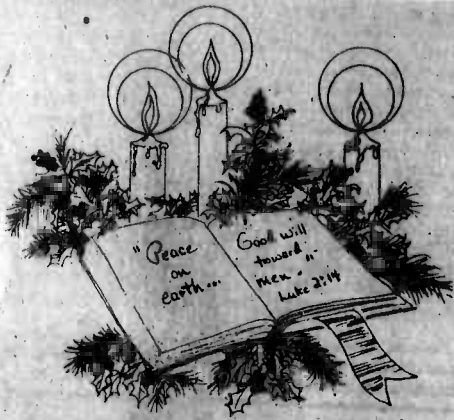


Hawaii Marine

Vol. 13, No. 50

MCAS Kaneohe Bay, Hawaii

December 13, 1984



Christmas program

With Christmas just around the corner, everyone's hustling to prepare for the festive season.

To start the season right, join the Air Station as it commemorates the holidays with a Christmas Concert at the Station Theater Dec. 19 at 7 p.m.

Featured at the concert will be the FMFPac Band, the Hallelujah Chorus, a coral sing-a-long, a slide presentation of "Twas the Night Before Christmas," and, last but not least Santa and his helpers.

All active duty personnel on the Air Station, civilian employees and their families are invited to attend.

Santa to visit with children

Santa Claus will be coming to the Air Station on Saturday to visit with children.

The party is being held for children of Air Station and 1st Marine Brigade personnel who are 12 years of age or younger. Children who are 12 years of age or younger will be accompanied by a parent.

Clowns will be performing at the children's Santa's arrival. Santa will arrive at the engine at 10:05 a.m. and will lead the parade through the station.

Following the parades, Santa and his helpers will give gifts and candy to the children who have been "good little girls and boys" throughout the year. Those children wishing to speak to Santa can do so after the gifts and candy are handed out.

Marine relief fund comes to a close

The Beirut Marine Relief Fund, established by the Camp Lejeune community will stop accepting donations Dec. 31.

"I appreciate their overwhelming response in providing assistance to the next of kin of those Marines and sailors killed or wounded in the Beirut operation," said General J. J. Kelly, Commandant of the Marine Corps, about Marines and their families providing assistance. "They put pride in 'taking care of our own' has been again been demonstrated."

Claims deadline for Agent Orange

A proposed settlement of a suit against manufacturers of "Agent Orange" would provide \$180 million to those who are adversely affected by the chemicals.

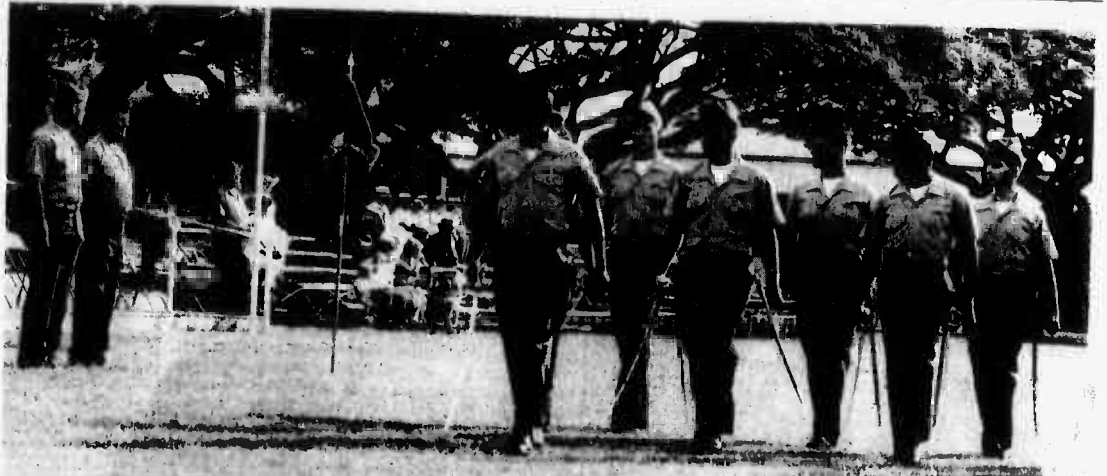
If approved by the U.S. Circuit Court for the Eastern District of New York, the settlement would provide funds for people presently suffering adverse health effects attributed to the chemicals, including spouses, parents, and children directly or indirectly affected as a result of the exposure — such as birth defects and miscarriages.

People now experiencing such health-related effects should file a claim by Jan. 1, 1985.

Funds would also be provided for those who have not yet noticed ill-effects. These people must submit a claim within 120 days after the effects become known. Additionally, children — including those unborn — would receive funds if they experience adverse effects.

Claim forms can be obtained by writing to Clerk, U.S. Circuit Court for the Eastern District of New York, P.O. Box 887, Smithtown, NY 11787.

For more information contact the State Agent Orange Committee in Honolulu at 548-8705.



Sgt. Gary Frage and his Battalion Staff pass in review before SgtMaj. Bjarne G. Runchel and Maj. David Eisenbrey, SOMS executive officer.

Parading their skills

by SSgt. Greg Berry

"We're gonna knock their socks off," said GySgt. Hank Nothen. But the words were not uttered at an opposing team because Nothen isn't a sports coach... he's a marching coach.

The team of Marines under Nothen's guidance wasn't practicing for just any parade, the NCOs from SOMS were preparing to honor their retiring sergeant major with a parade.

SgtMaj. Bjarne G. Runchel watched with pride as "his" Marines passed in review during an NCO parade held during his retirement ceremony last week at Dewey Square.

"This was a good parade, and the NCOs did an outstanding job," said SgtMaj. Pete Ross, 3/3, speaking from experience having watched several dozen NCO parades during his career.

Approximately 110 Marines

comprised the four platoons, which were divided into two companies, more than half of them were NCOs.

Sgt. Gary Frage commanded the troops as they performed the traditional ceremonies normally accomplished by staff NCOs and officers. Joining Frage as the Battalion Staff were Sgts. Susan Bieri, Mark Anthony, Mark Crossley and Jamie Braham; and Cpls. Gregory Stacy, Anthony Jones,

Michael Blyden and Kelly Atkinson.

"Officers, center!" called the parade adjutant, Sgt. Susan Bieri, and the key personnel responded quickly and smartly — reminding everything that they were indeed officers if only for an afternoon. "These Marines are officers, only they're not commissioned," Nothen said proudly.

"Most of the sergeants and corporals had never drilled with a sword before," Nothen said. But after countless hours of practice, both on and off duty, precision showed in their movements and they were ready.

When the parade field, they had proved their professionalism to the spectators and to their retiring sergeant major.

Runchel's military career didn't begin in 1963 when he joined the Marine Corps, but in 1942 when he helped the Danish underground. The 8-year-old Copenhagen native assisted in identifying German collaborators, and even stole more than two dozen rifles from German sentries.

The lure of the sea took Runchel into the Merchant Marines, then the Danish Royal Navy. He immigrated to the United States in 1961, and joined the Corps two years later.

The 21-year Marine veteran is leaving Hawaii to retire with his family in the Denver area.



The Battalion Staff for the SOMS NCO parade stand ready. The NCOs impressed the spectators with their sword manual and marching precision.

Runners honor Marine

by 1stLt. Kevin Nally, MSSG-31

Running to America across an ocean can be difficult, but not impossible.

On Nov. 15, MSSG-31 started running when the USS Mobile left Pusan, Korea. This trans-Pacific "run" was completed on Nov. 27 when Cpl. Peter Devereaux presented the baton to Col. Harry L. Solter at Pearl Harbor's Victor Pier.

The Run to America was in memory of one of the members of the unit who drowned during an exercise off the coast of Africa. The USS Mobile Runners Club, dominated by Marines, wanted to honor their comrade, who was assigned to the Maintenance Plt, MSSG-31. His parent unit was 1st MaintBn, 1st FSSG, Camp Pendleton.

"Sgt. Kalifi Sufia was a

member of our group, and we wanted to involve as many Marines as possible in an event which honored him," said Cpl. Devereaux.

Running 24 hours a day around the main deck of the ship seemed like the perfect antidote. Each runner ran for a half-hour and averaged four miles during each interval. Approximately 2,304 miles were run during the 13 days travel it took from Korea to Hawaii.

"Life threatening situations exist during exercises. Sometimes, the threat does not settle in our minds until we are forced to deal directly with the situation," said Capt. Valentin, operations officer for MSSG-31.

Cold temperatures, combined with the early morning hours and turbulent seas, did not stop MSSG-31 from paying tribute to a fellow Marine.



Col. Harry L. Solter, CO of BSSG, receives a commemorative plaque from the USS Mobile Runners Club to signify the 2304 miles run by members of the club to honor their fallen comrade, Sgt. Kalifi Sufia. The plaque was presented by Sgt. George Purkins (c), and Cpls. Peter Devereaux and Douglas Effertle, the guidon bearer, at Pearl Harbor's Victor Pier when the 31st MAU returned.

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Hawaiian style

The meaning of Christmas

by Chaplain Daniel R. Stewart

Mele Kalikimaka! It means "Merry Christmas" in Hawaiian. But for many military families, it's just one more evidence that things are very different here as Christmas approaches.

Far removed from family and loved ones; longing for a "white Christmas;" or experiencing separation due to deployment, Christmas in Hawaii often seems to be more of an ordeal than a blessing to many Marines and their families.

Yet, all the differences and challenges of Christmas in the Aloha state can make this year's celebration a valuable exercise in discovering the true meaning of Christmas.

If Christmas is only a winter holiday, then it should not be celebrated in tropical climates or in the southern hemisphere where Dec. 25 is in the middle of summer. Put in such terms, most of us would confess that the real meaning of Christmas is not linked to weather.

The absence of our larger family, or the active duty member, is harder to deal with. Christmas has become a family-centered time, and so it should be. But Christmas is more than an opportunity for families to gather. Vacations, family reunions and other occasions also provide the chance to cement familial ties; and so, though we miss our families, Christmas retains its meaning.

In fact, being away from home and loved ones may give us a deeper understanding of the event we celebrate. All of the participants in the first Christmas were away from home. Mary and Joseph were far from their Nazareth home. The Magi, or Wiseman, had journeyed far from their homes. Even the shepherds were "on duty" for the evening and not with their families. Yet none of them missed the significance of that first Christmas, and we don't have to miss the

significance of Christmas '84.

Christmas is, and always has been, a holy day. We have allowed those two words to run together and become "holiday." In so doing we set ourselves up to believe Christmas is icicles and snow, relatives and loved ones and the perpetuation of family tradition.

Christmas is a party. It is a birthday party, and no matter what we don't have or cannot do we can always celebrate the birth of this special child. And celebrate we should, for His life and its complications is significant for us all. Here are some suggestions for making Christmas '84 one of the best ever:

-Learn about local customs and traditions. How have Hawaiians celebrated this great event? Can we incorporate elements of their celebration into ours?

-Contact family and friends. Tell them you love them and miss them. Write a note with the Christmas card you send. Relationships and friendship continue even through separation, but often not without communication. After Christmas, set up a systematic plan to keep on keeping in touch.

-Invest time in meeting the needs of others. Concern for those around us goes a long way toward putting our own needs in perspective.

-Enjoy the environment. Winter on the mainland is one of the best times to enjoy living in Hawaii. Be realistic about winter, not nostalgic.

-Study Christ. Seriously consider the meaning of the "child wrapped in swaddling clothes, lying in the manger."

-Center your observance in the essence of the celebration. Your effort will be awarded now and for all the Christmases yet to come. May your Hawaiian Christmas, your Mele Kalikimaka, truly be a Merry Christmas.

Dad!! Would you show me how to throw a curve ball?

by 1st Lt. Al Scheib

Well son, it's Friday evening and another week is coming to a close. A strange feeling came over me as I tiptoed up to your bed and kissed you good night. As I gazed upon your little body, curled up into a tight ball with your hair going in a million directions, and a half-eaten bag of chips at your side, it hit me. The events of the day were layed 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 good-bye 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 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 curveball?" "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 you 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 curveball!

HAWAII MARINE

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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.

Sun Press carriers delivering the Hawaii Marine may request a voluntary monthly contribution of \$1 from residents of government housing at the Air Station; however, the contribution is strictly voluntary and residents will receive the Hawaii Marine whether they voluntarily contribute or not.

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December 13, 1984

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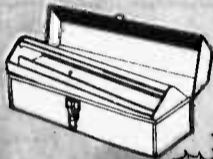
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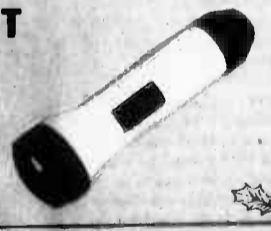
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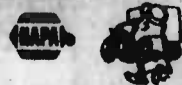
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Fraud fighters net result

"I consider this type of activity on the same level as sabotage."

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The two had been convicted of selling inferior metal to the Department of Defense. Some of the metal found its way into armor plating for the battleship USS New Jersey and the U.S. Space Shuttle Program. Judge Shoob also stated that one of the defendants "endangered the lives of a lot of people; motivated by greed and a lack of concern for his country."

Combating fraud, waste and abuse is a continuing priority for the Department of Defense. And in the last three years, according to the Defense Department, significant progress has been made, saving taxpayers billions of dollars.

In the past three years:

- 59,000 internal audits were completed, with potential savings of \$6.1 billion;
- 123,000 corrective actions were completed on 41,000 DoD internal audit reports, resulting in monetary benefits of \$2.8 billion;
- 2,400 corrective actions were taken on 1,000 General Accounting Office reports, resulting in monetary benefits of \$3.6 billion; and
- An additional 4,000 DoD and GAO reports are being tracked, with potential savings of \$3.1 billion.

In October 1981, Secretary of Defense Caspar W. Weinberger established the Defense Criminal Investigative Service to focus on "white collar" crime. The DCIS is a specialized unit under the DoD Inspector General with about 250 agents in 10 main field offices and 18 subordinate locations.

DCIS has an impressive record: 186 indictments, 143 convictions, and \$18 million in fines, recoveries and recoupments. Included in these figures are judgments against these defense contractors:

- **Sperry Corporation** — Convicted of mischarging labor hours on two Air Force contracts involving the Peacekeeper missile. A total of \$30,000 in fines, \$650,000 in double damages, and \$167,000 in interest penalties were assessed.
- **Davey Compressor Company** — Convicted of fabricating documents to inflate the cost of materials. Davey's vice president was sentenced to two years in jail, and the company was fined \$250,000 plus \$2.7 million in civil penalties.
- **National Semiconductor** — Convicted of false certification of microchips. Criminal fines of \$247,000, \$105,000 for the cost of prosecution, and \$1.4 million in civil penalties were levied.
- **Municipal Industrial Pipe Services, Ltd.** — Convicted of submitting fraudulent statements concerning construction work at 14 DoD facilities. Three corporate officers, all members of the same family, received sentences ranging from six months to eight years.



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New stamp

Depicting involvement

by **MSgt. Rudi Williams**
American Forces
Information Service

Nine Hispanic-American Medal of Honor winners looked on proudly as a new commemorative postage stamp honoring Hispanic-Americans' contributions to the nation was unveiled Nov. 1 during a ceremony in the White House Rose Garden.

President Ronald Reagan told the heroes and other attendees: "... The stamp that we issue today is our way of giving a heartfelt message to our wonderful Hispanic neighbors who have fought for their country, individuals to whom we owe so much.

"And the message is: 'You

are truly American heroes,'" said Reagan, who in 1981 presented the Medal of Honor to Army Master Sgt. Roy Benavidez, the most recent of 10 surviving recipients. A total of 37 Hispanic-Americans have been awarded the Medal of Honor, the nation's highest award for bravery in combat.

The stamp features four men (three Medal of Honor winners), a woman in the military, a young boy, and a young girl, with the United States flag in the background.

"The little boy and little girl on the stamp represent our future leaders," says Benavidez of El Campo, Texas. "They're also representatives of the whole Hispanic community. There's

a woman in the military on it, too, because they have contributed a lot to defense."

All 10 Medal of Honor winners met with postal and Department of Defense officials and veteran stamp artist Robert McCall of Paradise Valley, Ariz., to come up with the design.

McCall's drawing is a composite of facial features of all of them. Benavidez said they didn't want the stamp to represent solely Hispanic-Americans' military achievements, but also to represent their contributions to the arts and sciences, music, sports, philosophy, and numerous other areas.

Military postal officials said the stamp will be on sale in APOs and FPOs around the world sometime in the future.



Bribes: How and when to snare them

A former government procurement analyst learned the hard way that accepting bribes can lead to real trouble.

The analyst, a GS-12 with 12 years of federal service, pleaded guilty to accepting approximately \$1,000 in cash from the president of a Connecticut firm for disclosing confidential pricing information.

A U.S. District Court judge placed him on five years probation and fined him \$2,000. The analyst resigned from government service the day after he was indicted.

Bribery is just one of the subjects covered in a new Department of Defense Inspector General publication, "Indicators of Fraud in DoD Procurement." Some 50,000 copies have been distributed since its late-summer

publication. Michael Eberhardt, assistant inspector general for criminal investigations, policy and oversight, says the 56-page publication is an analysis of the primary indicators of various types of fraud that have been seen in the Department of Defense.

"The book," he says, "is intended to sensitize Department of Defense procurement personnel to a variety of criminal, contractual, civil and administrative abuses." The book also identifies a list of remedies that can be used to rectify these problems.

Eberhardt says people who are offered a bribe should handle the situation very carefully. "I've personally seen cases where an employee is offered a bribe and

responds, 'No, and if you ever offer me a bribe again, I'll turn you in.'"

That person, says Eberhardt, made two mistakes: "He made a mistake by not reporting the bribe, and he made the mistake of turning the guy off." The correct way of handling an offer of a bribe, says Eberhardt, is to remain noncommittal. "Tell him you want to think about it, and then report the offer to one of the four Defense Department criminal investigation units."

Those criminal investigation units are: the Defense Criminal Investigative Service, the Naval Investigative Service, the Air Force Office of Special Investigations, and the Army Criminal Investigative Command.

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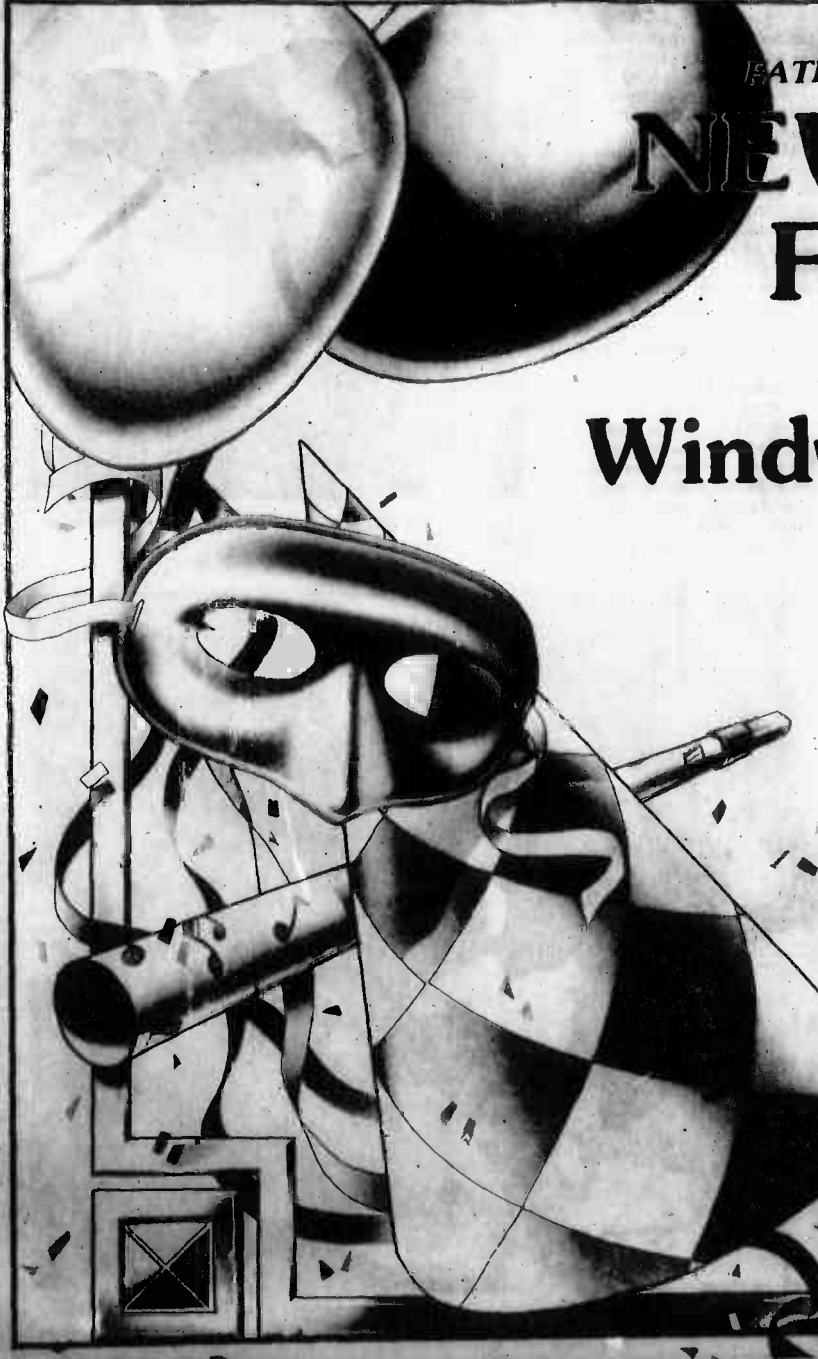
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Training keeps Hawaii Marines prepared

Into the video age with TSFO

by Sgt. Christopher Wood

ZAP!! POW!! KABOOM!!

Like explosions in a video arcade, computerized warfare is erupting onto the Marine scene giving new meaning to the term "wargames." No longer must Marines practice their trade in the field alone. Computer combat is here.

Joining the technological revolution, Marines here recently began using a Fire Observation Training Set, which uses computer graphics and slides to simulate the effects of artillery fire.

"The purpose of TSFO is to train Forward Observers in calling for fire, spotting and other related phases of artillery," said CWO-2 M.J. Perry III, officer-in-charge of the Training and Audio-Visual Support Center. "It's designed around the 155mm Howitzer, but can be adapted for almost any type of infantry training."

TSFO, located in a futuristic, airconditioned room in building 243, consists of a 16-foot screen, computer programming and a keyboard. During training, a real-world terrain location will appear on the screen, along with targets such as tracked and wheeled vehicles, machine guns and helicopters.

"It can help train forward observers in targeting for naval gunfire, mortars and field artillery," Perry commented. "It's also valuable in terrain recognition and map reading."

At \$140,000 a set, according to Perry, TSFO is not only

valuable, it's practical. "TSFO's cost is so minimal that it's unreal," Perry commented. "All it takes is electricity. Firing a single 155mm shell cost approximately \$300. So this machine will pay for itself in no time."

"It's also difficult, at times, to get guns over to the Big Island or Kahoolawe," he continued. "Helicoptering them over there costs plenty. With TSFO, they can fire whenever they want, for as long as they want, at almost no cost."

According to Perry, training with TSFO will enhance a unit's effectiveness while they're in the field. "They're going to practice, practice, practice so that they'll be razor-sharp when they get to the field," he said. "When the forward observers get to the field, they'll be polishing their skills instead of developing them."

Visual and aural effects add to TSFO's realism. Once the target's coordinates are programmed, a direct hit will result in an on-screen explosion. Sounds include high-explosive bursts, shell passage, bursting charges, small arms, anti-tank guns, tracked and wheeled vehicles and helicopters.

Such realism was desired by TSFO's Army developers. "Even though it's a trainer, it still needed to be realistic," Perry remarked. "We want real-time flight; real sounds. If the target is close in, there will be a big 'boom' upon impact. If it's farther away, the boom won't be as loud."

"It's a fantastic piece of gear," he continued. "You can put a tank on the road, and the computer will drive it down the road at a tank's normal speed. But you can also slow everything down to allow the instructor to explain things to his students."

It takes approximately 40 hours for a student to learn the machine's basic operation, and anywhere from four to six months to learn it completely.

Training will be coordinated through 3d Marines S-3, but since there are only two machines in the Marine Corps, one here and one at Okinawa, lesson plans have not been fully developed.

"The individual units will have to make their own lesson plans for now," Perry said. "During the first week in November, a team from Headquarters Marine Corps will be here to talk to our artillery and recon people, and others to determine how we can best incorporate TSFO into our training schedule."



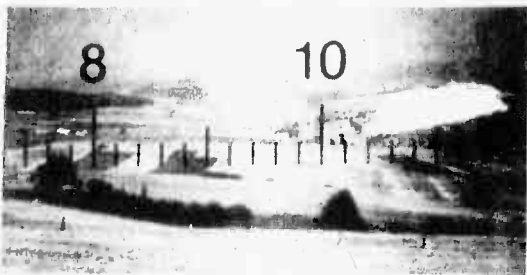
SSgt. W.J. Williams, TAVSC, operates the TSFO as CWO-2 M.J. Perry III sees what appears on the screen.

Some training suggestions have already been submitted. "The artillery battalion has some tremendous ideas for TSFO," said Col. G.R. Christmas, commanding officer, 3d Marines. "For example, they foresee putting the Fire Direction Center in the TSFO building."

Such a move, according to Col. Christmas, would provide forward observers with a greater sense of time constraints and would allow the FDC to see where their shots landed, which they don't normally do when they are in the field.

"I see a great many uses for TSFO," Christmas said, "not just for artillery, but also for our infantry battalions and reconnaissance companies. It's a great facility to have and will greatly benefit 3d Marines."

As more TSFOs become available to other Marine commands, Perry is optimistic about its future. "I have called it, from time to time, a very expensive video game," he said. "But from seeing what it can do, it's obviously not a \$140,000 Pac-Man."



TSFO shows artillery hits on target.

Qualifying with service rifle was a definite change of pace

by SSgt. Greg Berry

Rifle requalification, an annual event, is now required for Marines when armed in the performance of their duties.

According to HQMC, "armed" is defined as filling a billet where the person carries a weapon. It also means that women Marines filling those billets will be heading to the rifle and pistol ranges.

"We have an overall 95 percent qualification rate on the KD course here," said SSgt. John Wright, who is a primary marksmanship instructor. Although the rifle range here doesn't keep specific records on women Marines, few fail to qualify

with the M-16, according to Wright.

"I've never had a woman go unqualified since I've been here," said PMI Sgt. Randy Roper. "They haven't learned any bad habits, so they're easier to teach," he said.

"Many of the women have never been introduced to marksmanship, so nothing bores them," said another PMI, Sgt. Thomas A. Smith. "This is a new experience, and they want to learn."

This month, more than a dozen women Marines joined their male counterparts in a KD range detail here. It was a learning experience for everyone.

"I was apprehensive at first, but not now," said Sgt. Michael Baggs, 1st Radio Bn.

This was the first time he had fired side-by-side with women, but once the targets appeared and the rounds headed down range, it didn't seem to matter.

"They (the women) are very professional and handle themselves well," Baggs said. "I'm surprised they fire as well as they do. Not because they're women, but because they've never fired before."

It's fun and I want to do well," said Cpl. Vickie Throe, a photographer with the Station Photo Lab. Although she didn't set a range record, she did qualify as a Sharpshooter.

"The weather wasn't good all week," said Wright. "We even had to stop firing for awhile Friday because the rain caused the targets to quit working."

Many of the women who

qualified for the first time this year will return to the range next year for the B-Mod course, but range officials aren't expecting the same results.

"The B-Mod is only three days long," explained Wright. The week of snapping in and dry firing (on the KD course) improves everyone's score. We have a 95 percent qual rate on KD, but only an 88 percent rate for B-Mod," Wright said.

"The percentages (of qualifiers) drop on the B-Mod," Sgt. Smith said. "There really isn't enough time in three days for shooters to sharpen their skills."

Whether the range details turn Marines into dead-eye shooters or not, familiarization with the billet-assigned weapons is an excellent way to prepare male Marines for the realities of combat.



Cpl. Eileen Campbell waits on the ready box during a KD range detail.



Elevation adjustments were made on the target range, and Cpl. Eileen Campbell qualified for the KD course.



Cpl. Vickie Throe settles her sights on the target. The Marine photographer earned her Sharpshooter medal Friday despite adverse weather conditions here.

Improvements

Combat medical equipment

by MSgt. Rudi Williams
American Forces
Information Services

The hospital that will make house calls has yet to be invented, but a group of Army, Navy, Air Force and Marine Corps medical experts has come up with a kind of portable combat hospital system that will travel to wherever and in whatever size it's needed — from the front line to the rear of the battlefield and in between.

Starting in 1987, the new modular system will replace 16 different field-type hospitals now in use by the four services.

Called a "deployable medical system," it's made up of "functional modular medical material sets" and shelter that can be configured into everything from a 50-bed Air Force air-transportable

hospital to a 200-bed Marine company hospital near the battle zone or a 1,000-bed Army general hospital to the rear of the battlefield. It's a self-contained, relocatable facility that can be assembled and disassembled in a matter of days.

Some 400 soldiers, sailors, airmen, and Marine "patients" participated in a 5-day clinical test of the new \$11.7 million standardized system at Fort Hood, Texas.

Many of the "patients" were "moulaged" to simulate more than 700 realistic wounds. As each case was treated, the medical staff and data collectors made sure the modules were stocked with everything they needed — operating tables, beds, bandages, scalpels, trays of sterile instruments.

"If they didn't use something included in the

sets during the test, we'll consider taking it out," says Wilbur J. Balderson, the Army's deployable medical system coordinator. "If they asked for something that wasn't there, we'll consider putting it in."

The hospital is stocked with more than 5,000 medical items and some of the most advanced technical equipment available for medical treatment, as well as for surgical, laboratory, and radiology services in a battlefield environment.

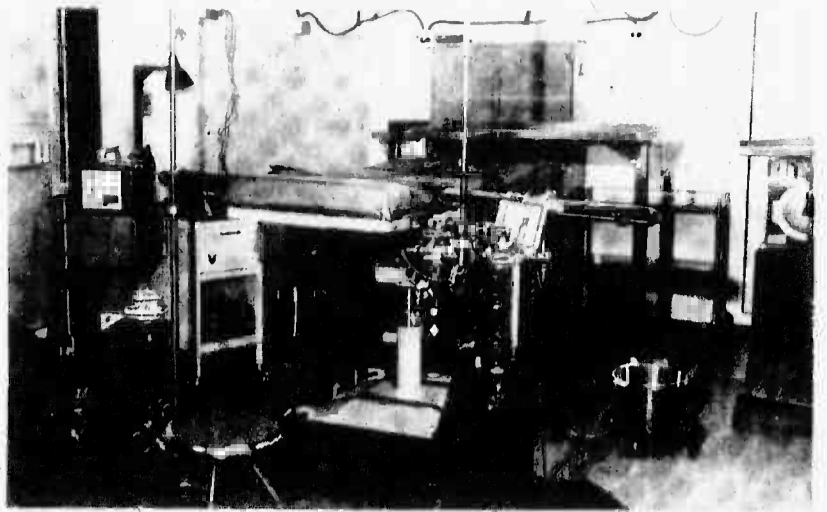
Having one standardized deployable medical system for multi-service care for the battlefield patients. Standardization will also eliminate many procurement, transportation, repair and replacement headaches. And, it will save the American taxpayer millions of dollars.

"It can be moved by helicopter, airplane, on truck beds, or stacked in the hold of ships," says Ron Richards of the DoD health affairs office. "A mobilizer (a set of four wheels) can be attached to the rigid wall shelter, for towing by a five-ton truck."

The rigid-wall, expandable shelters and the soft-wall, inflatable shelters and mobilizers were developed by the U.S. Army Natick (Mass.) Research and Development Laboratories. The modules also come with heavy duty power generators and environmental control units.

Supplies and equipment for the modules were selected very carefully, Balderson emphasized. A list of 309 patient diagnoses — everything from amputations to abdominal wounds, fractures, eye wounds, burns and fevers — was compiled by the Academy of Health Sciences at Fort Sam Houston (San Antonio), Texas.

The 309 combat-related diagnoses were developed from "historical wartime statistics," says Balderson. Supplies and equipment were chosen on the basis of what was used to treat those patients.



This is part of an operating room module. Each operating room module in the "deployable medical system" now being tested comes completely stocked with two operating tables, sterile instruments, and everything else necessary to perform surgery. If four operating tables were needed, the requester would order two modules and so on.

Twenty-three panels of Army, Navy, Air Force, and Marine Corps clinical experts reviewed the diagnoses and decided what should be stocked in the modules. The panels' recommendations were carefully examined by a clinical review committee to make sure "they were

adequate, but austere," says Richards.

The functional medical modules will be assembled by the Defense Logistics Agency. "The test and a tactical move were conducted by the Army's 21st Evacuation Hospital at Fort Hood.

Test results will be used "to

refine doctrine, organization, training, functional medical material set components, and non-medical support equipment," Balderson said. They will also be used to evaluate the material for use by all types of field hospitals.



Hospital supplies are packaged, labeled and stored in appropriate modules — such as those for pharmacies, operating rooms or physical therapy rooms. The modules are individual components of the "deployable medical system" now being tested for use within the services.

Island bus schedule

Marines requiring transportation on and off the Air Station have an economical mode of travel.

Established by the Air Station's commanding officer, the liberty bus is designed to provide free transportation for active duty personnel to and from Waikiki.

The liberty bus schedule is as follows:

Bus stop	Times			
Joint Reception Center	6 p.m.	8 p.m.	11 p.m.	1 a.m.
Main Exchange	6:05 p.m.	8:05 p.m.	11:05 p.m.	1:05 a.m.
Main gate (ID check)	6:10 p.m.	8:10 p.m.	11:10 p.m.	1:10 a.m.
Aikahi Park	6:15 p.m.	8:15 p.m.	11:15 p.m.	1:15 a.m.
Kailua bus stop (Kailua & Hoolai Sts)	6:25 p.m.	8:25 p.m.	11:25 p.m.	1:25 a.m.
Fort DeRussy (turn around point)	7 p.m.	9 p.m.	midnight	2 a.m.
Kailua bus stop (Oneawa & Uluniu Sts)	7:35 p.m.	9:35 p.m.	12:35 a.m.	2:35 a.m.
Aikahi Park	7:45 p.m.	9:45 p.m.	12:45 a.m.	2:45 a.m.
Main gate (ID check)	7:50 p.m.	9:50 p.m.	12:50 a.m.	2:50 a.m.
Main Exchange	7:55 p.m.	9:55 p.m.	12:55 a.m.	2:55 a.m.
Joint Reception Center	8 p.m.	10 p.m.	1 a.m.	3 a.m.

Adverse weather or road conditions could cause a change to the schedule. In that event, Marines in Waikiki should contact the Military Police Station at Fort DeRussy for information.



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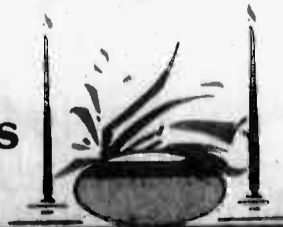
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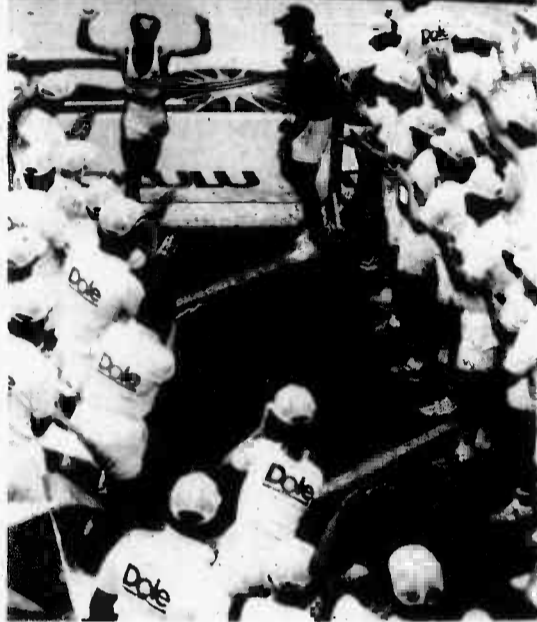
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Jorge Gonzales of Puerto Rico, breaks the tape at 2:16:24 to win the 12th annual Honolulu Marathon. Gonzales broke from the pack at mile 20, winning the race 300 yards ahead of the second place finisher.



A formation of Marines from Marine Barracks keep in step as they run the Honolulu Marathon.

Honolulu Marathon

Wind and rain does its best to hamper runners

by Cpl. Pat Lewandowski

It looked as if Hawaii's "liquid sunshine" would cast a gloomy omen over the 8,828 dedicated runners who took to the streets of Honolulu for the 26.2 mile Honolulu Marathon Sunday.

Predawn showers spawned more than a few puddles, and runners braved the rain wearing plastic bags in all shapes and colors. Before the race, it looked like everyone had the marathon "in the bag."

Rain was the least of the marathoners' problems. As it turned out, the wind created the most difficulty for even the most experienced.

The 12th annual race boasted a field of international competitors from Europe to the Far East. All 50 states were represented as was Washington, D.C., and Puerto Rico, home of the winner, Jorge Gonzales, who

broke the tape in 2:16:25, the third fastest time in the history of the race.

At 5 a.m., in a wind-swept rain, runners began to move to the starting line on Nimitz Highway. The FMFPac Band led the athletes to the starting area despite the rain.

The runners were ushered together just before the start of the event, where Howitzer blasts from the FMFPac Saluting Battery signaled the beginning of the grueling race.

Dean Matthews took an early 100-yard lead over a pack of fast runners which included last year's Marine Corps Marathon winner, Sgt. Farley Simon, of Camp H.M. Smith. The group stayed behind Matthews until they reached Kalaniana'ole Highway where 30 mph winds added minutes to the split times. The runners stayed in single file behind the 118-pound Matthews, who took a beating from the gusty winds for much of the run into Hawaii Kai.

Simon, a Marine favorite, dropped out of the pack near Waikiki, fearing that the pace was too fast to complete his race. A nagging groin injury plagued Simon from the beginning but he still managed to finish in 16th place at 2:32:59, the first Marine to cross the finish line.

"I thought I was over my groin injury, so I ran the race," said Simon. "I was with the lead pack until I felt the pain building. I dropped back so I could finish the race."

"The wind was our worst enemy out there. At one point, a gust of wind stopped my forward motion. I took three steps and didn't go anywhere," he chuckled.

After setting the pace for 17 miles, Matthews succumbed to a minor cramp and fell back into the pack, leaving the race open to Jorge Gonzales, who took command of the course near the 20 mile mark and never looked back. With a second wind he ate

up the pavement, turning in sub 5-minute miles for the remainder of the race. At the Kapiolani Park finish line, he had almost 300 yards over the second place finisher, Dean Matthews. Gonzales broke the tape before an enthusiastic crowd of more than 10,000 fans.

The first military finisher was LtCmdr. Phillip Camp, Pacific Missile Range Facility, Barking Sands, Kauai. He crossed at 2:27:56, taking 10th place in his thirty-fifth marathon. Camp has finished other races under 2:13, but the wind took a toll on him as it did on Matthews. After the first 53 men stumbled into the chutes, Patti Gray broke the tape, winning the women's division in 2:42:49. The petite Californian led the women for the entire race, passing hundreds of runners in her quest for the finish line.

Other Marine top finishers

were Col. Jack Tuttle, Camp Smith, who finished his fifth Honolulu Marathon with a 2:46:03, placing 68th overall, Maj. Douglas Wood crossed the finish line at 2:47:11 placing 79th out of a field of more than 8,000 runners.

Although the marathon victory could only be given to one person, many Marines experienced personal victories. Completing the race was enough for many, but others tried to better their previous race times.

1st Lt. Larry Junge, H&HS, finished his 26.2 mile trek in 3:04:50, 35 minutes faster than his previous time in May. His motivation came from the fans who lined the streets yelling and waving at him and other Marines during the race.

Another Marine, Cpl. Michael Smyth, H&HS, finished the race in under three hours, placing in the top 150 participants.



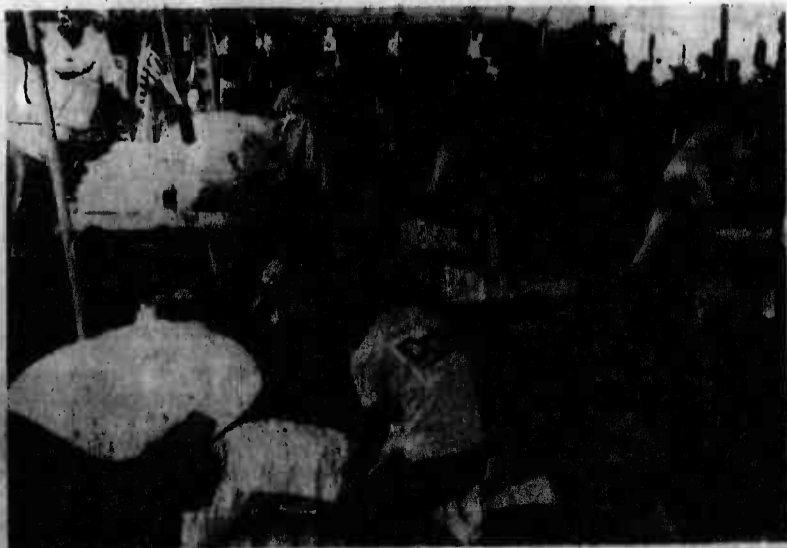
Cpl. Mike Daley, MABS-24, relaxes under a cool shower after completing the 26.2 mile Honolulu Marathon.



Sgt. Farley Simon, Camp H.M. Smith, strides to a 16th place finish with a 2:32:59.



Patti Gray takes a breather after winning the women's division with a 2:42:50. Gray led the women throughout the race, finishing 54th overall.



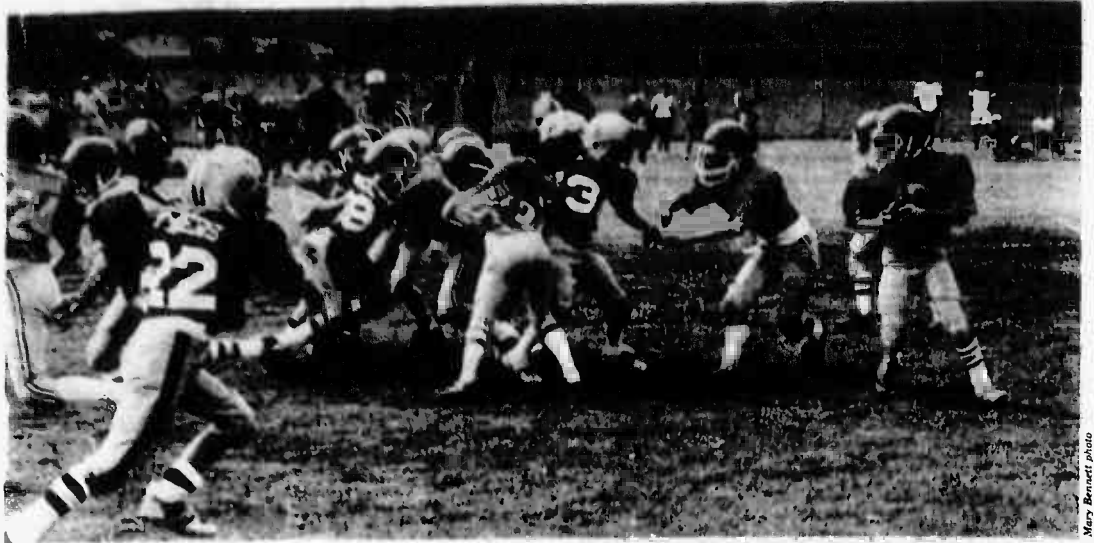
Finishers of the Honolulu Marathon enjoy a massage after enduring 26.2 miles of marathon running.



Marathon finishers take a cool shower before leaving the race area. More than 8,000 runners braved high winds and torrential rain to finish the 26.2 mile race.



A K-Bay General tackles his opponent.



Protecting the passer was a top priority for the K-Bay Generals as they readied for a victory.

K-Bay Generals Year-end statistics not entire story

by Sgt. Christopher Wood

They pulled respectability from the empty shell of a goose-egg to finish with a record of 4-4-1.

That break-even record might seem inadequate to some, but to the K-Bay Generals of the Termitte Football League, it's a record they can be proud of.

The Generals opened the season with a 14-0 loss. The

loss trend continued with the team entering the season's second half with a 0-3-1 record. One more loss in the second half of the season was all they could stand.

Led by GySgt. Ric Bates and Maj. Ray Bennett, the team soon walked off the Makakilo field with a 6-0 victory. After that win, they dished out some more of their new-found talent whipping Schofield Barracks 14-0.

After a 13-7 win over Fort Shafter, the Generals readied for the final game of the season against Wheeler, which turned into a rout with the Generals leading 21-0 at the half. In the end, they had racked up 34 points, compared to a Wheeler goose-egg.

It was a triumph of determination over despair for the Generals, who, after a dismal start, finally showed the league who was in charge.



The K-Bay Generals (offense) began the season 0-3-1, but rallied in the season's second half to finish 4-4-1.



As one skier comes to a stop, another skier prepares to compete in the Military Waterskiing Slalom Championship, held last weekend on Kaneohe Bay.

Waterskiing championship held here

by Sgt. Christopher Wood

It was a "sink or ski situation" for five competitors in the Military Waterskiing Slalom Championship, held last weekend on Kaneohe Bay.

Emerging victorious from the chilly waters was Dave

Willmarth, a Marine family member, who took a commanding lead after Saturday's competition racking up 22½ points, compared to his closest competitor, Mike Satler, who had 12½.

That trend continued

Sunday, when Willmarth more than double his score to 56. "The water was a little rough," Willmarth remarked. "It could have been a lot smoother. It was very windy on both days, with about 30 mph winds.

"I didn't have too much

trouble, though," he continued. "None of us are professionals. I've been skiing for only about seven months."

Finishing behind Willmarth was Satler, with 32½ points; Mary Becket, with 15; Mike Kruse, with 13; and Jeff White, with 11.

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 LOCATED IN HONOLULU FEDERAL BUILDING & LOAN BLDG 2ND FLOOR

Help for Whiplash Injury

If you are the victim of a whiplash injury, your chiropractor, with his extensive knowledge of spinal alignment, can help. The neck's flexibility make the upper part of the cervical spine the most easily injured.

Your Chiropractor can Realign your Spine

A simple and inexpensive spine and nerve test can determine if a whiplash injury has damaged your anatomy. If it has, a chiropractor can manipulate your spine into alignment and make you feel like yourself again.

FACTORY AUTHORIZED PANASONIC TRUCKLOAD SALE

NE-6650 **SAVE \$270.00**

229
After Factory Rebate

Sug. Retail \$499.00

Microwave/convection combination NE-9830 **SAVE \$374.00**

445
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Automatic Cooking at the Touch of a Single Control! The Fabulous Digital!

NE-6850

5 DAYS ONLY

SUG. RETAIL \$599

\$269
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SAVE \$330.00

SIMILAR SAVINGS ON ALL PANASONIC OVENS. WE GUARANTEE THE LOWEST PRICES IN HAWAII INCLUDING ALL MILITARY EXCHANGE OUTLETS.

PACIFIC SURPLUS & DISTRIBUTORS

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1247-J KAUOA RD.

KAILUA

455-9010

98-593 KAM HWY

PEARL CITY

Windward City

Corner of Kaneohe Bay Dr. & Kamehameha Hwy. Shopping Center



Carolers

Aloha Nani
Kaneohe Senior Citizens
Koolau Senior Seranaders
Choral Chordsman -
Barber Shop Quartet
Na Leo Lani - Female Barber
Shop Quartet
Kahaluu Senior Citizens
Windward Ho Aloha

DECEMBER:

14 & 15 - 6-8 p.m.
17 - 22 - 6-8 p.m.

Live Music

Sat. 15 Naupaka III
2-4 P.M.

Sat. 22 Kahaluu Bros.
2-4 P.M.

Visit Santa

Fridays 14 & 21
6:30 - 8:30 P.M.

Saturdays 15 & 22
6:30 - 8:30 P.M.



December 13, 1984

OPEN
EVERY NIGHT TILL
10 PM

GEM
DEPARTMENT STORES

ONE DAY ONLY
SATURDAY DEC 15

20%

ENTIRE STORE

SPECIALLY PRICED MDSE. ON ADVERTISED

4 DAY SALE KANEOHE ONLY



WATER RESISTANT
OUTERWEAR

BANYO

Windward City

Shopping Center



Chevron **FIRST CHEVRON II**

COKE IS IT!

1 LITER OF COKE
with a purchase of \$5.00 or more

or

without purchase of gas
WHILE SUPPLY LASTS!
WINDWARD CITY SHOPPING CENTER

ONLY 69¢

ONLY 79¢

Holiday Shopper Specials

After your holiday shopping, take advantage of these Christmas specials and help celebrate the holiday season with us. To add to the Christmas cheer, we also serve ice cold beer, wine and margaritas.

TACO HUT
MEAT NACHOS

Seasoned ground beef on a bed of pico chips, covered with melted 100% Cheddar Cheese, jalapeno peppers, onions & topping sauce.
Reg. \$3.17

With Coupon \$2.59

TACO HUT
PANCHITO
and medum drink

Large flour tortilla filled with seasoned ground beef, refried beans, lettuce, tomatoes, 100% Cheddar Cheese, spicy sauce and sour cream. Served piping hot.
Reg. \$2.32

With Coupon \$1.89

Good only with this coupon at Windward City Taco Hut and 750 Kalia Rd. Ends Monday, December 31st.

Fashion comfort at its best in cotton gauze dresses with touches of embroidery & metallic threads in rainbow & solid colors
Reg. 60⁰⁰
Holiday Special
\$35⁹⁵ to \$39⁹⁵

Prom dresses sequence, gauze or metallic
Prices from
\$60⁰⁰ to \$150⁰⁰

Windward City Shopping Center
(across from Foodland Main Entrance)

Merry Christmas

Before the holidays race by, we'd like to wish you all a super season!

FIRST CHEVRON II
WINDWARD CITY SHOPPING CENTER
247-1644
OPEN 24 HOURS

Charge It!

20% - 50% OFF
GIGANTIC SALE
ON SELECTED ITEMS

GOLD
EARRINGS
NECK CHAINS
CHARMS

SILVER CHAINS
SILVER CHARMS
RELIGIOUS MEDALS

DIAMONDS
DIAMOND EARRINGS
DIAMOND PENDANTS
ANNIVERSARY RINGS

ALEX Jewelers

WINDWARD CITY SHOPPING CENTER
45-480 KANEHOE BAY DRIVE
KANEHOE, HAWAII 96744
PHONE: (808) 235-6299

'n

Drug division of Pay n Save Corporation
KANEHOE STORE ONLY

PRICES EFFECTIVE NOW THRU DECEMBER 22, 1984
Due To The Seasonal Nature Of Merchandise,
Quantities Limited To Stock On Hand

PAYNSAVE

KANEHOE STORE ONLY

PAYNSAVE

KANEHOE STORE ONLY

A FRESH NEW APPROACH TO SEAFOOD

WITHOUT GETTING SOAKED

Skipper's®

ENJOY SKIPPER'S FOR LUNCH OR DINNER — EVEN TAKE OUT SPECIALS

Imagine succulent shrimp, tender fish filets salmon, and mounds of mouthwatering clams — all deep-fried to a golden brown. Or cups of New England Style clam chowder. Even golden fried tenderloin chicken strips.

Skipper's Bargo or Sloop Carry-out entrees are perfect for tailgate parties, beach picnics, or family outings. They're filled with your choice of delicious fish filets, tender chicken strips, and creamy coleslaw or our hearty clam chowder. Just give us a call ahead and we'll have your order ready and waiting.

To go order - just call 247-8848.

ENJOY SKIPPERS HAPPY HOUR COMPLETE WITH POKI AND 49¢ Budweiser* on tap, Mon.-Sat. 3-6 p.m.

(*Through Jan. 31, 1985)

What a way to enjoy "Pau Hana". Every Monday thru Saturday from 3-6 p.m., fresh Poki from Horimotos is served with succulent shrimp and mouthwatering clams and salmon bits, or choose your own combination.

Enjoy them with a cool Budweiser® on tap, Inglenook Wine, or Coca-Cola®. Poki is also available at lunch and dinner.

Poki, shrimp, clams, salmon bits, and your favorite beverage at a special Happy Hour price — What more could make Pau Hana better?

WINDWARD CITY SHOPPING CENTER BEHIND FIRST HAWAIIAN BANK

Skipper's COUPON

BUY ONE, GET ONE FOR 1/2 PRICE

Buy any House Specialty meal at regular price, get the second one for half price. Discounted meals must be purchased at the same time and be of equal or lesser value than regularly priced meal. Excludes "all you can eat" items. Not to be combined with any other discount.

Coupon expires December 28, 1984.

Skipper's COUPON

BUY AN ADULT MEAL FEED THE KEIKI'S FROM \$1 EACH

For each regularly priced House Specialty receive your choice of Skipper's Clipper™ with fish, fries, jello, and Fun Pack for just \$1.00 Or Skipper's Chicken Ahoy™ for \$2.00 One Kid's offer per adult meal purchase. Not to be combined with any other discount.

Coupon expires December 28, 1984.

2 FOR 1

2 YEARS OR 2 PEOPLE FOR THE PRICE OF ONE*
*OR ALL GOLD V.I.P. MEMBERSHIPS

OFFER GOOD ON FIRST VISIT ONLY
EXPIRES 12/31/84

Join in the excitement now and get 2 years for the price of 1. We've got everything you need to become everything you want... the most modern exercise equipment to trim, tone and tighten, energizing aerobics to reduce pounds, inches and the most luxurious facilities including whirlpool, steam & sauna — to pamper and indulge yourself. You get all this in an atmosphere of high energy fun by trained counselors committed to your better health and fitness. Join Mademoiselle today because it works!

CALL 235-3511
Windward City Shopping Center

APFC
Association of Physical Fitness Centers
5272 River Road, Suite 500
Bethesda, MD 20814

Mademoiselle®

Spa Lady

Hours: 9-9 Mon.-Fri.
9-6 Sat.
12-6 Sun.
Babysitting • Ample Free Parking

Sports Shorts

Tennis tournament

The Kaneohe Tennis Association will hold a Christmas Tournament on Saturday, beginning at 9 a.m. Format is mixed doubles with alternating partners. All active duty, retired and dependents are invited to participate. Membership with KTA is not required. For more information call 254-1323.

T-Shirts

The Athletic Office has five small Marine Corps Birthday

Run T-Shirts on sale for \$4 each.

Intramural Basketball

The IM Basketball playoffs begin Saturday with the championship game on Thursday.

Racquetball Tournament

The winner of the intermediate division racquetball tournament held Dec. 1 and 2 was Lt. Richard Fletcher, from "A" Co 3d Med Bn.

In the senior division, GySgt. Vince Cruz, from SOMS, defeated CWO-4 Paul Malone, from 1/12, in the championship game, 15-4, 15-8.

Bench Press Contest

A bench press contest will be held at the Mini-gym on Jan. 11. You can register at the Mini Gym, or call 257-2237.

Volleyball

A one day pool play unit volleyball tournament will be held Dec. 23 at the Station Gym. Sign-up and registration

is being held now at the Athletic Office. The coaches meeting will be Dec. 21 at noon in the gym.

Wrestling

Matches are being scheduled Tuesdays between U of H, Army and Marine competitors, and are used to qualify for the 1985 All-Marine Wrestling Program. Call Coach Chavis at 257-3115/3206.

Hawaii powerlifting and bodybuilding championships, will be held Dec. 18 at the Pacific Beach Hotel.

Powerlifting starts at 2 p.m. and bodybuilding at 8:30. Tickets are available at all military outlets or by calling Jim McGuirk at 257-3625 or 955-8626. Tickets will also be sold at the door for \$7 for reserved and \$5 for general admission.

Golf Tourney

The Kaneohe Bay Golf Association (men's group) will have a Christmas tournament Dec. 22. Shotgun start is at 7:30 a.m.

Active duty and retired military can participate. Entry fee is \$7, plus cart and green fees. Details are available at the Golf Course.

Intramural Basketball

A Division

1/12	9-1
BLT 1/3	7-2
H&S, BSSG	7-3
H&S #1	6-4
1stRadBn	6-4
CommSptCo	5-4
HqCo, Bde	2-8

B Division

Engineer Co, BSSG	7-2
HMH-463	6-3
H&MS-24	4-2
Amtracs	3-6
Maint. Co, BSSG	2-4
VMFA-235	1-8

C Division

SOMS	7-3
HqCo, 3dMar	7-3
Supply Co, BSSG	4-6
MACS-2	3-7
MABS-24	1-8
H&S #2	0-9



Photo courtesy of Shirley Camenzind

Discount day for Marines

The Polynesian Cultural Center will host an "All Marines' Day," Dec. 15 so Marine families can spend the entire day for only \$7. You can purchase these tickets at the Special Services ticket sales office. Tickets and passes are available to all active duty personnel, reservists, DoD civilian personnel and retirees, and their families. They cannot be purchased at the center. Gates open everyday, except Sunday, at 11 a.m. The "Aloha Festival Show," held at 11:30, is a parade of authentically dressed chiefs which welcome you with the local greeting word, from the familiar Aloha to the tattooed tongue stuck out by the Maori Chief. There are seven distinct villages featured where you will be greeted by students from Brigham Young University who share with you the crafts, skills, songs and dances of their native islands. You can walk or take the trams to the village representing Samoa, New Zealand, Fiji, Hawaii, Tahiti, Tonga and The Marquesas. Choose a village and start down a wide path among lush native greenery. As you consult your brochure you can chose specific shows and demonstrations happening throughout the villages.

The new Technics Digital Disc Players. Now lasers and computers give you the one experience your conventional audio system never could. Reality.

Reality: The duplication of a live, musical performance. The most elusive goal of all. Yet reality is precisely what you hear with Technics digital disc players.

How? Technics revolutionary digital disc players have a laser instead of a conventional stylus. Because, instead of conventional record grooves, digital discs have a computer code. The laser "reads" this code as a computer instantaneously translates it into music.

What you hear is not just a reproduction of the music, but a re-creation of it: reality. Experience the full range of Technics digital technology. Including the SL-P8. The digital revolution continues at Technics. Available at your Military Exchange.

Technics
The science of sound

LET'S BLOW THE WHISTLE ON ENERGY WASTE

LAST CHANCE
for Christmas
14-24 December
JEWELRY
JADE, OPAL, LAPIZ, SAPPHIRE,
EMERALD, RUBY
30% OFF
OR
\$100,000.00
INVENTORY
RELIANCE JEWELERS
at
Marine Corps Exchange

20% OFF DIAMOND EARRINGS
DIAMOND PENDANTS
DIAMOND SOLITAIRES
(From 1/2 To 1 1/2 Carat)

KMCAS 254-5370
CAMP SMITH 477-6380 *Thru Christmas*

3 Hours Only!

December 14, 1984
7-10 p.m. Only

25% OFF ENTIRE STOCK
Including
WEDDING SETS

KMCAS ONLY 254-5370

Caribe
Diamonds

At a glance

Sailors memorial

The U.S. Navy Memorial, to be built in Washington, D.C., between the White House and the U.S. Capitol, will be a living memorial to the 10 million men and women who have served our great nation at sea.

The memorial will feature a permanent computer record which friends and relatives can view on a giant computer display. Other highlights will include Navy action films, music by the U.S. Navy Band, other service bands, and symphony orchestras and performances by art groups.

Navy personnel desiring to help fund the \$10 million U.S. Navy Memorial can make donations to: U.S. Navy Memorial Foundation, P.O. Box 900, Ben Franklin Station, Washington, D.C. 20044.

A \$25 minimum donation is necessary for a person to have his/her name listed in the computer. An invitation card, available from Administrative Offices, must be returned for this purpose.

Quilting

A National Quilting Association is being formed in Hawaii and the first meeting will be held in January.

For more information contact Susan Nakama, P.O. Box 752, Kailua, Hawaii 96734 or call 259-7473.

Christmas tree lighting

Local entertainer Loyal Garner, the Royal Hawaiian Band, Mililani's Singing Christmas Tree and a childrens choir group from Hickam will help light Hawaii's largest Christmas tree at 6 p.m., Saturday.

The 171-foot "tree," with its 8,000 multi-colored light bulbs, will brighten the Honolulu skies throughout the holiday season. The "tree" is actually Hickam's water tower decorated with 48 strands of lights encircling the tower in the shape of a Christmas tree.

Air Force officials and the winner of the Hickam holiday essay contest, will throw the switch to light Hickam's colorful Christmas tree at 6:26 p.m. Garner, accompanied by the Royal Hawaiian Band, will sing "White Christmas" as thousands of spectators are showered by an array of brilliant sequential flashing

lights. Santa Claus will make a special guest appearance.

The water tower is strung each year with Christmas lights, operated by some used parts which include an automobile flywheel, a pulley and electrical relays from a washing machine and dryer.

Mokapu PTSA

The December Mokapu PTSA general meeting will be held on Wednesday at 7 p.m. in the school cafeteria.

A Christmas program will be given by the students and babysitting will be provided.

Additionally, Santa's Secret Workshop will be open on Saturday, from 9 a.m. to 1 p.m. at the school. This is an opportunity for the children to shop for Christmas gifts.

Bicycle seat recalled

The Army and Air Force Exchange Service is assisting in the recall of a bicycle seat, sold as an accessory item, that could pose a hazard to the rider.

The Cycle Products Bicycle Seat, Model 555, was sold as a replacement seat for Most BMX, Lightweight, Racing and other Bicycles, according to the

manufacturer's label accompanying the product. If the seat is subjected to repeat impact, the seat post could break through the seat.

AAFES-Hawaii has removed the Cycle Products Seat, Model 555, from its shelves and urges owners to bring back the seats, which sold for \$3 at exchanges. Customers will receive a full refund for the seats returned.

Children and fire

Young Children are attracted to fire, and to firesetting; but curiosity about fire is normal in two to seven-year olds.

Children often show this interest when they light small fires or play with matches; lighters or candles. They are great imitators and mimic adults who light cigarettes, candles and picnic fires.

The Fire Department's Fire Prevention Bureau can aid in the adult's education of fire by providing pamphlets and other educational materials to use in the home by calling 471-3916 or 655-1314.

REACH

A Christmas vacation program for disabled children,

youth and adults is being offered by REACH, a nonprofit Aloha United Way agency which provides therapeutic recreation services to disabled individuals.

The vacation programs will be offered at Wahiawa and

Moanalua from 8:30 a.m. to 2:30 p.m. beginning Dec. 24 and ending Jan. 4.

Professional staff will operate a day activity program which focuses on the learning of leisure-time skills as well as offering a variety of recreation-

al opportunities. For more information call 422-9900.

Cont. on B-8



GRAND OPENING

SPECIAL A-1 TAILORING SERVICE

clip

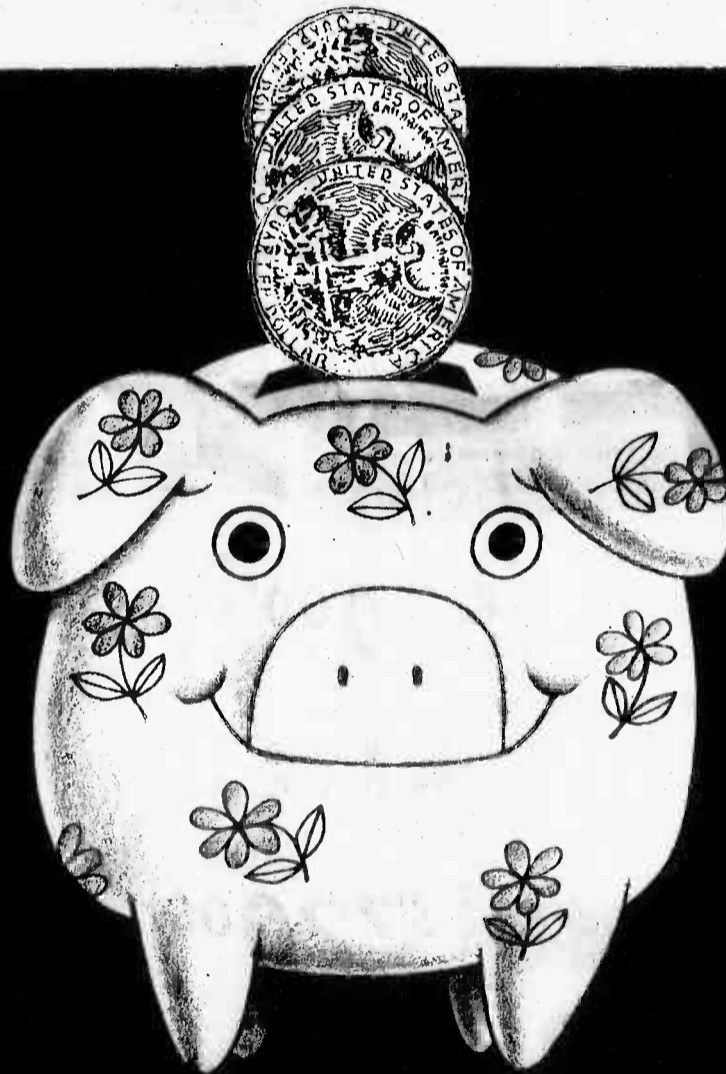
20% OFF

Expert Alterations For Men's And Women's Garments: Suits, Jackets, Pants, Jeans, Dresses Uniforms and Skirts. With This Coupon Expires 1/31/85

clip

333 Uluniu St.
Kailua
262-7844

Hours:
Mon.-Fri.
9 a.m.-5:30 p.m.
Sat.
10 a.m.-4:30 p.m.



You could save a lot with First Hawaiian's new Discount Checking.

Who's it for:

If you write very few checks each month and keep a modest balance, it's for you.

How does it work:

- No minimum balance once the account has been opened (\$100 minimum to open the account).
- No charge for the first five checks cleared through your account each statement cycle. 25¢ for each additional check.
- \$2 discount on each new order of 200 checks.
- Low \$2 a month maintenance charge.
- Automatic safekeeping of cancelled checks with CheckStorage.
- Free OttoCard—automatic teller machine card. Saves on writing checks.

Where do I sign up:

For more information about Discount Checking, see a Customer Consultant at any First Hawaiian Branch.

FIRST HAWAIIAN BANK
Member FDIC

TWO TERIYAKI STEAK DINNERS

Reacquaint yourself with your neighbor, the Yum Yum Tree Restaurant at Pali Palms Plaza! For our windward neighbors, we're offering Two Teriyaki Steak Dinners, which include Soup or Salad, Rice or Potatoes, Hot Vegetables and Cornbread with Honey-butter for just

12.95

This special offer is good only at YUM YUM TREE PALM PALMS PLAZA and expires Dec. 30, 1984



PALI PALMS PLAZA
970 N. Kalaheo Ave., Kailua
Phone 254-5861

At a glance

Cont. from B-7

Holiday meals

The surcharge rates for military dependents have been waived for the 1984 Christmas Day meal at all Navy and Marine Corps general messes according to a message from the Secretary of the Navy. By sharing holiday meals, Marines and sailors can show their appreciation to their families for their continued support.

Visiting the Philippines

A large number of Marines are visiting the Republic of the Philippines while on leave with insufficient funds, without a round-trip airline ticket and without proper

military attire, according to a recent FMFPac message.

Marines arriving in the Philippines have been relying totally on MAC space available flights for their return trip to their original destination.

Requests to the Philippines should be screened to ensure that Marines have sufficient funds, a return trip airline ticket and a complete military uniform.

Dining facilities closed

Anderson Hall and Pless Hall dining facilities will be closed on weekends for the next six months following paydays to increase the utilization ratio of both dining facilities.

Anderson Hall will be closed Dec. 15-16; Jan. 19-20; Feb. 16-

17; March 16-17; April 20-21; and May 13-19.

Pless Hall will be closed Dec. 29-30; Feb. 23; March 23, 30-31; and May 1-5.

Post office hours

The Main Post Office, located in building 1090, will modify its hours of operation through Dec. 24 to accommodate holiday mail. The hours will be from 10 a.m. to 6 p.m., and money orders will be available until 3 p.m.

The post office in building 835 will continue with normal hours from 8 a.m. to 4 p.m. Both facilities are open Monday through Friday only.

Creative theater

The Pearl Harbor Dependent Activity Center is now enrolling children 3 through 13

years of age for its After School Creative Theatre Classes beginning in January.

Creative Expression classes are available for children 3 to 7 years of age; Mime and Comedy for 7 to 13 year-olds; and Video Production for 7 to 13 year-olds.

Classes will also be held in Kailua, Pearl City and Mililani. For more information call 941-2798, 261-0808, or 471-0320.

Volunteers needed

Volunteers are needed at the Red Cross Clinic at Mokapu School, and at the Red Cross Office.

For more information contact Kitty Bradford, chairman of Red Cross volunteers, by calling 254-2147 between 9 a.m. and 9 p.m.,

except Wednesdays.

MCX extends hours

The Marine Corps Exchange will have special hours during the Christmas holiday season. It will be open from 10 a.m. to 9 p.m., Monday through Saturday; Sundays noon to 5 p.m.; and Dec. 24, noon to 5 p.m.

Ticket information

The Special Services Ticket Sales Office has tickets for the following events:

Polynesian Culture Center Special - Village admission, dinner and evening show for \$21 for adults; \$10.50 for children. Special is good until Dec. 22. There is a package deal for Dec. 15 only for \$7 per family, and \$5 per person for the show; \$10 for single military for admission and show; or family pass and \$5 for show.

Castle Park Gift Certificates - For two people, all rides and activities up to 6 p.m.; \$11.50.

Julio Iglesias - Dec. 29 NBC, \$20 and \$25; and on Dec. 31, Sheraton Hotel, \$60.

Box Car Willie - Dec. 21-22 Conroy Bowl, Schofield Brks. \$5 general admission.

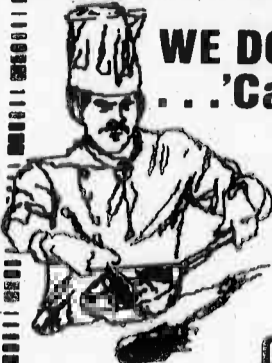
Big Foot Tractor Pull - Dec. 14-15, Aloha Stadium; \$7.50 for general admission.

Nut Cracker Suite - NBC, Dec. 28, 8 p.m.; Dec. 29, 2 p.m., and 8 p.m.; Dec. 30, 2 p.m. Tickets \$17.50, \$14.50, \$11.50 and \$8. Children \$2 discount for matinee only.

Grand Master Flash - Dec. 21; Waikiki Shell, \$16.50 general admission.

Wrestling Match - Dec. 19; NBC, \$8 ringside, \$7 risers and \$6 general admission.

The Ticket Sales Office is in building 219, next to the Station Theater. Call 257-3520/3108 for more information.



**WE DO PARTIES BETTER!
... 'Cause We're Professional!**

*Catering and Food Service!
To Your Home or Barracks...
No party Too Big or Too Small!*

for more information,
Call 257-2657/257-2873

MSGT. ROGER WALTERS

**WINDWARD ENLISTED CLUB
KMGAS**

DR. F. BROCK HOPKINS
(formerly of Enchanted Lake Animal Clinic)
ANNOUNCES
His relocation to:
AIKAHI PARK ANIMAL CLINIC
AIKAHI PARK SHOPPING CENTER
(Behind Firestone, Kailua)
HOURS:
MON., TUES., THUR., FRI.
8:00 AM-5:30 PM
WED., SAT.
8:00 AM-NOON
Dr. Hours by Appt.
254-1548

APPELL AFFORDABLE LEGAL SERVICES
Uncontested Divorces \$200
Drunk Driving Defense \$500
Wills Just \$99 - Military Matters
531-6277
345 Queen St.

COUPON
HILLTOP RANCH
UNGUIDED TRAIL RIDES
BRING THIS COUPON FOR ONE FREE RIDE WITH GROUPS OF 4 OR MORE.
AFTER SCHOOL PROGRAM
8 WEEK SESSIONS
2, 3 OR 5 DAY PROGRAMS
RESERVATIONS: 259-6483
COUPON

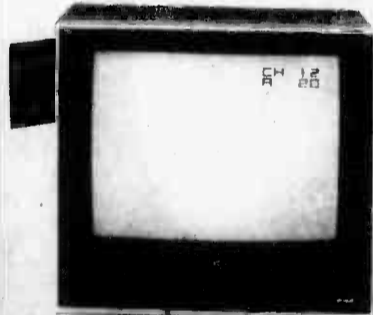
Super SALE

HRD 220 VHS



- ★ 4 Head System for Superior Long Play Recording
- ★ 14 Day, 8 Programs
- ★ Cable Ready Tuner
- ★ Full Remote Control

\$550⁰⁰



AV 2120 20" COLOR TV

- ★ Integrated audio video systems
- ★ Cable ready, remote control
- ★ 20" flat screen, wider viewing area
- ★ Multiple stereo and video inputs
- ★ Best picture around. See for yourself.

\$720⁰⁰



C2055

- ★ Electronic Tuner
- ★ Cable Ready
- ★ JVC Quality

\$350⁰⁰



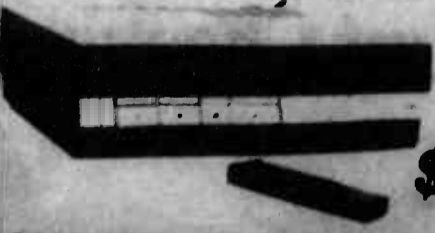
C1455 13" COLOR TV

- ★ Remote Control
- ★ Electronic tuner
- ★ Sleep timer

\$299⁹⁹ SALE!

WHY JVC Video?

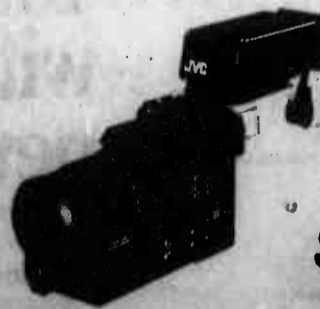
- 1 VHS format 80% of videos sold on manufacture VHS, not Beta. Therefore, you will have more selection and availability of video tapes with VHS.
- 2 4-head system, 4 heads are better than 1 or 2. For superior quality recording on extended play mode use with an regular play mode.
- 3 JVC invented VHS and continually refines the format. I say, one also licenses it from JVC. You get the best and best technology in your JVC video recorder.



HRD 235 VHS Recorder

- ★ 4 head system
- ★ Stereo with dolby
- ★ Cable ready, remote control
- ★ 14 Day, 8 event
- ★ Black or Silver

\$599⁹⁹



GXN7U Video Camera

- ★ Interchangeable lenses with 35mm camera lens
- ★ Fully automatic, auto tracing, auto focusing
- ★ Power-zoom lens with macro focus
- ★ Adaptable to any VCR
- ★ Very small, lightweight, 2.4 lbs.

\$750⁰⁰

SALE THRU DECEMBER AT

Marine Corps Exchange

ALSO SAVINGS ON ALL AUDIO EQUIPMENT

Salutes

EDITOR'S NOTES: *Salutes* recognizes individuals for their achievements and exceptional performance and to welcome arrivals to Hawaii.

The information is compiled by Unit Information Officers in conjunction with *Fleet Home Town News* releases submitted to the Joint Public Affairs Office.

SOMS

Welcome aboard

Cpl. D.M. Bennett
Cpl. P.E. Holmes Jr.
Cpl. C.J. Martinez

Promotions

SSgt. P.D. Loftis
SSgt. A. Oliva

U.S. Army Certificates of Achievement

LCpl. C.J. Halligan
LCpl. J.L. Hinkley
LCpl. J.O. O'Toole
Sgt. J.J. Guenther

Good Conduct Medal

LCpl. J.O. O'Toole
Cpl. A.J. Jones
Cpl. R.D. Schmidt
Sgt. M.A. Burch

Reenlistment

SSgt. D.R. Cascarella

H&HS

Welcome aboard

LCpl. J.D. Scott
LCpl. D.K. Taylor
LCpl. G.S. Wiley
Sgt. J.E. Fisher
SSgt. H.D. Brown
SSgt. D.G. Laird
SySgt. T.W. Harmon
GySgt. S.D. Jensen
GySgt. D.W. Knobloch
MSgt. R.A. Revilla
1stLt. A.L. Scheib
CWO-2 M.L. Murello

Meritorious promotions

Cpl. G. Aleman
Cpl. G.R. Boyer
Cpl. M.F. Coffey
Cpl. C.L. Cottingham
Cpl. L. Curtis
Cpl. L.E. Monson
Cpl. R.E. Porter
Sgt. K.A. Saldana

Promotions

LCpl. L.L. Foster
LCpl. D. Irizarry
LCpl. M.W. Lohr
LCpl. R.J. Rienzo
LCpl. T.D. Willis
Cpl. S.D. Fosler
Cpl. R.S. Lake
Sgt. B.L. Hedgecock
SSgt. G.E. Berry
SSgt. C.J. Cisler
SSgt. H.L. Huff
SSgt. A. Sanchez
SSgt. C.O. Sickels
GySgt. J.W. Broaders

Certificate of Commendation

Sgt. E.A. Bussell

Meritorious Masts

LCpl. M.R. Smith
Cpl. T.M. Earley
Cpl. K.R. Hamblton
Cpl. S. Lawrence
Cpl. L.E. Monson
Cpl. C.A. Noftsker
Cpl. D.J. Penson
Cpl. Y. Pinkney
Cpl. M.L. Ubben
Letters of Appreciation
PFC C.A. Cudaback
LCpl. E.F. Bendo
LCpl. P.M. McFadden
LCpl. J.D. Otis
LCpl. D.R. Smith
Cpl. N.B. Acoba
Cpl. J.J. Donahue
Cpl. M.P. Hopstaken
Cpl. C.A. Noftsker
Cpl. B.L. Schonewitz
Sgt. A.L. Merritt

Sgt. W. Newsome
Sgt. E. Ramos
Sgt. N.C. Williams
SSgt. D.A. Gaudett
MSgt. R.Y. Tokunaga

Good Conduct Medals

LCpl. G.N. Enger
Cpl. M.O. Carbajal
Cpl. C.A. Noftsker
Cpl. B.L. Schonewitz
Sgt. F.J. Kucera
Sgt. F.J. Stukel
SSgt. R.L. Drost

Reenlistments

LCpl. R.D. Blanton
Cpl. E. Diaz
Cpl. J.J. Donahue
Cpl. P.D. Exum
Cpl. J.A. Pedrogo
Sgt. J.D. Lovan
Sgt. A.L. Merritt
Sgt. C.E. Stemp
Sgt. M.R. White
Sgt. N.C. Williams
SSgt. G.S. Hall
GySgt. G.E. Beldo
GySgt. D.H. Carter
MSgt. E.F. Clarke
MSgt. R.Y. Tokunaga

1/3

Welcome aboard

Pvt. P.F. Arseny
Pvt. J.A. Mieritz
PFC J.E. Autery
PFC J.E. Cordes
PFC P. Davis
PFC A.J. Escobar
PFC C.A. France
PFC P.F. Goudy
PFC J.G. Guy

PFC M.E. Little
PFC G.T. Mugaiani
PFC M.C. Muloley
PFC S. Mehta
PFC D.T. Royce
PFC K.L. Sturgill
Cpl. C. Demello
Cpl. S.M. Mulcahy
Sgt. D. Gutierrez
Sgt. W.E. Showmaker
Sgt. R.R. Teran
1stSgt. H. Reeves

Meritorious Masts

PFC J.D. Balekwell
LCpl. R.E. Swearingen
Letters of Recognition
LCpl. S.F. Davenport
LCpl. R. Raymond
Capt. S.H. Christopher

1/12

Welcome aboard

Pvt. D.M. Pitrat
Pvt. P.D. Zenski
PFC K.L. Brumfield
PFC L.D. Cussel Jr.
PFC E. Woody
LCpl. W. Alvarez
Cpl. A.A. Taylor
Sgt. K.E. Baker
Sgt. M.R. Hunter
2ndLt. S.W. Heinrichs
2ndLt. J.D. Hochstetler
2ndLt. D.C. Lowe

Promotions

PFC D.I. Potter
LCpl. D.W. Lambird
LCpl. M. Mastroianni
LCpl. J.P. Montoya
Meritorious Mast
Cpl. B.W. Pratt

3dAAVBn., Co. A

Welcome aboard

PFC W.P. Tatum III
LCpl. D. Cobos

Promotions

PFC R.L. Dickinson
Cpl. R.S. McCall
Sgt. C.L. Cloud
Sgt. B.S. Smith

VMFA-212

Welcome aboard

LCpl. B.J. Lecher
Cpl. D.B. LaBrosse
Cpl. T.F. Underwood
SSgt. J.R. Selstad
1stLt. J.P. Rayder

Letter of Appreciation

GySgt. K.W. Coker

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DECEMBER 14; 7-10 P.M.

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SATURDAY'S - Men's Stripe Knit Shirt
REG. 10.25 SALE: 3.99

STUBBIES - Men's Side Elastic Corduroy Pants
REG. 20.00 SALE: 12.99

MUNSINGWEAR - Men's Stripe Solid Knit Shirts.
REG. 10.75-14.25
SALE: 7.50-9.50

JOCKEY & CATALINA
Men's Coordinated Sportswear.
Selected Items. 40% Off.



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From 2.5 lb. - 50 lbs.
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MOREY - Boogie Board.
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Standard incline, leg lift, heavy duty benches. Limited to Stock on Hand.
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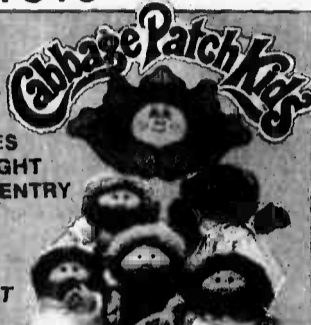
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ADIDAS - TRX Trainer: Men's Running Shoe
REG. 34.00 SALE: 19.99

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NIKE-LADY YANKEE - Ladies Running Shoe.
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Music provided by
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Band**

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Zuercher Victor H Jr DDS
AVHET Insurance Associates, Inc.
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He will be passing out
Christmas treats!

Thank You
for your

Island Happenings

Satire

"Britannia Hospital" (1983), a British satire on socialized medicine, will be shown at 7:30 p.m. Dec. 13-14 in the Honolulu Academy of Arts' theatre at 900 S. Beretania St., Honolulu. Tickets are \$3.

Hand-in-hand

Christmas and the holiday season provide the inspiration for a child-parent program in the Honolulu Academy of Arts' Hand-in-hand series of gallery tour and studio experience afternoons.

The event is held from 2 to 4:30 p.m. on Dec. 16 and is planned by the museum's Gallery Education and Art Center.

For more information on registration call 538-3693, ext. 248.

Hawaii artists

Artists of Hawaii 1984 will be on view through Dec. 30 in the Honolulu Academy of Arts museum's second floor galleries.

Artists exhibiting works are Joseph Feher, collage; Erica Karawina, stained glass; Yukio Ozaki, ceramics; Dodie Warren, prints; and John Wisnosky, painting.

Art displayed

Nineteenth Century American prints and watercolors, an exhibition from the Academy collection including works by Winslow Homer, Peter Moran, Hopkinson Smith, William Morris Hunt, Stephen Parrish, James Craig Nicoll, and several by James McNeill Whistler, go on view in the Honolulu Academy of Arts' graphic arts gallery Dec. 20 through Jan. 27. The academy is at 900 S. Beretania St., Honolulu.

Nursing clinic class

A Clinic Nursing Assistant class is scheduled to begin Jan. 14, 1985 and registration

begins Dec. 11. The class will be held three mornings a week for two weeks and will be followed by 40 hours of on-the-job training.

Class size is limited and applications are available at the Red Cross office. For more information contact Kitty Bradford, chairman of Red Cross volunteers, at 254-2147 from 9 a.m. to 8 p.m.

French movie

"Sugar Cane Alley" (1983; French with English subtitles), will be shown at 7:30 p.m., Dec. 27-28, in the Honolulu Academy of Arts' theatre, located at 900 S. Beretania St., Honolulu.

Auditions

Army Hawaii Community Theatre is holding auditions for "Fiddler on the Roof" on Jan. 7 and 8, beginning at 7 p.m. at the theatre on Foote Avenue at Schofield Barracks.

Roles are open for nine major, and 16 minor characters, as well as eight chorus parts. Copies of the music and script are available at the Schofield Library and the Kaala Music Center.

Auditions will consist of reading from the script, learning a short dance routine and singing a musical selection. An accompanist will be available, but you must provide a copy of your audition music if your piece is not from "Fiddler on the Roof." Musicians for the orchestra are also being sought, as well as backstage and technical crew.

For more information call John Reece at 655-9091.

Daisy Girl Scouts

Girls 5 years-old, or in kindergarten, can join the Daisy Girl Scouts. Until now, the youngest Girl Scouts were 6 years old or in first grade.

The addition of 5-year-olds to the program, now established five age level categories: Daisy Girl Scouts; Brownie Girl Scouts, ages 6-8, or in grades 1-3; Junior Girl Scouts, ages 9-11,

or in grades 4-6; Cadette Girl Scouts, ages 12-14, or in grades 7-9; Senior Girl Scouts, ages 14-17, or in grades 10-12.

Meetings are held weekly at the Air Station Dependent Recreation and the old Fireside Pizza Parlor. Volunteers are needed to work with the Daisy Girl Scouts.

Contact Susan Bratten at 254-5613 for more information on becoming a Girl Scout or volunteering as a troop leader.

Boxcar Willie dates change

FORT SHAFTER — U.S. Army Western Command announced Boxcar Willie Concert dates at Schofield Barracks as Dec. 14 & 15. Due to scheduling changes, concerts are now scheduled for Dec. 21 & 22, 1984.

Mermaid show

Mermaids Hawaii will be performing their 14th Annual Christmas Water Show, free, Dec. 21 and 22 at the Hawaii Dynasty Hotel, 1830 Ala Moana Blvd., at 7 p.m.

Routines range from cute to glamorous with hula and ballet, and at least one real "live" mermaid.

Enchanted Forest

McCoy Pavilion at Ala Moana Park will be transformed into the magical realm of the Enchanted Forest as a Christmas spectacular on Dec. 20-23, from 6 to 9 p.m.

Cedric, the dragon, will again be featured. He will be assisted by Bacchus, the Satyr, and Pater Tempus. Featured this year will be Snow Queen.

This free, walk-thru show is a joint presentation of the Friends of McCoy Pavilion and Pendragonners, with support from the City's Recreation, Police and Fire departments.

For information call Errnie Natsuyama at 524-2314.

Hawaiian Spectacular! CLEARANCE

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SALE ENDS DECEMBER 15



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POWER STREAK II WHITEWALLS

Size	Blackwall	SALE PRICE	Whitewall
A78-13	\$23.95	\$28.95	
B78-13	\$26.75	\$28.80	
C78-14	\$27.80	\$30.85	
D78-14	\$28.80	\$31.85	
E78-14	\$28.85	\$32.95	
F78-14	\$31.85	\$34.95	
G78-14	\$34.95	\$38.10	
H78-14	\$37.05	\$40.15	
800-15	\$28.85		
E78-15	\$30.85	\$33.95	
F78-15	\$32.95	\$36.00	
G78-15	\$36.00	\$39.10	
H78-15	\$37.00	\$41.15	
L78-15		\$43.25	

CUSTOM POLYSTEEL RADIAL WHITEWALLS

Whitewall Size	SALE PRICE
P175/80R13	\$50.95
P185/80R13	\$52.95
P175/75R14	\$54.95
P185/75R14	\$56.95
P195/75R14	\$58.95
P205/75R14	\$60.95
P215/75R14	\$62.95
P225/75R14	\$64.95
P205/75R15	\$66.95
P215/75R15	\$67.95
P225/75R15	\$70.95
P235/75R15	\$72.95

ARRIVA ALL SEASON RADIAL BLACKWALLS

Blackwall Size	SALE PRICE
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P155/80R13	\$47.00
P165/80R13	\$50.45
P175/80R13	\$51.95
P165/80R15	\$53.40
P165/70R13	\$49.95
P175/70R13	\$52.95
P185/70R13	\$55.50
P185/70R14	\$59.95

GIVING A HOLIDAY PARTY?

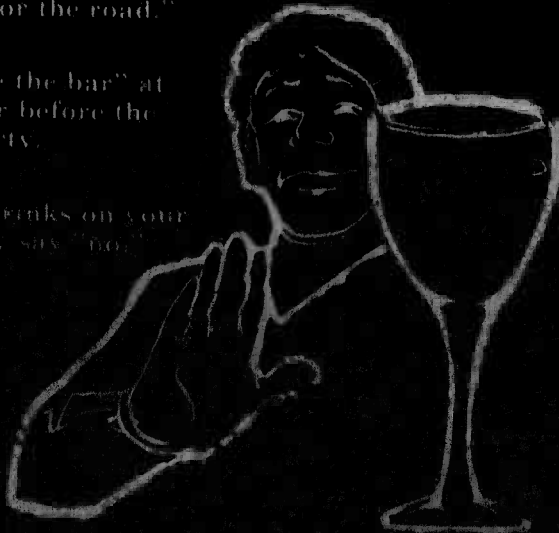
Be a friend first... then a host or hostess.

Provide non-alcoholic drinks for your guests who may not want alcohol.

Offer coffee or soft drinks for the "one for the road."

Plan to "close the bar" at least one hour before the end of the party.

Never force drinks on your guests. If they say "no," don't insist.



Never let a guest drive away from your party under the influence. Ask someone to drive him or her home or call a cab.

HIGH PERFORMANCE RADIALS

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Raised White Letter Size	SALE PRICE
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P195/70R13	\$58.00
P195/70R14	\$70.90
P205/70R14	\$74.50
P215/70R14	\$77.25
P225/70R14	\$79.75
P225/70R15	\$80.95
P235/70R15	\$84.85
P205/80R13	\$58.95
P235/80R14	\$82.30
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P245/80R15	\$86.80
P255/80R15	\$89.90
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10-15	B	\$0.59	\$94.25
10-15	C	\$0.54	\$99.70
11-15	B	\$1.13	\$98.95

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KAILUA Motor Supply, Ltd. 734 Kailua Road Phone 891-1791	WAIKANAHE Gee Automotive Center 54141 Kamehameha Hwy. Phone 671-4800	MAUI Motor Supply, Ltd. 170 Hanalei St. Phone 835-5711	HONOLULU Gee Automotive Center 1291 Kapiolani Blvd. Phone 548-8111
KANEHOE Gee Automotive Center 1291 Kapiolani Blvd. Phone 548-8111	HILO Gee Automotive Center 170 Hanalei St. Phone 935-5555	KANEHOE Gee Automotive Center 1291 Kapiolani Blvd. Phone 548-8111	HILO Gee Automotive Center 170 Hanalei St. Phone 935-5555

Strategic weapons development endorsed

Is it possible to hit a bullet with a bullet?

That's the question facing researchers and scientists working on the Strategic Defense Initiative, a program with the ultimate aim of reducing the likelihood of nuclear war by rendering attacking missiles ineffective.

In a controlled experiment, the Army showed the possibility by knocking out a missile in flight with another missile. And the Fletcher Panel, a group of distinguished scientists, concluded that emerging technologies justify expanded research of other technical options for a defensive strategy.

In fact, the purpose of the Strategic Defense Initiative is to provide a technological base so that in the early 1990s an informed decision can be made on developing and deploying a defense system. The challenge is awesome. A missile can travel thousands of miles in only a few minutes. To intercept a missile after launch — and before it hits a target — will

require sophisticated countermeasures.

Sensors to alert observers of a launch, trackers to determine the missile's trajectory, data processing systems to sort the data and to aim the countermissile, and other parts of a rapidly reacting system will rely on technological advances. At this point, no one knows if such a defensive system is possible.

But the research to

determine this is certainly worthwhile. The capability to avert a nuclear attack would lessen the valid threat of mass destruction. Since most attacking missiles could not reach their targets, their very existence would become unnecessary, creating a reduction in their number and in the costs now applied to them.

"The Strategic Defense Initiative is not 'Star Wars,'" says Lt. Gen. James A.

Abrahamson, USAF, director of the Defense Department program. "Star Wars" was imaginative, exciting cinema, but, nonetheless, it was cinema.

The Strategic Defense Initiative is real, very real. And the options that the research program may provide could remove much of the military value of nuclear ballistic missiles, thereby acting as a powerful catalyst

to meaningful, lasting arms control."

Research into the required technologies is consistent with U.S. treaty obligations. The decision to deploy a defensive system would be taken only if it were clear that this was the best path to reduce the risks of war.

Some critics claim that the mission is impossible or that the money could be better spent. But American technology has shown

amazing results in other areas that few thought possible. And if an effective shield can be made to work, the potential benefits are great.

As Secretary of Defense Caspar W. Weinberger noted in a press conference: "I always thought it was more effective, and far more moral, and noble if you like, to try to destroy weapons rather than people."

Draft registration required

HQMC — The Military Selective Service Act of 1980 requires all men born in 1960 or afterwards to register with the Selective Service System within 30 days of their 18th birthday.

Marines on active duty who are in this age group should register within 30 days of leaving active duty.

The required registration is not automatic drafting in case of future mobilization. Former service members who served 12 months on active duty can only be drafted if Congress declares war, or if it a national emergency.

For those who served less than 12 months on active duty, eligibility for the draft would depend upon the conditions of their discharge and the Armed Forces induction standards at the time.

ALMAR 237/84 states that all personnel who are subject to the Military Selective Service Act be identified by commands having separation authority and informed of their responsibility to register.

The ALMAR also points out that an individual must register even though he intends to join a reserve or National Guard unit or enter the Individual Ready Reserve.

Failure to register may result in a violation of the Military Selective Service Act, punishable by imprisonment for not more than five years, and a fine of not more than \$10,000, or both.

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• wide range of resistance settings
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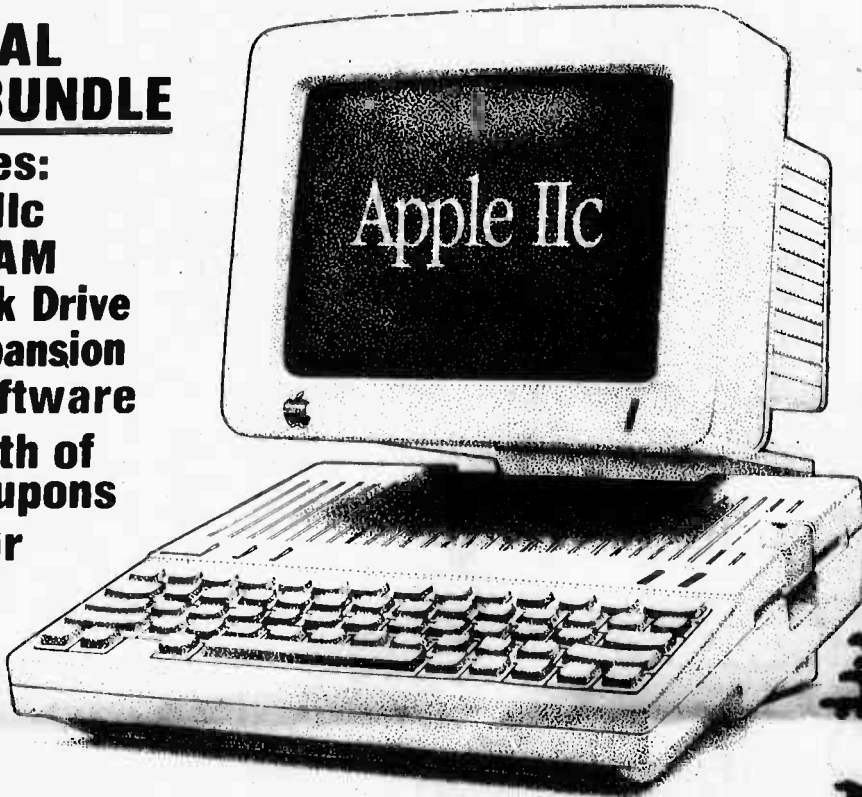
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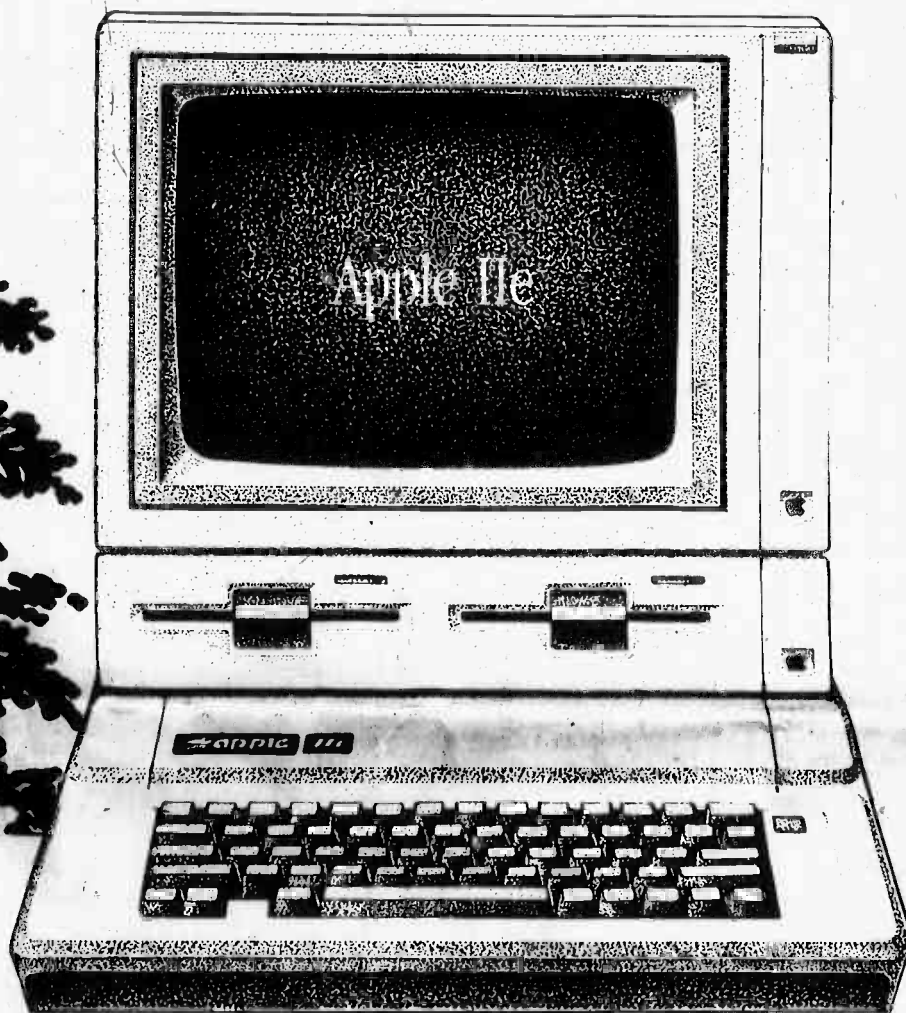
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Makapuu Point Light rests on a rocky perch to guide ships safely along Oahu's Windward side. The light, built in 1909, is now automated and monitored by the Coast Guard.

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• For cars with electronic ignition.
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Steel Belted Radials
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SIZE	PRICE	SIZE	PRICE
P165/80R13	\$28.00	P210/75R14	\$2.00
P185/80R13	\$2.00	P205/75R15	\$1.00
P185/75R14	\$4.00	P215/75R15	\$4.00
P195/75R14	\$4.00	P225/75R15	\$4.00
P205/75R14	\$4.00	P235/75R15	\$4.00

Price includes mounting on standard wheels.

AMERI★LINE USA
American Built! Priced Right!
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• All-steel riding 50-psi rated cord body
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SIZE	PRICE	SIZE	PRICE
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P185/75R14	\$4.00	P215/75R15	\$4.00
P195/75R14	\$4.00	P225/75R15	\$4.00
P205/75R14	\$4.00	P235/75R15	\$4.00

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Disabled veterans benefits increased

A 3.2 percent increase in Veterans Administration compensation checks to service disabled veterans and dependents beginning in January is one of numerous improvements in veterans benefits.

The increase in disability compensation and other benefits is the result of the Veterans' Benefits Improvements Act of 1984 signed into law by President Reagan.

The rate boost means an increase from \$1,255 to \$1,295 per month for veterans with a 100 percent disability. Veterans with 50 percent disabilities will receive \$376 a month, up from \$364; and those with 10 percent ratings will get \$66 a month, up from \$64.

The legislation also increases to \$349 the annual allowance made to certain veterans whose artificial limbs or wheelchairs cause wear on their clothing.

The bill also provides the same percentage increase in dependency and indemnity compensation rates for surviving spouses and children of veterans who died in service or of service-connected causes.

A significant feature of the bill is the establishment of a trial program to run from Feb. 1, 1985, through Jan. 31, 1989. During this four-year period,

the VA will test whether vocational rehabilitation training and other techniques can be useful in expanding the employment prospects of certain disabled veterans considered to be unemployable.

Other provisions of the bill include a 10 percent increase in Vietnam Era GI Bill benefits, survivors' educational assistance benefits, and vocational rehabilitation subsistence allowances, now in effect;


a two-year extension of the Veterans Readjustment Appointment Program which provides federal employment advantages to certain Vietnam Era and disabled veterans;

an extension of the participation deadlines and funding authority under the Emergency Veterans' Job Training Act;

an increase in the maximum specially-adapted housing assistance grant from \$32,500 to \$35,000; and

an increase in the maximum amount of the automobile assistance grant from \$4,400 to \$5,000.

Details of all changes in the compensation rates and information on eligibility requirements are available by contacting the nearest VA regional office.



THE ROADBLOCK LAW

Hawaii's Roadblock Law authorizes the police to establish intoxication control roadblock programs and to provide guidelines to implement these programs.

Every intoxication roadblock program shall:

- Require either that all motor vehicles approaching roadblocks be stopped, or that motor vehicles be stopped based on a specified numerical sequence or pattern.
- Require that roadblocks be at fixed locations for a maximum of three hours.
- Provide safety precautions such as:
 - 1 - Proper illumination
 - 2 - Off-road or otherwise safe and secure holding areas for vehicles involved in any roadblock stop
 - 3 - Uniformed police officers carrying proper identification
 - 4 - Adequate advance warning of the roadblock, either by sign posts, flares or other alternative methods
 - 5 - Termination of roadblocks where traffic congestion could result
- Provide for enough uniformed officers and official vehicles to assure speedy compliance with the purpose of the roadblocks and to move traffic with a minimum of inconvenience.




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CHRISTMAS TIME SUPER SALE!

WE'VE JUST UNLOADED 2 FULL CONTAINERS OF MICROWAVE OVENS, CEILING FANS AND SEWING MACHINES FOR THE HOLIDAYS. ALL APPLIANCES ARE BRAND NEW IN FACTORY BOXES AND GUARANTEED TO BE THE LOWEST PRICES IN HAWAII; INCLUDING ALL MILITARY EXCHANGE OUTLETS. COME INTO EITHER LOCATION AND SAVE!

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52" ELECTRONIC Sug. Retail \$399**

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FREE!

4 LIGHT KIT OR DESK FAN WITH ANY FAN PURCHASE

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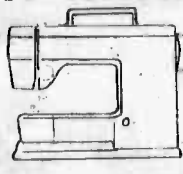


- FREE-ARM
- MAKES BUTTONHOLES
- BLIND HEM
- STRETCH STITCHES

SUG. RETAIL \$298

169

VIKING MOD #120

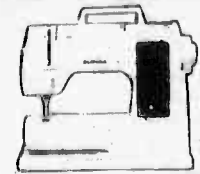


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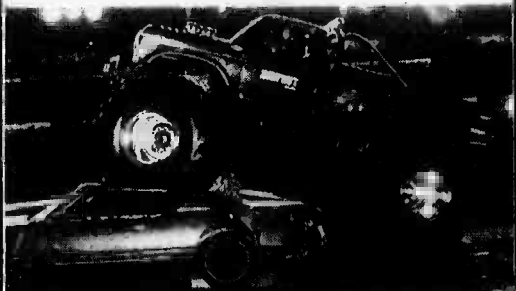
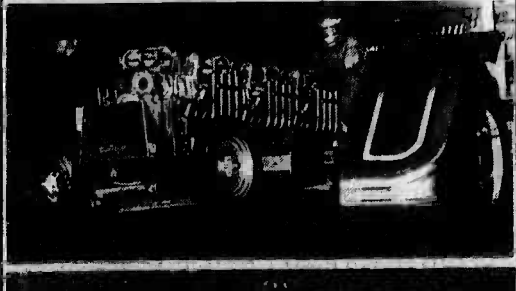

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For the first time in Hawaii two nights of the most incredible ground pounding, wheel standing, motorized excitement at Aloha Stadium.

December 14 & 15
Fri. 8 pm Sat. 7:30 pm

Ticket Prices:
Advance.....\$7.50
Day of Show.....\$10.00

Tickets available at Aloha Stadium Box Office,

 and  Performance Center.
For more information call 487-3838

It's inescapable: Proper stress management keeps adverse effects from appearing

WASHINGTON, D.C. — Just like death and taxes, stress can't be avoided. Stress itself is neither good nor bad, but how we handle stress can have good or bad consequences.

Simply defined, stress is any pressure placed on a system. The line tying a ship to a pier gets stressed. A yeoman with a 30-page report to type and five minutes to do it in gets stressed.

Stress can be caused by external or internal factors. External stress factors are caused by things, people and situations. These external stresses can be very personal, such as your spouse or your new car, or they can be impersonal, such as the overall state of the economy. Internal stress factors are those which you create for yourself, such as deadlines ("I'll read this book by Friday"), expectations ("I should always arrive on time no matter what"), self-doubt ("Maybe I'm not good enough to do the job"), fear of failure ("I'm sure I'll do it wrong") and so on. One of the main causes of stress is change — personal illness, illness of a loved one, changes in lifestyle, money problems, job and family changes.

be habit-forming and create more stress than they take away. They should be taken only on the advice of a physician.

Other ways of managing stress exist. Simply talking over a problem with someone helps. A change of pace or space, even of short duration, can reduce a stressed state. Learning to relax — by taking a few minutes of peace and

quiet every day — can make a big difference. Regular exercise can work off steam and work out stress. Practical planning — avoiding too many big changes at once or planning work and fun activities so that pressure isn't constant — can control the amount and length of stress.

When everything from non-prescription self-medication

to marathon running has been tried and doesn't work, it's time to get professional advice from a Counseling and Assistance Center or Family Service Center.

Stress isn't going to

disappear, but you can learn to control its effects. Here are some books to help you learn more about stress and how to manage it:

"Health, Stress and Coping" Aaron Antonovsky

"How to Get Rid of Emotions That Give You a Pain in the Neck" Merrill Harmin

"Overcoming Worry and Panic" Paul A. Hanch

Neck Pain? Backache?
Don't Suffer Needlessly!

Pacific Chiropractic



TRAINED IN 5 RECOGNIZED TECHNIQUES INCLUDING "LOW FORCE"

COMPLETE PHYSICAL EXAM

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COMMON SYMPTOMS:
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• JOINT PAIN
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SPECIALIZING IN:
• ON THE JOB INJURIES
• AUTO ACCIDENTS
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NO CHARGE FOR BRIEF SPINAL ANALYSIS

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Up to \$325 Rebate Coupons with every purchase of Apple II computers.

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Check your on base SATO (Scheduled Airline Ticket Office) or Delta for further details. Schedules are from Honolulu; subject to change without notice.

THAT'S THE DELTA SPIRIT™

Hotline helps curb excessive spending

HQMC — The Defense Hotline, relying on anonymous telephone tips to report suspected fraud, waste and abuse, is a great success, according to Secretary of Defense Casper W. Weinberger.

More than 25,000 contracts have been reviewed since the program went into effect in June 1981. Of those, 7,000 resulted in substantive inquiries and have led to cost reductions, improved management procedures and increased credibility for DOD.

Statistics from HQMC are very encouraging for supporters of the hotline. Nearly one third of all calls now lead to inquiries, compared to a previous 20 percent.

Efforts to support the hotline are of the highest priority. HQMC is currently processing 100,000 tips and is expected to process 200,000 tips in 1984.

For more information, write to: Defense Hotline, The Pentagon, Washington, D.C. 20301-1000.

Special Services

Book Sale

The preschool Parent Advisory Council is sponsoring a children's Christmas and educational book sale on Monday, Tuesday and Wednesday from 8 a.m. to 12:30 p.m. at the Preschool.

Children's hardback and softback books will be available just in time for Christmas. Proceeds will be used for educational materials for the Preschool.

For more information call 257-2253.

Need a camera?

Persons 18 years old or older, with a valid Library card, may borrow a Polaroid camera free for one week at the Station Library. Patrons must supply their own film.

For more information call 257-3583.

Child care

New Year's Eve child care will be available at the Child Care Center until 2 a.m.

Reservations are now being accepted. Call 257-2608 for more information.

Stables

The Camp H.M. Smith Stables provide trail rides, riding instructions, sunset dinner rides and 4-H Club activities. Military personnel stationed at Camp Smith can exchange volunteer stable work for riding privileges.

Volunteers are also needed for the sunset dinner ride "Horse Opera," a funny western skit about lawmen and outlaws.

The new hours of operation are 9 a.m. to 5 p.m., weekdays; 9 a.m. to dark, weekends; and closed on Mondays.

For information about the stables, rides or other activities call 486-9646.

Aquanastics

Get into shape by getting into the new wave exercise.

Firm up those muscles and tighten up that waistline. Cost is \$2.50 per class.

For more information about Dependent Recreation programs and classes call 257-3501.

Animal care

The Zoonosis Clinic, located in building 455, can help you with services for your pet. For information call 257-3643.

Child Care Center

If you are planning an evening out or need child care on a Saturday, the Child Care Center in building 579 is available.

Call 257-2608 for more information and reservations.

Auto Hobby Shop

The Auto Hobby Shop is having a half price Holiday Special on custom paint jobs and instruction.

Small cars are \$62.50; medium, \$87.50; and large \$112.50. Customers will provide painting materials.

The shop also has tools and machinery to repair most cars, and instructors are available to help you. Classes in all areas of automotive maintenance and classes start weekly in auto body repair and painting.

If you are interested in auto racing, the Kaneohe Bay Racing Association meets at the shop. Weekly races are held at Campbell Industrial Park.

For more information call on the Auto Hobby Shop call 257-2983.

Drop-in care

Do you have medical appointments, shopping errands, or other commitments and need short notice drop-in child care?

The Nekeike Drop-In Center, located in building 1391, has a staff who will take excellent care of your child in a stimulating environment, they are open Monday through Friday, 8 a.m. to 3 p.m.

Call 257-3155 for information and reservations.

Classes Offered

Tennis lessons are offered through Dependent Recreation for groups or semi-private lessons.

A Square Dancing Class will be offered Jan. 10 from 7 to 9 p.m. Cost is \$8 a month.

Marina

The Special Services Marina offers sailing, waterskiing and fishing at very reasonable prices. Classes on boat operation start weekly.

Two new programs starting at the Marina on a trial basis are Open Ocean Sailing and Overnight Sailboat Rentals. Patrons wishing to take advantage of these two programs must have sailboat licenses, and will be required to take a short checkout class. Advanced Sailing Classes will start in January.

Recreation Housing

The Special Services Beach Cottage has rental units that have a great view, are fully furnished and cost \$16 a day.

Call 257-2080 for more information on these vacation cottages.

Naval Station Pearl Harbor

471-3971

Weekdays

11:30 a.m. — Daily Catholic Mass

Saturday

6 p.m. — Catholic Mass

Sunday

7:30 and 9:30 a.m. — Catholic Mass

8:30 a.m. — Protestant Communion Service

9:30 a.m. — Protestant Sunday School

11 a.m. — Protestant Worship Service

7 p.m. — Protestant Gospel Service

Holidays

11:30 a.m. and 5 p.m. — Catholic Mass

Camp H.M. Smith

477-5098

Sunday

8 a.m. — Catholic Mass

9:30 a.m. — Protestant Worship

9:30 a.m. — Protestant Sunday School

Monday

11:30 a.m. — Bible Study

Wednesday

6:45 a.m. — Prayer breakfast

Aloha Jewish Chapel, Pearl Harbor

471-0050

Friday

8 p.m. — Shabat

Saturday

9:30 a.m. — Shabat and Torah Study

Sunday

9 a.m. to noon — Religious School

Religious services

MCAS Kaneohe Bay

257-3552/3506

Weekdays

11:45 a.m. — Catholic Mass

Saturday

6 p.m. — Catholic Mass

7 p.m. — Catholic Reconciliations

Sunday

7:30 a.m. — Catholic Mass

8:30 a.m. — Protestant Liturgical Communion

9:30 a.m. — Catholic Mass

9:30 a.m. — Protestant Sunday School

10:45 a.m. — Catholic CCD Classes

11 a.m. — Protestant Worship

1 p.m. — Samoan Congregation

The Station Chapel is located in the right rear corner of the Marine Corps Exchange, building 1090. Sunday School and CCD are held in the pre-school area, building 1391.



Celebrate Christmas At Our House

We are planning a traditional Christmas dinner here at the Crouching Lion and nothing would give us more pleasure than to welcome you to our table. Please come.

CHRISTMAS DINNER \$11.75

(Children under 10) 6.50

Roast Choice Prime Rib au jus served with Horseradish-Sour Cream Sauce, Fresh Baked Rolls, Brussel Sprouts and your choice of: Half Stuffed-Baked Potato, Steak Fries or Rice Pilaf. Dinner includes the Soup of the Day, Crouching Lion Salad, Bread Pudding with Brandy or Plum Sauce or Ice Cream and your choice of beverage.

Reservations: 237-8511

Served 4 pm to 9:30 pm
Tuesday, December 25, 1984

Oceanside between Kaaawa and Kahana Bay

Caution keeps holidays safe

Christmas is a time for happiness... and no time to be heedless of fire dangers.

Many traditional Christmas customs — trees, colored lights and decorations — add to the fire hazards in the home. Sometimes a combination of active children and preoccupied parents allows the one moment of carelessness which is all that fire needs.

To keep your holidays happy, here are some safety tips:

-Pick a fresh-looking, firm-needle tree. Keep the base in water and place it away from heat. Don't block home exits.

-Use flameproof or non-combustible decorations.

-Check lighting sets for frayed wires, broken sockets and loose connections. Don't overload wall sockets or extension cords.

-Keep gift wrappings and electrical toys away from tree.



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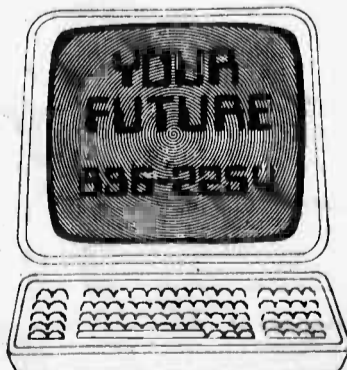
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The Department of Defense is cracking down on drunk drivers. Those convicted of a first offense could be thrown out of the service, fined, and jailed.

Too tough? These penalties pale in comparison to what can happen in some foreign countries.

According to Discovery, the Allstate Motor Club magazine, drunk drivers on the island of San Salvador are executed by firing squads. In Bulgaria, the law is a little more lenient, but not much. There, you're not executed for a first conviction of driving under the influence. It takes two. There are no repeat offenders in that country.

In South Africa, a drunk driver is given a 10-year prison sentence, a \$10,000 fine, or both; in Finland, Great Britain, and Sweden, drunk drivers are automatically jailed for about one year.

Other countries try to embarrass drinkers into reforming. In Australia drivers' names are printed in local newspapers under the heading: "He's Drunk and in Jail." In Turkey, drunk drivers are taken 10 miles out of town by police and forced to walk back under escort.

And in Malaya, wives have a definite interest in seeing that their husbands stay sober behind the wheel. If he's jailed, she goes too.



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Holiday Greetings

Employment opportunities scrutinized by DoD team

A first-of-its-kind task force has been established by Secretary of Defense Caspar W. Weinberger to help identify actions which can be taken to increase equitable opportunities for military and civilian women in the Department of Defense, and civilian spouses of military personnel.

The Department of Defense Task Force on Equity for Women's charter calls for it to:

- Evaluate the effects of Defense policies, programs, and practices on opportunities for women and recommend changes where appropriate;
- Consider the impact of

existing and proposed legislation on equitable opportunities for Department of Defense women;

• Charge those responsible for Defense publications and materials to produce and use printed and audiovisual matter that is free of gender-based references and effects.

The task force, formed in August 1984, is scheduled to release its findings regarding these issues this month.

Rosemary Howard, the Department of Defense Federal Women's Program Manager and coordinator for the task force, says its mission is to assess what has been done through DoD program initiatives over the

past several years and to find what still needs to be done with regard to equity for women.

Action officers from the services and other DoD agencies meet twice a month. "The meetings are a good way for agencies to exchange information on programs that are working which affect women," says Ms. Howard. "In most cases, successful programs can be expanded to other services with little preparation and low cost."

An example is the "One Stop Employment Center" at Fort Knox, Ky., which helps military spouses with employment. "Many of the spouses married to soldiers in

the lower four grades have a hard time getting government jobs," says Ms. Howard.

"The Fort Knox program is unique as a full employment service in that the center helps spouses find jobs in government. If government positions are not available, the center help spouses find employment in the civilian community."

Ms. Howard says the program is a good idea, one the task force is highly recommending be used at all military installations.

The task force is not concentrating on the development of separate programs aimed at women.

The aim is to emphasize and expand on programs that have already proven effective.

"We want to focus on managers at all levels," says Ms. Howard. "They are the ones responsible for getting men and women to work together. What we want is a work atmosphere free of sexual harassment and sexual politics and oriented toward equity and productivity."

That isn't all. Incentive awards, pay equity, equal opportunity programs as they affect women, promotion, recruiting, and utilization are issues, among many others, that are getting the attention of the task force and work to the benefit of the 1.5 million

women on the Defense Department team, which includes approximately 199,000 military women, 368,000 civilian employees, and more than one million civilian spouses.

As Secretary Weinberger has said about them, "... women in the Department of Defense have responded to the challenges of citizenship with courage, dedication and perseverance. Both civilian and military women have every reason to be proud of every aspect of their achievements. We owe them a debt of gratitude for the vital contributions they have made to the security of the nation."

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Innovative items designed by Natick

By Alice Boyd
American Forces Press

What does freeze-dried coffee and bulletproof vests have in common? They're both products of the same organization — The U.S. Army Natick Research and Development Center of Natick, Mass.

The center consists of four laboratories — the Aero-Mechanical Engineering Laboratory, the Individual Protection Laboratory, the Food Engineering Laboratory, and the Science and Advance Technology Laboratory.

No matter who you are, chances are you have used a product developed or improved by the labs at Natick. Many of the foods you see on the shelves at your neighborhood grocery store were originally products of Natick. But, freeze-dried coffee and freeze-dried, compressed foods such as "flaked" meats, fruits and vegetables are just a small part of what Natick is all about.

Its main mission is to provide for the maximum survivability of military men and women. In doing this, the center is faced with the challenge of how to keep food fresh in the field and still provide nutritionally

balanced meals.

Among the products developed in the kitchens of Natick's Food Engineering Laboratory are several packaged food containers:

- Tray Packs — high quality, multi-portion institutional food, served hot, cafeteria style and packaged in half steam table sized containers;
- Meal, Ready to Eat — like the tray pack, but packaged for individual portions and lightweight, easy to open and provides one-third of the daily nutrient allowance;
- Food Packet, Assault — unlike the other two packs, this one doesn't have to be served hot and is lightweight, contains very high energy foods, and is a combat food packet designed for use during assault and reconnaissance missions.

One of the "assault packs," which has foods that requires little or no cooking, includes: chicken and rice, beef pepperoni, granola bar, oatmeal cookie, Chielets, chocolate bar, chocolate fudge, tropical fruit bar, orange beverage (drink tastest that dissolve in water or can be eaten as candy), packets of coffee, cream, sugar, and salt, with a spoon and matches. It is intended as an

initial meal until support facilities can catch up.

Because troops cannot survive on food alone, the researchers at the Natick Individual Protection Lab also work on clothing and shelter. They are credited with the development of camouflage uniforms and helmets, the water-repellent fabric Gore-tex (used in clothing, tents and sleeping bags), and the improvement of the fabric Kelvar (now being used in bulletproof apparel and Kelvar lightweight, contoured helmets). They also develop and test cold weather clothing, equipment, and boots.

Natick labs can simulate various environments, including arctic conditions. The "Mickey Mouse" boot, so dubbed because its layers of insulation cause it to resemble the cartoon character's boots, has been tested for arctic temperatures to -60 degrees. Natick has also designed combat boots which when worn through the jungle, leave an imprint of a human or ape foot. Natick not only tests boots of its own design, but boots and sporting goods items of other well-known manufacturers.

The Aero-Mechanical Engineering Laboratory at

Natick develops items that can be airdropped to those in the field. Some of the items they have developed are heaters, hot water units, bath units, field clothing and shoe repair shops, field laundry units, air supported and frame supported tents, and personnel and cargo parachutes and harnesses.

The Science and Advanced Technology Laboratory supports the other labs by doing the research and providing scientific and technical data that is used by the food engineering people, "such as methods to tenderize beef before it is slaughtered," says Harvey Keene, Natick labs public

affairs officer. "Also they do a lot of taste tests," he added. From "C" rations to tray packs and ready-to-eat meals, bulletproof vests and water-proof tents, the U.S. Army Natick Research and Development Center continues to work for the comfort and safety of men and women in uniform.

Movie schedule

Movies start daily at 7:15 p.m. For more information call 257-3668.

Thursday

Tightrope — (R)-Clint Eastwood. Suspense-thriller. Clint Eastwood is back as a New Orleans homicide cop hot on the trail of an elusive psycho-killer who murders French Quarter prostitutes.

Friday

Deadly Force — (R)-Wings Hauser. Action drama. A devil-may-care professional hitman tracks down a mass murderer.

Saturday

Mother Lode — (PG)-Charlton Heston. Adventure. A couple go into the wilderness in search of a friend who disappeared while searching for the "Mother Lode," a hidden gold.

Sunday

The Gift — (R)-Claudia Cardinale. Romantic comedy. The boys at the office hire a beautiful call girl as a retirement gift for an unsuspecting office worker.

Monday

Two of a Kind — (PG)-John Travolta and Olivia Newton-John. Comedy. He is selected by an angel to be humanity's last chance of proving that

there still is goodness left in mankind.

Tuesday

Timerider — (PG)-Fred Ward. Action/adventure. A champion motorcyclist rides onto the site of a time experiment and is sent back to the year 1877.

Wednesday

Fleshburn — (R)-Steve Kanaly. Thriller. Calvin Duggat has been waiting five years for this moment. Imprisoned for the murders of five people, he finally escapes and is on his way to get revenge against four psychiatrists who sentenced him.

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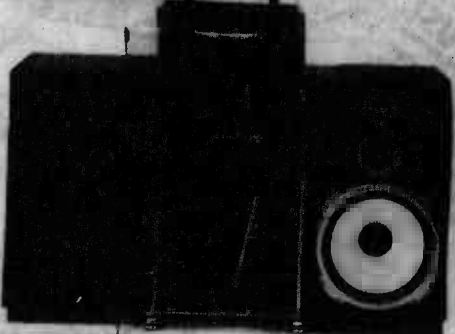
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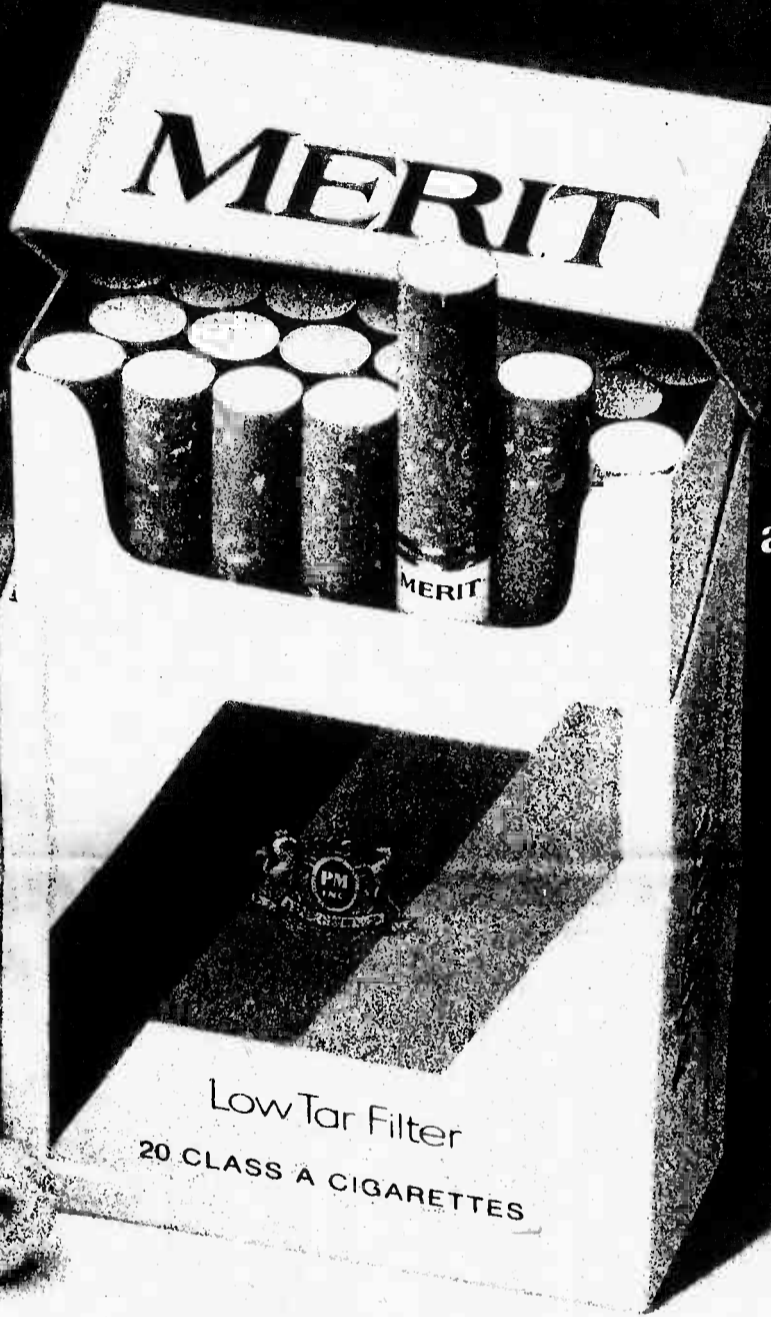
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Special pudding recipes for the holidays

The holiday season is a time to look back fondly toward the past, to revive old customs, and to make the traditions of your ancestors your own.

America, being such a "melting pot," can virtually take its pick of ancestors, borrowing traditional foods and customs from a wide variety of cultures which have contributed to this continent's ethnic diversity.

Among North America's earliest European settlers were the Puritans who, seeking religious freedom in the New World, yet took with them a wide range of Old World practices, adapting them as necessary to what was required of them by the conditions of their new home.

Thus, architectural styles current in the England they had left were reinterpreted in the materials available for building on North American shores. And so with cooking — Old World methods were applied to New World foodstuffs, to create a cuisine which was at once familiar and new.

One of the most popular dessert forms in the England the settlers had left behind was the pudding. The word "pudding" itself seems to derive from the Old English word for "swelling," describing the cooking process puddings underwent as, boiled or steamed, they grew larger, encased in a traditional "pudding bag" (the precursor of the molds of earthenware or metal which are common today).

In England, the most popular dessert pudding is probably the legendary plum pudding (which, contrary to its name, did not contain any plums, and which was prepared well in advance of Christmas, and left to age), which was commonly served with a brandied hard sauce at Christmas dinner.

A more mundane pudding, likely to be found in upper-crust British households as a children's dessert, is the hearty bread pudding, the solid sort of food which easily earns the adjective "comforting."

Other British puddings were served as main course or side dish — think of Yorkshire pudding (the traditional accompaniment to roast beef) or steak and kidney pudding (beloved of pub menus).

American puddings (and puddings were particularly popular in colonial times) varied to a greater or lesser degree from their trans-Atlantic cousins.

A dearth of ingredients they had taken for granted at the other side of the Atlantic, caused the Puritans and later settlers to forego many of the traditional dishes, and create new ones, by substituting for those items which were unavailable, ones which they could easily procure: corn and whole meal, maple syrup and, later, molasses. This resulted in a cuisine that was intrinsically American in flavor.

Thus emerged such New England favorites as Indian Pudding (so-called because it featured cornmeal, referred to as "Indian meal" by the settlers) and Hasty Pudding (a rapidly prepared concoction utilizing cornmeal, milk and molasses, which dates back to the end of the 17th century and which gave its name to a Harvard University

See PUDDING on B-7

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GUIDE

Pudding recipes

PUDDING from B-6 society, formed in 1795). Many of these favorites of the past have given way before fluctuations in taste. Yet, vanilla and chocolate puddings are still popular (in a more refined, lighter way, we enjoy chocolate pudding as chocolate mousse), and tapioca pudding lingers in the memories if not the palates of many Americans.

Exactly what is a pudding? Dr. Samuel Johnson, the English language's first lexicographer, in the 18th century defined "pudding" as a "kind of food very variously compounded, but generally made of meal, milk and eggs."

Whether the pudding contains such ingredients as fruit or nuts, or is simply flavored by the addition of spices, sweeteners, etc., it is generally thickened through the use of such ingredients as tapioca, gelatin, bread crumbs, rice, flour or eggs, and may be molded.

For planning ahead for Christmas entertaining and gift-giving, the following recipe for Apricot Holiday Pudding, reproduced from "Glorious Gifts From Your Kitchen" (E.P. Dutton, Inc.) by Lisa Yockelson, will provide you with a tasty and elegant alternative to the familiar Plum Pudding, which is both traditional and untraditional, at once.

It can (and should) be made several weeks before serving, so it can age properly, allowing its complex of flavors to harmonize.

Don't worry about its keeping properties — the sugar, alcohol and suet all contribute to this pudding's longevity.

Rice Pudding is a traditional American favorite, which has remained on menus even as the popularity of puddings has decreased. The following recipe for Rice Pudding, reproduced from "Ribs" (Harmony Books) by Susan R. Friedland, is a contemporary interpretation of this hearty American favorite.

RICE PUDDING
 4 cups milk
 3 tablespoons unsalted butter
 1/3 cup sugar
 1 tablespoon grated orange peel
 1/2 cup long-grain rice
 3 egg yolks
 4 tablespoons fresh orange juice
 1 teaspoon vanilla extract
 1/2 teaspoon ground cinnamon
 Heavy cream

1. Combine 3 cups of the milk, the butter, sugar, and orange peel in a heavy saucepan. Bring to a boil, and stir in the rice. Cook over very low heat, stirring from time to time, for about 45 to 50 minutes, or until most of the milk is absorbed, the mixture is creamy, and the rice is in danger of sticking to the bottom of the pan. Off the heat, gradually stir in the remaining cup of milk.

2. Preheat 300°F oven.
 3. Stir the yolks with a fork just to mix. Add the orange juice and the vanilla extract. Slowly stir the yolks into the rice. Turn into a 6-cup buttered pan. Sprinkle with cinnamon. Place the rice in a larger pan with enough hot water to come halfway up the sides of the baking pan. Place in the middle of the oven and bake from 30 to 45 minutes or until a knife comes out clean. The pudding will cook faster in a shallow pan than in a deep one. Cool on a rack and serve warm, at room temperature, or chilled, with a pitcher of heavy cream.

Recreating the flavor of childhood, Millionaire's Bread and Butter Pudding is aptly culled from a book bound to evoke a sentimental reaction: "The Wind in the Willows Country Cookbook" (Charles Scribner's Sons) by Arabella Boxer.

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Hypertension

Avoiding it means healthier living

WASHINGTON, D.C. — What do smoking, being overweight and eating too much salt have in common? They can all trigger hypertension — commonly known as high blood pressure.

Anyone can develop high blood pressure, no matter what his or her habits are. But doctors have discovered that most people with this treatable disease are overweight, smoke or eat too much salt. Also, if your parents had or have high blood pressure, you're a likely candidate to get it, too.

High blood pressure is a condition in which a person's blood pressure goes up too high and stays there. Blood pressure normally goes up and down, depending on a person's activities. The problem doctors call hypertension occurs when blood pressure stays high all the time.

About one in four Americans has high blood pressure. And more than half of these have high blood pressure that is very serious. This disease is dangerous. Too often, it leads silently but directly to conditions that often kill or cripple: heart attacks, strokes and kidney disease. High blood pressure is especially dangerous because it has no clear symptoms. You can have it and not know it. In fact, you can live with it for

years without knowing you have it.

That's why doctors stress the importance of having your blood pressure checked regularly. Anyone can have high blood pressure — young and old, men and women, relaxed people and tense people. And if you're over 40, you have a greater chance of having high blood pressure.

As doctors and scientists learn more about high blood pressure, they are finding that our weight and the amount of sodium (a chemical found in salt we eat) have a lot to do with high blood pressure. For some people eating less salt and less high sodium foods means lower blood pressure. And high blood pressure is much more common in overweight people — as we gain weight, blood pressure tends to rise; when we lose weight, blood pressure often goes down.

In short, your diet and weight could have a lot to do with whether or not you develop high blood pressure.

Most of us eat far more salt than we need to. Also, we get sodium in other ways besides eating salt, such as in potato chips, crackers and salted nuts in processed foods, like canned soups and vegetables, pickles, hot dogs, sausage, bacon, frozen foods, cheese and ham; and in restaurant foods, especially fast foods

like burgers and fries.

Weight loss alone can sometimes lower blood pressure to normal levels. Sometimes relaxation techniques such as meditation or biofeedback as prescribed by doctors in controlling high blood pressure.

In addition to diet and weight control, medicines are often necessary for treating high blood pressure. Taking medication exactly as prescribed by your physician is essential if blood pressure is to be controlled.

Since 1972, the percentage of people whose high blood pressure has been adequately controlled has more than doubled from 16.5 to 34.1 percent, according to the federal government's most recent National Health and Nutrition Examination Survey. In addition, the survey results also report that the percent of people who are aware that they have high blood pressure has increased

from 51 to 73 percent.

Further, stroke mortalities have declined by more than 40 percent since 1972, and heart attack mortalities are down nearly 30 percent. Increased awareness and control of high blood pressure is — probably — at least partly responsible for the declines.

Still, high blood pressure contributes to more than 750,000 deaths from cardiovascular and related diseases annually.

But high blood pressure can — possibly — be avoided. Regular exercise can help — it's also essential for maintaining good physical condition and helping your body at its optimum weight. By watching the foods you eat, maintaining the right weight and not smoking, you might decrease your chances of getting high blood pressure. And that's better than having something in common with the 60 million Americans who already have it.

KDEO COUNTRY RADIO. DECEMBER 9, 1984. Table with columns: LAST WEEK, THIS WEEK, TITLE, ARTIST. Includes songs like 'Why Not Me', 'She's My Rock', 'The Best Year Of My Life'.

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