

MARINE CORPS

JUL 17 1974

Reference Branch



'How come I got so fat?'

(see pages 6, 7 and 8)

ILLUSTRATION

By

D.J. MARTIN

Ltj

usmc

In my opinion

How do you control your weight?



CPL. JOSE TREVINO
HQ. CO. BRIGADE

I go to lunch about ten o'clock and have a small meal, then I run about five miles and work out in the gym. After work, I go home and put on my PT gear and work out again, that's to maintain a high score on the PFT.

LT. SANDRA DANIEL
SERVICE DEPT. H&HS

Stop eating is the answer, but when I do find my weight going up I go on a high protein diet of fish, cheese and other good foods. And I don't forget jogging.



DANIEL

SSGT. BYRON SHELTON
G-3, CAMP SMITH

Run and follow the weight watchers program. That's the best way for me. I get plenty of food, but it's a balanced diet.



2ND LT. RANDEL A. WEBB
B-CO. 1/3

I eat whatever I want, during the lunch hour I join my teammates from the soccer team for daily exercise. I might add that my intake of alcohol amounts to very little.



SHELTON

SSGT. RICHARD BEAUPARLENT
DRUM & BUGLE CORPS

I just don't eat, that's all, but I do run.



CPL. RICHIE CARTER
COMMUNICATIONS CENTER
CAMP SMITH

I don't really try. I just eat right and it just happens. I probably won't ever get fat.



BEAUPARLENT



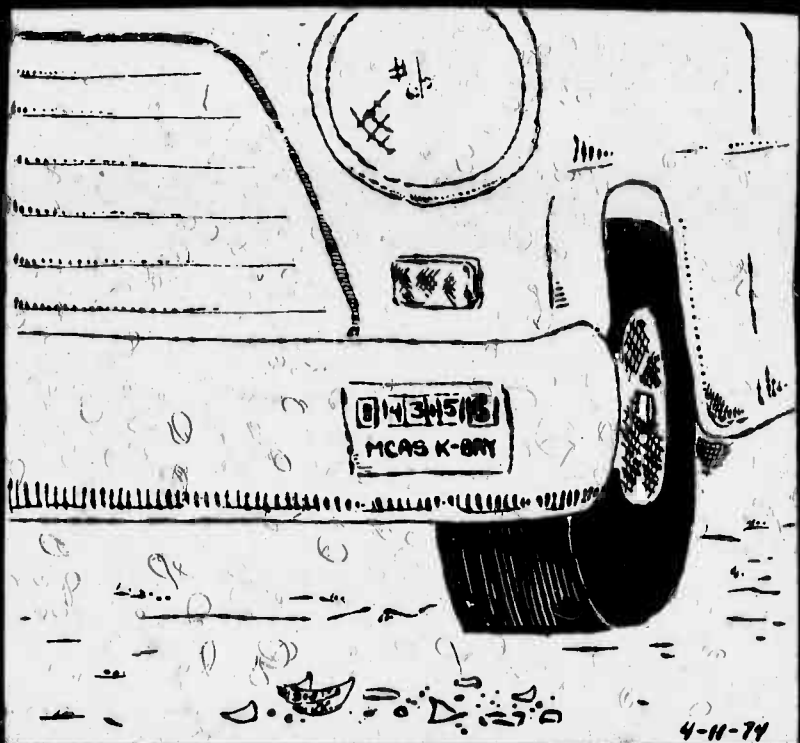
CPL. JOE AMOS
PSB

I run a lot, about five miles a day. Mostly I work out on my own, and I don't eat pastry or drink cokes.

CPL. LILLARD DAVIS
H&S 1/3

How do I control my weight? By eating more, really I don't have any problem keeping my weight down.

G.O.D. BILL HERE;
WHEN YOU BUY AN
AUTO, BE SURE TO
SCRAPE THE OLD
STICKER AND GET
YOUR OWN TO PRE-
VENT HASSLES!



M*A*S*H

K-BAY - This week's installment of the weekly feature Medical Awareness for Safety and Health (M*A*S*H), seventh in a series, will discuss fractures. For any questions unanswered by this article, contact its author Chief G.O. Canning, HMC USN, at 257-2356.

Broken bones are not usually a serious emergency, but some precautions should be observed.

A possible broken bone is associated with history of a fall, pain, swelling, discoloration, deformity, or protruding bone from a wound (broken skin).

First, if you suspect a fracture, it's best to treat the injury as one. This requires special handling, bandaging and splinting.

A splint is simple. The idea is to cushion the affected area and immobilize movement of the joints on both sides of the injured area. This can be done with a pillow, some cardboard, or folded newspaper or magazine. Anything rigid.

Secure a splint with ties of cloth, neckties, belts, etc. But not too tight so

as to impair circulation. Check on circulation every ten minutes, as swelling will tighten a splint.

Improper movement can result in additional damage to blood vessels and nerves. Next week - poisons.

General Rule No. 7

Don't move a patient unnecessarily.

Church services

K-BAY

CATHOLIC: Saturday - 6 a.m.; Sunday - 8:30 & 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.

Crisis prevention center
24-hour hotline
257-3240

Assists military and dependents with any type of personal problem.
All cases remain confidential.

HAWAII MARINE

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DOWNFALL OF A THIEF — Shoplifter Joe Marine decides to really beat the high cost of living and make Exchange prices even more reasonable (left), by helping himself to a free bottle of after shave lotion. Figuring he's home free (center), he hurriedly exits the Exchange. Then he finds out the real price of that bottle when an Exchange employee apprehends him. That little bottle can cost this Marine a court martial or office hours and loss of his Exchange privileges.

Because the Exchange is your store, shoplifters pick patrons' pockets, too

by Cpl. R.E. McManus
Photos by Cpl. Jim Willey

K-BAY — When the first furrier opened a shop called (what else?) The Clothing Cave and introduced a complete line of animal hides for the well-dressed Neanderthal, it's a good bet that one of his first financial setbacks came from what we today call shoplifting.

After all, it seems reasonable to assume that the first man to really appreciate the invention of the wheel was probably looking for a free ride. The wheel's still turning, of course, but the added burden of carrying freeloaders grows heavier with each passing inventory.

\$70,000 RIP-OFF

Last year, for example, shoplifters helped contribute to a "shrinkage" rate of less than one half of one per cent of the gross sales for Oahu's Marine Corps Exchange system, a statistic that seems trifling until elementary math reveals that figure amounts to \$70,000 annually. And who pays for this monumental rip-off? You do, if you're an authorized exchange patron, with every purchase, since the expense of inventory shrinkage (like the "legitimate" expense of such things as electricity and salaries) is added to the cost of every single item you buy through the Marine Corps Exchange.

"Shoplifting is a problem in any retail business," admits Chief Warrant Officer-2 Richard White, operations officer in charge of security at the K-Bay Exchange. Usually, says White, the pilfered items are small enough to be slipped easily into a purse or pocket and this in itself limits the value of most stolen goods. While interviewing White, in fact, a teenage shoplifter was apprehended leaving the Exchange with two key chains worth \$.69 each. But, like with pregnancy, there's no such thing as being a "little larcenous" in the eyes of the law.

"There has to be some kind of reaction to shoplifting, regardless of the dollars-and-cents

amount involved," White insists. "Some action must be taken by the command if it involves military personnel, or by the parents of a dependent to prevent it from happening again."

REACTION IS SWIFT

The reaction is usually swift. Once the store manager or security personnel are alerted to a suspected shoplifter who then leaves the premises, he's detained and the military police are called. If a subsequent search turns up stolen items, the alleged shoplifter, if a member of the military, is charged with larceny and turned over to his commanding officer to face either office hours or a courts-martial; in the case of a military dependent, the individual's parents are also called into the case to share the responsibility for their kid's actions.

In most incidents involving a military dependent, the case is referred to the Family Services Center for individual and/or family counseling. But since a dependent is a civilian, his case could go to civilian courts for disposition. Suspension or revocation of Exchange privileges are only two possible consequences of a conviction for shoplifting, in the case of both military persons and dependents.

PREVENTION IS THE BEST MEDICINE

The Exchange security section would rather prevent shoplifting than bust people for it, which is one reason they're willing to talk openly about security measures. They want people who might be tempted to know they're betting against a stacked deck if they filch something from an Exchange outlet. Not only is there a full-time security force, including plainclothes "spotters," on the floor and the familiar, strategically placed convex mirrors, but a store full of patrons who, if they think of it at all, realize that a shoplifter rips them off, too, by causing higher prices. Since all someone who

observes a shoplifter has to do is inform any Exchange employee of his suspicions, a shoplifter can't count on people "not wanting to get involved."

IT'S A BUST OUT THERE, TOO

If a would-be shoplifter thinks he'll have an easier time getting over on a bust in the civilian community, Act 39, a new State law, separates shoplifting into three categories: felonies, misdemeanors and petty misdemeanors. Heisting merchandise valued at more than \$200 will net a shoplifter a Class C felony conviction, which carries a maximum penalty of five years in jail and a \$5,000 fine. Shoplifting merchandise worth more than \$50 but less than \$200 is a misdemeanor, punishable by one year in jail and a \$1,000 fine. A petty misdemeanor, carrying a maximum jail term of six months and a \$500 fine, covers all heists that net \$50 or less in goods, which covers the majority of shoplifting incidents.

TO KEEP THE WHEEL TURNING

Shoplifting is a problem big business, sociologists, psychiatrists and economists have been struggling with since those first cave dwellers began bartering in earnest. And, as merchandise worth billions continues to bypass cash registers every year, it's a problem without ready answers. But with inflation and shortages gobbling up a larger part of every shopper's dollar, shoplifting should concern all of us.

The final solution, if one is found, may require a total change in our shopping and merchandising practices and attitudes, a change that could have an impact on our culture just as dramatic as the invention of the wheel. Or maybe like all the problems threatening to stop the wheel's turning, the solution lies in everyone getting together in a concerted effort.

It's time for everybody (freeloaders included) to get out and push for a change.

News topics

Corporal promotion

WASHINGTON — Headquarters has announced that the next regular promotions to corporal will come in August.

To be eligible for the advancements, lance corporals will need a date of rank of Dec. 31, 1973 or earlier and be recommended by their commander.

COs have been directed to compute and forward to Headquarters by July 10 the composite scores of those eligible lance corporals they consider qualified. In computing the scores, time-in-grade through July 31, 1974 will be used, along with conduct and proficiency marks assigned through June 30, 1974.

The number to be advanced has not yet been announced. During the last promotion period in May, 4,967 lance corporals were advanced to corporal.

More staff academies

WASHINGTON — Regional Staff NCO Academies have been established at Marine Corps Base, Camp Lejeune, and Marine Corps Air Station, El Toro.

Both the schools will conduct six classes a year with a curriculum similar to the Quantico SNCO Academy, holding six weeks of instruction emphasizing leadership, effective communications, physical training and related subjects.

El Toro will draw an estimated 50 SNCOs per class from MCAS, Yuma; 1st Marine Division; 3d Marine Aircraft Wing; 1st Force Service Regiment; and its own facilities at the air station and Santa Ana.

Camp Lejeune will handle about 40 students per class from units at 2d Marine Division and Marine Corps Base; Force Troops, Atlantic; and Marine Corps Air Station, New River.

Commands sending students to the new academies will not be assigned quotas to the Quantico academy.

Corporals eligible for staff course

WASHINGTON — Corporals are now eligible to enroll in the Staff Noncommissioned Officer Academy Extension Course, which parallels the instruction presented in the Staff NCO Academy at Quantico. Previously, only sergeants and above could enroll.

Corporals who have successfully completed the MCI course, "The Marine Noncommissioned Officer-03.3E," may now enroll in the course, which consists of nine subcourses in general military subjects, leadership and training. Enrollment cards and further information may be obtained from the Director, Extension School, Education Center, MCDEC, Quantico, Va. 22134.



Photo by Capt. Jim Willey

LIFE SAVER — Mayor of Honolulu Frank Fasi (left) presents First Lieutenant Gregory Johnson a "Good Guy" award. Johnson, a helicopter pilot with HMM-262, rescued a woman

from drowning in the Ala Wai Canal on May 22 while he was jogging near his Honolulu home. The brief ceremony was held June 14 in the mayor's office.

Six-man committee holds tour of K-Bay's conservation efforts

K-BAY — Mokapu Peninsula, home of the Air Station, was the first stop for six distinguished conservation leaders invited to serve by the Secretary of Defense in connection with determining the winner of the Secretary of Defense Conservation Award for 1973.

Committee members come from governmental resource and environmental control organizations. The Peninsula was among six other military installation sites nominated for the award and one of two such bases in the mid-Pacific area. All will

receive on-site inspections.

The first point of interest for the Committee was Puu Hawaii-Loa (Kansas Tower), site of the only remaining prominent land feature on the peninsula.

At Kansas Tower, a welcoming speech was given by Lieutenant Colonel R.L. Martin, Station executive officer, followed by an informative introduction to the wide range scope of the Air Station's conservation accomplishments. In addition to briefing the committee, Major John Van Es of the Station Public

Works Office guided a circular tour of the peninsula by binoculars.

Next, Committee members heard from a group of civilian representatives, who gave a vivid picture of how the Air Station and the community worked hand-in-hand on every project of natural resources on the historical peninsula.

MINI BUS TOUR

Leaving Kansas Tower the committee began their tour by way of the residential area along the beach and up to Ulupau Crater, home of the Red Footed-Booby. Living in the only land accessible colony on Oahu, they share the same area as the weapon's training range and are apparently unaffected by the sound of weapons.

Turning their attention to Moka Manu, a small island just below an observation point on Ulupau Crater, the conservationists saw the morning activities of eleven species of sea-birds. These include three species of Boobies, the Grate Frigate Bird, four species of Terns and the Bulwers Petrels.

Back aboard the bus for the final stop of the tour, it was a short ride to the Nuupia Fish Ponds where the near extinct Hawaiian Stilts were busy rebuilding their population in the perfect area prepared by Marine AmTracs. The Ponds are also the occasional stop for such species as the Black-Crowned Night Heron, Cattle Egret and migratory birds from the Northern American area.

Mid-day found the committee riding themselves of volcanic dirt and preparing for lunch at the Officers' Club. Otis Gryde of the Hawaiian Soil Conservation Service was asked if any of the members gave the impression of favoring the Air Station for the award.

Mr. Gryde just smiled and replied "Sure."



Photo by SSgt. Bill Johnson

BOOBIE REFUGE—James R. Fielding, representative of the Fish and Wildlife Service, Washington, D.C., points in amazement at the population and density in the Red Footed-Booby nesting area in the Ulupau Crater refuge. Mrs. Rita McAvey and fellow members of the awards committee move towards the bus for more points of interest.

News worldwide

By GySgt. Dale Dye

June 21, 1974, Hawaii Marine, Page 5

WOMEN AT WAR

If Representative Patricia Schroeder of Colorado had her way, the all-volunteer U.S. military would be able to send women into combat provided they volunteer for front-line duty.

Ms. Schroeder's words are not without some clout in Capitol Hill circles because she is a member of the powerful House Armed Services Committee. Her views are opposed, however, by current Army Secretary Howard Calloway who does not feel Americans are ready for women in combat roles.

Under current laws, women cannot be sent into combat, but all that could change should the Equal Rights Amendment to the Constitution be ratified by three-fourths of the states.

Army officials currently limit to a certain percentage of the overall strength the number of women enlisted in the Army, using the fact that they cannot be assigned to combat units as the basis for curtailment.

That has Ms. Schroeder not a little upset. During an interview with the New York News she said: "It's outrageous that they limit the number of women in the Army because they say they can't handle combat roles."

"If the job classification says that they ought to lift an 80-pound pack," asserts Ms. Schroeder, "they ought to be given a chance to pass the test."

While refusing staunchly to take an editorial stand on the question of women's rights, I find it hard to imagine a woman (or a man for that matter) actually wanting to get into an outfit that humps 80-pound packs as a way of life.

THE FIRST SKIRT?

While the question of women in combat units continues to cause controversy, things in garrison seem somewhat more calm. At least there don't seem to be any overt hassles for Army First Sergeant George Cady who happens to be the only man in a company of 291 woman soldiers.

Cady is first sergeant of a company of the Army Security agency in Germany and admits other first sergeants in the outfit refer to him as "the First Skirt."

The veteran NCO said in a recent interview that discipline in an all-female military outfit is just about the same as in an all-male or mixed outfit.

"The only difference," he said, "is that they (women) tend to be a little more emotional, and probably less violent. We have our good girls; we have our bad ones."

Cady indicated he's getting used to the sight of "a different kind of pin-up" in the women's barracks which he may enter only when escorted by a woman who must announce his presence. Magazine centerfolds of muscular men in the buff are a favorite wallpaper with some of the lady soldiers.

At least there are some military traditions which are alive and well.

PARACHUTE PIT-FALLS

A late addition to the One-Lucky-Fella list is sky-diver Jeff Wetzell of Rock Falls, Ill., who survived a 7,200 foot free-fall recently when his chute failed to fully deploy during a jump.

Wetzell suffered only two broken ankles and a broken vertebra in his back in the incredible incident. He landed in a wet, newly-plowed field which fellow jumpers indicated probably cushioned his impact.



Photo by Cpl. E.P. Buchanan

MEET THE NEW BOSS - Major William F. Tremper (right) assumes the duties as the commanding officer of Marine Air Control Squadron (MACS)-2 June 14 during a ceremony at Dewey Square. Handing over the Squadron colors, along with his duties, is departing CO Major Werner F. Rebatock.

Service available at Exchange

Duplicate document, banish woes of replacing

K-BAY - It flashes on you suddenly. Your hand digs frantically in your empty back pocket, only confirming what you've already guessed: your wallet's missing!

Then that sensation that's like molten lead sinking hits you square in the gut. Sure, it's a bummer losing the money, but think of the hassle, replacing

all those vital pieces of paper such as your birth certificate, driver's license or the only flick you have of what's-her-name.

The solution to this common dilemma might be a photoexact duplicate of the document, photograph, etc., cast on durable metal, a permanent record that can't be torn, burned or easily misplaced. That's just one of the uses of a

process, called electrography, a service now available at the K-Bay Marine Corps Exchange.

To put it in layman's terms, an electrograph is a photograph of any paper document (even another photograph), that's engraved on a sheet of metal, and thereby duplicated exactly and permanently. A choice of three metals - brass, zinc and colored aluminum - can be used for any document; only zinc, however, is conducive to reproducing photographs. The size can range from 2 by 3 inches (business cards, social security cards, etc.), all the way up to 11 by 14" (warrants, diplomas, photographs, etc.).

Unlike conventional engraving, the cost of an electrograph is determined solely by the size and type of metal used, not by the number or size of individual letters. For instance, prices for an aluminum or brass electrograph run from \$2.25 for the smallest size up to \$20 for the largest; zinc is slightly less expensive (\$1.60 up to \$19, respectively), and can also be used to reproduce photographs. Probably the biggest advantage of electrography is fast service; an order placed at the K-Bay Main Exchange Special Order Counter will be ready within 72 hours.

The photosynthesis process can reproduce any script (typewritten or written in ink) perfectly and without damaging the original. The different uses of electro-engraving are limited only by the imagination; personalized unit awards or aloha plaques, name plates for desk or door, literally anything on paper can be duplicated permanently on durable metal plates suitable for mounting or framing.

The new service is available starting today at the K-Bay Exchange and should be a part of Marine Barracks, Pearl Harbor and Camp Smith Marine Corps Exchanges within two weeks. A representative will be on hand today at the K-Bay Main Exchange Special Order Counter to explain and answer questions about the process.

Talking about people

K-BAY HMM-262

The following Marines were promoted to their rank: SSgt. Ernest A. Shettler, Sgts. James F. Taylor (meritorious), Robert E. Berland, Cpls. John D. Beatty Jr., Fenton E. Damon and Robert J. Kaller Jr.

H&HS

SSgt. Kenneth R. Toczek was promoted to his rank.

H&MS-24

The following Marines were promoted to their rank: GySgt. Calvin F. Guntherberg, SSgts. Jerry B. Keller, Dudley K. Burns, Charles F. Bethell, Thomas J. Sloan, Dennis P. Slaney, Alvin L. Cromwell, William K. James, Glean F. Aldrich, Jerry D. Anderson, Robert M. Bliven, Sgt. Randy J. Boekes, Cpls. Michael R. Harvey, Keith M. Chace, Michael L. Sloan, Joseph L. White, Sergio A. Acosta, Donald J. See Jr., Larry M. Hughes, M.C. Payne, Tommy L. Mann, Dwight A. King, Rock R. Riedi, Louis Santoni, James M. Boudhach, Robert V. Grissom, Robert J. Nelson, David W. Walters, Stephen V. Seames, Mark E. Premeaux, Larrie E. Linhart, Mark A. Cook, Wade E. Keck, Dennis F. Stoddart, Frederick J. Adams, Tim Dell, Larry M. Scarborough and PFC Ernest E. Willoughby Jr.

HQ. CO. BRIGADE

Lawrence C. Wasson was promoted to private first class.

1ST RADIO BN.

The following Marines were promoted to their rank: SSgt. Howard A. Sharpe, Cpls. Lawrence T. Mullins, Timmy J. Landers, Gary L. Cravens, Jon R. Williams, Jon W. Gahn, Manuel B. Bumanglag and Cornelius W. Flaherty.

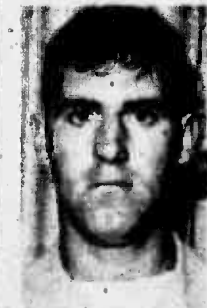
CAMP SMITH

Sgt. George J. Gallo of Special Services was awarded a Meritorious Mast for his outstanding performance of duties. The San Bernadino, Calif., native has been in the Corps for three years.

LCpl. Rodney Hedstrom was selected the military policeman of the month. He's been in the Corps for 18 months and is from Pocatello, Idaho.



GALLO



HEDSTROM



Photo by Cpl. E.P. Buchanan

NEW LEADER AT 1/3 - Major Phillip E. Shaw, takes command of 1st Battalion, Third Marines, Monday. Prior to his present duties, Shaw served as operations officer for Third Marines and aide-de-camp to the Vice Chief of Naval Operations, Washington D.C. Among his personal awards are two Bronze Stars with Combat "V" and the Navy Commendation. Relinquishing his twenty-one month command was Lieutenant Colonel Dwight R. Timmons, now en route to the Air War College, Maxwell Air Force Base, Montgomery, Ala.

Obesity risk to life,

By Cpl. C.W. Rowe
Illustrations by LCpl. D.J. Martin

K-BAY — It's almost a military secret in the Corps and a contradiction of the recruiting poster image but there are fat Marines.

The solution to this problem is two-fold. Overweight types are put on a weight control program and given a certain amount of time to lose a specified number of pounds. If this isn't successful, they go looking for work somewhere else.

Putting on those extra pounds is not difficult, says Navy Dr. (Lieutenant) Robert Rabalais, Flight Surgeon. "It's a pretty easy thing to do. Probably the most common thing that happens is that it just sneaks up on people. They gain one or two pounds a month without even realizing it. Then all of a sudden they look in a mirror or their clothes suddenly feel tight. A lot of times it happens when someone is switched to a desk job from one where he was fairly active. He continues the same eating habits he had when he was in the more active jobs."

EATING HABITS CORNERSTONE

Eating habits are the cornerstone of anyone's weight. Rabalais claimed. (Flight Surgeons at the dispensary handle the medical aspects of every weight control case.) "To me the key thing is trying to change the eating habits. People are overweight because they eat too much. Most people in their 20s and 30s who are overweight are still eating like they did when they were 17 or 18. As you get older your caloric requirements go down, you don't need as many calories to maintain a certain weight. Also, your physical activity goes down so you need even less calories to maintain a given weight."

The first step, according to the Flight Surgeon, is for a fat man to know what his eating habits are. "The whole thing we shoot for is to try and get people to...analyze their eating habits and try to change them."

Dr. Rabalais has a simple method for accomplishing this: "...I tell them to

keep a notebook for two weeks, without trying to change their eating habits. I tell them to write down everything they put into their mouth over those two weeks. We have little books with calorie tables so they count up the various calories they're taking in. Many times this is a revelation...One guy discovered he was putting away about 1,000 calories a day in just potato chips. This gives you a good idea of what you're putting away as far as calories goes. It helps you discover your own weak points."

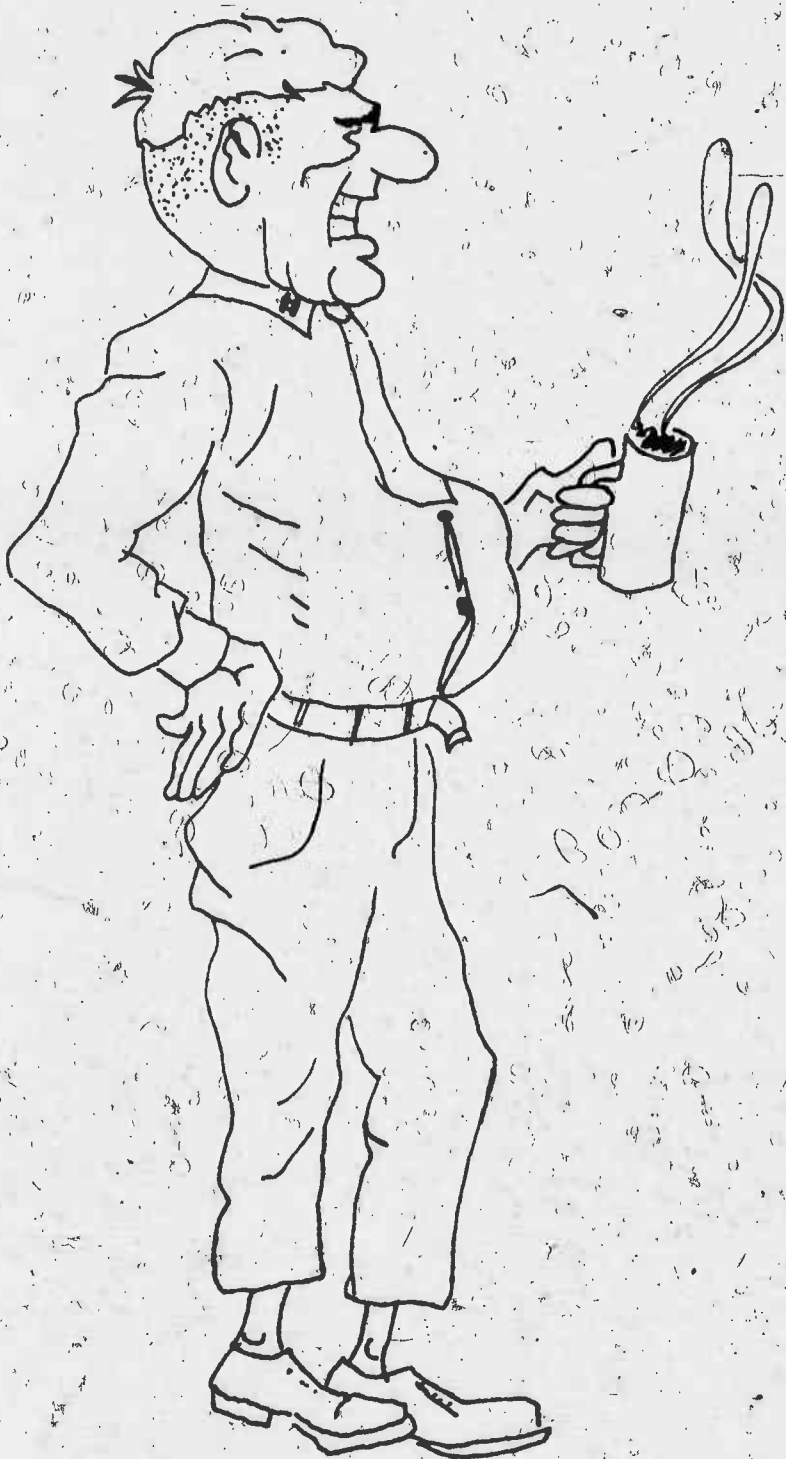
PLAN OF ACTION

After knowledge comes a plan of action. A way for the fat to become lean. The method, explained Rabalais, is "to aim for a certain calorie level below what they're putting away now and to start picking away. If a person needs 3,000 calories a day to maintain his present weight and he cuts his intake down to 2,500 calories a day, he'll lose on the average of about a pound a week, cut down to 2,000 calories...lose two pounds a week. The goal we try to shoot for is between one and two pounds a week."

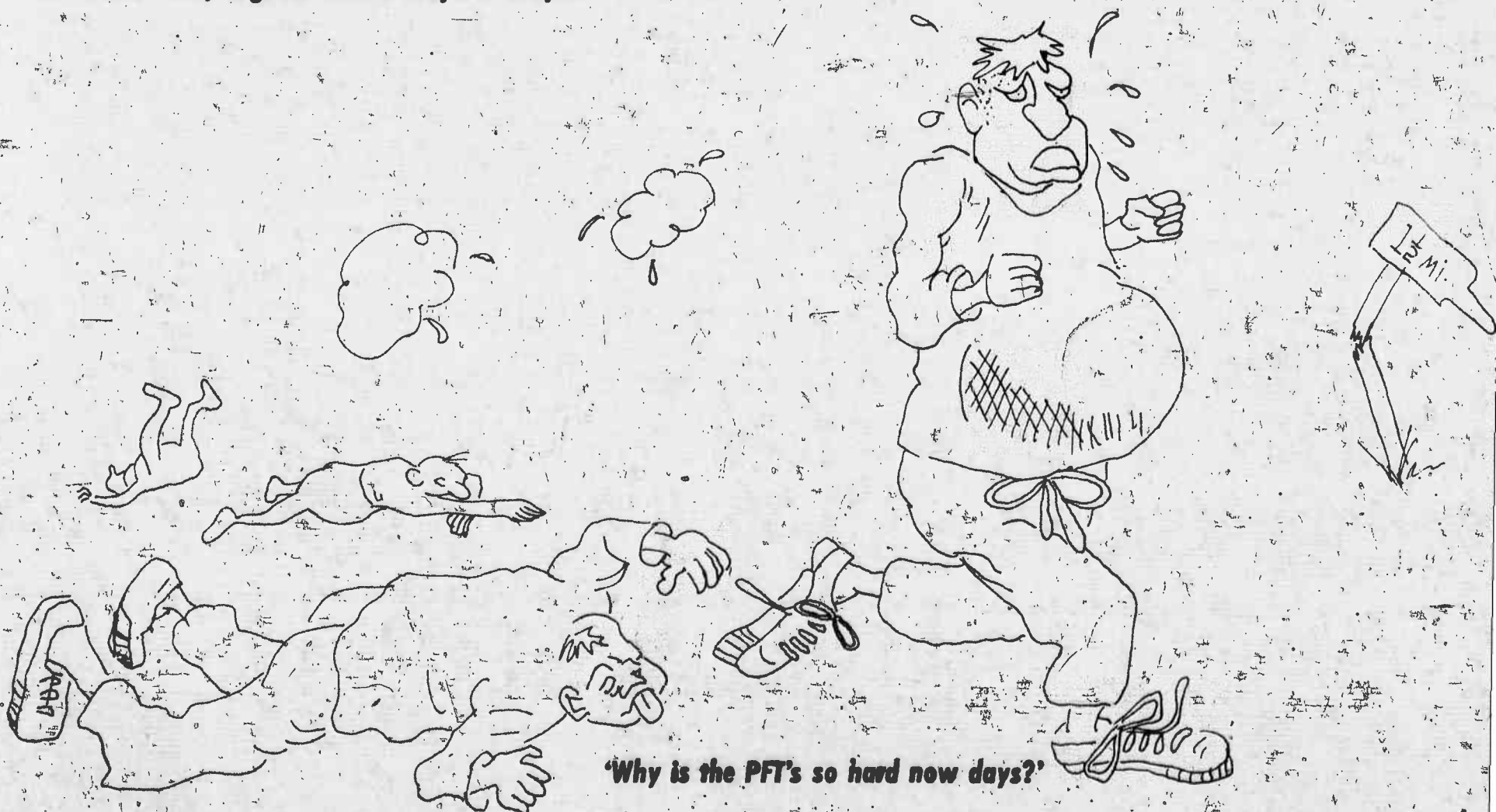
What a person eats is as important as the amount. Captain Robert Stewart, Food Services officer, offered one interesting point: "The underlying cause for obesity is overeating, coupled with inactivity. Eating habits may adversely affect the nutritional value of the food consumed by individuals. Excessive consumption of carbohydrates (potatoes, candy, desserts, gravies, fats, butter, salad dressing, oils, dairy products)...often decreases the individual's desire to consume other required nutrients; therefore the individual although overweight is, in fact, suffering from malnutrition."

ONE OR TWO POUNDS A YEAR

It is easy to alibi for putting on just one or two pounds a year. This seems like a negligible amount. No so, Dr. Rabalais felt. "As you get older, you tend to put



'Remember men, a good Marine stays in shape.'



'Why is the PFT's so hard now days?'

e, career, cure by exercise, proper diet

on weight, your requirements go down and you tend to be less active. If you're 25 now and you put on just one or two pounds a year, by the time you're 45 you'll be between 20 and 40 pounds over what you are now. I also tell them that when their birthday rolls around it's a good time to sit back and look at your weight and if you're heavier than you were just a year ago then try to peel that off. If you weigh a little less at each birthday, you're going to keep yourself at a reasonable weight."

Exercise is the second most important tool for losing weight, in the Navy doctor's mind. "The other thing we try to stress is if these people aren't on some type of exercise program to get on one. Exercise doesn't burn up enough calories by itself to make you lose weight but it does contribute. If you're trying to cut down 1,000 calories a day... you can burn up 200 or 300 with... exercise and that means you just cut down 700-800 a day on your eating."

RUNNING BEST EXERCISE

What type of exercise is best? Rabalais offered these suggestions. "Probably running is the best. Any activity where you're doing a lot of running, soccer or basketball, is good. Swimming is also an excellent exercise. Generally, the harder you exert yourself, the better it is for you. Your cardiovascular system works harder and you burn up more calories."

Having a desk job is a cop-out for not exercising; it is not a reason. "It's not that hard for people who have desk jobs to get some exercise," Rabalais pointed out, "especially on a base like this. At lunch time, you see a lot of people out jogging and around 4 or 4:30 you also see a lot of joggers." Jogging at these times is good because many people would eat snacks or fried foods for lunch, which they're better off without, or raid the refrigerator for pretzels and beer as soon as they come home. If someone is jogging, he can't very well be feeding his face at the same time.

PLAYING RUSSIAN ROULETTE

People who are overweight and stay that way are playing Russian roulette with their health. Dr. Rabalais emphasized what can happen: "It's a contributing factor to high blood pressure and diabetes. It contributes to heart disease. The heart is primarily a muscular pump and its job is to make sure blood gets to the vital parts of the body... For overweight people, the extra weight they're carrying around is that much more flesh the heart has to pump blood to. It's a more efficient system when the person is in shape and at their preferred weight. Cardiovascular disease is still the number one killer in the United States."

A fat Marine, unless he is very good at avoiding the powers-that-be, has the Corps weight control program to look forward to as a reward for his better than average-sized gut. Every battalion or squadron-sized unit in the Corps has a weight control program; it's mandatory. How well it is enforced depends upon the unit.

THREE PHASE PLAN

One that is enforced here is at Headquarters and Headquarters Squadron (H&HS). A power-that-be who runs it is the Executive Officer, Major George Cumpston. He explained how H&HS's slim and trim plan works: "It's a three phase program. The first phase is identification, identifying the overweight personnel. The second is putting them on a weight loss program for a six month

period. The weight loss phase has close scrutiny with weekly weigh-ins. Following their weight loss phase is a weight maintenance program; once they're down to the Marine Corps standards they maintain that weight for a six month period. The weight maintenance program is something we just started, because we'd have people who would get down to a weight... go off the program... gain 20 or 30 pounds... and have to start all over again."

DISCHARGED FOR OBESITY

Sometimes everything doesn't work exactly the way it should, the Major admitted. "We have had experiences where a person failed... weight loss in a six month period. We have a two month extension that can be granted to the weight loss phase; if at the end of the extension, there is still not satisfactory progress, then a person can be discharged for obesity. Headquarters and Headquarters Squadron, in the last year... has discharged five persons for obesity."

Weight standards are gauged to height and age. A Marine can end up on the program even if he is within these standards. Cumpston cautioned. "Assignment to the weight loss phase does not necessarily require that a person be over the CMC standards for weight control. The appearance of obesity is enough. This can result from someone having skinny arms and shoulders and a huge pot."

MEDICAL EVALUATIONS

Medical evaluations are required when a person goes on the program, at the end of his six month loss phase and, if the loss attempt was unsuccessful, prior to a discharge for obesity. This brings up a complaint Rabalais has about the system. "The problem with a lot of the people we see down here is it's not a voluntary thing. Their CO or sergeant said they're overweight or don't have the proper military appearance so they put them on weight control and send them down to see the Doc. Sometimes I feel like I'm talking to a wall. After talking to a guy for 15 minutes, I have a pretty good idea whether he's motivated to lose weight or not... For the people who have given it a try, it's been fairly successful. I've had several... lose 20, 30 and 40 pounds. It's gratifying."

The doctor is not always able to enjoy this feeling of triumph. "Sometimes I go down to the hangar and I see a guy I saw six months ago. He was fat and he's still fat and he's munching on

a bag of Fritos and sipping his Coke. I know that what I said to him went in one ear and out the other. If they don't want to lose it there's no way we can force them."

HARASSING FUTILE

Cumpston agreed. "My own personal opinion is: if you're overweight, it's a very personal thing. No amount of harassing or verbal berating will achieve anything unless that person wants to lose weight. Personal desire, motivation, incentive, these are the things that will achieve weight loss." Such an attitude is one Rabalais approved of. "A lot of units make the guy... weigh in every one or two weeks and that's good. There has to be... support from the units... encouragement. But it's a little discouraging for a guy to... weigh in and he's lost three or four pounds and someone starts chewing him out with 'Why the hell didn't you lose seven or eight pounds.'"

Counseling is the answer, asserted Cumpston. Staff NCOs and officers have the picture to fear: it must be submitted every time they reenlist or are eligible for promotion. Being obese is not an asset to a Corps career. Young Marines, if on a first and only enlistment, are reminded of self-pride, who really wants to look like the Goodyear Blimp, and healthy, lean people live longer. "Every individual is different so I don't give just a canned presentation. No two cases are alike."

H&HS currently has 12 people on its weight control program, varying in rank from private first class to master sergeant, including a Woman Marine. Contrary to popular belief, the ladies do not skate, at least in H&HS.

TOO MANY FAT STAFF

Staff NCOs make up a larger portion of the list than they should, Cumpston admitted. "Considering the number of Staff NCOs in the squadron compared to the number of sergeants and below, there are by proportion more on the weight control program. The older you get, the harder it is to fight your weight. Your metabolism slows down but, if your intake of food remains the same, you have an excess build up."

Rank should play no part in weight control, Cumpston feels. Fat officers and Staff NCOs should have to get rid of it just like fat privates and corporals do. "I think it should be enforced as a matter of weight control and be divorced from any rank structure. Any person who's overweight should go on weight control... regardless of his rank. If we had an officer who was overweight, he

should be put on weight control and hope his department head would refer him."

PURPOSE OF PROGRAM

The squadron's executive officer explained the purpose of the program as "twofold. The Marine Corps has an interest in its people. It wants to have healthy Marines, and weight control is a part of maintaining general body health. The second is the Marine Corps, more than any other service I feel, is aware of image. The image of the Marines and the tradition of a fighting Marine is a trim, fit individual."

Weight control is a good program but not perfect, says Rabalais. "It's good in that it makes people aware of their weight and of how they look. I think one drawback is that so many of these people are ordered into the weight control program but I don't see any other way... (to) do it except maybe get out one of those big public relations type pushes to make people more aware of being overweight... The Marine Corps has the right idea and I'm kind of glad they have such a program because of the very fact that it makes people aware of how much they weigh and how they stand in relation to other people... I think a little more could be done to... get people more motivated."

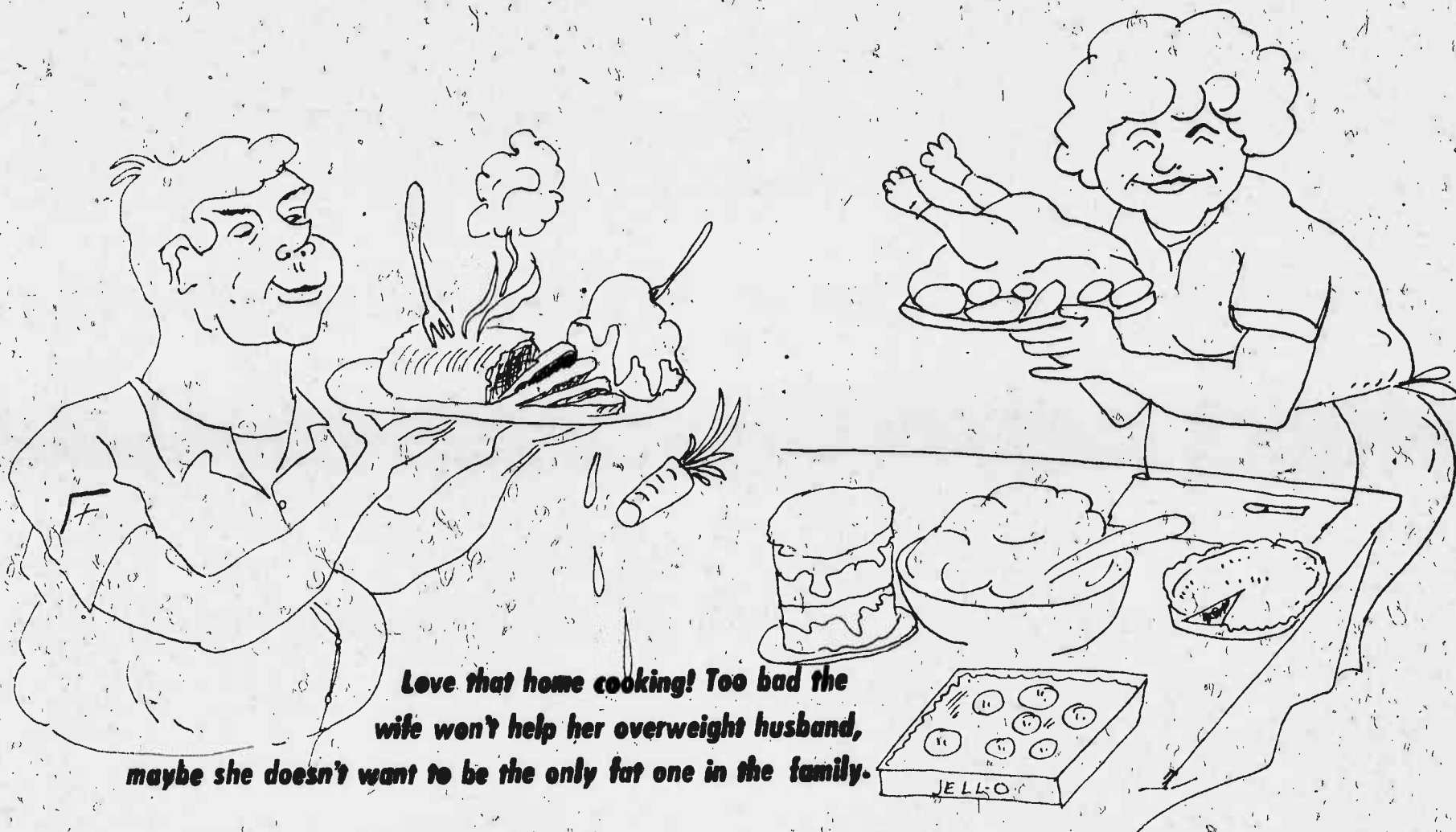
REORIENTATION NEEDED

It's the motivation factor that Rabalais thinks should be reoriented. "Whereas the main threat now seems to be some sort of discharge, it should be put on the basis of their health and the fact that people just seem to feel better when they're at a decent weight..."

Cumpston also has a revision to make; his concerns the weight standards themselves. "... The standards for weight control are based simply on height and age. It doesn't go into any area of body build. I think this is a mistake because most of the NFL football players would wind up on our weight control program because they have big builds and... big muscles. There's no criteria for build so the guy can be overweight because of it even though he has a large frame and is heavily muscled. For someone like this, his appearance should be a more important factor than his body weight."

Even though the Minnesota Vikings' "Purple Gang" and the Miami Dolphins' "No Name Defense" would be just a bunch of fat folks by Corps standards, the recruiting poster image remains a goal to be attained. Trim, slim warriors we all aren't but maybe someday we will be.





What you eat: key to overweight problems

By Cpl. C.W. Rowe
Illustrations by LCpl. D.J. Martin

K-BAY — Food tastes good, looks good, smells good, keeps you alive and makes you fat.

When it makes you fat, it's time to figure out what's wrong. Many people with a weight problem claim glandular problems (medical statistics prove a very tiny minority of overweight people have gland trouble) or inactivity as the cause. Inactive people, those saddled with a desk job, can replace their "spare tire" by simply eating less. Again, it is a medically proven fact that the less you do and the older you get the less food you require.

Married Marines may face the greatest challenge when it comes to eating less and changing the kinds of food they eat. It is possible to eat nutritional, balanced meals and not get fat. But it can be hard, as Navy Dr. (Lieutenant) Robert Rabalais, Flight Surgeon, pointed out, "for a married Marine whose wife doesn't want to cooperate. You have a fat Marine with a fat wife, if she doesn't want to change her cooking habits, it's hard for him to modify his eating habits. You have to get the wives to cooperate."

DIETS NOT THE ANSWER

Diets are not the solution, Rabalais said. "I don't recommend them. You can lose a significant amount of weight but as soon as they reach their goal, they go back to the same old eating habits they had before. People tend to put back on the weight that they lost. The whole key to it is to change your eating habits..."

The messhall is often the fall guy for a fat single Marine who lives in the barracks. Rabalais agreed that it is no easy task for that Marine to lose excess or maintain a proper weight eating in dining facilities but not impossible. "It's hard...in a messhall...because you can eat all you want...but if someone really wants to lose weight then they can start to pick and choose after they learn the calorie count on various foods." That may sound too easy to be true but the biggest trick in losing weight is common sense. Don't eat what makes you fat!

MENU PREPARED BY EXPERTS

Menus for the messhalls are taken from a master prepared in Washington for all the Armed Services by Food Service experts, dietitians and nutritionists. "It is designed," explained Captain Robert Stewart, Food Services officer, "to provide the Services with an adequate diet, with an adequate amount of fats, carbohydrates and protein."

The dining hall boss admitted "as far as helping the individual man, we don't do very much. I personally feel

that the man who finds himself on the weight control program or with a weight problem is far more knowledgeable, through personal interest, of what he's allowed to eat and what he isn't allowed to eat. Although we can give him guidance, which we do with publications of calorie counts, he's the only one who can push himself away from the table."

WHAT FOODS TO AVOID

Obviously, overweight people should avoid eating certain foods. Dr. Rabalais listed "the sweets, ice cream, candy bars, that sort of thing...I think we tend to eat too many carbohydrates, starches, sugars...If you can get someone to cut down on their bread, potatoes, macaroni and rice, it is a step in the right direction. Fried foods also contain more calories."

Stewart offered this advice to mess hall patrons: "If a man would take an ample serving of each item on the show line then it would provide him with a nutritionally adequate meal. It's when he comes back for the second scoop of gravy...potatoes, four or five slices of bread and a half pound of butter, that's when he's putting on extra weight."

WORLD OF TROUBLE

He also believes "the man who's overweight is already in a world of trouble. What he has to do is cut down on the things that got him into that position...his carbohydrate intake." If this means a special diet, it's a problem because "I can't accommodate him in an enlisted mess. It's not within the organizational structure of the dining facility to provide special diets."

A man can diet in the mess hall if he doesn't require special foods, Stewart added. "With each meal, a tossed type salad is put out, depending on the availability of fresh vegetables. For the man who's on a diet, there will be items available at each meal so he can build himself a salad."

MONEY NOT THE ANSWER

Money to purchase and prepare diet foods is not the answer, Stewart felt. "I've seen various bases where they've set up what they call a 'fat man's area,' a special salad bar...This was never utilized properly because it was embarrassing for that individual to get into that area to eat; he's advertising that he's a fat guy and he'd rather mingle in amongst the other people. So it's a costly proposition not only equipment wise but normally the food that's put out goes to waste because the guys won't eat it."

Skippping meals is not the answer either, Rabalais asserted. "I don't recommend it. Some people have gone all their lives without breakfast and, if they can do that, it's fine. The idea of deliberately skipping breakfast and lunch, I don't particularly go along with. Probably the worst thing someone can do is get into some sort of routine where he skips breakfast and lunch and then feels justified in eating a fair sized meal at suppertime because usually after suppertime he's doing something inactive, watching TV and sleeping. If you spread your calories out during the day, eat a moderate sized breakfast, lunch and supper, you're more apt to burn these calories up during the day."

THE ANSWER

The answer would appear to be watching what you eat, avoiding foods that make you fat, and eating moderately. Sound simple? Maybe it is.

Lack of will power is the only excuse fat people without glandular problems have. If you're fat and stay fat, it's because you want to be.



**A fat man's birthday:
will he live to celebrate another?**

Pacers edge by Allies 3-2, both teams share top slot

CAMP SMITH — A perfect throw by Mike Meyers and a diving catch by Bob Rodgers preserved a 3-2 Pacer win over the Allies and a share of first place in the Intramural Softball League here.

Trailing 3-1 going into the top of the seventh, the Allies loaded the bases with no outs on a walk and three Pacer miscues. Bob Fioritto walked to force in one run. John Saxton followed with a flyball to right-centerfield. Meyers made the catch and nailed Jim Sells at the plate before he could score the tying run. Both runners advanced a base on the throw to the plate. Jack Michalski followed with a sinking liner to center which Rodgers snared to end the uprising and the game.

The Pacers drew first blood tallying a run in the second. With one out, Rodgers reached second on an error, stole third and scored on a ground out by Felton Young.

TWO IN THE FOURTH

The Pacers added two runs in the fourth inning. Al Finger walked and Tom Drudge singled. After Bob Ritchie fanned, Rodgers doubled in Finger but Drudge was cut down at the plate with Rodgers taking third. Young followed with a single to bring in Rodgers.

After squandering scoring opportunities in four of the first five innings, the Allies scored their first run in the sixth.

Fioritto reached on a three-base error and scored on a single by Saxton.

Ed Simpson picked up his sixth win without a loss on a four hitter. He struck out one and walked five.

Jim Sells had his two-year winning streak stopped at 20 games. He struck out six, walked one, hit one and gave up six hits.

GAMES LEFT

In the last two games of the season, both teams have games remaining with the Spartans and Under-ciders.

In other games, the Rat Pack snapped their four game losing streak by winning games from the Under-ciders and Barbums.

Good relief pitching by Gary Braymen and the hitting of Mark Forinash and Hank Torres carried the Rat Pack to a 14-7 win over the Under-ciders.

Braymen came to the rescue of Bruce Flaher with no outs in the first inning, five runs in and the bases loaded. He got the first batter he faced to hit into a double play and fanned the next.

He finished with five strike outs, walked three, allowed four hits and two runs.

Forinash knocked in four runs with a triple and sacrifice fly and scored three times. Torres drove in two runs with a double and a pair of singles and tallied three runs.

K-Bay Tides

TODAY

Low 6:45 a.m. Ht 0.0
High 7:21 p.m. Ht 2.8
Low 11:31 p.m. Ht 0.2

SATURDAY

High 7:41 a.m. Ht 1.1
Low 9:37 a.m. Ht 0.1
High 6:03 p.m. Ht 2.7

SUNDAY

Low 00:54 a.m. Ht 0.1
High 6:46 a.m. Ht 1.2
Low 10:36 a.m. Ht 0.3
High 6:46 p.m. Ht 2.4

Tony Martins, Ron Richard and Jim Gregg each knocked in a run.

The victory snapped the Pack's losing streak at four.

Walt Miller and Tony Stevens batted in two runs each for the Under-ciders while Cornelius Bradley and Duke Dickerson brought in one apiece.

In the first extra inning game of the year, the Pack outlasted the Barbums, 14-11 in eight innings.

A five-run eighth inning was the key to victory.

In next week's games, the Barbums will take on the Steelers in the early game Monday night and the Allies will be hosted by the Spartans in the late game. Tuesday night will see the Pacers take on the Under-ciders.

Fast growing sport in Hawaii

Hang-gliding gives man freedom of the skies

By Cysgt. Dale Dye

K-BAY — Long before Orville and Wilbur first slipped earth's surly bonds at Kitty Hawk, man had been trying to imitate the birds with kites strapped to his back. With reckless abandon men have been known to toss themselves off everything from rooftops to rugged cliffs in search of a system that will allow them to soar through the air. The Wright brothers finally made the first leap into manned flight in 1903 and since then, kites have been for kids.

Recently, however, kites have come out of the toy box and into their own as a source of recreation for adult thrillseekers. The sport is called hang-gliding and Hawaii's high volcanic mountains and constant wind make it one of the fastest-growing pastimes in the area.

According to Frank Walsh, local hang-gliding enthusiast, a number of Air Station Marines and other Oahu service people have become interested in the sport.

MARINES INTERESTED

"Several Kaneohe Marines have asked about hang-gliding," says Walsh, "and wanted to know where they could find out more about the sport, buy a kite or take lessons." One of the largest shops



SAFE OR OUT??—The umpire tries to decide whether to call George MacDanich of the Allies safe or out at the hands of Pacer catcher Bob Ritchie during a close game. The Pacers were able to defeat an Allies uprising in the top of the seventh to win 3-2.

Photo by Cpl. D.E. Kessler

on Oahu which caters to hang-gliding enthusiasts is Dove Hang-gliders of Hawaii located at 2445 Ala Wai in Honolulu (Phone 923-2767).

Currently, there is no state or national regulation of hang-gliding as a sport. All it takes is the courage, interest and money for a kite for virtually anyone to have a go at the highest cliff around. "There are a number of shops around," says Walsh, "that will sell a guy a kite without lessons or anything else. He goes out and leaps off the Koolau's and that's where all the hang-gliding accidents you read about happen."

Dove and other reputable shops supplying hang-gliders usually offer lessons in the sport consisting of three classes at \$20 each. Students are taught how the kite works, how it is set up, given a ground school in aerodynamics and kite control and a demonstration in take-off and landing techniques. Dove offers free classes using training kites if

students purchase their kite from the shop.

The 200-member Pacific Tradewinds Sky Sailors Club holds meetings, shows hang-gliding films, certifies instructors and sponsors hang-gliding contests which account for

the bug-like apparitions many Oahu travellers see swooping across the Koolau Mountains on weekends.

LENGTHY FLIGHT

Hang-gliders usually fly from about a half hour to two hours at altitudes around 1,000 feet, but flights of seven or eight hours have been recorded at extreme altitudes.

Like many such sports in which man challenges nature, hang-gliding can be expensive. Walsh indicates a person who really gets into the sport might expect to spend as much as \$600 for a custom weight kite, kite bag and custom seat all of which weighs a minimal 32 pounds.

There are as many reasons why a person would leap from heights strapped to a kite as there are wind currents to support them, but all hang-glider enthusiasts seem to love the thrill and challenge. Walsh personally compares the sport to motorcycle racing without the fear of hitting a tree.

Oahu's hang-gliding club welcomes military members, so the next time someone tells you to go fly a kite, take him up on it and get into hang-gliding. It might be the escape we're all looking for.

Sports

George's Sportline
257-2141/42

K-BAY

AUCTION — Joint Special Services will conduct an auction of excess recreational equipment July 20. Some of the items to be auctioned are: drums, amplifiers, cameras, tape decks, guitars, diving regulators, musical instruments and a copy machine. The auction will be held in the Special Services Warehouse, Building 130, at 11 a.m. Special Services reserves the right to refuse any bid considered to be too low.

ADVANCED SCUBA COURSE — An advanced scuba course will begin Tuesday at 6 p.m. at the Family Services Center. Equipment for the course must be provided by the individual. The course is eight weeks long and costs \$75. Call Dennis Kirwan at 261-5652 for reservations and information.



LETTING IT ALL HANG OUT—Hang-glider enthusiast Jonathan Walbert takes off from a Koolau cliff in the first phase of a recent glider flight.

Oahu's Pacific Tradewinds Sky Sailors hang-glider club sponsors frequent meets for kite-flying members which include several Marines.



1974 most football filled season in history

Football symbolizes society in America

By Lt. Greg Johnson

K-BAY — With the inception of the World Football League, mothers, wives and girlfriends will again be taking a backseat when it comes to catching their favorite man's attention. 1974 should prove to be the most football saturated season in sports history.

What is it about this game that makes the United States such a football crazy nation?

Much attention has been given to the historical evolution of American football from the original English version of rugby. Little evidence has been offered, however, to explain why its phenomenal growth has occurred.

Football in twentieth century America is no longer simply a game or a sport. It is a spectacle, a crusade... a way of life. In order to examine the basic aspects for the rise in popularity of football, it might be appropriate to offer a brief historical description.

During the twentieth century the game has changed markedly. These changes have evolved in parallel to those of American society in general. American rugby was well liked, but it was a game not rooted in the American culture. The game was centered on university campuses—institutions noted for being the first to innovate. These factors combined to create a constant, viable change.

In the early twentieth century, a new "civilized" nation was struggling to eradicate its corruptness and so was football. Many rule changes and additions were made in an attempt to organize and reform the brutal game. Then came the 1920s, a wild, swinging decade. Football, too, was starting to swing. The game became faster, more complex and specialized. This era also marked the dawn of the "super-hero" as Red Grange, the galloping ghost, thundered from the University of Illinois to national fame and fortune. Through the 1930s and early 40s, football continued to change, but the real boom came in the post World War II era. We were now an industrial and business centered nation. Football, more than any other sport, became business. The game became technical and bureaucratic. The successful teams functioned as organizations. There was division of labor; each individual was highly specialized. As in industry,

the ideal demanded complete devotion and success was rewarded with great material benefits.

AMERICA'S GAME

Today it is acknowledged in most circles that football is the American sport. There is no single factor that can explain why this is so, but rather it is a series of factors interwoven in causal-effect relationships.

Of paramount importance is the fact that football, like American life, is played to win. There is a definite set of rules that must be obeyed, yet within that framework all efforts are pointed towards one goal—victory. George Allen, successful coach of the Washington Redskins, stated, when grilled by the press after a sloppy last minute victory, "Gentlemen, I would rather look bad and win than look good and lose!" This statement may appear paradoxical in light of the constantly espoused ideal that the objective of physical activity is the betterment of individual performance, but it is true. In many sports, team defeat can be reconciled on an individual level. A track team may have lost, but John Doe jumped seven feet! The Atlanta Braves lost, but old Hank Aaron hit two home runs. You don't see much publicity for the stars in football if their team loses. There is little individual gratification when a football team loses for there is little individualism in the game. The team is always the central, critical entity. The individual must sacrifice part of his identity for it. This is a reflection of today's "organizational" society and is reflected by the game's ever increasing popularity—both for spectators and for participants.

ACTION THE KEY

Crew may be considered the epitome of a team game, but it lacks other characteristics desired by the society. Football, besides being a team game, exhibits the American desire for visible, fast moving violent action. Baseball's popularity has slipped because of its slow pace. Society has become impatient with it. Sports such as ice hockey, soccer and basketball, while fast moving, do not exhibit the "right" type of action. "Right" in this sense is a very nebulous quality. It

cannot be easily defined. Partially, it is a failure of the population to really understand and appreciate the sport; but in other cases it is, quite simply, a lack of violence.

The American people, possessors of a rugged, frontier heritage and now members of a complex society that often leaves them alienated and bitter, are basically aggressive, violent individuals. However, in addition to this sense of enjoyment of violence, we also, because of our "civilized" nature, are afraid of the same. The popularity of boxing has fallen off in the past two decades for several reasons, not the least of which is a growing feeling of revulsion and rejection. The object of the sport is to beat the opponent unconscious. It is open! We can see the blood and the pain. This we cannot accept!

Football, on the other hand, is "controlled" violence. It is concealed, to a degree. One man running head-on into another man at full speed is as brutal an action as there is in sports. This, however, can be rationalized. The object of the game, after all, is not really physical destruction, but rather the crossing of the goal line with the football. The blood, the scars and the pain are hidden behind a helmet, face mask and a conglomeration of pads. We, as civilized human beings, can simply dispel our fears as we vent our aggressions.

SHOCK CUSHIONS

Television and the half time ceremonies further add to the increased popularity, but time and space prevent further discussion of this aspect.

The unique concept of the game further preoccupation with football. Football players have been called "twentieth century gladiators" and indeed they are. Two teams come together to wage a "friendly" war. They are dressed in strange armor and carry out strategic offenses and defenses. The stadiums, huge concrete and steel structures filled with 50, 70 even 100,000 people, become an integral part of the event. For a few short hours, there exists a world of fantasy and unrestrained emotion!

Next week: A look at the individuals who play the game.

What makes you tick?

By Cpl. Terry Kearns

K-BAY — Just about everybody has their own philosophy on the rigors of day-to-day living. While some people may believe in something, but not really put it to work for them, others take what they believe to heart and do their thing.

One such person is 19-year-old Marine, Corporal Mike Maiden. A radio operator with Bravo Battery, 1st Battalion, Twelfth Marines, Maiden believes, "You get out of something exactly what you put into it." With this frame of mind the young Marine has found that success awaits anybody that wants to really put himself into what he has to do.

With a year of college under his belt, the Crockett, Tex., native decided to come into the Corps for two years to fulfill his military obligation and qualify for the G.I. Bill.

Earning the platoon honor man position during boot camp at MCRD, San Diego, Maiden was meritoriously promoted to private first class and received orders for Field Radio Operators School, also at the recruit depot.

Radio operators school came easy to the newly promoted Leatherneck; his attitude on giving 100 per cent hadn't changed since his boot camp graduation. Placing first in his class, he was meritoriously promoted to lance corporal and received orders for Hawaii, which was ironical in his case.

"This isn't the first time that a member of my family has served in the islands," he explained. "My father served here as a company commander with Bravo 1/4 in 1955."

The phrase "Like father like son" can be well applied to Maiden. His grandfather also served here as a lieutenant when K-Bay was a Naval Air Station in 1941.

"My grandfather and his wife lived on Coconut Island when he served here," the third generation K-Bayite commented. "On the morning of December 7, 1941, they were having breakfast when they spotted the flight line hangars going up in flames. My grandfather said that the Japanese planes were flying so low over the bay that they could have struck a grown person standing on his feet."

Arriving here last January, Maiden was assigned to the artillery arm of the 1st Marine Brigade as a radio operator with a forward observation team. Shortly after his arrival he was sent to NCO school and placed first, receiving a meritorious promotion to corporal. He enjoys his job in the field, but equally enjoys his duties in garrison.

"I'm the battery training NCO and handle off-duty education," he stressed. "This gives me a real feeling of satisfaction, helping Marines obtain a high school diploma."

Education is heavily of his mind and he is now taking correspondent courses to keep up with his goal of becoming a veterinarian after his current enlistment is up.

What makes Mike Maiden tick? He ticks to putting himself into whatever he has to do and realizing the full potential of his abilities.

What makes you tick?



Photo by Cpl. A.E. LaMieux

CORPORAL MIKE MAIDEN

Local locomotion

K-Bay Staff Wives

FAREWELL COFFEE

Mrs. William L. Smith will be the guest of honor at a 9:30 a.m. coffee Tuesday at the K-Bay Staff NCO Club Ballroom. All staff wives are invited.

STANLEY PARTY

A Stanley Party, hosted by Johnnie Kampmann, will be held at 1 p.m. Monday at 1979-A Hanson Circle. All proceeds will be for door prizes for next year's boutique. If you can't make it but would like to order, call 254-4503.

BOARD MEETING

At 7 p.m. Tuesday a board meeting is scheduled at 346 Ilmiano Street, Kailua.

Clubs

CAMP SMITH STAFF NCO CLUB

TODAY — Go-go girls will be featured during Happy Hour from 4:30 to 6:30 p.m. with half price on drinks. Dinner will be served beginning at 6:30 p.m.

SATURDAY — Dinner starts at 6:30 p.m. with the Giles Brothers providing the entertainment from 9 p.m. until 1 a.m.

THURSDAY — Happy Hour, with half price on drinks, goes from 5 to 6:30 p.m. Dinner at 6:30 p.m.

CAMP SMITH ENLISTED CLUB

TODAY — Listen to the rock sounds of Sugar Mill from 8 p.m. until midnight.

K-BAY STAFF NCO CLUB

TONIGHT — Soul Night with The Magic doing their thing from 9 p.m. to 1 a.m.

SATURDAY — Coming on strong will be High Country from 9 p.m. until 1 a.m.

TUESDAY — Mongolian Bar-B-Q starts at 5:30 until 8 p.m. Buddy Varnell will be pickin' and singing from 5:30 p.m. to 7:30 p.m.

Trip to Hilo

All military personnel and their dependents can catch a flight to Hilo, have hotel accommodations and reservation of a rental car, all for just \$75. The trip is slated for Aug. 16-18 and the price must be paid by July 15. For further information and reservations contact Louisa Betita at 524-5600 ext. 204 or 211.

Vet service stops

The Veterinary Services Small Clinic at K-Bay will be closed starting Monday until approximately Sept. 1, due to the absence of the Veterinarian.

Education

A counselor from Roosevelt University will be at K-Bay's Education Center from 9 a.m. until noon Tuesday. The purpose of this visit is to counsel individuals interested in enrolling in Computer Sciences offered by Roosevelt University.

The program is open to holders of high school diplomas or GED certificates. Students normally attend class two nights a week from 6:30 to 9:30 p.m. at Hickam Air Force Base or the Control Data Building (near Tripler Hospital), depending on the course. Subjects

available this term are: Electronic Data Processing 1 and 2, Assembler Language 2, Systems Management and Remote Processing Group 360.

Classes start July 8 and end Aug. 29. Fees are payable by either using Veterans Benefits or Marine Corps Tuition Assistance, with books being provided free.

For more information contact JEC at 257-2061/3572.

Summer outing

Officials at Bellows Air Force Station have announced the opening of registration for those interested in participating in its summer outing program, Camp Menchune.

Open to dependents of active or retired military members ages 7-11, the camp consists of four one week periods from July 28 to Aug. 24.

During their time at the camp, the youngsters live in tents, sleeping on cots and mattresses. Tent groups consist of seven youngsters and one adult counselor.

The camp is \$35 per child, per week, and is payable upon registration. Applications will be accepted until July 15 or as each week's quota is filled.

Application forms are available at the Hickam Youth Center, 6th and Worthington Avenues, or at the Bellows Air Force Station Recreation Office. Interested individuals may also write: Bellows Recreation Center, P.O. Box 1010, Waimanalo, Hi. 96795.

Family Services news

Family Education Center of Hawaii is sponsoring a parent study group at the K-Bay Family Services Center, beginning Tuesday. The group will meet for 12 weekly sessions from 7-9 p.m.

Although the first group will be limited to 15 parents, more groups will be scheduled as interest indicates. The purpose of the program is to promote understanding between family members and give parents new insight into child behaviour and management. Parents will actively participate in sharing problems and experiences.

Movie memo

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

1. **THE MIDNIGHT MAN** — Burt Lancaster, Susan Clark, R, mystery
2. **HIGH PLAINS DRIFTER** — Clint Eastwood, R, western
3. **ALL THE WAY BOYS** — Bud Spencer, Terence Hill, PG, drama
4. **TOM SAWYER** — Johnny Whitaker, Celeste Holm, G, musical
5. **WHITE HEAT** — James Cagney, Virginia Mayo, none, melodrama
6. **AND NOW THE SCREAMING STARTS** — Peter Cushing, R, horror
7. **NED KELLY** — Mick Jagger, Clarissa Kaye, PG, western
8. **BREEZY** — William Holden, Roger Carmel, R, comedy
9. **THE BIG SLEEP** — Humphrey Bogart, Lauren Bacall, none, drama
10. **DEADLY CHINA DOLL** — Angela Mao, Carter Huang, R, melodrama
11. **THE OWL AND THE FUSSYCAT** — Barbra Streisand, R, comedy
12. **EVIL ROY SLADE** — Mickey Rooney, Dick Shawn, none, western

The children's Sunday matinee at the Family Theatre will be "Swiss Family Robinson." Show begins at 2 p.m. Admission is 30 cents.

Classified ads

For sale

1968 DODGE STATION WAGON Coronet 500, with A/C, \$550 or best offer. Call Maj Slouk 257-2694 DWH.

RUGS, two rust, gold, avocado shag rug 12x16 and 11x16. One avocado shag rug 12x16, all w/pod, \$160 each. Whirlpool air conditioner, 18,000 BTU, one and one-half years old, \$100. Call 254-1362 AWH.

1968 MUSTANG FAST BACK, V8, air, power steering, auto, \$499/best offer. Call 257-3241 DWH, 261-2001 AWH.

1963 RAMBLER two door old, playing, must sell, good second car. Come, see and offer. Call 254-4535 anytime.

1972 VW, 411 wagon, air, auto, only 22,000 miles, excellent cond, \$3,000. Call 254-4311 DWH, ask for Janet, 254-1448 AWH.

1973 DATSUN 610 station wagon bought new Sept. 73. Four speed, radio, luggage rack, heater, tinted glass, excellent condition, for sale or lease over payments. No money needed for downpayment on approved credit. \$2,900. Call 257-2725 DWH, 254-4046 anytime.

1969 PLYMOUTH auto trans, needs some work. TEAC R1000 auto reverse tape deck, Pioneer amp and two Akai speakers. Call 257-2540 DWH, 254-4933 anytime.

HOUSE, four bedroom, two and one half baths, family room, patio, large yard, immediate occupancy. Call Major Halman 257-2554 DWH, 261-0436 AWH.

1973 PONTIAC SAFARI wagon, \$4,100 or \$700 and take over payments. Craig Portable reel-to-reel tape recorder, \$75 (takes 3" to 8" reels). Call 257-3213 DWH.

1968 DATSUN four door wagon, good second car, best offer over \$200. Call 257-3696 DWH, 239-7657 anytime.

1967 VW recently rebuilt engine, new tires and safety sticker, \$450/offer. Call 254-3126 anytime.

HOTPOINT REFRIGERATOR, very good cond, 12 cu ft, separate top freezer, \$85. Westinghouse range, electric, four burner, 30" oven, good condition, \$65. Both available June 30, 74. Call 254-2983 anytime.

1973 DODGE custom van, must see to appreciate. Call 477-6002 DWH, 257-2012 DWH.

PLAYHOUSE, large and sturdy, \$50. Located 2188 Bancroft Drive. Call 257-2777 DWH, 254-1217 AWH.

1968 VE BEETLE, engine just rebuilt, 8,000 miles, no rust, excellent condition, new complete brake job installed, new tires, \$700. Call 257-2722 anytime.

1967 VOLKS, excellent condition, \$850. Call 257-2779 DWH, 239-7896 AWH.

1964 FALCON, two door, PB/PS, good rubber, safety sticker, good local transportation, \$229 f/w. Call CWO Russell 257-2057 DWH, 254-1098 anytime.

1963 FALCON station wagon, 260 V8, well maintained, excellent condition throughout, looks good, very reliable transportation, \$450. Available mid July. Call 477-6283 DWH, 689-6749 anytime.

1972 WHIRLPOOL 20,000 BTU air conditioner. Good condition, \$150. Call 257-3289 or 257-3652 DWH.

1969 PONTIAC Grand Prix, \$700, burnt valve. Call 477-5121 DWH, 839-8401 AWH.

LIVING ROOM FURNITURE, sofa, love seat and two end tables, \$200. Call 477-5121 DWH, 839-8401 AWH.

DISHWASHER, portable, Lady Kenmore with chopping block top, \$100. Carpet, green & beige tufted, 12 ft x 34 ft with pad, \$100. Call 477-5054 DWH, 458-5152 anytime.

1968 CAMARO CONVERT, small V8, excellent top, auto, good tires with mag wheels, new brakes all around and recent tuneup, \$1,200 or will consider trade for equal value pickup or foreign car. Call 477-4452 DWH, 672-3357 anytime.

NEW SCHWIN TANDEM bicycle built for two with baby jump seat too. Cost \$160 sell for \$100. Current Hawaiian registration, bike has less than 25 miles on it, selling because moved into the NH. Call 477-4452 DWH, 672-3357 anytime.

1973 YAMAHA 500 SC, low mileage, like new, for serious dirt rider, \$1,000. Call 257-3221 DWH, 239-1231 AWH.

SAILBOAT, 23' Star Class and trailer, make offer. Call 257-3108 DWH, 257-2046 AWH.

1968 VW, excellent condition inside and out, \$900/offer. Call 254-3517 or 262-6672 anytime.

KODAK COLOR DATA GUIDE, Unicolor chemistry for development of color prints, unit-drum for color print processing, CP acetate filter set. All in good condition, used only once. Original cost, \$85, sell \$30. Photographic paper included free. Call 239-7960 anytime.

B&W PORTABLE 18" TV, excellent condition, no problems, \$100. Call 257-3651 DWH, 254-1195 AWH.

1972 TOYOTA CORONA four door sedan, automatic, air conditioning, radio, \$1495. Call 257-2557 DWH, 235-4983 AWH.

CONSOLE 21" color TV; portable typewriter; canister vacuum cleaner and portable sewing machine. Call 257-1693 anytime.

TWO G.E. AIR CONDITIONERS, 11,500 BTU, \$125 each; Maytag washing machine, \$15; living room drapes and rods for capehart housing, \$20; kitchen curtains and rods for capehart housing, \$10. Call 257-3558 DWH, 254-4040 anytime.

TIRES, two H78x14 polyester, like new, mounted on Shelby polished aluminum wheels, fits Ford or Mercury, \$90 for pair. Two E78x14 polyester tires, new, less than 15 miles on them, mounted on Ford rims, \$35 for pair. One E78x14 polyester tire approx 75% tread left, mounted on Ford rim, \$15. Call HM2 Blum 257-2284 DWH.

1967 HONDA 305 SUPERHAWK, \$275; 1968 Chrysler four door hardtop, air cond and power, \$250. Call 254-1280 anytime.

1972 VOLKSWAGEN Super Beetle, good condition and very clean, \$1,700. See at "A" Co, 3rd Eng Bn, Bldg 1033, KMCAS. Call 257-2076 DWH.

For rent

HOUSE, Ewa Beach, three bedroom, two bath, dining room & living room with cathedral ceilings, bedroom air cond, two car port and storage, fenced yard and patio, spacious lawn, flower and fruit trees, near ocean, schools and shopping one mile. Avail mid July, \$350. Call 477-6283 DWH, 689-6749 anytime.

KANEONE, two bedroom, one & one-half bath, carpet, drapes, pool & sauna, refrig and range incl, washer/dryer hookup, across from Valley of Temples. Call 239-9002 anytime.

TOWNHOUSE, fully furnished, two bedroom, two car garage, beautiful mountain view, avail July 1, \$400. All Cluster Park. Call 521-3036 DWH ask for Sean.

HOUSE, four bedroom, two and one half baths, family room, patio, large yard, immediate occupancy, lease. Call Major Halman 257-2554 DWH, 261-0436 AWH.

TOWNHOUSE, three bedrooms, two and one half bath, garage, appliances under warranty, pool, sauna, carpeted, drapes, \$350 per month, 20 minutes from KMCAS, across from Valley of the Temples. Start rent anytime. Call 257-2055 or 257-2070 DWH, 239-7926 anytime.

HOUSE, Enchanted Lake, Kailua Heights, three bedroom, large lanai, carpets, appliances, view, near shopping, schools, churches, \$350 per month. Call 257-3241 DWH, 261-9139 or 261-2001 AWH.

HOUSE, Enchanted Lake, three bedroom, two bath, large enclosed lanai, covered patio, all appliances, spacious yard, short walk to school, \$375. Call 261-3642 anytime.

Wanted

K-BAY SCOUTS need newspapers & corrugated cardboard (no magazines). Tie in neat bundles, container at KMCAS 7-Day Store & Commissary.

TOYS FOR TOTS, Trolley Car KMCAS 7-Day Store; Little Red Caboose, Main Gate; may be left at 2093A Ewa Dr. KMCAS, Call 254-2148.

CLOTHES for needy families in U.S. & foreign countries. Leave at 2432B Cochran St., KMCAS. Call 254-1427 anytime.

OVERWEIGHT WOMEN, who really want to lose. Call Johnnie Kampmann at 254-4503. She has the secret (she lost 130 lbs.).

Garage sale

TODAY, TOMORROW AND SUNDAY, 1 - 4 p.m. Mr. Johnnie Kampmann's 1973-A Hanson Circle, KMCAS. Crystal, china, silver, antiques, furniture, clothing (sizes 18, 16, and 20) and what have you. Call 254-4503 anytime.

THRIFT SHOP KMCAS has lots of furniture, baby items, clothes and misc items. TSH 10 cents thru June 29, Hours - Tues, Thurs, & Sat, 9 a.m. - noon, Thursday evenings 6:30 - 9:30. Call 254-1216 or 254-3096 anytime.

TOMORROW AND SUNDAY 10 a.m. - 4 p.m. Clothes, curtains, children's books, toys, picnic table & two benches, outdoor table for road racing set, Puma boy's track shoes, size 3 1/2, Adidas football shoes, hanging flower pots, Baby electric feeding dish, Delco battery E 3000 V63, lanai rug, two bedroom rug and more. 2170 Bancroft Drive, KMCAS.

SUNDAY, all day, 2464E Cochran, KMCAS. Play pen; 20" Box Fan, 23" color RCA TV; leather purses and lots of other leather items and misc. Call 254-3178 anytime.

TOMORROW, 10 a.m. - 4 p.m., 554 Ukukenu St., Kailua, Bed, clothing, baby items and other household items. Call 261-1869 anytime.

Job opportunity

NEED dependable babysitter in our home. References required. Call 257-3648 DWH, 235-1432 AWH.

Found

WETSUIT, Pond Rd Beach. Call 254-3126 anytime.

Share a ride

Univ of Hawaii, Manoa for Summer Sessions. Now: Leave KMCAS 6:30 a.m. return 3 p.m. Beginning July 8: Leave 6:30 a.m. return noon. Call 254-4806 AWH.

Services offered

COMPLETE REUPHOLSTERING done very reasonable, free estimates. Call 254-4728 anytime.

QUARTERS CLEANED for moving, \$125. Call 254-4075 or 235-4882 anytime.

WILL SEW Chevrons on shirts, 75 cents a set and \$1 a set for jackets. Call 254-3178 anytime.

Free

THREE cute, playful kittens, one male, two females, each a different color, housebroken, free to good home. Call 254-4290 AWH.

PUP, wired haired terrier five months old, playful, good with children. Call 254-1476 anytime.

Valerie
Lane



Photo courtesy Playboy

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 name 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)