

Hawaii Marine

Vol. 18, No. 55

Published at MCAS Kaneohe Bay, Also serving 1st MEB, Camp H.M. Smith and Marine Barracks, Hawaii.

September 7, 1989

Marine astronaut tests new space shuttle lights here

Story and photos by Cpt. Reginald M. Cole

Kaneohe-based Marines assist

Major Andrew M. Allen, a Marine astronaut pilot with the National Aeronautic Space Administration (NASA), completed a series of space shuttle tests at Hickam Air Force Base using a Kaneohe-based, Marine Corps C-12 passenger plane, Aug. 29.

The test flight was performed in order to determine the visibility of a landing aid system NASA employed on the ground to guide the space shuttle during landing.

The astronaut, teamed with Marine Corps C-12 pilot Maj. John Ailshire of Station Operations and Maintenance Squadron, made several passes over the Hickam runway during the daytime flight.

The space shuttle has numerous landing sites throughout the world that are augmented with the space shuttle's equipment to help aid the pilots in landing. "That equipment is a microwave visual landing aid system," said Allen. The landing aid system the astronaut was referring to is called

Precision Approach Path Indicators (PAPI), which is a series of lights placed 6,500 to 7,500-foot short of the runway. These indicators give the shuttle pilots glide-scope information as the space shuttle prepares to land.

Another set of lights called Ballbars — which resemble giant meatballs — are used for the shuttle's in-close glide path.

"Normally, when we come down to land, we would shoot for a 19-degree approach at about 300 knots (345 mph) at 2000-foot up," said Allen. "Then we would flare the shuttle towards the runway, using the lights to guide us in."

NASA has augmented the landing sites at Edwards Air Force Base, Calif., White Sands, N.M., and Kennedy Space Center, Houston, Texas, with the visual landing aid system. There are also four sites in Spain and Africa. All of these landing sites can be used for launching the space shuttle.

"If we have problems going up, we would call the Transo-

ceanic Abort Landing (TAL) sites and land at one of those sites," said Allen.

The last category of landings are emergency landing sites. The term emergency landing site is defined as a spot on the earth that falls underneath the orbital approach path of the space shuttle.

Due to the geographical location of Hawaii and Guam, they fall into this emergency landing site category.

"If something were to happen in space, such as rapid depressurization in the cabin, where we would have to come down immediately, we would pick one of these emergency landing sites to land," said Allen.

NASA has designated Hickam Air Force Base as one of these sites. Consequently, it has installed the special type of equipment needed for a landing here.

Normally, the aiming-point lights the space shuttle uses are on land, but in Hawaii's case, they are in the water.

In order to compensate for that, NASA designed a series of strobe lights, placed in the water, instead of the approach path indicators that would normally be on land.

"We would just aim for these strobe lights on our approach to land the shuttle," added Allen. "On the 'heads-up' display in the shuttle is an indicator that we would overlie onto the strobe lights."

According to Allen, there is very little margin for error on a shuttle approach.

"When we come back in for a landing we have no power, no propulsion," said the Marine astronaut. "The three giant engines in the back of the shuttle are for ascend only. So with our stubby wings, we are the world's worst glider. The approach we make is a one-time shot."

In the earlier stages of the landing, the shuttle would be traveling at approximately 300 knots with a 19-degree decent. Once the shuttle descends to an altitude of 2000-foot, it would "flare up" and head for the landing lights. Once the space shuttle touches down, it would have slowed down to about 200 knots.

Allen commented that the similarities of the C-12 and the shuttle are enough alike to perform this mission. The C-12 can be flown at the



Maj. Andrew M. Allen, a Marine Corps astronaut, pilots a Kaneohe-based C-12 over Hickam Air Force Base.

same angle towards the ground as the space shuttle.

Allen maintained that the majority of the C-12's work would come at night with the use of eight xenon lights that

emit 800 million candlelight power. These are four xenon lights on each side of the runway that would illuminate the path during nighttime landing.

Military units spearhead CFC drive

New Physical Training Uniform

General-purpose trunks and the green undershirt will become the standard physical training (PT) uniform for all Marines beginning Oct. 1, 1990. The Marine Corps Uniform Board recently released the new regulations that will affect all Marines.

According to an announcement, the new green trunks will become an issue item Oct. 1, 1989, with all Marines required to possess one pair by Oct. 1, 1990. At that time, this will become the standard uniform for all command PT activities, except on those occasions when the commander determines that another uniform would be more appropriate. For more information consult Marine Corps Bulletin 1020, dated Aug. 22, 1989.

Military Vehicle Movement Restricted

In order to avoid traffic congestion and accidents, restraints have been imposed on certain routes and times for military vehicles in the public domain.

All tactical vehicles are prohibited from using the Like-Like and Pali Highways to commute to the Leeward side of Oahu from 6 to 8:30 a.m., Monday through Friday. Convoys are prohibited from using the same highways from 8 to 8:30 a.m. and 8:30 to 8:30 p.m., Monday through Friday.

Tactical and commercial vehicles are prohibited from operating on Mokapu Boulevard, Saddleback and Quarry Roads, Kaneohe Bay Drive and any other streets in Kaneohe or Kailua except when the destination for official government business is within Kaneohe or Kailua.

Additional information and restrictions can be obtained from Brigade Order P11240.2B.

Caution When Crossing Flightline

Air Traffic Control personnel have noticed an increase in motor vehicle operators misinterpreting the caution gates on the flightline here. When attempting to cross the flightline, all vehicles should obey the caution gate and stop when it is lowered before making their way across the flightline. However, if the driver is already in-route across the flightline and the barrier is lowered on the opposite side of the flightline, he should continue to drive to the other side.

Camouflage Maternity Uniform

The Marine Corps has adopted the camouflage maternity uniform according to a recent Marine Corps Bulletin.

See 5M19FC/A-3

PEARL HARBOR—The 1989 Hawaii-Pacific Area Combined Federal Campaign (CFC) kicked off Wednesday with a "pace-setting" drive as a prelude to the main campaign beginning Oct. 9.

More than 87,000 military and federal employees will participate in this year's fundraiser to benefit community health and human service agencies.

Kaneohe site for new vet cemetery

The state of Hawaii has received a grant of \$785,032 from the federal Department of Veterans Affairs to share in the cost for the first phase of a new \$16 million Hawaiian State Veterans Cemetery in Kaneohe.

Groundbreaking ceremonies for the new facility, which is intended to provide burial space for more than 75,000 veterans, are scheduled for Sept. 25.

The cemetery will encompass 89.5 acres of state-owned land and 33.5 acres of donated private land adjacent to the Hawaiian Memorial Park Cemetery at the foot of the Koolau. It will be built in four phases, with the federal and state governments sharing the cost equally.

The cemetery will supplement the National Cemetery of the Pacific at Punchbowl, which is nearing capacity. The National Cemetery at Punchbowl was built in 1949 and is the only national veterans cemetery in Hawaii.

Work on the first phase consists of grading and leveling, which will allow the facility to become operational in 1991.

Pacesetter units, totaling 8,700 people from 25 armed forces units and federal agencies, will spearhead the fund drive from Sept. 6-29 to build momentum and enthusiasm among all units. This year's campaign goal is \$37 million. Pacesetter units will try to raise 10 percent of that amount, or \$37 per-person.

Marines and sailors from BSSG-1 have been designated as the pacesetters for Oahu Marines this year. "We will set the example and get the ball rolling for this year's campaign," said Lt. Brian Cuamano, executive officer for Headquarters and Service Co., BSSG-1.

"Make A Difference!" is the theme of this year's campaign. Over 350 national and local health and human care services operate from CFC monies, agencies which provide assistance to helpless children, the handicapped, disaster victims, youth service groups, disease research and treatment agencies, battered women, alcoholic counseling centers and many more.

In Hawaii, military and federal employees and their families actively benefit from local CFC-supported agencies. More than 8,000 military and federal families were served by Child and Family Service last year. Statistics for military and federal families are high in other areas: USO - 56,000 served; Armed Forces Dependent Youth Activities - 24,000 youngsters served each year. More than 60 percent of the Assets School's education services are provided to military and federal dependents. Clients of the Kinuergarten and Children's Aid Association, Preschool

of Hawaii, numbered 98 percent military and federal.

Marine Corps Morale, Welfare and Recreation (MWR) is also a local CFC-supported



Ten-year-old Collin Hawkinson, a dependent who suffers from the genetic disorder Prader-Willi Syndrome, is one of the many people helped by the Combined Federal Campaign on Oahu.

activity.

The Combined Federal Campaign, by grouping service organizations together, relieves contributors from a deluge of individual requests.

Agencies participating in the campaign are listed in the CFC Donor Brochure which is distributed to all military and federal employees through a network of key persons. The campaign brochure includes information on the agencies' activities, the amount of income spent on administration and fund-raising, and a phone number contributors can call for more information.

Write-in organizations will not be permitted, mainly because that dramatically increases the cost of administering the campaign. Keeping these costs down ensures that the most dollars go where they are intended, to the people who need them.

Aloha week activities

By Sgt. Bill Pato

Aloha Week, Oahu's single largest celebration, will be held Sept. 15 through the 24. The 42nd Annual event will feature various displays, dances, concerts and a parade.

The Fleet Marine Force Pacific Showband will perform in two Aloha Week Ho'olaule'a (street dancing) shows. The Downtown Ho'olaule'a will begin at 6:30 p.m., Sept. 15 in downtown Honolulu (Financial District). The showband will also perform at the Waikiki Ho'olaule'a at 7 p.m. Sept. 22 along Kalakaua Avenue. A Windward Ho'olaule'a will be held at the Windward Mall

Sept. 18, starting at 6 p.m. The FMFPac Showband will also play a variety of music during a concert at the Waikiki Shell, Sept. 21 starting at 7 p.m.

An Aloha Week Floral Parade will take place Sept. 23 starting at 9 a.m., with military marching units from all services taking part. The parade will travel from Ala Moana Park through Waikiki, traveling on Ala Moana and Kalakaua Avenue, finishing at Kapiolani Park. The parade will also feature the FMFPac Marching Band, various other marching bands, floats, clowns, beauty queens, Hawaiian Cowboys, dignitaries and celebrities.

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Combat communications begins at home

Story and photos by
Cpl. Reginald M. Cole

With the distinct, crisp, sound of the bugle and a few hand and arm signals, Teddy Roosevelt stormed up Sun Juan Hill with his Rough Riders.

That was all Roosevelt needed for field communications: the rest was history.

Today's modern battlefields are a different story. With fighting units spread over several miles, a commander has to be able to communicate with his units quickly

and efficiently.

To provide this communications for fighting units of the 1st Marine Expeditionary Brigade, B Co., 7th Communications Bn., communicators stand ready to pass on the orders for battle.

They recently joined forces with Marine Aircraft Group 24 and Communication Platoon Marines of Brigade Service Support Group-1 to put on a communications exercise dubbed "Yard Ex," held in their backyards. Prac-

ticing the art of communication in situations where more than one unit is involved is crucial, as every communicator in the area of operations has to be up on the "same net."

The mission of B Co. is to provide communication to the command element of the 1st MEB.

Bravo Co. is comprised of three platoons, wire, radio, and headquarters. Although each platoon conducts different and individually unique roles in providing communications, they must work together, as a single element, to accomplish the mission. For example, the message center relies on the wire elements to lay internal and external communication cables that allow everyone to interface with each other.

With the role of getting the General's word out to his commanders, the message center plays the key role in the scheme of communications.

"In the field, we provide the General with a direct link to all of his commanders," said SSgt. George Murphy, the communication center chief.

With the majority of information being passed over radios, the men have to learn how to deal with the potential of "radio jamming" by the enemy. This can totally disrupt all radio transmissions. While the enemy can't unscramble coded messages, they can turn everything on

the air waves into garble, if they can lock on to the frequencies used.

"During the exercise, we would get jammed occasionally," said Murphy. "The key to overcoming that problem is to speed up transmissions so that we are not constantly keying the radio. Five seconds should be the longest anyone keys the handset."

While the Message Center is collecting and disseminating information, the "backbone of comm," radio Platoon, is out making sure the radios are up and working. During this exercise, though, radio platoon was not actively involved in the actual mission, since the communications was done over wire.

The other part of the three-element team was the wire section. Their mission during the exercise was a bit different. They ran internal and external cables from the major supporting commands down to the smaller units.

Wire platoon maintained the switching facility which linked the command element to the other supporting units.

In combat, hundreds of miles of wire would be spread over the grid squares. All the wire would have to be prioritized for repairs, depending on how important the traffic over that wire is to the war effort.

"The training we are doing here is trouble-shooting techniques, to attempt to restore a circuit depending on the

priorities of that circuit," said SSgt. Jose Chavez, the wire chief for B Co.

"What we're doing here will teach Marines what to do out in the field," said Chavez. "One thing about communication is, you have to make sure all of the communica-

tors from all of the commands are working together."

"Normally, on a day-to-day routine, we have four separate platoons," said Murphy. "When we come together in a 'Comm Ex' we ignore the platoon barrier and work as one organization."



SSgt. Jose Chavez, wire chief for B Co., 7th Communications Bn., talks to other Marines during the exercise.



LCpl. William Patterson, a field wireman with B Co., 7th Communication Bn., climbs a pole using a safety belt and gaff set. This gear is essential for the field wireman.

Hawaii Marine

The Hawaii Marine is an unofficial newspaper published every Thursday by RFD Publications, Inc., 45-925 Luluku Road, Kaneohe, HI 96744, a private firm not connected with the Department of the Navy or the United States Marine Corps. All advertising is provided by RFD Publications, Inc., by calling 235-5881 or by visiting their office. Circulation is 8,000.

The Hawaii Marine is a free publication delivered each week to all family housing units aboard Marine Corps Air Station, Kaneohe Bay and to all Hawaii-based Marine Corps commands. Housing carriers are paid only by voluntary contributions from customers who are satisfied with the youngsters' delivery service. A voluntary contribution of \$1 a month may be solicited by these carriers. Housing residents may contact the publisher directly if they wish to stop home delivery. Questions concerning circulation policies and service can be answered by calling the publisher. The Hawaii Marine welcomes stories and photos

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News In Brief

BRIEFS/from A-1

The uniform, currently being used by Army and Air Force women, is intended to provide uniformity at commands where utilities are worn as the prescribed daily uniform. They are also expected to provide a comfortable and easily maintained uniform for duties for which utilities would be appropriate. For additional information on the new uniform refer to Marine Corps Bulletin 10120 of May 19.

Enlisted Commissioning Program Guide

Marines interested in applying for the FY-90 Marine Corps Enlisted Commissioning Education Program (MECEP) or the Broadened Opportunity for Officer Selection and Training Program (BOOST) are reaching their deadlines. All applications must be forwarded, with appropriate endorsements, to the Joint Career Planning Office no later than Jan. 15 for the BOOST Program, and Jan. 4 for MECEP.

Former Recruiters Needed On the Street

A recent shortfall in the number of recruiters currently on recruiting duty has required immediate action to rectify the situation.

Individuals who have previously completed a successful recruiting tour, and are interested in volunteering to return for another tour, are encouraged to contact their career planners.

Consideration will be given to all volunteers regardless of time on station. Interested Marines should contact their career planner. Marines volunteering for an initial assign-

ment to recruiting duty should submit an administrative action form to Headquarters Marine Corps (code MMEA-850).

Amphibious Assault Ship Commissioned

A new class of amphibious assault ships was born with the commissioning of the *USS Wasp* (LHD-1) in Norfolk, Va., Aug. 1.

The *Wasp* is designed to deploy and land, elements of a Marine Air-Ground Task Force in assaults using helicopters, landing craft and amphibious vehicles, and it has room for 2,000 Marines.

The 844-foot ship has a flight deck for helicopters and vertical/short take-off and landing aircraft, and a well deck for launching air cushion and conventional landing craft.

The *Wasp* is based in Norfolk, Va. and assigned to Amphibious Squadron - 12.

Caution Urged In Buying Concert Tickets

The Honolulu Advertiser recently warned of bogus ticket offers to shows by Guns 'n' Roses, Poison, Madonna, Def Leopard, New Edition, Janet Jackson, Pebbles, Paula Abdul and Journey.

According to one ticket buyer, the seller solicits ticket orders by asking for payment by cash or check. A receipt is given with the promise that tickets will be handed out later.

"We have no bookings for any of these acts," said Carla Coray, director of city auditoriums. "Our advice is don't buy off the streets."

Concert-goers are encouraged to buy tickets only from established outlets.

Stiffer No-Fault Insurance Penalties

Failure to have a no-fault insurance policy in effect whenever an operator of a motor vehicle is stopped will result in a citation. Such a citation carries a fine of \$1,000 for the first offense and a minimum of \$3,000 for each subsequent offense. The fine will not be suspended.

The driver's license of the driver or of the registered owner may be suspended for six months if any person operates a motor vehicle without a valid no-fault policy in effect insuring the driver or registered owner.

Service men and women should personally ensure that transfer of ownership forms are filed at department of Motor Vehicles immediately following the sale of a POV.

Temporary Lodging Allowance Guides

To prevent misunderstandings and possible financial hardship for Marines, the Temporary Lodging Allowance (TLA) Office has developed a checklist for Marines to determine eligibility.

The allowance is available to Marines coming to Hawaii on accompanied tours, and those leaving after their household goods have been picked-up. The following guidelines are in effect:

1. TLA eligibility starts when the Marine arrives on the island.
2. TLA payments begin when the dependents arrive. (must be within 60 days of sponsor).
3. Marines who bring dependents to Hawaii after 60 days of their arrival are not eligible for TLA.
4. Only TLA authorized hotels may be used.
5. To start TLA, the Marine must check-in with the TLA Office (Bldg. 4009) as soon as possible.
6. Single Marines or geographic bachelors not eligible for TLA must check-in to bachelors quarters.
7. If a Marine is already stationed in Hawaii and gets married, TLA is not authorized.
8. To be eligible for TLA upon departure, Marines must check-in with the TLA office before moving household goods.

Commandant enlists meritorious commission

The Marine Corps has opened another avenue for enlisted Marines seeking a Marine Corps commission.

Known as the Meritorious Commissioning Program (MCP), it's designed for commanders to nominate top-notch non-commissioned officers to be Marine officers. Under the program, commanders may nominate corporals and sergeants, ages 21-35 for commissioning as reserve officers if the NCO has a two-year associates degree or 60 semester hours of credit applicable toward a degree.

The program also requires individuals to "have demonstrated exceptional leadership

potential." Other requirements include: a minimum score of 120 on the Electronics Composite of the Armed Services Vocational Aptitude Battery; a combined math and verbal score of 1,000 on the Scholastic Aptitude Test or other comparable college entrance test; and a passing score on the most recent physical fitness test.

Marine officials say nominations will be reviewed on a case-by-case basis at HQMC. Those selected will attend Officers Candidate School at Quantico, Va., before being commissioned as a Marine Reserve second lieutenant. Officials said there is no limit on the number of

nominations from commanders. They do say, however, that only top Marine NCOs will be selected.

The new program is another step initiated by General A.M. Gray, Commandant of the Marine Corps, to reinvigorate the enlisted commissioning programs in the Corps. In ALMAR 66-89, General Gray said, "The quality of our officer Corps has never been better. The same holds true for our enlisted force. There are a number of outstanding enlisted Marines who could add to the quality of the officer Corps and provide it with the valuable experience of their enlisted service."

General Gray added that participation in all of the enlisted commissioning programs is consistent with his view to "grow our own."

Those programs include the Enlisted Commissioning Program; the Marine Corps Enlisted Commissioning Education Program; the Naval Reserve Officers Training Corps Program; the Broadened Opportunity for Officer Selection and Training Program.

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LIBERTY HOUSE

Getting to the root of the problem

Story and photos by
Cpl. Reginald M. Cole

Many times when people have dental problems, the last

position they want to wind up in is flat on their back with a myriad of metal tools and fingers digging in their mouth.



Lt. Cmdr. John Depner prepares a partial plate.

Some people may find themselves terrified of the dentist. They might even imagine some emotionless man garbed in a blood-splattered gown wielding an over-sized drill.

In earlier times of dentistry, before local anesthetic, it was sometimes all the patient could handle just to have a tooth extracted. Many people had some painful experiences during those times.

"Today though, dentistry is a much different experience for most patients who have not been sensitized by bad experiences as a child," said Lt. Cmdr. John Depner, the staff prosthodontist at 21st Dental Company, 1st Marine Expeditionary Brigade (1st MEB). "Receiving dental care and tolerating dental care starts by having good professional care at an early age. I guess the bottom line is, dentistry and the delivery of dental care is more streamlined, professional and sophisticated. I think a lot of the patient's fear comes from early sensitization."

A prosthodontist restores and replaces decayed teeth and their adjacent structures. He also replaces missing teeth and restores badly broken-

down teeth.

Aside from the obvious effects that missing teeth can have on personal appearance, there can be other more serious consequences. When a tooth is lost, a space is created. Normal oral pressure and stress can cause healthy, straight teeth to tilt and become unstable, leading to even more tooth loss. Also, the teeth support facial tissue. When gaps are left unrequired, the tissues "cave in". This can add years to a person's appearance.

According to Depner, a prosthodontist can restore the tooth or teeth usually to a better state than the patient had before going in for treatment. "I think that there are two general assumptions people have about dentistry," said Depner. "Some people still believe that the loss of teeth is inevitable, which is absolutely not true. Teeth can be maintained for the lifetime of the individuals if they receive regular professional care, augmented by home care."

"The other" assumption that some people have is if they did lose their teeth and have them replaced by dentures, everything will be



Opening wide for a dentist can be prevented through proper dental care.

just like it was before.

"That is not entirely true," he said. "Dentures replacing all of the teeth in one arch or both arches is a prosthesis. In the same vein, an artificial leg after amputation is also a prosthesis; that person is not going to be able to go out and run the hundred-yard dash like he used to."

Tooth decay was once the major cause of tooth loss in children and adults. Now the number-one cause of tooth loss is periodontal (gum) disease.

"But there is no doubt that the percentage of patients who have lost all of their teeth is significantly lower than it was 25 years ago," said Depner.

Most people don't realize the cost of replacing a missing or damaged tooth, espe-

cially if they are in the military. The average cost of replacing a tooth is \$400 to \$600 per crown.

"For a simple tooth replacement in our clinic, it takes somewhere around three to four weeks for completion," said Depner. "If the patient has a complicated problem that involves what we call pre-prosthetic treatment, the treatment could easily extend to 12-15 months," he said.

My job in many cases is kind of like a quarterback," said Depner. "I make the initial assessment of the situation, and the patient is referred after that. I have to make the final call."

Depner adds that no one will ever be glad to come to the dentist, but the visits can be tolerable and nearly pain free.

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Battery Pennsylvania, silent reminder of past conflict

By Capt. L. M. Ryan

As the prominent volcanic ridges of Ulupau Crater stand in a silent reminder to its violent past, so too do the remains of the once-great Battery Pennsylvania. Located high atop a 300-foot peak on the eastern point of Ulupau Crater on the Air Station, the battery was born from the sudden and shocking attack of the U.S. fleet at Pearl Harbor, and NAS Kaneohe Bay in December of 1941.

From its infamous beginnings, Battery Pennsylvania is one of the most interesting and unusual undertakings in U.S. military history. Following the attack on Pearl Harbor, the military command was scurrying to fortify and protect the Hawaiian Islands — particularly Oahu, from a planned Japanese invasion of Oahu. The Japanese began plans for the invasion on Dec. 8, 1941. Despite the long striking arm air power provided, coastal batteries were very much the order of the day.

In the days prior to the beginning of WW II, Oahu was heavily fortified with coastal batteries at positions such as Forts Kamehameha, DeRussy, Rucker and Armstrong. The problem was, from the defenders point of view, the majority of the island's defense was oriented to the south, to protect Pearl Harbor and Honolulu. The solution was to extend the island's "field of fire" by constructing additional batteries on the leeward and windward sides. The Mokapu peninsula was selected as one



The three 14-inch naval guns as they appeared in 1943.

of the sites for the construction of additional batteries.

In early 1942, an important discovery was made — the two aft turrets being salvaged from the sunken battleship USS Arizona were not as seriously damaged as was first believed. The Army, which was responsible for the construction and operation of coastal defenses, was extremely interested in acquiring these turrets with their three 14-inch guns, capable of firing out to a range of 34,500 yards. Thus, the fascinating proposal of ground-mounting these massive naval turrets was born.

After much study, the decision was made to proceed with the project, and a committee was formed to coordinate the efforts of the Army Engineers, Ordnance Department, Signal Corps, Hawaiian Seacoast Artillery Command and other agencies.

One turret, designated Battery Arizona, was slated to be built on the leeward

coast, by Kahe Point. The other, Battery Pennsylvania, was designated for the Ulupau Crater. Historian Henry E. Humboldt wrote, "Mokapu Point on the Ulupau-Mokapu peninsula is well situated for the defense of the naval air station against naval attack from any direction. Its position well to the front of the peninsula and on the top of the vertical cliffs of Mokapu Point makes it secure, insures maximum use of the weapon's range, and gives the battery a wide field of fire, sweeping the coastline from Kahuku to Makapuu."

In April 1943, construction of Battery Pennsylvania began. The turret had been removed from the Arizona, completely disassembled, inspected, cleaned, examined and painted.

In the mean time, construction was proceeding on the actual position atop the rock cliff inside the crater. The heart of the battery position was the barbette, or the concrete-lined casement for the turret and gun assembly. The barbette was seventy-foot deep, dug into the brow of the cliff, with a diameter of nearly fifty feet. The barbette had to withstand not only the 780-ton turret assembly, but also the 2,620-ton recoil thrust from a 3-gun salvo.

Extending from the bottom of the barbette, and literally carved out of the bowels of the mountain, were the underground galleries. These galleries contained the pow-

der magazine, the projectile magazine with a capacity of 840 armor-piercing and high-explosive rounds, and a power generating plant. Additionally, there was a command center consisting of radar, plotting, and radio rooms, living quarters and a gully. There were three entry tunnels, which opened onto the rifle range side of the crater, leading into the galleries. The galleries were equipped with a gas-proof, air lock system and air conditioning. In all, the battery was de-

signed to be a self-sustaining, self-contained fortress manned by four officers and 157 enlisted men.

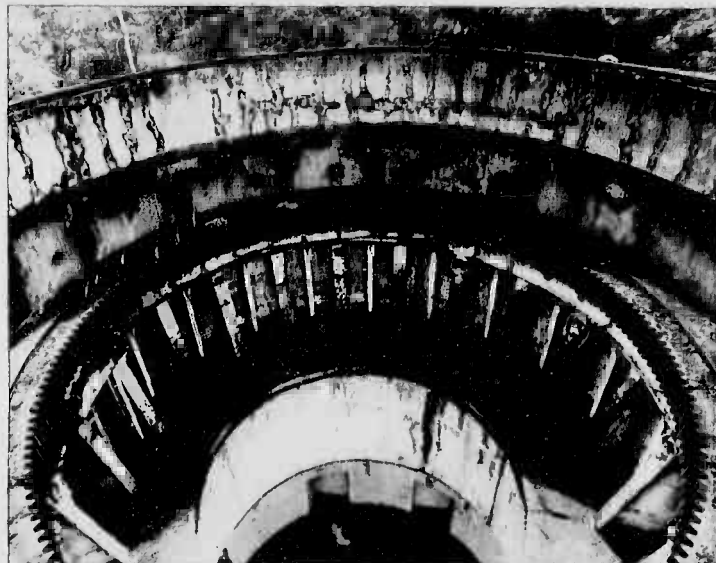
The Commanding General, U.S. Army Forces, Pacific Ocean Areas wrote, "This project represents the only undertaking of its kind in the history of (American) seacoast fortification...being entirely without precedent in the majority of its phases."

Cranes, blocks and tackles, and other special lifting equipment was constructed to lift the individual pieces of

the turret and gun assembly up the sheer 300-foot cliff. Each one of the three barrels alone weighed 71 tons — nearly one and a half times the weight of an M60 tank.

Finally, in August 1945, Battery Pennsylvania was completed. Ironically, its first and only firing coincided with the surrender of Japan.

Today, the empty galleries tunneled into the Ulupau crater are the only remnants of the battery. After the war, the turret was salvaged for scrap metal.



The barbette from Battery Pennsylvania still remains at the Ulupau Crater.

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Family Services

Family Housing Council

Residents of the Air Station are invited to attend a Family Housing Council meeting on Sept. 15 at 9:30 a.m. to address concerns of the community.

People attending are reminded to try to solve problems through the Housing Office before raising them at the council meeting.

These meetings are held at the Family Service Center on the third Friday of every month.

For more information call 254-1451.

Anger Workshop

There is a monthly workshop at the Family Service Center designed to help people deal with anger in a constructive manner.

The workshop is held the second Tuesday of each

month from 1-4 p.m. People who attend are taught ways to defuse anger and stress before it becomes a problem in the home or at work.

For more information call 254-1541.

New Arrival Tour

A new arrivals tour will be held Sept. 8 from 8 a.m.-1 p.m. for families who have arrived in Hawaii within the past three months.

Learn about the culture of Hawaii through videotape presentations and an excursion around the island. People must bring their own lunch, and a soda will be provided.

For more information call 254-1541.

Newlywed Orientation

There will be a class for people who just married

someone in the military held at the Family Service Center on Sept. 27 from 8:30 a.m.-4 p.m.

The seminar is designed to help the new spouse deal with life in uniform, and give them

an understanding of what a servicemember does. It will include discussion on military customs and courtesies and how to make the most of benefits available to military dependents.

For more information call 254-1541.

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Weight Control Group

A free support group to help people control overeating and understand the psychological causes of this problem meets at the Family Service Center every Tuesday from 10:30-11:30 a.m.

For more information call 254-1451.

Ombudsman Training

A Family Violence Workshop will be held on Sept. 20 from 8:30-11:30 a.m. at the Family Service Center.

A guest speaker from the Kaneohe Bay Family Advocacy Team will present training about spouse and child abuse. Also, the Health Consumer Council will present information on medical care available and new services at the Br. 3 Medical Clinic. Please bring a list of concerns and proposed solutions to this forum.

Please contact the Family Service Center at 254-1541 if you can attend. Ombudsmen, contact people, key wives and anyone interested in the Ombudsmen Program may attend.

Civil Service Seminar

A seminar designed to help people make themselves more marketable in Civil Service jobs will be held at the Family Service Center on Sept. 13 and 21 from 9-11 a.m.

The seminar will cover steps in completing the Federal Service Job Application and



On the Blotter

Alcohol related incidents

- A dependent was apprehended for DWI at Hale Koa Beach after being stopped for reckless driving. The MP detected the odor of alcohol on her breath, and a breath test resulted in a .13 percent blood alcohol level.
- Three Marines were apprehended for breach of peace at the Enlisted Club. One Marine stated that a fight began when he accidentally bumped into one of the other two Marines, and one of them struck him after he refused to back them off.

- A three-foot-long metal stake was seized after an assault at the Enlisted Club, involving two Marines and two civilians. The two Marines reportedly tried to provoke the two civilians into a fight, at which time one of the Marines struck one of the civilians on the back of the head with the metal stake. When the MPs arrived, one of the civilians became uncooperative and tried to provoke a military working dog. The Marine with the metal stake was apprehended for disorderly

- conduct. The civilian, who provoked the dog, was apprehended for interfering with Military Police duties, and transported to Castle Medical Center and treated for minor contusions to the back of his head. The individuals had been drinking alcohol.
- The HPD stopped an Air Station Marine for lane weaving on the H-1 Highway, and detected the odor of alcohol on the Marine's breath. The Marine elected to submit to a breath test, which resulted in a .09 percent blood alcohol content.

- During a pat-down search of the Marine, the HPD officer discovered a package of suspected marijuana and a package of cigarette rolling papers in the Marine's pocket. The Marine was arrested for DWI and wrongful possession of marijuana.
- A Marine was apprehended while attempting to exit the H-3 Gate. The gate sentry stopped the vehicle for lane weaving as he approached the gate, at which time the odor of alcohol was detected on the Marine's breath. The Marine elected to submit to

- a breath test which resulted in a .12 percent blood alcohol content.
- Other incidents on the blotter:**
- A Marine and his wife stabbed each other with forks during an argument, and the Marine struck his wife on the head, neck and chest while threatening to kill her. Both are suspects of aggravated assault and breach of peace.
- A Marine was apprehended outside a Waikiki hotel for desertion. The Marine, who had been listed as a deserter since June, 1989, was combative with the MPs and had

- to be physically restrained in handcuffs. The Marine made further efforts to escape custody by attempting to exit the moving MP vehicle in which she was being transported. She was later confined at the Pearl Harbor Confinement Facility.
- A Marine was apprehended by Fort Shafter MPs after he left a vehicle unattended at the intersection of Jerret and White Streets at Trippier Army Medical Center. The vehicle, left running and in gear, rolled backward into a fence.

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Buyer Beware

By Capt. R. W. Koeneke
Have you ever been confronted by a door-to-door salesman; or dealt with fast talking salesmen; or received unsolicited merchandise in the mail; and before you have had time to think, you have just purchased a set of encyclopedias, a vacuum cleaner, or something that didn't work like you thought it would?

Before you decide you're stuck, find out if there are any consumer protection laws which might help you.

Door-to-Door Sales
Businessmen or salesmen may not sell "door-to-door" aboard the Air Station. The ordinary method of solicitation is through the mail. However, if an individual responds to such a communication, it becomes a private transaction, and the individual may then invite the salesman to his quarters.

By purchasing a product from a salesman or businessman away from their business address (i.e. door-to-door salesmen) there is a three-business-day cooling-off period, whereby if you do not desire the product that you just purchased, you may rescind or cancel the contract. You will have until midnight of the third business day after

you sign the contract to cancel it. Saturdays are not considered business days in most states. You should send the cancellation notice by certified mail, return receipt requested, so that you have a record that you sent the cancellation notice. It is also advisable to make a photocopy of the cancellation notice for your records.

Before signing a sales contract, the most important thing to remember is to read the document in its entirety. If you don't read the contract completely, you won't know what your contractual obligations are.

The second most important point is to be certain you understand the contract. If you are not satisfied with the explanation given to you by the salesman, don't sign the contract. Remember: read, think, and understand before you sign anything.

A good question to ask yourself before purchasing a product from a door-to-door salesman is, why are they selling their product out of a suitcase or van? Is their product reliable, and if not, how are you going to contact them if the product starts to have maintenance problems or breakdowns?

Retail Installment Contracts

Every retail installment contract under Hawaii State Law must be in writing, and signed by each party to the contract. If the contract entered into is less than \$25,000, and is the subject of a transaction for personal, family, or household purposes, it must be in plain, clear, coherent language.

The law also provides further protection, e.g. the contract must state in writing it is a retail installment contract; that the buyer should read the contract before signing it; and if the contract contains blanks, that the buyer should not sign the contract. If the contract does contain blanks, the buyer has the statutory right to fill in any blank space when he signs it.

Finally, the buyer is entitled to pay off the full amount of the debt and obtain a partial refund of the finance charge. In certain instances, if your property was repossessed you

may also redeem the property.

When purchasing these consumer goods on credit, ensure that the truth-in-lending statements that appear on the first page of the contract fully disclose your obligations to the lending institution. You must pay particular attention to the annual percentage rate which, in laymen's terms, is the interest rate you will be charged for financing your purchase.

The federal and state governments have consumer protection legislation (usury laws) that prohibits business and lending institutions from charging exorbitant interest rates. If the contract is written and you are paying more than 18 percent for products charged on a credit card, or purchased through a merchant, or 12 percent for non-credit card purchase, or purchases from a private individual, that amount of interest computed on your loan is a usurious interest rate according to state law.

Unsolicited Merchandise
Another area of concern for Marines and sailors is merchandise sent to you without prior authorization or consent. In the event you are sent merchandise to your residence which was not offered to you for sale or purchase, or you did not order or request, state law deems this merchandise as an unconditional gift. The voluntary and unsolicited sending of goods, property or merchandise-not actually ordered or requested by you-is considered a gift.

Warranties
When buying new or used products, pay particular attention, once again, to the annual percentage rate and the truth-in-lending statement, but also whether there is a warranty or not. Most new products are covered by factory warranties that include defects involving mechanical parts of the product.

As for used products, most are sold by private individuals without a warranty or "as is." This means that if you have a problem with the product after you buy it, you must pay for any needed repairs yourself. The individual has no further responsibility for the product once the sale is complete.

Under federal and state law, almost every purchase you make from a merchant is covered by an implied warranty unless the merchant tells you in writing that implied warranties do not apply. The most common type of implied warranty is called a warranty of merchantability. This means that the seller promises that the product will do what it is supposed to do. For example, a car will run; a toaster will toast.

Another type of implied warranty is the warranty of fitness for a particular purpose. This applies when you buy a product on the advice that it is suitable for a particular use. For example, a dealer who suggests that you buy a specific vehicle for hauling a trailer warrants, in effect, that the vehicle will be suitable for hauling a trailer.

It is a consumer jungle outside the main gate. Remember, read, think, and understand before you sign anything. If you have any questions regarding consumer contracts, warranties, or defective consumer products, visit the Legal Assistance Section at Legal Services.

By Capt. William Copulos
The urinalysis program is the major means of detecting and deterring drug abuse in the Marine Corps.

Due to the reliability of the collection procedures and the accuracy of the testing procedures, the program has been very successful in identifying drug abusers. The test results are used to punish and rehabilitate or eliminate drug users from our ranks.

Collection
Every active duty Marine should be well aware of the urinalysis program. Regard-

less of rank, Marines are periodically required to submit a urine sample as part of a unit sweep or random sampling of an organization. In addition, commanding officers, under certain conditions, can order a member of their command to provide a urine sample for testing.

To ensure accuracy, every urinalysis is supervised by the unit substance abuse coordinator. In addition, the Marines providing samples are observed by a member of the same sex.

To further ensure the integ-

Urinalysis

egrity of the system, detailed paperwork, called urine sample custody documents, are maintained for every sample.

What is unknown to many Marines, however, is what happens to their sample once it leaves their hands. After they are collected by the coordinator, the samples and custody documents are reviewed for accuracy and the

information on each document is compared against each sample. The samples are then wrapped in plastic and placed in boxes for shipment to the Navy Drug Screening Labs for scientific testing.

Samples from the 1st MEB and the Air Station are sent to the Navy Drug Screening Lab (NDSL) in Oakland, Calif.

Testing
At the Navy Drug Screening Lab, the samples are tested using the latest scientific technology. Every sample that arrives at the lab is subjected to an immunological screening test (Radioimmunoassay). If the sample is positive, it is tested two more times to confirm the result.

For a sample to be reported by the lab as positive, it must show the presence of the chemical "fingerprint" of a controlled substance in all three tests in amounts equal

to or greater than the 100 "cut-off" level as an additional guarantee of reliability.

The state-of-the-art equipment now used is called the GC/Mass Spectrometer, which tests the urine samples for the chemical fingerprints of various controlled substances.

Every drug, once introduced into the body, leaves a distinct and identifiable chemical by-product or fingerprint. This chemical fingerprint can be detected up to 30 days after use, depending on the drug ingested.

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NR Tickets

Hawaii Rainbow football tickets for the remainder of the season are available. The next game is Saturday against Long Beach. Sidelines are \$11.50, end zone is \$10.50. The Rainbows will be playing Utah here, on Sept. 23.

Aloha Bowl tickets for Christmas Day are available on the 50-yard line. See the top two college teams in action for \$18.50.

Pro Bowl tickets for Feb. 4 will go on sale Oct. 16. Sidelines are \$15.50 and most end zone tickets will be \$12.50.

Tropical Jet World Finals at the Hawaii raceway Park will be held this weekend. All tickets are \$10 and include a special pit pass. See the world's fastest jet cars,

motorcycles and motorcycle stunt riders.

A Benefit Luau will be held at the He'eia State Park in Kaneohe on Saturday. Seatings are at 4 and 6 p.m. with tickets costing \$10. Children under 12 are free.

Dick Hardwick is the headliner at the Honolulu Comedy Club through Sept. 5-10. The feature act is Kevin Jordan. Next weekend hypnotist Ken Whitener will be back with a show running through Sept. 17.

Steppenwolf will perform Sept. 15 at 8 p.m. in the Waikiki Sheraton Ballroom. Tickets for those who were "Born to be Wild" are \$15.

Oktoberfest seats at the Hale Koa Hotel are still available, but are going fast.

Reserved seats are \$6. Enjoy the best of German food, entertainment and fun.

Honolulu Community Theater tickets for the season opener "Guys and Dolls" are on sale now. Performances will run from Sept. 22-Oct. 22, with tickets costing \$8-14.

Honolulu Symphony opening night (Sept. 10 and 12). Tickets are still available for good seats. Guest pianist Philippe Entremont will be performing Bizet's Symphony No. 1 in "C" major and Ravel's Concerto in "G" major will be highlighted. Music on the light side begins Sept. 22 with All-American favorites performed by the Sounds of Aloha Barbershop Chorus.

NR Movies

Family Theatre
7:15 p.m. nightly
254-2113

Thursday
Skin Deep - Comedy (R)
A blocked writer courts disaster when his irresponsible, hard-drinking womanizing ways catch up to him.

Friday, Saturday, Sunday
My Mother Is An Alien - Comedy (PG-13). Scientist

Steve Mills (Dun Aykroyd) is a hideously typical movie non-conformist who accidentally projects some kind of faster-than-light power beam into a distant galaxy, which goofy up the gravity out there.

Monday
Spaceballs - Comedy (PG) A spoof on space movies. Will Lord Dark Helmet space-nap Princess Vespa? Will space-bum-for-hire Lone Staff

rescue the spoiled highness? Will the evil planet Spaceball steal all the air from it's peaceful neighbor Druidia? A must see for Science Fiction Film fans.

Tuesday-Wednesday
The Burbs - Comedy (PG) An unassuming friendly guy, who decides to spend his vacation around the house, discovers that he new neighbors are a strange bunch.

Religious Services

Aloha Jewish Chapel Pearl Harbor
471-0050

Friday, Saturday
8 p.m. - Shabat
10 a.m. - Shabat and Torah Study

Kaneohe Bay
257-3552
Weekdays

11:45 a.m. - Catholic Mass
Fridays

Noon - Jamah 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 Doctrine for Catholics is held on Mondays. Pre-School through Kindergarten levels are taught at the Chapel, 3:45 to 4:45 p.m. Grades 1-2 are taught at Mokapu Elementary School, 6:45 to 7:45 p.m.

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.

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

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Kailua:
Pali Palms Plaza, A100
254-6444
GLADYS EVANS (R)
MANAGER

For further information, please call any office

NANCY HULAMA, Education Director 254-6444/262-4293

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Times Square Mall Pearl City, HI 96782

OR 550 Palms St., #101
Airport Trade Center Honolulu, HI

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The season opens with two matches against Washington State - LIVE from Kluem Gym
Thursday, August 31st at 7pm
Friday, September 1st at 7pm

RAINBOW FOOTBALL
UH kicks off the season against Tulane University
Saturday, September 2 at 10:35pm

THE BOB WAGNER SHOW
Head Coach, Bob Wagner, joins Jim Leahy for a post-game discussion featuring highlights of the Bows - Green Wave game.
Sunday, September 3 at 6pm

HAWAIIAN AIRLINES WAIHINE VOLLEYBALL CLASSIC
Live coverage of four big games, including UH vs. Defending National Champ, Texas and pre-season #1 UCLA!
Thursday, September 7 at 6 and 8pm
Friday, September 8 at 6 and 8pm

PREMIERE! RAINBOW COUNTDOWN
Jim Leahy sites up the next Rainbow opponent, Long Beach State, and offers insights into the possible outcome of the game.
Friday, September 8 after the first game of the Waihine Classic!

Hawaii's Very Own
The Romance of Rainbow Sports
13 KHNL

September 7, 1989

Labor Day Softball Tourney

Bandits eat up RoadKill

Story and photos by
Sgt. Bill Paro

A war broke out on the Air Station over the weekend. Sixteen groups, armed with bats, balls and gloves clashed to see who would claim the title in the 1989 Hawaii Navy Hospital Corps Labor Day Softball Tournament.

The names of some of the teams resembled that of a futuristic warlord movie. In the championship game, the Bandits put a beating on Roadkill by a score of 15-6.

The Bandits fought their way through the three-day tourney without suffering a single casualty. In the opening round, they went head-to-head with the Force out of Camp Smith. During this opening round match, the Bandits proved they were

going to be the team to beat, as they crushed the Force, 14-0.

For Roadkill, the opening round was not as easy. Their opponents were a group of Marines from the Air Station calling themselves "Them". The two teams battled hard, but Roadkill was able to hold "Them" off, defeating them 10-6.

The tempo increased during second round action for the Bandits as they went up against the Devil Dogs. The Devil Dogs put up a fight, but were unable to hold off the hard-hitting attack of the Bandits. They fell to the losers bracket, a victim of "Bandit Ball."

Roadkill next went into battle with Motor T. The battle was fierce, but when the dust cleared, Roadkill came out the victor with a 14-2 win.

In the third round, both the Bandits and Roadkill continued their winning streaks. The Bandits beat-up on 2/3 by a score of 16-3, and Roadkill took-down Motley



Tom Goff (left), Dan Tretteen (center) and Vic Glass confer.

Crew, by the slim margin of 7-6.

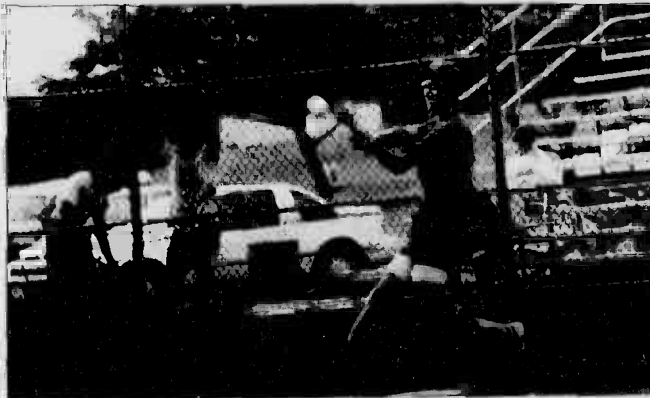
The semifinal round pitted Roadkill and the Bandits against each other for a chance to play in the finals. Defense was the highlight of the early innings as neither team could put any runs on the board. The battle raged on and, in the end, the

Bandits walked away with a narrow victory of 7-6.

Roadkill dropped to the losers bracket and had to turn around and battle the Invaders. Roadkill was able to collect themselves and put a whipping on the Invaders 15-0, earning a chance to retaliate against the Bandits in the championship game.



Scotty Cobb demonstrates his "Elmo" impersonation following the awards ceremony.



Scotty Cobb powers one into right field for a single during the semifinal game.

During the championship match, the Bandits broke out the heavy artillery, tallying 13 runs before their opponents were able to get on the score board. In the end, the Bandits overpowered Roadkill by the score of 15-5.

The Most Valuable Player Award went to John Valleu of the Bandits as he batted .812, and played excellent defense at shortstop. Gurney Holley received the award for being the "big-gun" of the tourney as he hit five home runs to claim the home run trophy.

The battle will resume in February of 1990 when the Navy plans to host another tournament.



Gurney Holley of the Bandits catches the ball at 1st base, retiring Dave Parks of RoadKill.



Mike Underwood, RoadKill 3rd baseman, makes contact with the ball during the championship game.

Anatomy of a Softball Player

(These items are a must)

- Hat
- BCGs
- BCG strap
- Jersey
- Coaches shorts
- Left-hand glove
- Right-hand glove
- Dip
- Sliding pants
- Knee braces
- Knee pads
- 1st pair of socks
- 2nd pair of socks
- Cleats



Sport Shorts

Marine Corps Marathon

Applications are now available for the 14th Annual Marine Corps Marathon, to be held Nov. 5, in Washington, D. C.

Entry to the marathon will be limited to the first 13,000 paid applicants. The entry fee is \$17 and a late fee of \$8 will be charged after Oct. 13.

For applications and/or information, write to: Marine Corps Marathon, P. O. Box 188, Quantico, VA 22134. Information can also be received over the phone at (703) 640-2225 or AV 278-2225.

Wrestling Tournament

Schofield Barracks is hosting a pre-season, free-style wrestling tournament on Sept. 30.

Weight classes will be international weights, plus five pounds. Medals will be awarded for first and second places and certificates will go

to third and fourth. The entry fee is \$5.

For more information call Maj. Kusny at 257-3601.

Youth Soccer Championships

Quarter-finals

K-Bay Wolverines 6
K-Bay Stingrays 4
Romeo Spino 2
Matt Curtis 2
Brent Cuaz 1
Hector Cerda 1

Semi-finals

K-Bay Wolverines 4
AMR 0
Romeo Spino 2
Hector Cerda 1
Brent Cuaz 1

Championship Game

K-Bay Wolverines 2
Schofield Scorpions 1
Romeo Spino 1
Hector Cerda 1

Kaneohe Tennis Association

The Kaneohe Tennis Association has a racquet going on that's an advantage to tennis players, and they're looking for new players to put on their string.

Events like their "Ladies Playday" every Thursday at 8:30 a.m. serve to give people a chance to compete. Women courting ideas about playing in this need only set their

minds to it and show up at the nets by the Station Theater; don't make a fault and forget your racquet though.

For more information, get a ruling from Stephanie Bates at 254-2486.

Marine Corps Cross Country

The Marine Corps is forming a cross country team to compete in the Armed Forces Cross Country Championships to be held at NAS Pensacola, Florida from Jan. 17-20, 1990.

The team will consist of 10 men and five women, with six men running the 12-K and four men running the 5-K with the women.

Interested Marines must send an application to Headquarters Morale, Welfare and Recreation Support Activity, (code MW) Building 3044, Quantico, VA, 22134-5000 by Nov. 13. Male Marines must include 10-K and 5-K times registered between October 1988-89 and women must include 5-K or three-mile teams.

For more information stop by the athletic office and refer to MCO 1710.21C.

Armed Forces Ski Team

Team trials to choose a U.S. Armed Forces Team for CISM ski week will be held Feb. 5-

9, 1990 in Stowe, Vermont, for giant slalom; Feb. 9-21 at Camp Ethan Allen, Jericho, Vermont, for biathlon; and Feb. 19-23 at Camp Ethan Allen for cross country.

To be eligible, Alpine skiers must enter two NASTAR races and cross country skiers must enter two USSA point standard races. Biathletes must have competed in a U.S. Biathlon Association sponsored event and have attained 80 points by the end of the competition year.

Interested Marines must send an application to Headquarters Morale, Welfare and Recreation (code MW), Building 3044, Quantico, VA, 22134-5000 by Jan. 8, 1990.

The application must have the following information:
1. Name, Rank, SSN/MOS.
2. Duty phone number.
3. Skiing resume and organization that can verify results.

For more information stop by the Athletic Office.

Racquetball Tourney

There will be a Racquetball Tourney for all military people starting tomorrow aboard the Air Station.

Players at every level of competition are welcome to come out and slam a few balls. Sign-up is going on now. For more information call Dave at 254-2458.



If the Bullets Run Out

Marines from BSSG-1 and Supply Platoon from 1st Radio Bn. took part in a hand-to-hand combat course, Aug. 31. The course, taught by Judo instructors 1stSgt. William J. Boyd, SSgt. Francisco Ramirez and 1stSgt. William Thackston combined the art of Judo and lessons in the New Battle Skills Handbook. The instructors stressed the need for hand-to-hand skills by saying, "you had better know how to defend yourself if the bullets ever run out."



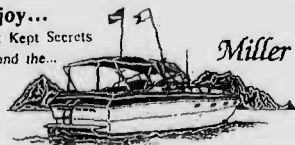
Get a Grip

Bob Trombley (right), and Darryl Lanfus of Headquarters Battery, 1st Battalion, 12th Marines practice their arm wrestling techniques. An arm wrestling tournament will be held at Fast Eddie's in Kailua Sept. 18. The double elimination competition will be for anyone 21-years-old and over. The entry fee is \$5.

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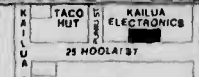
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At A Glance

Coffee Break

The Staff NCO Wives Club extends an invitation to all Staff NCO wives to join them for a coffee break Saturday from 8:30-11:30 a.m. at the Dependent Recreation Facility.

This will give wives an opportunity to learn more about the Air Station and the activities and goals of the club.

The next monthly meeting will be held Sept. 12 at 7 p.m. in the Staff NCO Club.

Aloha Night

The Marine Officers' Wives Club of Leeward Oahu is sponsoring the "Aloha Come Together Night" Sept. 14, at 7 p.m. at the Camp Smith Staff NCO Club.

The event is held annually to welcome new wives, by providing information dealing with life on Oahu.

For more information call 456-7444.

Kaneohe Officers' Wives Club

The Kaneohe Officers' Wives Club will hold their

annual sign-up coffee on Sept. 12 at 7 p.m. on the Officers' Club Lower Lanai.

For more information call Terri DeRousse at 254-0153, or see the monthly newsletter.

Thrift Shop

The Staff NCO Wives Club Thrift Shop has a plentiful supply of men and women's uniforms, as well as clothing, shoes and accessories for infants.

The Thrift Shop is open Tuesday through Thursday, 9:30 a.m.-12:30 p.m., and Saturday 9:30 a.m.-1 p.m. The shop is located in Building 245, next to the Station Theater.

For more information call 245-0199.

USO Needs Volunteers

The USO needs volunteers to help run its airport centers at the Honolulu International Airport and Hickam Air Force Base, and now for its family and community center located at Fort DeRussy.

Last year, more than 60,000

military personnel and family members were served in the USO airport centers. Because of its location, the Waikiki USO is expected to dramatically increase that number.

To volunteer call Mary at 836-3351.

Weight Management Program

A free preview to Castle Medical Center's Weigh to Live System of weight management will be held Monday, Sept. 7 at 7:00 p.m. at the Castle Center for Health Promotion.

To pre-register, call Castle's Weigh to Live Center at 235-5900 or the Castle Center for Health Promotion at 235-8737.

SAT Review Classes Slated

Scholastic Aptitude Test (SAT) review classes will be held at the Joint Education Center starting Sept. 16.

Classes will be conducted on five consecutive Saturdays from 8 a.m.-2 p.m. In addition, Armed Forces Clas-

sification Test review classes will start Sept. 18 and will be held Monday through Thursday for five weeks. Registration for the courses, which is free, is being held at the JEC through Sept. 14.

For more information call the JEC at 254-1703 or 254-2901.

Job Expo

A joint-services sponsored job fair entitled "Job Expo 89" will be held at the Pearl Harbor Chief Petty Officers' Club, Sept. 28 from 10 a.m.-2 p.m. The expo is primarily intended for military spouses, but active-duty personnel seeking off-duty employment are encouraged to attend.

Travel Journalism Contest

The Hawaii Visitors Bureau (HVB) announced that the deadline for entries in the Second Annual Travel Journalism Awards Contest has been extended until Friday, Sept. 15.

For more information contact Lindy Boyes at 923-1811.

Meals on Wheels

Hawaii Meals on Wheels is seeking volunteers to deliver meals one day per week, at the noon and dinner hours, to elderly and disabled clients.

Drivers and helpers are especially needed in Kaimuki, Manoa and in the Kalihi areas.

For more information call Alicia Leonhard at 988-6747.

Benefit Luau Slated

The Hawaii Addiction Center (HAC) plans its Annual Benefit Luau Saturday, Sept. 30 from noon to 4:00 p.m. at Lanikuhonua/Cambell Estate, near Paradise Cove. Continuous Hawaiian entertainment is planned, and tickets are available.

For further information and ticket locations call 671-7573.

Officer's Wives Scholarships

The Awa Lau Wahine Officers' Wives Club is offering two \$750 scholarships available to any active or retired Navy, Marine or Coast Guard Officer's wife living in Hawaii.

The scholarships will be awarded in January, 1990 to the ones who state the best reasons for continuing their education.

For more information call Virginia Elsten at 254-5788. Applications must be received by Nov. 1, 1989.

New Asbestos Brochure

A brochure on the health risks and symptoms of asbestos-related diseases is now available from the University of Hawaii Cancer Research

Center's Cancer Information Service (CIS).

To receive a free copy, call the CIS at 524-1234.

Jazz Festival Scheduled

The Michelob Aloha Jazz Festival, a fund-raiser for Hawaii Public Radio Station KIPO is scheduled for Sunday, Sept. 17 at McCoy Pavilion, Ala Moana Park.

The festival will feature Grammy Award winning saxophone man Ernie Watts, Hawaii jazz legend Gabe Baltazar and other prominent Hawaii jazz musicians.

Admission is \$10 and tickets are available at all Oahu Sears locations, or by calling KIPO at 955-8821.

Mardi Gras Auditions

Auditions for this year's Mardi Gras Follies will be held Oct. 9 at 7:00 p.m. in the Pearl Harbor Officers Club.

This year's show, which will run for approximately three weeks in February and early March, is expected to raise thousands of dollars for both local and military charities. Auditions are open to all military; active duty, retired and dependant.

For more information concerning auditions, call 422-9588.

POW/MIA Recognition Day

Service of Remembrance

September 15 is National POW/MIA Recognition Day. On this day we are encouraged to take time to pause and remember the Prisoners of War and those listed as Missing in Action. On this day in particular, we take time to recognize the significance of their sacrifice in keeping our nation free and at peace. In honor of this special day, a service of remembrance and recognition will be held in the Station Chapel, MCAS Kaneohe at Noon on September 15. Everyone is encouraged to take a few moments to join other members of the MCAS community in honoring those who have sacrificed so much.

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Beat the Hawaiian heat

By Sgt. T. Shearer

In Hawaii, where warm weather is taken as a normal part of life, people can become lulled into a false sense of security when it comes to the effect tropical heat has on the body during athletics.

While it takes only a few weeks after arrival to become "acclimated" to the climate, even people who have been here for years can find themselves stricken with a heat-related illness. This may range from light fatigue caused by loss of fluid to deadly heat stroke where the body totally loses its ability to cool down.

The human body has built in thermostats and heat-release mechanisms to cool itself. When exposed to heat or heavy physical activity, the body responds by sweating, and evaporation of sweat from the skin is considered the primary way the body is cooled.

To sweat though, the body needs fluid. Only a limited amount of water can be stored by the body, once this water is used up, the ability to cool by sweating is gone. Factors such as using alcohol, sitting in a sauna, or prolonged activity without



Unit leaders must watch people for signs of heat illness.

consuming water act to limit the amount of water to produce sweat.

A secondary method of cooling is the blood vessels lying under the skin. When the body begins to heat up, these vessels dilate to allow more blood to pass near the skin, where the heat can be radiated to the outside. This

keeps the heat from being trapped in the core of the body. Again, the use of alcohol, which thickens the blood, limits the body's use of this tool. Also, people who engage in physical activity while wearing too much clothing, are trapping this heat inside their body, eliminating the potential for

cooling.

Loss of salt in the body also limits the body's ability to store water. With a less than normal amount of water and salt in the body, the blood volume is decreased, causing an obvious dizzy feeling and eventual fainting.

It is easy to determine if a healthy person is becoming

dehydrated by monitoring urine output. Decreased urine volume and darker than normal urine color indicates a need to increase fluid and salt intake.

The thirst mechanism in the body cannot be relied upon to tell a person when to drink. By the time your body says it's time to drink, you are already one-to-two quarts low on fluid. Physically active people should constantly drink plenty of water throughout the entire day, and steadily during exercise or heavy work.

While the thirst mechanism will tell you when the body is low on water, it can be tricked by certain prescription drugs. Some drugs may also affect the body's ability to retain water, and increase metabolism to a level that adversely affects the body's ability to cool.

By being aware of these factors, and using common sense, people can avoid the possibility of becoming a heat casualty. Still, there are circumstances when heat illness will strike unexpectedly, and knowing what to do could save a life.

There are three basic heat illnesses striking people. The first, and least serious, is heat cramps. As the name implies the person will experience severe cramps in one or more muscle groups. This is due to lack of water to cool an area, and the muscle literally

overheats. The treatment for heat cramps is simply to stop the physical activity that started them, and drink water. The area affected by the cramps can be massaged to relieve the pain.

The second type of heat illness is heat exhaustion, and can lead to more serious problems. A person affected by heat exhaustion won't usually realize there is a problem because it usually accompanies a feeling of euphoria (dizziness and possible numb sensation). The victim will appear cold, pale and sweaty and may pass out.

It is crucial to get someone with any of these symptoms to a cool place and start lowering the body temperature as soon as possible. Remove clothing, douse with water and get medical attention for the person immediately.

The third and most serious heat illness is heat stroke. A person with heat stroke has basically lost all internal cooling abilities. The temperature can exceed 110 degrees and the person will pass out from the dehydration and shock.

The possibility for death is great unless immediate treatment is received. Again move the victim to a cool place and douse with water. Remove clothing and fan the victim.

Armed Services YMCA

Women's Awareness Program

The Women's Awareness Program meets at the ASYMCA every Wednesday from 9:11 a.m.

The program is designed especially for women and deals with matters of interest to women on the Air Station. Child care is available for mothers who wish to attend.

For more information call 254-4719.

Parenting Class

Teaching your children to be more responsible will be the topic of a class taught by Carol Pajari from Sept. 15-Nov. 3.

The eight-week class will meet every Friday from 9:30-11:30 a.m.

For more information call 254-4719.

Lamaze Class

A six-week Lamaze class

will be given by a certified instructor starting Sept. 17 and will meet once-a-week at the ASYMCA.

Learn all the aspects of pregnancy, labor and delivery of the baby.

For more information call 254-4719.

Driver's Education

A Driver's Education class is being formed to help non-drivers get learner's permits to drive in Hawaii.

The class will include preparation for the written test.

For more information call 254-4719.

Baby Sitters Needed

The ASYMCA is looking for child care providers to watch children while their parents attend the many classes they offer.

People wishing to help by bringing children into their

homes can call 254-4719 for more information.

Basic Skills and GED

The ASYMCA is offering courses in basic education for people without a high school diploma or those just wanting to brush-up of fundamental skills.

The class is in cooperation with the Windward School for Adults and will start Sept. 12, running for ten weeks. The sessions will be on Tuesdays and Thursdays from 9:30 a.m.-Noon.

For more information call 254-4719.

Intro to Fitness

The ASYMCA will be hosting a tour of the fitness center on Sept. 13.

The class is open to anyone, and practical demonstrations will teach people how to get the most out of an

exercise session.

For more information call 254-4719.

Improve Your English

A class designed for foreign-born people to learn better English will begin on Sept. 12 at the ASYMCA and

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The classes will be held on Tuesdays and Thursdays from 9:30 a.m.-Noon. Topics will include budgeting, learning to cook American food

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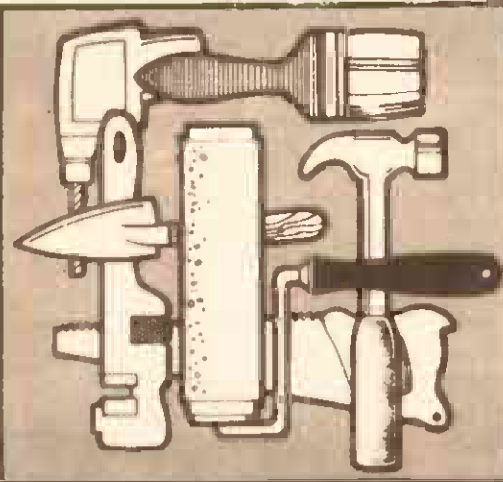
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PART time position Maintenance Assistant M-F 3am-7am. Earn Extra Income immediately. Apply at Sun Press/Midweek 45-525 Lulu Rd. M-F 8-5

Part-time photographer for Sun Press newspapers. Previous newspaper experience preferred. Must have own equipment and transportation. Pay starts at \$6/hr., limited benefits. Call Richard, 235-5881.

BOOKKEEPING clerk. F/T & P/T. Airport area. Busy, friendly office. 422-9444.

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PAINTER wanted at least 5 yrs. exp., hand tools & transportation. Call 235-5980

DRIVER/Merchandizer full time. Call Family Food Company 842-1478. Ask for Eric

LABORERS - "Blue Jeans & Sneakers" jobs. Call 533-8889 ADIA The Employment People. Never a fee.

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WAITRESS exp. personable evens. shift. Apply Florence's Restaurant. 20 Kalahe St. Kailua

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