

HAWAII MARINE

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TWENTY PAGES



Lance Corporal Steve Starbuck checks the I.D. card of Brigitte Joa as Sandra Oded looks on. (Photo by Cpl T.J. Clark)

ID card check commences

Checking identification cards before each purchase has been normal policy for patrons of the air station's Marine Corps Exchange. On Jan. 1, however, non-uniformed patrons began pulling their ID cards out of their wallets and purses at the door, instead of the cash registers.

"It's protection assurance," said Major Tom Loughlin, Marine Corps Exchange officer, "designed to ensure that all of the services within the exchange are used only by authorized patrons."

It is normal procedure for Navy Exchange patrons to show their ID cards at the door. According to Lieutenant Commander William McMican, exchange officer at Naval Air Station Barbers Point, it's the only effective way to control access.

"You have to make sure that patrons are authorized to be there," said McMican, "otherwise, you could have anyone wandering around the store."

At the Barbers Point Mini-Mart alone, an average of 40 unauthorized persons are turned away each day, according to McMican. "It works out that one in every 10 persons has no business being there," he said.

"In the long run, I think the people with the privileges will be much happier with this system," McMican said.

One Marine Corps Exchange patron said that she liked the idea because it reminded her to take her ID card to the Exchange and because she only had to show her ID card once at the door instead of each time she made a cash purchase.

As a courtesy, relatives of service members may present a round-trip ticket to gain access to the Exchange.

"The reception to checking ID cards at the door here has been overwhelmingly positive," said Loughlin.

Three station Marines change jobs, XO departs for Camp H. M. Smith



Maj P.H. Skeldon

Major Patrick H. Skeldon took the helm of Station Operations and Maintenance Squadron Jan. 5 during a change of command ceremony at Dewey Square.

Lieutenant Colonel William J. Conley, former commanding officer of SOMS, has been assigned as executive officer of the air station.

Skeldon was commissioned in



LtCol W.J. Conley

1968. He attended Naval Flight Officer training and received the wings of a Radar Intercept Officer in 1969.

Following assignments at Marine Corps Air Station, Cherry Point, N.C., he served in the Republic of Vietnam, where he flew almost 300 combat missions.

In addition to serving as a Forward Air Controller with 3d



Maj M.R. Massie

Battalion, 7th Marines and 2d Battalion, 5th Marines, 1st Marine Division, Skeldon served at MCAS, Yuma, Ariz.; MCAS, El Toro, Calif.; and Naval Air Station, Pensacola, Fla.

He was awarded his Naval Aviation Wings in 1972 at Naval Air Station, Kingsville, Texas.

The major's previous position



LtCol J.H. Marshall

here was Station Plans and Inspections Officer.

Major M.R. Massie is now serving as Station Inspector, having been replaced as XO of SOMS by Maj. James Ramden.

LtCol J.H. Marshall, former XO of the air station, is being transferred to Fleet Marine Force, Pacific, Camp H.M. Smith.

Apply now for FY84 WO program

Applications for the Fiscal Year 1984 Warrant Officer Program are now being accepted by Headquarters Marine Corps.

The selection board will meet in April to select qualified Marines for appointment to permanent warrant officer. Applications must reach Headquarters Marine

Corps March 18, 1983.

Fifty-nine military occupational specialties are open this year to active duty applicants. However, some restrictions apply, including five that are closed to women Marines.

Active duty sergeants and above with an Armed Services

Vocational Aptitude Battery electrical composite standard

score of 110 or higher are eligible to apply for the program. Eligible Marines must also have a minimum of five and a maximum of 14 years active service before Jan. 1, 1984, and be able to complete 30 years of total service by age 62. Other eligible requirements apply and may be

found in Marine Corps Bulletin 1040 dated Nov. 29, 1982.

All active duty Marines, except limited-duty officers, selected for warrant officer must attend the Warrant Officer Basic Course following their appointment.

Members of the Selected Marine Corps Reserve may also apply for the Warrant Officer Program.

King's nonviolent quest for equality

by Sgt Pepper Davis

Dec. 1, 1955. Rosa Parks, a slender, middle-aged black woman, boarded a city bus in Montgomery, Ala. It had been a long day for the seamstress. Her feet ached, and her body felt lifeless as she took a vacant seat in the middle section.

As the bus became crowded, the driver called for her to get up and stand in the back. "No," she quietly replied. "I won't." Though well-versed in the city's racial etiquette, she did not intend to become a test case. But her feet hurt and she would not move.

THE DRIVER SUMMONED the police who took her to the police station and charged her with violating the bus segregation ordinance.

News of her arrest spread through the black community like wildfire. Prominent black leaders agreed to stage a one-day boycott Dec. 5, to coincide with her trial date. The boycott went extremely well but Parks was nonetheless found guilty and fined.

Dissatisfied with the outcome, the leaders decided to form an organization to keep the boycott going until the bus company agreed to desegregate. The Montgomery Improvement Association was born, and Martin Luther King was chosen its leader.

During an evening meeting at a local church, King addressed more than 4,000 blacks, laying out issues that confronted them in the community. In his speech, he mixed sharp social analysis with an eloquence that reached every listener. He relayed a message of commitment: "There comes a time when people get tired - tired of being kicked by the feet of oppression."

"We have no alternative but to protest. We come here tonight - to be saved from that patience that makes us patient with anything less than freedom and justice," he said. King added, "We must not become bitter and end up hating our white brothers. We are tied together. The Negro needs the white man to free him from his fear; the white man needs the Negro to free him from his guilt."

ONCE ORGANIZED, THE MIA formed taxi shuttles and carpools which produced a 99 percent effective boycott. Feeling the crunch of the peaceful black retaliation, Montgomery whites attempted desperate techniques to get "their Negroes" back in line.

As the boycott continued, the community became enraged. Ninety blacks were indicted under a 1921 anti-union law forbidding conspiracy to obstruct the operation of a business. King was the first tried... he was found guilty.

While King awaited his appeal the bus company frantically sought to settle its problem before becoming bankrupt. The companies woes mounted in February 1956 when black residents filed a suit against the city, declaring the racial-seating ordinance as unconstitutional.

The case reached the Federal Court in June. Relying heavily on the Supreme Court's 1954 school desegregation decision, the special three-judge panel ruled that Montgomery's bus segregation laws violated the Fourteenth Amendment. However, the ruling didn't result in immediate action.

City officials obtained a stay of the court's order, pending an appeal to the Supreme Court. The city also initiated a lawsuit against the MIA seeking an injunction against carpools, a move King anticipated. If granted, the injunction would break the back of the black campaign.

IN NOVEMBER THE CASE was brought before Eugene Carter, the same judge who previously convicted the MIA leaders of participating in an unlawful boycott. The court atmosphere was tense. An adverse ruling would drain the lifeblood from an important cause.

In the midst of the hearing, a reporter rushed in with word that the Supreme Court had unanimously upheld the Federal Court's ruling, declaring segregation on city buses unconstitutional.

The boycott that originally was scheduled to last 24 hours, ended after 382 days Dec. 21, 1956.

With national television cameras recording the event, the

MIA leaders rode in front seats of Montgomery's buses.

The effective weapon of boycotting gained popularity as blacks in Florida, Atlanta, Mississippi and Nashville successfully put it to the test. With the victory of the Montgomery bus boycott, King became an internationally known public figure.

Michael Luther King Jr. was born Jan. 15, 1929 in Atlanta. The second child and first son of Reverend M.L. King Sr. and Alberta Williams King Michael later changed his name to Martin.

King grew up in the South when to be black in that region was to be like a snake in the swamp: invisible most of the time, but when seen, hated. Even as a youngster he had a firm grip on the black plight.

AT AGE 15, HE ENTERED Morehouse College to study medicine, but he was so greatly influenced by the college president, he decided to study for the ministry. He was ordained in 1947 and was graduated the following year at age 19. Little did the young minister know he was destined to become the principal spokesman for the Civil Rights Movement of the early '60s.

King's ideology for social change was based on high national and religious principles, and a mature psychology which stressed mutual consideration, respect, sharing and equality.

King was often called a student of "Gandhism." His program of nonviolence was adapted primarily from the teachings of Mohandas K. Gandhi, who used nonviolence to help free India from British control.

White America attacked King's logic on peaceful demonstrations, attaching the stigma of violence to such gatherings in the minds of people. Whites were so repressed and discredited in their thinking that, by 1965 an overflow of white hostility led to the emergency of a white power movement referred to as the "white backlash," causing blacks to exclaim, "We approached whites with love, they responded with hate."

KING FOUNDED THE

Southern Christian Leadership Council in 1957. Under his guidance the SCLC achieved great success. By the fall of 1962 King and the SCLC were moving by leaps and bounds. Blacks of the nation were responding favorably to the ideas of the astute, persuasive and articulate Georgian. Millions swore allegiance to his cause, willingly to follow his lead.

King announced he would lead racial demonstrations in Birmingham until "Pharoah lets God's people go." He felt if that city could be cracked, the nonviolent movement in the South would take a significant change. "It is our faith that as Birmingham goes, so goes the South," he said.

In April 1963, defying a writ of injunction as well as the attack dogs of Police Chief Eugene "Bull" Connor, King led a mass down the main thoroughfare of Birmingham. The marchers were met with brutal opposition. Undaunted by the reception in Alabama, King continued his fight for social, political and economic equality for blacks.

HE WAS STABBED IN NEW York City, stoned in Chicago. His home was bombed and his family threatened, but he endured.

In March 1963, he astonished the world as he led more than a quarter of a million people on a march from the Washington Monument to the Lincoln Memorial. Also, millions watched on television as he delivered his stirring "I have a dream" speech.

"...I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'we hold these truths to be self-evident; that all men are created equal'..."

Five years later King was summoned to Memphis, Tenn. to assist the sanitation workers in their quest for higher wages and better working conditions. He was advised by his aides that an injunction against a march might be filed. He replied, "Whether it is granted or not, I'm going to lead that march."



"There will be no justice until there's peace!"

A FEW MINUTES BEFORE

six on the evening of April 4, 1968, King and his associates stepped onto the open balcony outside his motel room. They were on their way to a "soul supper" at a friend's house. King, in his shirt sleeves, went back into his room to get his jacket. He returned and stood flanked by longtime companions the Reverends Ralph Abernathy, Jesse Jackson and Andrew Young. As they talked, a single shot rang out, and King fell mortally wounded.

He was pronounced dead at St. Joseph's Hospital at 7:05 p.m.

King's murder caused strong reaction throughout the world. President Lyndon B. Johnson declared a National Day of Mourning to honor the slain warrior. But as the news reached the black communities, the shock and grief turned into anger.

Before it was over, more than 55,000 troops had been deployed around the nation and 46 persons died. In March, James Earl Ray was apprehended in connection with King's assassination. Ray

later confessed to the killing and was sentenced to 99 years in prison.

King was perhaps the most admired black man of this era. The dream he spoke of still lives in the hearts and minds of millions of people who found strength in his words; his ideas.

He made such a deep impact on his times, and all those who knew him, because he maintained, in inspired fashion, the tension between the legal and the moral. He knew that law without justice is tyranny, but he also knew that disorder tears the fabric of society.

HE WAS ALWAYS WILLING to negotiate. But if negotiations were futile, or if others sought to use it as a check for inaction, he was prepared to march.

King is buried near Ebenezer Baptist Church, where he once co-pastored, in Atlanta. The words from a black spiritual are carved on his tombstone: "Free at last, free at last, Thank God almighty, I'm free at last."

Retired Marine lauded

Associate dean commended for performance

by Sgt Inez J. Stoner

Richard Chapman, associate dean of the St. Louis High School Adult Education Program here, was presented a Certificate of Commendation, recently by Brigadier General J.W. Moore, commanding general of the 1st Marine Brigade.

"It's nice for a civilian to get recognition from the Brigade," said Chapman. "It means a heck of a lot to me."

Chapman, a retired Marine Corps major, started with St. Louis High School here as a math and American government instructor in 1972. Following his retirement from the Marine Corps

in 1975, he took a position as an administrator for the school at Camp H.M. Smith and Pearl Harbor. Chapman returned to the air station in June 1976 as the associate dean.

Since his return, a comprehensive adult high school program and a developmental reading program have been developed and implemented under his supervision. During that time, 2,176 Marines received their high school diplomas from the school; an average of about 35 a month.

In addition, high school education programs have been offered to Marines participating in the last 15 Western Pacific deployments.

Current figures show that about 11 percent of the Marines on active duty do not have high school diplomas. According to Chapman, the figure is slightly higher for Marines stationed here. In addition to this, 20 percent of the Marines with high school diplomas still read below the 8th grade level. For this reason, since 1978, all sergeants and below must take a reading exam shortly after their arrival here. Marines who score below the 8th grade level are required to take a remedial reading course offered through the school.

When asked how long he intended to work with Marines in

obtaining their high school diplomas, Chapman replied, "Until we don't have any more non-high school grads left in the Marine Corps."

The expanded career opportunities are usually enough to motivate Marines to earn their high school diplomas. Another great incentive is the fact that the program is free. One hundred percent of the tuition, including books and supplies, is paid for either through Tuition Assistance or the Veteran's Administration.

For more information on the St. Louis High School Program contact the Joint Education Office.



CONGRATULATIONS — Richard Chapman, associate dean of the St. Louis High School Adult Education Program here, is congratulated by Brigadier General J.W. Moore, commanding general, 1st Marine Brigade. The general presented Chapman with a Certificate of Commendation for his efforts as associate dean of the high school program. (Photo by T.J. Clark)

At a glance

TLA's new system

A new system for computing temporary lodging allowances went into effect Jan. 1.

There is no need to report or itemize any expenses other than lodging. Service members will be paid 46 percent of their maximum TLA rate for cost of meals and incidentals. Food, plus lodging costs, will not exceed members' maximum TLA rate. Receipts for lodging expenses are required.

TLA is authorized

for member's dependents when the member is hospitalized while en route to a new permanent station.

Compensation is provided for cost of food when staying in temporary lodging with kitchen facilities. Food receipts are not required.

Commemorative Service

A commemorative service for Dr. Martin Luther King Jr. will be held Friday at 2 p.m. at the Station Chapel.

mander Leroy Gilbert, station Protestant chaplain, will be the speaker.

Dr. King was an advocate of civil rights not only for black Americans, but for all Americans. He encouraged others to be more assertive in their pursuit of equal treatment.

Medical "No Shows"

There has been an increase in the number of patients who

fail to keep scheduled appointments in various departments within the Kaneohe Branch Clinic. This results in inefficient use of the provider's time and increased aggravation to other beneficiaries who might have utilized this appointment. If you must cancel an appointment or think you may be late for an appointment, please call for the appropriate department in sufficient time to allow

other arrangements to be made.

Family Service Center Seminar

As a result of recent active duty and dependent deaths, a number of families have requested the seminar. At the time of loss, people are normally in shock and unable to absorb all of the information provided, yet must make important decisions. Family service center requests commands

encourage their active duty members and

spouses to attend this seminar.

The seminar will be at 3 p.m. in the station theater.

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HAWAII MARINE

Ombudsman



If you have a question or complaint about the content of the *Hawaii Marine* — or a suggestion or compliment — please telephone our Ombudsman, Gunnery Sergeant Don Gilbert, at 257-2178.

Gilbert, the Joint Public Affairs media operations chief, will endeavor to answer your questions and complaints through impartial investigations. He will accept calls between 7:30 a.m. and 4:30 p.m.

STEALING HURTS

"Stealing hurts honest shoppers" published in last week's issue of the *Hawaii Marine*, brought forth a call from the Provost Marshal, Lieutenant Colonel Ronald Neubauer. "Military members are 'apprehended' not 'arrested,'" he said. He also pointed out that if a military member is apprehended for shoplifting, his commanding officer makes the determination as to whether the charges should be dropped, taken to non-judicial punishment, or referred to courts-martial.

Neubauer said that military family members caught shoplifting will have their identification cards confiscated and reissued without commissary and exchange privileges. They may also be referred to a civilian court for judicial action.

Civilians, he said, are "detained" not "arrested." And, they're not transferred to the Honolulu Police Department. "HPD will not enforce any laws at the air station," he said. "But, they can receive a U.S. Magistrate citation and be referred to the federal court system."

SPORTS GREATS

The 1982 *Hawaii Marine* Sports wrap-up, published Jan. 5, inadvertently omitted two prominent Marines.

The team of Master Gunnery Sergeant Al Hanly, Marine Air Control Squadron-2, partnered with Colonel Lea Ihara (U.S. Army ret.) was seeded No. 2 in the Hawaii State Seniors Doubles Tennis. Corporal Joseph Pemberton, Brigade Service Support Group, won the state amateur boxing title in the 175-pound class.

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Selective Reenlistment Bonus Program

Congress extends payments through March

The fiscal year 1983 Selective Reenlistment Bonus program, which was implemented under the Continuing Resolution Authority, expired Dec. 17, 1982. Congress has passed a second CRA which extends authority of payment through March 1983.

However, it does not provide cost of living funding adjustments to support bonuses based on fiscal year 1983 pay rates.

SRB eligible Marines who reenlist after Dec. 17, 1982 are authorized SRB payments, but because of funding limitations, SRB's will be computed at fiscal year 1982 pay rates.

Expiration of Active Service for eligibility of SRB reenlistments are limited to Marines who are within 12 months of their EAS.

For Marines who have transacted an extension, which has not become

effective, the following guidelines apply. The commanding officer may cancel the extension in combination with a reenlistment. When the extension is canceled, the original EAS date is restored to determine eligibility for the SRB program under the 12 month EAS criteria. But, to compute the correct bonus amount, the EAS date that would have resulted from the extension must be used.

A unit diary entry canceling the extension must be made before the entry which effects the reenlistment.

No new SRB reenlistments will be made after March 30, 1983; however, this limitation does not restrict continued payment after that date of previously obligated anniversary payments.

These changes do not affect reservists.

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A photograph of a large, white, multi-limbed object, possibly a giant squid or a large jellyfish, emerging from the water against a dark, cloudy sky. The object has a central body with several long, thin, white appendages extending downwards into the water. The background is a dark, overcast sky with some lighter clouds.

Aviation mechanics: young, gifted and a breed apart

A man in a white t-shirt and camouflage pants, wearing goggles on his head, is working on a large, cylindrical, ribbed object, possibly a piece of machinery or a large container, in a workshop setting.

A man in a flight suit is working on the engine of a small aircraft. He is leaning over the engine, which is a radial engine with multiple cylinders. The man is wearing a dark flight suit and is focused on his work. The background shows the interior of the aircraft, with various mechanical components and wiring visible.

He agrees with Sumile that each day brings something different that makes the hours speed by. But now, when he heads home, he does not tinker with cars as often. "I get in enough mechanics at work. When I go home, I just want to relax and prepare for the next day."

High speed crash reconstructed at slow motion

This is the slow-motion, split-second reconstruction of what happens when a car, traveling 55 miles per hour, crashes into a solid, immovable tree.

1/10 OF A SECOND — The front bumper and chrome frosting of the grill work collapse. Slivers of steel penetrate the tree to depths of one and one-half inches or more.

2/10 OF A SECOND — The hood crumples as it rises, smashing into the windshield. Spinning rear wheels leave the

ground. The grill work disintegrates. The fenders come into contact with the tree, forcing the rear parts to spray out over the front doors.

In this same second tenth of a second, the heavy structural members of the car begin to act as a brake on the terrific forward momentum of the 2-1/2 ton body. But the driver's body continues to move forward at the vehicle's original speed. This means a force of 20 times gravity; his body

weighs 3200 pounds. His legs, ram-rod straight, snap at the knee joints.

3/10 OF A SECOND — The driver's body is now off the seat, torso upright, broken knees pressing against the dashboard, the plastic-and-steel frame of the steering wheel begins to bend under his terrible death grip. His head is now near the sunvisor, his chest above the steering column.

4/10 OF A SECOND — The car's front 24 inches has been

completely demolished, but the end of the car is still traveling at the estimated speed of 35 miles an hour. The driver's body is still traveling at 55 mph. The half-ton motorblock crumples into the tree. The rear of the car like a bucking horse, rises high enough to scrape bark off low branches.

5/10 OF A SECOND — The driver's fear-frozen hands bend the steering column into an almost vertical position. The force of gravity impales him on the

steering wheel shaft. Jagged steel punctures lungs and intercostal arteries. Blood spurts into his lungs.

6/10 OF A SECOND — So great is the force of the impact that the driver's feet are ripped from his tightly laced shoes. The brake pedal shoots off the floorboards. The chassis bends in the middle, shearing body bolts. The driver's head smashes into the windshield. The rear of the car begins its downward fall, spinning wheels

digging into the ground.

7/10 OF A SECOND — The entire writhing body of the car is forced out of shape. Hinges tear, doors spring open. In one last driving force the seat rams forward pinning the driver against the jagged steel of the steering column. Blood spurts from his mouth. Shock has frozen his heart. He is now dead.

TIME ELAPSED — Seven tenths of a second.

Marines protect communication station

Story and photo by SSgt Moses Reynolds

WAHIAWA, HAWAII — Nestled within this quiet pineapple-growers community is the United States Navy's most modern and sophisticated communications station in the world. But most of us will never see what goes on inside the walls of a communication cubicle. Some of the buildings here are designated as 'restricted areas.'

To see to that is one man who controls the electronic gates. He has authority over all persons 24-hours a day — he is the Marine sentry on post. But that's just the tip of the iceberg, there are 57 other Marines ready to back him up. They are the two section Guard Company of Wahiawa, Marine Barracks, Hawaii.

The leathernecks are an integral part of operations of the Naval Communications Area Master Station, Eastern Pacific or better known as NAVCAMS, EASTPAC. The Marines here are responsible for the seven-mile perimeter and internal security of this extremely vital installation.

The station is responsible for tracking space shots and monitoring many satellites. The Marines' mission is to provide security against theft, sabotage and unauthorized access to communications facilities.

Recently, Marine Captain Joseph Prizy, commander of the guard company, held a reactionary force drill. The sergeant of the guard flicked

a switch setting off a continuous buzz audible throughout the barracks area.

A squad of Marines was in position surrounding one of NAVCAMS, EASTPAC's communications building. The contingency awaited orders from the corporal of the guard.

"The scenario was an intrusion of one of the communications facilities here. I think we responded very well," said Corporal Kevin McCurry, corporal of the guard. "We're ready for anything because we take alarms seriously."

"We have drills often to keep alert and improve our response time," said Sergeant Richard Houston, sergeant of the guard. "The sentries really get motivated when the alarm is sounded. They want to be where the action is. We all realize that one day the alarm might be sounded for real."

The communications facility was quickly and quietly secured without disrupting the shiftworkers at their communications station.

"Reactionary drills and standing posts are not all we do," said Lance Corporal Paul Marques. We have guard classes each morning before we go on duty. And before that, we spend hours keeping our uniforms squared away. 'Squared away' means spit polish in the eyes of the men and women who see the sentries daily.

In addition to their duties, the sentries must qualify annually with the rifle and pistol. First aid, close order drill and individual tactical measures must also be studied for essential subjects evaluation.

Physical fitness testing is administered semi-annually.

The guard company here shares the task of providing firing details for funerals and honor guards along with four other guard companies on the island.

If that was not enough, the company trains in small unit infantry tactics at a nearby rain forest just outside of NAVCAMS EASTPAC. "We cover various situations to keep proficient in our infantry specialties," said Marques.

Liberty seems to be a rare commodity for the sentries who are housed in post-WWII style barracks. The guard house, located just below their living quarters, is the nerve center for everyday security operations. "This place stays pretty busy all day and night," said Cpl Joseph Limtiaco, the corporal of the guard for the second section.

"Walking through this station is like walking on eggshells," said one sentry. "There is an alert Marine guard watching you at all times." This is evident by the many 'restricted area' signs, wide-angle mirrors, electronic gates and an assortment of other security devices sentries declined to discuss. They are indeed the first line of defense against national security.

The Guard Company Marines here enjoy the picturesque pineapple fields and the Waianae mountain ranges, backlit against Hawaii's blue sky. They also enjoy the honor of protecting the world's most modern and sophisticated communication's facilities.

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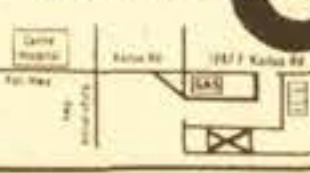
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No one wants to see these Marines work

Story and photos
by Sgt Greg Berry

Four Marines absorbed in a game of spaces crowd a corner. Others shoot pool and there's a group clustered around the television. It could be the recreation of any barracks here.

It could be but it isn't. The difference is in the atmosphere, and the fact that these Marines are at work, not home. The atmosphere is one of caution, of waiting for the other shoe to drop. The building is the Crash, Fire and Rescue barn.

"It gets boring at times," said Lance Corporal Joe O'Brien, "but at any moment we could be called out to save someone's life."

No one wants these Marines to have to work, or use the skills they

hone daily. When an aircraft goes down, though, these are the men who respond.

In fiscal year 1982, Crash Crew responded to 164 incidents. They were mostly alerts that aircraft were coming in with some sort of problem, such as engine or hydraulic trouble, but when the aircraft landed safely the crewmen returned to the barn.

Not once did the crewmen have to respond to a crash, but they were ready to save lives. That's the most important mission they have.

"Your first reaction is to save the pilot's life and worry about the fire later," said Sergeant Eddie Shepherd, assistant section leader.

Crash crewmen train extensively to stay ready for all types of emergencies, including day and

night fires. To be effective they also have to work closely as a team, and that takes even more practice. Altogether, they put in between 2,500 and 3,000 man-hours of training each month.

The tools these men use vary from common screwdrivers and pliers to the hydraulic "Jaws of Life," which is their most versatile tool. The jaws can be used to pry and cut through aircraft, or even automobiles, to rescue those trapped inside.

The training is extensive, and necessary. When it comes to saving lives, time works against the rescuers, and the crewmen are trained not to waste a second.

One of the most important time-saving steps Crash Crew takes is staging crash trucks on "hot spots" during all flight operations. One truck is located across from the Air Station Marina, and another is at the landing runway. These trucks can arrive at a crash site faster than

trucks responding from the barn, and the time saved could mean saved lives.

The trucks carry an array of the fire fighting equipment and chemicals. Light water, which is a foam, smothers fire quickly. CO2 is used before a fire gets out of control because it's not corrosive like light water, and when all else fails, there's 150-pound canisters of PKP.

PKP is a highly corrosive chemical used to kill fires as a last resort. "You can bury a piece of burning magnesium and it'll keep burning," said Sgt Charles Proffitt, "but PKP will smother it in seconds."

There are normally 22 men on duty during flight hours, and never fewer than 17. When the air field closes 14 of the crew stay on duty. Should an aircraft be forced to make a landing here, the crew would be ready and waiting.

They never know when the other shoe might drop.



INFERNO — A crewman signals for more lines while battling a roaring blaze. Training fires allow crash crewmen to work under pressure in a high temperature environment similar to an actual crash.



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Sun Press

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Air/ground team taken one step further

by Sgt Inez J. Stoner

The concept of the combined air/ground team was taken one step further last week as Marines from the ground-side of the house helped "air-wingers" in a time of need.

A 15-man working party from Weapons Company, 1st Battalion, 3d Marines, pooled muscles to move tons of supplies from one side of storm-damaged Hangar 102 to the other side, the dry side. The supplies, belonging to Marine Aircraft Group-24, were threatened with water damage due to holes in the hangar roof caused by Hurricane Iwa.

"It continues to rain inside the hangar, two hours after it stops

raining outside," explained Chief Warrant Officer-3 Charles Harris, consumables management officer for MAG-24 Supply.

With pallet jacks and muscles, the Weapons Company Marines moved tons of equipment and supplies to the dry side of the hangar in just a week. The supplies, including 280 metal boxes weighing more than 900 pounds each, were moved without the aid of fork lifts.

"Over the Christmas holidays, with so many people on leave, there would have been no way we could have continued to do our job without their help," said Harris.

According to Master Gunnery Sergeant Joseph Creaghe, MAG-24 supply chief, "We would have

had to close most of our shops to do it ourselves. We needed their help and they provided it."

In addition to saving the supplies from inevitable water damage, Gunnery Sergeant John Holmes, operations chief for Weapons Company 1/3, said, "It gave me a chance to exercise my NCOs and it gave them the opportunity to try out their leadership abilities away from their unit."

"A working party is usually something everyone dreads," Holmes continued, "but this gave them a look at another side of the Marine Corps, the air wing side. It also gave them the opportunity to learn about different equipment and see something else besides

their unit."

The Weapons Company Marines are currently in the pre-deployment inspection stage in preparation for their up-coming Western Pacific deployment. The Marines who saved MAG-24's supplies have already passed inspection.

"It's a change from the daily routine of training," said Lance Corporal Mike Pruitt, a 19-year-old Marine from Connelly Springs, N.C. Pruitt, a mortarman with Weapons Company, has been in the Marine Corps nearly two years.

According to Harris, the efforts of Weapons Co. Marines were an extension of the air/ground concept.



READY, HEAVE — Lance Corporal Mike Pruitt, 19, (left) and Lance Corporal Erik Wolfe, 22, prepare to move more supplies to the dry side of Hangar 102. (Photo by Cpl T.J. Clark)

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Drug abusers pay the price with confinement, discharges

From January to December 1982, personnel here who did not abstain from alcohol or drug abuse lost a combined total of more than \$61,000 through special or general courts-martial, according to court-martial records at the Joint Legal Services Center.

In addition, records at the Legal Services Center indicated four dishonorable and 16 bad conduct discharges were adjudged here in 1982 due to drug-related convictions.

"In a court-martial where the accused is convicted of selling or distributing illegal drugs, the result is usually a punitive discharge (bad conduct discharge or dishonorable discharge)," said Lieutenant Colonel Gerald L. Miller, Staff Judge Advocate, Legal Services Center.

"Possession of large amounts of illegal drugs may also result in a punitive discharge. Additionally, individuals convicted of distributing or selling illegal drugs may be awarded substantial confinement and forfeitures, along with reduction in rank."

Miller gave an example of one

brigade Marine who was convicted at trial by general court-martial of selling cocaine and marijuana. The Marine received a sentence of six years confinement at hard labor, reduction to private, total forfeitures of all pay and allowances, and a dishonorable discharge.

"He, along with a number of other brigade Marines, is serving his time at the U.S. Disciplinary Barracks, Fort Leavenworth, Kan.," said Miller.

Driving under the influence of alcohol or drugs may also lead to disciplinary action, according to Staff Sergeant Donnie Young, staff noncommissioned officer in charge, Accident Investigation Section, Security Department.

"DUI is a violation of the Uniform Code of Military Justice," said Young. "If found guilty in traffic court or magistrate's court, an individual's license is suspended for a year. Most accidents involving injuries are off-station."

Young said that statistics at the Accident Investigation Section indicate 36 off-station and 66 on-station DUIs for 1982.

Localmotion

K-BAY OFFICERS' CLUB

TODAY — Lunch in the Pacific Room from 11 a.m. to 1 p.m. features special, hot carved sandwiches, soup and salads. Mongolian barbecue on the Lanai from 6 to 8:30 p.m.

THURSDAY — Lunch in the Pacific Room. Beefsteak buffet from 6 to 8:30 p.m. featuring steamship round, seafood item, rice or potatoes, vegetable and a salad bar.

FRIDAY — Lunch in the Pacific Room. Happy hour in the Tapa Bar from 4:30 to 6:30 p.m. Mongolian barbecue on the Lower Lanai from 6 to 9 p.m. "Luke's Pineapple Store" plays in the Tapa Bar from 6:30 p.m. to 12:30 a.m.

SATURDAY — Hotel round of beef and Alaskan king crab buffet in the Pacific Room from 6 to 8:30 p.m.

SUNDAY — Champagne brunch in the Pacific Room from 10 a.m. to 1 p.m. featuring a mini buffet, menu orders, and all the juice and champagne you desire. In the evening prime rib and peel your own shrimp.

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FRIDAY — Lunch from 11 a.m. to 1 p.m. featuring mahimahi or teri chicken. Happy hour is from 4:30 to 6:30 p.m. Dinner special is super stuffed Jumbo Shrimp or shrimp with prime or prime. \$1,000.00 dance contest starts at 9 p.m.

SATURDAY — Dinner special is the same as Friday. Country night with "Luke's Pineapple Band" from 9 p.m. to 1 a.m.

SUNDAY — Champagne brunch from 9:30 a.m. to 1 p.m. Family Smorgasbord from 5 to 8 p.m.

MONDAY — Lunch from 11 a.m. to 1 p.m. featuring "Marcho Beef Burrito". Build your own hoagie from 5 to 7 p.m.

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SATURDAY — Dining room opens from 5 to 9 p.m. with our lobster and prime rib, just lobster tail or just prime rib. Dance Contest tonight.

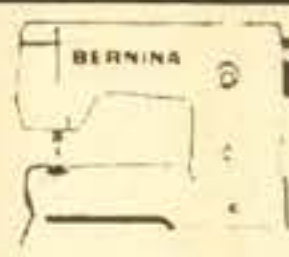
SUNDAY — Club opens at 11 a.m. Breezy Inn opens at 4:30 to 8:30 p.m. In the Breezy Inn this month we have a dinner plate special. Barbecue ribs, Southern fried chicken, baked ham, and corn on the cob. Tonight is soul night, with a guest D.J. from New York.

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TUESDAY — Lunch from 11 a.m. to 1 p.m. Dining room opens from 5 to 9 p.m. with smorgasbord every Tuesday night. In the Moongate Lounge D.J. plays rock and roll from 7:30 to 11:30 p.m.

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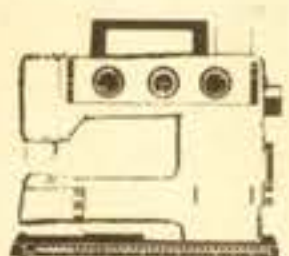


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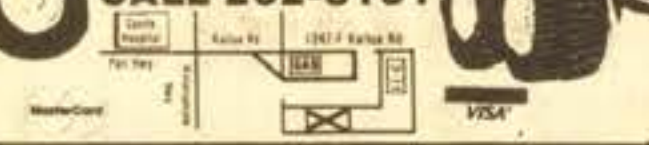
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3	I Don't Think She's In Love Anymore	Charley Pride
4	Another Sleepless Night	Anne Murray
5	What's Forever For	Michael Murphy
6	Just To Satisfy You	Waylon Jennings & Willie Nelson
7	Till You're Gone	Barbara Mandrell
8	Nobody	Sylvia
9	Same Old Me	George Jones
10	Big City	Merle Haggard

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Salutes

EDITOR'S NOTE: Salutes is designed to recognize individuals for their achievements and exceptional performance of duty as well as to welcome new arrivals to Hawaii.

The information is compiled from Fleet Home Town News releases submitted to the Joint Public Affairs Office by unit information officers.

H&HS

Graduated from Wayland Baptist University:
Capt E.J. Keeley
GySgt S.W. Amos
Graduated from Chaminade University:
Sgt J. Joo

SOMS

Graduated from Wayland Baptist University:
MSgt R.A. Deal

BSSG

Welcome aboard:
SSgt M.M. Newman
Sgt E.W. Bridges
Sgt E.J. Ware
HM3 M. White
Pvt J.L. Henry
Promotion:
Capt M.R. Berrier
Capt M.A. Gomez
Capt D.W. Kavanaugh
HM2 C.E. Chesson
HM2 A.J. Mesa
Cpl J.W. Brandon
Cpl G.W. Shelleman
HMSN M. Dedalto
HMAN F.A. Lombardo
Meritorious promotion:
Cpl L.J. Didebury
Cpl J.A. Fox
Meritorious Mast:
Sgt V.L.G. Bukikosa
Good Conduct Award:
Cpl M.J. Saddlemire
LCpl C.K. Tavelle



Gunnery Sergeant Ronald B. DeGuzman, Marine Medium Helicopter Squadron-265, was awarded the Navy Achievement Medal for professional achievement in the superior performance of his duties from May 1980 to May 1982. During that time, DeGuzman served with the Third Recruit Training Battalion, Recruit Training Regiment, Marine Corps Recruit Depot, Parris Island, S.C. as an assistant drill instructor, series chief drill instructor, and battalion operations chief.

Reenlistment:
HM3 M.J. Minahen

3/3

Promotion:
PFC J.K. Curtis
PFC S.R. Gay
PFC J.L. Gibson
PFC K.D. Johnson
PFC P.R. Morin
PFC C.L. Settlemyre
PFC J.M. Solak

1/12

Welcome aboard:
Sgt R.K. Koller
Cpl B.M. Luebke
LCpl D.C. Graham
LCpl M.J. Moore
PFC J.S. Gurrieri

PFC W.M. Sheldon
Pvt B.J. Barrett
Pvt D.W. Daugherty
Pvt B.O. Garcia Jr.
Pvt E.E. Hamilton
Pvt V.A. Woody
Promotion:
LCpl M.J. Notar
Meritorious promotion:
Sgt K.M. Lasure
Cpl R.R. Berry
Cpl J.T. Burke
Cpl G.L. Hoskins
Cpl R. Simms
Graduated from Wayland Baptist University:
SSgt J.P. Rethwisch

MACS-2

Welcome aboard:
2ndLt E.T. King
GySgt W.A. Laffoon
Promotion:
Sgt R.C. Dunning
Sgt C.E. Heasler
Sgt R.C. Kelsey
Sgt W.E. Lucas
Sgt P.J. Malone
Sgt D.S. Tate
Sgt M.E. Tucker
Cpl C.M. DeVall
Cpl J.L. Rowe
PFC K.S. Krieger
Letter of Appreciation:
Cpl S.L. Crosse
LCpl J.P. Dellinger
Meritorious Mast:
Sgt P.J. Ciarrocchi
Sgt M.C. Hardesty
Sgt K.A. Patterson
Good Conduct Award:
Cpl W.D. Pool

H&S Bn, Camp H.M. Smith

Graduated from Wayland Baptist University:
GySgt W.M. Gatewood Jr.

HMM-265

Promotion:
LCpl J.L. Day
LCpl D.E. McCourt
LCpl S.A. Naeger

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2. **BEYOND EVIL** — John Saxon, Lynda Day George, R, horror drama.
3. **MONTY PYTHON LIVE AT THE HOLLYWOOD BOWL** — Monty Python and his flying circus, R, comedy.
4. **EYES OF A STRANGER** — Lauren Tewes, John Sarti, R, suspense.
5. **BLOWOUT** — John Travolta, Nancy Allen, R, thriller.
6. **ALTERED STATES** — William Hurt, Blair Brown, R, science fiction.
7. **SIX PACK** — Kenny Rogers, Diane Lane, PG, comedy.

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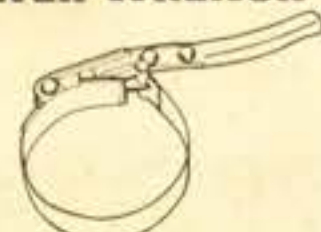
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MSSGs have little time to rest

Story and photo
by Sgt Pepper Davis

Marine Amphibious Unit Service Support Groups are the lifelines of deployed infantry units. Without them, line companies would find themselves knee deep in mud, without a rope to help them out.

Keeping those companies up to par involves plenty of foresight and slick coordination. There are people to shuffle, equipment to repair and replace, and a thousand other logistic bits and pieces.

Unlike the three infantry battalions here, the two MSSGs do not get breaks between deployments. There are only 120 days from the end of one deployment to the beginning of another. Of that 120 days, subtract four weeks for the Command Readiness Evaluation Exercise and the Commanding General's inspections, and little time remains for training.

When the unit reaches stability, only 45 days are left to tie up loose ends, and things then move in a hurry.

According to Captain Wayne Fleming, MSSG-31 operations officer, getting ready for their upcoming deployment is a four-stage process: equipment maintenance, personnel changes, embarkation, and the CREE and CG's inspection.

The leathernecks and sailors of MSSG-31 represent more than 66 occupational specialties. With that much versatility, Fleming said they can fix anything from tanks to micro circuits. Their supply outlet is a complex system with additional support provided by the 1st Force Service Support Group at Camp Pendleton, Calif., the 3d FSSG on Okinawa, and the Brigade Service Support Group here.

"The support from Okinawa has been phenomenal. When we

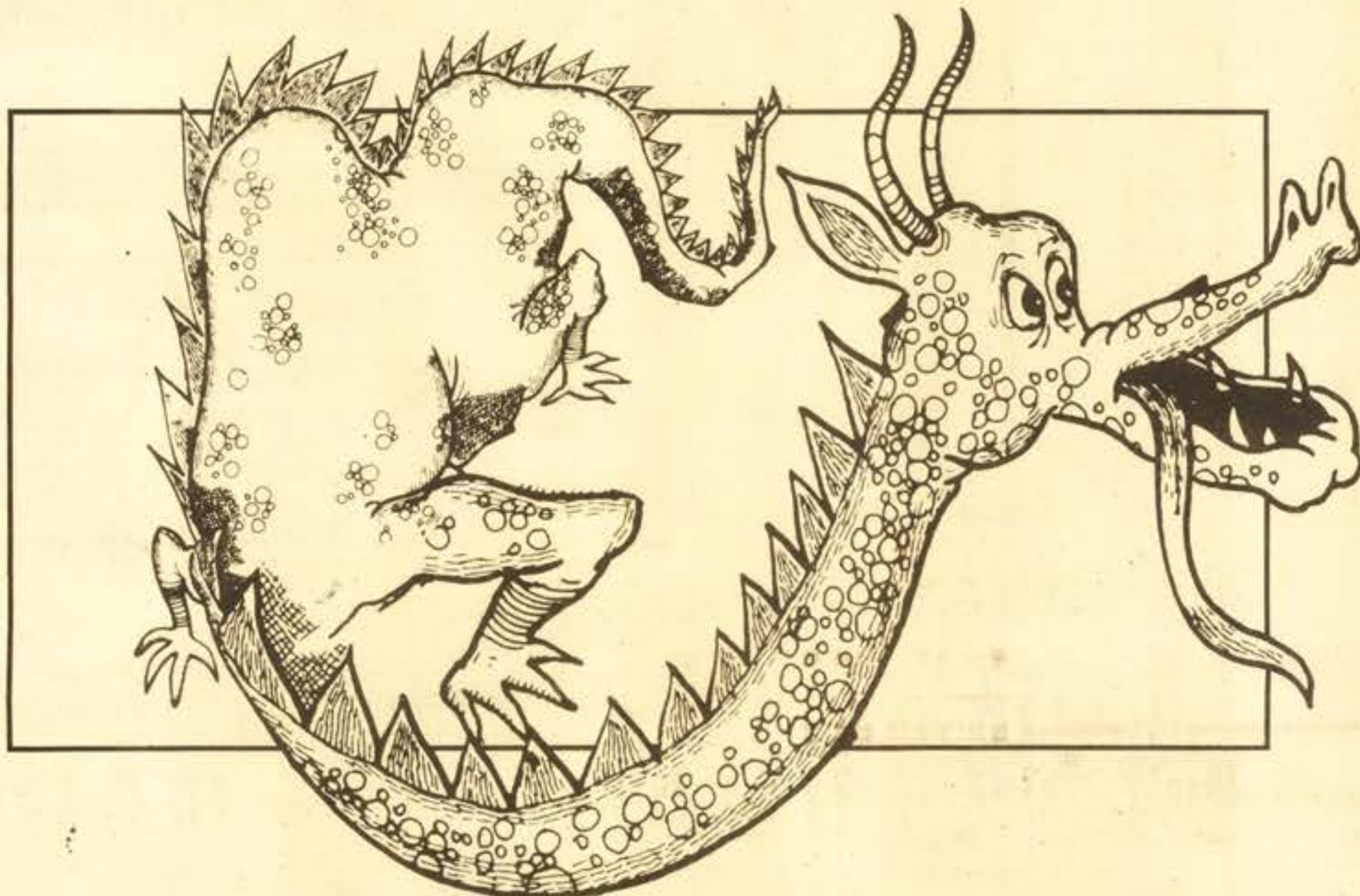
expected supplies to beat a certain port, they made sure they were there," said Fleming. He added: "And when we hit port, our maintenance people don't get much rest or liberty. They're busy repairing equipment."

MSSG-31 recently completed its CREE. Fleming said the unit "did really well," but "we didn't get a chance to do what we wanted. We got a feel of what it (deployment) is going to be like and it was a significant learning experience." He also said they received an excellent rating on the CG inspection.

Everything is falling into place as the deployment nears, and Fleming said they are ready. He said 70 percent of the unit will be making their first deployment. "It's going to be a super float; the men are really motivated. At first they were tip-toeing but now that they see how they will fit into the big picture, they're chomping at the bit to get out."



ENGINE CHECK — (left to right) Staff A.C. Parrish and Lance Corporal Lawrence Sergeant Bob Huffman watches as Corporal Frye work on a jeep's engine.



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Last game of season

Hickam downs Marines 36-32

by Cpl Charlie Marshall

Peggy Sharkee, leading Air Force scorer with 13 points, sank two insurance free throws with six seconds left to lead her team to victory over the varsity women 36-32.

The Marines who ended their season 5-7 Jan. 5 at Hangar 103, came on strong the first quarter, but a three-point play by Flyer's Susan Vause put her team up 10-6. The Marines never regained the lead.

"We beat ourselves," stated Gunnery Sergeant Skip Best, coach of the varsity women's team. "We missed lay ups and foul shots. It was a very physical game and the girls tried hard, but we just beat ourselves."

After Sergeant Valerie Matthews won the opening tip, the Marines missed the lay up. The Air Force came down with the ball, only to have it stolen by the Marines. The next shot was off the mark and after two more lay up attempts Lance Corporal Nancy Gordy was fouled. After missing both free throws Matthews scored the first points of the game on rebound.

During the second quarter the Marines stayed four points behind the Flyers right up to half time. The score was 19-15.

The Marines started the third quarter with a man-to-man defense which proved to be effective. As the mistakes started to go in their favor, Gordy and Matthews hit two quick baskets to tie the game at 19.

Suddenly, the Flyers exploded with 10 unanswered points. Best call a time out to slow the pace down but the damage had been done.

The Marines came back with five points of their own. The Flyer's Sharkee drove the lane for two, then the momentum swung back toward Hickam.

As Elano Leyson went up for a shot, she was fouled by Renee Owens, her fifth personal. The Air Force scored two points on the free throws and the Marines lost one of their key rebounders.

The Marines still had one last chance to pull out the game. With 1:11 left to play the Flyers were called for

backcourt. The Marines feed the ball to LCpl Delena Summers, standing underneath the basket alone. The basket put the Marines within two points, but the Air Force started to stall.

As the clock ticked down to six seconds, the Marines were forced to foul to stop the clock. Both shots were good and the Air Force went on to win 36-32.

Charles Robinson, coach of the Hickam Flyers, said "During the first half we took about four minutes to score, but when we settled down, we had the lead all the way. Our defense was good and the offense came alive at the right time."

Hickam (36)
Sharkee 8-5-10 13, Leyson 6-2-6 8, Seltz 2-2-6 6, Vause 4-1-1 5, Jones 2-0-2 2, Dedmen 2-0-0 2.

Marines (32)
Gordy 6-4-4-10, Matthews 6-1-3-7, Slomko 6-1-2-7, Seltz 4-0-2-4, Summers 2-0-2 2, Owens 0-1-3-1, Mavis 0-1-2-1.

Hickam.....10 8 10 7 = 36
Marines.....6 9 6 11 = 32



JUMP BALL — Sergeant Valerie Matthews (right) and Susan Vause leap for the ball to start the varsity's women's final game of the season. (Photo by T.J. Clark)

Flying club offers courses

The Barbers Point Navy Flying Club announces the convening of its Federal Aviation Administration approved Private Pilot Ground School Course. This course is open to military personnel, their dependents, and civilian employees of the Department of Defense.

The course provides instruction in the subject areas necessary to

complete the FAA written examination for a Private Pilot designation. Classes meet Monday and Wednesday from 6 to 9 p.m. beginning Jan. 31, in the Barbers Point Navy Flying Clubhouse, Building 1868 at NAS Barbers Point.

Course registration fee is \$60 for enrollment and is limited to 25 students. Call 684-8221 for further information.

The Barbers Point Navy Flying Club will be conducting a 16-week Federal Aviation Administration approved Commercial/Instrument Ground School commencing Tuesday. Interested personnel may enroll in the \$80 course by calling the Club at 684-8221.

Course tuition must be paid in

advance and does not include textual material which costs approximately \$30. Student must possess at least an FAA Private Pilot Certification for enrollment. The course cost is based on a minimum enrollment of 10 students. Enrollment of less than 10 increases the tuition cost proportionately.

All-Stars

MIDPAC basketball team departs for regional tournament Friday

The selection for the teams to represent Hawaii in the Fleet Marine Force, Pacific Regional basketball tournaments have been made. Coaching this year's men's team will be Gunnery Sergeant Dan Thompson of Brigade Service Support Group.

Thompson, who coached the Maintenance Company Sonics to victory in the intramural division, led the Kaneohe All-Stars to a 2-1 record during the invitational basketball program Jan. 2-4. The program was held to make selections for the MICPAC team.

This year's men's team is: Corporal Roderick Nelms, 6'3", Lance Corporal Ricky Hicks, 6'4", Sergeant Herschel Brooklin, 6'1", Sgt Ellis Duncan, 5'5", and Sgt Norris Chappell 6'1", all from Brigade Service Support Group; Warrant Officer-1 Thomas Lindenmayer, 6'4", 1st Radio Battalion; Cpl Larry Titus, 5'8" and LCpl Jimmy Harvey, 6'3", Marine Air Control Squadron-2; Cpl Leonard Vermeulen, 6'3", Marine Medium Helicopter Squadron-165; LCpl Eric Hooks, 6'5", Communications Support

Company; LCpl Robert Allen, 5'10", Headquarters Company, 3d Marines; LCpl Larry Titus, 1st Battalion, 12th Marines and Cpl Walter Edmonds, 6'1", Headquarters and Headquarters Squadron. Gunnery Sergeant Skip Best, H&HS, will coach the women's team. Best coached the men's varsity team, the women's varsity team and led the men's varsity team to an undefeated 3-0 record in the invitational program.

The women's selectees are: Sgt Lisa Everett, 5'6", LCpl Nancy Gordy, 5'1", Cpl Bethany Leech,

5'6" and Cpl Daisy Hudnall, 5'9", all from H&HS; Cpl Eula Durham, 5'11", and Cpl Robin Mavis, 5'7", from BSSG; LCpl Delena Summers, 5'4", Headquarters Company, 1st Marine Brigade; Cpl Alice Slomko, 5'9", and Cpl Cleressia Owens, 5'7", Headquarters and Maintenance Squadron-24; Sgt Valerie Matthews, 5'10" and Cpl Kelly Felty, 5'6", Marine Air Base Squadron-24.

Both teams will depart Friday for the tournaments to be held at Camp Butler, Okinawa, Japan Jan. 20-27.

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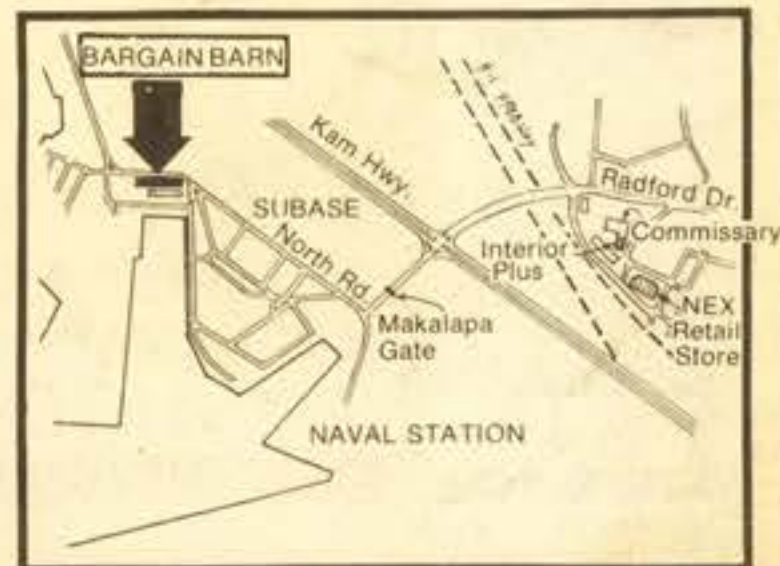
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Sportsnotes

An organization meeting for intramural soccer will be held today at noon in the Station Theater lobby. There was no program last year due to the lack of interest; however, the program will be restored if units become involved and enough team representatives attend.

Upcoming running events:

Mortar Board Relays	Jan. 16
A.U.S.A. 10K (Schofield)	Jan. 23
Max Telford Couples Run	Feb. 12
Walk for the Whales	Feb. 26
Maui Marathon	March 6

Entry forms for these and other races are available in the Athletic Office. The 1983 Roadrace and Marathon Calendar is also available.

An organizational meeting for intramural

basketball will be conducted at noon Tuesday in the Station Theater lobby. All units are encouraged to attend. Topics to be discussed include the second half of the season.

An organizational meeting for intramural bowling will be conducted at noon Thursday in the Station Theater lobby. New teams are invited to enter. Bowling times are Wednesdays at 6 p.m. and Fridays at 1:15 p.m.

The Hawaii Marine Men and Women regional volleyball teams are looking for players. For more information call Staff Sergeant Patrick Spencer at 477-5054 for the men and Master Sergeant Wayne Enos at 477-6807 for the women. Tryouts for the team are held Tuesdays and Thursdays starting at 6:30 p.m. at Hangar 103.

An organizational meeting for skeet will be conducted at noon Jan. 19 in the Station Theater lobby.

Tryouts for the State Champion Hawaii Marines softball team will be conducted Jan. 23 starting at 1 p.m. at Risely Field. For more information contact the coach, Master Gunnery Sergeant Dave Burnett at 257-2714.

The Courthouse Racquetball Club in Kaneohe invites all military personnel and their families to an open house Jan. 15, 1 p.m. to 4 p.m.

Activities will include sports conditioning classes, Nautilus clinic, and walley ball (similar to volleyball, but played on racquetball court). Free babysitting will be available. For more information call 235-5839.

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Carrier of the Week



Anthony Spikes

This week's Hawaii Marine "Carrier of the Week" is Anthony Spikes. A new resident of the islands, Anthony lived in San Diego before moving here with his family. "I've been a carrier for over 8 months," he notes, and it's obvious he takes pride in his job.

Residents of KMCAS may see Hawaii Marine's first "Carrier of the Week" for 1983 on a TV screen someday — perhaps responsible for a winning touchdown. Until then, watch for Anthony Spikes in person every Wednesday as he does his job — Good luck, Anthony!



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Each week, the HAWAII MARINE is delivered to all homes and apartments. Your carrier delivers the HAWAII MARINE and will call on you every few weeks.

If delivery service is satisfactory, and you enjoy the HAWAII MARINE, your voluntary payment will be a reward to our young businessman for a job well done. It's an incentive to work hard, and it's a way of letting our circulation department know which boys and girls are giving the best service.

The young carrier pictured above is a local businessman... a HAWAII MARINE carrier. Most likely, this is his first business venture, and it is an important educational experience. As one of his customers, you can make his route a way to genuine personal achievement and growth.

If you have any complaint about your HAWAII MARINE or the delivery service, please call 247-8755.



CARRIER APPLICATION

The HAWAII MARINE has openings for carriers. Responsible HAWAII MARINE workers earn as much as \$10 per week for only a few hours' work. If you want a business route of your own near your neighborhood, please mail in the application for information.

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AGE _____

Mail to: Circulation, Sun Press, 46-016 Alaloa St., Kaneohe, HI

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Conditions of Sale: Because of the drastic reductions offered during this event, either arrange for your own delivery or Store Delivery is available for a slight additional charge. ALL SALES ARE FINAL.

Original prices are determined by either manufacturer's nationwide price, prices asked on comparable merchandise in competitive stores, by using percentage markup used by leading retailers or by regular prices asked in the store during the year.

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Heat concerns Hawaii runners, liquids are extremely important

EDITOR'S NOTE: The following story was written by Staff Sergeant Dennis Litalien who is no longer with the Marine Corps.

by SSgt Dennis Litalien

A year-round concern for Hawaii's runners is heat. This is especially true among many Kaneohe-based Marines who often run during lunch time, the hottest period of the day. Heat can be a potential hazard, particularly among beginning runners. Depending on an individual's experience, level of fitness and sensitivity to hot weather, it may take several weeks of running to become acclimated to Hawaii's torrid daylight hours.

The biggest factor to keep in mind is the hotter it gets the more you perspire. Replenishment of these fluids becomes extremely important. This means that before you begin to run you should take in liquids. A good rule of thumb is to drink eight ounces of water before setting out on the road.

If your training calls for running distances of more than three miles plan on stopping to drink water every two or three miles. There are numerous

water stops in and around the outskirts of the air station. There are hoses available at both the H-3 and Mokapu entrances, another at the fire station on Kaneohe Bay Drive and still another at the Oneawa Street intersection. Although there are others around the Kailua area, these are the ones most frequently used by K-Bay's noontime striders.

Another area of importance that is often ignored is replacing lost liquids after the run is completed. Running authorities recommend drinking six ounces of water every 20 minutes until normal urination is restored.

Learn to recognize signs of overheating. This cannot be emphasized enough. Any Leatherneck who's ever read the essential subjects manual should be familiar with symptoms of both heat exhaustion and heat stroke. Just in case, here's what the EST booklet says.

Heat Exhaustion — Caused by excessive body heat which overloads body control mechanisms resulting in excessive loss of body water and salt through prolonged sweating. Some of

the more noticeable symptoms are headache, excessive perspiration, dizziness and muscle cramping. The skin is pale, moist and clammy. If you notice any of these while running, stop. Find a shady spot and lie down. Drink plenty of water. If you don't see signs of improvement, seek medical assistance as quickly as possible.

Heatstroke — A failure of the body's heat regulating mechanisms, causing the body to overheat. Also known as sunstroke. The victim stops sweating, the face is flushed or red and the skin is hot and dry. Headache, dizziness, quickened pulse, mental confusion and even loss of consciousness may also result.

In treating a heatstroke victim, the body temperature must be lowered quickly. Use plenty of ice and water and get the person to the dispensary as fast as possible.

Prevention is the best means of treatment when battling heat. There's no denying that heat is a formidable enemy, but a smart, well-watered runner greatly reduces the risk of becoming a heat casualty.



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•20 LOST & FOUND

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LOST: Old male beige poodle, red collar, P.C. Palisades. Reward: 465-7920.

FOUND: Hub cap found in Maunawili area. Ph. 261-3684.

FOUND: 3 keys on a chain. Lanikai Beach, Jan. 4. Call 261-0404.

LOST: Pekingese dog, 10 years old in Kaneohe Dec. 10. Reward: Ph. 247-4675.

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CAUCASIAN widow, 62, 5'3", 124 lbs., blonde, exel. health, active, enjoys swimming, hiking, etc. I have lived in Hawaii 20 yrs. by the ocean. Am. looking for that special someone as a companion. If sincerely interested please send photo & phone no. SO-1, 45-016 Alaloa St., Kaneohe, HI 96744.

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Beautifully your home with one of these exotic woods.
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35 PROFESSIONAL SERVICES

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HEALING massage, corrective bodywork. Release back & neck pain, headaches & sports injuries. Relax in the "Spa." Elizabeth Revoley 261-9439.

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GUITAR & piano lessons in your home by exp. teacher. Kailua only. Ph. Brian 262-6057.

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Licensed Swedish Massage Therapist
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\$10 off
Expires Jan. 19
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Certificate program DOE Lic. Approved for VA benefits. Classes begin Jan. 25. Job Placement Assistance.
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FLORIST & Nursery business, turnkey, gross possibilities unlimited. 696-7807 after 7 p.m.

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Simply write your ad on the handy order blank describing each item you want to sell and be sure to give the price you want for it. List your phone number and the hours to call. Be sure to print, using a pencil, ballpoint pen or typewriter. Your ad will reach over 109,680 suburban homes on Oahu via the SUN PRESS, Waipahu Sun News, Hawaii Navy News, Hawaiian Falcon and Waiānae Marine.

Deadline: Monday 4 P.M. for following Wednesday edition.
*Deadline: Monday 11 A.M. for following Wednesday edition.

Please DO NOT abbreviate, allow one square for each letter and punctuation; leave space between words.

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City										
Zip										
Phone Number										
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VISA or MASTERCARD No. Exp. Date

ONLY \$175 per line per week
Plus 4% State Tax; 3 Line Minimum

SUN	SUN	PRESS	TIMES	TOTAL
5.46	+	.63		6.12
7.28	+	.84		8.15
9.10	+	1.05		10.19
10.92	+	1.26		12.23
12.74	+	1.47		14.27
14.56	+	1.68		16.31

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SUN PRESS
46-016 Alaloa St., Kaneohe, HI 96744
Ph. 235-5881 or 622-3966

•50 BUSINESS OPPORTUNITIES

EARN extra dollars, meet your neighbors, join my group and sell Avon. Kms 489-2004

•60 HELP WANTED M/F

MILITARY BROKE? EVEN ON PAY DAY
Earn extra money part time 5:30 to 10 p.m. Mon. thru Fri. Workers needed in discount outlets specializing in stereo, television, microwave ovens & many more appliances. Also buying service for furniture, clothing, sporting goods, etc. Following areas available: Honolulu, Pearl Harbor, Salt Lake, Wahiawa, Barber's Point & KMCAS.
\$8/hr. or incentive pay.
Call 487-3651 speak to Mary

OUTSIDE Salesperson for travel agency. Travel experience helpful. Call Jerry 262-6908

INTERNATIONAL Cosmetic firm opening in this area. Beauty consultants & top management positions avail. Company professional training provided. Company car, paid vacation. For interview call Sylvia 247-0538, 456-9502

PRE-School teacher's aide for Christian Preschool. Call 239-5456

•60 HELP WANTED M/F

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•60 HELP WANTED M/F

NEED A Resume? Call Mr. Pool 9 a.m. to 5 p.m. 235-5112 or 595-4908 Mobile Resume Services

•61 HELP WANTED SALES

PR. sales, service. New company, will train. Call 395-1896 or 839-4794

•62 HELP WANTED DOMESTIC

IRONING. Family of 4 in Aiea. Must, only 1000 words, pick up and delivery 254-1830

Babysitter Needed in my home. April 1, 50 yr. old & 6 mo. old, salary open, references 487-7031

EXPERIENCED Babysitter wanted in Pearl City area for 7 mo. old baby. Mon-Fri. Full time. Call Terri 456-9706

WEEKEND mothers helper, babysitting & light housekeeping. Fr. eves. to Sun. eves. Japanese speaking helpful but not necessary, prefer female 262-9455 8 a.m. to 9 p.m.

FULL TIME babysitter needed. Mon-Fri. Hickam-Pearl area. Call 839-4446

BABYSITTER wanted for toddler in my home. Enchanted Lake. Wide range of hours needed. Must have flexible availability. Ph. 262-9726

•63 SITUATIONS WANTED M/F

WILL BABYSIT weekly, my Kaneohe home. Ph. 235-8951

SENIOR Citizen convalescent day care providing care for 1 elderly person in my home. TLC 262-9455 8 a.m. to 9 p.m.

CHILD CARE in my home. Schofield. Phone 624-2643

WILL babysit my home, Radford Terrace, any age. Ph. 536-7924

CHRISTIAN licensed Day Care with academic program looking for 1 child 3-6 yrs. to complete 5th position, TLC 262-9455

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WILL Babysit 1 child, my Hawaii Kai home, weekdays only. Ph. 395-9926

EXCELLENT Childcare in my home. Phone 235-4311

WILL Babysit in my Schofield home, any age, all hours. Ph. 624-6095

WILL Do babysitting in my Wahiawa home. References. Ph. 622-2566

•63 SITUATIONS WANTED M/F

BABYSITTING in my Pearl City home, weekdays & week days. Ph. 456-4735

•68 GARAGE/LANAI SALES

MOVING Sale. Sat. Jan. 15, 8 a.m. to 3 p.m. Scuba, fishing goods, baby items, toys, books, (Lapdary) items, oiled wood from 13400, 2488-A Cochran St., KMCAS 254-5113

MOVING. Plants, misc. furniture, odds and ends. Ph. 254-2486

JANUARY 15th and 16th, Garage Sale. 2 p.m. 45-232 Heaia St., Kaneohe

Garage Sale. Sat. 9 to 1, 146-1 Nole St., Kailua. 2 old trucks, stroller, bowling balls, odds & ends

KAILUA: Lots of household items, kitchen goods, plants & much more. Jan. 15, 9 to 3, 1487 Kila St., Kailua

MOVING Sale - Carpets, bikes, plants, clothes, misc. multi-family, 1848 Harris KMCAS, Saturday, January 15, 9-5

MOVING Sale. Books, kitchen items, misc. knickknacks. Fri. Jan. 14 to Sun. Jan. 16, 10 a.m. to 3 p.m., 126 S. Kalanooa Ave., Kailua

•68 GARAGE/LANAI SALES

PATIO Sale. Sunday, Jan. 15th, 9 a.m. to 4 p.m., 409 Kailua Road 44, Kailua

MOVING Sale. Sat. Jan. 15, 8:00 a.m. to 2:00 p.m. 2345 Nuuanu Ave., Honolulu, at Caretakers cottage, rear of property, follow the arrows. Dishwasher, some furn., plants, & collectibles. Ph. 595-4252. Do not come before Saturday

Garage Sale. misc. items - corner of Harris & McLennan Sts., KMCAS. Sat. & Sun. 1/15 & 1/16 from 9:30 to 5 p.m. for info call 254-4862

MOVING Sale. Fri. Sat. & Sun. 8 to 1 p.m. 2291-A Elrod Dr., KMCAS. uniforms, furn., clothes, misc. items, plants

FURNISHED. ing. efficiency studio apt. for single occupancy, util. incl. w/covered garage & access to Kaneohe Bay. Ready for occupancy Feb. 7th. \$350 per month. Ph. 247-0241

KAILUA. apt. 11, 75 Kihapai St. 1 bdrm. parking, lanai, pool. \$350 mo. Ph. 235-2367

OCEANFRONT studio, private beach. View, pool, parking. On bus. Lease w/option available. \$295 + util. 235-0414, evenings

•75 APTS. PART FURN

KAHALU: 2 bdrm. apt. \$400 per month incl. water, call 262-4444 eves

KANEKHE: Clean w/appliances, carpets, gay. Responsible person. \$225-2354

STUDIO. Lanai. \$280. quiet, airy w/yard, beach, washer, etc. Must be employed, non-smoker, quiet w/hrs. Call 7 to 9 a.m. only. 262-2707

KANEKHE-Na Pali Gardens, 3 bdrm., 1 1/2 bath, pool, carpet, view, \$500 incl. water. Evenings 262-9459

KANEKHE. beautiful view, near bus & shopping, family room, \$200 w/util. Ph. 235-5317 before noon or after 10:00 p.m. weekends anytime

LARGE Room, furnished, w/private bath, separate entrance, util. incl. \$300. Ph. 623-8671

KAILUA: Looking for female student or woman w/child to share home. Reasonable rent/percentage of util. 261-0287

ROACH Free house to share near stadium, washer/dryer, view, parking, non-smokers. Call 487-2636

•81 HOUSES FURN

KANEKHE Bay Dr. large entertainment home, 4 bdrm., 2 bath, patio, den, private gardens, hot tub, \$375/person. 537-1853, 595-3618

KAAAWA: 3 bdrm. apt. tennis pool, ocean/mountain view \$550 mo. call 237-7094

MAKAKILO. large 3 bdrm., 2 bath w/lanai, singles O.K. Pets negotiable. 572-4094 leave message

KANEKHE-Na Pali Gardens, 3 bdrm., 1 1/2 bath, pool, carpet, view, \$500 incl. water. Evenings 262-9459

KANEKHE. beautiful view, near bus & shopping, family room, \$200 w/util. Ph. 235-5317 before noon or after 10:00 p.m. weekends anytime

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KAILUA: Looking for female student or woman w/child to share home. Reasonable rent/percentage of util. 261-0287

ROACH Free house to share near stadium, washer/dryer, view, parking, non-smokers. Call 487-2636

•85 CONDOS/TOWNHOUSES PART FURN

SALT LAKE. Kai Nani, 2 bdrm., 1 1/2 bath, 3003 ilima, drapes, carpeting, all appliances, some furn., parking stall. \$525, avail. on or about 1/27. Call 395-3424, 9 a.m. to 6 p.m.

•88 ROOMS FOR RENT

ROOM for rent in Wahiawa, close to bus line \$175 per mo., util. incl., single ok. Call 871-3189 or 637-4574

KAILUA: Furnished 1 bdrm. for rent, \$175 a month incl. util. Call 262-8027

KAILUA: Bdrm. in nice house \$225 + util. Avail. Feb. 1. Call 262-9074 anytime

ROOM, board, laundry, utility, phone, 1 person, \$350 a month. Makakilo 672-3859

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

LANIKAI 3 bdrm., 2 bath home, near beach, avail. now till mid-Feb. Ph. 262-5445

KUILIMA 1 bdrm. fully furnished apt., no pets. Call 259-8539

MOLOKAI Wave Crest, sleeps 4, beach, pool, \$300 day, \$190 per week. Ph. 395-6045

PEARLRIDGE near Anna Miller's, 2 bdrm. townhouse \$575 incl. all util., pool, private parking. Call 422-6970



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Register for Spring Classes Now

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Ph. 621-8411 ext. 264
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FEMALE Escorts needed for Escort service. Phone 487-9008

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LOST your Tri-Chem instructor? Services, classes, new spring catalog. 247-1997, 624-4930, 839-6197, 487-1723, 235-8365. P-part time jobs.

GOOD JOBS ARE AVAILABLE!
Professional resumes open doors. Military Specialists. Free Consultation. **PROFESSIONAL RESUME SERVICE** 736 Bishop St., #238 - 521-7901. Established 1977

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We are expanding in this area, seeking 2 persons with at least 2 yrs. experience. Must be presently employed in responsible position. Fortune 500 rated. N.Y.S.E. Co., \$40,000-\$60,000 potential. Benefits include company car, insurance & retirement plan. Send resume to P&W Enterprises, 970 North Kalanooa Ave., Suite C110, Kailua, HI 96734

MILITARY WIVES
Spend Easter with mom and dad. We need parttime workers immediately to train for our newly established discount outlets. Now is the time to start making extra money for your holiday trip home or to bring Grandma over for a Hawaiian vacation. 5:30 p.m. to 9 p.m. \$5.00 per hour/incentive plan. For interview ask for Judy. Call 486-0173

NEED extra income?? Earn it in your spare time. Call 486-5667 for appt.

PART time play morning supervisor for community program for preschoolers. Education and experience in Early Childhood Development required. Send resume to ASYRACA, NAS Barber's Point, Bldg. 52, Barber's Point, HI 96822. Call 652-5554 for information

ORGANIST needed for Milliani Church. Call 623-9299 or 623-6501

WAITRESS, L. Auberge Restaurant, 117 Hekili St., Kailua. Call 262-4835 for appointment after 3 p.m.

HOME Visitors. Human services background, knowledgeable maternal & child health practices, familiar w/Military structure, mature persons preferred. Hawaii drivers license required. Send resumes to Armed Services YMCA, Wheeler AFB, 96854. No later than 2/1/83. No phone calls please.


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In expanded Windward office needs: 3 Full time self-reliant realtors or associates. Any sales persons with interior decorating, Architectural or bookkeeping background would be welcome. Excellent commission schedule for those who qualify. All inquiries will be kept confidential.
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76 DATSUN 510, 4 dr., auto, low miles, \$800. Call 235-8549 evenings.

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80 DATSUN 510, 4 dr., hatchback, 5 spd., AM/FM stereo, clean, 20,000 miles, \$3650. Ph. 239-6561 or 647-9125

81 DATSUN 280ZC, automatic, air, 1-top, loaded exc. cond., approx. 22,000 miles, asking \$1500 & take over payments or cash. Serious inquiries only 671-7738, Kathy.

77 280Z, Michelin tires, new struts, good cond., \$5500 or best offer. 624-6564, 449-9490.

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80 FIAT Spider 2000, 5 spd., full injectors, low miles, AM/FM stereo cassette, \$6300/offer. Ph. 671-9320

HONDA

78 HONDA Civic, 5 spd., air, AM/FM stereo cassette, good cond., \$2895/offer. 262-7669

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77 LTD 2 door, air, good condition, \$1500. Phone 838-4148

80 PINTO 3 door, 1600 cc, 37,000 miles, excellent condition, Moving \$2295. Ph. 262-6579

76 PINTO Wagon, \$1000 or offer. Phone 235-2013.

76 FORD Mustang, 8 cyl., air, best offer. Phone 235-0381.

75 PINTO, good engine, needs some work, \$300. Ph. 262-2872.

75 PINTO station wagon, auto., clean car, \$650. Call 638-9134

74 LTD 200, '76 & '71 Van \$150 each. Charles 948-6261 mornings

76 FORD, 8 cyl., 4-dr., a/c, automatic, radio, tools & electrical equip. all for \$3500. No dealers. 737-8534.

HONDA

78 HONDA Civic, 5 spd., air, AM/FM stereo cassette, good cond., \$2895/offer. 262-7669

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80 ACCORD, 4 dr., auto, air, exc. cond., AM/FM stereo, \$2975. Ph. 422-7646

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71 MAIRK II, 40000 miles, excellent condition, \$2000. Phone 254-2112.

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81 MAZDA RX7, 4 dr., AM/FM, air, perfect condition, 16,000 miles, \$6900. 262-0494.

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Paradise Pastime

WITHIN THE GATES — Barbara Rutz, M.S.W. will present "Bio-Feedback" on Jan. 19 at the Armed Services YMCA Outreach's weekly "Women's Awareness Program."

Machines will be made available for the participants' use so they can tell what's going on in their bodies and how they can control tension and anxiety caused by emotions. The program is free.

Child care and transportation is available. To make reservations call Armed Services YMCA Outreach at 254-4719 or 254-4965.

BEYOND THE GATES — As of Jan. 3, the Polynesian Cultural Center's two daytime shows have changed starting times.

"Music Polynesia," which previously started at 12:30 p.m., now begins at 11 a.m.; and the "Pageant of the Long Canoes," which began at 3:30 in the afternoon, now starts at 3 p.m.

In addition to these two shows, the Polynesian Cultural Center also puts on a "Fiafia Festival" or lei greeting ceremony each morning at 10:30 a.m.

"Music Polynesia" traces the evolution of music in the islands, and the "Pageant of the Long Canoes" features the fashions, songs, and dances of Polynesia performed aboard double-hulled canoes which glide along the Center's freshwater lagoon.

The Polynesian Cultural Center — a non-profit activity of The Church of Jesus Christ of Latter-day Saints (the Mormons) — is regularly open Mondays through Saturdays (closed Sundays) from 10 a.m. The 42-acre living museum, located in Laie near the North Shore of Oahu, is Hawaii's top paid-admission visitor attraction.

The Honolulu Theatre for Youth will recreate one of the best loved plays of all times in February when it brings to the stage the modern classic, "The Diary of Anne Frank." Winner of the Pulitzer Prize and the Critics' Circle Award and virtually every other coveted prize of the theatre, the production will be directed by Kathleen Collins, HTY's artistic director.

"Diary's" cast of veteran performers include Phyllis Look in the role of Anne; Bob Fimiani, Chris Herman, Hank Lindsley, Joyce Maltby, Don Pomes, Shirley Ritter, Robert Stach, Kate Sullivan and Christine Wallis.

Very few plays have moved Broadway critics

to write such glowing notices. The New York Times said, "a lovely, tender drama... strange how the shining spirit of a young girl now dead can filter down through the years and inspire a group of theatrical professionals in a foreign land." The N.Y. Post called it "a moving document on the stage," and the New York News wrote, "There is so much beauty, warm humor, gentle pity... this is a fine drama."

"The Diary of Anne Frank" will play to the public Feb. 11, at 8 p.m.; Feb. 12, at 2:30 and 8 p.m.; and Feb. 13, at 2:30 p.m. at the Leeward Community College Theatre. Admission is \$3.50 for adults and \$2 for youth and senior citizens. The production is cosponsored by the Leeward Community College.

Younger children can learn about sea turtles through a Polynesian legend and older students can hear about the fascinating history of aquaculture in two new programs offered by the Sea Life Park education department.

Marilyn Lee, director of the park's education department, said the new program about the green sea turtle is designed for children in grades one through three. In the first part of the program, the children are gathered around the Turtle Lagoon where a lecture on sea turtles is given, aided by props and illustrations.

The play is performed by an all volunteer cast every Monday.

According to Lee, some of the objectives in the new program include developing public awareness of marine environments, providing younger students with a special marine education program, aiding student interest and motivation through the use of creative expression and creating a meaningful and educational program for volunteers.

While "The Turtle of Tamarua" creates a special program for younger children, the aquaculture lecture presentation is geared toward the student in high school or older.

The lecture traces the history of aquaculture in Hawaii from its roots in old Hawaii to its modern counterpart in Hawaii today.

The presentation is conducted every Wednesday during the school year by a trained volunteer docent.

Both the sea turtle program and the aquaculture program include Sea Life Park's regular shows.

For further information, contact the Sea Life Park education department at 259-7933. For reservations, call 923-1531.

Girl Scouts sell cookies to keep up properties

That all-American tradition comes once again to Hawaii — Girl Scout Cookie Time from Jan. 13 through Jan. 30.

Girl Scouts of all ages will be selling seven different varieties of cookies to raise money for the upkeep of Girl Scout-owned properties, primarily the three campsites on the islands of Oahu, Maui, and Hawaii which provide year-round camping opportunities for both Scout and non-Scout girls. In addition, profits from the

cookie sale make it possible for girls to receive financial help to attend resident and day camps on all islands as well as mainland and inter-island events. A portion goes toward the operating budget to provide program training and assistance to the hundreds of adult volunteers who make Girl Scouting work.

Girl Scout troops use the cookie sale time to add to their own troop treasury for projects and activities they plan for themselves throughout the year. Girl Scouts

are taught how to set goals, plan for group activities, prepare budgets, and earn the money needed by participating in the Cookie Sale.

Girl Scouting can make a difference for any girl — through its program, its opportunities for new friendships, its value and traditions. You're buying more than cookies, without a doubt. You're helping each and every Girl Scout. Girl Scout cookies are great cookies for a great cause.

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See what the Air Force can offer you. It's worth a call. And it may shed some light on your future. For information contact

Honolulu - 546-2100
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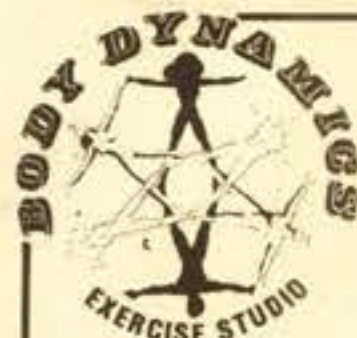
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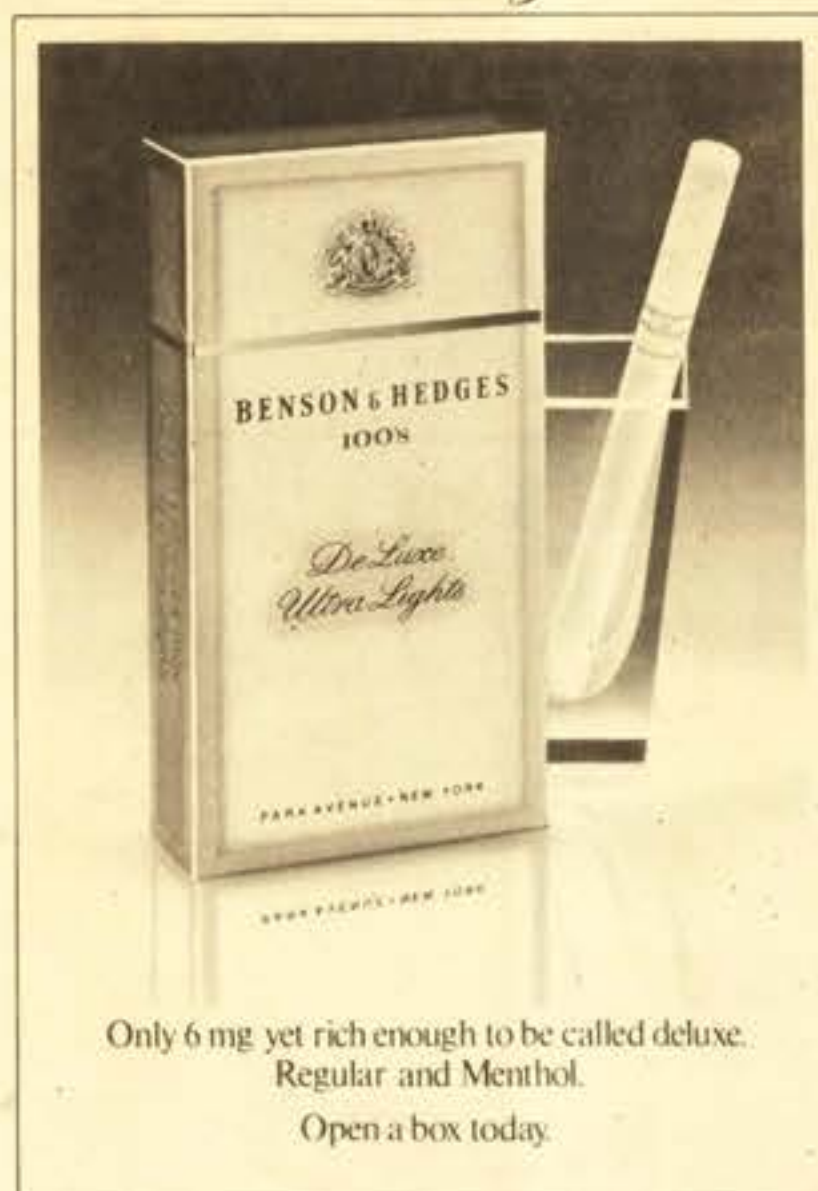
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