

HAWAII Marine

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

September 2, 1993



LCpl Justin Lonson

Ordnance personnel from Marine Medium Helicopter Squadron-165 prepare their CH-46 helicopters for a live-fire shoot at Barking Sands on Kauai. The squadron deployed to Kauai Aug. 23-27. For more photos from the exercise see page A10.

Base clean-up shouldn't be just semi-annual

By Sgt. Lou Ramirez
Staff Writer

Once again the station clean-up is here. An extensive clean-up of the air station will be held Sept. 10, 13 and 14.

Clean-ups are held twice a year in order to restore the air station to its natural beauty and pristine state.

"This clean-up will be three days due to increased command level of awareness for a neat, clean 'squared away' appearance of buildings and grounds aboard MCAS Kaneohe Bay," said GySgt. Jeffrey Demerest, station inspector's office.

Special attention will be paid to base housing areas, barracks, approaches to beach areas, athletic fields, the bowling alley and main roads.

"Looking around the barracks parking lots you see a lot of unwanted trash and I want it gone," Demerest said.

All units are encouraged to participate in the semiannual clean-up and are responsible for cleaning the areas adjacent to their commands in accordance with Air Station

Order 110414.18. "Semi-annual station cleanups support the commanding general's policy to maintain the air station's state of police and cleanliness in accordance with the traditional high Marine Corps standards. First MEB units are fully prepared to support this effort," said Maj. Gary Hall, Brigade Inspector.

An all-hands formation will be held Sept. 10. The clean-up will commence following the formation.

Base Housing residents should collect and prepare trash and debris for Wednesday's curbside pick-up. Special arrangements have been made for oversized rubbish and trashbags.

Recycling bins will be furnished and placed in designated dump sites throughout the air station.

People should remember that it is not just one person's air station but, MCAS Kaneohe Bay is everyone's home and they should keep it clean, not only during the semi-annual clean-ups, but everyday.

Hawaii Marines, sailors train at UFL-93

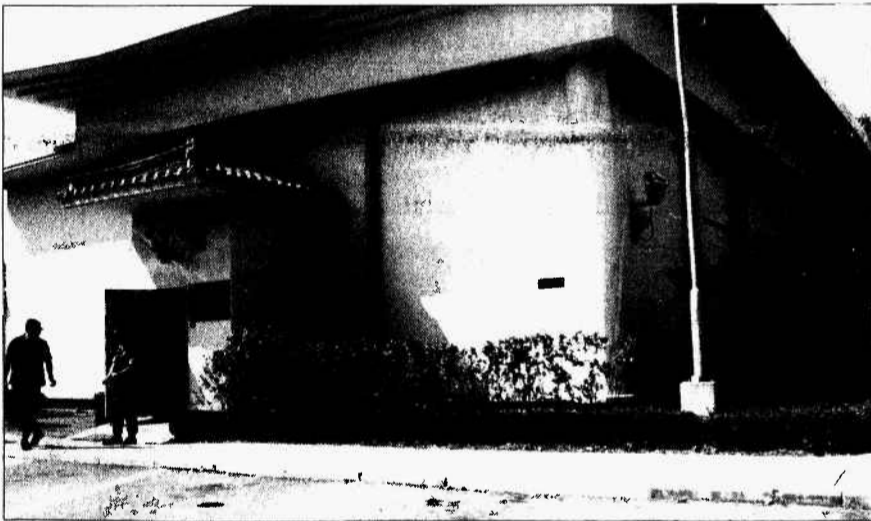
By GySgt. T.M. Foglesong
Marine Forces Pacific PAO

SEOUL, Republic of Korea — Hawaii-based Marines and sailors began returning to the Land of Aloha from the Republic of Korea Aug. 31, following nearly two weeks of "war" during Exercise Ulchi Focus Lens (UFL)-93.

UFL-93 is the world's largest command post exercise, and it serves to reaffirm the continued commitment of the U.S. to maintain peace on the Korean peninsula. More than 500 Marines and sailors from throughout Marine Forces Pacific joined nearly 12,000 U.S. and ROK personnel for the exercise, which ran from August 17-30.

The Yongsan Army Garrison here, and various other locations throughout the ROK, served as the background for the Marines and sailors who came to participate in the command post exercise (CPX). A CPX is designed to train staffs and commanders — no forces deploy to the field, and no live ammunition is fired — so UFL-93 was conducted on dozens of computer screen "battlefields" at "battle simulation centers" throughout South Korea and Germany.

A primary Marine Corps goal for UFL-93 was to test the successful melding of U.S. and ROK Marine and Army forces into the Combined Marine Forces Command (CMFC). This command was established in 1992, and it represents a significant increase in MARFORPAC's responsibilities in the defense of



GySgt. T.M. Foglesong

The plain facade of Command Center Seoul, called "C.C. Seoul", belies the intense pace of operations Hawaii-based Marines conducted there Aug. 17-30 during Exercise Ulchi Focus Lens 93.

the ROK.

If deterrence fails on the Korean peninsula and the ROK is attacked, the Commanding General of MARFORPAC, LtGen. H.C. Stackpole III, would assume command of CMFC. Commanding CMFC is a unique responsibility for a Marine General: CMFC is made up of three services from the U.S. and two services from the ROK, to include the entire ROK Marine Corps. The combat forces of the Combined Marine

Expeditionary Corps, would be nearly the size of the active duty U.S. Marine Corps.

There are immense challenges involved in preparing and commanding a force this size. UFL 93 allowed participants to identify many of these challenges and find the best ways to meet them.

"Command, control, and logistics issues become overriding concerns in (CMFC's) effort to help the Marines in the field do their jobs to the best of their ability,"

explained LtGen. Stackpole. "There has been great honesty here in identifying shortcomings (regarding these issues), and I am exerting maximum effort to fix them."

Most of the 150 Hawaii-based Marines and sailors departed Hickam Air Force Base for the exercise Aug. 14. Upon arrival, the Marines and sailors began integrating with their ROK Marine counterparts to fully form the

See UFL, A-4

Two 1st MEB Marines to be recognized for saving Okinawan

MCB, Camp Smedley D. Butler

MARINE CORPS BASE, CAMP SMEDLEY D. BUTLER, Okinawa, Japan—Two Marines who rescued Hiroshi Igei, 18, of Kin, Japan, Aug. 18, will be honored Friday by the Mayor of Kin and the Commanding General of the 3rd Marine Division, BGen. Ray. L. Smith. The ceremony will be held at Camp Hansen, near Kin. The Kin Mayor, Mr. Kikuo Nakama, will present LCpl. Daniel J. Carter and PFC Charles W. Cain with certificates of appreciation. General Smith will present Navy Commendation Medals to the two Marines.

Carter, from Baldy Mesa, Calif., and Cain, from Wakefield, Kan., are assigned to A Company, 1st Battalion, 3rd Marine Regiment, a unit from 1st Marine Expeditionary Brigade, Marine Corps Air Station, Kaneohe Bay. They are here for six months as part of the Unit Deployment Program. Both Marines are 20 years old. BGen. Richard F. Vercauteren, 1st MEB commanding general, and BGen. Wayne E. Rollings, Camp Butler commanding general, will also be on hand.

Educators, concerned residents speak out

By Cpl. Bary Baker
Staff Writer

The principals of Kalaeo High School and Mokapu Elementary, and Kim Dean from Youth Activities spoke at the Neighborhood Quality of Life Board Meeting Aug. 27 on issues of the upcoming school year.

A small, but very interested crowd came to listen to the "Back-to-School" tips these educators had to offer.

"We have an excellent working relationship with the base," said William Tam Jr., Kalaeo principal. "We have 1,140 students this year, and 30 percent of them are military dependents."

Tam said that the parents are probably concerned that as a state, Hawaii is ranked pretty low as far as the national test scores. Although he did assure that Kalaeo is at, or above the national average

He went over some of the classes offered to students and the extensive sports program for both boys and girls. Tam's pride was evident as he talked of his staff of three vice principals, 80 teachers and numerous counselors.

"We were named as one of the top 200 high schools in the nation last year," Tam boasted. "I was very proud to go to Washington to receive the award from the Secretary of Education."

He also said that 70 to 75 percent of his graduates start college, but said it was hard to keep track of all students after they leave.

"I get letters from former students that tell me where they are going to school and how they are doing," Tam said. "That's what makes teaching so very, very enjoyable."

Also proud of his school was Jim Schlosser, principal of Mokapu Elementary here aboard the air station

He said this year will be no different as the number of students continue to rise. This year there will be 950 students attending Mokapu kindergarten through sixth grade. He said construction will begin this year for two more buildings which will include four classrooms "with all the features of a modern classroom," Schlosser said.

"We have 80-plus employees, a very large staff," Schlosser said. "We had three retire last year, with one being here for 29.9 years. When someone stays at a school for that long, it tells you something about the school"

Some of the questions asked were a sidewalk being constructed on the school-side of Mokapu Blvd.; the cluster of dropping off and picking up of students; the students riding their bikes to school posing safety hazards; and the much needed crossing guards.

Kim Dean of the A+ program

briefly went over what is offered to the children attending. She said the 15-1 ratio, ordered by the state would stay intact, no matter how many kids show up. "We'll just hire more people," Dean said. "We are never full."

Bordelon Loop residents came to state their opinions of the continuously misbehaving youths, but offered some of their own solutions. Station Provost Marshal Maj. T.L. Hess was present to help answer some of the questions and concerns the residents had.

Next month the Neighborhood Quality of Life Board will be holding elections. Active duty military personnel aboard the station and their spouses are welcome to run for a spot.

For more information on NQLB, please call acting chairman Capt. Chris Martin at 257-2104.

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Survival of the fittest

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Secretary Aspin announces Bottom-Up Review results

Office of Assistant Secretary of Defense

It was December 1991 at Georgetown University that candidate Bill Clinton pledged to "restructure our military forces for a new era." Today, Secretary of Defense Les Aspin announced fulfillment of that pledge. "We'll have a force based on tomorrow's requirements, a lean, mobile, high-tech force ready to protect Americans against the real dangers they face in this new era," Secretary Aspin said. The review was a highly collaborative effort composed of a steering group chaired by

the Under Secretary of Defense for Acquisition and included representatives from the offices within the Office of the Secretary of Defense, the Joint Staff, and the Services.

Its unprecedented scope encompasses all major elements of defense planning, from the formulation of strategy, to construction of force structure, to weapon system modernization, and finally the reconfiguring of the Department of Defense (DoD) infrastructure.

"It couldn't be any other way. The process has brought the civilian and military communities closer together. We've established a working

relationship over the last five months that would have taken a year or two to develop with this review," said Secretary Aspin.

The Bottom-Up Review's analytic process reviewed both the new dangers and opportunities foreseen in the post-Cold War world. The review developed new military strategies and plans to carry out these strategies in force structure, weapons modernization, and new defense initiatives.

The review identifies force structure required to maintain the capabilities to win two nearly simultaneous major See Review, A-4

Bicycle registration required, will help recover if stolen

By Cpl. Wanda D.G. Schaner Staff Writer

"STOP THIEF!" "It was here just a minute ago. I only went inside for a couple of minutes. Why didn't anyone stop him?"

These phrases, and many more, are spoken everyday by Marines and their families aboard the air station.

"We have witnessed an increase in larceny, especially bicycle thefts," stated SSgt. A.D. Lapointe, the service support chief at the Provost Marshals Office. "People are leaving their property unattended and/or unsecured and then they seem so surprised and angry when it comes up missing." There is a cure for the current larceny trend.

"We want to stress the need for individual responsibility. It is your property, take the necessary security measures to keep it that way," Lapointe explained.

For starters, all bicycles are required to be registered. The station order reads as follows...All bicycles operated aboard MCAS Kaneohe Bay must be registered with the Military Police Department Pass and Registration Office. Proof of ownership and serial number are required.

If you ride off base your bicycle also needs to be registered with

the City and County of Honolulu. If it's not registered and you get stopped for a violation, you could receive a citation.

Next, make sure the bike is properly secured with a lock and chain. The chain should be long enough to go through the wheel and wrap around the body of the bike. Whenever possible, it should also be secured to a solid, stationary object. This makes it more difficult for a thief to just pick it up and walk off.

If your bike does get stolen, report the theft as soon as possible to PMO.

"This is where the importance of bike registration comes in," Lapointe said.

"We take the statement and start looking. The first place we check is our stolen bike list," Lapointe explained. "We have a list of the bikes we have found abandoned on base. We put them in a rack out back. If they had been properly registered, they would have been returned to the owner as soon as they were recovered. Since they weren't, we have them and they don't."

"When you register your bike, you're issued a decal. This numbered decal goes under the seat at the front of the bar. The decal is good for the whole time you're here," Lapointe explained.

If you sell your bike, the new owner needs to re-register it, both

here and at the City and County of Honolulu. Otherwise, the new owner could be accused of theft.

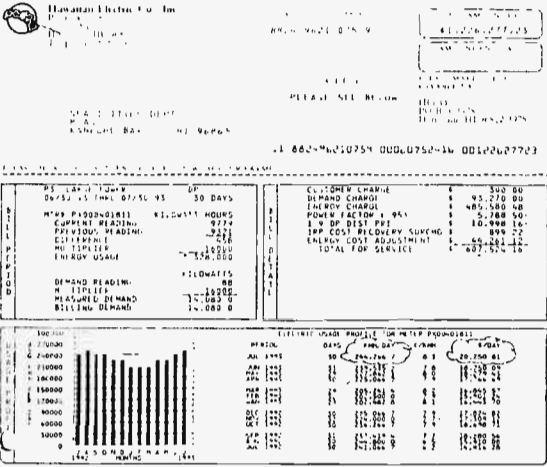
Bike owners should also keep in mind a few other points. "Safety is extremely important. If you ride at night, it is recommended that you wear a reflector vest. The bike must also have a red reflector, at least three square inches, in a position that will not be obstructed from view in the back. Also required is a light that shines 500 feet in front," Lapointe said.

Bicycles are required to follow the same rules as all other vehicles. This includes posted speed limits and right of way. "The only time a bike can go against the flow of traffic is in a bike lane," Lapointe stated.

"Parents are responsible for teaching their children the proper safety and traffic laws for bikes. We also want to remind parents to have their children avoid Mokapu Blvd. as much as possible on the way to school. It is a heavy traffic road. We want to suggest taking the route through 802 housing so they miss the traffic," Lapointe stressed.

Enjoy your bike. Register it properly, don't leave it unsecured, and obey traffic laws and safety regulations. This way your property doesn't become just another statistic at PMO.

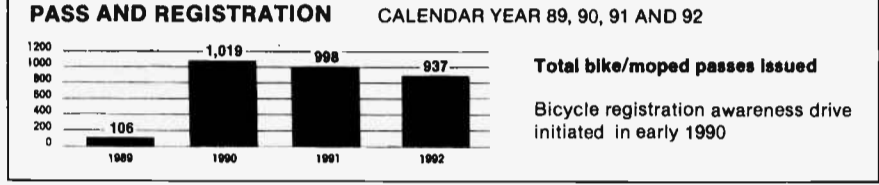
Electric bill skyrockets



By Joint Public Affairs Office

Marine Corps Air Station, Kaneohe Bay set records for energy consumption per day and cost for the month of July. The air station used 244,267 Kilowatt-Hours per day, costing \$20,250... yes, per day.

Use common sense: "Kill those Watts" by conscious and conscientious use of electricity, especially air conditioning. Keep it "off" until needed. Don't waste it to the outdoors or un-air conditioned areas. "Open-up and keep it off" or "button-up, if it must be on." Let's all do our part in the war on energy/utilities waste!



HAWAII Marine

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This week around the world

Azerbaijan War continues

[1] The former Soviet state of Azerbaijan is reaching a critical stage in its five-year civil war.

The oil-rich republic has been involved in a bitter struggle for power between Armenian and Azerbaijan forces. Approximately 100,000 Christian Armenians are fighting for independence from the majority Muslim Azerbaijanis.

By taking advantage of the current instability of the Azerbaijani government, the Armenian forces have made significant gains during the summer.

Fighting has been near the Armenian and Iran border. The Azerbaijan government claims the Armenian government has been helping fuel the Armenian uprising in Azerbaijan.

Current fighting has forced thousands of Azerbaijan refugees to flee toward Iran. There are currently about one million refugees in the war.

U.N. sanctions support continues against Iraq

[2] Three years and more than 7,000 boardings since it all began when the USS John L. Hall (FFG 32) inspected the Iraqi-flagged Merchant Vessel Al Faw, the multinational maritime interception operations in support of United Nations sanctions are going strong.

The purpose of the interception program is to prevent Iraq from exporting goods, while prohibiting imports other than food and medicines destined for its civilian population. The operations are conducted by ships assigned to U.S. Naval Forces Central Command.

Through the first three years,

17,723 ships have been intercepted, 7,364 ships boarded and 471 diverted. The interception operations are a true multinational effort, with countries other than the United States completing about 35 percent of the boardings.

The first three-and-a-half months of the operation in 1990 were hectic, with 775 boardings in the region conducted by several nations. Since the Gulf War, however, the pace has slowed,

largely because of the absence of shipping into and from Iraq. Still, in a typical month, 170 ships are boarded.

Marines train Thais

[3] About 100 Marines from Company B, 1st Battalion, 3d Marines, are in Thailand for a field training exercise designed to

train Royal Thai Marines in U.S. tactics.

The unit, home-based at MCAS Kaneohe Bay, is currently stationed in Okinawa, Japan, for six months under the Unit Deployment Program.

The Marines will train the Thais in jungle survival, patrolling, navigation and reconnaissance. In addition, the U.S. and Thai Marines will conduct live-fire exercises.

U.S. forces sent to Somalia

[4] About 400 Army Rangers have been sent to beef-up United States forces in Somalia in response to recent attacks by rebel warlords.

The action was prompted after four soldiers were killed in a mine explosion.

United Nations operations have focused on Mohamed Farrah Aidid

and his supporters. Aidid is blamed for the attacks on United Nations forces in Somalia.

Continuing problems in Somalia, and the deployment of forces there, have sparked controversy and many politicians are calling for the United States to reexamine its role there.

Israel/PLO near peace

[5] It appears as if Israel and the Palestinian Liberation Organization are on the verge of a historic agreement which would give the Palestinians some autonomy in Israel.

The plan would give the Palestinians self-rule in the West Bank and Gaza Strip. In turn, the Palestinians would recognize Israel.

If the agreement is signed, Israeli forces in the West Bank and Gaza Strip would withdraw from Gaza and the West Bank town of Jericho as the first stage of a five-year period of interim self-rule.

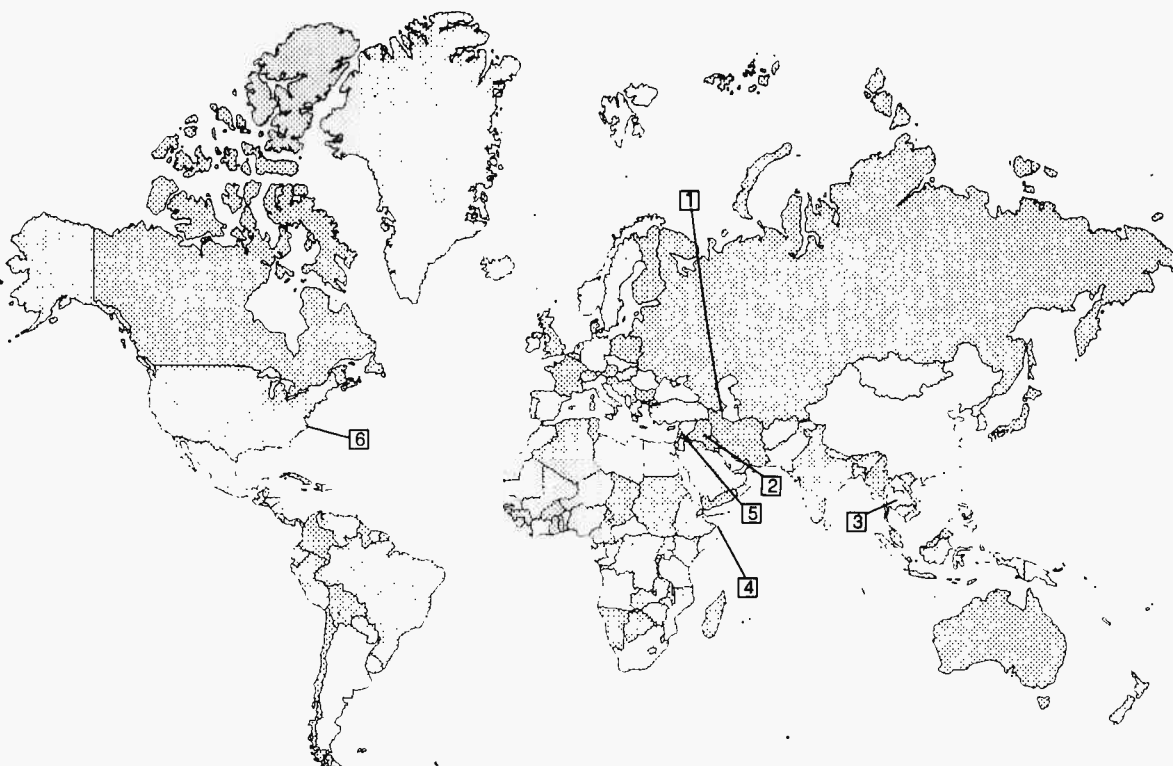
The United States and Russian-sponsored peace talks have been deadlocked for 22-months. News of the breakthrough during the secret meetings in Oslo, Norway was welcomed by governments around the world, but in Israel news of the agreement sparked protests by Israelis.

Hurricane Emily brushes N.C.

[6] Hurricane Emily appeared to spare the East Coast of the United States Wednesday as it moved out to sea after brushing the North Carolina coastline.

The hurricane, with gusts of more than 130 miles per hour, hit the Outer Banks of North Carolina causing some damage, but the eye of the storm didn't make landfall.

Emily is expected to continue moving out to sea and weaken.



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UFL

from A-1
CMFC.

One of the greatest challenges in a combined operation is overcoming the language barrier. But language communication seems to have improved a great deal since the first MARFORPAC UFL last year, according to Cpl. Kevin Wykert, who worked as the G-4 logistics watch clerk and is a veteran of UFL-92. "The ROK Marines understand English very well," Wykert said. "I can't imagine myself having that extensive a knowledge of a foreign language. What spoken portion they do not understand, they simply write down for further study and translation."

C-3 Operations Clerk Cpl. William Pedrino agreed. "If (the ROK Marines) had as poor a knowledge of English as I have of Korean, we would have had severe problems, but their command of our language is very good."

The ease of communication did not strike SSgt. George Goundry, a Korean linguist from 1st Radio Battalion, as unusual. "The English capability throughout the ROK is generally strong," he said. "Many of their senior officers have attended (Marine Corps) Command and Staff College and Amphibious Warfare School, so their command of English is quite natural."

Goundry said that one language difficulty results from trying to explain the meaning of special terminology and acronyms common in a military

environment. But this is not an insurmountable problem. "We need to work closer with our ROK counterparts," he explained. "We can do that here because the spirit of cooperation, teamwork, and even friendship showed in many ways. During the few periods of relative quiet during the exercise, groups of three or four ROK and U.S. Marines would gather to teach their language to one another. It was often a brief matter of time before family photos were brought out of wallets for proud display and discussion. But all too often the photos were quickly returned as the pace of the exercise rapidly picked up again."

As the computer-simulated "battles" raged, the CMFC Combat Operations Center worked around the clock at Command Center Seoul, called "C.C. Seoul", where most of the CMFC staffed waged the "war". The staff generated plans, coordinated logistic support, reported intelligence, determined supply procedures and requirements, tracked personnel shortfalls, and developed personnel replacement plans to support moving units defending Korea. Meanwhile the Combined Marine Expeditionary Corps (CMEC) "fought" the "war". CMEC sent orders and information to the simulation centers, where "gamers" placed it in the computers.

The computers driving the simulation process transmitted about 108 million instructions per second — the equivalent of an entire encyclopedia set per second — throughout the exercise. The computers resolved combat actions,

portrayed unit movements and consumption of supplies, and incurred casualties. For example, when plans called for bombs to be dropped by Marine Corps F/A-18s, the computers recorded every result, ranging from reduction of the CMFC bomb supply to the elimination of whatever target was destroyed. The computer outcomes were then transmitted to the CMFC staffs, who used the outcomes to develop new requirements and plans.

"Personally for me, it was eye-opening," said Capt. Michael Millo, fire support coordinator for 3rd Marines. "We were simulating a division staff executing their plans that enabled them to respond. "I think it went very well. We became pretty close knit teams. Everybody gains from exercises like this. You learn something new every day, or if you already knew something, you found out a better way to do it."

Around-the-clock operations at C.C. Seoul ended Sunday, and the focus of the action shifted to return of personnel and equipment to Hawaii and writing the after-action reports.

Hawaii-based Marines at UFL 93 were from MARFORPAC staff at Camp Smith and 1st Marine Expeditionary Brigade, I Marine Expeditionary Force and III Marine Expeditionary Force Marines and sailors also participated, as did staffs of the United Nations Command/Combined Forces Command, U.S. Forces, 8th U.S. Army, the 7th Fleet, 7th Air Force and all ROK armed forces.



Cpl. Aaron Martin

TAFAKULA '93

The Kingdom of Tonga was the location for Exercise Tafakula '93. The exercise will be explained in next week's edition of the Hawaii Marine.

Review

from A-2

regional conflicts. In this force structure the Army will have 10 active divisions and 15 reserve brigades, the Navy will maintain 11 carrier battlegroups and one reserve carrier, the Marine Corps will have five active brigades and one reserve division (to staff three Marine Expeditionary Forces), and the Air Force will

retain 13 active duty and seven reserve fighter wings.

To help these smaller forces combat ready, the review calls for force enhancements such as:

- Additional prepositioned equipment.
- Additional airlift/sealift.
- Improved anti-armor and precision-guided munitions.
- Improved Army National Guard combat brigade readiness.

The United States will

continue its overseas presence to deter regional aggression, while retaining its commitments to peacekeeping and other military operations under the Bottom-Up Review.

As President Clinton said in February 1993, "The men and women who serve under the American Flag will be the best trained, best equipped, best prepared fighting force in the world, so long as I am President."

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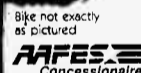


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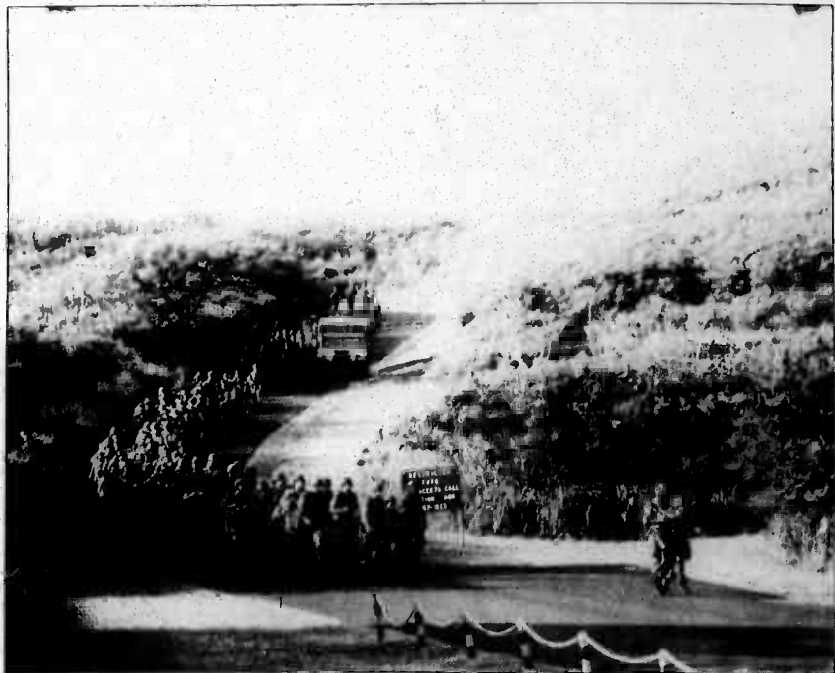


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Cpl. Barry Baker

Corps' equal opportunity campaign still building

Marine Corps News

Tomorrow's Marine Corps leaders should reflect the diversity of our nation. That is the goal of a comprehensive manpower initiative called "2015 Plan," designed to develop an officer corps that will reflect the growing role of the nation's minorities.

By the year 2015, America's two largest minority groups — African Americans and Hispanics — will account for more than 28 percent of the general population.

Expanding minority representation in the officer and enlisted ranks of the Marine Corps to reflect this growth is one of the Commandant's major manpower goals. As stated in the Marine Corps' latest military equal opportunity assessment our goal is "to attain minority officer and enlisted representation in the Marine Corps equal to their representation in the eligible population and historical accession data."

The 2015 Plan is not an

affirmative action program designed to recruit or promote minorities through a lessening of accession or performance standards. It is the Marine Corps' unwavering philosophy that leadership hinges upon advancement of the best qualified within its ranks, regardless of race, ethnicity, or gender. To that end, the 2015 plan provides increased focus on measures to identify and access the highest quality minority officer candidates who will be competitive throughout their career.

In the words of one Marine Corps manpower official, "It takes about 22 years to 'grow' a second lieutenant to colonel. This plan recognizes the changing demographics of American society and allows the Marine Corps to reflect those changes while still preserving the quality of leadership that is essential to maintain our mission readiness."

The architects of the 2015 Plan are working with officer procurement officials to adjust minority accession goals that reflect changes in population and trends in higher education.

Additionally, officer selection teams will be instructed on how to better prepare their candidates for the challenging environment of Officer Candidate School.

Another major resource in accomplishing the goals of the 2015 plan is the minority-enlisted Marine, already in uniform and well adapted to the Marine Corps way of life. Action is currently underway to encourage Marine leaders to identify minorities who meet the qualification standards of commissioning sources such as the Marine Enlisted Commissioning Education Program and the Enlisted Commissioning Program.

Our continued success as a corps depends directly upon a continued strong commitment to combined principles of equal opportunity and highest caliber leadership. The 2015 Plan will deliver on the Marine Corps' commitment to have a force — led by completely developed officers — that reflects America's increasingly diverse society.

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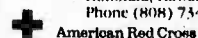


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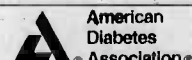
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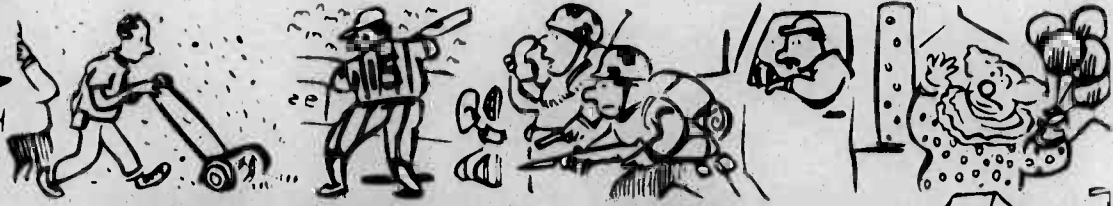
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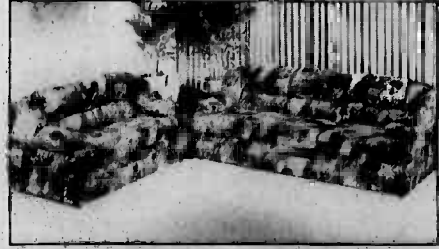


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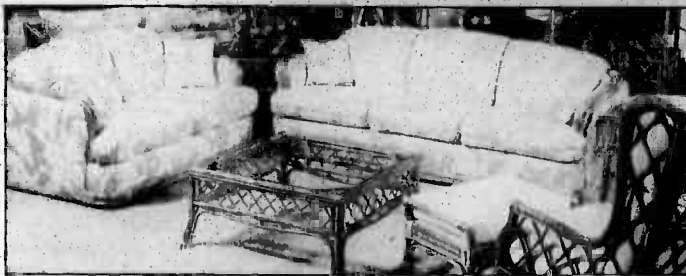
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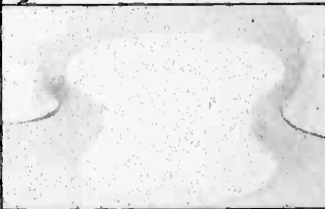


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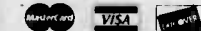


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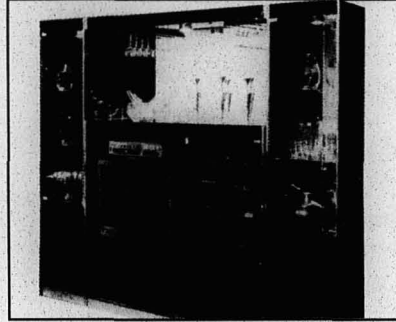
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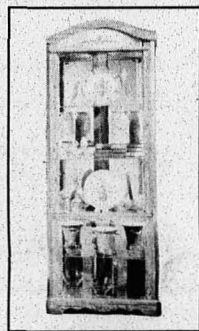
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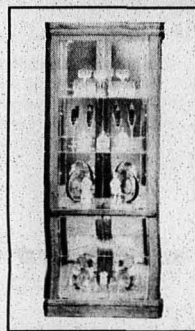
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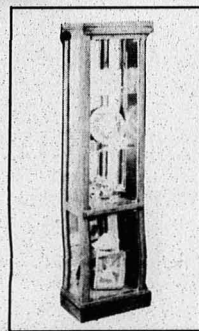
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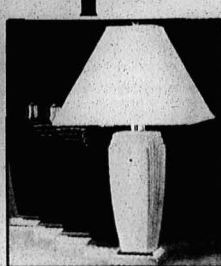
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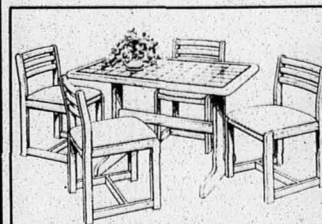
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TOW Plt., 3d Marines learn how to survive

By Sgt. Paul Schneider
Staff Writer

The Marines of TOW Platoon, 3d Marines, left their missiles and vehicles at Kaneohe Bay and took to the field Aug. 23-27.

In fact, they left almost everything in the rear — to include food.

The Marines, who are usually training to fight tanks and other armored vehicles, spent the week fighting the environment during a week of survival training at the Coast Guard base, Omega Station in Kaneohe and the Kawailoa Training Area near the North Shore.

"We did basic survival training," explained 1st Lt. Jonathan Hitesman, TOW Platoon commander. "We went out with a [small] bag of rice and had to find fruit and do some trapping." The Marines started at Omega

Station, where finding food to eat was relatively easy, and moved to the Kawailoa for the real test of their training.

During the first days of the training at Omega Station, the platoon leaders gave several survival classes. Immediately following the classes, the approximately 40 Marines were able to apply what they learned.

"We had classes on everything from survival fires to what you would need to survive, like traps, snares, and what's edible and what's not," explained Sgt. Jeremy Willis, TOW Platoon.

Although they had to work for their food, the Marines had a relatively easy time finding it. They ate plants like taro, passion fruit, guava, coconuts and bananas.

The Marines also had some chickens which they brought out with them for training.

"We worked on preparing

chickens because pretty much everywhere you go in the world there are chickens or birds," Hitesman said.

While it might seem as if survival training is unnecessary for Marines who are usually riding in vehicles, the TOW Marines saw it differently.

Hitesman explained that they like to do as much regular infantry training as possible.

In combat, if the TOW Marines ever had a disabled vehicle, they could easily find themselves in a survival situation. The week-long training of classes and practical application helped them learn skills which might save their life someday.

"All the information we got from the classes really helped," explained LCpl. Dino Leonard, TOW Platoon. "You have to survive if you are stuck in a situation like this. You are here to live, not die."



LCP. Paul Schelb, left, and Sgt. David Schaleger from TOW Platoon, 3d Marines, attach a chicken to a roasting stick for lunch.



PFC Jonathan McCaslin drinks coconut milk, but wishes it was something else.



A Marine makes a loop for a snare.



The TOW Marines were pretty successful in finding food at Omega Station.

Photos by Sgt. Paul Schneider

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345	Introduction to the Macintosh	9/11	Sat	9-12 noon	\$30
350	Introduction to Word (MAC)	9/14 & 16	TTh	6-9 pm	\$60
354	Introduction to Macintosh	9/20	Mon	6-9 pm	\$30
356	Intro to Excel (MAC)	9/21 & 23	TTh	6-9 pm	\$60
359	Intro PageMaker (MAC)	9/25	Sat	9-12/1-4 pm	\$60
362	Introduction to the Macintosh	9/27	Mon	6-9 pm	\$30
364	Intro FileMaker Pro (MAC)	9/28 & 30	TTh	6-9 pm	\$60
PC COURSES					
340	Introduction to IBM-PC	9/7-8	TW	6-9	\$40
343	Intro Disk Operating System	9/9	Th	6-9 pm	\$35
344	Introduction to IBM-PC	9/11	Sat	9-12/1-4 pm	\$40
346	Introduction to Windows	9/11	Sat	9-12/1-4 pm	\$90
347	Introduction to the IBM-PC	9/13-14	MT	1:30-4:30 pm	\$40
348	Intro Disk Operating System	9/13	Mon	6-9 pm	\$35
349	Introduction to WordPerfect	9/14-16	TWTh	6-9 pm	\$90
351	Intro Disk Operating System	9/15	Tue	9-12/4-30 pm	\$35
352	Introduction to WordPerfect	9/20-22	MWT	1:30-4:30 pm	\$90
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355	Introduction to Lotus 1-2-3	9/21 & 23	TWT	6-9 pm	\$90
357	Intro WordPerfect Windows	9/23 & 25	ThS	5:30-8:30 + S	\$90
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360	Introduction to Lotus 1-2-3	9/27-29	MTW	1:30-4:30 pm	\$90
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Hawaii's own... 4th Force Recon Co. alive and well

4th Force Reconnaissance Company

Just as Mark Twain had to prove reports of his death had been greatly exaggerated, so it is with 4th Force.

Rumors that the 4th Force Reconnaissance Company is moving to the mainland have been greatly exaggerated. The company is here to stay and is actively recruiting reservists for numerous billets.

If you are being affected by the drawdown, have landed the civilian job of a lifetime or just plan on spending a few years in paradise after you leave active duty, 4th Force may have a boatpace for you.

A few of the projected vacancies are: platoon commander (lieutenant or captain), first sergeant, intelligence chief (0231), platoon sergeant (0369), and nuclear, biological, chemical noncommissioned officer.

Two immediate billets are available in the para/oft as riggers

(0451) and if you have what it takes to be the elite of the elite — an 0321 or reconnaissance Marine — a billet is waiting for you.

Being a force reconnaissance Marine is not easy and not every Marine can be a force Marine.



however, if you can score a first class physical fitness test (PFT) and first class swim test, you are well on your way to full integration as a team member.

If your PFT and swim qualification are not first class, we are willing to work with you. You'll be screened, assigned to RIP — Reconnaissance Indoctrination Platoon — and with the proper mental attitude and endurance, can earn the coveted MOS of 0321. From there, you can take to the sky as a Navy/Marine Corps parachutist, or explore the ocean depths as a Navy scuba diver and USMC combatant diver.

With only two days per month and 15 days of annual training per year, you could become a member of "Hawaii's Own... 4th Force Reconnaissance Company."

Information on billet vacancies is available from Capt. Matt or 1stSgt. Speed at 471-0202 or 472-8271.

4th Force tackles the Sierras

4th Force Reconnaissance Company

For most civilians the summer offered a chance to relax and enjoy some time off, but for others, like the reservists of the 4th Force Reconnaissance Company, the summer was anything but relaxing.

After Maj. Richard M. Gin, USMCR, an account executive at Ceridian Employer Services Inc., assumed command of the company June 4 at the Navy/Marine Corps Reserve Center, the company departed Hawaii June 5 for annual training at the Marine Corps Mountain Warfare Training Center (MWTC) near Bridgeport, Calif.

For many of "Hawaii's Own," the snow-capped Sierras proved to be a serious wake-up call. Arriving in Reno, Nevada, on the coldest day in recorded history, it was soon realized that this annual training was not going to be just another Kahuku SWEAT-Ex.

After gear issue (gore-tex,

experimental sleeping bags, and rock climbing hardware) at our detachment I&I center in Stead, Nevada, the company made the 90-mile movement into the Sierras. At the Mountain Warfare Center, the company quickly learned the value of the experimental sleeping bags.

Training began at the Levitt Training Area (LTA). The "Red-hats," otherwise known as instructors for the MWTC, quickly realized the advanced skill level of the 4th Force Marines and accelerated the learning curve to accommodate it. After the noon meal the Marines were on the rocks and for the next four days they gained proficiency in balance climbing, rappelling, bridging techniques, and stream crossings.

Shortly after the conclusion of survival training, many tales of bravado came into being and undoubtedly with time will be embellished. One that cannot be denied was that of Sgt. Doreen Engleson, who

became the first female reservist to complete the survival phase.

The remaining few days in Bridgeport were devoted to patrolling skills, a parachute operation, and gaining experience and confidence in the various communications assets available to a force reconnaissance company. As FY-93's annual training drew to a close, there was still time for 24-hours of liberty in Reno, Nevada, and the Marines came home \$12,000 richer.

With the fiscal year almost over, FY-94 is shaping up to be a very challenging and motivating year. The company will be participating in an exercise in the Philippines this fall and FY-94's annual training period is being scheduled in Panama.

Other deployments could include bilateral training with the Dutch Marines in the Netherlands Antilles and Combatant Diver Training with the Special Forces in Key West, Fla.



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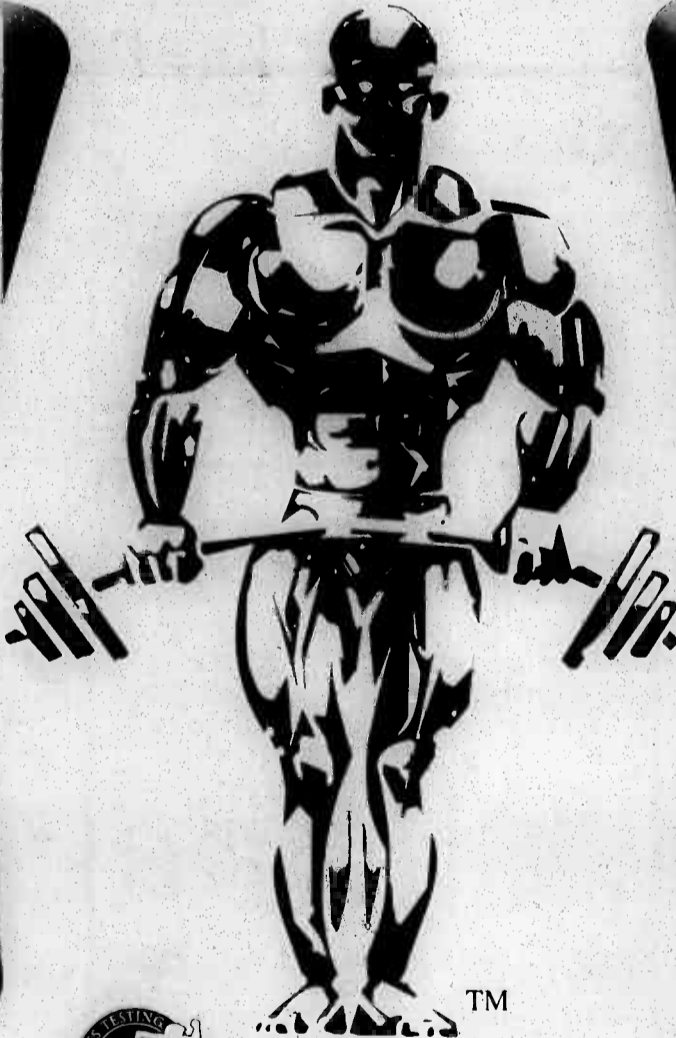
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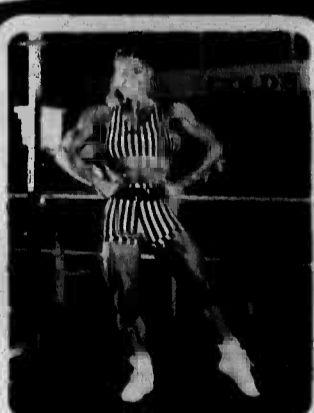
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HMM-165 trains at Barking Sands



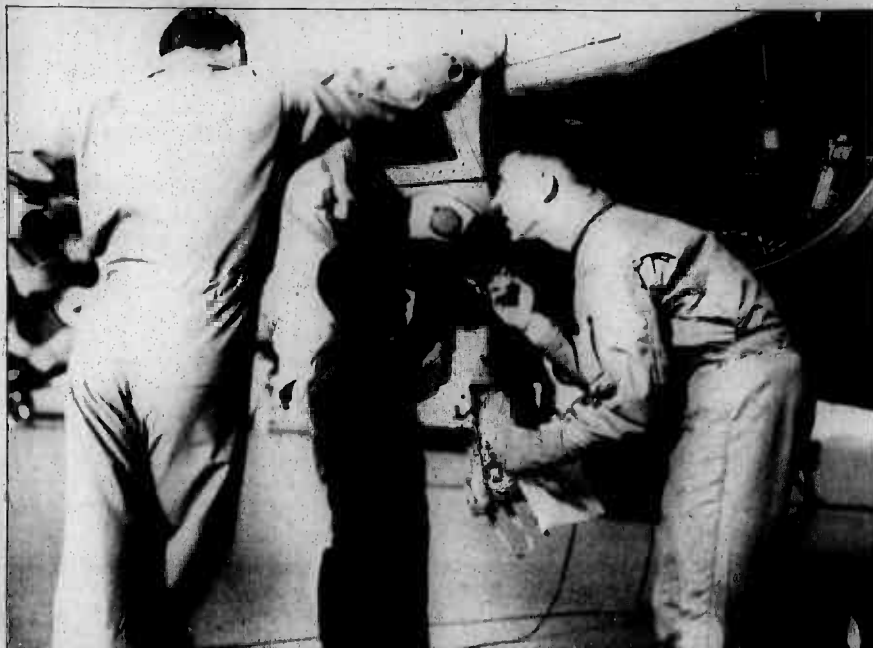
Kaula Rock, near Kauai, was where HMM-165 Marines conducted their live-fire training. Photos by LCpl. Justin Larson



Marines from HMM-165 clean their .50 caliber machine guns and get them ready for another mission.



A HMM-165 gunner fires a .50 caliber machine gun at a target during a day shoot.



HMM-165 Marines get a helicopter ready for a night mission.

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Briefs

Red Cross

If someone in your family were choking, would you know what to do? The American Red Cross offers CPR courses that enable you to learn what you can do to help. We urge you to call us and sign up for our CPR course just in case an emergency should arise. If you're interested, please call 257-3150.

ASYMCA offers

Waiting Wives and time for me—is your spouse deployed? You and your family will meet special challenges during these months. Learn skills and share ideas with others to make this a happier, healthier productive time. Meetings are every Tuesday from 10 a.m. to noon.

Sign up now for the Sept. 14, Oct. 18 class for 34, 45 Playschool Enrichment Program. Designed to provide your child with meaningful learning experiences prior to kindergarten. Children learn fundamentals such as letter and number recognition, colors, shapes, songs and stories. There is also structured indoor and outdoor play. Classes are held Mondays and Wednesdays. Fees are reasonable. The child must be 3 years and 3 months old.

Find out how to really talk to your kids. If you have children ages 2-12, give yourself six mornings to become a "pro" at the most important job of your life. Discover how to develop your

children's pride and inner strength, teach them a true sense of responsibility, and other important skills. Classes are Wednesday or Thursday from 9-11 a.m. beginning Sept. 22.

Adult Education: English for the foreign born, G.E.D., Basic English and Math, and Competency Based High School Diploma. Courses begin the week of Sept. 13.

For more information, call 254-4719.

FSC programs

Anger Management: A workshop with the emphasis on understanding and accepting responsibility for aggressive behavior and its consequences will be held Monday from 1-4 p.m. Reservations required.

New Arrival's Tour: An around the island tour will be held Sept. 10 from 9 a.m.-4 p.m. Bring a lunch, a free soda is provided. Children welcome. Reservations required.

The Family Service Center offers a **Parent Support Program** every Tuesday from 6-8 p.m. A children's group meets at the same time apart from the parents.

The Family Service Center also offers a **Women's Self-Empowerment Program:** Meets every Thursday from 3-5 p.m. The program focuses on safety, assertiveness, self esteem, anger and stress management.

Free Air Travel: Do you have any questions regarding Space Available Travel? GySgt. Prebor, Marine liaison with the AMC Terminal, formerly MAC, will be sharing information on how to use this great service Sept. 16

from 11:30 a.m.-12:45 p.m.
Cherishing Our Differences: Increase your self-awareness and understand how you relate to others, Sept. 15, from 8-11:30 a.m. Call Diane at 257-3655 for more information.

OWC

The Kaneohe Officer Wives' Club invites all officer wives to their annual Aloha Sign-up Coffee. The event will be held Sept. 9, from 7-9 p.m. at the MCAS Kaneohe Officers' Club on the lower lanai.

Numerous exhibitors from the MWR department, nearby businesses, and private sources will be available to meet with. Information will be offered about health care, craft and hobby classes, business opportunities, volunteer organizations, and facilities available aboard the base.

There will be free pupus and coffee, with door prizes given away every 15 minutes. Aloha Books will be given to anyone who joins the club.

For more information, contact Marty Crawford at 254-2994.

Enlisted Wives

There is an Enlisted Wives' Club meeting every second Wednesday of each month at the Enlisted Club beginning at 7 p.m.

For more information, call 254-6739 or 255-5016.

TAMP classes

New Arrivals/New Employees Orientation: Tuesday, from 7:30-11:30 a.m.
Transition Assistance Workshop: Sept. 13-16, from 8

a.m.-4 p.m.
● **How to Complete the SF-171 Application for Federal Employment:** Sept. 21, from 8-10:30 a.m.

● **Job Expo '93:** Sept. 23, from 10 a.m.-2 p.m.

● **Planning Your PCS Move:** Sept. 23, from 8-11:30 a.m.

● **Executive Transition Assistance Program Seminar:** Sept. 27-29, from 7:45 a.m.-4 p.m.

● Denotes that registration is required and can be done by calling 257-3135.

Volunteers needed

The Aviation/Aerospace Museum is looking for responsible individuals to volunteer their time and talents with the museum. Positions are available in the business office, archives and tour desk.

For more information, contact Chris Turco at 830-0777.

Beach Service

Sunday worship services will be held at Hale Koa Beach, Area #1, Sept. 12, at 10 a.m. Sponsored by 2/3, the service includes an Ecumenical service that includes Roman Catholic Mass and Protestant Holy Communion. Coffee, juice and donuts will follow after the services.

For more information, contact RPSN Kanyuck at 257-2715.

Aerospace Museum

The Pacific Aerospace Museum located at the Central Concourse International Terminal, Honolulu International Airport, announces upcoming displays that are offered

to the everyone.
For the rest of the month of August, a historical retrospect of aviation aircraft is on exhibit. Award winning models, photographs and paintings are on display.

In September, a new display, NASA Mission patches, will be on exhibit. More than fifty patches trace the history of the shuttle missions. They are displayed with the life-size, mock-up of the shuttle flight deck.

The museum is open daily. For more information, contact Mary Vail at 486-0290, or call the museum at 839-0777.

Jewish Holiday

Lt. Cmdr. Richard B. Leibovitz, the Rabbi of the Aloha Jewish Chapel, Naval Station, Pearl Harbor, and his Lay Readers provide Jewish religious coverage for all military/DoD personnel and their families in the Middle Pacific. They will be providing the following services at the Aloha Jewish Chapel at the Makalapa Gate, Naval Station, Pearl Harbor. Break-the-Fast will begin after 7:30 p.m. Sept. 25.

Rosh Hashana
First Day: Wednesday, Sept. 15, 6:30 p.m.; Thursday, Sept. 16, 9:30 a.m.

Second Day: Thursday, Sept. 16, 6:30 p.m.; Friday, Sept. 17, 9:30 a.m.

Yom Kippur
Kol Nidrei: Friday, Sept. 24, 6:30 p.m.

Shaharit: Saturday, Sept. 25, 9:30 a.m.

Minha/Yizkor: Saturday, Sept. 25, 4:30 p.m.

Sunday School will begin before

the Holidays, Sept. 12; for registration please contact Chaplain Leibovitz or RPCS Darnell at 471-3971/0050.

Safety first

Hotdogs and burgers cooked on the grill are tastes hard to beat. The Federal Fire Department reminds you that cooking outdoors can lead to tragedy when carelessness causes burns. Use common sense. Never use gasoline to start or freshen a fire. Use charcoal lighter fluid or an electric starter. If using lighter fluid, use only before fire is lit, never after. It can be explosive. Don't bring the grill inside. Keep it away from children where it won't tip over.

Spouses' weekend

No TV's, no phones, no books... just time alone with your spouse. Learning how to communicate with each other, in a caring, sharing and loving manner. Making good marriages great! It's a Worldwide Marriage Encounter Weekend, and it's for you. The next Weekend on Oahu is Oct. 1-3.

For more details, call Denise Jelinski Hall at 486-8798 or Gary Hall at 486-8798 or 357-5621.

Lupus support

A Lupus Support Group meeting for patients and their families will be held Sept. 18, at Castle Professional Center, located in Kaneohe, from 10-11:30 a.m.

For more information, call the Hawaii Lupus Foundation at 538-1522.

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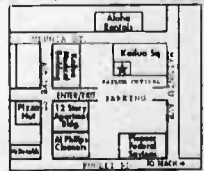
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Hawaii Marine
September 2, 1993



Cpl. Barry Baker

MALS-24 beat Over-the-Hill, 48-43 in overtime to win a basketball tournament held here Saturday and Sunday.

MALS-24 beats OTH for title

Joint Public Affairs Office

MALS-24 took two straight from Over-The-Hill to win the double-elimination basketball tournament held here Friday and Saturday, winning the final game 48-43 in overtime.

Co-MVPs for the tournament were Rodney Sanders of MALS-24, who averaged 14.3 points per game and Stephen Bryant of Over-The-Hill, who averaged 15 points per game.

Making the All-Tournament team were Ken Glass (10 pts./game) and Michael Morrison (3.8) of Over-The-Hill. Anthony Jenkins (7.6) of A MED, Derick Bradley (16, including 9 three-pointers) of 7th Comm and Ralph Keener (14.2) of MALS-24.

Everyone on Over-The-Hill was 30 years old or more, and stayed competitive throughout the tourney, finishing a close second.

Over-The-Hill beat 1/12, 50-40, in round one; A MED, 44-43 in round two and MALS-24 in round three, 51-49.

MALS handed OTH their first loss of the tournament, 55-52. Keener tossed in 16 points and Bryant 12. Sanders had 23 to lead OTH.

With one loss each, OTH and MALS went head to head for the title, and what better way to end the championship game than going into overtime?

MALS held OTH to just two points in OT, as they scored seven, to win, 48-43. Bryant led MALS with 11 points and Sanders again led OTH with 15.



Cpl. Barry Baker

The co-most valuable players of the tournament were Rodney Sanders of MALS-24 and Stephen Bryant of Over-the-Hill.

CINCPAC wins! Vikings in First

By Capt. Phillip Thompson
Marine Force Pacific PAO
Deputy Director

CINCPAC posted its first victory of the year Tuesday night by defeating the Supply Steelers, 22-12, at Camp Smith.

Cowboy quarterback R.C. Jeffcoat led the CINCPAC attack, which began when he hit receiver Luis Aguillar with a 34-yard touchdown pass in the first half. Brennan Ford pulled down a pass for extra points to give the Cowboys a 8-0 lead at halftime.

In the second half, the Steelers closed the gap when QB Terry May completed a pass for 40 yards and a touchdown to RB Andre Johnson. After the PAT failed, the Steelers trailed by two, 8-6.

The Steelers did not get any closer. On the next Cowboy possession, Jeffcoat rushed 58 yards for a TD and threw to Aguillar for the PAT.

With CINCPAC leading 16-6, Supply rebounded when May fired a 3-yard TD pass to receiver Reggie Jhonas at the two-minute warning.

The Cowboys, however, put the game out of reach when Jeffcoat lobbed a 4-yard TD toss to Ford with only seconds remaining in the game.

The Cowboys improved to 1-5. The Steelers lost their third in a row as their record slipped to 2-4.

MARFORPAC gained sole possession of first place in Game Two by knocking off the PMO Raiders, 12-0. Tough defense was the key to the Viking win as MARFORPAC completely shut down the Raider offense.

Quarterback Anthony Green led the Vikings downfield on their initial possession, and scored on a 20-yard run. The Raiders were forced to punt on both possession in the first half, and found themselves trailing 6-0 at the intermission.

The Raiders started off the second half with an interception by DB John Ronald on the Viking 19-yard line. Four plays later, the stiff MARFORPAC defense forced PMO to give up the ball on downs.

In the fourth quarter, Viking QB Green drilled a TD pass to center Jason Lindley from the Raider 11. The extra point attempt failed. With the score at 12-0, the Viking defense dug in to complete the shutout.

The win put the Vikings at 5-1 on the year, while PMO dropped out of the tie for first into second at 4-2.

From the cheap seats: A sports commentary

By John Magnus
KMCAS Athletic Director

□ The chase to the World Series: Does Barry Bonds have enough to hand San Francisco the title?

A couple of weeks ago, you got a good look, into my ever-so-unclear crystal ball for the upcoming NFL season. Well, now I'll lay it on the line for the stretch drive of the Major League Baseball season. (It's a little easier now that half of the teams are so far out of it they can't wait to start watching pro football.) I'll keep track of all my predictions and let you know how I did.

American League

West Division
As of the third week of August, it is essentially a four-team race with the Chicago White Sox leading Texas, Kansas City and Seattle by no more than six games. Expect Seattle to be out of it by the beginning of September with the other three teams caught in what will become a classic division race.

1. Chicago White Sox. With the shoe-in for

the 1993 A.L. Cy Young Award, "Black Jack" McDowell and MVP candidate Frank "The Big Hurt" Thomas, the White Sox have the "go-to" pitcher and hitter to capture the division title.

2. The Texas Rangers have one of the most productive offenses in the Major Leagues. MVP candidate Juan Gonzalez and first baseman Rafael Palmeiro lead the attack. However, the pitching won't be quite enough. Nolan Ryan's farewell tour and last chance to get back to the World Series will be cut short.

3. The Kansas City Royals have been overachieving all season long, but their luck will run in mid-September. They just don't have the horses on offense or in the pitching department to win the division.

East Division

Another incredibly close division race with Toronto, New York, Boston, Baltimore and Detroit all vying for the top spot. Baltimore and Detroit are already showing signs of weakening like Hurricane Fernanda. The experts are saying this is going to be a great pennant race, but I don't think so.

1. Toronto will slowly begin to pull away from the rest of the pack. They've got three of this year's best hitters in the game in MVP candidate Jon Olerud, Molitor and Alomar. Reliever Duane Ward is among the American League save leaders. The Blue Jays will have this division locked up in a couple of weeks.

2. The Yankees will edge out the Red Sox for second place. Boggs, Mattingly, Tartabull and company provide a formidable offensive punch but like Toronto's Starter Jimmy Key has an outside shot at the Cy Young Award.

3. The Red Sox thought they had it this year, but with one individual to step up for them, the division title isn't feasible. This group of role players, up 'n' comers, and over-the-hillers, have had a good season, but won't be that good.

American League Championship Series:

Toronto over Chicago in five games.

National League

West Division

The off-season acquisition of free-agent Greg Maddux put the Atlanta Braves in the driver's seat in this division. But, San Francisco countered by signing Barry Bonds. Now the offensive minded Giants are looking back at the pitching-oriented Braves and no other team in the division had a chance.

1. The Giants will hold off a late surge by Atlanta. The surprise pitching combination of Swift and Burkett will leave those two battling each other for the N.L. Cy Young honors. Barry Bonds has already won the MVP award.

2. The Braves will not get a shot at the World Series this year. Fred McGriff is a great acquisition, but a little too late.

East Division

In the surprise of the season, the Chicago Cubs stage a late season push to rival that of the '89 Mets and win the division. I can dream, can't I? This was one team race for most of the season with Philadelphia cruising, but only St. Louis is trying to make a game of it.

1. The Phillies hold off the Cardinals and win what is arguably the weakest division in baseball. Darren Daulton and John Kruk provide the power for the Phillies and Lenny Dykstra, the spirit.

2. The Cardinals don't make it to the top this year, but put the word out that they're young, fast and strong. Sorry Cards fans, wait until next year.

National League Championship Series:

San Francisco over Philadelphia in five games.

World Series:

Barry Bonds caps off a career season as the Giants defeat the Toronto Blue Jays in six games.

SPORTS Briefs

Aerobics

Semper Fit Aerobics classes are offered everyday at the Main Gym including the STEP program. Classes are \$2 for dependents and 50 cents for active duty, or monthly passes are \$20 for dependents and \$10 for active duty personnel. For further information contact the Athletic Office at 254-2516.

Table tennis

A table tennis tournament will be held at the Main Gym starting at 10 a.m., Sept. 11. The double elimination tournament is open to all active duty personnel only. For more information or registration contact the Athletic Office at 254-2516.

Karate

Karate courses teaching self-defense, self-confidence, weapons and sport karate are offered through MWR with classes for adult and children (4 years or older). The classes take place Monday through Friday evenings. The cost is \$30 for one person or \$40 for two people. For further information contact MWR Recreation Services at 254-2963.

Cross country

Active duty Marines or sailors attached to a Marine unit are needed for Hawaii Armed Services Athletic Council Cross Country Championship to be held Sept. 17. The Marines, who are the defending champions of the competition, need male 10K runners with a sub 38 minutes time for two divisions (Master's 35 years or older and the open) and female runners with sub 45 minutes time. For more information contact the Athletic Office at 254-2516.

Youth football

Registration for the KMCAS Youth flag and tackle football has been extended. Openings are still available in the 5/6-, 7/8-year-old divisions and 10/12-, 13/14-year-old tackle division. Season is scheduled to start Sept. 18. For more information call youth activities at 254-2963.

Varsity Basketball

All right all you high flying, sky walking, sharp shooting hoopsters, now is your chance to represent K-Bay on the Varsity Men's Basketball Team. Try-outs officially start Tuesday. For more information, call 254-2516.



Klipper Classic

The Legends of Golf in the Klipper Classic is just around the corner. The tournament is scheduled for Oct. 25-26. Entries are now being accepted. For more information, call the Klipper Golf Course at 254-3220.

Baseball players

Baseball players and coaches are needed for the upcoming Armed Forces Baseball Exhibition Tournament at Rainbow Stadium. The exhibition will be played Nov. 7 and 11, prior to the Honolulu Sharks baseball games.

Tryouts for the team will be held as soon as a capable coach is found. To try out, call 254-2516.

Anglers' tourney

The University of Hawaii and many others are sponsoring a Papio Angling tournament Sept. 25, at Kaneohe Bay with the check-in at Coconut Island. Entry fee is \$20 per person, including dinner, foodie bag and eligibility for door prizes. The deadline is Sept. 13, or the first 100 boats.

Team prizes will consist of three categories: Largest fish (by weight); most fish (Papio/Ulua); and fish of the day (species to be determined). There will also be special tagged fish prizes (\$10 gift certificate per tagged fish).

Entry forms can be picked up at Nanko Fishing Supply, The Deli, J&E Fishing Supply, McCully Bicycle, Epic Dives, Hawaii, Bayside Marine, Sears Sporting Goods, Kaneohe, and the Kaneohe Yacht Club (members only).

Softball tourney

There will be a softball tournament here Sept. 17-18, with a coaches meeting Sept. 9 at 6 p.m. at Annex Field.

Entry fee is \$125. Awards will be determined on the number of teams.

For more information, contact Ed Peerenboom at 257-3267 DWH, 254-3469 AWH.

Couples bowling

The Globe and Anchor Bowling

League begins the second week in October at K-Bay Lanes. This new league is for couples only, and is open to active duty, retirees, Civil Service and their dependents.

Bowling will be Saturday nights beginning at 6 p.m.

For more information, contact Donna at 254-1798 or sign up at the K-Bay Lanes.

Boxing Event

The chief petty officer selectees of Naval Air Station, Barbers Point, will hold their annual boxing event Friday with the festivities beginning at 4 p.m., and boxing at 5 p.m. at the Seafarer Enlisted Club.

Food and beverage concessions will be available.

Following the boxing, Country & Western Night kicks off.

Tickets for both events are \$5 per person. For the boxing smoker only, tickets are \$3. Both events are open to the public.

For more information, contact AKC (Sel) Valentino Reyes at 684-7255.

Swim club

This season's try outs for the Aulea Swim Club of Kailua will be held through Sept. 10, except there will be no try outs Monday, Labor Day. Parents are asked to bring their swimmers to the Kailua Recreation Center Swimming Pool at 5 p.m. Membership is open to all swimmers between the ages of 8-18 who can swim 50 yards continuously on their front and back.

Aulea Swim Club provides a program which is dedicated to developing the positive qualities in your child through a competitive swimming program.

For more information, contact Monica Keller at 263-6930.

Intramural B-Ball

An organizational meeting for the 1993 K-Bay Intramural Basketball League is scheduled for Oct. 14 at 1 p.m. in the Main Gym. All units interested in participating must have a team representative present. League play will start Nov. 15.

For more information, call 254-2516/2458.

Jazzercise returns

Evening Jazzercise classes will resume at Mokapu Elementary School Tuesday, announces veteran instructor Janet Stephen. Classes are held Tuesday and Thursday at 6:15 p.m.

For more information, call 261-6541.

Steroids: A dangerous shortcut to muscles

Navy News Service

In the quest to build the perfect body, some people might be tempted to take a steroid shortcut. That shortcut may prove very costly — even deadly.

Repeated and long-term steroid use not only causes physical and emotional problems, but recently the drug was declared a controlled substance, carrying federal trafficking penalties for unlawful manufacture, distribution or dispensing.

Those penalties start at up to five years imprisonment and a fine of up to \$250,000 for the first offense and 10 years imprisonment and a fine of up to \$500,000 for the second offense. Servicemembers who unlawfully possess, use or distribute steroids are punished under article 112A of the Uniform Code of Military Justice.

Anabolic steroids are

"synthetic" drugs that act like the male hormone testosterone. Unlike natural testosterone, which regulates, promotes and maintains physical and sexual development in normal males, the use of anabolic steroids has more than 70 side effects.

Even though use of anabolic steroids cause weight gain and enlargement of muscle, most scientific evidence does not show that strength, endurance or agility are enhanced.

Muscles produced by steroids have a higher concentration of water and salt which makes the muscle look larger. But muscles are weakened by too much water and salt, leading to increased injuries like tendinitis and ruptured tendons and ligaments. Steroids do not equally increase connective tendons and ligaments. The results are extra stress in these areas and greater risk of injury.

Some side effects of steroid use are:

- Acne, jaundice.
- Elevated blood cholesterol.
- Decrease in "good

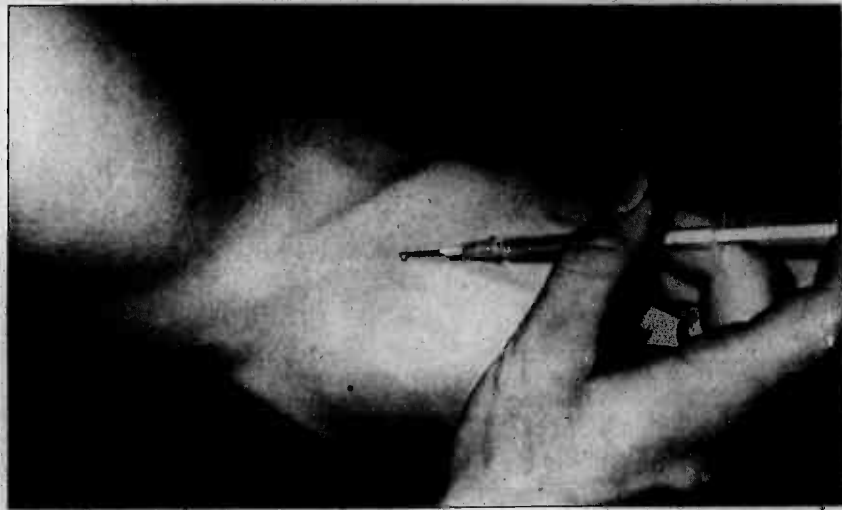
- cholesterol."
- High blood pressure.
- Premature baldness; no beard.
- Rashes; hives.
- Testicle shrinkage; infertility.
- Temper tantrums; violent behavior and other personality changes.

Anabolic steroid users are at risk for the following diseases and emotional problems:

- Risk of liver, testicle and prostate cancer.
- Heart attack, heart enlargement, stroke.
- Kidney disease.
- AIDS (if needles are shared).
- Arteriosclerosis ("hardening of the arteries").
- Psychosis (hallucinations, delusions).

Some side effects for women are permanent deepening of the voice, facial hair, baldness and menstrual irregularities.

Many of the drug's side effects remain even after use of the drug has stopped.



Anabolic steroids are "synthetic" drugs that act like the male hormone testosterone. Steroids were recently declared a controlled substance, carrying federal trafficking penalties.

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TV Listings

Programming repeats itself after the last Bulletin Board of the day is aired, beginning with the 8 a.m. program.

Monday, Sept. 6, Wednesday, Sept. 6, Friday, Sept. 10
 8 a.m.—Navy/Marine Corps News This Week
 8:30 a.m.—Windward Review
 9 a.m.—Desert Shield/Storm, Operation Restore Hope
 9:25 a.m.—Deck the Halls
 10:15 a.m.—Individual Interpretation
 11:15 a.m.—Bulletin Board
 1 p.m.—Drug Information Series: Alcohol
 1:12 p.m.—Drug Information Series: Depressants
 1:28 p.m.—Drug Information Series: Inhalants
 1:40 p.m.—Drug Information Series: Hallucinogens
 1:50 p.m.—Drug Information Series: Marijuana
 2 p.m.—Drug Information Series: Narcotics
 2:10 p.m.—Drug Information Series: Stimulants
 2:20 p.m.—What You Are Where You Were When 1
 3:20 p.m.—What You Are Where You Were When 2
 4 p.m.—Bulletin Board

Tuesday, Sept. 7, Thursday, Sept. 9
 8 a.m.—Navy/Marine Corps News This Week
 8:30 a.m.—Windward Review
 9 a.m.—U.S. Marines 1 1775-1919
 9:40 a.m.—U.S. Marines 2 1919-Present
 10:10 a.m.—You're Hired 1
 10:30 a.m.—You're Hired 2
 11 a.m.—Bulletin Board
 1 p.m.—You're Hired 3
 1:20 p.m.—Why Planes Crash
 2:20 p.m.—Ground Recon
 3:10 p.m.—Artillery Support
 4 p.m.—Bulletin Board

Classroom assignments for Air Station's Fall Term

TENTATIVE DATE: 08/12 93		CLASSROOM ASSIGNMENTS FOR KMCAS KANEHOE BAY, HAWAII				CHAMINAOE : C HAWAII PACIFIC : H EMBRY-RIDDLE : E WAYLAND BAPTIST : W * HONOLULU COM COL : HCC AT KMCAS CRASH CREW							
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2		FOUND MTH MTH 101A H	PRE CALC MTH 130A H	INTER ALG MTH 105 H	FOUND MTH MTH 101B H	INTRO PSY PSY 200 H	DATA STRUCT CSI 311 H	COBOL 2 CSI 366 H	AFCT REVIEW R. E 3				2
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4		ACFT ACCIO SF 330 E	AERO SCI AS 120 E	TECH RPT HU 221 E	GEN AERO AMT 240 E	PSY GUID PSY 406 C	MATH AV 11 MTH 112 E	ART APPREC HUM 200 H	PRE CALC MTH 130B H				4
5		ALL (MON) PERSU COM SPH 3301 W	WAYLAND (WED) FED/ST GOV POLS 2301W	BAPTIST APP STATS BU 234 C	HOURS 1800 - 2200 BUS LAW BU 301 C	PRINC MGT MGT 3304 W	CJ SYSTEMS CJ 351 C	CRIME LAW CJ 423 C	INTRO POL POLSC 200 H				5
6		EL JAP I JA 105 C	COL ALGEB MTH 103 C	EXP WRIT EN 102 C	POETRY/DR EN 255 C	CJ MGMT CJ 370 C	INTRO ED ED 200 C	SML BUS MGT MGT 335 H	J. E. C. TESTING				6
A		INTL BUS MGT 323 H	ADV COMP ENG 120A H	MICROECON ECON 210 H	INTL TRADE EC/FIN405H	PSY OF ADJ MG/PSY398H	HUM RES MGT MGT 325A H		ORG & MGT MGT 100C H				A
B		STATS I MTH 321 H	ABST ALG MTH 330 H	PRINC ACCI ACCT 200 H	INTER ACC3 ACC 302 H	ENG COMP ENG 110B H	CALC I MTH 214 H	***** HCC CRASH & FIRE PROGRAM FIRE SCI 56 S 0800-1200 FIRE SCI 60 TH 1730-2130 CRASH CREW CR *****	HUM RES MGT MGT 325B H				B
C		CUL GEOG GEO 200 H	ORG & MGT MGT 100A H	BUS LAW 2 LAW 301 H	ENG COMP ENG 110A H	ORG & MGT MGT 100B H	WORLD PROB HUM 450 H		BUS & SOC MGT 301 H				C
D		WORLD CIV2 HI 222 H	ENTREPREN MGT 336 H	ADV COMP ENG 120B H	WORLD CIV1 HI 221 H	MGR ECON ECON 400 H	PUB ADMIN MG/PSCI 379H		ENG COMP ENG 110C H				D
TBA		MACROECON EC 201 C		SURVEY ACC ACCT 4345H			INTRO COMP CS 100 C		AF STRU AMT 270 E				TBA

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Lance corporal impresses many

By Sgt. Lou Ramirez
Staff Writer

"Seeing him in action you would think he is at least a gunnery sergeant. He has that kind of authority and leadership ability," said SSgt. Melvin Dailey, Marine Wing Support Squadron-174 motor transport chief.

Dailey is not talking about a fellow staff sergeant, or even about one of his noncommissioned officers, he is talking about LCpl. Donald Norris.

Lance Cpl. Norris has gained this respect and admiration by constantly striving to do the best job possible.

"There's a way to do your job, and there's a way to do your job the right way," Norris said. "I'd just rather do it right the first time."

The Limington, Maine native enlisted in the Marine Corps shortly after completing high school... following his father's legacy.

"I've always looked up to my father, and when it was time for me to enlist I didn't think twice about it. He told me he had been a Marine. I felt that if it was good enough for him, it would be good for me. So, when he suggested I enlist in the Marine Corps, I did," said Norris as he sat proudly in his freshly pressed camouflage uniform.

According to Dailey, that's another thing that makes Norris stand out from the rest; his impeccable appearance and pride for the uniform he wears. His pride and dedication



Lance Cpl. Donald Norris has caught the eyes of his co-workers with his attitude, appearance and pride of the Marine Corps.

show in every task Norris is assigned.

"If I need a job done I know I can count on him to do it," Dailey said. "He can be given any mission and there is never a doubt that it will get done. That is not something you can expect from other lance corporals. I have dealt with many other Marines and LCpl. Norris is just exceptional," Dailey explained.

Norris says he just feels that it is important to know and

understand the job that you are doing.

"I take everyday and learn something from it," he said.

His outstanding attitude has been what has made him stand out through out his Marine Corps career.

"I know I couldn't do something and not be the best that I could be. When I went to Motor Transport School I finished the school as the honor graduate," Norris said.

He continued to strive to be

the best and graduated on top of his Logistic Vehicle System School and was meritoriously promoted to his present rank.

Lance Cpl. Norris is a classic example of a young Marine who realizes being a Marine is not just a name — but it is a way of life; it is knowing that everything you do must be done the best way you possibly can.

"The Marine Corps is great. Marines should realize it is what they make out of it," Norris said.

K-Bay Rifle Team prepares for State

Joint Public Affairs Office

The Kaneohe Marine Corps Air Station Rifle Team competed in a highpower rifle match at the Puuloa Rifle and Pistol Club (PR&PC) Aug. 22. Sponsored by Camp H.M. Smith, Aug. 22, with team members Brian Yohe winning the Topgun Award and Evagelia Faesa named the Iron Sights Overall winner.

The National Rifle Association approved Puuloa Rifle and Pistol Club match brought marksmen out to "tune up" for upcoming events.

The Hawaii State, Gus Anderson Memorial, Highpower Rifle Championships are slated for Sept. 25-26 and the Pacific Division matches Feb. 21 through March 11, 1994. All these matches will be held at Camp Smith and are sponsored by the National Rifle Association, Hawaii Rifle Association and PR&PC.

Team captain Joseph Windsor said he is always looking for team members, and shooting expert for annual requalification is NOT a prerequisite. "The only requirements to be a member is the desire to shoot competitively, and be dependable," Windsor said.

According to Yohe, if a Marine qualifies under Marine Corps standards, he has what it takes to become a member of the K-Bay rifle team. "All we're doing is refining the fundamentals they learn during grass week when requalifying on the KD course each year," Yohe said. "They really begin to learn what they are taught during that week of snapping in."

If you are interested in the K-Bay rifle team, contact CWO-4 Windsor at 257-5863, or MSgt. Yohe at 257-2882.

If you are interested in earning some money during the upcoming events by pullings targets, contact Dr. R. Ando at 538-1915.

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Here are two

North Shore offers spectacular night dive

By Capt. Phillip Thompson
Marine Forces Pacific PAC
Deputy Director

Editor's note: In last week's issue of the Hawaii Marine, a photograph appeared with the caption "Night diving is very dangerous, even to the most experienced divers." This, in fact, is not true. Night diving can actually be an enjoyable experience, provided that safety precautions are maintained.

Oahu's North Shore, famous for its huge winter surf, is an ideal spot for night diving during summer months. Strung along a line running from Waimea Bay to Sunset Beach are some of the most popular spots on the island.

During daylight, North Shore diving is exciting, with underwater rock formations and aquatic life that make every dive interesting. Visibility is usually quite good. Unfortunately, however, these attractions create large crowds on the weekends, with all the associated problems of parking and heavy traffic, both on the road and underwater.

For that reason, and others, diving North Shore at night is a much better alternative. The crowds are gone, parking is plentiful, and the nocturnal underwater realm is breathtaking.

One excellent North Shore site is "Three Tables," located just east of Waimea Bay. The site's name comes from three flat rocks that protrude just above the surface a few yards off the beach. Three Tables gets high marks for suitability for several reasons: It is a shallow dive (no more than 40 feet), perfect for night dives, especially for novices; the beach makes for an extremely easy entry into the ocean; the site teems with aquatic life; and, there is a parking lot adjacent to the beach, with a grassy area for suiting up.

The dive itself involves a quick surface swim, between the "tables" to a descent point. The current and depth usually dictate a descent toward the west, or left if viewed from the beach. Divers then work their way to the east, or left to right.

Underwater, there are countless crevices, overhangs, and trenches

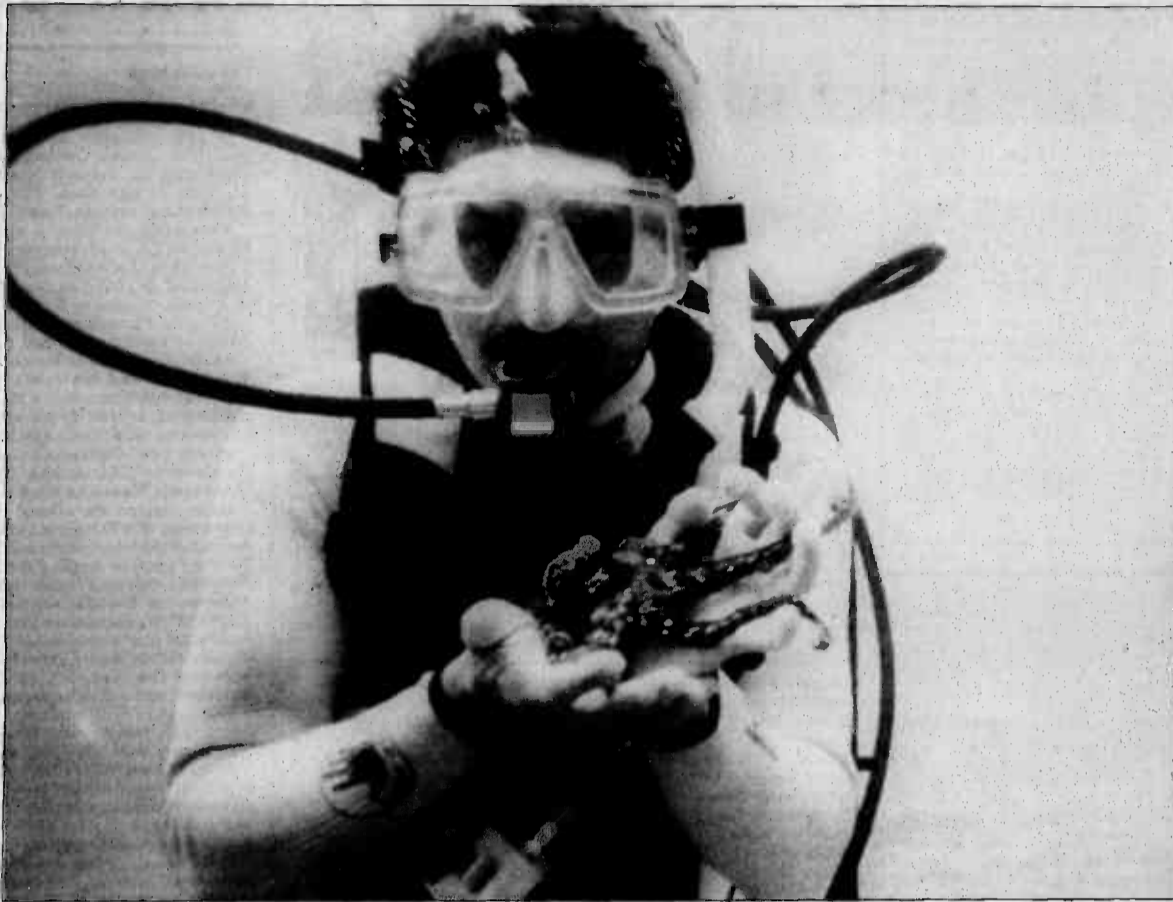


Photo courtesy Fred J. Brown II

One excellent North Shore diving site that gets high marks for suitability is Three Tables, located just east of Waimea Bay.

in the rock formations. It is here that the nocturnal population explodes into view. Every kick of a fin brings a diver close to an astonishing array of fish, invertebrates, and crustaceans. The keen-eyed diver will discover octopi, ulua, nudibranchs, and lobsters too numerous to count. Tucked away in rocky holes, conger and moray eels casually observe the passing traffic. Since eels feed at night, it is not uncommon to see one swimming freely in the open water. The sight

of a five-foot moray gliding past in the beam of a diver's light is an experience not soon forgotten.

Turtles, one of the favorite life forms of divers, also make appearances. These playful creatures flap lazily toward the divers, curious about human activity. The turtles can get quite close as they swim among the divers. Although the temptation is great, divers must take care not to touch them, as even one touch from a human can seriously harm

a turtle. Also, under no circumstances should a diver attempt to "ride" a turtle.

The exotic nudibranch is another highlight of a dive at Three Tables. These strange invertebrates can be found clinging to rocks or "dancing" through the water. The artificial light from a dive light reveals the bright pink-orange color of the creature.

Lobsters seem to be everywhere here, providing entertainment as

they scurry backwards into their hiding places when caught in a light. They are abundant, but they are not for taking at Three Tables, a preserve area where lobster hunting is prohibited.

These attractions, most of which can only be viewed at night, make Three Tables a truly exciting dive. Other dive sites along North Shore are equally entertaining. For anyone yearning to escape the usual frenzy of the weekend, a North Shore night dive is a guaranteed way to "hang loose."



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Religion

• In the station chapel: Catholic Mass is held Monday - Friday, beginning at 11:45 a.m.; Saturday, starting at 6 p.m.; and Sunday, beginning at 7:30 a.m. and again at 9:30 a.m. CCD classes begin Sept. 28 at the following times: Preschool/kindergarten from 3:45-4:30 p.m. at the station chapel; grades 1-12 from 6-7:15 p.m. at Mokapu Elementary School. Protestant Communion takes place Sunday, beginning at 8:30 a.m. and Protestant Worship begins at 11 a.m. Hispanic Protestant Worship takes place Sunday at 6:30 p.m. A Gospel Protestant Joy Night Service takes place Friday at 7:30 p.m. Gospel Protestant Morning Worship will be held Sunday at 1 p.m. Sunday School is held from 9:30-10:30 a.m. in building 1391 for

preschoolers through high school students and in the Family Service Center for adults. For more information about the station's religious services, call 257-3552.

• The 1st MEB will hold Catholic Mass, Monday and Thursday at 11:30 a.m. and Protestant Bible Study, Tuesday at 11:30 a.m. in the Brigade Chapel.

• At Camp H.M. Smith: Catholic Mass is held Sunday, beginning at 8 a.m. Protestant Worship is at 9:30 a.m. and Protestant Sunday School begins at 8:30 a.m. There is a Gospel Choir and service at 11 a.m. For more information about religious services, call 477-5098.

• Jewish services are held at the Aloha Jewish Chapel aboard Naval Base Pearl Harbor. Shabbat services take place Friday, beginning at 7:30 p.m. For more information, call 471-3971.

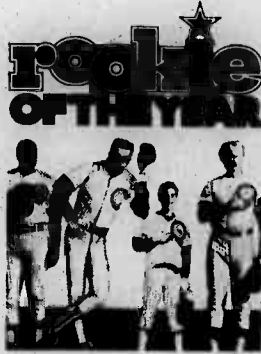
Movies



Dennis the MENACE

All movies shown at the theater, building 219, begin at 7:15 p.m. unless otherwise noted. For more information, call 254-2113.

"Dennis the Menace" (Comedy) PG: 92 minutes, plays Friday, Saturday, Sunday and Monday. This movie begins at 5:30 p.m. Doors open at 5 p.m. Starring Walter Matthau. The popular



comic strip comes alive.

"Rookie of the Year" (Baseball Comedy) PG: 104 minutes, plays Friday, Saturday, Sunday and Monday. This show begins at 7:30 p.m. Starring Thomas I. Nicholas and Gary Busey. A 12-year-old discovers he can pitch 100-mph fastballs and leads the Chicago Cubs to the World Series!

Pleasant Menu

Friday, Sept. 3

- Lunch
- Old Fashioned Bean Soup
- Baked Fish Fillets
- Fried Fish Portions
- Cottage Fried Potatoes
- Chili con Carne
- Steamed Rice
- Cornbread
- Corn
- Club Spinach
- Dinner
- Old Fashioned Bean Soup
- Baked Meat Loaf
- Baked Ham
- Pineapple Sauce
- Tomato Gravy
- Mashed Potatoes
- Green Beans
- Mixed Vegetables

Saturday, Sept. 4

- Dinner/Brunch
- Beef Rice Soup
- Szechwan Chicken
- Salisbury Steak
- Mashed Potatoes

- Brown Gravy
- Brussel Sprouts
- Succotash
- Dinner Rolls

Sunday, Sept. 5

- Dinner/Brunch
- Egg Drop Soup
- Sweet and Sour Pork
- Sukiyaki
- Fried Rice
- Chow Mein Noodles
- Chinese Fried Cabbage
- Succotash

Monday, Sept. 6

- Labor Day
- Dinner/Brunch
- Vegetable Soup
- Grilled Steak to Order
- Baked Potatoes
- French Fried Potatoes
- Sauteed Mushrooms & Onions
- Green Beans
- Cauliflower Polonaise
- Sour Cream

Tuesday, Sept. 7

- Lunch
- Potato Soup
- BBQ Spareribs
- Chili Macaroni

- Grilled Cheese Sandwich
- Oven Browned Potatoes
- Green Beans
- Carrots
- Dinner
- Potato Soup
- Syrian Beef Stew
- Chicken Cacciatore
- Mashed Potatoes
- Steamed Rice
- Brown Gravy
- Peas & Carrots
- Corn
- Baking Powder Biscuits

Wednesday, Sept. 8

- Lunch
- Minestrone Soup
- Beef Ball Stroganoff
- Roast Lamb
- Mashed Potatoes
- Egg Noodles
- Brown Gravy
- Brussel Sprouts
- Carrots (1)
- Dinner

- Minestrone Soup
- Spaghetti w/Meat Balls
- Baked Lasagna (2)
- Italian Style Pizza
- Broccoli
- Waxed Beans
- Toasted Garlic Bread

Thursday, Sept. 9

- Lunch
- Corn Chowder
- Baked Meat Loaf
- Chicken Ala King
- Mashed Potatoes
- Egg Noodles
- Tomato Gravy
- Mixed Vegetables
- Peas & Carrots
- Dinner
- Corn Chowder
- Yankee Pot Roast
- Baked Ham Steak
- Pineapple Sauce
- Lyonnaised Potatoes
- Brown Gravy
- Corn
- Southern Fried Okra

1993-94 K-Bay Youth Bowling League to begin

The 1993-94 Youth Bowling League begins regular league play at 10 a.m. Sept. 18, at the K-Bay Lanes. Youths from 8-18 years old are eligible for this Young American's Bowling Alliance

(YABA) sanctioned league. The league runs Saturdays from 10 a.m.-12:30 p.m. through March 26, 1994.

League participants are eligible for all YABA awards and tournaments as well as state and league awards. YABA certified Coach Instructors will be available during all league play to teach, assist and conduct clinics. Any league member who desires to learn the game or improve their bowling can get personal, one-on-one instruction.

Parents, come and enjoy the sport with your children. We always have a place for you whether you desire to watch or even become a certified coach.

You can sign up at the K-Bay Lanes during the following dates and times: Saturday, 10-11:30 a.m.; Sept. 21, 10 a.m.-noon; Sept. 18, before the league starts.

For more information, contact Vinny Maida at 254-4266.

MWR offerings

By Julie Mall
MWR

Is your youngster an avid bowler or interested in becoming one? The Oceanic Cable K-Bay Youth Bowling Leagues now registering for the new bowling leagues at K-Bay Lanes Sept. 11, from 10 a.m.-noon. The season begins Sept. 18. For more information, contact Vinny Maida at 254-4266.

Backbends, walk-overs, splits, back handsprings... what do these all have in common? They are all taught by Lei's Gymnastics. Lei's Gymnastics offers classes on base for keikis beginning as young as two years old. Lei's has a wide selection of classes to choose from.

• Playful Parenting is a class for 12-36 month olds, that stresses hand-eye coordination and parental involvement.

• Keiki Gym Fun is for children ages 3-5. This class stresses motor skills and beginning gymnastics.

• Beginner Gymnastics is for ages 6-9. This class starts the children on a basic gymnastics course involving forward rolls, cartwheels, round offs and more.

• Beginner/Intermediate Gymnastics is for ages nine and older. This level of class refines the skills learned in the Beginner Gymnastics class and teaches more advanced gymnastic skills.

Many classes are offered during the week and class prices range from \$22-\$25 per month. The first class is free, and there is a discount for each additional family member/class attending. So what are you waiting for? Join Lei's Gymnastics and have fun while learning basic coordination skills. Contact Youth Activities at 254-2963 for more information.

M*A*S*H*, the classic Korean War Comedy, a television and American film phenomenon, will open the Windward Theatre Guild's 1993-94 season at the Boondocker Theater here. M*A*S*H* will open Thursday, Oct. 14, and will continue with Friday and Saturday performances through Oct. 30.

The season will continue with "Rehearsal for Murder," a traditional Broadway who-done-it-with-a-surprise-ending, scheduled for opening Feb. 24, 1994, and continuing through March 13.

Rounding out WTG's 36th year will be "Stop the World (I want to get off)." An Anthony Newly hit-packed musical. This musical opened in London and played on the Broadway stage for nearly two years with a total of 555 performances. Information about auditions and ticket prices is available by calling 254-1751.

The Cash Cage has relocated from inside the Main Exchange to the mall area in front of the Main Exchange entrance, right across from the Deli Shop.

Hale Koa gets O.K.

By Debbie Lewis
Hale Koa Hotel

Ground breaking for Hale Koa Hotel's new 396 room tower took place July 7. The ceremony marked the beginning of the final phase of the redevelopment of Fort DeRussy and the Hale Koa Armed Forces Recreation Center.

U.S. Representative Solomon P. Ortiz, chairman of the House Morale, Welfare and Recreation Panel, as well as Neil Abercrombie were members of the official ground breaking party.

The expansion includes a 396-room tower, expanded and improved open green park areas with walking/jogging paths, exercise stations, lighted tennis courts, picnic tables and grills.

The hotel expansion will increase the total number of

guest rooms to 815. No tax dollars are being used for the expansion. The entire project is being funded by revenues from the U.S. Army's MWR program, and is designed to benefit soldiers and families who provided its funding.

The Hale Koa Hotel has been totally self-supporting since its opening in October 1975, and is the highest occupancy rate destination resort hotel in America.

The hotel expansion was designed by the California-based firm BHS and will be constructed by Hawaiian Dredging Construction Company. Estimated completion date for the new tower is Fall 1995.

The community will benefit greatly from the development of the park and recreational facilities.

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and women are 25 years of age or younger!

Please help the Armed Services YMCA provide the crisis support and emergency assistance these brave and deserving young people need during this crisis.

Mail your donation today to: The Armed Services YMCA, #215, 6225 Brandon Avenue, Springfield, Virginia 22150-2510.

If you'd like to do more, call Dick Stotz, National Executive Director, at 703-866-1260.

Presented by the publisher as a public service. The Armed Services YMCA is a not for profit, charitable organization. All donations are tax deductible and directly assist young military and their families.

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SPICE of life!

By Maggie Milham

Editor's Note: *Spice of Life* is a column for military spice (plural of spouse). You are invited to write to Maggie with any questions you have concerning military life. Please address your letters to: Joint Public Affairs Office, MCAS (Hawaii Marine, Spice of Life), Box 63003, MCAS Kaneohe Bay, HI 96863-3003.

Dear Maggie,
Every time my husband comes back from a deployment we spend three weeks fighting. He doesn't like the way the kids are dressed or the way I spend money or the way the family acts. It seems like nothing we do is right. I really love him, but sometimes it's more than I stand. What can I do?
Baffled

Dear Baffled,
Your problem is a common one and it stems from a couple of things. First, your husband has had six months to forget about the reality of his home. He doesn't remember anything about noisy children, messy rooms, or a frazzled wife. What he does remember is the perfect housewife, mother, and mistress. He's fantasized his homecoming a thousand times. Reality has a way of pouring cold water on his dreams, and that upsets him.

Second, you have had six months of total control of the house and have survived reasonably well. The place hasn't burned down, the children are still alive, and the dog still wags his tail. No one has suffered seriously during your man's absence. In short, you have established some independence. That's a tough blow to a man who firmly believes that he is center of his household. He starts to think that maybe he hasn't been missed and that he doesn't have a place in the family anymore. His response is to MAKE a place. Orders begin to fly, frowns take the places of smiles, and nobody can do anything without his approval.

At this point, the kids react in the usual way—they ignore him and complain that "mommy doesn't make me do it." Ouch! It all comes down on your head and a full-blown typhoon forms in the living room.

How do you head it off? There are a lot of techniques to ward off anger. You could submit totally and let him believe that he is lord and master in his castle. I don't recommend this one. You could end up in a much worse situation quickly. You might try a long talk with the children. Something along the lines of: "Look, kids, daddy is having a mental breakdown and we need to help him get well." or "If you want to live one more day, I would strongly suggest you listen to your father and keep your mouth shut for the next week." I've tried both of these approaches. I won't repeat their replies, but they did manage to cooperate for a few days.

The next, and most important, approach is to have a long, honest talk with your spouse. Let him know how YOU feel. Don't accuse or attack his behavior. Simply let him know that things are seriously wrong and that you need help to deal with it. A simple statement like: "Ever since you came home, I've felt like you don't trust my judgement. Is there something that we can do about that?" will open the door to discussion. You haven't really talked to the man in six months. (Unless your phone bill is in the gazillions of dollars.) Find a quiet corner, farm the kids out to the neighbor, open a bottle of expensive wine and TALK. Tell him your feelings and then listen to his. Find out where his head is and arrive at a mutual solution to the problems.

Maggie

Ads

Autos

1987 Mercedes 300 Turbo-Diesel, 62,000 mi., excellent cond., many extras & new parts, \$20,000 firm, contact James Abbott at 263-6092.

1985 Pontiac Sunbird—4 spd, w/cruise, A/C, new tires, needs tune-up, 69,000 mi., AM/FM radio, \$1,500, 254-3066.

Miscellaneous

Tandy 1400LT Laptop—Computer, dual 3 1/2" drives w/ printer & carrying case, \$400, contact James Abbott at 263-6092.

AK-47 Rifle—Great cond., still in box, w/all accessories, serious inquires only, 254-7571.

Moped & Uniforms—Honda Elite moped, Charlie and Bravo dress shirts never worn, poly/wool blouses and trousers, make offer, moving must sell, 254-1765.

Encyclopedias, Lamps & Blinds—Complete set of Collier's

Encyclopedias, \$35; table lamps, \$10 ea.; mini-blinds, 36", \$5 ea., 254-1973.

Girl's Bedroom Set—French provincial style, by Bonet, dresser, night stand, bed frame, desk, \$200, 254-1973.

Misc. Items—Lawn mower w/ bag, \$75; refrigerator, \$150; portable crib, \$25; 3 carpets, white \$50, 2 mint green \$30-\$50, 254-2527.

Pets

AKC Golden Retriever Pups—Born June 26, \$500, 5 female, 3 male, payment plan OK for military, beautiful, 254-3066.

Wanted

Day Care Provider—Needed for 9-month-old boy starting mid-September. If interested please call 254-3215 after 6 p.m.

Yard Sale

Saturday—1982-B Hanson Cir., 9 a.m.-1 p.m., clothes, toys and games.

Education

Joint Education Center

Anyone interested in law enforcement should stop by the Joint Education Center and talk to Cpl. Johnson. There are a number of options available that will allow people to work toward and obtain their degrees through distance Learning Programs.

Everyone is encouraged to stop by JEC to participate in a needs assessment survey. This survey only takes a minute to complete and will help us meet your educational needs and desires in the most timely and efficient manner.

Every Wednesday at 1:30 p.m. JEC holds a DD-295 brief that explains how to turn military experience and schools into college credit.

Anyone with questions about education can stop by JEC or call 257-2158/1232.

Windward Community College

Writers and would-be writers are invited to meet at Windward Community College for the fall semester of writing retreats. The sessions will be held Saturdays. There are three sessions left: Sept. 25, Oct. 23 and Nov. 20, from 9:30 a.m.-2 p.m.

A seven-session program to help women take charge of their finances is being offered Saturdays from Sept. 11 to Oct. 23, from 8:30-11 a.m.

Honolulu Community College

The Honolulu Community College's Fire Science program will continue at Kaneohe Marine Corps Air Station. The Fall term (Oct. 4-Dec. 16) will offer Fire 56, Legal Aspects of Fire Protection and Fire 111, Management in the Fire Service.

A Fire Science associate in science degree program is designed for individuals interested in a career as a firefighter, insurance inspector, or safety specialist. Military experience will be evaluated. For more information, call KMCAS' JEC at 257-1232.

Club Scene

Enlisted Club

Friday night entertainment just keeps getting better and better at the Enlisted Club. This weekend join the Enlisted Club for hot nights of rhythm and blues, when G-Wiz, a mainland R&B band, takes center stage. Dance to their number one hit, "Teddy Bear" and many others. G-Wiz takes the stage at 11:30 p.m. Friday for a "preview concert." Saturday the concert begins at 11:30 p.m., but goes until 3 a.m. The cover charge is \$10 per person for advance tickets and \$12 at the door. There is a \$2-off coupon which can be found throughout the air station.

Can you dance until you drop? Boogie down at the Enlisted Club Friday in their Dance Contest. Dance your way to a \$300 grand prize! The contest begins at 8 p.m. and there is a \$5 entry fee.

Staff NCO Club

Looking for a way to say thank you to your boss? Treat him or her to a night out on the town at the Staff NCO Club Tuesday. Bosses Night features free pupus for you and your boss. The doors open at 4:30 p.m. Bosses Night is followed by the Staff NCO Advisory Board Meeting.

Due to the Labor Day Holiday, the Staff NCO Club will not feature the Sunday Seafood Buffet. Seafood Buffet service will continue Sept. 12.

Officers' Club

The Kaneohe Officers' Wives Club would like to invite all officers' wives to the Aloha Coffee, Sept. 9, from 7-9 p.m. at the Officers' Club. Come by and visit with representatives from many base organizations, feast on free pupus, make new friends and even win door prizes.

Tickets

The MWR Ticket Office offers tickets and information on how to get them at special military rates. The office also takes reservations for events and attractions around the island. Call the Entertainment Hotline at 254-3304 or stop by the Marine Corps Exchange for information and reservations. The office is open Monday-Friday, 9 a.m.-5 p.m. and Saturday, 10 a.m.-2 p.m. This week's offerings include:

Consolidated Movie Theater—Tickets cost \$4.25 and are good until December.

Sea Life Park/Waimea Falls Park—ITT now has discount tickets. Adult tickets are \$8.50, juniors \$5.75 and children (4-5) \$2.50.

The Polynesian Cultural

Center—The Polynesian Cultural Center has extended its military special through Monday. Admission/Show Special for residents is \$12.06, children \$10.10. For non-residents the cost is \$14, children \$11. The Admission/Show/ Buffet Special for residents is \$24.56, children \$17.39. For non-residents the cost is \$26.50, children \$18.30.

Aloha Diners Club—Entertainment and dining is available at a big discount. Books and cards are only \$6 and are good until December.

Hale Koa Luau—Monday and Thursday starting at 5:30 p.m. Early reservations are recommended. Adult tickets are \$27.95, children \$17.95.

University of Hawaii Football—UH battles Middle Tennessee State Saturday at 7:05 p.m. Sideline seats are \$16.50 and end zone seats are \$14.50.


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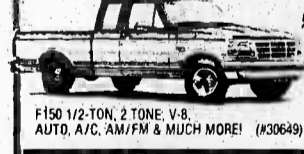


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