Hawaii Marine

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



VMFA-232-'Red Devils' return from deployment

"Red Devils" VMFA-232, commanded by Lieutenant Colonel W.L. Nyland, returned to Kaneohe Bay Oct. 10 after completing their seventh West Pacific deployment in the past eight

Operating from several air bases in Japan, Korea and the Philippines, the squad-ron accumulated more than 2,400 accident-free flight hours. Realistic training was accomplished in addition to participating in 15 major joint exercises — each requiring detailed planning.

Three days after arriving at MCAS Iwakuni, Japan, the Red devils began flight operations. Initial area familiarization flights were followed by air-to-air and

aerial refueling sorties off of the southern coast of Japan. During this phase of training, the squadron achieved a significant safety milestone when, on April 11, the squad-ron reached their 20,000th accident-free flight hour

On May 1, the squadron left Iwakuni for NAS Cubi Point in the Republic of the Philippines. The close proximity of air-to-air and air-toground ranges there pro-vided the Red Devils with an opportunity to upgrade their tactical skills.

The squadron also participated in Cope Thunder 86-5 there, a two-week long operation geared to simulate 8 to 10 days of combat for aircrews and maintenance personnel.

During the operation, Red Devils engaged in mock aerial combat with Air Force F. 4s, F-16s and F-15s out of Clark Air Base.

During these combat, maneuvers, the squadron provided friendly and aggressor counter air forces. They flew in a sophisticated electronic and communications-iamming communications-jamming environment while-attempt-

ing to locate, close with, and "kill" opposing aircraft. All flights were followed by briefs and a detailed debriefs with emphasis placed on eliminating mistakes and incorporating lessons lessons learned from previous sor-

ties.
At the end of Cope
Thunder, the aircrews had

gained a renewed apprecia-tion for the complexities of aerial combat in a simulated combat environment, which allowed the squadron to change to tactics better suited for survival and suc-

In June, an air-to-air mis-sile execise (AAMEX) was conducted at the Poro Point. missle range, also in the Philippines, which lies north of the Lingayen Gulf where General Douglas MacArthur landed his forces in World War II Sidewinder missiles were fired at larget drones during this two day exercise.

After the missile shoot, the squadron returned to Iwa-kuni where operations were Stown in conjunction with several smaller, but still val-

uable, exercises. From June 17-20, the squadron particlpated in Cope Jade and Val-iant Usher with RF4s from the Navy's VFP-3, On June 27, the Red Devils provided fighter assets for the anti-air warfare exercise conducted by Marine Air Control Group-18 at Kadena Air Base and MCAS Futening, both on Okinawa.

The next major exercise took place from July 14-25 at Kadena. An eight-plane detachment deployed to Kadena fo participate in a two. weck aerial combat maneu-voring exercise with units from the Air Force's 18th Tactical Fighter Wing. This training also integrated the airborne controllers of both the Navy and the Air Porce.

They Navy, operating the Hawkeye, and the Air Force operating the AWACS, provided airborne command and control while the Marines provided ground-based com-mand and control for Air Force and Red Devil air-

With the experience gained during Cope Thunder, the Red Devils were able to effect tively counter the tactics of the F-15 pilots while refining tactics to negate the advanced capabilities of the

Shortly after returning to Iwakuni, the squadron began mounting out for another deployment.—this thee to Osan Air Base, Korea. They began operations on Aug. 4

SEE 232/A-10

1st MAB demonstrates rapid deployment mission

For the first time, yester-day, Marines of the 1st Marine Amphibious Brigade practiced unloading heavy combat equipment and vehi-cles from a ship specially designed to support the Bri-gade's new rapid deployment

A two-hour "mini-offload" exercise Wednesday after-noon at Pearl Harbor, mir-rored D-Day activities Marines will perform in their new role with the Maritime Prepositioning Ships pro-

Wednesday morning. Marine helicopters flew a 30-man Offload Preparation Party to the Motor Vessel 1st Lieutenant Baldomero Lopez which was prepositioned outside of Pearl Harbor. The Marines established radio communications with the shore and began preparing equipment for unloading.

Once the ship was pierside, Marines of the Brigade Service Support Group-1 unloaded approximately 10 pieces of heavy. combat equipment, inspected it and staged it for use following the same guidelines required in a full-scale offload.

In the future, 1st MAB Marines could be airlifted to a crisis area where they would offload their combat equipment from prepositioned cargo ships, combining the speed of airlift with the capacity of sealift.

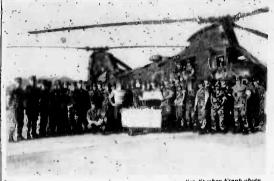
Marine Corps, General Paul X. Kelley, has called the multi-billion dollar MPS program, "the most important and innovative of our crisis response enhancements

On Aug. 30, 1985, the Com-mandant ordered the 1st MAB to plan for operations in conjunction with Maritime Prepositioning Squadron (MPS)-3 which consists of tour newly-built commercial cargo ships chartered by the Military Sealift Command.

In March, the 1st MAB formed a 250-man Embarkation Command Group to load the four ships at various East and Gulf Coast ports, and the Marines completed that task MAB announced it was fully mission-capable in its MPS

Overall, the MPS program involves 13 ships loaded with enough combat equipment and supplies to support three 16,500-man Marine Amphib-ious Brigades for 30 days in combat. The program also reduces the time required to react to a crisis by one-third.

The MV Lopez visited Pearl Harbor on its way to the Marianas where it will be prepositioned along with the three other ships of MPS-3. The Marines took advantage of the ship's visit and familiarized themselves with its capabilities and off-load procedures while in port.



The "Purple Foxes" of HMM-364, here, celebrated the second anniversary of their reactivation on Oct. 10 with a cake cutting ceremony.

Since their reactivation by the Commandant of the Marine Corps, General P.X. Kelley, on Oct. 12, 1984, they have accumulated more than 7,700 accident-free flight

Before the unit's deactivation in March 1971, the unit completed three tours in Vietnam and accumulated more than 70,000 combat and combat support hours, which earned them the "can do, hard charging" reputation they still celebrate today.



Corporal Jack Watson, honor graduate of the Army's Ranger Indoctrination Program at Schofield Barracks, receives the Army Achievement Medal from MSgt. Bobby McCallister, operations sergeant for Aviation brigade, and Sergeant First Class Wesley Batalona, NCOIC of RIP, during graduation ceremonies.

3d Recon Marine receives Army Achievement Medal

Sgt. Stephen Frank

Corporal Jack Watson was awarded the Army Achievement Medal Oct. 17 after being named honor graduate of the Army's Ranger Indoc-trination Program at Schofield Barracks.

Watson and Cpl. Roger Franklin, both from Co. A, 3d Recon Bn., attended the twoweek course to prepar ; for a two-month long Army Ranger School they'll attend later this year.

They are only the fifth and sixth Marines to attend the course in the past year, according to Watson, a 23-year-old native of Tulsa, Okla. "The first week is spent

Throughout the course, students learn and apply the fundamentals of land navigation, movement and patrolling. The course was especially difficult, said Franklin, 21, from Matawan, N.J. "since the Army uses different terminology and does things quite differently. For instance, they take out huge combat patrols, but we're used to small recon patrols so we had to get used to controlling a large group out in the field. It was difficult, but we learned a lot," Franklin said.

in class, and the second week is mostly field exercises and practical application," said well as their leadership abilwell as their leadership abil-ity and individual skills. Watson, who volunteered for Recon right out of Infantry Training School because he wanted a challenge, said the areas he scored highest in were camouflage and silent movement techniques. think those areas were what helped me make honor man,"

Both Marines believe that they are well prepared now for Ranger School where they will have to survive on little or no sleep — and perhaps one meal a day — for the duration of the school. "Here at RIP, we averaged about

Watson, who has attended Army Jump School at Fort Benning, Ga., and both Amphibious Recon School and Scuba School, both at Coronado, Calif., said that to get through the course, stu-dents often had to find ways

to stay awake.
"Usually, if I had trouble staying awake, I'd have to get up on one knee, or even stand up. But that didn't always work. One time leven fell asleep on my feet, and woke up on my back. jumped up real quick, but I don't think anyone saw me, said Watson.

Beat the holiday rush; mail early

The Postal Service is cooperating with the business community of Honolulu in urging customers to shop early and mail early for the holidays.

Holiday shoppers should mail early this year and to make certain that mail is addressed correctly, including ZIP Codes, and packages are wrapped correctly so that

cards and parcels reach their destinations in plenty of time for the holidays. "Normally, we handle about 2 million pieces of mail a day — including cars, let-

ters and packages, but during the holiday season, volume goes up to about 3.2 million pieces," Michio Harada, Honolulu's Postmaster, says. "We in the Postal Service take pride in convince." vice take pride in carrying your messages of love and

and correctly, and that includes planning now for gifts that must travel long distances by Christmas. "Many overseas mailing

"Many overseas mailing dates — including those for the Armed Forces stationed overseas — occur this month. Mailers can get specific information on the international dates by calling their local office," Harada said.
"Customers should also

take care to write legible ZIP coded addresses for both the address and the return address. Last year, our customers helped us tremendously. They mailed early in the season and early in the day. We hope they will choose to cooperate with us again this year, so we both will have an enjoyable holiday mailing season," Harada said.

Tips for mailing packages

With a little bit of care, holiday cards and packages can arrive on time and in

good shape, says Michio Har-ada, Honolulu's Postmaster. In addition to shopping and mailing early customers and mailing early customers should properly address cards and packages with the name; house number and street, or post office box number; and the city, state and ZIP code reserved for the last line. Use of apartment numbers is important numbers is important.

'It is also a good idea to put a slip of paper with the recipient's name and address and ient's name and address and your return address inside parcels; and be sure that addressing on the outside of the parcel includes your return address and ZIP Code," Harada says.

Customers should check the size of their envelopes before mailing Christmas and other holiday cards. Letter size standards require

ter size standards require that envelopes be at least 3-1/ 2 inches high and 5 inches long to be accepted for mail-

Parcels will arrive at their intended destination in good shape if you follow a few simple suggestions:

Cushion: Make sure contents are well-cushioned and there is no empty space in the box. Use crumpled newspaper around the item — including all sides, top and bottom. Commercially available foam shells or air-pocket padding also are good cushioning materials. Padded mailing bags are a good way to mail small items.

Don't overwrap: Just use your carton. Brown paper and twine cord are not neces sary. Paper can rip, and twine can become entangled in mail processing equip-

Seal properly: Close your seal properly: Close your parcel with one of the three recommended types of tape: pressure sensitive, nylon-reinforced kraft paper, or glass-reinforced pressure sensitive. Don't use cellophane tape or masking tape they aren't study enough. — they aren't sturdy enough. It's a good idea to put a slip with the address and return

adress inside the parcel

Avoid smudges: Use smudge-proof ink for your

Position addresses properly: Put the recipient's address in the lower right portion of the package. Put your return address in the upper left corner of only one side of the package. Remove all other labels.
Use ZIP codes: Be sure to

include the ZIP Code in both the recipient's and your address. Remember, wrong ZIP Codes can delay the mail.

Apartment numbers: Using apartment numbers or suite numbers, when know them, helps us deliver mail in large buildings. Time it right: Mail early

in the month and early in the

Irreplaceable items, such as cash and other valuables, should be sent by Registered

If you run out of time: Priority Mail is First-Class handling for packages weighing over 12 ounces and up to 70 pounds. Priority Mail can be sent from any post office, station or branch or through rural carriers to any address in the U.S. delivery of Priority Mail takes about three days to get anywhere on the mainland. Priority Mail can even be used for foreign mailings.

The service is available with insurance, return receipt, COD, certificates of mailing and Special Delivery. Customers interested in Priority Mail should contact the post office for details.

joy. Mailing early helps us deliver the messages on The key to successful holi-

Red Cross holds

volunteer orientation

By Patricia Gail Sears The Volunteer Red Cross held an orientation for its new volunteers at the Air Station, Oct. 8.

During the meeting, Eileen McCool, director of the Office of Volunteers, discussed the wide range of community services provided by the organization. She also explained that these programs placed special empha-sis on promoting good health and safety. In addition, she informed the group of a new youth counseling program, called "Kids for Kids," which

will be implemented soon. Lieutenant Commander Elizabeth Roche, Branch Clinic senior nurse, advised the new volunteers of the general responsibilities of their positions. She also indi-cated that due to a staff shortage in the clinic, volunteers were needed in areas such as X-ray, pediatrics and immunizations.

Concluding the orienta-tion, Jeff Meister, Red Cross service manager, had a slide presentation on the history of the Red Cross, beginning with its organization in 1864 prompted by the efforts of Swiss humanitarian Henri

Dunant.
The slide presentation revealed that the 1906 San Francisco earthquake was the turning point for the Red Cross in the United States.

The agency clearly demon-strated its usefulness during this type of disaster

The presentation also revealed that two world-known men, Walt Disney and Ernest Hemmingway, served together in World War I as Red Cross ambulance driv-

that people from all walks of life can work together in the Red Cross system to improve the quality of American life; that is what we are all about," said Helen King, volunteer membership chair-



Helena King, an American Red Cross volunteer, gives a lecture to future volunteers.

Excessive consumption of alcohol can lead to high blood pressure

Washington (NES) - "To your health" is a popular toast; but too much toasting can lead to high blood pressure, one of the nation's leading health problems.

Researchers are investigating the relationship between high blood pressure and alcohol. A new study being conducted in California indicates that long-term heavy use of alcohol can contribute to high blood pressure in some people. The relation-ship seems to be more pronounced among white males

over age 55. The relationship of alcohol to high blood pressure appears to be one of overuse, not simply use. Scientists know that heavy alcohol consumption may cause elevated blood pressure, but they are just beginning to understand this relationship. It is unclear how much alco-

hol is harmful.

The point when alcohol can become Harmful is called the "threshold." It is at this point, that alcohol begins to affect blood pressure. Some studies indicate one or two drinks a day are not harmful; while others show a progressive relationship; the more

alcohol consumed, the greater the risk of high blood

pressure.
The California study shows a slight increase in blood pressure among men who had one or two drinks a day; but women who drank same amount actually recorded lower blood pres-sure than abstainers.

The strongest relationship between alcohol consump-tion and blood pressure is found among people who reported consuming between three and eight drinks a day, Researchers admit that the threshold is different to determine, and it probably varies a great deal from one individ-ual to another.

This study also showed

that people who drank beer and wine had slightly lower blood pressure readings than those who prefered liquor. Researchers believe this difference may be due to the smaller amount of ethanol (a type of alcohol) in beer and wine as opposed to liquor; or to the fact that many beer and wine drinkers consume

their beverage with a meal.
Fortunately, the effects of
alcohol wear off almost as
quickly as a hangover. Those

who drink regularly have consistently higher than normal blood pressure, but even heavy drinkers who go "on the wagon" for several days show a decrease in blood

pressure.
Millions of Americans are at increased risk for stroke, heart and kidney disease because of high blood pressure, which cannot be cured but it can be treated.

In mild cases, simple changes in lifestyle may keep the condition under control. In more serious cases, physicians might prescribe medication and encourage their

IG information

patients to lose weight, reduce the amount of salt in their diet and get regular exercise.

For people who are con-cerned about their blood pressure, here is a simple suggestion: cut down on alcohol consumption.

Even though high blood pressure is a dangerous health problem, it is controllable for most people. The American Heart Association recommends that people who have high blood pressure should follow their doctor's

Hawaii Marine

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Commanding Officer Col. Robert P. Rogers PFC Hugh Trask

5001

Less than three weeks remain before the IG team from HQMC will arrive to inspect Hawaii Marines, and reports from other commands already inspected have pinpointed several common discrepancies.

Marines should be aware

that they are subject to inspection from members of inspection from members of the IG team at any time during its visit. "On the street," spot inspections will normally test the individu-al's knowledge on new pro-grams or policies in the Corps, and their compliance with uniform regulations with uniform regulations Some of the common discrep ancies are:

Camouflage utilities: unserviceable rank insignia on the cover or collar; frayed or unserviceable trousers jacket or cover; aviation Jump/Scuba wings improp breast pocket; pens or pencils exposed; green T-shirts with logos or mottos; Nylon instead of web belts worn; trousers not properly bloused over the boots, and boots not polished.

The utility jacket may be removed only if the individual is wearing an authorized Tshirt, and then, only at the commander's discretion. The jacket will also be worn at all times when operating a vehicle or leaving the immediate

Service "A" uniform: Blouse too tight, belt of improper length; collar or cover emblems unserviceable; female Marines' service cap or cord unserviceable; ribbons dirty or in the improper order; badges unserviceable, or the wrong badge or wrong requalification bar worn; improper fit of trousers.

Service "C" uniform: Cover emplems unservicea-ble; ribbons dirty, in ble; ribbons dirty, in improper order or improperly placed; sloppy blousing of shirt; improper fit of trousers.

When purchasing uniform items from stores other than approved Marine Corps outlet, they must have approval identification.

If you have any questions

about the upcoming IG, see your unit sergeant major or first sergeant, or contact your command IG representa-

Salutes

EDITOR'S NOTE: "Salutes" recognizes individuals for their achievements and exceptional arrivals to the Marine Corps Air

arrivals to the Marine Corps Air Station, the 1st Marine Amphibious Brigade, Camp H.M. Smith and Marine Barracks, Hawaii. The information is compiled by the Unit Information Officers and is submitted to the Joint Public Affairs Office, Building 244. For more information, call 247-3319/2178.

MCAS-2 Promotions Cpl. L.J. Parker Meritorious Masta Cpl. J. Oto LCpl. D. Collins LCpl. C. Stender

Good Conduct Medal Cpl. L.J. Parker
Letter of Appreciation
Sgt.R. Garcia

HMM-165

Welcome Aboard
LCpl. J.D. Ossian
LCpl. E.T. Williams
Cpl. J.C. Moore
MSgt. A.W. Heaser Promotion

Cpl. E.R. Morris Good Conduct Medals
LCpl. L.D. Lawrence
Cpl. A.E. Easler

Sgt. A.A. Solmirin SSgt. A.D. Mangrubang Letter of Appreciation Sgt. A.A. Solmirin

Continued A-10

Behind the wheel at HUMVEE school

Story and photos by Sgt. Leah Gonzalez

The Motor Vehicle Operators School, here, has a challenging new course to teach as operators learn to drive the new High Mobility, Multi-Purpose, Wheeled

Vehicles.
This course will be integrated with the two-week long jeep and Commercial Utility Cargo Vehicle school until the jeep is completely

replaced by the HUMVEE.

"At first, it weas just a two day course for the HUM-VEES," said Staff Sergeant David McLaughlin, NCOIC for the course, "but now the course is more intense." course is more intense.

There's quite a bit of class room instruction involved now since there are three different vehicles to be licensed for. "We really have to try and keep their atten-tion and motivation," said Sergeant Ricky Moore, chief instructor. "During preventive maintenance, for example, the students stop after each step of instruction and repeat the information with the instructor. This way we don't let their attention drift away from the text.

A school day normally lasts from 7:30 a.m. to 4:30 p.m., and will either be spent in the classroom receiving instructions and taking written tests; or working on driv-ing skills, doing preventive maintenance or reviewing instructions.

The class goes to Barbers Point for a day to train in convoy procedures and also spends two days at Bellows Al'S working on rough ter-rain and night driving, and driving under hlackout conditions, camouflage and field expendiency.

"This is where they really get out and do some driving," said Moore, "and after leav-ing the field, they have some good experience with them."

Experience is definitely what operators need when it comes to handling the HUM-VEE. It has a 6.2 liter engine, 16 inches of ground clearance even when fully loaded, is more than seven feet wide, and can travel up to 60 miles

"The HUMVEE's size is definitely a help to our stu-dents," said Moore. "Since it's so big, it's hard to flip and the engine has the power to keep it from sliding down

Most instruction centers around the jeep and HUM-VEE. "The Commercial utility Cargo Vehicle is like a freehee," said McLaughlin.

"Since it's like the HUM-VEE, only easier to drive, we don't spend a great deal of time on it." There is only one day of instruction required for the CUCV before students are authorized to drive it.

"We really like this type of school," said Moore. "It used to be just a week of classes, after which the students were given 'learner' permits.''
They returned to their units to learn driving skills few were licensed because the units didn't have the time or assets to teach them, according to Moore.

The completion rate is proof that the MVOS instructors accepted and won the challenge of teaching student drivers safe skills for the new vehicles being received the purpose the proof of the control of throughout the brigade



Lance Corporal Frank Doss (1), 1st Radio Bn., perform preventive maintenance on the new High Mobility, Multi-Purpose. Wheeled Vehicle, while Cpl. Lee Miller (c). CommSpt Co., and LCpl. Clayton Senior, HQ Co,



A HUMVEE driver tests the vehicle's flexibility in negotiating rough terrain at Bellows AFS.

1st Radio Bn conducts 2-week field training

Intelligence Communications Marines from 1st Radio Battation recently deployed to a hilltop 10 miles inland-from the North Shore town of Haleiwa for two weeks of field training.

After establishing two outsites and a headquarters element in a wooded area not far from sugar cane fields, communicators strung several thousand feet of wire and telephone cable between the three and began working in tactical vans loaded with communications circuitry, cryptologic equipment and data processing computers.

Planners developed the

training to include the latest computerized concept of a Mini Cryptologic Support Facility (MCSF) used in analyzing and processing high volumes of information during amphibious operations ashore.

"Computers are the coming thing, so we need to get trained on them," said SSgt. Crystal, the section's NCOIC. Training also included off-line encryption training, teletype relay, and forward unit training.

Each outsite was manned by a team, supervised by a staff sergeant, and arranged with billeting near the com-munications van. "In tacti-

cal or field situations, each cal or field situations, each team determines their work schedules independent of the headquarters element," said Peterson. The operations order, however, called for 16-hour training days.

"The primary mission of

"The primary mission of this exercise was to exercise radio, wire, and tactical communication center opera-tions," said MGySgt. Robert Duffy, communications chief

for 1st Radio Bn. Support elements detached from Radio Battalion included communications and radio technicians, an engineer, electrician, mechanics, and a corpsman

By Cpl. Tom Worth 1st Radio Bn.



Intelligence Communications Marines of 1st Radio Bn. moved their work to the field inside an AN/TSQ-37 van. The adjacent tent houses a computer and phone equipment to transfer information to the headquarters element.

Brigadier General G.L. Cates, commanding general of the 1st MAB, addresses a group of Marines during a welcome aboard brief at the Station Theater.

1st MAB welcomes new sailors, Marines

A "Welcome Aboard" brief is now being presented to 1st MAB Marines and sailors who are new arrivals to Hawaii.

The briefs are offered every Friday at 10 a.m., in the Joint Reception Center classroom, personnel attending must be signed up by their

The brief is designed to help newly joined personnel

understand the command's recreational opportunities in Hawaii, and the local dress code. Various pay allow-ances are also explained in detail, primarily those per-taining to temporary lodging, variable housing and cost of living.

Mission-oriented informa-tion is included in the brief, and covers the Unit Deploy-ment Program and how it operates; an overview of the MPS program; and other types of training unique to the 1st MAB.

Other areas discussed are community relations; drug and alcohol policies for both the military and civilian community; and available educational opportunities.

For more information, con tact the Brigade Personnel Office at 257-3340 or 2826.

Rear lap seat belts; safe or sorry

AFPS - A recent report by the National Transportation Safety Board concluded that back-seat passengers may be safer in some automobile accidents when they are not wearing a lap safety belt.

The report concluded that in certain accidents, persons wearing lap only seat belts were not adequately pro-tected against injury and sustained additional injuries caused by the lap belt itself.

The report suggested that the shape of the seats of many late-model cars does not allow rear-seat passengers to sit upright so that their lap belts fit snugly and properly around the waist. Instead, bodies are slanted and the lap belt may ride up the stomach.

Whatever the seat shape, lap belts can cause bodies to "fold" in an accident, caus ing abdominal and head

According to the report, lap-only belts were a particular lar problem for small children, who are likely to slide down under the belt, and pregnant women, who could suffer lap-belt induced

miscarriages.
While the National Transportation Safety Board findings were not so positive concerning lap-only belts, they reaffirmed the effectiveness of three-point lap/ shoulder belts, the kind installed in the window seats of cars in the United States. The board also reaffirmed the effectiveness of lap/ shoulder belts in combina-tion with child safety and booster seats.

Whether to wear the rear lap belt is not a decision for

service members and Departwhen they are on a military installation or driving a pri vate or government-owned car or van on official business; they are required to wear seat belts whether they are sitting in the front or the back sent, according to Lt. Col. Ed Chandler, deputy director for safety policy. Office of the Secretary of Defense.

But is no belt better than a rear lap belt or is a rear lap belt better than nothing?

Chandler's number two is the answer. "National Highway Traffic Safety Administration studies show that you are 30 to 40 percent safer with a rear lap belt than with nothing at he said.

But best of all, according to the board, are lap shoulder belts, it recommended that the National Highway Traf-fic Safety Administration write a regulation requiring rear tap/shoulder belts as mandatory equipment in all new cars and be made avail-

able for older cars.

The National Highway
Traffic Safety Administration, while not sold an the lap helt testing procedures used by the independent National Transportation Safety Board, agrees that any safety belt is better than no safety

National Highway Traffic Safety Administration studies of thousands of crash reports clearly show that a person riding in the rear seat of a motor vehicle has a much hetter chance of avoiding serious injury or death by wearing a safety helt, accor-ding to that organization s administrator, Diane K

Steed.

By Evelyn D. Harris

Matching technology to manpower

ican Revolution, 95 percent of American soliders were basic riflemen or served in combat units. Sailors manned the sails of wooden ships, handled lines and stood

few specialists repaired guns, wagons and saddles or served as sailmak-ers, carpenters, coopers and

To America's first service members — not to mention much of present-day American public — today's military world of high energy lasers, heat-seeking radar and fiber optics might seem like

science fiction.
The Defense Department has gone high-tech. Today, only 14 percent of all enlisted military people serve in combat arms professions. Eightsix percent serve in combat support or combat service support jobs, an increasing number in the electronics and other technical fields.

"So many aspects of our systems are computerized, from simulators in training to guidance systems for weapons to computers in supply and maintenance," said Deputy Assistant Secre-tary of Defense for Personnel David Armor. And he preing demand for more technicians in uniform.

State-of-the-art technology is what America relies on to improve readiness and, ultimately, to counter the Soviet threat. But throughout Dol), there is growing concern that new military systems aren't helping meet this goal the way they were designed to.

The flaw isn't necessarily in the technology. Often it's in the failure of engineers and procurement people to recognize that new systems are only as capable as the soldiers, sailors, airmen and Marines recruited and trained to use and maintain

"Techology is a double-edged sword," said Col. John N. Tragessor, chief of acquisition assessment and policy for the U.S. Army Materiel Command.

We must provide systems which have top operational performance, while at the same time provide systems that are relatively simple to operate and maintain. We must also do those tasks with fewer people. That's the challenge before us."
This challenge starts when

drawing board. The Army, Navy and Air Force have each come up with programs to make sure that the manpower and training requirements of new systems are considered early in the design stage.

design stage.

The Army calls its program MANPRINT, for Manpower and Personnel Integration; the Navy, HARDMAN, for Hardware-Manpower; and the Air Manpower; and the Air Force, MPT for Manpower-Personnel-Technical.

The goal of these programs, their directors emphasize, is not to return to simpler weapons and equipreliable and easy to use and

'Just because you have a system that is sophisticated it doesn't have to be unrelable and difficult to maintain," according to Martin Binkin of the Brookings Institute, a Washington, D.C. think tank. "We've got to tailor technology so it can be operated by people who are not electronic or mechanical wizards.

That's sometimes easier said than done, Pentagon officials said. In many cases the systems that are easy to maintain are the ones that rely heavily on the user in the

field. Those that are heavily automated — and free up the user to concentrate on those factors that demand human response '— often must be maintained by highly skilled

However, signs of success are already visible. MAN-PRINT, the first of the service programs, appears to have the earliest success

stories.
The Army recently stopped production of a new squad automatic weapon until two automatic weapon until two human considerations are resolved. After firing, the weapon's exposed barrel could burn the soldier's hand. In addition, a front sight requires special adjustment.

The Army is looking at the human considerations of its experimental light helicopter program. In addition to reducing crew size through automation, the Army is working to cut the associated maintenance and support requirements as well. The engine design for the

experimental light helicopter program has already been simplified to make it less complex, costly and timeconsuming to maintain. One engine prototype calls for a maintenance kit that requires only a seven-millimeter wrench to disassemble the engine.

The Army showed strong evidence that better-designed equipment improves soldier performance. In one test, soldiers with the lowest apti-tudes (as measured by service entry test scores) operating the new M1 tank consistently outperformed soldiers with the highest aptitudes in the older and more difficult to operate M60 tank

In testing its program, the Navy recognized that the schedule for fielding a new, relocatable, over-the-horizon radar system cut into the training time allotted for the system operators. The implementation schedule was changed as soon as the problem was identified, before the lesson plans were com-pleted, to allow operators to complete the full training program.

Defense officials say these types of success stories will become common throughout the acquisitions process as DoD and the defense industry continue to ask: Can this service member, with this training, perform these tasks, to these standards, under these conditions? By Donna Bolinger

Deterrent of war?

National strategy and Democracy

American Forces Information Service - Secretary of Defense Caspar W. the National Strategy Forum recently that democratic societies cannot create and execute grand strategy in the same way totalitarian same way totalitarian nations do. Totalitarian regimes are capable of

long-term idéological strategies because "they do not have to deal with the rough and tumble of public

common view that America does not even have a

"We must, of course, be clear as to what we mean by strategy. As the employment of means to achieve specific ends, strategy is a concept that attempts to bring together a nation's goals and values with its capabilities,

resources and political will.
"As a democracy, our ends

and goals are clear. But our employment employment of means is obviously limited by the give

and take of free politics."

Weinberger defined the nation's goals as "deterrence of war, containment of Soviet egression and their totalitarian system, defense of freedom where it exists and the promotion of conditions in the world so that liberty

can prosper."
But we have not always executed our strategy in a consistent fashion, he acknowledged, and "we have not always developed the means to fulfill our ends. But again, we are a democratic nation: public opinion shifts; go. Our basic goals, however, remain constant. Its execution shifts with international circumstances, with the dynamics of public opinion, and with the level of

funding provided." We must, therefore, fulfill our commitments in ways best suited to particular best suited to particular circumstances, Weinberger

"Our conventional forces serve this purpose by being flexible and mobile. Whether in forward deployments in Europe or Asia, our conventional Forces stand behind our strategic commit-ment and formal alliances. Further, our maritime strategy, which has been strategy, which has been given detailed articulation in this administration, seeks to use its flexibility and mobility to sustain our

mobility to sustain our worldwide commitments." "The problem is not a lack of strategy," he continued. "It is the danger and complexity of the world we live in, and the unwillingness of democratic nations to recognize the threat."

The national strategy of our government has always attempted to take into account significant changes in global dynamics, he pointed out. "In recent times, we have had to consider the growing influence of the Third World, the advent of parity between the United States and Soviet Union, and the limited military usefulness of nuclear weapons

The first task of American strategy, as it looks to the future of conflict, is to ensure that deterrence of nuclear war remains credible. We recognize that technology can rapidly outpace out ability to control it, that almost overnight technology can change credible deterrence into incredible posturing."

are the reasons These are the reasons President Reagan has called upon the scientific communi-ty to see if it is possible to defend ourselves against the Soviet missile threat. Weinberger said.

Calling strategic defense research no mere add-on to American strategy, he noted that democratic nations will be uneasy with a policy that deters only by threatening destructive retaliation.

"Strategies are not constructed in isolation," he said. They are conceived to meet particular threats from specific adversaries. In this sense, our strategy must always be comparative. Its goal must be to counter and to confound the strategic objectives of the enemy, since we have no aggressive or territorial or other ambitions. If strategic defense proves feasible, and I believe it will, it will counter the Soviets most potent weapon and confound the Kremlin's hope to neutralize our deterrent

In conclusion, Weinberger "If we all do our part, if we maintain our resolve to stay strong, if we value our freedom and our peace, and if we are willing to make sacrifices for those noble goals — then the future of conflict is that there will be

By Hal Haskins

Turning warriors into strategists

American Forces Information Service -

poet once said that men, like stones, are shaped by the places into which they come, and those influences are lasting.

In the same manner, it's the professional background of each military officer - the experiences and assignments through which he or she moves over the years — that will determine his ability to contribute to the critical job of the U.S. strategic planning.

Admiral William J. Crowe, Jr., chairman of the Joint Chiefs of Staff, recently told the National Defense University Foundation that today's military leaders must focus on much more than driving ships and taking hills. They must recognize their role in the civilian-military partnership that ultimately makes and carries out policies affecting U.S. national security.

So how do we prepare people in uniform to solve "big picture" type problems and to assist the National

Command Authorities in matters of strategy, policy, resource allocation and operations?

Part of the answer, Crowe said, is based on an officer's professional background. But another important part of the formula is the military education to which he is exposed, both in schools and from his leaders.

"Military schools play a key role, though certainly not an exclusive role, in developing these characteris tics and in filling the gaps left by solely operational experience," Crowe said.

Yet, the history of U.S. war colleges is one of a century-long struggle between the widening demands of strategic leadership and the "technicist" inclinations of those who insist that the military has — or should - little to contribute, he said. These preferences are still found in civilian strategists and people in uniform alike.

However, the strategic realities the United States confronts now and will

decades have driven home the point we must work toge ther for U.S.national security

The question we are asking requires us understand what kind of people we need, and what sorts of qualities we should seek to develop in those who stand at the threshold of senior military leadership," Crowe said.

He said political and strategic imperatives demand broad-gauged and

enlightened officers who are:
First, skilled military
technicians — skilled
fighters and supporters of

· Second, tested leaders who have led in the field but who also can see the uncompart-mented big picture, under-stand the relationships among vested interests and make decisions in the face of uncertainty;

Third, more than ever before, adaptable to changing circumstances; in essence, men who are "open minded" in every sense of the word — a difficult trait to

develop in today's world of phenomenal specialization and compartmentalization;

Fourth, founded in the history of their profession and its role in the world; genuine perspective springs from the knowledge that little is new and that the past has a great deal to teach every profession; and

Fifth, knowledgeable about the dynamics of bureaucratic decision making in Washington and about the situations and concerns of American friends and allies abroad.

To those who think military people should stick to the role of warriors, leaving the jobs of policy-making, national security management and diplomacy to civilian strategists, Crowe says "nonpycock"

'poppycock."
"When the American civilmilitary partnership has been united, with each element conscious of its utter dependence on the other, it has been unbeatable," he said. "When its bonds have weakened through neglect, the nation's defenses have inevitably withered."

By Donna Bolinger

New Customs fee for some Space-A flights

American Forces Information Service — All active duty military, retirees and their dependents flying space available from overseas air terminals recently started paying a \$5 users fee that was levied by the U.S. Customs Service.

The congressionally mandated users fee was levied to defray the cost of Customs processing and to raise additional revenue, according to a

Customs spokesman.
"Military members and their families traveling on official business will not have to pay the \$5 fee," said a Military Airlift Command spokesman. The Department of Defense pays the fee for passengers traveling on official business. The airline includes the fee in the cost of the ticket and is reimbursed by the government.

"However, pasengers, including retirees, traveling space available on Military Airlift Command commen cial charters will be charged. When they are booked on a flight, they have to pay the \$5 Customs users fee along with

the \$10 space available sur-charge," added the Military Airlift Command spokesman.

Space available pas-sengers flying on military aircraft, such as C-5s and C-141s, do not have to pay the

"DoD has requested that "DOD has requested that all military passengers be exempted from paying the fee, but we haven't decided on that yet," said a Customs spokesman. However, Cus-toms has exempted "Cat B" charter flights, which trans-

port troops overseas for military exercises. For these flights, the military inspects the passengers for us in Korea or Europe. "We have to be out there to meet the air-craft, but DoD is doing most of the work for us, so we don't charge the fee," he said.

"The users fee is for commercial air and sea pas-sengers," said the Customs spokesman. "Just as we would not charge naval vessels, we will not charge for military aircraft. They are not for hire."



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In the next issue of the Marine Corps Gazette

Retired Marine Lieutenant General Victor H. Krulak, who turned to writing and journalism after his retirement in 1968, is the author of this year's MajGen. Richard C. Schulze Memorial Essay appearing in the November issue of the "Marine Corps Gazette."

In "A Soldier's Dilemma," the title of the essay, the author tells how a subordinate should proceed when his bright ideas seem to fall on deaf ears. He also has some firm advice for seniors stress-ing their obligation to "make sure the road to the top is wide open for ideas, opinions and criticism . . . " He gives several examples of how past military figures handled or mishandled creative think-ing to the well-being of the Armed Forces.

General Krulak graduated form the Naval Academy in 1934. He distinguished himself in three wars, commanding combat units from company to the Fleet Marine Force Pacific. In 1984, the Naval Institute published "First to Fight-An Inside View of the U.S. Marine Corps," his most recent

This November's anniver-) sary issue of the "Gazette" will also contain a first hand account of the last offensive by Marines in Korea; a look at Marine recruiting posters from Tun Tavern until today; and other interesting histor ical pieces

For more information write to the Marine Corps Gazette, Box 1775 Quantico, VA 22134; or call (703) 640-6161 or Autovon 278-2854.

Hickam-Wheeler Aero club

The Hickam-Wheeler Aero Club will hold its Private Pilot Ground School Course, Oct. 29, open to all individuals interested in obtaining aviation training and/or their private pilot certifi-cate.

The course is seven weeks long and classes meet Mondays and Wednesdays, 6 to 9 p.m., at Hickam. Registration fee is \$75, plus approximately \$36 for textbooks. An additional \$20 will be required near the end of the course for a plotter and flight computer. Also available are ATP, Flight Engineer, and instrument accelerated ground schools.

For enrollment or information, call Red Britton or Chris Plimmer at 655-1219 or 449-1228.

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Chemical bombs up-dated to deter use by enemies

American Forces Information Service — When the United States halted production of chemical weapons in the late 1960s, only nine other countries had them. Today, 16 nations possess chemical weapons. None of our NATO allies claims to have a chemical retaliatory capability.

The United States seeks a total, worldwide, verifiable ban on chemical weapons, Dan on chemical weapons, according to Secretary of Defense Caspar W. Weinberger. But Weinberger said until that is achieved, the United States must modern the states are showing a warfare. its chemical warfare capabilities as a deterrent to other nations. He emphasized that the United States will not be the first to use chemical weapons.
Army Col. Hugh Stringer is

a special assistant for defense chemical matters with the Office of the Assistant to the Secretary of Defense for Atomic Energy: He said that during a conflict with the Soviet Union, U.S. military personnel, fearing a chemical attack, would have no choice but to operate in bulky protective gear, degrading mission effectiveness by as much as 50 percent in some areas.

"It is important for the United States to have a retaliatory capability to enforce the same degradation on the opponent," he said. "If we don't, the enemy would have an immediate 30 to 50 percent advantage in operational effectiveness just operational effectiveness just not having to operate in bulky protective gear."

In a chemical war, different

chemical agents would be used on the battlefield. Nerve agents that dissipate quickly would be used on the front lines so allied troops could

occupy the area quickly. Longer lasting agents would be used deep in the enemy's defenses. Mid-range targets

would require even more special chemical weapons. The Soviet Union has a modern chemical warfare modern chemical warfare capability to fight effectively in each area of the the battlefield; its chemical weapons have been used in Southeast Asia, and the Soviets have used them in Afghanistan. That means, slid Stringer, that the United States must be prepared to influence at least as much of the battlefield as the opponent to achieve an effective deterrent against a chemical war.

"We have almost no capability to deliver effective persistent agents to deep targets and no mid-range

persistent agents to deep targets and no mid-range capability at all."

That is about to change. The United Stafes is modernizing its chemical warfare program. It focuses on three unique systems: the 155mm, binary chemical 155mm binary chemical projectile, a binary chemical warhead for the Army's Multiple Launch Rocket System and the Bigeye 155mm binary chemical binary chemical bomb.

These modern binary chemical weapons are safe and easy to transport because the chemicals that produce the actual nerve agents don't mix and become dangerous until they are fired and on their way to the target. Stringer said this will enable chemical weapons to be stored almost anywhere; something not possible with the older chemical weapons. "It's even possible that in a crisis or contingency we would be able to deploy chemical weapons on aircraft carriers," he said. Stringer said the binary

system would also allow for

long-term improvement in the weapons. "It may eventually be possible to change the effectiveness of the chemical agents simply plugging in a different nister," he said.

eanister," he said.
The 155mm projectiles will use a binary nerve agent called GB-2. It dissipates quickly and would be used for close-in targets (about 22 kilometers), said Stringer. The Bigeye will use VX-2 nerve agent, which takes days or weeks to dissipate. Stringer said Bigeye targets could include airfields worten. could include airfields, ports and major troop concentra-tions. The Multiple Launch Rocket System, said stringer, would use a new agent which would dissipate faster than the VX but slower than the

The 155mm projectiles are scheduled to go into production in October 1987. Operational testing of the Bigeye is scheduled for completion in February 1987, and the Multiple Launch Rocket System warhead is still being researched and developed.

The safety of chemical weapons has always been a concern of the Defense Department, said Stringer. The introduction of the new binary system will allow for the destruction of all the old, lethal unitary munitions stored around the country,"

The binary program has been the subject of a presidential review commission and has been ratified by the Congress and NATO," he said. "That says that the U.S. policy concerning chemical weapons is well founded and will lead to what the U.S. wants more than anything no chemical war.







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At a glance

MAC Flight added

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lines.

A Hawaiian Airlines DC-8, which can carry 202 passengers, will originate in Los Angeles each Saturday, transit through Honolulu and Guam, and arrive at Clark AB, the Philippines, on Sunday. The aircraft will return to LA by the reverse route on Monday and repeat the process the following Saturday.

the process the following Saturday.

Active duty military, DoD civilian employees and their family members under official orders are eligible to use this service. Eligible space "A" travelers can also take advantage of the service.

Reservations for travelers on official orders can he made at ITO and TMO offices. For more information, check with the local MAC terminal.

Swap meet

A "Giant Swap Meet," sponsored by the Armed Services YMCA-Outreach, will be held, Nov. 14, from 9 a.m. to 2 p.m., in the courtyard helind the Air Station's 7day store.

Serviceable toys, clothes, household items, crafts, Christmas items, and other treasures may be sold; sellers fee is \$1. Space is limited and available on a first-come, first-served basis only. All sellers must be cleared through the YMCA-Outreach.

For more information, call 254-4965 or 254-4719.

NCOA job fair

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A "Job Fair," sponsored by the Noncommissioned Officers Association, will be held Nov. 21, from 9:30 a.m., to 4

The Hale Koa Luau

p.m. at the Ala Moana Americana Hotel in Honolulu.

The fair is open to all Armed Forces active duty members, veterans, retired personnel and those who are leaving the service. It will include employer representa-tives from local and national companies, as well as city, state and federal agencies. The representatives will conduct interviews for those who want to apply for jobs.

For more information, call the NCOA Service Centers at Pali Palms, Kailua, 254-5802; or 3049 Ualena St., Suite 101, Honolulu, 836-3481.

Those attending should take 10:20 copies of their resumes, which forms can be obtained form either of the service centers.

Scholarships to youths ...

The Awa Lau Wahine officers wives club is offering two \$500 continuing education scholarships to women. Any active duty or retired Navy, Marine or Coast Guard serviceman's wife liv-

ing in Hawaii is eligible.

The scholarship will be awarded in January to two women who state the best reasons for continuing their education. Financial need is not a criteria for this scholarship. Applicants need not be enrolled in a college at the present time, but must use the scholarship within one

the scholarship within one year of receiving it.

Application forms are available by contacting Donna Kaup, 31 Halawa Drive, Honolulu, HI 96818.

Completed applications must be received before Nov. 1.

Qualified High School Seniors can apply for the Awa Lau Wahine Achievement Scholarships. The award is \$500 for tuition to the college of choice. Boys and girls who are family members of servicemen in the Navy, Marines or Coast Guard are eligible.

Guard are eligible.
For more information contact Donna Kaup

> Kailua's raditional Family Restaurant 26 Hoolai St. 262-6992

Updated CFC contact list

H&HS IstLt. C.L. Loughridge, 257

SOMS 2ndLt. J.C. Beasley, 257-2593 MAG-24

Capt. J. Klipper, 257-3450
3d Marines
Capt. J. Biederman, 257-2017
1stl.t. C. Roach, 257-2017
BSSG-1

IstLt. R.W. Seger, 257-3608 CommSptCo. IstLt. D.A. Paris, 257-3609 H&S CO, 1st MAB

1stLt. D: Berg, 257-3403 1stRadBn.

1stl.t. L. Girod, 257-3503 Camp H.M. Smith Capt. B. Johnson, 477-6228 GySgt. H. Meyer, 477-6228 Marine Barracks

CWO-4 P. Johnson, 474-9242

Truck law requirement

The cargo area of all trucks are required by state law to be covered entirely as of Oct. 1, to prevent the load from

to prevent the load from escaping if it consists of loose paper, rubbish, plastics or empty cartons.

Hawaii State Law — HRS 291C-131 — requires these cargo areas to be covered by a tarpaulin, canopy, cargo net or other material while transporting loose items on Hawaii roads and streets.

Hawaii roads and streets.

The first violation will carry a \$100 to \$500 fine, and a suspension of the vehicle registration and/or driver's license. The second violation, within a one-year period, will result in a \$250 to \$500 fine, and a five- to 10-day suspension of vehicle registration, and/or driver's license.

The third violation will carry a \$500 to \$1,000 fine, and a 30-day suspension of vehicle registration and/or driver's license. Police stake-outs to enforce the law began Oct. 1.

For more information, con tact the State Litter Control Office at 548-3400.



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Sunday
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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 112 are taught at Mokapu Elementary
School, 6:45 to 7:45 p.m.

Walt Disney offers discounts

Lake Buena Vista, Fla.

— Armed Forces Days guests can join in the fun Nov. 1-30 as Walt Disney World celebrates 15 years of fun and fantasy with anniversary parades and shows, a million birthday prizes and "Captain EO," a new 3-D musical space film spectacular starring Michael Jackson.

All active duty and retired, All active duty and reures, disabled veterans, reservists, national guardsmen and DoD employees can enjoy the Magic Kingdom or Epcot Center for \$17.50 or a two-day ticket for \$34.

Other military discounts include special Walt Disney World Resort rates (excluding Nov. 27-29) and a National Car Rental special of \$19.95 for a full-sized car. of \$19.95 for a full-sized car. Additional resort values are also available in the Walt Disney World Vil age Hotel Plaza. A military or DoD employee ID card is required.

Highlights of the celebration include a "15th Birthday Parade" featuring glittering floats roller skaters and Disney chracters.

Computerized clocks in

Computerized clocks in each park will herald birtheach park will neraid birth-day prize winners every 15 seconds during regular theme park hours. Daily prizes will include a new automobile or pickup truck and a three-night Caribbean holiday cruise

holiday cruise. Other birthday events fea-ture fireworks and major easonal events, celebrity apearances and stage shows.

For more details, stop by Special Services or SATO offices. For Walt Disney World accomodations call (305) 827-7200.

Births TAMC

Whitney Rosemarie, 7 lbs. 7.6 oz., daughter of SSgt. and Mrs. Christopher W. McDowell; born Sept. 29.

Jessica K., 5 lbs. 2.8 oz., daughter of Sgt. and Mrs. Joseph C. Lindsay; born Sept. 30.

born Sept. 30.

Thomas Ivan, 6 lbs. 8 oz., son of Cpl. and Mrs. Thomas W. Macthee; born Oct. 1.

Adair, 7 lbs. 7 oz., daughter of Cpl. and Mrs. Arthur E. Wilson; born Oct.

ter of Sgt. and Mrs. Ralph S. Harr; born Oct. 3.

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KAILUA

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

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

Camp H.M. Smith 477-5098 Sunday

8 a.m. — Catholic Mass 9:30 a.m. — Protestant Worship 9:30 a.m. — Protestant Sunday School

Tuesday
- Catholic Mass Wednesday

6:45 a.m. — Prayer Breakfast 7 p.m. — Choir rehearsal Friday 11:30 a.m. - Catholic Mas

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19" Model C1920W

19" Color TV in a ver tically-accented spa

Zenith System 3
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13" Color TV in a cabinet with richly-grained Light Walnut finish on top and sides. Along with many other Zenith leastures, includes Computer Space Command 2700 described below.** Comes with neadset jack and private listening headset.





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Zenith TV/VCR Remote Control

Zenith TV/VCR Remote Control.
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Control described below** and MTS
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Coior Sentry Color Control * LongLife 100% Modular Reliant Chassis *
Contemporary styled cabinet in
Nutmeg Oak finish with swivel base.

Model SC2513B Zenith Advanced System 3 with MTS Stereo Sound and Space Command 6500 for Zenith TV/VCR Remote Control.

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Brain keeps colors in balance. PIP comb
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Education

Saint Louis **High School** adult program

Saint Louis High School's Adult Education Division will no longer offer high achool diploma-granting pro-grams as of Dec. 1, because of decrease in numbers of nonhigh school graduates cur-

tary.
The last English and Math

end Dec. 17. Registration for these classes is being held at the Joint Education Center

now through Oct. 31.
Students requiring one or more GED tests are requested to sign up at JEC for the Nov. 13-14 or Dec. 18-19 test dates. Students needing a developmental reading class can sign up for the last class to be conducted, here, Nov. 3 through Dec. 17, and a final AFCT review course will begin Nov. 17 and end Dec.

In January 1972, SLHS

began the program at the Air Station; at that time, over 2,500 Marines on the Air Station didn't have a high school diploma. Today, because 97 percent of Marines enlisting are high school graduates, the SLHS program is no longer economically feasible.

Student transcripts will still be available from St. Louis High School, 3140 Wai-alae Ave., Honolulu, Hawaii 96816. The first transcript is free; the second and subsequent transcripts are \$3 each.

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What's cooking

Today

unch Spaghetti, pepperoni pizza, rench fried eggplant Duner Hot roast heef sandwich, chicken La King

Friday

Breakfast
Baked sausage links, creamed
eef, hot cakes
unich

Newport fried chicken, Bar-B-Q pareribs, steamed rice, Dinner

French fried fish portions, baked

Saturday

Grilled ham steaks, hismarcks, crilled minute steaks

Dinner
Baked honey glazed cornish hens baked salisbury steaks

Sunday

Branch Grilled Canadian bacon, grilled

Grilled steak-to-order, Bur-B-Q

Monday

Breakfast
Oven fried bacon, grilled ham slices
Linch
Hot toast turkey sandwich, liver

Dinner Swiss steak with brown gravy,

deep fried fish portions, modles Jefferson

Tuesday

Baked sausage links, pancakes

Lanch
Chili con carne, tacos, stuffed green peppers with tomato snuce

Dinner
Roust fresh pork ham, Italian veal steak

Wednesday

Breakfast Grilled ham slices, Texas hash

Lunch Yakisoba, Egg Foo Young, baked

Breaded pork chops, simmered



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232/from A-1

while living in tents and operating from temporary facilities.

latitates.
Initially, the squadron was tasked with supporting the Operational Readiness Evaluation (ORE) of the 51st Tactical Fighter Wing at Osan. Their ORE, the Air Force's equivalent to a MCCRES, included air-to-air remining and NBC correspondent. training and NBC exercises.

Along with the air-to-air training, additional NBC training was provided for VMFA-232 during the evalu-

At the end of this exercise, the squadron had become entrenched into the routine of entrenched into the routine of daily operations at an aus-tere site. The Red Devils participated in numerous exercises while at Osan, including Mine Laying Exer-cise 86-2, Beach Mist and another Anti-Air Warfare Exercise.

On Aog. 28, typhoon Vera brought operations at Osan to a halt. The tent camp was dismantled and the squadron relocated to the gym to wait

out the storm. The typhoon was less intense than forecasted, and the tent camp was set up again so the squadron could resume normal flight operations.

The last major exercise The last major exercise while at Osan was conducted on Sept. 10 and 11. Sorties were flown over the Sea of Japan against elements of the USS New Jersey battle group. Although the squadron had operated in a field-type environment at Osan, valuable air-to-ground training with live ordnance and ing with live ordnance and air-to-air training was con-

While the majority of the squadron prepared to return to Iwakuni, a four-plane detachment deployed to Cubi Point to conduct another missile shoot. Both radar guided and heat seeking missiles were successfully launched.

After returning to I wakuni, the squadron was again tasked to provide fighter, support for an AAWEX. Navy A-6 and EA-6 aircraft purticipated in this training exercise conducted off the west coast of Japan.

During September, the squadron celebrated its 61st anniversary. Since its incep-tion in 1925, VMFA-232 has flown various aircraft rang-ing from the biplane to the P-4 Phantom.

Following aerial refueling sorties with Marine KC-130s and Air Force KC-135 and KC-10 tankers, the squadron left WestPac for the return left WestPac for the return trip to Kaneohe Bay. After the main body of Marines departed on Oct. 10, the flight echelon of 12 F-4s with advance and trail mainte-nance crews left Iwakuni Oct. 15. The aircraft made a stopover at Wake Island and prived at Kaneohe Bay on arrived at Kaneohe Bay on Oct. 15.

Because of the upcoming introduction of the F/A-18s, this was 232's last WestPac deployment with the F-4 "Phantom" aircraft.

2d Battalion 3d Marines

I.Cpl. E.G. Morfe LCpl. M.J. Gehling I.Cpl. E.A. Den LCpl. R.M. Ribeiro I.Cpl. R.L. Lampkin I.Cpl. B.D. Boothe I.Cpl. W.R. West I.Cpl. J.R. Hendrickson I.Cpl. T.W. Blacon

By Capt. D. Durhum VMFA-232

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H&MS-24

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PFC D.W. Miles
PFC J.M. Marshall
LCpl. V.C. Florence
LCpl. D.L. Pennington
Sgt. T.C. Lesuge
Sgt. D.W. Sandy
SSgt. M.S. Coburn
Maj. T.L. Morin
Maj. G.H. Schneiter
Promotions

Promotions
PFC E.W. Hauck
Cpl. M.S. Ashley
Sgt. M. Davis Meritorious Masts I.Cpl. L.E. McSwiney

LCpl. T.F. Taff LCpl. T.F. Taft Jr.

Good Conduct Medals LCpl. S.W. Dunlevy LCpl. B.W. Ratzlaff

LCpl. M.A. Roberts
LCpl. C.L. RychlewskiLCpl. E.W. Weber
Cpl. M. Davis
Cpl. E.J. Derry
Cpl. J.R. Mann
Cpl. T.B. Opsal
Cpl. A.K. Robinson
Cpl. R.K. Seddon
Cpl. R.Z. Smith
Cpl. R.Z. Smith
Cpl. S.W. Torgeson
Sgt. A.S. Camacho
Sgt. D.R. Levert
Sgt. E.M. Mafnas
Sgt. M.D. Owen
Sgt. S.E. Rafferty
SSgt. M.E. Bergener

Sgt. S.E. Hafferty
Sgt. M.E. Bergener
Sgt. L.L. Leyda
Sgt. L.A. Massey
Sgt. C.N. Monroe
Sgt. N.L. Rogers
Sgt. R.I. Ward
GySgt. D.A. Campbell
GySgt. D.A. Campbell
GySgt. W.H. Kemp
GySgt. W.H. Kemp GySgt. S.A. Spencer

LCpl. J.R. Hendrickso LCpl. T.W. Bloom LCpl. B. Shipman Jr. LCpl. D.W. Cánsler LCpl. C. E. Majors Cpl. L.M. Contois Cpl. T.W. Pringle Cpl. J. Alexander Jr. Cpl. K.D. Carpenter Cpl. F.L. Grant III







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3/3 trains on new assault course

Story and photos by Sgt. Stephen Frank

Marines from Company I, 3d Battalion, 3d Marines, recently got a chance to get some realistic training against Soviet-style emplace-ments when they ran through a new assault course during Operation Coconut

This new course is the only training facility in Hawaii which offers realistic training against Soviet-style strongpoints, said Captain Steven Scull, I Co.'s commanding officer. The course features wire obstacles, tire-targets which simulate soviet armored personnel carriers, and several trenchlines.

The training began when Co. I assaulted the beach in AAVs, punching through the beachhead and then using the AAVs as a simulated base of fire as they enveloped the first set of trenches.

Once they took the trench-line, the Marines began test-ing themselves against the assault course

Although the course is designed for use by company-size units, the Marines of 3/ 3 went through by squads, using squad rushes to make their way through.
"This course gave us a

good opportunity to practice two things," said Scull. First, our Marines learned how to breach and clear wire obstacles by using simulated charges and bangalore torpe-does; and secondly, the great est benefit of the course was that, we got an opportunity to clear the trenches.

"That's the reason why this course is so important," continued Scull, "since it has at least two back-to-back, 35 meter-long trench lines.

'Overall, this has been excellent training for us in preparing for our upcoming Combined Arms Exercises," concluded Scull.



Marines from Co. 1, 3d Battalion, 3d Marines, prepare to repel a counterattack after successfully taking a trenchline



Under the direction of his squad leader, a Marine keeps low and rushes forward.



Two Marines charge through the trees trying to reach



A Marine leaps over a wire obstacle while others provide cover fire.

FAC TACP

Keeping Marines on target

Close air support is an essential part of any modern battle force. Without it ground troops are vulnerable and at a disadvantage.

But in order for close air support to be effective, accu control has to be established and maintained to ensure that the maximum amount of firepower is accurately delivered on the target.

Out of this need, arises the importance of the Tactical Air Control Party, (TACP) and the Forward Air Controllers (FAC),

Tactical Air Control Party members and FACs from the 1st Marine Amphibious Bri-

aircraft over the target, and ordnance on target, during a recent exercise, dubbed Oper ation Coconut Grove, held

"The purpose of the exercise," explained Captain Anthony Stockman, Regi-mental FAC for 3d Marines, was to get the regiment's forward air controllers and observers, radio operators, platoon commanders, and Recon Marines up to speed on forward air control proce-

The air control personnel get the chance to practice their skills when Air Force A-10s from the Maryland Air National Guard's 175th Tac-

By Sgt. Stephen Frank

gade recently got a chance to hone their skills at getting offered to the Marines for offered to the Marines for They determine where the hone their skills at getting offered to the Marines for They determine where the hone their skills at getting of the Marines for the pilots, and also providing flown by the Air Force A-10s. some joint close-air, support missions.

The Air Force aircraft and pilots were in Hawaii for their annual summer training and were taking part in a simultaneous venture, Oper ation Opportune Journey.

Prior to leaving for exercises, Stockman said the FAC personnel from all the involved units received a three-day class on how to brief and provide terminal control of the aircraft flying the sorties.

Terminal control is the process of directing the air craft onto the target and clearing them to drop their ordnance," said Stockman.
"The TACP and the FACs

bombs should go and make sure that ordnance doesn't land on friendly troops.

For Coconut Grove, the FACs operated from a tower sight of the target area With the help of a battery of 105mm howitzers from Battalion, 12th Marines fir ing white phosphorous rounds, they marked the targets with smoke to guide the incoming pilots.

The FACs had to time the firing of the round with the arrival of the aircraft on station. Once the round his the FACs gave the pilot cor rections to the target in rela-

tion to where the round hit.
"The battery was a big

(Suppression Enemy Air Defense) fire said Stockman.

The exercise was further made realistic through the use of 'Smokey Sum' rockets which simulate the initial hooster phase of conven-tional surface-to-air missiles," said Stockman, giving the pilots a chance to recognize what that threat would

look like. Everyone from lance corporals to lieutenants were given a chance to get familiar with the procedures involved, to add some redundancy in o the system, said Stockman

That way, everyone would know what to do in an emergency.

the FACs got a chance to work with Marine F-4s from Marine Fighter Attack Squadron (VMFA)-235, Marine FACs controlled about half the missions flown by the F-4s, while an Air Force Air Controller. Airborne, circling the target area in an OV-10 Bronco, controlled the other half.

"Overall, this was a very smoothly run exercise," said Stockinaa. "We got a lot of good, hands-on experience with FAC procedures," con-cluded Stockman, "and a chance to work with some different planes from what we're used to.

NOSC defeats Special Services 10-9

The Special Services softteam lost their undefeated status and dropped to a two-way tie for first place in the Civilian Employees Asso-ciation Fall softball league after losing to Naval Oceans Systems Center (NOSC) #1,

10-9, last Thursday.

Both teams now have 4-1 records after four weeks of

The game was slow until the top of the seventh when NOSC third baseman, Hal Lewis, and first baseman, Mike Knott, teamed-up for a double play to end a Special Services drive.

In the bottom of the seventh, Knott helped the NOSC effort when he turned a single into extra bases, thanks services shortstop. The winning run came in the bottom of the ninth on a Kelly Sullivan RBI.

The CEA Fall Softball League began play Sept. 15, and playoffs are scheduled for Dec. 1.

Team Standings as of Oct.

16 are: Lost Won Lost

NOSC #1
Special Services

Vending
Hele-on
NOSC #2
Facilities

MC Exchange Whse.
Facilities/Supply



Special Services short stop, Dave Burnett, dives to field a ball.

Motorcyclists

should keep their lights on

Better life insurance for vets AFPS - The Veterans charge to convert to the low-

Mike Knott, from NOSC #1, connects on a long fly ball against Special Services.

Administration increased maximum coverage from \$35,000 to \$50,000 and reduced premium rates by nearly 30 percent for its Veterans Group Life Life Insurance.
More than 258,000 veter-

ans are covered under the program, but the Veterans Administration is trying to double that number by restructuring the insurance

"It gives former servicemen and women up to 120 days from the date of discharge to convert to the low-cost, five-year VGLI (Veter-ans Group Life Insurance) term policy, regardless of their physical condition," said a Veterans Administra-tion spokesman. "They have an additional year beyond that to apply, but must meet good health standards."

"You can be insured under VGLI for only five years because this plan is designed as transition insurance," the spokesman explained.
"When people come out of the explained. service, they have a lot on

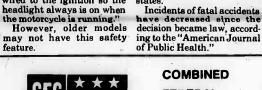
This gives them time to get on their feet. The five-year

limit is by law."

Any honorably discharged veteran who was separated from active duty on or after July 1, 1986 is eligible for the insurance. Those who enlisted in the Individual Ready Reserve or Inactive National Guard on or after that date are also eligible.

Under the new rate structure, monthly premiums for a \$50,000 policy range from \$6 for veterans 29 and under to \$37.50 for those 60 and older. deserve continued insurance covereage upon leaving the service and we would like to see them take advantage of these low premiums," said Veterans Administrator Thomas K. Turnage. "We feel it's a good bargain and a benefit they have earned."
The Veterans Administra-

tion is working on procedures that would permit active duty service members to apply for the insurance before being discharged.



Brian O'Neill, president of

the Insurance Institute for Highway Safety, said, "Vir-tually all new motorcycles come with the headlight wired to the ignition so the

COMBINED FEDERAL CAMPAIGN

Motorcycles driven with headlights on during the day lower the chances of an acci-dent. Not only is it wise practice, but it's the law in 21







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Recruit depot receives new armory facility

MCRD, San Diego, Califa - The red light of a laser hits a bar code, signaling robot which removes a pan of-weapons from the storage area and carries it to a waiting armorer.

"It's the only armory of its kind in the world," explained Master Sergeant Cary D. Rowe, ordnance chief, about the new armory facility, here.

The armory combines laser read bar codes with a computer and a robot system to accurately track an inventory averaging 9,500 M-16A2 rifles, which are continually being issued, recovered and reissued to recruits.

"The new automatic sys-tem is extremely helpful," said Lance Corporal Marva L. Brown, End-of-Aisle operator. "Despite the constantly changing rifle count, this new system keeps a very accurate account of each weapon." Bar codes representing rifle serial numbers are placed on the butt of each weapon, which are "read" by a hand-held scanner, a "laser As the bar codes are read, the serial number is fed

into the computer, which displays the weapon's status. According to Chief War-rant Officer-2 Kenneth M. Davis, ordnance officer, monthly rifle inventories in the past have taken as many as 13 Drill Instructors three to five days to manually complete. Over 600 mantoinplete. Over four man-hours were used doing inven-tories. With the new system, it only takes five Drill Instructors two days to com-

plete a monthly inventory.

According to Lieutenant
Colonel Rip Courter, director of facilities, the new armory will save approximately 30 man-hours a week. "This is a completely new system; the first in the entire Department of Defense," Davis said. Combining the use of a com-outer and robot in an armory has never been done before ays Davis.

After three years of planning and development, con-struction began in 1983. "We were finally able to open the armory this Aug. 25," said

The use of a computer guided robot in the armory is, according to Courter, the most important feature of the system. "The robot shuttles a pan of six rifles from a storage area to one of four work stations and takes the pan back to the storage area," explained Rowe.

Although the armory has been computerized and robotized, it can also be run man-

"The armory is currently being run manually half the time, and automatically half the time," said Davis. "If there is a power failure, the armory is equipped with a seven-day fuel back-up and a generator."

The new armory is also

protected by a unique double security system. "There are two-different systems, Morris and Honeywell," explained Rowe. "This way we have double security. If one system breaks down, the other is the

back-up."
"This specially-designed intrusion detection security system is almost as secure as Knox," LtCol. Courter "the need for a 24-hour rifle watch has been elimi-nated."

The new armory cost \$1.8 million and has a 10,000 rifle capacity. It can also expand to store 15,000 weapons if needed.

By LCpl. Sundra Woolsey PAO, MCRD San Diego



M16A2 rifle issue is recorded by computer. The rifle's serial number or bar code is placed on the bottom of the

Getting rid of uninvited guests

Rats, mice, roaches, ants, silverfish, house flies. Unpleasant as these pests may be, we still have to deal with them. While good house keeping may discourage them, pests have a way of

becoming . . . pests. Policies for controlling pests in family housing vary from installation to installation, but generally it comes down to these rules of thumb:

Uncle Sam wants you to try help yourself first if the problem is classified as a "nuisance pest." Since there is only so much money for pest control, your efforts — using free materials provided to you — are necessary and appreciated. If you are unsuccessful, your installa-tion has access to well-trained, fully-equipped pest

control people.

On the other hand, if the problem is considered a threat to health or property, don't try to deal with it yourself. Follow your installation's procedures to get the pest control people to do the job.

Rats; of course, are considered a threat to health. Other health-threatening or property-threatening pests include bats, termites, snakes and skunks. For these, don't

and skunks. For these, don't try to self-help.
"Nuisance" pests include most kinds of roaches, ants. silverfish, house flies and house mice. "Although the potential for disease is there, no major disease outbreaks have been traced to roaches, so they are considered nuisance pests," said Dr. Robert Bielarski, chairman of the Armed Forces Pest Management Board.

Safe, effective materials for pest control are available at no charge through Army self-help stores. Navy and Marine Corps housing office

self-help desks, and Air Force

The materials provided have been approved by the Armed Forces Pest Management Board — a group of military and civilian experts who advise on all matters of pest management, from ensuring that meals-ready-toeast don't get infested with disease-bearing bugs, to how to help people in family housing with their pest problems.

Here are some of the methods the board recommends as a first line of defense against some unwelcome guests:

Roaches Roaches prefer warm, dark, out-of-sight areas where there is a good source of water and food. They are flat, fast-moving insects which are active at night and hide during the day. The United States is home to several

American, Gervarieties: man, Oriental and brown-banded. Female roaches lay eggs in out-of-the-way places so if you don't get the eggs

you may have a new crop of roaches in a few weeks.

Apply self-help insecticides to areas where roaches hide, such as cracks in the kitchen and bathroom walls. Spray along and behind loose baseboards and molding strips, window and door frames and areas where pipes go through halls and floors

Spray in cracks and crevices around, under and inside cup boards and cabinets — but be sure to remove food and kitchen utensils first. Wait until the spray is completely dry, and until fresh shelf paper before put in fresh shelf paper before putting food and dishes back.

Ants don't live inside, so the ones you see ake gathering food to take to their nests outside. To discourage them, keep counters and floors free of crumbs, don't leave dirty dishes lying around, and cover food containers completely. Spraying along the window-sill, doorstep and other possible entry points will also help.

Con't confuse flying ants with termites. Termits differ from winged ants by having a straighter, body and no pinched "waist." Ants have a "waist." If you think you have termites, call the pest control service.

Silverfish feed, on wallpaper, book bindings and starched clothing. To get rid of them, spray in areas where you see them — usually closets, under sinks and in cool, damp places such as basements. You can also basements. You treat baseboards.

House Mice

Mice usually come in when the weather turns cold. They the weather turns cord. They eat almost any food and lamage goods in search of nesting material. To keep mice out of the house, seal any holes in the walls, floors and foundation of the house. Keep foods, including bird seed and pet food, in tightly seed containers.

Mice are no more than 3½ inches long, and their droppings are tiny. They can usually be eliminated by use of snap traps. Before setting

one, however, put a small portion of bait — such as peanut butter or gum drops on the trigger surface of the

Place it at a night angle to the wall with the trigger mechanism toward the wall. Make sure to place the trap where children and pets can't get at it

House Flies.

The best way to keep flies out of the house is to kee door and window screens in good repair, and to practice good sanitation both inside and outside: Outside sanitation means keeping garbage cans tightly closed inid promptly removing pet droppings. Occasionally a fly may follow you into the house. It's best to use a fly swane.
have a few flies.
by Evelyn D. Hards
American Forces Information
Service use a fly swatter if you only



Sea Life Park honors Corps

Sea Life Park and Waimea Falls will hold a special celebration on Nov. 8 and 9 in honor of the Marine Corps 210th birthday.

All Marines, civilian employees of the Marine Corps, and their families, will get special discount rates at both parks. For those using the Whaler's Club/E Komo Mai cards on these two

days, will receive additional discounts.

First time visitors will be admitted for \$4.40 at Sea Life Park, and \$3.80 and \$2.85, respectively. Children under 12 will be admitted free at parks when accompanied by their parents.

A special "Keili Lunch" will be offered at both parks

for 99 cents, and will entertain the children; and at Waimea Falls, "Pikake" will be greeting visitors from 10:30 a.m.; to 3 p.m.

The regular discount cards can be picked up at the Special Services Ticket Office.

For more information, call Sea Life Park at 259-7933; or Waimea Falls at 638-8511.

Sports Shorts

K-Bay Athletic Club Women's Softball

The Kaneohe Bay Athletic Club Women's softball season will start Nov. 16.

Membership is open to all active duty military, spouses and DoD employees. Anyone interested in playing is urged to sign up by Nov. 1.

For more information, call Tina Lowe at, 254-2304; or Judy Perkins at 262-7611.

CFC Fun Run

A four-mile run on White Plains Beach, Barbers Point, will be held Nov. 8 to benefit the Combined Federal Cam-

Entries for the 7 a.m. run must be received by Nov. 3; entry fees are \$12 with a Tshirt and \$7 without one. No T-shirts will be provided after the deadline. The race is open to all military, DoD employees, and their family

Entry packets will be available for pick-up Nov. 1, from 10 a.m. to 2 p.m.; and Nov. 2 from 2 to 5 p.m., at building 4, Barbers Point.

Trophies will be given to the top three finishers of the elite division and the top finisher in the 17 and under, 17-35, 36-50, and 51 and over age divisions. Trophies will also be given to both the top male and female finishers of each division.
For more information, call

ET2 Gielczyk or ET3 Lucas at 677-1879 or 684-7292. Entry forms are available at the station gym

Women's golf

The Kaneohe Klipper Golf Association Women's Group held its 22nd Annua! Invitational Oct. 16-17. The results

Overall

Low Gross and Tournament Champion Beverly Stratton, Schofield Wom-en's Golf Association

Championship Flight

Low Net
Juliette Chun, 92-94=136 (25

Low Gross Kimle Chapman, 79-83=162; Jen-nifer Summers, 80-83=163.

Low Net0

Jean Hashimato, 80-85-139 (12 hande); Julie Byrd, 85-84-143 (13 hande), and Mona Kim, 84-85-143 (13 hande).

A Flight

A Fight
Low Gross
Maureen McDurmin, 84-86=170;
Yumi Martin, 83-88=171.
Low Net
Millie Vielii, 86-89=143 (16 hande);
with a three-way tie, Jean Coble, 8690=144 (16 hande); Marie Watrous,
91-88=144 (17 hande); and Amy
Matano, 89-88=144 (19 hande).

B Flight

Marily Smith, 89-90- 179; Suaan Perpinan, 87-93-180.

Perpinan, 87-93=180.

Low Net
Jan Powers, 89-95-133 (26 hande);
with a tie, Rachel Henderson, 9291=139 (22 handie) and Toshiko
Utsumi, 92-91=139 (22 hande); with
a tie, Anna Freudenburg, 96-88=140
(22 hande) and Ann Phillips, 95-91= (23 hande).

C Flight

Low Gross
Evan Lanai, 92-97-189; Eila Sallaberry, 91-99-190.

laberry, 91-99-190. a
Low Net
Low Net
Ruth Brown, 95-98-141 (26 hande);
Kathleen Sansone, 98-94-144 (24 hande); with a tie, Cappy Morrison,
97-96-146 (24 hande) and Jean
Leong, 96-101-145 (26 hande).

D Flight

Low Gross Irene Bishop, 97-98-196; Val Mor-tensen, 97-104-201.

Tneko Abe, 105-101=140 (33 hunde); Yvonne Muramoto_k 101; 106=141 (33 hande); Liz Lindstone, 100-105=145 (30 hande); Rose Holger m. 104-103 147 (30 bande).

Ten mile fun run

The 10-mile Patty Smith Memorial Fun Rui sored by the Pacific Foundation for Cancer Research, will be held Nov. 16 starting at 7 a.m. at Ala Moana Park's McCoy Pavilion.

Entry forms are available at Runner's Route, Pearl City; Running Room, Kapa hulu; Athletes Foot, Pearl Ridge and Hawaii Kai; and Honsport, Ala Moann and Kailua; no deadline for registration will be set.

Entry fee is \$10 for adults and \$8 for youths, race-packets can be picked up between 10 a.m. and 1 p.m., Nov. 15, at the McCoy Pavilion. The packet includes running number, T-shirt, and certificate. Checks should be made payable to the Pacific

oundation for Cancer Research, 1750 Kalakaua Ave., Suite 1808, Honolulu, Hawaii 96826, Prizes will be

awarded by Random draw

ing. For more information, call



Motorcycle endurance race

Lance Corporal Vince F. Bauer, from H&MS-24 Power Plants, recently participated in a 24-hour motorcycle endurance race in Willow Springs Raceway, Southern California, with "Team Hawaii, sponsored by the Hawaii Road Race Association and Sportbike Hawaii of Kaneohe. The team placed 14th overall completing 1,667.5 miles with a Honda 450

Hawaii Marine ads

Free classified advertising in the Hawaii Marine may be submitted by active thuty and retired military personnel from all branches of the Armed Forces including the U.S. Coast Guard, and their bonafide family members. Advertising must not exceed 20 words, or be a commercial venture or business. Real estate ads must be "sold/rented by owner" only. Items advertised in Hawaii Marine Classifieds section must be made available for purchase, use or patronage without regard to race, color, cryed, national origin or sex of the purchaser, user or patron. A confirmed violation, or rejection, of this policy by an advertiser will result in refusal to print any advertising from the violating source(s).

by an advertiser will result in refusal to print any advertising from the violating source(s). The completed form must be submitted, in person, to the Joint Public Affairs Office, building 244, by 3 P.M. ON THURSDAY for the follow week's issue of the Hawaii Marine. The Public Affairs Officer, or his designated representative, reserves the right to edit, accept or reject any advertising submitted for publication. A valid active duty military, retired or dependent ID card must be shown upon request. Ads are not automatically republished, and must be resubmitted. Submission of ads does not guarantee publication as they are printed on a space-available basis.

AUTO

82 Volks Camper, fully loaded; \$13,500 OBO; Diesel, 25MPG, 28,000 mi. fully rustproofed; stereo cassette, sleeps four. Call 239-9715.

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Kit Lau — Style Director/Owner

IT'S GROWING LIKE WEEDS! Q. Kit, how often should I get my hair cut? My hair seems to be growing like weeds since I moved to Hawaii, what's happening?

A. Welcome to paradise! Because of our high humidity and warm all year climate, your pores tend to be more open and your scalp much more relaxed due to the warmth, thus allowing oxygen and blood to stimulate the hair follicle promoting a more rapid growth, also it's an indication that you're healthy and

'84 Dodge Daytona a/c, AM/FM stereo, p/s, p/b, 19,000 miles ex. cond. \$650 OBO. Call 254-5439.

'82 FORD EXP, AM/FM stereo cassette, 53,000 miles, new tires, make offer. 262-2653 eves.

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AM/FM stereo, 8 track, phono \$50, AM/FM stereo, casssette, phono, 8 track \$100 OBO, 262-2653.

**RAMMOND organ, excl. cond., \$200; rocker recliner, burgundy, \$100; bookshelf, \$20; 10-speed bike, \$80; telescope, \$20. Call. 235-8567 AWH

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HAIR REVIEW

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score is low, think again. You can take the test over any number of times and use only your most recent score.

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You can count on the Corps.

Runner's Forum

It's time to discuss the bane of every marathoner - injuries. Sometimes the overly enthusiastic runner will fall prey to certain habits that can lead to injury.

Doctor George Sheehan, the runners' "guru," has two rules about training. The first is that it is better to be undertrained than over-trained. The second: if things are going badly, you are undoubtedly overtrained and need less work rather than more. With those rules in mind, I will review some of the held highty as uncomplete. the bad habits we succumb to while training.

The biggest problem is too much too soon. To prepare for a marathon, a runner will frequently double his/her mileage within a short period of time. As I said last week, a sensible, gradual training approach is required. It is important to note that the incidence of injury dramatically increase with a mileage level of 35 miles a week.

Listen to your body. One of the best signs of fatigue and overtraining is tiredness when waking in the morning. If you feel tired, listless and your body is achy, there is a message for you. But if you need factual proof that you overdid it, the orthosatic recovery pulse test is made for you. It is nothing more than taking your pulse in the morning. Doctor Gabe Mir-kins, a sports medicine expert, explains the orthosatic recovery pulse testing:

"When you first begin an exercise program, do the following: Before you get out of bed, when you first open your eyes, take your pulse by plactically and the sight ing your fingers on the right side of your neck, just to the side of your Adam's apple where your carotid artery is. Count the beats for six seconds and then multiply that number by 10 to get your pulse rate per minute. Next, stand up and take your pulse

"The more tired you are, the greater the difference between the two pulse rates. When you are tired, your heart must beat faster than when you are rested to do the same amount of work required to stand up from a prone position. Your orthostatic recovery pulse rate increases when you are tired

"If your pulse normally jumps 10 points, let's say from 65 and then begins to jump three or four points higher than that, you may need a break from your exer-cise program."

Another habit runners Another habit runners develop is not stretching. Doctor Richard Schuster, a sports podiatrist, notes that half of all running injuries could be prevented if runners routinely stretched "propelling muscles" — the muscles behind the manufacture of the stretched the stre behind the upper and lower legs, and the abductor muscles on the inside of the

thighs. Stretching Stretching exercises should be done prior to running, and more importantly after a run. A good rule to follow is to check your flexi-bility within 10 minutes of beginning your stretching. If you re still tight, stop stretching and walk before starting to run. When you finish your workout, cool down with a glow jog or walk, and then repeat your stretching exer-

Always remember to per-form each exercise in a slow, gentle manner, holding each position for a minimum of 30 seconds. Don't use a ballistic method of stretching, which is a quick, bouncing style, since it can cause injuries.

Finally, take time to enjoy your running. It is not a life or death proposition: Try smiling and greeting other runners when out on the road. Getthe most out of your running by enjoying the total

experience and stay fit.
Track coach Ted Haydon, of the University of Chicago, finally figured out why marathon runners are able to push their bodies to the point of total exhaustion:

Their foot bones are con-

nected to their knee bones; their knee bones are con-nected to their backbones; their backbones are con-nected to their neck bones; and their neck bones are connected to nothing."

By LtCol. Tom Carras Camp H.M. Smith

Let the New York Times crossword puzzle

test your level of frustration. See it every week in the Sun Press.



• Events scheduled for bicyclists

The Hawaii Bicycling League is sponsoring rides on Oahu throughout October, November and December.

The following are open to the public and are unless otherwise noted:

Oct. 25: A ride will be held from Kapiolani Park to Tantalus at 7:30 a.m. "B" pace or faster required

Oct. 26: A Honolulu Harbor cruise starts at 8 a.m. Interested people meet at the Capitol. Kids with adults are

Oct. 31: The league offers a Halloween ride, 6 p.m., with the Tradewind Cycling Team on Kalakaua and Kuhio

on Kalakaua and Kuhio Avenues. Costume and a light are required. For more information, call 531-7071.

Nov. 1: An Oahu style cycleto-the-sun will be held at 7:30 a.m., from Kapiolani Park to Mariners Ridge. Gifts will be given to those who reach the ton by a m. Strong reach the top by 9 a.m. Strong legs required

Nov. 2: A Pali Pizza ride will take interested bicyclists over the Pali around to Kapa-hulu. The group will meet at Island Triathlon and Bike. Money will be needed; the ride will be held at "B" pace or faster

Nov. 8: The league is sponsoring a 7:30 a.m. ride from Kapiolani Park to Enchanted Lake return same route. "B" pace of faster is required but slower riders are welcome.

Nov. 9: Interested participants in a Deep Draft Harbor ride will meet at 8 a.m. at NBC Arena Park. The ride will be held at an "easy" pace or faster; a sack lunch is required and two water bot-

es should be taken.
Nov. 15: The Le Tour de Kaimuki will be held at 7:30 a.m. at Kapiolani Park. The ride will be biked in "B" pace, but slower riders are wel-

come.

Nov. 16: The league will sponsor a ride, 7:30 a.m., from Kapiolani Park through Kipapa gulch to Mililani

Sizzler for breakfast. The ride will move in "B" pace.

Nov. 22: A ride will be taken from Kapiolani Park around Koko Head in "B" at 7:30 a.m. Slower

sts are welcome. Nov. 23: A breakfast ride from Aloha Tower to Jake's Hawaii Kai will be held at 8 a.m. Tandem riders are wel come. RSVP required by call-

ing 988-6642 or 732-5806. Nov. 29: Interested participants in Le Tour de Pauca will meet at Kapiolani Park, at 7:30 a.m., in "B" pace. A map will be provided. Slower riders are welcome and a

Nov. 30: A Tantalus warm up for the Last Chance Race is scheduled for 7:30 a.m., at Kapiolani Park. The warm up is the best chance for sting time trial abilities. All riders welcome.

Dec. 6: The Le Tour de

Palolo will begin at 7:30 a.m. at Kapiolani Park in "B" pace. Maps provided; slower riders welcome. A breakfast stop will be taken:

Dec. 7: The Last Chance Race, sponsored by Waipahu Pedal Pushers, invites both licensed and unlicensed bicy clists. Awards and prizes will

be given. Preregistration forms are available in bike

stores.
For more information, call

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A class in English smocking is scheduled for Nov. 3

from 9 to 11:30 a.m. at Depen-

Smocking

Christmas ornaments

Create your own Christ-mas ornaments in one ses-sion where you can make five old-fashioned wooden orna-ments painted and ready to

The precut shapes include a heart, goose, teddy bear, gingerbread man and a Christmas angel. All materials are included, and the class fee is \$16.

Contact Dependent Recreation at 254-2963, or stop by building 1391, for time and

Dried flower arrangements

A dried flower arrangement class will be offered Nov. 5 from 6:30 to 8:30 p.m., on decorating a Cornucopia Basket for Thanksgiving.

Cost is \$15 and all materials are supplied. Deadline to register is Oct. 30. Class space is limited, so register

Sign up at Dependent Recreation, building 1391.

Skeet Range

The Kaneohe Skeet and The Kaneohe Skeet and Trap Range can keep your hunting skills on top shape. For beginners, classes are offered every Saturday at 11 a.m. All necessary ex-ment is furnished, and in-count prices are available for intramural or inter-unit competition.

For more information, call 257-2868.

Station Library

The Station Library has the book "Family Treason," by Jack Kneece. This book is a gripping and dramatic story of the Walker spy case,

Movie schedule

Family Theater 7:15 p.m. Nightly 257-3668

Thursday
Band of the Hand (R). Action

Friday, Saturday
and Sunday
Blue City (R). Action drams.
Judd Nelson. The prodigal son of
Blue City's Chief of Police has come
back home after five years to find his
father has been mysteriously murdered. Unable to live without
answers, he sets out on a one-man
investigation to get the results, and
the revenue the cope couldn't get.

Monday

Tuesday, Wednesday
and Thursday
The Gun (PG). Action drama.
Tom Cruise and Kelly McGillis.
Lieutenant Pete Mitchell is one of the
best fighter pilots in the Navy, but
his confidence is constantly overshadowed by the suggestion of family
disgrace. When "Maverick" is
selected for the prestigious Fighter
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either make him or break him.

Ticket info

Pro Bowl — Aloha Stadium on Feb. 1 at 11 s.m. Tickets are \$12.50. Aloha Bowl Football — Dec. 27, 3 p.m. Tickets are \$15 for 40-50 yd.

op.m. ricess are \$10 tor 40-00 yd.
line seats.

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pase gift certificate for \$10.95 for two
people, plus two large soft drinks.

Hule Bowi — Aloha Stadium, on
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\$10 for 40-50 yd. line seats.

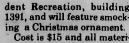
KEIC MidPac reservations can
now be made through Special Services. Ask for Margaret.

Black Cat Masquerade —
Pacific Ballroom, litizal Hotal, on
Oct. \$1 at 8:30 p.m. Tickets are \$20
\$15 is tax deductible). Buy five
tickets, get one free.

Toto — NBC Arena — Nov. 10, at
\$ p.m. Tickets are \$17.90.

For more information, call Margaret at 264-3304 or stop by building

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Kalani at Kalser

8 p.m. Leilehua vs. Radford at Aloha Stadium

Saturday, Oct. 25 - 7:30 p.m.
Castle at Kailua
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Thursday, Oct. 23 Friday, Oct. 24 Kamehameha vs. Pac-5 Punahou vs. St. Louis Iolani vs. Damlen

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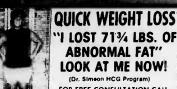
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BEDS - hotel, excl. conda table; stereo & 2 speakers; twin \$39; double \$79; qū-king size waterbed, liner & \$89; King \$129; (complete mattress incl. \$100. Call sets) Ross's 841-7338 395-9820.

with lloan.

Must purchase by 10/29/86

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81 Houses Furnished

B3 Houses Portly Furnished

ALIAMANU 2 bdrm., downstairs of house. Avail. now. 1354 Luanaka St. 422-9712 Mrs. Malai 471-0249 Mrs.

Mart Fee

85 Condos/Townhouses

VAIPIO GENTRY 1 bdrm.

PEARL City 3 bd. 2 ba. Split level, all appls. No pets \$850 mo. 247-0524 eves.

88 Rooms for Rent KAILUA-room in 5 bdrm. home, \$350 utils, incl. Kit-chen priv. 263-6678

ROOM for rent \$300 1/3 util.

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cottage, immac., prlv., trop-ical \$40 day. 261-2834

KAILUA across from beach, Studio \$35 daily, 5 day minimum, 261-3691

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4547 eves. only.

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for Rent

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1986 CHEVY C-10 SWB

'76 Chev. Pass. Van

83,488

'76 Datsun P'Up

\$1,288

79 Chevy Luv P'Up

\$2,788

'76 Chevy Van

\$1,388

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'84 Camaro Z-28 ve. at. am/fm. ac. 24308

\$10,995

PRIVATE ent. & bath, cable TV, refrig., micro, prkg., single non-smoker \$350 + deposit. Cell 254-2048 78 TOYOTA COROLLA LANIKAI bright rm. in gerden style, across bch., own entry. \$425 mo. 262-7249

s895 '75 BUICK REGAL

\$1195

OFFER EXP. 10/30/86

Malaekahana beachfront for Rent

Mountein view. Studio, 1-2 bdrms, \$25 & up. 941-9376

MILILANI Knob Hill III, 3 bd., 2½ ba., nice upgrades, assume FHA at 11.5% w/ \$4000 dn. or \$116,000. By owner 625-1453

WAIPIO Gentry 1 bdrm., 1 bath w/langi, By owner. \$74,000 Courtesy. 671-4143.

2 bath, 2 carport, 10,000 sq ft. \$165,000. Ph. 247-8110 RESPONSIBLE, profesmaximum. Non-drinker and a Cut The Price for a quick non-smoker with children ale. Formerly mis#22506. Beautiful 3 bdrm., 2½ ba Sweeping views, ige. lanal

'80 DODGE COLT s 1995

2 dr. H/B, 4 cyl , 4 apd , a/c. sun-reel. AVC173

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120 Home Furnishings

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COUPON

ROCKING chair; coffee

SHELLY MAZDA WAIPAHU

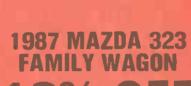
'83 TOYOTA TERCEL H/B 2 Dr. A/C. Tinted Windows. s4195 AM/FM Stereo (AWS288) was \$5495 **'83 PONTIAC 6000 LE** V-6. A/C. P/Windows. P/s AM/FM (CAX795) W88 *6995 \$5995 84 CHEVY CAMERO Z-28 V-8. Auto. A/C. P/W [HHJ826] \$7995 82 FORD ESCORT L NOW s1895 **'82 MERC LN 7** \$1995 (CCJ961) was \$3995 74 DATSUN 260 Z NOW AM Cass. Alloy Wheels (8EA123) \$2495 Was \$3695 82 FORD MUSTANG L/BACK A/C, AM/FM Stered, Auto [KCRS16] \$2695 Was 14995 81 HONDA ACCORD N DW §3195 Was *4395 85 OLD CUTLAS SUPREME 4 Or., Loaded (CBB514) Was *9495 s8195 79 MAZDA RX7 Alloy Wheels, AM/FM Stereo (888115)
Was *4995 s2995 LEOKU 3 **EXPIRES 10/29/86** SHELLY I All prices plus tax, dicense, doc. fee • Sub-EXIT WAIPAHL EUT S.A ALL MILITARY WELCOME BUY CARS

3BIG DAYS—FRI., SAT., SUN., OCT. 24, 25, 26



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Tith beds w/box spring, mattress \$40 ea.; 5 pcs.
alack furn. incl. drawers, deak, shelves \$120; solid cierry dining table w/leaves, pade \$160, misc. 422-4393

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FOHMAL dining table glass top, 6 rattan chairs, rattan hide-a-bed, 40 gal. water-heater w/insulation & timer. PH: 254-1862

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784-1554

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Call 834-1080 or 247-6621

Call anytime 521-6311

BUTCHER Block micro-wave cart \$50.2 rattan/cane bar atools \$20 ea. 261-1254 SUNK bed frame, hand

made, oak \$110. Call 259-5771 or 259-7173

TEAK dresser/desk. comb. \$100; coffee table, 2 end tables, \$100. Kaneohe 235-4308 2 RECLINER Rockers,

brand new, genuine La-Z-Boy, 5 position-fabric \$259 a. Teak dining table set — like new 33x33x29, leaves extend to 63", 4 Captain chairs-fabric. Phone 261-3166.

122 Travel

AAA Interisle Jet Tickets Anytime-any isle \$29. West Car. \$129 1 way, East Cst. \$150 RT 377-5857

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MERISLAND ticket \$25 h Maintand \$449 RT, west chast \$270, can travel lione, Europe \$599. CC & CS, 942-7785 (TA711)

E COAST \$450 R/T EUROPE \$699R/T LA., S.F., \$234.R/

Mast purchase by 11/8/86 BIG W. COAST DISCOUNTS **BIG EAST COAST** CHRISTMAS DISCOUNTS

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124 Garage/Lanai Sale

\$50 MAINLAND/INTL COUPON. Free Upgrade. Economy RT Mainland \$305.* 1st Class Mainland \$725, Europe \$1595. XMAS Special Mainland RT \$399 w/ligitur. Headest Livery w/liquor. Headsets, Luxury Seats, ATLANTIS TRAVEL

122 Travel

123 Moving-Storage

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LOCAL HOUSEHOLD MOVING

Let us move the heavy items Time starts at your door or piece rate quoted.

> S&S DELIVERY

Expert piano moving. 833-1857 or 395-7295

124 Garage/Lanal Sale

GARAGE sale-rug, collect-ibles, much more. Oct. 25, 7:30-5, 1551 Akake Pl.

GARAGE sale/moving sale, Lots of clothes, toys, furn., plants, etc. 117 & 106 Alkshi Lp., Sat. 8-12

MOVING Sale: Furniture, household, clothes, great bargains! 45-611 Keole St. Kaneohe, Oct. 26, 11-3 p.m.

GARAGE Sale, Oct. 25, 9 to 3, 94-431 Haiwale Loop, Mill-lani. Tables, tools. KAILUA Sale 1006 Alahak

misc. 10/25 & 26, 9-10 KAILUA garage sale, furn., misc., clothing. 10/24 9-5, 10/25 am. only. 525 Pauma-kua Pl., Kailua

MOVING to Mainland sale Sun., Oct. 26, 8-3, tools, furn., toys, baskets, kitchen & bdrm. Items. 45-118 Namoku St., Kallua

WANT Swap Meet Space? Available for Nov. 22 at Kaiser High School. Call 395-7511 or 395-5254

MOVING sale: '77 VW Van, color TV, stereo, furn, Much misc. Call 262-0088 GARAGE/Craft & Toy Sale: 167 Ainoni St., Kallua, Sat. Oct. 25, 7:30-4:30 p.m. Lots

of different handmade Xmas Decor/Patchwork, new loys & wht. elephant. ROUND bed, dresser, iron, clothes, furniture, household items, Sat. & Sun. 25 & 26. 1074 Alahaki St., Kallua MOVING Sale: 1378 Kahili

St., Kallua, Sat. & Sun. Furniture, etc. MOVINGI Pool table, furn. tools, clothes. Oct. 25 & 26, 9-4, 95-458 Hokuula Lp., Mililani 623-3516

ASST. desks, chairs, 8 ft. sofa, folding conf. table, misc. items. Sat., 10/25, 9-6, 46-164 Lilipuna Rd.,

YARD Sale: Multi-family Sat. 9-3, TV, freezer, lots of misc. 1432 Akupa, Kailua, 262-5339

GARAGE Sale: Misc. items, clothing, Sat., Oct. 25, 8-12, 1026 Mokapu Blvd., Kallua

MOVING Sale: Sat. & Sun., 9 to 3, 717 Hoopuni Dr., Kallua, rattan dining room set & lots of misc.

FREE "GARAGE SALE" SIGNS. Pick up your pair at JN Chev./Mazda 2999 N. Nimitz Hwy.

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DAN's Appliance is buyin your unwanted stoves. \$\$\$ Working or not. 622-4679

'85 FILTER Queen Vacuum. Cost \$850. Must sell \$250 735-4651. **92**6-7292 PANASONIC rice cooker and keeper 5½ cups, \$50. Kenmore washer \$50. Call 988-5593 stemware (new). Offer. Call 833-1518

OVERSTOCKED, bargain sale: brand-new kitchen & bathroom cabinets, solid wood & laminated plastic Inishes. Design services Call Philip, 836-2141

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

'76 B210 H/B '75 FOX

'77 FORD VAN E-150 #8283

'77 SKYLARK \$395 \$295 75 CAPRICE S/W₅395 ^{\$195} '75 AUDI \$295

'77 210 H/B

'74 BUG ^{\$}295

UTTER

126 Miscellaneous

32 PIECE crystal

BAR & 4 swiv. stools' w

padded seats & back \$250, Kimbal Swinger organ \$600, gd. cond. 395-3531

GOLF clubs Titlelst, 10 frons \$175/custom built, 8 frons \$200; 3 woods \$150/ Sounder Tour 9 frons/3 woods \$450, 422-9331 after

ELEGANT mahogany din-ing table w/2 leaves, lighted credenza & expandable

credenza e expandable mobile buffet. Asking \$1800; console Yamaha organ, 14 yrs. old. rhythm/full pedals. Asking \$1400; AB Dick auto. mimeograph machine, every supply. Best offer. Ph. 262-5756



AIEA 98-015 Kam. Hwy 487-3811 OCT. 22, 23, 24

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SUPER Zigzag sewing machine, Dressmaker 7000

HOUSE & garden plants 25¢ & up. A yard full to choose from. 689-8733 BEAUTIFUL his & hers 15 BEAUTIFUL his & hers 1b spd. "Tour de Munde" bikes. Brank new, still in boxes. Bright red and fully equipped. Musi see to appreciate. Paid \$500, best offer takas both. Ideal Christmas gift. Call Chris at 235-5881 days or 235-0387 eyes.

AA WATER lillies, oxygenating plants, water lettuce, etc. Call 261-4073. MOBILE Shopping Service, Call 226-1669 we do your shopping for you at no risk to you.

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NEW 8 ft. tinted sliding glass doors, \$450; sofa. \$50; smoke glass octagon lable, \$50 & misc. 235-2243

126 Miscellaneous

126 Miscellaneous CELLULAR Carphone excl. cond. works great, best offer. Call 638-9082. never used! \$150 Ph. 262-7421

FOR Sale: one way ticket to Anchorage AK leaves Oct. 29 from Honolulu. Price regularly \$350, aaking \$200. Call 239-5711 ext. 46. ANTIQUE oak rocker and washstand, \$100 each. Korean chest \$130,261-1558

127 Miscellaneous Wanted

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> CASH for unwanted refrig. washer, dryer, stoves, etc. Will pickup. 262-2196

> > 130 Antiques-Art

WINDWARD Antiques -Buy, sell, trade. Wanted: Art glass by Galle, Daum Nancy, Steuhen. 160 Nancy, Steuhen. 160 Hamakua 262-5526 Kallua

140 Photography PHOTOGRAPHY Service

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SOSTON Whaler 13' 6"

BOSTON Whaler 13' 6", 25hp Evinruda w/trailer \$2500; Flatbottom 21'x8' twin 35hp Johnson & Evinrude w/trailer \$5000; Radon 22'x8' 260hp Chevy, I/O, oval, 280 leg. 25hp Evinrude kicker, VHF, CB, depth recorder, tandem trailer \$20,000. Appointment only. 261-0190

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Auto., 6 cyl., power steering. Stk #860894 Power Stk. #870147 \$8999 \$5999 \$8999 All new '87

1986 Full Size DODGE 4x4 PICK-UP 4x4 Sport, 10 to choose from, Stk. #870097

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'84 DODGE Colt - blus

excellent condition \$3600. Call 261-8349

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1985 Chevrolet Cavaller auto., P/S, Air Conditioning 1985 Dodge 600 Convertible Plus tax IIc., & doc. fee.

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