

Hawaii Marine

Serving MCAS Kaneohe Bay, 1st MAB, Camp H.M. Smith and Marine Barracks, Hawaii

November 20, 1986



Gunsery Sergeant Clifton L. Overs, NCOIC of the messhall at Puller Hall, receives the Hawaii Marine Ka Hanai Ai Maikai (excellent food provider) Award from Col. William A. Tilley Jr., commanding officer, Marine Barracks Hawaii.

Marine Barracks' messhall receives outstanding service awards

Marine Barracks, Hawaii — The Hawaii Marine Ka Hanai Ai Maikai (excellent food provider) Award was presented recently to Puller Hall, here, for having the best of the Marine Corps messhalls in Hawaii.

The messhall also received the 1986 Secretary of the Navy's Capt. Edward F. Ney Memorial Award earlier this year, presented annually Corps-wide to the best consolidated, the best independent and the best field messes.

The Excellent Food Provider Award was established

by G-4, Headquarters, FMFPac to build competition for messhalls in Hawaii, and to raise the awareness of service contributions, according to Maj. Dennis E. Watts, S-4 officer at the Barracks.

"We wanted them (messhalls) to put out extra; to have a better end product — a better meal — for the individual Marine," Watts said.

The award, a trophy that will remain in the winning messhall for one year, is similar to awards given to messhalls on the mainland for demonstrating good service superiority. Prior to the

award this year, there was no local "best mess" award in Hawaii.

Evaluation for the award is held annually in September. The team consists of the Food Services Officer, from MCAS Kaneohe Bay, and the manager from each of the messhalls. The inspection includes the appearance of the messhall; the quality and quantity of food; training; and fiscal records.

According to Watts, this regional competition is intended to serve as a build-up to the Ney Award.

By SSgt. B.A. Morton-Thompson



The Hawaii Marine Ka Hanai Ai Maikai (Excellent Food Provider) Award.

the Great American SMOKEOUT Take the day off . . .

"The Office of Technology Assessment estimated that in 1985, the U.S. health care system spent from \$12-35 billion to treat smoking-related diseases."

AFIS — For military people and Department of Defense civilians, every day seems like "Great American Smokeout" day.

You see headlines in Air Force newspapers: "Smoker's Rights Stop at Non-Smoker's Nose."

The Army frequently reminds its people of its goal of a smoke-free Army by the year 2000 — to which the Navy adds, "Don't Wait, Do It Now."

Marines are being encouraged to stop smoking through leadership and regulations forbidding lighting up in a number of areas, and a Pentagon poster tells everyone, "It takes two hands to fight and one to light. Don't smoke unless you've got three hands."

All of this is because Defense Secretary Caspar W. Weinberger and the services are committed to decreasing the percentage of smokers

from current levels: 52 percent of the Army, 48 percent of the Navy, 39 percent of the Air Force and 43 percent of the Marine Corps.

But Nov. 20 is the official Great American Smokeout. You may have seen the posters, and maybe your installation or office is planning something big, like the Navy people who walked from Norfolk, Va., to Washington, D.C., to dramatize last year's smokeout.

If you're a smoker, you can bet you won't be able to ignore the day the American Cancer Society describes as "an upbeat, good-natured effort to encourage smokers to give up cigarettes for 24 hours."

The goal of this year's smokeout is to get at least one in every five smokers to give up cigarettes from midnight on Thursday, Nov. 20 to midnight on Friday, Nov. 21. Late starts are no excuse, you can extend the deadline as far as possible past the midnight deadline to get in one full day.

This is the 10th Great American Smokeout. The first mass movement by smokers to give up cigarettes was led in 1974 by Lynn R. Smith, a Minnesota newspaper editor. The idea caught on and got the name "Great American Smokeout" in 1976. Since then, the idea of taking a day off from smoking has gone international.

Last year's smokeout in the United States set an all-time

participation record — 23 million of the nation's 54 million smokers tried to take a day off from smoking.

By Evelyn D. Harris

1 Is There A Safe Cigarette?

No. Cigarettes are perhaps the only legal product whose advertised and intended use — that is, smoking them — inevitably creates bodily harm.

2 Can One Smoke A Small Number of Cigarettes Without Risk?

No, since every cigarette causes some harm to the body, even relatively light smokers show lung damage.

3 How Long Does it Take for a Cigarette to Harm a Smoker?

Practically no time. The moment the smoke touches the lips, it begins to attack

living tissues and continues to do so wherever it goes; mouth, tongue, throat, esophagus, air passages, lungs, stomach, and its breakdown products eventually reach the bladder, pancreas, and kidneys.

4 What Does Nicotine Do?

The first dose of nicotine is a powerful stimulant to the brain and central nervous system; later doses have a depressant effect. Nicotine causes blood pressure to rise and increases heart rate by as many as 33 beats a minute. The first daily dose of nicotine stimulates the large bowel, while curbing the appetite and slowing digestion. It also lowers skin temperature and reduces blood circulation in the legs and arms. Sixty milligrams of nicotine taken at one time will kill the average adult human being by paralyzing

More questions and answers on B-3

FY-87 program

Tuition assistance funding announced

In today's world, obtaining an education has become a necessity to succeed.

With the Tuition Assistance Program, active duty Marines may qualify for government funds equaling 75 percent tuition fee; and, in some cases, as much as 90 percent.

Although all officer and enlisted Marines qualify for 75 percent Tuition Assistance, enlisted members, sergeant or above and with 14 years of service or less, qualify for 90 percent assistance. TA can be used for no more than two concurrent classes on an academic level beyond the degree or diploma currently held by the individual.

The classes, however, must be offered by an institution accredited with a regional education association such as Middle States, North Central or Southern.

"Tuition Assistance is a great program for Marines," said Cpl. Bernard Thompson, education clerk at the Joint Education Center, here. "It gives them the chance to go to school without having to pay the lump sum out of their pockets."

Tuition Assistance covers costs for courses relating to the individual's studies leading to an associate, baccalaureate or graduate degree, including elective credits. Courses applicable to vocational or technical certifi-

cates offered by regionally accredited colleges are also eligible for TA. Applicants for TA for vocational/technical courses must not have completed more than 30 semester or 45 quarter hours of college level work.

Book laboratory and equipment fees must be paid by the individual. These funds are not authorized for use for courses awarding continuing education units; for remedial, developmental, or refresher courses; or for independent study and correspondence courses unless the courses fall under the DANTES Correspondence Course Program.

Commissioned officers must also sign an agreement that they will remain in the Marine Corps for two years after using TA.

For high school completion courses, TA can be authorized for 100 percent payment of tuition charges for courses authorized by regionally accredited schools. Public high schools are exempt from regional accreditation if they are approved by the state's Department of Education. Marines with GEDs are still eligible to receive TA for high school completion course.

"On Station, we have about 160 to 175 Marines without a high school diploma," said Thompson. "TA for high school completion courses is a good way for those Marines to get their diploma."

For more information about the Tuition Assistance Program or other educational opportunities in the Marine Corps call 257-2061.



The IG is over!

Major Eugene Brown examines a Marine's uniform during a wall locker inspection at H&S Co., 1st MAB. Brown is part of the Inspector General's team which defied the Air Station and 1st MAB today on the overall inspection. More information and photographs of the IG will be published in the next Hawaii Marine.

Sgt. Stephen Frank photo

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DoD survey puts Corps on top in fight against drugs

Editor's note: A recent message from the Commandant of the Marine Corps brings Marines up-to-date on the status of substance abuse in the Corps, and highlights some new programs which will provide high-level training for substance abuse counselors.

A 1985 Department of Defense world-wide survey on substance abuse indicates that the Marine Corps continues to win its "war on drugs."

"This survey shows that the use of any drug in the past 30 days has declined 73 percent since 1980, and from 37 percent to 9.9 percent in 1985. The increase in self-reported use of cocaine, together with an increased detection rate for cocaine at the Navy Drug Screening Laboratories, are cause for concern for every Marine.

"Cocaine is a dangerous drug. The increased availability and use of 'crack/rock,' an extremely addictive form of cocaine, threatens the readiness of our force. Our Corps must be a drug-free organization if we are to accomplish our mission.

"Every Marine must be made aware of the dangers associated with cocaine, especially its negative impact on the individual and our mission. ALMAR 226/86, titled 'Cocaine use in the Marine Corps,' delineates the dangers associated with cocaine use and provides the latest information needed to win the 'war on drugs.'

"As indicated in ALMAR 225/86, the Navy drug screening lab lowered the confirmation test levels for cocaine and marijuana. The lower test levels will enable us to confirm those tests which are borderline, and will increase the detection rate for these drugs. We should see an increase in the number of confirmed positives.

"Highlights from the Department of Defense 1985 Worldwide Survey of Alcohol and Nonmedical Drug Use among military personnel are:

Substance abuse has declined throughout the DoD and the Marine Corps.

Self-reported drug use in the last 30 days in the Marine Corps has continued to decline from 37 percent in 1980 to 9.9 percent in 1985.

Marijuana remains the Marine Corps' most abused illegal drug.

Alcohol abuse in the Marine Corps has stabilized.

The excessive use of alcohol is the Marine Corps' most serious substance abuse problem in terms of impairment.

"Formal substance abuse education courses began in October, and details are in the current edition of MCBul 1500. Applicants must obtain course quotas via the appropriate chain of command. Unless a request is of an emergency nature, HQMC (code MPO) will not approve quota changes to formal Substance Abuse Education Courses.

Passive smokers pay for others habit

AFIS - A "Russian volunteer" is anyone but a Russian or a volunteer. In fact, it's a term used to describe somebody involuntarily thrown "into the breach" of a particularly difficult situation.

If you're a smoker, think of your family and co-workers - and your unborn child if you are pregnant - as "Russian volunteers." And while it may not hurt them quite as much as it hurts you, your smoking isn't doing them any good.

When a smoker inhales, researchers calculate that two-thirds of the smoke from the burning cigarette goes into the environment as

sidestream smoke. Non-smokers are exposed to mainstream smoke - the smoke the smoker inhales - when he exhales it. When the smoker leaves the cigarette in the ashtray, it all goes into the air.

Surgeon General of the United States Dr. C. Everett Koop recently told Congress that of the 4,000 known ingredients of tobacco smoke, five dozen are known carcinogens.

"Many of these constituents are found in sidestream smoke in greater concentrations than in mainstream smoke. Tar, the fraction of tobacco smoke that is usually

associated with the carcinogenic process, is 70 percent higher in sidestream smoke than in mainstream smoke. Carbon monoxide is 2.5 times greater, ammonia is 73 times greater, benzopyrene is 3.4 times greater and nicotine is 2.7 times greater in sidestream than in mainstream smoke," he said.

Koop referred to a study that estimates 500 to 5,000 lung cancer deaths each year can be attributed to passive smoking. "Even if the lower figure is accepted, exposure to ambient tobacco smoke represents more cancer deaths annually than any agent currently regulated by

the Environmental Protection Agency," he said.

Koop said researchers now believe that there is a link between passive smoking and heart disease. He said several studies have shown a significant correlation between heart disease in non-smoking wives and their husband's smoking.

And in a 1984 report, the surgeon general stated that children of smoking parents have an increased prevalence of respiratory symptoms, including bronchitis and pneumonia.

By Evelyn D. Harris

American Indian Week begins

Washington D.C. - President Ronald Reagan has proclaimed the week of Nov. 23-30 as National American Indian Week.

"November is a time of the year for Thanksgiving and we're pleased that Congress and President Reagan decided to proclaim that particular week as a time to highlight American Indian Heritage and culture," said Rene Cochise, executive officer of the American Indian Heritage Foundation

in Falls Church, Va.

The week highlights the contributions and achievements of American Indians. "Next year, we're going to ask Congress to set aside that week as a permanent observance of American Indian Heritage and culture," said Cochise.

The National Vietnam Era Veterans Inter-Tribal Association will place a bronze plaque in Arlington National Cemetery inscribed "Dedication to our Indian Warriors

and thier brothers who served us so well... the Vietnam Era Veterans... we are honored to remember you, the indigenous people of America."

During this century, American Indians have taken part in every war fought by the United States. More than 8,000 served in the Army and Navy during World War I; 25,000 served in World War II; and more than 41,500 in Vietnam.

"Our goal is to set the stage

for national participation of America to recognize and acknowledge the contemporary and on-going contributions of American Indians in the growth and retirement of America," Cochise said.



Navy Relief volunteers honored on ship

In a unique Navy Relief Society Graduation and awards ceremony, volunteers were recently honored aboard the USS Benjamin Stoddert while docked at Pearl Harbor.

According to NRS officials, this is the first time in the 82 year history of the society

that a ship has been the site of such a ceremony. Normally, each branch conducts their own ceremonies.

Air Station volunteers who received awards during the special ceremony were: Sonya Scott, an interviewer, who received a Certificate for Volunteer of the Quarter;

Jeanne Martin, a receptionist, received a Certificate of Special Recognition; and a Special Award was presented to Sheryl Reid, chairman of volunteers, for her outstanding work.

Kaneohe Bay branch hourly award winners were:

Helen Courneysa, chairman of interviewers, 1,500 hours. Jeanne Martin, receptionist, chairman of layettes; Karen Pollard, interviewer, chairman of receptionists, 1,000 hours.

Maria Bridgeo, follow up; Marsha Figgins, reception-

ist; Sylvia Icenhour, receptionist, layettes, Children's Waiting Room and follow up; Pennie Leas, interviewer, chairman of records; Camille Livesay, interviewer, chairman of publicity; Sheryl Reid and Nancy Thomas, receptionist, 300 hours.

Maria Bridgeo, Terris Haskell, Ann Hudak, follow up; Sylvia Icenhour, Jeri Mick, receptionist, interviewer, layettes, follow up, Children's Waiting room; and Kelly Pollard received a 100 hour award.

Reducing access improves security

AFIS - In less than 18 months, the Department of Defense has taken broad steps to correct a military security problem that might best be summed up as too much, too little and too much: to many people with top secret clearances, too little supervision of them and too much opportunity for abuse.

The number of security clearances held by DoD military and civilian personnel and defense contractors is down from 4.3 to 3.4 million. DoD Personnel Security Specialist Pete Nelson said DoD has reduced the number of top secret clearances by 17 percent and the number of secret clearances by 21 percent.

In addition, many clearances were downgraded, although statistics on this part of the program are not available.

These reductions exceed the 10 percent cutback called for by Secretary of Defense Caspar W. Weinberger in October 1985.

The Defense Investigative Service led the reduction with

a 40 percent cut. The Defense Logistics Agency followed with a 29 percent cut, and the Defense Contract Audit Agency cut its number by one-fourth.

The Navy took the lead in service cuts, eliminating some 277,000 clearances for an overall reduction of 30 percent. The Army cut its number by one-eighth and the Air Force by one-tenth.

Defense contractors reduced their clearances by 15 percent. In addition, new rules applied to contractor personnel in June are expected to create even more.

In a letter to the field, Deputy Secretary of Defense William H. Taft IV clarified that clearances may not be granted simply because employees enter areas where classified activities are taking place if the employees do not actually require access to classified information.

"Security clearances are neither a license for access to classified information nor a substitute for security measures designed to prevent

unauthorized access," he said.

"Therefore, security clearances... are only to be granted when there is a bona fide requirement for access to classified information in the performance of duty assignment."

Taft said national agency checks may be conducted, if deemed necessary, to assure the trustworthiness of employees with access to restricted areas. National agency checks are conducted on all service members upon entry into the military.

Nelson said the clearance reductions are expected to continue. As directed by Weinberger, requests for background investigations are down. And a new initiative to take place next year will expunge from the central clearance data base as many as 1 million outdated clearances on persons no longer affiliated with DoD.

The data base, to be expanded during fiscal 1987 to include all DoD components, stores information on

all DoD clearance transactions, Nelson said.

As envisioned, the data base will include vital information on every holder of a DoD security clearance, including: whether the holder is military, DoD civilian or contractor; officer or enlisted; member of the active or Reserve components; the agency that granted the clearance; clearance level; date granted; type of investigation conducted; and investigation date.

The expanded data base will also allow DoD to keep track of vital statistics on all DoD military and civilian personnel who have been granted or denied security clearances.

The overall result of DoD's efforts, Nelson said, "will be less people with access to classified information and better systems in place to manage the tremendous number of people who do have clearances."

by Donna Bollinger
American Forces Information Services

At Camp Smith

NCO career opportunity

Camp H.M. Smith - Corporals or sergeants considering a lateral move or a reenlistment option should consider retraining as a Marine Counterintelligence Specialist, MOS 0211.

Training in this MOS is lengthy with a variety of available schools. The competition among specialists is demanding and only highly qualified Marines should consider this MOS. However, for those who are selected, the potential for advancement is outstanding.

Volunteers should be male corporals or sergeants from any MOS; have a minimum GT score of 80; be a high school graduate; have the motivation and ability to

complete formal education; be a U.S. citizen; and have three years obligated service upon completion of a formal course of education.

There should be no adverse information in personnel, medical or other records which would prevent a top secret clearance based on a special background investigation.

For additional information, read MCO 3850.1E, FMFM 2-4, and the MOS Manual, or contact Detachment, 11th Counterintelligence Team, FMFPac at 477-6435 or PAX 387.

Thanksgiving closures

Camp H.M. Smith - All Navy and Marine Corps Exchanges, the Commissary

Store at Pearl Harbor, the clubs and the Package Store at Camp Smith, and the Manana Package Store Annex will be closed on Thanksgiving Day. The exchange here will also be closed the day after Thanksgiving.

The following activities will be open:

- Manana 7-Day Store, 8 a.m. to 5 p.m.
- Navy Station Mini Mart, 7:30 a.m. to 5:30 p.m.
- Pearl City Mini Mart, 8 a.m. to 6 p.m.
- Halsey Terrace Mini Mart, 8 a.m. to 6 p.m.

Boat cruise, dinner & dance

Camp H.M. Smith - The Camp Smith Club System is

sponsoring an all-ranks, afternoon boat cruise, dinner and dance on Nov. 30.

Buses will leave for Pier 8 at 11 a.m. The boat is scheduled to sail at noon and return to the pier at 4 p.m.

Everyone may then return to the Staff NCO Club for a "cook-your-own" sirloin steak dinner. Music will be provided by the club's light show-sound system.

Tickets are \$19 each for the cruise only, and \$25 for the cruise and dinner. They are available at the Enlisted Club, 477-6379 or at the Staff NCO Club, 477-5056. Boat occupancy is limited.

For more information, call Cpl, Parish Morris at PAX 687.

SRBP multiples change Dec. 8

Significant changes to the Selective Reenlistment Bonus Program (SRBP) for Marines reenlisting after Dec. 8 were published in ALMAR 264/86. A total of 268 MOSs are affected by this change.

Marines in Zone A, which is between 21 months and 6 years of active service, who were not previously paid a reenlistment bonus will see 244 multiples raised or added, but nine MOSs will be lowered or eliminated.

Marines in Zone B, between 6 and 10 years of

service, who did not previously receive a Zone B bonus will see the addition, or raise of multiples, in 75 MOSs but 14 will be reduced or eliminated.

Marines in Zone C, between 10 and 14 years of active service, who did not previously receive a Zone C bonus, will see 45 MOSs raised or added, and no MOSs will be reduced or dropped.

Details and eligibility requirements are in MCO 7220.24L and ALMAR 264/86.

Hawaii Marine

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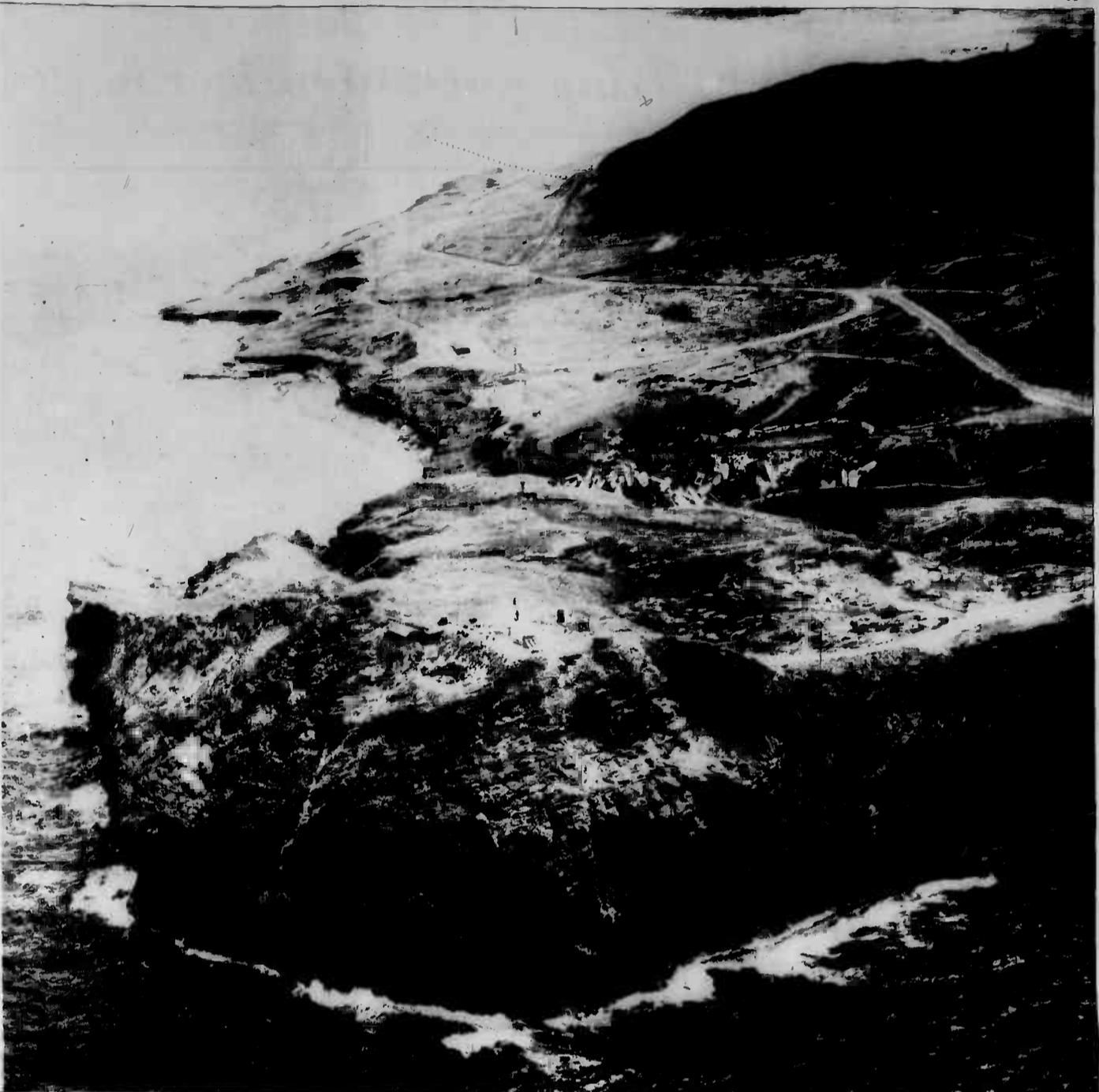
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Historical Site

After the sinking of the battleship USS Arizona in the December 7, 1941, attack on Oahu, two of its aft-turrets were salvaged for coastal artillery defense. One was to be placed at Kahe Point and to be known as Battery Arizona. The second was placed atop Ulupau Crater on Mokapu Peninsula and was named Battery Pennsylvania after the Arizona's sister ship, the USS Pennsylvania. Construction on the Mokapu site started in April 1943 and was completed in August 1945. Its test firing also marked the surrender of the Japanese, ending World War II. The turret and its 14-inch guns (each tube weighed 71 tons) were later cut up for scrap.

In the ditch behind the turret are the remains of aircraft and other items destroyed on Dec. 7 used for land fill. The Air Station's range complex is now using this area. (Source: The Oahu Turrets, printed in the Military Engineer magazine, Nov. 1967 by Cdr. Donald P. Kirchner and Dr. E. R. Lewis) EDITORS NOTE: The Air Station has a rich and varied history. Periodically, the Hawaii Marine will look to the past by publishing old photographs or other items of interest.



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One of a kind Marine

He's the only flying warrant officer in the Corps

MCDEC, Quantico, Va. — Jackie Lee Grinstead is one of a kind.

Growing up during the post-WWII era on an 80-acre farm in Cortland, Ind., he never imagined he would one day be the only Marine Corps chief warrant officer wearing the gold wings of a Naval Aviator, and flying helicopters.

In fact, as he played with his younger brothers and sister in the 40-acre woods surrounding his home, he never thought of being a Marine.

His career has led CWO-3 Grinstead, 44, to being a pilot for Marine Helicopter Squadron-One, at the Marine Corps Air Facility, here. He is the only Marine Corps warrant officer authorized to fly military aircraft. He has more flight hours than any pilot in his squadron, and has worn gunnery sergeant chevrons as well as captain's bars.

It started in 1960 when he was a freshman at Indiana University.

"My roommate came in one day and said he joined the Marine Corps' Platoon Leaders Class program," recalled Grinstead. "I thought he was dropping out of school to join. But he explained the program and I found I could finish my degree, join the Marine Corps and fly too."

At the time, he was bussing tables for 95 cents an hour, so between base pay and flight pay, it looked pretty good to him.

As a PLC member, he attended two six-week summer camps, here, between his junior and senior years.

"The summer camps weren't that bad," he said. "It was hot, but I was in good condition because I had been working. Camp Upshur was so far out in the woods that I couldn't have run away if I'd wanted to. . . I wouldn't have known which way to go."

The summer camps gave him a goal, a reason to get a degree. "The only reason I had before, was to not disappoint my parents," he said.

He graduated in 1969 as valedictorian from Cortland High School, and attended Indiana University, where he majored in physics.

June 1963 was a busy month for Grinstead. He graduated from college, was commissioned a second lieutenant, got married, and reported to flight training in Pensacola, Fla.

He spent 18 months there, learning basic flight in fixed-wing trainers, then on helicopters. "There was a need for helicopter pilots in Vietnam at the time, so that's the way I went," Grinstead explained.

After flight school, he reported to a helicopter squadron in New River, N.C. "They had quite an intensive training program underway there getting ready to go to Vietnam," he recalled. "We deployed about a year later."

He saw plenty of action in

Vietnam during two tours there, 1965-70. "It was interesting," he commented. "Anytime you're getting shot at, it's interesting."

His record for his Vietnam tours speaks for itself. He flew more than 350 combat missions and earned the Air Medal with numeral 17; the Distinguished Flying Cross; the Bronze Star, with combat "V"; and several unit citations.

He returned from Vietnam and reported to HMX-1 in November 1966, and started learning to fly the CH-46 "Sea Knight." When the first CH-53 "Sea Stallion" was introduced to the squadron, he learned to fly it too.

"That was the aircraft for me," Grinstead said.

HMX-1 was then much as it is today, flying support missions for training here, and flying presidential support missions.

Grinstead's career changed course drastically in 1975, when he was flying CH-53's with a squadron in California.



Then-Second Lieutenant Jack Grinstead poses after completing his first solo flight in a fixed-wing training aircraft at flight school, Pensacola, Fla., in 1963. (Photo courtesy of CWO-3 Jack Grinstead)

"I got passed over for promotion to major, and was asked to get out," he recalled. "It was a blow to my ego, but it wasn't all that unusual at that time. After Vietnam, the Marine Corps started thinning its numbers to return to peacetime strength."

He was faced with a decision: stay Marine or find a civilian job.

"I resigned my commission and enlisted in June 1975," Grinstead continued. "They made me a gunnery sergeant, which was as high as I could go by public law — you need at least five years enlisted time before you can get master sergeant. So they did as well as they could."

Grinstead said he considered getting out. "I went so far as to look around for civilian flying jobs," he said. "But I already had 12 years in. I was over halfway. I wanted to stay for 20, more for the family security it gave my wife and four kids."

Grinstead went home one day a captain, and returned to work the next day as a gunnery sergeant. Grinstead admitted it took thick skin to

adjust to his new situation, but pointed out that his fellow Marines helped smooth the transition.

"People were quite sympathetic," he said. "They actually thought it was worse than it really was for me. But nobody made a big deal of it. Thanks to them, I didn't have too bad a time."

According to Grinstead, the transition dropped his monthly pay about \$800. But for his family, it meant more than just less money.

"The drop in pay was a shock, especially with the kids; but we got along," says his wife, Carol.

In 1975, Grinstead went to navigation school, and became a navigator for C-130 "Hercules" transport aircraft. "I enjoyed navigating, but it just wasn't the same as flying the controls," he reminisced. He soon applied for the warrant officer program, even though he wasn't yet fully qualified.

"I didn't have enough time as a navigator, and I was running against the maximum-allowed years in service to qualify, which was 12," he said. "I applied anyway." He didn't make it.

"I'd resigned myself to staying a gunny, maybe picking up the next rank before I got out," he said. "But the next year they had a one-time waiver of the 14-year limit. I was just over 14 then, so I applied and I made it!"

Returning to officer status was not a drastic transition for Grinstead. "I'd already been there, so I knew what to expect," he said.

After pinning on his bars in 1978, the thought crossed his mind of getting back in the cockpit.

He navigated for a while longer, and finally requested to be put back on flight status. "The first time they (HQMC) turned me down, but I put in again," he said.

In 1979, he received authorization to fly CH-53 helicopters. At the time, he was on Okinawa, Japan. He finished his tour there, refamiliarized himself with flying in a training squadron, then stayed on there as an instructor.

Over the years, the role of warrant officers in aviation changed, putting them on the ground in technical specialties. The number of flying WOs dwindled, until there were only three left. Two recently retired, leaving Grinstead as the only flying warrant officer in the Marine Corps.

"Many Marines in the squadron don't see him as the last warrant officer still flying, but as a competent, knowledgeable officer," said SSgt. John Robertson, who is a crew chief on CH-53's.

Most of his total flight time, about 3,000 hours, is in the CH-53; and more than 5,000 of the 5,930 hours are in Sikorsky helicopters. "I think having warrant officers fly is a good program," said Grinstead. "I don't really think you need a col-

lege degree to fly helicopters."

Unless Grinstead decides

to retire, which he currently has no plans to do, he will continue to be the only flying

Marine Corps warrant officer, and is a one of a kind Marine.



CWO-3 Jack Grinstead feels right at home in the cockpit of CH-53 helicopter.

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Then-Captain Jack Grinstead receives the Vietnamese Staff Medal 1st Class in Vietnam from LtCol. Minh on Jan. 25, 1970. (Photo courtesy of CWO-3 Jack Grinstead)

Financial tips

Saving for a rainy day

"You ought to get yourself \$400 or \$500 million in cash. Tuck it away and forget about it. It'll come in handy sometime for a rainy day."

Henry Ford Sr.'s financial advice might be good for some people. Unfortunately, the average service member or government employee needs some alternatives when it comes to saving money.

Americans seem to have an aversion to saving; we're so consumption-oriented that we save less than the people of almost every other industrial nation.

So how, you might wonder, with the rent, car payment, grocery bill and the seemingly endless list of other expenses, am I supposed to come up with extra money to save?

"When we hear people say, 'We're too broke to put money aside,' all it really means is that they've chosen to live right up to the edge of their incomes or even over the edge," advises financial expert Jane Bryant Quinn.

"If you buy a better house, another car, a snowmobile, a vacation every year, movies, dinners out, nice clothes, and then say you haven't enough money to save for the future, I can only reply that you're having your future now," she said.

"The problem is not solely in the economic system or the size of your salary or even inflation (unless you have a fixed income), but in the way you've arranged your life."

The bottom line is that anyone can save if he really wants to. It might be just \$15 a week, or less, but every little bit you stash away makes you that much more financially secure.

The best way to save, financial experts agree, is to get in the habit of putting money aside on a regular basis. It's no good to pay the bills and say you'll save whatever is left over, because there's never, or rarely, anything left over. The way to begin a savings program is to make a regular savings deposit off the top of each paycheck and to adjust spending to what's left.

Banks, savings and loan associations, credit unions and even insurance companies have come up with a myriad of ideas to help you:

Payroll deductions

Financial experts say this is the best way to save. Arrange with your finance office to take a certain sum out of every paycheck and put it into your local credit union, the bank of your choice or U.S. savings bonds.

Automatic transfer from checking to savings

Arrange with your bank or credit union to transfer a specified sum from your checking account to your savings account each month. It's important to remember to enter the transfer in your checkbook each month so you don't mistakenly bounce a check.

Saving by mail

Keep a stack of bank envelopes with your current bills. Think of each envelope as a "bill," to be paid every week or month along with the rent and the electric bill. Mail your deposit to the bank when you mail your other bills.

Bank "bills"

Some banks and saving and loan associations will send you monthly reminders of the sum you "owe" your savings account, which you can treat as if they were bills.

Coupon clubs

Christmas, Hanukkah and vacation club plans get you to commit to saving a specific sum on a weekly or monthly basis over a year's time. However, financial experts say they're usually not as profitable as a regular savings account, because some offer little or no interest, and some pay interest only if you complete the club.

Life insurance

Life insurance policies in which some of the premiums go for insurance and some go into "cash value," somewhat like a savings account, may help you automate your savings, but experts say they aren't as profitable as a regular savings account. Besides, you'll have to pay interest to "borrow" some of the money, and the only way to get it free and clear is to cancel the policy.

Here are some additional tips to help you save:

Save the loose change in your pockets at the end of each day.

After you've paid the last installment of a car or personal loan, add that amount to your monthly savings since you're already used to living without it.

Deposit any raises, bonuses, income tax refunds or cash gifts you receive directly into your savings account.

Adopt a short-term austerity program in which you cut out as many extra expenses as possible and deposit your savings.

Saving money doesn't have to hurt. The reward is a nest egg that you can turn to for emergencies, for good times or for a feeling of independence from everyday money cares.

"A faithfully kept program of savings and conservative investments can give you more money and a better life than that of your neighbors who spend everything they get," Quinn said. "This is probably the oldest financial advice in the world, but there are some things you can't improve on."

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Having friends who look out for you and who you look out for in return comes with being a Marine. Simply put, you count on the Marine next to you.

The sense of community you experience as a Marine isn't duplicated in the civilian world. It's more or less every man and woman for themselves. Which only makes sense when you think about it. After all, they don't have that much in common. They've never gone through tough training together. Very few have had to show their inner fortitude in difficult situations.

And those are probably some of the reasons why Marines have the pride they do. In themselves, their families, their Corps and country. Marines have a lot of experiences and training in common. Think about that if you're thinking about becoming a civilian.



You can count on the Corps.



See your Career Planner

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- JOINT CAREER PLANNING SNCOIC
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MSgt Denning 257-2403
- JOINT CAREER PLANNING MCAS SNCOIC
MSgt Dukes 257-2403
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SSgt Sechler 257-3244
- HQSVC 1ST MAB
Cpl Pruitt 257-2403
- COMMSPTCO
SSgt Sablan 257-3632
- HQCO 3D MAR
GySgt Parker 257-2993
- 1ST BN 3d Mar
SSgt Espinosa
- 2D BN 3D Mar
SSgt Minier
- 3DBN 3d Mar
SSgt Fulton 257-2310
- 1STBN 12TH MAR
Sgt Griffenburgh 257-2262
- H&MS-24
GySgt Lumden 257-2230
SSgt D J DeNol
MACS-2
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- MW88-173
SSgt Calder 257-3693
- HMM-165
Sgt Kerr 257-2393
- HMM-262
SSgt Holloway
- HMM-265
Sgt Bolerjack 257-2788
- HMM-364
Sgt Scott 257-2777
- HMH-463
Sgt Myers 257-2587
- VMFA-212
SSgt Oldham 257-2847
- VMFA-235
Sgt Turner 684-3284
- VMFA-235
Sgt Lloyd 257-2346
- 888G 1ST MAB
GySgt Chandler 257-3127
Sgt B R Huntley
1ST RadBn
GySgt Hayden 257-2725
- HHS MCAS
SSgt Carney 257-2912
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- MARINE CORPS RESERVE 471-0202
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Honolulu 546-7560
- MARINE CORPS RECRUITING
Kaneohe 247-8773

M A R I N E.

At a glance

Exchange hours

All Exchange activities will be closed on Nov. 27 except the following:
 7 Day Store, 8 a.m. to 5 p.m.
 Car Rental Facility, 8 a.m. to 6 p.m.
 Golf Pro Shop, 7 a.m. to noon.
 Automotive Center (gas, mdse only), 8 a.m. to 6 p.m.
 Manana 7 Day Store, 8 a.m. to 5 p.m.

Dependent scholarship program

If you have a child attending college or who will enter an institution of higher learning in the Fall of 1987, they may wish to compete in the Dependents' Scholarship Program.

The sponsors of the awards are Navy-oriented groups and organizations who select their scholarship recipients on the basis of scholastic merit, character and financial need. Specific eligibility criteria for each of the awards is contained in the Scholarship Pamphlet (NAVPERS 15003-N).

The Scholarship Pamphlet, the Application for Scholarship program (NAVPERS 1750/7), and High School and College Transcript Request (NAVPERS 1750/9), used in the program are available by writing to the Commander, Naval Military Personnel Command (NMPC-121D), Navy submitted no later than March 15, 1987.

Hometown recruiting

The 9th Marine Corps District is looking for Marines to help in its recruiting efforts. Up to 30 days can be spent as a permissive TAD recruiter

in or near your hometown.

If you are interested, an dive in or around any cities listed below, call to find out how you can become a TAD recruiter:

Chicago — Sgt. Kevin Hoard, (302) 353-1650.

Des Moines, Iowa — Sgt. Eric V. Schmidt, (515) 284-4456.

Detroit — Sgt. Anthony Woods, (313) 226-7764.

Indianapolis — MSgt. Robert L. Sutter, (317) 269-2997.

Lansing, Mich. — Sgt. Michael J. Rau, (517) 377-1777.

Milwaukee — MSgt. Nathan Hines, (414) 291-3839.

St. Louis — Sgt. Mark W. Gullet, (314)263-0570.

Minneapolis/St. Paul, Minn. — Cpl. Michael W. Ittner, (612)349-3413.

Drivers Ed for beginners

A class that will take you step by step through the Driver's Education Manual, to prepare you for the test for a learner's permit will meet Mondays and Fridays, 9:30 to 11:30 a.m., Dec. 5-29.

The fee is \$5 and child care is available for \$1 per child, per class; transportation is also available for 25 cents on base and 50 cents off base.

Call the Armed Services YMCA at 254-4719/4965 for reservations.

New TAMC appointments number

The telephone number for Tripler Army Medical Center's Central Appointment System has been changed to 834-8000. The new number will improve access to the system for outside callers.

Thanksgiving beach service

A Thanksgiving Praise Service will be held on Ft. Hase Beach Nov. 26 at 5 p.m., on the Rifle Range road, just

above the last picnic shelter. Bring the family, friends, neighbors and something to sit on. Casual dress is encouraged.

Continued A-8



The Christmas Gift Club Shop at Home

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Iwo Jima Commemorative Annual Reunion

Former members of the 3d, 4th and 5th Marine Divisions, and attached units, will gather at the Staff NCO Club, at Camp Pendleton, on Feb. 21, at 5 p.m. for the reunion of those who fought the most costly battle in Marine Corps history.

The Marine Corps Combat Correspondents and special associate Combat Correspondents whose gallantry and fortitude gave this country some of the most prolific stories and photographs to come out of WWII, will be honored during this reunion.

For information, write Jack Claven, 403 Primrose Place, Glendora, CA 91740 or call (818) 335-2483 after 6:30 p.m.; or Bill Moore, 795 Narwhal, San Diego, CA 92154, (619) 423-0681 after 6 p.m.

TAMC needs Red Cross volunteers

Tripler Army Medical Center's Red Cross needs 20 or 30 volunteers to form a patient escort and delivery service.

If you like to meet people and have a few hours a week to spare, give the Tripler Red Cross office a call at 433-6631, and say you would like to be an "R C Escorter."

No holiday meal surcharge

This year's Thanksgiving and Christmas evening meals at Pless and Anderson Halls will be available to family members of active duty and reserve military members without a surcharge.

Instead of the usual price of \$5.25, this year's holiday meal will cost \$2.10. The meals will be served from 3-5 p.m. at both mess halls.

Joint Personal Property Shipping holiday hours

The Joint Personal Property Shipping office at Pearl Harbor will be closed Nov. 27 and 28, Dec 26 and Jan 2. Inbound or outbound personal property shipments for delivery or pick-up on those days can be made, but government inspectors will not

be available. While the Naval Supply Center Terminal will also be closed for pickup of POVs on these days, Matson Shipping Lines will be open for pickup and delivery of POVs.

Guest lecturer series

Islamic religion will be the topic for December's "Guest Lecturer Series," to be held in the Alii Room of the Air

Station's Officers Club, Dec. 4, from 1:30 to 3:30 p.m.

The guest lecturer will be Dr. Elton Daniel, who is a professor of Middle Eastern Studies at the University of Hawaii and has lived and

studied in the Middle East.

"Guest Lecturer Series" is a program, sponsored by the Brigade Schools, in which people from the academic community, both retired and civilian, speak on topics of

interest to enhance professional knowledge.

The series is open to all commissioned officers.

For more information, or suggestions, call Maj. E. J. Leenowicz at 257-3466/3633.

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13" Color TV in a cabinet with richly-grained Light Walnut finish on top and sides. Along with many other Zenith features, includes Computer Space Command 2700 Remote Control described below. Comes with headset jack and private listening headset.

19" Model C1920W
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19" Color TV in a vertically-accented space-saving cabinet designed with convenient top-of-set pushbutton controls. Richly-grained Eastern Walnut finish on top and sides with brushed Presidential Bronze finish trim along top and bottom of front side. Zenith quality features are prevalent throughout.

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27" Zenith Advanced System 3 with MTS Stereo Sound and Space Command 6500 for Zenith TV/VCR Remote Control.
DIAGONAL
27" Color TV Receiver/Monitor featuring MTS Stereo Sound and Space Command 6500 Remote Control described below... plus On-Screen Audio Selection Display, Z-Tech chassis, Advanced Color Sentry, Zenith's exclusive Computer Brain keeps picture, Parental Control feature lets you lock out programs you don't want your children to see. Direct video and audio input jacks for accessories. It's one of Zenith's finest consoles in a richly-grained Pecan finish! Swivels.

Choose either of these new Zenith VHS VCRs and get a pre-recorded video cassette "operating guide" packaged with it!

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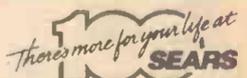
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<p>Selected Stereos 6988 to 39999 Were \$179.99 to \$499.99</p>	<p>Selected Radios, tape players 4999 to 8997 Were \$79.99 to \$159.99</p>	<p>Selected Exercise bikes 6997 to 14999 Was \$99.97 to \$279.99</p>	<p>Selected Exercise rowers 8997 to 9997 Were \$99.97 to \$159.99</p>	<p>SLASHED Toys, toys, toys 50¢ to \$2 Were \$1.99 to \$10.99</p>	<p>Selected Bicycles 8997 to 16999 Were \$119.99 to \$229.99</p>	<p>BEST BUY Liquid Detergent 2697 Special Purchase* #93523 Case of 4 1-gallon bottles</p>
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Salutes

EDITOR'S NOTE: "Salutes" recognizes individuals for their achievements and exceptional performance and welcomes new arrivals to the Marine Corps Air Station, the 1st Marine Amphibious Brigade, Camp H.M. Smith and Marine Barracks, Hawaii. The information is compiled by the Unit Information Officers and is submitted to the Joint Public Affairs Office, Building 244. For more information, call 257-3319/2176.

HMM-165
Welcome Aboard
Sgt. C.Z. Baker
Promotions
Cpl. D.J. Bryan

Meritorious Promotion
PFC V.G. Sabatino
Certificate of Appreciation
Sgt. D.B. Cates
Service School Graduates
Capt. T.E. Quagge (Amphibious Warfare School)
Aviation Safety Award
Capt. M.B. Anderson
SOMS
Welcome Aboard
GySgt. John F. Vavrek Jr.
Promotions
Cpl. D.N. Mclellan
Cpl. J.R. Volez
Cpl. William F. Phelps
LCpl. T.D. White

Good Conduct Medals
LCpl. J.P. Rushton
Sgt. J.J. Brahan (2nd award)
Reenlistment
Sgt. W.A. Strickland
Cpl. C.D. Winston
Certificate of Commendation
LCpl. J.A. Milo
Service School Graduates
Cpl. P.J. Groves
Cpl. L.R. Williams
Cpl. W.R. Barstad
Cpl. J.G. Usher
Commsupt. Co.
Welcome Aboard
Cpl. G. Ware
Reenlistment
LCpl. U.C. Lee

LCpl. R.M. Selgren
Good Conduct Medal
Cpl. W.H. Fedrick
Cpl. J.R. Ramirez

Meritorious Mast
LCpl. R.A. Huey
Promotion
Sgt. T.L. Sorensen

MACS-2 Promotions
Sgt. V.A. Currier
PFC G.S. Owens



2/3 Marines honored

These Marines were recently recognized with the following awards:
front row left, GySgt. C.E. Columbia received a Navy Achievement Medal; Cpl. R.D. Hill, a NAM; Sgt. R.D. Brown, a NAM; Cpl. T.S. Hall, a NAM; Cpl. B.E. Williamson, a NAM; Lt. G.W. Slack, a Letter of Appreciation. Top row, Cpl. A.D. Roskovich, a NAM; Cpl. M.W. Love, a NAM; and Sgt. E.J. Fortson, a NAM; Sgt. W.L. Walters, NAM.

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Births at Tripler

James Michael Smith II, 8 lbs., 7.8 ozs., son of Cpl. James M. and Gigi M. Smith; born Oct. 24.

Margaret J. Wilcutt, 8 lbs., 3 ozs., daughter of Maj. George K. and Margaret A. Wilcutt; born Oct. 25.

Sarah Ellen Riggins, 7 lbs., 1 oz., daughter of Cpl. E. Dean and Gabriela Riggins; born Oct. 26.

WIN

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4. WHEN you hear your name announced on **69KKUA** just call us within 30 minutes, tell us the phrase, and win your rent or mortgage!

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Be on the lookout . . .

Military policemen conduct felon apprehension training

Story and photos by Sgt. Stephen Frank

MPs proficiency for conducting felony and nonfelony car stops.

Nonfelony stops are described by Lambert as any minor violation as speeding, rolling stops, equipment discrepancies, etc. Felony stops occur in cases where the driver is suspected of a major crime, and could be dangerous.

"Our Marines practiced these nonfelony stops because of the frequency of these violations, said Lambert." We need to know what to do and what to say once we've got the vehicle stopped."

Although felony stops rarely, if ever, occur on the Air Station says Lambert, MPs still need to be proficient in handling possible cases.

When the suspect vehicle in a felony stop is first halted, the MP is taught to get the suspect out of the car

and in an area where he can be watched while the MP searches.

Once the suspect is out of the car, the MP will give him explicit directions to move away from the car and lay face down with his arms spread. During this situation, the MP stays behind his vehicle for cover.

After the suspect is down, the policeman advances on the vehicle to check it for other suspects. To add realism to this training, additional suspects were hidden in the trunks of the vehicles to test the MPs.

Once the vehicle is checked, the MP searches the suspect, using various handholds and body positions to keep the suspect immobile.

"This training was very important for us," said Lambert, "and most of our MPs learned alot from it."



Corporal Damien Scott handcuffs a "suspect."



Keeping low, Cpl. Damien Scott cautiously advances on a "suspect" vehicle.



Cpl. Damien Scott maneuvers the "suspect" to a position where he can be easily watched while the vehicle is searched.



With the "suspect" out of the car and face down on the ground, Cpl. Damien Scott searches the vehicle.



Finding another "suspect" hidden in the trunk, Cpl. Damien Scott orders the "suspect" out of the trunk.



1st Radio Bn's Keith Pierce leaps high to block a kill attempt by Camp Smith's Chester Gaede.

Camp Smith captures volleyball championship

Story and photos by LCpl. Wayne Simmons

Camp Smith used aggressive net play and pinpoint serving to defeat 1st Radio Battalion, 15-6 and 15-3, in the Intramural Volleyball Championship game held here last Saturday.

In its first year of competition, Camp Smith caps an undefeated season with a 9-0 record. First Radio Bn. finishes at 7-1.

During the first match, Camp Smith took an early 5-2 lead due to the strong play

of Tao Malufau. After a time out, 1st Radio, behind the tenacious net play of Keith Pierce, Gary Fitzgerald and Dave Torbenson, rallied to close the gap, 8-6. However, Camp Smith used its more experienced front line of C. Lester Gaede, Mike Schoedler and Greg Hoeksema to pound the net and forge ahead to stay.

The second match saw 1st Radio jump out to an early 12-6 lead; but Malufau and crew came storming back by forcing 1st Radio into commit-

ting costly errors. Seven unanswered points proved to be the difference as Camp Smith completed its comeback for a 15-13 victory.

Pierce, 1st Radio's team captain, felt his ballclub played well despite the loss. "We were without two players who are major contributors to our team. We are disappointed, sure, but we've really jelled as a team and I'm proud of our effort. We'll be back next season," Pierce concluded.



The Camp Smith team captured the Intramural Volleyball Championship. Front row: Brian Bristow, Steve Wenger, Marty Ham, Paul Liliterte. Back row: Greg Hoeksema, Doc Reynolds, Chester Gaede, Mike Schoebler and player-coach Tao Malufau



First Radio Battalion take their loss to Camp Smith like champions. Front row: Keith Ansley, Gary Fitzgerald. Back row: J. Taska, Keith Peirce, Kere Papp, and Mark Bade.

Powerlifter holds his own in competition

MCAS Futenna, Japan — Metal weights clang as they are slapped on a metal bar to total 700 pounds. Muscles bulge from the arms of the barrel-chested Marine as he steps up to the weights. A small crowd gathers to watch Sgt. Sylvester "Sly" Anderson perform.

He breathes-in deeply and then shouts to build up his adrenaline. Standing up, sweat pouring from his 5-foot, 5-inch frame, he grimaces as he begins to lift the weight. The bar creaks, starts to bend slightly, but finally gives way to the strength of this Marine.

Nationally ranked among the top 10 powerlifters in the world in all three categories, (squat, benchpress and deadlift), Anderson continues to sweep his 181-pound weight division with record breaking lifts.

Anderson and SSgt. Ausby Alexander, of Camp Pendleton, are the only Marines on a 10-man American team which were scheduled to represent the United

States in the 1986 World Powerlifting Championships, held Nov. 15 and 16 in the Netherlands. He has also been nominated to represent Okinawa in the Marine Corps-wide "Athlete of the Year" competition.

Anderson left Okinawa to train for a few weeks with Alexander in Los Angeles. They then travelled to New York and met with the rest of the American team.

The Shelby, Miss., native was first told of his talents in weight-lifting prior to joining the Corps by his instructor and part-time coach. After boot camp at Parris Island, S.C., Anderson immersed himself fully in weight training.

He has accumulated an impressive list of credentials on his path to a world title. He won his first powerlifting championship in 1980 during his second year as a Marine. In the last six years, he was All-Marine in the 165-pound weight class; and holds two Marine records in the 640-pound deadlift; and 1,553-pound overall

in the squat, benchpress and deadlift.

During the Interservice Powerlifting Championship held this year at Ft. Lewis, Wash., he moved to the 181-pound class and set three Armed Forces records by squatting 705 pounds, deadlifting 705 pounds and benchpressing 385 pounds for a total of 1,795 pounds.

Anderson qualified for the National Powerlifting Championship competition in Dallas and won it. He then traveled to Chicago in July for the American Senior National Championships, and placed first in the 181-pound class. It was this win which gave him a shot at the World Championships.

"The Air Station is behind me in my efforts to win," said Anderson. "My coach, MGySgt. Willie L. Patillow, 46, supervises me on lifts and spots for me. To train I workout for four hours in the morning and then lift again in the evenings for another four hours. I do this workout every other day."

He received permission from HQMC to take time from his work and get ready to compete in the World Championships. "The Marine Corps has given me

the chance to represent my country in a world championship event, and I don't plan to let them down. I feel I stand a good chance of winning because my lifting

is better than many of the men in my weight division," Anderson concluded.

by SSgt. Richard Ness
PAO, MCAS Futenna, Okinawa



All-Marine powerlifter Sgt. Sylvester Anderson, prepares to deadlift.

Special Services

Christmas caroling

Dependent Recreation is sponsoring Christmas caroling for everyone! Rehearsals will be held on Dec. 8 and 12, at 7 p.m., at Dependent Rec, building 1391. Caroling will be on Dec. 19, 20, and 21.

If you are interested, call 254-2963 to sign up, or stop by Dependent Rec.

WM sports awareness program

The Athletics Office is sponsoring a WM Sports Awareness Program, Dec. 10, 11 a.m. to noon, at the Station Theatre.

To participants, a 1987 calendar and sports pamphlet will be distributed and a 15-minute presentation will be given at 11:00 a.m. Sign-up

for coming sports will also be held.

All WMs and Navy women are requested to drop by for a few minutes and see what the Athletics office has available in sports and fitness programs.

For more information, call 257-3550/3622.

Varsity tryouts

Tryouts for wrestling and women's varsity basketball are being conducted by the Athletics Office.

Anyone interested in participating in the sports are urged to call 257-3550/3622.

IM basketball

The organizational meeting for intramural basketball will be held at noon in the Station Theatre, tomorrow. Units planning on entering a team should attend for the rules and regulations.

Youth basketball

Youth basketball registration for players 8 through 16 years old will be held on a first-come, first-served basis at Dependent Recreation Center, building 1391, from 1 to 4 p.m., through Nov. 28.

Applicants must be accompanied by a parent or guardian, and a military ID card or birth certificate is required.

Teen dance

The Teen Club will be holding a "Toga Party" Dance at J-Rock on Saturday from 7 to 11 p.m., in the Family Services Gym, next to the 7-Day Store.

The dance is open to all military family members 13 through 18 years old, and one guest each. A valid dependent ID card is required, and a school ID from each guest, for entry. Tickets are \$1.50 in

advance at Dependent Recreation, or \$2 at the door.

For more information, call Dependent Rec at 254-2963.

Dried flower arranging

Learn to make a Woodrose Wreath to decorate your house or door for Christmas. Class will be held Dec. 3, starting at 6:30 p.m. at the Dependent Recreation Office, building 1391.

Cost is \$18, and all materials will be provided. Deadline to sign up and pay is Nov. 26. For more information, call 254-2963.

Racquetball

The winners of the Fall Classic are: Novice Division — Cpl. Sames, H&MS-24; Intermediate Division — SSGT. Heald, H&HS; Senior/Master Division — GySgt. Peterson, H&HS; and Open Division — Sgt. Gallant, BSSG-1.

Golf catfight

A Golf Catfight will be held at the Kaneohe Klipper Golf Course, Dec. 17, at 12:30 p.m., with a shotgun start.

Entry blanks will be available Dec. 1 at the Station Gym, Special Services Ticket office and Golf Course. Deadline for entry is Dec. 12 at 4 p.m.

For more information, call 257-3550/3622.

Basket weaving

Dependent Recreation is sponsoring three basket weaving classes in December, held on Tuesdays from 7 to 9 p.m.

Each class will have a different basket and fee, and all materials are provided. Dec. 2, will be watermelon basket (four inch), \$6; Dec. 9, heart shaped basket, \$6; and Dec. 16, watermelon basket (6 inch), \$8.

Deadline to sign up for all,

or individual classes, is Nov. 26, at Dependent Rec., building 1391.

New Fitness Center hours

The Fitness Center will change its hours of operation on Dec. 1 to: weekdays, 6 a.m. to 9 p.m.; holidays and weekends, 9 a.m. to 4 p.m.

Volunteer Coaches

Volunteer coaches are needed. If interested, contact Mark at 254-2963. Training will be provided for coaches of all levels.

Kaneohe Bay, Hawaii



Retirement: going into the 'real world'

By Patricia Gail Sears

Sooner or later, every career service person must face retirement. Some have expectations of carefree, leisurely days on a golf course, or fishing in a mountain stream. Others are apprehensive about being thrust out into the "real world." They have no idea how they will

survive, and are concerned that they might not.

These are the unprepared retirees. They may have little or no special training or higher education, and have no real plans for their future. For them, even the thought of "starting all over again" is traumatic.

There are ways to prevent the "retirement panic." Mak-

ing a smooth transition from military to civilian life can be accomplished through careful planning. According to GySgt. David Fromel, from the Joint Education Office, the first and most important step a Marine must take toward planning retirement is deciding exactly what new career will be pursued. Two important considera-

tions which should influence a decision are: the prospective retiree must consider whether the career will provide an adequate income for his family; and should feel sure that he will be happy doing the job for the rest of his life.

The authors of "Transition from Military to Civilian Life," Merle Det-

helsen and James Canfield, suggest that servicemen start planning for retirement about five to 10 years before hand.

They also point out that after a career choice is made, it is a good idea for the serviceman to write a resume and use it as a tool to identify his qualifications. If he is not qualified, Canfield suggests that he immediately start getting the necessary education or training.

If the serviceman doesn't know what he wants to do after retirement, retired LtCol. George Consalves, a Chaminade University counselor, says college may be the answer.

He explains that college not only helps compete for advancement in military careers, but also exposes them to many different areas of study. He believes that everyone has special talents which this exposure can help them discover.

As GySgt. Fromel explains, however, everyone is not cut out to sit behind a desk. "They want to use their hands in jobs like mechanics and carpentry." For them he suggests technical or vocational schools.

Another retirement option is starting a business. Recently, MSgt. Stephen Robinson, of BSSG-1, and a few friends who were nearing retirement, pooled their talents as accountants, business managers and real estate agents to form an investment corporation. But Robinson warns that starting a new business can be a risky venture.

He says that a successful company needs people who are talented in many different areas; however, he believes that with hard work and dedication from the right people, a business can become successful enough to secure a retiree's future.

According to Dethlefsen and Canfield, about two years before retirement the servicemen should start

earnestly looking for a new job. To make the task easier, retired SgtMaj. James McGuirk, former 1st MAB sergeant major, suggests that retirees read "What Color is Your Parachute," by D. Bolles. The book, according to McGuirk, contains valuable information about writing resumes, getting appointments and handling interviews.

"One approach to finding work," says McGuirk, "is to choose three to five companies related to your field, and diligently use the techniques described in the book." However, he cautions, "for one to get satisfactory results, he must carefully research the companies to assure himself they are right for him."

Some good sources for information about companies are periodicals, newspapers and job fairs. McGuirk says that participating in job fairs is both an effective and efficient use of time as it allows you to obtain information about various companies and talk with the "inside people."

"If you make an impression, that man or woman will remember you and they just might be your ticket into a company," says McGuirk.

Another good source of information is the one-day Retirement Seminar offered four times a year by Family Services at Pearl Harbor. Judy Maughm, the director, says the seminar covers a wide range of retirement issues including how to get a job. The program focuses on opportunities for Marine, Navy and Coast Guard personnel.

Finding suitable employment is one of the most important keys to a happy, stable retirement. Speaking on its importance, McGuirk said, "if you aren't happy with your job, you aren't going to be happy with your life." A simple realistic plan can mean the difference between despair and happiness after retiring.

More questions and answers about tobacco

From A-1

breathing. It's about as lethal as cyanide. The reason it doesn't kill smokers quickly is that they take it in tiny doses, which are quickly metabolized and excreted by the body.

5 What in Cigarette Smoke Causes Disease?

Cigarette smoke "tar" is made of several thousand solid chemicals, many of which have been implicated in disease. Among the chemicals in cigarette smoke are acids, glycerol, glycol, alcohols, aldehydes, ketones, apiphatic and aromatic hydrocarbons, phenols, and such corrosive gases as hydrogen cyanide and nitrogen oxide, as well as a heavy dose of poisonous carbon monoxide.

6 What is the Effect of Carbon Monoxide (CO) in Cigarette Smoke?

Carbon monoxide, (CO) which makes up about 4 percent of the smoke of the average American cigarette, has a stronger affinity for red blood cells are meant to distribute

to the body's tissues. Thus, CO in smoke quickly displaces a large amount of oxygen in red cells, forming carboxyhemoglobin (COHb). The average smoker has from 2.5 to 13.5 percent more COHb in his blood than nonsmokers. While nicotine causes the heart to work harder, COHb deprives it of the extra oxygen it demands. CO also promotes cholesterol deposits in arteries.

7 But Aren't Ill Effects of Inhaling These Substances Temporary?

Most are, but in smokers they are repetitive and cumulative — a pack a day smoker inhales smoke about 70,000 times a year. If this continues year after year, the smoker eventually passes the point of

no return for contracting a serious smoking related disease.

8 Then is All Smoking Damage Permanent?

No, not if the smoker stops soon enough. In smokers who have stopped before the onset of irreversible lung or heart and circulatory disease, the body begins to repair itself.

9 Are Mentholated Cigarettes More or Less Harmful?

About 90 percent of all U.S. brands of cigarettes contain some menthol. The mentholated brands contain enough to produce a cool sensation in the throat when smoke is in-

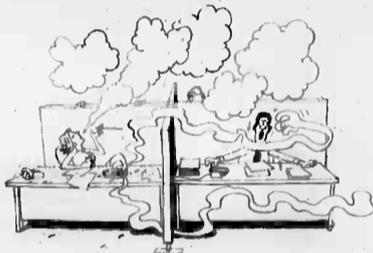


haled. Menthol does not add nor detract from the harm caused by cigarettes, so far as tests show.

10 What About the New Very Low Tar/Nicotine Brands?

Theoretically, the new very low tar and nicotine brands that have taken over a large share of the U.S. cigarette market in the past few years offer a reduced health risk. But only theoretically. Two facts not generally known are:

1. These brands have greatly reduced tar and nicotine and "taste." In order to satisfy smokers, manufacturers have been forced to add a variety of flavoring compounds, some of which are known to be carcinogenic (cancer-causing) or toxic (poisonous).
2. One brand produces a very low level of tar and nicotine in the smoking machine. But when smoked by a smoker it puts out a much higher tar/nicotine concentration.



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Island Happenings

Honolulu Community Theatre

The Honolulu Community Theatre presents Nanette Fabray starring in Neil Simon's hit comedy, "Last of the Red Hot Lovers," on Dec. 1, 2 and 3 starting at 8 p.m. Tickets are \$12, \$10 and \$7, and are available now at the HCT box office and all satellite locations, and all military Special Services desks. Fabray has been appearing on stage since the age of three when she made her vaudeville debut as "Baby Nan." She has since starred in the long-running TV hit, "One Day at a Time" and appeared on numerous game shows.

"Last of the Red Hot Lovers" is the story of a seafood restaurant owner and his rendezvous affairs with three different women, all of whom will be played by Fabray.

Kailua Festival

The Kailua Chamber of Commerce Special Events Committee is planning its annual Christmas holiday festivities.

Activities planned will include a tree decorating and lighting ceremony, in front of the Kailua Police Station, Dec. 5; and the annual parade on Dec 13. Parade theme this year is "Christ-

mas Around the World".

The Kailua Jaycees will again sponsor a free "Call Santa" program. Details will be announced in coming weeks. A "Write Santa" program will also be available. Youngsters may write to Santa Claus in care of General Delivery, Kailua, HI 96734 for a personal response.

Christmas caroling in the Kailua business district is also planned, and volunteer coordinator for this effort is needed.

The committee needs additional help with all events. Meetings are held on Monday evenings in a private home. Volunteers are encouraged to call 261-2727 for more information.

Kaiser high swap meet

Kaiser High School's first Swap Meet and Silent Auction will be held, Nov. 22, from 8 a.m. to 3 p.m. For swap meet space, call 396-0399 or 395-7511.

Native American gatherings

The Native American Association will sponsor Native American gatherings Nov. 22, from noon to 4:30 p.m., at the Makalapa Community Center, 99-102 Kalaloa St., Aiea.

Live entertainment will be performed by Native Hawaiians and American

Indians; special guest speakers; videos and slide shows will be shown. Orville McKinley, an Indian physician from the Navajo reservation will be the special guest speaker.

Honolulu Community Theatre

The Honolulu Community Theatre continues its 1986-87 season with John Van Druten's comedy, "Bell, Book and Candle," a Broadway hit about a modern-day witch who craves romance.

Performances are Nov. 21 to Dec. 7, with shows at 8 p.m. Thursdays through Saturdays, and at 6:30 p.m. on Sundays. On Nov. 26 the

performance begins at 8 p.m. Tickets are \$10, \$9 and \$7. They are available at the HCT box office and all satellite locations and at military outlets.

The Honolulu Community Theatre is holding auditions for "The World of Suzie Wong," Paul Osborn's show set in the seedier side of Hong Kong.

Auditions are on No. 22 and 23 at 2 p.m. in the HCT Rehearsal Hall on Diamond Head. For scripts and information, call 734-8763. Nine men and eight women are needed.

For information, call HCT at 734-0274.

Sports Shorts

Puuloa gun club to elect officers

The Puuloa Rifle and Pistol Club, which was recently formed and headquartered at the Puuloa Rifle Range, Ewa Beach, will elect club officers at its next meeting.

The current officers were elected for a temporary term to help organize and form the club. While they may be eligible for reelection, nominations for new officers will also be accepted.

For club members to participate, they must be present at the 7 p.m. Dec. 1 meeting held at the Alibi Club, Puuloa Rifle Range. New members may also be accepted for club

enrollment at that time.

For more information, contact CWO-3 J.J. Windsor at 471-8011/8235.

Volunteers needed

Honolulu Marathon officials are looking for volunteers to work at the start and finish lines to collect and return clothing and personal effects not needed by the runners during the race. Volunteers will receive a T-shirt, and should contact Mari Gabrielson 524-3630 (day) 247-8088 (eve) for information.

Cross country

The first Armed Forces Cross Country Championship will be held Jan 7-9, at Pope AFB, N.C. The cross country championship is replacing the Armed Forces Marathon Championship on the Marine Corps calendar.

Applications must be received at HQMC by Dec. 5, to be considered. Those applying must have an endorsement or statement from their command concerning availability for higher competition.

Those selected will be notified by message. For more information, refer to CMC message 311900Z Oct 86.

Religious services

MCAS KANEOHE BAY 257-3552 Weekdays

11:45 a.m. — Catholic Mass

Fridays

Noon — Jumrah Prayer Services, Bldg. 401.

Saturdays

6 p.m. — Catholic Mass

Sunday

7:30 a.m. — Catholic Mass

8:30 a.m. — Protestant Communion

9:30 a.m. — Protestant Sunday School, Pre-School, Bldg. 1391.

9:30 a.m. — Catholic Mass

11 a.m. — Protestant Worship

1 p.m. — Samoan Congregation

Confraternity of Christian Doc-

trine for Catholics is held on Mondays. Pre-School through Kindergarten levels are taught at the Chapel, 3:45 to 4:45 p.m.; Grades 1-12 are taught at Moku Elementary School, 6:45 to 7:45 p.m.

Confession Reconciliation for Catholics is held up to 15 minutes before each mass or can be scheduled on an individual basis by appointment.

The Station Chapel is located in the right rear corner of the Marine Corps Exchange, building 1090.

Camp H.M. Smith 477-5098 Sunday

8 a.m. — Catholic Mass

9:30 a.m. — Protestant Worship

9:30 a.m. — Protestant Sunday School

Tuesday

11:30 a.m. — Catholic Mass

Wednesday

6:45 a.m. — Prayer Breakfast

7 p.m. — Choir rehearsal

Friday

11:30 a.m. — Catholic Mass

Aloha Jewish Chapel

Pearl Harbor

471-0050

Friday

8 p.m. — Shabat

Saturday

10 a.m. — Shabat and Torah Study

Rent-all Center

The Rent-All Center here has a variety of items available to help maintain, entertain or just make life easier around your home. The center has also updated its price list, and the following information gives all items and rental prices available.

Hours of operation for the center are 9 a.m. to 5 p.m., Monday through Friday; and 8 a.m. to 4 p.m. Saturday and Sunday. For more information, call 254-3230.

Items	Daily rate	Weekly rate	Monthly rate	Deposit	Hourly late fee	Daily late fee
Air compressor	\$ 5	\$30	\$100	\$30	\$1	\$ 2
Bed (roll-a-way)	2	10	30	20	.50	2
Bicycle	2	8	25	10	.50	2
Booster cable	2	7	N/A	5	.50	2
Card table	1	5	12	N/A	.25	1
Chain-saw	10	25	60	20	1	10
Chairs (folding) ea.		2	N/A	N/A	N/A	.50
Dollie (hand truck)	1	7	N/A	N/A	N/A	1
Extension cord		2	N/A	N/A	N/A	.50
Fans	1	3	8	8	.25	1
Gas cans		N/A	N/A	N/A	N/A	.50
Hedge trimmer (elec.)		(\$5 a dy/\$2 for 3 hrs)	N/A	N/A	.50	2
Lawnmower		(\$6 a dy/\$3 for 3 hrs)	N/A	N/A	.50	2
Microwave oven	3	10	27	27	.50	2
Power tools	3	8	24	5	.50	2
Refrigerator (3.4)	3	7	16	12	.50	2
Refrigerator (2.6)	2	6	13	10	.50	2
Refrigerator (1.7)	2	5	8	8	.50	2
Table, banquet	3	10	25	10	.50	2
TV 13" color	2	8	22	22	.50	2
TV 19" color	3	10	27	27	.50	2
Typewriter	5	15	40	20	.50	2
Vacuum cleaner	2	6	15	10	.50	2
Weedeater (elec.)		(\$5 a dy/\$2 for 3 hrs)	N/A	N/A	N/A	N/A

Garden Equipment - 24-hour rental period for \$1

Axe	Trowel
Broom, street	Shears, pruning, hand
Broom, wall	Gas can - (\$10 Deposit)
Edger, roller	Sprinkler
Edger, spade	Shears, grass
Hoe	Extension cord
Pickaxe	Hack saw
Post-hole digger	Sprayer
Seed spreader	Fertilizer spreader
Shears, grass	Wheelbarrow
Shears, hedge	Hand saw
Shovel, long	Ladder 6', 8' or ext.
Shovel, short	Shears, pruning (long handle)
Shovel, coal	Tree trimmer, long-handled
Squeegee, long handled	
Sledge, hammer	
Swing blade	
Tree saw	

"Rug Doctor" steam cleaners

Rug Doctor with floor tool	\$12/24 hours
Rug Doctor with upholstery tool	12/24 hours
Rug Doctor with both tools	15/24 hours
Late charge	\$3/hour; max. \$12

Detergents for rug cleaner

Detergent (gal.)	\$12.50
Detergent (1/2 gal.)	7.25
Anti-foam	2.60
Odor killer	4.25
Spot Remover	4.25
Pet stain remover	4.25
Traffic lane	4.40
Upholstery cleaner	5.25

Electric rotary floor cleaner

\$3 a day	\$7 for 3 days \$12 a week
deposit	\$10
late charge	\$1 an hour - \$3.75 per day max.

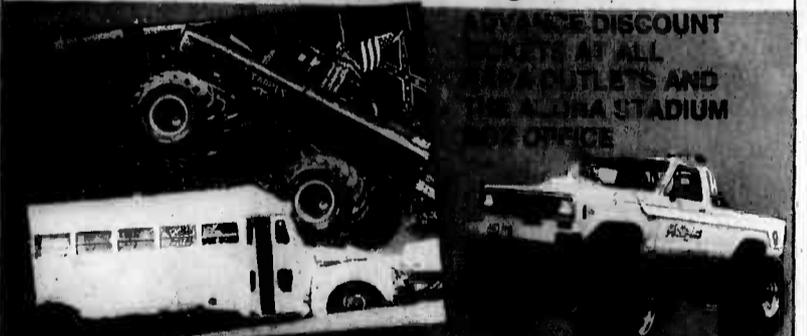
Family Dental Care

Sick call: Monday-Friday (except holidays) 4 to 6 p.m.
Care: Monday-Friday (except holidays) 6 to 9 p.m., by appointment only. Screening exams, preventive dentistry lectures, and fluoride treatments will still be conducted on the second Saturday of each month by appointment. Preschool children will be seen at this time. All questions concerning dental care will be answered Monday-Friday, except holidays, 2 to 9 p.m. by calling 257-3226/2290.



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December 12, 13 — Fri. and Sat. Nights Aloha Stadium



Movie schedule

Family Theater
7:15 p.m. Nightly
257-3666

Friday, Saturday
and Sunday

Monday
Surprise movie classic.

Tuesday, Wednesday
and Thursday

Jake Speed (PG). Action adventure. When a young woman is kidnapped, her older sister welcomes the help of a fictitious modern-day hero on her fast-paced and frantic chase.

The Karate Kid, Part II (PG). Ralph Macchio and Pat Morita. Martial arts. Karate student Daniel and his mentor, Miyagi, visit Miyagi's dying father in Okinawa. They find themselves caught in an ancient feud and battle deadly foes for survival.

Thursday

Fire with Fire (PG-13). Romantic comedy.

488-7731

Runner's Forum

Q. In preparing for the Honolulu Marathon most of my workouts have been on flat and level courses. A few of my friends said I should be training on hills if I really want to get in shape. Are hill workouts that important, or should I concentrate on running faster on my usual courses?

A. I don't think there are any rules requiring hills to be incorporated into a training regimen; but look at all that pain and fatigue you are missing. Seriously, hill running should be part of your total running program.

A hill workout gives big muscles, specifically the quadriceps, the stress needed to really develop. There is one rule to keep in mind when running hills, though; you can never beat it, you just break even.

The correct body posture for hill training differs from the flatland style. You should maintain a slight forward body lean while pumping your arms, and focus your eyes about four or five feet ahead. Emphasis on keeping your form and "working through" the hill should be your goal.

Never stare at the top of the hill, especially one that is long since it will appear that

you aren't making progress. Remember, hill training is a mental, as well as a physical, game.

There are two basic methods for running hills — passive and aggressive.

A passive hill workout is done in conjunction with a normal training run. As you confront a hill, concentrate and maintain your pace up and over the hill instead of just plodding up. Try to develop this technique when

you approach a hill on a training run.

The aggressive hill method is a dedicated hill workout. This is when a selected hill is used, and repeat runs are made in a set time. As in interval training, an aggressive hill workout is very demanding, and the following day's workout should be at an easier pace.

In all hill training, the possibility for injury doesn't occur on the uphill, but in the

downhill run. A tremendous strain is placed on the lower back, your quadriceps and your knees. This is a result of the breaking motion exerted to control the descent.

Experienced runners develop a downhill running technique by letting their

bodies flow in a controlled fashion and avoid negative breaking. This comes from practice and muscle development. For the beginner hill runner, I recommend emphasis on pushing up the hill and running very easy or walking down.

I believe hill training should be part of everyone's training regimen. Not only will your physical power improve, but your mental toughness will be sharpened.

by LTCol. Tom Curran
Camp H. M. Smith

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What's cooking

- Today**
- Lunch**
Liver Fiesta, Newport fried chicken
- Dinner**
Swiss steak with brown gravy, hot turkey sandwich
- Friday**
- Breakfast**
Baked sausage links, oven fried bacon
- Lunch**
Beef pot pie, hot roast pork sandwich
- Dinner**
Seafood platter, hot roast beef sandwich
- Saturday**
- Brunch**
Grilled minute steak, grilled ham slices
- Dinner**
Yunkee pot roast, Salisbury steak
- Sunday**
- Brunch**
Grilled Canadian bacon, grilled sausage patties
- Dinner**
Charbroil steak-to-order, baked chicken
- Monday**
- Breakfast**
Corned beef hash, grilled ham slices
- Lunch**
Barbecued diced pork, Sukiyaki
- Dinner**
Veal roast, french fried fish portions
- Tuesday**
- Breakfast**
Baked sausage links, creamed beef
- Lunch**
Chili Conquistador, BBQ spare ribs
- Dinner**
Syrian beef stew, chicken fried beef patties
- Wednesday**
- Breakfast**
Minced beef, oven fried bacon
- Lunch**
Turkey pot pie, grilled liver
- Dinner**
Roast fresh ham, Salisbury steak

Ticket info

- Quite Riot** — Aloha Tower, Dec. 7, at 7:30 p.m. Tickets are \$14 general admission.
- Fabulous Thunderbirds** — Sheraton Hotel, Dec. 11 at 7:30 p.m. Tickets are \$17.25 for reserved tables.
- Ron Townson, Jean Terrell and Wild Honey** — Casablanca Restaurant, Nov. 20 and 21 at 8:30 and 11 p.m.
- Judas Priest** — NBC Arena, Dec. 16 at 7:30 p.m. Tickets are \$17.
- OMD** — Sheraton Hotel on Dec. 9 at 7:30. Tickets are \$16.
- Gymnastics Classic** — NBC arena, Nov. 21 and 22 at 7:30 p.m.; Nov. 23 at 2 p.m. Tickets are \$13.50, \$11.50. Children and senior citizens \$2 off.
- Whitney Houston** — NBC arena, Dec. 1 7:30 p.m. Tickets are \$23.50 and \$18.50.
- Pro Bowl** — Aloha Stadium on Feb. 1 at 11 a.m. tickets are \$12.50.
- Aloha Bowl Football** — Dec. 27, 3 p.m. Tickets are \$15 for 40-50 yd. line seats.
- KMC MidPac reservations can now be made through Special Services. Ask for Margaret between 10 a.m. and 2 p.m.
- For more information, call Margaret at 254-3904 or stop by building 219.

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Free classified advertising in the Hawaii Marine may be submitted by active duty and retired military personnel from all branches of the Armed Forces including the U.S. Coast Guard, and their bonafide family members. Advertising must not exceed 20 words, or be a commercial venture or business. Real estate ads must be "sold/rented by owner" only. Items advertised in Hawaii Marine Classifieds section must be made available for purchase, use or patronage without regard to race, color, creed, national origin or sex of the purchaser, user or patron. A confirmed violation, or rejection, of this policy by an advertiser will result in refusal to print any advertising from the violating source(s). The completed form must be submitted, in person, to the Joint Public Affairs Office, building 244, by 3 P.M. ON THURSDAY for the following week's issue of the Hawaii Marine. The Public Affairs Officer, or his designated representative, reserves the right to edit, accept or reject any advertising submitted for publication. A valid active duty military, retired or dependent ID card must be shown upon request. Ads are not automatically republished, and must be resubmitted. Submission of ads does not guarantee publication as they are printed on a space-available basis.

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24" bike Mongoose frame \$10; Manual typewriter \$10; Training potty chair \$15; Hot air cornpopper \$10; wood/canvas rocking chair \$8, call Joe AWH 254-1615

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Ten million quitters today?

Washington, D.C. - An estimated 10 million people will stop smoking for a day, Nov. 20, as part of the 10th Annual "Great American Smoke Out."

Sponsored by the American Cancer Society, the "Smoke Out" is celebrated across the nation with festivities and events designed to keep smokers off cigarettes for at least 24 hours. The program stresses the benefits

of quitting. Each year, 350,000 Americans die of diseases linked to cigarette smoking.

In recent years, the American Cancer Society began warning that "dipping" or "chewing" smokeless tobacco can cause mouth cancer as well as damaged teeth and gums.

All smokers are urged to join in the "Great American Smoke Out," Nov. 20.

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ATTENTION CLASSIFIED CUSTOMERS

Our deadlines for the Thanksgiving issue are follows:
Class Display ad due by 3 p.m. Friday
Line Ads due by 4 p.m. Monday
Cancellations & corrections due by noon Monday.
Sun Press will be delivered on Wednesday, November 26.

Our office will be closed on Thursday, November 27.

Call Today-Don't delay! Dial

235-5881 to place your Thanksgiving ads now! Have a safe and Happy Holiday!



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10 Cemetery Plot

VALLEY of The Temples-Garden Holy Cross, 2 plots. Call 923-1346

20 Lost & Found

GREY female cockatiel answers to Keeli. Missing 11/3. Please call 422-4125

29 Persons

PEACE

Religion is a radiant light and an impregnable stronghold for the protection and welfare of the peoples of the world, for the fear of God impelleth man to hold fast to that which is good, and shun all evil... Baha'i writings. We invite you to investigate our plan for World Peace every Friday 8 P.M. at 181 Kailua Rd., Kailua Information 238-8832

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May the sacred heart of Jesus be adored, glorified, loved & preserved through the world now & forever. Sacred heart of Jesus pray for us. St. Jude worker of miracles pray for us. (Please include these directions: Say this prayer 9 times a day by the eighth day your prayer will be answered. Say it for 9 days. It has never been known to fail. Publication must be promised. Mahalo St. Jude.) G.C.B.II

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Part time for house coverage. Must be willing to work flexible hours. Current Hawaii RN license. 5 years RN experience in acute facility within last 7 years. At least 2 years supervisory experience.

Apply in person 10 a.m. to 3 p.m. Personnel Office

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21 Personals

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VISA/MC Guaranteed Age employment, poor credit - No problem! Credit line. Suite 111, 377 Keahole #6. Hon., HI. 96825

31 Home Services

CUSTOM vinyl/tille repairs, old floors made new again. Bob Monti, owner 737-2067

NATIONAL Painting-Complete int. house. Christmas special \$475. 396-8380

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REPAIRS or Renovations. Let me help to \$100. Call 254-5431 Tim Chuck

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We Make the difference between satisfaction & excellence. Whatever your needs, we can do! We have lawn, plant & tree doctor - 282-7879, 928-8179 Lic.

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- Tree Trimming
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HBTY's

NUTCRACKER

BALLET

It brings magic to your holidays!

Leeward Community College Theatre

Evenings: Dec. 6 & 12, 8 pm
Matinees: Dec. 7 & 14, 2 pm
Special Children's Matinee: December 13, 1 pm (preceded by "An Introduction to Ballet")

Free Sugarplum Tea and Sarsa follow each matinee

Tickets at House of Music, Kahala Music, Pearlridge Music \$12 adults, \$8 children (12 & under) \$1 discount for military and senior citizens. For group discounts and information, call 946-4511. All seats reserved.

HBTY's Nutcracker Ballet Mail Order

Name _____ Phone _____

Address _____ Zip _____

Write number of tickets in appropriate spaces, multiply by ticket cost, and enter totals in right-hand column. Send check and self-addressed, stamped envelope to: HBTY, PO Box 441, Honolulu, Hawaii 96809. (Phone 946-4511)

December	6th	7th	12th	13th	14th	Total
Adults						\$12.00
Children						\$8.00
Less \$1 discount per ticket for military and senior citizens						\$
TOTAL (payable to HBTY)						\$

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SUPPORTING OUR LOCAL ILH & OIA FOOTBALL TEAMS...

WILLY'S TRANSMISSION

46-148 Kahuhipa Street

235-6488

Kaneohe, HI. 96744

OIA SCHEDULE

Friday, Nov. 21

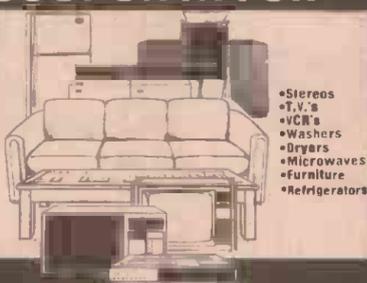
5:45 p.m. Farrington vs. Waianae
8:00 p.m. Kahuku vs. Waianae
OIA JV Championship OIA Championship

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1 WEEK'S FREE RENT!

*ON ANY NEW RENTAL - 1 month minimum

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Professional Treating & Spraying of Trees & Shrubs

Sprinkler Installation

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2 pairs of Daily Wear (non-Astigmatic) for \$118 w/care kit, follow up visits for 60 days.

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4 DR. SD., AUTO, STEREO
BES-095

WE WILL MAKE YOUR FIRST 2 PAYMENTS NO PAYMENTS TIL MARCH 87

\$109 PER MONTH
CASH PRICE \$4095



'83 NISSAN SENTRA
WAGON, AUTO, A/C, MHA048

WE WILL MAKE YOUR FIRST 2 PAYMENTS NO PAYMENTS TIL MARCH 87

Model	Price	Model	Price
80 MAZDA GLC	NOW \$1495	81 MERCURY ZEPHYR	NOW \$1895
69 FORD MUSTANG	NOW \$1495	84 CHEVY CHEVETTE	NOW \$2895
80 CHEVY CITATION	NOW \$1695	79 MAZDA RX7GS	NOW \$3295
81 PLYMOUTH RELIANT	NOW \$1995	84 NISSAN SENTRA	NOW \$3495
81 CHEVY CHEVETTE	NOW \$2895	81 NISSAN 200SX	NOW \$3495
85 HONDA CIVIC S/W	NOW \$5295	81 CHEVY C-10 P/U	NOW \$4395
85 MAZDA 626 LX	NOW \$8195	85 HONDA CIVIC S/W	NOW \$5295
85 CHEVY BLAZER 4x4	NOW \$9895	85 MAZDA 626 LX	NOW \$8195
83 CADILLAC SEVILLE	NOW \$11895	85 CHEVY BLAZER 4x4	NOW \$9895

THIS WEEK'S BEST BUY!!
\$13900 PER MONTH
CASH PRICE \$5495 48 MO.



'85 DODGE RAM P/U
A/C AM/FM CASS 17406

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\$15900 PER MONTH
CASH PRICE \$6195 48 MO.



'84 PONTIAC FIREBIRD
5 SPD., TINTED GLASS, STEREO, CAF680

WE WILL MAKE YOUR FIRST 2 PAYMENTS NO PAYMENTS TIL MARCH 87



WE BUY USED CARS INSTANT CASH!!
WE SPECIALIZE IN FINANCING FOR ARMED FORCES PERSONNEL

Payment Based on 14.75 A.P.R. with 1980 Down Subject to Prior Sale, Financing D.A.C.
Expires 11/26/86

114 Real Estate for Sale

OCEAN view Fee 3 bdrm., 2 ba., 2 carport, 10,000 sq. ft. \$165,000. 247-8110

NOW VA APPROVED!

Pearl Kal Terrace 834 Lehua Ave., Fee, 2 bdrm., covered prkg., air cond., security gate, close to shopping ctr. & bus line. \$64,500. Gwen Ching (RA) 488-3631. Properties Unlimited 487-3855

115 Real Estate Announcements

VA FORECLOSURES

Low down payment with minimum closing expenses. Investors & non-veterans can purchase. There will be plenty to choose from. Phone Jim Watson (R) for info. 823-4426, 487-0000, Hawkins & Assoc. Inc.

120 Home Furnishings

RATTAN sofa dining set \$125 ea.; wicker desk \$160; sofa \$65. Ph. 732-3385

SEARS Open Home

dark pine 5 foot, 6 drawer dresser with large mirror. \$300. 395-9963 eves.

SECTIONAL couch

5 pcs., good cond. \$150. 263-4270

WATERBED Renewed

Guaranteed any size incs headboard. Aquawood Alea Shp. Ctr. 486-3288

WATERBED w/bookcase

headboard, heater, new. \$311 boxed \$250. 621-3066

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Call anytime 521-6311

5 PC. complete liv. rm. set

good cond. \$150; lounge recliner chair, excl. cond. \$150. Ph. 261-1451

QUEEN Sofa slpr. w/ matching loveseat

\$850. Whit. desk drawer \$90. 239-2179

LIVING room furn., like new

sofa bed, misc. furn., reasonable price. 262-9502

FURNITURE: matching couch & 2 chairs

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Expert piano moving. 833-1857 or 395-7295

HOUSEHOLD Moving

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MOVING to mainland

lamps; bamboo nightstand; chests; stereo; corner shelves; pictures; plants; rollaway bed; occ. chairs; coffee table, etc. Must sell! 47-696-46 Hui Keliu St., Temple Valley, Fri./Sat. 9 to 4.

SAT., 9 to 3, 174-1 Noke St.

Aikahi Gardens, TV table, lamps, chests set. Scott spreader & misc.

5 FAMILY sale, Sat. 9-4, 47-029 Hui Iwa Pl., Kaneohe.

Clothes, furn., camper top, luggage, clay pots, hshld., misc. No early sales.

GARAGE Sale: 11/22, Sat. 8 to 2, 868 Auwina St., Kailua, misc., games, clothes.

MILITARY DISCOUNT

EAST COAST \$475 R/T
EUROPE \$649 R/T
L.A., S.F., SEA. \$198 R/T

Must purchase by 11/26/86
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\$30.00 HEAD CLEANING SPECIAL
15% DISCOUNT ON ALL PARTS
FREE PICK-UP AND DELIVERY 254-1470

Hours: 9am-6pm Tues.-Sat. Closed Sun. & Mon. Hrs.

123 Moving-Storage

WE PICK UP & STORE for \$25 Primo Mini-Storage 487-2098

124 Garage/Land Sale

MOVING to mainland; lamps; bamboo nightstand; chests; stereo; corner shelves; pictures; plants; rollaway bed; occ. chairs; coffee table, etc. Must sell! 47-696-46 Hui Keliu St., Temple Valley, Fri./Sat. 9 to 4.

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SALE TAPES AS LOW AS \$4.99
ALL TAPES FULLY GUARANTEED 487-6668
RENTALS AS LOW AS 99c PER DAY

DIAMOND VIDEO EXCHANGE 98-055 KAM HWY., AIEA (IN THE OLD PRIMO BREWERY W/HOUSE BEHIND ACURA)

ONE FREE TAPE RENTAL WITH THIS COUPON - COUPON EXP. 12/3/86

124 Garage/Land Sale

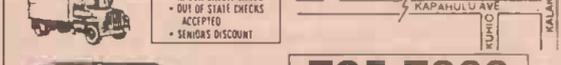
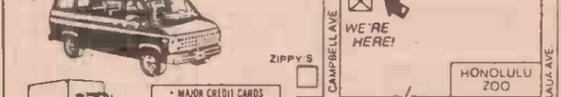
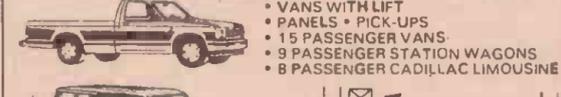
MOVING to mainland; lamps; bamboo nightstand; chests; stereo; corner shelves; pictures; plants; rollaway bed; occ. chairs; coffee table, etc. Must sell! 47-696-46 Hui Keliu St., Temple Valley, Fri./Sat. 9 to 4.

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MOVING to mainland; lamps; bamboo nightstand; chests; stereo; corner shelves; pictures; plants; rollaway bed; occ. chairs; coffee table, etc. Must sell! 47-696-46 Hui Keliu St., Temple Valley, Fri./Sat. 9 to 4.

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NO MILEAGE CHARGE
VANS WITH LIFT
PANELS • PICK-UPS
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9 PASSENGER STATION WAGONS
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DISCOUNT AUTO CARE
QUALITY WORKMANSHIP
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 Most Pickup Trucks REG \$59 \$39
 Most 2-Door Cars REG \$99 \$69
 Most 4-Door Cars REG \$129 \$89
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124 Garage/Land Sale **126 Miscellaneous**

LEAVING Hawaii everything goes, furn., appls., tools, plants, more. 1425 Leleia St., Foster VIII. Sat./Sun. 22, 23, 422-6276 9-5

PRE MOVING SALE - lots of clothes, plants, furn., & misc. Sat. 11/22, 7-1 44-509 Kaneohe Bay Dr.

FURN. hsd., piano, etc 112-2 Puwa Pl., 254-5474 Sat./Sun. 9-12 or by appt.

GARAGE Sale: Wht. corner hutch & other items, plants. Sat. 8 a.m. to 2 p.m., 79 Aikahi Ln., Kailua

8th Annual HOLIDAY BOUTIQUE
 Thurs., Nov. 20 5-9
 Fri., Nov. 21 9-5
 Sat., Nov. 22 9-3

1335 Kahili St., Kailua
 All Items Handmade

HAWAII Kai-Moving! Beds, desk, table, yard furn., bikes & misc. 550 Poipu Dr. 11/22, 8-12 p.m.

GARAGE Sale: Sat. 8-3, furn., records, hsd. items. 1245 Ulunahale St. Kailua.

GARAGE Sale: Sat. Nov. 22 & Sun. Nov. 23, 8-5, 164 Kakaia St., Kailua. Books, clothes, hsd. items, disk, motors, surf boards, dry sauna, etc.

ENCHANTED Lake-Sat. 9-4, large rugs, Deita guitar, Olivetti electronic typewriter, adult summer/winter clothing, hsd. misc. 678 Keolu Drive.

LANIKAI: 8-2 p.m., 11/22, 916 Aalapa. Plants, bike, tables, bookcase, misc.

XMAS BOUTIQUE & CRAFTS
 Nov. 21 & 22, 1986
 Friday & Saturday
 8 A.M. - 4 P.M.

1308 HUMUULA ST. KAILUA
 Everyone Welcome
 Bring A Friend

MOVING Sale 9 am-5 pm Sat. Two like new Penn Senator 14/0 & two 12/0 reels w/rods, dresser, toys, books, lge. desk. 203 Hinau St. Kailua. 254-1206

CHRISTMAS Toys, gifts, decorations. All new 25-50% off. Sat. Nov. 22, 8-1, 1222 Ulupalakua St. near Kailua H.S.

ANTIQUES, mopeds, unbelievable items at Swap Meet & Auction, Kaiser High School, Sat. Nov. 22, 8 to 3 p.m. Don't Miss It.

MOVING Sale: chests, books, misc., lawn mower, some tools 315 No. Kalaheo Ave., Kailua, 10 to 5, Sat., 11/22, Sun. 11/23, 9 to noon.

NEW designer clothes, wicker, plants, heavy duty screen door, Sat. 11/22, 8-1, 43 Wilikoki Pl., Kailua

GARAGE & Moving Sale Nov. 22 & 23, 9-5 p.m. 1599 Uluhau St., Kailua

MOVING Sale: 47-374 Hui Koloa Pl. Kaneohe, Saturday

CHRISTMAS CRAFT SALE
 6th Annual
 Sat. Nov. 22
 9:00-2:00

925 Iliwi St. Waiālae, Kahala
 Many Handcrafted Items

125 Home Appliances

FROST free refrig. \$200; washer \$150; stacked wash/dry \$250. 262-7693

AVOCADO Kenmore washer & dryer \$200, 17 cu. ft. refrig. w/ice \$250, Port. d/w \$200/all for \$550. 623-5909

FULL size refrig. \$139/washers, dryers, stacks. Full warranty! Specials on now! Call KND 949-0638.

GE refrigerator used only 6 months \$200. 474-8195 or 487-9150 ask for Tam

126 Miscellaneous

'85 RAINBOW vacuum. Cost \$900. Must sell \$350. Call 735-2055 or 923-7943

PAINTING Classes by Joanna Libkman, B.F.A. for unique Xmas gift. 261-8426

WM Uniforms for sale, sizes 12 & 14, full set of dress blues. 254-3142

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Models may not be exactly as shown

<p>\$13,988</p>  <p>1986 CELEBRITY WAGON AT overdrive, power windows, power seats, power door locks, stereo cassette, loaded. Stk 5974</p>	<p>\$8,988</p>  <p>1987 CHEVY NOVA 4 door, 5 speed, retail \$9,540.50. Stk 6368</p>	<p>\$13,988</p>  <p>1986 CHEVY CAMARO Automatic, AM/FM cassette, power windows. T-roof, loaded, retail \$15,993.50. Stk 24516</p>
<p>\$15,988</p>  <p>1986 MAZDA RX-7 5 spd., sunroof, AM/FM stereo, AC, sport package, retail \$19,836.50. Stk 5699</p>	<p>\$9,988</p>  <p>1986 MAZDA 323 LX 3 dr., H/B, AT, PS, AM/FM stereo, tilt wheel, AC, retail \$11,665.50. Stk 5911</p>	<p>\$20,988</p>  <p>1987 MAZDA RX-7 TURBO 5 speed, sunroof, power windows, stereo cassette, loaded, retail \$24,241.50. Stk 6105</p>
<p>\$8,888</p>  <p>1987 CHEVY S-10 PICKUP Fleetside, 4 speed, power brakes, EL package, retail \$11,455.50. LT6340</p>	<p>\$12,388</p>  <p>1986 S-10 EXT. CAB PUP 6 cylinder, automatic, power steering, AC, loaded, retail \$14,698.50. LT6066</p>	<p>\$16,777</p>  <p>1987 CHEVY ASTRO VAN Air conditioning, tilt steering, loaded with options, retail \$18,340.50. LT6385</p>

'85 Dodge Ram Van Conversion, AT, V8, AC, 24238 \$14,388	'84 Citation Sedan 4 dr., 3.000 miles, 24253 \$4,777	'81 Cadillac Seville All the toys, 24278 \$9,995	'85 Cavalier CS 4 dr., 8,888 miles, 24146 \$7,777	'78 Cadillac Seville New paint, hwy load, 24170 \$3,389
'84 Ford Ranger 4 dr., 8 cyl., 4 cyl., P.S. 24350 \$8,688	'78 Buick Century 4 dr., station wagon, 24568 \$1,295	'82 Cavalier Sedan 4 dr., 53,000 miles, 23544 \$2,777	'84 Camaro Z-28 Loaded w/options, 24300 \$9,777	'81 Buick Regal AT, V8, P.S., AC, 24415 \$3,495
'84 Chevy 4x4 Blazer 5 dr., 8 cyl., 8 spd., 24450 \$11,888	JIN CHEVROLET MAZDA			
'84 Ford Bronco 4x4 V8, AT, P.S., AC, 24475 \$10,488	All Cars Subject to Prior Sale. Prices Plus Tax & Licenses.			

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