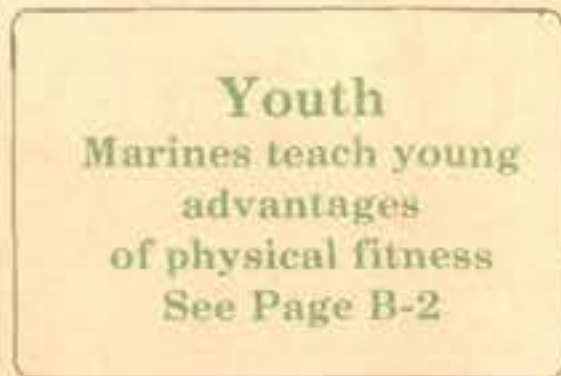




**Lebanon**  
Marines assist  
in rebuilding  
of war-torn Beirut  
See Page A-5



**Softball**  
Hawaii Marines  
split double-header  
at season opener  
See Page B-1



**Youth**  
Marines teach young  
advantages  
of physical fitness  
See Page B-2

# HAWAII MARINE

Voluntary payment for delivery to MCAS housing/\$1 per four week-period.

VOL. 12 NO. 15

KANEOHE BAY, HAWAII, APRIL 13, 1983

TWENTY-FOUR PAGES

## New bonuses start May 1

The bonuses are back! President Ronald Reagan recently signed a bill which extends the authority to pay enlistment and reenlistment bonuses until Sept. 30, 1984, a Navy Times article reported.

Effective May 1, the new selective reenlistment bonus list will add 34 new MOSs, delete 10 and change 238 multiples. All bonuses had been deleted March 30.

The Navy Times stated that manpower offices are keeping a "critical eye" on the status of MOSs. As reenlistments alleviate skill shortages, MOSs and/or multiples are quickly adjusted downward. Conversely, there is upgrading where reviews detect declining manpower.

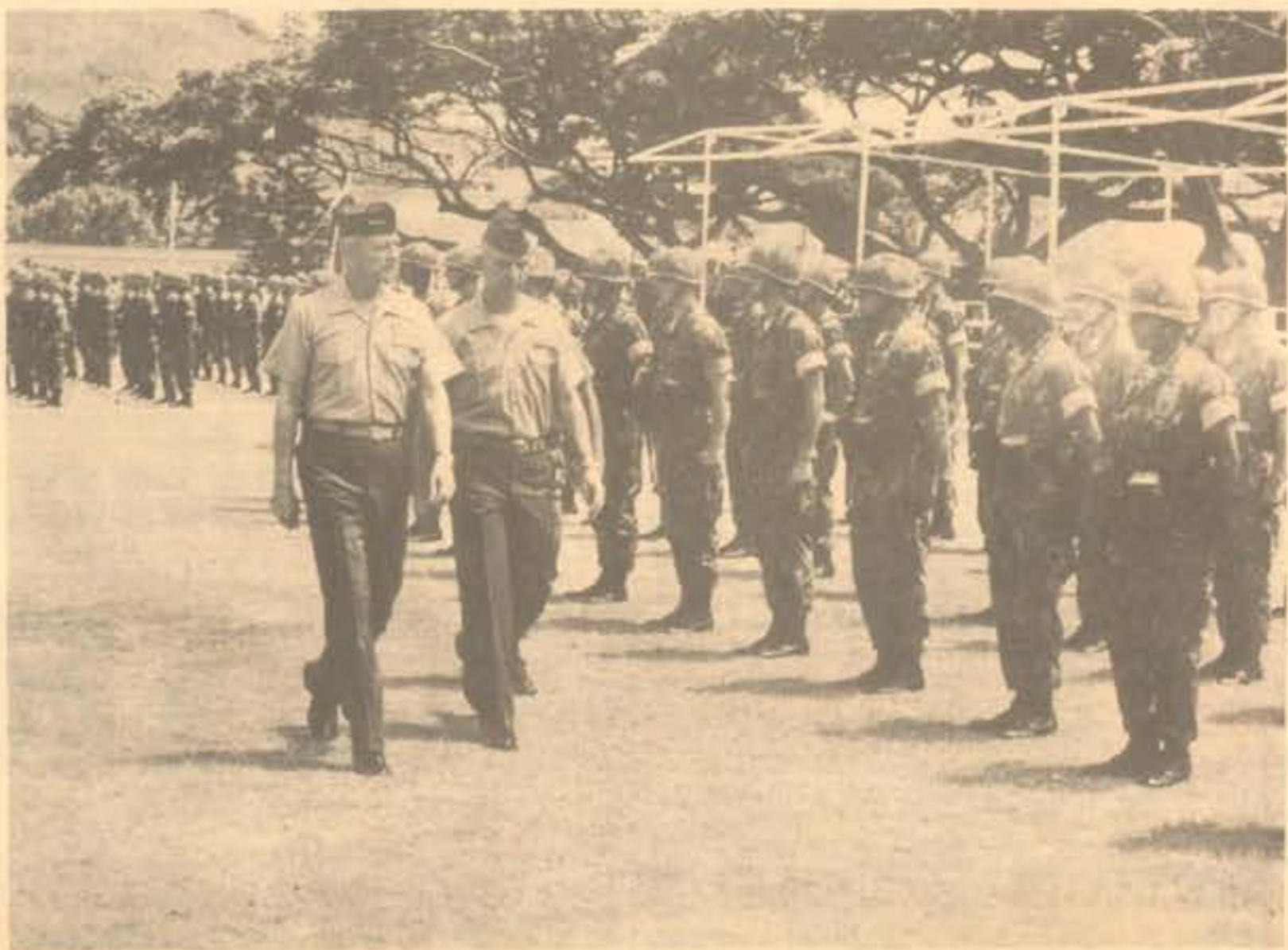
"There is another element this time. Headquarters Marine Corps is beginning to look at manpower needs a year from now, then new organizations and skills will be on the line. In part, this list reflects the type of people Headquarters wants to keep for that reorganization," the story stated.

The 10 MOSs deleted are: 1532, 4034, 4063, 4065, 5955, 5956, 5957, 5958, 5964 and 6442.

MOSs that have not been deleted or are not listed below remain unchanged.

MOS	A	B	C	MOS	A	B	C
0131	2	0	0	2887	3	2	0
0211	2	2	2	2889	5	4	3
0231	2	2	2	3073	0	2	0
0241	2	2	2	3311	1	0	1
0251	2	2	2	3381	1	0	1
0351	1	0	0	3441	3	3	3
0352	1	0	0	4069	5	4	3
0369	1	1	1	4421	2	1	0
0451	1	0	0	4611	2	0	0
0811	0	2	2	4671	3	0	0
1141	1	0	0	4672	3	3	3
1142	0	1	0	4691	0	0	1
1169	0	3	3	5711	4	4	1
1341	0	1	1	5921	5	4	3
1349	1	1	1	5922	5	4	3
1391	2	2	2	5923	5	4	3
1833	0	1	0	5925	5	4	3

2131	3	2	0
2142	2	2	1
2144	1	3	0
2145	1	2	0
2161	3	2	0
2171	3	2	3
2172	4	1	0
2532	1	1	0
2549	3	2	3
2591	0	1	1
2629	5	4	3
2631	5	4	3
2632	5	4	0
2674	5	4	3
2819	5	4	3
2825	3	0	0
2829	5	2	0
2841	1	0	0
2861	5	4	3
2864	5	4	2
2871	5	4	3
2874	5	4	3
2884	5	4	0
6055	0	0	1
6056	0	0	1
6057	0	0	1
6058	0	0	1
6075	0	0	1
6076	2	0	0
6082	0	0	1
6083	0	0	1
6084	0	0	1
6085	0	0	1
6087	0	0	1
6088	0	0	1
6092	0	1	0
6093	0	1	0
6094	0	1	0
6095	0	1	0
6096	0	1	0
6097	0	1	0
6098	0	1	0
6112	1	0	0
6113	1	0	0
6114	1	0	0
6115	1	0	0
6122	1	1	1
6123	1	1	1
6124	1	1	1
6125	1	1	1
6132	3	0	0
6332	2	2	0
6333	2	2	0
6334	2	2	0
6335	2	2	0
6336	2	2	0



**TROOPING THE LINE** — General Robert H. Barrow, accompanied by Brigadier General Jacob W. Moore, commanding general, 1st Marine Brigade, cast a stern look at Marines of Company G, 2d Battalion, 3d Marines as he "troops the line." Gen Barrow paid his last visit as Commandant to the air station Monday. (Photo by Sgt Pepper Davis) See story on Page A-4.

### A lance corporal owns five cars?

## Vehicle de-registration a must for transferees

According to Security Department records, a lance corporal on the air station had five cars registered in his name.

Actually, he didn't own five cars, but he had neglected to de-register them with the Security Department.

"All personnel being transferred from the air station must de-register their vehicle," said Captain Earl Tobey, Deputy

Provost Marshal. "De-registration is also required when a person sells his car."

"If a person sells his car to another Marine, it saves a lot of time and trouble if the previous owner and the new owner come in together. This way, all we have to do is transfer the decal number from one person's name to the other," said Tobey.

"Persons violating this regulation will be issued a

citation, which will result in a six month loss of base driving privileges."

"If a person in violation has been transferred," continued Tobey, "we will forward the citation to him or request that he be cited by the Security Department of that station."

Regulations governing the registration of vehicles have also been changed. Vehicles must now

be registered yearly instead of every three years.

Vehicles already issued a three year sticker are not required to re-register until the three years have expired.

"Failure to register will also result in a six month loss of base driving privileges," concluded Tobey.

Driving on the air station is a privilege, not a guarantee, don't lose yours.

Plane captain Private First Class Ken Mott (right) and fuel specialist Sergeant Jeff Gubins conduct a shutdown safety check on an A-6E Intruder. The all-weather, night attack aircraft is part of Marine Attack Squadron-224 from Marine Corps Air Station, Cherry Point, N.C. As the Bengals landed here en route to a WestPac deployment, they achieved an aviation milestone, 20,000 accident-free flight hours. (Photo by Cpl Pat Lewandowski)



## Temporary Lodging Facility opened in March

The new 24-room Temporary Lodging Facility here opened March 22 and has been brimming to 95-100 percent capacity, according to Lodge Hostess Sylvia Vierra.

The furnished studios come complete with a ready-to-use kitchen and are approved for temporary living allowance.

The TLF is managed by Bob Porter, Recreation Housing Manager, who also oversees 14 fully-furnished two-bedroom beach cottages that offer splendid ocean views.

The lodge operates like a motel, Porter explained. Check-in times are 2-10 p.m. and check-out time is 10 a.m. They employ 17 people to keep it running smoothly and

offer most of the conveniences customers expect.

Reservation policies are the same for both facilities. Active duty service members stationed here and other active duty Marines stationed on Oahu can make reservations up to 60 days in advance. Active duty Marines stationed elsewhere and retired leathernecks can make reservations up to 30 days in advance. All other active duty and retired service members, along with other authorized patrons, can make reservations up to 15 days in advance.

A deposit of one day's rental is required two days after booking to confirm the reservation. People with confirmed reservations will not be bumped.

Rates for the TLF are \$16 a day and \$16 a day for the beach cottages. Prices stay the same regardless of the number of occupants, with the exception of the VIP cottage, Building 1607. Those rates are available upon request. The facilities can accommodate five people. Baby cribs are available.

TLF units may be rented for a maximum of 15 days and the cottages may be rented up to seven days, with 30 days between reservations.

Service members can also make reservations for the use of their immediate families.

Reservations and further information are available at the TLF, Building 3638 or call 257-3808/3513.

## Shoppers save at commissary registers

WASHINGTON — Shoppers at Navy Commissaries will save about one penny on the dollar, effective March 29, as a result of a change in computing surcharges. Beginning that date, Navy commissaries will adopt the Army and Air Force practice of adding surcharges at the cash register. NAVRESSO formerly added a variable surcharge — which averaged 8 percent — to the shelf price of commissary items.

For example, an item costing a dollar would have 8 cents added to the price before it was put on the shelf under the old system. When

the new system, all military commissaries will add a 5 percent surcharge to the total at the cash register, i.e., grocery items totaling \$100 will have a \$5 surcharge added.

The change resulted from a memo signed by the secretary of defense and will standardize the surcharge at 5 percent at all DOD commissaries. That change will increase prices at Army and Air Force commissaries, which formerly added 4 percent surcharges at the cash register.

Patrons of Marine Corps commissaries can expect a similar decline in price as Navy

commissary shoppers will experience because the two sea-services' systems operate alike, a Marine Corps spokesman said. The Coast Guard, which only operates commissaries at Governors Island, N.Y., and Kodiak, Alaska, is not affected by the change because it is not part of DOD.

The change will allow direct comparison among all DOD commissaries. The change was ordered because different surcharge methods caused confusion among commissary patrons and in Congress.



**AFTERNOON CLASS** — A Marine from 3d Marines explains the use of a special patrol insertion and extraction harness to a group of Naval attaches. The attaches toured the major subordinate commands of the Marine Brigade during their visit here on April 7. (Photo by Cpl Pat Lewandowski)



# CG, FMFPac stresses aviation safety

Story and photos  
by SSgt Moses Reynolds

CAMP H. M. SMITH, Hawaii — "I have made it clear to each and every one of my commanding officers that there is absolutely no requirement to launch or complete any mission, when the card deck is stacked against safe accomplishment. The exercise of good judgement through self-knowledge and self-discipline must prevail. I can accept nothing less than each Marine's professional best," said Lieutenant General John K. Davis, commanding general, Fleet Marine Force, Pacific, as he addressed the Pearl Harbor Squadron of the Association of Naval Aviation, Incorporated.

The general stressed the importance of safety performance and its relation to combat readiness of the 74,000 Marines and sailors of FMFPac.

"The aviation commands of FMFPac, as members of their

respective air-ground teams, exist for the sole purpose of supporting the individual fighting Marine. This requires the highest state of readiness we can achieve," he explained. "Now combat readiness can be measured in different ways, but most accurately by measurement of skilled and highly trained aircrews, ground support Marines and the capabilities of full-systems aircraft.

"In order for crews to be skilled, they must participate in realistic training. This involves considerable exposure to hazardous flight regimes. On one hand, by limiting or eliminating training exposure in these regimes, safety will be enhanced and assets conserved; on the other hand, aircrew capability to operate effectively against postulated threat in a combat environment will be reduced. Our goal then, must be to minimize potential aircraft and crew losses in training and maximize realistic training."

The Hagon, New Mexico native

reemphasized that we are dealing with humans and the increasing cost of aircraft assets. "Let me state it so that there is no doubt of our direction. The trade-off must and shall be weighed toward safety and conservation of assets. It is obvious to me that to do otherwise would be self-defeating. We are going to pursue realistic training, but with a visible margin of safety."

While aircrew training is the most visible factor in the aviation readiness equation, it is only one factor. General Davis also discussed the readiness of aircraft and ground support leathernecks. "We must continue to pursue better full-systems capability in our aircraft and better training for our ground support personnel as aggressively as we strive for combat readiness in our aircrews."

He spoke also of the sacrifices involved and the difficulties in his leadership responsibilities. "The trade-offs are not easy, but they are

necessary and that brings us to an important and difficult subject, our can-do and tiger attitudes. These attitudes can create a separation between successful operations and safety. Yet these same attitudes are recognized requirements and essential ingredients for success in combat. They are part of the fiber of our Corps and essential to our success in future combat."

The 33-year Marine veteran summarized and pointed out the bottom line of his message: "I believe our performance over the past year-and-a-half has demonstrated clearly that we are equal to the challenge. We Marines have prided ourselves on the achievement of a long line of firsts. I see no reason why we should not be first in aviation safety as we are in readiness. When you boil safety down to its essential ingredients, it is being professional in all you do. Safety is not merely a measure of readiness to win on the battlefield; safety is readiness."



"SAFETY IS READINESS!" — Lieutenant General John K. Davis, commanding general, Fleet Marine Force, Pacific, addresses the Pearl Harbor Squadron of the Association of Naval Aviation of the Makalapa Commissioned Officers' Open Mess.

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**HAWAII MARINE**







# General Barrow visits station

Story and photos  
by Sgt Pepper Davis

General Robert H. Barrow, Commandant of the Marine Corps, paid his last official visit to the air station Monday. Due to retire in June, Gen Barrow, the Corps' 27th Commandant, was wrapping up a tour of his Marine commands in the Western Pacific.

The Commandant's one-day stay here began with an honors ceremony at Dwyer Square, after which he proceeded to the Station Theatre to address brigade and station staff officers. "I come to say farewell and convey my admiration. You are among the Corps' finest, and I thank you," he said.

Gen Barrow displayed a myriad of emotions during his discussion. There was sadness, concern, humor and sternness as he gave the listeners some insight on what was in store for the Corps in the future. He said the upcoming changes, which will range from promotions to weapons, will touch the lives of every Marine.

"Almost everything — except this

proud uniform — will change," he declared.

He urged the audience to become motivated about the evolution. He said the Corps is blazing a path that will be a gateway for other services to follow.

"Pretty soon we won't have to look hard for quality Marines; everyone will be of quality stock. That's the direction we're heading in, so get excited about it."

In answer to a recurring question about the life span of the Corps, the general simply said: "We make our own destiny by the manifestation of our professionalism," implying that as a blue chip organization, the Corps will be around for decades to come.

But he did say that public opinion will be a very important factor in the Corps' longevity. "The American public determines if there will be a Corps in the future. It has always had a love affair with the Corps, and we must prove that we deserve it," he said.

From the theatre the Commandant

set out to tour the station and brigade. His stops included Marine Aircraft Group-24, the new Temporary Lodging Facility, the 3d Medical Battalion, the new gymnasium, the Marine Corps Exchange and Battalion Landing Team, 3d Bn, 3d Marines.

To the assembled leathernecks of 3/3, the Commandant said, "Words are inadequate to express my admiration for you." Gen. Barrow continued, "In many respects, I envy you for being in a Corps that is going to get better." He assured the men of the battalion that his confidence would be with them wherever they go.

Of all the profound statements the Commandant had made during the course of his tour, perhaps the most touching comment was when he told the Marines of 3/3: "We live in an unsafe world where one of the true certainties is the United States Marine Corps."

A reception at the Commissioned Officers' Club that evening concluded the Commandant's visit.



**GREETINGS** — General Robert H. Barrow is greeted by Lieutenant Colonel M.J. Moss, commanding officer, 1st Radio Battalion as he enters the Commissioned Officers' Club for lunch.



**THANK YOU** — Holding his present from the commanders of the air station and brigade, General Robert H. Barrow smiles as he thanks them. Brigadier General Jacob W. Moore, brigade commanding general, presented the Commandant the pipe box on the commanders' behalf.



**READY FOR DEPLOYMENT?** — General Robert H. Barrow talks with Sergeant William Emanuel of Headquarters and Service Company, 3d Battalion, 3d Marines.



**THIS WON'T HURT A BIT** — General Robert H. Barrow, with scalpel in hand, prepares to "operate" on a patient during his stop at the 3d Medical Battalion's field facility.



**I'M PROUD OF YOU** — With a comforting gesture, General Robert H. Barrow, Commandant of the Marine Corps, talks with Lance Corporal Leonard Recknel of Battalion Landing Team, 3d Battalion, 3d Marines.



**CHARGE!** — With a raised clenched fist, General Robert H. Barrow, Commandant of the Marine Corps, encourages the brigade's Competition Squad to "go for it" when they compete in the annual rifle squad competition. The squad is scheduled to head for Quantico, Va. in May.



# Task force aids in Beirut face-lift

Story and photos  
by SSgt R.C. Bernal

BEIRUT, Lebanon (Delayed) — Before sectarian fighting interrupted the placid Lebanese lifestyle, Beirut was one of the most prosperous cities of the Middle East. Once considered by travelers as an ideal spot for vacations and conventions along the Mediterranean coastline, the city is now populated with stoic refugees or war-weary residents trying to pick up the shattered pieces of lives and property.

They are getting a major hand in such pursuits by the 6th Fleet sailors and Marines who form the U.S. contingent of the multi-national peacekeeping force here. It began as an early Christmas present for several needy West Beirut

community service facilities. Armed with shovels and brooms, screwdrivers and hammers, volunteer workers began a clean-up program on Dec. 25 which has since developed into a full-scale "Humanitarian Concerns Program."

"When we first approached the community, there was a little bit of a surprise," recalled Navy Lieutenant Francis Webster of West Blomfield, Mich., the officer-in-charge of the program. "They asked, 'Why?' I guess they had forgotten about people helping people."

Their first project was a local boy's school, or what used to be a boy's school. There were no longer swings hanging in the playground; the slide was knee-deep in rocks, and all that was left of the basketball court was a riddle backboard,

knocked askew by shellfire.

"When we came down here, this place was a battlefield," Webster continued, gazing up at the shattered building. "During the war, it was turned into a military position. We have been working here over a month and it still looks like a battlefield."

Inside the war-torn frame building, Seaman Doug Ewald of Cincinnati, swept around a battered chalkboard. "The first time I came here I said, 'No way,' but it's shaping up little by little," he commented. Ewald and other volunteers have left their ship, USS Sumter (LST-1181), four times to work on this project.

"Right now, we are mostly cleaning up

con't on Page A-8



**PILES OF FUN** — This pile of boards and steel framing is diminishing due to efforts by sailors and Marines of Combined Task Force-61, working as part of the Humanitarian Concerns Program on a boy's school in Beirut, Lebanon.

## Fluoride strengthens teeth

**EDITOR'S NOTE** — The following article is one of a series being presented by *Hawaii Marine* in cooperation with the KMCAS Dental Department.

The second article in the series described how acid produced by bacteria attacks the tooth, causing tooth decay. It was suggested that one way to keep this from happening is to make the teeth strong and able to resist the acid.

As far as we know today, using fluoride is the best way to strengthen the teeth. The fluoride must be made a part of the tooth substance. This is done in two different ways: (1) Fluoride is taken internally by the child when its teeth are still forming; and (2) fluoride is applied to the surface of the tooth after it has erupted into the mouth.

The usual way of taking fluoride internally is to drink water containing it. In some geographic areas, fluoride is naturally present in the water. In fact, the value of fluoride for strengthening the teeth was discovered when tooth decay rates for children in different areas were compared.

This generated the idea of adding fluoride to public water supplies. After numerous careful studies, it was determined that when one part fluoride was added to 1 million parts of drinking water, the children living in the area had 60 percent fewer decayed teeth on the average than children living where the water was not fluoridated. Fluoridation of the water was not found to have any harmful effects. The water supply aboard Kaneohe Marine Corps Air Station contains the proper amounts of fluoride, but the water off base contains no fluoride.

On the basis of these results, the American Medical Association, the American Dental Association, the U.S. Public Health Service, and many other professional and scientific organizations recommended fluoridation of water supplies that do not contain an adequate amount of fluoride from natural sources.

Unfortunately, only about 50 percent of our population — about 110 million people — consume fluoridated water. The rest either live in communities where the water supply is not fluoridated or live where they are not served by a community water supply. A possible solution for their problem is the purchase of bottled fluoridated water, which is easily available at a reasonable cost.

Another possible solution is for children to take fluoride tablets, which dissolve readily in water or other liquids. This form of fluoride is beneficial to the teeth if taken regularly throughout the period of tooth development. Fluorides added to vitamin preparations have also been shown to be effective. The use of fluoride tablets or fluoride-vitamins must be regulated according to the amount of fluoride, if any, present in the water supply. For this reason, fluoride taken in this form should be prescribed by a dentist or a physician. Fluoride tablets are available by prescription at the pharmacy in the NRM Branch Dispensary.

Coating the tooth surface with fluoride has also been shown to be a useful and effective decay preventive measure. At one time, fluoride was applied only to children in areas where there was no fluoride in the water supply. Stannous fluoride, which is used in the Navy's Preventive Dentistry Program, has been shown to reduce new decay in both children and adults. It has also been shown to give added benefit to those who have consumed fluoridated water when their teeth were forming.

Fluoride can be applied to the teeth in three ways, two of which require trained dental personnel. First, a dentist, technician, or hygienist can polish your teeth with pumice that contains fluoride. Second, they can paint a fluoride solution onto your teeth. The third method, accomplished by you, is brushing your teeth each day with a fluoride dentifrice that is approved by the Council on Dental Therapeutics of the American Dental Association.

While each one of these methods of applying fluoride is effective in itself, a combination of all three gives the best results of all. Research has shown up to a 70 percent reduction in new cavities in children and 50 percent in adults by annual prophylaxis and treatment with stannous fluoride followed by daily use of a fluoride toothpaste.

The next three articles in this series will deal with the other major dental disease afflicting most of mankind — disease of the gums and supporting structures of the teeth, which dentists call periodontal disease.

A dependent dental care program is offered at the Kaneohe Branch Clinic, the second Saturday of each month from 8:30 to 10:30 a.m. For appointments call 257-3266 the first workday of each month.

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This is the time of year when college or vocational school students submit their applications for admission — and one of the tough questions facing most families is: "Where's the money coming from?" Paying for a post-secondary education involves a monetary commitment second only to buying a home, and requires the same kind of careful financial planning.

The first thing to do is, of course, to make a realistic assessment as to how much of this extra load can be carried out of savings and annual income without putting an unacceptable burden on the other members of the family. If there is a big shortfall — as happens all too often — it's not the end of the world. There are many avenues of possible assistance which do not have to be repaid — scholarships, grants and work-study programs. The Financial Aid Office at the institution to which you are making application can provide details on how to apply for aid for which your dependents may be eligible. Also, high school counselors in your hometown may be able to provide such service.

If, after reviewing these avenues you still need financial support, then a Guaranteed Student Loan should be considered. Although eligibility

# Navy Relief assures loan availability

for this program was restricted and benefits reduced by 1981 legislation, it still offers substantial help to most students of our Navy/Marine Corps community. Navy Relief has made arrangements to see that such loans are available to eligible dependent children of active and retired members of the Navy and Marine Corps, who attend approved post-secondary schools full-time, as well as "fleet input" personnel in the NROTC, ECP and MECEP programs. The Society also sponsors such loans for spouses of active duty servicemen.

The Navy Relief Guaranteed Student Loan Program was initiated to overcome the difficulties experienced by many servicemen in getting such loans from financial institutions. By serving as a "corporate sponsor" and placing money in escrow, Navy Relief has been able to ensure the availability of Guaranteed Student Loans from participating banks for applicants who meet the basic eligibility requirements of the Federal Government. These

governmental requirements are:  
— Be a U.S. citizen (or an authorized immigrant alien).  
— Be enrolled, or accepted for enrollment, in a post-secondary school approved by the Department of Education.  
— Meet a financial "needs" test administered by the Financial Aid Officer at this school. Students from families with an adjusted gross income of less than \$30,000 are normally presumed to "need" a loan, unless the cost of education

is offset by other student aid. Under this program, a student may borrow up to \$2,500 per year (\$12,500 total) from the bank to meet the following costs of undergraduate education: tuition and fees, room and board, books and supplies, personal needs and transportation; but the authorized amount of such loans will be reduced to reflect the value of other student aid such as Basic Educational Grants and Social Security Payments. Students at

graduate or professional schools may similarly borrow up to \$5,000 annually to meet these costs. The maximum that can be borrowed for any combination of undergraduate and graduate education is \$25,000.

Repayment of loans is the responsibility of the student, and parents are not required to co-sign loan agreements. The lending bank charges the student a 5 percent one-time "origination fee" (\$125

for a \$2,500 loan). The Federal Government pays the interest while the borrower is in school, and during a grace period of at least six months after leaving school. Payments on the principal are deferred during the same period. Thereafter, the borrower repays the principal plus 9% interest to the bank in monthly amounts as specified in a repayment schedule. (Students who borrowed under the Guaranteed Student Loan Program prior to January 1981, continue to pay 7% on their new loans, and have a nine month grace period.) The maximum repayment period is ten years.



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# 'Pop 'n fresh' leathernecks produce bread at field bakery

Story and photo  
by Sgt Inez J. Stoner

A confusing mixture of familiar smells permeated the air, as one less than a baker's dozen of Marines went to the field recently. But even the familiar smell of canvas and damp earth couldn't mask the warm, sweet smell of fresh baked bread, right out of the oven.

The 12 Marines, from Headquarters and Service Company, Brigade Service Support Group, broke camp March 19, leaving the air around Anderson Hall noticeably absent of the smell of homemade bread.

The 10-day exercise was the first of new scheduled quarterly exercises designed to show the bakers how to produce quality baked goods under field conditions. The first five days of the exercise involved putting up and taking down the field bakery and classes on the use of field bakery equipment.

The next five days were spent baking more than 350 loaves of fresh bread. The finished products were then "sold" to the Food Services Department, by invoice, for distribution to the two Dining

Facilities: Anderson and Pless Halls.

"It's gone pretty smooth," said Staff Sergeant Anthony Robinson, noncommissioned officer in charge of the field bakery. "We're building up confidence in the troops," he added. "They're seeing what they are capable of doing."

"I like it here," said Lance Corporal Florena Moore, baker. "Learning how to bake out in the field like this gives you the experience you'll need if you ever have to go to war," said the Marine from Evergreen, La.

With one dough mixer and only four ovens, the bakers went through more than 100 pounds of flour each day preparing the two-pound loaves. "It's not like opening a can and dumping it into the mixer with some water," said Robinson. "These loaves are made from scratch."

The bakers were rotated daily to maximum training opportunities under the field conditions. In addition, bakers from the Station Dining Facility received some field training during the exercise.

"They (the bakers) all seem pretty motivated," said Robinson. "This gives them the chance to learn more about their MOS and it gives them a break from working in the Dining Facility."

In addition to baking bread and identifying problem areas associated with field baking, the bakers also learned how to construct their own recipes. "Hopefully, next time we'll be able to bake a few pastries to see how the products will come out here in the field," said Robinson.



THE "UGH" IN DOUGH — Staff Sergeant Anthony Robinson, noncommissioned officer-in-charge of the field bakery, shows Lance Corporals Florena Moore (left) and Chris Infesto, both bakers, the proper way to operate a dough mixer under field conditions.

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# Beirut face-lift

con't from Page A-5

the debris. I feel that every little bit we can do will help," Ewald added. He leaned over his broom and continued, "If these kids are going to have a chance, they have to get back to school. And with all the stuff they have gone through, they need this chance."

Ewald and the rest of the Navy volunteers leave the Marine perimeter on Mondays, Wednesdays and Fridays to clean the debris from the school, located north of Lima Company in a suburb of Beirut called Hadath. And while the boy's school volunteers work from sunup to

shutdown, other volunteers work in another building across town.

Located in another Beirut suburb, north of Beirut International Airport, Ouzai was originally a social rehabilitation center for the handicapped. Unlike the boy's school situation, this building was barely damaged, but the facility's equipment was badly neglected during the fighting in 1982.

Inside what was once one of the most outstanding health facilities in Lebanon were wheelchairs without wheels, broken appliances without electrical wiring and rehabilitation equipment spread about broken in pieces.

"It's a slow process," sighed Chaplain (Lt.) Charles Brown of Barbenton, Ohio, "fixing the mechanical pulleys, checking out the electrical stuff and replacing all the broken equipment."

The chaplain from the USS Shreveport (LPD-12) added, "This place is where our help is most needed, because they can't fix it themselves. These Navy men come here to work; there's no goofing off. Sometimes some of them get so wrapped up in their work they forget to break for lunch," he said. "We put in a full day's work here and then go back to the ship to perform our duties there. It's worth it; we get a lot of

personal satisfaction from it also."

Before the center was destroyed, the Lebanese staff dealt with 100 in-patients and 200 out-patients, and ran several schools for students age 3 to 18. The director of the center hopes to see it in full operation in another month. "It's a big job and a lot of work," he stated, "but it can and must be done. Our people need it. It's very difficult to find skilled people, but the Navy has provided us with those."

"This place was once filled with beautiful people. Hopefully, some day

soon, it will be filled again. What you are doing will ultimately have a lasting effect

on others," Brown said.

The volunteer program isn't just helping the Lebanese community, it's also helping the Navy men who volunteer. According to Webster, the program was also started to get the Navy men ashore to get them more deeply involved in Lebanon operations.

"And it's working," Webster concluded. The guys are really enjoying it. The feedback I'm getting from them is not just about getting off the ship, but concerns actually helping the people; being able to say, 'We helped rebuild Lebanon.' That's a nice feeling."



PUTTING THE PIECES BACK TOGETHER — Sailors from Combined Task Force-61 tighten the nuts and bolts of waiting wheelchairs in a Beirut rehabilitation center.

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## Top enlisted man addresses troops

# SgtMaj optimistic about Corps

Story and photo by SSgt Bob Torres

With a long stride and a drawing voice, Sergeant Major of the Marine Corps, SgtMaj Leland Crawford, strode onto the air station Monday.

The Sergeant Major varied his itinerary from that of the Commandant of the Marine Corps to address other Marines throughout the air station.

As friends and acquaintances acknowledged the Sergeant Major in one section of the Staff Noncommissioned Officers' Club, the Staff Noncommissioned Officers' Wives' Club hosted Mrs. Faye Crawford at a separate luncheon.

The Sergeant Major brought senior staff NCOs abreast of the state of the Marine Corps from his viewpoint. He spoke candidly about the upcoming years.

"When General (Paul X) Kelley took over as the Assistant Commandant, he took the door off its hinges," remarked Crawford in his West Virginia drawl. "I don't know if he's going to keep that open-door policy as he takes over as the commandant, but that's the way he's been."

"You'll find the commandant selectee is a 'people' person. I was in his office when the general got the phone call saying that he had been selected. Well, there was a bit of water in the eyes. He said that it was from the cold that he had. But I know that I would have been a

little touched if I had been selected as the next commandant.

"The Marine Corps today is better than it's been in the past," said Crawford. "It may not be the same as you and I remember it when we came in, but it's better than it was in the early '70s. We had people in the Marine Corps who were, as the commandant says, 'masquerading' as Marines. They weren't real Marines. They were the yuppies and the hippies who came in the Marine Corps during that time. But a change began under (former Commandant) General Louis H. Wilson. And that has followed through under this Commandant (General Robert H. Barrow)."

The Sergeant Major went on to speak about the future for the Marine Corps.

"We're undergoing a transition right now, again to make the Marine Corps better. It began about two years ago and in about two years you'll all be able to see it. We're able to 'pick and choose' who we get in the Marine Corps. We can afford now to 'pick and choose' who gets in the Marine Corps and who can stay. And that's good, it makes for an overall better Marine Corps."

The Sergeant Major traveled to visit members of the 3rd Regiment.

"What have we got here, Recon on the right, 1/12 in the middle and 'cannon cockers' on the left?" he addressed the assembled

*'We're undergoing a transition right now, again to make the Marine Corps better.'*

group. Hearty arruagahs and cheers greeted the Sergeant Major.

"When you get out of the Marine Corps, get out with the best discharge that you can get. Whoever replaces you, remember that we can now 'pick and choose.'"

The Sergeant Major kept everyone's attention as he shared experiences of being out in the field and how the Marine Corps has changed for better in equipment and personnel since Vietnam.

"When you get out of the Marine Corps, get the best discharge you can." The Sergeant Major reiterated as he spoke to assembled Marines from Marine Air Group-24. "You may not realize it but 29 percent of you standing here could not get in the Marine Corps today."

"I've seen the Corps change a good bit in the almost 32 years I've been in the Marine Corps," reminisced the Sergeant Major, addressing Marines from the air station. "I've done just about everything you can do in the

Marine Corps, and I've traveled a lot in these past four years. I've spent almost 10 years as a drill instructor at both recruit depots and I like what the Marine Corps is headed for in the future."

And then the Sergeant Major relaxed and teased one of his contemporaries.

"Take Sergeant Major (Ray E.) Morgan over there. He's older than dirt. But you take a look at his chest and you see where he's been. When he and Lieutenant General (John K.) Davis took over at FMFPac (Fleet Marine Force, Pacific) they made a lot of things work. Because they worked together."

When asked what he was going to do after he retired on July 1, the sergeant major smiled. "I don't think I'm going to really retire. I'm supposed to retire in San Diego. At least my wife says that we're going to retire in San Diego." And then with a smile that indicated he was only joking, he added, "But I've told her that the retirement check and I are going to go to West Virginia."

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## Scout rewarded for his honesty

A 12 year old Boy Scout recently found a wallet containing \$25, but he didn't get excited and run to spend it.

Shawn Phelan, Boy Scout Troop 425, turned in the wallet, along with the cash, to Gunnery Sergeant Michael McKelroy, Provost Marshal's Office. "Yeah, I was tempted to keep it,"

said Shawn. "But, I felt turning it in was the right thing to do."

McKelroy looked through the wallet for identification and returned it to Sergeant David Browning who is assigned to Detachment, Company A, 3d Assault Amphibious Battalion. "I was surprised to see the wallet again. I had already

received a new Identification Card and was working on replacing the other papers," said Browning. His wallet was found in the woods off Pond Road.

"I was surprised to see the money still in it." Browning rewarded Shawn with \$10. Shawn is earning money for summer camp and appreciated the \$10.



"First of all, sir, Congress met in emergency session last night."

## Local motion

### K-BAY OFFICERS' CLUB

**TODAY** — Lunch in the Pacific Room from 11 a.m. to 1 p.m. Features specials, hot carved sandwiches, soup and salads. Mongolian Barbecue on the Lanai from 8 to 8:30 p.m. The Tapa Bar is open from 4 p.m. to 10 p.m.

**THURSDAY** — Lunch in the Pacific Room. Beefsteak Buffet from 8 to 8:30 p.m. featuring steampship round, seafood item, rice or potatoes, vegetable and a salad bar. The Tapa Bar opens at 4 p.m. and closes at 10:30 p.m.

**FRIDAY** — Lunch in the Pacific Room. The Tapa Bar opens at 3 p.m. "Officer Appreciation Night" in the Tapa Bar from 4:30 to 8:30 p.m. 75¢ off pitcher of beer. Free piece of 15' long sandwich "Lakes Pineapple Store" plays in the Tapa Bar from 8:30 p.m. to 12:30 a.m. Bar closes at 1:30 a.m.

**SATURDAY** — Hotel round of beef and alaskan king crab buffet in the Pacific Room from 8 to 8:30 p.m. The Tapa Bar's hours are 1 p.m. to 11:30 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. The Tapa Bar opens at 4 p.m. and closes at 10 p.m.

**MONDAY** — Lunch in the Pacific Room from 11 a.m. to 1 p.m. Join us Monday through Friday for lunch specials, hot carved sandwiches, soup and salads. Monday evening the Club is closed.

**TUESDAY** — Lunch in the Pacific Room from 11 to 1 p.m. The Tapa Bar is open in the evening from 4 p.m. to 10 p.m.

### SNCO CLUB

**TODAY** — Lunch from 11 a.m. to 1 p.m. Featuring beef kabobs and fried rice. Open menu dining available from 5:30 p.m. to 8:30 p.m. The chef's special will be New England boiled dinner. Oldies but Goodies from 8:30 p.m. to 12:30 p.m.

**THURSDAY** — Lunch from 11 a.m. to 1 p.m. Featuring lasagna. Every Thursday is Mongolian barbecue from 5:30 to 8:30 p.m. Variety sounds of Jeff Suzuki from 8 p.m. to 11 p.m.

**FRIDAY** — Lunch from 11 a.m. to 1 p.m. Featuring mahi mahi or teri chicken. Happy hour from 4:30 p.m. to 6:30 p.m. Dinner special jumbo stuffed shrimp or prime rib. From 8 p.m. to 1 a.m. "Midpoint" will entertain with variety music.

**SATURDAY** — Dining room is open from 8 p.m. to 9 p.m. Featuring beef and crab or just beef, all you can eat. Disco with Al every Saturday from 9 p.m. to 1 a.m.

**SUNDAY** — Champagne Brunch from 9:30 a.m. to noon. Family smorgasbord from 5 p.m. to 8 p.m. During the family smorgasbord, a clown will be there to entertain the kids while mom and dad enjoy that after dinner cup of coffee.

**MONDAY** — Lunch will be served from 11 a.m. to 1 p.m. Featuring mahi mahi. Every Monday in April the dinner special will be mouma nia's spaghetti all you can eat.

**TUESDAY** — Lunch will be served from 11 a.m. to 1 p.m. The luncheon special is liver and onions. Bingo starts at 6:30 p.m.

### WINDWARD ENLISTED CLUB

**TODAY** — Lunch from 11 a.m. to 1 p.m. Dining room opens from 5 to 9 p.m. The chef's special this month is your choice of steak, breaded fantail shrimp and mahi mahi. The beer garden is open from 11 a.m. to 1 p.m. and in the evening from 4 p.m. to 10 p.m. The beer garden features sandwiches, pizza, chili and many more items. Tonight the D.J. plays rock and roll in the moongate lounge from 7:30 p.m. to 11:30 p.m.

**THURSDAY** — Lunch from 11 a.m. to 1 p.m. Dining room opens from 5 to 9 p.m. with an open menu and our dinner special this evening is all you can eat barbeque beef ribs. Every Thursday night is country and western night, featuring this month, two bands — "Rusty Mustang Gang" from 5 p.m. to 8 p.m. and "Eddie Lee Russell" from 8 p.m. to 12 a.m. In the moongate lounge there will be top 40 and ladies from 7:30 p.m. to 11:30 p.m.

**FRIDAY** — Lunch from 11 a.m. to 1 p.m. Dining room opens from 5 to 9 p.m. The dinner special is prime rib and lobster tail, just prime rib or just lobster tail. Tonight "L.A. Test" plays rock and roll in the main ballroom from 6 p.m. to 12:30 a.m. Top 40 and ladies disco in the moongate lounge. The beer garden is open from 11 a.m. to 1 p.m. and also from 4 p.m. to 10 p.m. The beer garden serves sandwiches, pizza, chili and many more items.

**SATURDAY** — Dining room opens from 5 to 9 p.m. with our special lobster and prime rib, just lobster or just prime rib. This week is the week of the finale for our \$3,000 dance contest in the main ballroom.

**SUNDAY** — Club opens at 11 a.m. Breezy Inn opens at 5 to 9 p.m. "Soul Night" tonight featuring two guest D.J.'s one from New Jersey and one from Los Angeles, in the main ballroom from 7:30 to 12:30 a.m.

**MONDAY** — Lunch from 11 a.m. to 1 p.m. Dining room opens from 5 to 9 p.m. with all the spaghetti you can eat on Italian Night every Tuesday. Including garlic bread and salad bar. This dinner special includes one complimentary glass of house wine. Happy hour from 5 to 7 p.m. After happy hour "Tight Rope" plays rock and roll in the moongate lounge from 7:30 to 11:30 p.m. Beer garden open from 11 a.m. to 1 p.m. and from 4 p.m. to 10 p.m. The beer garden serves sandwiches, pizza, chili and many more items. Also, tonight is guest night, bring your boss and friends for some free pupus at your club.

**TUESDAY** — Lunch from 11 a.m. to 1 p.m. Dining room opens from 5 to 9 p.m. with all you can eat smorgasbord every Tuesday night. In the moongate lounge the D.J. plays rock and roll from 7:30 to 11:30 p.m. The beer garden is open from 11 a.m. to 1 p.m. and 4 p.m. to 10 p.m. The beer garden serves sandwiches, pizza and chili, along with many more items.

## Cinema

MCAS Theater

W T F S S M T

1 2 3 4 5 6 7

1. **I, THE JURY** — Arnold Assante, Barbara Carrera, R. Drama.

2. **ESCAPE FROM NEW YORK** — Kurt Russell, Lee Van Cleef, R. action-drama.

3. **BEST FRIENDS** — Burt Reynolds, Goldie Hawn, PG, romantic comedy.

4. **HEAVEN'S GATE** — Kris Kristofferson, Christopher Walken, R. western-drama.

5. **HELL NIGHT** — Linda Blair, Vincent Van Patten, R. horror-drama.

6. **RAIDERS OF THE LOST ARK** — Harrison Ford, Karen Allen, PG, suspense.

7. **LOVE CHILD** — Amy Madigan, McKenzie Phillips, R. drama.

Contact Camp Smith Special Services at 477-6467 or 477-6392 for listings of scheduled movies.

## Military ID required for medical attention

Free medical benefits have been enjoyed by military personnel and their dependents for years. Effective immediately, however, proper military identification must be presented within a specified period of time or the person will be billed for the visit.

The Department of Defense has directed, Tripler Army Medical Center, the Kaneohe Branch Clinic and other military medical facilities to bill all patients who do not have proper military identification. This is in an attempt to prevent unauthorized persons from using the military's medical facilities.

"We realize that a lot of people coming in here are not authorized to use services," said Master Chief Hospitalman Joe DeLuca, administrative chief for the Kaneohe Branch Clinic. "It's just a little hole we're trying to plug up."

Billing is assessed at current civilian emergency room rates. A

visit to the emergency room at Tripler will cost between \$14 and \$15 for persons without military IDs. The going rate at the Kaneohe Branch Clinic is approximately \$40.

At Tripler, persons who do not present valid military identification cards within 30 days of treatment will be billed for the visit. Patients at the Kaneohe Branch Clinic are allowed only 48 hours to present proper military ID before they are billed.

"If the word gets around that we are checking IDs," said DeLuca, "then people who are not authorized won't come in here."

Proper military identification may be presented at Room 183, Unit B, for treatment received at Tripler. At the Kaneohe Branch Clinic proof of patient eligibility must be presented to the facility's administrative office.

All patients over the age of 10 must have a valid military identification card.

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Form **1040** Department of the Treasury—Internal Revenue Service  
**U.S. Individual Income Tax Return**

**1982**

(2)

For the year January 1–December 31, 1982, or other tax year beginning

, 1982, ending

, 19

OM

Use IRS label. Otherwise, please print or type.

Your first name and initial (if joint return, also give spouse's name and initial) Last name

Present home address Number including

Your social security number

Spouse's social security number

Presidential Election Campaign

Note: Check not increase your refund. See Instructions.

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(... Unfortunately, he won't take 200 sofas!)

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**(THURS., FRI. SAT.)**

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Caution: If you have unearned income, you may be claimed as a dependent on your parent's return, check here ☐ and see page 12 of the Instructions. Also see page 12 of the Instructions if:





THE THIRST QUENCHER — A sight of relief for any pilot low on fuel is a C-130 preparing to fill up his tanks. (Official USMC photo)

## Generic vs 'brand name'

### Drugs not necessarily same

#### True or false?

A generic and a "brand name" drug are exactly the same.

"Brand name" drugs are always more expensive than generic drugs.

The answer to each of the above questions is false.

For the past few years there has been an escalating controversy about whether or not the prescription you receive from your physician should be for generic drugs rather than brand name drugs in most cases. Proponents claim that generic and brand name drugs are exactly the same and result in substantial savings.

Each drug has a specific chemical name — its generic name — but several pharmaceutical companies may use the same chemical in making its own tablet or solution. They call this drug by a brand name that only they can use.

To illustrate the difference, carbon is a generic term, but it could mean a diamond or a chunk of coal. These are generic equivalents but they are certainly not the same.

But just because the chemical is the same in two drug products does not mean that the two are exactly the same. There are, in fact, 32 different factors which affect the therapeutic action of a drug product. For them to be exactly the same they must include exactly the same ingredients, exactly the same methods of formulation, and exactly the same quality control. No two manufacturers make the same drug product exactly the same way.

When your doctor prescribes a brand name drug for you he does so for a specific medical reason. His medical and professional opinion is based on hard earned academic knowledge and experience. He has access to your personal medical factors that no one else has, factors that could influence how a particular drug formulation acts on your body. If you have questions about your prescription, ask him.

As far as costs are concerned brand name drugs are not always more expensive than generic drugs. In states such as Massachusetts, Maryland, and Kentucky, where generic substitution has been allowed for some time, surveys have been unable to demonstrate consumer savings.

The fact remains that you have a right as a patient to have the specific drug that will work best for you. Which would you rather have, a diamond or a chunk of coal?

## Aspirin

### 'Cure-all' is three drugs in one

Aspirin, in a sense, is a wonder drug. You might find that hard to believe since it has been around for so long and is generally used to treat such common ailments as headaches and colds. The fact is that aspirin is one of the most useful drugs ever developed.

It is really three drugs in one — it brings down fever, it is a pain killer, and it reduces inflammation. Since inflammation causes pain and joint damage, aspirin's anti-inflammatory and pain killing properties are most important for the arthritis sufferer. In fact, aspirin as we know it today was actually developed for the treatment of rheumatoid arthritis and it is still the drug of choice for this condition.

Aspirin is a member of a family of chemicals called "salicylates" a term derived from the Latin word "salix" meaning willow. The bark of the willow tree is a source of such chemicals although today they are usually manufactured synthetically. The common name aspirin comes from "spirin" meaning spirea plant which was an early source of the drug.

Aspirin is so commonly used that most people feel it is nothing special to take for a serious disease. Many a person has gone to his doctor and grumbled because the only prescription he received was for aspirin.

It is not known exactly how aspirin works the way it does. However, researchers now believe that aspirin suppresses the production of prostaglandins, a group of hormone-like substances which are felt to play a major role in causing inflammation. They also believe that aspirin somehow modifies the effect of certain enzymes responsible for causing inflammation and joint damage.

While most of us tolerate aspirin well, there are some possible side effects. Nausea and ringing in the ears are the most troublesome side effects of aspirin and can usually be controlled by reducing the dosage. When you visit your physician tell him if you are taking aspirin so that cross reactions with other medications can be avoided.

## Bible Call 262-2317

### WHAT IS BIBLE CALL? Samples of Topics:

Bible Call is a free public service religious information library consisting of hundreds of different five minute tape recorded messages on a wide variety of Bible subjects. To use it simply call 262-2317 and ask for the tape of your choice to be played. To get a complete list of tapes ask for a free Bible Call brochure when you call.

Would you like help in studying your Bible? Call 262-2317 to arrange for a free personal Bible study at your convenience. Sponsored by Kailua Church of Christ.

- 8 — Living With Illness
- 199 — Improving Self
- 314 — Material Possessions
- 25 — Obedience
- 44 — Why Be A Christian?
- 173 — Motivate Yourself
- 79 — Husband's Duty
- 67 — Planning for Marriage
- 55 — The Sabbath or the Lord's Day Which?
- 145 — Church Government

Your tape requests answered daily between 6:00 p.m. & 9:00 p.m.  
For complete listing refer to Dec. 22 edition

## KDEO COUNTRY RADIO

TOP 10 COUNTRY SONGS

April 6, 1983				
LAST WEEK	THIS WEEK	TITLE	ARTIST	
2	1	Dixie Land Delight	Alabama	
3	2	We've Got Tonight	K. Rogers & S. Easton	
5	3	I Have Loved You Girl	Earl Thomas Conley	
6	4	Sounds Like Love	Johnny Lee	
11	5	American Made	The Oakridge Boys	
8	6	My First Taste Of Texas	Ed Bruce	
9	7	Gonna Go Huntin'	Hank Williams, Jr.	
4	8	You Don't Know Love	Janie Fricke	
13	9	You're The First Time I've Thought About Leaving	Reba McEntire	
1	10	When I'm Away From You	The Bellamy Bros.	

Hear the Top Country Songs in the Nation on the WEEKLY COUNTRY MUSIC COUNTDOWN SUNDAY MORNINGS at 9 A.M. on AM94 at KDEO Country Radio.

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**BRING A GUEST & ENJOY OUR "SUPER SPECIAL"!**



## Hawaii Marines open season, split double-header with AIA

by Cpl Christopher Wood

Two would have been better, but the Hawaii Marines softball team settled for one Saturday, as they split an opening season double-header with "Athletes in Action" at Jerry Price Memorial Field.

"We're probably the only team on the island not happy with a split with AIA," said Dave Burnett, Hawaii Marines' coach. "Everyone else would have jumped for joy at a split."

Fate smiled on the Marines in the first game, as they demolished AIA 16 to 9. But the civilians bounced back in the second game triumphing 9 to 6. Here's how the action went:

**GAME NO. 1**  
A first inning lead of 1 to 0 was a short-lived boast for AIA, as Clint Evans fired one over the left center field fence, tying it 1 to 1. A two-run homer by Rich Williams put the leathernecks in front with a 3 to 1 advantage at the end of the second inning.

After a strong defense continued to shut AIA down in the third, the Marines exploded with a whopping eight runs, including homers by Guillermo "Panama" Foster and Scotty Nobles. AIA managed four runs in the fourth inning, three in the sixth and one in the seventh, but couldn't match the leathernecks' eventual total of 16.

Burnett was predictably pleased with the outcome. "We gave them their money's worth," he quipped. "If we continue to play good defense and hit the ball well, we'll win a lot of ball

games."

Although the Marines had a 16 to 8 lead at the top of the seventh, they weren't about to rest on their laurels. "We couldn't let up on these guys," Burnett remarked. "We know that they could come back on us if we didn't play good defense. We're looking for a tough second game."

**GAME NO. 2**

Burnett's words were prophetic. For the first two innings, it seemed that the Marines would repeat their double-digit score. But a 6 to 1 lead at the end of two was the closest that they could get.

Athletes in Action then lived up to their name, pounding out eight additional runs and shutting out the Marines for the last five innings.

"We had a killer instinct in the first game, but didn't have it in the second," Burnett said. "We didn't spread out our hits in the second game."

The leathernecks had three errors but made other mistakes as well. "We had a couple of mental mistakes," Burnett admitted. "We didn't follow through on a couple of plays."

Burnett expressed appreciation for strong crowd support during the double header. "We really enjoyed seeing people out here," he said. "About one half of the people in the bleachers had gone out for the team at one time or another. Those are the people we most like to see."

The Hawaii Marines' next game is Saturday at Pearl Harbor at 10 a.m.

### GAME NO. 1

HAWAII MARINES	ab	r	h	bi	AIA	ab	r	h	bi
Madsen 2b	0	1	3	2	Mom 1f	4	1	2	0
Shobe 3b	0	0	0	0	Bessette cf	3	2	2	0
Foster 1f	5	3	4	2	Santiago rf	4	2	3	3
Roberts 1b	5	2	3	1	Baird 1b	4	3	2	1
Evans 1f	3	2	2	2	Lorenzo 3b	2	0	0	0
Estrada cf	4	1	1	0	Manuma ss	3	1	0	0
Watkins cf	4	1	1	0	Gonzaga 2b	3	0	2	2
Nobles p	4	1	3	3	T. Raliole c	2	0	0	0
Williams c	4	2	2	2	Costa if	4	0	3	1
Huggins ss	4	2	2	0	Kaapana p	3	1	0	0
Hammond ph	5	1	3	0	Manuma ph	1	0	1	1
					Lorenzo ph	1	0	0	1

Totals 42 16 21 12 Totals 32 9 12 8

Game winning RBI — Nobles

Marines 0 3 8 1 1 3 0 — 16  
AIA 1 0 0 4 0 3 1 — 9

E — W. Williams, T. Raliole, Evans, LOB — Marines 7, AIA 4, 2b — Hammonds, Roberts, R. Williams, 3b — T. Raliole, Madsen, HR — Santiago, Z. Foster, Roberts, Evans, 2, Nobles, R. L. Williams, 3F — Evans, Lorenzo.

IP H R ER BB SO 7 12 8 8 1 0  
Kaapana (W, 1-0) 7 22 16 12 0 0

### GAME NO. 2

HAWAII MARINES	ab	r	h	bi	AIA	ab	r	h	bi
Madsen 2b	4	12	2	1	Mom 1f	4	1	1	1
Foster 1f	4	1	1	1	Bessette cf	3	2	2	0
Evans 1f	3	2	1	3	Santiago rf	3	2	1	3
Roberts 1b	3	0	2	0	Baird 1b	3	0	2	0
Dunham 3b	4	1	0	0	Lorenzo 3b	2	2	2	3
Estrada cf	3	1	1	0	Manuma ss	3	1	1	0
Watkins cf	4	0	1	0	Gonzaga 2b	3	1	1	0
Nobles p	4	0	1	0	T. Raliole c	4	0	1	0
Williams c	4	0	3	1	Costa if	4	0	3	1
Huggins ss	3	1	0	0	Kaapana p	3	1	0	0
Hammond ph	5	0	0	0	Manuma ph	1	0	0	0
					Chick jr	0	0	0	0
					Smith ph	1	0	0	0
					Raliole ph	1	0	0	0

Totals 40 9 13 8 Totals 30 6 10 4

Game winning RBI — Manuma

AIA 1 0 3 0 0 2 3 — 9  
Marines 1 0 0 0 0 0 0 — 6

E — manuma, Bessette, Mom, Evans, Dunham, Williams, LOB — Marines 8, AIA 10, HR — Bessette, Manuma, Santiago, Roberts, 3F — Dunham.

IP H R ER BB SO 7 13 9 8 2 1  
Kaapana (W, 1-1) 7 10 6 4 4 0



STRRRRRRRETCHING OUT — John Roberts, first baseman, narrowly makes the out as Benny

Gonzaga, Athletes in Action, rushes to make the base. (Photo by Cpl Pat Lewandowski)

## ZENITH NEW 1983 COLOR TVs WITH SYSTEM 3

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## BEEF CENTER



Elementary schools compete

Marines assist in Youth Fitness Program

Story and photos by Sgt Pepper Davis

KAILUA HIGH SCHOOL, KAILUA, Hawaii — Twenty Marines from Headquarters Battery, 1st Battalion, 12th Marines contributed to the success of the Annual Windward District Youth Physical Fitness test here Sunday.

More than 300 pupils from the district's 24 elementary schools competed in the affair, and for the second year in a row, Enchanted

Lakes ran away with top honors. Sponsored by the Aloha Detachment, Marine Corps League, the YPF opened Olympic-style with the pupils, grouped by their respective schools, marching onto the battle ground with the Color Guard from Marine Corps Air Station Kaneohe Bay leading the way to the song "Chariots of Fire."

For the record, Lanai High School's YPF team, from the island of the same name, also

went through its trials for the National High School meet in August. Lanai, which has won the state competition for the past several years, had no competitors this year. Approximately 400 parents and spectators filled the stadium to watch the youngsters take on such events as the standing broad jump, pull-ups, 300 meter run, sit-ups, a shuttle run and other events. The Marines were like guardian angels to the little people, keeping

a watchful eye on them, and filling them with encouragement throughout each event. The general consensus was positive. The leathernecks agreed that spending the day with the district's finest elementary athletes was rewarding. They also concurred that it was amazing to witness the heart the pupils showed. Corporal Mike Styles commented, "What they don't have in size and strength, they made up for in determination."



JUST... ONE... MORE — Marines of Headquarters Battery, 1st Battalion, 12th Marines count sit-ups for pupils of Aikahi Elementary School, during the Windward District Youth Physical Fitness test.



BETTER THAN BEFORE — A teacher measures the jump of a pupil from Waiahole School, in the standing broad jump event.



PUSH! — Corporal Edward Spurgeon counts push ups for Duane Urpanil of Lanai High School. Lanai went uncontested in this year's state meet.



YOU CAN DO IT — Corporal Wayne Mauer encourages Francisco Santos of Waiahole Elementary School, to pump out one more pull up.



GOT IT! — Demure Crowder of Mokapu Elementary School, rushes through the eraser event. This event was one of many to take place at the Annual Windward District Youth Physical Fitness test.



AND THEN YOU... Dan Sullivan, Aloha Detachment, Marine Corps League, gives instructions to some leathernecks before the start of the Windward District Youth Physical Fitness test.



# Kaneohe women lose heartbreaker

by Cpl Charlie Marshall

KALIHI, Hawaii — What should have been a routine out turned into a thrilling victory for the Camp H.M. Smith women's softball team and an agonizing defeat for the Kaneohe-based ladies.

Rhodie Smith, K-Bay's short fielder, dropped the potential third out and allowed Tammy Cullison to score the game-winning run.

Down 8-2, in the bottom of the seventh inning with two out, Michelle Feccioli sparked a seven run rally with an inside-the-park three run homer.

Camp Smith's short fielder, Annette Whitt, reached first on a base hit and later went to second on a single by Michelle Jones. Gloria Mincey singled up the middle and all the base runners advanced with Whitt scoring from second base. A Tammy Cullison triple tied the

score at 8 and left her, the game-winning run, on third.

Rose Rodriguez hit the troublesome pop fly that Smith dropped and the Camp Smith team went wild, dancing and leaping for joy.

"We should never have even got there," Camp Smith's coach Jim Graden said with a laugh. "That was their (Kaneohe's) game. I'm going to work them (in practice) tomorrow."

"I know my girls can hit better than that," the coach continued. Camp Smith had seven hits going into the seventh inning.

Kaneohe had outplayed their fellow Marines right up to the last inning where the errors took their toll. "We played good ball except for the last inning," said Barry Center, K-Bay's coach. "We were hurt in the last inning by the mistakes." Kaneohe made three errors in the seventh.

Kaneohe scored a run in the first as Shannon Omite, on base with a walk, was driven home by Robin Mavis' single. Mavis had three hits for

four attempts.

Camp Smith took the lead 2-1 in the bottom of the inning. Feccioli walked and later scored as Whitt doubled into left field. Whitt scored on a Mincey sacrifice fly.

Kaneohe retook the lead in the third as Robin Harrison and Robin Mavis scored on Micky Locke's single.

They added three more runs in the sixth when Locke and Lisa Graham scored, each previously singling, with Kathy Ball scoring after she had doubled.

Harrison reached first on an error in the seventh and scored on a squeeze play. Mavis scored the seventh run on a Graham single.

Kaneohe lost their second game of the season in a close match against the Navy at Pearl Harbor Thursday that went three extra innings.

The waves scored an unanswered run in the bottom of the 10th inning to win the game 11-10.

KANEOHE BAY	AB	R	H	BI
Doi 2b	3	0	0	0
Omite p	3	1	0	0
Harrison ss	4	2	1	0
Mavis 1b	4	2	3	1
Locke 3b	3	1	2	2
Graham 1f	4	1	2	1
Smith cf	2	0	0	0
Mueller 1f	2	0	1	1
Fetch 1f	2	0	0	0
Haltfield c	3	0	1	0
Stewart	1	0	0	0
Furlong 3b	1	0	0	0
Ball cf	2	1	1	1
White 1f	1	0	1	1
<b>Totals</b>	<b>35</b>	<b>8</b>	<b>13</b>	<b>7</b>

CAMP SMITH	AB	R	H	BI
Davis c	2	0	0	0
Feccioli p	3	2	1	1
Whitt 1f	4	2	2	1
Jones 1b	3	1	2	0
Mincey cf	2	1	1	1
Cullison ss	3	1	2	2
Rodriguez				
Roxanne 2b	1	0	1	0
Slye 3b	3	0	0	0
Jordan 1f	3	0	0	0
Bowen 1f	2	0	1	0
Parnish c	2	1	0	0
Rodriguez				
Rose 2b	3	0	1	0
Kapusk ph	1	0	0	0
Montgomery 1f	1	0	0	0
<b>Totals</b>	<b>32</b>	<b>9</b>	<b>12</b>	<b>7</b>

Game winning RBI — None  
Kaneohe: 1 0 2 0 0 3 2-8  
Camp Smith: 2 3 0 0 0 0 7-9

E — Harris 2, Smith, Mueller, Jones 2, Whitt, LOB — Kaneohe 6, Camp Smith 4 2B — Mavis, Ball, Whitt, 3B — Cullison, HR — Feccioli, SF — Mueller, Mincey.

IP	H	R	ER	BB	SO
Omite (L, 5-1)	7	11	8	2	1
Feccioli (W, 1-0)	7	13	8	7	1

## Sportnotes

### Upcoming Running Events:

Schofield 57M (6-man) Relay  
Hawaii Kai Novice Run  
Johnny Faerber 10K — Kaneohe  
Windward Marathon and Half-Marathon

Sunday  
April 24  
May 1  
May 14

Entry forms are available in the new gymnasium.

The Men's Golf Association Tournament will be held April 23 and 24 at Kaneohe Klipper. Entry deadline is Monday.

Two teams have dropped out of the intramural golf program. If your unit wants to enter, contact Jan Young at 257-3622/3550.

A tennis tournament will commence at 5 a.m., April 23. Play will continue during lunch hours and after duty hours until tournament ends. All play will be held at the lower tennis court behind K-Bay Inn. Sign-up will be held at the novice, intermediate, and open divisions from 9 a.m. to 2 p.m. on April 20 to 22. For information contact Jan Young at 257-3633/3550.

Running shoes are not permitted in the new gymnasium because of the damage they do to the finish on racquetball and basketball floors.

The first invitational Mr. and Ms. Hawaiian All-Service Physique Championship will be held July 1 at Camp Smith. For more information, call First Sergeant Henry Hill at 477-5071.

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# Wrestling

## All-Marine team dominates interservice matches // by winning Greco-Roman and Freestyle events

by Cpl Ron Rivers

QUANTICO, Va. — The All-Marine Wrestling team claimed sole possession of the 1983 Interservice Wrestling Championships last month by winning both the Greco-Roman and Freestyle events at Larson Gym.

The Marine Corps moved out front after the freestyle competition, mounting 77 points to the Army team's 70, while the Navy and Air Force teams trailed with 48 and 18 points each.

Eric Wetzel got the ball rolling in freestyle action for the Marines team when he defeated his Navy opponent, T. J. Jones by a score of 7-4 for the 105.5-pound class title.

In the 114-pound class, Lewis Dorrance, the All-Marine "dynamo," lived up to his expectations by shutting out Navy's Guy Zanti for the gold medal in the event, while Zanti automatically claimed the silver.

It wasn't until the finals of the 125.5-pound class came around that the All-Marine team came to life. Army's Pat Plourd claimed top honors in this category with a convincing 5-1 victory over Navy's Rob Hermann.

The Navy team won its first gold medal during the competition in the 136.5-pound finals. Army's Steve Hunte, the first place position for his team, beating last year's champion Craig Pollard from the All-Marine team.

Marine, Lou Sondgeroth, defended his title in the 149.5 pound category, and won it for the second year in a row. Sondgeroth won his match 16-3 over Army's challenger, Steve Hunte.

Navy's Dave Butler won the second gold medal for his team, squaring by Army's Romeo Pelletier 8-7 in the 163.5-pound class.

The Air Force finally got their shot at the gold during the finals of the 180-pound class. Last year's silver medalist, Stephen Campbell, came through for the Air Force with a win over teammate, Gary Chadwick. Chadwick moved up one spot from last year's third place finish by winning the silver.

All-Army grapplers Walter Grouse and Chris Pease clearly dominated the 198-pound grouping by winning both the gold and silver medals. Last year's champion, Craig Pittman, managed to capture the bronze.

In the 220 and the heavyweight classes the story was much the same as in the past. The Marine Corps' world class wrestler, Greg Gibson, netted a total of 14 points against his Army opponent, Mike Gatling, to win his gold award. Ron Carlisle won the title in the heavy weight division once again knocking off Army's Claude Sims by disqualification, to win yet another gold medal for the Marine Corps.

The Marine wrestlers alone claimed six of the 11 gold medals in the freestyle competition.

During the Greco-Roman finals, the Marine Corps once again triumphed over the Army, Navy and Air Force teams tallying 89 points to their 57, 46, and 18 points each.

Wetzel and Jones of the Marine Corps and Navy teams met again in the 105.5-pound class. But, this time Jones came out hard and strong to upset Wetzel despite an injury to his left eye.

The 114-pound class was a piece of cake for the All-Marine team as teammates Dorrance and Eric Seward battled it out for the gold and silver medals. Dorrance won his second gold during the championships by pinning Seward during the second period of the match.

The Navy team seemed to spring back on a winning streak when the finals of the 125.5-pounders came around. Herman of the Navy team squared off with Marine, Ed Bailey, and moved for a near pin early in the match. Despite the failure of the move, Hermann man-handled Bailey for a quick 13-0 defeat in only 50 seconds.

In the 136.5-pound finals, two strictly Greco-Roman wrestlers took to the mat. Dan Mello of the Marine team open up the match with a quick one

point move against his Army opponent, Bill Francis.

Later, Francis failed twice to take down Mello, and Mello retaliated with a take down and a near pin in the final seconds of the first period. During the second period, Mello came out charging and won the match by a pin fall in the first minute.

The 149-pound class presented no problems for the All-Marine team as Sondgeroth coveted his second gold award, defeating Frank Hernandez of the All-Navy team also by a pin fall.

Butler and Pelletier of the Navy and Army teams met again in the 163.5-pound finals. Butler won this match claiming his second gold.

In other action, Campbell and Chadwick pulled through for the Air Force winning their second gold and silver medals in the 180-pound class.

Other Marines who dominated their weight classes were Gibson and Carlisle. They won the 220 and heavyweight division titles by defeating Al Hrocz and Gary Barber both of the All-Army team.

The Marines captured the Interservice Wrestling title by not giving up a single gold award to the Army in the Greco-Roman event. This is the sixth year in a row that the All-Marine Wrestling team has won the Interservice Wrestling Championships.



**MAN-HANDLER** — World class wrestler, Greg Gibson, of the All-Marine team overpowers his Army opponent, Mike Gatling, during the freestyle finals in the 220-pound class. (Photo by SSgt Lloyd Cole)

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The allure of the Aliis. Their sight and sound is much more than songs. Make reservations now for the Aliis' Saturday Dinner Show in the Banyan Tree Showroom. The excitement of Hawaii's long-time favorite group follows our standing Roast Baron of Beef buffet from 6-7:30pm, April 2 through June 25, 8e there. Tickets are available 2 weeks in advance at the Hale Koa Activities Desk and all Military Ticket Outlets on Oahu. Your special military price (\$18.95 for adults, and just \$9.95 for children under 12) includes dinner, show and gratuity.

it's wild & mild!  
humorous & harmonious  
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## Navy Relief salutes society personnel

Katil Gihran, author of *The Prophet*, stated succinctly the essence of volunteerism:

*"You give but little when you give of your possessions. It is when you give of yourself that you truly give."*

National Volunteer Week is April 18-22 this year. The Navy Relief Society wishes to salute all of its more than 3200 volunteers for their selfless acts of giving of themselves to help others.

The fledgling United States was tamed and settled by the principle of neighbor helping neighbor. Forests were cleared, fields were sown, barns were raised, and quilts were stitched by neighbors banding together for the common good. That kind of volunteer spirit is alive and well in the Naval Service community today.

The very mission of the Navy and Marine Corps demands close cooperation and mutual dependency for survival. The family unit ashore also relies heavily on other Navy families for moral support.

*'You give but little when you give of your possessions.'*

Navy Relief volunteers are members of the proud tradition of this service oriented mission. Society volunteers may be found sewing sacques, gowns and kimonos or knitting sweater sets for Navy juniors; staffing children's waiting rooms at Navy

hospitals; doing clerical work in Society offices; pursuing their nursing skills by visiting new mothers or elderly retirees and survivors; acting as financial counselors, public affairs speakers, or doing social casework

Navy/Marine Corps community is the beneficiary of the Society's financial assets and volunteer services.

The wonderful volunteers who staff the 50 Auxiliaries, 52 Branches and 59 Offices of Navy Relief represent the elite of our community sharing their talents to help others. Society volunteers are active duty or retired servicemembers and the spouses of Naval servicemembers on active duty or retired. Each is a special person who blends his/her unique military living experience and then shares his/her accumulated knowledge and concern for others by giving of time and talent.

This National Volunteer week, take time to say "Thank You" to your local Society volunteers.

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Sgt White  
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3/3  
SSgt Szweda  
Sgt Jackson  
257-2673

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GySgt. Mandoza  
Sgt Duncan  
257-3127

MACS-2  
SSgt Denoi  
257-2995

VMFA-212  
GySgt Colbert  
247-2024

CommSptCo  
SSgt Santana  
257-3143

FMFPac  
GySgt Perry  
477-6226

Marine Barracks-Pearl Harbor  
SSgt. Hall  
471-9519

HqCo. 3d Marines  
SSgt Alldrege  
257-2758

1/12  
Sgt Allen  
257-3225

MAG-24  
GySgt Malconian  
257-2285/2012

HMM-165  
Sgt Jeffra  
257-2489

VMFA-232  
SSgt Pietrzak  
257-2623

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SSgt Garcia  
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Marine Barracks Hawaii  
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471-9519

## You can count on the Corps.

### Friends like these come along once in a lifetime.

You've been through good times and some tough situations. Your friendship has been tested. And you've found out you can count on these guys through it all. They're friends for life. Which is a strong reason to stay

Marine. There are others, too, like a job you can count on. Medical and retirement benefits. Educational opportunities and more. If you're thinking about leaving, remember what you've got, and...



**Stay Marine.**







ROCK-N-ROLL RHYTHM — Two teens dance their shoes off at a dance held recently at the Teen Club. (Photo by Cpl Pat Lewandowski)

## Teen Club seeks volunteers

by Cpl Peggy Bolling

Teenage memories, pretty girls, and the old hang-out, can be some of the best, but what would life have been like without them?

Members of the teen club here may find out, because the club may soon cease to exist.

With the help of a few volunteers, the club has managed to keep its doors open, but the hours of operation are limited.

"As it stands now, we are only able to open the club on Wednesday, Friday and Saturday nights," said Kate Corcoran, Chairman of Dependent Recreation. "We would like to be open

every night to hold more activities, not only for the teens, but for the pre-teens as well.

"This club has so much potential. The kids are full of great ideas. They really want to keep it open. But to do this, we need the support of the parents," she continued.

"In my opinion, the teens that participate in the club are very mature. They know how to handle themselves.

"The teens organize everything in the club. They decide what activities they want, and if they need money for some activity, they earn it. Not only do the club members participate in their own activities, they also get involved

in community services."

"I can't stress enough that we need volunteers," said Wayne Harris, President of the Adult Advisory Committee. "We need at least 15 volunteers to keep the club open. Without them we have no choice but to close down."

"I'd hate to see this happen," continued Harris. "The teens need a place to go and have fun."

For more information about the Teen Club, or to become a volunteer, contact Kate Corcoran at 257-3501.

A meeting to recruit volunteers will be held at the Teen Club at 7:30 p.m. on April 20. Anyone interested in volunteering should attend the meeting.

Stay

Marine.

## Carrier of the Week



### Scott Cartwright

Scott Cartwright is this week's Hawaii Marine "Carrier of the Week." A fourth grader at Mokapu Elementary School, Scott says his favorite teacher is Mrs. Gonzales and his favorite subjects are art and math.

Scott spends his SUN PRESS earnings on clothes, books, drawing materials and his hobby, building models.

Congratulations Scott for being selected "Carrier of the Week."

## KIKI

OFFICIAL HAWAIIAN MUSIC REPORT April 9, 1983

LAST WEEK	THIS WEEK	TITLE	ARTIST
3	1	Mr. Roboto	Styx
1	2	You And I	E. Rabbit & C. Gayle
2	3	Billie Jean	Michael Jackson
6	4	Der Kommissar	After The Fire
5	5	You Are	Lionel Richie
12	6	It Might Be You	Stephen Bishop
4	7	One On One	Hall & Oates
9	8	Eenie Meenie	Jeffrey Osborne
8	9	Back On The Chain Gang	The Pretenders
7	10	Do You Really Want To Hurt Me	Culture Club

The Official Hawaii Music Report is determined by weekly ballots you fill in, local record sales, cover requests and KIKI research.

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Phil Seniura, Waco, Texas

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As I lit my first Bright, my first comment was, "Obooh it's terrific!" It tastes so clean.

Laurie Ciruello  
Stony Creek, CT

Bright is a fantastically refreshing taste! I have been a Belar smoker for over 15 years. Bright has the cleanest, coolest taste I have ever experienced!

Robin York  
Michigan City, IN

Your new Bright 100's are smashing! Finally a truly refreshing menthol in a low tar cigarette! I am thrilled to have found Bright. My search is over. I'm convinced there really is great taste in a low tar cigarette.

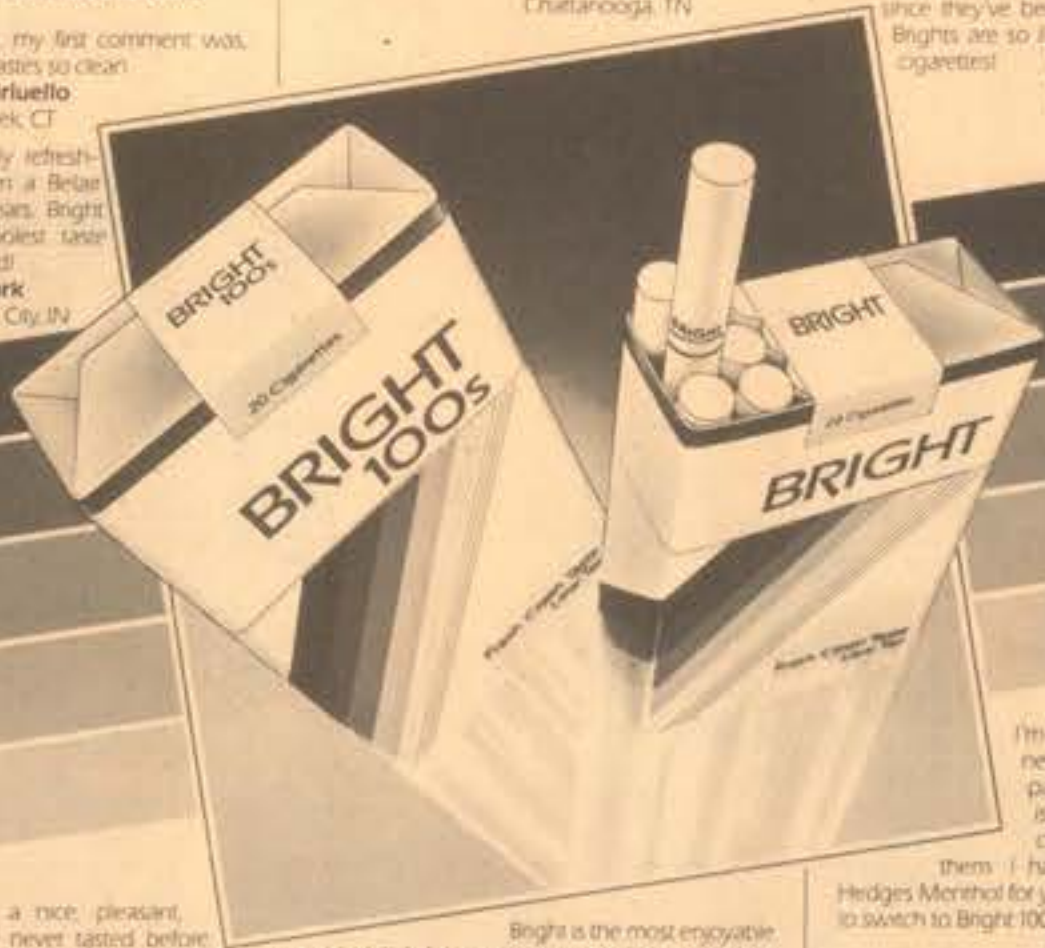
Michael McNabb  
Chattanooga, TN

You've got a winner on your hands. Bright is a new and exciting addition to the cigarette family.

Mervin Silverman  
Cleveland, OH

I've only smoked Benson & Hedges Menthol since they've been out. I'll never go back. Brights are so light and tasty. I love these cigarettes!

Barbara Norwood  
Bryn Mawr, PA



They have a nice, pleasant, fresh taste which I've never tasted before. Menthol was O.K. until last week when I tried your Bright cigarettes, and I made up my mind to smoke Bright from now on.

Ray Colella  
Tom's River, NJ

I usually smoke menthols, but I love this minty fresh taste. Thanks for a really new and unique-tasting cigarette.

Joyce Perry  
Florence, NJ

I enjoyed Brights very much. I passed a few out to friends at work and three of them say they are switching from their regular menthol cigarette to Brights.

Vicki L. Lavole  
Nashua, NH

Bright is the most enjoyable and delightful cigarette I have ever had the pleasure to smoke.

Marie Knolly  
Sugarloaf, PA

I love the clean, fresh taste it leaves in my mouth. It has no "after taste" and that's great.

Mary O'Brien  
Charlotte, NC

I recently purchased a package of your new product, "Bright 100's." I must say that I truly enjoyed the taste. There was no "empty" taste like the other low tar cigarettes. I thought for a moment that they really weren't low tar! I would like to thank the company for such a wonderful-tasting cigarette.

Mary Stewart  
Evansville, IN

I'm really not one for trying new cigarettes, but I bought a pack to try. Believe me, Bright is a cool and light-tasting cigarette. I totally enjoyed them. I have smoked Benson and Hedges Menthol for years. But I am sure going to switch to Bright 100's now.

Sharon A. Taylor  
Wheeling, WV

Bright has a crisp, clean all around good taste. Bright was a bright idea! Thanks for making such an excellent cigarette!

R.F. Welp  
East Dubuque, IL

Purchased two packs of your new Bright 100's—and found the taste delightful—smooth and, like you say, fresh and clean.

Hal J. Georgi  
Blick Town, NJ

I am very pleased to tell you Brights are as advertised: very cool, tasty and refreshing. I really enjoyed them.

Evelyn C. Booth  
Clearwater, FL

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous To Your Health.

## HAWAII MARINE CIRCULATION POLICY

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.

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



All of the emergency rooms of the various branch clinics of the Navy medical region are presently facing a potential crisis. There is a continuing and alarming increase in so-called "Emergency" visits — making effective emergency department management much more difficult. Some members of the military community are trying to take the path of least resistance in receiving medical care by utilizing emergency rooms as a "convenient walk-in medical clinic" after regular working hours.

An emergency room is looked upon by some as being a place where anyone may come with any complaint at any hour of the day or night and expect to receive prompt and courteous attention, regardless of the circumstances. With this prevalent attitude, it is staggering to note that more than 60 percent of visits to emergency rooms are non-emergencies and consist solely of minor or chronic medical problems which could be much more appropriately handled in our various clinics during normal working hours when a

## Routine business hampers emergency room operations

complete staff is available. Such misuse of any medical care system, military or civilian, places an unnecessary burden on the facility — not to mention an unnecessary personal burden on the emotions of both staff and patient alike.

All members of the clinic staff of the Navy medical region, Hawaii stand duty in the emergency room on a rotating basis. As in most Navy settings, such duties are performed after the normal working day is over . . . after everyone on duty has already worked an eight to 16-hour shift. Even though they may be tired or exhausted, the on-duty medical staff is anxious, and trained, to accommodate emergency situations, for that is an integral part of the vocation which they have chosen.

The physician on duty in the emergency room after regular working hours, and on weekends and holidays, may very well be a

skin specialist, psychiatrist, or x-ray specialist — trained, willing and able to accommodate emergency situations . . . but not necessarily the health-care provider someone would personally select to treat a routine or chronic pediatric problem.

Because of the large numbers of patients who unknowingly misuse the emergency rooms as a routine walk-in convenience clinic, it has become necessary to develop a system of medical "triage" where patients are prioritized into three categories, depending on the severity of their medical problems. These three separate categories are generally referred to as emergent, urgent, and non-emergent. This means, and quite rightly so, that many times the first patient logged in at the emergency room may very well be the last patient seen by the duty health care provider several hours later.

**Emergent** cases get immediate

attention. These patients generally exhibit symptoms which threaten life or limbs such as: acute chest pains; acute respiratory difficulty; active or profuse bleeding; head injuries causing concussion; acute trauma from an accident; apparent or suspected poisoning; and convulsions.

**Urgent** cases will be seen after emergent cases are treated. These generally consist of elevated temperatures of 102 degrees or above; nausea and prolonged vomiting (especially significant in pediatric and geriatric patients); gastro-intestinal bleeding; or excessive bleeding. Complications of pregnancy; e.g., excessive pain, hemorrhage, and eclampsia should always go directly to the in-patient facility at Tripler Army Medical Center.

**Non-emergent** cases will be seen when time permits; and generally consist of such ailments as upper respiratory infections,

vague complaints or muscle pain, sore throats, occasional dizziness, headache, infections, colds, and minor bruises. Over-indulgence in food and alcohol is considered to be poor self-judgment rather than a medical emergency.

In this time of cutbacks in military rights and privileges, whether real or perceived, the clinics are certain that some persons will interpret this information as an invitation not to come to this clinic after regular working hours; and the clinics are also acutely aware that it is frequently difficult to reach the appropriate clinic/section by telephone during regular working hours. It is the desire of all of the health-care providers to ensure the best possible treatment. The "best possible treatment," however, may not necessarily be the "fastest possible treatment." That is why a patient may be medically assessed in the Emergency Room, but not always

treated in the Emergency Room. Medical personnel on duty, after careful assessment, may decide that a patient needs to be seen in a specific specialty clinic where he or she can get proper follow-up care by an appropriate specialist — and the clinic realizes that this is a medical decision with which he or she may not always agree. It should not be considered as an insult to one's medical intelligence to be informed that their problem is not a medical emergency.

If at any time, day or night, weekend or holiday, a patient feels that they have a medical emergency, come in. If in doubt, call the emergency room. One may not always be told what you particularly want to hear — but at least they will have the benefit of counsel from a medical advisor. On more routine matters, when they are in doubt about their health or the health of their dependents, the clinic urges the patient to call or come in and pick up informative literature on home care for most all common medical ailments.



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### •68 GARAGE/LANAI SALES

MOVING SALE: Sat. & Sun.  
(April 16 & 17). Special plans  
w/2 bathtubs & trench waterbed  
w/ heater & vibrator, folding  
bed, twin bed, 9 ft. white  
couch, tables, lamp, chairs, 25  
wood stretchers (all sizes) for  
sickroom or canvas, many  
misc. & FREE items. 408 Hili St.  
Kailua

SPRING Bazaar, Sat., April 16,  
8 a.m.-4 p.m. Moanalua  
Community Church, adjacent  
to Moanalua Shopping Center  
corner of Bogueville &  
Hennely. Ph. 422-9491

MOVING everything goes.  
Household items & misc.  
furniture. 4/16 & 4/17 9-4 p.m.  
118 S. Kalia Ave. Kailua

### •68 GARAGE/LANAI SALES

CARPENTER Sale. 4/16, 9-2 p.m.  
baby form. & household items.  
1932A McCallan Dr., KMCAS.

MOVING Sale. Furniture,  
tools, clothing. Saturday and  
Sunday Noon to 3. 530 Kailua  
St. Kailua

2 FAMILY Garage sale. Sat.  
4/16 9-3 p.m. 412 Keolu Dr.  
Kailua

KAILUA Yard Sale. Sat. only 4-  
16, 9-3 p.m. corner Kihapai &  
647 Halea St.

9 FAMILY Sale. Furn. plants,  
clothes, household goods,  
bakery goods. 1518 Aiea Pl.  
Kailua 9 to 2, Apr. 16

KAILUA Yard Sale. Sat. only 4-  
16, 9-3 p.m. corner Kihapai &  
647 Halea St.

9 FAMILY Sale. Furn. plants,  
clothes, household goods,  
bakery goods. 1518 Aiea Pl.  
Kailua 9 to 2, Apr. 16

HOUSEGOODS. clothing,  
furn. Sat. Apr. 16, 9-4,  
455 Hale St. Kailua

SPRING Cleaner Garage Sale  
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OLD Furn. TVs, lens, dishes,  
clothes, misc. Thurs. & Fri.  
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GARAGE Sale. 2011B  
Campion Dr. KMCAS. Sat.  
April 16, 8 to 5 p.m. Clothing &  
misc.

SAT. 4/16, 8-4 p.m. baby  
clothes, much misc. drapes.  
1257 Mokapu Blvd. Kailua

MOVING Sale. queen size box  
spring/mattress/frame, \$125.  
table lamp, \$30 bar-b-q, \$5.  
m. bookcase, \$10. movie  
projector, \$8-Super 8 \$45.  
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TV. \$20 very used color TV  
\$35. framed pictures, etc. 15ed  
& large TV avail. 4/20 Sat 4/16  
9-5 p.m., 47-265-4 Hui Kalo St.,  
Kaneohe 239-8724

GARAGE Sale. Sat. Apr. 16, 9  
to 5, 308 Hili St. Kailua,  
refrigerator, stereo, couch,  
trash compactor, 3 ltr.  
wallpaper, small household  
items.

SAT. 5-3 p.m. 663 Aurelia St.  
Kailua. Tent, w/poles,  
unfurnished bld. & benches,  
toys, spoor shoes & misc.

MOVING Sale. Sleeper couch,  
dishes, car seat, baby items  
and misc. Sat. 9 to 3, 230 Hili St.  
Kailua

SAT. 9-4 p.m. 106 N. Kainalu  
Dr. Kailua. Plants, clothing,  
sewing machines, ceramics,  
etc.

MOVING. Garage Sale. 4 p.m.  
Dawn set, wall unit, bed,  
lamps, dresser & much more.  
Sat. 4/16, 10 to 4, 129 Ulukou  
St. Kailua 262-4161

2-FAMILY Garage Sale.  
Furniture & misc. 418 Hili St.  
Kailua 9-3 Sat. only.

GARAGE Sale - moving, must  
sell. clothes, furniture, misc.  
items. Sat. & Sun. 9-5, 1214  
Kamui Dr. Kailua

SAMPLE Sale. Treasures of  
the Earth, below wholesale.  
1051 Keolu Dr., Kailua. Fri 8-4  
p.m., Sat. 8-12 noon.

IN-HOUSE moving sale. Sat. &  
Sun. 9-2 p.m., 142 Pukoa St.  
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furn., near beach. Rent Plus  
bargain. Ph. 732-0621

KAILUA. Windward Harbor.  
Furnished 1 bdrm. view. Phone  
696-8415

KAILUA. Lge. new private  
studio, completely furnished.  
patio \$480. 262-9868 even

### •75 APTS. PART. FURN.

KANEHOE Bay, ocean view,  
studio, plus hot tub, \$425  
laundry facilities & private  
redwood deck. Military  
preferred. 239-6848.

### •78 RENTALS TO SHARE

LANIKAI Beachfront, share  
house. \$375 per month.  
Phone 262-6494.

KAILUA. Room for rent, female  
preferred. \$162+ utilities. Call  
262-2873

KANEHOE. Room for rent in 2  
bdrm. house, fenced yard, dog  
ok \$225 mo. + util. 235-1730

KAILUA share house, own  
room, 1/2 bath to beach, \$300  
incl. util. Ph. 262-0207 after 7  
p.m.

KAILUA. near beach. Con-  
genial, responsible, mature  
adult only. \$275-mo. incl. util.  
262-9457 even, only.

HOUSE to share, own room.  
\$200 incl. util. 235-8971

DEDICATED Christian  
woman to share 3 bdrm.  
duplex w/working single  
mother of 2 children, 4 & 7  
years. \$150 month plus share  
of util. Kailua area. 262-0647  
even.

KANEHOE. male to share 2  
bdrm. w/water \$212 plus  
electric. Call 235-2976, 923-  
0377

### •81 HOUSES FURN.

KANEHOE Bay Dr. spacious,  
upgraded island home, 4 bdrm.  
2 bath w/den. \$1680 mo.  
includes water, yard serv., gas,  
color TV. Avail. inned. Call  
Dayle 323-7502

BY Kailua Beach Park. 1 bdrm.  
apt. \$290. Call after 5 p.m. 261-  
1272

KAILUA. 2 bdrm. duplex,  
comfortable, no pets, great  
barnyard. Rent Plus. \$610. 262-  
8452.

### •82 HOUSES UNFURN.

KAILUA. 1 bdrm. cottage. 1  
block to beach & shopping.  
\$475 mo. incl. util. 261-5171

### •83 HOUSES PART. FURN.

KAILUA. New exec. home. 3  
bdrm., 2 bath, w/ pool. \$1700 a mo. Btl  
262-2302

WAIHAWA. 2 bdrm., am. yard,  
no pets. \$425/mo. + dep. Ph.  
621-5846; 621-8951. Karen.

PUNALUU. new custom built,  
across beach, 3 bdrm., 1 bath  
w/yard service. \$650. 261-2558

LANIKAI-KAILUA. cozy  
studio cottage, nr. beach, bus.  
stop. 262-0664 even.

KAILUA. New exec. home. 3  
bdrm., 2 bath, will furnish.  
Avail. now \$1790 a mo. Btl  
262-2302

### •84 HOUSESITTING

HOUSESITTING & dog sitter  
needed for the month of June.  
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96734

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**ASSUMABLE 10% loan**, 4 bdrm, 2 bath in Kaneohe. \$123,000. Phone 236-7927

**\*95 RENTALS WANTED**

**MATURE woman**, 2 indoor cats, Kailua area, by May 1st. Ph. 235-5703

**\*103 OFFICE FOR RENT**

**NOW leasing office + storage**, Kailua Plaza at Enchanted Lake 554-9474, up, 261-8242

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**FOR Lease or Rent** Kaneohe Industrial area WHS 2500 SF, yard 4200 SF Open area, Apr. 40,000 SF. Phone 847-0631. Myra

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**SPACIOUS 3 bdrm, 2 bath home** in HAIKU VILLAGE, exc. cond. Solar Views, super location. \$169,900. MLS 15040. Margaret Daily (RA) 265-9845. ERA. SAM DAILY REALTY 235-6666

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**MILILANI** By owner, 2 bdrm, 1 bath, 3 landscaped, fenced yards, 4000 sq ft, mountain view, solar & extra. Assumable loan. Shown by owner. M. Lockridge, Inc. 823-0434

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**LAND WANTED**: Private buyer wants lot to build home. Ph. 458-9239 ask for Bob

**\*120 FURNITURE**

**2 SEATER Couch**, good condition, needs cushion covers, \$25 or best offer. Call 261-5065

**\*121 RENTALS**

**MAUI Beach** oceanfront 1 bdrm, 1 bath, pool, good security, \$16.1 wk or longer. Call 623-1753

**\*126 MISCELLANEOUS**

**WASHER** \$150, dryer \$110, hand mower \$25, power mower \$85. Call 262-0324

**\*127 FURNITURE**

**2 SLIDING glass doors**, 1-6', \$225, 1-6' tinted, \$275. Call evenings 235-4884

**\*128 MISCELLANEOUS**

**FOLDING wheelchair**, like new, \$250, 1155 20th Ave. Kaimuki. Ph. 737-3574

**\*114 REAL ESTATE FOR SALE**

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**MAPLE dining table**, 4 chairs & matching hutch. Call 263-8587

**HAWAIIAN Quilting classes** by Marie's Quilt Shop, for more info call Marie 689-8507

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**NIKKO AM/FM stereo receiver**, w/turntable and two speakers, best offer. Double bed w/linen, \$40 Hoover vacuum cleaner, \$35. Baby stroller, \$30. Call 247-9485

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**29 Gall. Show tank**, stand and full set up, fish loc. \$90, extra \$45-2164

**ANTIQUES** — Giant Hand Braided rug, small HB rug, old press lamp, 624-6016

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**MARK 900 Briefcase**, telephone, charger, Call and receive anywhere in U.S. \$3200 new \$1750/offer. Customized 53 Springfield, 949 var scope, Fagen stock sniper \$425/offer. Other guns \$45-9900. Dora

**MOVING SALE**, King size bed \$250, desk \$15, chest w/mirror \$65, chair \$35, double bed \$150, nightstand \$40, 6 pc. rattan in rm, set \$400, hutch \$125, steppers \$135, patio lounge \$15, storage cabinet \$75, planter stand \$30, grand piano \$750. 623-5166

**POWER Mower** — 22 inch, Mulcher \$30 or offer. Call 239-6976 after 5 p.m.

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**1983 RAINBOW Vacuum**, cost \$950, must sell, \$395. Call 458-4213, 941-1784

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**PREPARED dried squid**, raw squid/crabs, or any other buns, type food. Advance orders taken. Reasonable. 677-4366

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**HONOLULU Club Membership**, Military couple only. Reciprocal plus health. Ph. 458-3771

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**MEYER Detector**, will locate \$60, almost new, construction over \$75. Call 945-7296

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**HOUSE STAY**, 2 speakers, \$60, 2 man kayak w/addition, \$130 offer. 247-9483

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**NEW Picnic tables**, \$70, Porch swings \$50, Hawaii Swings and Tables, Marcus, 293-8392

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**QUEEN size bed**, set 3 pcs, Gibson 200, 10" freezer, built-in beds. All exc. cond. 254-4762

**\*126 MISCELLANEOUS**

**HAWAIIAN Puka Shells** from early 17th century, graded, mostly whites, 50 pounds plus, private sale, 262-8006 6-9 p.m.

**\*126 MISCELLANEOUS**

**FOR SALE**, Sighly used Kaypro II computer, 10 software programs. Double disk 84k computer with printer. \$2195. 261-7541

**\*126 MISCELLANEOUS**

**BAIRY grand piano**, just refinished, \$1800, reel tape recorder \$30. 254-5037

**\*126 MISCELLANEOUS**

**60 GALLON** built water, aquarium, w/ accessories, \$125. Call 623-7853 after 5 p.m.

**\*126 MISCELLANEOUS**

**SMITH-CORONA 2200** Electric Typewriter with case \$160. Bushy, also microphone with case, \$195. Maytag 12 in. B.W. TV \$45. 245-0732 after 5 p.m.

**\*126 MISCELLANEOUS**

**1983 KIRBY Vacuum**, cost \$920, must sell, \$425. Call 923-7943, 955-5841

**\*126 MISCELLANEOUS**

**LIKE new** Suburban Vacuum canister, \$195. Large new hand tool, leather handbag, \$75. 623-6259

**\*126 MISCELLANEOUS**

**TURNABLE**, 6-track tape player, recorder, cheap. Speakers free. 625-1159

**\*126 MISCELLANEOUS**

**PIONEER** turntable, excellent condition, \$75 or best offer. Call 422-4186

**\*126 MISCELLANEOUS**

**DISCOVERY Toys** Open House, 9-2 p.m., 4-7 p.m. Demo at 11 a.m. Display & sale of educational toys for all ages. 94-318 Maile Ave. Pt. Mullen. Ph. 623-2554 or 623-3261

**\*126 MISCELLANEOUS**

**GENERAL Electric** chest freezer, 15.7 cu. ft. \$250 (11 yrs old). Call 825-1187

**\*126 MISCELLANEOUS**

**ADMIRAL** side by side refrigerator \$500.00. Call 422-8280 evenings

**\*126 MISCELLANEOUS**

**S/S**, 1400, (outside dispenser), \$350, Freezer, upr. \$195, frig. \$150. All exc. 823-1543

**\*126 MISCELLANEOUS**

**GAS Lawn mower**, \$65. Call David 623-4786

**\*126 MISCELLANEOUS**

**THE BOWER BIRD** CONSIGNMENT GALLERY Dishwasher, punching bag, sinks, all kinds, bathtub, couch, rattan & wicker table, Jim Beam oak whiskey keg, elec. boom, toys, tanning lens, elec. BBQ, wash lamps & table lamp, furniture of all kinds, located behind Kailua Satellite City Hall. Call 261-8811

**\*126 MISCELLANEOUS**

**NEW Sony Trinitron 12" TV**, \$375. Ph. 295-6484 ask for Joe

**\*126 MISCELLANEOUS**

**PIONEER** receiver \$50, projector table \$10. Call 254-8889

**\*126 MISCELLANEOUS**

**ROY'S LAWN MOWER REPAIR**  
Free Estimates  
Lawn mowers for sale  
Batteries \$75. Reel \$125  
Guaranteed  
259-5927

**\*126 MISCELLANEOUS**

**MARY KAY COSMETICS** for re-orders & FREE facials. Call Tolanda 263-9021

**\*126 MISCELLANEOUS**

**STRAIGHT**, 800, sewing machine, \$30, 2000, \$65 typewriter. 261-0426

**\*126 MISCELLANEOUS**

**COLOR TV's** reconditioned, 30 day warranty. Ph. 235-5631

**\*126 MISCELLANEOUS**

**AIEA AIR CONDITIONING**  
New & reconditioned air conditioners w/warranty  
Trade in or sell your broken or unwanted air conditioner  
Service & repair on all makes & models, commercial & residential  
Quick & courteous service, reasonable rates & prices  
Call 487-7479

**\*126 MISCELLANEOUS**

**SIDE X** Side refrigerator freezer, \$275, refrigerator, \$175, freezer, \$175, stove, \$175, Microwave, \$150, Kirby vacuum, \$100, washer, \$180, dryer, \$180, good cond. 625-2358. Delivery avail.

**\*126 MISCELLANEOUS**

**WASHER and/or dryer**, \$100 ea., Delivery available. Guaranteed. Call 624-2565

**\*126 MISCELLANEOUS**

**REFRIG.**, 25 cu. ft., double door, ice & water dispenser, \$500, portable dryer, \$150, portable dishwasher \$150. Call 823-7037 evenings

**\*126 MISCELLANEOUS**

**PORTABLE** Penners washer 2 yrs. old, \$175, Portable Maytag dryer, \$25. 624-4879

**\*126 MISCELLANEOUS**

**DINING table w/4 chairs**, \$10, 1 light green Frigidaire 14 cu. refrigerator \$100, small ref. \$50. 247-6652

**\*126 MISCELLANEOUS**

**DRYER** for sale, good condition, \$100. Call after 5 p.m. 625-0025

**\*126 MISCELLANEOUS**

**G.E. AIR** conditioner, 10,000 BTU, window style, \$175. Ph. 634-2585

**\*126 MISCELLANEOUS**

**G.E. ELECTRIC** stove, new cond., 4 burner, built oven, clean, \$200. Ph. 624-2565

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New & reconditioned air conditioners w/warranty  
Trade in or sell your broken or unwanted air conditioner  
Service & repair on all makes & models, commercial & residential  
Quick & courteous service, reasonable rates & prices  
Call 487-7479

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**156 AUTO PARTS & SERVICE**

'80 CHEVY Nova, best running cond., 250, 6 cyl., only 21,000 miles. 350 turbo trans., make offer. Ph. 261-1246. Rick or John

ROLLBAR Toyota/Datsun pickup truck. Call 5:30 p.m. 261-5649 \$120 or offer.

**COMPLETE PAINT JOB \$145**

Acrylic Enamel or Regular Enamel. Free Estimate on body work. Free loaners available.

**GAINEY'S AUTO REPAIR**

Ph. 845-9841

**161 AUTOS WANTED**

**DESPERATE WE NEED YOUR CAR**

FOR \$500.00 IMMEDIATELY! TOP DOLLAR GIVEN at WHOLESALE MOTORS

2998 N. Waiola Hwy. 436-1722

**166 TRUCKS & PICKUPS**

'73 CHEVY 1/2 ton pickup, auto, DR, V8, good cond. \$1350. 671-6835, even. 842-8973

'76 CHEVY Pick-up truck, 1/2 ton, turbo-diesel, power steering, V8, engine 330 - good cond. \$2500. Call 247-1567 between 5 & 7 p.m.

**170 FORD F150 Ranger 4x4**

Call 847-5204 evenings.

**83 1/2 DATSUN TRUCKS**

Have Arrived! Come Take A Look! **DATSON OF WAHIAWA**

621-0761

**80 TOYOTA**

good condition. lots of extras. \$6900. Ph. 262-9433

**83 DATSUN Pick-up, AM/FM**

cassette, rustproofed. \$6300. Must sell. 949-5138. 536-0076

**80 TOYOTA 4x4**

long bed, extras. \$6900. 321-8001. 1041 Hwy. 1041 or 958-6293

**80 KING Cab**

new trim, cassette stereo, make offer. Ph. 262-7189 even.

**171 MOTORCYCLES SALES & SERVICE**

**'78 YAMAHA MOTORCYCLE**

882R \$695

**DATSON OF WAHIAWA**

621-0761

**78 HARLEY Sportster**

custom paint, excl. cond., \$4000/best offer. Ph. 257-3481. DWH, Car Labrio.

**78 HONDA Hawk 400**

excl. cond., low mi. \$820. 236-2995

**80 YAMAHA 850 Special**

mini condition. Must see to appreciate. Call Gene 487-8208 even.

**Suzuki New 83 arrival**

Sensational! New line 830 cc engine. Price reduced on remaining 30. Make large selection of used used bikes! Downtown 536-7023. Wahiawa 821-5543. KMCAS 254-3343

**SMALL Motorcycles**

OTW, Yamaha, 1981, \$550. Three ridden. Ph. 822-7850 after 5 p.m.

**MAKE OFFER**

81 Yamaha XS400 Special. Maroon, 4,000 miles. Excellent Extras. 487-5354

**BIG AL'S CUSTOM CYCLE PARTS**

671-9584

**94-1470 Lookano St. WAIPAHU**

Our Prices Are Way Below Retail! Come See Us!

**171 MOTORCYCLES SALES & SERVICE**

If you want economy, get the most for your money, go with the experts choice - **SUZUKI**

83 FA50 (1 spd.) \$479

83 FZ50 (2 spd.) \$649

DOWNTOWN 138-7023

Wahiawa 821-5543

KMCAS 254-3343

'75 HONDA CB360T, good condition, bags, training mod. \$395 or best offer. Dan 423-1381. 453-4261 even.

**Hawaii Cycle Inc.**

New and Used Parts Service and Repair

**WE REPAIR HONDA GENERATORS**

847-1553

2010 Democrat St.

**174 RENT A CAR**

Hawaii Discount Rent A Car \$12 a day. \$47 a week. 2 to 15 seater vans, wagons. Collision waiver extra. Call 526-1900.

**175 VANS, CAMPER & JEEPS**

'70 INTERNATIONAL Scout, utility type, 4 x 4, \$2600/offer. Call 261-0488.

**ALUMINUM camper shell**

for long bed mini truck \$550/best offer. 622-3131

**BANK REPOSESSION**

'78 Ford Passenger van (A2088) with 1/2 ton box. \$345.00 down payment. 1/2 ton & 1/2 ton BAC. Repossessed. \$2887.79. See representative mgr.

**WIDE SALES MOTOR**

826-1222. 2998 N. Waiola Hwy.

**BANK REPOSESSION**

'80 Subaru 3 dr. hatchback 4x4, new throughout. \$2975.00. 527.52. 1/2 ton & 1/2 ton BAC. Repossessed. \$2183.16. See representative mgr.

**WIDE SALES MOTOR**

826-1222. 2998 N. Waiola Hwy.

**A SUPER SAVER**

**HERTZ USED CAR SALES**

Must Make Offer! Buy again by quality used cars from HERTZ. See representative in the world. 836-3888

**AMC**

'73 MATADOR 4 dr. auto. AWB979 \$695. Car City 830-3017

**171 MOTORCYCLES SALES & SERVICE**

**'78 YAMAHA MOTORCYCLE**

882R \$695

**DATSON OF WAHIAWA**

621-0761

**78 HARLEY Sportster**

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671-9584

**94-1470 Lookano St. WAIPAHU**

Our Prices Are Way Below Retail! Come See Us!

**CADILLAC**

'58 CADILLAC Coupe de Ville, burnt end damaged, best offer. Ph. 836-9685

**CHEVROLET**

'78 EL Camino, Super Sport, auto, power, air cond., stereo, mag. \$5000.00. 76 EL Camino Custom, auto, air cond., power mag. \$5000. 236-8711 or 234-1393

**'77 CHEVETTE**

2 dr., 4 spd. BPR814 \$1295. Car City 833-3017

**'76 NOVA**

6 cyl., 4 dr., auto. BPR826 \$685. Car City 833-3017

**'70 MALIBU**

2 dr., Black Beauty, Dtr. mag. V6, a/c, sharp. \$1250. 671-6885. even. 843-8973

**'82 CHEVETTE**

maroon with a/c & reclining seats. 6500 miles. \$4995. 477-6994 (Sheryl) or 826-8327

**'73 MONTE CARLO**

6 cyl., 3 dr. 1082472 \$1295

**DATSON OF WAHIAWA**

621-0761

**CLASSICS & ANTIQUES**

'68 IMPALA, convertible, 327, rebuilt, 4 spd., dual exhaust, mag. AM/FM perfect cond. both body & engine. Asking \$2350/offer. 251-4731

**'82 ORIGINAL Cdr. Heeren**

Great condition. Best offer. 236-8711 or 234-1393

**DATSON**

'80 DATSUN 210 hatchback, auto, AM/FM, good cond. \$3400. Call 239-5447

**'80 DATSUN**

210 Hatchback, automatic, excellent condition. \$2800/offer. Ph. 247-1541

**DODGE**

'84 DODGE 4-dr. Polara, 318 engine, good running cond. Family transportation. \$3500/offer. 239-8875

**'79 DODGE COLT**

4 dr., 4 cyl., auto. \$88016 \$1995

**DATSON OF WAHIAWA**

621-0761

**DODGE**

'81 DODGE Aries, power steering, power brakes, air, 12,300 miles, excellent. \$6000/offer. Avail. 4:31. Ph. 239-8724

**FIAT**

**'79 FIAT STRADA**

4 dr., AM/FM, exc. low miles. 5 spd. AYT205 \$2695

**DATSON OF WAHIAWA**

621-0761

**FORD**

**BANK REPOSESSION**

'80 Mustang auto, power steering, air cond. \$2812.50. 1/2 ton & 1/2 ton BAC. Repossessed. \$2082.52. See representative mgr.

**WIDE SALES MOTOR**

826-1222. 2998 N. Waiola Hwy.

**'78 FAIRMONT**

4 dr., 1800 mi. A/C, Dtr. p/s, AM/FM. \$2800. Ph. 247-2730

**'69 MUSTANG**

excl. cond., Dtr. auto, V8, wire wheels. \$1250. 671-6885, even. 943-8973

**'81 FORD Escort**

4 spd., AM/FM stereo radio, good cond. \$3200. Call 233-6815

**'74 MUSTANG**

V8, 35352 \$1595. Car City 833-3017

**'75 GRANADA**

2 dr. auto. Car City 833-3017

**'79 FORD FIESTA**

4 cyl., 4 spd., AUC382 \$1995

**DATSON OF WAHIAWA**

621-0761

**HONDA**

'82 HONDA Civic 3 dr., AM/FM cassette stereo, tinted windows, low mileage, fantastic condition, \$5500 or best offer. Ph. 262-5539

**'75 HONDA CIVIC**

4 spd., 1900 mi. 1980, 4 spd., 1900 mi. 1980, 4 spd., 1900 mi. 1980. \$2900. Weekdays 477-6020

**'79 HONDA Accord**

beautiful, auto, AM/FM, 20,000 miles. \$3900. Weekdays 477-6020

**HONDA**

'77 HONDA Accord, excl. cond., new tires, stereo, shoplain. Must sell. 621-3570

**Choose Your '83 HONDA**

FROM HAWAII'S HONDA SALES & SERVICE LEADER

**671-1761**

Tony Honda of Waipahu

**JENSEN HEALEY**

'74 JENSEN Healey, hard top, 49000 miles. \$3200. 262-5030. 254-5641

**LINCOLN**

'72 MARK IV Lincoln. Tuned, excl. mileage. New tires - must see! \$2000. Ph. 295-5297

**MAZDA**

'79 RX7 loaded including 5 spd. & sunroof BR7307 \$6295. Car City 833-3017

**BANK REPOSESSION**

'82 GLC 3 dr. hatchback, excl. throughout. \$267.48. 1/2 ton & 1/2 ton BAC. Repossessed. \$2074.52. See representative mgr.

**WIDE SALES MOTOR**

826-1222. 2998 N. Waiola Hwy.

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826-1222. 2998 N. Waiola Hwy.

**MERCURY**

'78 ZEPHYR 27, 6 cyl., sport coupe, auto, air, ARV280 \$1995. Car City 833-3017

**MG**

'77 MG MIDGET Day 487-8270, nite 524-6414 ask for Randy Stevens

**SUPER SAVINGS**

**GREAT BUYS**

'74 FORD LTD. 4 dr. hard top, auto, 487-8270

'75 SUBARU 4 wheel disc, station wagon, 4 spd. \$880.03

'75 HONDA Civic 4 dr. 1900 mi. 4 spd. \$79012

'74 TOYOTA Mark II 4 dr. sedan, auto, 3403380

'80 Ford Fairmont 4 dr. sedan, auto, 3403380

'75 VW Bug 4 spd. \$4499

'75 AMC station wagon 4 spd. \$4725

Subject to prior sales.

**KAILUA TOYOTA USED CARS**

105 Onawa St., Kailua 7 Days A Week 281-3321

**MAZDA**

'79 GLC 3-dr. hatchback, auto, 26,000 mi. \$2500. Ph. 8405 or 262-2425

**ASK ABOUT OUR WARRANTY**

IT'S 80 MOS/10,000 MI. '83 MAZDA 626 \$8675

4 dr. 1600 cc, 5 spd., AM/FM, power steering (M2400)

Hawaii's oldest Mazda dealer

Wholesale Motors

400-1222. 2998 N. Waiola Hwy.

**MERCEDES**

'78 450SEL, beautiful, loaded, a steal at \$14,500. Call 261-8937

**MERCURY**

'78 ZEPHYR 27, 6 cyl., sport coupe, auto, air, ARV280 \$1995. Car City 833-3017

**MG**

'77 MG MIDGET Day 487-8270, nite 524-6414 ask for Randy Stevens

**OLDSMOBILE**

'71 CUTLASS Supreme, convertible, Pink Panther \$1500. Call 373-4605

**PONTIAC**

'87 PLYMOUTH, 1 owner, runs excl. new battery. \$350. Call 537-4902 Mr. Shah

**PONTIAC**

1976 PLYMOUTH 400SD, excl. condition, low mileage. \$2200/offer. 281-2906

**PONTIAC**

'80 PONTIAC Phoenix, 38,000 miles, excellent condition. \$4000/offer. Ph. 247-2212

**PONTIAC**

'79 PONTIAC, 8 passenger station wagon, \$2750. Call 625-5186

**'75 FIREBIRD**

Black Beauty, 2 dr., auto, V8, p/s, sharp. \$1850. 671-6885, even. 943-8973

**BANK REPOSESSION**

'80 Honda 1.1 (H2080) 1 dr., auto, air power steering/windshield. \$26



**EDITOR'S NOTE:** The following article is the first in a series concerning various diets and their effects on the body. A future issue will detail other diets.

Many consumers write to FDA seeking advice on the various diets that are continually advertised and promoted by authors, publishers, and bookstores. This subject is a popular one for the Consumer Inquiries Staff of the Office of Consumer Affairs (OCA).

Some of the diet books are best sellers, but are their claims and reasoning factual and fair?

Although FDA is responsible for assuring the safety of foods and their appropriate labeling, the Agency cannot assure the safety of foods and their appropriate labeling the Agency cannot assure the safety and appropriateness of claims made in articles or books. Only if a book or article is used to misbrand a particular food can FDA regulate its use. Authors, even those without a nutritional or medical background, can make dietary claims that would appear to substantiate or give credibility to the claims.

Many consumers do not know that the First Amendment to the Constitution places certain

## Diets vary in results, cautions FDA source

statements about food and nutrition beyond the reach of Federal regulation through its protection of free speech and free press. Unfortunately, these rights are sometimes abused by people who want to make a profit. Books and articles are often written to "sell" rather than to educate. Consumers, then, must protect

themselves from potentially harmful diets. One way to do this is to consult a physician, dietitian, or nutritionist prior to embarking on any diet. Consumers can also educate themselves by reading nutritional texts and material available in libraries. The following information on one of today's popular diets may prove

helpful.

**The Cambridge Diet:** This is one that currently generates a great many inquiries for OCA. This diet involves drinking a flavored powder mixed with water three times a day, totaling a daily intake of 330 calories. Nutrition experts agree that diets of less than 800 calories a day should not be attempted without frequent medical supervision. Total dependence on few as 330 calories a day for an extended period of time may result in serious adverse effects. FDA is investigating several cases associated with this diet in which acute illness required hospitaliza-

tion.

In 1977 FDA issued a public warning about the hazards of very low calorie protein diets, and the Agency continues to believe that the products used in these diets should carry warning labels about the potential health problems associated with their use. A few years ago the U.S. Postal Service brought suit against the distributors of the Cambridge Diet, alleging false and fraudulent claims in the advertising and promotion of the product. In resolving the suit, the defendants agreed to include warning statements in their advertise-

## Salutes

**EDITOR'S NOTE:** Salutes is designed to recognize individuals for their achievements and exceptional performance 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

Welcome aboard:  
Sgt R. E. McCarthy  
PFC P. J. Cerkov  
Promotions:  
Sgt M. S. Liles  
Reenlistments:  
Sgt W. Newsome  
Sgt H. R. Shipp Jr.  
Cpl W. F. Edmonds

### SOMS

Welcome aboard:  
Sgt T. S. Hudson  
Cpl C. B. Burnett  
LCpl K. Anderson  
LCpl A. T. Padilla  
Rescue Citations:  
Capt D. L. Ball  
Capt R. L. Betros  
Capt S. R. Clark  
Capt G. R. Cox  
SSgt G. E. Liles  
Sgt M. T. Romero  
Cpl M. R. Gerke  
Cpl C. M. Irons  
Cpl J. G. Sauder  
Meritorious Mast:  
LCpl C. A. Grohman  
Letter of Appreciation:  
Sgt M. J. Charpentier  
Reenlistments:  
Sgt E. D. Hansen  
Sgt C. P. Hitchner  
Cpl C. Marciano Jr.  
Cpl R. W. Thain

### HqCo, Bde

Welcome aboard:  
1stLt J. R. Arnett II  
SSgt L. J. Waller Jr.  
Promotions:  
LCpl C. A. Higgins  
LCpl C. A. Hanson  
Good Conduct  
Medals:  
MSgt E. L. McGeoghegan  
LCpl T. R. Swims  
Letter of Appreciation:  
Sgt A. M. Brown

### 2/3

Welcome aboard:  
2ndLt D. W. Moss  
GySgt C. J. Vandenberg  
Cpl P. A. Figueroa  
Cpl T. G. Guffey  
Cpl J. L. Hoistion  
LCpl C. Butindard  
LCpl D. A. Miller  
LCpl J. L. Phelps  
LCpl K. G. Wilson  
PFC N. D. Jacobson  
PFC R. J. Lanners  
PFC R. J. Rantilla  
Pvt E. V. Bartley  
Promotions:  
Sgt C. J. Puffenbarger  
Sgt N. Rosalez  
Cpl M. Bliss  
Cpl S. A. Espinosa  
Cpl M. R. Ludvik  
Cpl B. J. Morrell  
Cpl J. A. Nunez  
LCpl T. M. Anderson  
PFC D. V. Garcia  
Meritorious Mast:  
Cpl M. G. Lee  
LCpl R. P. Adams  
Reenlistments:  
Sgt S. E. Bordas  
Cpl M. R. Kikatra  
LCpl D. J. McCormick

### HMM-262

Welcome aboard:  
1stLt D. L. Truenow  
1stLt C. W. Wright  
GySgt L. E. Stewart Jr.  
SSgt R. A. Robles  
SSgt M. A. Tullous  
SSgt E. D. Williams  
Sgt J. F. Black  
Sgt C. H. Boyles  
Sgt W. A. Clift  
Sgt J. M. Hernandez  
Sgt F. Jowett Jr.  
Sgt P. P. Tacata  
Cpl K. D. Barrett  
Cpl W. H. Delorme  
Cpl M. A. Fernando  
Cpl L. R. Habig  
Cpl R. Lara  
Cpl R. E. Larcumbe  
Cpl R. Maldonado

LCpl J. E. Owen  
PFC B. A. Major  
PFC F. U. Storer  
PFC C. A. Yager

### MACS-2

Welcome aboard:  
Cpl M. E. Wyckoff  
LCpl A. F. Archett  
Promotions:  
Sgt T. A. Roach  
Sgt D. S. Linn  
Sgt R. J. Hrivnak  
Sgt M. L. Jones  
Sgt M. E. Triesky  
Sgt B. L. Beauchamp  
Sgt P. S. Sampeorn

Sgt W. D. Pool  
LCpl D. A. Young  
Navy Achievement Medal:  
GySgt M. W. Landmark  
Good Conduct Medal:  
Sgt D. S. Linn

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Now Accepting Registration for the 83-84  
School Year Grades K-8

Saturday, April 16, 1983 9:00-11:30

Testing for grades 1-8 at 10:00

PHONE 261-4651

\$10 Registration Testing Fee

\* Please bring Birth Certificate, Baptismal & Confirmation Certificate, if applicable 1st semester report card (Jan. 83)

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