

Marine Aviation
Cunningham's spirit
revisits
advancing technology
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Museum
Deadly ordnance
collected and stored
for viewing
Story on Page A-12



Windward Marathon
Leathernecks stride
to victory in
Sunday's competition
Story on Page B-1

HAWAII MARINE

Voluntary payment for delivery to MCAS housing/\$1 per four-week period.

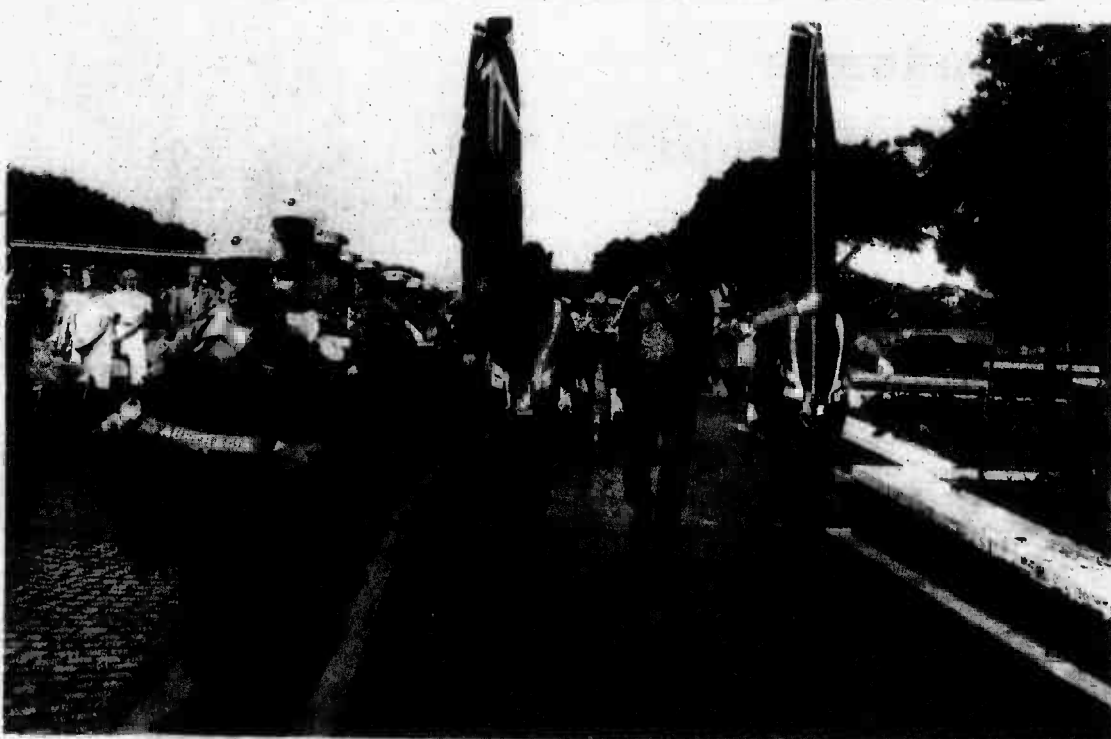
NO. 13 VOL. 20

KANEOHE BAY, HAWAII, MAY 16, 1984

TWENTY-FOUR PAGES



WREATH LAYING — BGen. O. K. Steele, Commanding General, 1st Marine Brigade, at Marine Corps Air Station Kaneohe Bay, represented the Marine Corps during wreath laying ceremonies held in commemoration of ANZAC (Australian and New Zealand Army Corps) Day, April 25. ANZAC Day honors the fallen fighting men of both countries and their attempt to capture Constantinople (now Istanbul) in 1915. It also honors those who fell during World War I and II, Korea, Malaya and Vietnam.



MARCHING INTO POSITION — A color guard from the Royal Australian Regiment bear both the Australian and New Zealand colors while marching by wreath-bearing leathernecks from Marine Barracks, Hawaii, during wet and rainy ANZAC Day ceremonies held at the National Memorial Cemetery of the Pacific, April 25.

**Armed
Forces
Day
May 19**



See schedule on Page A-8

ANZAC Day honors fallen

Story and photos
by Sgt. Chuck Jenks

NATIONAL MEMORIAL CEMETERY OF THE PACIFIC, PUNCHBOWL, Hawaii — Uncanny torrential rains poured like symbolic tears on the 200 observers who attended ANZAC Day ceremonies honoring fallen combatants of Australia and New Zealand, April 25.

Flowered wreaths, from the Consul General of Australia and acting Consul General of New Zealand, along with 31 from representatives of the U. S.

armed forces, federal, state and city governments, several Far Eastern countries, veterans organizations and other groups were laid in commemoration of this day.

ANZAC Day, Australian and New Zealand Army Corps, pays tribute to those soldiers who died during the landing on Gallipoli, a peninsula of Turkey, on April 25, 1915. This tragic and unsuccessful landing was an attempt to capture Constantinople (now Istanbul) in World War I. Not only does ANZAC Day honor those who fell then, but honors all ANZACs who

fell in World War I and II, Korea, Malaya and Vietnam.

Despite the heavy downpour, the ceremony proceeded at exactly 11 a.m. Wreath-bearing leathernecks from Marine Barracks, Hawaii, marched into position, while two color guards bearing the Australian and New Zealand flags, and United States and Marine Corps colors took their positions on the steps of the marble memorial.

Commemorative addresses were then made by the Australian Consul General, William Fisher, acting consul general from New

Zealand, John Neas, and the Fleet Marine Force, Pacific Chaplain, Cmdr. Richard C. Hettish.

While the 33 wreaths were laid, the rain drenched all observers in a manner that could be described as "miserable as it rained cats and dogs."

Then, buglers from the Fleet Marine Force Pacific Band, directed by 1st Lt. William Clemons, filled the large crater with the eerie echoing tones of "taps." Following this, the booming Pack 75mm Howitzers,

Cont. on Page A-2

Revolutionary ship-to-shore craft delivered to Corps

Story and photo
by Sgt. G. Andre Begin

Corps, General Paul X. Kelley, officially received delivery of the Landing Craft, Air Cushion (LCAC) from the New Orleans Operations plant of the

Bell Aerospace Division of Textron. The high-speed ship-to-shore craft is "the most revolutionary improvement in U.S. landing craft since World

War II," according to its manufacturer.

The Commandant agreed: "This improvement in landing craft technology is the most significant advance in warfare since the introduction of the helicopter," Gen. Kelley testified before Congress.

The LCAC is capable of speeds up to 60 knots on calm seas and can carry 150 troops or the main battle tank and several other vehicles through surf onto and across beaches inland. It gives the Marine Corps' amphibious doctrine new life with its ability to assault 70 percent of the world's beaches as opposed to the current 17 percent for today's amphibious assault vehicles.

"Of my 34 years as a Marine, two pieces of equipment stand out more than any in terms of having a profound impact on amphibious warfare," said Kelley.

"The first is the helicopter. The second is the LCAC. The LCAC offers a revolutionary dimension to amphibious warfare," said the Commandant. He went on to praise the workers who made it possible.

"The hard-hat men, those very special people, have my deepest respect and admiration. The precious lives of sailors and Marines in any future battlefield may well rest on their quality of workmanship," he said.

"It's a momentous day for our country, for our Navy, for our Marine Corps, and for the free world," said Kelley.

The craft is capable of doing 40 knots with a 60 ton payload and is compatible with existing ships currently used by the Navy to deliver landing forces. As described in *Jane's Fighting Ships*: "LCACs are supported above the land or water surface by a continuously generated cushion of air held by flexible 'skirts' that surround the base of the vehicle."

It is powered by four gas-turbine engines that turn two four-bladed, twelve foot propellers. It can clear a four-foot obstacle and is approximately five times as fast as any of its predecessors. According to an article in the July 1983 edition of "Amphibious Warfare Review" by Cole Jack Scharfen, USMC (Ret.), "The LCAC may be the only vehicle that can safely traverse mud flats, ditches and marshlands: Beaches that formerly would be denied to the landing force because of a lack of egress routes now become accessible."

The vehicle operates on marine diesel fuel or aviation fuel (JP-8) and will measure 87'11" long by 47' wide by 23'3" high when "on cushion."

It's "a revolutionary dimension, to amphibious warfare" according to Secretary of the Navy John F.

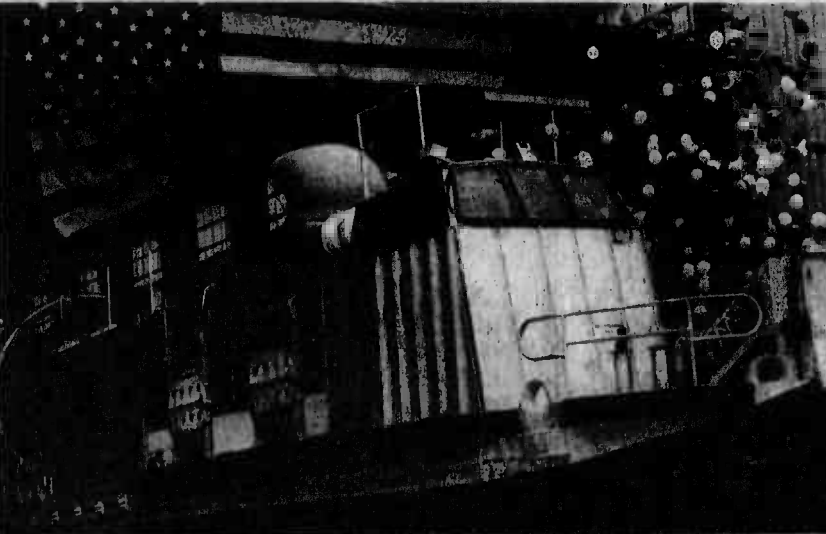
Lehman Jr. With the exception of the VSTOL aircraft (Harrier) and the helicopter, Marine Corps amphibious equipment has seen few major changes since World War II.

Mobile cargo can be off-loaded in 5 minutes and bulk cargo in 15, only half the time it takes now, but the craft will probably not venture too far inland beyond the beachmaster's 1 kilometer area of normal operations until further logistical and tactical plans are formulated.

Marine Amphibious Brigade size operations utilizing LCACs are not expected until the 1990s because a minimum 31 LCACs are needed to shuttle a full brigade.

After the official "rollout" ceremonies, the LCAC will go to the Naval Coastal System Center in Panama City, Fla., to begin acceptance tests. Assault Craft Unit-5, already commissioned at NCSC, will do the testing on the LCAC before its scheduled relocation to Camp Pendleton, Calif., in mid-1986.

ACU-5 is the first fleet organization to operate the LCAC and will move along with the LCACs to Camp Pendleton after the testing is completed. A second LCAC will be completed later this year. Three will be built and delivered in 1985 and the sixth, fulfilling the initial contract, will be done in 1986.



REVOLUTIONARY CRAFT — The Landing Craft, Air Cushion (LCAC-1) "rolls-out" of its hangar at Bell Aerospace in New Orleans, May 2. The craft was called "the most important

development in amphibious warfare since the helicopter" by the Commandant of the Marine Corps, Gen. Paul X. Kelley.

Courts-Martial Report



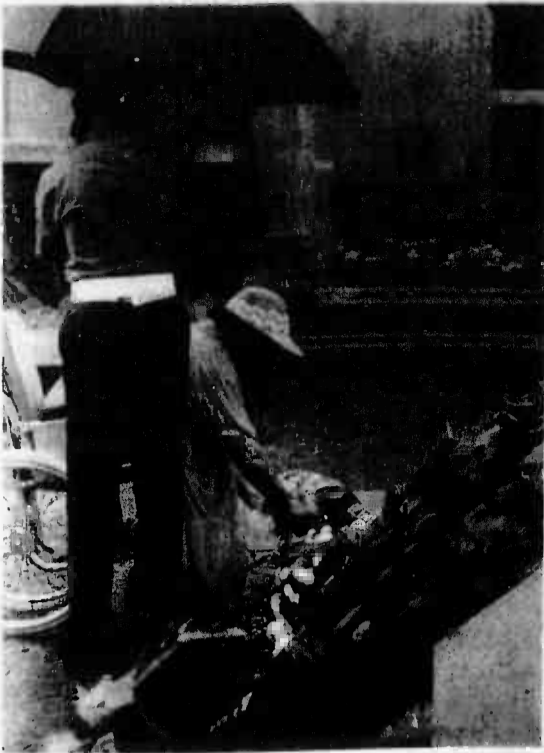
EDITOR'S NOTE: The information contained in Courts-Martial Report is submitted by the Joint Legal Service Center and is published as a source of information for all Marines.

PFC Scott E. Seymour, Headquarters Co., 3d Marines, was convicted at trial by special court-martial of unauthorized absence from Jan. 9 to Feb. 22, 1984; and from Feb. 24 to March 12, 1984; and nine specifications of failing to go to his appointed place of duty, to wit: restriction muster.

He was sentenced to forfeiture of \$350 pay per month for five months, reduction to private and confinement at hard labor for three months.

PFC Jonathan H. Kelly, Communications Supply Co., was convicted at trial by special court-martial of failure to go to his appointed place of duty, to wit: a wall locker inspection.

He was sentenced to forfeiture of \$250 pay for one month, reduction to private, and confinement at hard labor for one month.



FLOWERS AND RAIN — Mitzi Bowden, representing the Women's Auxiliary, Australian Returned Servicemen's League, places a wreath in honor of those soldiers from the Australian and New Zealand Army Corps who have died in conflict since 1915.

ANZAC . . .

Cont. from Page A-1

from the FMFPac Sulating Battery, based at Camp H.M. Smith, fired their deafening 21-gun salute.

As the ceremonies came to a close, the FMFPac Band played "Waltzing Matilda," bringing a little cheer to the soldiers from the Royal Australian Regiment, presently at Schofield Barracks for training. The band then

followed with the National Anthems of Australia, New Zealand and the United States.

Although no one left the sopping wet ceremony, the final benediction from Chaplain Hettish was a welcome sound and a close to the ceremonies.

As the brilliance of the sun broke through the clouds marking a solemn tribute, soldiers from Australia briskly jaunted away in formation leaving an air of hope for the future.



BRAVING THE RAIN — Soldiers from the Royal Australian Army Regiment attempt to stay dry beneath their wide-brimmed covers during ANZAC (Australian and New Zealand Army Corps) Day ceremonies held at the Punchbowl, April 25.

Ombudsman



If you have a question or complaint about the content of the Hawaii Marine — or a suggestion or compliment — please telephone our Ombudsman, Gunnery Sergeant Don Gilbert, at 257-2178.

Gilbert, the Joint Public Affairs media operations chief, will endeavor to answer your questions and complaints through impartial investigations. He will accept calls between 7:30 a.m. and 4:30 p.m.

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May Special Events

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20 May is Senior Citizen Month Take Your Tulu To Lunch At Windward Mall On Saturday And Enjoy A Special Noontime Performance By The Koolau Senior Hul Entertainers	21 Stimulating Stunts Of Stunning Strength And Style — The Walkiki Acrobats! Sunday, May 27 At Noon In Center Court	22 IT'S HAPPENING JUST FOR YOU! OLOMANA CENTER STAGE NOON, MAY 28	23 Comments Or Questions On Our Calendar? Call 247-8767	24 WINDWARD MALL WILL CLOSE AT 5 PM ON MONDAY, MAY 28.	25 Memorial Day Sale May 25-28 For The Best In Holiday Bargains And A Cool, Comfortable And Convenient Shopping Experience... WINDWARD MALL	26 MEMORIAL DAY SALE • 10-4 — FREE BLOOD PRESSURE SCREENING SEARS WING • Noon - Koolau Senior Hul Center Court • 1 P.M. Local Motion Fashion Show and Dance featuring SONIA of "Revolucion"
27 MEMORIAL DAY SALE • NOON - WAIKIKI ACROBATS	28 MEMORIAL DAY SALE • NOON - OLOMANA CLOSED AT 5 P.M.	29 COMING IN JUNE - AN EXHIBIT AND SALE OF THE ARTWORKS OF LEONARD WOOD JUNE 8-18	30 WE'RE ON YOUR SIDE! WINDWARD MALL	31 JUST MINUTES AWAY FROM WHEREVER YOU ARE! WINDWARD MALL	1 SCHOOL'S OUT NEXT WEEK — SHOP WINDWARD MALL FOR ALL YOUR SUMMER NEEDS — EVERYTHING YOU WANT UNDER ONE ROOF!	2 • 3 PM — TORRANCE SONGSTER BRIGADE CENTER COURT

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Everything advertised in this publication must be made available for purchase, use or patronage without regard to race, creed, color, national origin, age or sex of the purchaser, user or patron. A confirmed violation or rejection of this policy of equal opportunities by an advertiser will result in the refusal to print advertising from that source.

HAWAII MARINE

At-a-glance

Armed Forces Week concerts

The second annual Armed Forces Week Combined Military Band Concert will be held May 17 at the Neal Blaisdell Center Concert Hall.

Sponsored jointly by the Chamber of Commerce of Hawaii, the Mayor, City and County of Honolulu, and the military services, the free concert will begin at 7:30 p.m.

The concert is open to the general public. Admittance will be by ticket only which is available on a first-come, first-served basis at military special services offices, the Chamber of Commerce of Hawaii, satellite city halls and the Veterans Administration Office in the Prince Kuhio Federal Building.

There will be another concert held at Fort DeRussay on May 20, at 2 p.m., although tickets will not be needed for the outside concert.

Ballet and Baton recital

There will be a Ballet and Baton Recital this weekend at the 3d Marine's Training Facility.

The Ballet recital will be Saturday at 4 p.m. and the Baton recital will be Sunday at 3 p.m.

There is no charge and everyone is welcome.

Women's employment workshop

In recognition of Military Spouse Day, the Family Service Center, along with the Federal Women's Program is conducting an employment workshop to be held at the Family Service Center May 23. The free workshop will be divided into three parts: government/

civilian job opportunities, interview techniques and day-care center selection.

Interested women who would like to attend are asked to contact Carla Cary at the Family Service Center, 257-2128/2129 before May 21.



PREVENTIVE DENTISTRY — Ah, there's nothing like a dental examination. Lt. Randy Shaffer, a dentist at the dental clinic here, examines Nicholas Clark, 2, during Saturday's Dependent Dental Examination Program. Dependents received a general examination, toothbrush instruction and fluoride treatment. Examinations for dependents are scheduled the second Saturday of each month. For information call 257-2290.

Japanese architecture photo show

Leeward Community College and the Mayor's Office for Culture and the Arts will sponsor a photo exhibition of traditional Japanese architecture at Honolulu Hale now through May 30. The exhibition will open with a lecture slide program on the Katsura Imperial Villa in Kyoto; the lecture will be con-

ducted by Professor Thomas Katsuyoshi, Department of Architecture, University of Hawaii. It will begin at 7 p.m., May 14.

The exhibition will include photographs of Shugaku-in Imperial Villa, the Silver Pavilion, and Yosano-Miya, a third century Shinto shrine. The photography was made possible through the cooperation of the Japanese Government and funded by grants from the National Endowment for the Humanities and the Hawaii Committee for the Humanities.

Liberty shuttle

A shuttle bus runs from the Marine Corps Exchange parking lot here (at the Boondocker Theatre end) to Aikahi Shopping Center every Saturday, Sunday, and holiday from 9 a.m. to 5 p.m. The shuttle, sponsored by both Station and Brigade, runs every half hour, and the only require-

ment is that passengers have a valid ID card.

Quit smoking program

Freshstart is a program sponsored by the Kamehame Branch Clinic in conjunction with the American Cancer Society to help people quit smoking.

It is open to all active duty, dependents and retirees of all ages. The only requirement is your time to listen to a program that works. The program is scheduled to be held at the clinic from 6:30 p.m. to 8:30 p.m. June 12, 14, 19 and 21.

To register call the Windward unit of the American Cancer

Society at 262-5124 or the Adult Clinic at 257-2131.

Jewish life photo exhibition

"Jewish Life in America: Fulfilling the American Dream,"

an exhibit of 250 photographs which has been seen by record-breaking crowds in New York and Washington, comes to Honolulu now through June 15.

The exhibition will be mounted at the Prince Jonah Kūhū Kalanianaʻōle Federal Building, with free viewing 8 a.m. to 5:30 p.m. Monday through

Friday. The exhibit is sponsored by Temple Emanu-El in cooperation with the Arts Council of Hawaii and represents the Jewish community's part in the Silver Jubilee.

In addition to the national photos, there will be a special display of photographs from the Bernard H. Levinson Hawaiian Jewish

Archives of Temple Emanu-El, showing religious observances, the history of Hawaii's Jewish communities, and an exhibit on the Kalakaua Torah, the sacred scroll presented to the Hawaiian King by a wandering Jew.

For additional information, call Temple Emanu-El at 595-7521.



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Marine Aviation: 72 years young, spry and proud

Alfred Cunningham's spirit lingers

by SSgt. W.S. Saunders

"Marine Corps Aviation — it never ceases to amaze me. Every year about this time I like to mosey around the Corps to take a look-see and keep current. I've been doing it for 71 years now.

"During my 71 years of looking around, I've seen it grow from just a simple aeroplane, which was flown with good old know-how to the new sophisticated, computerized superstructure such as the F-18. Man! That's a good looking aircraft.

"Excuse my manners, allow me to introduce myself. Cunningham is the name and flying used to be my game. A few of you might've heard of me, but for those of you who don't remember me or are not up on your history, my first name is Al. They say that on May 22, 1912, when I reported to the new Naval Aviation Camp in Annapolis, Md., I made history.

"They say that my arrival was the beginning of Marine Corps Aviation. But, let me tell you how it really was.

"Since Orville's and Wilbur's names became household words in 1903, I've had a mighty keen desire to fly one of those new-fangled aeroplanes. To soar like a bird was my ambition.

"Now most of you Marines have heard the old expression of being in the right place at the right time, well that's exactly what happened in my case. I had heard 'through the grapevine' that the Corps was looking for someone crazy enough to fly one of those machines, and I applied for the job.

"That following July, I was ordered to the Burgess Aeroplane Company in Marblehead, Mass. I remember thinking to myself, 'one marblehead reporting to another.'

"After a month of flight school with the AX-1 bat boat, biplane, and a whole two hours and 40 minutes of intense instructions, I made my first solo. I remember the elation I felt after pushing the rudder with my feet and getting airborne for the first time. When I think back to that hot August day in 1912, I still get those butterflies in my stomach. But it was worth it.

"That feeling of chugrin soon changed to exhilaration as I soared higher and higher. It wasn't long after that flight that they made me Naval Aviator No. 5 and I, Al Cunningham, got to sit on the prestigious Chamber's Board, composed of six Naval officers and me. The board was convened to draw up a plan for the organization of a Naval aeronautical service.

"It was about that time that I really started to feel the

importance of my position. It was like having a million dollars at your finger tips and not knowing what to do with it, or inventing something super and not having enough money to build it.

"I knew that those flying machines had extraordinary potential in our Corps and my being a member of that board ensured the Corps would have its say in their use.

"After flight school, my buddies and I did take part in a couple of, at that time, during experiments.

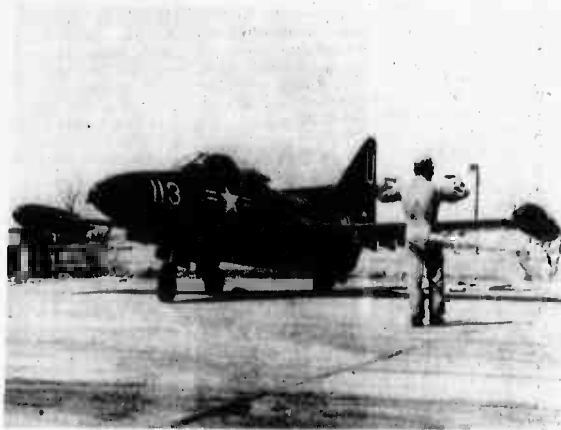
"Old Lieutenant Bernard 'Banney' Smith, the Corps' second aviator, was the first guy to throw a bomb out of a Naval plane. Lt. Frank Evans was the first man to loop his seaplane, and I even made the news when I got catapulted from a battleship.

"Yea, things have really changed from those days. I look around now and I can hardly believe I had a hand in starting this thing we call Marine Aviation.

"I look back to 1919, when Lt. Lawson Sanderson, flying with the fourth squadron in Haiti, introduced 'dive bombing.' That was just a prelude however. I remember that on July 16, 1927, Marine close air support was born.

"Approximately 38 Marines and 49 Nicaraguan national guardsmen were attacked by over 5,000 Sandinistas in Ocotul, Nicaragua. At 10:30 that morning, Lieutenant H.D. Boyden and gunner Michael Wodarczyk flew over the area on a reconnaissance flight.

"Boyden saw that the garrison was under attack and landed to



1959 F9F-7 Cougar

get more information. Wodarczyk strafed the attackers to protect Boyden until he was ready to take off. The gunner continued to strafe the attackers for another 20 minutes before departing with his pilot.

"When both Marines reached the rear, BGen. Logan Feland, the brigade commander, gave the order to take such steps deemed most effective. Marines immediately manned five DH-4s, one engine, two crew, observation biplanes, and by 2:35 that afternoon, were engaged in the first close-air-support of ground troops.

"The Sadinistas were not prepared for the devastating accuracy of the Marine aviation team. They soon broke and fled from the open field where they had been attacking the Marines.

"Since that time, all around the world, many enemies have felt the wrath of the leathernecks' air team. Through World War I, the Banana Wars, World War II, Korea and Vietnam, the Marine Corps has led the way in military aviation.

"Why, I remember the confusion

and anger around here in Kaneohe, on a warm day in 1941 when the Japanese were on their way to Pearl Harbor.

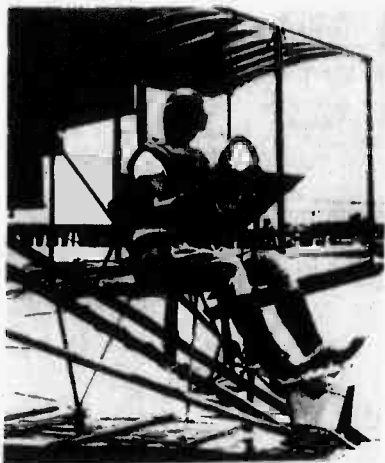
"In later years I watched this station turn from a Naval Air Station to one that accommodates Marines.

"Times have changed since I first boarded that AX-1 biplane and started Marine Aviation. Marines have come and gone, and the planes you guys fly are modern, sleek versions of that old biplane I used to fly. But, there is still one thing that remains the same... Marines.

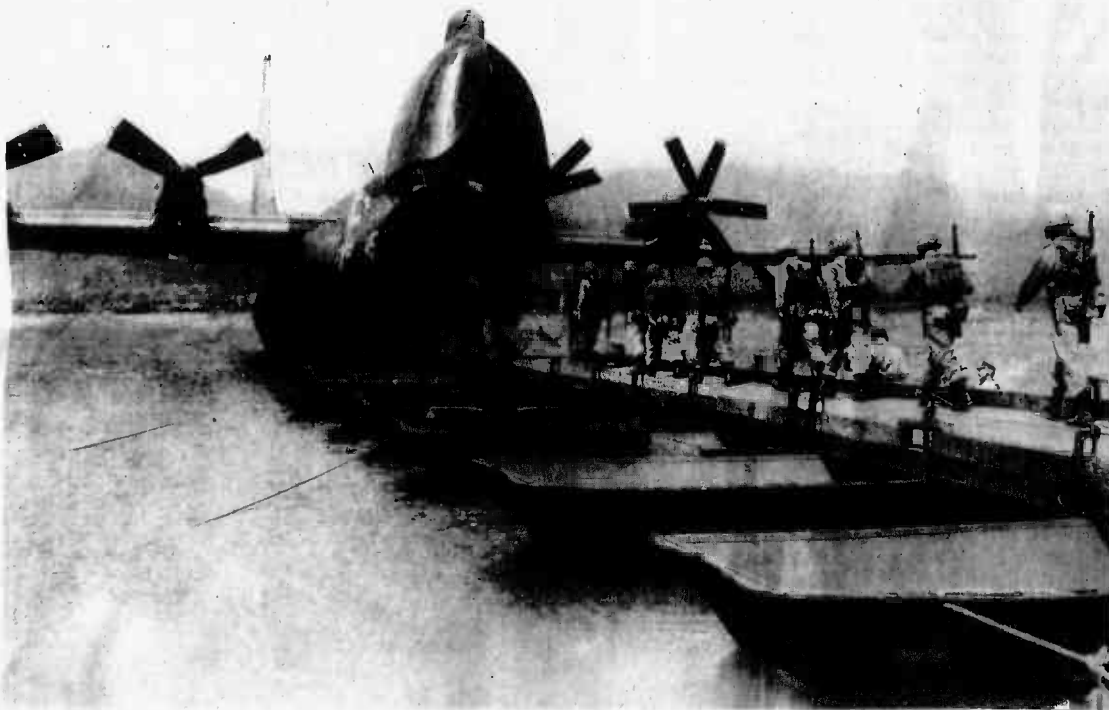
"They still look about the same as they did in my days. They still have within them the fundamentals of tradition, discipline and motivation that have characterized all Marines down through the ages.

"Since I'm a ghost, you can't see the pleased smile on my face. But if you could, you would also see the pride that shows.

"I've seen aviation in the 'old' Corps and the 'new,' and I'm more than satisfied with both. See you next year and Happy Aviation Birthday."



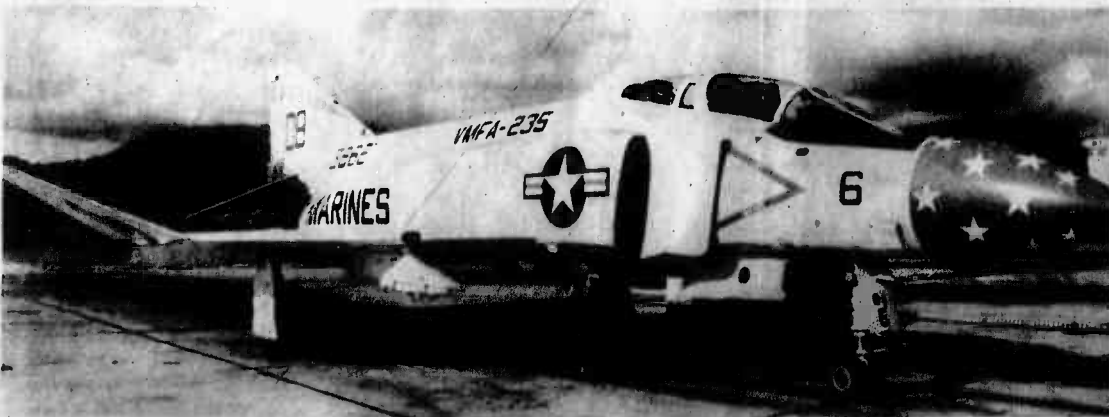
1st Lt. A.A. Cunningham in 1912 Curtiss sea-plane



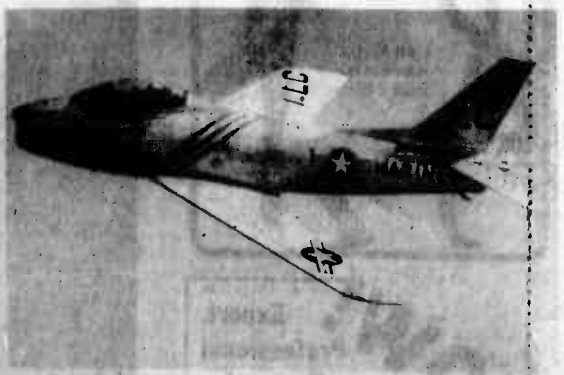
1955 Convair R3Y-2 transport flying-boat



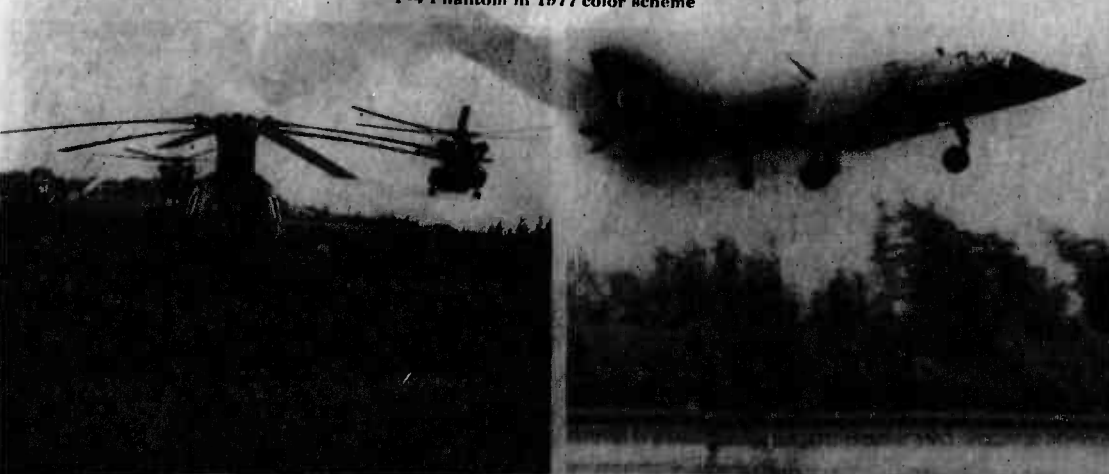
OV-10 Bronco



F-4 Phantom in 1977 color scheme



FJ-4 Fury jet



CH-46 Sea Knight



AH-1H Huey helicopter

AV-8B Harrier

Son, today we're gonna work on your curve ball

EDITOR'S NOTE: The following article was written by 1st Lt. Al Scheib of MCLB Barstow, Calif.

MCLB, BARSTOW, Calif. — Well son, it's Friday evening and another week is coming to a close. A strange feeling came over me as I tiptoed to your bed and kissed your cheek good night. As I gazed upon your little body curled up into a tight ball with your hair going in a million directions, slobber running down your cheek to your pillow and a half-eaten bag of Chee-tos at your side, it hit me. The events of the day were laid before me very clearly.

Do you remember this morning? "Hurry up, you'll be late for school; comb your hair; brush your teeth; stand up straight and don't wear that junky old shirt. What do you mean you can't find one of your shoes? Well, where did you take it off? I wish you'd learn to take care of your things."

As I dashed out the door for work you waved a tiny hand goodbye and said, "See ya later—I love you dad." I hurriedly mumbled something and jumped in the car and drove away.

It continued when I came home, didn't it? There you were in our front yard with your friends. Just as I rounded the corner you were sliding into a makeshift second base — in your school clothes. It was probably the seventh game of the World Series, too, but I didn't think of that. You ran up to me with an innocent, "It's great to see you dad" look on your face and what did I do?

No hug, no I love you and I missed you today son. But instead — "Get your butt in the house and get those school clothes off. How many times do you have to be told?" I embarrassed you in front of your friends and rejected your offer of love for me all in that one instant. All because I didn't take a second to stop and think. I simply didn't remember what it was like to be a child.

How about later this afternoon when you asked me to go outside and play a little catch? "Dad, will you show me how you throw a curve ball?"

"Sure, but a little later. I'm

really tired." We didn't play catch today did we?

All this in one day — and imagine from your father. Yet that beautiful childlike love and trust that God put in your was not dampened by my actions today. I realize this now as I recall how you hesitantly shuffled to the sofa an hour or so ago and hugged my neck for all you were worth "Good night dad. I love you a lot."

Yes, as I watch you sleep so peacefully it all comes back very clearly. I want to teach you so many things son, but my behavior today is not one of them. I have asked God tonight to help me to remember everyday — he is just a child. He will be grown and gone all too soon without my forcing it upon him now.

Son, if I haven't told you lately that I love you, I'm telling you now. So please forgive the way I acted today — you see I am just an adult. I will do better. In the morning, grab your ball and glove — we're gonna work on your curve ball.



LAW ENFORCEMENT PARAPHERNALIA — Various police equipment is on display at the Marine Corps Exchange entrance on the Air Station during Police Week, May 14-18. Sgt. Jim Muhlenkamp, Provost Marshal Office,

explains the function of the equipment to 1st Lt. Ray Gibson, Headquarters and Maintenance Squadron-24 and SSgt. Terry Rudisill, H&MS-24. (Photo by SSgt. W.S. Saunders)

Scholarships available for 'Marine Family'

HQMC, Washington, D.C. — The term "Marine Family" has a special meaning to the Marine Corps Scholarship Foundation (MCSF), which since 1962 has awarded 2,460 scholarships to deserving sons and daughters of active duty and former Marines.

The non-profit organization, headquartered in Princeton, N.J., has among its membership many distinguished Marines, former Marines, and civilian friends of the Corps. Its objective, strictly charitable in nature, is to help see to it that financial shortcomings are not a stumbling block for motivated young men and women to further their education.

According to MCSF officials, 1984 was a banner year with more than \$325,000 worth of scholarships approved for academic year 1984-85. That figure represents the approval of 320 applications by the foundation's Student Aid Selection Committee, which met in February. One official stated that on the average, two out of every three applicants receive some degree of assistance.

Already preparing to lend a helping hand to more college hopefuls, MCSF recently announced guidelines for the submission of School Year 1985-86 scholarship applications, which will be accepted after Oct. 1.

Officials stress the importance of using the Marine Corps Scholarship Foundation Request for Financial Assistance Form when applying for aid. The use of other discontinued or related forms could result in the time-consuming task of returning applications for additional information.

Requests for information and special application forms should be addressed to: James Forrestal Campus, P.O. Box 3008, Princeton, N.J. 08540.

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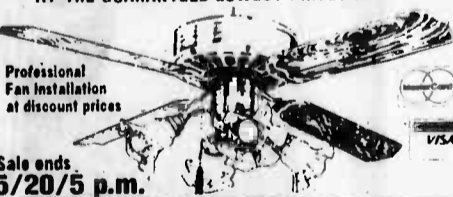
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12 PACK BEER Budweiser • Coors • Miller
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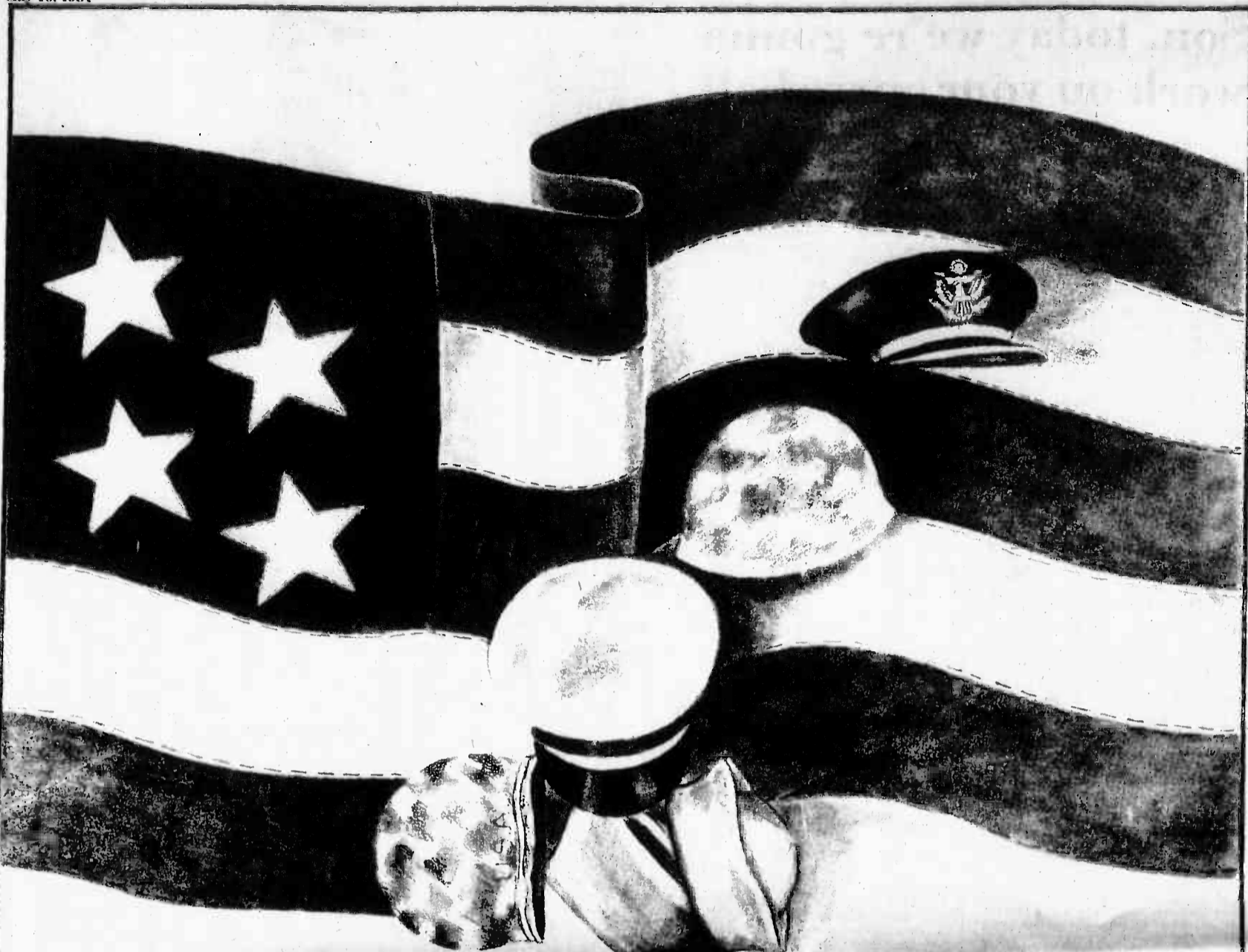
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ISLAND EGGS Rocky Road Grade A Extra Large
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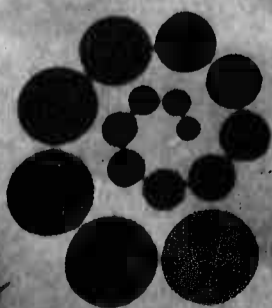


HATS OFF TO THE MILITARY

Pearlridge Center is celebrating Armed Forces Day weekend by saluting our Military community on May 18, 19 & 20. Our High School Junior R.O.T.C. Drill Teams will perform on the Mall's Phase I & II for your enjoyment. Beginning with Radford High at 4 p.m. on Friday, May 18 and an exciting line-up of high school R.O.T.C. Drill Teams on Saturday, beginning at 10 a.m. Don't miss:

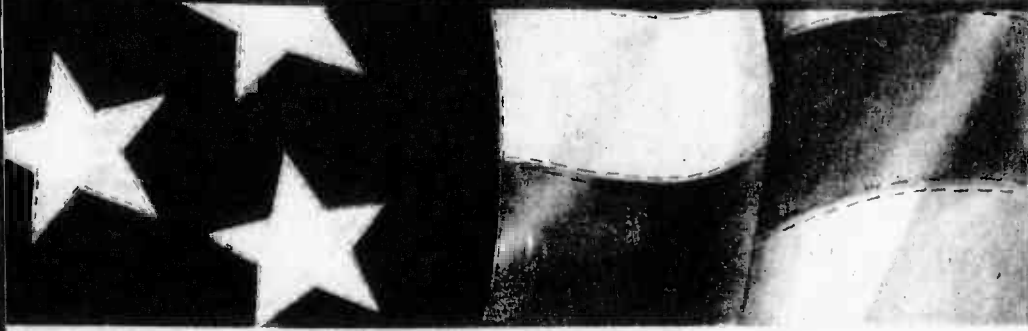
- FARRINGTON AT 10 A.M.**
- WAIANAE AT 11 A.M.**
- ROOSEVELT AT NOON**
- KAILUA AT 1 P.M. &**
- McKINLEY AT 2 P.M.**

There will also be displays that will make Hawaii proud to have the best Military bases in the United States. Hats off to all our Military on this Armed Forces Day weekend at Pearlridge Center.



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Shirt:
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Men's 28-36.
30.00



GIVING NCOs THE TIME OF DAY — Frank Lister, president, Noncommissioned Officer's Association of America, presents a clock to Sgt. Glenn Hall, Joint-Education Center, in recognition of NCOs aboard this Station. The names of Cpl. J.J. Guenther, Station Operations and Maintenance Squadron; and Cpl. B.D. Gust, Headquarters Company, 1st Marine Brigade, are engraved upon it as recipients of the NCO of the Quarter award for Station and Brigade. Hall received the clock for all NCOs here due to his position as chairperson of the enlisted club advisory group. (Photo by Sgt. Roger Oban)

Armed Forces Day events

This year's Armed Forces Day observance will be a joint effort by the Navy, Marine Corps, Air Force and Coast Guard. Naval Base Pearl Harbor and Hickam Air Force Base have set up displays and other activities open to the public May 19, from 9 a.m. until 4 p.m.

The following schedule lists the events and times for both bases:

Pearl Harbor — The theme is "Meeting the Challenge," and a joint program of the Navy, Marine Corps, and Coast Guard will be presented. Visitors are asked to enter through Halawa Gate which will be open at 8 a.m.

9 a.m. — Armed Forces Day begins. Visiting

begins on ships and helicopter displays. (Shuttle bus will operate throughout the day between the Arizona Memorial Visitor Center and open house site.)

9:30 a.m. — Scuba and deep sea diving demonstrations.

10:00 a.m. — Fleet Marine Force Pacific Band performances

10:30 a.m. — Navy parachute jump.

11:00 a.m. — Marine rappelling (vertical assault) and SPIE rig overfly.

11:30 a.m. — Scuba and deep sea diving demonstration.

12:00 p.m. — Waikiki-to-Pearl Harbor Yacht Race (60 yachts begin circling Ford Island).

12:15 p.m. — Rock music concert by Tsunami (Pacific Fleet Band group).

1:00 p.m. — Scuba and deep sea diving demonstration.

1:45 p.m. — Jazz concert by Pacific Fleet Show Band.

2:30 p.m. — Scuba and deep sea diving demonstration.

3:00 p.m. — Navy parachute jump.

3:30 p.m. — Marine rappelling (vertical assault) demonstration followed by SPIE rig overfly.

Hickam — Armed Forces Day observance will be from 9 a.m. to 4 p.m. Activities and displays will be similar to last year's open house including an information booth set up for announcements.

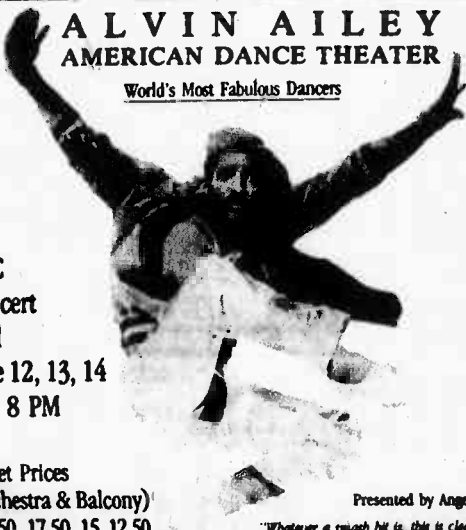
— Navy aircraft will be displayed from 9 a.m. to 4 p.m. on the parking apron immediately west of the Commissary Warehouse, Bldg. 2115.

— Third Marines will provide static displays at Hickam Air Force Base and Pearl Harbor of infantry weapons, organic artillery, and amtracs at 8 p.m.

— MAG-24 will provide aircraft crews and plane captains on Hickam at 7 a.m.

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June 12: Sals, Old, Cry, The Stack-Up, Revisions
June 13: CBA, Inside, High Shade, The Stack-Up
June 14: Sals, Old, Love Songs, Fever Swamp, Pigi & Fish,
Revisions
Program subject to change

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4TH YEAR ANNIVERSARY LINE UP

WEDNESDAY, 8:00 p.m. — Hot Ice live plus
MAY 16: Crazy T-Shirt contest

THURSDAY, 8:00 p.m. — Miss Fast Eddies
MAY 17: Pageant/Felix Nuru live rock & roll, 5c draft 8:30-9:30

FRIDAY, 7:00 p.m. — All Male Review
MAY 18: Show

SATURDAY, 7:00 p.m. — Champagne Party
MAY 19: 7 p.m.-8 p.m./7:30 Kempo Karate by Randy Borden/Hot Ice live 8:30

SUNDAY, 7:00 p.m. — Hot Ice live/Big
MAY 20: Screen Videos \$1.00 Draft and \$1.00 shots, 7 p.m.-9 p.m.

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Wednesday, May 16th

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A Fun Night For People Who Want To Have Fun!!

Starts 4:30 PM

All this is happening at the
WINDWARD ENLISTED CLUB
Marine Corps Station



BREAK IN TRAINING — LCpls. Isom Johnson, left, and Patrick Meola, both of Co. G, 2d Bn, 3d Marines, take a break during their recent training on the island of Molokai. The leathernecks of "Golf" company "humped" their way around the island practicing squad and platoon tactics during a week-long training evolution held May 1 through 4. Hot chow was provided for the Marines the third day out, courtesy of the Anderson Hall dining facility.

Marines train on 'friendly island'

EDITOR'S NOTE: The following story and photos were provided by Cpl. R.J. Wright, Headquarters and Service Co., 2d Bn, 3d Marines. Wright is the assistant unit information officer for 2/3 and compiled this story while on the island of Molokai.

MOLOKAI TRAINING AREA, MOLOKAI, Hawaii, May 4 — For the first time in more than four years, Marines from Marine Corps Air Station Kaneohe Bay conducted a training evolution on the island of Molokai.

Rolling hills and steep valleys provided a scenic backdrop for the Marines of Co. G, 2d Bn, 3d Marines, as they "stormed" the island during the first week of May.

The hard-charging leathernecks of Golf company spend a week on the "friendly isle" conducting patrols and practicing squad and platoon tactics. The highlight of their week was the arrival of hot chow and mail from the Air Station.

Anderson Hall provided the hot food and helicopters from Marine Medium Helicopter Squadrons 165, 262 and Marine Heavy Helicopter Squadron-463 transported it and the mail to the company in the field.

Other elements of 2/3 are scheduled to train on Molokai at a later date. With a sparse population of some 5,000 people, and 261 square miles of land, the "friendly isle" makes an ideal training area for the Marines of the 3d Marine Regiment.



ESSENTIAL SUPPORT — A Ch-53 Sea Stallion helicopter from Marine Heavy Helicopter Squadron-463 brings hot chow, water and mail to the Marines of Co. G, 2d Bn, 3d Marines, who were training on the island of Molokai recently. Golf company was the first large group of Marines to train on the "friendly isle" in more than four years. They were supported by elements of MAG-24 and the Anderson Hall dining facility.



MAIL CALL — Cpl. Norman Hess, Co. G, 2d Bn, 3d Marines, takes a minute to read his mail during a recent training exercise held on the island of Molokai. The Marines of Golf company spent a week performing platoon and squad tactics on the "friendly isle." The training evolution marked the first time in more than four years that a large contingent of Marines has trained on Molokai.



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P185/80R13	\$54.90	P215/75R15	\$69.95
P185/85R14	\$59.60	P225/75R15	\$72.35
P175/75R14	\$54.90	P235/75R15	\$74.60

For Imports (Blackwalls)

SIZE	SALE PRICE	SIZE	SALE PRICE
P155/80R12	\$36.65	P155/80R15	\$48.95
P145/80R13	\$39.50	P165/80R15	\$52.95
P165/80R13	\$46.95	P185/70R13	\$46.65
P185/80R14	\$50.95	P185/70R13	\$55.00
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Fly with the Eagle ST. It's the double belted gas-saver for street machines and vans. The sidewalls are white letter perfect. The road-gripping tread design isn't afraid of the rain. Eagle ST — a very good way to go Goodyear.

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Improved accuracy describes M-16A2

Story and photo by SSgt. Mark Gentile

HARTFORD, Conn. — Improved accuracy, strength, reliability, and versatility are all words describing the newest addition to the Marine Corps' arsenal... the M-16A2 rifle.

During dedication ceremonies at Colt Firearms headquarters in Hartford, Conn., April 12, MGen. William G. Carson Jr., Director,

Material Branch, Headquarters, U.S. Marine Corps, accepted the first production model of the new M-16A2 rifle for the Commandant of the Marine Corps.

The result of three years of development, product improvement, and testing, Marines throughout the Corps will benefit from the joint efforts of Corps weapons experts and Colt technicians. While all Marines are

familiar with the M-16A1, the M-16A2 boasts features that may well qualify the weapon as the finest service rifle in the world.

Among the improvements are a new sighting system, mounted in the rear sight assembly; a stronger, more effective buttstock, handgrip and front handguard; more barrel rifling to accommodate a full range of rounds and standard NATO ammunition;

and, most importantly, greater accuracy.

With the new sighting system and improved barrel, the M-16A2 can be sighted-in at ranges as far out as 800 meters. Sighting for windage and elevation is accomplished through adjusting knobs on the rear sight mount. Adjustments are set for meters and compensate for the drop of the round at long ranges. The effect the weapon will have on Marines who carry them will convert to fire superiority and reliability.

Left-handed shooters will also benefit from the improvements. A cartridge case deflector has been added to prevent hot brass from being ejected in their faces... a problem which sometimes occurred with the M-16A1.

Test models of the M-16A2 have been fired by Marines of the Marksmanship Training Unit (MTU), MCDEC, Quantico, Va., and the scores achieved by the new weapon prompted a decision to bring the rifle to the National Matches at Camp Perry, Ohio, this year. According to MTU members, the M-16A2 achieved scores equalling many scores accomplished with the M-14, the standard military weapon for national matches.

A new, three-round burst adjustment feature will help ground Marines maintain fire superiority and accuracy, with better control of the number of rounds expended. With little or no muzzle rise, riflemen can attain more accuracy in rapid fire and

stop an enemy at greater distances.

Despite the product improvements, the M-16A2 is still light, weighing in at 7½ pounds. The rifle continues to be easier to handle in the off-hand position than its predecessor, the M-14.

During the dedication ceremony, also attended by U.S. Army BGen. Edwin H. Burba, Fort Benning, Ga., Colt unveiled a new line of weapons derived from the M-16A2 product improvement program. Gary French, President, Colt Firearms, and the actual builders of the weapons were on hand to applaud MGen. Carson accepting the new rifle, numbered 0001-USMC.

According to Colt officials, the technicians and production workers were responsible for constructing a new weapons system in less time than it has ever taken in the development and delivery of a new service rifle for the U.S. armed forces.

Currently, more than six million M-16A1s have been provided to countries throughout the Free World. Colt's initial contract with the Marine Corps calls for providing 76,000 M-16A2 rifles.

Important to the Marines who will carry the new weapon was one of the comments made by MGen. Carson after he accepted the new rifle: "The M-16A2 will ensure that the Marines will have a weapon they can depend on to defend our nation and maintain the tradition of shooting excellence established more than 200 years ago."



HANDS ON INSPECTION — MGen. William G. Carson Jr., Director, Material Division, Headquarters, U.S. Marine Corps, inspects the first production model of the M-16A2 rifle as Gary French, President, Colt Firearms, points out some of the design improvements during dedication ceremonies at Colt facilities in

Hartford, Conn., April 12. The general accepted the first of 76,000 rifles destined to replace the Corps' M-16A1. Among the improvements are new sights, stronger buttstock, handgrip and front handguard, shell casing deflector, improved barrel and most importantly, improved accuracy.

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225-15	52.50	62.50
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185-14	43.25	53.25
185-15	41.50	51.50

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185-14	48.00	58.00
195-14	51.50	61.50

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185-14	52.00	62.00
195-14	55.75	65.75
205-14	59.50	69.50
215-14	66.75	76.75
195-15	58.75	68.75
205-15	63.75	73.75
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155-13	48.75	58.75
165-13	55.75	65.75
155-14	52.25	62.25
165-14	59.50	69.50
175-14	65.75	75.75
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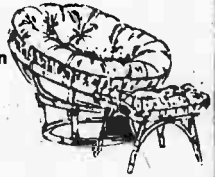
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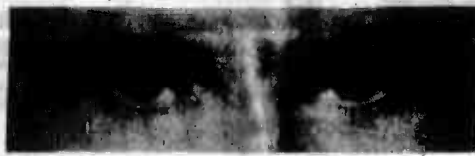
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9.



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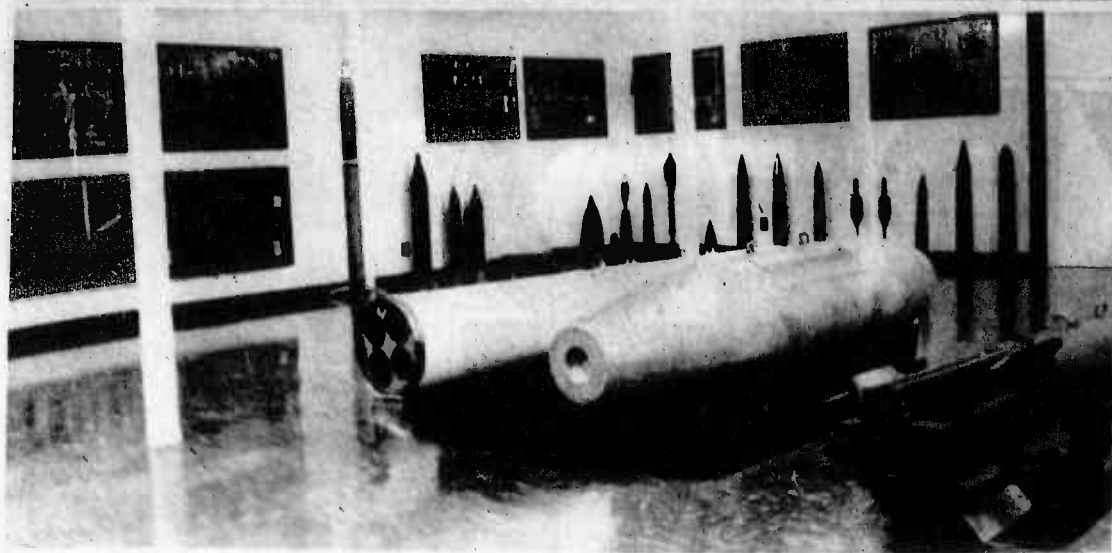
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DEADLY MUSEUM — Munitions ranging from .30-caliber machine gun rounds to a 300-pound bomb are located at the Explosive Ordnance Disposal's museum here. The once-deadly ordnance has been rendered inert for the display that provides EOD technicians with "working" models of hundreds of bombs.

Museum houses deadly ordnance

Story and photos by Sgt. Greg Berry

They have cute names, like "Bouncing Betty," and technical names, like "Mark 82," but they all have the same basic function — to kill people.

The Bouncing Betty anti-personnel mine and Mark 82 500-pound bomb are two of the hundreds of pieces of ordnance displayed at the Explosive Ordnance Disposal's museum here.

The museum, started in the early '60s, provides EOD technicians with "working" models of bombs, grenades, mines and other ordnance, said SSgt. Alfred Gerich, an EOD tech.

"The museum probably started with someone preparing a couple of pieces of ordnance for display,

then someone else adding to the collection," Gerich said. "Each piece of ordnance is inert, and the total represents only a fraction of the ordnance found throughout the world."

The EOD display houses Soviet, Chinese, French, British, German, and Japanese munitions alongside American bombs, grenades, fuses, and other weapons of war. But most of the weapons displayed are American made, as befits the United States' position as the world's No. 1 arms manufacturer.

Gerich said that American ordnance evolves through better technology and improved designs, citing an example most Marines are familiar with — the Claymore anti-personnel mine.

Cont. on Page A-13



TRIP WIRE FUSE — A trip wire triggers this fuse, which blows the "Bouncing Betty" chest high into the air before the anti-personnel bomb explodes. The Explosive Ordnance Disposal's museum here houses hundreds of inert mines, grenades and other bombs dating from the early 1940s.

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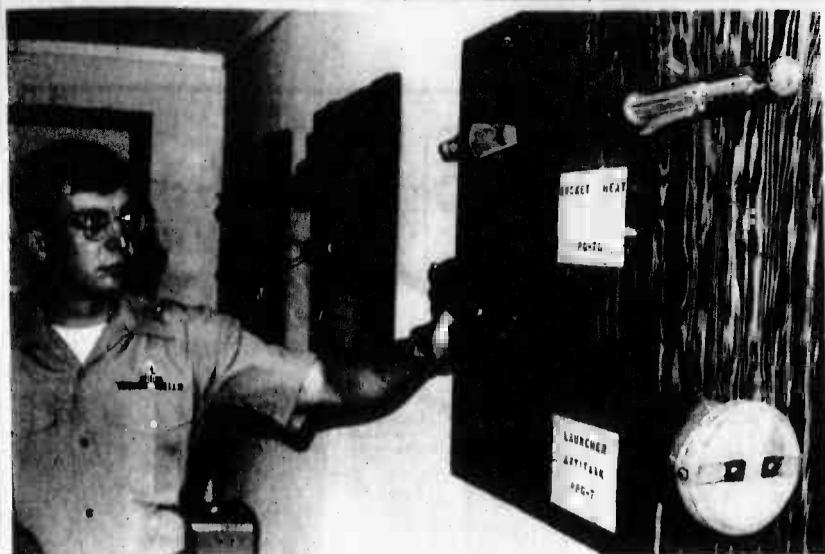
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BAZOOKA BOARD — The original bazooka high explosive anti-tank rounds at the Explosive Ordnance Disposal's museum here. round, forerunner of the modern Light Anti-tank Weapon, is displayed to the left of other

HALE KOA HOTEL

SOVIET VERSION — SSgt. Alfred Gerich, an Explosive Ordnance technician, says that the Soviet RPG-7 performs the same mission as the Marine Corps' Light Anti-tank Weapon. The Russian rocket launcher is a familiar sight in the troubled Middle East, and other countries where Soviet arms are found.

Museum . . .
Cont. from Page A-12

"When the Claymore was first produced, the shrapnel came from thousands of small metal squares," Gerich said. "The squares were later replaced with round steel BBs, which flew and dispersed better."

"The Russians are still using metal squares in their version," Gerich added.

A bazooka round, the original

anti-tank weapon, and the Russian RPG-7 anti-tank weapon, can be viewed at the museum along with a depth charge, Chinese Communist 76mm recoilless rifle and other munitions, which range in age from early World War II Japanese mines to modern rocket launchers.

Tours are by appointment only, Gerich explained, because the museum is basically for EOD training purposes. Appointments can be made by calling MSgt. William Anderson at 257-3560.

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Salutes

EDITOR'S NOTE: Salutes is designed to recognize individuals for their achievements and exceptional performance as well as to welcome new arrivals to Hawaii. The information is compiled from Fleet Home Town. News releases submitted to the Joint Public Affairs Office by unit information officers.

HqCo, Bde
Welcome aboard:
Cpl. J.N. Perez
Promotions:
Cpl. K.A. Birkemeyer
Cpl. R.H. Patterson

2/3
Welcome aboard:
2dLt. G.B. Vulgaris
Sgt. S.A. Gore
Cpl. M.D. Campbell
L.Cpl. W.T. Meyer
PFC S.B. Armitage
PFC P.P. Chung
PFC J.L. Gannon
PFC R.E. Koldan
Pvt. J.C. Akey
Pvt. J.E. Graves
Pvt. K.K. Hagino
Pvt. D.M. Jasinski
Pvt. D.G. McGhee
Pvt. D.P. Neary
Pvt. T.W. Pringle
Pvt. W.R. Stokes
Pvt. R. Vasquez
Pvt. S.A. White

Promotions:
Cpl. S.E. Cleveland
Cpl. D.A. Dare
Cpl. C.P. Jenkins
L.Cpl. K.D. Costlow
L.Cpl. G.D. Delarosa
L.Cpl. B.E. Shustar
L.Cpl. C. Vandervoort
PFC D.G. McGhee
PFC D.P. Neary
PFC T.W. Pringle
PFC W.B. Stokes
PFC A.L. Verhart
Good Conduct Medals:
SSgt. E. Reid
Cpl. D.A. Wallace
Reenlistment:
Cpl. J.E. Carnell

3/3
Welcome aboard:
Capt. A.K. Winters
Sgt. J.R. Johnson
Promotions:
Sgt. R.F. Melendez
Cpl. F.W. Alger
Cpl. D.K. Anderson
Cpl. T.D. Cortilet
Cpl. R.W. Yoder
L.Cpl. A.G. Farley
L.Cpl. J.A. Hurtado
PFC N.A. Natali
PFC R.S. Turoczy
Meritorious Masts:
L.Cpl. J.A. Hurtado
L.Cpl. J.M. White
PFC R.M. Johnson
Good Conduct Medals:
Sgt. R.L. Ramos
Cpl. J.D. Perry

1/12
Welcome aboard:
2dLt. K.L. Barris

2dLt. J.S. Julian
Cpl. J.T. Burke
L.Cpl. R. Henrickson
Meritorious Promotion:
Sgt. S.M. Anisko
Promotions:
L.Cpl. D.J. Carlson
L.Cpl. W.J. Zangerle
Meritorious Masts:
Sgt. D.A. Rivers
Sgt. K.M. Stricklen
Cpl. J.T. Burke
L.Cpl. F.R. Tetto
Good Conduct Medal:
SSgt. J.R. Olivias
Letter of Appreciation:
L.Cpl. B.F. Paulo
St. Louis H.S. Graduate:
L.Cpl. T.P. Fleming
Water Safety Survival Course:
SSgt. D.W. House
L.Cpl. R.E. Challenger
L.Cpl. P.C. Jacob
L.Cpl. J.W. Lilloo
L.Cpl. B.P. Sullivan

Augmentations:
Capt. J.F. Mitchell
2dLt. T.G. Harms



NAVY ACHIEVEMENT MEDAL - SSgt. Danny Hooten, 1st Radio Battalion, received the Navy Achievement Medal for his outstanding performance while stationed at Pas-

adena, Calif., with the 4th Marine Aircraft Wing. Hooten served in a supply section that had previously failed a Field Supply and Maintenance inspection. He demonstrated exceptional leadership abilities as he organized and established policies, bringing the supply section back to Marine Corps standards. In addition to his normal duties, Hooten also trained supply personnel in operating procedures.

MACS-2
Welcome aboard:
1stLt. C.R. Jessen
Promotions:
1stLt. K.H. Adams

SSgt. D. Reyes
Cpl. D. Nowak
Cpl. A. Scerri
Meritorious Masts:
Sgt. H.J. Thorpe
Cpl. J.P. Schneider
Good Conduct Medal:
L.Cpl. J.P. Hennessy

HMM-262
Welcome aboard:
Sgt. S. Hall
Sgt. L. Kelly
Sgt. V.L. Powell
Sgt. E.L. Niewierski
Promotions:
Sgt. A.C. Doll
L.Cpl. S.A. Bamford
L.Cpl. W.A. Gasiewicz

VMFA-232
Welcome aboard:
SSgt. D.R. Dufresne
L.Cpl. J.G. Andrews
PFC J.G. Hargraves
PFC M.A. Ibanez
Promotion:
L.Cpl. C.J. Kerr

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P175/80D13	28.95	*P215/75R15	38.95
P185/75D14	31.95	*P225/75R15	41.95
*P165/75R14	34.95	6.00-15	30.95
*P205/75R14	36.95	6.00-15	33.95
*P215/75R14	38.95		

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Windward L... Club KANE OHE MARINE CORPS AIR STATION

Leatherneck runners place in over-heated annual Windward Marathon run

by Cpl. Pat Lewandowski

The heat of the Hawaiian sun put marathon runners to the test Sunday as more than 1,200 participants took to the streets of Kailua for the Fourth Annual Windward Marathon/Half Marathon.

The sun was still an hour away from its arrival on the horizon as 250 marathoners left the starting line in Enchanted Lake, preparing themselves for 26.2 miles of concrete torture. At 5:30, the 1,000 half-marathoners departed for their portion of the race.

The light traffic of the early morning gave way to the pack of runners as they jockeyed for position, setting what was to be a slower-than-expected pace. The heat of the morning sun took its toll on the die-hard Sunday runners.

One hour and 13 minutes elapsed after the start of the half-marathon before Capt. David Dipman, Headquarters and Headquarters Sqdn., crossed the finish line. Dipman took first-place honors in the 13.1-mile race with a time of 1:13:02.7.

"I just planned to jump out into the lead and keep it — that's where I like to run,"

said the exhausted, but happy, Dipman. "I knew I had it when I saw myself with a two-minute lead over the pack. I was a bit disappointed with the caliber of this year's competition, it was a slow field. Many of the good runners are involved in the Olympic trials. I've placed second or third in all my races here, and I finally took first place," he said.

The first woman finisher came in eight minutes behind Dipman.

Sheryl Rafferty, a Marine dependent, sprinted across the finish line with a time of 1:20:32, just a minute off the course record. "I was trying for that magic 1:20 mark but I'll settle for 1:21," said the jubilant Rafferty. "The heat kept the race slow — I knew the pace was a bit off — I was having a tug-of-war with the other women contenders. I pulled away near the eight-mile mark and never looked back."

While the half-marathoners were crossing the finish line, the grueling 26.2-mile race was climaxing aboard the Air Station.

The lead changed hands several times before Gregory Muramoto stormed to the

front, a few miles from the finish.

Muramoto went on to finish the race with a winning time of 2:35:01. The first woman to finish the marathon was Sallie McIntosh with a time of 3:19:42.

Marines not only participated in the annual running event, but supported it as well.

Members of Engineer Co. and Communication Support Co. set up aid stations here. Marines from the Ground Electronics Maintenance Facility, and Training and Audio-Visual Support Center also helped at the finish line with microphones and amplifiers, keeping the crowd informed of the race results.

The runners were honored at an awards ceremony held at the Enchanted Lake School, where the Fleet Marine Force Pacific Band entertained the runners and spectators.

The annual Sunday morning run saw 1,200 people inflict pain and suffering upon themselves trying to catch a glimpse of athletic stardom — leaving in their path a wake of paper cups and sponges; a reminder of the human frailty that haunts competitive runners.



AT THE TAPE — Capt. David Dipman, Headquarters and Headquarters Sqdn., crosses the finish line at 1:13:02 to win the Fourth Annual Windward Half-Marathon. Dipman, a regular participant in running events here, won his first race Sunday since arriving

on the island last year. A favorite to win the 13.2-mile race, Dipman fell two minutes short of the course record of 1:11:17 set by Jim Gallop in 1982. (Photo by Cpl. Pat Lewandowski)



AFTERMATH — A sea of cups and sponges runners passed the first aid station. line the streets of Kailua after marathon. (Photo by Cpl. Pat Lewandowski)



PRIDE AND JOY — Sheryl Rafferty holds the tape she snapped with a winning time of 1:21:32 during the Fourth Annual Windward Marathon/Half-Marathon. Rafferty broke from the pack at the eight-mile mark to win the half-marathon women's division, in near-record time. (Photo by Cpl. Pat Lewandowski)



FAST THIRST — Martin Sherman slows his pace for a quick drink during the Windward Marathon. Sherman finished second in the 60 to 64 age group Sunday with a 3:54:22 run time. (Photo by Sgt. Greg Berry)



TENDER TOUCH — A Windward marathoner takes time out for a foot massage. Proper footwear, as well as training are essential to complete the run in good shape. (Photo by SSgt. Bob Torres)



PACERS — Cpl. Greg Wooley (left) and Tony Gonzales maintain a steady pace at the helm of the Windward Marathon. Heat took its toll, and Greg Muramoto came from third place to win, 2:35:01. Wooley took second with a 2:38:27, and Gonzales took third with a 2:37:45. (Photo by Sgt. Greg Berry)

Obesity gauged by body measurements

by Sgt. Chuck Luoto

"The rigors of Marine Corps recruit training and the mention of 'boot camp' bring to mind the legend and the image of the highly motivated, physically fit and well-trained Marine," according to the **Guidebook For Marines**.

The average Marine is physically fit, but all Marines should be interested in health and appearance.

For this reason, a current study by two physiologists at the Naval Health Research Center, San Diego, may be of interest to you.

Dr. James A. Hodgdon, Ph.D., head of the physical performance section, Environmental Physiology Department there and Navy Lt. Michael R. Lawlor, also a doctor of philosophy, are conducting studies which assess various methods for determining body fat.

The current study on body composition is looking at various methods to determine body fat content. Hodgdon discussed these methods. "Body fat determined by underwater weighing is accepted as the best measurement of body fat content."

"Alternate, but less precise methods include: measurement of skin fold thicknesses and body circumferences," he continued.

"A newly developed procedure known as 'whole body electrical impedance' determines one's body fat content based upon an individual's total body water measured.

"We are conducting studies to compare it to the other procedures in order to determine its potential application to the Naval services," he added.

Why should the rather lean ranks of our modern Marine Corps be interested in body fat? Do those without an obesity problem need to know about this?

"Being fat has been shown to be related to increased risk of coronary artery disease, hypertension and diabetes," Hodgdon said.

"Body weight by itself is not a reliable indicator of body fat content because it includes both fat and lean tissue," he continued. "The only way to really know how fat you are is to measure the amount of fat separately."

For those who wish to lose unwanted fat, some kind of weight loss program must be implemented. Once started, a weight loss program must be checked to ensure progress. For those involved in weight loss, Hodgdon offered this advice.

"Monitoring of progress in your weight loss program should be done by assessment of body fat content, rather than scale weight.

"If you're attempting to lose fat you should incorporate both prudent dietary and exercise guidelines to your weight loss program," he explained. "Successfully losing fat and keeping it off can not be accomplished through dieting or exercising alone. A successful weight loss program takes time and should not exceed a two-pound weight loss per week.

"A balanced diet and regular exercise in moderation and reasonable

"Successfully losing fat . . . cannot be accomplished through dieting or exercising alone."

expectations are the elements of a good weight loss program," he concluded.

For Marines, maintaining physical fitness is of paramount importance. **Guidebook for Marines** outlines this important responsibility which all, who wear the eagle, globe and anchor, share.

Marines have a two-fold responsibility to remain fit: first, a

responsibility to our society to remain healthy and alert, in all ways to be contributing members; and second, a fighting man's responsibility to the American people to be an effective, powerful combat force-in-readiness prepared to take whatever military action is necessary to accomplish our assigned mission."



RUNNERS — The Windward Marathon kicks off with hundreds of participants. Running, combined with dieting and other exercises, is a good way to keep excess weight off. (Photo by Cpl. Pat Lewandowski)

Intramural Softball Standings

The intramural softball standings as of Monday are:

Team	Win	Loss
Division A		
1stRadBn	12	1
Black Sheep	13	3
Smitty's	12	3
BLT 3/3 On Tap	12	3
H&HS 2	11	3
MSSG-31-1	10	5
2/3	9	6
VMFA 235*	1	5
Division B		
HqCoBoe	12	4
3d Marines	10	6
HMH-463	10	6
HMM-262	9	7
Main Co	8	7
MSSG-31 Slabbers*	5	3
Sylvester's Stallions	3	8
H&S BSSG	6	9
Division C		
H&MS 24 Once*	5	1
MACS-2	10	6
1/12 Comm**	7	4
Supply Co.	7	8
H&MS-24 PP	5	10
H&MS-24 G S	5	11
Devil Dogs	3	11
1/12	5	13
Division D		
CONAD 3/3	9	7
Amtracs	7	8
Medical	7	10
CSC	6	11
MAG Security	6	11
VMFA-232	4	12
H&MS-24 GSE	4	14
1stRadBn-2	4	15
EngCo (dropped)	0	3
HMM-165 (dropped)	0	4

*Joined in second half.
**Joined late in first half.

Intramural Golf Standings

The intramural golf standings as of Monday are:

Team	Win	Loss	Tie
Tom Watson Division			
H&HS-1	6	1	
1stRadBn-1	5	1	
MABS-24	5	1	
HqCoBde	5	3	
SOMS ACM	4	3	
H&MS-24-1	3	3	
MACS-2	3	4	
MATCS-18	2	5	
Hq 3d Marines	1	4	
SOMS WX	0	7	
Chi-Chi Division			
1stRadBn-2	6	0	1
EngCo BSSG	4	2	
SOMS ATC	3	2	2
SOMS CFR	3	2	1
SupplyCo BSSG	2	2	2
SOMS CEO-DIV	3	4	
H&HS-2	2	3	
H&MS-24-2	2	5	
BLT 2/3	1	4	2
MAG-24	1	5	

OFFICERS' CLUB

TODAY — Lunch in the Pacific Room from 11 a.m. to 1 p.m. features two specials of the day, deli line salad bar, chef and shrimp salads, soup plus an array of desserts. Mongolian barbecue is served in the Pacific Room from 6:30 to 8:30 p.m. The Koa Room is open from 4 to 10 p.m.

THURSDAY — Lunch is served in the Pacific Room. Beefsteak Buffet from 5:30 to 8:30 p.m. features spare-ribs, steamship round, mahimahi, and Italian items, plus a salad bar. The Koa Room is open from 4 to 10:30 p.m.

FRIDAY — Lunch is served in the Pacific Room. Happy Hour in the Koa Room is from 4:30 to 6:30 p.m. "Luke's Pineapple Store" plays from 7 to 11:30 p.m. Mongolian barbecue is served in the Pacific Room from 5:30 to 8:30 p.m.

SATURDAY — New England Clambake features individual trays of snow crab, shrimp, clams, round of beef, spaghetti, salad bar and clam chowder. The Koa Room is open from 4 to 10 p.m.

SUNDAY — Champagne brunch menu features top round of beef, chicken a la king, eggs benedict to order, seafood newburg, complimentary juice and a glass of champagne. Candlelight dining menu in the evening. The Koa Bar is open from 5 to 10 p.m.

MONDAY — Lunch is served in the Pacific Room. Monday evening the club is closed.

TUESDAY — Lunch is served in the Pacific Room. The Koa Room is open from 4 to 9:30 p.m.

SNCO CLUB

TODAY — Lunch is served from 11 a.m. to 1 p.m. featuring beef kabobs and fried rice. Beef and crab, all you can eat, is served from 5 to 9 p.m.

THURSDAY — Lunch special is lasagna. Open menu dining available from 5 to 8 p.m.

FRIDAY — Lunch special is mahimahi or chicken. New dinner menu available from 6 to 9 p.m. Listen to

Cinema

TODAY — FOR THE DEATH OF A COP — Alain Delon, Anne Parillaud, PG, action drama.

THURSDAY — MY FAVORITE YEAR — Peter Onorati, Mark-Linn Baker, PG, comedy.

FRIDAY — NEVER CRY WOLF — Charles Martin Smith, Brian Dennehy, PG, drama.

SATURDAY — BLOOD BEACH — David Huffman, Mariana Hill, R, horror drama.

SUNDAY — IF YOU COULD SEE WHAT I HEAR — Marc Singer, R.H. Thompson, PG, comedy drama.

MONDAY — LORDS OF DISCIPLINE — David Keith, Robert Prusky, R, drama.

TUESDAY — TARGET EAGLE — George Rivero, Maud Adams, PG, action drama.

The Station Theater opens at 6:45 p.m. for ticket sales and the movie starts at 7:15. For information on Camp Smith movies call 477-6467/6582.

Local motion

the sounds of "Gater Creek" from 9 p.m. to 1 a.m.

SATURDAY — Dining room is open from 6 to 9 p.m. with open menu dining. Variety music with "Luke's Pineapple Store" from 9 p.m. to 1 a.m.

SUNDAY — Bring the family to our champagne brunch from 9:30 a.m. to noon. The dining room is closed Sunday evenings.

MONDAY — Lunch special is macho burrito served from 11 a.m. to 1 p.m. The club is closed Monday evenings.

TUESDAY — Lunch special is liver and onions. Tuesday is Mongolian barbecue night from 5 to 8 p.m.

WINDWARD ENLISTED CLUB

TODAY — Lunch is served from 11 a.m. to 1 p.m. Dining room is open from 5 to 9 p.m. The chef's special this month is top sirloin with all the shrimp you can eat complete with soup and salad bar. The beer garden features sandwiches, pizza, homemade chili, bagels, salads and other items. Tonight "Red to White" plays in the Moongate lounge from 7:30 to 11:30 p.m. "Contrast" plays in the main ballroom from 7:30 to 11:30 p.m.

THURSDAY — Lunch is served from 11 a.m. to 1 p.m. Dining room is open from 5 to 9 p.m. with an open menu. Dinner special is top sirloin and Alaskan king crab including soup and salad bar. "Red to White" plays in the Moongate lounge from 7:30 to 11:30 p.m. "Contrast" plays in the main ballroom from 7:30 to 11:30 p.m.

FRIDAY — Lunch is served from 11 a.m. to 1 p.m. Dining room is open from 5 to 9 p.m. Dinner special is prime rib and lobster tail. Peter's top 40 request line plays from 6:30 p.m. to 1:30 a.m. in the Moongate lounge. "Contrast" plays in the main ballroom from 7:30 to 11:30 p.m. Happy Hour is from 5 to 6 p.m. The club is open until 2 a.m. The beer garden is open from 8 a.m. to 9 p.m.

SATURDAY — Breezy Inn is open from 8 a.m. to 10 p.m. Dinner special is prime rib and lobster tail. Ladies night every Saturday night with free roses for the ladies. The beer garden is open from 5 to 10 p.m.

SUNDAY — Club opens at 11 a.m. Dinner is served from 5 to 9 p.m. Dinner special is prime rib and lobster tail. Tonight is soul night with Peter in the Moongate lounge. Tim is in the main ballroom from 7:30 p.m. to 1:30 a.m. The beer garden is open from 5 to 10 p.m.

MONDAY — Lunch is served from 11 a.m. to 1 p.m. Dining room is open from 5 to 9 p.m. Italian special is served with all the spaghetti or lasagna you can eat, including salad bar and garlic bread. "Tina Marie and the White Buffalo Band" plays in the Moongate lounge. "Julie and the Electric Ranger" plays in the main ballroom from 7:30 to 11:30 p.m.

TUESDAY — Lunch is served from 11 a.m. to 1 p.m. Dining room is open from 5 to 9 p.m. with all you can eat smorgasbord. "Contrast" plays in the main ballroom from 7:30 to 11:30 p.m. "Red to White" plays in the Moongate lounge from 7:30 to 11:30 p.m.

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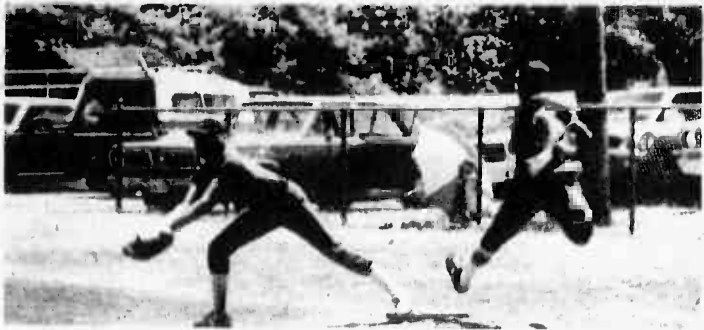
Story and photo by SSgt. Bob Torres

It looked extremely rocky for the Mudville nine that day. The score stood four to six with but an inning left to play. And so when Cooney died at first, and Burrows did the same. A pallor wreathed the features of the patrons of the game. A straggling few got up to go, leaving there the rest. With that hope which springs eternal within the human breast. For they thought if only Casey could get a whack at that. They'd put up even money with Casey at the bat.

Sunday afternoon's game between the Classy Chassis and Wildfire held a similar message for the crowd as the seventh inning was filled with excitement.

The game began in a whirlwind as Wildfire came to bat. At the top of the batting order, they proved who was number one in the league. Before Classy Chassis had a chance to get into the groove, Wildfire scored two runs. Chassis tightened up, retired the side and then retaliated with one run to close the inning.

Wildfire came right back in the third inning. After getting



SHE'S OUTTA THERE — Wildfire's Carol Smith stretches for the ball as a Classy Chassis runner leaps for the bag. Wildfire went on to win Sunday, 7-3.



DOWNHILL — Runners compete in the Kolekole Pass Half-Marathon. This year's charity run is scheduled for June 10. (Photo courtesy American Cancer Society)

Runners view pass as beautiful course

Kolekole Pass Half-Marathon applications are available at the Station Gymnasium and many athletic stores and running shops. The 13.1-mile American Cancer Society's benefit run through the historic pass is scheduled for 6 a.m. June 10.

Kolekole Pass joins two military installations, Schofield Barracks on the Windward side and Lualualei Naval Ammunition Magazine complex on the Leeward side, and is rarely open to civilians. This limited access, combined with a breathtaking mountain-to-ocean view, makes the course unique.

New this year is a racewalk division in which participants will compete in a 10-K event to the top of Kolekole Pass. The racewalk division is for competition only, and awards will go to the first three male and first three female finishers. However, walkers who prefer a more leisurely pace are encouraged to enter the Half-Marathon for the sheer thrill of tackling and finishing the course which has been dubbed "From Here to Eternity."

"Kolekole is quite a course," said ultramarathoner Bob Davidson, race director. "The first four miles are basically flat with a gentle upgrade, the next two miles are a relatively steep upgrade, then after a steep 3.5-mile downhill run the remainder of the course covers rolling flats to the finish line."

In addition to the new racewalk division, there will be an elite division and 10 divisions for age groups beginning at 19 and younger, to 65 and older. Awards will go to the first three males and first three females in each age group, and to the first five finishers, male and female, in the elite and racewalk divisions. All participants will receive T-shirts at the finish line. Special prizes will go to runners and walkers who enlist sponsors to pledge money for each mile covered.

Entry fee is \$13 and proceeds will go to support cancer research, public and professional education and services to local cancer patients and their families.

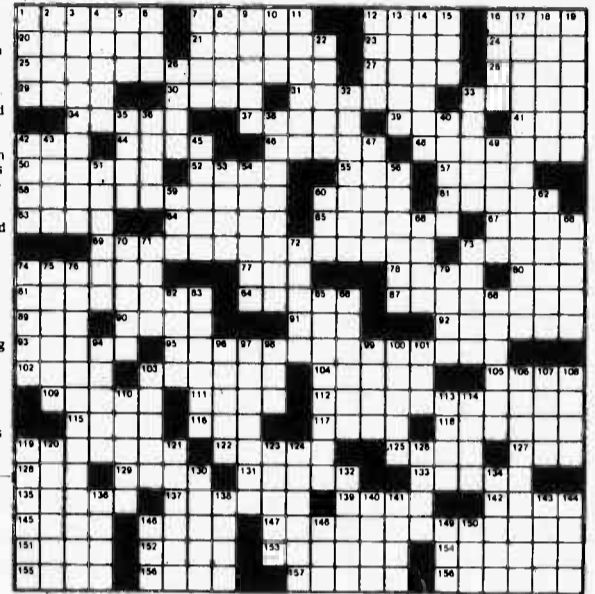
For more information, call the Central/Leeward Unit of the American Cancer Society at 486-8420 or 486-8421.

New York Times crossword puzzle

By Richard Silvestri/Puzzles Edited by Eugene T. Molesko

Also-Rans

- ACROSS**
- 1 In
 - 7 Wanted-poster listing
 - 12 Bare
 - 16 Citrus drinks
 - 20 Full of eddies
 - 21 Covered
 - 23 Ellipsoid
 - 24 Big rig
 - 25 Loser to Pierce: 1852
 - 27 One of Salome's seven
 - 28 "Heads"
 - 29 Within: Prefix
 - 30 Diamond Head site
 - 31 Matures
 - 33 Marsh bird
 - 34 Ed Norton's
 - 37 Clamber
 - 39 For C reading
 - 41 Overtime producer
 - 42 Baseball stat
 - 44 Ancient Hebrew measure
 - 46 "Oberon" is one
 - 48 Muscle that expands another part
 - 50 Bighorn
 - 52 College in N.C.
 - 55 A neighbor of Ga.
 - 57 Record
 - 58 Loser to Buchanan: 1856
 - 60 Anthracite
 - 61 Steps over a fence
 - 63 D.A., for one
 - 64 Long hill
 - 65 Short bandlike sleeve
 - 67 Bubble and squeak, e.g.
 - 69 Loser to Grant: 1868
 - 73 British coppers
 - 74 Opposite of aboard
 - 77 Simple sugar
 - 78 Run amok
 - 80 Shooter
 - 81 Kern musical
 - 84 Mends hose
 - 87 Letter holder
 - 89 DeSoto or Hudson
 - 90 Holm
 - 91 Absent
 - 92 Attended to pressing business
 - 93 Conform
 - 95 Loser to Eisenhower: 1952 and 1956
 - 102 Somewhat, in music
 - 103 Kellogg
 - 104 "Do I Waltz?"
 - 105 Actual being
 - 109 Piece of cheese
 - 111 Layer of the eye
 - 112 Loser to Roosevelt: 1904
 - 115 Bestows, in Dundee
 - 116 Nun's predecessor
 - 117 Polanski film
 - 118 Evaluate
 - 119 Clergymen
 - 122 Shaped like a cupola
 - 125 Blue-pencil
 - 127 Omaha Beach craft
 - 128 First of the cardinals
 - 129 A state carved out of Deseret
 - 131 Wall recess
 - 133 Old-womanish
 - 135 Go on all fours
 - 137 Moon goddess
 - 139 Ventilate's land
 - 142 Alaskan island
 - 145 Battery compartment
 - 146 Siamese
 - 147 Loser to Truman: 1948
 - 151 Awaits oneself of
 - 152 Linen marking
 - 153 Zoo man
 - 154 Lent
 - 155 Eye inflammation
 - 156 Snorri
 - 157 Sturluson opus
 - 158 Muddles



- DOWN**
- 1 "— forgive those ..."
 - 2 Romulus or Remus
 - 3 Second-guesser's forte
 - 4 Part of a sentry's query
 - 5 Roman, 1,051
 - 6 Scrutinize
 - 7 Hawkeye portrayer
 - 8 Scourge
 - 9 Anvil
 - 10 Hubbub
 - 11 Subordinate official
 - 12 Arouse feeling
 - 13 Part of a meet
 - 14 Put up
 - 15 Type of extension
 - 16 — were (so to speak)
 - 17 Loser to Madison: 1812
 - 18 Pucci
 - 19 Geyser deposit
 - 22 Serviceable
 - 26 Body of knowledge
 - 32 Emulate
 - 33 Olivier
 - 33 Dismantle
 - 35 Prokofiev character
 - 36 Moslem prince
 - 38 "The Barefoot —," 1954 film
 - 40 Center
 - 42 Indian V.I.P.
 - 43 Braham bread
 - 45 Pardon
 - 47 Cottonwood
 - 49 Private line
 - 51 Notwith-standing
 - 53 N.J. or Calif. city
 - 54 — terms (friendly)
 - 56 Entice
 - 59 Historical time
 - 60 Winslow Homer's "Rum —"
 - 62 Galsworthy play
 - 66 One of TV's Grays
 - 68 Took an ax to
 - 70 Pluto's path
 - 71 Antique autos
 - 72 Namesakes of Saarinen
 - 73 Feather: Comb. form
 - 74 Org. for Cahn and Kahn
 - 75 Feb. 2 omen
 - 76 Loser to Grant: 1872
 - 79 Sheep genus
 - 82 Winglike
 - 83 Wearisomeness
 - 85 Titmouse's relative
 - 86 An Isaac Bick-erstaff
 - 88 Anchorites
 - 94 Places for conductors
 - 96 Washed
 - 97 Windflower
 - 98 Mrs. McKinley
 - 99 Large casks
 - 100 Uneven
 - 101 Palindromic name
 - 103 Attack on all sides
 - 106 Halloween rattlers
 - 107 Mig.
 - 108 First, in Frankfurt
 - 110 Duds
 - 113 Stitch
 - 114 Piedmontese province from L.A.
 - 116 Spherical bacterium
 - 120 Turmoil
 - 121 Wearing an obelisk
 - 123 Byelorussian capital
 - 124 Summer cooler
 - 126 Sprint
 - 130 Learned
 - 132 Run away, in a way
 - 134 Actor Lorenzo from L.A.
 - 136 Additional
 - 138 Dame — Jurgens's wife
 - 140 Congregational comeback
 - 141 Norwegian river
 - 143 Rather low joint
 - 144 Enlarges
 - 146 Beverage for Bardot
 - 148 Command of a col.
 - 149 Einstein's birthplace
 - 150 Sturgeon product

Answers will appear in next week's classified section

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Sportsnotes



The **USO Golf Tournament** is scheduled for July 17 at Lilehua Golf Course. Tournament play will be four-person, best-ball, with several teams being sponsored by local businesses. Prizes will be awarded to teams and individuals. The \$40 individual entry fee is tax deductible, and non-golfers can help this USO fund-raiser by donating the entry fee for military duffers entering the tourney. For more information, call the USO Airport Center at 836-3351.

The 8th Annual **SNCO Invitational Golf Tournament** tees off at the Kaneohe Klipper Golf Course May 26 for three days of golfing excitement. The tourney is open to active duty and retired duffers of all ranks, civilian employees here and other Kaneohe Klipper members. Entry deadline is Friday, and costs \$30 per person. Forms are available at the golf course starter's desk.

The tri-annual tennis tournament is scheduled for June 9-10 here. Players of all skill levels are urged to register at the Athletic Office. For more information, call 257-3550.

South Seas Cycle Exchange in Waipahu is sponsoring a 50-mile, five-stop bike ride June 3 to benefit those with neuromuscular diseases. Bikers will start at the South Seas Cycle Exchange parking lot and journey on two different routes around the east end of the island and end up at the Public Works Center by Aloha Stadium for a picnic. Proceeds from the events will go to the local Muscular Dystrophy Association. People who want to ride or make a pledge may call South Seas Cycle Exchange at 671-6711.

Varsity tryouts for the **All-Marine and FMFPac soccer** teams are scheduled for 9 a.m. Saturdays at the Station Training Field. Interested players should contact SSgt. Gary Remy at 257-2191/2192. Camp Smith or Marine Barracks players should contact 1st Lt. Dennis Mueller at 471-3182.

The Town and Country Stables in Waimanalo will host a **championship rodeo** June 16-17. The rodeo, sponsored by the Professional Rodeo Cowboys Association, will feature bareback riding, bull riding, calf roping, barrel racing and other rodeo fare. Tickets are available through military ticket outlets, and are tax deductible as proceeds benefit the Habitat Program. For more information, call 235-3691.

Leatherneck grapplers will wrestle the **Korean Olympic team** 7 to 9 p.m. Tuesday at the Fort Shafter Gymnasium. Spectators are urged to cheer the Hawaii devildogs as they tackle the Olympians. For more information on wrestling here, call Maj. Rocky Chavez at 257-2880.



Honolulu Soccer League action comes to the Station Training Field May 26 as BYU takes on the Army at 1 p.m., followed by Kaneohe against the Marines at 3 p.m. Everyone is invited to come and watch the action.

The Honolulu Marathon Association's annual **Festival of Running** is scheduled for Memorial Day weekend in Hawaii Kai.

An added feature for this year's festival is the **Bannister Mile**, in honor of the 30th anniversary of Roger Bannister's breaking through the four-minute barrier.

The other events are festival standards: 40-mile relays for 10-member teams in several categories; ultra-marathons at 50 kilometers, 50 miles, 100 kilometers, and 100 miles; and the Centipede Race, a fun run for seven-member teams.

All the events will be completed May 26-27, with the awards ceremony scheduled for early afternoon, May 27.

Entry forms are available at the Station Gymnasium.

The **Summer Bowling League** organizational meeting is scheduled for noon May 23 at the Station Theater. Interested bowlers are urged to attend.



A tennis tournament is swinging at Camp Smith today through May 23 and should keep racket swingers busy. Tournament action goes from 11 a.m. to 4 p.m. today and 11 a.m. to 1 p.m. through May 23 at the Camp Smith tennis courts.

Camp Smith and Marine Barracks chess players with a **United States Chess Federation** rating of 1,800 or higher are eligible for selection to the sea services chess team. For more information, contact Camp Smith Special Services at 477-6467/6468.

A chess tournament is scheduled for 9 a.m. and 1 p.m. June 9-10 at the Station Library. The winner of the tournament will have an opportunity to represent the Marine Corps at the Hawaii Sea Services Chess Tournament at Pearl Harbor.

The ultimate winner will represent the sea services at the 25th Annual **Armed Forces Chess Championship Tournament** in Washington D.C. For more information, call the library at 257-3583.



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ACCEPTED WITH PRIDE — Sgts. David Hemmerly and Patricia Jones, and PFC James Taylor are the winners in Brigade Service Support Group's First Quarterly Superior Physical Fitness Test and High Shooter Competition. Hemmerly, Engineer Co., received the high pistol award with a score of 336, and Taylor, Supply Co., scored a 237 for the high rifle award. Both received plaques for their superior efforts. Jones, Headquarters and Service Co. Group Supply, received a medal for her exceptional accomplishment of scoring 360 points on the SPFT. The high-scoring male was PFC Darrel Erwin, Engineer Co., who scored 380 points. (Photo by Cpl. Michael Mendez)

Wildfire . . .

Cont. from Page B-5

Jo Ayon and AK2 Rhodie Smith on base, Carol Mueller boomed a grounder over third into deep left field, scoring both runners and winding up on second base.

Again Classy Chassis stiffened its defense and Wildfire was put out for the inning.

Classy Chassis began making its comeback in the fifth inning. Mary Cruz singled, and then a left field hit by Miki Jones scored two runs to bring the score to 4-3.

Shortly before the sixth inning, the umpire informed the teams that there were two minutes left to play in the game. (Because of the number of games that are played each Sunday, there is a time limit.)

But in the sixth inning, Wildfire's flame again began to burn the Chassis as Debbie Milligan stepped to the plate, and although recovering from a sprained ankle, managed to get a base hit. Carol Smith knocked one over the short-stop's head to send Milligan to second and put two players on base. Marion Clark strode to the plate and lined a short along the third base line to score two runs and end up on third. On the next play, as the batter rushed to first base for an easy out, Clark took off for home plate. The first baseman threw the ball to the catcher, but

Clark slipped in safely for the score. The score now was 7-3.

Wildfire made short work of Classy Chassis' attempt for a comeback. As the victorious Wildfire shook hands and began picking up their gear to leave, they were called back.

The game was not over. Because they were the first and second place teams, it was felt that they should complete the seventh inning, bypassing the time limitation.

With hopes held high, Classy Chassis came to bat. Joan Hawkins grounded out to the first baseman. Lucy Colon smacked a grounder over second base to get on first. The crowd leaned forward with anticipation. Lynn Tucker drew a walk. Was there an upset in the making?

Martha Ledet fouled out and things looked extremely rocky for the Chassis.

Then from the gladdened multitude went up a joyous yell; It bounded from the mountaintop and rattled in the dell, It struck upon the hillside and rebounded on the flat, For Casey, mighty Casey, was advancing to the bat.

Mary Cruz strode to the plate. The first pitch came across. Strike. The crowd held their breath. The second pitch came off the pitcher's hand. Strike. Silence filled the park as the pitcher began her pitch. Cruz took a mighty swing . . . the ball went back at the pitcher. Marion Clark caught the ball and then tossed it to Carol Smith on first base. For the second time in two innings, Wildfire erupted in cheers and congratulations.

Payne presented the game ball to Carol Mueller as the team's most valuable player.

Oh somewhere in this favored land the sun is shining brightly, The band is playing somewhere, and somewhere hearts are light, And somewhere men are laughing, and somewhere children shout; But there is no joy in Mudville — mighty Casey has struck out!

*Casey at the Bat, by Ernest Lawrence Thayer

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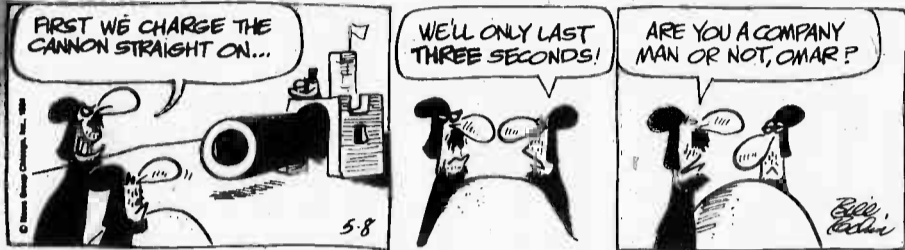
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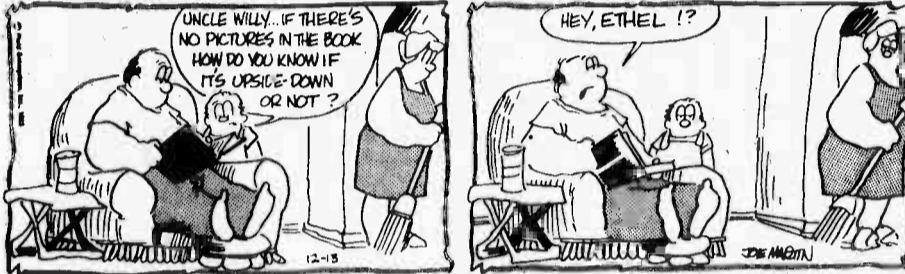


MINOR ADJUSTMENT — Kenpo karate master Seikichi Odo adjusts Sgt. John Lende's arm height during a karate class at the Station Gymnasium. Odo, the only Kenpo karate master alive, was in Hawaii last week inspecting his 'dojos' (places of learning). He inspects his instructors and students yearly to make sure all Kenpo karate instruction meets federation standards. People interested in karate classes should call Sgt. Ron Dargan at 257-3380. (Photo by Cpl. Pat Lewandowski)

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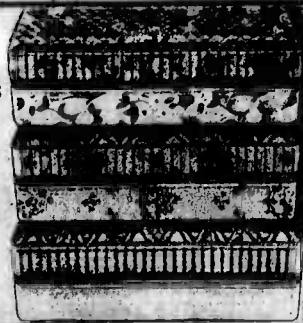
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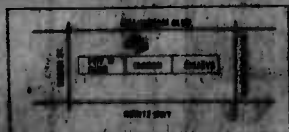
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State of the art dentistry comes to Kailua for less

Pali Palms Dental Group (PPDG) located at 970 N. Kalaheo Avenue in Kailua, on the ground floor of the Pali Palms Plaza, is a half million dollar, 3,000 square foot, state-of-the-art dental facility scheduled to open on May 14.

"Low-cost dental care will now be offered to Windward residents, families and individuals," says Dr. Franson Tom, owner of the facility.

"Our fees for dental treatment will be a minimum of 20 percent lower than the current dental fees being offered," says Dr. Tom. Pali Palms Dental Center also will be a provider for the major dental insurance companies in Hawaii: HMSA, DDS-82, HDS, as well as offering an individual and family dental plan called DentaGuard. This plan will offer a 30-40 percent savings on all dental procedures.

PPDG will be the first Windward facility to serve the DDS-82 plan, a pre-paid dental plan only available to large unions and companies.

Designed by Michael Okada, AIA, PPDG will feature the newest and most

modern dental equipment, including its own dental laboratory, and computerized appointment scheduling equipment.

The interiors, which include a special kids area with videogames and a zoo of furry stuffed animals, was done by Designscope Interiors.

"Having a facility that children enjoy coming to is very important," said Dr. Miller, chief of staff. "To start children with a positive fun attitude about the dentist will eliminate the fear factor as they grow up."

"With the dental prevention technology today, we can take children through adulthood without dental problems. The only key is getting them into the office at a young age and keeping them coming on a regular basis."

Pali Palms Dental Group will stress and teach preventive care, which adds up to much less expensive dental visits in the future. "That's why we offer the DentaGuard Dental Plan which has free X-ray, free checkups, free diagnosis, and free teeth cleaning,"

says Dr. Miller.

The offices will be open 8-5 Monday through Friday. Extended, more convenient hours will soon be offered. In the near future, evening appointments will be available until 9 p.m. Also, the dental center will soon be open all day Saturday. Around-the-clock emergency care will be provided to all Windward residents.

DentaGuard

develops,

says Daech

In 1979 some concerned doctors and George Daech created the DentaGuard Individual Dental Plan.

"With the skyrocketing cost of dental care making it so costly to visit the dentist and with over 300,000 Hawaii residents and military dependents that did not qualify for dental coverage of any kind, something had to be done!" says Daech, executive vice president of the non-profit DentaGuard Inc.

Daech says that people do

See Page 4

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- Winners must claim their Membership within 72 hours after notification.
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With this new individual dental plan you will pay nothing for examination and bitewing x-rays and be guaranteed you pay only 25% on other basic benefits, with selective benefits available after the first year.

Our programs have always been quality based. The following features are a part of our program:

YOUR CHOICE OF DENTIST - Hawaii Dental Service has over 650 dentists (98%) in the State of Hawaii to choose from, including the dentists on the outer islands.

AFFORDABLE - The plan is designed to be affordable to the whole family.

QUALITY CONTROL - SECOND OPINIONS - Our four licensed dentist consultants resolve any questions on work performed by a dentist to ensure that treatment meets professional standards.

COVERAGE WORLDWIDE - You're protected at home and abroad wherever you may be.

Now there is a plan for you and your family. Contact us for our brochure and enrollment information. Call toll free 1-800-232-2533. Enrollment will close July 1, 1984.



Hawaii Dental Service
THE DELTA DENTAL PLAN

ADVERTISEMENT

Reduced fees for Kailuan teeth

From Page 2
not delay or postpone dental care out of fear, but simply because they cannot afford it. This is exactly the group of people that DentaGuard serves with its "Individual Family Dental Plan."

Routine dental services are now available at an approximate 30-40 percent fee reduction, plus additional benefits and services like: Free annual checkup, emergency services, out-of-state coverage, orthodontics, cosmetic dentistry, no deductibles,

no waiting period and no insurance claims.

DentaGuard's low-cost dental plan is designed for preventive dentistry. The costs to the patients are reduced for the purpose of encouraging early treatment and therefore avoiding large dental bills in the future.

When a person or family joins DentaGuard they will instantly be able to take advantage of many free services: Free office visits, free oral exams, free preventive dental education, and

free teeth cleaning.

Over 22,000 Hawaii residents and military dependents have already enrolled. The coverage cost of \$6 per month can be automatically taken out of an individual's bank account with no interest charges assessed.

Additional information and a brochure can be obtained by calling DentaGuard at 944-8884 or writing its office at 44 Hobron Lane, Vista Level, Honolulu, HI 96815.

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Aerobics will strengthen muscles, heart and lungs, help with weight control

A good heart is a must for a long and quality life. Just as we exercise our body for strengthening and leaner muscles, the heart and lungs need to be exercised also.

Aerobic or cardiovascular exercises will strengthen the heart and lungs so they will work more efficiently and have much less wear and tear on them. After just about six weeks of aerobic exercising, the heart starts beating slower, but still pumps the same amount of blood through the body.

Since we are making the heart beat slower and work much less, it will, hopefully, beat for many more years to come.

The activities that will promote cardiovascular health and also help in weight control are any exercise or sports that you do aerobically for a minimum of 20 minutes. There are so many health clubs all over the island that have specific aerobic classes pretty much all day long.

If you are not a member

of a club, activities such as walking, jogging, cycling, rebounding, swimming or rowing are great. That is as long as you are continually going for a minimum of 20 minutes.

During your aerobic exercise, it is important to monitor your pulse. The chart below gives you the intensity rate at which you should exercise. Find your target range and start keeping track of your progress.

It is important to count the pulse rate immediately after stopping your exercise, as the rate changes very quickly once the exercise is slowed down or stopped.

Find your heart beat by placing two left fingers on the right side of your neck and then count the beats for six seconds and multiply by 10 to obtain the count for a minute.

Now, don't be discouraged if at first when you start aerobic exercise that your heart rate is much

higher than your target range, or that you may not keep up for 20-30 minutes. Take your time and work at your own pace and be patient.

As time goes on, you'll start feeling much better and exercising will become easier and it'll be fun watching your progress.

Remember, good exercise habits and some self-discipline and making the time for your health will do a lot to improve your overall well being. When you exercise on a regular basis you find your body is more toned, you have much better cardiovascular health, less stress, weight control and a definite sense of personal growth.

So, go on find an aerobic program for you. Whether it be joining a health club near your home, or designing one of your own. Go out and have a ball, because not only will it keep you healthy, but it is the most fun way to exercise.

NOW . . . A DENTAL PLAN FOR YOU AND YOUR FAMILY

DentaGuard is the first, the oldest and the largest provider of an "Individual dental plan." Starting in 1979 DentaGuard, a non-profit corp., and a group of concerned dentists, offer this dental plan for \$6.00 per month to all individuals in Hawaii who do not qualify for dental coverage from their employers.

DentaGuard has over 20,000 people in Hawaii currently enrolled into their programs.



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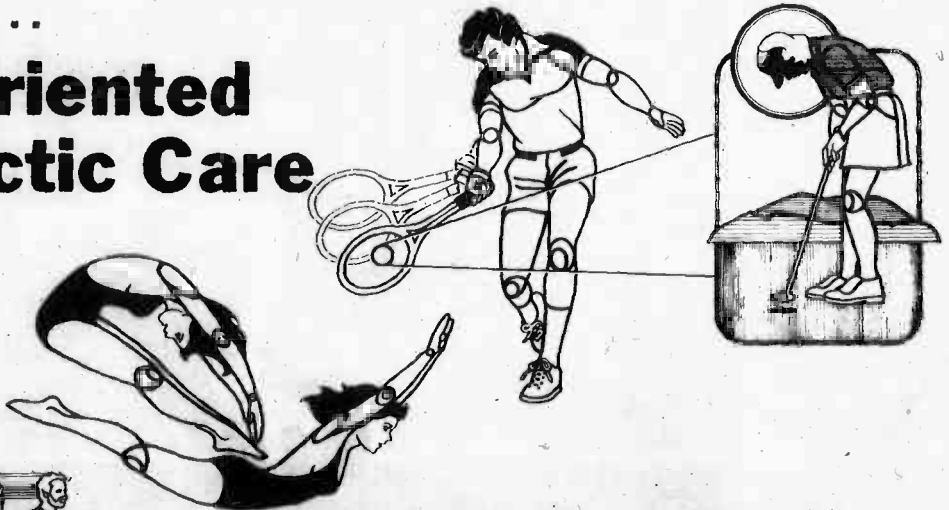
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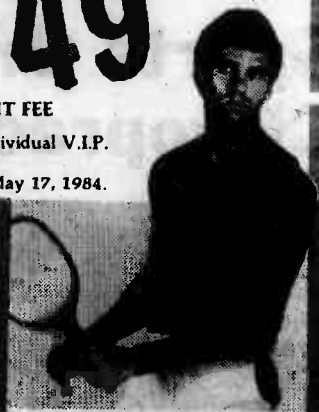
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