



Hawaii Marine

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Nation honors American POW/MIA's tomorrow

National POW/MIA Recognition Day is Sept. 15 — a time to honor America's returned prisoners of war and to rekindle the resolve to account for American servicemen still missing.

In honor of this special day, a service of remembrance and recognition will be held at the MCAS Chapel at noon, tomorrow.

Since some 590 American prisoners of the Vietnam War were released from North Vietnam in March 1973, the Department of Defense and the U.S. government have strived to account for 2,334 Americans still listed as prisoners or unaccounted for.

Since 1974, 391 sets of remains have been returned to the United States from Vietnam, of which 209 have been determined to be those of missing Americans. Since the mission of retired Army Gen. John W. Vessey, special presidential emissary to Hanoi in August 1987, the Vietnamese government has sent America 227 remains. Of those, the Central Identification Laboratory in Oahu has

positively identified 65 as American servicemen listed on the Missing in Action and Prisoner of War rosters.

The most recent identification was on Aug. 1 when the Department of Defense released the names of the remains of three service members.

Identified were Air Force Col. Bobby Kirby of Atlanta, pilot of a B-52 that crashed in 1972 in North Vietnam; Army Maj. Robert G. Cozart Jr. of Hammond, La., pilot of an O-1G helicopter shot down in 1970 in South Vietnam; and Army CWO-2 Michael B. Varnado of Ferriday, La., who was piloting a UH-1H helicopter when it crashed along the Cambodia/South Vietnamese border in 1970. Varnado was reported to have survived the crash and died in captivity.

The most recent repatriation occurred July 31 when 15 sets of remains believed to be those of U.S. servicemen were turned over to U.S. military officials. As in previous actions, the Central Identification Laboratory will



examine the remains to establish positive identification. But, the Americans missing in Southeast Asia are only the most recent, and most publicized, warriors who never returned.

The United States is also making efforts to gain access to North Korea where an estimated 6000 Americans are still unaccounted for—including 389 who were listed as prisoners of war.

In his July address to the members of the National League of Families of Prisoners of War and Missing in Action, Secretary of Defense Dick Cheney reinforced the President's and Department of Defense's strong support for the recovery effort.

"We have an enormous task before us, made difficult by the political realities of Southeast Asia. No matter

how difficult, our dedication to this search must not wane," Cheney said.

"We continue to take very seriously all reports of live prisoners. The answers, to this most vexing issue, lie with the Indochinese governments, not here in Washington," Cheney said. "The burden is on them to supply satisfactory answers to this sensitive question."

The Department of Defense, in reevaluating and reemphasizing the Prisoner of War and Missing in Action Public Awareness Program, has issued some new guidelines concerning the issue.

The first requirement is for all activities which are authorized to fly the national ensign to also fly the POW/MIA flag on appropriate occasions such as Veteran's Day and Memorial Day.

Other requirements covered under the new guidelines include:

Designating a POW/MIA point of contact at each

military installation; making legitimate POW/MIA awareness material available on military installations; and to devote at least three articles annually in military publications discussing government efforts and progress on the POW/MIA issue.

In addition, suitable base facilities and assistance will be made available for official National League of Families of POW/MIA meetings.

Another important guideline issued by the Department of Defense states that during Code of Conduct training, the status and associated problems of the POW/MIA issue will be covered, stressing that every possible effort will be made to account for our service members should they become a POW or MIA.

In supporting the Department of Defense and the government's efforts toward resolving the POW/MIA issue, President Bush has restated that "the accounting for our missing servicemen has the highest national priority."

Reenlistment Bonus Program Realigned

The Selected Reenlistment Bonus Program has been realigned to meet demands of the Marine Corps' enlisted force structure projections for the next fiscal year.

With this in mind, the Joint Career Planners Office has outlined the potential for Marines, who are eligible to reenlist, losing the possibility of being paid a bonus after Oct. 1. They urge anyone who is eligible to reenlist to stop by and see what there is to offer.

LIFECO Travel has Replaced SATO

The new Commercial Travel Office, LIFECO Travel Services, will now provide unofficial travel needs for Marines, sailors and dependents at MCAS Kaneohe Bay and Camp H. M. Smith.

The locations are:
Camp Smith MCAS MCAS Exchange
487-1867 284-4554 254-3581
Bldg. 2AA Bldg. 209 Main Exchange
Room 201

All locations will operate Monday-Friday from 7:30 a.m.-4 p.m., except for the MCAS Exchange, which will be Monday-Friday from 10 a.m.-5 p.m.

All official travel will be coordinated through base Traffic Management Offices (TMO). Aboard the Air Station call 287-3242 and at Camp Smith, call 477-6359.

October Payday Break

To avoid financial hardship for active-duty military people, the scheduled delay of September pay to Oct. 2 was overruled by the Secretary of Defense.

A law states that the military pay roll can be carried over from September to October, so the money comes out of the new fiscal year budget. By law, this year's payday would have been Monday, Oct. 2, with the change it will fall on Saturday, Sept. 30.

Aloha Week Military Events

The 1989 Aloha Week Festival begins Friday, with opening ceremonies at Iolani Palace at 5:30 p.m., and continues through Sept. 24. This year's theme is Mai Kupuna Mai, "from our ancestors to us."

Marine Corps units will be participating in various events throughout the week-long celebration. Marines from Headquarters and Service Bn., FMFPac, Camp H.M. Smith, will be part of a Joint Service Color Guard during the opening ceremonies.

For Co., 1st Bn., 3rd Marines will represent the Marine Corps by marching a marching unit and Marines for a Joint Service Color Guard for the Floral Parade, Sept. 23, at 9 a.m. The parade, featuring the First Marine Force, Pacific Amphibious Command, 1st Marine Airborne Task Force, 3rd Marine Airborne Task Force, and 3rd Marine Amphibious Brigade, will also be featuring guest bands and celebrities.

Military has key role in drug war

By Sgt. Bill Pero

President Bush vowed to use the U.S. military against drug production overseas and to intensify efforts to stop the flow of drugs across the United States borders during the unveiling of his proposed national drug control strategy Sept. 5.

According to a Department of Defense spokesman, DoD has been assigned a specific support role. The spokesman explained that the strategy expands upon DoD's monitoring; detection; command, control and communications; and intelligence integration; and National Guard interdiction and deterrence support efforts mandated by congress last year.

The Defense Department's part in the national strategy will include increased sharing of sophisticated assets and information with federal, local and international drug enforcement agencies. Also National Guard assistance will be given to federal law enforcement agencies. The Guard will help to identify the largest producers and distributors of marijuana within the federal and trust lands. They will also assist with the expanded use of sniffer dogs and anti-vehicle barriers. DoD and the Guard will combine their resources in performing container inspections to enhance border surveillance.

Department of Defense will also work as part of the Federal Inter-agency Working Group, chaired by the office of National Drug Control Policy, to improve drug intelligence capabilities by uniting U.S. drug-related data and analysis.

The DoD spokesman explained that, the national drug strategy recommends

that DoD devote a total of \$568 million to drug control activities in FY-90. This will include \$313 million for continuing border control activities, such as intelligence upgrades, aerostat positioning, National Guard operations and other anti-drug initiatives.

Another \$137 million will be dedicated to international initiatives, principally assisting the three Andean cocaine-producing nations in their counter-narcotics efforts. This includes military and economic assistance over several years. Additionally, \$118 million will be dedicated for drug use prevention and treatment for DoD personnel.

The spokesman concluded that, the U.S. has a broad array of resources at its disposal to fight the drug war, many of which are possessed by DoD. "As a nation, we now have what we've never had before — a comprehensive and integrated national drug control strategy. DoD is an enthusiastic and willing participant."



52-mile What?

Sgt. Richard W. Beckett, 3rd Bn., 3rd Marines, takes a breather during a grueling 52-mile force-march from the Pohakuloa Training Area (PTA) to the outskirts of Hilo, Hawaii, Aug. 27. The march was the final phase of a month-long training evolution at PTA. Marines from 3/3, A Co., 3rd Reconnaissance Bn., and a handful of Marines from 1/12 made the trip.

Exercise boosts coastal defense

Marine Corps, Navy and Coast Guard units are currently conducting a Maritime Defense Zone (MARDEZ) exercise in Hawaii and along the Mainland's West Coast.

The exercise, dubbed MARDEZXPAC 89-2, began Monday, and is scheduled to end on Sept. 22. It is designed to test command, control, interoperability, and logistics support within the various MARDEZ units.

During this time frame, Air Station, Coast Guard, and Navy units will be working jointly in command post and field exercises. Traffic at the Air Station gates may be slowed due to security pre-

cautions, and other security measures may be taken.

Maritime Defense Zones are Navy commands jointly staffed by coast Guard and Navy people. There is one MARDEZ for the Atlantic Ocean, and one for the Pacific. The commands provide a structure to coordinate the defense and protection of U.S. coastal areas. These areas include ports and harbors

that, in time of war or periods of rising world tension, may be threatened.

Part of MARDEZ Pacific is MARDEZ Sector Hawaii, which is comprised of three sub-sectors: Kaneohe, Pearl Harbor, and Honolulu Harbor. The Air Station has responsibilities for defense of the Kaneohe sub-sector.

Coast Guard Rear Adm. W. P. Kozlovsky commands MARDEZ Sector Hawaii.

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SURVIVOR

A candid conversation with a squad leader who lived through a helicopter crash off Okinawa

By SSGT Bill Pero
Photos by PFC Greg Smith

On the night of May 30, 1989, about five minutes to midnight, a helicopter from Marine Medium Helicopter Squadron 265 crashed into the sea off the coast of Okinawa. Thirteen Marines and one sailor died in the tragedy.

Seven Marines and one sailor from Golf Co., 2nd Battalion, 3rd Marines survived the crash and were eventually rescued by Navy personnel off the USS Denver, a navy ship from which the helicopter had launched. The following story is one Marine's recollection of what happened on that tragic night.

Sgt. John R. Becker, 24, of Slidell, La., was the squad leader for the men of 1st Squad, 3rd Platoon. The Marines were staged in the messing facility aboard the USS Denver along with the rest of the force preparing for an operation in support of exercise "Valiant Mark 89-4." It was a routine training mission, during which the men were to be flown ashore.

Becker's squad and Marines from the 3rd Squad were to be on the third CH-46 helicopter to depart the ship. Approximately 15 minutes after the first two birds lifted off,

Becker and his men boarded their helicopter.

The crew chief went about all his normal duties, passing out crainials and life vests and checking his passengers. Meanwhile the platoon commander was also checking his men.

Following the normal amount of time for the crew to go through all of their checks, the helicopter lifted off the deck of the USS Denver, hovered for a few seconds, and then flew off the right side of the ship.

"I like to sit in the rear of the helicopter," said Becker. "I prefer to look out of the back, it makes the flight more interesting."

On that particular night, the moon provided plenty of illumination, which allowed Becker to see the horizon in the distance. The helicopter cleared the ship and was in flight for a little more than one minute.

"All of a sudden I couldn't see the horizon anymore. The landscape turned to black. I started to turn and look towards the front of the helicopter, that's when we impacted with the water."

The nose of the helicopter hit the water on the right side and continued to roll over until it was belly up. In

a matter of three to five seconds the helicopter was submerged in the water. "It was like driving your car into a brick wall. The ride is smooth until you hit the wall," said Becker.

"I thought to myself, Wow, I've actually crashed . . . you don't expect it to happen to you."

"For myself, it was one of those times when everything seemed to move in slow motion." At that time, he remembers taking a breath of air that was mixed with salt water.

"I thought to myself, Wow, I've actually crashed," said the five-year-veteran of the Corps. "You always think about crashing, but you don't expect it to happen to you."

When the helicopter impacted, some of the survivors' safety belts broke, which allowed them to escape. Becker's belt was still intact, and had gotten entangled with his "782" combat gear as he turned upside down. He was under the water for about 20-30 seconds until he managed to get his belt loose.

"I had to make the decision as to which direction I would go. I decided to push

off to the rear," said Becker. He explained that it was later determined that the helicopter had broken in half, so which ever way he would have gone, he could have gotten out.

Once Becker reached the surface, he inflated his vest. "When I broke the surface, I didn't expect anyone to be there. I was quite relieved to see other Marines there who were alive. I knew they were alive, because I could see them moving," said Becker.

"I knew I was alright. All I had to do was stay on top of the water. I had full confidence that my people would come and pick us up," emphasized Becker. With that in mind, he set out to look for, and gather up, all the survivors.

Becker noticed a Marine in the water who was starting to panic. The Marine had black leather gloves on his hands and because they were wet, couldn't get them off. "I thought he was going into a mild state of shock, because he thought he was

going to drown." The squad leader made his way through the 10-foot swells to his fellow Marine and assisted him by inflating his life vest.

"It's funny how things just pop into your head. Sometimes you just know what to do," said Becker. He gathered up all the survivors he could see. There were six Marines and one corpsman in all that he mustered into a group. Becker found a section of rotor blade, approximately six feet long, to use to keep everyone together and afloat.

Once Becker had all the survivors together, he checked them over to make sure they weren't badly injured. He reassured his men and instructed them to hold on to the blade and stay put.

Becker then returned to the helicopter to see if there were any other survivors. As he was swimming towards the helicopter, he was looking for the suit-water-activated lights that are on the life vests. He then climbed onto the belly of the helicopter and noticed some lights to his left. After yelling in the direction of the lights a couple of times — and hearing no responses — he could hear that the group of survivors at the rotor blade had made verbal contact with someone in the distance.

As Becker left the helicopter and swam past the other survivors, he instructed them to stay there. "It took some time to get out to the Marine that they were yelling to. The water was rough and the going was slow."

When Becker made it to

the survivor, he could see that he was having trouble moving in the water. The Marine had suffered some injuries and could not swim. Becker made his way back through the rough, dark water, pulling the injured Marine to join the rest of the group, and had him hold on to the rotor blade.

The group was in the water for about 45-50 minutes when a life boat from the USS Denver arrived and assisted all the survivors aboard. After making a sweep of the surrounding water, the boat was ordered back to the USS Denver and the survivors were brought aboard the ship.

"Once we were on the Denver, we were in very capable hands. We received 'five-star' treatment from the Navy. They did an outstanding job," said Becker.

Becker has been nominated for the Navy/Marine Corps Medal for his actions on the night of the crash. "I was the squad leader doing my job. The men were my responsibility, and I was taking care of my men," said Becker.

"We may not have known each other for a very long time, but we were going through some very intense training. You might not be with these people 24-hours-a-day, but there is a bond among us. It's like losing a member of your family," said Becker.

"We will always remember the men we left behind, but you have to pick up your life and continue the mission."



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Leadership begins at all levels

By SgtMaj. P. W. Todd
Station Sergeant Major

"Leadership at all levels"—one of the many phrases that denotes the character of the Marine Corps. However, time and time again we find evidence to the contrary.

The scene—Waikiki, a land where many a Marine fraid in droves to join in and enjoy the fruits of paradise. Wild, fun times to be had by all, and streets so busy that for a split-second one might think he or she was in New York.

What have we here? A male Marine wearing earrings. I must be dreaming—better make that a nightmare, and it doesn't stop there. Marines wearing uniforms, or parts of uniforms, unauthorized for wear on liberty. Inappropriate civilian attire, such as ripped or torn jeans, cut-offs, torn shirts, shirts or hats with offensive/obscene language written on them. Shirts or hats with pictures or symbols that are offensive or obscene. Women Marines wearing make-up in a manner that would not be considered conservative, nor it good taste, by any stretch of the imagination. Male Marines wearing eyeliner and lipstick. I think I am going to get sick.

We now head for familiar, safer territory. Being on base gives that sense of sanctuary from the mad, mad world beyond the gate. I mean this is a Marine Corps Air Station and none of that craziness should happen here. . . right? Wrong! It happens on base. . . everywhere.

Hands in pockets; haircuts, or lack thereof; uncovered outdoors, covered indoors; dirty uniforms in garrison; dirty boots; PT gear at the exchange and commissary; unshaven faces; alcohol in the barracks. The list goes on and on.

What happened to the days when, as Marines, we would spend a week in the field, come into garrison, clean our gear, and then go to the club and have a good time. We never forgot to respect our Marine brothers, take care of each other, and not fight among ourselves. In our ranks there are now those who steal from their Marine brothers, vandalize and destroy property. We need leadership at all levels if we are to get our Marine Corps back to the level of excellence that we all joined for.

We all went through pain and sweat to earn the right to be called Marine. We are a professional fighting outfit designed to defend our country—a military organization with the highest standards and expectations. We carry the burden of over 200 years (214 to be exact) of pride and tradition in and out of uniform. Perhaps that had



SgtMaj. P.W. Todd

is too large for some to carry. I suggest that if you can wear the uniform, you can carry the load. If you were not capable of doing so, you would not be a Marine today.

Marines are not perfect. The load may be more difficult to carry for some than others. Marines will make mistakes from time-to-time. As a corps of professionals, we are obligated to help those who falter and stumble. This is what I mean when I say "leadership at all levels." We have to work together to maintain those high standards and it begins at the NCO level. Remember, LEADERSHIP BEGINS AT ALL LEVELS.

If you see someone needing a shave, have him shave. If someone is playing their stereo too loud, ask them to turn it down. If he or she is not setting the example we expect of a Marine, take corrective action. You wear those chevrons to solve problems, not become a part of the problem.

With all the trouble in the world today, the last thing we need to see is the United States Marine Corps being anything less than it is supposed to be.

Donated dollars do make a difference

—Combined Federal Campaign—

By Cpl. Reginald M. Cole

This year's theme for the Hawaii Pacific Area Combined Federal Campaign (CFC), which will begin its main campaign Oct. 9, is "Make A Difference."

The dollars donated to CFC have been making a difference for over 350 national, local health and human care services. For example, more than 8,000 military and federal families were served by child and family services last year.

This year's campaign goal is \$1.7 million. This money will be used for victims like the ones in the Kailua flood in 1988) youth service groups, disease research and treatment agencies, battered women, alcoholic counseling centers and many more agencies.

Some people may be wondering how their CFC dollars are spent. When someone donates a small part of their paycheck to the CFC, it may be difficult to imagine just how far your contributions will go.

Depending on your weekly donation, even small amounts can go a long way. For instance, \$15 a week can provide breakfast for 81 needy senior citizens and homeless people for a week. If someone donates \$10 a week, that can provide food, clothing and shelter for three

people in a time of disaster, such as fire, flood or earthquake.

This same amount can provide an annual membership to a boys and girls club for 52 children. It can also provide after-school care for one child of a low income single-parent family.

If a supporter decided to donate \$5 a week, that amount can give a homeless person a warm place to stay for five nights. It can provide crisis assistance for 10 families experiencing a family break-up, runaway child or other problems.

If someone donated just \$3 a week, that amount can provide 16 hours of in-home support for a frail, elderly person who would otherwise need nursing home care. Four days of pre-vocational training for one developmentally disabled adult is possible for \$3 a week, or two hours of speech therapy for a child unable to speak properly.

The pacesetter's campaign for Oahu Marines, which is headed by Marines and sailors from HSSG-1, began Sept. 6, and will last until Sept. 29.

More than 87,000 military and federal employees will participate in this year's fundraiser to help people who really need it. "Make A Difference."

Hawaii Marine

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Say farewell to flat hair.

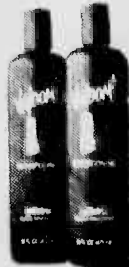
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Fleet Marine Force, Pacific

Fighting West of the Dateline

By Sgt. Deborah M. Samsel

CAMP H. M. SMITH—Before there was a fiftieth state, before the last rounds of World War II were fired, and even before the land on which it is now situated belonged to the Marine Corps, there was a Fleet Marine Force, Pacific.

In 1942, control of all Marine units in the Pacific Theater had been consolidated under a single command: Amphibious Force, U. S. Pacific Fleet. It included six Marine divisions and five aircraft wings at its height, and officially became Fleet Marine Force, Pacific on Sept. 17, 1944. The headquarters was first established at what was then known as Camp Catlin, Oahu, Territory of Hawaii.

FMFPac was a vision turned reality by its first Commanding General, LtGen. H. M. "Howlin' Mad" Smith, a pioneer of amphibious warfare techniques. Under his leadership, FMFPac units fought with distinction in campaigns throughout the Pacific.

After the conclusion of World War II, these units remained in the Pacific to engage in extended occupation and security activities.

Before taking up residence at its current Camp Smith home, atop Halawa Heights, FMFPac headquarters was located at Pearl Harbor, having moved there in 1950. At that time, the total force of Marines in the Pacific numbered only 12,000; but that quickly changed with the invasion of South Korea in June of that year. FMFPac Marines found themselves deep in the planning and direction of the rapid build-up of Marine air and ground forces, which led to the

activation of the 1st Provisional Brigade within six weeks. By September, 1950, more than 30,000 Marines of the 1st Marine Division and the 1st Marine Aircraft Wing were in the thick of battle at Incheon, Korea.

During the aftermath of the Korean War in the mid-1950's, FMFPac relocated to its present location, Camp H. M. Smith, the former site of the Airm Naval Hospital. It was renamed for LtGen. Smith on June 8, 1955. The first Marines arrived in October, 1955, and the headquarters staff placed the camp in full operation just two weeks before its formal dedication on Jan. 31, 1956.

During the late '50s and early '60s, selected FMFPac Marines took part in the military advisory program

provided to the Republic of Vietnam, and in 1965, the 9th Marine Expeditionary Brigade landed at DaNang. FMFPac Marines assigned to the III Marine Amphibious Force supported the United States efforts in that region until 1972. It was during that time that FMFPac reached its post-World War II peak strength of 125,000 Marines.

At the end of the Vietnam conflict, FMFPac focused its attention on intensified, joint/combined training exercises with forces from friendly and allied Pacific nations.

Today, Fleet Marine Force, Pacific is the largest single U. S. Marine Corps field command and boasts more than one-third of the Marine Corps' total manpower.

FMFPac has two each of the Corps' three active divisions, aircraft wings and service support groups.

Lieutenant General E. J. Godfrey, FMFPac commanding general since Oct. 1987, has the responsibility for the administration, readiness and employment of the FMFPac Marines. He also acts as the principal advisor to the Commander in Chief, U. S. Pacific Fleet for Fleet Marine Force matters.

Commenting on the anniversary of FMFPac, LtGen. Godfrey noted, "For 45 years, the Marines and sailors of the Fleet Marine Force, Pacific have made significant contributions to the history of our country. In recent years, I have been fortunate to travel to many of the Pacific islands and nations where this history has taken place. . . Wake Island, Iwo Jimu, Tarawa, Guam, Okinawa, Korea, the Philippines and Southeast Asia.

"There is a bond," he continued, "which links all Marines, and a common thread of that bond has been duty served somewhere in the Fleet Marine Force, Pacific. The Marines and sailors who have continued to build on this bond still show the same dedication and devotion to duty. I am proud to have had the privilege of serving as Commanding General of this great command."

The reins of FMFPac will transfer to LtGen. Robert F. Milligan on Oct. 2. LtGen. Godfrey will retire after more than 35 years of service to the Corps.

The mission of today's Fleet Marine Force, Pacific is to provide the Commander in Chief, Pacific Fleet with combat-ready Marine Air-Ground Task Forces ranging



USMC photo
Helicopters became an indispensable aviation asset in Korea.

from the 1,600-man Marine Expeditionary Unit to the 30,000-man Marine Expeditionary Force (which consists of a reinforced division, an aviation wing and service support group). More than 82,000 Marines and 2,800 sailors comprise today's FMFPac.

Sergeant Major Arthur W. Nottingham took on the responsibilities of the FMFPac Sergeant Major in February. He is the command's "ear" and direct link to the Marines and sailors of FMFPac. Expressing his high opinion of those serving in FMFPac, the sergeant major commented, "Having served 19 of about 27 years in the FME, I've found it to be the most rewarding time of my military career. I have just completed a visit to many of our units, and I must say we should be very proud of our Marines serving in the

Pacific. They are trained hard, and are ready for any contingencies as they may arise. I've never been any prouder than I am today of the Marines and sailors who serve in the Fleet Marine Force, Pacific."

During the past year, FMFPac units participated in exercises such as Team Spirit '89, Kernel Usher, Kernel Blitz, Yama Sakura, Solid Shield, Red Flag, Ahuas Tara, and a regular schedule of combined-arms exercises. The past year also saw the actual beginnings of relocation moves of the 7th Marines and 3rd Battalion, 11th Marines from Camp Pendleton to Twentynine Palms, Calif.

Lieutenant General "Howlin' Mad" Smith passed away in 1967, but his vision and his spirit are very much alive in the Marines of today's Fleet Marine Force, Pacific.



USMC photo
Battle-tested Marines of FMFPac carry a fellow Marine from the combat zone on Guadalcanal.

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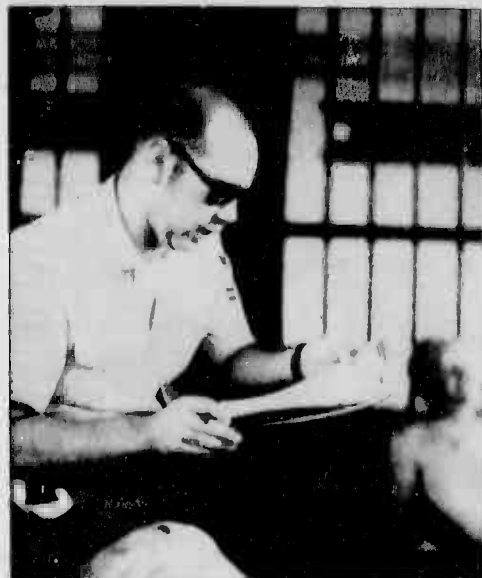
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When the chips are down, it's Corpsmen Up



HM2 Bob Jones records information on a simulated casualty as a part of the Station Clinic's mass-casualty simulation.

Story and photos
By PFC Greg Smith

If someone is lying in a ditch, wounded and bleeding, their first concern is getting medical help.

That's the job of the people at the Branch Medical Clinic: fixing hurt people and saving lives. To do this job, they must be trained and prepared like anyone else.

A training session was held recently when the emergency call came to the clinic. The bleachers had collapsed at the Pop Warner football field here, and there were multiple casualties reported.

At 1 p.m., the alarm was sounded. Eight minutes later, the ambulances arrived at the scene, and a dozen corpsmen and doctors jumped out.

The doctors and corpsman found several "casualties" lying in various positions around the bleachers. Stickers with information about the victims' injuries had been placed on the "casualties." The doctors and corpsmen performed life-saving steps and prepared them for transportation back to the clinic.



HM2 Leo Deperio takes down a victim's vital statistics during the Station Clinic's mass-casualty drill.

"The drills are held four times a year, with different situations simulated," said Lt. Diane D. Daniels, chairman of the Disaster Preparedness Committee at the Station Clinic. "In the past, we've used explosions and terrorist attacks as simulation scenarios."

Daniels emphasized that the simulated drills are not measured as a success or failure, but more as a way of honing and fine-tuning their whole operation.

"Medical training is on a day-to-day basis. These drills give them a chance to employ that training."

"The whole clinic is mobilized in an emergency or in a drill like this," explained Daniels. "Some people go to the scene, others stay at the clinic and prepare for casualty arrival. People not assigned to a specific section are assigned to a manpower pool, where they can be directed to a section where they are needed most."

Commander John M. Caruthers of the Station Clinic said the eight-minute ambulance response time was "average."

In the future, Daniels said she would like to coordinate with the provost marshal's office, the chaplain's office and the fire station. Each of these offices could participate in a mass-casualty situation, added Daniels.

"It's just our way of training, like everyone else," she said.

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- JOINT CAREER PLANNING NCOIC, 1ST MEB/MCAS
GySgt. M.D. RAICES 257-1252/1315
- JOINT CAREER PLANNING ANCOIC
SSgt. J.J. MARCELIN 257-1250
- JOINT CAREER PLANNING CLERK
Sgt. M.D. JONES 257-1251
- RESERVE PROCUREMENT LIAISON
MGySgt. P.V. FREEMAN 257-1314/254-1865
- HQSVCCO, 1stMEB
Sgt. M. RODRIGUEZ 257-0960
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GySgt. D. DOBOS 257-3267
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SSgt. P. BOWERS 257-2286
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SSgt. I.E. HARRISON DEPLOYED
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Sgt. K. DICICCO 257-2310
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SSgt. W. SOSINSKI 257-2800
- BSSG-1
Sgt. Y. CLARKE 257-5508
Sgt. J.S. KLINE 257-5507
- MAG HQ
GySgt. HENLINE 257-5635
- MALS-24
SSgt. A. CRAWLEY 257-3696
- MWSS-174
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Sgt. L.E. PAOLETTI 257-2995
- HMM-165
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- HMM-262
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Sgt. J.L. ECHEVARRIA 257-4440
- HMH-463
Sgt. L. WOOLRIDGE 257-1093
- VMFA-212
SSgt. D. BENNER 257-9600
- VMFA-232
SSgt. D. FURTADO 257-5820
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IN CIVILIAN LIFE,
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S T A Y M A R I N E

See your
Career Planner

Visiting nurses pamper new moms

By Susan Schmidt
Navy Relief

Having a brand new baby at home can raise a variety of questions that, to the experienced parent, may seem simple, but to a new parent can be complicated.

Thanks to the Navy Relief Society, there are four registered nurses available on Oahu, who actually go to people's homes, helping new parents answer some of those questions.

The nurses (Mary Cho, Judith Fielden, Leah Hottelma and Rita Hansen) work out of the Pearl Harbor Navy Relief Office, providing assistance to all Navy and Marine Corps families on the island.

"These nurses are unique because they are employed to go out to the actual homes. They perform a two-week 'well baby' checkup, provide information, and answer many questions that often arise from new parents," said Sharon Chessum, chairman of volunteers at Navy Relief here.

"Mary, Judith, Leah and Rita—who are mothers themselves—provide a valuable support system for families on Oahu, and they have their hands full," said Chessum.

Covering the entire island, visiting families on and off various bases, the nurses see an average of 140-160 babies per month. They split their time by visiting the families in the mornings, and answering phone queries at their office in the afternoons.



Mary Cho examines a baby as part of the Visiting Nurse Program conducted by the Navy Relief Society.

Among the many calls they receive, the nurses are sometimes faced with a question they don't know the answer to.

"If there is a question they can't answer, they'll find someone who can," added Chessum.

They can also help the families apply for the Women, Infant and Children Program, or to Navy Relief for financial assistance.

The W.I.C. is a federally-funded program which assists women and children who show a need financially and/or medically. Priority for aid is given to pregnant mothers with high-risk factors, premature infants and other infants with medical problems.

The nurses encourage all new mothers to call them for any questions or concerns they may have. They can be reached at 423-1315.

A wealth of Hispanic heritage

By PFC Sonia Highfield

The first ever month-long Hispanic Heritage observance will take place Sept. 15 through Oct. 15. Congress recently expanded Hispanic Heritage Week into a month-long recognition of Hispanic Americans and their contributions to our country. This year's theme is "500 years of Hispanic Heritage 1492-1992. The Continuing Adventure."

The history of Hispanics in the Armed Forces is especially rich.

During the Vietnam Era, Hispanics were among the first Americans to enter South Vietnam and among the last to leave. Hispanic-Americans have shown that if there is a theme to America's wars, it is "First in...last to leave."

Six Marines and seven Army Hispanics were awarded the Medal of Honor during the Vietnam War. The Marines were: Capt. Jay R. Vargas Jr., Sgt. Alfredo Gonzalez, LCpl. Emilio A. DeLaGarza, LCpl. Jose F. Jimenez, LCpl. Miguel Keith, and PFC Ralph E. Diaz. The Army Hispanics were Capt. Euripides Rubio, 1st Sgt.

Maximo Yabes, Master Sgt. Roy P. Benavidez, Sgt. 1st Class Louis R. Bocco, Spec. 4 Daniel Fernandez, Spec. 4 Hector Santiago-Colon, and Pfc Carlos J. Lozada.

Seven percent of the 1st Marine Expeditionary Brigade Marines and sailors are of Hispanic descent. One prominent Hispanic Marine stationed here is Capt. Eduardo Acosta, the 1st MEB personnel officer.

Acosta is often asked if, as a Hispanic, he expects special recognition.

"We should all expect special recognition. However, it should be through performance and nothing else," said Acosta. "And let us not forget that even though we maintain our proud heritage as Hispanics—we should be even more proud to be Americans, and continue to be productive members of our great Nation."

Department of Defense installations worldwide will celebrate the ethnic observance with special meals, entertainment, exhibits and guest speakers.

"Hispanic Heritage Month should be more than just having a speaker on an afternoon," said Manuel Oliv-

erez, DoD's deputy director for civilian equal opportunity policy.

"It's more than recalling events of the past," Oliverez said. "We should examine where the Hispanic community is today and what it needs in terms of education, employment and their role in the military services."

"There is a place for speeches, flags, music and cheering, but those are only temporary activities," he said. "We have to focus on how to improve the lives and well-being of Hispanics as we make contributions to the American society and security of the nation."

In recognition of the Hispanic Heritage Month a luncheon will be held Sept. 20 from 11 a.m.-1 p.m. at both Anderson and Pless Halls located at the Air Station.

The lunch is open to all active duty service men and women, their families and guests. The cost of the meals is as follows:

Marines on contracts pay \$1.60, all officers and dependents pay \$3.75, dependents of corporals and below pay \$1.60 and all children under 12 years pay 80 cents.

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3) There are eight events game day; name three: _____

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Grand Total \$ _____

On Dec. 1, 1989, from all the correct entries, one grand prize winner will be drawn. The person will win \$1,000 cash and have their family faces placed in the picture above. The picture will be featured in the official Eagle Aloha Bowl program.

For more information call 942-5222—then enter Eagle Aloha Bowl VIII on the American Cancer Society, Hawaii/Pacific Division, American Diabetes Association, Hawaii Chapter and the United Cerebral Palsy Association of Hawaii

On the Blotter

Alcohol related incidents

●The Ft. DeRussy MPs observed two Kaneohe Marines drinking beer in the central parking lot at Ft. DeRussy. During processing, one of the Marines was found to be under the legal age to consume alcohol. The two Marines were apprehended; one for underage drinking and the other for contributing to the delinquency of a minor.

●A Kaneohe Marine was apprehended for underage drinking by the Ft. DeRussy MPs. The Marine went to the Ft. DeRussy MP Station to inquire about his lost Armed Forces Identification Card, and the MP detected alcohol on his breath. The Marine was found to be underage and was released after processing.

●An Air Station Marine was observed operating his vehicle with a headlight out on Kukuia Ave., in Honolulu. Upon contact by HPD, the odor of alcohol was detected on his breath. The Marine

was given, and failed, a field sobriety test, and subsequently failed an intoxilyzer test with a .01 percent blood alcohol content. He was arrested for DWI and later released on bail.

●A Marine was arrested by HPD for DWI, failure to stop for a posted sign and speeding. The Marine was observed running a stop sign at the US off-ramp on Kaneohe Bay Drive and speeding. Upon contact by the HPD officer, the odor of alcohol was detected on his breath. He submitted to a breath test, which resulted in a .10 percent blood alcohol content. He was later released on bail and is scheduled to appear in court.

●The HPD arrested a Marine for DWI, no insurance and driving without a license. The Marine was found asleep at the wheel of his vehicle, which was parked half-way on the roadway of Salt Lake Blvd. in Pearl City. A strong odor of alcohol was detected and he was transported to

Ewa HPD Station, where a breath test resulted in a .18 percent blood alcohol content. The Marine was released on bail and is scheduled to appear in court.

Other events on the blotter
●A Marine was observed harassing an unidentified female in the parking lot of the Enlanted Club. Upon contact by the MPs, the Marine refused to surrender his ID card and stated that he was not a Marine. The Marine pushed the MP and attempted to flee the area. He was apprehended for disobedience of a lawful order, resisting apprehension, and assault on a MP. He was later released to his unit.

●The HPD arrested a Marine for disorderly conduct after he was observed standing in the middle of Kukuia Ave. yelling loudly. The Marine was released on bail with a pending court date.

●A Marine and his wife were involved in an argument

when the Marine slapped and spit on her. The wife had visible injuries, but refused medical attention. The Marine was apprehended for breach of peace and assault.

●A Marine was arrested by HPD for disorderly conduct when he was observed yelling at people in front of a Kukuia night club and refused to leave the area. The Marine was transported to the Kailua Police Department, where he was later released on bail with a scheduled court date.

●A Kaneohe Marine was observed attempting to steal two packages of shirts from a grocery store in Honolulu. The Marine was arrested by HPD for shoplifting and released on bail with a scheduled court date.

Radar detectors outlawed

According to DoD Instruction 6055.4, of Aug 25 1988, radar detectors are prohibited on DoD installations. The instruction

states that the use of radar detection devices used to indicate the presence of speed recording instruments or to transmit simulated erroneous speeds, are prohibited.

All Air Station people should know that if they are caught with a radar detector in their vehicle, they will be issued a citation and the radar detector may be seized as contraband.

For more information call Sgt. E. W. Wenvar at 267-2103.

Information on fuel spill needed

The Criminal Investigation Division needs help determining the facts surrounding a fuel spill that recently occurred at West Field near the Crash Fire and Rescue training area.

On the morning of Aug.

25, an undetermined amount of JP-5 was discharged on the ground. The effects of the spill could be hazardous. Anyone with information should call Investigator Patrick Gookin at 267-3425.

Dry months mean fire hazards

As the end of summer approaches, so does the risk of grass and brush fires that can be started in accidental ways, and lead to devastation.

It is important for people to handle fire in a safe manner and supervise children to make sure a fire isn't started.

Anyone who sees a brush fire or potential hazard should contact the Fire Department at 471-7117 or the MPD at 267-2123. Off base people should call 9



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Legally Speaking

By Capt. R. W. Koehnke
Joint Legal Service Office

Your unit is deploying or you have Permanent Change of Station orders overseas. You are advised to get down to legal and see a lawyer about a will.

This is a common occurrence today, because too many Marines and dependents have not taken the time to think about what would happen to their families and possessions if they were to meet with an untimely death. We take it for granted that life is a never-ending process. The general belief is "That will never happen to me. It's always the other guy."

Well, unfortunately, their families have suffered because of their shortsightedness. By visiting the Legal Assistance Section at the Legal Services Center, you can avoid problems for the loved ones you leave behind.

By definition, a will is a legal instrument by which a person makes a specific disposition of his property to take effect after his death. A will is probably the most important legal document a person will execute in his or her lifetime. The following guidelines will provide some

guidance on what action you should take regarding your personal affairs.

Single Marines

Most single Marines don't need a will, although there are exceptions to this general rule. The main reason single Marines do not need wills is that every state has interstate statutes that provide for specific distribution of your assets to your next of kin. "Intestate" simply means that you died without a will and the state will look to the statute to ensure your assets are given to your next of kin. Unless the Marine plans to disinherit his immediate family members, his estate is going to go to his immediate family. Stated in simple terms, a single Marine with few assets, who plans on giving his immediate family his assets, does not need a will.

There are specific instances where single Marines, however, do need wills. If you plan on disinherit an immediate family member or members, or you have a total estate that is worth \$600,000 not including your life insurance, or you're a single parent, then it is a

Your will

good idea to execute a will.

Single Parents

Aside from Marines disinheriting their family, and those who are independently wealthy, Marines who are single parents need to execute a will. Single parents have a tough time raising a child or children on their own without having to worry about getting a will made, but these people have become one of the most important categories as far as having a will is concerned. They should ask themselves a few hard questions such as: What would happen to their child or children if they were to pass away? What would happen to their savings account or that college fund that they worked so hard to save for their child's future? Chances are that if a single parent were to pass away without a will, their child or children would not be cared for quite the way that the deceased parent would have intended.

Married Marines

The final category is married Marines. These people should, without a doubt, have a will. Both the

Marine and spouse need to discuss their wills together, and each have wills drawn up. If a married Marine dies without a will, the state will look toward the intestate statute that we referred to earlier.

Most states will allow the surviving spouse to receive one-third to one-half of your assets. The rest of your estate will go to your surviving

next of kin, i.e., mother and father, or children.

In closing, single parents and married Marines are the two categories of individuals where a will is a necessity. If you have any questions please call 257-2168/2169/2160 and ask for the Legal Assistance Section at the Legal Services Center.

Religious Services

Aloha Jewish Chapel
Pearl Harbor
471-0050
Friday
8 p.m. — Shabat
Saturday
10 a.m. — Shabat and Torah Study

Kaneohe Bay
257-3552
Weekdays
11:45 a.m. — Catholic Mass
Fridays
Noon — Jumah 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 Mokuapu 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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14k Heart Ring Reg \$108 \$69	Scrolled 14k Initial Ring Reg \$152 \$85	14k Initial Ring Reg \$528 \$240	14k Pendant with rope chain \$19
14k Heart Ring with initial Reg \$110 \$49	Nugget Design Ring Reg \$350 \$230	14k Pendant 6mm \$220	14k Flat or 6mm \$69

14k Gold 6mm \$269
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agent investigating the crime

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moll.

Tuesday, Wednesday

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chose different paths follow-
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Enlistment
 By M8gt. R. L. Hoover
 Joint Education Officer
 Headquarters Marine Corps has recently solicited applications for the FY 90 Broadened Opportunity for Officer Selection and Training (BOOST) Program.

This is a one-year program in the San Diego, Calif. area. It is designed to take Marines who grew up in educationally, economically or culturally deprived areas and provide them with the basic skills required to become more competitive in a college atmosphere. BOOST does not lead to a commission, however, it can be a lead-in to selection under the Marine Corps Enlisted Commissioning Education Program (MECEP), the Naval Academy or an NROTC Scholarship Program.

The BOOST Program is fully funded by the Marine Corps so there is no direct cost to the Marine selected, a definite benefit.

Requirements to participate in BOOST are as follows:

1. Be an enlisted Marine, either married or single.
2. Be a lance corporal or above, with one year of active service after completion of boot camp.
3. Be at least 19, but less than 25.
4. Possess a high school diploma or have successfully passed the GED.
5. Possess an EL score of 110 or above, or achieve an 800 combined score on the SAT.

Enlisted commissioning

6. Be willing to reenlist or extend to have three years obligated service upon assignment to BOOST.

7. Meet the physical requirements to be a commissioned officer.

8. Must be a U.S. Citizen or have applied for citizenship.

9. Must be capable of obtaining a satisfactory National Agency Check and a secret clearance.

BOOST concentrates on improving skills in mathematics, physical science, reading, writing, listening and speaking. Also included are personal education counseling and help in developing good study skills, as well as time management.

This program is an outstanding way to start an education. If you go on to MECEP, the Naval Academy or an NROTC unit, these skills will help you get through college. If you don't get selected for one of these programs, you still keep the skills. The skills that BOOST provides will be invaluable to any future education. Either way you can't lose.

The Marine Corps Enlisted Commissioning Education Program is available for two categories, technical and non-technical. MECEP is designed for enlisted Marines to attend a major university and then serve as a commissioned officer.

The eligibility guidelines for MECEP are quite involved, but the basic requirements are as follows:

1. Must be a corporal or above.

2. Must be between 20-26 years of age. This is waivable depending on the amount of college already completed.

3. You had to have graduated from high school in the top 50 percent of your class or received a minimum of 75 on each of the five areas of the GED. Depending on the category you apply for, there are specific classes you had to have taken in high school. If you don't have these, you can substitute college courses to fill in.

4. You must have scored a minimum combined score on the SAT of 1000 (at least 400 of which must be in the verbal category).

5. You must be physically qualified to serve as a commissioned officer.

6. You must be a U.S. Citizen.

7. You must be able to obtain a secret clearance.

8. You must not have previously failed to complete a commissioning program.

MECEP is an excellent way to complete two goals at the same time—achieving a degree and obtaining a commission.

Application for this program is quite involved and it would be beneficial to start

working on applications as soon as possible.

If you would like to apply for either of these programs, or just want more information, come see me. I will help you get started.

Applications have to be at Headquarters Marine Corps on Feb. 15, 1990 for BOOST and on Jan. 31, 1990 for MECEP.

Remedial Education Services
 Remedial Education has scheduled math and English reviews designed for the following tests on the following dates:

SAT preparation will be held every Saturday from 8 a.m.-2 p.m. starting Sept. 16 running through Oct. 19.

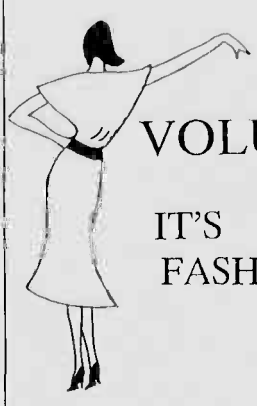
AFCT preparation will be held Monday-Thursday from 8 a.m.-4 p.m. starting Sept. 18, running through Oct. 19.

These courses have had excellent results in the past. They are free to all active-duty personnel.

If you are interested in either of these courses call Dick Chapman at 254-2901/1703, or stop by the Joint Education Center.

Remember we are here to support all active-duty people and their dependents. If you have a question about any aspect of obtaining an education, or if you have a problem, come see us. We'll answer any question or get you the answer. If we can't solve your problem, we'll get you to the people who can.

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Chase the little white ball

Story and photos by PFC Greg Smith
Memorial Day weekend is traditionally a time for relaxing. Even in the military, it's a time for families to go to the beach, have barbecues or just kick back.

On Memorial Day weekend, the Marines of VMFA-212 weren't at the beach or kicking back. An inspection of the squadron's F/A-18s kept the Marines busy all

weekend.

Therefore, the Marines of '212 held their Memorial Day weekend on the afternoon of Sept. 6 in the form of a Second Annual Lancer Invitational Golf Tournament at the Klipper Course.

Rick P. Martin and Jerry W. Van Zauk of '212 organized the tournament as a means to promote troop welfare and bolster morale.

"It was a lot of fun. It introduced a lot of people to the game and hopefully a lot of people will take up golf," said Van Zauk. "We're trying to make it an annual event. We had one last year, and it turned out really good. That's the whole idea."

More than 70 golfers from '212, varying in ability from very good to "where's the goalposts," teed off at 1 p.m.

Throughout the five-hour tournament, there were some good shots, and then there were some bad shots.

When caught by the camera in the dense foliage, looking for his ball, Louis McQuade said with a laugh, "I'm not looking for my ball. I'm

looking for my partner's ball. Besides, my ball is over there," pointing to another section of thick bushes.

In all, the action at the tournament was relaxed.

"It was just good timing. Two of our corporals organized it, and a lot of planning was involved," said Lt Col. David J. McCarty, squadron commander.

"We've been putting in a lot of man-hours, so I told the troops, Hey, let's not work this afternoon. Come on out and play some golf."

The last of the golfers finished up around 6 p.m., and the after-tournament party was already in full swing.

"I thought it turned out real good. The party afterward is always the highlight of the day, but watching people go out there who have never played is good too," said Martin.

For the Marines of VMFA-212, the next day would be business as usual. But they had managed to turn one afternoon into the holiday weekend they never got.

The holiday they missed



Ramiro Cantu powers a tee-shot during the Lancer Invitational Golf Tournament.



Louis McQuade's efforts are rewarded as he finds his missing ball in thick brush.



Mitch Ramsey watches closely as he sinks a five-foot putt.

Marathon of the monuments set for November

By LCpl. Dino Vervilio

MCCDC QUANTICO, Va.—On the morning of Nov. 5, approximately 13,000 people will run in the 14th Annual Marine Corps Marathon. Those runners who are well prepared for the race will experience something close to runner's bliss, but for those who aren't, the 26.2 mile run could be filled with agony.

According to Dr. David M. Brody, George Washington

University's medical consultant to the Marine Corps Marathon, the average marathon runner should presently be averaging 30-35 miles a week for the upcoming marathon.

"People should work up to 40-45 miles per week up to a week before the day of the race," said Brody. "On the Sunday before the race, marathoners should run 8-10 miles, and then taper that distance down to six, four, three and then two miles each day for four days. They shouldn't run at all for the last two days before the marathon."

Along with increasing mileage, runners should increase the amount of time spent stretching. Also, one's diet should be 60-65 percent carbohydrates, with the rest consisting of fat and proteins.

Marathoners should get used to stopping during their runs and drinking water. On the day of the marathon, an electrolyte replacement drink and water will be available, and runners should drink the electrolyte replacement solution now if they plan to drink it at the marathon.

"Some runners don't like the replacement solution because it makes them sick," said Brody. "Now is the time to find out if you don't like it."

For two months prior to the marathon, runners can lower their chances of getting injured by not playing

sports, he said, and runners who work out with weights should cut their weight training down to one day a week.

Brody also advises that cross training, such as swimming and biking, should be avoided, and at one month before the race, runners should not undertake a run of over 18 miles.

Running attire should be loose, breathable and made of light-colored fabrics. On race day, marathoners should wear the same shoes they trained in. If the soles are worn down, change them, but allow at least a month to break them in, he said.

According to Brody, some training errors runners make in the last eight weeks before a race include:

—Running on irregular terrain. The running surface should be level from side to side with no steep grade to one side.

—Attacking hills. Hill training is good, but it must be done at an even pace. One of the most common mistakes made when running hills is running out of control down the hill, once the hard part is over. When running downhill, impact on the feet is five times one's body weight, and runners can hyper-extend their backs.

—Increasing mileage too quickly. Some runners incorrectly run five miles one week and then jump to 40 miles the next week. There should only be a five to six percent or a three to five mile per week increase.

According to Brody, tips to follow on the day of the race include:

—If the day is hot, runners should wear a white running outfit and hat. People have died from heat exhaustion while running marathons.

—Runners should stop at every water station along the marathon route and drink water. By waiting to drink water when thirsty, a runner is already behind the water intake power curve. Runners should stop and drink one cup, and pour another over their heads and the backs of their necks.

—On a cold day, runners should take a three-ply garbage bag and cut out arm and leg holes and use it as a windbreaker. Runners should still wear a hat to prevent loss of heat and wear gloves. Runners should

wear an old sweatshirt that they can throw away if the days turn warm.

—Several days before the race, runners should check with a weather bureau for race-day weather conditions.

—Runners should still drink plenty of water despite cold weather.

Brody will be conducting free Runner's Clinics scheduled for 7 p.m. on Sept. 22 and Oct. 20 in Room 101, Ross Hall, George Washington University Medical Center, 2300 I Street N.W., Washington, D.C.

The Sept. 22 clinic will include information on types of training and details on diet. The Oct. 20 clinic will include a review of the race course and how to handle the last two weeks of training.

Tips for the long run



Sgt. T. Shaver photo

Runners in Hawaii have a surplus of hills to train on.



Sgt. T. Shaver photo

Running downhill must be done in a controlled manner to prevent injuries.

Sport Shorts

Hawaii Golfers Dominate

The Hawaii Marine golf program dominated the seniors' division at the All-Marine trials held last week at Marine Corps Air Station, El Toro, Calif.

The Hawaii Marine team ended the 72-hole event by placing four members on the six-man seniors team. Bud Brown out played all the competitors from throughout the Corps, and captured the championship for the second consecutive year. Following Brown was Rick Heimgartner, who placed second. Bob Ramirez finished in third, and Bob Morgan captured a fifth place finish.

The seniors' team has been dominating local military golf, as they led the Hawaii Marine team to a Hawaii Armed Services Athletic Council (HASAC) championship. In the Fleet Marine Force Pacific Regionals, the seniors captured the top four spots with Heimgartner placing first, Ramirez coming in second, Brown claiming third, and Morgan ending up fourth.

The All-Marine golf team is currently competing in the Inter-service championship at Wright-Patterson Air Force Base in Dayton, Ohio. See next week's Hawaii

Marine for results of the Inter-service championships.

Intramural Golf

The 1989 Fall Intramural Golf Season will tee-off Oct. 6, with 16 teams vying for top unit honors on the Air Station.

There will be an organizational meeting in the Station Theater at 11:45 a.m. on Sept. 26.

MGA Club Championship

The Annual Kaneohe Bay Men's Golf Association Club Championship will be held at the Klipper Course from Oct. 7-9, giving a chance for all golfers to compete for this year's crown.

Applications are available at the Klipper Course. Early sign-up is encouraged.

Cheerleaders Needed

Cheerleaders are needed for the youth flag football program.

All girls and boys between the ages of 6-8 are eligible to try out. Practices are being held Mondays, Wednesdays and Fridays from 3:30-4:30 p.m. There is no cost except for uniforms.

Contact Sherie Duono for more information at 254-3121.

A quick fix to a quick discharge

Armed Forces Information Service - Testing positive for anabolic steroids quickly slowed down the "fastest man alive" after the 1988 Seoul Summer Olympics.

The International Olympic Committee took away sprinter Ben Johnson's medal in the 100-meter dash after he had used a synthetic male hormone. Anabolic steroids help athletes build muscle mass, giving them an unfair advantage in competition.

Military personnel who use steroids for anything other than legitimate medical needs could find themselves in trouble as well. While there doesn't appear to be a significant problem with steroid

use in the military, a few commanders have inquired about their testing authority.

Sharon Cooper, director of domestic drug policy for the Department of Defense, said military commanders can test for steroid use if they see a need.

"However," she said, "commanders will have to go to an outside laboratory to do the testing. Military labs are not set up to do it."

Congress has requested that DoD begin random testing for anabolic steroid use among "high-risk" personnel, such as athletes and members of honor guards. The secretary of defense has indicated that a pilot program

for command-directed steroid testing of certain target populations will begin. A policy should be developed and to the field in coming months.

In addition, a portion of drug-tested urine samples will go for more testing to determine the extent of steroid use in the services. Steroid samples will not identify the tested individuals.

Medical experts agree that military personnel who are using anabolic steroids are not fit for duty and represent a danger to themselves and their units.

Radical behavioral changes, such as "roid rages," alter steroid users' personality in adverse manners. Roid rages are uncontrollable fits of rage.

One female steroid user said she changed from a "soft, fawn-like creature" to a "raging bull" who threw her husband against the wall when he showed up late for supper.

There is no question that anabolic steroids are dangerous when used without proper medical guidance. "While they can promote rapid muscle growth," said Cooper, "they can also cause delusional behavior, liver damage, heart attacks, and even death."

She said parents should be especially wary of children who might be using steroids. Some signs of steroid use in adolescent males include growth of breasts, large muscle gains, increased acne on the back and abnormal aggressive behavior. Aggressive behavior and acne are also apparent in women.

The 1981 Omnibus Drug Act passed by Congress called for a mandatory six-year prison sentence for anyone selling illegal anabolic steroids to anyone under 18 years old. It also called for mandatory three-year sentences for those selling anabolic steroids to anyone over 18 years of age.

Military personnel using or selling anabolic steroids illegally are subject to punishment under Article 92 of the Uniform Code of Military Justice.



Chewing tobacco: A little dip equals a lot of grief

By LtCdr. Thomas D. Walczyk
Camp Hansen Dental Clinic, Okinawa

WARNING! THIS PRODUCT MAY CAUSE GUM DISEASE AND TOOTH LOSS.

Just another product-label threat or is there some validity to the consequence of using smokeless tobacco?

Although we live in a society that allows for a wide range of personal freedom, and expression, some of our activities pose risks that may not be readily apparent until it is too late. The use of smokeless tobacco may fall into this category.

Regardless of the reason for enjoying snuff, loose leaf or plug tobacco, 1989 will see 9,500 deaths from oral cancer. These forms of tobacco as well as smoking tobacco will have some direct effect in a large number of cases.

Also, 28,900 cases will be diagnosed. Another significant number of individuals will undergo potentially disfiguring oral cancer surgery to remove portions of jaw bone, tongue, lips and throat muscles.

The use of chewing tobacco for two to five years can also increase blood pressure by as much as 15 points and speed up the heart rate.

An unscientific poll among several 3rd Dental Co., 3rd Force Service Support Group, Okinawa, dentists reveals that from 15-40 percent of their daily patients use some form of smokeless tobacco.

For some reason, one newly arrived unit may have a large number of users, while another may have relatively few. It also seems to be the case within different companies. This could possibly be viewed as peer pressure.

So how does this affect me? Although dentists are required to check all patients for signs of tobacco related pathology, a simple inspection of the mouth with fingers or a wash cloth, may reveal some unwanted changes.

Most common is a whitish, leathery patch of gum developing wherever tobacco is placed. This area may also appear rippled or lacelike and is generally painless.

Three-to-five percent of these areas may turn malignant and require biopsy or surgical intervention. Teeth next to the tobacco "pouch" may appear much longer, indicating the gums have receded due to irritation and chemical makeup of the tobacco.

Gum disease specialist Lt. Kim Smith of the Camp Courtney Dental Clinic, explains these symptoms should clear up appreciably within two weeks if the patient

discontinues the use of tobacco. If not, or if redness and bleeding occurs, a person trying to quit should see a dentist.

Casual conversation at the tobacco corner of the Camp Hansen Exchange reveals that most smokeless tobacco users list the "addictive" effect as the prime reason for continuing use of the product. Other reasons cited were: its relaxing effect, flavor and the ability to continue working while using smokeless tobacco. Many said they found the smell of cigarettes offensive to be around.

Although not as serious, tobacco use often leads to discolored teeth and bad breath, if brushing and flossing aren't done on a daily basis. Some people also report that their ability to taste bitter, salty and some sweet foods decreases.

An aspect of smokeless tobacco that gets many people's attention is that of tobacco juice on the deck. Although probably no more inconsiderate than throwing up, the combination of saliva and tobacco products makes for a very unhealthy and unsightly mess.

As in the case with discussion of any personal health-related issue, further information should be made available to help people make their own decisions. To accomplish this, dental officers aboard any Marine base are available to answer any questions and point out potential problems associated with smokeless tobacco.

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At A Glance

Staff NCO Ball Tickets

Tickets for the Staff NCO Marine Corps Ball, being held at the Ilikai Hotel on Nov. 9 are still available, but supplies are running out fast. To purchase tickets and make reservations to spend the night at the hotel, stop by the Staff NCO Club.

Navy Relief offers programs for both survivors of Marines and sailors who died on active-duty and retirees who died after retirement.

For further information on qualification, call (202) 696-4960.

Surplus Food Distribution

There will be surplus food distribution of peanut butter and honey on Sept. 29, using coupon number 36, which is available at the Family Service Center.

To be eligible, the follow

income requirements must be met:

Family Size	Monthly Gross Income
1	\$789
2	1,063
3	1,336
4	1,620
5	1,884
6	2,158
7	2,431
8	2,703

Applicants should take a copy of their current Leave and Earnings Statement to the Family Service Center to apply for the coupons. Screening takes one day, and must be done each time the family applies for the new coupons.

For more information on community food distributions call the Honolulu Community Action Hotline at 548-3200 or the Family Service Center at 254-1541.

The Hawaii TROA Chapter was founded July 23, 1959, one month before Hawaii became the 50th State. The club boasts a membership of 1,200 out of the estimated 3,100 retired officers in the Islands. They work annually to promote Reserve Officer Training Programs at the University of Hawaii and local schools, and assist military people in need.

At the National level, the TROA lobbies for active-duty military people and their families, as well as retiree benefits. The Hawaii Chapter was awarded the U. S. Outstanding Chapter award for hosting the TROA National Convention in Waikiki in December and doubling its membership.

For more information on the Banquet call Walter T. Osborn at 263-6340.

Scouting Night

There will be a back-to-school night for boy scouts, girl scouts, cub scouts and brownies at the Mokapu cafeteria from 6-8 p.m., Sept. 19.

For more information on scouting call MGySgt. Curtis Hildt at 257-2641 or 254-2480.

Retired Officers Banquet

The Hawaii Chapter of The Retired Officers Association (TROA) will hold their 30th Anniversary Banquet at the Hale Koa Hotel Sept. 27, for all retired military officers who are members of the club.

Junior enlisted ball

The Marine Corps' 214th birthday celebration for junior enlisted Marines will be celebrated with two events this year. The first birthday observance will be Nov. 10 at the Enlisted Club on Marine Corps Air Station, Kaneohe Bay, for Marines stationed here.

Marines stationed at Camp Smith will hold their birthday ceremony Nov. 11, at the NCO Club on Hickam Air Force Base.

Tickets for the Air Station's ball are \$14 per person. Doors will open at 5:45 p.m. for cocktails followed by the Cake Cutting Ceremony at 6:45 p.m.

Camp Smith's tickets are \$12, and are on a first come, first serve basis. Their ball will begin at 6 p.m.

Contact Sgt. Bandy at 257-1913. For information regarding Camp Smith's birthday ball, call 477-6197.

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Family Services

Ombudsman Training

A Family Violence Workshop will be held Wednesday 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 Branch 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 Ombudsman program may attend.

Family Housing Council

Residents of the Air Station are invited to attend a Family Housing Council

meeting tomorrow 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 254-1541.

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 arrival's tour is held

on a continuing basis for families who have arrived in Hawaii within the past three months.

Learn about the culture of Hawaii through videotape presentations and excursions around the island. People must bring their own lunch. 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.

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 254-1541.

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. 21 from 9-11 a.m.

The seminar will cover steps in completing the Federal Service Job Application and making the SF-171 work to your advantage.

For more information call 254-1541.

Job Fair

A Job Fair will be held Sept. 28 from 10 a.m.-2 p.m. at the Pearl Harbor Chief Petty Officer's Club, with representatives of 50 companies.

For more information and to make reservations call 254-4541.

Playmorning

A free mobile pre-school for parents and children up to five-years-old is held in housing four mornings each week from 9-11 a.m.

For more information call 254-1541.



Armed Services YMCA

The Edible Complex

Explore the different influences and the meaning that food has on our lives during a seminar Wednesday from 9-11 a.m.

This workshop on the uses and abuses of food, educates people to develop healthier attitudes about eating. The fee is 50 cents.

For more information call 254-4719.

Nail and Hand Care

A class on keeping nails and hands looking beautiful and healthy by using natural products will be given on Sept. 27 from 9-11 a.m. The fee is 50 cents.

For more information call 254-4719.

Parenting Class

Teaching your children to

be more responsible will be the topic of a class taught by Carole Pajari starting tomorrow, running through 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 Sunday, meeting 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 prepa-

ration 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.

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.

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Problem drinkers

"Alcohol is far and away the biggest drug problem in the military," said Peter Brock, director of Alcoholism and Mental Health Programs, Office of the Assistant Secretary of Defense for Health Affairs.

"We've learned that the 1988 Worldwide Survey of Substance Abuse and Health Behaviors Among Military Personnel somewhat under-reported the number of problem drinkers — we're waiting for the corrected figures on that, but we know more than one-fourth of our people reported that alcohol has in some way impaired their performance over the past year — versus only two percent for drugs," said Brock.

"We now know more about the health consequences of heavy alcohol use — inflammation of the heart, irregular heartbeat and aggravation of high blood pressure are just three of the health problems linked to drinking.

"There's enough stimulation to drink in our culture. A recent study of American television programs found that in the story lines — apart from the advertisements — incidents of drinking are shown with eight-time the frequency that the average person would see drinking in real life. Interestingly, our television shows depict smoking less frequently than it occurs in life.

"In his last major speech, outgoing U.S. Surgeon General, C. Everett Koop noted that alcohol advertise-

ments show drinking associated with sports in which drinking is dangerous — car rallies, swimming and surfing," said Brock.

"Everyone knows the danger of drinking and driving. But a high percentage of drownings and boating accidents are also alcohol-related in peacetime, far more military people die in accidents than from hostile actions," Brock pointed out.

"A majority of the deaths are in automobile accidents, and a good percentage of those have been ruled as alcohol-involved," he said.

"Fort Bliss (Texas) did a study of all its people who were picked up for drinking while under the influence, on or off base. The drivers caught for DWI were examined by doctors and given psychometric tests that are used to diagnose alcoholism. Only 13 percent of those who have been caught DWI were social drinkers who'd taken a foolish risk. The rest were found to be alcoholics or people with a pattern of alcohol abuse.

"This news is both good and bad," Brock said. "On the good side, most social drinkers have learned from the military's education efforts that they'd better have a designated driver when they drink. On the bad side, people who are problem drinkers are not going to be educated out of their problem.

"Over the past decade, Dol-

Pour yourself a glass of blues



has put a lot of effort into dealing with the problem of alcohol. We raised the drinking age in our clubs to that of the surrounding area — effectively raising the age to 21 despite pressure from the 'they're old enough to drink if they're old enough to fight' crowd. We cut out 'two-fers' at happy hours in the clubs. We mounted a successful designated driver program. We require non-alcoholic drinks to be prominently displayed and easily accessible at all our functions where alcohol is served. Some outfits, especially in the Navy, give bartenders education in recognizing when

someone has had too much to drink and how to deal with that situation.

"The Army has set up an outpatient alcohol and drug treatment program for teenagers whose sponsors are stationed in Europe. Their families must attend therapy sessions and meetings. As a result, some of the parents have gotten help for their own problems, because alcoholism and drug abuse are more common among children of alcoholics and substance abusers," added Brock.

"In short, we're making progress in our alcohol program. We'd like to make more

and see the same dramatic decrease in the number of our people who abuse alcohol as we did the number of drug users — but we know it's not going to be easy," said Brock.

"Now we are trying to improve our ability to identify problem drinkers so we can help them," he continued. "A civilian hospital (Johns Hopkins in Baltimore) found that 25 percent of the problems it treats are the result of undiagnosed alcoholism. We don't know what the percentage might be for military treatment facilities,

but we want military health-care providers to be more alert to the signs of alcoholism.

"The Navy is sending many of its health care providers to alcohol treatment centers as training. These doctors, nurses, psychologists and hospital corpsmen have to listen to all the talks that the patients do, plus attend more training in the evening. They also learn about the biochemical and genetic factors involved in alcoholism and about the Alcoholics Anonymous approach to recovery.

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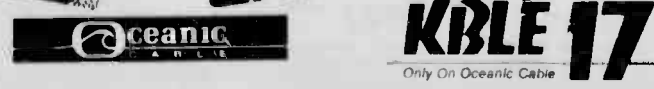


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America prepares as chemical threat evolves

AMERICAN FORCES INFORMATION SERVICE—The United States and its allies have a lot to worry about when it comes to chemical and biological warfare. More nations than ever have acquired these capabilities since the United States began its moratorium on production and testing in the late 1960s, said Thomas J. Welch.

The former deputy assistant secretary of defense for chemical matters, in a recent appearance before the House Appropriations Subcommittee on Defense, said it's widely known that the Soviet Union has the world's greatest capability to conduct chemical and biological warfare. But, he noted, there is also a serious threat from Third World countries such as Iraq, Syria and Libya. About seven other countries also have weapons programs, some of which are signatories to the 1972 Biological Weapons Convention that prohibits possession of such weapons.

The continued proliferation of chemical and biological weapons makes the world a much more dangerous place, and the United States must have a strong and effective defensive and retaliatory capability; otherwise, there is no credible deterrent, Welch told the congressional committee.

He said DoD is concerned about... "the lack of a credible deterrent to chemical and biological attacks on our forces and those of our allies. We will not begin production of the binary Bigeye bomb and the Multiple-Launch Rocket System binary chemical warhead until 1991 and 1992, respectively."

Although the United States is making good progress in its defensive programs, wearing protective masks, gloves, overboots and overgarments hampers service members' ability to perform their missions. A person's ability to perform drops about 50 percent during the first two to four hours of exposure and continues to deteriorate as time passes, according to Welch.

"This often means our forces cannot effectively execute their assigned missions while operating in a contaminated environment," he said. "These roles include coming to the aid of an ally, performing a hostage rescue, and peacekeeping. We need to make our potential adversaries know that because of our chemical retaliation, they will labor under the same conditions if they use chemical or biological weapons—they cannot be allowed to have this advantage."

"We've also received convincing evidence our adver-

saries are developing new agents for which we may not have adequate defenses," said Welch. "If they think these new or existing agents give them a military advantage, they may not hesitate (in) using them."

"An adversary must recognize that our capability to retaliate will place his forces in a posture at least as cumbersome and degrading as our forces must face," Welch continued. "This advantage must be denied throughout

the entire battlefield, from the front-line combatants through second-echelon reinforcements to air bases, logistics units and command and control sites in the rear areas."

The United States' old stockpile of unitary munitions doesn't provide a credible deterrent. But, Welch emphasized that programs to produce binary chemical weapons enhance deterrence and make it credible. "Our Triad of binary chemical warfare systems—the 155mm artillery round, the Bigeye bomb and the binary chemical warhead for the Multiple-Launch Rocket System—will provide a safe and effective retaliation capability throughout the depth of the battlefield," he said.

Welch said DoD is working on defensive systems and items to protect troops on the battlefield. "We're designing our system to detect, defend or protect against the growing number of chemical and biological infectious and toxin agents," he noted.

The United States will begin fielding new detectors and alarms, decontamination systems and material, such as the integrated protective ensemble and collective protection for the heavy force modernization, in the early to mid-1990s, according to Welch.

All U.S. biological weapons

were destroyed long ago, but Welch said DoD is engaged in a biological defense research program and plans to field new vaccines for protection against infectious biological agents.

"We will not perform any research, development, testing, production or stockpiling of these weapons," he emphasized. "The thrust of the defensive procurement program is to increase our stocks of readiness-related equipment—masks, chemical agent alarms, vaccines and antidotes—while improving the ability of our forces to sustain effective operations in a contaminated environment."

Welch emphasized that DoD is committed to achieving a global, comprehensive and effectively verifiable ban on chemical weapons. "We will not use chemical weapons first," he said, "but we must be prepared and willing to effectively respond to a chemical or biological attack. The United States' commitment to never possess or use biological weapons remains firm."

"We'll also complete development of, and field new pretreatment drugs for improved protection; a skin decontamination kit; an improved antidote for nerve agents; and enhanced medical treatment capabilities," said Welch.



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SCOUTING REPORT - HAWAII Wahiawa, HI 96786
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ICA Independent of the American Red Cross
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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.

Medically Speaking

By Lt. Cmdr. J. Lieberman
MAG-24 FLIGHT SURGEON
The first 100,000 cases of Acquired Immunodeficiency Syndrome (AIDS) in the United States have now been reported to the centers for disease control.

The first five cases in the United States were reported in June, 1981, from five homosexual men. Since then, more than 100,000 cases of AIDS and more than 59,000 AIDS related deaths have been reported to the centers for disease control. The first 50,000 cases were reported

from 1981 to 1987. The next 50,000 cases were reported from December 1987 to July 1989.

Although the majority of cases are accounted for by homosexual/bisexual men and "IV" drug users in metropolitan areas, their sex partners, children, heterosexuals, and even people who live in smaller cities and rural areas are being affected in greater proportions. Cases among women in the United States have increased from seven percent of the total reported cases in 1985, to 11

percent in the first half of 1989. Areas with fewer than 500,000 people had 10 percent of U.S. cases before 1985, compared with 19 percent in 1988.

It is estimated by the centers for disease control that more than one million people in the United States are currently infected by the AIDS virus. Studies in the San Francisco area suggest that 54 percent or more of people infected will develop AIDS within 10 years of being infected and that 99

percent of those infected will eventually develop AIDS.

The former Surgeon General of the United States said that the various public health services and the centers for disease control have shown that AIDS can be prevented. Two methods are abstinence or a single monogamous relationship. Condoms are also useful, but even these are not 100 percent safe.

AIDS is an epidemic with the potential of affecting everyone, and everyone needs to take part in prevention.

Picking treatments for acne sufferers

Severe, or moderately severe acne that interferes with wearing military equipment can keep a prospective cadet or midshipman out of the military academies.

Severe acne on the shoulders can also keep a recruit out of the service because it makes carrying a backpack extremely painful.

Although few people suffer from acne so severe it forces them to choose new careers, even mild acne can leave men feeling less than dashing and women less than beautiful.

People can suffer from severe acne well beyond their teen-age years; even into their 30's and 40's. Fortunately, it is treatable.

As associate professor of dermatology at the Uniformed Services University of the Health Sciences, Dr. Kim Yancey, helps train military doctors who will treat service people and dependents for acne and other skin problems.

"Before talking about treatment, I'd like to talk about the causes of acne," said Yancey. "Acne is linked to many different factors including hormonal changes such as those which occur in adolescence."

He explained that acne starts when the cell layer lining in the pore around the hair follicles changes, giving them a tendency to become

plugged. These plugged follicles fill with sebum (oil) and are called comedones. Open comedones are called blackheads, because the tips turn black when exposed to air. Closed comedones are called whiteheads.

The follicles may eventually rupture and produce "inflammatory pustular lesions"—pimples on the skin's surface or cysts underneath the surface. Bacteria in the plugged follicles breaks the trapped oil down into irritating material that further adds to inflammatory reactions at sites of ruptured follicles.

"All acne therapy is preventive medicine," said Yancey.

Unless acne is severe, most doctors prefer to start with treatments that can be applied to the skin. For mild, superficial acne, Yancey suggests applying a product containing benzol peroxide to the skin. Benzol peroxide has anti-bacterial action and also causes mild peeling of the skin, which prevents plugging.

For more information on acne treatment consult a physician at the Branch Medical Clinic.

AIDS

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10 Cemetery Plots

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15 Announcements

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25 Personals

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30 Income Tax

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50 Business Opportunities

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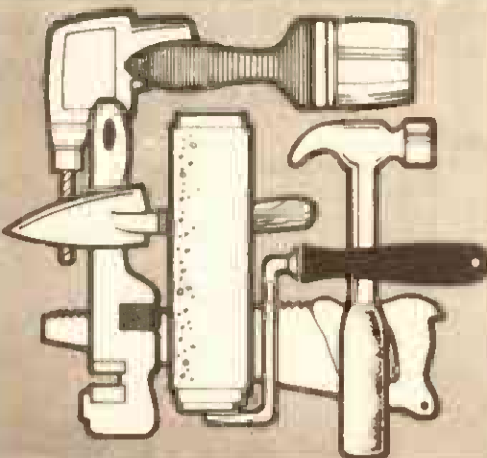
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235-5881
DEADLINE 12 NOON TUESDAY

HOME & APARTMENT

Guide

PROPERTY OWNERS AND REALTORS! PLACE YOUR AD FOR 4 WEEKS AT 1/2 PRICE
Classified 235-5881

60 Help Wanted Male/Female

HOUSECLEANERS
MORE GREAT PEOPLE WANTED
WE TRAIN!
UP TO \$7/HR.
After Training
No Experience Necessary.
Be Your Own Boss!
Days Only.

Full or part-time. Car provided but not nec. Bonus, mileage, vac. employee incentive programs, advancement opps. & other great benefits. Nation's leading home cleaning co. Military & Housewives welcome.

MERRY MAIDS, INC.
841-4133 for appointment
1415 Dillingham Blvd #202

60 Help Wanted Male/Female

RECEPTIONIST/Accounting. Responsible for all incoming calls; greeting visitors. Duties incl. typing, filing & routine accounting. H.S. graduate, switch-board exp. desirable. Non-smoker. 36/hrs. Will train if you have basic skills. Mail resume to Oceanic Institute, Makapuu Pt. Waimanalo, HI 96795 or Ph. 259-7951. EOE

HAIRSTYLIST/RECP. Fantastic Sams's Milliani has immed. opening F/P time. Looking for hardworking cheerful indiv. to join our team. Noreen 623-7733.

EARN MONEY Reading Book! \$30,000/yr. Income potential. Details (1) 805-687-6000 Ext. Y4031

64 Domestic Jobs Wanted

It's easy to charge it. Visa/MasterCard pays for Sun Press Classified. 235-5881

CHILD CARE in my Kaneohe home. M-F 6-6 p.m. Ph. 247-7259

EXPERIENCED Babysitter. In my home M-F 8-2p.m. 623-9966.

LOVING Mom will babysit. My home M-F. 625-2009 eves

PROF. child care RNMS M-F 6am-6pm. My home meals included. 2 spaces available (Milliani) Call Carol 623-8214

EXPERIENCED babysitter. Milliani Call 623-3967

PROF. Housekeeping Free Est. Refs. 833-8927 or 624-2234

RN offering quality childcare Tues & Thurs in my Kailua home. Call 263-0137

IMMEDIATE OPENINGS

Press Operators
Web Operators

Recent expansion of our pressroom has created positions for personnel with experience on Community and Urbanite web presses, and also entry level workers who are willing to work hard while earning a skilled trade that offers top pay. 12-hour shifts, but excellent compensation and benefits. Including profit sharing. Call Bruce Retynski (808) 235-5881, or write c/o Sun Press, 45-525 Luluku Rd., Kaneohe, HI 96744.

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

TEACHERS, pre-schl P/T, morning & afternoon. Degree & exp. required. Call 823-2559.

LANDSCAPE maint/supervisor, exp. pref. but will train right person. Kailua based company. 261-9028

P/T sales person Ladies Boutique, Days, flex. hrs., Hickam/Peahi Harbor 422-7633.

NURSERY Attendant for Church of Holy Nativity, Sun. Mols. only. Ask for Elsa Simmons at 373-2131.

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NEED Sales Reps. Immed. 2 wks. 20% commission. 526-0388.

AVON \$5 Fun, exciting, easy. Set your own hours. Chris 456-2950.

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WINDOW Cleaning days. In N. Shore area for highly motivated indiv. Excl. benefits w/exciting comp. 949-5455

EARN \$300 w/ky assemble jewelry, toys, others. 456-7860 after 6pm

EXP. office help. Work 9 to 12 noon. Call Renee after 12. 671-3661

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uniforce temporary services

immediate openings for

- SKILLED CLERICALS
- INDUSTRIAL/LIGHT
- AIRLINE AND MUCH MORE!

Top Pay, Benefits, No Fee Paid Weekly!
531-0111

"Work when you want to work"
EEO FORMERLY EO MFH

60 Home Furnishings

VERTICAL Blinds-50% Discount Fabric 76x84 \$124. Ken Hatch 254-2080

RATTAN beautiful 5pc. liv. rm. set \$550. Sofa chair & tables. 734-1554

APT. stove \$139; GE refrig. from \$159. compact (new) refrig. \$139 & \$229; many more! KND 2130 No. King 842-1996

TEAK bookshelves & end table. Best offer. Call 623-8717

2 PC. wall/curio oak cabinet. lighted & spacious \$400. 836-4751

LEAHI Hosp. Thrift Shop open Wed. & Sat. 10-2pm. New major store donations also furn. & wheelchairs cheap. Ph. 732-8447.

20x20 or 30x30 PARTY tent & 12' hexagon trampoline for sale/rent. 396-8066

BASKET OUTLET Sat only 10-4

Hampers \$14.99, chrs \$99.99 picnic sets \$19.99, baskets \$2.99 & up. Above Wayne's Carpet corner of Nimitz & Sand Island Road.

KIRBY vacuum cleaner, Heritage II w/shampooer \$600. Call 262-0771

'53 HAND cut granit cobble stone (balast blocks) \$5 ea. 247-1141.

IN a hurry? We'll buy your furniture. Fast-free p/u. 235-7793 Paradise Used Furniture.

ANTIQUE baskets, lamps, bkcases, luggage, misc. hshd 262-4372.

COMPUTER XT, software \$1400/offer. Paddle cruiser w/paddle. 263-6235

WEDDING gown, size 6, levelled bodice/train \$ price \$350. 261-1087

5 H.P. Snapper commercial mower rear drive \$475. Call 261-4222

NEW picnic tables \$99. Porch swing \$100. Fine workmanship. 293-8392

PRICE LESS USED FURNITURE

Sorter Corbin Machine: Dressers; Nite Stands; Headboards; Crib; Dining Table; Chairs; Sofas; Loveseat; Lamps & McGuire Rattan Chairs. Golden Teak Showcase—Hand Carved w/Locking Doors & Lots More.

BARGAINS GALORE 139A Heikill St., Kailua 262-7938

RATTAN couch; rattan glass top din. rm. set. Call after 6 261-7549

WOOD bunkbed, 3 drawers in base, ladder, 2 mattresses \$250. Call evenings. 239-4441

6 PC. rattan liv. rm. set, very good cond. \$1000. Call 247-4426

RATTAN din. rm. table & 4 chairs, excl. cond. \$160. Ph. 254-1814

CUSTOM made from Hong Kong. Teak hand-carved wall cabinet w/shelves. 5'w7'2"d. 734-2882

IN a hurry? We'll buy your furniture. Fast-free p/u. 235-7793 Paradise Used Furniture

DRAPERY Sales. Ready made & custom. Discount prices. 160 Hamakua Dr. 262-4434.

4 POSTER waterbed. King sz. w/wheat. \$150. 833-1341 lv msg.

MUST Sell Moving Refrig. \$300. 11hr sofa \$550. coffee tbl. \$150. 4pc. bdrm set \$1500. Call 236-0393.

BAR w/2 stools \$65 set of pots \$35, 1 lrg. tbl lamp \$35, & cement pots 4/\$1.00 262-9273.

MOVING?

We Buy Fine Quality Used Furniture. Fast, Free Pick-up.

PARADISE USED FURNITURE
235-8056 or 235-7793

122 Travel

2 ROUND trip tickets anywhere in Cont. U.S. \$500/offer. 676-2027

123 Moving & Storage

WANNA Sell Your Furniture? Call 235-7793 or 235-8056 Paradise Used Furniture.

GARAGE SALE

GROUP Garage Sale Furniture, plants, food. Saturday, September 16 9-2, 633 Kaha St. Kailua

SAT. & Sun. 9-3 rattan lvg rm set, sofa bed, lamps, end tbls, bk shelves recing chr, frzr, elect. fireplace, misc. 452 Iliaina St. Kailua

CLOTHING, baby items, hshd items, kitchen items, knick knacks & a lot more. Sat. & Sun. 9/16 & 17, 9-4pm. 316-A Keaniani St. Kailua.

3 FAMILY yard sale. Sat. 9/16 8-12. Furn. houseware, toys, misc. other. 929 Alaheki St. Enchanted Lakes Kailua

GARAGE Sale. Sat. 9/16, 8 to 1, 1159 Akipola St. Kailua Moped, desk, chairs, miscellaneous items.

SAT. 9/16 8am 1144 Akulia Pl., basket-ball hoop, bike, surf brd clothes & misc.

HUGE Garage Sale: 9/16 & 9/17, 9-12 refrig. stove, washer, dryer, dishes, misc. 787 Elelele Pl., Hawaii Kai

CLOTHES, girl's bike, sturdy bunk bed, craft supplies, fish tanks, toys, misc. 9-2. No early birds. 1343 Akialaha St. Sat. Only. Sept. 23

YARD Sale 9/16, 9-3 p.m. sofa/loveseat, clothes, KHM MT bike, welder, 35mm camera, golfclubs. 151 Alaia Place, Kailua

GARAGE Sale, furn. craft supplies, cithng 830 Wanao Rd. Sat 8-3pm

73 Apts. Furnished

KANEOHE studio for rent, quiet person \$475 3 mo. incl. utils. Call 239-7528

KANEOHE 2 bdrm., incl. pkg. \$550 utils. incl. Ph. 254-5196

75 Apts. Partly Furnished

SPACIOUS studio in quiet, desirable nghbrd. \$650 incl. utils. Kailua. 262-0831.

BARGAIN! Apt. \$450, 2 bdrm., pkg. \$490, 943-0094 Rent Mart Fee

83 Houses Partly Furnished

LEEWARD! 2 bdrm. \$500, 4 bdrm. home \$850, 943-0094 Rent Mart Fee

MILILANI 5 bdrm./3 ba., solar, appliances, landscaped, enclosed yd., garden, yd. svc. avail. 9/22 \$1500/mo. 833-4939

TRENDY! 2 bdrm. \$800, 4 bdrm. home \$850, 943-0094 Rent Mart Fee

WINDWARD!! 2 bdrm. \$750, 3 bdrm., pkg. \$950, 943-0094 Rent Mart Fee

85 Condos/Townhouses Partly Furnished

KANEOHE - Pohokea Pt. 2 bdrm., 2 ba. oceanview \$1300. Jett Pacific Prop. 235-8558 or 235-6196

88 Rooms for Rent

EWA Beach, on beach \$350 incl. utils. 689-5758 after 6pm.

KAILUA-female/same. Prkg. yard. \$400/mo. Utills incl. 263-8068

KANEOHE, student non smkr. furn. rm. \$375 incl. utils. 247-4672 eves

93 Vacation Rentals

KAILUA bchside 1 bdrm., 1 ba., kitchen/family room, priv. enr. 261-9800

LANIKAI studio. Next to beach. \$325/wk \$1175/mo. 262-3793.

KAILUA new vacation rental. Near beach & shops, pool. 262-8540.

KAILUA Vacation Rentals. Near Beach. Call 261-5174.

PUNALUU across beach park. Sleeps 7 + 6, lrg yard. Groups ok. Call 531-8181 days.

114 Real Estate for Sale

1 ACRE Big island off power, good roads. telephone available \$5500. 396-9824

UPPER Makakilo 3 bdrm. 2 ba., garage, on quiet court. \$279K. Open House 1-5 Sun. 92-1136 Hooko Place. Mark (RA) Debra & Co., Realtors

It's easy to charge it. Visa/MasterCard pays for Sun Press Classified. 235-5881

115 Real Estate Announcements

This regulation is issued under the authority of the Secretary of Housing & Urban Development to administer and enforce title VIII of the civil Rights Act of 1968, as amended by the Fair Housing Amendments Act of 1988 (the Fair Housing Act). It is the policy of the United States to provide, within constitutional limitations, for fair housing throughout the United States. No person shall be subjected to discrimination because of race, color, religion, sex, handicap, familial status, or national origin in the sale, rental or advertising of dwellings, in the provision of brokerage services, or in the availability of residential real estate-related transactions. This newspaper will not knowingly accept any advertisement for real estate which is in violation of this law.

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

TEACHERS, pre-schl P/T, morning & afternoon. Degree & exp. required. Call 823-2559.

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"Work when you want to work"
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75 Rentals to Share

MILILANI, incl. utils, furn. \$350 823-3532

KAILUA rm. ba., non-smkr, \$450/mo. Incl. utils & dep. 262-8312 eves

3 BDRM. 1 1/2 bath townhouse to share \$425/month. 872-4450

81 Houses Furnished

K-BAY, 3bdrm, 5 liv, red-wd, view, pricy, decks, hot tub. \$1800, 10/8 695-9629

87 Condos/Townhouses Unfurnished

MILILANI Twnhse 3 bdrm 2 1/2 ba. \$1050. 988-2584 after 6pm.

88 Rooms for Rent

KAILUA, lrg sunny rm. nr. beach & bus line. \$500 util. Incl. 254-3268

KAILUA, bed & brkfst lrg, sunny rm in warm family home, nr. beach & bus line \$35/day, 3 day reservation. 254-3268.

KAILUA-girl needs roommate. Own rm. Ph & TV outfit \$375/mo. Ref. 262-5391.

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126 Miscellaneous

AMWAY Products delivered. Money back guar. Call 487-5241

HOSPITAL bed \$990. Bath bench \$100, both like new. 621-7159.

GLASS Dining table w/6 chairs, glass cocktail & 2 end tables \$800 takes it all. Call Maureen at 235-5881

KING bed, brass & iron frame \$800, dbl beds \$300ea. 21K BTU AC, \$375; microwave oven \$100, all in excl. cond. 833-6358.

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SHELLY VOLKSWAGEN

REDUCED PRICES TO MAKE ROOM FOR 1990's VW!

KICK-OFF SALE!

'89 VW JETTA GU 16V
German Sport Sedan \$13,700

'89 VANAGON GL
ULTIMATE FAMILY MOVER \$15,900

'89 VW FOX
Economy Specialist \$7795

USED CAR SPECIALS!

"All These Plus Over 60 More Cars & Trucks!"

'81 Chevy Camaro \$3995	'83 Dodge Ram 150 \$5995	'86 Ford Ranger 4x4 \$14,995	'86 Ford Tempo \$3995	'87 Ford Mustang Conv. \$7995
'87 Ford Aero \$10,995	'88 GMC S-15 Truck \$10,995	'82 Honda Accord \$2595	'80 Pontiac Phoenix \$995	'84 Pontiac Trans AM \$3995
'84 Toyota Celica \$5995	'84 Toyota Fore-Runner \$895	'87 Toyota Camry \$8995	'87 Toyota Truck \$5995	'86 VW Cabriolet \$10,995

Prices Plus Tax, Lic. & \$95 Doc Fees. Offer good until Sept. 30, 1989. CARS SUBJECT TO PRIOR SALE.

If you can fix it, clean it or build it, classified can advertise it!

Get customers' attention and their business with classified's "Professional Services Directory."

These individual classifications will make it easy for you to reach potential customers!

- Accounting/Bookkeeping
- Appliances
- Cabinetry
- Carpentry
- Carpets
- Cleaning
- Clerical/Typing
- Contracting/Construction
- Electrical
- Entertainment
- Financial Services
- Graphics/Printing
- Handyman
- Hauling
- Landscaping
- Legal Services
- Masonry
- Painting
- Plumbing
- Remodeling
- Repair
- Roofing
- Screens & Jalousies
- Sewing & Alterations
- Wallpaper
- Yard Service

Your ad will reach 100,879 area readers!

For advertising information, call Sun Press 235-5881 Classified Advertising Department

125 Home Appliances **KENMORE** washer & dryer \$100 each or \$175 both. Call 625-0696 **WHIRLPOOL** washer/dryer \$350 for both. Whl. Frigidaire 22 cubic ft. side by side w/ice-maker \$350. 263-4520. **REPAIR-Sell-Buy-Trade** washers, dryers, refrig., freezer, air cond. Honest. Wrtly. 239-7479 **126 Miscellaneous** **CLIFF'S** Econ. Furn. & Thrift Shop. 1716 N. King St. 841-4443. **VERTICAL** Mini Blinds 50% Discount 72x84 PVC \$99 Ken Hatch 254-2080 **VACUUM** Cleaners like new \$24.95 and up w/guar. 735-8432 **FILTER** Queen Vacuum cost \$850. Must sell \$250. 735-4651 or 926-7292 **KENMORE** side-by-side refrig. w/ice maker, like new, qn. sz. water bed complete, microwave, misc. 946-8306, 395-3104. **DELUXE** King waterbed w/wheat \$195. Metal reator signs \$3 823-1914. **10' x 6'8"** SLIDING glass doors. \$150. Call Mike at 254-2826 **MC Lane** lawn mower \$300 20" 10 blade, good cond. 623-6831 Allen after 6pm.

127 Miscellaneous Wanted

HO Trains, cars, accessories, layouts. Call 373-7794

129 Stereo, Video, T.V.

901 BOSE spkr. w/ equalizer \$390. Pioneer stereo receiver/amplifier \$250; Teac cassette tape deck \$200; Pioneer turntable \$120. Call 422-4346.

130 Antiques-Art

ALLI Jewelry & Antiques Buy & sell. Top Cash for gold, diamonds, antiques & collectables. 1525 Kalakaua Ave 942-7474 Parking in front

WINDWARD Antiques We buy/sell jewelry, antiques, gold/silver, & rpr clocks. 262-5526

COLLECTION of antique kitchen utensils 50 pcs. Ph. 261-4144

141 Video Taping

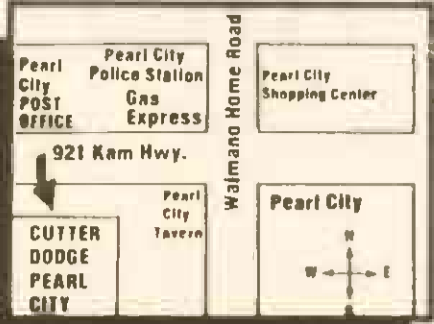
FILMS TRANSFERED TO VIDEO make great Christmas gifts. Call Econ Photo 239-4295, now 7 locations to serve you!

Cutter Dodge

#1 VOLUME DODGE DEALER IN HAWAII!

Experience
Old Fashioned Country
Hospitality

NEW & USED
CARS &
TRUCKS!



BIG
COUNTRY
BARGAINS!

MILITARY FINANCING AVAILABLE!

'83 HONDA ACCORD
(ASJ159)
\$4295

YOUR TRADE-IN
WELCOME
PAID FOR OR NOT!

'75 TOYOTA COROLLA S/W (RFX544)	\$395	'86 CHEV SPRINT (CV0843)	\$2695
'71 PLY SATELLITE (ARU938)	\$495	'83 FORD T-BIRD (88A257)	\$3395
'77 CAD DEVILLE (RAC356)	\$695	'87 NISSAN SENTRA (TOW805)	\$5595
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