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KANEOHE BAY, HAWAII, SEPTEMBER 17, 1980

TWENTY-FOUR PAGES

Pass in Review

"Tailhook Association" Awards

HQMC, WASHINGTON MCAS — Two Marine Corps aviators were honored during this year's Naval Aviation's "Tailhook Association" symposium in Las Vegas, Nev., Friday through Sunday.

Captain Gregory R. Bach, with Marine Tactical Reconnaissance Squadron 2, MCAS El Toro, and John Roddy III, a pilot with Marine Tactical Electronic Warfare Squadron 2, MCAS Cherry Point, were selected by aviation officials here for their significant contributions to carrier aviation.

The "Tailhook Association" is a professional organization that supports and promotes the advancement of carrier aviation and the U.S. Navy.

September Promotions

HQMC, WASHINGTON MCAS — The following lists are promotion allocations for September 1980. For details, call Commandant of the Marine Corps Code MM1, AUTOVON 224-1688.

Status of 1979 Selection (Officers)			
Grade To	Number Selected	From To Date	Sept. 1980 Promotions
Maj	101	650	46
Capt	144	1125	110

Status of 1980 Selection (Officers)			
MajGen	5	2	0
BGen	7	0	0
Col	115	100	12
LtCol	207	285	39

Status of 1979 Selection (Enlisted)			
Grade	Number Selected	From To Date	Promoted
Sgt	185	400	387
Cpl	34	430	110

Status of 1980 Selection (Enlisted)			
Pvt	100	0	0
Cpl	25	0	5

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President signs defense bill

It's official! The President of the United States recently signed the Defense Authorization Bill proposed by Congress. Effective Oct. 1, an 11.7 percent pay increase in basic pay, subsistence and quarters allowance will be implemented.

The bill will provide a family separation allowance of \$30 per month for personnel in pay grades E-1 through E-4 with less than four years of service. Another stipulation is that the service member must be separated from his family for 30 or more consecutive days.

Military persons eligible for per diem assistance will receive an increase of up to \$50 per day. A maximum of up to \$75 per day is authorized for designated high cost areas.

THE SECRETARY of Defense has been granted discretionary authority to award a continuation bonus to aviation officers with six to 18 years of service. The maximum annual bonus authorized is equal to four times the service member's monthly basic pay.

Trained personnel working in non-nuclear type job positions can receive reenlistment bonuses of up to \$16,000. However, the ceiling bonus for nuclear trained personnel who reenlist is \$20,000.

A zone "C" selective reenlistment bonus has also been created for service personnel with 10 to 14 years of service.

The authorization bill allows for a \$25 per month affiliation bonus for individuals joining selected

reserve units early. The amount received will be based on the amount of remaining months left in military service.

SERVICE PERSONNEL with handicapped dependents can receive up to \$1,000 per month for expenses, while an increase in coverage for infant medical care has also been awarded.

A retired pay computation plan has been approved for those persons considering the military as a career. As of Oct. 1, the three highest years of basic pay will be computed when averaging out the service member's retirement pay.

This provision will affect only those joining the service after Oct. 1. Basic pay for those entering military organizations prior to that date will be calculated on the

basis of basic pay at the time of retirement.

Another proposal signed by the president is that unless a service member serves at least 24 months on active duty, he is not eligible for veteran benefits. This does not include individuals released from military service due to circumstances relating to hardship or disability.

A NEW educational assistance program package has been approved allowing for nearly \$75 million to test various educational incentives for a period of one year.

The 11.7 pay increase and other incentive benefits are considered to be the most lucrative ever received by service personnel in the Armed Forces.



ABOVE AND BEYOND — Petty Officer 2nd Class Walter Buck, a corpsman at the Naval Regional Medical Clinic, Kaneohe Branch, is congratulated by LtCol Michael Keane, commanding officer 1st Radio Battalion, for receiving the Bronze Star.

Corpsman receives Bronze Star medal

A Navy corpsman assigned to the Naval Regional Medical Clinic, Kaneohe Branch, MCAS Kaneohe Bay, was presented the Bronze Star with Combat "V" Friday for his "heroic actions in connection with combat operations..." while serving in the Republic of Korea Dec. 7, 1979.

Petty Officer 2nd Class Walter Buck was assigned to Detachment "R", 1st Radio Battalion, Fleet Marine Force, Pacific when a patrol from the Army's 2d Infantry Division became disoriented during a fog, and wandered into an uncharted minefield.

While the unit attempted to find its way, a mine exploded, killing one soldier and wounding two others. Buck, upon hearing of the

incident, unhesitatingly volunteered to assist, and courageously entered the minefield alone.

He quickly proceeded to administer lifesaving treatment to the wounded, then he calmly and efficiently supervised the evacuation, all in full view of a North Korean guard post. As the medical helicopter lifted off, it came under hostile fire and Buck, protecting a wounded soldier, exposed himself to the flurry of fire until the evacuation was completed.

The 25-year-old corpsman said he never intended to do anything heroic, and the full impact of receiving such an honor hasn't been absorbed yet. "I don't know what I was thinking of. I just reacted," he commented.

Fleet Marine Force, Pacific celebrates

Headquarters observes anniversary

CAMP H.M. SMITH — Fleet Marine Force, Pacific, observes its 36th anniversary today.

Commanded by LtGen A.W. O'Donnell, FMFPac encompasses almost half the earth's surface and is composed of about 72,000 Marines. Fleet Marine Force Marines are those assigned to the operating forces of the U.S. Navy, both in the Atlantic and the Pacific fleets.

THE FLEET Marine Force was originally created in the 1930s as a permanent expeditionary force for amphibious operations. As a result, the FMF structural concept went through a series of

reorganizations until 1944 when the designation Headquarters, Fleet Marine Force, Pacific, was officially established at Camp Catlin, Oahu, then Territory of Hawaii.

In June 1950, headquarters FMFPac was moved to quarters at Pearl Harbor. FMFPac then moved to its present location at Camp Smith in January 1956. The camp was named after Marine Gen Holland Smith, a pioneer in the techniques of amphibious warfare and the first commanding general of FMFPac.

DURING WORLD War II,

FMFPac was comprised of six Marine divisions, five aircraft wings and the service command. Following the war, manpower was drastically cut. However, when the United Nations went to the aid of South Korea in 1950, FMFPac rapidly geared up for combat.

In September 1950 some 30,000 Leathernecks of the 1st Marine Division and the 1st Marine Aircraft Wing began their decisive assault at Inchon, Korea.

From 1954-1964 various units of the FMFPac participated in military advisory programs in Southeast Asia. Then, in March 1965, the 9th Expeditionary

Brigade went ashore at Danang, Vietnam. From that date until the early 1970's, FMFPac units supported the United States effort in Southeast Asia.

TODAY, FMFPAC is comprised of the 111 Marine Amphibious Force (3rd Marine Division, 1st Marine Aircraft Wing and 3rd Force Service Support Group) on Okinawa, Japan; the 1st Marine Division with supporting elements at Camp Pendleton and Twentynine Palms, Calif.; the 3rd Marine Aircraft Wing at El Toro and Tustin, Calif. and Yuma, Ariz.; and the 1st Marine Brigade in Hawaii.



SO THAT'S WHAT IT IS! — Cpl George Cullen, Audio Visual Support Center, MCAS Kaneohe Bay, explains the Russian Tank T62, 1-to-10 scale mock up to Cpl Julius Bastamante, Station Operations and Maintenance Squadron. The mock vehicle is available at AVSC for use as a training aid. See Page A-2 for story and more photos.

Photo by Sgt Chris Taylor

Unit works in the reel world

by Sgt Lamar Johnson

Being in movies doesn't always mean achieving stardom. Nor does it mean taking a worldwide tour under gleaming lights and cameras, or riding in the latest model cars and wearing flashy clothes.

THESE THINGS don't happen for SSgt Scott Blythe, noncommissioned officer in charge of the Audiovisual Support Center Film Library, Headquarters and Headquarters Squadron, MCAS Kaneohe Bay either, although he enjoys his job just the same.

"Our job is to provide training support equipment and training aids consisting of things such as films and slides which are mainly about military training, human relations and religion. We also have projectors available. The services we offer are used by all units on Oahu and even in Guam," said Blythe.

HE EXPLAINED.

"We started sending orders to Guam six months ago. Our office has received a call from the commanding officer of the Marine Barracks there. He wanted to know what type of equipment we have available for teaching purposes. After the call, we sent him a list, and as a result, we supply his command with training aids for required classes.

"Here in the station training building (the location of Blythe's section) we have five classrooms. I am responsible for making sure they are equipped with projectors, films and slides for units to use during training classes."

Blythe said he works closely with Capt. Edwin Davis, officer-in-charge of the section, to ensure that people who come to them for training aids and equipment from the film library are able to get what they want.

"WE RECEIVE our films from the East and West Coast Motion Picture Photographic Center on the mainland," he noted. "If we don't have the films or equipment here in our library we take a trip to other services branches and check with their audiovisual sections to fill the request." Blythe also mentioned that once the equipment has been loaned to a unit it is that unit's responsibility to return it within 15 days.

AVSC not only provides the audiovisual training equipment, but the six people who work in the section also instruct individuals to properly use the equipment that is readily available for training purposes.

THEY ALSO assist in making sound-on-slides, tape recordings to projector slides. "First we refer the person requesting the service to the AVSC Photo Lab and Graphic Arts section to get

slides or drawings made. Once this is done we help them dub the audio portion," said the 25-year-old staff sergeant from Ohio.

"We also have an instructional television unit within our section. When a unit wants to put their exercises on film, all they have to do is put in a request for a Television Video Trainer," added Blythe. "Upon receipt of their request, we send out a

team to shoot the training exercises."

ACCORDING TO Blythe the TVT technique helps unit commanders evaluate field training exercises and allows them to graphically point out bad points that need work. It also enables them to see progress made by their Marines after watching different films of the same exercise. "It's like coaching a team using

video tape to stress the bad points. Individuals are actually able to see the mistakes after they have completed their task," he pointed out.

In conclusion, Blythe revealed that working behind the scenes isn't as bad as it sounds, in fact, "Since I arrived here three years ago, I learned my job. Now I try my best to help other units with their training requirements."



Photo by Sgt Chris Taylor

GOT TO BE REEL — LCpl John Ives inspects a 16-mm motion picture film for dirt and breakage on a film cleaning machine. Since joining the Training Audio Visual Support Center at MCAS Kaneohe Bay a few months ago, Ives has worked as an AVSC operator.

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The First Hawaiian
Making Checks



Photo by Sgt Chris Taylor

REEL SHOW BIZ — Cpl George Cullen, Training Audio Visual Support Center, MCAS Kaneohe Bay, searches for a particular reel of film, for use by a representative of a unit at the air station. The library's films are also used for training purposes by various units on Oahu and at Marine Barracks, Guam.

Naval clinic pharmacies fill civilian prescriptions

Naval Regional Medical Center, Hawaii pharmacies cooperate in filling civilian prescriptions to the extent possible.

These prescriptions will be filled during normal duty hours if the exact brand name or specific company's product is stocked in the pharmacy. If the pharmacy does not stock the brand name

medication, but does stock a generic equivalent an attempt will be made to contact the physician and obtain authorization to dispense the generic equivalent.

When certain medications are prescribed by a civilian physician that NRMC pharmacies do not have in stock, Navy physicians are not authorized to rewrite the prescrip-

tion for an alternate product.

Substitutions are not currently possible without the prescribing physician's permission. However, after January 1981, the pharmacy officer will be authorized to automatically substitute generic drugs, unless the physician indicates he does not desire a change.

cont. on A-5

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HAWAII MARINE

The Hawaii Marine is an unofficial newspaper published every Wednesday by Community Publications, Inc., 48-016 Alaloa St., Kaneohe, Hawaii 96744, in the interest of U.S. Marine Corps personnel in Hawaii. All news copy is prepared in the Joint Public Affairs Office, Marine Corps Air Station, Kaneohe Bay, Hawaii 96744. Copy must be submitted no later than noon Thursday for the following Wednesday publication. Hawaii Marine solicits contributions of information and photographs from all Marine Corps organizations. However it reserves the right to edit or rewrite material submitted. All advertising is arranged by the publisher, Community Publications, Inc., telephone 235-6881. Circulation is 8,000.

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

Requirements

Stringent standards set for temporary lodging allowance

Families moving to Hawaii under present circumstances must be prepared to live for a possible prolonged period in a location noted for its high cost of living.

The commandant, Fourteenth Naval District, recommends that personnel under orders for duty in Hawaii be advised to give serious consideration to deferring transportation of dependents until the person has arrived in Hawaii, and is familiar with obtaining

base housing or private accommodations.

TEMPORARY Lodging Allowance may be authorized for personnel who are command sponsored after dependents arrive, pending assignment of quarters or completion of arrangements for other permanent living accommodations in the civilian community.

Persons should be absolutely certain they are entitled to command sponsorship of dependents in accordance with Marine

Corps Order 1300.8.

There are no rank limitations and according to Mrs. Claire Silva, at the MCAS Kaneohe Bay Housing office, "The process of new members joining their command involves checking in. That is the way we find out if a person is qualified to receive TLA."

"DURING THE processing period members receive a brief on housing facilities at the air station, plus information on available quarters off

station. After this brief the housing office discusses the possibilities of personnel eligible for TLA."

Remember, TLA is not automatically granted upon arrival. Persons must apply for it at the housing office.

Silva pointed out, "The TLA clerk at the housing office must know when the person will be assigned government quarters. The length of time a member will have to wait for that assignment may vary. It all depends on the number

of persons on the housing list."

There are stringent requirements that must be met to be eligible for TLA benefits. The individual's parent unit will provide guidance and certify eligibility. The Housing Referral Interservice Coordinating Office provides a hotel information bulletin which lists all nongovernment quarters approved for TLA entitlements for military members and their dependents.

PERSONNEL who choose not to live in any

of the facilities listed in the bulletin and are waiting assignment to base housing do not qualify for TLA.

In conclusion, keep in mind that TLA rates are based on the type of accommodations required by the member, family size as designated by the Joint Travel Regulations Manual. In addition, an expense account will be requested for submission to the Housing office every 10 days.

Call the Station Housing Office at 257-2181 for further information.

Recreation boosts morale

by Sgt Chuck Henry

ABOARD THE USS NEW ORLEANS AT SEA, AUG 20 — Anyone who's been deployed at sea for any length of time can tell you that hours on the ocean are twice as long

as hours on shore. Time seems to drag by.

TO KEEP morale from sagging during lengthy at-sea periods, Marines and sailors aboard the New Or-

leans have organized an extensive program of recreational activities for everyone.

Troops presently embarked on the ship are part of the 31st Marine Amphibious Unit. The Marine elements of the unit, in

conjunction with sailors, are in the midst of a series of Sunday Special Services events designed to relieve the monotony sometimes experienced while deployed.

The series began

recently with a flightdeck tug-of-war competition. Teams representing ship's divisions and major embarked units faced off in what proved to be a grueling contest. Eventually pulling all competitors over the foul line was a hefty team from Weapons Company, Battalion Landing Team 2/3, the Marine Amphibious Unit's ground combat force.

PROBABLY the biggest single event slated so far is a ship-sponsored 10-kilometer run. Thirty-one laps around the flightdeck constitutes the distance. As with most shipboard activities, there is no expense to the individual participating, and each run finisher will be awarded a high-quality commemorative t-shirt.

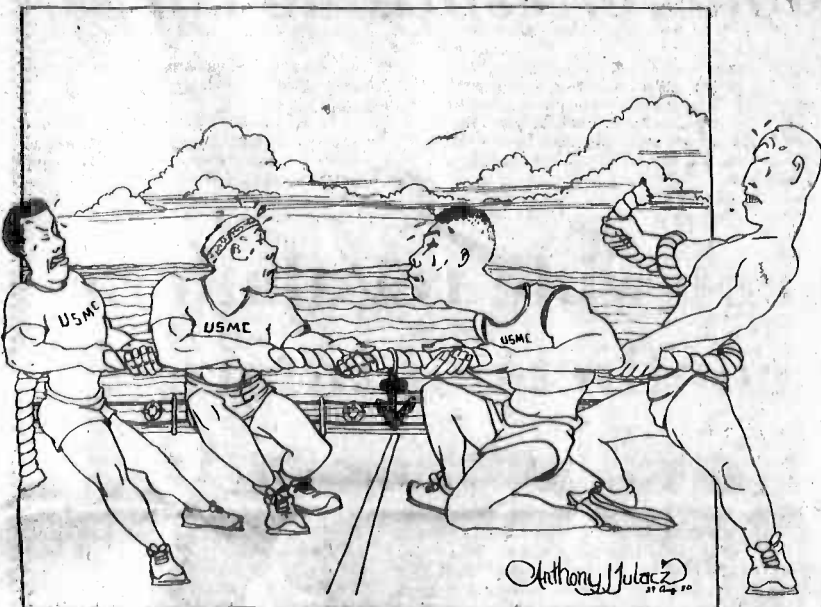
Other Special Services activities in the works include a boxing "smoker," volleyball and basketball games, a chess tournament, and a fishing rodeo in which prizes will be awarded for the biggest, heaviest and smallest fish caught

from the flightdeck or smaller boats.

The variety of prizes to be presented to winners of Indian Ocean competition is great, according to 1st Lt. Tim Neupert, 26, of San Bernardino, Calif., 31st Marine Amphibious Unit training officer and one of the Special Services coordinators.

"ONE OF THE specific award ideas being kicked around," said Neupert, "is a dinner with the captain." Another is being allowed to actually steer the course of the ship for an hour, in addition to other incentives such as ship's plaques and a movie with popcorn for a winning unit. The ship's executive officer has offered to stand a duty for the winner of an event.

"So far, participation has been very good," states Neupert. "Everyone seems anxious to get involved, whether it be in tug-of-war or just lounging on 'Steel Beach' during one of our planned flightdeck picnics."



At a glance

Hispanic Heritage

In recognition of the 1980 National Hispanic Week, Sept. 14-20, MCAS Kaneohe Bay will host a Block Party in the station theater parking lot at Building 219 Saturday, from 6 to 10 p.m.

The free party will include guest speakers, a fashion show, live entertainment and more. All military personnel, their dependents and guests are invited.

For more information contact MSgt Jeff Lambert or Gysgt Milton Goings at 257-3653.

Theater Groups

A new theater organization is now being formed for all active duty and retired military, their dependents and government employees on Oahu.

The Koolau Players will hold their first meeting on the Lower

Lanai of the MCAS Kaneohe Bay Officers' Club tomorrow at 7:30 p.m.

Members are needed for light and sound technical work, set design and construction, stage crew, costumes, makeup and publicity.

For additional information contact Georgia Buehl at 254-4612.

MCASqueraders, a dinner theatre group comprised of active duty military persons and their dependents, are conducting a talent hunt.

Persons with previous acting experience, or those interested in learning acting skills are asked to attend auditions tonight at the Family Services Center, Building 455 at 7 p.m.

For further information call 254-1692 or 261-8127.

Pacific Band Concert

The Pacific Fleet Band presents a concert at the Windward Enlisted Club Sept. 28 beginning at 2 p.m.

The program features the Pacific Fleet Jazz Ensemble under the direction of Lt. jg. Leo Henry and features sounds from the big band era. The group renders some of Hawaii's most exciting big band jazz.

Take a stroll down memory lane as the ensemble plays music from talents such as Buddy Rich, Count Basie, Duke Ellington, Maynard Ferguson and many new artists. From "hot licks" to lush ballads, a wide spectrum of contemporary big band jazz sounds is offered.

The power-packed variety rock/show ensemble "Tsunami" features '50's rock and roll. Sounds of today's

disco and rock/jazz fusion is also featured. Pacific Fleet Band Musician First Class Robert Leketa leads the group featuring vocalist Musician Third Class Melanie Leketa. For more information contact Special Services at 257-3135.

Arizona Memorial

The USS Arizona Memorial at Pearl Harbor will be closed Sept. 22 through Oct. 6 in preparation for the

opening of a new visitor's center. The Navy's boat tours will continue to operate, but will not stop at the Memorial.

The Arizona Memorial will reopen to the public Tuesday, Oct. 7.

Education Meeting. An education meeting is scheduled at MCAS Kaneohe Bay's Joint Education Center Tuesday at 1:30 p.m. All brigade and station education officers are

requested to attend. A new inspection checklist and command education policies will be discussed.

Red Cross

A Red Cross orientation is slated for Sept. 29, from 9 a.m. to 11 a.m. in the MCAS Kaneohe Bay medical dispensary training classroom.

For more information call the Red Cross at 257-2602.

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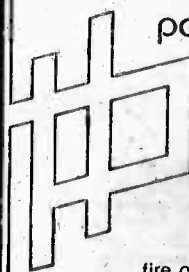
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EDITORIAL / OPINION

Street Scoop

What's particularly special about your military occupational specialty?



Cpl Joseph Cole, VMFA-236, Aircraft Maintenance: "School takes a long time and it's hard to get into. Without us there would only be sea-going and ground Marines."



Sgt Gaylene Marquardt, 1st Radio Bn, Communicator: "There are so few of us—only two battalions in the Marine Corps. Without radios the Marine Corps is not able to work as one unit when separated."



MSgt Jeff Lambert, Hq Co 1st Mar Bde, Human Relations: "We help all people."



Pvt Wayne Maddox, 1/3, Infantryman: "There's more danger and we are trained to stay alive in combat."



Cpl Michael Sangster, BSGO, Ammunition and Explosives: "Without me all you have is hand-to-hand combat. Without me there is no bang."

Preparations ease adjustments

APPS — More than four out of five people who get a divorce remarry. And that means an increasing number of stepfamilies. In fact, there may be as many as 15 million children who live at least part-time with a stepparent.

Stepparents were the villains in some of the most famous fairy tales. Now, stepfamilies on television are immediately loving and close. The reality, though, is that most stepfamilies have some clashes, but they learn to adjust to each other with time and work.

There are a number of things step and natural parents can do to ease this adjustment period, according to the National Institute of Mental Health. Here are some suggestions:

Examine your motives and those of your future spouse for marrying. The desire for an instant family or the need for a housekeeper are not good reasons for marriage.

Get to know each other as well as possible under all sorts of circumstances. Make sure that children get to know the possible stepparent, too.

Discuss the changes that will be required to bring two families into one. This is particularly important when you talk about ideas on raising children.

Explore with your children the effect remarriage will have on them. For instance, new family relationships, new living arrangements, differences in the relationship with the non-custodial parent. Consider your children's feelings, but don't allow them to make your decision about remarriage for you.

And while the wedding is still in the future, talk over family finances. Money problems are common in many marriages, but they can be doubly difficult when there is jealousy of child-support money coming in or going out.

Once the new family is formed, let relationships develop gradually. After all, love at first sight is rare for adults, and it is even rarer when the child sees you as a replacement for a missing parent. So don't expect too much—either from the child or yourself.



Commanders responsible for esprit de corps

Good commanders and supervisors must assume the responsibility of unit mission accomplishment. It is a demanding challenge that bears many responsibilities.

The major responsibility that has the most significant impact on mission success is effective leadership and management of people. We frequently see the mission being accomplished but at the unnecessary expense of wasting resources, especially our most important resource—people.

What makes good commanders and supervisors? They are the ones who willingly accept responsibility and correct the situation rather than blame it on the staff of a higher headquarters or on a subordinate when things go wrong. They ensure that their people understand their duties and responsibilities and the necessity for fulfilling them. They have given their people responsibility and placed decision-making at the lowest level consistent with ability, and let their people participate in decisions that affect the whole unit. Don't be the "busybody" commander who must handle all the details, who must always be present, who must always give the final order. This kills the pride, spirit, ambition, and initiative of everyone in the unit.

The good commanders and supervisors don't back down from their disciplinary duties nor do they over-emphasize punishment as a means of discipline. They try to instill in all their people a deep regard for self-discipline. They take disciplinary action only after careful, patient and intelligent study of all the factors relating to the offense. The good ones make every effort to motivate, change attitudes and

rehabilitate. They know that to change the person, they must be motivated in terms of values that appeal to them. However, once the decision has been made to take disciplinary or administrative action, the action must be swift and just to be meaningful. The true leader has the courage and conviction to act in such cases.

An area where the good commanders and

supervisors really stand out is in resolving people problems. They keep their people well informed about what is going on with honest and factual information. They don't start rumors or relate hearsay that tends to destroy the morale and discipline of their unit. They have very few, if any, equal opportunity and IG complaints or Congressional inquiries because the

commander and supervisor listen and take care of the problem.

In summary, the good commanders and supervisors have units with esprit de corps because cheerfulness, optimism and enthusiasm are contagious, but so are gloom, pessimism and indifference. What type of commander or supervisor are you?

Government-wide regulations prohibit conflicts of interest

Avoiding conflicts of interest and the appearance of conflict of interest continues to be a matter of utmost importance to military and civilian members to the Federal Government.

GOVERNMENT-WIDE regulations, including those of the Defense and Military Departments, prohibit the acceptance of business gifts or the use of job-related influence by civil servants and military personnel.

For example, a clear violation would occur if a Servicemember or civilian employee advises someone to buy stock in a corporation that the employee, by reason of inside information, has learned is about to be awarded a contract by his agency. This type of information can come only through

official channels so that no insider can profit by it, directly or indirectly.

NOT ONLY HAVE actual conflicts of interest been prohibited, but also apparent conflicts of interest. These are subtle and difficult to define. Lunches paid for regularly by persons dealing with your agency and gifts you and your family receive from these persons may not but could sway your judgment and thinking.

To quote the Supreme Court on this matter, "This broad prescription embodies recognition of the fact that an impairment of impartial judgment can occur in even the most well-meaning when their personal economic interests are affected by business they transact on behalf of the Government."

IN 1958 THE House of Representatives passed what has become known as the "Ten Commandments" for officers and employees of the Federal Government. The two most pertinent are that Government employees must:

- Put loyalty to the highest moral principles and to country above loyalty to person, party or Government department.

- Never discriminate unfairly by dispensing special favors or privileges to anyone, whether for remuneration or not; and never accept, for himself or for his family, favors or benefits under circumstances which might be construed by a reasonable person as influencing the performance of his Government duties.

My Turn

Cohesive Bond

After reading Sgt Johnson's comments about the apparent double standard now in effect in the Marine Corps, I'd like to offer my own opinion, having been on both sides of the fence, enlisted and officer.

I happen to agree with some of Sgt Johnson's remarks, especially the one about how young enlisted Marines are losing respect for the rank structure. Why this I cannot say. But as an officer, I sure see a lot of Marines turn their heads or scratch their noses rather than render a proper hand salute. The times I've wanted to stop my car in heavy traffic and take corrective measures are innumerable.

I also agree that there are a lot of officers who may seem to have a casual attitude toward military courtesy and bearing, but I wonder if Sgt Johnson ever stopped to consider how many times these officers have tried to correct a problem only to be met with sarcastic remarks and sullen attitudes. Eventually, frustration sets in no matter how intense and sincere the effort.

For example, how about the Marine who responds with a "Yes, Sir," or "Yes, Ma'am," only after being directed to do so? Or, the caustic remarks under the breath after being reprimanded for being out of uniform or failing to salute? Be honest out there! Don't you think that these things tend to wear on an officer's mind after a while? It's no wonder that some officers seem to go overboard with their wrath when these situations arise. I'm certain that if I polled every officer on this base, several more pet peeves could be listed. But, enough finger pointing. Back to the point at hand.

A "Cohesive Bond" between officer and enlisted should be a two-way street, I agree. In keeping with that, it should be the individual's responsibility for his or her personal appearance, not only the officer's. Pride was instilled in all of us during boot camp or Officer Candidate School, as the case might be. If not there, then prior to that in the home. If this isn't the case, how can you expect a problem that has been developing for 18 years or so to be corrected in less than one third of the time, one enlistment?

If this Marine Corps is going to work according to the standards established over the past 205 years, then we all need to take a look at ourselves and not try to place the blame for any and all shortcomings where it really doesn't belong.

1st Lt Tom Mock
HMM-265

BMX Hazards

When the bicycle motocross course out by Fort Hase beach was originally constructed I thought it was a great idea. The youngsters in the neighborhood often seemed at a loss for things to do. By building the bike track, the air station appeared to have discovered an ideal way to keep the kids busy, off the street and out of trouble.

Now I'm not so sure. What worries me is the complete lack of

adult supervision the kids receive at the course. I live directly behind the course and I've seen several children take some pretty mean falls. No one, to my knowledge, has yet been seriously hurt, but with the large volume of kids using the course, especially on weekends, it seems only a matter of time before some youngster gets badly injured.

We've got to do something now while the potential threat is merely a possibility. It will be too late after someone is hurt.

I think that a responsible person should be assigned, at least on a part-time basis, to the BMX track. I realize this would be considered unreasonable on a full-time basis, but I believe that supervision should be provided at least on weekends.

A part-time supervisor would go a long way in minimizing potential hazards, also ensuring no other problems occur. (I've observed several fights between some of the

older children at the track). Most importantly, when an accident does occur, having a responsible adult around would ensure that prompt medical assistance is available.

On the lighter side, having a supervisor around would keep down the number of acts of vandalism in the area. It seems that when the kids get bored riding their bikes they decide the next best thing to do is to remodel the track a bit. What usually happens next is that tires set up around the course for safety purposes end up strewn all over the field. The final results of this effort is normally an eyesore that would give Lex Brodie nightmares. Let's get someone out there to make sure those kids are able to enjoy the BMX course with minimum risk of harm.

Name withheld by request



"Haven't we met somewhere before? ... Boot Camp, Platoon 106."

Memorial site set

In early July, President Jimmy Carter signed into law a resolution of Congress authorizing a two-acre site for the nation's first Vietnam memorial.

"A long and painful process has brought us to this moment," the president said at the signing in the White House Rose Garden.

He went on to say that the nation has ignored those "who bravely answered their nation's call," and in doing so added to their pain.

Creation of the memorial near the Lincoln Memorial at one end of the mall will be financed by contributions from all Americans, the president said, an act that was requested by the Vietnam veterans who organized the program. In his remarks before an audience of congressional leaders and Vietnam veterans, the president

said that "all of us must be willing to sacrifice to protect freedom and to protect justice."

"But we are not called upon to sacrifice equally," the chief executive said.

"In every war there are some who are called on to make the ultimate sacrifice of their own lives. Some come home with bodies that must bear daily pain for the rest of their lives."

He added that "a tragically large number were still missing when the war in Vietnam was over" but said that the country will continue to exert the fullest possible effort to account for all those who are still missing.

When the Vietnam Memorial is completed, it will be operated and maintained by the Department of Interior.

Incentive

Order updates bonus payments

Marine Corps Order 7220.24K of June 5 addresses the approval of selective reenlistment bonus payment to Marines by their local commanders for first and second term reenlistments.

AS A RESULT of the updated order, ALMAR 155 dated Aug. 29, 1980 states commanding officers are authorized to award zone A or zone B SRB payment, in the multiple indicated, to Marines having a primary military occupational specialty within occupational fields indicated, provided the requirements set forth in MCO 7220.24K are met.

The following information lists the MOSs eligible for an SRBP under zones A and B.

Occupational Fields Eligible For Zone A Selective Reenlistment Bonus

OF	Military	OF	Multiple
02	2	44	2
04	2	57	2
11	1	58	3
15	2	59	6
18	1	61	3
21	2	63	2
26	4	64	2
28	5	65	3
33	1	72	4
34	2	73	6
40	5		

Occupational Fields Eligible for Zone B Selective Reenlistment Bonus

OF	Multiple	OF	Multiple	OF	Multiple
01	2	21	3	59	6
02	3	26	4	60	2
03	1	28	6	61	2
04	3	33	4	63	3
08	1	34	4	64	3
11	2	40	6	65	3
13	1	43	1	68	4
14	2	44	3	70	3
15	2	57	2	72	5
18	3	58	4	73	6

The following MOSs are not eligible for an SRB:

MOS	MOS	MOS	MOS	MOS	
0100	1500	4300	6051	6351	7231
0200	1800	4400	6071	6371	7241
0300	2100	5700	6081	6500	7300
0400	2600	5800	6091	6511	7311
0800	2800	5900	6111	6800	7381
1100	3300	5951	6300	7000	
1300	3400	6000	6311	7200	
1400	4000	6011	6331	7221	

It should be noted that current legislation has provided for a zone CSRB to be paid for reenlistment between 10 and 14 years of service. An announcement of zone C eligible occupational fields will be made as soon as possible, provided the legislation passes and necessary Marine Corps funds are authorized and appropriated.

FOLLOW THE ★ ILH/OIA ★ ON Kiss/K59



PLAY BY PLAY
WITH
LES KNITER

Date	Time	Game	Time
Thursday, 9/18	8:00 p.m.	ILH Game	8:00 p.m.
Friday, 9/19	7:00 p.m.	OIA Game	7:00 p.m.
Thursday, 9/25	8:00 p.m.	OIA Game	8:00 p.m.
Friday, 9/26	7:00 p.m.	OIA Game	7:00 p.m.
Saturday, 9/27	7:00 p.m.	ILH Game	7:00 p.m.
Thursday, 10/2	8:00 p.m.	OIA Game	8:00 p.m.
Friday, 10/3	8:00 p.m.	ILH Game	8:00 p.m.
Thursday, 10/9	8:00 p.m.	ILH Game	8:00 p.m.
Friday, 10/10	8:00 p.m.	OIA Game	8:00 p.m.
Thursday, 10/16	8:00 p.m.	OIA Game	8:00 p.m.
Friday, 10/17	8:00 p.m.	ILH Game	8:00 p.m.
Saturday, 10/18	7:00 p.m.	OIA Game	7:00 p.m.
Thursday, 10/23	8:00 p.m.	ILH Game	8:00 p.m.
Friday, 10/24	7:00 p.m.	OIA Game	7:00 p.m.
Thursday, 10/30	8:00 p.m.	ILH Game	8:00 p.m.
Friday, 10/31	7:00 p.m.	OIA Game	7:00 p.m.
Thursday, 11/6	8:00 p.m.	OIA Game	8:00 p.m.
Friday, 11/7	8:00 p.m.	ILH Game	8:00 p.m.
Thursday, 11/13	8:00 p.m.	ILH Game	8:00 p.m.
Friday, 11/14	7:00 p.m.	OIA Eastern Division Championship	7:00 p.m.
Saturday, 11/15	7:00 p.m.	OIA Western Division Championship	7:00 p.m.
Friday, 11/21	7:00 p.m.	OIA Championship Game	7:00 p.m.
Saturday, 11/22	7:00 p.m.	ILH Play Off (if necessary)	7:00 p.m.
Friday, 11/28	7:00 p.m.	OIA/ILH Post-Season	7:00 p.m.

Pharmacies

IN FILLING these prescriptions, NRMHC Hawaii regulations will apply with regard to the quantity dispensed and to the number of refills.

Following are the normal hours of operation of pharmacies at which prescriptions can be obtained. (NOTE: Federal Law prohibits the filling of civilian prescriptions without a registered pharmacist on duty).

Barbers Point Branch Clinic—7:30 a.m.-4:30 p.m., Monday through Friday.

Kaneohe Branch Clinic—7:30 a.m.-noon; 1-4:30 p.m., Monday through Friday.

Pearl Harbor Branch Clinic—7:30 a.m.-4 p.m., Monday through Friday.

Tripler Army Medical Center—8 a.m.-8:30 p.m., Monday through

Saturday; 8 a.m.-12:15 p.m.; 1-4:30 p.m., Sunday and holidays.

Legend drugs are also benefits under the CHAMPUS outpatient program. To file for reimbursement, all prescription drug claims must have an itemized receipt attached to outpatient claim CHAMPUS form 500. The receipt must indicate the name of the patient, the name

and strength of the drug being claimed, the name and address of the pharmacy where purchased, the prescribing physician and the prescription number. If this information is not included, the claim will be returned

unpaid. CHAMPUS CLAIM forms can be obtained from the health benefits counselor's office by calling 471-9364, or by dropping by the CHAMPUS office located within the Pearl Harbor Branch

Clinic outside the Makalapa gate. It should be noted that civilian prescriptions cannot be filled at the Wahiawa Branch Clinic, nor can refills be allowed on "controlled drug" prescriptions at any branch clinic.

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50% off Factory Suggested Retail of \$650

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GOODYEAR SERVICE STORES

ANNIVERSARY SALE

HURRY RADIALS

Size	Description	SALE PRICE	Plus FET or trade needed
BR78-13	NW Custom Poly Steel	39.95	1.96
185/70R-13	WW Custom Poly Steel	39.95	1.97
195/75R-14	WW Custom Poly Steel	55.00	2.33
205/75R-15	WW Custom Poly Steel	55.00	2.57
215/75R-15	WW Custom Poly Steel	66.00	2.75
225/75R-15	WW Custom Poly Steel	71.00	2.93
185/75R-14	NW Viva Radial	49.00	2.19
195/75R-15	NW Viva Radial	49.00	2.36
155/80R-12	BLK Tempo Steel Radial	39.95	1.38

Since we opened our first location in 1924, Goodyear Service Stores have been providing the very best in tires and auto service. Join our anniversary celebration and save now through Saturday at THE STORE!

\$39.95

Custom Poly Steel

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Plus 1.96 F.E.T.

SPECIAL SALE!

\$25.00

Goodyear Power Streak

Polyester

A78-13 BLK

Plus 1.55 F.E.T.

HURRY POWER STREAK

Size	Description	SALE PRICE	Plus FET or trade needed
A78-13 BLK	Power Streak Poly 78	25.00	1.55
678-13 BLK	Power Streak Poly 78	27.40	1.70
678-14 BLK	Power Streak Poly 78	30.25	1.83
678-14 BLK	Power Streak Poly 78	32.15	1.82
678-14 BLK	Power Streak Poly 78	35.00	2.23
678-14 BLK	Power Streak Poly 78	35.95	2.38
680-15 BLK	Power Streak Poly 78	38.55	2.60
678-15 BLK	Power Streak Poly 78	30.75	1.64
678-15 BLK	Power Streak Poly 78	38.10	2.46

Customgard GT Radials

Size	Description	SALE PRICE	Plus FET or trade needed
185/70R-13	BLK Customgard GT Radial	88.00	2.07
185/70R-13	OWL Customgard GT Radial	78.00	2.07
DR70-14	OWL Customgard GT Radial	79.00	2.42
FR70-14	OWL Customgard GT Radial	98.00	2.73
DR70-14	OWL Customgard GT Radial	98.00	2.87
BR70-15	OWL Customgard GT Radial	108.00	2.85
NR70-15	OWL Customgard GT Radial	110.00	3.10
BR80-14	OWL Customgard GT Radial	114.00	2.88
BR80-15	OWL Customgard GT Radial	114.00	3.01

SUPER SAVINGS ON WESTERN WHEELS

Size	Description	SALE PRICE	Plus FET or trade needed
185/70R-13	BLK Western Cyclone II	53.95	1.55
185/70R-13	OWL Western Cyclone II	54.95	1.55
185/70R-13	OWL Western Cyclone II	54.95	1.55
185/70R-13	OWL Western Cyclone II	54.95	1.55

Front TRWC Truck & RV Tires

Size	Description	SALE PRICE	Plus FET or trade needed
E78-14	Tracker LT BIK C	50.50	2.71
578-15	Tracker LT BIK C	57.25	3.18
578-15	Tracker LT BIK C	64.00	3.46
578-15	Tracker LT BIK C	67.50	3.57
800-16.5	Tracker LT BIK C	70.75	3.24
875-16.5	Tracker LT BIK C	73.00	3.94
915	Tracker AT BIK B	85.75	3.99
1015	Tracker AT BIK B	90.00	4.39
11-15	Tracker AT BIK B	94.00	4.50



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SAFEWAY FOR 4-DAY AD SPECIALS... PLUS

THIS ITEM ON SALE

MULLET Air Flown Inflation Fighter \$1.39

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BLACK COD STEAKS

Local Boy STEAM AND EAT LB. \$1.99

MEAT SIGNS OF SAVINGS

SLICED BACON

Smok-A-Roma (Armour Star lb. 1.99)

LB. \$1.89

WHOLE FRYERS

Patti Jean Frozen (Fryer Thigh Tysons Tray Pack lb. 1.19)

LB. 75¢

CORNEB BEEF

Redondos Best

LB. \$2.39

PORK CHOPS

Assorted Both Center And End Chops

LB. \$1.89

LEG OF LAMB

New Zealand Whole or Half

LB. \$1.98

GAME HENS

Patti Jean 20 oz.

EA. \$1.49

SIRLOIN STEAKS

Bone In USDA Choice

(Top Sirloin Steaks lb. 4.89) (Save 80c lb.)

LB. \$3.49

SNOW CRAB CLUSTERS

Meaty Sweet Meat (Dungeness Cooked Crabs lb. 1.59)

Available Thur. Fresh Salmon Air Flown Whole or Half Lb. \$3.29 (Center Slices \$3.98)

LB. \$1.99

RIB ROASTS

Large End USDA Choice (Small end lb. 3.49) (Save 48c A Pound)

LB. \$3.29

RIB EYE STEAKS

Boneless USDA Choice (Save 58c A Pound)

LB. \$6.49

OXTAIL

Cut Up For Soups And Stews

LB. \$1.39

FILLET SOLE

Schnaubelt Dover Sole (Octopus lb. 2.79)

LB. \$2.98

SLICED BOLOGNA

Scotch Buy Brand (Franks lb. 1.37)

LB. \$1.59

COOKED SHRIMP

Small Salad Type, Sweet Meat 6 oz.

EA. \$1.69

TURKEY HIND QUARTERS

Real Good Eating

LB. 69¢

SHORT RIBS

Frozen Bar-B-Que or Korean Style

LB. \$1.49

SAFEWAY LIQUOR BUYS!



Winner's Cup Gin 80° QT or 1L

\$4.79

Regular Price \$5.39



Winner's Cup Vodka 80° or 1L

\$4.79

Regular Price \$5.39



Bloody Mary Mix Mr. & Mrs. T's QT.

\$1.59



Pabst Blue Ribbon Beer 12 oz. Cans 6 Pk.

6 FOR \$2.09

Regular Price \$2.39



Perrier Water 8.5 oz.

\$3.49



Canadian Hill Canadian Whiskey 1 Litre

\$6.79

Develop & Print Single Print Special

Every Day Low Price

12-Exposure Roll \$3.49
20-Exposure Roll \$5.17
24-Exposure Roll \$6.01

September 17 thru September 20 Regular retail plus "1 Day or No Pay" guaranteed film developing.

BY PHOTOTRON-HAWAII

SAFEWAY SPECIALS

A "Safeway Special" tag on the shelf at Safeway marks an item on which we can offer you a savings as the result of a special purchase or manufacturer's allowance. Safeway Specials are in effect from 2 to 4 weeks. Some are advertised, hundreds are not.

SUPER SPECIALS

Super Special tags in our stores highlight advertised feature items on which prices are especially reduced for the period of the ad.

SHOP SAFEWAY FOR SURE



Clorox Bleach 1 Gal.

SUPER SPECIAL

\$1.09



Large Eggs

Lucerne Grade A Mainland Shelltreated

Doz.,

SAFEWAY Low Price

97¢



Macaroni & Cheese Kraft Dinner 7.25 oz.

SUPER SPECIAL

39¢



Ice Cream

Snow Star 1/2 Gal. All Flavors

SUPER SPECIAL

\$1.69

Clip the coupon below and bring it with you on your next shopping trip. Effective Wed., Sept. 17 thru Sept. 13, 1980. Search and Save.

Another Mystery Special

Effective Sept. 17 thru Sept. 20, 1980

MYSTERY COUPON

Come in and redeem this coupon for a surprising hot special!!

??

LIMIT ONE PER COUPON—ONE COUPON PER FAMILY

Wed., Sept. 17 thru Sat., Sept. 20—Cash Value 1/20 Cent at Safeway



LAST WEEK'S MYSTERY ITEM WAS 99¢ Crown Cola 12oz. 15¢

Biscuits

Homestyle & Buttermilk Refrigerated Mrs. Wright's 8 oz.

SUPER SPECIAL

4 for \$1

Broccoli Spears

Bel Air 10 oz.

SAFEWAY SPECIAL

59¢

Fig Newtons

& Fig Wheat 1 lb. Nabisco

SUPER SPECIAL

\$1.15

Town House Rice

5 lb. Extra Long Grain

SUPER SPECIAL

\$1.89

Saltines

Premium Nabisco 1 lb.

SUPER SPECIAL

83¢

Brownie Mix

Duncan Hines Double Fudge 23 oz.

SAFEWAY SPECIAL

\$1.59

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8 SAFEWAY STORES TO SERVE YOU

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1121 S. Kalia Rd. Honolulu
2850 S. Kalia Rd. Honolulu
1300 Pitt Highway, Honolulu

8:30 a.m. to 9:30 p.m. Mon. thru Sat.—Sun. 9:00 a.m. to 9:00 p.m.
8:30 a.m. to 12:00 Midnight Mon. thru Sat.—Sun. 8:30 a.m. to 10:00 p.m.
8:30 a.m. to 10:00 p.m. Mon. thru Sat.—Sun. 9:00 a.m. to 9:00 p.m.
8:30 a.m. to 10:00 p.m. Mon. thru Sat.—Sun. 8:30 a.m. to 9:00 p.m.

88177 Kaimukou St., Ala.
1000 Kalia Drive, Kalia
4805 Kalia Highway, Kaimukou
25 Kaimukou Bay Drive, Kalia

8:00 a.m. to 10:00 p.m. Mon. thru Sat.—Sun. 8:00 a.m. to 9:00 p.m.
8:30 a.m. to 9:30 p.m. Mon. thru Sat.—Sun. 8:30 a.m. to 9:00 p.m.
8:00 a.m. to 9:00 p.m. Mon. thru Sat.—Sun. 8:30 a.m. to 9:00 p.m.
8:00 a.m. to 9:00 p.m. Mon. thru Sat.—Sun. 8:30 a.m. to 9:00 p.m.


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100's MORE IN THE STORE!

PRODUCE
SIGNS OF
SAVINGS

you know it's fresh!
SPINACH
U.S. NO. 1 **59¢**

you know it's fresh!
CANTALOUPE
U.S. NO. 1
RIPE SWEET
LB. **29¢**



**THOMPSONS
SEEDLESS
GRAPES**
REFRESHING
SUMMER TREAT
U.S. NO. 1
LB. **69¢**



**HONEYDEW
MELONS**
U.S. NO. 1
RIPE, SWEET
AND
FULL OF FLAVOR
LB. **29¢**



LETTUCE
U.S. NO. 1 ROMAINE
LB. **45¢**



SALAD POTATOES
U.S. NO. 1
ALL PURPOSE
3 LBS. **\$1**



CARROTS
U.S. NO. 1
CLIPTOPS
3 LBS. **\$1**



BANANA SQUASH
U.S. NO. 1
BAKING
3 LBS. **\$1**




**FRESH
MUSHROOMS**
U.S. NO. 1
GOURMETS'
DELIGHT
8 OZ. PACKAGE
EACH **89¢**




**O'HENRY
PEACHES**
PREMIUM QUALITY,
JUMBO SIZE
U.S. NO. 1.
COMPARE
OUR
QUALITY
LB. **69¢**

NATURAL JUICES
8 OZ. BOTTLES OF ORANGE,
GRAPEFRUIT OR
5 MORE FLAVORS
EACH **39¢**



HOODY PEANUTS
ROASTED OR SALTED
IN SHELL
1 1/2 LB. BAG
EACH **\$1.99**



SNACK RAISINS
SUNMAID 14.5 OZ.
GREAT FOR SCHOOL
LUNCH BOXES
EACH **\$1.29**

.....SIGNS OF SAVINGS!



**Holsum
White Bread**
Fluffy
1 lb.
49¢
SUPER SPECIAL




**Wesson
Oil**
24 oz.
\$1.19
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**Calrose
Rice**
Town House
25 lb.
\$5.59
SUPER SPECIAL



Detergent
White Magic
15c Off Label
49 oz.
\$1.59
SUPER SPECIAL



**BE A
VOLUNTEER
BLOOD
DONOR**
BLOOD IS THE GIFT OF LIFE - PLEASE PASS IT ON

BLOOD MOBILE INFORMATION
Date: September 22, 1980
Time: 10:00 a.m.-3:00 p.m.
Location: Manoa Market Place
H&R Block Offices
(upstairs over Bank of Honolulu)
Appointments: Sunny at the Blood Bank 845-9966
Steve Litster at Safeway Store 205 261-1809
Hosted by: Safeway Stores, Inc.
Food Donations From: Safeway
(McDonald's, Coffee Etc., KC Manoa & Longs)
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SAFeway

Parents reach for mutual understanding

by Sgt Lamar Johnson

In early 1979, information based on counseling data and military police reports at MCAS Kaneohe Bay revealed that incidents of domestic disturbance, family violence, child abuse, neglect and marital stress occur at a high rate among Marine families.

AUTHORITIES speculated that contributing factors to the problem are: being cut off from access to family and familiar surroundings; living in a culturally "distant" area; the high cost of living in Hawaii; regular deployment of husbands resulting in six-month separations from family and poor parenting; and limited marital and budgeting

skills among young families.

After researching the problems of high stress and disorder in Marine families at Kaneohe Bay, Richard Sweet, program director of the Armed Services YMCA Outreach in Honolulu and Abby Arnold, then social worker and program director for the air station, came up with an idea to help. Their plan—assist Marine families living in station housing and surrounding civilian communities in meeting some of their needs.

THEIR CONCERN launched the Save Our Sanity Group which began operation March 29, 1979.

S.O.S., now directed by Mary Ann Kanahele is designed to

provide short-term treatment over an eight-to-10-week period and is broken into groups. Each group has between five and 10 members, usually those with serious parenting problems, including child abuse.

SOME participants are referred through child protective services and other state agencies, while others come on their own. The Tripler Army Medical Center and Parents' Anonymous also come to the aid of child-parent problems by referring them to S.O.S.

The treatment process is goal-oriented and participants are asked to specify their goals and what they would like to achieve in the program. Some are encouraged to continue

with the group for second and even third sessions if goals have not been satisfactorily achieved.

DURING THESE sessions parents learn specific ways to cope with children. Topics

include ways to deal with feelings, ways to understand and handle children in preschool years, how to accept children and become more relaxed around them, and ways to get a child to accept a step-parent.

The S.O.S. Group Experience includes individual history interviews with each participant, ventilation of feelings in group and private counseling sessions, sharing experiences of similar

problems with other participating in the same group, and exploration of options in coping, using both group leaders and group members as sources.

GROUP MEET-

ings are only a part of the process of reaching the core of family stress problems that surface among Marine families. Members of S.O.S. also visit homes of families to provide guidance in communication skills and child

management along with relaxation exercises and structural exercises to enhance self-awareness.

According to a pamphlet published by the Armed Services YMCA Outreach program on A-10

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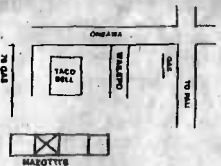
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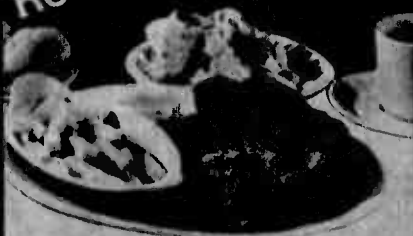
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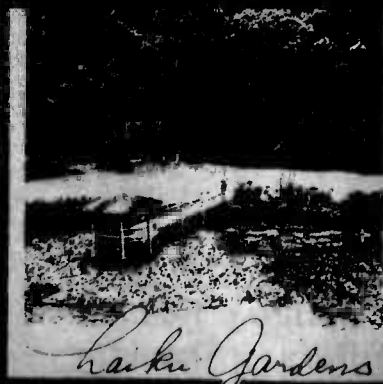
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Technicians ensure aviators' safety

by Sgt Lamar Johnson

"Not many people are willing to accept responsibility for a man's life. That's what makes our job at Paraloft as challenging as it is interesting."

This is only one of the ways MSgt Edward Walker, noncommissioned officer in charge of Headquarters and Maintenance Squadron-24's Paraloft Flight Equipment and Safety Section at MCAS Kaneohe Bay describes the function he and the Marines in his section perform.

WHEN aviation is the topic, most people think of planes and the art of flying. Little is known about the men of the flight equipment section and the work that ensures the safety of aviators from the air station.

Walker stated, "Our job is to help all the squadrons maintain operational ability and to ensure that their safety equipment meets required standards."

The floatation devices and sound suppressors issued before taking a helicopter flight are the most commonly recognized

of all items associated with the flight equipment/safety survival field.

"PACKING" parachutes is only part of the game," said Walker. "We must make sure everything is correct when packing parachutes. We maintain light and heavy duty sewing machines to sew and mend parachutes, along with heavy duty harness machines used to repair flight harnesses. We also maintain the fire bottles mounted in the helicopter's engine compartment."

A TOTAL of 12 Marines from different squadrons are assigned to the Paraloft unit to work as safety and survival technicians. The men are tasked with inspecting and repairing aircraft injection seats, life rafts, survival kits, all types of life vests and environmental systems which include air conditioning and heating, inertia harnesses and oxygen systems.

"We even inspect items as small as the

seat safety belts," claimed Walker. "You just about have to be a Jack-of-all-Trades in this field, because when all other attempts fail in an emergency, we can't."

"IF THERE is an aircraft emergency while the craft is still in the air, even though we may not be physically there, that's where our work comes in. We're the last ones to see that people get out of an aircraft safely."

He went on, "We also conduct inspections of all the squadrons to make certain the equipment is being maintained. When an inspection is conducted we look at the whole unit, not just the flight equipment section."

DURING AN inspection Walker checks the unit's air crew survival equipment, its administrative procedures accounting for tools and equipment and informs Marines of ways to effectively make and utilize a desk top procedure for daily functions. Most importantly, he checks to see if all the tools needed in the paraloft section are available or

are on order for restocking.

"WITHOUT the proper tools or missing tools," he said, "the unit's in trouble. If a job has to be performed

and requires tools not on hand, obviously the job can't be properly completed.

"The job isn't easy, but it sure gives me and the Marines working

here a good feeling when a Marine comes over here to shake our hands and thank us for having equipment that works and has saved his life or the life of a friend."



Photo by Sgt Chris Taylor

TOUCHY SITUATION — LCpl Edward Autry, safety and survival technician at Headquarters and Maintenance Squadron-24's paraloft section, conducts an overall inspection of a pilot's parachute container. Paraloft technicians must inspect and repack parachutes and equipment every 210 days to make sure the equipment is completely operational.



Photo by Sgt Chris Taylor

ALL STRUNG OUT — Paraloft safety and survival technicians, Lance Corporals George Stefanski and Gary Burley, Headquarters and Maintenance Squadron-24, conduct a double inspection on a NES-8B parachute. The parachute is required equipment in the F-4 aircraft. The purpose of the inspection is to make certain the parachute is fully operational and that strings are unbroken.

Exercise evaluates unit's performance

by Sgt Lamar Johnson

Marine Amphibious Unit Service Support Group-31, Brigade Service Support Group, 1st Marine Brigade, found lots of training opportunities and experiences during their Combat Readiness Evaluation Exercise, Sept. 8-12 at Bellows Air Force Station in Wahiawa.

ACCORDING to the MSSG-31 Commanding Officer, Maj Tom Bailey, "The unit has undergone more than just a standard CREB operation. Since we began our field operation, we've performed training in camouflage tactics, decontamination and water purification, nuclear, biological and chemical defense training, and exercises in defending the MSSG."

A total of 115 men participated in the

exercise designed to evaluate the performance as a service support element for a Marine Amphibious Unit.

THE MSSG-31 is organized to perform combat service support tasks deemed necessary for accomplishing the mission. The commander of the unit received assistance from the force service support section, which consists of a service unit, transportation, support, supply and maintenance and landing support units.

Task organization enables the MSSG to be self-administered as a separate, identifiable unit. Bailey pointed out that they were training in preparation for an upcoming deployment when they will support the 31st Marine Amphibious Unit. "While

afloat, the majority of our supporting elements deal with the purposes of the battalion landing team, including food, equipment, fuel and medical evacuations," he explained.

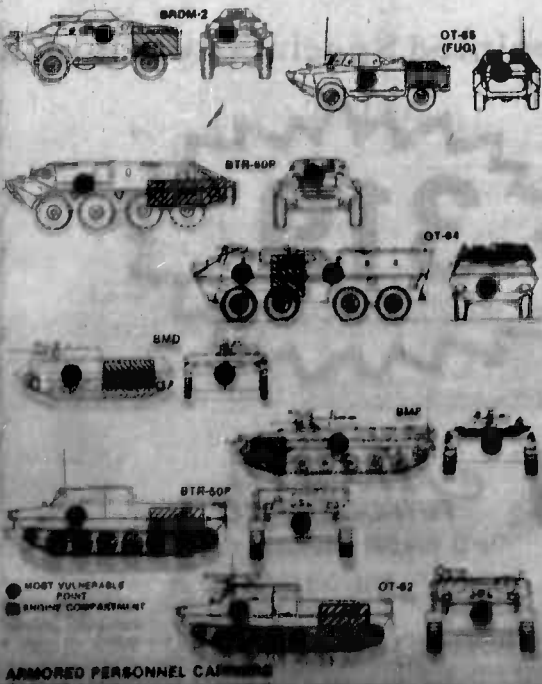
PFC Jim Meierotto said, "I've been to the field several times and the training is really not all that bad." The specialist in water purification continued, "When you have to get the job done, if you know what your task is and you get it done, it gets to be pretty easy."

IN CONCLUSION, Bailey gave his own opinion of his unit's CREB operation. "This exercise enabled us to get a lot of good training. We've performed necessary operational procedures without even having to leave the island. I think it's been very beneficial."

Intelligence Brief

by Combat Intelligence Center

Pictured below are standard armored personnel carriers of the Soviet and Warsaw Pact forces. Identified on each piece of equipment are its most vulnerable points and engine compartments. Copies of this chart can be obtained from the G-2 Comb Intelligence Center (257-3190).



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In California, a store owner charts sales on his Apple Computer. On weekends though, he takes Apple home to help plan family finances with his wife. And for the kids to explore the new world of personal computers. A hobbyist in Michigan starts a local Apple Computer Club, to challenge other members to computer games of skill and to trade programs.

Innovative folks everywhere have discovered that the era of the personal computer has already begun—with Apple. Educators and students use Apple in the classroom. Businessmen trust Apple with the books. Parents are making Apple the newest family pastime. And kids of all ages are learning how much fun computers can be.

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Seabag issue prices fluctuate in October

Effective Oct. 1, prices of uniform items will change. Some items will increase while others will decrease in price. The price adjustments are a result of new contracts and inflation. A seabag issue price increase of 20 percent for male Marines and 5 percent for women Marines will result.

MSgt Arden Adelgaiz, station supply noncommissioned officer-in-charge, explained policies at the clothing sales section.

REGARDING the purchase of uniform items, Adelgaiz stated: "According to regulations lance corporals and below must be accompanied by a sergeant or above in order to purchase outerwear. It is the unit's responsibility to provide the verifying officer."

"Until an item is available through the supply system it is not authorized to be worn with the

uniform. The camouflage utility cover became available in the supply system May 1. Until then, Marines wearing those covers were out of uniform," Adelgaiz stressed.

The only phase-out date currently in effect concerns sateen utilities. Oct. 1, 1981 is the last day sateens may be worn. There have been no phase-out dates determined for women Marine uniforms now replaced by the khaki shirts/green skirts or camouflage utilities.

MARINE CORPS order 1020.34C on uniform regulation contains all the information concerning wear and issue of the uniform. Paragraphs 1105, Procurement and 1106, Alterations, contain the specifics to purchase and alteration requirements for uniforms.

Below are lists of seabag issue items, the new

price and the amount of change in price. Cash Sales will be open every day through Sept. 30 to accommodate Marines.

	UNIT	PRICE	CHANGE
MEN'S ITEMS			
Bag, Duffel	9.29		.23
Belt, Ctn, Web, Khaki	.62		.15
Boot, Combat, Black, DMS	30.10		+ 11.30
Buckle, Web, Belt, Brass	.78		none
Buckle, Coat, Brass	.34		.04
Cap, Gar, W1, Green	3.20		+ .26
Cap, Gar, Poly/W1	3.20		+ .26
Cap, Utility, Camouflage	2.34		+ .80
Clasp, Necktie, USMC	.86		+ .09
Coat, Poly, W1, Green	47.10		+ 8.20
Coat, Util, Camouflage	12.10		+ 3.58
Coat, W1, Green	47.80		+ 3.80

cont. on A-12

Parents

cont. from A-8

gram, "Within the S.O.S. therapy group there has been a general lessening of problems in the marital area as reported by the participants in the program."

"The lessening of marital problems is more or less a side affect of what happens when dealing with parenting problems," explained Kanahele.

ALTHOUGH the focus of the group is on the parent/child area, three other group programs serve primarily as vehicles for the ventilation of frustration, sharing and contact with people, and referrals to S.O.S.

Parent's R.A.P.P. (Rap About Parenting Problems) is a monthly workshop of a social/educational nature that provides information in child development through the use of films and lectures.

R.A.P.P. is a meeting for young families to reduce isolation and acts as a referral service.

"Sometimes there are only people who need that 'group feeling' to know they aren't the only ones with these problems," said Kanahele.

Guest speakers for the Parent's R.A.P.P.

sessions include members of the Windward Children's Mental Health Team, early childhood specialists, nutritionists, public health nurses, social workers and others.

WOMEN'S R.A.P.P. is primarily a group designed for expressing feelings, sharing experiences, self-awareness and personal growth. It is facilitated by the ASYMCA Outreach Program director, with assistance from Outreach workers and public relations personnel who handle logistics and transportation.

Guest speakers from banks, legal aid organizations, Victims Kokua, community centers, Rape Crisis Clinic, People Against Rape, state legislators, male security officers and military police have rendered their assistance to the program.

AS A RESULT of the services and lectures offered in the Women's R.A.P.P. program, workshops have been implemented. In them women learn, listen and pass on information dealing with budgeting, nutrition, legislation, legal aid, medical benefits available, automobile

mechanics for women, rape crisis, assertiveness and self-awareness.

A third program is called Systematic Training for Effective Parenting, or S.T.E.P. It's a parent education course lasting 10 weeks and is available at a nominal fee.

A PERSON may enter any of these groups at their own option, based on their personal goals and feelings toward a group.

Each group provides a supportive social network within the larger scale of the entire group complex. Thus a person has an opportunity to expand social ties by participating in more than one group.

SAVE OUR Sanity meetings are held every Thursday from 6 to 8 p.m. in the Outreach Office Building 244.

When a parent needs immediate assistance, the S.O.S. support system includes child care for children and transportation for the parent to the Outreach office or Family Service Center for a "support" conference.

For more information call the ASYMCA Outreach at MCAS Kaneohe Bay, at 4-4719.

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KUHIO #2

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DAN AYKROYD

"THE BLUES BROTHERS" (R)

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Dessert's history spans centuries

by Sgt Dennis Litalien

Ice cream. It's been alternately cherished and reviled by military leaders and loved by the American public for generations. It has played a double-scooped, chocolate-dipped role in our daily lives that reflects both our culture and our collective taste buds. This is especially true for Marines, particularly among those who have experienced that joy of six-month deployment in the Western Pacific.

THE HISTORY of ice cream spans many centuries, countries and societies. One of the earliest chapters on historical record includes mention of a substance resembling ice cream. It is said that during the rule of that very fiddler, Nero (A.D. 54-68) the ill-fated emperor often sent runners to the mountains for snow, which was then relayed back to Rome to be flavored with fruit juice, pulp and honey. It took another

thousand years before the next mention of frozen desserts appeared. Famed explorer and adventurer Marco Polo returned from a journey to the Far East with a recipe for a concoction that included milk as an ingredient and was probably a forerunner to modern-day sherbet.

THE ICE CREAM evolution continued through numerous European countries and it is believed the first actual appearance of ice cream in its present form occurred sometime during the 16th century. Claim for the achievement is disputed among several countries, however, a joint claim could probably properly be given to both Italy and Great Britain.

In its early history, ice cream enjoyment was generally reserved for royalty. Supposedly it was served as a special dish at the coronation of England's King Henry V. Another tale tells of

King Charles I who loved ice cream so much he gave the French chef who introduced him to the dessert a yearly pension of 20 pounds sterling to keep the recipe a secret. According to accounts, the chef kept his end of the bargain until 1649 when Charles was beheaded. With his death, the chef passed his recipe on to other noblemen.

FRANCE ALSO played a major part in the history of humanity's love affair with ice cream. For instance, an 18th century book that appeared in Paris entitled the "Art of Making Frozen Desserts" graphically showed that country's infatuation with the dessert by depicting on its frontispiece a brace of angels bringing ice cream to Earth from Heaven.

Exactly when ice cream first appeared on the American scene is unknown, but the earliest recorded indication of its New

World arrival is a letter written in the year 1700.

ONE OF THE first American military men to acquire a taste for ice cream was none other than Gen. George Washington. An inventory of articles in Washington's Mount Vernon abode turned up two pewter ice cream pots. Apparently Martha enjoyed a scoop or two herself. On one occasion, when he was visiting Philadelphia, Washington also purchased a contraption known as a "Cream Machine for Making Ice" an ancient cousin to our present day home ice cream makers, no doubt. Even without the two aforementioned accounts there is one incident in particular that establishes Washington's ice-creamania. According to the records of one New York ice cream merchant, Washington spent \$200 on ice cream in the summer of 1790, a sizable sum, even in those inflation free days.

While Washington obviously enjoyed ice cream, other famous military leaders were less than enthusiastic about the sweet stuff. One Marine who immediately comes to mind is the legendary LtGen Lewis "Chesty" Puller. In Puller's biography, author Burke Davis describes one particular interview Chesty granted to a group of reporters.

"A REPORTER piped up: 'What do you think of the protest of the Women's Christian Temperance Group over sending free beer to the troops?' 'It's news to me,' Puller

said 'But if a few cans of beer or a snort of whiskey will make men fight better, then it might not be a bad idea. At least it's better than ice cream and all this soft training.'

Later that same day he was asked a similar question by another reporter. His reply was pure Chesty Puller. "There's too damned much recreation in military training. We should have only one purpose—to fight and win. They're not being taught that now. You can bet that Marines don't get ice cream." One of the headlines resulting from Puller's remarks included "Ice cream GI's lambasted by Puller."

DESPITE THE general's thoughts on the subject, ice cream eventually gained a strong foothold in Marine Corps dining facilities. Today diners can enter practically any eatery in the Corps and find ice cream on the menu in a myriad of forms, including processed, frozen, melted, soft serve, parafaited, blended, dipped, whipped or buried under an avalanche of calorie-laden goodies. For better or worse, ice cream appears to be in the Marine Corps to stay.

Personally, I feel ice cream's importance to the morale of Marines, especially our sea-going Leathernecks, cannot be overstressed. Anyone who has braved either a Mediterranean cruise or WestPac deployment knows how wonderful a small, usually insignificant pleasure like ice cream can be. It's one of those things that

develops a special meaning to troops. Especially when there isn't any.

Sgt. Jim Sabia, an education NCO with the Joint Education Office, explained what ice cream meant to him and some of his fellow platoon members during the deployment he was on last year.

"WHEN I WAS on float in 1979, we had ice cream on occasion. When we had it, we would wolf it down. When we didn't, it was sorely missed. I especially missed chocolate, my favorite," he added.

Obviously there are many more important, poignant subjects than the importance of ice cream to Marines. However, a little diversion never hurt anyone now and then. I like to think of a quote from a book review by Jim Hampton of the National Observer, commenting on a work entitled "The Great American Ice Cream Book." He summed up his thoughts thusly: "Relevance? Who needs it? Make mine jamocha almond fudge!"

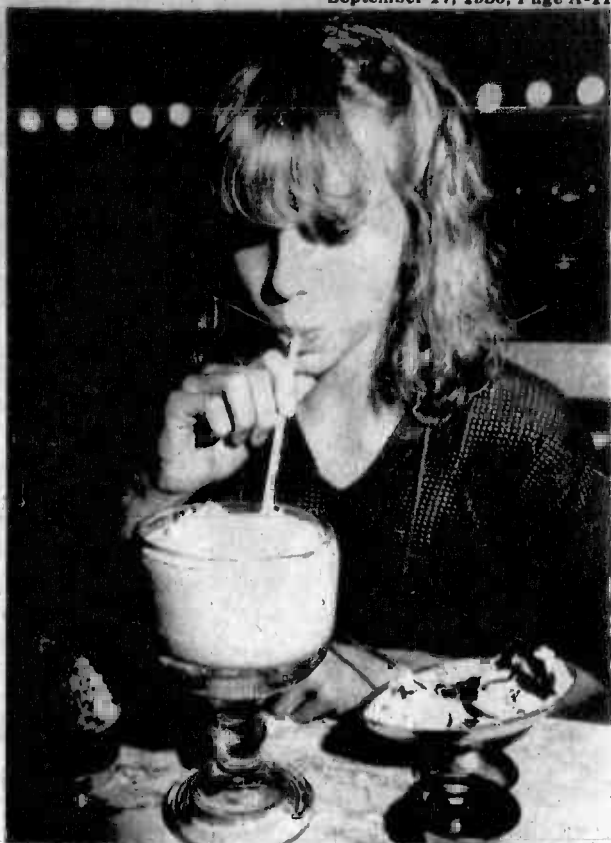


Photo by Sgt Chris Taylor

CHERISHED DELIGHT—Lisa Smith joyously experiences one of a local ice cream emporium's tasty treats. Such facilities of frozen favorites were all the rage during the 1920's, and while the parlors have become less popular, ice cream is as beloved as ever.



Photo by Sgt Chris Taylor

THREAT OR MORAL-BOOSTER—LCpl Charles Marshall from Headquarters and Headquarters Squadron, MCAS Kaneohe Bay, enjoys an ice cream cone from Pless dining facility. The frozen treat's presence within the military through the years has been a controversial one, drawing condemnation from LtGen Lewis "Chesty" Puller, and lavish praise from troops deployed at sea.

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Military policemen lend a hand

by Sgt Moses Reynolds

CAMP H. M. SMITH — Eighteen Marine military policemen were called to Manou Valley recreation center in Honolulu Sept. 6. But there were no riots to quell, no thieves to chase and no parking tickets to write. Instead, they officiated the first Big Brothers/Big Sisters Junior Olympics.

WHAT MIGHT have been a boring day of timing races, measuring distances and keeping scores turned out to be an exhilarating day for the MPs and more than 100 big brothers/sisters and little brothers/sisters. "I never had so much fun with these kids. To see them cherish their awards after the events

was very touching," said 22-year-old military policeman Cpl Terry Bray.

The MPs kept the time and scores during the track and field events in the morning but more attention was given to encouraging the youngsters.

THE AFTERNOON called for matched events in the three-legged and wheel-

barrow races and the balloon toss. Some of the youths' big brothers did not show up, so MPs gladly replaced them.

"This is one of the rare times we can get together with the kids and have a great time," said Sgt Michael J. Brown.

"All this would never have been possible without the Marines help in preparation and

participation. They (MPs) were just terrific," said Linda Nishiki, Olympic planning committee staff.

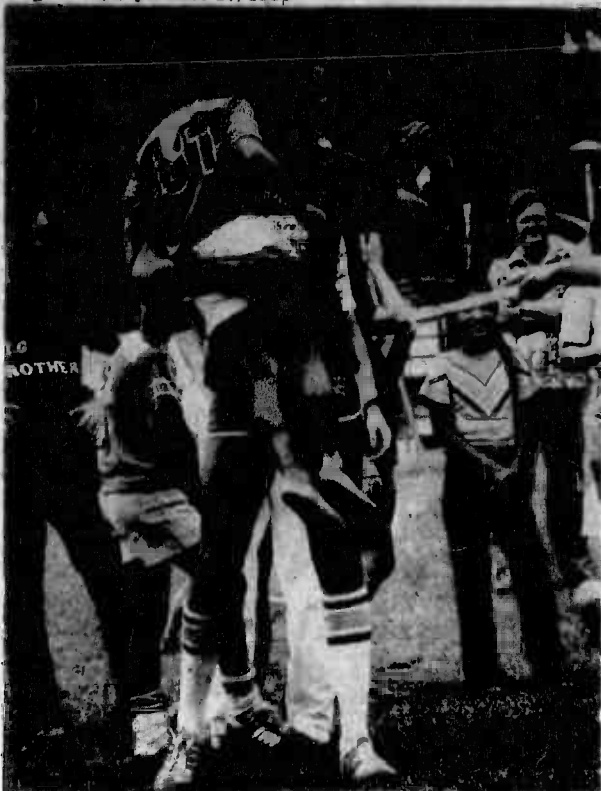
THE YOUTHS and Marines are looking forward to the next "Olympics."

After the events, Bray decided to volunteer as a big brother for a six-year-old. "Just to have a kid look up to you is such a good

feeling, I wouldn't ask for anything more," he said.

Currently, there are 15 MCAS Kaneohe Bay and Camp Smith Marines who serve as big brothers.

MARINES who are interested in the Big Brother/Big Sister program can call the main office at 521-3811 for information.



"WE ARE THE CHAMPIONS!" — Cpl Kenneth Breaux, a military policeman at Camp Smith holds a 'little brother' after winning the wheelbarrow race together at the first Big Brother/Big Sister Junior Olympics at Manou Valley recreation center Sept. 6.

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Insignia, BOS, EP, L	.24	+	none
Necktie, W1, Khaki	1.68	+	.28
Overcoat, W1, Green	58.00	+	1.00
Raincoat, Nyl, Green	27.10	+	3.60
Shirt, Ctn, Pop, Khaki	5.89	+	.37
Shirt, Ctn, Poly, Khaki	4.35	+	.13
Shoe, Dress, Blk	21.20	+	6.40
Socks, Ctn, Nyl, Blk	.59	+	.01
Socks, Ctn, Nyl, W1, OG 408	1.18	+	.13
Trousers, Poly, W1, Trop	13.70	+	.60
Trousers, Utility, Camouflage	13.10	+	4.14
Trousers, W1, Green	18.20	+	.80
Undershirt, Ctn, White	1.19	+	.16
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Total amount of change
Total seabag issue allowance

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Belt, Webbing	.62	-.15
Buckle, Web, Belt	.78	none
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Cap, Service, Green	23.60	+ 3.70
Cap, Utility, Camouflage	2.34	+ .80
Coat, Man's Camouflage	12.10	+ 3.58
Coat, Poly, W1, Green	38.80	- 23.20
Coat, W1, Green	42.40	- 1.00
Gloves, Dress, Blk	3.49	-.21
Handbag, calfskin, blk	1.90	- 1.70
Havelock, Vinyl	8.78	+.93
Hood, Rain, Green	9.53	-.37
Insignia, BOS, Collar	.47	-.07
Insignia, BOS, Cap	.38	-.01
Necktie, Tab	7.66	+ 4.79
Overcoat, W1, Green	71.00	- 2.00
Raincoat, Nylon, Green	37.10	+ 6.30

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Shirt, Wm, S.S. Khaki	7.88	+	3.22
Shirt, Wm, L.S. Khaki	7.89	+	5.11
Shoes, Dress, Oxford*			
Skirt, Poly, W1, Green	10.80	+	1.80
Skirt, W1, Green	11.60	+	.20
Slacks, Wm's Lwg	10.90		
Socks, Man's, Cushion Sole	1.18		.52
Cap, Garrison, Poly, W1, Green	3.25		new item
Cap, Garrison, W1, Serge Green	4.00		new item
Insignia, BOFS, collar, blk, left	.24		new item
"USMC" Decal	.02		new item
Slacks, Wm's W1, Serge, Green	13.79		new item
Trousers, Men's Camouflage	13.10	+	4.14
Undershirt, Man's White	1.19	+	.16
Shoe, Oxford Black**	18.20		new item
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see the thermostat. It will have either numerical settings or the designations "high," "medium," and "low." Reset the thermostat to 12 degrees or "low." Replace the insulation and metal plates, and turn on the circuit breaker.

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Physical shape: Health craze sweeps the nation as individuals reap the benefits

by Sgt Lamar Johnson

"Keeping fit as the Marines" is a cliché that probably could best describe the exhilarating health kick sweeping the nation today. People from ages four to 60 are

keeping up with the craze that takes strong doses of will power.

WHATEVER your favorite outdoor sport, you can multiply the enjoyment of it by

getting into top physical shape. Whether it be soccer, scuba, football, jogging, biking or tennis, practically every outdoor sport demands some physical exertion, sometimes vigorous exertion. For most people that is what makes their sport enjoyable.

Keeping yourself physically fit is the most important demand your body asks of you. The fundamentals of being physically well-off begin with proper nutrition, exercise and rest.

THOUGH THE health craze is quickly rising to a boil, the fact of the matter is that a large percentage of people today, on the job and off, lead soft lives. Even in the Marine Corps, progress represented by power tools and automation, elevators, cars, TV sets and electric hair dryers contribute to an even faster reduction of physical expenditures.

A person whose job calls for moderate amounts of physical activity and who, in addition, is active on weekend surfing or camping trips may be far from achieving peak physical condition.

You can't get into top shape overnight. But if you have no serious physical defects, you can develop the strength and stamina to get more out of the leisure you enjoy.

SCIENTIFIC studies have shown recently that it is never too late to improve physical condition. During research conducted at the Civil Aeromedical Research Institute of the Federal Aviation Agency in Norman, Okla., Dr. Bruno Balke checked hundreds of men from ages 17 to 65 years. He found that physical working capacity was "by no means connected to the process of growing older in years; aged professors surpassed young students, staff officers outperformed basic trainees. It all seemed to depend upon the regular active level people engage in."

Many benefits can be expected with an intelligently executed program to improve physical fitness. Beyond toning flabby muscles, research has proven that a routine

fitness program can improve the efficiency of heart, lungs and circulation. Overall body strength increases, endurance goes up, flexibility and coordination are restored as well. As a result there is a general improvement in health and increased ability to carry on sustained effort and resist fatigue and tension.

EMOTIONAL tension and chronic fatigue are the most common complaints to date. Years ago, Dr. Peter Karpovich, professor of physiology at Springfield College, reported, "The human body has a capacity for generating 14 horsepower with maximum exertion, while it generates only 0.1 horsepower at rest."

For many inactive people, the unused portion of the horsepower may well go into building up tension, and along with it, fatigue and other complaints.

Acquiring top form isn't a matter of working out night and day to increase the size and power of a few obvious muscles. Better than half the human body is made up of muscles. More than 600 of them play a direct role in everything a person does every day.

DURING sprints, for example, a runner needs a lot more oxygen than the body can provide immediately. Muscles can adapt to continuing their work without the full quota of oxygen for a limited period of time. Consequently, an "oxygen debt" is built up. After completing a run the runner breathes hard for a time until the debt is paid off.

The better trained the body is, the longer before the debt begins to build up and the quicker the recovery.

Pure muscle size isn't a true measure of fitness for anybody, and it is least of all what the outdoor sportsman should want. The objective of a well-rounded training program should be to strengthen muscles and the circulatory system which establishes endurance. This

also increases the ability to sustain activity, and to keep going without quick fatigue when in the field, plus the capacity to get work done and have sufficient energy left.

ACHIEVING these objectives isn't a matter of rushing off to a gym and knocking yourself out lifting weights, or going all-out for handball or basketball.

What is needed is a program that follows certain key principles. Such a program is designed to allow a person to start at his present level of fitness and progressively work up to higher levels to reach an ultimate goal. Most exercises can be done in and around the home. They require time, little equipment and are designed for building both strength and endurance. Today jobbing is becoming increasingly popular. Though it's not an essential part of the basic program, many people take interest in it because of its endurance-increasing values.

ISOMETRICS have been touted as a means of building fitness in a few minutes a day. They cannot do that, but they do have a value in building inner strength.

The progressive fitness program below is taken from a guide designed by Lawrence Galton, entitled "The Outdoorman's Fitness and Medical Guide."

Each outdoor sport will normally ask for more than the body can put out at one time. To prepare for a rigorous or even moderately physical sport a person should follow a routine warm-up before engaging in any sport.

A wise first step before seriously pursuing top physical shape is to have a medical examination. An exam is advisable for everybody at least once a year.

If the examination is successful starting to get in shape is next. Chances are the doctor will give a hearty O.K. If a person should have some physical problem, the doctor may have suggestions to modify the training to make it more beneficial.

EACH WORKOUT should be divided into three categories:

A. Warm-up.
B. Strength and endurance building calisthenics.

C. A single continuous activity to further stimulate and strengthen circulatory and respiratory systems.

Remember, there is no one specific time of day that is best suited for training. Training immediately after meals is not recommended, it could be early in the morning or the last thing before going to bed, which also makes for a good night's sleep. People find that instead of leaving them tired, a workout after getting home from the job is refreshing.

It is important to warm up gradually before a hard workout. Practice using these five warm-up exercises at the beginning of each workout.

1. Stand erect, swing your arms in circles, crisscrossing them in front of the body. Do this for 30 seconds.

2. Run in place and breathe deeply. Raise each foot four to five inches off the floor. Count each time your right foot touches the floor until you have reached 100.

3. From an erect position, spread feet apart 18 to 24 inches. Keeping your hands at your sides, stretch forward and then down. Let your knees bend a little and touch fingers to the floor slowly. Then return to your starting position. Repeat this 10 times.

4. Stand erect, feet 18 to 24 inches apart with your hands behind your head. Gently bend the upper part of the body, first left then right. Repeat 10 times.

5. Lie flat on your back. Bend one leg, bring it up until you can reach it with both hands and grasp it below the knee. Gently bring it back some more. This will stretch both the arms and leg. Do the same with the other leg and repeat six times with both legs.

NO LESS important than warming up for a workout is tapering off properly afterward. While the heart pumps blood much faster than usual to keep muscles supplied with oxygen and other nourishment, so will it continue for a while after the workout is completed.

If a person stops

exercising suddenly, that extra supply pumped by the heart may pool in the muscles causing temporary shortages elsewhere in the body. This may result in a faint feeling or fainting.

It has also been observed that cramps and stiffness are more likely to occur when exercise is abruptly halted. A warming down period can help prevent these inconveniences.

To taper off, simply continue moving around in a relaxed manner. Instead of plopping on the floor or in a chair, walk around slowly, gently moving the arms. Two or three minutes of walking should be effective.

Don't rush into the shower or hot tub immediately after a work out or after tapering off. Allow two or three minutes more to cool off. This will dissipate some of the concentrated heat. If an exerciser jumps right into a shower or hot tub, the body will maintain its above-normal temperature. The hot water will only make a person come out of the shower still sweating.

USE THE SAME rules for cooling down after each work out.

This simple program should help most

outdoor enthusiasts get more from their regular training and build better circulation of the respiratory system throughout their regular sports program.

If practiced with each

workout persons should achieve noticeable improvement in the length and tolerance of physical endurance throughout their regular sports program.



Photo by Sgt Chris Taylor

IT'S A LIFE SAVER — Jogging is becoming very popular in today's outdoor sports society. Achieving top physical condition can be a benefit of the sport.

Sportnotes

Standings in the Men's Open Recreational Softball League Wednesday were:

DIV	TEAM	W	L
I	PMO	5	0
	BSSG Motor Transport	4	1
	Vending	2	1
	H&MS-24 Ordnance	2	2
	HMM-265	2	3
	Bowling Center	0	3
	Postal	0	5

II	HMM-165	3	0
	MACS-2	3	0
	HqCo Brigade	2	1
	CSC	2	1
	"G" 1/12	1	1
	"I" 3/3	1	2
	MAB-24	0	3
	BSSG H&S	0	4

III	Orioles	4	0
	VMFA-212	2	1
	HMH-463	1	1
	Disbursing	2	2
	H&S 3/3	1	2
	Amtracs	0	2
	H&MS-24	0	2

Standings in the Women's Open Recreational Softball League Wednesday were:

TEAM	W	L
Hi-Tymz	3	0
Attitudes	2	1
Blue Hawaiians	1	2
Tazmanian Devils	0	3

Intramural golf standings Wednesday were:

H&S Green	10
HqCo Brigade	10
H&S Gold	8
MATCS-18	7
Pless Hall	6
Station Supply	6
MACS-2	3
HMM-165	2
MAB-24	0

MCAS Kaneohe Bay is hosting the 1980 Hawaii Marine Athletic Council Cross Country event Saturday starting at 8 a.m. The 10 kilometer race is open to all active duty personnel attached to a recreation fund at Camp Smith, Marine Barracks or the air station. The start/finish line will be the Dewey Square area located next to Headquarters Building 215. Registration will be held from 7 to 7:45 a.m. at Dewey Square. The open division will seed 10 contestants and senior men's and women's divisions will seed 7 each.

Contact the Special Services Sports Office for details at 257-3108 or 257-3135.

The Navy will be hosting the 1980 Hawaii Armed Services Athletic Council Cross Country event at the Pearl Harbor bike path Saturday, Oct. 4. The best runners from the four services will be participating in this 10 kilometer race.

An Organizational meeting will be held today in the Family Theater Lobby at 5 p.m. for the upcoming Women's Racquetball Program. The program is open to all interested military personnel and dependents over 18 years of age.

The Hawaii Marine Rodeo Team is holding a ride-off for rough stock riders who wish to participate as a team in the Armed Forces National Rodeo Finals in Yuma, Ariz. in November. The ride off is scheduled for 3 p.m. Saturday at the new Town and Country Stables in Waimanalo. There will be an organizational meeting after the ride off.

For more information call Sgt Cecil Stout at 257-2512.

Marines tackle Hawaii Group

by Cpl Nora Parrish

Hawaii Marines wasted no time taking the lead during football action against Hawaii Group Friday at Fort Shafter.

Ten minutes into the first quarter Hawaii Marines' SSgt Toby Fields intercepted the ball. They worked their way to the two-yard line where halfback LCpl Albert Wiley burst up the middle for the touchdown.

During second quarter action with spirits high Hawaii Group crossed the goal line, but had it nullified by a penalty. Little yardage was gained throughout the quarter until suddenly, with fourth and two to go, Hawaii Group opened a small hole and the ball carrier slipped through for a touchdown.

Hawaii Marines tried a shotgun formation in the second quarter but

were stopped short of a first down. Then once again they found a Hawaii Group weakness as Cpl Rushton Gunter hurled a long pass down the side line to SSgt Joe Blackburn for a score. With the following point good, it was Hawaii Marines 14, Hawaii Group 6.

On their next possession Hawaii Group tried a pass but incomplete, it left them in a second and 10 situation. On the last play of the first half Hawaii Group went to the air for a second time. This time it fell short.

Hawaii Marines ran out for the second half ready for action. But in the first series Gunter was unable to get a pass off and then ran just short of a first down. They punted, giving Hawaii Group

the ball on the 28 yard line.

With a first and 10 situation Hawaii Group fumbled, giving the Marines the ball on Hawaii Group's 40 yard line. Incomplete passes and penalties thwarted the Marines' attempts to capitalize on the good field position.

The remainder of the second half proved to be uneventful and lacking luster except for a pass to SSgt Dale Jones for six Hawaii Marine points. Play cancelling penalties and a rash of uncaptured passes by both teams failed many attempts to score. At the gun it was Hawaii Marines 20, Hawaii Group 6.

Hawaii Marines' record now stands at 1 win, 0 losses and 1 tie. Their next game is 7 p.m. Friday against 1st Brigade at Schofield Barracks.



Photo by Sgt Chris Taylor

DOWN WE GO — Hawaii Marines (No. 22) tries to protest his ball-carrying teammate from being tackled during football action

Friday night at Fort Shafter against Hawaii Group. Hawaii Marines went on to blast Hawaii Group 20 to 6.

Hawaii laws require no-fault policies

by Sgt Lamar Johnson

A driver cruising the speed limit through the Pali Tunnel enroute to Waikiki spots in his rear view mirror, a motorist speeding up closer and closer behind his vehicle.

THE DRIVER of the speeding car proceeds to pass as both cars exit the tunnel. The speeder doesn't reduce his speed and short sightedly decides to cross in front of the

conservative cruiser. In so doing, the speeder strikes the front left side of the other vehicle, putting out a headlight. The cruiser stops his car to check for damage. The speeder stops about 50 feet in front of the cruiser and

returns to the scene of the accident.

The speeder admits to the accident being his fault and asks the cruiser, "Do you have no-fault insurance?"

The reply, "I have insurance but my

company is on the mainland and I don't know if my policy covers out of state accidents. It's a very small agency.

"THIS IS the first time I've driven my car since it arrived a week

ago and this has to happen."

The cruiser continues, "I just moved here you see..."

The speeder holds up his hand mutely as if asking the cruiser to wait a moment. The speeder turns with a

smile and walks back to his car in a calm manner. He takes another glance behind him to see if the cruiser is still standing by his car then jumps in his vehicle laughing and takes off speeding down the Pali.

IN ORDER TO register or operate a car in Hawaii, a driver must have a no-fault insurance policy and be able to provide proof of coverage in the form of a binder, policy or ID card.

Persons who haven't already shipped their vehicle should contact their insurance agent and request information on obtaining no-fault coverage.

For mainland insurance companies authorized to transact motor vehicle insurance business in Hawaii, policies can automatically convert to a no-fault policy that complies with the state of Hawaii no-fault law.

NEWCOMERS who have insurance companies which are not licensed to transact motor vehicle insurance business in Hawaii should cancel

Their mainland policies and new policies should be obtained from insurance companies in the state of Hawaii.

It may sound like a great deal of trouble, but keeping on the right side of the road could save lots of unnecessary trouble in the future.

SECTION 294-33 of the Hawaii No-Fault Law states:

"Any person subject to the provisions of this chapter in the capacity of the owner or registrant of a motor vehicle in this state, or registered in this state, who violates any applicable provisions of this chapter, shall be assessed a civil penalty not to exceed \$1,000."

It's a wise move to drive safely—and insured.

Theater Koolau Players create drama

"The whole world is a stage." This quote by famous dramatist William Shakespeare, sets the platform for a new theater group now being formed.

The Koolau Players based at MCAS Kaneohe Bay are attempting to bring additional dramatic culture to this side of the island.

Arrangements and preparations are already underway to present the group's first performance.

The club is seeking active duty and retired military personnel, their dependents and government employees

with any type of acting ability or those with an interest in acquiring the skills to join the group.

Persons are needed for set design and construction, technical light and sound work, costumes, makeup, stage crew and publicity, to name just a few.

"There's something for everyone," encourages Georgia Buehl, one of the theater group coordinators. "We know that there is a lot of hidden talent out there."

Plans are geared for an upcoming dinner theater production of Neil Simon's "Odd

Couple." The performance is slated for sometime in late November. Auditions for the production will be conducted at the MCAS Kaneohe Bay Family Theater, Saturday between noon and 4 p.m., and Sunday from 1 until 5 p.m.

The Koolau Players also have their minds set on performing a major Broadway production. A melodrama is preferred.

When that time does arrive, the group will need people who can sing, dance, play instruments and exhibit or be willing to learn other talents that

create first caliber productions.

There is little, if any, skepticism about the outcome of the group's overall goal: bringing good theatrical performances to service members and government employees throughout Oahu. Buehl feels that "there has been enough interest generated to support the theater group."

Those who possess a keen interest in theater production, acting, singing, dancing or directing with this new theater group are asked to contact Buehl at 254-4612 for information.



BO DEREK MAYBE? — Sgt Edward Burch, supply chief and property control noncommissioned officer at the Provost Marshal's Office, MCAS Kaneohe Bay, may not look like a ten, but when he is made up in a wig, mascara, 17 inch tennis shoes and hobo outfit he becomes number one on the list of handicapped and hospitalized children on Oahu. He calls himself "Lester the Clown" and claims he does his routine for the enjoyment of seeing faces light up with laughter at his presence.



A CLOWN ABOUT TOWN — Sgt Edward "Lester the Clown" Burch works at the Provost Marshal's Office, MCAS Kaneohe Bay. When he gets a chance to get out and just clown around, Burch takes it literally. He dresses up in his clown hobo outfit, mop-head wig, 17-inch tennis shoes and colorful make-up to visit children in hospitals and attend parties around Oahu.

Marine clowns around off-duty

by Sgt Lamar Johnson

As jesters did in days of old, so their modern offspring continue to visit people and repre-

sent characters that bring laughter to hearts in deepest sorrow, put smiles on the faces of

sick and handicapped people and liven up even the dullest party. Who are these characters? Clowns.

At MCAS Kaneohe Bay a clown of five months experience has begun his journey amidst frolic and laughter.

Sgt Edward Burch, supply chief and property control noncommissioned officer at the air station's Provost Marshal's Office is that new comical personality.

When Burch is attired in his hoboish clown outfit, several funny faces and crazy stunts surface from a hidden character he calls "Lester."

"Clowning is something I've always wanted to do but was unable to get into it until I met professional clown, Lou Green, a master chief at the base dispensary," said Burch. "He gave me some good ideas to start with and I began to put my own character to work."

"Since my recent start I have performed at the skating rink on base, in hospitals and

parties of all sorts."

The children's wards at Tripler Army Medical Center, and Queen's Hospital have come alive numerous times to Burch's clown, who makes a special effort to set weekends aside to create those happy faces.

"As long as I can make at least one person happy, that's enough for me," he said. "I do it because I feel I'm giving others an opportunity I never had. And if you could see people's faces light up at the things I do as a clown, you would understand why this is so enjoyable to me," explained the 24-year-old New Yorker.

Burch plans to make his off-duty character a permanent part of his life. "I expect to go all the way as a clown," he expressed excitedly. "That's my ambition. I've had it since my childhood days. A few other people and I are in the process of forming a clown

squad consisting of mother, father, sister and brother routines. I've already sent away to Massachusetts for a magic kit and I'm also building a motorized bath tub to use at parties and other functions."

When Burch isn't clowning around the island or working at PMO, he takes time out for his other interests which include motorcycle and stock car racing, spending time with the Big Brothers/Big Sisters of Hawaii program and just hanging out at the beaches of Waikiki.

It doesn't seem to matter to Burch where he settles when he leaves the Corps. "Wherever I end up after finishing my service to the Marine Corps, I will continue to make others happy," Burch claimed. "I feel I have the personality for it, I enjoy doing it, and it helps me laugh away and forget my own frustrations."



JEEPERS CREEPERS... — Putting just the right amount of mascara over his peepers helps Sgt Edward Burch, supply chief and property control noncommissioned officer at the Provost Marshal's Office, MCAS Kaneohe Bay, create his character "Lester the Hobo Clown." Burch began clowning five months ago and claims clowning is something he has wanted to do since childhood.

Amphibious assault aids American forces

by Sgt Phillip Williams

"Hit it!" With that command, Marines from the 1st Marine Division scaled a stone seawall separating the Yellow Sea from Korean territory.

The clamber over that stone wall in Inchon occurred during the Korean War 30 years ago. The amphibious assault was geared to aid American forces that were bottled up in Pusan. Their next move would be to recapture Seoul, South Korea's capitol, from the North Korean People's Army.

INVADING AND capturing Wolmi-do Island was the first mission accomplished by the Marines. After naval gunfire had completely bombarded the island, a battalion landing team of Leathernecks found little difficulty in securing it.

A maze of gun positions still remained on the beaches at Inchon. But naval gunners and rocket boats all but totally destroyed the beach, making the task of eliminating opposing forces easier for the Marines.

The harbor town of Inchon also suffered extensive damages. Navy cruisers and destroyers had sent heavy ammunition exploding into the tiny city. Marine Corsairs and Navy Skyraiders strafed and bombed it and small naval ships unleashed tons of rockets onto the beach defenses.

IT WAS NOW time to add the final coup de grace on the near-depopulated shore. With weapons in hand and always pointed for-

ward, the Marines fought the enemy out of Inchon until it became American-held real estate.

Even at Kimpo airfield, one of the Marine's prime objectives, the enemy put forth a half-hearted effort at defending their position.

This "new breed" of Marines had fought the North Korean People's Army like no other ever had. Within two days, the Marines were well on their way to Seoul. It had taken the determined Leathernecks only 15 days to complete their campaign.

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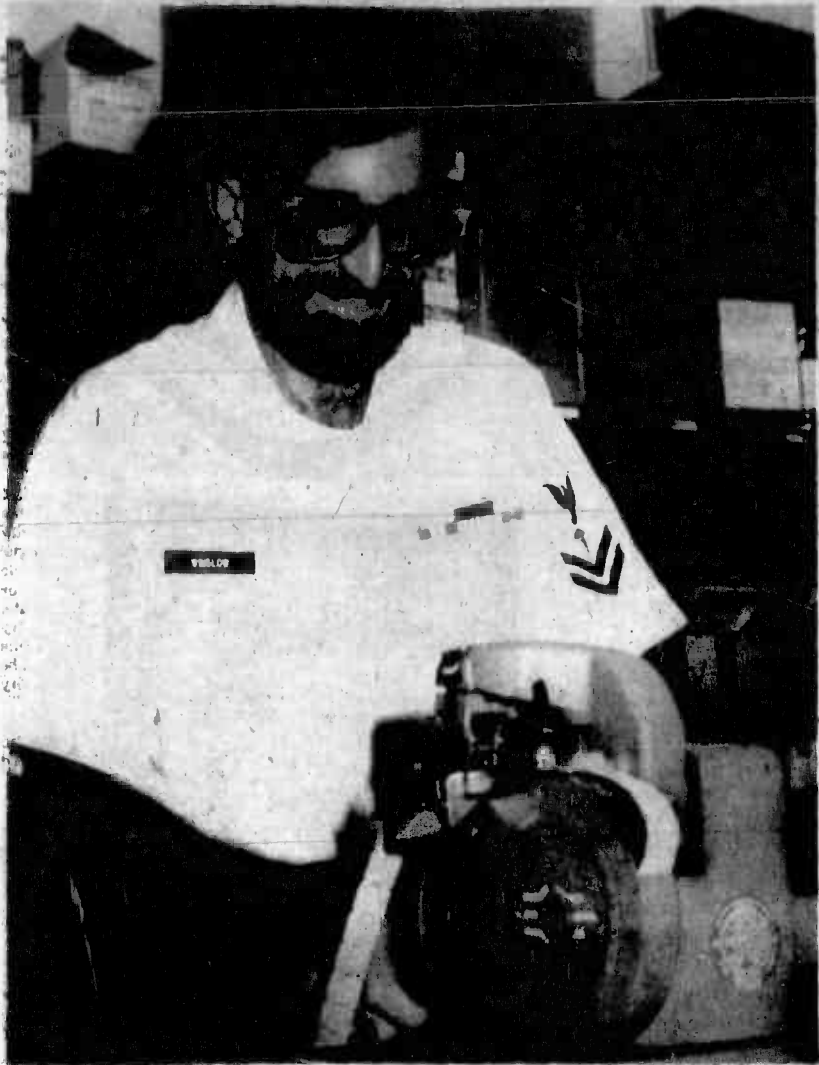


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A PRINTING PASSION — Pharmacy Technician HM2 Mike Winslow prints labels for pre-packed pharmaceutical drugs dispensed at the Naval Regional Medical Clinic, Kaneohe Branch's pharmacy section. Pre-packing provides quick service to patrons.



CHEMISTRY IN MOTION — Pharmacy Technician HM2 Mike Winslow of the Naval Regional Medical Clinic, Kaneohe Branch, mixes "suspensions and solutions" dispensed through the clinic's pharmacy as prescribed by doctors. The process involves mixing fixtures of solid pharmaceutical particles suspended in a liquid solution in such a way that the particles will separate instead of dissolving. This process ensures better storage of medicines.



THE PRESCRIBED DOSAGE — HM2 Mike Winslow of the Naval Regional Medical Clinic, Kaneohe Branch, pharmacy section, interprets prescriptions written by the clinic's doctors before typing out labels for medication containers. As a pharmacy technician, Winslow's job requires him to fill prescriptions, restock and order medications and stay abreast of pharmacy laws and practices.

A day in the life of...

by Sgt Lamar Johnson

Since his arrival from the Pax River Naval Air Test Center in Maryland over a year ago, HM2 Mike Winslow, pharmacy technician at the Naval Regional Medical Clinic, Kaneohe Branch, has found that dedication to his job makes him a better corpsman and pharmacist and helps patrons at MCAS Kaneohe Bay get relief from medical problems and ailments at the same time.

WINSLOW'S daily work routine enables him to stay abreast of pharmacy procedure and practices. Each

day he inventories prescription drugs to make sure the facility is stocked with more than 2,000 types of medications required to be present daily for patient treatment.

Being able to understand the information doctors write on a prescription slip is quite difficult for most patients simply because of the language used. As a pharmacy technician, Winslow must be able to interpret and fully understand doctor's prescriptions and dispense proper medications to patients.

WINSLOW IS very meticulous in ensuring that pre-packed drugs to be dispensed contain the correct dosage required. "On a normal day we serve more than 225 patrons," stated Winslow. "Pre-packing of drugs is done to provide quick dispensation," he added.

On a given day, Winslow can be found busily discharging his daily work load which includes ordering drugs for the pharmacy, filling and typing drug prescriptions, answering the phones and fielding any questions patients may have concerning treatment. According to Win-

slow, "As a qualified pharmacy technician, a lot of my work is conducted on paper and in files. I keep control of narcotic drugs that are identified by a lot number. That means keeping track of another type of filing system," he continued.

"THERE are times," said Winslow, "when patrons don't like to fill out the forms needed to supply the medication that has been prescribed. Sometimes this can get to be a hassle because we must feed the information into a computer. The computer helps us to identify possible a-

busers of the drugs we dispense.

"We must also maintain a detailed knowledge of pharmacy law and any changes that may come about. This allows us to update the doctors and ourselves on new pharmaceutical drugs being introduced into the armed forces, medications used in the clinic's emergency room and distributed here at the pharmacy."

THE 30-YEAR old hospital corpsman enjoys working at the Kaneohe Branch clinic. He takes advantage of learning opportunities that arise through

working in a skill he has come to know. "There is always something different. We encounter new medical problems each day that have to be resolved. It's not very boring at all. My job helps me get involved with the medical supply systems, and learn the ways to order particular pharmaceutical products."

In conclusion, Winslow stated, "I hope to stay in the military medical corps for some time because I find the work exciting. I enjoy it. Being able to provide aid and assistance to people is what my work is all about."



IT'S HERE SOMEWHERE — HM2 Mike Winslow, pharmacy technician at the Naval Regional Medical Clinic, Kaneohe Branch, inventories pharmaceutical drugs dispensed through the pharmacy and used in the emergency room at the clinic. Accountable for over 2,000 items in stock, the inventory process takes up to two days to complete.

Courts Martial Report

LCpl William R. Wheeler, Headquarters and Headquarters Squadron, was convicted by special court-martial of wrongful transfer and possession of marijuana on two occasions.

He was sentenced to confinement at hard labor for 75 days, forfeiture of \$125 pay per month for four months and reduction to private.

PFC Mark J. Albert, Headquarters and Headquarters Squadron, was convicted by special court-martial of wrongfully possessing,

transferring and selling marijuana on three occasions.

He was sentenced to confinement at hard labor for three months, forfeiture of \$250 pay per month for four months, reduction to private and a bad conduct discharge.

PFC Eugene LaNiblett, 1st Battalion, 3d Marines, was convicted by special court-martial of unauthorized absence from June 13, 1979 to June 3, 1980, and from June 5 to June 29, 1980.

He was sentenced to confinement at hard

labor for 75 days, forfeiture of \$200 pay per month for four months, reduction to private and a bad conduct discharge.

LCpl Douglas G. Roston, Brigade Service Support Group, was convicted by special court-martial of wrongful sale of LSD, possession of marijuana and cocaine, willfully damaging government property, and incapacitation for the proper performance of duty.

He was sentenced to confinement at hard labor for three months,

forfeiture of \$150 pay per month for four months, reduction to private and a bad conduct discharge.

PFC Dan A. Holder, Headquarters and Headquarters Squadron-24, was convicted by special court-martial of the wrongful sale of cocaine and marijuana,

and possession of marijuana.

He was sentenced to confinement at hard labor for three months, forfeiture of \$225 pay per month for four months, reduction to private and a bad conduct discharge.

Cpl Daniel P. Virave, Headquarters and

Headquarters Squadron, was convicted by special court-martial of wrongful transfer of marijuana.

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Symbols communicate

Signs convey multiple messages

by Sgt Dennis Litallen

Like most military installations, MCAS Kaneohe Bay is a repository of signs, messages and symbolism. Look around the air station and you'll discover signs that motivate, regulate, identify, preach, inform and, in some instances, confuse.

MOST ARE written in English, and some include Hawaiian phrases, but all serve a specific purpose. You'll find these signs everywhere; on doors and floors, walls and halls, on steps, curbs, poles, in windows, on billboards, vehicles and even on people.

Marines visiting the Brigade Proficiency Unit are greeted at the breezeway entrance by a large black sign with bold white letters. Its message identifies BPU's basic philosophy and serves as food for thought for passers-by. It says: "You may be whatever you resolve to be."

FANTASY plays a major role in unit signs. For instance, Communications Support Company's motor transport section has a sign adorned with the

painting of a dual exhausted, mag-wheel-ed, fully-blown, souped-up M151 jeep. A real motor transport man's dream. If Comm Support has such a motorized behemoth in its inventory it's obviously kept well-hidden. I couldn't find it.

One sign that could spark confusion is at the intersection of Harris Road and Mid-daugh Street. It is part of a larger sign that includes directions to several places such as the Rifle Range and Ulupau housing. The sign says "Red Footed Booby." Now old-timers know the Red-Footed Booby is a bird, but what about the poor guy who's only been here a short time? If he decides to look for a Red-Footed Booby without knowing what it is, he could be looking forever. It's like sending someone out for a left-handed monkey-wrench.

ANYWAY, color plays a large part in the signs of certain units. Station Operations and Maintenance Squadron has a beautiful multi-colored sign that includes modern letter-

ing, a rainbow and other familiar Hawaiian symbols. Above the color and appealing design is the simple acronym "SOMS".

Marine Fighter Attack Squadron-235 proudly carries the nickname "Death Angels." They are definitely no slouches in the sign department. The logo bears an ominously dark figure wielding a large, double-edged sword. The sign sits right by the parking lot entrance and is almost enough to make one turn back before it's too late.

IF THERE'S one quality Marines aren't noted for, it's being quiet. This is especially true when running in formation. From the first organized run in boot camp, Leather-necks are told to sound off while double-timing. Imagine how these thoroughly indoctrinated, highly vocal Marines react when they reach Nuupia Ponds and discover a sign that sternly warns: "No chanting, no noise beyond this point."

3d Reconnaissance Battalion has its own mark of distinction that also serves to illustrate

some of its skills. The logo includes a large grinning skull and Navy-Marine parachute wings, the silhouette of a scuba diver, a bayonet dripping blood and several job-related items. If not especially appealing to the eye, it does illustrate that recon Marines have plenty to keep them busy.

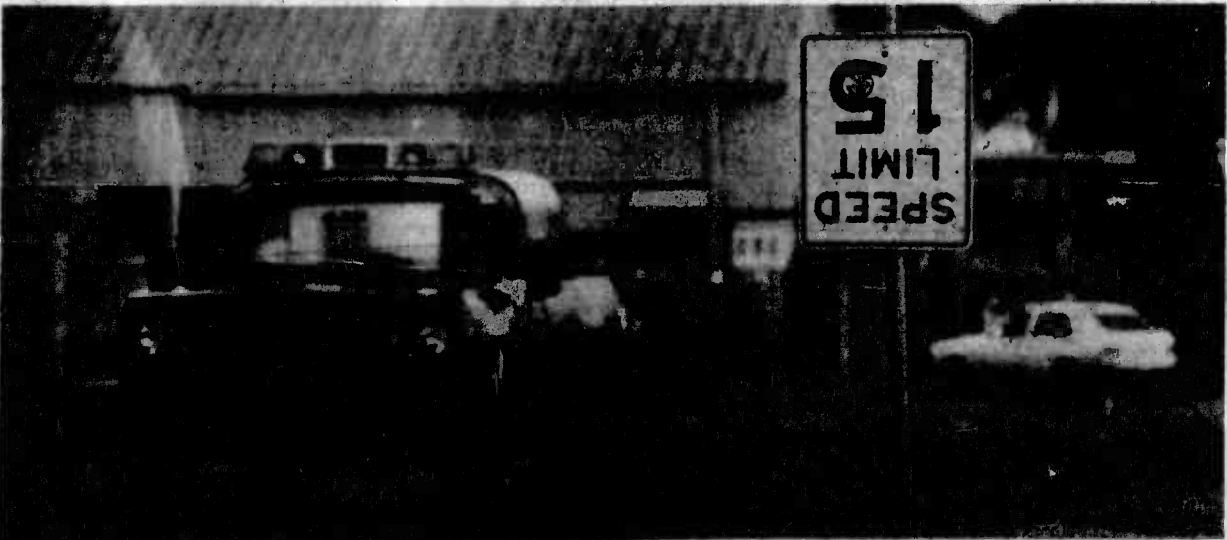
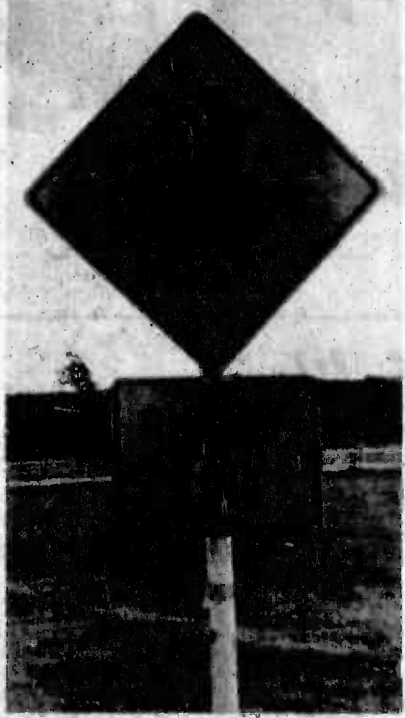
SOME OUTFITS like Company D, 3d Assault Amphibian Vehicle Battalion (which has an old amphibious vehicle) and the air station's Explosive Ordnance Disposal section use obsolete or discarded equipment to identify their units. To find EOD just cross the runway, turn left and let the numerous inert ordnance rockets, missiles and other objects emblazoned with the letters "EOD" lead the way.

There's a sign near the 3d Marine's obstacle course that has probably caused many slightly inebriated, wee-hours-of-the-morning drivers to get out of their cars and walk. It's a speed limit sign that some clever individual decided would make

more sense turned upside down.

FINALLY, the 3d Marines logo, while probably one of the least complex, carries the most poignant

message. Below a large numeral three encircling a sword are the Latin words "Fortes Fortuna Juvat." The translation reminds all Marines that "Fortune Favors the Brave."



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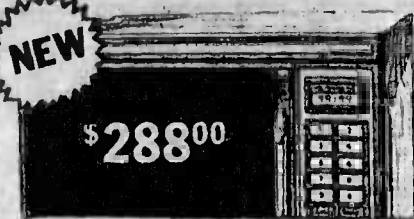
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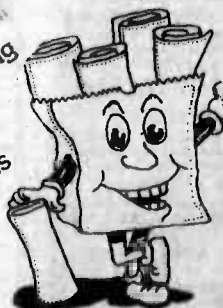
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Enchanted Lake



BRENDA—Stylist



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Localmotion

K-BAY OFFICERS' CLUB
TODAY: Lunch in the Pacific Room from 11 a.m. till 1 p.m. features special, hot carved sandwiches, soups and salads. Mongolian barbecue on the Lower Lanai from 6 till 8:30 p.m.
THURSDAY: Lunch in the Pacific Room from 11 a.m. till 1 p.m. Beefsteak Night from 6 till 8:30 p.m. features steamship round, a seafood item, rice or potatoes, vegetables, and a salad bar. Reservations please.
FRIDAY: Lunch in the Pacific Room from 11 a.m. till 1 p.m. Happy Hour in the Tapa Bar from 5 till 7 p.m. Mongolian barbecue on the Lower Lanai from 6 till 9 p.m. "Alter Ego" provides entertainment from 8:30 p.m. till 12:30 a.m. in the Tapa Bar.
SATURDAY: Candlelight Dining in the Pacific Room from 6 till 8:30 p.m. with new dining menu. Pianist Akiko entertains from 8:30 till 9:30 p.m.
SUNDAY: Champagne Branch in the Pacific Room from 10 a.m. till 1 p.m. with a variety of breakfast specials and a complimentary glass of champagne. Prime rib and crab served from 6 till 8:30 p.m. Reservations requested please.
MONDAY: Lunch in the Pacific Room from 11

a.m. till 1 p.m. Join us Monday through Friday for a variety of specials, hot carved sandwiches, soups and salads.
TUESDAY: Lunch served in the Pacific Room from 11 a.m. till 1 p.m. Tuesday evening the dining room is closed. The Tapa Bar is open from 4 till 10 p.m. Sandwiches and chili available at the bar.

K-BAY SNCO CLUB
TODAY — Luncheon special is beef ravioli. Beefsteak special served from 5:30 till 8:30 p.m.
THURSDAY — Luncheon special is beef stew over rice or noodles. Mongolian barbecue served from 5:30 till 8:30 p.m. "Rainbow Connection" plays from 7:30 till 11:30 p.m.
FRIDAY — Luncheon special is seafood platter. Candlelight dining from 6 till 9 p.m. "Star" plays from 9 p.m. till 1 a.m.
SATURDAY — Prime rib and crab served from 6 till 9 p.m. "Motion" plays from 9 p.m. till 1 a.m.
SUNDAY — Brunch served from 10 a.m. till 1 p.m. Family barbecue night from 5:30 till 8:30 p.m. features barbequed chicken, ribs and beef.
MONDAY — Luncheon special is Mexican Plate. Happy Hour is from 5 till 6 p.m.
TUESDAY — Luncheon special is lasagna.

Cinema

FAMILY THEATRE
 7:15 p.m. 8 1 2 9 10 3 6
CAMP SMITH
 7 p.m. 2 6 8 11 12 7 13

1. **VAN NUYS BLVD** — Bill Adler, Cynthia Wood, R, comedy-drama
 2. **WINDOWS** — Talia Shire, Elizabeth Ashley, R, drama

Daily Bread

The daily breakfast and weekend/holiday breakfast/brunch menu consists of fresh fruit, assorted hot and dry cereals, eggs to order, omelettes, assorted meats, creamed or chipped beef, hash browns, hot cakes or french toast and beverages.

The menu for the week of Sept. 17 through 23 is as follows:
TODAY — Lunch: soup, tuna casserole, french fried potatoes, mushroom gravy, collards, stewed tomatoes.
Dinner: soup, corned beef, pork slices, parsley buttered potatoes, corn pudding, cabbage, okra.
TOMORROW — Lunch: Swedish meatballs, liver and onions, buttered noodles, peas, vegetable combination, brown gravy.
Dinner: soup, turkey, natural gravy, parsley rice, apple dressing, green beans, corn-on-the-cob, cranberry sauce.
FRIDAY — Lunch: soup, lasagna, assorted pizzas, succotash.
Dinner: New England clam chowder, steak and seafood, baked potatoes, green beans, broccoli.
SATURDAY — Brunch/Dinner: soup, veal roast, mashed potatoes, natural gravy, peas and carrots, cauliflower au gratin.
SUNDAY — Brunch/Dinner: tomato soup, chicken, spaghetti w/ tomato sauce, broccoli, peas.
MONDAY — Lunch: soup, beef stroganoff, buttered noodles, green beans and mushrooms, fried summer squash.
Dinner: soup, fried fish, salmon steak, macaroni and cheese, corn-on-the-cob, asparagus.
TUESDAY — Lunch: soup, stuffed pork chops, sweet potatoes, brown gravy, cauliflower, peas, spiced applesauce.
Dinner: Oven fried chicken, risotto potatoes, chicken gravy, mixed vegetables, beets.

3. **THE FIFTH MUSKETEER** — Sylvia Kristel, Beau Bridges, PG, comedy-drama
 4. **BRASS TARGET** — John Cassavettes, Sophia Loren, PG, drama
 5. **BILLY BOY** — Duane Sobick, Kim Braden, PG, action drama
 6. **THE LADY VANISHES** — Elliot Gould, Cybill Shepherd, PG, comedy-drama
 7. **GOING COCONUTS** — Donny Osmond, Marie Osmond, PG, comedy
 8. **THE CHAMP** — Jon Voight, Faye Dunaway, PG, action drama
 9. **FAST CHARLIE** — David Carradine, Brenda Vaccaro, PG, action comedy
 10. **THE LEGEND OF THE NORTHWEST** — Marshall Reed, Joey Young, G, adventure
 11. **NO. 1 OF THE SECRET SERVICE** — Nicky Henson, Richard Todd, PG, spoof action
 12. **HANGING ON A STAR** — Lane Caudell, Deborah Raffin, PG
 13. **THE FINAL COUNTDOWN** — Kirk Douglas, Martin Sheen, PG, drama

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 SCHOOL OF DIVING
SCUBA COURSE
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 • 6:30 p.m.
 • Call to register
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 SEPT. 8-19, 1980

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FARRINGTON	1101 KALIHI ST.	841-8855
KAIMUKI	2705 KAIMUKI AVE.	737-3282
McKINLEY	1039 S. KING ST.	538-6250
WAIHAWA	1515 CALIFORNIA AVE.	622-1834
WAIPAHU	94-1211 FARRINGTON HWY.	671-7322
WINDWARD	730 ILIANA ST.	254-1534

"NO DISCRIMINATION ON THE GROUNDS OF RACE, COLOR, RELIGION, SEX, AGE, NATIONAL ORIGIN, PHYSICAL OR MENTAL HANDICAPS SHALL EXIST IN ANY OF THE EDUCATIONAL PROGRAMS AND ACTIVITIES WITHIN THE DOE"

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Dial 235-5881

Classified Advertising Department

15 ANNOUNCEMENTS

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20 LOST & FOUND

FOUND: Ladies bifocal eyeglasses. Corner Kaimalu and Kaimali. 262-5295

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LEGAL NOTICE

TRAFFIC CONTROL DEVICES

Traffic Schedule No. 80-10
 IN ACCORDANCE WITH THE PROVISIONS OF ORDINANCE NO. 79-44 AMENDING ARTICLE III, CHAPTER 15 (1978 TRAFFIC CODE) RELATING TO TRAFFIC ADMINISTRATION, THE DIRECTOR OF TRANSPORTATION SERVICES, CITY AND COUNTY OF HONOLULU, HEREBY ESTABLISHES TRAFFIC SCHEDULE NO. 80-10 TO AMEND SCHEDULE I OF SECTION 15-2(1) ESTABLISHING TRAFFIC SIGNAL LIGHTS; SCHEDULE XIV OF SECTION 15-11.3 ESTABLISHING STOP INTERSECTIONS; SCHEDULE XXII OF SECTION 15-14.4(1) ESTABLISHING PROHIBITED PARKING CERTAIN AREAS; SCHEDULE XXIV OF SECTION 15-15.1(4) ESTABLISHING CURB LOADING ZONES; SCHEDULE XXV OF SECTION 15-15.3(4) ESTABLISHING OFFICIAL BUS STOPS; AND SCHEDULE XXVI OF SECTION 15-10.1 ESTABLISHING TIME LIMIT PARKING.

SECTION 1. Chapter 15 (1978 Traffic Code), City and County of Honolulu, as amended, is hereby further amended in the following particulars:
 a. By amending Schedule 1 of Sec. 15-2(1) establishing traffic signal lights by adding thereto the following:
 "At the intersection of Kapihulu Ave. and Winum Ave."
 b. By amending Schedule XIV of Sec. 15-11.3 establishing stop intersections by adding thereto the following:
 "Avenida Ave. Traffic on Avenida Ave. shall stop before entering Walker Ave."
 "Walker Ave. Traffic on Walker Ave. shall stop before entering its westerly intersection with Walker Ave."
 c. By amending Schedule XXII of Sec. 15-14.4(1) establishing prohibited parking certain areas in the following particulars:

1. By adding thereto the following:
 "Puhale Rd., kokohau side, for a distance 80' in the mauka direction from the mauka curbline prolongation of Kaimukani St."
 "Walker Ave., even number side, from the kokohau property line of 322 Walker Ave. and extending in the holohele direction to Olive Ave., except on Sundays."
 2. By amending the items listed below as follows:
 (a) By amending the item relating to Clegborn St., mauka side, for a distance 72' in the ewa direction from the kokohau curbline prolongation of Kapihulu St. to read: "Clegborn St., mauka side, for a distance 99' in the ewa direction from the kokohau curbline prolongation of Kapihulu St."

By amending the item relating to Lilihua St., kokohau side, for a distance 280' in the mauka direction from the mauka curbline prolongation of Kihaku Pl. to read:
 "Lilihua St., kokohau side, for a distance 310' in the mauka direction from the mauka curbline prolongation of Kihaku Pl."

(c) By amending the item relating to Puhale Rd., kokohau side, between Nimitz Hwy. and Colburn St. during the hours 7:00 a.m. to 8:30 a.m. on school days to read:

"Puhale Rd., kokohau side, from a point 80' mauka of the mauka curbline prolongation of Kaimukani St. and extending in the mauka direction to Colburn St. during the hours 7:00 a.m. to 8:30 a.m. on school days."

d. By amending Schedule XXIV of Sec. 15-15.1(4) establishing curb loading zones by adding to subsection (2) thereof relating to freight loading zones:

"Kaimukani Pl., mauka side, for a distance 42' in the kokohau direction from a point 81' kokohau of the kokohau curbline prolongation of Kaimukani St."

e. By amending Schedule XXV of Sec. 15-15.3(4) official bus stops by adding thereto the following:
 "Pookalani Ave., kokohau side, for a distance 58' in the mauka direction from a point 151' mauka of the mauka curbline prolongation of Kalakaua Ave. during the hours 7:00 a.m. to 11:00 p.m. Monday through Sunday."

"Pensacola St., ewa side, for a distance 140' in the mauka direction from the mauka curbline prolongation of McKinley High School parking lot."

f. By amending Schedule XXVI of Sec. 15-10.1 establishing time limit parking in the following particulars:
 1. By adding thereto the following:
 "King St., 2 hours mauka side, between Punchbowl St. and Alapai St. Monday through Friday, except holidays."
 "Punchbowl St., 2 hours kokohau side, between Beretania St. and King St. Monday through Friday, except holidays."
 "Punchbowl St., 2 hours ewa side, between Hotel St. and King St."

2. By deleting therefrom the following:
 "Punchbowl St., 2 hours both sides, between Hotel St. and King St."
 "Punchbowl St., 2 hours kokohau side, between Beretania St. and Hotel St."

3. By amending the item relating to 2-hour parking on the mauka side of King St. between Richards St. and Alapai St. to read:
 "King St., 2 hours mauka side, between Richards St. and Punchbowl St."

SECTION 2. This Schedule is hereby attached to and made a part of Article VI hereof and shall take effect ten (10) working days after its publication.

AKIRA FUJITA, Acting Director
 Div. of Transportation Services
 City and County of Honolulu
 Dated: 9/9/80
 Copies of the Schedule are on file at the City Clerk's office for use and examination by the public.
 (Honolulu Press Sept. 17, 1980)

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60 HELP WANTED MALE & FEMALE

SALES? Advertising - full & part time, work from home. Comm. + bonus. Rapid advancement to mgmt. Call 422-8713 for app't.

LEARN / Demonstrate Needlepoint, latch hook, embroidery, cross stitch, etc. Fun/Profit. 235-6308

AFTER school sports program aide wanted in Kailua. Ph. 239-8726, 262-0129

NEED CASH?

Ask Your Army Reserve Recruiter how YOU can get extra income, a cash bonus, and more.

CALL
Kailua 847-3905
Kalihi 847-3905
Kaneohe 235-6491
Waipahu 671-3934

BABYSITTER for infant girl. 7:30 to 4:30 Mon.-Fri. Non-smoker. My home. Call Terri 235-0587 (Kaneohe)

FULL or p/t couples or individuals for business of your own. Local Amway distributor trains you for pleasant opportunities. 839-6638

BABYSITTER needed for month of Oct. for 2 children ages 3 & 7 mos. Must be willing to transport 3 yr. old to Hale Keli Pre-School. \$45 per week. 468-7545 after 5 p.m.

RECEPTIONIST part time, good telephone voice. Mon.-Fri. 5-9 p.m., Sat. 8:30-4 p.m. Call 235-6416

60 HELP WANTED MALE & FEMALE

WE need drivers for bicycle ice cream wagon. full/part time, commission, good exercise, good money, good fun. 262-8259

NEEDLECRAFT Demonstration needed. Island Wide. \$10 to \$12 hr. Phone 254-5052.

LOST Your Tri-Chem liquid embroidery instructor? NEW XMAS CATALOG! Services, classes: 422-8158, 235-8455, 624-4988, 422-5957, 254-4692. Full/part time career opportunities.

62 HELP WANTED DOMESTIC

KAILUA Beach, retired couple, cleaning, maintenance, exchange, quiet cottage. P.O. Box 1031, Kailua.

SITTER to give love & attention for 2 yr. old boy, for occasional AM's in Kailua Pk. or KMCAS. 254-5300

CLEANING lady needed 6 hours a day (Wed.). Good wages. Call 689-6941 Ewa

SCHOFIELD - Retired teachers aide, wants babysitting in home. 624-4252

KAILUA: Working mom needs loving sitter for 3 months infant. 261-2224

RETIRED couple for retired manager, apt. cleaning and maintenance, in exchange for partial rent. Exper. & ref. required. Call after 5 p.m. 623-1156

EXPER. babysitter for 3 mo. boy, 4 days incl. Sat. starting Nov. Waipahu - P.C. area. 677-0969

63 SITUATIONS WANTED MALE & FEMALE

LICENSED babysitter. Mon.-Fri. Ph. 262-9445

WILL baby sit in my home. Pearl Harbor. Mon.-Fri. evs. only. 833-4753.

WILL Watch infants and older at my home. Call 239-7335

FULL time babysitting in my Christian Kailua home. Reasonable. 261-1321

WILL babysit in my home. M.-F. Experienced. 235-3587

RELIABLE cleaning woman, once a week. Aiea area. Ref. required. Call 487-7712 4-8 p.m.

GARDENER (University AG graduate) seeks employment in Windward/Hawaii Kai Areas. \$5/hr. Refs. Call 259-5620 or 262-5752

68 GARAGE & LANAI SALES

2 FAMILY sale: furniture, baby items, stereo, misc. 47-285 Ahihiwa, 239-9125. Sat. 8-3 p.m.

YARD Sale, Sat., Sept. 20, beginning at 9 a.m.: clothing; furniture; 8% cases Kenzie flooring \$15 per; 4 burner Electric Rangetop \$30; plants; much else. 677 Mokapu Rd.

TWIN, double mattresses; Danish couch & chairs; misc. items. 1226 Aialapa, Lanikai, Sat. 261-3238

MOVING many items for sale: toys, games, furniture, bumper pool table. Sun. 9/21, 9-5 p.m. 14 Nameta Pl. Off Kailua in Kailua

68 GARAGE & LANAI SALES

GIANT Moving sale, leaving for mainland. Furn.; plants; color TV; yard tools; piano; water bed; bunk beds; & much more. 9/20 & 9/21, 8 to 3. 169 Alala Rd., 261-8750

FINAL Moving Sale: Prices slashed. Milliani, 94-133 Puanane Ln., 9/20-9/21, 10-3. Dryer, patio white table & 4 chairs, sleeper sofa, kitchen, books, clothes, lawn mower, edger, trimmer.

GARAGE Sale: Sat., Sept. 20, 9 to 4. Clothing, various sizes, furniture. 202 Aloka St., Aiea Park.

EARLY American sofa & love seat, matching console TV. \$300. Cedar chest \$50; dishes, etc. 893 Akumu Place, Kailua. Sat. 9/20, 9-3 p.m. 262-5153

SALE Sat. 9/20. Odds & ends: VW doors & lids, 48-454 Kunekuni St., Hauku Village

SAT. 9/30, 2 twin beds, sofa, coffee table, misc. 254-1813. 1257 Mokapu Blvd.

KING bed; chair; sofa beds, end tables, lamps, misc. 44-149 Nanamoa 247-5948

GARAGE Sale. 2 family - MOVING: 534 Paulele St., Kailua, 10 till 4 p.m., Sept. 20. Plants; piano; chairs; clothing; books; tools and elec. appl.

68 GARAGE & LANAI SALES

LIVING Room furniture sale, Sunday 9/21 from 8-4. Sturdy sofa (fantastic for re-upholstering); chairs; tables; chandelier, etc. 47-715 Hui Uili St.

HUGE Milliani Sale: Sept. 20, 21, 8:30 till 3. Great Books water heater; furniture; play pen; baby swing; clothing size 0 to 6. 94-335 Hakama St., 623-6236

WANTED!!
Newspaper Area Manager
Part Time Position

Openings in KMCAS, Aiea and Lanikai area. Work with children. Must have van, truck or station wagon. Good salary plus allowance.

Call Pat Meador 235-5881

Sun Press

PRESSROOM HELPERS

Sun Press has immediate openings for pressroom helpers. Duties include jogging and stacking papers, helping with press make readies and cleaning pressroom.

Apply in person. Benefits include medical, dental, profit sharing. Ask for Dennis Heupel.

SUN PRESS
46-016 Alaloa St., Kaneohe
Ph. 235-5881

There's more in a carrier's bag than newspapers...

Look what's in it for you:

MONEY! As a SUN PRESS carrier you earn and manage your own money. Just like a businessman!

PRIZES! In addition to your regular earnings, you can merit valuable prizes by excellence of service and gaining new subscribers!

TRIPS! Being a SUN PRESS carrier is not all work... every year hundreds of our carriers win a variety of different prizes, this year, an all-expense paid trip for 3 to Disneyland is being given away!

Boys! Girls! If you are bright, energetic and have the desire, we need you! It's great to earn your own money... win valuable prizes... You'll be part of Community Publication's big SUN PRESS Newspaper team, working together to bring our neighbors the latest local news.

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BUSINESS & SERVICE DIRECTORY

Appliance Repair HOME APPLIANCE SERVICE Expert repair to all makes/models, reasonable Ph. 671-0445 RJS REFRIGERATION & Air Conditioning Service Workmanship guaranteed. Call 533-3877 ext. 5404 DAN'S Appliance, repairs washers & dryers, ovens & refig. Call 622-4879 (Repairs Guaranteed) Carpet Upholstery Cleaning LONG'S CARPET CLEANERS PH. 458-8271 For the first time have your carpet & upholstery cleaned properly with DEEP HEAT DRY EXTRACTION PROCESS. Fastest drying time ever! 24 hr. service. Free estimate. Home Commercial. Free Est. STATE CARPET CLEANING 671-0766 & 521-8297 General Contracting B. KEO Contracting—Lic. 26746—Concrete slabs & masonry walls. Free Estimates. Ph. 247-0173	General Contracting D. ODA CONST. Additions, Complete Masonry New homes, plans & designs no charge. Lic. #8892. Ph. 395-5506 KAILUA CONSTRUCTION Complete home remodeling, interior & exterior painting, tile, stone, etc. 247-0821 or 247-0821 BY SUE-ANN Professional Service. Accurate pricing. Licensed. 395-6878 Instruction Patty's Hula Studio Classes for all ages Entertainment for parties & luau's Hula & Tahitian Dance Call 261-3579	Legal Services UNCONTESTED DIVORCE FULL SERVICE by attorney. \$190 fee incl. Children & Property. Barbara Melvin 521-7496 MICHAEL A. Marr 521-8759 Immigration Accident Wills Divorce Business Litigation DO Your Own: Divorce \$40. Free information Call 524-3277 Maintenance B & B Maintenance, Inc. Home Improvement Painting, Plumbing, Repairs Lic. C-9058 Ph. 487-1244, 487-0933 Masonry WALTER IONIHARA MASONRY Complete masonry work. Free estimates. Call 487-1244	Masonry For Your Ready Mix Concrete & Block Improvements? Additions? Ameron HCSO Direct Customer Service Ph. 848-1061 Weekdays 7:30-4:15 Massage Tokuhi Therapeutic Shiroshi Massage Back problems or physical therapy? 46-4046 Kono Hwy., Rm. 207 Ph. 247-2779 or 238-3218 By Appointment Only Licenses in MASS & HI Moving RELOCATING?? Very Reasonable. No job too big or small. Free Estimates. Call Roy 822-2244 24 hr.	Moving Experienced Insured RENT A MOVER Anything Anyplace Anytime B & B Delivery, Inc. Lic. 1742 833-1869 Low Rates 254-4142 MOVING-MAN Careful - Courteous - Cheap No job too small. For FREE Est. 822-8529 or 258-5252 Painting NARIKAWA PAINTING Free Estimates Lic. C-5455. Ph. 488-1080 KAMAAINA PAINTING Free Estimates Lic. C-4767 Ph. 247-6621 Akamai Painting & Waterproofing Residential & Commercial. Free Estimates. Free Est. Lic. #C6710 Ph. 261-0888 or 262-1088	Painting S. UMENO PAINTING Free Est. Lic. C-10211 Ph. 621-8523, 621-6393 LEE'S PAINTING Residential Lic. C-3858 Ph. 247-1454 CLIFF'S PAINTING Inexpensive, courteous, professional. Free Estimate. C8473. Call any time 823-8915 24 hrs. Piano Tuning OLD RELIABLE J. PAUL DILLINGER TUNER TECHNICIAN 261-0457 Plumbing PLUMBING repair service. Free estimate. Plumbing & drain cleaning Ph. 247-0544	Remodeling & Building Repair PATIOS AND NEW ADDITIONS Repair-grange. Free Est. Clifford Iwane C-4477 Ph. 677-4695 E.C. & L. Builders Home Improvement. House painting, concrete work, carpentry & extension patios. Lic. #8894, PH. 671-7008 ALPHA GLASS SALES & SERVICE Commercial & Residential Glasswork (Lic. 7648) Ph. 235-1304 AFFORDABLE LOW COST BUILDERS HOME IMPROVEMENT SPECIALISTS PH. 262-9775 LIC. NO. 84109	Roofing STATE ROOFING General Roofing Free Estimates. Ben Pascal 37 years' Exp. Lic. C-2036 Ph. 247-2421 SUMMER SPECIAL on all Hot Asphalt & Shingles Serving All Island Areas Repair, Free Estimates ROCKET ROOFING CO. 261-4036 Lic. 8285 no bond charge AKAMAI ROOFING FREE ESTIMATES 261-0825, 836-1050 841-4983 Any Time Screening MR. SCREENS HAWAII New or re-screen Free Est. 262-0266	Yard Service COMPLETE Lawn Service, big job clean-up & dependable monthly maintenance. Ph. 235-0643 BEHIND YARD BOULDER All jobs large & small general cleaning, pruning & hedges, shrubs, grass, weeds, coral gravel & tree chips. Monthly maintenance. Fast reliable service. Free estimate. Call 262-7671 Ask for Rosemary WALLACE GARDEN SERVICE General Yard Maintenance Old lawns restored, new lawns planted, trim hedges & shrubs, remove rubbish. Hawaii Kai to Kahala. Free estimates. Ph. 395-1924 Manila Gardens Fresh cut flowers, leis, corsages, wedding bouquets, funeral sprays, landscaped plants. Ph. 247-4071 THOMPSON'S YARD AND LANDSCAPE SERVICE Experienced Tree Trimming Hedge Trimming Lawn And Hauling Phone 236-9187
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FOR INSTANT RESULTS PLACE YOUR AD IN THE BUSINESS & SERVICE DIRECTORY (3 LINES \$4.37) CALL CLASSIFIED 235-5881

• 68 GARAGE & LAND SALES

LOTS of women's clothing - summer & winter size 9 to 12; pots & pans; clothing rack; pillows; etc. 1 Day Only. Sun, Sept. 21 from 9 to 5, 227 Ilihu St., Aieha Park, Kailua

GARAGE Sale, 9/21, 9 to 3, 1239 Kahili St., Enchanted Lake. Small appl., books, dishes, etc.

SUPER Garage Sale: washer & dryer; sofas; ref.; water heater & lots more. 46-020 Alaloa St., B-1, Sat., 8 a.m.-2 p.m. 235-5283

GARAGE Sale: 66 So. Kalaheo Ave., Kailua, good cond. appliances; Kenmore washer \$75; Goldspot 3 dr. refrigerator w/ice maker \$100; galvanized swing set \$50; children's clothes; some furniture; misc. items. Sun, Sept. 21, 8 to 4

MILANI Moving Sale: Fri., Sat. & Sun., 9 to 5, La-Z-Boy recliner; TVs; extra long twin bed; captain's bed; desk; chest of drawers; double beds; stereo & much etc. 94-448 Kawaloa St., 623-4523

• 73 APTS. FURNISHED

PUNALUU Beach, 1 bdrm., anal. pool, utilities. 235-0876, 293-1062 (Deb)

PEARL Ridge Colonnade, 2 bdrms., 2 bath, washer, dryer, all amenities \$675 mo. 487-6593, 486-4486

WAIKIKI Canal House, clean, 1 bdrm., convenient, \$550 mo. 524-0655, 732-0908

WAIKIKI Foster Towers studio, ocean view, pool, \$350. 488-3246

HAWAII KAI Maunaloa, deluxe ocean view, large 1 bdrm., 17th floor, color TV, fantastic amenities. \$700 Mo. 395-6993

PUNALUU beach, 1 bdrm., anal. pool, utilities. Ph. 235-0876 or 293-1062, Debbie.

• 75 APTS PARTLY FURNISHED

THE Fairway House Brand-new, 2 bdrm., 2 bath Date St. \$625. 839-9825

NANI Koolau, 2 bdrm. condo., washer/dryer/refrig., pool, furnished/unfurnished, short term lease \$450 mo. 254-2472 AWH

PUU Ahi: never lived in ocean view, 2 bdrm., pool, \$650. Lease. Ph. 235-8651

KANEHOE Haiku Hale, 3 bdrms., 2 bath end unit, pool, \$500 mo. Ph. 235-6196

KAHALUU: Brand-new 1 bdrm. \$375 mo. Couple or single. No pets. 239-9760 or 239-7412

STUDIO apartment for single, util. incl. \$250 per mo. call 262-0643 eves.

KANEHOE: apt. partly furnished, 3 bdrm., 2 bath, all appl., drapes, pool, mountain/ocean view, \$500. Call 262-8298 or 262-9411 after 6 p.m.

• 76. RENTALS TO SHARE

KAILUA: Female/same. Quiet good location \$200+ util. 254-2102 eves. + wkends

KANEHOE: own room & bath \$125, util. incl., no pets, pet sitting duties. Call 267-5007.

KAILUA - roommates/couple to share quiet house near beach, non-smokers please. Oct. 1st thru Dec. 31st. Ph. 262-9940

RESPONSIBLE working female wanted to share 3 bdrm. apt. w/2 of the same. No children/no pets. \$150 per mo. + utilities. Call 261-4923 eves. only. Ask for Chris.

KANEHOE: Responsible working female wanted to share 3 bdrm. apt. w/2 of the same. No children/no pets \$150 per mo. plus utilities. Call 235-0319 after 6 p.m.

LANIKAI room, nr. beach, single or couple. Avail. Oct. 1st. Ph. 262-7960

HAUKU Gardens townhouse, 2 rooms, 1 for \$250 and 1 for \$180. 235-1766

PERSON to share 3 bedroom home \$200 plus. Ph. 261-2362

• 78 RENTALS TO SHARE

AINA Haina 3 bdrm. home, bath; sharing kitchen. Prefer female non smoker and likes children \$185 includes utilities. Call 235-5098 or 235-7433.

LANIKAI near beach, \$168; Kailua \$150 & up; all Windward & Wahiawa places fee. Roommate Locators. 955-4428.

KAPIOLANI 3 bdrm. house, yard, quiet Punahou 2 bdrm., 1 bath, great view, \$160. Roommate Locators. 955-4428.

RESPONSIBLE Male wanted to share townhouse with same. View & pool \$300 per mo. + util. 247-0023 before 10 a.m., after 6 p.m.

• 80 JEWELRY

IMMEDIATE cash for gold. Highest prices to \$145 for class rings. 947-3416

1.03 CT. round cut diamond, 1-1/2 appraised at \$4,100 sell \$2150, 2 stones avail. 732-1604

• 83 HOUSES PARTLY FURNISHED

NICE home, 3 bdrms., 2 baths, nr. KMCAS \$625 mo. Ph. 254-5470, 254-2144

PARTLY furn. house, 3 bdrms., 2 bath, 2 carport. Ph. 677-9808 after 4:30 p.m.

KAILUA: On golf course, 3 bdrms., large family rm., landscaped yard, \$675 monthly. Call 247-0743.

KAAAWA 2 bdrms. w/loft, pool, double tennis court \$550. 237-8175 eves.

AVAILABLE now Kailua, 3 bdrm. home, 100's of selections islandwide. Apt. & house finders. Phone 955-4428.

KAILUA - 3/4 - Bdrms., fenced, close to elem. school. \$600. 254-3769.

KAILUA Beachside, 4 bdrms., 2 bath, \$800. Lee, 732-8226/eves, 261-0200.

KAILUA: Very nice 3 bdrm., no pets \$600 a mo. incl. util. & yard. Call Jan at 254-3124 or 261-3389

KANEHOE on the Bay, breathtaking view, secluded, 4 bdrms, 3 baths. \$720. 262-7796, 235-4382

• 85 TOWN HOUSES PART. FURN.

KANEHOE - new 2 bdrm., 2 bath townhouse, super amenities \$650. Call 521-8833 or 373-3054

KANEHOE: Puu Ahi, 3 bdrms., end unit, garage, view, tennis, pool, 261-1410

KAHALA twnhse., 2 bdrms., 2 bath, pool, parking, good schools, close to shopping, downtown \$550/mo. Call Halg 845-0953 days. 423-2380 eves.

Windward Harbour, 3 BDRM., 2 bath, new, \$675 mo., minimum 6 mos. lease. Ph. 261-5949 after 6 p.m.

LANIKAI - BLUESTONE, model B, end unit, 3 bdrms., 3 bath \$1000 mo. Ph. 524-5364

3 BDRMS., 2 baths, parking. \$630. 487-3176 eves. 836-0544 days - Keonini.

KANEHOE Haiku Gardens, 4 bdrms., 2-1/2 baths. \$700 + deposit. 235-4270

AIEA-Hillside Terrace IV, 3 bdrms., 2 1/2 bath, all appl., enclosed garage, rec. ctr. \$625. Ph. 488-4883

• 88 CONDOS & TOWNHOUSES FURN.

NANAKULI: furn. 3 bdrm. townhouse. Good location, near beach \$450/mo. 668-2153. Avail. Oct. 1. Refs.

1 BDRM. on the beach, large covered private lanai, \$400 mo. utilities incl., no pets DWH 544-2600 ext. 51, after 5 pm. 261-2419

1 BDRM. condo., ocean view, North Shore. \$400. Ph. 623-3466

• 88 ROOMS FOR RENT

UH/Maunaloa/Molokai Lanikai nice view \$165 Roommate Locators 955-4428

KAILUA beach, 2 rooms, bath, share kitchen. 261-3945 eves.

• 88 ROOMS FOR RENT

OWN room w/phone and bath; sharing kitchen. Prefer female non smoker and likes children \$185 includes utilities. Call 235-5098 or 235-7433.

LILIIHA female to share w/same, own room, util. incl., near bus \$200. 595-3331

KANEHOE: 2 BDRMS., own room. \$225 Includes utilities. Call 548-2064

RESPONSIBLE over 25, neat, quiet, non-smoker, steady job. For a large Kailua furnished home. Own bath & room. Monthly lease. \$225 + util. 254-1166 eves. after 9.

FURNISHED room \$150 a mo. incl. util. Call after 6 p.m. 689-6101

LANIKAI: Spacious rm., near beach in mellow 3 bdrm. house. \$203/mo + util. 254-3336/261-3222, eves.

• 93 VACATION RENTALS

KUILIMA: 1 bdrm. fully furnished apt., no pets. Call 239-8539.

KUILIMA: 1 bdrm., apt. sleeps 4, amenities. Daily/wkly./mo. 235-1481.

VACATION Rental, Kaaawa. Magnificent view, 2 bdrm., 1-1/2 bath + loft. Swimming pool, volleyball, \$250 per wk Cathy Lyman 261-4332

WAIKIKI Condo on beach plus car, ocean view, TV, secure \$42/day. 672-4727.

MOLOKAI-Wave Crest sleeps 4, beach, pool, \$26 per day, \$170 per wk. 395-6085

BEACHFRONT studio near Crouching Lion. Week, month, pool. 235-6196

• 98 RENTALS WANTED

WORKING Couple with 1 cat seeks 2-3 bdrm. house (or large 1 bdrm.) on Windward side, reasonable. Call 261-5065 eves.

• 103 OFFICES FOR RENT

KAILUA 312 sq. ft. or can divide. Rent includes a/c, elec., & carpeting. 262-0871

KAILUA offices. 146 Hakkil St. 1st fl., up to 3,000 sq. ft. C. Jack Wolfe 261-1785

• 114 REAL ESTATE FOR SALE

KAILUA 2 story pool, 5 bdrm., 10,000 sq. ft. lot \$158,500 Ph. 261-1111

SALT Lake, large studio, upgraded, pool, agreement of sale pld. \$59,000/offer. 456-2895 or 836-0828

RARE - fee simple home, excl. cond., double-wall construction, shake roof, 6 yrs. old. Only \$139,000. TMK #1-4-7-58-23. David Chase (RA). 262-8006. Sam Daily Realty, Inc. 235-6666

KAILUA \$149,000. Pretty & QUIET. Quality & pride are reflected in this breezy 3 bdrm., 2 bath home on corner lot. Beautifully upgraded kitchen, all new cabinets, Spanish tile entry and kitchen floor. Lease. (m/s 42319). Call list/owner Judith Shrage (RA) 261-0612, J.M. Urner, Inc. 261-3389

KAILUA \$135,000. SIMPLY LOVELY describes this spacious, immaculately kept home in Enchanted Lake. 3 bdrm., 2 bath, huge, enclosed garden lanai. Professionally improved. Call on this one. Lease. (m/s 42317). Call Becky Meneses (RA) 261-5931, J.M. Urner, Inc. 261-3389

KANEHOE \$119,500. Keapuka - Just listed. Roomy 3 bdrm., 2 bath home, great location, spacious family room, corner lot. Lease. TMK 1-4-5-83-53. Call Myria Posion (R) 261-2293, J.M. Urner, Inc. 261-3389

LANIKAI \$800,000, \$995,000. Developers take notice! Three magnificent parcels of FEE SIMPLE, OCEAN VIEW land - zoned R-3, over 5 ac. Call Gil Carr (R) 262-8964 for details. J.M. Urner, Inc. 261-3389

• 114 REAL ESTATE FOR SALE

KANEHOE \$85,000. NA PALI GARDENS - Choice 3 bdrm., 1.5 bath unit on quiet end of building. Day care center, recreation area, POOL. Convenient to all your needs. Lease. (m/s 41732). Call Juanita Schlitz (R) 261-6681, J.M. Urner, Inc. 261-3389

KAILUA \$126,500. OWNER WANTS OFFERS, so make yours today on this neat 3 bdrm., 2 bath home in Enchanted Lake on quiet street. Family room and fenced yard. Lease. (40192). Call Betty Boxold (RA) 261-4416, J.M. Urner, Inc. 261-3389

KAILUA - REDUCED \$6000. ANXIOUS Mainland Owner - bring us your offer on this charming 3/4 bdrm., 2 bath home on beachside of Kalaheo. Just steps to great swimming beach. Asking \$166,000. Lease. (m/s 37804). Call Jeanne Easterling (R) 261-0186, J.M. Urner, Inc. 261-3389

KAILUA \$27,500. Chinese Restaurant - lease & fixtures. Good location, steady business TMK 1-4-3-58-4. Call Chu Lan Shubert (RA) 261-7895 or 261-3389 for details. J.M. Urner, Inc.

KANEHOE \$125,000. BUY, BUILD & SAVE - see this gorgeous FEE SIMPLE lot, 10,500 sq. ft., with OCEAN VIEW, in quiet country setting. (m/s 30753). Call Flossie Bonnet (R) 262-5593, J.M. Urner, Inc. 261-3389

KAILUA \$149,000. WINDWARD PASSAGE - Luxury condo. Call to see this 3 bdrm., 2 bath unit in heart of Kailua. Tennis, pool, racquetball, meeting room, sauna, walking distance to beach. TMK 1-4-2-01-46. Call list/owner Elizabeth McCarthy (RA) 261-5873, J.M. Urner, Inc. 261-3389

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