

Vol. 20, No. 13

April 4, 1991

Chapter of 1st MEB history ends

New one begins with ceremony

BGen. Richard L. Phillips re-linquished command of 1st MEB to BGen. James E. Livingston in a change of command cere-mony here March 29. A highly-decorated combat veteran, BGen. Phillips has served in Vietnam both as a sequal ron pilot and ground company commander in 1966, 67, '70 and '71. BGen. Phillips' personal deco-rations include: Legion of Merit; Meritorious Scrvice Medal; 26 mwards of the Air Medal with both single missions and strike awards; the Navy Commenda-

'I could not be prouder'

tion Medal with Combat "V"; Navy Achievement Medal with Combat "V"; Combat Action Ribbon; three Presidential Unit Citations; Navy Unit Commen-dation; three Meritorious Unit Commendations and appropri-ate expeditionary and campaign medals.

ate expeditionary and campaign medals. During the change of com-mand ceremony, BGen. Phillips thanked LtGen. R. F. Milligan, commander, Fleet Marine Force Pacific, for his support, counsel and advice which aided him in his mission with 1st MEB. BGen. Phillips recalled talk-ing to 1st MEB Marines and

sailors at the 1989 Marine Corps Birthday ceremony. He remarked at that time that "it was only because of them and troops like them that some modern-day ty-rant or madman was prevented from taking over important portions of the civilized world. "Well, the storm has come and gone, and the Marines have acquitted themselves extremely well," he stressed. "The forces of 1st MEB have done a terrific job over in the Persian Gulf and also back here." He also commended the works of active duty Remain Behind

of active duty Remain Behind Equipment Marines and 156

Marine reservists from 16 differ-ent states who were combined into Combat Service Support Detachment-40, BGen. Phillips also landed the support of Marine Medium Helicopter Squadron-262. Although the helicopter squadron wasn't in the Gulf, BGen. Phillips ap-plauded their efforts in the Philippines. "All of the brigade forces have ruly done a terrific job," BGen. Phillips said. "All the hard training from the year hefore has paid off in performance." BGen. Phillips is married to the

BGen, Phillips is married to the former Linda Shughart of Camp Hill, Penn. They have two chil-dren, Rebecca, 27 and Richard, 24, who is a lieutenant in the Marine Corps.

BGen. Livingston, a Vietnam War Medal of Honor recipient, and previous acting command-ing general, Marine Corps Air/ Ground Combat Center, Twen-tynine Palms, Calif. commended BGen. Phillips as he addressed BGen. Phillips as he addressed BGEN. 2000 Commanding general. "In the past 20 months, BGen. Phillips has done an outstand-ing job," said BGen. Livingston. "And at this point, I can speak for the brigade. You've been an exceptional leader and the things you've done for the brigade have been very special." BGen. Livingston gave a spe-

BGen. Livingston gave a spe-cial thank you to the spouses of the Marines and sailors here. "Those contributions you've

made to the Marine Corps and to this particular organization (1st MEB) have been beyond question," he stressed.

question, he stressed. BGen Livingston, is also a highly decorated combat vet-eran. His medals and decora-tions include: Medal of Honor; Silver Star Medal; Bronze Star Medal with Comhat "V", Purple Heart; Defense Superior Service Medal; Meritorious Secondaria (Meritorious) Secondaria (Meritorious) Secondaria (Meritorious) Meritorious (Meritorious) Secondaria (Meritorious) Meritorious) Secondaria (Meritorious) Meritorious) Meritorious (Meritorious) Secondaria (Meritorious) Secondaria (Meritorious) Meritorious) Meritorious (Meritorious) Secondaria (Meritorious) Secondaria (Meritorious) Secondaria (Meritorious) Secondaria (Meritorious) Meritorious) Secondaria (Meritorious) Meritorious) Meritor

See 1st MEB/A-12

BGen. Phillips reflects on past twenty months

By MGySgt. Tom Adams Force Public Attains Office, FMFPac

"All of our hard training paid off." After more than one-and-a-half years as the Commanding General, lat Marine Expedition-ary Brigade, this was the focus of BGen. Richard L. Phillips as he took time to reflect on the 20 months of his command and the world events of the past year. BGen. Phillips turned over command of the 1st MEB to BGen. James E. Livingston, Friday. BGen. Phillips remains in Hawaii as the Deputy Commander, Fleet Marine Force, Pacific/Deputy Commander, Marine Corps Hases, Pacific-a job he has been dual-hatting with the MEB since September. In an interview Monday, the After more than one-and-a-half

with the MEB since September. In an interview Monday, the general praised the forces of the Ist MEB who deployed and helped win the war in the Gulf, as well as other 1st MEB Marines and reserve Marines who "supported and played such a vital role from Hawaii" in training and logistics, and in the eventual success of Opera-tions Desert Shield and Storm. "We always believe we're doing the right things," the general said, referring to USMC training and equipment. "Now, come the test, we have proven that our focus has been on target, and we have been doing the right things." BGen. Phillips noted that 1st

BGen. Phillips noted that 1st MEB routine training was intense in the year prior to Desert Shield deployments, pointing specifically to support-ing arms and Maritime Preposi-tioning Force training as ex-amples

News In Brief

"In July of last year, we conducted a major MPF exer-cise. A month later, BSSG-1 Marines were doing the real thing in Saudi Arabia," he said. "Also, the 3d Marines were training at PTA (Pohakuloa Training Area) when Iraq invaded Kuwait, and later, continued to night fire at the Kaneohe Bay's rifle range.

"Our reaction (to USMC contingency planning and develop-ing world events) was to con-tinue, but to intensify live-fire training right up to departure. Our Marines did their jobs...very well."

The tone in the general's voice revealed respect and apprecia-tion as he changed his focus to the contributions of "our fami-lies who stayed so strong in their love and support."

"They are the best," he said. "I'm also very thankful for the terrific support we received from ombudsmen, the Spouses' Cen-ter and all the other support organizations...and the people of Hawaii. They all have been wonderful and may never fully know what their concern and support meant to us."

As the Deputy Commander, FMFPac, BGen. Phillips noted a continuing challenge for the 1st MEB and other Pacific Marine Corps forces. He expressed confidence that op-erational rendiness will improve quickly with the return of Marines and equipment. "We are, and will continue to be the force of readiness," he said.

Particular directions noted by the general include contingency operations focused on the Pacific, and continuing readi-ness for low-intensity conflicts. "Every now and then, we may face a big one (as in the Persian Gulf), but we must continuously be prepared and pay attention to the potential for low-intensity operations."

operations. Contingencies, he added, will at least stay the same or grow. with a focus on the Marine Expeditionary Force and "flex-ible response" Marine Air, Ground Task Forces within the MEF. He also noted the probability, as Pacific Marines get hack into an exercise sched-ule, for further attention to the South and North Pacific, in ad-dition to continuing the Unit Deployment Program to the Western Pacific.

The general said that through-out the Persian Gulf conflict, a 1st MEB UDP helicopter squad-ron, HMM-262, was in the Philippines supporting MAGTF 4-90.

The general completed his thoughts about 1st MEB accom-plishments and events of the past two years, repeating his words from Friday's change of command ceremony.

"America is truly together again," he said. "The United States Marine Corps, including Marines, sallors and families of the 1st MEB played a big part in bringing America back to-gether. We can all be very, very proud of that! I could not be prouder."



Salute

BGen, Livingston (left) and BGen. Phillips render salutes during their change of command ceremony March 29, as LtGen. R.F. Milligan, commanding general, FMFPac (right) looks on.

Tune-in to Station information channel

The most up-to-date information about activities, events and programs of interest to active duty personnel, their families, civilian employees and retirees can be found on the Station's new cable television channel. Channel 2 on the Oceanic Cable dial is the Air Station Information Channel, and it can be viewed by all Oceanic Cable subscribers on the Windward side of Oahu.

Parts of Kaneohe Bay Drive unsafe for runners

Due to construction, a portion of west-bound Kaneohe Bay Drive is dangerous for runners, according to the Joint Safety Center. The area across from Kallua Waste Water Treatment Plant is under construction, and the north shoulder of the road is currently blocked by barricades and cones. Runners travelling

along the shoulder of the westbound lane by the barricades into vehicle traffic. nes are eventually channeled

Mokapu registers kindergarteners

Mokapu School is registering kindergarteners for the 1991-92 school year through April 12 at the school office, from 8:30 a.m. 3 p.m. Parents must show: a birth certificate, or other proof that the child is 5-years-old by Dec. 31; and a current physical examination and tuberculosis clearance before entering school. In the past, Mokapu School has not been able to accommodate all Station children. As classes are filled, new students are placed on an overflow list. These students are bused to four nearby schools as their enrollment allows.

Blood donors urgently needed Blood donors with blood types O and B are urgently needed to provide a specific blood component (plateleta) for bone marrow transplant patients. Please call Saint Francis Medical Center, Cell Separator Dept. at 547-6136, Monday - Friday, 7 a.m.

Anderson Hall is back in business

The Anderson Hall Dining Facility has re-opened. Meals are served three-times a day Monday-Friday and twice on weekends and holidays between 8 and 11 a.m., and 3 and 5 p.m. Hours during the week are as follows:

Breakfast - Early chow, 5-5:15 a.m., regular chow 5:30-7:30 a.m. Lunch - Early chow, 10:30-10:45 a.m., regular chow 11 a.m.-

1 Dinner- Early chow, 3:30-3:45 p.m., regular chow 4-6 p.m.

Aloha BGen. Phillips bids adieu, BGen. Livingston welcomed

1st Marine Expeditionary Brigade

:A-2



1st MEB platoon stands at attention during the change of command



BGen. James E. Livingston and wife, Sara, greet well-wishers as he assumes command of 1st Marine Expeditionary Brigade.



BGen. Livingston (right) receives the Marine Corps Colors with the Brigade battle streamers, from BGen. Phillips during the change of command ceremony.



1 tet MEB color guard, followed by a military police detail, post the Colors during the change of comman eremony.



Gen. Richard L. Phillips, Deputy Commander, FMFPac and wife, Linda, bid their final farewell.



BGen. Phillips (lefi) and BGen. Livingston shake hands after the change of command ceremony.



April 4, 1991

HAWAII MARINE

Don't be misled by 'military rates'

By Cpl. Jason Erickson Hawali Marine Statt Writer

There are a number of spe-cials being offered to service men and women by travel, hotel restaurant and entertainment companies as a result of Opera-tion Desert Storm. ment

While several are very good deals, they aren't always as great as they first appear. Don't be fooled into laying your money down hastily by advertisements

that suggest, for example, "half national airline and rental car off for the troops," because it fares currently being offered, might not be what it seems.

While such advertisements may not be false, they can be very misleading. To ensure you are getting the best possible buy for your money, consult the LIFECO office aboard the Air Station or comparable agencies at other military installations. These offices have complete listings of local hotels, and

Much of the misconception lies in the fact that the discounts are based on the most expen-sive fares a customer would pay.

Por instance, several airlines are currently offering 70 percent off their "unrestricted regular rates." About the only time customers would pay the "unrestricted regular rate." however, is if they needed a flight with no ad-

"I'm very pleased that we're expanding," Hoover said "I want our students to have as many choices as possible." Hoover explained that the surveys are conducted annually, and serve a very useful purpose by telling the Education Center what degrees are most desired. "The programs we'll be adding are all ones that a large number of people here said they would like to pursue."

Hawaii Pacific University will be adding four new programs, to include: a master's degree in computer science, and bachelor's and associate's degrees in busi-ness administration, computer science and mathematics.

vanced booking, or had to retain their refund option. Otherwise, there are any number of other specials offered to all customers that bring this regular rate way down.

The actual percentage of sav-ings between a military rate and the best rate you'd get using other specials will vary depend-ing on the amount of time you pre-book your flight, the airline, and your destination and start-ing point. In many cases, the

Chaminnde University will add master's, bachelor's and as-sociate's degrees in criminal instice, while Wayland Baptis University will offer bachelor's and associate's degrees in tech-nical management. According to HI'U Graduate Counselor Dayle O. McGaha, Hawaii Pacific hopes to have several of its new programs avaitable by July. Gathering professors and coordinating new classroom space will be the big-gest challenges confronting this goal.

Chuck Fleming, counselor for Chaminade, said the first class for their program, Introduction to Criminal Justice. is sched-

Law Offices of Joseph P.H. Ahuna, Jr. KANEOHE HAWAII

military rate is about the same, sometimes its even more.

This situation also applies to most of the local businesses now offering military specials. While Gov. John Waihee has issued a call to local businesses to join his "Alohn R &R" program and offer rates of 50 percent off or more to military people and their families, participation in the program is voluntary, and the type and amount of discounts are left to each husiness's

uled to begin April 15. He said another two should be offered by July.

These new degree programs will increase the number cur-rently provided aboard the Station to approximately 20. While many of these programs are not in operation yet, a new semester begins next week, and there are several classes being offered toward other degrees. Hoover said participation by Marines and sailora here in education programs was very good during the past semi-annual period, which began Oct. 1 and ended March 30. He said that despite the fact that a large

majority of troops were deployed, 1,200 people took classes. Many of these were done through cor-respondence courses by deployed troops.

further.

discretion, according to Carolyn Tanaka of the Governor's office.

Tanaka of the Governor's office. As with airline specials, hotels are offering large percentages off their-"regular rates." But, again, military people living in Hawaii wouldn't have to pay those rates anyway. The military special may be the best possible buy, but don't expect it to be 50 percent off what you'd normally pay, as may be suggested by advertisements. When in doubt, check it out further.

A-3

"Now that troops are coming back, we've been very busy, but there's always room for more students," Hoover said. "The programs are here for them, and I'd still like to see more involve-

For information on classes being offered both here and at the other military installations around the island, go to the Joint Education Office located, next to the Station Theater.

au official expression of the Department of the Navy or the United States Marine Corps.

Marine Corps. Items advertised in the Hawaii Murinemust be made available for purchase, use, or patronuge to everyone without regard to race, creed, color, antional origin, religion, age or sex of purchasers, user or patron. The appearance of all advertisements in the Hawaii Marine, to include inserts and/or flyers, does not constitute endorsement of the firms, products or services by the Department of the Defense, the Department of the Navy or the United States Marine Corps.

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New degree programs offered

By Cpl. Jason Erickson As a result of surveys con-ducted by the Joint Education Center, a host of degree pro-grams are expected to be added to those already being offered aboard the Air Station.

aboard the Air Station. Most of these master's, bache-lor's and associate's degree programs are currently being offered by various universities at other military installations on Oahu, but will make off-duty education more convenient for Marines and sailors once of-fered here, according to MSgt. R.L. Hoover, Station Education officer.

Hawaii Marine

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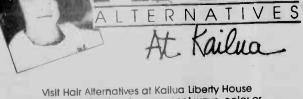
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LIBERTY HOUSE

HAWAII MARINE



A-4

Welcome Banners, balloons, big kisses greet Desert Storm warriors

Marines and sailors with Brigade Service Support Group-1 and 1st Battalion, 12th Marines were among the Operations Desert Shield/Stormveterans returning to K-Bay last week.

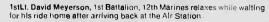
Cpl. George Elerd of BSSG-1 klsses his wife Carole after arriving home from the war March 26



Friends and family of BSSG-1 Marines and sailor at Hangar 105

Photos by Cpl. Jason Erickson







LCpl. Jack Mills and 1st Battalion, 12th Marine Regiment comrades celebrate their return to Kaneone

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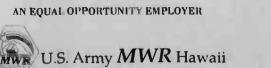
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Generations of warriors bond at homecoming

Story and photo by Cpl. Jason Erickson Hawali Marine Staff Writar

They went away to war as their sons. They came back as their sons. They came back as their brothers. This is how one veteran de-scribed the bond formed between his generation of warriors, who fought in the jungles of Viet-nam, and those of Operation Desert Storn, who fought in the sands of South West Asia. As L. Deal described this bonding during a homecoming celebration honoring both gen-erations of heroes, he was more than mildly emotional. As he put it, he was truly moved. Deal is one among thousands who walk through life with emotional wounds from the war in Vietnam that "will never, ever go away."

ever go away." But, he said, the events of the past seven months, and espe-cially this party, have definitely

cully the parts. helped. "I've been hiding away in the bush, as I like to call it, for the past 20 years." Deal explained. "I think now I might be ready "I think now I might be ready

"I think now I might be ready to rejoin society." His sentiments were not un-common among the group of nearly 100 Vietnam veterans that joined Marlnes and sailors of Company K, March 29, at the Hyntt Regency Waikoloa on the island of Hawaii. The company is with the 3d Battalion. 3d Marine Regiment, 1st Marine Expeditionary Brigade here. "We are overcome by this."

said Ron Boxmeyer, president of the Vietnam Veterans Asso-ciation of Hawaii. "We've waited 20 years (for a homecom-ing celebration.) It is a very important step for many of us." The event was organiza-tion, the Hyatt Hui, to homor both Vietnam and Desert Storm veterans for their service.

The men of Company K were also overwhelmed by the "tre-mendous outpouring of support" that the llui hus shown them throughout the duration of their deployment. The party and free accommodations at the Big Island hotel were only the cul-mination of months of support from the organization. The Hui, created to foster

The Hui, created to foster employee camaraderie, has sent numerous shipments of care packages and letters to Com-pany K since adopting them in November. "What they've done for us touched our hearts," Company

"What they've done for us touched our hearts." Company Commander Capt. Leon Pappa said. "None of us were pre-pared for the support they've given us, especially this won-derful homecoming." This support is indicative of swelling patriotism throughout the nation. As U.S. servicemen and women return home to big cities and tiny towns, alike, they are being greeted with what is already being called the most massive support of the military since World War II, and per-haps throughout the country's

<text><text><text><text><text>

"We had a secret wenpon-your support," Garrett told the people of the Hui and the Vietnam veterans. "Therefore, it was everyone's victory." Garrett, a veteran of both wars, said the combat experi-ence learned in Vietnam was also an invertum fortor in the

also an important factor in the nation's quick and decisive victory.

12.1

A Vietnam veteran shakes the hand of a Desert Storm warrlor with Co. K. 3(3, during a celebration in honor of the veterans of both wars.

"From Gen. (H. Norman) Sch-"From Gen. (H. Norman) Sch-warzkopf down to battalion commandem and senior enlisted, we had leaders who knew first-hand the complexities of war. That is why our Vietnam veterans provided perhaps the most important support we had," Garrett wid Garrett said.

Garrett said. Boxmeyer added that the no-tion as a whole has learned valuable lessons from its Viet-num experience. Among these, he said, people have learned to separate the war from the warrior. "We were spit on when we came home from Vietnam," one

Dinner

veteran recalled. "It had a terrible effect on thomsands of us." This is why, explained another, "we are so incredibly happy that the nation has supported today's troops as much as they have."

much as they have." Deal said the troops will never know how much their Vietnam brethren were behind them. "We had an olive branch in one hand to support our war-riors, and a bat in the other to take on anyone who didn't." Deal said. He said nobody could under-stand how important it is to have the support of one's

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country during and after a war, than those who never did. "We would have gladly gone in their place to save them from what we went through, but luckily this was not another Victnam," he stressed.

Deal said that there was no bitterness in his heart that these troops received the herces velcome they deserved, while he and his comrades didn't when then for the course here to

"Tim a little jealous maybe," "Tim a little jealous maybe," he said. "But most of all, I'm just overioyed that people have learned from their mistakes."

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* * * *

Child abuse hotline available around world

"We felt there should be a way for anyone in the military iving oversace to call the holline if they felt they needed to," she added. The Military Child Care Act of 1989 required DoD to establish and maintain a ma-tional holine for the reporting of child abuse or safety viola-tions in military child-develop-ment centers and family duy-care homes. Army Col. James Schlie, DoD's deputy director for family advocacy. recommended indi-viduals contact their local family

viduals contact their local family advacacy officers, safety officers or medical center hefore calling the hotline. If an emergency or a child's life is in danger, he said, call the installation or local police immediately. He said hotline calls are usually given to the services to investigate. They get 90 days to check allegations and respond to Dob. Callers need not identify them-selves to report suspected physical, emotional or sexual child abuse or a safety violation in a military child-development or hom, care program, said viduals contact their local family

child abuse or a safely violation in a military child-development or home care program, said Schlie. Required information, however, mcludes the installa-tion, name of the victim and the alleged offender, and the sus-pected offender. The child abuse and safety botline was not designed to replace existing installation programs, stressed Machol. Rather, they provide another avenue to someone who may not feel comfortable reporting locally or who doesn't know where else to turn. Many signals might lead an individual to suspect child abuse. Some are physical, while others are changes in the way a child behaves, Machol said. Physical signs can include bruises of

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Homecoming

Pamela Whiteman, wife of Lt. Cmdr. Jamison Whiteman, executive officer of Co A, 3d Med Bn, BSSG-1, puts the finishing touches on the family's "There's no place like home" sign. LtCmdr. Whiteman returned from Saudi Arabia March 26.



By SFC Linds Lee, USA Ametican forces luformalies Savies The Department of Defense's toll-free telephone hotline for reporting suspected child abuse can now be dialed from many overseas locations. Children's safety is what's important, said Navy Lt. Cmdr. Katherine Machol, a Dol) family advocacy staff officer. With almost a half million depend-ents living overseas, most with no access to military telephone lines, Dol) decided to expand the hotline outside the United States.

the hotline outsource should be a "We foll there should be an "We foll there should be a "We follow outsource outsou



A-8

Sears would like to say thank you to our armed forces and their families the best way we know how.

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called up for the Gulf War, and your families. It entitles you to buy anything at a Sears store and get the same 10% discount that Sears associates get for a period of thirty days. It also entitles you to a free oil change and safety inspection at the Sears Automotive Center and a free family portrait with one 5x7 and five wallet-sized prints.

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Marines hone combat skills, battle drug abuse

Cpl. M.E. Mendoza Marine Force, Pacific

Cammie-clad Camp Smith tarines recently marched round Oahu's North Shore area hone their battle skills and pread the anti-drug campaign.

Maj. Terrie B. Johnson, comuny commander of Hendquarers and Service Company and laj. Samuel E. Ferguson, perations/facilities officer led group of Marines from Camp mith on this dual mission. They were accompanied by Petty Officer 3rd Chass Ernie Howell, corpsman from Camp Smith Branch Medical Clinic.

Marines here and around the Jorps have been actively inolved in sending the right message about drug awareness is interested citizens.

This exercise served as an opportunity to ask people about their future plans and aspirations, and to stress that drug abuse could shatter these dreams.

Col. Carl A. Shaver, commanding officer of Headquarters and Service Battalion. Fleet Marine Force, Pacific, expressed the intent of the program. "I am very proud of the efforts of our Camp Smith Marines as we continue to emphasize the subtle, indirect approach in our cam-

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AL PACINO in

paign to attack the demand side of our nation's drug problem," he said.

Before leaving for the North Shore, Ferguson briefed the Marines. He said the day would be just another training day "except that it gives us (the Marines) the chance to mix-in with the civilian populous in a positive way."

Upon arriving at the Haleiwa Ali Beach, the Marines took the opportunity to talk with people at the beach site. Some shared their past military experiences, while tourists engerly posed for photos with the Marines. Others were just curious about what the Marines were up to.

Capt. Thomas L. McErwin conducted the first part of the BST training, focusing on classroon-type instruction on South West Asia. He spoke of the Islamic culture, and how religion plays a major role in the family.

McErwin's extensive research on the past and present of the Middle East and the conflicting interests and beliefs among those living in the area provided the Marines with a better understanding of current events.

The class was followed by a forced march. As a part of

training, the two "point men," Cpl. Robert Low and Cpl. Kevin Bouman, led the group in a twocolumn formation. Waving elementary school children greeted the Marines along the path of their march, and brief stops were made to talk to the enthusiastic students.

A stop at a local food stand at the completion of the march again brought curious citizens asking about military presence in the area. As the local high school let out, the Marines positioned themselves around a public library, a bus stop and a local convenience store. They took the opportunity to deliver the anti-drug campaign message to students heading home or "banging out" after school.

Many young people and adults took the opportunity to talk with the Marines on a variety of subjects. They expressed their appreciation that the Marines had taken the time out of their training program to talk with the public, and had given everyone the opportunity to get to know each other a little better.

As the day came to a close, the group gathered around the vehicles preparing to return to Camp Smith and hoped that someone on this training day had benefitted from their association with the Marines.



Camp Smith Marines intermingle with North Shore school children during a recent Battle Skills Training exercise. The exercise also served as an opportunity for Marines to spread the anti-drug campaign.

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A-12

On the Blotter

Alcohoi-related incidents • A Marine was arrested for Driving Under the Influence and Underage Drinking by Military Police after they saw him throwing cans out of his vehicle while approaching a Station entrance. He failed a field sobriety test. He was taken to the Military Police Department and took an intoxilyzer test, which registered his blood alcohol content at .18 percent. • A Marine was arrested by

Honolulu Police for Driving Under the Influence after making an unsafe lane change. He was taken to the Honolulu Police Department. The Marine was given an intoxilyzer test, which showed his blood alcohol content at .19 percent. • A civilian was charged for Open Container, Trespassing and Fraudulent Use of a Department of Defense Decal by MPs after he attempted to enter the Station with an invalid

DoD decal. He did not dereg-ister his vehicle when his job was terminated at the Marine Corps Exchange. MPs also found three opened cans of al-coholic beverages in his vehicle.

• A Marine and sailor were arrested for Mutual Affray by Pearl Harbor Police after a fight at the Pearl Harbor Enlisted Club.

• A Marine was arrested by MPs for Drunk and Disorderly

Conduct and Communicating a Threat after his loud behavior disturbed other Marines at the barracks. The Marine threat-ened to kill another Marine after he was told to go to sleep. Other Incidents

1st MEB/from A-1

Paige.

qualified as a military parachut-

BGen. Livingston is married to the former Sara Craft. They have two daughters, Kimberly Anne, a midshipman first class at the U.S. Naval Academy, and Melissa Puirte

BGen. Livingston, who was

HAWAII MARINE

•A civilian employee was arrested for Disorderly Conduct and Damage to Government Property by MPs. The civilian was counseled at work for poor performance and became vio-

1st MEB has change-of-command

lent, throwing a swivel chair at a glass door in the Lanai Ballroom at the Staff Noncom-missioned Officers Club. The window shattered, and a chair log was hent.

•Three civilians and a de-pendent were detained by Ml's for Fraudelant Use of a Tem-porary Pass, Trespassing and Being in a Restricted Area, who saw them running across the runway near Pyramid Rock with

instrumental in implementing the Southwest Asia Training Group for Comhat Replacement Companies and developing an Integrated Combat Infiltration Course at Twentynine Palms, spoke of the future for 1st MEB.

"As we close this chapter in the legacy of our Corps, we all

surfboards. •Two dependents were ar-rested for a Family Disturbance by MPs, who found them in an argument which led to one dependent pulling the other out of the car. One dependent thecame uncooperative and threatened MPs. That depend-ent was also charged for Fail-ure to Comply, Communicating a Threat and Resisting Deten-tion. He has been involved in three prior incidents.

look at you, (our Marines and sailors) with a great deal of pride," said BGen. Livingston. "But at this point, we've got to be prepared to open a new chapter. And as your command-ing general, let me assure you, as we open that new chapter, this brigade will be prepared to go."

go

Civilian network is automated at last

By Tim Downey Ametear Forest Information Service When Reserve and Guard duty called about 10,000 federal civilian employees to Operations Desert Shield and Desert Storm, a special Dol) network helped pick up the slack to fill their jobs until their return. Tilling slots with people who could "hit the ground running" would be a tall order for most organizations, but not the Defense Manpower Data Cen-ter. Margaret Lazanoff, mobi-lization project officer with the center's west coast office in Monterey, Calif., said her people developed a simple solution to a complex problem. "We automated an existing system that has been in effect for three years, but was cum-bersome and time-consuming to user," she said. "Instead of having personnel specialists at civilian personnel offices wade though the lengthy annual DoD Retiree Assets' report, we developed a computerized on-line system that permits personnel offices to quickly search, cross-reference and find vital infor-mation."

reference and find vital infor-mation." That annual report lists re-tired DoD personnel living within commuting distance usually 50 miles or less of a civilian personnel office. The center's on-line interac-tive query system hus received

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much praise from those who have used it, said Lazanoff. "The Civilian Mobilization Network, or CMN as we refer to it, enhances their ability to fill vacancies in critical job areas. It provides a sizable pool of names and addresses of retired military and civilian employees and their occupa-tional area of expertise," she said.

tional area of expertise," she said. Say a DoD activity needs a contract management specialist in San Diego. The servicing personnel office enters the data center's network and a few key strokes later enters the desired civilian occupational code and search area. The personnel office can screen the entire United States if that's what it takes to produce an acceptable list of candidates." "We can give candidate infor-mation such as age, years since

"We can give candidate infor-mation such as age, years since retirement and whether the individual served as a civilian or in the military," said Lazan-off. "The system simply per-mits our personnel offices much more flexibility in selecting potential retiree assets to fill specific occupational vacancies." Only specific pools of people are in the network data base. "Retired military are strictly Category 3-those aged 61 to 75 or disability retirees under age 76. We don't include other categories for military service

because they might be subject to a call-up in a mobilization. All the retired DoD civilian population is included, however," she said. President George Bush ordered

only a partial call-up, about 175,000 reservists and guards-men, during the gulf crisis.

"DoD planners have known all along that in the event of a mobilization, people leaving their civilian positions would need to be replaced temporarily. DoD civilian personnel offices need qualified candidates, names and addresses if you will who

need qualified candidates, names and addresses if you will, who might be willing to fill these po-sitions," Lazanoff said. Each military service has its own, slightly different proce-dures about how it contacts the retirees. Lazanoff stressed that retiree names and address data are subject to the Privacy Act of 1974. The manpower data center lists are for mobilization planning purposes only, she

center lists are for mobilization planning purposes only, she said, and for official use only. For more information about the Civilian Mobilization Net-work, contact Lazanoff or Mike Dove at Autovon 878-2951, or commercial 1-408-655-04400. The Marine Corps and Navy con-tacts and their Autovon num-bers are, respectively: Gwen Pleming, Marine Corps - 224-5624; Dale Piper, Navy - 289-8557.



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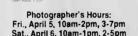
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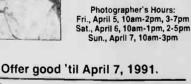
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TMO tackles Desert warriors' storage crunch



A worker with a civilian moving company hammers the final nail to a personal property box before it's sealed for storage.

'It was like trying to stuff a car in a shoe box'

Story and pholos by Cpl. Reginald M. Cole Hawali Marine Staff Writer

The Traffic Management Office here tackled one of its biggest household-storage challenges ever, when thousands of Marines and sailors deployed to the Middle East last year. TMO faced the mind-boggling task of finding safe, reliable storage facilities for upward of twomillion pounds of household goods.

According to MSgt. Steven Fuchs, TMO's noncommissioned officer in charge, the onslaught of Marines and sailors deploying relatively in the same time frame, created the cramped conditions for the household goods. Although there are three storage facilities on the Air Station capable of storing in excess of 200,000 pounds of household goods. "It was like trying to stuff a car in a shoe box," said Fuchs. And to add to the problem, the storage facilities here could only be used for non-pilferage and nonbreakable items, according to Fuchs.

During the first six months of Operations Desert Shield and Desert Storm, Fuchs was filling the billet of the Traffic Management Officer, and had about only 12 Marines working for him.

"Whert all of our three storage facilities on the Air Station were filled, we were faced with finding government-approved facilities in the civilian sector," said Fuchs. "This entailed contracting commercial companies for moving and storage of our Marines' and sailors' household effects," he added.

According to Fuchs, before they could make any arrangements with civilian companies, the Joint Personal Property Shipping Office at Pearl Harbor had to authorize it. The JPPSO acts as sort of a middle-man between the Marine Corps and the civilian companies. JPPSO is solely responsible for hooking all dates for pickup and deliveries of military personnel household effects.

TMO normally uses two civilian movers to handle the bulk of their personal property, but because of Operation Desert Shield and Storm, four additional companies had to be contracted.

Fuchs said that "probably the biggest amount of personal property" he has seen was processed over the last seven months. "Our TMO staff was bogged down," he added.

Fuchs said the office wasn't equipped with the manpower ne ded to handle the amount of puperwork. He seeks administrative help from other commands.

Marines, whose normal jobs were handling thousands of pounds of aviation equipment or aircraft engines, found themselves tackling tons of household goods forms.

Newly assigned Marines there were assigned to the departments that handle temporary storage, privately owned vehicles, Military Airlift Commund flights, commercial airline tickets and Permanent Change of Station and Temporary Assignment Duty orders.

"Although I wasn't here when the biggest flow of property came through, I was kept busy handling regular permanent change-of-station personnel," said Cpl. Desi Mitchell, an awintton supply/logistic clerk with Marine Aviation and Logistics Squadron-24. "But now that the war is over, I'll catch the overload of applications from the returning Marines," he said.

Sgt. Alvin Rodriguez, a jet engine mechanic with MALS-24, admits he never knew how much work TMO did.

"When I first came here, I bad to handle files that were started by someone else," said Rodriguez. "I had to trace the files back to Pentl Harbor to ensure everything was correct. It took me about two months to get the system down part. I've been here seven months now, and there's still a lot to learn."

Probably, the most difficult situation for TMO is Desert Storm Marines and sailors individually coming in and requesting their personal property, said SSgt, James Fletcher, household goods noncommissioned officer in charge.

"When people come in without coordinating through their unit representatives, we have to dedicate approximately 10-man hours just to process his application," quipped Pletcher. "In those 10 hours, we could have processed about 200 applications-The demund for household goods is so overwhelming, we could work 24-hours a day and still not be caught up. So it's imperative that returning Marines and sailors go through their unit representatives," said Fletcher.

According to Fletcher, once the unit represe tative turn in the necessary claim forms to TMO, it could take a week to ten days for delivery.

For information concerning TMO unit representatives, contact SSgt. James Fletcher or Sgt. Trina Johnson-Fleet at 257-568/5868.



SSgt. James Fletcher, TMO's household goods noncommissioned officer in charge and Edward Dzielsky,manager of a local carrier, point out storage boxes belonging to Air Station Marines.



Hundreds of household shipments await to be stored into giant hangars.



Sgt. Fredrick Perez, (left) TMO's household goods/POV counselor, discusses household destinations with Cpl. Michael Fregason of Co. A, 1st Bn., 3d Marines.

amily Services

The Family Service Center has the following free programs to help military people improve their lives. For more informa-tion, reservations, or to get on the FSC newsletter mailing list, call FSC at 257-3655.

Job Bank Looking for a job? Get a computerized list of jobs avail-able in the civilian community and get your name into the computer. Employment assis-tance is also available by appointment.

Sponsorship Briets A class for sponsors is given Thursdays from 2-3 p.m. at the Family Service Center. Learn how to make a newcomer's arrival an enjoyable, memorable experience. Reservations are not needed.

Playmorning A free mobile preschool for parents and children (infants to 5 year olds) will be in the following housing locations: Mondays 2454-2460 Cochran St. Tuesdays Elrod St. & Cochran St. Wednesdays Dodson St. & Cochran St. Cochran St

Thursdays Daly Rd. & Bor-delon Lp.

Come to any of these loca-tions from 9-11 a.m. You don't have to live in housing to attend. On stormy days Playmorning meets at the Family Service meets at the Family Service Center Lanai. Babysitters are welcome.

New Arrivals Tour And Ori-entation Join other singles and fami-lies new to KMCAS for an ori-entation and tour of our island April 12, from 8 a.m. 4 p.m. Bring a brown bag lunch, a soda will be provided. Children are welcome. Space is available, but reservations are required.

Women's Support Group A confidential program to help women who have been victim-ized in a destructive relation-ship will be held every Friday from 9-11 a.m. Learn about violent behavior and ways to increase protection skills for yourself and children, decrease fear and helplessness and how to cope with stress and anger. Call Owen for more informa-tion.

Asthma Support Group Parents' concerns about chil-ren with asthmas will be dren

addressed by Guest Speaker Robert Monden of the American Lung Association of Hawaii Sunday, 6 - 8 p.m. Do you feel helpless. confused and frustrated about your child's asthma? Join this new support group. Call for reservations.

Stress Management A program will take place Tuesday, 6:30 - 8:30 p.m. on stress management. Ways to handle stress successfully and relaxation techniques will be taught. Call for reservations.

Anger Management This workshop will be held Tuesday, from 1 - 4 p.m. and will emphasize o understanding and accepting responsibility for aggressive behavior and its consequences. Call for reserva-tions. tions

Special Parenting Classes Learning how to talk so kids will listen will be the objective or a class April 24, from 7.9 p.m. with Guest Speaker Kathi Kreinik. If you feel that your kids tune you out, this class can help you to improve communi-cations and relationship. A second parenting program will emphasize positive discipline techniques, and will take place May 1, from 7 - 9 p.m. Both classes are suitable for parents

of tots to teens. Call for reservations.

HAWAII MARINE

Marriage Skills A Marriage Skills Workshop will take place April 16 and 17, from 8 a.m. - 4 p.m. The focus will be on relationship and com-munication skills. Spouses and finances are encouraged to at-tend. This class is required for Marines and sailors, sergeants and below. Call for reserva-tions.

Newsletter Addresses If you would like to continue to receive the Finnily Gram off base, or would like to get on the mailing list, please Call. We must recreate this list and need your help. must recre your help.

Enlisted Spouses' Center The Enlisted Spouses' Center is an area for spouses and chil-dren to get together and share conversation and playtime. located in building 220, next to the Station Theater parking lot, it offers a place to meet, visit, work on projects and make phone calls. For more informa-tion call 257-5214.

Playtime Program Offered A free supervised playtime program is offered Mondays and Wednesdays, 11 a.m. -1 p.m. at the Enlisted Spouses' Center. For more information, call 257-5213/5214.

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A WORLD PREMIERE EVENT



The Armed Services YMCA Outreach Office is located on the Air Station, down the sidewalk from the 7-Day Store. For more information and to make reservations, call 254-4719 or 254-4965.

Women's Awareness Program Come participate in ongoing social, recreational and educa-tional activities. Child care and transportation are available. Please make reservations. Parenting Classes Learn communication and dis-

Lamaze Classes New six-week classes begin April 29 and May 2. All aspects of pregnancy, labor and deliv-ery are covered. Reserve your place by signing-up around your sixth month of pregnancy. Our certified instructor was trained

Sunday

Welcome Baby

Welcome Baby Welcome Baby is a free service to pregnant women and moth-ers of newborn babies up to 3-montha-old. Welcome Baby Home visitors will come to the homes of military families liv-ing on and off base and bring information on pregnancy, child birth and infant care. Free gifts and formula will be given after the baby's birth. This program

Camp H.M. Smith 477-5098

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

also serves as a support system to mothers whose husbands are deployed. It is open to all hranches of the armed forces. If you or someone you know is pregnant or has recently given birth, please call 254-4719/4965.

Prenatal Class All aspects of pregnancy and newhorn child care will be discussed in a class taking place Wednesdays, 6:30 - 8:30 p.m. through April 24. The fee is \$5. Call to register.

Aloha Jewish Chapel Pearl Harbor 471-3971 Friday 8 p.m. Shabbat

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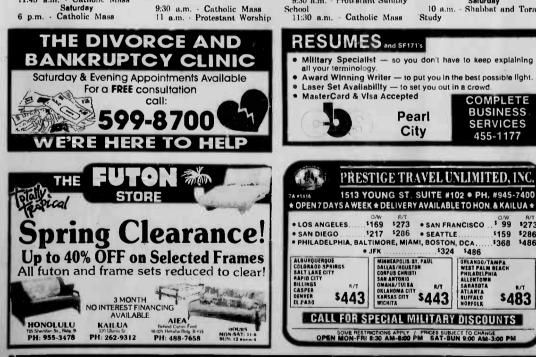
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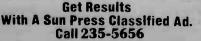
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At A Glance

Rappers

One of the groups appearing at the Hickam Festival is the rap group, "Dr J and the Fun Bunch," with special guest "Shot House Products."

Hickam Air Force Base Carnival

The 33rd Annual Bickam Festival will take place Friday Sunday at Hickam Air Force Base. The festival will feature carnival rides, game booths, a variety of live musical enter-tainment and food booths.

New Hours For

MWR Facilities

The new hours at the Marine Corps Exchange Main Store are Monday - Saturday, 9 a.m. - 9 p.m. and Sunday, 10 a.m. - 5 p.m. The 7- Day Store is now open 6 a.m. - 9 p.m., everyday. The Package Store is open 9 m. - 9 p.m. everyday.

9 p.m., everyday

Hawaii Foodbank

Food Drive

Food Drive The 2nd Annual Ilnwaii Foo-dhank Food Drive will be held Satarday at Honolalu's Restau-rant Row. Motorists are encour-aged to drive-through and drop-off donations of groceries along Ala Moana Blvd. High demand items include: canned meats. fishes, rice, peanut butter, mearoni and cheese, canned fruits, vegetables, juices and soups. KGMB TV is co-sponsor-ing the event and will he broadcasting live throughout the day. The Hawnii Foodhank is a non-profit organization that serves more than 300 agencies statewide to feed the hungry and homeless people of Hawaii.

After-School Pro-

a.m.

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21

USO Offers Free Movies

USO Hawail presents free movies for servicememhers and their families on off pay-day Friday nights at the USO their families on off pay-day Friday nights at the USO Family Center at Fort DeRussy in Wnikiki. Blockhuster Video is providing new releases, which will be shown on a 46 inch screen. Free refreshments will be available. Movies will begin at 7 p.m., and again at 9 p.m.. For information on the what's playing, cnll 955-3802 after 1 p.m. on show days.

International Pen Pal Club

Pal Club The Seoul International Pen Pal Club seeks correspondents for English-speaking Korean pen pals. Those interested should send their name, address and brief information about them-selves to Mrs. Joo In Ja, Seoul International Pen-Pal Club, CPO Box 941, Seoul 100 Korea.

Help Recycling Program

The following items can be recycled through the Air Sta-tion Recycling Program: Brass: copper; steel; aluminum cans, cookware, lawn furniture, rain gutters and castings; glass bottles (unbroken); carilboard; bond paper; newspaper; maga-zines; computer paper, keypunch cards. For a pick-up, call Ralph King at 254-5871.

Dependent

Recreation Classes Dependent Recreation is offer Dependent Recreation is offer-ing a variety of on-base classes. Classes include hallet, tap, Jazzercise, Semper Fit Aerobice, jazz, gymnastics, hula, tennis. Tae Kwon Do and Karate. For more information, call 254-2963.

Job Assistance

Available

There are trained counselors at Employment Resource Cen-ters located throughout Oaha that can help you find a job. They are knowledgenble in skill building, referrals and work-shops. Call 254-1541 for more information. supplemental food program for Women, Infants and Children (WIC) is offered Thursdays at 1 p.m. in the Conference Room at the Branch Medical Clinic. Tregnant women, breast-feeding women, and children 5 and under are eligible for WIC. For more information, call Mrs.Ward at 257-1700.

HAWAII MARINE

Retired Officers Association

Scholarships, Loans The Retired Officers Associa-tion provides \$1,500 annual no-interest college loans to unmar-inder age 24, who are children of active, reserved and retired servicemembers. Loans are awarded for up to five years of undergraduate study. All students who apply for loans are also automatically consid-ered for \$500 grants, based upon their academic records and participation in extracurricular and community activities. For more information, write to the TROA Scholarship Loan Com-mittee, 201 N. Washington St., Alexandria, Va. 22314-2529. Scholarships, Loans

Free Chinatown

Tour

A free two-hour walking tour of Honolulu's Chinatown is given by the Chinatown His-torical Society Monday - Friday, 10 a.m.-noon. The tour begins at the Asia Mall, 1250 Maunakea Street. Tour groups are limited, and tickets are given on a first come, first serve basis, avail-able after 9:30 a.m. For more information, call 521-3045.

Camp Smith

6301.

Toastmasters I OASTIMASTERS The Camp Smith Toastmas-ters Club offers the opportunity to gain self confidence in public speaking and presentations. It meets every other Thursday, at 11:30 a.m. in the Camp Smith Chapel. The group meets today. For more information, call 477-5098.

> **K-Bay Officers** Wives Offer **Scholarships**

FROM \$298 RT

FROM \$458 RT

FROM \$498 RT

FROM \$498 RT

ell de

The Kaneole Officers' Wives' Club will present two \$500 scholarships to children, and two \$250 scholarships to sponses of active duty, retired or deceased

servicemembers whose present or final duty station is or was an Air Station unit or activity. Applicants may be at any point within their college career at an accredited school. Judging will be based on scholastic ability, school and community activi-ties, hobbies, citizenship, SAT' ACT scores. letters of recom-mendation and a 250-word easny. Applications are available at the Air Station's officers' and NCO clubs and through local high school guidance counselors. The dendline is April 10. dendline is April 10.

Design a Bookmark Contest

Contest In honor of National Library Week (April 14 - 20), the Station Library is sponsoring a "Design a Bookmark" contest for chil-dren end adotts. Designs should be based on the National Library Week Theme "Read. Succeed, Kids who read suc-ceed," Designs should be drawn in black and white on an entry form, available at the Ubrary. Winners will eligible for one prize. Prizes include golf games, a pizza, a sundae, a sail ride, bowling games and movie tick-ets. Deadline for entries is April 20. For more information, call 254-6301.

Ronald McDonald House Needs Volunteers

Volunteers The Honolalu Ronald McDonnid House is now accept-ing volunteers to assist in the operation of the House and the office. The Ronald McDonald House, located in the Manoa area, provides a temporary home to families of bospitalized children. Since it opened in 1987, more than 2,000 people

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Windward:

235-4224

Marines and their families are invited to the Castle Country Fair Saturday, from 11 a.m. -6 p.m. at Castle High School in Kaneohe. (There will be music and other entertainment, food, games and a white elephant/ plant sale. For more informa-tion, call 548-6234. Annual Chess Contest The annual chess competition will take place April 20, begin-ning at 9:30 a.m. and April 24, starting at 1 p.m. at the Station Library. Participants may sign-up on the day of the tourna-ment. The competition is free. For more information, call 254-ciau

Volunteers in

Public Service The Volunteers in Public Service to the Courts program offers opportunities for volunteers to fill important roles within Hawnii's judicial system. Positions include companions, tutors and case aids for teen-agers and adults under the court's supervision, clerical aides, Judicial History center uides, newsletter staff and court orientation guides. VIPs are reimbursed for transportation costs, and parking is provided. A basic orientation program will take place Saturday, 9 - 11:30 a.m. For more information, call 548-2010. **Public Service**

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ΓΑΧ ΤΙΜΙ

have stayed at the Ronald McDonald House, the majority of them from the neighbor islands. For more information, contact Cathi Chun at 942-8183.

April 4, 1991

Bishop Museum Eclipse Exhibits

ECHPSE EXHIBITS On July 11, a total solar eclipse will sweep over the Big island, an event that will not recur in Hawaii for 100 years. Two eclipse exhibits will be featured at the Bishop Museum in Honolulu March 16 - July 16. For more information. call 847-3511.

Diamond Head Clean-Up

Volunteers Needed volunteers Needed Ihawaii's Chamber of Com-merce is undertaking its annual project to clean-up the state's most famous landmark, Dia-mond Ilead, April 27 from 9 a.tn. - noon. Five -person teams are preferred. Refreshments and entertainment will follow the project. For more information, call 477-6282.

Castle Country Fair

Volunteers are needed to work a fundraiser for the expansion of Kupiolani Medical Center's Pediatric Intensive Care Unit and Emergency Room. These volunteers will sell special newspaper editions April 23, from 6 a.m. 6 p.m. at down-town locations. The special editions will feature stories about editions will feature stories about controls will reaching surfaces about children and programs at the medical center. They will be wrapped around morning and evening newspaper editions, and sell for \$1. For more informa-tion, call 973-3013.

USO Volunteers Needed

After School Kids openings for children in kindergarten through sixth grade. ASK staff picks up children at Mokupu School and cares for them until 6 p.m.. Monday-Friday. All-day care is provided on school holidays that are not federal holidays includ-

provided on school holidays that are not federal holidays includ-ing winter, spring and summer brenks. The programs provide quality, affordable care with recreational and enrichment activities including arts and crafts, sports, water activities, community awareness and field trips. For more information call Dependent Recreation at 254-2963.

Volunteers Needed

For 'Kid's Day'

USO of Hawali is in need of volumeers at each of its three centers. Join others in serving the people who serve our coun-try. For more information, call Donna at 836-3351.



M-F 9:00 to 5:30 Sot 9:00 to 5:00

839-6656

WIC Information Classes Bargain Air

April 4, 1991



Shop 'til you drop' attitude can be dangerous addiction

WASHINGTON — "I want to do anything else.

Behind the humor, some find desperate, life-corrupting truth a this. For the compulsive hopper, shopping becomes an liconsuming passion. A shop-cholic's hehavior seems to say, I want it. I'm going to buy and hell with everything else." So frequently this is exactly that huppens. The purchases re mide, and the rest of the hopper's life indeed goes to hell.

Addicted shoppers experience a "tush" when making a pur-chase. They find spending a thrilling, exciting and even "wild esnastion." As with other addictions, the "high" experi-enced while absorbed in the satisfaction of the compulsion is followed by a corresponding "low." Shop-a-holics commonly suffer depression and guilt in the aftermath of their purchases.

Symptoms of addictive spending If you live from paycheck to paycheck with a little or no savings and pay only the minimum amount due on your charge accounts, you may have a problem with spending. Consider the following check-list:

Is shopping your primary activity of choice?
Do you pay one line of credit with another?
Ilave you hidden or lied about your purchases?
Do you frequently put friends purchases on your credit cards and collect the cash?
Have you felt nervous and guilty after a spending spree?
Do you often charge groceries or toiletries because you're low on cash?

• Would others be alarmed if they knew your spending habits? • Have you felt hopeless and depressed after spending money? If you answered "yes" to five or more of these questions, you probably have a spending problem.

Changing spending habits One of the first steps in dealing with an addiction is to find the motivation to change. You may find it helpful to look ut why you are spending money. Many times, compulsive shop-pers are harboring pent-up emotions, especially anger, and shopping may feel like a release for that anger. Dealing with the anger rather than ignoring it is a step toward health. If the impulse to spend strikes, ask yourself, "What is it I really want, and what am I avoiding in my life?"

any addiction. If you have recognized yourself as being a shop-a-holic, you may be able to overcome your addiction by teaching yourself to monitor and control your compulsive behav-ior, but it will not be easy.

Avoiding sales and limiting your access to credit cards may help. These are avoidable temp-tations. To help ensure the lasting success of your with-drawal, you will do well early on to set yourself the goal of learning the skills that will enable you to use credit wisely and responsibly.

Getting help Shop-n-holics seeking informa-tion, advice, support or assis-tance will find a number of options available. Basic budget counseling may be available through your Command Finan-cial Specialist. Consumer Credit

Counseling Services are avail-able nationwide. You will find them listed in the Yellow Pages, or you can call 1-800-589-5600 to locate a branch in your area. Debtors Anonymous is a self-help group for compulsive spenders and credit abusers. Your local telephone directory white pages will help you find it and other programs. If you feel that, as in many compul-sive disorders, low self-esteem may be at the root of your problem, a professional coun-selor may be the answer.

You've shopped till you dropped and now you're ready to pick your self up, dust your self off and learn to spend sensibly. You may have expe-rienced what many shop.a.hol-ics have identified as the "Credit Card Curse" the buy now, pay later syndrome. You may have even felt at times that the

money spent with credit cards wasn't real and so continued spending. But now you're ready to look seriously at that behav-ior and change it.

Responsible credit In this nearly cashless soci-ety, it is important to learn to use credit cards responsibly. If you are n recovering shop-a-holic, you may initially want to put credit cards away for safe-keeping or even give them to a trusted friend to hold, at least until they are paid off. When you are ready to use credit cards again, it will be wise to limit yourself to one or two all-pur-pose cards.

Sensible spending and respon-sible credit management will bring you confidence and peace of mind. You can achieve control of your shopping im-pulse. You deserve that peace of mind.

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Someplace Else

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else

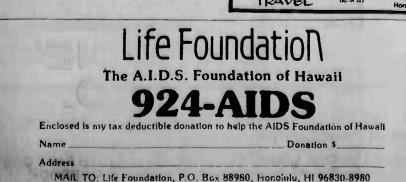
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33 Aulike St.,

The MWR Ticket Office offers tickets and information on how to get them at special military rates. The office also takes reservations for events and attractions around the Island. Call the Entertainment Hotline at 254-3304 or come to building 219, the theater lobby, for information and reservations. Office hours are Saturdays, 10 a.m. - 2 p.m. and Monday Friday, 9 a.m. - 5 p.m. (closed 1 - 2 p.m. for lunch). MWR Movies Borges, April 12 at the Blaisdell Concert Hall. Tickets range from \$8 - 22. boy who faces the harsh Alas-kan wilderness in a dangerous search for his father's gold mine. Sunday The Grifters (R), starring Anjelica Huston and John Cusack is a suspenseful drama. This Academy Award nominee is about a con man determined to go straight, but caught in the powerful grupps of his mother and girlfriend. Family Theater Thursday No movie Friday, Saturday White Fang (PG), starring Ethan Hawke and Maria Bran-daue, is an adventure about a Hawall Polo Club has dis-counted its admission price to \$4 for military personnel for every Sunday in April. 7:15 p.m. 254-2113 Various admission prices Special Desert Storm discounts are being offered for military personnel and their families, including: Aikane Catamaran Sunset or Moonlight Dinner Cruises, Barefoot Catamaran Morning or Afternoon Fun and Sun Sails, Brothers Cazimero Cocktail Show, Polynesian Cultural Center's "Afternoon-in-the-Park" or "This is Polyne-sia" evening extravaganza. Check out these specials and more. Hawaii Marine Ads B and M shifter. Must sell, leaving island, \$1,000 or best offer. Call 263-6415, leave message Housesitter: Experienced, available June - Aug. Loving care of pets, plants, etc. I pay utilities. Excellent references. Call collect, (602) 997-7736. Trans Am: 1979, with T-tops milenge. Must sell. \$7,200. Call 239-8691 254-5539 after 5 p.m Sonic Youth will appear in concert at Pink's Garage in Honolulu April 19 and 20. Doors open at 8 p.m., the show starts at 10 p.m. Advance tickets are \$10.50. Computer: Commodore 128, disk drive, printer, hundreds of programs, heavy duty joysticks, manuals, \$300. Call 254-0153. Daybed: With spread, shams, curtains, two mattress pads and four sets of sheets. \$125. Call Taurus: 1988, GL V-6. Fully loaded. Excellent condition. Low Father MC will perform at the Enlisted Club April 19. The show begins at 9:30 p.m., and tickets are \$10.50 for general admission WHEN TRYING HARDER PALI PALMS DENTAL CENTER More. Whale-watching on board the Navatek 1 is offered in two-andi-a-half hour cruises, Tuesday -Sunday, beginning at 8 a.m. Each cruise includes a conti-nental breakfast, narration and photographic opportunities. You're guaranteed to see a whale, or receive a coupon for another sail. The military rate is \$33.50 for adults and \$16.50 for children. A combination package includes visits to the Hawaii Maritime Museum and the Falls of Clyde after the sail. Rates are \$42 for adults and \$17 for children. HASN'T HELPED ... AGIN THELPED... HYPNOSIS FOREVER TRIMI A LIFE CHANGING WEIGHT CONTROL PROBAN FOREVER FREEI SMOKING PILOGRAM. ALL FOR FREE INTRODUCTORY TAPE JOHN DAUGHTERS, M.S. Certified Hypnotherapist 2 DENTAL SERVICES General Dentistry
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Cosmetic and Esthetic Procedures Honolulu State Fair runs May 24 June 1, and will feature Hypnotist Terry Stokes, UCW Wrestling, Escape Artist Dean Gunnarson, the Hanna Barbera Show and E.K. Fernandez Show Rides. Tickets are \$5, and include admission to three rides. INSURANCE ACCEPTED: HDS, HMSA, Delta Dental Services (Military), Ilawaji Dental Health Plan JOHN DAUGHTERS, M.S. 261-9111 Dr. Derek Ichimura, DMD Office: 254-6694 970 N. Kalaheo Ave., A-108 Kalha, Hawaii 96734 Dr. Alan M. Yugawa, DMD Office: 254-6477 970 N. Kalaheo Ave., A-108 Kalun, Hawaii 96734 Honolulu Symphony salutes Frank Sinatra on his 75th birthday, featuring Jimmy **WIFE WANTED** VISA" Due to a massive overstock situation New Home Sewing Center is offering for sale to the puolic a limited number of new special 1991 HEAVY DUTY New Home Zig Zag Sewing Machines (MODEL 355) that are made of METAL and sew on all faorics, Lewis, canvas, upholstery, nylon stretch, vinyl, silk, EVEN SEWS ON LEATHER No attachments needed for auton holes (any size), monograms, sews on buttons, satin stitches, daris, appliques and more. Just set dials and see magic haopen without old fashloned cams or programmers. These HEAVY DUTY New Home Sewing Machines are suitable for home, professional prischoir room sewing, 25 year warranty. Head only. Your price with ad S99, without this ad S399 TH Attorneys at Law A Law Corporation -HAWAII'S ROCK & ROLL VIDEO CLUB EC IIO A daw Corporation • Low Uncontested Divorces • Low Uncontested Adoptions • Bankruptey • Car Accidents & Deaths HAPPY UPS/DE HOUR DOWNER 2PM-8PM OPEN EVENINGS & SATURDAYS BAR! arranty. Head only, Your price with ad 599, without this at the ack, cash, VISA/MasterCard, 4 DAYS ONLY, April 3-6 CING Hala
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April 4, 1991

HAWAII MARINE

CHAMPUS changing to meet changing times

By Evelyn D. Harris American Forcest information Service "CHAMPUS isn't perfect," said Navy Capt. Tom McDavid, "But we do process the vasi majority of claims we get quickly and accurately." McDavid, a dentist, is director of the Civilian Health and McDavid, a Martint, is director of the Civilian Health and McDavid, a dentist, is director of the Civilian Health and previously was special assistant for dental affairs to the assistant secretary of de-fense (health affairs). He believes in getting out of the fiftee to talk to service members advisors. "We need to hear from them behaver we can" be declared

advisors. "We need to hear from them whenever we can," he declared. "It helps make us more respon-sive to their needs. When I go to meetings around the country and meet military retirees, I hear accasional horror stories. In those situations, we try to resolve the individual case and

correct the underlying cause of the problem." A relatively small Defense Department field activity, CHAMPUS manages one of the argest health care systems in the world. The program paid out almost \$3.7 billion in civil-ian medical care benefits for underlying. McDavid moted that CHAM-provide the strong challenges that is facing strong challenges other the skyrocketing cost of medical care in the United States; DOD budget cits, more use of the program by people whose civilian employers have cut benefits; and added strains caused by deployment of mill-prost medical care that military health care providers to Persian Gulf operations. ThAMPUS shares the cost of family members are likely to the law and program regula-tions don't permit use of tax dollars to pay for experimental

procedures, but noted "what is experimental today may be standard care tomorrow."

standard care tonorrow." Policy specialists constantly review new techniques and technology, so CHAMPUS can adjust its benefits to reflect medical advances and refine-ments as soon as possible. For example, the program now shares the cost of laser surgery, bone marrow transplants and certain kinds of home care that were ineligible for coverage just a few years ago.

a few years ago. These changes, which have been designed to improve health care for program heneficiaries, often save both the beneficiary and the government money, said McDavid. Dissolving gallstones with lasers, which results in less scarring and shorter recov-ery time for patients, is one example of saving dollars. In addition, the procedure is less risky than traditional surgery, he added.



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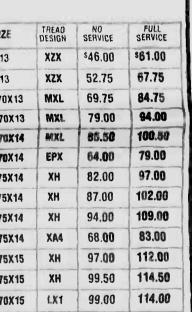
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185/75X14	XH	82.00	97.00
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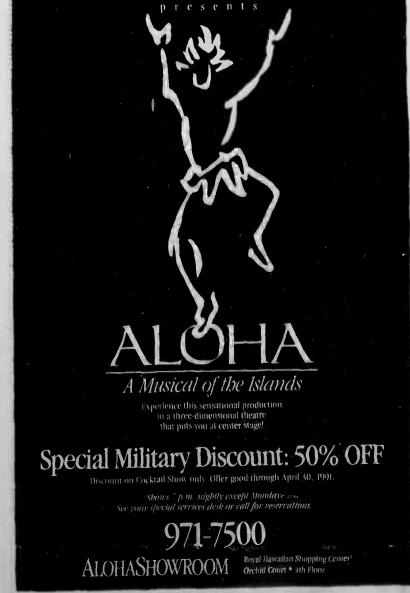


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HAWAII MARINE

April 4, 1991

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Navy Achievement Medal 1stLt. J.A. MacCartney SSgt. T.A. Grose SSgt. F.P. Tacata, Jr. SSgt. W.M. Tibus Sgt. M. Head

Good Conduct Medal GySgt. M.A. Evans SSgt. D.D. Harris

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Meritorious Mast Cpl. S.A. Stovall LCpl. P.D. Jarrett

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Aircrewman of Month Cpl. M.C. Pray Cpl. B.S. Wolin

> Welcome Aboards 1stLt. M. Lamczyk 1stLt. M. Brennan

1stLt. R.R. Piatt 1stLt. M. Schmidt

Cpl. J.J. Huber

Maj. D.J. Williams

Promotions WO2 George H. Seagle III John R. StClair Jr. Sgt. Cpl. Bryan W. Bev

Cpl. Kalen T. Foust Cpl. Gabriel Reyes

Navy Achievement Medal Sgt. Paul E. Hayden

Good Conduct Medal

Letters of Appreciation Cpl. Frederick D. Folson LCpl. Troy C. Erickson

LCpl. Ryan O. Sealy LCpl. James Wong LCpl. Karl D. Kramer

MACS-2 Navy Achievement Medal Sgt. Robert J. Lively

1/12

Promotion CWO2 Joseph L. Nesbit



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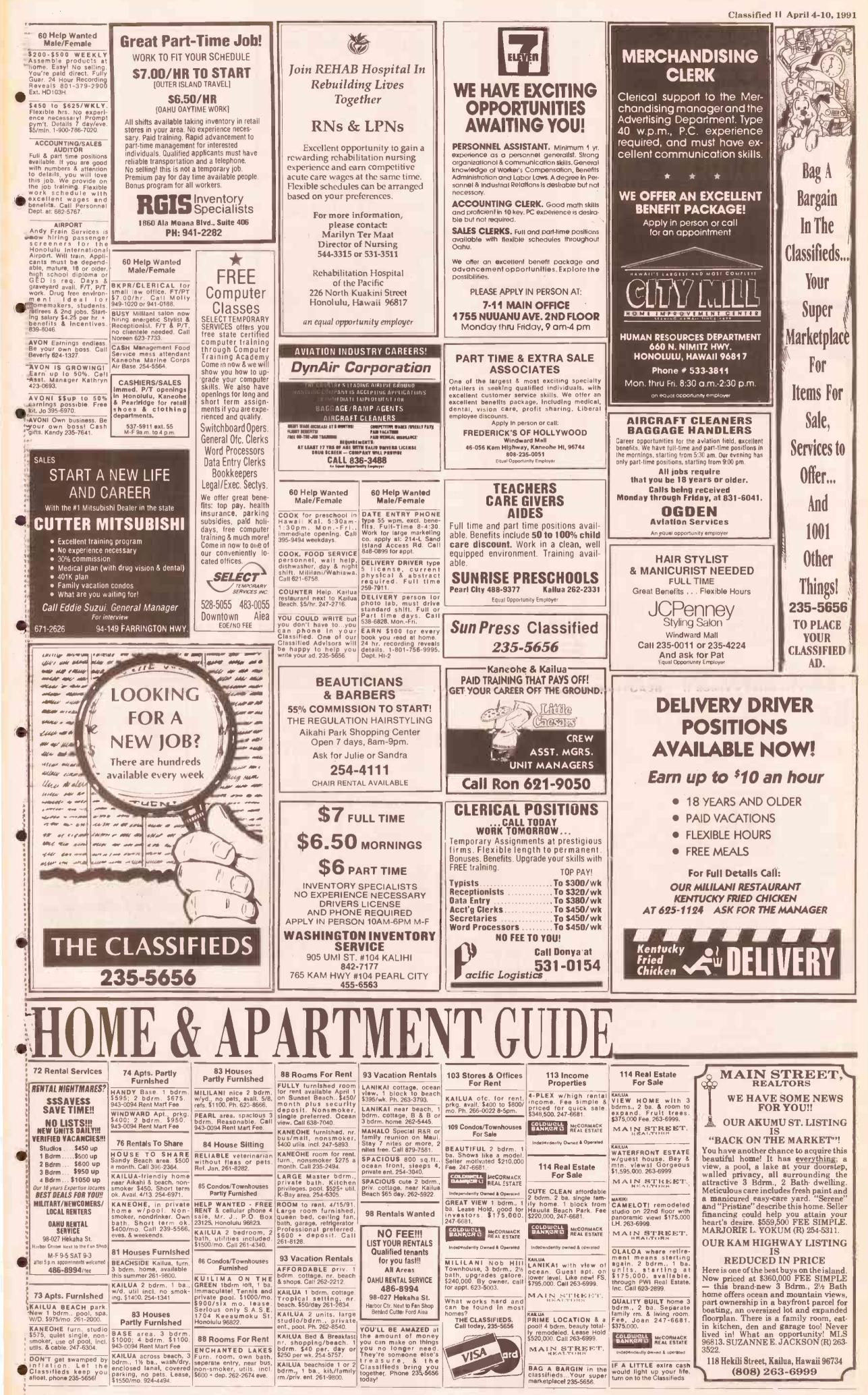


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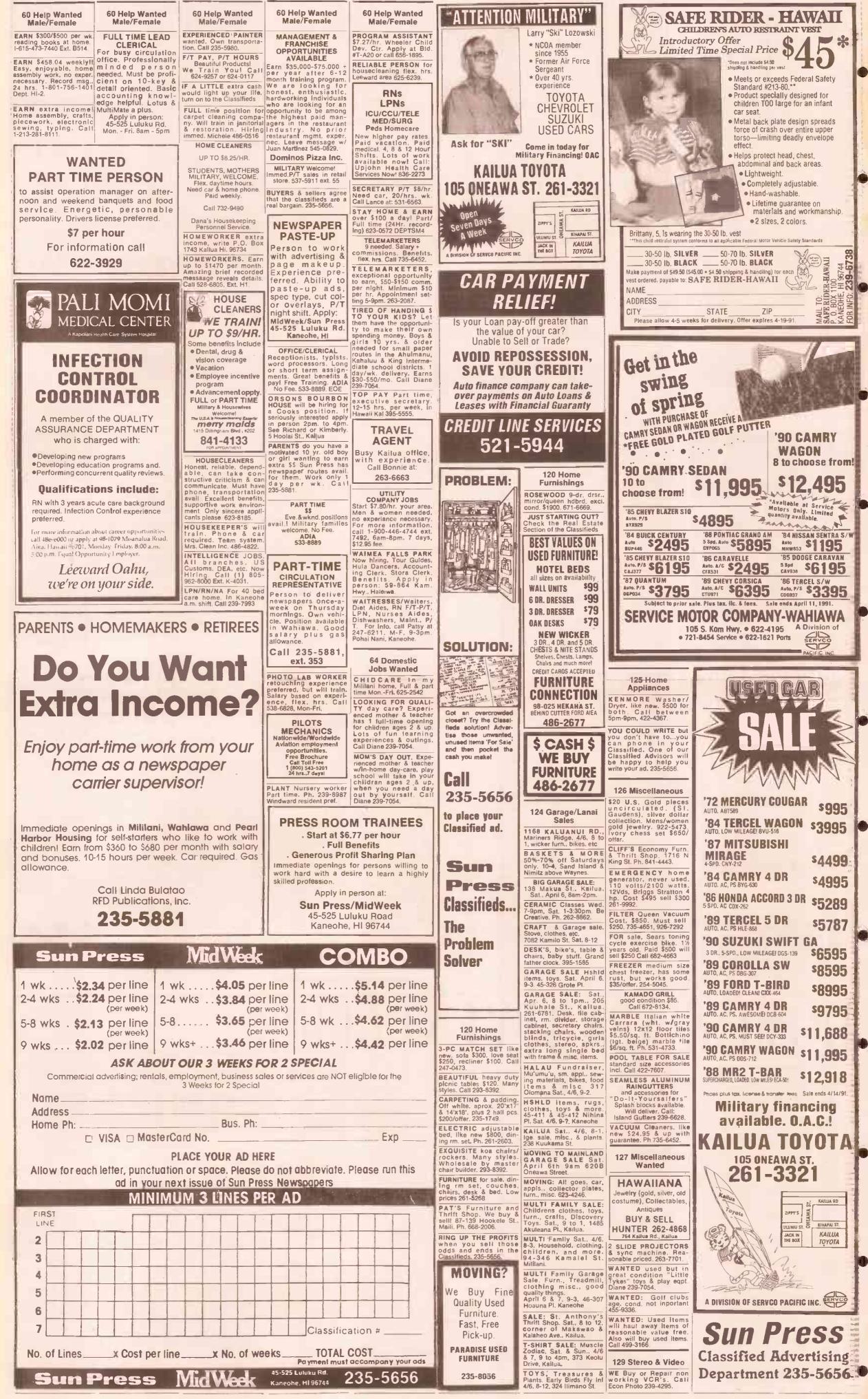
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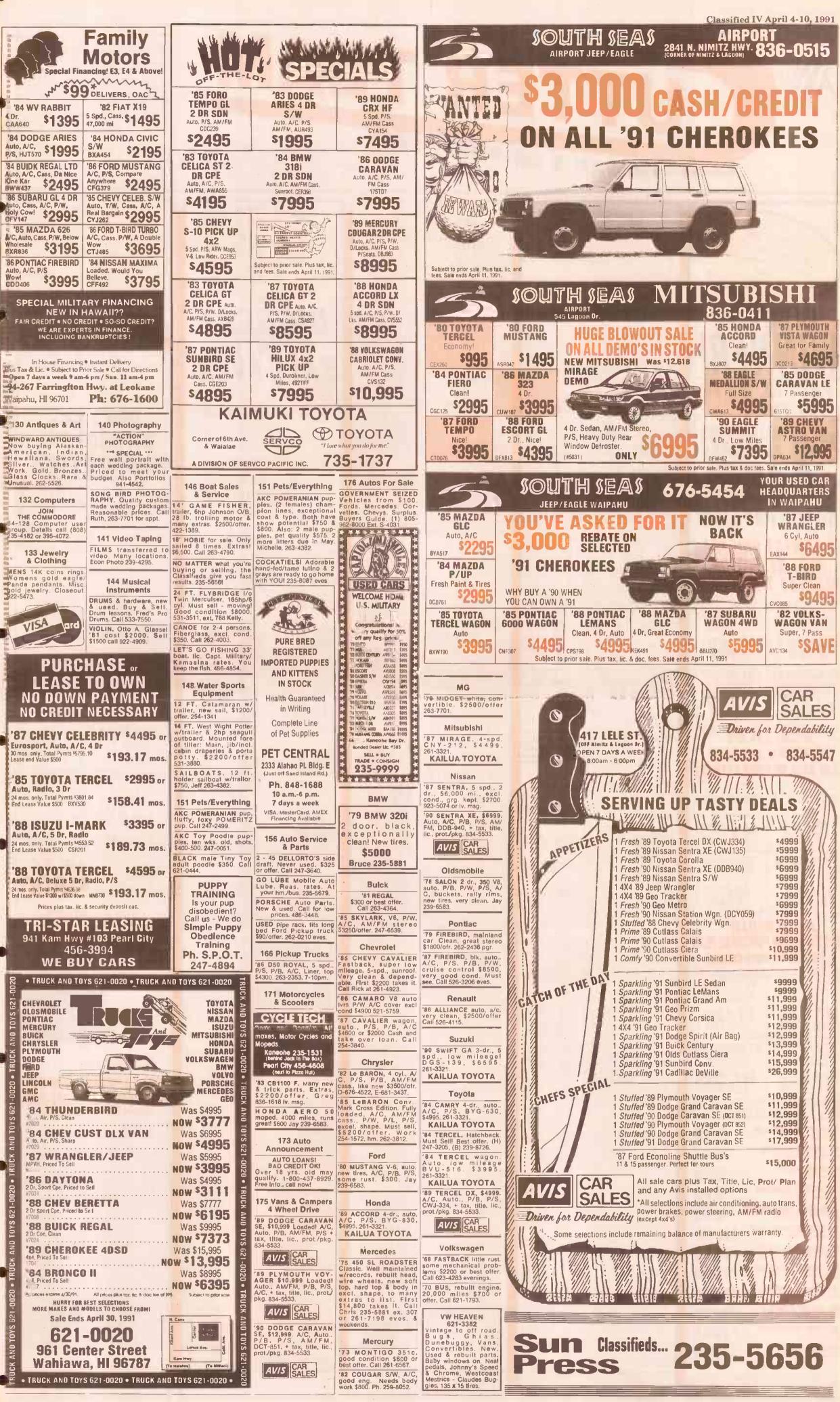
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Support SIDS Research. For more information on Sudden Infant Death Syndrome' write to the SIDS Alliance 330 North Charles Street Suite 203 Alliance Baltimore, Maryland 21201



April 4-10, 1991 Classified III





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