia, that have been approved and authorized for wear by eligible personnel.

The Navy Unit Commendation has been awarded to the 1st Bn., 5th Marines for the period March 3, 1970 to March 24, 1971, and to the following supporting units: Cos. K and L, 3rd Bn., 7th Marines, from Aug. 13-16, 1970; Co. E, 2d Bn., 1st Marines, from March 3-12, 1971; Co. E, 2d Bn., 5th Marines, from Dec. 12-20, 1970; and Detachment, Dog Platoon, 1st MP Bn., from March 3, 1970 to March 24, 1971. The award was also presented to HMM-164 for the period May 13 to July 22, 1972.

The Meritorious Unit Commendation has been awarded to the 11th Motor Transport Bn., for the period March 9, 1969 to April 30, 1970, and the Republic of Vietnam Meritorious Unit Citation (Gallantry Cross Color) with palm and frame to MAG-12 for the period May 17 to Dec. 5, 1972.

Vietnam advisors

WASHINGTON — The Division of History and Museums is trying to locate Marines who served as advisors in Vietnam in an effort to better document their activities for historical purposes.

Advisors who served between 1955 and 1973, or anyone knowing of a Marine who served in that capacity who is not currently on active duty, are asked to notify HQMC (Code HDH).

If possible, provide the following information: name, rank, social security number, MOS former service number, mailing address, complete identification of the Vietnamese unit to which assigned, period of service, awards received, special operations, articles published and any other information available.

New tank killer

WASHINGTON — Marine tank and infantry battalions may receive two ground-level guided missile systems which would improve their defense against tanks, fortified positions and armored vehicles.

The "Dragon," labeled the M47 Surface Attack Guided Missile System, would replace the 106mm recoilless rifle as the primary antitank weapon in infantry battalions. It offers improvements in accuracy, portability and lethal potential, and will be employed to cover tank approaches within battalion areas.

The larger, vehicle-mounted TOW (Tube-launched, Optically-tracked, Wire-guided) would become part of the tank battalion's antitank company. The TOW can be fired from the ground or from a specially modified jeep, and is designed to replace both the 106mm recoilless rifle and the 3.5-inch Rocket Launcher.

Both systems operate by visually sighting-in potential targets and transmitting corrective signals to missiles during flight. Procurement of the systems depends on approval of budget requests.

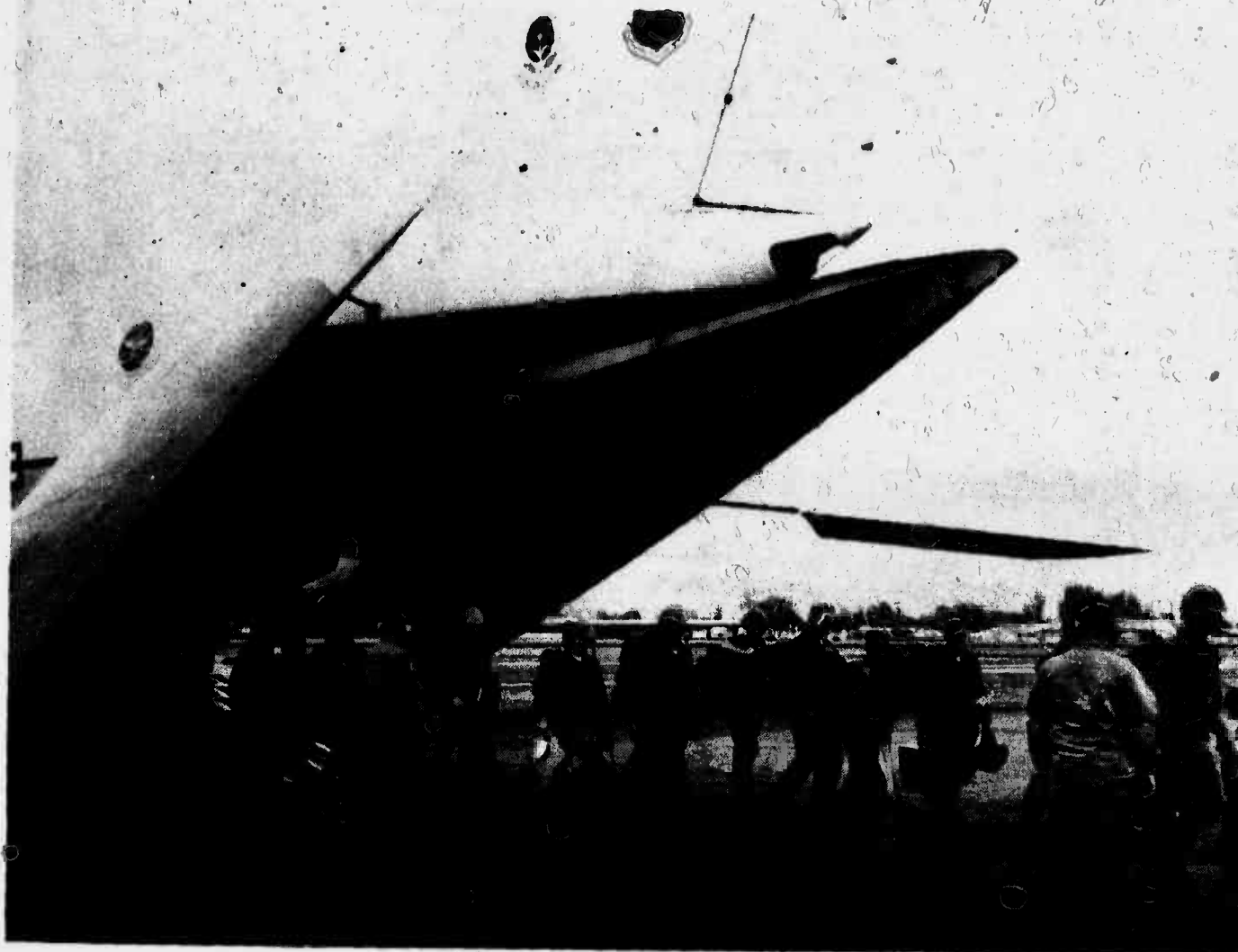


Photo by Cpl. A.E. LeMieux

HOMELAND — Marines of 1st Battalion, 3d Marines, disembark from an Air Force C-141 following a 45 minute flight from

Hickam Air Force Base. The Marines were then transported to PTA aboard civilian buses.

During annual training exercise

3rd Marines, supporting units deploy to PTA

By Cpl. C.W. Rowe

POHAKULOA — When the official history is written let it be said that the Marines went to the Big Island's Pohakuloa Training Area (PTA) in style in 1974.

Initial deployment for the annual training exercise began April 15 when elements of an advance party left by helicopter for PTA. The last of the advance party and its equipment arrived April 19.

Barges were used during the five day mount-out period to transport heavy engineer vehicles, large vans, vehicles for the advance party and food and ammunition for the entire deployment time.

Actual movement of Brigade's main force started Saturday from Hickam Air Force Base. First Battalion, Third Marines, and Regimental headquarters began leaving for here, carried by huge Air Force C-141 Star Lifters. During the weekend, Brigade support units from 3d Motors, 3d Recon, 3d Engineers, 3d Shore Party, and Communications Support Company, also flew out for the Big Island.

Airlift of 1st Battalion, Twelfth Marines, commenced Monday and ended

the next day. The Battalion's howitzers were loaded into the back of trucks which were loaded into the C-141s and, after off-loading, the trucks convoyed to PTA. Second Battalion, Third Marines, was the final Brigade unit to mount out, leaving Tuesday and Wednesday.

Between three and four of the Star Lifters were used in the airlift and 6 to 12 flights were made each day. It took approximately 30 minutes to load each flight, 45 minutes for the trip to Hilo Airport, 30 minutes to unload and an hour and 15 minutes on the ground at Hickam for maintenance.

Shore Party personnel weighed and loaded vehicles for each flight. First Lieutenant Joseph Russo, Third Marines embarkation officer, was well satisfied with the loading operation. "The Shore

Party people are outstanding," he said. He also praised the Air Force.

Flights began leaving Hickam at approximately 6 a.m. each morning. The last flights out left at 3:30 p.m. because safety requirements prohibited loading or unloading after dark. Unloading at Hilo was accomplished by Shore Party and civilian employees of the airport.

Transportation to Hickam for troops was provided by Army buses. All Marine vehicles being deployed had to be at the Air Force Base 24 hours before departure time. Once landed, Marines were taken to PTA in chartered buses.

Russo summed up the mount out part of the exercise saying, "This has been great as a training mission. We've learned a lot and we now know what mistakes to avoid."

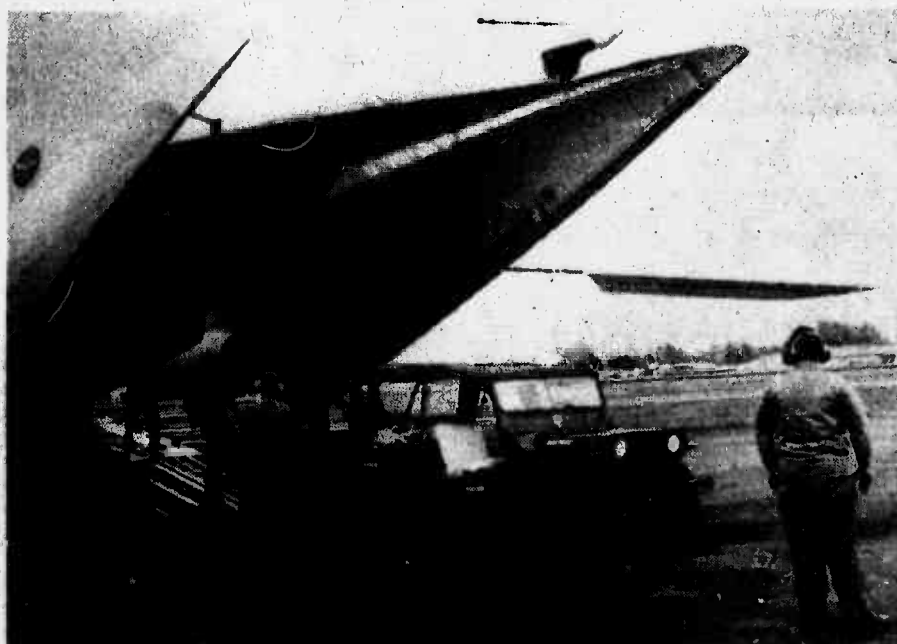


Photo by Cpl. A.E. LeMieux

OFF LOADING — Members of Company A, 3d Shore Party Battalion, unload jeeps and other rolling stock from an Air Force C-141 Star Lifters at Hilo Airport. Unloading usually took 30 minutes.

Utility garb okayed for off base wearing

K-BAY — Marines stationed here who live off base can continue to wear the utility uniform to and from work.

Those who work in utilities will be required to go directly to and from work with no stops in between after departing the Air Station, and wear a complete, regulation utility uniform at all times.

The new uniform policy, which went into effect last week, will continue as long as it is not abused.



GAS!

Story and Photos By Cysgt. Dale Dyc

K-BAY Foxrot Company got gassed, but it wasn't hardly a party.

In fact, there was a good deal more crying than laughter during the afternoon when Captain David Guarnsey took his company of Marines to the beach for an exercise ominously titled "gas chamber."

Spending maskless moments gulping tear gas is hardly new to anyone in the Marine Corps. For most, a trip to the local version of the gas chamber is at least an annual training event. It's all part of learning to survive in what the experts call a "chemical environment."

The idea is to familiarize Marines with the effects of certain gases and teach them to don their field protective masks quickly and properly. That's what it says in the manual.

Ask a Marine what it's all about while he's trying to get his breath and vision back and he'll probably tell you:

"It's a gas, man. It's a real gas."



GAS LINE — Although the line is considerably shorter than at most stations, Foxrot Marines didn't mind the wait before getting their share of gas.



ALL CHOKED UP — Sergeant Guy Bare (above) and Lance Corporal Keith Lutton found breathing a painful experience as they emerged from the chamber.

What it's like to be an aviation ordnanceman

Beginner befuddles bomb boys

By GySgt. Dale Dye

K-BAY — There's nothing very subtle about 500 pounds of steel and high explosive popping off the wing of a jet airplane and hurtling down on the head of an enemy. In fact, it's what you might call your basic no-nonsense approach to the business of war, which is to wipe out the other guy as quickly and effectively as possible.

There's also nothing very subtle about the guys who make that particular sort of mayhem possible: the aviation ordnancemen. Like the bombs and other ordnance they work with and load on high-performance aircraft, they have a direct, highly-volatile approach to their business.

Occasionally (very occasionally, I'm told) they feel the need to inject some variety into their work and will let an outsider into the fraternity. If the outsider is a journalist and/or professional amateur, other people may even find out what makes aviation ordnancemen in the Marine Corps the way they are.

"THIS IS A BOMB"

Marine Fighter Attack Squadron-122's flight line is a deceptively peaceful place at 6 a.m. and the ordnance shack, set close to the Phantoms in the parking area, is even more so.

It was in this quiet atmosphere, which felt suspiciously like the proverbial calm before the storm, that I met Staff Sergeant Willie May, second ranking enlisted man in 122's ordnance section. He was standing by two trailer-loads of objects which would have made great darts if the Jolly Green Giant felt inclined to toss a few some day. They lacked a needle in the nose, but hardly needed one to look deadly.

Patting one of the tubes on its corpulent side, May informed me I was staring at a "Mark 82, GP Bomb." Normally, I'm somewhat of a stickler for detail, but all I really heard was "bomb." There's something about the word itself. You can say it six different ways and they all sound threatening.

FUSING THE LOAD

As daylight crept in over the flightline, I began to make out the dim shapes of other men climbing over the trailer-loads of bombs.

"This is the Line Chief," May said, introducing me to Sergeant Chuck Hall. Hall told me there would be two sorties this day; one a bomb drop and strafing exercise and the other a bomb drop.

I tried to look interested, but I'd seen enough bombers-over-Europe flicks to believe the guys crawling around those trailers were screwing boosters and fuses into the bombs. A thing like that is hard to ignore when it's going on right beside you.

Hall introduced me to Sergeant Mel Machado whose efficient-looking tool kit and happy grin told me he'd seen a few more bombs than I had at this distance. Machado blew away all my preconceptions about what was going on around those bomb trailers. It turns out fuses are virtually the last thing ever assembled on a bomb, and that's after it's hung on the airplane. Apparently I had a lot to learn and Machado seemed anxious to teach me.

I winced as he applied brute force to the bombs, unscrewing fuse-well plugs and preparing the bombs for loading.

"You learn to respect these things," he said, handing me an allen wrench and indicating I should remove some of the plugs. "People say there's no way they can go off at this stage no matter what you do, but there's always that one bomb that didn't hear and goes up in your face."

At that point my face was firmly planted about four inches from 500 pounds of one-way ticket to the happy hunting grounds.

"Well, that about does it for the old preparation bit," I said, headed for the ordnance shack at what I hoped was a calm pace.

THE FIRST LOAD

An aviation ordnance shack is never very full of people. What it is full of is half-smoked cigarettes and half-empty cups of coffee. It seems no matter what ordnancemen are doing at the time, a bird always becomes ready for loading.

I thanked Providence I had attended to bowel movement and other time-consuming necessities before reporting for work, as a speaker over my head indicated we should begin loading one of the two Phantoms waiting on the flightline.

Actually, bombs are not hung on an airplane. They are hung instead on a triple ejection rack (TER) which is hung on the airplane's wing. The gun pod, with its two lethal 20-mm barrels, is slung under the belly of the Phantom and boresighted to fire where the pilot points the nose of the bird.



Photo by Sgt. E.S. Saylor

FUSING THE LOAD — Sergeant Roger Wallis (left) and I place safety clips on the arming wires after inserting fuses

Unused Phantoms on a flightline are cold, hard objects. I know they are cold because I reached up and felt the fuselage as we knelt under the bird, guiding the SATS loader and its cargo of bombs to the TER. I know they are hard because I tried to straighten up and smacked into a wheel-well door with the small of my back. Despite the tears running from my eyes, the loading continued uninterrupted.

"You'll get used to that stuff," yelled Dorn from his seat at the controls of the loader, "there's not an ordnanceman in the Marine Corps that can't show you a batch of scars on his head and back. I didn't want to see their scars. I wanted to see mine which felt like it stretched from the shoulder blades to just above the ankle, but there was other business at hand.

Under Machado's guidance I lifted bombs until they clicked into place, inserted mechanical pins to hold them in place, bolted them down to provide pressure when they were dropped, loaded explosive cartridges into the TERs to blow the bombs away when the time comes, and finally, screwed in the fuses. The planes were ready. Other loading crews had slung the remainder of the bombs and hooked up the gun pod, giving the Phantoms a lethal, pregnant look as they squatted on the line.

Sergeant Roger Wallis tapped me on the shoulder as the birds were being started and motioned me toward an idling jeep. As I climbed in beside Corporal Cary Cope, Wallis explained we were headed for the arming area at the end of the runway.

ARMED INTERVENTION

As each loaded aircraft taxis out for take-off, an arming crew does the final preparation of the bird's ordnance load in a safe area away from the line and other encumbrances. The arming crew are the last human beings to touch the load before it goes into the air.

Wallis walked up beside the plane and clasped his hands over his head. The pilot and his RIO both held their hands up in the air to indicate they were not touching any controls in the cockpit and Wallis waved Cope and me under the planes. I'd never been that close to a plane which was flexing its jet engine muscles for flight, and the whole business of crawling around underneath one and fooling with its bomb load was a little disconcerting. So disconcerting, in fact, I forgot most of what Cope had told me to do.

Under his supervision, I removed an electrical pin which prevents electrical power from going to the TERs and knelt beside the gun pod. I watched as Cope quickly hooked up electrical power, safety-wired the connection and charged the gun pod. While he was doing all that I remembered I had left one of the electrical pins in one TER and moved to pull it. On the way back I passed in front on the gun pod and saw Cope's face go white and his mouth move rapidly. Unable to hear a thing, I shrugged and he waved me out from under the bird.

Wallis gave a thumbs-up signal and with a roar of

power, the Phantoms trundled off to the take-off area. I removed my ear protectors just in time to catch Cope in full sway chewing me out for moving in front of a loaded gun pod. It is something one does not do. It is also something I remembered vividly later in the day as I armed other aircraft. Those barrels are pointed directly at a vital area when one passes in front of them. I began to see why the pilots are directed to keep their hands in the air during the arming process.

WHERE IT ALL ENDS

Back in the hangar area, Machado helped me climb into the cockpit of a Phantom which was "in the barn" for repair. He showed me the ordnance control switches and finally the small, red button on the left side of the control stick called the "pickle."

"This is what it's all about," he grinned, pressing the button. "When the pilot hits this, our work pays off."

I was still digesting that as we all sat in the ordnance shack drinking coffee with Gunner Sergeant Del Hansen, 122's ordnance chief, when the birds returned to roost. Something was going on inside my head that I couldn't quite grasp.

I found myself rushing around as though I really knew what I was doing. Under the planes I felt as though I was part of this highly-trained crew, getting ready to send 'em out for more combat. The mood is uncanny and highly-infectious.

Despite all my journalistic aplomb, I was involved, man. May tried to explain it to me later. "Hanging bombs is the easy part," he said, "but it's the most satisfying. You get your hands on the bird and on the bombs and you really feel like you're important."

You damned sure do. I was ready for anything. Bring on those thousand-pounders; me and the boys will hang 'em by hand.

As the second flight returned, I found myself at the end of the runway again in company of Wallis and Cope. This time we constituted the de-arming crew, tasked with making the bird's ordnance racks safe before it returned to the flightline.

UP OR DOWN

The day's sorties were over and I was still full of excitement and flushed with the feeling of being a part of it all. It was over and I didn't know whether to be happy with a day's work well done or disappointed because there were no more bombs to load. Standing around joking with 122's ordnancemen I felt like I had just sent Doolittle away for his raid on Tokyo or loaded a Super-Fort for a mission over Schweinfurt.

"See, I told you," said May, "it gets in your blood after awhile." I had always wondered, sitting on the ground in combat, about the guys who loaded the aircraft over my head with such welcome death and destruction for the enemy. Now I knew. It really does get into their blood. The problem, sitting here looking at the flightline over my typewriter, is how to get it out of mine.



THE LIGHTER SIDE — Blowing smoke rings always seems like a cool thing to do, but it can get pretty hot for the smoker with chronic lung disease. There is no effective cure for bronchitis or emphysema. To survive coughing and out of breath for 10 or 15 years is a rough way to live.



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

K-BAY — Smoking is the Grim Reaper's gift to mankind.

It is one of the most common social practices in the world and its history dates back hundreds of years.

Hundreds of scientific and medical studies have established beyond a doubt that smoking can cause or contribute to a number of serious illnesses. It is not impossible to quit smoking but it is difficult, as with ending the addiction to any drug. The serious smoking diseases all have one result—death.

SPECIALIST SPEAKS

Not every smoker suffers lung cancer, the most widely known and feared of the cigarette ailments. Dr. (Major) James Gerace, Chief of Pulmonary Service at Tripler Army Medical Center, who is certified in both internal medicine and pulmonary disease, explained that "It's hard to predict but a study was done. Someone followed 100,000 smokers for 20 years and 3,000 developed lung cancer. Certainly, the minority of persons who smoke develop lung cancer or other illnesses; for example, chronic bronchitis and emphysema."

This would seem to make a smoker's odds pretty good, but the chips for this game are your life. Smoke and you're betting it. "It's impossible to predict who will and who won't get it," stressed Gerace.

If you place your bet and lose, the

payoff coming your way is unpleasant. Even the mildest of the cigarette caused impairments is far from pleasant.

Lung cancer is not the only one of the dreaded killers smokers must fear. "The main type we usually think about is lung cancer," Gerace admitted, "however, there is a strong association to any type of cancer of the mouth: the inside of the mouth, the tongue, the pharynx. It's fairly uncommon to find this type of tumor in persons who do not smoke. There's also some association to cancer in the bladder and the larynx."

Smokers who contract lung cancer join a fairly exclusive club, says Gerace. "...it's supposedly 20 times as frequent to find lung cancer in a smoker as compared to a non-smoker. There are several types of lung cancer and some are not associated with smoking. However, the bulk of the cancer that we see is associated with cigarette smoking. Unfortunately, lung cancer is a difficult one to treat. If you catch it early and get it out then the patient may have a good outlook. Unfortunately, you usually don't find it early."

UNDER THE KNIFE

Treatment means going under the knife. If you're a masochist, it might be a pleasant prospect. "The only treatment, so far, that is effective is surgical. Drugs, radiation have some effect as far as palliation but don't really do much to cure the disease," Gerace pointed out. If you lose your bet, the man with the scythe will collect your body a piece at a time, as doctors struggle to save the life



DR. JAMES GERACE

"...it's supposedly 20-times as frequent to find lung cancer in a smoker as compared to a non-smoker. Unfortunately, lung cancer is a difficult one to treat."

"Cigarette smoking is the single biggest cause of chronic lung disease. It can be disabling. It is very tough to treat and there really isn't any effective treatment."

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

you didn't value enough to keep clean.

Lung cancer also confers another distinction on its recipients, Gerace related: "Usually, talking about cancer, it's a five year survival. But in lung cancer, it's a one year survival. But even the one year survival is only 10, 15 or 20 per cent of those who contract it. Five year survival with lung cancer is five per cent."

LUNG DISEASE

The list doesn't stop with cancer. Smokers have much more in store for them: "Cigarette smoking is the single biggest cause of chronic lung disease," admitted the lung specialist. "Chronic lung disease is more common than cancer. It can be very disabling. It is very tough to treat and there really isn't any effective treatment. For emphysema there is essentially none and for bronchitis some... you have people who are so short of breath they can hardly walk across the room. They can live 10, 15 or 20 years with it and that's a tough way to live. Lung cancer is a bad disease but it usually gets you pretty quick. Lung disease is a miserable existence." That's quite a price to pay for losing a bet.

America's number one killer is heart disease. The Army doctor described the effects of smoking on the circulatory system: "Some cardiologists feel that smoking is worse for the heart than it is for the lungs. Smoking makes the heart beat faster, sends the blood pressure up and constricts the coronary arteries." These are symptoms common to almost all victims of heart attacks.

Tobacco doesn't stop there, said Gerace. "Smokers lose more time from work than nonsmokers, they get more respiratory infections, and their colds last a little bit longer. They're hospitalized more often than non-smokers and more apt to have complications after surgery. Peptic ulcers are more common in smokers." Sounds like a wonderful way to live, doesn't it?

Smokers can look forward to years of uninterrupted pleasure. The major diseases do not strike right away. There is no way to determine who they will strike but there is a fairly predictable time, the pulmonary chief feels. "The magic number that's given is one pack a day for 40 years or two packs a day for 20 years or some combination of the two figures."

Gerace related the details of one of several hundred lung cancer cases he has treated. "The youngest case I ever saw was a man 29 years old. He had started smoking when he was 11 or 12 and had smoked heavily through his teens right up to that time. He had cancer of the lungs." That young man did not live to see 30.

Smoking causes more than physical ailments. It can have psychological, mental effects. This is one of the reasons it is so hard to quit smoking because, as Gerace admitted, "I think cigarettes are addictive."

KICKING THE HABIT

An expert in the mental aspects of smoking and in helping people to kick the habit is Dr. Will Beaman, chaplain for Castle Memorial Hospital, one of 350 hospitals sponsored by the Seventh Day

Adventist Church. Beaman has been trained by his church to assist smokers in quitting and has worked with more than 1,000 smokers in the five years he has been on Oahu.

"There is a tremendous psychological effect," Beaman stressed. "Smoking gets a real grip on a person's mind. It weakens you, makes you less of a strong individual. It leaves you less in control of your daily life even though you think you exercise more control. It makes a person dependent upon a crutch." Everyone needs a crutch; the unique aspect of using a tobacco crutch is that it can kill you.

SAME AS MARIJUANA

Beaman is quite emphatic about the effects of smoking on the cigarette user's mind. "My point is that cigarette smoke will do the same thing that marijuana will do, that alcohol will do, although not with the same potency. It's a mind bender, a drug that affects the ability of a person to reason and exercise judgment."

Even after a smoker has quit, he is still susceptible, Beaman believes. "The grip can last for a year. I've talked to people who still have a strong desire for a cigarette after five years. It's like any other drug; once you've been addicted and you go and try it again, you'll become addicted again, nine chances out of 10."

Castle's clinic is free of charge and one is held each month. Sessions are usually at the hospital but some have

been in Honolulu. Religion is not pushed. The clinics are designed to save lives;

saving souls then becomes possible. It takes only two hours a night for a week.

Withdrawal sounds simple; were it not for the stress involved, it would be. Beaman guides the seminar sessions, showing films and bringing in doctors to fully document the physical effects. Discussion groups accomplish the rest.

WITHDRAWAL SYMPTOMS

It can be painful to stop. Many smokers suffer withdrawal symptoms, said Beaman. "You might have chills, a high fever; you might ache all over. You might get dizzy, feel like you're drunk. You can have a headache, see spots before your eyes. It's certainly not as violent a reaction as with heroin withdrawal but you can have sleepless nights and nervous days. In about a week it's usually over."

Beaman feels strongly about the subject. "My interest in it is that I know a person who smokes is actually killing himself. Smoking is a form of suicide."

He realizes that "Wherever you are, there's going to be pressure and that's an excuse to smoke. You have to look at it as a challenge, an opportunity to be different, to be better. When you kick the habit, you realize that you are in control of the situation, not some drug, and that's a great feeling."



DR. WILL BEAMAN

"There is a tremendous psychological effect. Smoking gets a real grip on a person's mind. It weakens you, makes you less of a strong individual."

"My interest in it is that I know a person who smokes is actually killing himself. Smoking is a form of suicide."



THE LAST RESORT - The only effective treatment for cancer is surgery. Drugs, radiation treatment have some effect, "but don't really do much to cure the disease," according to most doctors.



Photo by Sgt. E.S. Saylor

NEGATIVE CONCERN — Addiction to smoking isn't hard to come by but facing the withdrawal symptoms is too much for most habitual smokers to quit. This man might cease his three-pack-a-day routine if only he could see the terminal damage done to his

lungs. If an additive was put into cigarettes to change the color of the smoke (left), smokers could see what ghostly deposits are left behind.

After ignoring several warnings

Smoker discovers dropping habit small price to pay for life

By Cpl. C.W. Rowe

K-BAY — Stewart Kaan is a smoker.

He's been using cigarettes since he was 16 years old, for 56 years. He enjoys the taste of a cigarette but has tried to quit many times. He has paid a price for smoking and is lucky to be alive today.

Like most smokers, Kaan puffed away for many years before suffering the effects. "Up until about 15 years ago, I felt that I was in good health. When having a physical, I found that I had emphysema and it had already become chronic. I was told at that time to stop smoking and I cut back but I really ignored it. I guess I was a smart alec and said 'I don't fear anything' so I kept on smoking."

His condition became worse. "About five or six years later, I saw a second doctor and he warned me again. It was a strong warning to forget those cigarettes and never touch them again. I cut back a lot when the doctor told me that by following his orders I could live another 10 or 12 years but if I kept on smoking I could go tomorrow."

DAMAGE DONE

However, the damage had been done. "About Jan. 11 or 12 of this year, I woke up that morning and found that my ankles were so badly swollen I couldn't get my shoes on. I was taken to the hospital; I had heart failure. I was in the hospital for 11 days and then I came home. I wasn't bedridden but I did have to stay close to the house for a month. I managed to survive that and I feel pretty good now."

Emphysema is not as well known a smoking disease as lung cancer. However, it may be an even more horrible crippler to suffer. This lung destroyer shows up earlier, becomes progressively worse and more debilitating, and lasts longer than detected cancer before killing.

Kaan described his experiences with the respiratory disease. "You get enlarging of the chest, what they call

an emphysema chest. It's very hard on your breathing. You can't do much of anything. With emphysema, your lungs lose their capacity; the elasticity of the lungs is completely demolished. At times my breath would be cut off completely. I felt like I was going to die and that would scare the hell out of me."

ADDED BURDEN

The heart condition was an added burden, Kaan related. "I became short of breath, lost my vitality and just didn't function well. I was tired all the time and generally felt uncomfortable. You know there's something radically wrong with you but they can't do anything except give you medication."

An example can, perhaps, best illustrate the toll that smoking has taken on Kaan's life. He lives in an apartment building and an elevator provides access to the ground floor. "I have to walk a quarter of a block to my car after coming downstairs. After slowly navigating those 150 yards, I'd get in my car and I was breathing like a steam engine."

There is no doubt in his mind that smoking caused his problems and that smoking itself is a problem. "I think it all comes from smoking. I was addicted to the tobacco."

QUITTING NOT EASY

Quitting is not easy. "I tried to stop 10 or 12 times and something would happen and I would be back on it again. The greatest success I had was at St. Helena's." St. Helena's, where he attended after his heart attack is a hospital and clinic in northern California that offers a live-in treatment program for smokers who want to quit. It combines a rigorous regimen of dieting and exercise with discussion group encounter sessions and movies. It costs \$375. With airfares, the entire trip cost Kaan more than \$1,000. His last trip to the hospital cost more than \$2,100 and he has spent thousands more over the years on

doctors, hospitals and medication. Smoking can be a little more expensive than \$.27 a pack.

Kaan believes a smoker can quit. "You just try to make up your mind you aren't going to smoke. You've got to take stock of your condition and you have to have somebody to help like they do at St. Helena's. Tobacco is nothing but an addiction and you're going to have withdrawal symptoms."

Withdrawal is not pleasant. Kaan remembered his own experiences. "You get like you want to climb the walls; you get uptight. You feel miserable and you think 'I've got to have that cigarette.' Well, you actually don't have to have it but, if you get ahold of it, you'll smoke it and think you feel better. Actually it's all upstairs."

REWARDS FOR QUITTING

Non-smoking is its own reward, asserted Kaan. "You feel like a different person. When you're away from it, you feel fine; food tastes better and even the air smells fresher. The difference is like night and day to me. You feel free. Everything is better and brighter."

Cutting back saved Kaan's life, he claimed. "If I had continued to smoke three packs a day I would have been in my box four or five years ago." Even though he cut back, he still suffered a heart condition caused by smoking. Had he never smoked, he probably would not have contracted emphysema either.

Recalling his youth, Kaan had this advice for a young smoker. "I'd tell him he was a damn fool but they won't listen to you. I have a son and I tell him but he won't listen. Everybody thinks they know what they're doing."

What a smoker is doing every time he lights up is bet his life. He's betting his life he won't contract cancer, emphysema or other respiratory diseases, or a heart condition.

Of course there is another option. Don't be a "damn fool," be free. Don't smoke; it's a better bet on which to wager your life.

Navy drowns VMFA-212, 9-1, Fout delivers wingers misery

By SSgt. George Spear

K-BAY — Usually all softball gear issued to intramural teams is alike but when Navy pitcher Skipper Fout pitched against Marine Fighter Attack Squadron (VMFA)-212 Monday, he proved differently. For when Fout topped the mound and fired, everyone swore he was using an invisible ball.

Fout pitched a total of four hits against the Lancers, killing off batter after batter at home plate and leading the Navy to a thundering 9-1 victory over the wingers.

First to bat, Navy loaded the bases. Then on a deep center field hit by John Frederickson, Jerry Kipp made it home. Randy Gibson walked to shove in Glen Hunt and the scoring streak was over for the first inning.

The Lancers were helpless as each of their first three batters struck or grounded out.

The second and third innings lay dormant for both the Lancers and the Navy. Jim Richardson, pitcher for the wingers, began firing with extra speed and accuracy, allowing Navy minimum contact with the ball.

Then in the top of the fourth, the Lancers loosened their defense. As a result, Rat Thorne made a round trip on

steals and errors, giving the Navy their third run of the game.

Helpless against the relentless pitching of Fout, the Lancers could only hope to contain Navy.

It was useless as Navy exploded three more runs in the sixth.

The Lancers loosened their defense once again in the seventh and Navy took full advantage, scoring three more runs. Each slashing deep to center field, Thorne, Fout and Kipp loaded the bases. Thorne stole his way home leaving Fout and Kipp hugging second and third. Glen Hunt walked to load the bases again. Then humility struck for VMFA-212. Leo Covaleski and John Frederickson walked to shove two more runs across. A strike out by Waters ended the misery for the Lancers.

At the bottom of the seventh and one chance left, the wingers gave it all they had. Plagued with two outs, Stone found a hole and fired deep to right field. Bayless was next and polished one into center field. A right field smasher by Duke Chapman gave Stone the chance he needed and home he trod. Fred mounted first on a wild pitch and the bases were loaded. Then the show was over and the curtain fell as Steve Gundlach struck out, leaving the final tally at 9-1.



Photo by Sgt. E.S. Saylor

WINNING PITCHER — Pitcher for the Navy team, Skipper Fout, thunders the ball across home plate for another strike on First Radio's Don Stone. Fout was the key player for the Navy as he had only four hits in the game that had Navy over VMFA-212, 9-1.

In youth physical fitness

Pearl City High snares first

CAMP SMITH — Pearl City High School captured the Marine Corps Youth Physical Fitness Competition Saturday and Pearl City brothers finished one-two in the individual competition.

With the victory, the Pearl team now has a chance to become one of the nation's top 18 teams that will compete in the National Finals in June at Marine Barracks, Washington, D.C.

Pearl City scored 1,724 points against runner-up Kaiser High which had 1,715. Waialua High was third with 1,637.

In the individual competition, Scott

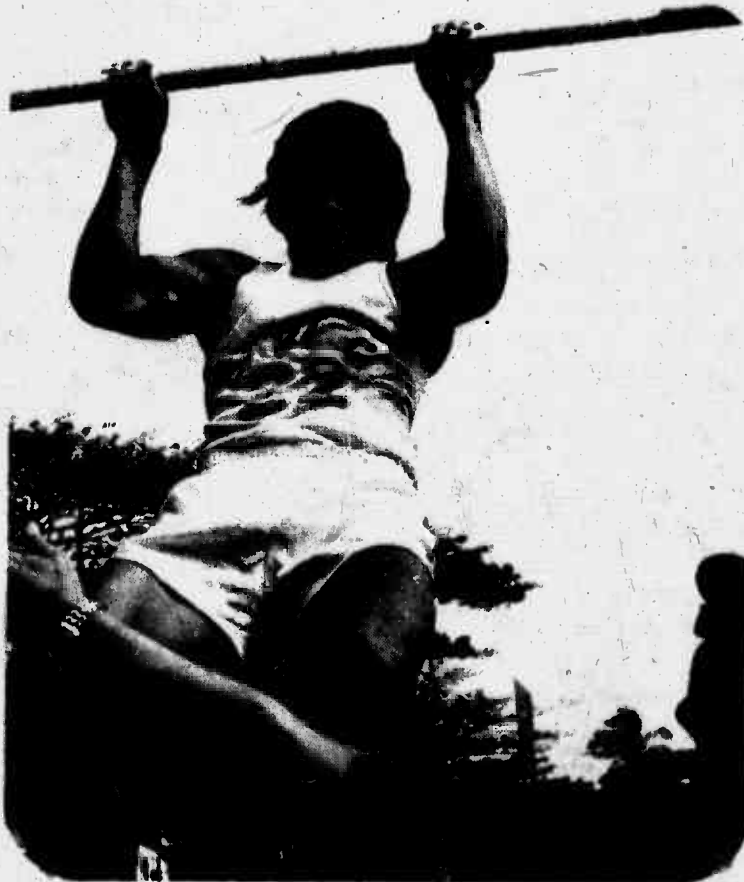
Yaniguchi, Pearl City, was high with 408 points, followed by his younger brother, Curt, with 392. Evan Nakachi of Kaiser High was third with 384 points.

Top senior in the competition was Glenn Powell of Waialua High with 367 points. For his efforts he won a \$500 scholarship from the Aloha Detachment of the Marine Corps League.

There were 18 schools in the competition held at Marine Barracks, Pearl Harbor. The six-man teams participated in five events, sit-ups, push-ups, standing broad jump, pull-ups and a 300-yard shuttle run.



MAXIMUM EFFORT — A Waialua physical fitness team member (above) flies high during the standing broad jump at the Marine Corps Youth Physical Fitness Competition Saturday at Pearl Harbor. A youth from the Pearl City High School physical fitness team gives it maximum effort as he struggles for one more pull up. The Pearl City team won by compiling 1,724 points.



Photos by Cpl. R.J. Kenison



LIGHTNING SPIKE - Lee Williams of First Radio Battalion connects firmly with the ball to send it streaking into Provisional Service Battalion's court. With such spiking, 1st Radio still couldn't overcome the PSB team and fell victim to 15-1 and 15-6 losses.

PSB axes 1st Radio 15-1, 15-6 in Intramural Volleyball action

By SSgt. George Spear

K-BAY - Through the polished serving arm of Bill Kahakahoi, Provisional Services Battalion (PSB) blistered 1st Radio Battalion with 15-1 and 15-6 losses Monday night in Intramural Volleyball action.

Radio scored first on an out of bound's ball but it was their only scoring break of the game as PSB took control. Kahakahoi began the scoring rampage for PSB with two service aces, followed by a spike by Jim Hansen. Two more service aces by Kahakahoi placed the score at 5-1. A bad return plus three more service aces by Kahakahoi catapulted the score to 9-1. Andy Skidelio spiked for another point and Kahakahoi whipped still another two aces.

Two out of bound's balls plus a spike by Hansen put the game on ice for PSB, making the final tally 15-1.

The second game was a little tighter as 1st Radio executed better control over the ball. First Radio was the recipient of the first few points as service aces by Bob Smith and an out of bound's ball socked the score at 3-0.

A service ace by Thomas Barton and an out of bound's ball brought the PSB gang one under. Two lightning spikes by Hildred Marshall and a point gained by 1st Radio pushing the ball gave PSB a 5-3 advantage.

First Radio countered with an ace by Terry Walker. Then PSB was caught pushing the ball and another point went to 1st Radio, locking the score at 5-5.

An ace by Bob Knuth put the PSB gang one over 1st Radio. After losing the ball and regaining possession, PSB scored

another point on a spike by Knuth. Then came two service aces by Rick Kama followed by another spike by Knuth and an out of bound's ball.

First Radio managed one more point on an ace by Bob Smith.

An out of bound's ball plus a service ace by Hansen halted the game for PSB with a 15-6 victory.

INTRAMURAL SOFTBALL

East Division	W	L
1st Bn., 12th Mar.	5	1
PSB	5	1
3d Amtrac	3	0
MACS-2	3	1
VMFA-235	2	1
VMFA-122	2	2
MAB-24	1	3
HMH-463	1	4
CommSupt	0	4
H&HS, MCAS	0	5

West Division	W	L
Hq3d Mar	5	0
SOMS	5	1
Navy	4	1
1st Bn., 3d Mar	4	3
VMFA-212	2	2
1st Radio Bn.	2	2
HMH-262	1	3
H&MS-24	1	4
Hq Bde	1	4
2d Bn., 3d Mar	1	5

INTRAMURAL VOLLEYBALL

	W	L
1st Bn., 3d Mar	5	4
H&MS-24	4	0
PSB	4	0
H&HS	3	0
MACS-2	3	0
HqColide	3	0
SOMS	3	1

Sports as I see it

George's Sportline...257-2141/42

K-BAY

SAILING LESSONS - A 12-hour course on sailing a Cal-20 Sloop will be given at the K-Bay Marina once sufficient enrollment is obtained. Instructions include: marlinespike seamanship, sail and sailboat nomenclature, sailing to windward and to leeward, anchoring, docking, and chart navigation. Students may choose the day of the week best suited for them: Wednesdays, Fridays, Saturdays or Sundays. The course, including text, is \$25. Call 257-2219 or 254-4892 for reservations.

TICKETS - World Team Tennis ticket forms are available at Special Services Office. Also tickets to the Tower of Power showing at the HIC May 26 are available.

MUSICAL RUNNER - Lance Corporal Rodney Walters of Headquarters Company Brigade has become the first Marine to max the PFT in his company. Walters, a contra bass player in the Drum and Bugle Corps, ran the three miles in

16:40 and did 20 pull ups and 80 sit ups.

WOMEN'S GOLF - Ace Day was played April 18 by the K-Bay Women's Golf Association and Eileen Shuford took the honors for Ace of the Month with a 70 net.

CAMP SMITH

GOLFERS NEEDED - Officers from FMFPac Headquarters are needed to compete in the Honeybucket Golf Tournament against the officers of CINCPACFLT Headquarters May 23 at the Navy/Marine Golf Course. The entry fee is \$3 and entries must be submitted to Force Special Services by 4:30 p.m. on May 10. For more information call 477-6938/9.

Marine tops all in military shoot

CAMP SMITH - Chief Warrant Officer-2 John Henry, personnel officer at Marine Barracks, Pearl Harbor, out gunned the field during the Big Guns Invitational Skeet Championships held April 13 and 14, at the Hickam Skeet and Trap Facility.

The shoot consisted of 200 targets for both the 20 and 12 shotguns. Henry broke 198 x 200 with the 20 gauge to earn him the title of 20 gauge champion. His 197 x 200 earned him the 12 gauge title also.

Henry was also declared the high overall champion for his outstanding score of 395 x 400. The warrant officer broke 317 targets in a row. He's been shooting competitively for nine years and states that this was his top long score that he can remember.

Henry is scheduled to compete in the West Coast Gun Championships.



Photo by Sgt. E.S. Saylor

FOLLOW THROUGH - Sergeant Herman Stocker of Headquarters and Headquarters Squadron team number one tees off at hole number eight at the K-Bay Golf Course. The team coach, Major Jerry Henderson, looks on.

K-Bay sports wrap up

	W	L
NUC	2	2
1st Bn., 12th Mar.	2	7
VMFA-212	1	2
1st Radio	1	3
Comm. Supt	1	3
MAB-24	0	2
Navy	0	4
HMH-463	dropped from league	

INTRAMURAL GOLF

	W	L	T
1st Bn., 3d Mar	12	13	0
H&MS-1	11	2	1
2d Bn., 3d Mar	10	3	1
SOMS-2	10	3	1
MACS-2	8	4	1
1st Radio	8	4	1
VMFA-212	7	5	1
H&MS-2	7	6	1
Navy	7	6	1
Hq3d Mar	6	6	2
VMFA-235	5	8	1
SOMS-1	5	9	0
PSB	4	7	3
Hq3d Mar	3	11	0
HqColBde	1	13	0
MAB-24	0	14	0

All results as of Tuesday

LITTLE LEAGUE

	W	L
Senior League		
Cubs	4	1
Padres	3	1

	W	L
Dodgers	3	3
Mets	3	3
Pirates	0	5

Major League

	W	L
Twins	5	0
Athletics	3	2
Phillies	3	2
Senators	3	2
Braves	1	4
Pirates	0	5

Cap Division

	W	L
Athletics	4	0
Cubs	4	0
Pirates	3	0
Dodgers	3	1
Braves	1	2
Mets	1	3
Padres	1	3
Senators	1	3
Twins	1	3
Phillies	0	4

Tee Ball

	W	L
Senators	4	1
Pirates	3	1
Athletics	3	2
Phillies	2	2
Braves	1	4
Twins	1	4

Results as of Sunday.

Office pogues take ribbing but enjoy job



Photos by Cpl. Jim Willey

SHUCKS! — Lance Corporal Wes Kemppainen, unit diary clerk for Headquarters Company, 1st Marine Brigade, sees a mistake, and knows he will have to start over.

By Sgt. E.W. Richardson

K-BAY — Although it's not commonly known, each unit here has an official historian.

This historian has one of the most unglamorous jobs around, but without him the Corps would be hard pressed to continue to creak along. Without his services, a lot of Marines wouldn't get their correct pay, and few things irk a Marine more than having his pay messed with.

Who is this courageous chronicler? It's the unit diary clerk.

The clerks are rather obscure fellows, as far as their job goes. They work in their unit's administration section and, as such, must bear the misnomers of "office pogue" and "pencil pusher". But they take the ribbing in stride. "It's to be expected," says Private First Class Daniel Jordan, unit diary clerk for "F" Company, 2d Battalion, Third Marines. "I get kidded a lot and I do some kidding myself, but I still think I'm better off a 'pogue', than a ground pounder."

Putting together the unit diary is hard and exacting job. Everything that affects an individual's pay goes on the diary. This means that the daring diarist must carefully record such things as promotions, leave, marital status and reenlistments for each man in his unit, from commanding officer to private. This conglomeration of information is typed on a special typewriter (no mistakes allowed) and sent to the Marine Corps Finance Center in Kansas City, Mo. There the info is fed into a computer and the result is the VAS or Visual Audit Sheet.

Jordan explains, "Everything sent to the finance center has to be accurate and typed correctly. If it isn't the computer will reject it and we have to do it all over again." So the clerks find



"HANDY" MAN — Private First Class Daniel Jordan puts his best hand forward to check information before it is typed. Jordan is Company F, 2d Battalion, Third Marines' unit diary clerk.

themselves constantly checking their information to insure it is correct.

This preoccupation with accuracy by the diarists often leads to long work hours. Lance Corporal Wes Kemppainen, Headquarters Company, First Marine Brigade's active archivist, doesn't mind the work and says he could put more into it. "As far as actual typing goes, I spend between five and six hours a day. The greater part of day though is spent in calling people in to check on information," he says.

The unit diary clerks take a great deal of pride in their work and justifiably so. Their job is sometimes referred to as the heartbeat of the unit. "The way the

system is set up now, there's no way we could do without it," asserts Kemppainen. Echoing Kemppainen's statement, Jordan feels "The unit diary is probably the most important function in the unit. SRBs (Service Record Books) are also important but in the future I don't think they will have them. Everything will go into the computer."

There's no doubt the clerk's job is important. It doesn't have the glitter of being a fighter pilot or the blood 'n thunder reputation of the grunt, but without it those pictures of Jackson, Hamilton and Washington that come printed on green paper would be kind of scarce on pay day.

Local locomotion

Leisure

K-BAY VOGA

Family Services will be holding classes in Hatha Yoga on Wednesday evenings starting May 1. Call 257-3168/3606 to sign up.

SQUARE AND COMPASS CLUB

The Staff NCO Square and Compass Club holds meetings weekly on Fridays at 11:30 p.m. at the Staff Club. All Blue Lodge Master Masons and guests are invited.

LUNCHEON

Reservations to the Officers' Wives Club Luncheon May 9 are deadline May 4. Guest speaker will be Jimmy Yoshida, author of *The Two Worlds of Jim Yoshida*. Social hour is at 11 a.m. and filet mignon will be served for lunch at noon. Cost is \$4.50.

CAMP SMITH GIFT WRAP

The Staff NCO Wives Club here will sponsor a Mother's Day Gift Wrap in the PX lobby April 30 through May 3 and from May 8 to 12 from 9 a.m. until noon each day. All proceeds from the gift wrap will go to the Armed Services Special Education and Training School (ASSETS).

Clubs

K-BAY OFFICERS CLUB

TODAY — The Mediums will be on stage from 9 p.m. to 1 a.m.
SATURDAY — The Jellyroll will perform in the Tapa Bar for four hours beginning at 9 p.m.

SUNDAY — Brunch will be served from 9:30 a.m. to 12:30 p.m.
TUESDAY — Old time movies will be shown during the Mongolian barbecue from 6:30 to 8:30 p.m.

CAMP SMITH STAFF CLUB

TODAY — Happy Hour and

dinner will begin at 6:30 p.m.

SATURDAY — Listen to the sounds of the Fantastic Tops from 9 p.m. to 1 a.m. Dinner will be served at 6:30 p.m.

TUESDAY — To close out the month, Happy Hour will go from 8 to 10 p.m. with half prices on all drinks.

ENLISTED CLUB

SATURDAY — It's "Oldies but Goodies" time with Still Water from 8 p.m. to midnight.

WEDNESDAY — Start the new month out right with High Country from 7 to 11 p.m.

Info school

CAMP SMITH — Today is the last day for dependents of Navy and Marine personnel serving in Hawaii to register for a special four-day Information School to be conducted May 7-10 at Pearl Harbor's Submarine Base Theater.

Classes will run daily from 8:30 a.m. until noon and will cover subjects from commissary and exchange operations to medical and dental facilities available locally.

Dependents may register for the school by contacting the Personal Services Center at 474-6193 or 474-8240.

Education

GAVILAN COLLEGE

Gavilan College classes in Administration of Justice (police science) will be starting soon on base and enrollments are being accepted now.

Police work, for those with the inclination, can offer interesting assignments, stability and advancement opportunities. Starting salary varies but is usually around \$1,000 a month.

Applicants are required to be at

least 5'7" tall, in good condition, have normal hearing, sight and color perception and possess a clean police record.

For further information contact the Joint Education Center at 257-2601/3572.

USC

K-BAY — The University of Southern California will offer two courses at the Air Station in conjunction with their Master of Science in Systems Management program. The classes will run from May 6 to June 28 and registration is May 1, 2 and 3. The two courses are: ASM 583 Management of Research, Development, Testing and Evaluation and ASM 665 Systems Analysis.

ROOSEVELT UNIVERSITY

A counselor from Roosevelt University will be in the Joint Education Center Tuesday to discuss the University's computer science program in Hawaii with prospective students. He will be in the Center from 7:30 to 11:30 a.m.

Four courses in computer science will be offered by the University May 6: Data Processing Concepts, Assembler Language, Advanced Cobol and Systems Techniques. All classes will be at the Control Data Corporation building in Honolulu with the exception of the Systems course which will be at Hickam.

The program is fully accredited and can lead to certificates in computer science or, with previous college work, a Bachelor's Degree.

Summer Fun

K-BAY — Summer and its non-stop recreational opportunities for youngsters are just around the corner.

When school ends, the Family Services Center stands ready to fill the void with its yearly Summer Fun program. Activities offered to kids

will include swimming, horseback riding, bowling, arts and crafts, guitar, piano, ukulele, and hula lessons, gymnastics, ballet, tap dance and others.

In order for every child to have the maximum opportunity to enroll in classes, each activity will be offered separately. There will be a firm time and fee for each. Parents will be billed per activity in which

their child participates. Cost for each class will be low.

Registration will be during the latter part of May. A future edition of the Hawaii Marine will carry the exact dates.

Qualified instructors are also needed. Anyone with a needed skill can volunteer by calling Family Services at 257-3606 or 257-3168.

Movie memo

	Fri.	Sat.	Sun.	Mon.	Tues.	Wed.	Thur.
BOONDOCKER 6 p.m.	6	7	8	9	10	11	12
7 p.m. (Thursday)							
FAMILY THEATER	5	6	7	8	9	10	11
7:15 p.m.							
8:15 p.m. (Thursday)							
BARBERS POINT	3	4	5	6	7	8	9
7:30 p.m. (Outdoor)							
CAMP SMITH	2	3	4	5	6	7	8
7 p.m.							
MARINE BARRACKS	1	2	3	4	5	6	7
7 p.m.							

1. **VANISHING POINT** — Barry Newman, Dean Jagger, PG, drama
2. **TERROR IN THE WAX MUSEUM** — Ray Milland, G, horror
3. **SOMETIMES A GREAT NOTION** — Paul Newman, PG, drama
4. **MOMENTS** — Keith Michell, Antharad Reese, R, melodrama
5. ***SOUTH PACIFIC** — Mitzi Gaynor, Rossano Brazzi, none, musical
6. ***LITTLE BIG MAN** — Dustin Hoffman, Martin Balsam, PG, western
7. ***LADY SINGS THE BLUES** — Diana Ross, R, musical
8. ***MAN OF LA MANCHA** — Peter O'Toole, Sophia Loren, PG, musical
9. ***MAGNUM FORCE** — Clint Eastwood, Hal Holbrook, R, adventure
10. **FIGHTING 69TH** — James Cagney, Pat O'Brien, None, drama
11. **SLEEPER** — Woody Allen, Diane Keaton, PG, comedy
12. ***WATERLOO** — Rod Steiger, G, drama

*Extra Long Running Time

Classified ads

For Sale

1965 CHEVY IMPALA SS, automatic, trans, runs a 327, recent overhaul and tune-up, \$600 or best offer. Call 257-2141 or 257-2142; ask for Sgt. Richardson. Leaving for the Mainland, must sell.

SEARS KENMORE Classic Double Oven electric range, with pull-out burners (slide back when not in use) Copperstone, automatic controls, etc., in excellent condition, \$250. For appointment to see Call 247-6106 anytime.

SEARS COLDSPOOT, Copperstone match-mates - matching 15 cu. ft. refrigerator with automatic ice maker, and 15 cu. ft. separate freezer. Two separate units, but built to match up side-by-side, or can be used separately. Both are frost-free, have movable shelves and are in excellent condition. Both as a set for \$400. Call 247-6106 anytime.

NCR Manual Adding Machine, full keyboard, \$15; Marchant electric calculator, office size, \$35; Dinette table, tan and beige formica, \$15; TV stands, one (1) black metal, \$5; one (1) walnut & chrome, \$10; Sears 19" Silverstone, portable, black and white TV, one year old, excellent condition, \$75; Admiral 12" B&W TV, portable, good condition, \$25; Coffee table, 36" round walnut, \$15; Mirror w/walnut frame 20"x32", \$7.50; Hollywood Bed, twin size, spotless box springs & mattress, in excellent condition, \$50; Film developing kit, used twice, excellent condition, \$15; misc glasses, dishes, books, desk lamp, as priced. Call 247-6106 anytime.

HONDA gas generator, 300 watts, fairly quiet, great for camping, boats or power outages, run less than 15 hrs, \$100. Call 257-2474 DWH, 254-3158 anytime.

HONDA 90cc, tube frame, 51 & trail, 900 actual miles, excellent, \$280 firm. Call 257-2474 DWH, 254-3158 anytime.

1971 360 YAMAHA RT-1, 550 actual miles, \$550 firm, helmet, 1974 plates included. Call 257-2474 DWH, 254-3158 anytime.

1971 DATSUN 1200 Coupe, 22,000 miles, 32 mpg, no rust, excellent, \$1,535. Call 257-2474 DWH, 254-3158 anytime.

VW BUG 59 body, 63 engine, 68 seats, wide oval, flared fenders, registration and safety inspection O.K., \$475. Call 477-6296, Ask for 1st Sgt. Hipp DWH, 732-6714 anytime.

RCA 23" Color TV, good condition, \$220; playpen, \$10; fan, \$7; 10 Speed man's bike, \$35; 10 speed woman's bike, \$55; new leather items; box of baby and kids' clothes and shoes, cheap. Call 254-3178 anytime.

BEAUTIFUL AKC GERMAN SHEPHERD, female, nine months old, excellent pedigree, predominately black. Call 254-3318 anytime.

1972 HONDA 175cc, immaculate condition, \$550. Street bike. Call 257-2172, Ext 145 or 155 DWH.

1969 GTO, auto, power steering, air conditioning, tape deck, excellent condition, \$1,495/offer. Call 436-8207 DWH, 682-5123 anytime.

VW CONVERTIBLE, 1972, low mileage, excellent condition, \$2,400; Honda 350cc CL '72, excellent, \$700; Honda 175cc, excellent, \$300. Call 257-3257 DWH, 947-3027 AWH.

1961 VW, factory rebuilt engine, inspected, licensed, 25 MPG, \$400. Call Capt Corn 477-5051 DWH.

SPINET PIANO 1967, excellent condition, Ebony finish. Call 254-1683 anytime.

SIBERIAN HUSKY, eight months old, AKC excellent pedigree, silver-grey male, loves children, has attended obedience school, owners moving and cannot keep dog. \$300, includes accessories. Call 498-4471 or 656-867.

DISHWASHER, seven cycle Lady Kenmore, wooden chopping top, works perfectly, portable, but can be installed. New house has one built-in, \$100. Call 488-4471 or 656-867.

PIANO, Story and Clarke, \$685. Beautiful condition, Mokuapu Blvd. Call 254-2115 anytime.

BOY'S SCHWINN five speed Stingray, excellent condition, \$30. Call 257-3689 DWH, 254-2248 AWH.

HOUSE IN MAUNAWILI, quiet mountain setting, three bedrooms, two baths, fireplace in living room, plus family room, covered lanai, built-ins, carpeting, air cond. By owner, asking \$74,000. Call 262-5513 DWH, 261-0109 after 4 p.m.

HOUSE IN ENCHANTED LAKE, three bedroom, two bath, covered lanai, quiet neighborhood, close to excellent schools and shopping, by owner, under appraisal. Call 261-6937 anytime.

1964 PLYMOUTH, good transportation, cheap, \$95. Call 477-5008 DWH, 455-8086 AWH.

ANTIQUE SINGER SEWING MACHINE in Birdseye Maple cabinet, \$70. Call 247-1002 AWH.

CRAFTMAN 15" Hedge Trimmer, \$20; 18,000 BTU air conditioner, 120 volt, \$100; green sofa converts to queen size bed, throw cover included, \$65. Call 254-1107 anytime.

1968 FORD MUSTANG GT 302cc, good rubber, new exhaust system and shocks, no rust, needs some body work, \$600. Call 257-2737 DWH, 257-2845 anytime.

1973 DATSUN PICKUP, four speed, side moulding, radio, tonneau cover, rust proofed, 10,000 miles, \$2,750 or trade with a Ranchero or El Camino. Call 247-0539 after 5 p.m.

1970 FIAT SPIDER, low mileage. Sealed bids being taken at MCAS Federal Credit Union, FPO San Francisco 96615. May be seen at Bldg 401, MCAS, Kaneohe. All bids must be sealed. The Credit Union reserves the right to refuse any and all bids. For information call 254-1334 DWH.

COMPLETE SET OF OFFICER'S UNIFORMS/accessories. Height 5'10", 180 lbs., good condition, cheap. Call 257-3156, 257-3561 DWH, 955-5454 AWH.

1958 CHEVROLET NOMAD, 283 for spd, new brakes, needs some work, \$700. Call 257-3112 DWH, 261-2581 AWH.

1971 YAMAHA twin jet 90cc super inexpensive transportation, excellent condition, new license; Minolta sub miniature camera. Call 477-6416 DN Dagherty DWH.

1972 HONDA CB 100 2/helmet, \$250. Call 257-2845 DWH, 254-3668 anytime.

MONKEY POD DINNER PLATES (24), 10x10 inches square. Never used, perfect for buffet parties, \$1 each, 6 for \$5. Call 261-3642 anytime.

1973 VW BUS, radio, heater, rear window defroster, under warranty, good gas mileage, \$3,300/offer. Call 477-6231 DWH, 682-3049 anytime.

HOUSE, in exclusive Aikahi Park, Kailua, three bedroom, two bath, lovely screened lanai, garage, beautifully landscaped, large open patio, backyard with room for pool, excellent schools, near beach, leasehold, will sell on Agreement of Sale, Call Major Martin 477-6015 DWH, 624-9094 AWH.

HELBROS LADIES WRISTWATCH - life time jewels - unbreakable main spring, ten 8-faceted diamonds - 21 jewels. Valid lifetime guarantee. Watch guarantee never used, Child's adjustable guard rails, fits any bed, \$5. Short frosted wig, excellent condition, \$15. Call 456-1404 anytime.

RUG, lanai sized green indoor-outdoor carpeting, excellent condition, \$35; two bedroom sized rugs, green, one plush, \$40; one nylon, \$15; baby crib, mattress, springs, excellent condition, \$35; portable 19" black and white TV, works good, \$30; car stereo eight track with speakers, \$20; living room window sized drapes, beige color, fully lined, \$30; G.E. 18,000 BTU air conditioner, best offer. Call 254-4920 anytime.

Garage sale

TOMORROW, 9 a.m. to 6 p.m., 1834 Harris Avenue, KMCAS, three room sized rugs, green; G.E. air conditioner, 18,000 BTU; baby crib, mattress, springs; playpen; two booster chairs; two car seats; potty chair; portable 19" black and white TV; car stereo eight track with speakers; G.E. vacuum cleaner; living room window sized drapes, fully lined; other miscellaneous items. Call 254-4920 anytime.

TOMORROW, 9 a.m. - 5 p.m., 2212 Bauer Dr, KMCAS, TV, baby furniture, picnic table, much more. Call 257-2444 DWH, 254-2769 anytime.

Services offered

RESPONSIBLE WOMAN will care for children in her home. Call 257-2030 DWH, 254-4753 anytime.

WILL SEW CHEVRONS ON SHIRTS, 75 cents a set and \$1 a set for jackets. Call 254-3178 anytime.

WILL BABYSIT at my home, age one to five years, 2459B Cochran St., KMCAS. Call 254-3869 anytime.

Lost

KNEEBOARD, 5'6" at 14th hole, orange bottom, white top with rainbow design on top, lost April 2, reward, please help. Call 254-3382 anytime.

For rent

HOUSE IN KANEOHE, three bedroom, two bath, fenced yard, close to Windward Shopping Center, 3 May - 14 June, \$400 incl utilities and completely furnished. Call 449-1607/1324 DWH, 235-2323 anytime.

SPACIOUS HOUSE FOR LEASE, Enchanted Lake, four bedroom, two bath, large enclosed lanai, washer, dryer, dishwasher, refrigerator, large yard. Easy walking distance to schools, church and shopping. \$400. Call 257-2663 or 257-3267 DWH, 262-8458 anytime.

Free

KITTENS to give away. Call 262-6055 anytime.

Wanted

TOYS FOR TOTS may be left at 2093A Irod Drive, KMCAS. Call 254-2148 SSgt. Hawkinson anytime.

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

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

DEADLINE: 10 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 none 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.
 All ads 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)



Janet Dunphy

Photo courtesy Penthouse