



Hawaii Marine

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Marines assist in Big Island search, rescue attempt

Story and photo by SSgt. Christopher Grey

Kaneohe-based Marines received a call late Monday evening to assist local officials in their search and rescue efforts on the island of Hawaii for 11 people in a civilian tour plane that disappeared Sunday.

The Marines were requested for their mountaineering and navigation skills. The terrain where the aircraft was believed to have crashed was extremely rugged and difficult to cover.

The Marines responded, and long before daybreak on Tuesday, a helicopter from HMH-463 departed MCAS Kaneohe Bay with a rescue team comprised of Marines from Alpha Co., 3rd Reconnaissance Bn.; Bravo Co., 7th Communications Bn.; Navy medical personnel from 3rd Marine Regiment, and a Joint Public Affairs Marine.

The Marines landed at Honokaa High School's sports field at 6 a.m., where they immediately established a base of operations and began their rescue efforts. "When we heard the Marines were coming to help, we pulled all of our other resources back," explained Harry Kim, head of the Civil Defense on Hawaii. "We always feel so much better when our men in uniform are coming to help

out." From the base camp, the CH-53 flew key personnel deep into the mouth of the V-shaped valley about eight miles from the base-camp to take a look at the downed airplane and its location. From the air, the scattered pieces of airplane and charred earth could be seen spread over a 200-meter area, where the aircraft had apparently impacted and slid down the extremely steep slope. The almost unrecognizable wreckage was approximately 700 feet below from the top of the valley on the face of the cliffs.

Within minutes, the Marines returned to the base-camp, formulated a plan and headed for the landing zone as close to the scene as possible. The CH-53 squeezed into the only visible opening in the 10-foot-tall dense underbrush that covered the top of a muddy, swamp-like plateau about 200 meters from the edge of the cliffs. From there, the reconnaissance Marines armed with machetes cut their way through the thick underbrush, and in some spots waist-deep mud, to find a spot to begin rappelling down to the crash site.

A second helicopter was flown to the base-camp later that morning from HMM-364 with the remainder of the 28-

man team to assist in the rescue. From the top of the valley looking over the side, it was impossible to see the site of the crash. Several flights were made by both Marine helicopters into the narrow valley to help guide the Marines on the ground onto the crash scene.

While the Marines were intensively making their way down the mountain side, the local fire department became concerned with the Marines' safety. "We are worried about the rains coming. If it begins to rain the side of the valley turns into huge waterfalls and becomes even more dangerous — we don't want the Marines caught in that," stressed the Hilo Fire Chief on the scene.

Due to these concerns and the hours of daylight left, at approximately 4 p.m. a second effort was launched simultaneously, utilizing a small private helicopter by the Drug Enforcement Agency to drop some of their agents on the site. When word came that these men had made it onto the crash site, the Marines began their 600-foot climb back up the face of the mountain and terminated their operations.

"We were glad just to have been able to help," said 1st Lt. L.E. Bernard, a recon platoon commander.



The Big Island's Waimanu Valley dwarfs a CH-53 from HMH-463 during a daring rescue attempt by Kaneohe-based Marines Tuesday. SSgt. L.A. Roman of Alpha Co., 3rd Reconnaissance Bn. is pictured here signaling the helicopter in an attempt to get a fix on an airplane crash site some 700 meters below in a 2,000 foot deep valley.

Kennel Lance Echo concludes

The Air Station completed Exercise Kennel Lance Echo, its first major counterterrorism exercise and the first such exercise at a Marine Corps installation, Sunday.

Kennel Lance Echo was designed to evaluate the Station's security procedures, and was conducted by the special Navy SEAL unit called the Naval Security Coordination Team.

During the exercise, the Station was "attacked" by the team in the same manner that real terrorist organizations have — or could — attack military installations. The tempo of attacks was artificially high, though, according to Station Provost Marshal LtCol. J. Wintersteen, because of the short time-frame allowed for the exercise.

All organizations aboard the Air Station, to include the 1st Marine Expeditionary Brigade and 1st Radio Battalion, participated in the exercise. Security by the Military Police and back-up security units was intense and, at times, created traffic back-ups that affected the local community.

Marines fight blaze at crater

SOMS, MTU respond

Last Friday, Marines battled a fire at Ulupau Crater that ignited during routine training exercises held by officers of the 3rd Marine Regiment.

The fire was started when a 9mm round from an AT-4 anti-armor weapon simulator ignited the surrounding bushes at the base of the crater.

Local firefighters, including the Station's Federal Fire Department and Station Operations and Maintenance Squadron's Crash and Fire Rescue unit, were quickly on the scene to control the blaze. Marines from the Marksmanship Training Unit were also involved, going into the bush to build fire breaks and using "beaters" to put smoldering brush out.

The blaze lasted just over an hour. The final embers



MTU Marines "beat" smoldering brush.

were put out by water dropped from a bucket on a CH-46 Sea Knight helicopter.

"We got in and put it out fairly quickly," said LtCol. I.J. Niemczyk, commanding officer of Headquarters and Headquarters Squadron. "Nothing was really in danger, and the Marines on the ground did a fine job of

getting in there to control it."

The drybrush around the crater is routinely burned off to prevent such a fire from spreading out of control, and money has recently been approved to build hardened roads to allow Federal Firefighters to get their trucks in closer to potential fire areas.



Feels like factual flight

1st Lt. J.T. Arnett logs hours on an F/A-18 simulator, which allows pilots to sharpen their close-air support edge. See the complete story on page A-5.

News In Brief

Chanting prohibitions nothing to sing about

Some Marines and Marine units here are seriously damaging the Air Station's close relationship with its civilian neighbors in Kailua, and are violating Air Station regulations in the process. Some Marines in unit formations are chanting through the Nature Trail in the Nu'upia Ponds area and past the Mokapu Gate into Kailua.

These runs are prohibited on the Nature Trails and perimeter fence line patrol roads, according to Station Provost Marshal LtCol. J. Wintersteen. Further, chanting is prohibited within 300 meters of the Mokapu Gate, and is also prohibited near or in any housing area, either on or off the Air Station. Individuals and leaders of units violating these prohibitions are subject to disciplinary action for violation of Air Station Order 6100.5.

Kamaaina stickers are here

The kamaaina Armed Forces ID stickers have been received by units here and are ready for issue. The orchid emblems

will be affixed to the ID cards of Marines and sailors here as part of the Pacific Command-wide program intended to make proving Hawaii residency for kamaaina rates ("local" discounts) easier.

After the initial issue of the stickers, personnel checking aboard the Air Station will be issued the stickers by the DEERS/TLA office, located in Building 4009.

Commandant orders safety stand down

Due to the unusually high number of Marine Corps aircraft accidents so far this year, the Commandant of the Marine Corps, Gen. A.M. Gray, has ordered all aviation units Corps-wide to stand down for two days. All MAG-24 squadrons will have completed the required two-day safety stand down by Monday.

The string of accidents, a total of seven so far this year, has resulted in the death of 45 Marines.

"Our machines are not letting us down," said Gen. Gray. "We are letting ourselves down. Therefore, we must re-

examine and emphasize the aircrew, wingman, and supervisory functions surrounding the conduct of a professional flight, from schedule writing through final shut-down in the chocks and debrief."

When examining the information available on the circumstances surrounding these tragedies, Gen. Gray said that aircrew error predominates and most likely will be a primary cause in all these mishaps.

"The preservation of our most precious war-fighting assets, our Marines, demands that we be ruthlessly honest with ourselves, insure strict accountability, and re-dedicate ourselves to excellence," Gen. Gray said.

Inside Hawaii Marine

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'Whenever a Marine was down, the corpsman was up'

Navy's Hospital Corps turns 91 Saturday

By Cpl. Reginald M. Cole

"Whenever a Marine was down, the Corpsman was up. There were many times when it seemed as though those boys didn't have a chance in hell of pulling through. But 'Doc' never gave up. He worked on those kids as though they were his own brothers down there. Without Corpsmen, we would have lost many more lives to battle

wounds. I give the utmost respect to Navy Corpsmen."

This statement was given by a retired Marine Corps Sergeant Major who spent three years in Vietnam fighting alongside Navy Corpsmen.

When Marines stormed the blood-red beaches at Tarawa, the Corpsman was there. When they planted the flag high on Iwo Jima, the Corpsman was there. When

Marines froze and died in the icy bloodbath at the Chosin Reservoir, the Corpsman shared their toils and pain. In times of conflict wherever the Navy and the Marine Corps are involved, you will find the Navy hospital corpsman.

The Hospital Corps became an organized independent unit of the Medical Department by act of Congress June 17, 1898. In 1799, Congress provided that "a convenient place shall be set apart for the sick and hurt men, to which they are to be removed, and some of the crew shall be appointed to attend them."

The location provided for the sick aboard ship was often placed forward of the vessel, below the water line, and became known as the cockpit. Later, because of the rounded shape of that part of the vessel, the area became known as the sick-bay.

By the year 1873, the Surgeon's division aboard a ship consisted of all junior medical officers of the ship,

the apothecary and the bayman (male nurse).

The baymen were required to take a course of instruction on board the receiving ship or at a Naval hospital before being drafted for service on a seagoing ship.

Still, up to this point, the medical staff aboard ships were simply sailors with extra duties. But in 1898, Congress finally established

the Hospital Corps as an organized unit of the Medical Department.

Congress then appointed 25 senior apothecaries to the new warrant rank of pharmacist.

In the year 1900, during the Boxer Rebellions in China, Hospital Apprentice Robert Standley became the first member of the Hospital Corps to be awarded the Medal of Honor.

See CORPSMAN/A-3

Tribute

MAG-24 corpsman, recently lost in crash, lived up to the title

By Sgt. W.M. Alexander

When a mortar crew accidentally fired on a platoon of Marines during a live-fire exercise at the Pohakuloa Training Area (PTA) last July, an urgent call went out to the "medevac shack" near Bradshaw Airfield.

On the receiving end of that call was Marine Aircraft Group-24 corpsman Petty Officer Second Class Tim Renaldo, who was on medevac standby duty. The training he had undergone since joining the Navy in 1983 was about to be tested.

Once on the scene, he helped perform initial treatment, and flew with the helicopter crew that evacuated the 17 Marines to medical facilities at Kona, Hilo and on Oahu. While enroute, GySgt. Howard E. Harris, a platoon sergeant, died in the corpsman's arms.

Last month, HM2 Renaldo was himself the victim of a tragic accident when a CH-46 helicopter which was carrying him and 21 Marines crashed shortly after take-off from the USS Denver off Okinawa. He is among the 14 presumed dead.

As the Navy Corpsman Anniversary approaches, those who worked with HM2 Renaldo look toward the day with a deeper meaning. They described him as one who embodied the very spirit of the saying, "Whenever a Marine was down, a corpsman was up," a phrase coined by a Marine.

Capt. Don Sampson, HMM-265 aviation safety officer, was one of the pilots who evacuated the Marines the night of the PTA incident. HM2 Renaldo was part of his crew.

The captain said he was so

impressed with the sailor's determination to help Marines throughout the month-long training evolution, that he recommended him for a Certificate of Commendation after the exercise.

"He was diligent in all he did," said Capt. Sampson, "specifically, the night of the accident. He took charge and minimized the loss of life there. In a general sense, he was always active and trying to get involved with the squadron."

"I personally remember a mission where we had to medevac a Marine to Oahu at 3 a.m.," he continued. "So I have those memories of a fellow crewmember, and flying across a channel at 500 feet at 3 o'clock in the morning, while he's in the back trying to help a Marine who's got a fractured skull."

HM2 Renaldo's willingness to lend a hand seemed to become one of his trademarks which went beyond his performance during periodic training exercises.

On his own time, he served as medical coordinator for the Windward Oahu Special Olympics, where he often solicited help from his peers; he was chairman of the Safety Service Committee, a CPR instructor for the Kaneohe Branch of the American Red Cross and



HM2 Tim Renaldo was no stranger to Marines, as he deployed with them several times to several remote locations.

offered ringside medical support for the police athletic league boxing tournaments.

On the job, he displayed such knowledge and enthusiasm for his work that HM1 Eduardo Ortiz, his leading petty officer (LPO), ignored the fact that he was one of this most junior corpsman and gave him numerous responsibilities, which included operating sick call.

"Some felt I was giving him too big a responsibility," said HM1 Ortiz, who nominated him for Sailor of the Quarter in January. "But I knew that he knew his stuff, and that he was the right man for the job. He loved that job. He even called me two days before the accident and said, 'Are you still going to be there when I get back? I'd like to work sick call again.'"

"The thing with Tim was that he wanted to help people so badly," said fellow corpsman HM2 Michael Fritz. "When it came to the job, it didn't matter what time people came in, how sick they

were or how hurt they were; Tim was always there to give some help. He never turned his back on anyone. It didn't bother him if someone walked in at 4:30 p.m., when it was time to secure; Tim would take care of them."

"While he was here, one of his biggest goals was to get his aircrew wings," he said.

"Getting his wings" was one of the reasons the 26-year-old, Lynwood, Calif. native was stationed with the MAG-24 Aid Station. It is here that he would meet the rigorous requirements to become aircrew certified.

After serving at Naval Hospital Jacksonville, Fla. in 1984, and the Branch Medical Clinic, Naval Training Center, San Diego, in 1985, HM2 Renaldo completed Field Medical training two years later and Naval Aircrew School in 1988. Within six months, he was designated a Search and Rescue corpsman, and began to pursue the training necessary to become

aircrew certified.

"He had to show he knew how to handle emergencies, learn where everything was, and pass a written medical test," said Cmdr. John Mills, MAG-24 flight surgeon. "There's a new guideline out that says this training had to be more formal and in-depth. We hadn't gotten it developed yet, but when he came along, he said, 'Come on doc, let's get it going.' So we did. It was his prodding that got us to get it finished."

HM2 Renaldo had fulfilled these tough requirements while deployed and was to get his aircrew wings upon his return.

"I remember him as a real go-getter," said Cmdr. Mills. "He was just enthusiastic, gung-ho, concerned about getting a job done and getting it done right. He just had a lot of fire."

HM2 Renaldo is survived by his wife, Jane, a corpsman at the Branch Medical Clinic here.

"Tim was always there to give some help. He never turned his back on anyone."

MEB Marines, equipment step out in Molokai parade

Story and photos by Sgt. W.M. Alexander

Nine Marines from the 1st Marine Expeditionary Brigade joined in the pageantry and celebration of the King Kamehameha Day parade on Molokai June 10, a first for the Marines.

Nearly a fourth of the

island's population of 7,000 gathered on the streets and sidewalks of Kaunakakai to watch the colorful event, including Molokai natives who live on neighboring islands.

Six Marines from 3rd Bn., 3rd Marines and a crew of three from the TOW platoon

participated in the parade.

The 3/3 Marines drove two armor variant HMMWVs, one mounted with an MK-19 grenade launcher, and the other with a .50 caliber machine gun. A third "Hummer" was mounted with a TOW.

CH-53 helicopters from HMMH-463 flew the three vehicles into the Molokai Training Facility (located eight miles northwest of Kaunakakai), from Kaahoolawe, where 3rd Engineers had conducted an exercise.

After the parade, the Marines parked the vehicles in a town square near the end of the parade route for a static display. Men, women and children gathered in clusters for two hours to get a closer look at the vehicles and to get a feel of the trigger on the weapons.

The Marines returned to the Air Station that evening.



LCpl. Phillip Osborne, heavy machine gunner, lets a group of boys from Molokai get a feel of the .50 caliber machine gun mounted atop an armor variant HMMWV.



Molokai residents watch as one of three armor variant HMMWVs parade through the streets of Kaunakakai.

Hawaii Marine

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Retired Marine receives Silver Star for actions in Vietnam

Story and photo by Sgt. T. Shearer

Under the National Colors highlighted with the black and white POW/MIA flag flying in vigilance over Camp H. M. Smith, retired MGySgt. Clyde L. Harrison was decorated Friday for bravery in combat more than 20 years ago.

On Aug. 25, 1968, Harrison was a lance corporal and a squad leader with 1st Bn., 4th Marines, in Vietnam. He was fresh out of boot camp and the infantry training regiment; he had been "in country" for nine months. On the afternoon of the 25th, with nine men at his side, Harrison ran smack into a North Vietnamese battalion. During the ensuing battle, Harrison carried two wounded Marines to safety, silenced an enemy machinegun nest, and retrieved the body of a dead Marine in his unit.

For his heroism, the Secretary of the Navy bestowed the Silver Star upon him. The award came 20 years late.

Harrison joined the Marine Corps in 1967, with the ambition of going to Vietnam burning in his brain. While some of his contemporaries were jumping on the pacifist bandwagon headed for Canada, he was on a train headed from his home in Florida to boot camp at Marine Corps Recruit Depot Parris Island, S.C.

"Maybe it was patriotism, or a sense of adventure; I

"I just knew that if we didn't do something, we would die there."

just knew there was something going on there that I wanted to be part of," said Harrison, who recently retired from the Corps as a master gunnery sergeant with 21 years of service. "I didn't waste any time getting there either."

After training as a rifleman at Camp Geiger, North Carolina, then-PFC Harrison was given orders to the Republic of Vietnam and a plane ticket to Okinawa.

"There was a lot of tension in the air," he said. "Some guys were asking to be moved back on the flight lists. I wanted to be moved ahead," he said. "I landed in Phu Bai in November."

For Harrison, getting to Vietnam was exciting. His father had served in the Army in WWII and holds the Silver and Bronze Stars for gallantry. Harrison hoped to make his family proud. He also believed in what his country was doing, and what the Marine Corps was capable of accomplishing.

"There were some great guys in the Corps," he says. "That never changes. We were like a family."

In Phu Bai, Harrison went

through indoctrination training. He turned in his suitcases and was issued jungle fatigues and a flackjacket. He thought he was ready to go.

"I was in a hurry to get to the front," recalls Harrison. "I just jumped on a truck one night and a gunny stopped me and asked me where I was going. I told him to the front lines. Then the gunny said 'What are you going to use to shoot the enemy, your finger?'"

In his eagerness to see battle, he had just assumed that when the shooting began there would be someone there to give him a rifle. After he completed his indoctrination training, he was shipped north and still recalls the first place they told him he was going, which was called the "Seven Gates of Hell."

The place was officially known as Con Tien, and there was a lot of North Vietnamese Army (NVA) and Viet Cong activity there.

"We got off the trucks and started humping," said Harrison. "I remember the heat was tremendous. But, I was there in the action."

Becoming a warrior is a unique experience. What you learn in school and in books is sometimes different from what happens in real life.

"There are little things to learn," he said. "I remember the first grenade I threw wound up in front of me in a rice paddy. More mud flew back on me than shrapnel out to the enemy."

A hard part of the war in Vietnam was constantly battling the terrain, which concealed the enemy.

"Sometimes it would take us all day long to cover 1,000 yards," Harrison said. "We didn't see the enemy that much, but when we engaged them we usually won."

Harrison's first close call was when his unit was dug into their positions and the enemy hit them with a 500-pound bomb.

"It was a direct hit right on our position. There were ten of us there, only two of us lived," he said. "That's where I got the first of three Purple Hearts for wounds."

From that incident through the afternoon of Aug. 25, things were jumping in his life. A photo taken at Khe Sanh by a free-lance photographer hangs behind his desk. In it, Harrison and three of his buddies are carrying a dead Marine from the front lines. The photograph was run in Newsweek magazine.

"It may not seem like a big thing in peacetime to talk



MGySgt. Clyde Harrison (ret.) holds up his Silver Star.

about never leaving your dead behind, but in combat it's big on your mind," said Harrison. "If it costs you five Marines to get the body of a buddy back, you'll do it. No one thinks twice about it."

It is Harrison's idea of taking care of the men around you that earned him the Silver Star he has today.

"The most vivid memories of the war I have are of the 25th," he said of the day

See STAR/A-4

CORPSMAN/From A-2

By 1916, the Hospital Corps had become such an integral part of a ship's company that it had to be reorganized by another act of Congress. That act provided that "the authorized strength of the Hospital Corps of the Navy shall equal three and one-half percent of the authorized enlisted strength of the Navy and the Marine Corps."

"Our theme this year is 'The Corps serving the Corps,'" said Chief Petty Officer Eileen M. Reep, senior enlisted advisor for the branch medical clinic. "This small statement carries an immeasurable camaraderie. That's the way it has been. That's the way it will always be. Semper Par."

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STAR/From A-3
 when he and eight Marines of his unit were walking point for his company. "The senior man among us was a lance corporal. We were out in front and all of a sudden we were in the middle of an NVA battalion."
 In an instant, one of the men in the lead of the column had taken three hits in the chest from an AK-47. He lay dead in the middle of an ambush kill zone and the enemy machine-guns were still blazing away.
 In the course of the next few moments, everyone in the point party had been hit by fire or grenades.

going to die, I want to be doing something. So I acted."
 He moved forward to try and retrieve the dead Marine, but was stopped when a hand grenade blast tore into his leg. He reorganized the men of the advance guard, and gave first aid to an injured Marine.
 "I remember telling him he looked like Swiss cheese in an attempt to keep him from going into shock," he said.

"I got him to lay down a base of fire, while I tried to maneuver around to the fallen man."
 As he worked his way around, Harrison ran into a force of the NVA who were trying to attack on the flank of the position. He stopped them, killing two and forcing the others to retreat.
 "I asked for volunteers and there was no problem getting Marines to help," he said. "I

See STAR/A-6

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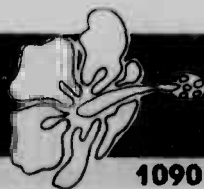


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APPOINTMENT SAME DAY

High-tech simulator gives Hornet pilots the edge

Story and photo by Sgt. T. Shearer

To be the best of the best — the elite, has to be the goal of every Marine who fires up a jet and goes out to chase the bad guys.

His life depends on instinctive abilities to perform in the cockpit, and the lives of infantrymen on the ground may depend on his ability to locate, close with and destroy enemy targets.

When the F/A-18 Hornet was added to the 1st Marine Expeditionary Brigade's combat punch, fighter pilots from all three fighter/attack squadrons had to be retrained and transitioned into the new bird. This involved bringing in a Hornet Introduction Team, sending pilots off to schools on the mainland, and transferring in new pilots who have flown the F/A-18 with other squadrons.

But a pilot can't learn to fly a new plane over night. The fundamentals of flying remain the same, regardless of the aircraft, but the highly sophisticated systems the F/A-18 possesses requires time in the cockpit. One of the

"They give us an accurate representation ... of what happens when we hit the controls."

key ways pilots here get valuable time in command of an aircraft is through the use of a flight simulator.

In a building near the flightline, there is a machine that can take a pilot around the world. He can bomb and strafe targets and practice landings at military and civilian airports around the world. He can get the feel of an F/A-18 in any emergency situation that may arise and practice maneuvers that without a simulator could only be faced in a real world situation.

In short, he can become a better pilot.

"It's pretty obvious that we aren't going to take a plane out and practice extreme situations that will endanger it or ourselves," said 1st Lt. J.

T. Arnett, a fighter pilot from Marine Fighter Attack Squadron-212, the "Lancers". "Flight simulators give pilots the opportunity to learn how to react in emergency situations. They give us an accurate representation of how the plane will handle and what happens when we hit the controls."

The simulator is a complex, computer controlled training machine. The cockpit of the simulator is identical to that of a Hornet, and it's equipped with visual effects that mirror the images a pilot would see while flying. In addition to the cockpit, there is a controller panel which allows a second person to put pilots through countless tests of flying skills.



1st Lt. J.T. Arnett, VMFA-212, at the stick in the F/A-18 flight simulator.

See SIMULATE/A-6

The Kanehameha Schools Alumni Association

'AHA'AINA 1989

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STAR/from A-4 grabbed a LAAW (light anti-air assault weapon) and started forward."

In the ensuing moments, he took out a machinegun position with the LAAW, carried two more Marines to safety and continued to engage the enemy. The men were then ordered back so an air strike could be run on the hill.

"We were all medevaced the next morning," said Harrison. "Arriving at the hospital, a MASH-type unit, was kind of bizarre as they made us take showers before we could be operated on. Here were a bunch of Marines who hadn't been in a shower for two months, all of us shot up, scrubbing down."

"The medical care I got was great, though," he said. "After the showers we were given numbers to wait to get operated on. When your number came up, you got on the table and they operated."

That night when he was back in his hole, the platoon sergeant came up and said the commanding officer was putting him up for a decoration.

"It started to sink in, and

I remember thinking that I had made my family proud," he said.

Several times in the following years, Harrison attempted to follow up on the award.

"Shoot, I had to submit my health record and statements just to get the Purple Hearts, and that took a year," he said. "I gave up on the decoration the CO talked about and figured I missed the boat."

After leaving the hospital, with three wounds, Harrison was taken out of combat. The remainder of the men he fought with went back, though.

"I never got a chance to thank them," said Harrison. "Today I would like to see them and tell them that after what we went through, I'm glad they're still alive."

His ship came in recently though when Capt. Jim Quinlan, commanding officer, Lima Co., 3rd Bn., 3rd Marines, was in his office and started asking about the photo taken at Khe Sanh. Capt. Quinlan encouraged him to re-submit for the

medal, and finally the paperwork went through.

"Some people say 'better late than never,'" said Harrison. "I just wonder how my career could have gone if I had received the Silver Star when I earned it. I put in for many officer programs, and having the medal could have helped me get selected."

"I had a good career. I made it to the top of the enlisted ranks, but if I could have become an officer I would still be in the Corps today," he said.

Looking back on his combat experience, Harrison explained how they went through rough times, but tried to make it bearable.

"Once a buddy and I were pinned down by a machinegun and the rest of the line pulled back, leaving us hanging out there alone," he said. "We didn't know where the fire was coming from, so I said to Mike (the Marine with him), 'I saw this in a John Wayne Movie. Give me your helmet.'"

Harrison then grabbed a stick and used it to stick the helmet up in the air to draw fire. They located the machinegun position and took it out.

"Jim asked me why I didn't use my own helmet and I told him, 'I'm no fool - I don't want no holes in mine,'" he said. "That is an example of how you try to cope."

He views the Vietnam veteran as he does the veteran from WW II. Korea or any other war Americans have fought in. They had a job to do and went out and did it.

"Movies of today upset me somewhat," he said. "We worked with villagers; we didn't go out and smash their heads in and shoot them. We were there as ambassadors for our country."

"Dollar for dollar, the American people get more fight from their Marines than anything else," said Harrison. "It doesn't matter if it's 1967, 1941 or today; Marines have the same nucleus that allows them to go on."

SIMULATE/from A-5

"Flight simulators are nothing new," said 1stLt. Arnett. "At flight school you spend so much time on them that it gets sickening. But the skills you develop there, on the simulators, make your first flights easier."

As 1stLt. Arnett folded his body into the cockpit, he explained the basic features of the flight simulator. Like a real plane, the pilot must go through all of the pre-flight checks and warm-up procedures. If something is malfunctioning on the simulator, he must take the same action required in a Hornet.

When the visuals come up on the screen, the runways, hangers and terrain features look identical to those of a real airport at night. For the simulated flight he was going through, he started from Hanger 104 and taxied out to Runway 04 just as he would in a real plane.

"We have the option of using all the communications gear and talking to controllers just like on the flightline," he said. "Basically, whatever we do here it just

like in the real F/A-18."

He started up the engine and taxied out to the runway. The lights were screaming by on the screen, just as they would if flying a mission from the Air Station. When he hit take-off speed the nose came up and the visuals gave the feel of leaving the ground. A flick of a switch raised the landing gear and he banked hard to the left. The artificial horizon on the screen turned sideways and he was out over the water.

"We have the option of programing in any military airfield and a lot of civilian airports around the world," said 1stLt. Arnett as he hit the burners and cruised over Waikiki. "This allows our pilots to come in and practice the patterns of airfields we may be using."

That is the edge that is necessary when a fighter pilot fires up his jet and heads out to combat. When a rifleman looks up to the sky and sees Marine air coming on station, he will know the pilot is ready and able to deal with the enemy.

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On the Blotter

Compiled by
Sgt. Mark Sigurdson
MP Dept.

Alcohol-related incidents

• Honolulu police arrested a Marine stationed here for DWI. The Marine was seen making an illegal turn at the intersection of Kapiolani Blvd. and Sheridan St. in Honolulu. The officer smelled alcohol on the Marine's breath, who submitted to a field sobriety test, which he failed. The Marine elected to submit to a breath test which revealed a .25 percent blood-alcohol reading. The Marine was held in lieu of \$150 bail and was scheduled to appear in court.

• A Marine was apprehended by MPs for DWI. The

Marine was stopped for lane-weaving as he approached the H-3 gate, and the MP at the gate smelled alcohol on his breath. The Marine submitted to a blood test. The results are pending.

• A Marine stationed here was apprehended by Fort DeRussay MPs for drunk and disorderly conduct. The Marine was observed adjacent to the Fort's gate wearing only his underclothes. When he was approached by MPs, he became uncooperative and was apprehended and transported to the Fort's MP station.

• A Marine was apprehended by MPs for breach of peace. The Marine, who was intoxicated, became involved

in an argument with his wife while at their assigned quarters.

• Fort DeRussay MPs apprehended a Marine stationed here for assault. The Marine and three unidentified males were observed urinating in the parking lot of the fort. When approached by MPs, the Marine used abusive language towards the MP and allegedly threw a beer bottle at the MP. The Marine was apprehended and transported to the Fort DeRussay MP Station.

• Two Marines were apprehended by MPs for damage to government property and drunk and disorderly conduct. The two Marines were observed by MPs hanging from

the fence of the MCX garden shop, tearing the green netting. The Marines fled the area on foot, but were apprehended a short distance away. The Marines were transported to the MP Dept. where MPs smelled alcohol on their breath.

• MPs apprehended a Marine for wrongful possession of marijuana. During a field day inspection, a makeshift smoking device containing suspected marijuana was discovered in his room.

• MPs apprehended a Marine for interfering with the duties of MPs. A Marine was being issued a minor offense report for unauthorized liberty attire when a second Marine began interfer-

ing with the MP by attempting to argue. The second Marine was instructed to remain silent, but continued to interfere with the MP. The second Marine was apprehended and transported to the MP Dept.

• A sailor, who is known to have his driving privileges suspended indefinitely aboard the Air Station, was stopped while attempting to enter the Air Station using a vehicle registered to another person. The sailor was apprehended for driving on suspension.

• A Marine reported that while working as a doorman at Moose McGillycuddy's in Honolulu, he observed a Marine attempting to enter the club with an altered ID

card. The card was confiscated and the Marine was denied entrance. The Marine was apprehended by MPs the next day.

• An MP observed a Marine lowering another Marine to the ground near Barracks 1633. The MP learned that the Marine was unconscious and not breathing. The MP along with the other Marine administered CPR and the Marine began breathing on his own. He was transported to the Branch Medical Clinic via ambulance, where he was treated for exhaustion and held for observation.

• A Marine was apprehended by MPs for failure to render his ID card and provoking speech and gestures.

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by Capt. C.J. Woods
Legal Services Center

In the wake of the Watergate scandal of the 1970's, the Secretary of the Navy felt it necessary to develop and publish a set of minimal standards and rules of conduct that would be required to be followed by all Department of the Navy personnel.

These rules, known collectively as the standards of conduct, have been with us ever since. They provide guidance on Government ethics, including gifts, fund raising, employment restrictions, and a host of related matters.

General policies
The underlying premise of the standards of conduct is

that it is vital to maintain the public's confidence in the integrity of the Naval Service and its employees. To this end, we are required to avoid any action which gives rise to, or appears to give rise to, a conflict of interest between our activities and our official duties.

This is a broad prohibition, and it was meant to be. Personnel of the Department of the Navy are expected to apply sound judgment to their actions, if, from the perspective of a reasonable member of the American public, a given action seems improper, it should not be taken.

This rule is particularly applicable to persons representing the government in

STANDARDS OF CONDUCT

dealings with private businesses or industry. Strict impartiality must prevail in all government business transactions. We must all be aware that just because certain practices may be acceptable to the private sector, that does not necessarily mean they are acceptable for those of us in government service. Preferential treatment to individuals, entities, or firms must be avoided.

Recurring issues
Although all of the rules embodied in the standards of

conduct are equally important, there are a couple of topics which come up regularly, and merit individual comment. These involve giving gifts to superiors and gambling.

Gifts to superiors
It's perfectly all right to "kick in" for a going away present to a superior, so long as: (1) contributions are strictly voluntary and of nominal amounts; (2) the gift must be of a reasonable value; and (3) giving the gift marks a "significant personal occasion."

Gifts are considered reasonable if they cost less than \$300, and contributions shouldn't exceed \$10. "Significant personal occasions" are marriages, transfers, retirements and the like; promotions, however, are not considered significant personal occasions.

Gambling
The rules relating to gambling cover a far greater area than might be expected. "Gambling" is any activity that includes the elements of prize, consideration, and chance.

All forms are strictly prohibited on Navy and Marine Corps property. This includes lotteries, football pools, numbers, raffles, and bingo.

Department of the Navy personnel participating in a golf tournament, for instance, violated the prohibition against gambling if the entry fee includes a random drawing for prizes. The rule applies to all personnel, whether conducted for charity, unless individual exceptions are granted by the Secretary of the Navy.

Even in those instances, however, raffles are traditionally allowed in support of Navy Relief; gambling activities cannot take place on military installations if applicable state laws would be violated. Hawaii law does not permit lotteries.


The rule does not prohibit

See LEGAL/B-2

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Intramural Golf

Station champs



Dave Burnett (right) presents the Station Championship trophy to Don Tille.

Story and photos by Sgt. T. Shearer

First Radio Bn. edged by Headquarters, 3rd Marines to take top honors in the playoffs of the Air Station Men's Intramural Golf League Tuesday.

The intramural league was comprised of teams from around the Air Station and played for 11 weeks on Tuesday afternoons. It used a medal format and teams were divided into divisions by scores.

"We had a good season," said Don Tille of 1st Radio Bn. "Everything came together at the end and we had some good rounds today."

During the season, teams played in four-man pairings, taking the three best scores of the four golfers, throwing the high score out.

"We get together before the season to lay down the rules," said Dave Burnette, athletic director for the Air Station. "This was the smoothest season we've had, as far as no one complaining about the rules."

The next intramural season is scheduled to begin in August and all units on the Air Station may submit a team.

In addition to intramural golf, the annual Hawaii Marine Athletic Council and Hawaii Armed Services Ath-

letic Council tournaments are coming up.

"We are putting together the best teams we can for this," said Burnette. "We have a stronger seniors division than any other service and our open is looking good."

The HAMAC tournament is first step in earning a spot on the Hawaii Marine Golf Team that will represent the Air Station in the upcoming WestPac Regionals. During the regionals, teams will be coming from Iwakuni and Okinawa, with players trying to earn a spot on the FMFPac team that will travel to the All-Marine and Inter-Service competitions in the fall.



The victors were (left to right) George Reiners, Bob Destefanis, John Carver, Don Tille and Bob Douville.

Sport Shorts

Track and Field

People interested in competing in local track and field competition are needed for a newly formed team, the "Team Hawaii Heat."

Competitions are held on a regular basis at local schools and other facilities. Age groups are open for people from seven on up, whether active-duty or dependent.

The next competition will be held at Punalou Track on Saturday.

For more information call A.J. Pollard at 262-2140.

Lacrosse

The Hawaii Marine Lacrosse team is holding practices at Pop Warner Field on Wednesdays at 6 p.m. and Saturdays at 9:30 a.m. for all military people interested in the sport.

For more information call Lt. Jonske at 257-1801.

HAMAC Golf

The Hawaii Marine Athletic Council Golf Tournament will be held at the Klipper Course on July 6-9 for active duty Marines and Sailors here.

To qualify, golfers must meet the following handicap criteria:

Open - Verified at six Mnsters (Over 40) - Verified at eight

Women - Verified at 18
The sign-up time is now. For more information call Dave at 254-2516.

Summer Sports Tournaments

Summer tournaments have been scheduled for units to compete in Basketball and Volleyball on an intramural level of play.

A basketball meeting will be held June 23 at 11:45 a.m. and a volleyball meeting will be held June 30 at the same time.

For more information call John at 254-2458.

Softball Spectaculars

The Intramural Softball playoffs will commence on June 19 and run for two weeks here, pitting the best units on the Air Station against each other to prove who is best.

In addition, the HASAC Softball playoffs will be going on from June 23-24. The Hawaii Marine Varsity Team will be out gunning for the Army and other military teams on the island.

Come out and support your unit teams and the Hawaii Marines.

Rod and Gun Club

The next meeting of the K-Bay Rod and Gun Club will be

held at the Staff NCO Club on June 20 at 7:30 p.m.

The Club is also hosting a Bow Shooting Clinic on June 22 at the Community Center and Grand Overall Shooting Championship on June 24.

For more information on Rod and Gun Club activities and events call 254-5570.

Surfing Championship

The 18th Annual All-Military Surfing Championship will be held Aug. 25-27 at "Treaties" San Onofre Recreational Beach, Camp Pendleton for all active duty military personnel.

There will be competition in shortboards and longboards for all age groups 18 and over. The competition is sponsored by the military so permissive TAD may be approved by your unit.

The entry fee is \$28 per person and entry forms can be obtained by stopping by the station pool.

Surf Club Members Needed

Any active duty military surfers on the island who are interested in starting a new Surf Club are needed to hop on the swell.

The surf club will promote meets, hold surfer education classes and sponsor other events to promote surfing among all military people. This is nothing new to the Marine Corps, as Camp Pendleton has had a club for years, and many of its members have transferred over here.

If enough interest is generated the potential for sending a Kaneohe Surf Team to the 18th Annual Surfing Championship may arise.

For more information call RP2 Patrick Boyle at 257-3686, or Sgt. Tim Shearer at 257-1348.

Adult Volleyball

Adult freestyle volleyball is being held every Thursday night from 7-10 p.m. in the Main Gym.

Sponsored by the Athletic Department, it is designed to give volleyball players a chance to get out on the court to work on their games and have fun.

Everyone is welcome to come out.

MGA Golf Tourney

An MGA Two-Man Best-Ball Golf Tourney will be held June 24 for all eligible players at the Klipper Course.

There is a 6 a.m. showtime for the 6:30 shotgun start. Register now by stopping by the Klipper Course or calling the course at 254-1745.

Marine takes first Red Cross Race

Recently at American Red Cross Headquarters, Spc. 4 Lynne Keown was presented with two Hawaiian Airlines round trip tickets to the Mainland. Keown had raised over \$400.00 in pledges for the Third Annual M*A*S*H DASH, May 13, to qualify for the Grand Prize.

"Thank you!" Keown said. "I'm going to use these to go back to Kentucky to see my parents. I haven't seen them for awhile, and these tickets have made it possible."

Other winners include: Danny Pinyard, USMC, age 30, finished first with a time of 20:25 minutes for the four mile run. Leroy Transfield, age 23, came in second with a time of 20:39 minutes. In third place Staff Sergeant Glenn Warder, age 32, of Schofield Barracks, crossed the finish line with a time of 20:56 minutes.

In the female division, Connie Comiso, age 33, finished first with a time of 24:11 minutes. Carolyn Schnack, age 25, came in second with a time of 25:17 minutes. In third place Kim Maree Briggs, age 22, crossed the finish line at 26:25 minutes.

Ten year old Nichole Both, dressed in a homemade cardboard jeep, won two nights stay at the Kauai Aston Resort with a Hertz rental car for best costume. Nancy Pace of Discovery Toys won best coordinated costume and crafts booth.

M*A*S*H DASH Co-chairs Admiral David E. Jeremiah fired the starting cannon, and Honolulu Attorney, Jeff Harris presented the runners with their awards.

Red Cross representatives declared the Third Annual M*A*S*H DASH Fun Run & Crafts Fair a success as nearly 400 runners and 50 crafts booths raised close to \$10,000.00 gross for American Red Cross services.



Adm. David E. Jeremiah presents the first place award to Danny Pinyard.

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'Return to Tarawa' to air in commemoration of battle

On Sunday, July 2, from 10:00-11:00 PM (ET), The Discovery Channel will commemorate the 45th anniversary of one of the bloodiest battles in the Marine Corps' history with the world television premiere of "Return to Tarawa."

Shot on location on the island of Betio in the Central Pacific, this one-hour special will feature interviews with the men who survived this campaign in the Pacific and historical footage taken during the battle.

"Return to Tarawa" is a moving tribute to the nearly 6,000 men who lost their lives on an island that bears the scars of a battle that lasted 72 hours. "Return to Tarawa" filmmakers Bill Burd and Milas Hinshaw accompanied the veterans of this battle as they returned to Tarawa Atoll, to record the dedication of a U.S. monument to their fallen WWII comrades.

"Return to Tarawa" takes a retrospective look at this battle, in part, through graphic combat footage, filmed at great personal risk by courageous Navy and Marine cameramen. This footage reveals the intensity of a savage battle where no telephoto lens was needed to spot the enemy.

Because "Return to Tarawa" commemorates such an important point in our history, The Discovery Channel will launch its home video sales with an extended version of this documentary. The 90-minute VHS cassette will be made available for sale through a toll-free number: 1-800-TDC-3005.

Check local listings for local station information and times.

LEGAL/from A-9

awarding prizes for games of skill or when a drawing for prizes is open free of charge to all who desire to enter ("no purchase required"). It should also be kept in mind that under no circumstances can a senior gamble with a subordinate.

The specific topics discussed above touch on only a small part of the standards of conduct. SECNAVINST 5370.2J, signed by the new Secretary of the Navy on March 15, prescribes the standards of conduct applicable to all officers, enlisted persons, and civilian employees of the Department of the Navy.

For more information regarding the standards of conduct, call the administrative law officer at 257-4037/4038.



The Discovery Channel commemorates the 45th anniversary of the battle of Tarawa July 2.



Graphic combat footage reveals the savage intensity of the WWII battle for Tarawa Atoll in the Central Pacific.

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At A Glance

Youth choir performance scheduled

The Station Chapel is presenting a performance of the youth musical "Live it to the Max," by the youth choir of Pomona First Baptist Church, from California. The performance will be Monday at 6 p.m.

Open Sea Spectacular

The annual Open Sea Spectacular is slated for all day Saturday at Pokai Bay Beach Park near Waianae Army Recreation Center. Events include a pre-dawn-time fun run/walk, kayaking, windsurfing, swimming, zany relays, paddle boarding, volleyball and horseshoes. The Makaha Sons of Niihau, Kapena and the Navy's rock band "Taunani" will headline the entertainment.

Organizations may form teams for the team sports. Canoe race categories are all-male military teams, all-male civilian teams, all-female teams and mixed male and female teams. Call 488-8701 for more information on the sports.

Admission is free except for the fun run, which is \$1 for adults and 50 cents for children 12 and under.

Full moon walks this weekend

Waimea Falls Park is hosting full moon walks at 8:30 p.m. Saturday and Sunday starting at the visitor center. Experienced park guides will lead the leisurely one-hour moonlit strolls past lush botanical gardens to the 45-foot waterfall and back. A small donation to benefit the Waimea Arboretum Foundation is requested. For more information, call 638-8511.

Learn not to burn
Would you know what to

do if a fire happened in your home? Well, if you haven't planned ahead and practiced what to do, you could become one of the 14 people who are killed every day in 1,700 home fires.

On an average, one house starts burning every minute in this country. Prepare by making a home fire escape plan using alternate escape routes. For details, phone the Federal Fire Department at 656-1375 or 471-3916.

New Tripler maps available

The yellow maps of the Tripler Army Medical Center available at the Tripler information desks are an updated version and now include phone numbers. The older maps may contain inaccurate information due to the renovation project. For more information, call 433-5785.

Father's Day at Hale Koa

The Hale Koa Hotel is offering several options for Father's Day Sunday. A buffet will be served from 9 a.m. to 1:30 p.m. at the Hale Koa Room overlooking Waikiki Beach. The price is \$11.95 for adults and \$5.95 for children under 12. There will also be an evening Father's Day celebration, which will offer a special entree in addition to the regular menu. For reservations and more information, call 955-0555.

SNCO Ball

Tickets for the Staff NCO Marine Corps Ball, which will be held Nov. 9, are now available at the Staff NCO Club.

Essay competition for scholarship

Military dependents who are elementary and intermediate school students can earn scholarships by writing the best essays on "Why I'm

proud to be in a military family." Sponsored by the law offices of Kenneth M. Sabbath, the contest celebrates Military Week.

Essays must be no longer than 500 words and should be typewritten and double-spaced. It must include the writer's name, address, phone number, parents' name, military station information, school and grade.

The essays will be judged in two categories — one for grades 4-6 and the other for grades 7-9. The winner in each category will get a \$500 scholarship that may be used for high school or college tuition. The deadline is June 15. Winners will be announced July 4.

For more information, call Lanko Sabbath at 545-5774.

Arizona Memorial hours

The USS Arizona Memorial Visitor Center now opens to the public at 7:30 a.m. The Memorial opens at 7:45 a.m. Visits to the Memorial are free to the public. No reservations are accepted. For safety reasons, children must be 45 inches tall to ride the shuttle boat to the memorial. Shoes and shirts are required and no bathing suits are allowed aboard the memorial. For more information, call 422-0561.

Lost and found

The following items are being held by the found property custodian at the MP Dept.: 66 bicycles, 17 sets of keys, 6 wallets 4 skateboards, 3 rings, 2 wristwatches, 2 pairs of glasses, 2 purses, one roll of camera film, 1 gray ammo box, and 1 "boogie" board.

If you have lost any of these items, please contact the Found Property Custodian at 257-3110/3425 Monday through Friday, 7:30-11 a.m., and 1-4 p.m.

Point of contact is SSGT. Cooksey.

Impounded vehicles

There are 155 vehicles in the impound storage lot. Abandoned vehicles are kept for approximately 120 days and then towed from the Air Station. There are also approximately 120 vehicles parked at various locations on the Air Station which are tagged for impounding.

If you have received PCS orders and have a car to dispose of, make sure that you do it properly. Many times, people leave the island and leave their unwanted cars behind. Instead of abandoning your vehicle, you may sign it over to the military for proper disposal. For more information, or if you think you have a vehicle at the impound lot, call Sgt. Flores at the MP Dept. at 257-2103.

Navy Relief needs volunteers

The Air Station's Navy Relief office is closed Wednesdays due to a shortage of volunteers. Those interested in becoming volunteers should contact Navy Relief at 254-1328. Free child care is provided.

CLEP test preparation

College Level Examination Program (CLEP) preparation classes for active-duty personnel will begin aboard the Air Station Monday through June 23, 6-9 p.m. Registration will take place at the Joint Education Center through Friday.

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

Thrift Shop hours

The new Thrift Shop hours are 9:30 a.m. - 12:30 p.m. Tuesday through Thursday, and every Saturday 9:30 a.m. - 1 p.m. Operated by the

Staff NCO Wives Club, the Thrift Shop is located in Building 246 between the Station Theater and the Rental Car Center. Also, homemade crafts are now being accepted to be placed on consignment.

For more information, contact Sandra Clayton at 254-6852.

Head Start program

The Head Start Program, a free comprehensive pre-school program for eligible families, is recruiting for September 1989. There are two program options available to families with children between the ages of 3 years to 5 years old. The center-based program operates Monday through Friday from 8 a.m. to noon. The other option is a home-based program completed with parent and child.

For more information, call Head Start Social Services at 847-4044 or 621-5099. Applications are also available at the Air Station's YMCA Outreach Services.

Nature Camp

The Hawaii Nature Center is offering week-long summer camps for children 6-9 years old to promote greater appreciation of the natural environment.

The camp is located in the Makiki Valley, a few minutes from downtown Honolulu, and has hosted more than 23,000 people every year since 1981.

The camps will run in August, with children broken down into classes of 20, set up by age groups. Cost for the classes is \$70 for members of the Hawaii Nature Center and \$80 for non-members.

For more information, call 973-0100.

Party down Hawaiian style

The Hale Koa Hotel has added a second weekly Luau on the Beach to its lineup of entertainment.

The Luus are held on Monday and Thursday evenings beginning at 5:30 p.m. on the hotel's oceanfront lawn. The night of entertainment includes cocktails, dinner and cultural demonstrations.

The cost of the Luau is \$21.95 for adults and \$12.95 for children under 12. For more information or reservations, call 955-0555.

Sexual Assault Awareness class

A sexual assault awareness class, offered by the Honolulu Police Department, will be held June 26, 10-11:30 a.m., at the Camp Smith Staff NCO Club, Building 500.


Sponsored by the Camp Smith MP Department, the class is designed to increase community awareness. Topics will include facts about sexual assault, profile of sexual offenders, how to avoid being attacked and what action to take should you become a victim. The presentation is open to the public.

For more information, contact Cpl. P.D. Burch, crime prevention, at 477-0730.

CHAMPUS Prime/Extra health bennies

The Queen's Health Care Plan, Inc. administers the DOD-approved CHAMPUS Prime and CHAMPUS Extra health benefits as an alternative to the high cost of civilian health care. For more information, call 522-7545.

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K.M.C.A.S. 254-5233

Family Services

Stop using tobacco

The Family Service Center is offering a free clinic for people who need help losing the tobacco habit (smoking, dipping or chewing), Monday, Wednesday, June 26 and 28 from 1:30 p.m. at the FSC, Building 455.

FreshStart is an American Cancer Society program which is a straight forward, no-nonsense quit tobacco program. It makes quitting the habit a positive, successful experience. It is designed to give participants mental strategies as well as concrete methods for handling weight control and stress. Reservations are limited. For more information, call 254-1541.

Marriage skills workshop

A marriage workshop will be held Tuesday and Wednesday from 8 a.m.-4 p.m. at the FSC for newlyweds, prospective brides and grooms and anyone in their first year of marriage. Formerly called the Marriage Preparation Workshop, the course is designed to make couples aware of problems often encountered in the first years of marriage.

For reservations, call 254-1541.

Weight control support group

A free support group meets Tuesdays at the FSC from 10:30-11:30 a.m. for family members and active-duty

personnel. Learn how to get in control of your overeating through discussions on behavior modification, nutrition and menus, stress management, self-esteem, motivation, and commitment. Handout material on recipes, tracking your progress, and updates on overeating information are available every week. No reservations are required.

Looking for a job?

There is an Employment Resource Center at the FSC to help you find a job in the civilian community. Make an appointment to get your name into the computerized job bank which stores the names of more than 1,100

companies with various job opportunities, from entry level to executive. For an appointment, call 254-1541. Resume help is also available.

Containing family conflict

The FSC offers a program to assist couples who have been involved in incidents of spouse abuse, which is called the Domestic Conflict Containment Program (DCCP). The primary goal is an immediate and complete cessation of violence. The open-ended program is 10 weeks long, two hours per week. To meet the primary goal, clients are required to accept personal responsibility for their behavior and make a sincere

commitment to change. To enroll or for more information, call Owen Norton at 254-1541.

Buying a car

Learn what you're up against when you purchase a new or used car: dealers and salesmen, financing options and finance resources, payment factors, insurance, the car's dollar value (Blue Book), and negotiating the sale. A program to help you will be held June 7 from 1:30 p.m. at the FSC. Call for reservations: 254-1541.

Surplus food distribution

There will be distribution of surplus butter June 27.

Coupon 35 will be used. The FSC has applications and coupons.

Applicants should bring a copy of their current LES to the FSC, Building 455. Screening for coupons may take one day. Families who have received surplus food in the past must re-apply for the new coupons.

Distribution sites this month will be the following supermarkets: Safeway, Foodland, Star, Times, Shima's and Mel's markets in Waimanalo, Holiday Mart, Kailua.

For the latest information about monthly distributions, call the Honolulu Community Action Hotline: 548-3200.

Medically Speaking

By LtCdr. J. Lieberman
Flight Surgeon VMFA 212

To understand high blood pressure, it is helpful to first understand how the heart and blood vessels work and how they make blood pressure what it is.

Think of the heart as a pump — really two pumps in a series. If you are familiar with hydraulics or engines, this is easier to do. The heart pumps the blood through the body. The blood delivers oxygen and food, and then picks up carbon dioxide and other waste products. The blood returns to the heart and is pushed through the lungs where the carbon dioxide is exchanged for fresh oxygen and some of the other waste products are let out and exhaled.

The pumps in the heart are like bicycle tire pumps or the water pump in some old time wells: there is one phase for filling the pumping chamber and one phase for pumping the blood through the system. When the heart pumps the blood through the system, the pressure in the system peaks. Similarly, when the pumping chambers are filling, pressure in the system comes down.

It takes more work to pump the blood through the body than through the lungs, and the pressures in the blood vessels which pass through the lungs are lower than the pressures in the tubing which passes through the rest of the body.

Blood pressure is normally measured in the blood vessels that traverse most of the body. Measurement of the pressures in the lungs requires special equipment and is normally reserved for critically ill hospitalized patients and laboratory studies. We will therefore discuss blood pressure as measured in most of the body. This normally reflects pressures across the lungs as well and makes for a simpler discussion.

How is blood pressure normally measured?

The blood pressure cuff is pumped up until the pressure in the cuff is higher than the pressure at which the blood is being pumped. This is the same as a tightly applied tourniquet. Since no blood gets through, there is no noise heard by the person listening with the stethoscope.

The blood pressure cuff is slowly deflated until blood just starts getting past it at

the peak of pumping action by the heart. Because the blood is going past the cuff in spurts, there is turbulence in the system. This turbulence is sort of like water in rapids where it rushes and swirls and spouts over rocks and make lots of noise.

It is this noise that the person listening with a stethoscope hears and lets him or her know that the peak pressure generated by the heart pump has been reached. This is the top number in the blood pressure measurement and is known as the systolic blood pressure.

The examiner continues to deflate the blood pressure cuff until the blood is going through with no significant obstruction to the flow. The resting pressure in the arteries is higher than the pressure in the blood pressure cuff. Because there is no significant obstruction to the flow of blood, the blood flows smoothly. This is a quiet flow. When the sounds heard by the examiner become quiet, he knows that the resting pressure in the vessels has been reached. This lower pressure/resting pressure is also called the diastolic pres-

sure. A typical measurement would be 120/70.

The higher the blood pressure is, the harder the heart is working. The higher the resting pressures are, the less rest the blood vessels, organs and tissues get. The organs often in question include the heart itself, the brain and kidneys.

High blood pressure can result in strokes and heart problems. It can also produce kidney problems.

When is the pressure high enough to be of concern? The risk with pressures at and above 140/90 are such that these numbers are generally used as breakpoints to say that the person has high blood pressure. While 140/90 is considered by some to be borderline, it is a breakpoint and a few good studies over the past four years indicate that it is worth treating people who are consistently at or above these pressures.

When the doctor/corpsman/nurse/technician checks your blood pressure and it is a bit high, he will generally check it a few times over a few days. This is because the body is dynamic.

The blood pressure is regulated to meet the circumstances: Under stress or tension or hard work, the blood pressure will be higher. When you take a test or an aviator has his annual physical exam, the pressure goes higher.

During heavy physical work, the blood pressure can also increase to meet increased demands of the body for oxygen and glucose. One mildly elevated blood pressure reading does not make a diagnosis of hypertension. On the other hand, persistent elevations or very high pressures do.

Treatment for high blood pressure involves a few steps. A determination is made regarding how high the pressure is and how quickly the pressure must be brought down to normal limits.

Exercise: weight loss; the elimination of caffeine, ex-

cess salts and alcohol; and stress management might be all this is needed. For some people, medication is required. When the simplest steps of lifestyle management are not enough to control the blood pressure, the doctor will often do tests to look for problems which, if corrected, might cure the secondary diagnosis of high blood pressure.

High blood pressure is, like the commercials say, a silent killer. It maims and kills and is hard to self-diagnose. If you have it, follow your doctor's instructions. Do your exercises, watch your weight and diet, and take the medicine if it is prescribed. Take it for you and for the people you care about.

This article does not reflect Navy Department policies. If you have questions about your blood pressure, see your medical department representative.

Religious Services

Kaneohe Bay
257-3552
Weekdays
11:45 a.m. — Catholic Mass
Fridays
Noon — Jewish Prayer Services, Bldg. 401.
Saturdays
6 p.m. — Catholic Mass
Sunday
7:30 a.m. — Catholic Mass

8:30 a.m. — Protestant Communion
9:30 a.m. — Protestant Sunday School, Pre-School, Bldg. 1391
9:50 a.m. — Catholic Mass
11 a.m. — Protestant Worship
1 p.m. — Samoan Congregation
Confraternity of Christian Doctrine for Catholics is held on Mondays. Pre-School through Kindergarten levels

are taught at the Chapel, 3:45 to 4:45 p.m. Grades 1-2 are taught at Mokapu Elementary School, 6:45 to 7:45 p.m.
Camp H.M. Smith
477-5098
Sunday
8 a.m. — Catholic Mass
9:30 a.m. — Protestant Worship
9:30 a.m. — Protestant Sunday School

Tuesday
11:30 a.m. — Catholic Mass
Wednesday
6:45 a.m. — Prayer Breakfast
7 p.m. — Choir rehearsal
Friday
11:30 a.m. Catholic Mass
Confession Reconciliation for Catholics is held up to 15 minutes before each mass or can be scheduled on an individual basis by appointment.

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 Cpl. B.N. Mitchell
 Cpl. K.D. Whitmore
 SSgt. D.E. Penicost
 SSgt. R.H. Walker
 GySgt. D.J. Harrison Jr.
 MSgt. P.S. Trinidad

Cpl. R.W. Rivers
 Cpl. B.W. Rodgers
 Cpl. C.G. Tomayko
 Sgt. R. Ybanes

Certificate of Commendation
 HM1 B.A. Coogan

HQSycCo

Navy Commendation Medal
 GySgt. J.M. Broderick Jr.

1/12

Welcome Aboards

Pvt. E. Rodriguez
 Pvt. K.M. Wages
 Pvt. T. Watkins
 Pvt. C.A. Willis
 Pvt. J.T. Williscroft
 PFC. G.R. Branch
 PFC. J.S. Bolowski
 PFC. J.E. Henault
 PFC. J.F. Hensult
 PFC. C.M. Jones
 PFC. J.B. Keeton
 PFC. M. Pannoni
 PFC. P.D. Reid
 PFC. D.A. Rhodes
 PFC. J.J. Rocha
 PFC. R.M. Ruzsa
 PFC. C.W. Sanders
 PFC. L.M. Schwartzberg
 PFC. E.A. Sullivan
 PFC. M.L. Timson
 PFC. C.L. Vann
 PFC. A.M. Veliz
 PFC. W.B. Wargo
 PFC. C.A. Willis
 PFC. W.W. Woodard
 LCpl. S.L. Aschelmann
 LCpl. J.G. Green
 LCpl. E.F. Gross
 LCpl. G.J. Patton
 LCpl. M.L. Timson
 LCpl. R.R. Willis

HM3 E.A. Finkelstein
 HM3 C. Milton
 Cpl. T.A. Claus
 Cpl. A.G. Cotton
 Cpl. W.C. Kling
 Cpl. J.A. Thornton
 Sgt. J.J. Blodgen
 Sgt. K.B. Jackson
 SSgt. C.D. Austin
 SSgt. D.W. Walter
 GySgt. J.W. Hank
 GySgt. L. Olivares
 1stSgt. B.A. Kierman
 Cpl. B.C. Glapton
 1stSgt. D.R. Rutledge
 SgtMaj. D.C. Posfer Sr.

HMM-262

Welcome Aboards
 GySgt. M.E. Roy

Meritorious Mast
 LCpl. C.R. Harris
 LCpl. A.H. Lemort
 LCpl. J.J. Manser Jr.
 LCpl. B.R. Randle
 Cpl. J.T. Summers
 Sgt. D.E. Copeland
 Sgt. K.T. Slagle

NCO of the Quarter
 Sgt. D.E. Copeland

Reenlistment
 Sgt. T.J. Ragustin

HMM-265

Meritorious Promotions
 Sgt. P.E. Haydon

Promotions
 Cpl. D.E. Sharp
 Sgt. P.A. Brodowski

Meritorious Mast
 LCpl. A. Cruz
 LCpl. G.A. Limon
 Cpl. L.F. Rauch
 Cpl. J.R. St. Clair
 Cpl. M.J. Wellinghurst

VMFA-212

Welcome Aboards
 Cpl. J.M. Whitehorn
 Sgt. S.E. Williams
 FTLT. L.P. McQuade
 1stLT. J. Arnett
 1stLT. M.B. Norman
 1stLT. J. Riley

Promotions
 Cpl. R. Cantu
 Cpl. T.A. Rumsch
 Cpl. W.T. Tensley

Good Conduct Medal
 Cpl. G.A. Glasco

Reenlistments
 Cpl. A.A. Victory
 SSgt. J.S. Daubs
 SSgt. J. McFadden

HMM-364

PFC. W.G. Rusiewicz Jr.
 LCpl. J. Perez
 LCpl. M.R. Taylor

Navy Achievement Medal
 GySgt. J.C. Williams Jr.

VMFA-232
Good Conduct Medals
 T.R. Colberg
 Cpl. W.K. Monger

Meritorious Masts
 Sgt. M.G. Gerads

VMFA-235

Welcome Aboards
 PFC. J.D. Meacham
 Cpl. D.B. Landis
 Sgt. B.B. Hotz
 SSgt. P.A. Magruder

Promotions
 LCpl. J.B. Ansley
 LCpl. C. Fraun
 SSgt. J.J. Lipko

Meritorious Masts
 LCpl. R.M. Gnieller

Reenlistments
 SSgt. R. Hunter

SOMS

Welcome Aboards
 ENFR D.L. Keenring
 PFC. L.L. Spillman
 PFC. M.A. Williams
 LCpl. D.D. Hyrne
 LCpl. J.K. Schwartzlaw
 Cpl. A.M. Bestross
 Cpl. T.P. Joyce
 Cpl. J.K. Marnee
 Cpl. S.R. Roberts
 Cpl. J.S. Trent
 Sgt. J.M. Chavarria
 Sgt. S.A. Jeffries
 Sgt. A.D. Kjer
 Sgt. B.A. Piccolo
 MGySgt. E.R. Thomason Jr.
 CWO2 L.D. Morgan

Promotions
 Cpl. A.A. Austria III

Meritorious Mast
 LCpl. J.J. Bloss
 LCpl. A.C. Lyons
 LCpl. C.T. Wilson
 Cpl. K.A. King
 Cpl. R.J. Sanchez
 Sgt. B.K. Chastain
 Sgt. T.K. Deford
 Sgt. J.A. Robinson

Rescue Citation
 Sgt. K.A. Layton Jr.

Reenlistments
 Cpl. L.L. Johnson II
 Sgt. J.C. Appudaca
 Sgt. T.K. Deford
 Sgt. J.B. Hudspeth
 Sgt. D.M. Larsen
 Sgt. R.B. Massengill Jr.
 Sgt. M.J. West
 SSgt. S.D. Starling

Meritorious Promotions
 Sgt. J.L. Joiner

Promotions
 MSgt. P.S. Trinidad
 LtCol. C.F. Smith

Navy Commendation Medal
 LtCol. C.F. Smith

Good Conduct Medal
 Cpl. K.L. Hansen
 Cpl. K.M. Stanton

Meritorious Mast
 Cpl. S.V. Noble
 Cpl. D.S. Spinuzza
 3/3

Promotions
 PFC. J.L. Kemper
 LCpl. R.W. Cribfield
 LCpl. A.L. Green
 LCpl. B.M. Lidey
 Cpl. R.C. Bockstahler
 Cpl. R.B. Covarrubias
 Cpl. C.A. Delap
 Cpl. D.A. Derksen
 Cpl. S.R. Gisselback
 Cpl. S.K. Johnson
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ACCIG 200	Principles of Accounting I	MWF	5:10-7:40 p.m.
ACCIG 201	Principles of Accounting II	MWF	6:10-7:40 p.m.
ACCIG 301	Intermediate Accounting II	MWF	5:10-7:40 p.m.
CSCI 100	Introduction to Computer Systems	TTH	5:00-8:45 p.m.
CSCI 321	Programming In 'C' Language	MWF	5:10-7:40 p.m.
CSCI 366	COBOL Language & Programming II	TTH	5:00-8:45 p.m.
ECON 410	Strategic Planning	TTH	5:00-8:45 p.m.
FIN 454	Credit Management Policy & Planning	MWF	5:10-7:40 p.m.
HUM 450	The World Problematique	MWF	5:10-7:40 p.m.
LAW 301	Business Law II	TTH	5:00-8:45 p.m.
MATH 205	Calculus II	MWF	5:10-7:40 p.m.
MATH 300	Mathematics for Decision-Making	MWF	5:10-7:40 p.m.
MATH 321	Statistical Techniques	TTH	5:00-8:45 p.m.
MGMT 325	Human Resource Management	MWF	5:10-7:40 p.m.
MGMT 410	Strategic Planning	TTH	5:00-8:45 p.m.
MGMT 426	Organizational Change & Development	MWF	5:10-9:40 p.m.
PSYCH 200	Principles of Psychology	MWF	5:10-7:40 p.m.
TIM 460	Destination Area Development	TTH	5:00-8:45 p.m.

Summer Session III Courses (August 7 - September 2, 1989)

ACCIG 330	Federal Income Tax—Individuals	TTH	5:20-8:50 p.m.
ACCTG 470	EDP Auditing	MWF	5:00-8:45 p.m.
CSCI 470	EDP Auditing	MWF	5:00-8:45 p.m.
ECON 301	Philosophy of Private Enterprise System	MWF	5:00-8:45 p.m.
ECON 400	Managerial Economics	TTH	5:00-8:30 p.m.
FIN 300	Business Finance	& SAT	8:00-11:30 a.m.
MGMT 323	International Business Management	MWF	5:00-8:45 p.m.
PSYCH 200	Principles of Psychology	TTH	5:00-8:30 p.m.
PSYCH 398	Alcoholism/Chemical Dependency	& SAT	8:00-11:30 a.m.
TIM 100	Management of Travel Institutions	TTH	5:00-8:30 p.m.
TIM 340	Travel Institution Controls	& SAT	8:00-11:30 a.m.

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The Registrar's Office is located on the second floor at 1164 Bishop Street. You may register in person any day of the week, Monday through Friday from 8:00 a.m. to 5:00 p.m. If you are interested in part-time attendance only, call the Registrar's Office at 544-0239 or visit the Registrar's Office in person. We will be happy to mail to you registration and admission forms for your convenience.



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Teens will be given the opportunity to air their feelings on issues important to them in two different age groups during the ASYMCA's upcoming teen rap sessions Wednesdays from 1:30-3 p.m. June 28-July 19 will be for ages 13 and 14; July 26 through Aug. 16 will be for ages 15 and 16. Cost per teen will be \$10 for the four weeks.

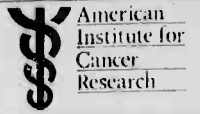
Techniques for teens getting others to pay attention

to them and listen to what they say will be examined. For more information or to

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HOME & APARTMENT

Guide

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(3 line minimum)

Sun Press 235-5881
DEADLINE 12 NOON TUESDAY

0 Free Bee
Your ad is FREE if you're giving something away! Just call 235-5881 Mon.-Fri. 8 a.m.-5 p.m. All free ads are published on a space available basis.

FREE 4 beautiful 1/2 Somali kittens. Call 838-5882

FREE darling tiger striped kittens, 3 mos., need perm. inside home. Call 696-6826

FREE Big Blonde female, spayed litterer, 1 yr., needs perm. home w/fenced yard. 696-6826

FREE Pitbull/lerner, male, 1 yr. needs perm. home w/fenced yard. 696-6826

FREE Topsoil near Yacht Club off Kaneohe Bay Dr. 247-3865

FREE 1 female cat, approx 1 yr. old, 3 kittens, 2 male, 1 female. Males are Tabby, female tortoise shell. 425-2785

FREE mini lop rabbits & cage to a good home. Call 261-7696

FREE kittens 1st vaccination, tiger female, to good home only. 262-5790 or 261-4275

0 Free Bee

ADORABLE Kittens - Black & white, male is husky & fluffy, female is petite (like her mother) & short-haired. Both litter trained & playful. Call 261-6554

4 Health & Fitness

MASTERS Personal Fitness 1 to 1 fitness training. Home Therapeutic Massage (MAT-1849), 948-0146

FEEL Great! Massage by merged, caring therapist, 995-0241, #1885.

PERMANENT Hair Removal! Experienced electrologist, guaranteed results. Payment plan, 521-4008

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4 Health & Fitness

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15 Announcements

100% HUMAN Hair for weaving synthetic hair and wigs. 455-8222

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NOW Booking parties for House of Loyd, Christmas Around the World. New exciting program. Call now for early booking, 422-4073

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Staff Attorney Gene Bridges

HELP WANTED

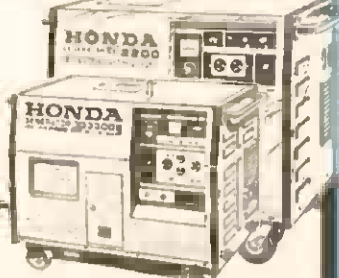
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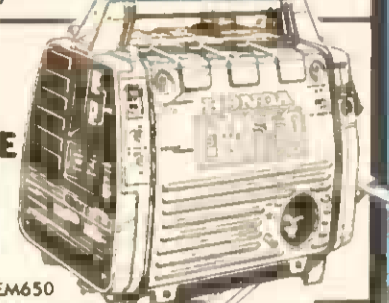
ONLY
\$1199 EX2200
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Welder Generator
 3000 WATT GENERATOR
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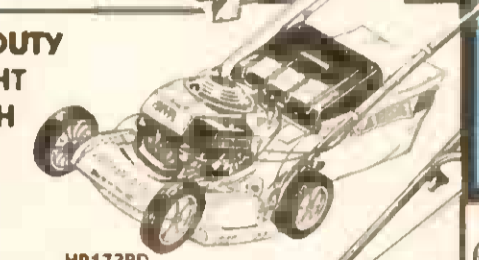
CAMPER'S SPECIAL
 5.3 HOURS ON ONE TANK OF FUEL!!



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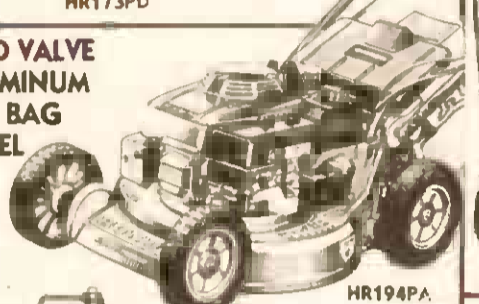
3 H.P. HEAVY DUTY LIGHT WEIGHT MODEL WITH REAR BAG

\$379



4 H.P. OVERHEAD VALVE ENGINE 19" ALUMINUM DECK W/REAR BAG PUSH MODEL

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4 H.P. OVERHEAD VALVE ENGINE 2 SPEED SHAFT DRIVE 21" DECK W/REAR BAG

\$599



Sandy Brodie's

Father's Day SALE



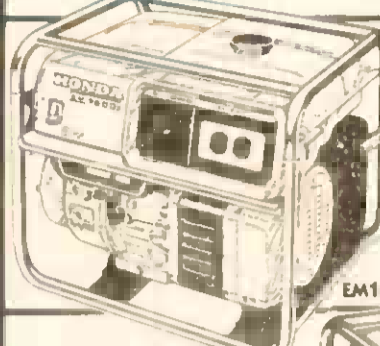
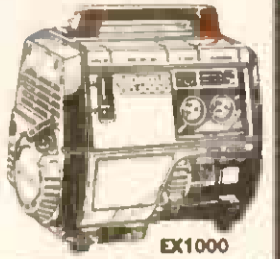
SUPER QUIET LIGHTWEIGHT

RIGHT NOW ONLY!

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FOR THE SERIOUS CAMPERS WHO NEED ALL 1000 WATTS

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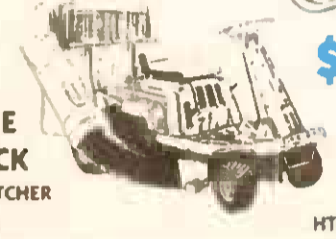
\$789

GREAT HOUSEHOLD BACK-UP SOURCE DON'T BE LEFT IN THE DARK

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9 H.P. ELECTRIC START W/5 SPEED AND REVERSE 30" DECK GRASS CATCHER OPTIONAL

\$1899

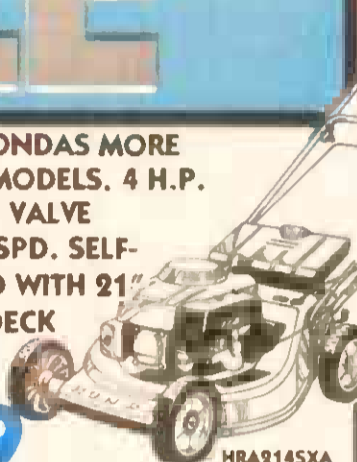


\$4999 OUR NEW UTILITY TRACTOR WITH 2 PTO'S, HYDRAULICS, 4 WHEEL DRIVE, 4 WHEEL STEERING



ONE OF HONDAS MORE POPULAR MODELS. 4 H.P. OVERHEAD VALVE ENGINE 2 SPD. SELF-PROPELLED WITH 21" CUTTING DECK

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\$3299 LIQUID COOLED QUIET TWIN CYLINDER WITH 42" CUT. ELECTRIC START WITH 5 SPEED & REVERSE



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11 H.P. ELECTRIC START W/5 SPEED & REVERSE. 38" CUTTING DECK



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For optimum performance and safety, we recommend you read the owner's manual before operating your Honda power equipment. Connection to house power requires transfer device to avoid possible injury to power company personnel. Consult a qualified electrician. 1987 American Honda Motor Co., Inc.

WINDWARD MAZDA AUTO DISCOUNT CENTER

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YEAR END CLEARANCE
 1990 models arrive in July!

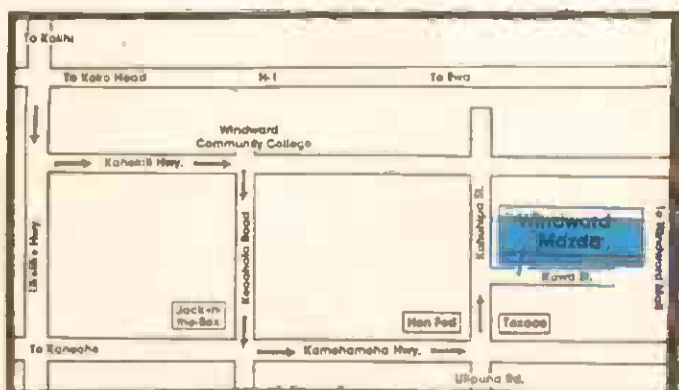
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