

Hawaii Marine

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New record set during 6-month deployment

VMFA-212 Lancers return from WestPac

After a successful WestPac deployment, the Lancers of VMFA-212 returned home from Iwakuni, Japan, last week.

During the six-month deployment, the Lancers

expanded upon their reputation for the aggressive and professional style in which they fulfill all operational commitments.

Shortly after completing the TransPac from NAS

Barbers Point to Iwakuni last October, Marines of VMFA-212 were involved in "Operation Bearhunt 86." Supporting a Marine infantry exercise in the Republic of Korea, 212

launched out of Iwakuni, refueled in-flight over the Sea of Japan, and was on target delivering live ordnance.

A total of 68 sorties were flown over the three-day exercise, dropping over 55 tons of high explosive ordnance, often in marginal weather conditions.

The challenge and training offered by Bearhunt were only a beginning. The next major item on the agenda was a four-week full squadron deployment to Kadena AB, Okinawa.

In the first six days at Kadena, 212's Phantoms flew over 200 hours of Dissimilar Air Combat Tactics training against Air Force F-15 Eagles from the 18th Tactical Fighter Wing, an opportunity rarely encountered when the squadron is in Hawaii.

As December rolled around, so did "Operation Beachcrest 86-1." An integrated Marine Air Command and Control exercise, Beachcrest tasked VMFA-212 with a variety of missions including CAP management, air-to-ground and fighter escort. By its conclusion, Operation Beachcrest demonstrated that Marine, Navy and Air Force units could operate together successfully.

Still on Okinawa, the Lancers continued to increase their operations by taking advantage of every possible training asset. By hosting a small detachment of Air Force F-4s from Taegu AB, Korea, the Lancers were given the chance to observe tactics employed by the Air Force in a similar aircraft.

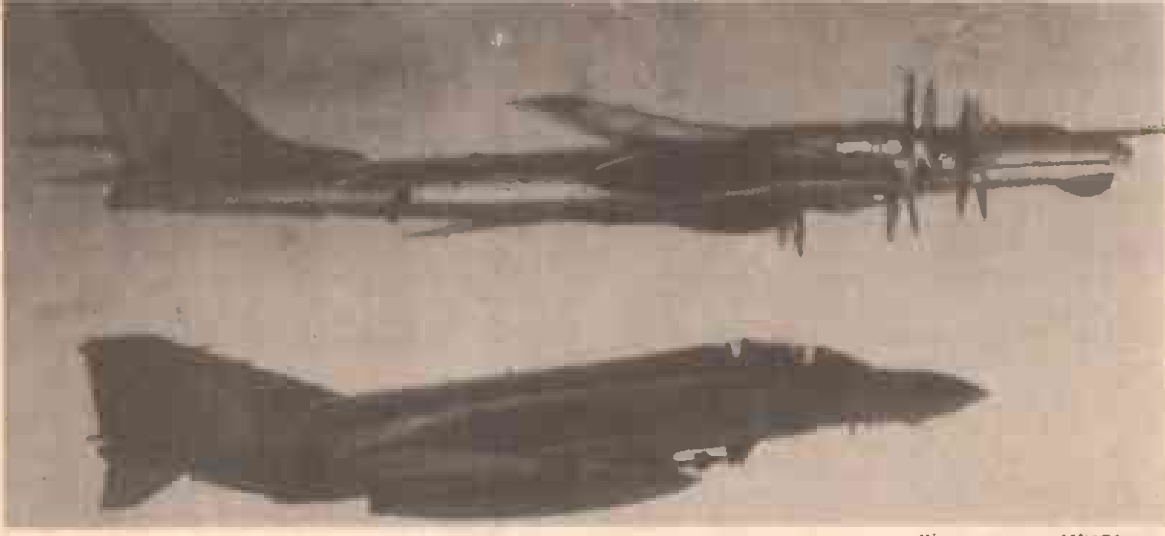
Not having their own maintenance crews, the Air Force aircrews were impressed with the Marine's ability to make difficult repairs on the spot efficiently and expeditiously.

As Christmas approached, it was again time for 212 to pack up and head south to NAS Cubi Point, Republic of the Philippines.

Following a well deserved holiday break, the Lancers began 1986 in competitive style by organizing a squadron Bombing Derby while simultaneously flying air-to-ground missions in support of BLT 2/7's Fire Support Coordination Exercise.

The Bombing Derby was designed to sharpen manual

See LANCERS/A-11



A fully armed F-4 Phantom from VMFA-212 intercepts a Soviet "Bear" bomber over the Sea of Japan.

DoD seeks increase in security assistance

Given the spectrum of challenges to international peace and stability, U.S. security assistance abroad needs to be increased significantly during FY-87, Adm. William J. Crowe Jr., chairman of the Joint Chiefs of Staff, recently told Congress.

DoD's request for \$10.7 billion in security assistance, he said, provides the funding needed to:

Keep the U.S. deterrent posture credible in Europe and Asia;

Support U.S. commitments to international peace and security; and

Contain the further expansion of heavily armed Soviet proxies in Southeast Asia, Africa and Latin America.

Crowe said these requirements are based on a Soviet threat that is global in scope. They also reflect the financial and economic problems confronting many U.S. allies, especially in the Southern Hemisphere; and the threat posed in Latin America by insurgents and drug traffickers, who are often better financed and better equipped than government security forces.

They also reflect the considerable Soviet advantage in manpower strength throughout Europe and Asia; the dramatic surge in Soviet arms transfers to the Third World; and the momentum behind Soviet force modernization, which is gradually eroding a technological edge long enjoyed by the U.S. and

allied forces, he said.

"Given a global challenge," Crowe explained, "this year's program continues to provide substantial assistance to allies highly exposed to an assault by Soviet or Soviet-allied ground forces."

This year's security assistance request, which represents an increase of about \$1 billion over FY-86 funding, is based on the requirements of:

NATO's southernmost and most vulnerable flank — Portugal, Spain, Greece and Turkey;

Pakistan, which has been increasingly threatened by the loss of Afghanistan as a traditional buffer between it and the Soviet Union;

The Middle East, where Libya and Syria are

undergoing significant military buildups; and Southwest Asia, where moderate Arab states must arm themselves adequately against more radical forces in the area;

The Caribbean and Central American countries, where the Soviet Union is funneling vast amounts of military equipment into Cuba and Nicaragua;

Africa, where the Sudan in particular is geographically caught between Libya and Ethiopia, both Soviet client states; and where additional Soviet opportunities are fueled by the instability of widespread famine, ballooning debts and civil war; and

The Pacific and East Asia region, where South Korea

and Thailand continue to confront severe communist threats on their borders.

Providing security assistance to these nations, Crowe said, doesn't necessarily mean matching Soviet assistance on a weapon per weapon basis.

The U.S. security assistance program is based on economic support, foreign military sales credits and grants in military aid, education and training.

This year's security assistance request, Crowe pointed out, marks the 40th year in which the United States has provided the assistance necessary to help maintain international peace and security.

It was in 1947 that

President Harry Truman declared: "I believe that it must be the foreign policy of the United States to support free people who are resisting attempted subjugation by armed minorities or outside pressure. The free people of the world look to us for support in maintaining their freedom."

"If we falter in our leadership, we may endanger the peace of the world, and we shall surely endanger the welfare of our nation."

This program, Crowe said, has become an essential pillar of U.S. strategy.

"On the military side, I simply cannot emphasize too strongly that this program is

See SECURITY/A-12

Military hospital care to be reviewed

This month, civilian doctors will begin a one-year review of military hospital care.

The worldwide review, which could be extended for another two years, will examine about 15 percent of the one million annual military hospital admissions and measure the care given against standard criteria to be developed by the civilian doctors and the Department of Defense.

A contract to the Commission of Professional and Hospital Activities, Ann Arbor, Mich., for a civilian physician peer review of the quality of medical and

surgical care provided in the military's 168 hospitals has been awarded by DoD.

"This unprecedented external peer review of military medicine... will dramatically complement the quality assurance programs we have put in place in the past two years," said Dr. William Mayer, assistant Secretary of Defense for Health Affairs.

All medical charts reviewed by the civilians will be screened against a standardized checklist of 18 indicators of poor care — the same list that is already used by military quality assurance people to screen all hospitali-

zations. This feature is expected to provide a check on the accuracy of the military's own data.

Information from the reviews will be provided to hospital commanders, service surgeons general and Mayer's office.

Calling the civilian-military partnership "a giant step forward to build credibility and confidence in the quality of military health care," Mayer said the information gained from the reviews would help military hospitals identify any quality of care issues.

He also said that as similar data becomes available

elsewhere in American medicine, the review will provide a data base for comparison between military and other elements of American medicine.

Mayer said he is convinced the overall quality of military medicine is equal to or better than civilian care, despite a relatively small number of highly visible tragic instances of medical mischance.

"But," he added, "the fact

remains that there has been no objective way to measure overall quality of care of either the civilian or military sectors and, therefore, no precise way to compare quality of care."

Among aspects of inpatient care to get special attention in the reviews are:

All readmissions within 14 days of discharge from previous hospitalization;

See MEDICAL/A-12

Study shows drug use declining throughout military

Drug and alcohol use are on the decline in the military, according to the preliminary results of a 1985 survey of military personnel throughout the world.

Only 7 percent of all military personnel reported they had used marijuana in the 30 days before responding to the 1985 Worldwide Drug and Alcohol Abuse Survey — down from 22 percent in 1982 and 37 percent in 1980.

Reported use of other drugs has decreased as well, with nine percent reporting non-medical drug use within 30 days of the survey in 1982

and 27 percent in 1980. The newest figures showed that cocaine was not a significant problem in the military, with less than 1 percent of personnel reporting use.

According to Dr. John Mazzuchi, principal deputy Assistant Secretary of Defense for Health Affairs, credit for the decrease in drug use belongs in two places.

"First of all," said Mazzuchi, "commanders have done an excellent job of creating negative peer pressure concerning drug use

— letting people know drug use is not tolerated and that

you can't use drugs and keep your job. Secondly, the use of unannounced urinalysis and random sweeps has definitely had a deterrent effect."

Another factor is that today's recruits are better educated and, therefore, less likely to use drugs.

Although not all of the results of the alcohol portion of the survey are in, preliminary results indicate a decline in alcohol use as well.

By Evelyn D. Harris
American Forces
Information Services



CNO visits

The U.S. Chief of Naval Operations, Admiral James D. Watkins, greets Col. Robert P. Rogers, Station Commanding Officer; Col. Robert Liston-Wakefield, 1st MAB chief of staff; and their wives, shortly after his arrival here April 8.

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New law to improve absentee voting

Military families stationed overseas could get a better shot at making their votes count in presidential and U.S. congressional elections soon.

Legislation making its way through Congress, which would affect some 400,000 citizens including some 176,000 service members, would provide for a special blank absentee ballot to be used as an alternative to state absentee ballots.

The ballot would be used by those who do not receive their

regular ballot in time to return it. Voters could write in the name of a candidate or designate a particular party nominee.

Henry Valentino, director of the Federal Voting Assistance Program said that, while voting participation by military personnel increased significantly in 1984, many were unable to vote because they either didn't receive an absentee ballot or received it so late that they couldn't meet their state's deadline for returns.

A 1984 Federal Voting Assistance Program survey of military, federally employed civilians overseas, their dependents and other U.S. citizens overseas not affiliated with the federal government showed that 8.4 percent of the military, 7.8 percent of federal civilian employees overseas and 5 percent of other U.S. citizens overseas fell into this category.

Valentino said the proposed legislation addresses

the major problem affecting absentee voting.

The proposed bill states that voters must be registered and eligible to vote and the local election official must have received the regular absentee ballot request no later than 30 days before an election to be eligible to use the special federal absentee ballot.

If the voter receives the regular absentee ballot for which he or she has applied too late to return it to the local election officials by the

state's deadline, he would use the special ballot.

The deadline for receipt of the special ballots by local election officials would be the same as for returning regular absentee ballots.

Voters who mail the special federal absentee ballot, then receive the regular absentee ballot, would return that ballot as well. In these cases, the regular absentee ballot, rather than the special federal absentee ballot, would be counted by election officials.



'86 general elections nearing

The 1986 general elections don't have all the hoopla surrounding them that usually comes with the

election of a president, vice president and other national leaders.

But decisions made at the

state and local levels this year will actually have a greater impact on the average U.S. citizen.

Judges, mayors and school board members are among the many officials who will be elected this year. Initiatives and referendums that affect everything from your children's school program to local improvement projects to your tax bill may be decided.

Even if you're away from your home of record, you have a chance to make your views heard on these issues.

The Federal Post Card Application, available from your voting assistance officer, is the best way to vote when you are away from your home of record. Each state or territory has different requirements about when ballots are to be returned.

In most cases, Federal Post Card Applications must be received by local election officials 30 days before an election.

The Post Card Application is accepted by all states for registration, an application

Vote America

In 1986, one-third of the United States Senate, all members of the House of Representatives, 30 governors and numerous state and local officials will be candidates in the general election on November 4.

for registration form, or an application for an absentee ballot.

In some states, the Post Card Application is accepted for both registration and as a request for absentee ballots.

1986 State Primaries:

May
3 — Texas, Indiana, North Carolina
6 — Ohio
13 — Nebraska
20 — Oregon, Pennsylvania
27 — Arkansas, Idaho, Kentucky

June
3 — Alabama, California, Iowa, Mississippi, Montana, New Jersey, New Mexico, South Dakota
10 — Maine, North Dakota, South Carolina, Virginia, West Virginia

August
5 — Kansas, Michigan, Missouri
7 — Tennessee
12 — Georgia, Colorado
19 — Utah, Wyoming
26 — Alaska, Oklahoma

September
2 — Florida, Nevada
6 — Delaware, Guam
9 — Arizona, Connecticut, District of Columbia, Maryland, Minnesota, New Hampshire, New York, Rhode Island, Vermont, Virgin Islands, Wisconsin
16 — Massachusetts, Washington
20 — Hawaii, Louisiana

Hawaii Marine

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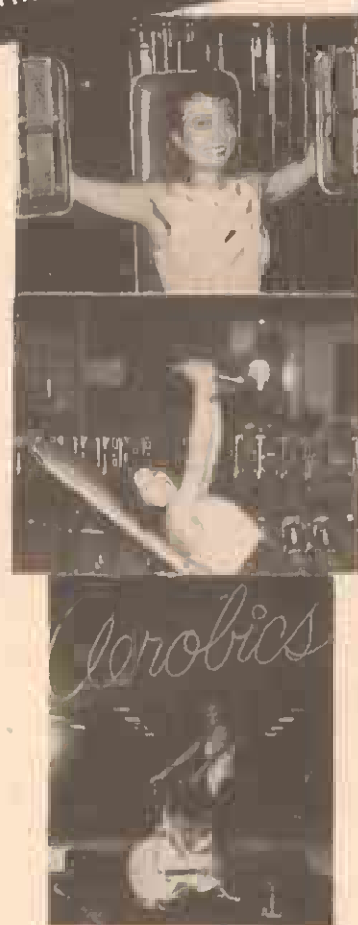
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April is Blood Pressure Month

April is High Blood Pressure Month, and as a member of an organization that believes in good health, you will probably be more aware of the special month than your civilian friends.

The fact is that one out of six Americans has high blood pressure; and for reasons still not known, the figure for blacks is one out of four.

When your heart beats, it pushes blood through the arteries. When that push gets to be too great and stays that way, you have high blood pressure, or "essential hypertension."

There's a reason the nurse checks your blood pressure every time you go to the clinic. That's because in the early stages you can have high blood pressure and feel just fine. Nothing hurts and nothing shows. But high blood pressure, left untreated, can result in a heart attack, stroke or kidney problems.

Hypertension has more to do with blood vessels and the heart than with blood, according to Dr. Motilal Pamnani, associate professor of physiology at the Uniformed Services University of the Health Sciences, the nation's only military medical school.

"The hearts of people with hypertension pump the normal amount of blood," said Pamnani, "but their arterial blood vessels, for unknown reasons have become very narrow and thus offer greater resistance to blood flow."

When the heart ejects blood, it does so into large pipe-like vessels. As the blood circulates through the body and approaches various organs, the blood vessels divide into vessels of smaller and smaller diameter. The smallest arteries, called arterioles, offer the maximum

resistance to blood flow.

The arterioles in people with hypertension have become even narrower. The arterioles divide into capillaries. It is through the capillary walls that nutrients and oxygen from arterial blood are supplied to the organs.

"In hypertension, because the heart has to pump blood against this increased resistance, it gets bigger. It's not pumping more blood, it just has to work harder to pump the blood through the narrower vessels," said Pamnani.

"This eventually leads to an inequality between the supply of blood to the heart and the greater amount of work the heart has to do, which may eventually lead to heart failure," cautioned Pamnani.

Pamnani said that because of the increased tension on the walls of the arterioles, the arteriolar wall begins to degenerate, leading to interference with the blood supply to various vital organs.

"With a decreased blood supply and less oxygen to

vital organs, symptoms of heart failure could occur. Problems with the kidneys, brain, eyes and other vital organs could also occur," said Pamnani. Fortunately, there are drugs that can control, but not cure, hypertension.

If your doctor tells you that you have high blood pressure, follow his advice. You will probably have to take medication every day for the rest of your life to control your high blood pressure. If you stop taking the medication, your pressure will go up again,

according to specialists in the field.

Those who are overweight will benefit from losing weight. Since there is a distinct link between salt intake and hypertension, your salt intake should be decreased and your intake of foods high in potassium should be increased, the experts say. Most fruits are high in potassium. Moderate exercise should also be beneficial.

By Tom Joyce
American Forces
Information Service



Blood pressure explained

Each time you go to the health clinic, a nurse puts a cuff around your arm. Then your blood pressure is measured with a gauge.

The normal blood pressure for an adult male is about 120 over 80 millimeters of mercury. In this case, the number 120 is the systolic pressure, the highest arterial blood pressure. It occurs during the contraction of the left ventricle, or when blood is being pumped out of the heart.

The number 80 is the diastolic pressure, the lowest arterial blood pressure. It occurs while the heart is filling back up with blood.

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Admirals visit Air Station



Rear Admiral Richard G. Shaffer, Chief of the Navy Dental Corps, tours the Prosthetic Lab.

Chief of Dental Corps

Story and photos
by Sgt. Joe P. Jascur

Rear Admiral Richard G. Shaffer, Chief of the Navy Dental Corps and Commander, Naval Medical Command Capital Region, arrived here April 10, to visit

the 21st Dental Co., 1st MAB.

Admiral Shaffer toured the new medical and dental facility under construction, reenlisted a dental technician and was briefed on the companies' field dental equipment.

The commander's visit to the island, April 4-13, included visits with the Commander in Chief, Pacific Fleet and Fleet Marine Force and Pacific naval dental branch facilities throughout the island.



Rear Admiral Richard G. Shaffer, Chief of the Navy Dental Corps, congratulates PO2 Lori Henke, a dental technician with 21st Dental Company, after reenlisting her.



Sgt. Leah Gonzalez photo

Chief of Navy Nurse Corps

Commander Patrick Mahin (l), Medical Construction Liaison Officer for the Pacific Region, discusses specifications of the new Medical and Dental facility being constructed, here, with Rear Admiral M.J. Nielubowicz during her tour, April 10. Nielubowicz is the Chief of Navy Nurse Corps and the Deputy Commander for Health Care Operations.



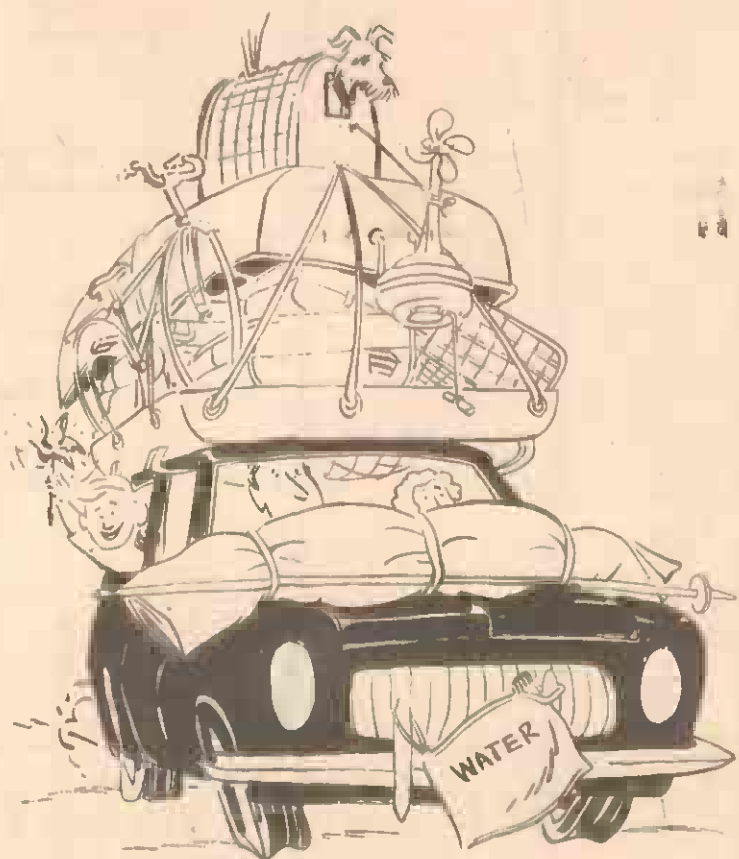
Thailand, Chief of Naval Operations

(Left) Thailand's Chief of Naval Operations, Admiral Nipon Siridhara, is greeted by LtGen. D'Wayne Gray, Commanding General of FMFPac, and Col. Robert Liston-Wakefield, 1st MAB chief of staff, here, April 8, when the Thai CNO visited here. (Bottom) Admiral Siridhara fires the Squad Automatic Weapon.

Photos by
Cpl. Hugh Trask



PCS reimbursement regs change



Traveling from the West Coast to the East Coast on PCS orders used to mean a large expense for a married Marine traveling with his family. But recent revisions in the reimbursement system have changed this.

For example, a staff sergeant traveling with his wife and two children would have been reimbursed \$1,153.81 based on the old system. With the new system, the staff sergeant's reimbursable rate would jump to \$2,504.61 — an increase of \$990.80.

"Under recently enacted legislation, service families will see significant increases in permanent change of station reimbursements," said a Department of Defense spokeswoman. "For example, had the new permanent change of station reimbursements been in effect when the staff sergeant made his move, he would have received \$2,504.61 in travel reimbursements."

Under the new laws, the government would pay a

revised monetary allowance in lieu of transportation-plus per diem (MALT-Plus) for himself and his dependents and a temporary lodging expense allowance.

The staff sergeant would receive a mileage allowance of 20 cents per mile (service member with three dependents): a per diem for himself of \$44.79 per day (\$50 per day minus \$5.21 basic allowance for subsistence); \$37.50 per day for each of his two children (under 12); and \$110 per day for four days for temporary lodging expenses.

This totals \$2,504.61, an increase of \$990.80 over the old rate.

Temporary lodging expenses were originally authorized in 1981, but were not funded until this fiscal year; it has already been implemented with an effective date of Oct. 1, 1985.

"The revised MALT-Plus procedures are being put in final form and are expected to be put in place shortly," said the spokeswoman.

"Service families who had a permanent change of station since Oct. 1 and were not paid temporary lodging expenses should file a claim for retroactive payment," said a spokesman for the DoD Per Diem, Travel and Transportation Committee.

Service families will lose some money in mileage reimbursement rates under the new system.

Under the old system, they received 15 cents per mile, plus 7 cents per mile for dependents 12 and over and 3.5 cents per mile for children aged 2 to 12. The new rates are based on the number of people traveling together.

A service member traveling alone will still receive 15 cents per mile, but will receive only 2 cents per mile more when traveling with one dependent. Those traveling with two dependents would get 19 cents per mile.

See PCS/A-6

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Benefits for E-1 to E-4s

Those who need it most will benefit from the new law governing reimbursements for Permanent Change of Station moves, said a spokesman for the Defense Department's Per Diem, Travel and Transportation Committee.

Married junior enlisted personnel in grades E-1 to E-4 with two years service or less will now receive increased benefits when making a PCS move within the continental United States.

"Before the change, only those in grade E-4 with more than two years of service were eligible," said the spokesman. "Lower ranking

enlisted personnel were paid dependent benefits only if they were taking their families overseas... not for moves within the United States."

All increases in household goods weight allowances became effective on Feb. 24, 1986, for E-1s to E-4s with two years service or less, said the spokesman. Those with dependents can now ship 5,000 pounds, both on stateside and overseas permanent change of station moves. Single service members will be eligible to ship up to 1,500 pounds.

Before the change, they were only allowed to ship 225 pounds within the United

States and 1,500 pounds to overseas locations.

Of course, they also receive the new temporary lodging

expenses, mileage and per diem allowances.

By Sgt. Maj. Rudi Williams
American Forces
Information Service

Travel, lodging rates

MALT PLUS

MALT: (Monetary Allowance in Lieu of Transportation)

15 cents per mile for service member (or one dependent traveling alone).

17 cents per mile for service member plus one dependent (or for three dependents).

19 cents per mile for service member plus two dependents (or for three dependents).

20 cents per mile for service member plus three dependents (or for four dependents).

PI US: (Flat Rate Per Diem)

\$50.00 per day for service member.

\$37.50 per day for dependents over 12 years old.

\$25.00 per day for dependents under 12 years old.

TLE/TLA

TLE: (Temporary Lodging Expenses — CONUS)

\$110.00 a day for up to four days (two days if person is going from continental United States to an overseas assignment).

TLA: (Temporary Lodging Allowance — Overseas)

This is a percentage of the daily per diem rate offset by the basic allowance for quarters and basic allowance for subsistence.

60 days on initial assignment. The percentage is computed in 10-day increments.

PCS/from A-5

A third dependent would add only a penny per mile to the reimbursement rate, since the most a family can be reimbursed is 20 cents per mile.

The new mileage reimbursement is 20 cents per mile.

The new mileage reimbursement rates will not affect unmarried service members, who still receive 15 cents per mile.

Service members will not be allowed to receive advance payment of the new temporary lodging expenses allowance. But they may be advanced the dislocation allowance and travel per diem in full.

"The law was changed to assist service members and their dependents with moving expenses and shipment of household goods," the spokesman explained.

Dislocation allowance payments were doubled on Nov. 8, 1985, but the higher payments were stopped on Dec. 19, when the FY-86 Defense Appropriations Bill became effective, overriding that authorization.

People who received the double dislocation allowance before Dec. 19, 1985, will be allowed to keep the money. But those who received it on or after Dec. 19 were overpaid and will have to reimburse the government.

There is some solace for those who have to reimburse the government. Once the new travel regulation becomes effective, military families who made permanent change of station moves since Oct. 1, 1985, will be paid the new permanent change of station reimbursement retroactively.

By Sgt. Maj. Rudi Williams, USA
American Forces
Information Service

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Annual training with the Marine Reserve is more than just staying current on your military training. It's also a chance to see Marine bases in different parts of the country and the world.

While you're on active duty, you can hitch a ride on a military aircraft and do some more traveling. That gives you a chance to see some

exotic places you might have missed during your first time around or to re-visit a favorite or two.

The Marine Reserve also offers you the chance to get back with old friends and other Marines—people you have something uniquely in common with.

So if you're thinking about leaving active duty or have already left, take a look into the Marine Reserve. Call 800-423-2600, toll-free. In California, 800-252-0241.

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Legal Assistance



NCOA symposium to be held

Name Change Provisions in Hawaii

State statutes generally provide for change of name in conjunction with adoption or divorce when a woman desires to return to her maiden name, or the name of her former husband. Otherwise, a petition for a name change must be filed in the proper court, and a court order must be issued to amend a birth certificate to reflect the new name.

If you want to change your name or the name of your minor child while stationed in Hawaii, you may obtain the necessary forms and instructions from the Legal Assistance Office, located in bldg. 256. A private attorney is generally not necessary; however, there are some important rules you must know.

Filing the Petition

A name change in Hawaii is accomplished by filing a notarized petition with the Office of the Lieutenant Governor. In the case of a minor, the parents or parent who has custody may file the petition. In the latter case, the noncustodial parent must sign a "Consent to Change of Name," and it must be filed with the petition.

The guardian of a minor may also file the petition on his/her behalf. A photocopy of your birth certificate must be included with the petition. The current filing fee for processing the documents is \$10 and it is not refundable.

Publication

An Order and a Notice of Change of Name is signed by the lieutenant governor. You must take a certificate copy of the notice to a newspaper published on the island of residence. The notice must be published once under "Legal Notices," and you must pay for the publication. The newspaper will provide you with an affidavit and a clipping showing that the order was published.

Recording the Name Change Order

The order changing your name is effective the date it is signed by the lieutenant governor. You are then required to take an original of the order to the Bureau of Conveyances, Department of Land and Natural Resources, located in the Kalanimoku Building, on Punchbowl St., Honolulu, to have it recorded.

The current recording fee is \$2 for the first page, and \$1 for each additional page. You may also record the order by mailing the certified copy and the appropriate fee to: Bureau of Conveyances, Department of Land and Natural Resources, P.O. Box 2867 Honolulu, HI 96803.

Menehune Rainbow Preschool is available for children 3 to 4 years old. Call 254-3190 for information.

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254-5518 Lauren Robinson

Amending Birth Certificates

If you were born in Hawaii, you may amend your birth certificate by submitting a copy of the Petition and Order for Name Change to the Research and Statistics Office of the Department of Health, 1250 Punchbowl St., P.O. Box 3378, Honolulu, HI 96801. The current fee is \$3, and you must pay an additional \$2 if you want a copy of your amended birth certificate.

A name change ordered by the Office of the Lieutenant Governor of Hawaii is an administrative order, not a court order. So, if you were born in a state other than Hawaii and wish to amend your birth certificate, you should contact the Department of Vital Statistics in your state to determine if an administrative name change will be acceptable.

By Maj Maurice Daniel
Legal Assistance Office

The Noncommissioned Officers Association will hold its annual symposium, April 24-26, at the Honolulu Airport Holiday Inn.

Registration will be held April 22 from 1 to 6 p.m., and the fee is \$25. The meeting will include an all-day

conference on April 25, featuring a guest speaker from the mainland, followed by an awards banquet. A breakfast will be held on April 26.

The purpose of the symposium is to inform chapter officers, association

members and counselors of the activities of NCOA, and are usually planned by local chapters.

For more information call Jim McGuirk, Regional director for NCOA, at 254-1401; or SSgt. Howard Halsey at 257-3454.

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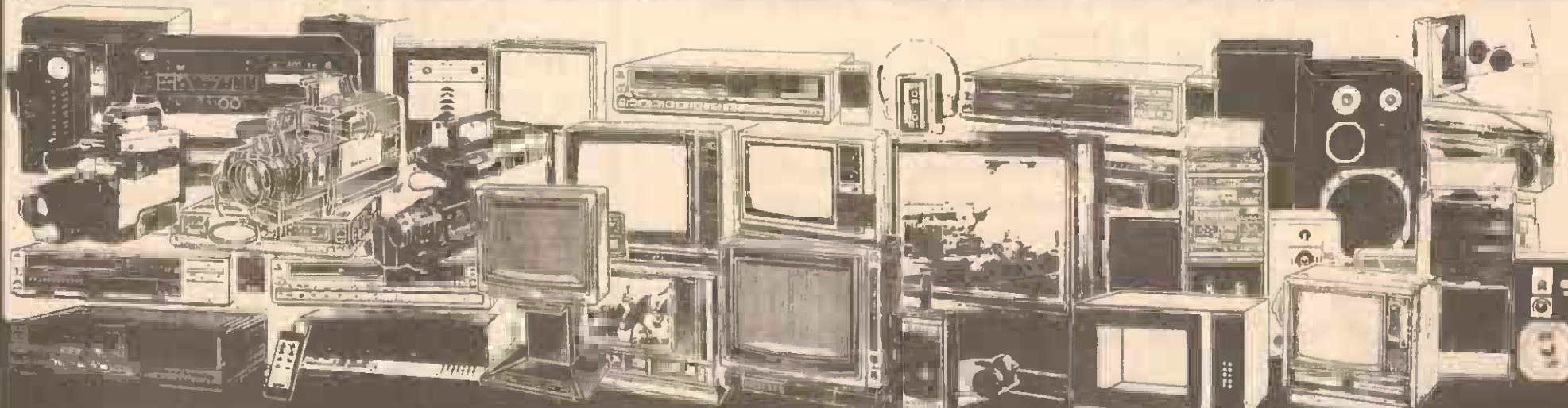
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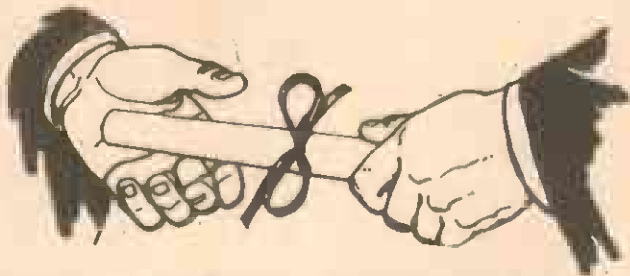


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Education



St. Louis High School Grads

Ten Marines received their high school diploma during a morning colors ceremony, March 28, at Dewey Square from Station Commanding Officer, Col. R.P. Rogers. They received their

diploma after completing a course prescribed by St. Louis High School. Classes, held three nights a week, include English, mathematics, and General Education Diploma testing.



SSgt. Donald E. George, H&HS



Sgt. Byron C. Emerson, H&HS



Sgt. Ray Gomez, "A" Co., 1/3



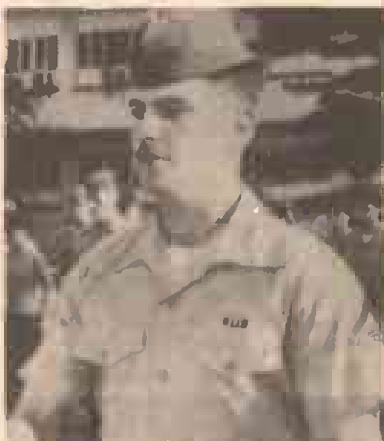
Cpl. Mark D. Dolson, Supply Co., BSSG



LCpl. Barrie L. Bryant Jr., "A" Co., 3rd Recon



LCpl. Frank J. Hassey, Btry C, 1/12



LCpl. Andrew Horgan, Btry A, 1/12



LCpl. Timothy J. Marthaller, Hq Btry, 1/12



LCpl. Mark Oltean, Hq, 3rd Marines



PFC Roger C. Burr, Btry C, 1/12

Summer Ocean Study Program

The Blue-Water Marine Laboratory will hold its Summer Ocean Studies Program for high school students in grades 9 through 11.

The course will cover marine science, seamanship and water safety skills during eight weeks of classroom, laboratory, field

and shipboard activities. The Waikiki Aquarium will be the base of operations from June 23 to Aug. 15.

Students are awarded one science credit from the Hawaii State Department of Education upon successful completion of the program, and are trained to become

Cruise Instructors for BMI, cruises during the academic years. Tuition is \$350, some scholarships are available. Both public and private schools are eligible. Application deadline is May 2.

Interested students can call 923-9741 for more information and application forms.



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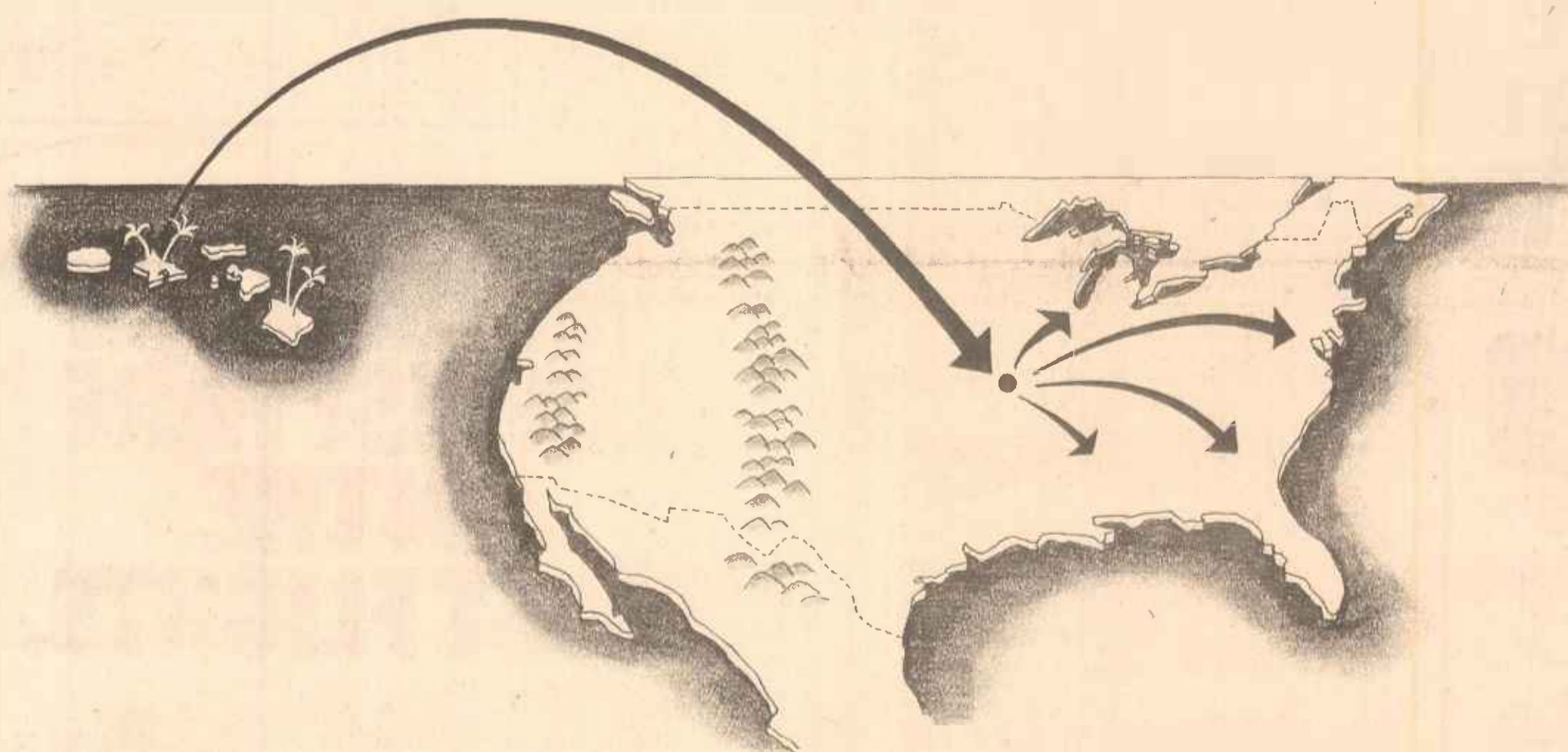


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Salutes

EDITOR'S NOTE: Salutes recognizes individuals for their achievements and exceptional performance and welcomes new arrivals to Hawaii.

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

3rd. Bn., 3rd Marines

Welcome Aboard
PFC R.K. Mackenzie
PFC M.J. Reis
LCpl. M. Delgrasso
LCpl. A.N. Randall
Cpl. J.R. Cluff
Cpl. J.A. Cox
Cpl. M.J. Lombardo
Cpl. J.C. McCoy
Cpl. D.W. Wilson
SSgt. R.E. Moring
GySgt. M.S. Scott
GySgt. C.D. Porcha

Promotions
LCpl. M.A. Kostiz
LCpl. R.N. Sippel

Meritorious Masts
LCpl. M. McNeil
Cpl. R.L. Stevens

HqCo., 3rd Marines
Promotion
LCpl. B.A. Rance
Meritorious Promotion
LCpl. D.F. Stieber

Good Conduct Medals
Sgt. R.C. Houge
Sgt. M.K. Vegas

1st Radio Bn.
Welcome Aboard
LCpl. C.L. Scamp
Sgt. D.R. LaPlante
Navy Achievement Medal
Sgt. J.K. Rosenberg

MABS-24
Welcome Aboard
LCpl. T.P. Ryan
LCpl. J.M. Schubert
LCpl. M.D. Wyllie III
Cpl. T.R. Hartos
Cpl. J.C. Lenz
Cpl. K.L. Reigert
PO3 J.D. Hall
Capt. K.L. Jorgensen
Promotion
SSgt. J.A. Hill

HMM-265
Promotion
Capt. J.A. Kazin
Certificate of Completion
Sgt. K.D. Ball
100-Mile Club
Cpl. G.B. Cross Jr.

HMM-262
Welcome Aboard
LCpl. L.A. Perales
Promotion
LCpl. L.A. Perales
Good Conduct Medals
LCpl. C.E. White

SSgt. J.H. Speights
Certificate of Commendation
1st Lt. J.D. Reyes
Reenlistment
Cpl. L.O. Simpson
HMM-165
Promotion
LCpl. S.B. Rumph
Meritorious Mast
Cpl. K. Anderson
Cpl. R.L. Woolen
Good Conduct Medal
LCpl. R.J. Driskley
HMM-463
Meritorious Mast
Cpl. C.M. Moreland
Meritorious Promotions
Cpl. C.M. Moreland
Meritorious Masts
LCpl. D.W. Railey

LCpl. M.J. Shannon
Cpl. D.G. Brewster
Cpl. S.M. Hannon
Cpl. S.P. Hopkins
Cpl. D.A. Lora

CommSupp. Co.
Welcome Aboard
PFC M.R. Cepelch
Sgt. M.W. Thompson
Promotions
LCpl. J.W. Curtis
LCpl. S. Parnell
LCpl. C.M. Sanders
Cpl. K.P. Frame
Letter of Appreciation
LCpl. D.J. Albin
Reenlistments
LCpl. E.D. Rection
Sgt. J.T. Drake
SSgt. F.P. Melgeorge



Cpl. T.L. Russell photo

Promotion

Staff Sergeant Marvin Kennedy is promoted by Col. G.R. Christmas (left), 3rd Marines. SSgt. Kennedy serves as HqCo., 3rd Marines assistant administrative clerk.



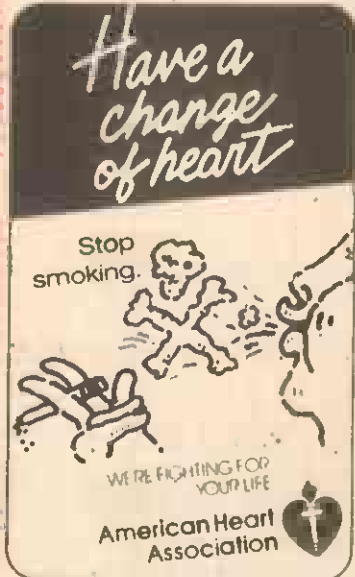
Sgt. Leah Gonzalez photo

Reenlistment

Corporal Timothy G. Keith, ComSptCo., 1st MAB, recently reenlisted for three years. The personnel clerk will soon go to Marine Security Guard School.

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MAUI



KAUAI



BIG ISLAND

6:10am*
6:25am*
7:50am
8:10am*
9:15am
9:40am*
10:10am*
10:45am*
11:15am*
11:45am*
12:10pm
12:45pm
1:23pm*

1:45pm
2:10pm*
2:38pm*
3:25pm
3:50pm*
4:20pm*
4:35pm
4:48pm*
5:30pm*
6:08pm*
6:35pm
8:00pm*

6:20am*
7:30am*
7:45am
9:20am
9:50am*
10:45am
11:30am*
12:45pm*
1:45pm*
2:38pm
3:30pm*
4:20pm*
4:55pm
5:55pm*
6:35pm*
7:25pm*

KONA:
6:25am*
6:55am*
9:35am*
1:00pm*
3:35pm*
4:48pm*
6:08pm*
HILO:
6:30am*
9:30am*
1:25pm*
4:48pm*
6:10pm*

*\$36.95 flights shown in bold face type. Flight schedule shows departure times from Honolulu.



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- with either or both of the above... additional \$6
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Must be 12 years or older for permanent wave.
Long hair slightly higher.

LIBERTY HOUSE

LANCERS/from A-1

bombing skills to provide pinpoint accuracy required in delivering live ordnance during close air support.

While supporting Marines on the ground is the ultimate mission of aviation units, it was time to sharpen air-to-air tactics during Exercise Cope Thunder, a joint-service exercise sponsored by the Air Force. The exercise allowed allied nations to train together in integrated air warfare against a sophisticated threat. Nearly every facet of tactical aviation was encountered during the exercise.

As a true testament to the pride and professionalism of Marines of VMFA-212, the Lancers established a new sortie record flown by a single 12-plane squadron participating in a Cope Thunder exercise by flying 193 sorties during the 10-day exercise.

The Lancers were supposed to return to MCAS Iwakuni Feb. 1, but instead they proposed, planned, organized, and conducted a live missile firing exercise in the Philippines. Although Marine squadrons had not participated in a missile exercise while in WestPac for quite a few years, the evolution went smoothly.

The allocated missiles, two AIM 7 Sparrows and one AIM 9 Sidewinder were fired against a target drone. The flawless exercise took only 15 minutes from the first to the last trigger squeeze.

After returning from Cubi Point, the Lancers barely remained in Iwakuni long enough to get used to the cold weather again before they were off to Osan Air Base in South Korea.

The first breath of the bitter Korean cold was enough to make most Hawaii Marines appreciate the weather they had taken for granted when at home.

The purpose of this eight-

plane detachment was to work with the Air Force on Offensive and Defensive Counter-Air Tactics. The result was a worthwhile training experience for the Lancers and their Air Force F-4 and F-16 adversaries.

By mid-February, the squadron was back together again at Iwakuni. With a little over six weeks remaining in WestPac, VMFA-212 still had one more major evolution to look forward to — an operation which would prove to be the most demanding.

The Lancers, in support of Carrier Task Force 77, were tasked with providing

combat air cover for the USS Midway and her escort over the Sea of Japan, while Navy fighter aircraft participated in Exercise Team Spirit 86.

Between March 17-20, VMFA-212 Phantoms flew 156 hours, 116 of which were at night, intercepting dozens of Soviet aircraft ranging in type from anti-submarine to long range bombers and electronic intelligence gathering platforms.

Aircrews often found themselves launching in the late evening, or early morning hours, carrying live missiles, aerial refueling and remaining on station for up to five hours. The rewards,

however, were well worth the effort.

During March, the squadron was recognized for their highly successful safety record by being named winners of the 1985 CNO Aviation Safety Award.

The Sea of Japan operations will undoubtedly provide a treasured memory in the future of many members of VMFA-212.

By LtCol. Dave Percy
OpsO VMFA-212

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At a glance

Command Recruiting Assistants sought

Marines from Michigan and Pennsylvania can return home for up to 30 days on permissive TAD orders to assist recruiters in their home towns.

Benefits of this program include meritorious promotions and masts and bonus points toward cutting scores. For more information, Michigan Marines should call (517) 377-1777, and Pennsylvania Marines can call (215) 334-1111/1112.

For information on the permissive TAD program, see MCO 1130.62, or talk to your unit's admin. chief.

BOOST results

Results of the FY-86 Broadened Opportunity for Officer and Training selection board are out. If you are interested you should read ALMAR 80/86.

Volunteers needed

The Hawaii Commission on the Handicapped needs volunteers to assist in making phone calls to disabled persons who have filled out Oahu Civil Defense forms stating they would need special assistance in the event of a natural disaster.

Call Judy at 548-7606 if you are interested in helping.

CHAMPUS Seminar

A CHAMPUS Seminar, sponsored by the National Military Family Association, Inc., will be held April 18, 9-11 a.m., at the Fort Shafter NCO Club.

The seminar will address concerns of military families regarding CHAMPUS usage.

SECURITY/from A-1

part and parcel of our total force planning process," he said.

"Everything we do — or do not do — under this program ultimately has an impact on our collective capabilities to deter conflicts and acts of aggression and, ultimately, determines whether the vast majority of nations in the world will continue to live, as they do today, in peace and stability."

By Donna Bolinger
American Forces
Information Service

MEDICAL/from A-1

All surgically related deaths;

All neurological problems that may be related to anesthesia;

All cases of organ failure not present at admission; and
All post-operative complications.

Emergency service reviews will examine unplanned returns to the emergency room within 48 hours of previous treatment; all patients who die in the emergency room; and all patients dead on arrival when emergency transportation was the military hospital's responsibility.

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in Hawaii, including coverage, locations for care, costs, claim filing and appealing CHAMPUS decisions.

The seminar is free, but reservations are suggested. Call Dee Reagan at 836-4757, or Diana Bittle at 486-3515.

A luncheon will be available after the seminar for \$4.55 per person.

For more information, call Nancy Emsley at 423-2220.

New Arrivals Program

A New Arrival Orientation Program is now being sponsored by the Family Services Center, for all single and married service members, and their families, within three months of their arrival.

The program, which runs from 9 a.m. to 4:30 p.m., the second and fourth Fridays of each month, will include orientation briefings from various command elements, a bus tour of the island and a free lunch at the Hale Koa Hotel, in Waikiki.

For more information, call 257-3168.

Special Storage

A change has been made to the basic entitlement for special storage of household goods for Marines who are

TAD or deployed for periods in excess of 90 days.

Special storage is limited to Marines who do not have dependents, have dependents not living at or near the Marines' home port or permanent duty station, or are single parents.

For information, refer to Marine Corps Bulletin 4600.

Survivor's benefit presentation

A Survivor's Benefit and Personal Affairs Presentation will be held tomorrow from 10:30 to 11:30 a.m. in Richardson Theater at Fort Shafter.

The presentation, directed at officers and SNCOs with more than 15 years of service, will cover entitlements such

as VA, Social Security, Servicemen's and Veteran's Group Life Insurance and the Survivor Benefit Program. Spouses are also welcome.

For more information and reservations, call Capt. F. Niess or MSgt. T. Nevalainen at 438-1636/1437.

Adopt-A-Park helpers needed

The Adopt-A-Park program is looking for volunteers to paint over the graffiti at the Kailua Beach Park Pavilion.

The next project is scheduled for Saturday at 8:30 a.m. Military volunteers are asked to join other volunteers, including senior citizens and high school students, to beautify the Kailua Beach Park Pavilion.

For more information call Dr. Ron Nelson at 263-6312 or Dr. Carol Agmon at 254-2291.

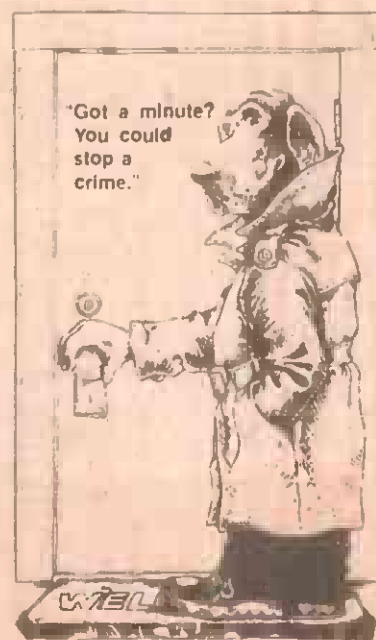
a few seconds of your time than it is to lose your money or valuables.

Anti-crime Advice

Last month, there were 43 cases of stolen property reported on the Air Station. Of these, only nine were solved by arrests.

More than half of the unsolved thefts were caused by people leaving their valuables unsecured; these range from unlocked desk drawers to unlocked vehicles. Some people left their property on tables at the club, unattended, and expected it to be there when they returned.

The Crime Prevention Unit here can't overemphasize security. If you want to keep it, lock it up. It is better to lose



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Carnival celebrates military children

Story and photos
by Sgt. Joe P. Jascur

Hundreds of young children and their families gathered here at the Kula O'Kamalii Child Care Center for the annual Children's Carnival held April 5 in

celebration of the "Month of the Military Child."

"The carnival was a great success," said Pat Askin, Kula O'Kamalii Child Care Center office manager. "In spite of the poor weather, we had a terrific turnout." The carnival offered a variety of games and activities for children of all ages.

More than 60 private and professional organizations donated a number of door prizes for the adults and gifts for the children participating in the carnival games.



Numerous faces were painted by Athena Angelis.



Ani Suarez (glasses) assists Joey Howard in the "Teddy Bear Climb."



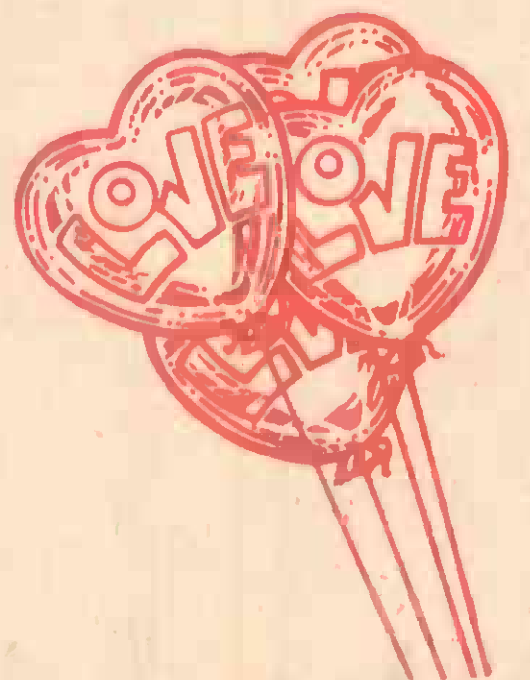
Marsha Stukel (l) monitors the "Feed the Monkey" booth as little Jeffrey Acuna waits for his prize.



A toddler gets a helping hand from his big brother at the "Trike Course."



Dianna Wright, the "Pocket Clown," lets a small boy "pick her pocket."



MCJROTC cadets visit Kaneohe

High school students from the mainland in the Marine Corps Junior Reserve Officer Training Cadet program visited here, recently, to observe and experience first-hand Marine Corps training provided by the 1st MAB.

The students came from El Rancho High School in Pico Rivera, Calif.; North High School in Bakersfield, Calif.; El Dorado High School in Albuquerque, N.M.; Tuba City High School, Tuba City, Ariz.; and Snohomish High

School, Snohomish, Wash. Revielle was sounded at 6 a.m. for the cadets during their week-long stay. Throughout the day, they visited units to get a better understanding of the mission of the Marine Corps air/ground combat team.

The cadets toured MAG-24 and viewed static aircraft displays at VMFA-232.

Photos by
Sgt. Joe P.
Jascur



A Marine rifleman from "I" Co., 3/3 explains to MCJROTC cadets the mission of a Marine rifleman and what he carries into the field.



A MCJROTC cadet runs with an ALICE pack full of field equipment.

HMM-262 and HMH-463. They also toured the F-4 flight simulator at the Air Station's Training Audio Visual Support Center.

When visiting the 3rd Marines, the cadets rappelled from the 50-foot tower with the regiment's Marines and

experienced the gas chamber. During the last day of the visit, they attended classes given by the Assault Amphibian Vehicle Detachment, "A" Co., "I" Co., 3/3 and C Battery.

During their stay, they also went sightseeing to the

Arizona Memorial, Sea Life Park and as many beaches as time allowed.

At the end of their stay, every cadet agreed that they had a great time on the island and learned some valuable knowledge about the Marine Corps.



MCJROTC cadets take a look through the panoramic telescope on a M-198 Howitzer.

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- Top Sirloin Steak
- Tenderloin Steak
- Tri-Tip Steak
- Rib Eye Steak
- Spencer Steak
- Rib Eye Roast
- Chuck Tender Steak
- Mock Tender Steak
- Sirloin Tip Roast
- Rump Roast
- Top Round Roast
- Beef Stew Boneless
- Bottom Round Steak
- Ground Beef
- Back Ribs BBQ
- Chuck Roast
- Boneless
- Chuck Steak
- Boneless
- Cross Rib Roast
- Shoulder Steak
- Boneless
- Short Rib Boneless

279 LB. AVG. WTS. 80 to 130 LBS.

LEANER CUTS! TOTAL COST SUBJECT TO 4% TAX

USDA CHOICE BEEF SECTIONS:

2-Rib 1-Chuck

- Rib Eye Steak
- Spencer Steak
- Rib Eye Roast
- Chuck Eye Steak
- Mock Tender Steak
- Teriyaki Steak
- Large End Rib Roast
- Small End Rib Roast
- Boneless
- Back Ribs BBQ
- Chuck Roast
- Boneless
- Chuck Steak
- Boneless
- Beef Stew
- Ground Beef
- Cross Rib Roast
- Shoulder Steak
- Boneless

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H&MS-24 takes intramural basketball title



Mark Brown (r), J.A. Andfill, #12, and James "Air" Winger (l) await the rebound of Andfill's missed shot.

Story and photos
by Cpl. Hugh Trask

Headquarters and Maintenance Squadron-24 clinched the Station's Spring Intramural Basketball Championship when they ended 3/3's five-game winning streak in overtime action.

Although 3/3 entered the championship series with a last place finish in the regular season, they defeated each opponent until the championship game. H&MS-24 started the championship with a first place regular season finish. The teams maintained a close score throughout the game and, at half time, the score, although in favor of H&MS-24, was 31-25.

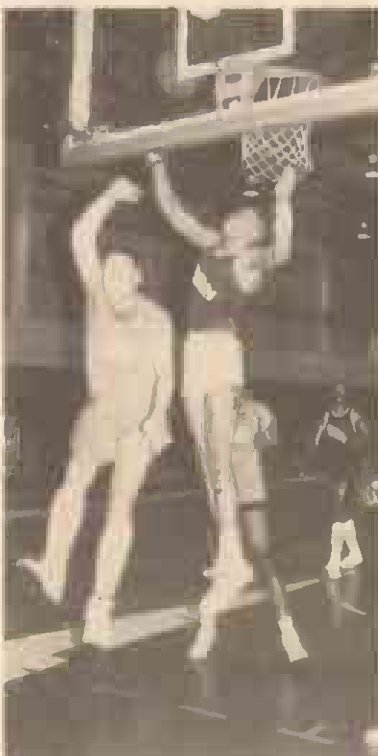
The overtime action started with the score tied at 49.

With 22 seconds remaining in overtime, the score stalled at 63-56 in H&MS-24's favor. When 3/3 attempted to close the gap, John Riggins drew a foul — he took his free throw and raised 3/3's score to 57.

With six points still needed, 3/3 again tried to even the score when Cornell Littlejohn was fouled. With eight seconds remaining, Littlejohn took his free throw and raised their score to 58 where

it remained, still short of H&MS-24's 63.

Littlejohn, season and game high scorer for 3/3, scored 21 points during the game and 117 points throughout the championship. For H&MS-24, season high scorers included James Winger and Thomas Phillips



Attempting to block Mark Brown's jump shot, D.R. Berville, #23, jumps in defense.

averaging 17 points per game and Mark Brown with 13 points per game. Phillips was the high scorer of the championship game for H&MS-24 with 20 points.

After the game, the all-tournament team was chosen by Special Services. The team consists of H&MS-24's most valuable players Thomas Phillips and James Winger; Cornell Littlejohn, of 3/3; Al Davis, H&HS; Barron Jenkins, of 1/12; and Mark

Brown, of H&MS-24.

According to 1st Lt. Scott Lance, athletics officer, the basketball program's level of participation is exceptional. "It is only second to softball," said Lance. "and the level of play is also very high. Basketball players see professionals during NCAA games and then use some of those professional's moves in our games. It's a great outlet for them."

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YOUR HEART

THE RIGHT BEAT

Exercise intensity for aerobic conditioning is measured by heart rate. A good activity level is 70% of your maximum heart rate, which is determined by subtracting your age from 220. Thus, the recommended exercise heart rate for a 40-year-old person is 126 (220 minus 40 times 70%).

THE LOWER THE BETTER

People who are physically fit generally have lower resting heart rates than those who are not, which means that their hearts don't have to work as hard to pump blood. A reduction of 10 beats per minute in a person's resting heart rate can save over 3 weeks of work for the heart over the course of a year.

WARMING UP, COOLING DOWN

To avoid excess strain on the heart, and injury to your muscles, warm up for about 5 minutes before working out, and cool down after exercises. Never abruptly stop exercising. The sudden stop in motion may cause lightheadedness or muscle cramping.

YOUR MUSCLES

BUILD UP YOUR MUSCLES

As a general rule, gains in muscle strength are made by lifting heavy weights a limited number of repetitions. Gains in muscular endurance involve lifting lighter weights numerous repetitions.

STRONG YET FLEXIBLE

The idea that heavy muscular development inhibits movement is false. Studies show that strength training speeds up reaction time, and with stretching exercises, does not lessen flexibility.

FAT OR MUSCLE?

Exercise does not convert fat to muscle. The right combination of exercise reduces fat tissue while building muscle tissue. Since muscle is heavier than fat, you may reduce body measurements without reducing body weight.



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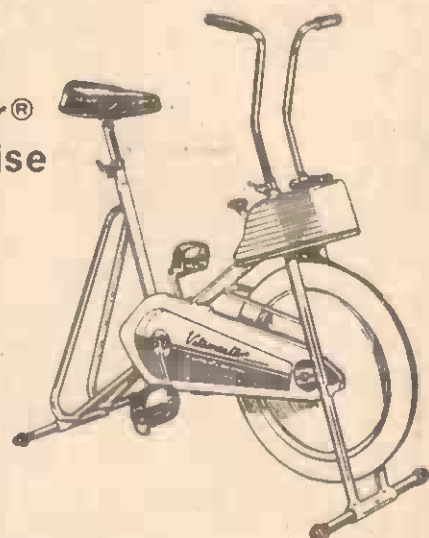
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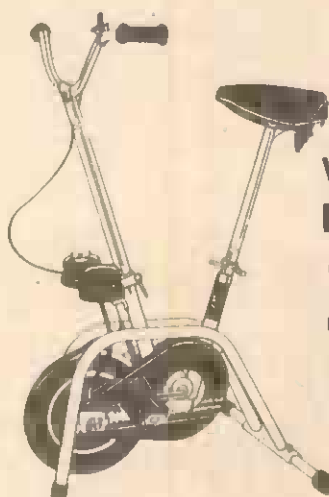
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Features heavy steel flywheel, speed & distance display, timer.

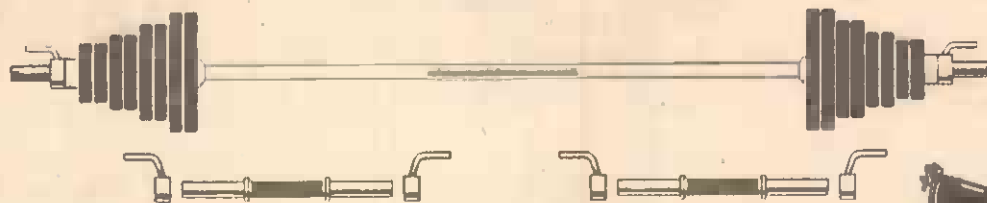


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Exercise Bike
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'Semper Fit' aerobics program starts

Story and photos
by Sgt. Joe P. Jascur

Special Services has started aerobic exercise classes entitled "Semper Fit," which includes fitness testing and wellness workshops for Kaneohe Bay Marines, sailors and their family members.

The one-hour classes are held Monday, Wednesday

and Friday at 9:30 and 11:30 a.m., and 7:30 p.m.

"The classes always begin with a 5-10 minute warm-up period, followed by 20 minutes of floor exercise," explained Jan Young, Dependent Recreation director for Special Services.

The exercises continue with aerobics for 20 minutes and a "warm down" with 10 minutes of stretching.

The four aerobics instructors who will be conducting the classes, according to Jan Young, are all certified. The primary instructor, Frances Hartberger, will also be conducting the fitness testing for those who have not been involved in an exercise program for some time.

The fitness testing will be conducted by appointment, and it consists of tests to measure cardiovascular fitness, muscular strength and endurance, body fat percentage and flexibility. After the tests, the individual will receive a consultation that includes all fitness test results and recommendations to improve his exercise program.

In addition to the aerobics and fitness testing, wellness classes will be offered, which consist of mini-lectures on stress management through diet and exercise; heart disease risk factors and you; establishing a healthy diet; athletic injuries, prevention

and treatment; sports nutrition; and other mental/physical health related topics.

The first "wellness class" will be held May 6 from 11:30 a.m.-1 p.m. at the main gym. Topics discussed will be a program description of the Community Health Appraisal Program; an overview of statistics for national and local leading causes of death; "What are Health Risks?"; and a mini-demonstration on Stress/Relaxation exercises.

Marines, sailors and their family members are encouraged to give their ideas and suggestions while they participate in the "Semper Fit" program.



Frances Hartberger (l), leads the class through a cardiovascular aerobic workout.



After a vigorous workout, participants check their pulse rate.



Frances Hartberger leads the exercisers through an hour-long workout.

FITNESS TIPS

THE BASICS

THE RIGHT BALANCE
A balanced workout consists of three types of exercise: Strength (calisthenics and weight training); endurance (aerobic, running, swimming, cycling, walking briskly); and flexibility (stretching, bending, twisting). You should include all three in your program.

USE IT OR LOSE IT
You can't hoard physical fitness. At least three balanced workouts a week are necessary to maintain a desirable level of fitness.

THE TRIGGER EFFECT
One of the most important benefits of exercise is its positive influence on personal habits. Persons who exercise become more health conscious and are more likely to modify or eliminate practices such as smoking or over-eating.

THE FIRST STEP
Most authorities recommend that individuals over age 35 who have previously been inactive, or persons suspecting a medical problem, obtain a physician's clearance before beginning a vigorous exercise program.

THE SHAPE YOU'RE IN
Taking a fitness test is a good way to get an idea of what shape you're in when you start an exercise program, and how to gauge your progress. Standard tests exist which measure cardiorespiratory endurance, flexibility, muscle strength and endurance and body fat.

HERE'S SOMETHING SPECIAL from Rob Roy's
in the center of Kailua

SPECIAL COMPLIMENTARY DESSERTS

For All Bosses & Their Secretaries During SECRETARIES WEEK April 21-25 Lunch or Dinner

Rob Roy's
26 Hoolai Street
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262-6992

FRIDAY
APRIL 18th

SATURDAY
APRIL 19th

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1571
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MOUSE
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C-64
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MPS1000
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9:00 a.m.-3 p.m. Sun.

FINANCING AVAILABLE

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AUTHORIZED SERVICE CENTER

Seabees continue work here despite bad weather

By Sgt. Leah Gonzalez

Seabee reservists are continuing to build and repair as the second detachment from Los Alamitos, Calif., arrived here and began their projects.

Reserve Naval Mobile Construction Battalion-16, Detachment B, arrived April 8, and will leave Saturday.

"We are erecting six pre-engineered steel buildings for MAG-24: doing electrical work at the Bachelor Officers Quarters and jacuzzi; and making plumbing repairs to beach cottages here," said Navy Chief Richard Cooke, detachment officer in charge.

The projects were assigned by the Station Public Works Officer, who, according to Cooke, has been very helpful. While the detachment had their own tools sent here before arrival, some brought their own tools to help with the jobs, according to Cooke.

Safety, a major concern to Seabees, has been heavily stressed while working with steel panels in the heavy wind and rain.

"It really has been hard with the wind, which blows the metal around like it was a sail," said Cooke. "There

have been wind gusts up to 28 knots, and this has really been slowing us down."

The jacuzzi is done, but according to Cooke, the

warehouses will be an ongoing project for other detachments from RNMCB-16 arriving here through May.



Sgt. Leah Gonzalez photo

Seabee reservists from Los Angeles, Calif., prepare a prefabricated section to be raised and attached to one of the warehouses they're constructing.

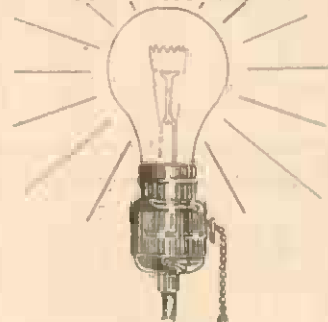


Cpl. Hugh Trank photo

Brownie donation

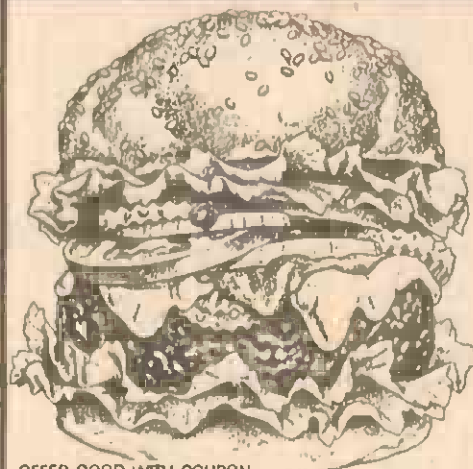
Brownie Troop 219 donates \$22.50 to C.E. McIntosh, assistant vice-president and manager of the Air Station's Bank of Hawaii branch office, for the Ellison Onizuka Scholarship Fund. Brownies in the first row are Iva Blum, Rebecca Bradfield, Heather Brage and Jennifer Cantrali; (second row) Tracy Jensen, Jennifer Poloa, Heather Rickenbrode, Bianca Simpson and Rayme Thompson; (back row) Debbie Ross, assistant troop leader, McIntosh, and Joann Thompson, troop leader.

Got a Better Idea ?



Share it with your Suggestion Program

AMERICA'S BEST BURGERS



ARE THOSE YOU BUILD YOURSELF
Purchase a 1/3 lb. or 1/2 lb. BURGER and receive a
FREE:
3 oz. FRENCH FRIES and
14 oz. SOFT DRINK



OFFER GOOD WITH COUPON THRU APRIL 30, 1986

ONE COUPON PER PERSON PER VISIT

FLAKEY JAKE'S
BURGERS, FRIES, AND BEVERAGES

GOOD THRU 4/30/86

PURCHASE A 1/3 LB. OR 1/2 LB. BURGER AND

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• 14 oz. SOFT DRINK AND
• 3 oz. FRENCH FRIES



Windward City Shopping Center
45-480 Kaneohe Bay Dr.
Kaneohe, Hawaii
235-7585



Cpl. L.A. Flannard photo

Fitness Center opens

Colonel R.P. Rogers (c), commanding officer of the Air Station, cuts the ribbon to open the new mini-gym addition, as Bill Rogers, director of Special Services assists.

SUNBIRD TRADING COMPANY

WAIPAHU Tropicana Square
671-2777

BUY SELL TRADE

STADIUM MALL
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NICE SELECTION OF LEATHER JACKETS AND MA-1 FLIGHT JACKETS

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Lasso up the Best deal on boots
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22 PAYS

Cowboy Boots
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Hats

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Our Huge Selection of
Wall To Wall CARPETS
PRICED TO MOVE!

Drastically Reduced Prices
For The Rest Of April!

The carpet departments in the Pearl Harbor and Barbers Point Navy Exchanges are moving out! We have enjoyed serving you for over 11 years and we sincerely appreciate all the business you have given us. So for the rest of April, we are offering you these incredible savings. We'd rather sell it than move it, so we're slashing prices for unbeatable carpet bargains. It's happening now - don't miss it!

Our Entire Inventory of
CARPET REMNANTS
Save An Additional **10%**
Present this ad at the time of purchase.

Mahalo From The Staff & Management of The Carpet Dept.



Shirley Viernes
Consultant



Eileen Bell
Consultant



Bob Hunter
Manager



Bob Daniel
Consultant



Lucianne
Consultant

NAVY exchange HAWAII

PEARL HARBOR * BARBERS POINT

Sale starts April 17, 1986
Sale ends April 30, 1986

Pearl Harbor Navy Exchange
Interiors Plus
Phone: 422-2767
Regular Store Hours:
Mon-Sat 9:30am to 7:00pm
Sunday 9:30am to 5:30pm



Visa and Mastercard accepted

Sorry no layaways

Barbers Point Navy Exchange
Rainbow Annex Furniture Store
Bldg. 1141
Phone: 682-5525
Regular Store Hours
Mon-Sat 9:30am to 5:00pm
Sunday closed

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COMMON SYMPTOMS:
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261-0831

602 KAILUA RD. NO. 207, KAILUA
(between Cornel & Hardware Hawaii-2nd floor rear)
NO CHARGE FOR BRIEF SPINAL ANALYSIS

Special Services

Summer Fun

Tomorrow is the last day to sign up for the Station Summer Fun program, sponsored by Special Services from June 16-Aug. 8, Mondays through Fridays 9 a.m., to 2 p.m.

Program includes swimming, arts and crafts, sports, nature films. Cost is \$100 for the first youth, \$75 each additional youth per family.

Station Library

The Station Library has the best seller "Wiseguy," by Nicholas Pileggi. Never before has such a penetrating spotlight been trained upon the inner workings of organized crime in America. Wiseguy is the life story of

Henry Hill, a career criminal who grew up in the mob. For more information call 257-3583.

Spring Dance

A Spring Dance recital will be held May 11 at 4 p.m., at the 3d Marines training facility, near the Exchange. This free program features ballet, jazz and tap performances. For more information, call Dependent Rec at 254-2963.

Semper Fit

Get in shape, and stay in shape. Exercise classes are offered for active duty military on Mondays, Wednesdays and Fridays, 9:30, 11:30 a.m., and at 7:30 p.m. Cost is \$12 a month, and an overall fitness profile is available for \$5.

Dried Flower Arrangements

Decorate a basket with wood roses and island dried flowers. All materials are supplied. Class will be May 7 from 6:30 to 8:30 p.m., at



Dependent Recreation. Cost is \$12. Registration deadline is May 1.

Marina

The Marina has ski and fishing boat classes every Saturday. For information stop by Thursday to Monday from 9 a.m. to 3 p.m., or call 257-2219.

Scuba Locker

The Scuba Locker, in bldg. 128, is offering a Basic Open Water Scuba Diver course starting tomorrow. Call 257-2548 for information.

\$34 for A Room and Car For Two

KONA HUKILAU from \$34	KAUAI SANDS from \$44
KONA SEASIDE \$44	MAUI HUKILAU \$49
HILO HUKILAU \$36	MAUI SEASIDE \$55

Includes standard room on or by ocean, a 1986 Budget auto compact, free mileage. Most rooms have color TV, refrigerator, ceiling fan, A/C, phone, pool, dining room, free ice, free parking. Hawaii's largest room and car operator.

ROOMS ONLY from: \$28 single or double.

See your travel agent or call:
Sand & Seaside Hukilau Hotels 922-1228

Family Dental Care at Kaneohe Bay

Sickel: Monday-Friday (except holidays) 4 to 6 p.m.
Care: Monday-Friday (except holidays) 6 to 9 p.m., by appointment only. Screening exams, preventive dentistry lectures, and fluoride treatments will still be conducted on the second Saturday of each month by appointment. Preschool children will be seen at this time.
All questions concerning dental care will be answered Monday-Friday except holidays, 2 to 9 p.m. by calling 257-3226/2290.

Kuhio #2 STARTS FRIDAY

A WORLD FULL OF MAGIC, WONDER AND DESIRE.

LEGEND

PG PARENTAL GUIDANCE SUGGESTED - SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN
Soundtrack Available on RCA Records and Cassettes
DOLBY DIGITAL
A UNIVERSAL RELEASE

Lei Day events slated

Lei Day, a special holiday in which floral leis play an integral part, is celebrated with pageants and entertainment in parks, shopping malls and in schools on May 1.

Some of the events scheduled are:

On Maui, the May Day celebration will be an island-wide lei-making contest, April 27, at the Inter-Continental Wailea. Call Sharon Kaschka at 879-1922.

In Honolulu, hundreds of statewide prizewinning leis are displayed in Kapiolani Park in Waikiki, May 1. Children also enter lei-making contests and a Lei Day queen and her court make an appearance. A special sunset musical show at the Waikiki Shell closes the events. Call 521-9815 for Honolulu events, and 521-2911 for show.

On Kauai, on May 1, an annual lei-making competition will be held at the Kauai Museum in Lihue. Call Kauai Museum at 245-6931. Also, on May 4, the annual May Day by the Bay will be held in Princeville, a day of celebration featuring entertainment and arts and crafts. Food booths will sell ethnic foods. Call Kuulei Leota at 826-6591.

The annual Ohana Festival at St. Louis High School, Honolulu, May 3, is a fun-filled day of arts, crafts, material arts, a Chinese lion dance, food booths, ethnic dances and a variety of musical performances. Call Regina Foster at 735-4834.

The Pacific Handcrafters Guild Fair at Ala Moana Park in Honolulu, May 3-4, provides a unique opportunity to see and purchase arts and crafts from Hawaii's finest craftsmen. Call Karon Chang at 538-7227.

The Western Athletics Conference Championships, May 5-7, at Waikoloa on the island of Hawaii, will bring the University of Hawaii and other collegiate teams together for golf championships. Call Dennis Rose at 883-9661.

Western Week in Honolulu, on the island of Hawaii from May 18-25, is a fun-filled week with a Western theme. Among the many events are a Portuguese Bean Soup contest, market day, a parade, a rodeo and a rodeo dance. Call Judith Johnson at 775-0345.

Fifty famous television and

movie celebrities will return to Maui for the annual Hal "Aku" Lewis Celebrity Golf Tournament, May 21-26. Other famous celebrities will play in a three-day tennis tourney. Proceeds go to the John Wayne Cancer Clinic and Maui Community Theater. Call Joyce Matsu-moto at 879-1922.

DELTA GETS YOU THERE.

OVER 100 MAJOR CITIES, THE EASY WAY.

ALSO TO: LONDON, FRANKFURT, NASSAU, SAN JUAN, BERMUDA AND PARIS.
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Fly Delta nonstop to Dallas/Ft. Worth, nonstop to Atlanta or straight through to Houston. Make fast connections for dozens of other cities.

Fly nonstop to Dallas/Ft. Worth any evening for arrival the next morning. Or we'll fly you right on through to Houston's Intercontinental Airport.

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Save with Delta's discount fares. Be sure to ask about our big discounts off regular Day Tourist Fares. Discount fare seats are limited and there are

special requirements, so make your reservations early. We also have Military Fares that save you 25%. There are no restrictions — leave on any flight that has available space.

Check your on-base SATO (Scheduled Airline Ticket Office). See your professional Travel Agent. Or call Delta. Schedules are from Honolulu and subject to change without notice.



ARRESTED FOR DRUNK DRIVING?

CALL
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Attorney at Law

Free Consultation

545-7400

820 Mililani St.
11K Bldg. Ste. #612

261-3233

415 A. Ulukou St.
Kailua

Sports Shorts

Runners needed for marathon

Marine runners are being sought to compete in the Windward Marathon to be held May 18. Events include a full marathon, a half-

marathon and a six-man relay marathon.

The relay event will be limited to 50 teams, so interested runners should apply early. Application forms are available at the Station Gym and at local sports stores.



For more information, call Capt. David Dipman at 257-2421/3219.

Handball

Resumes for All-Marine Handball hopefuls are due April 25. Qualified athletes should contact the Athletic Office as soon as possible.

Softball players needed

Interested softball players from H&HS or SOMS are needed for the Station Navy Relief Softball Marathon, May 4.

The game will be held at Risely Field, across from the Station Gym, from 8 a.m. to 6 p.m. To volunteer, contact 1st Lt. Lewis, H&HS, at 257-2889; or CWO2 Thompson, SOMS, at 257-2121.

NFL players visit

The NFL Football Players Scramble Golf Tournament will be held April 24 at the Kaneohe Klipper Course, with a shotgun start at 12:30 p.m.

Entry fee is \$10, including banquet. Green fees and carts are separate, except for monthly members.

The tournament is open to all active duty Marines and sailors stationed at Kaneohe Bay. If 75 active duty players have not signed up by Sunday, all other authorized patrons will be allowed to participate on a first-come, first-served basis.

Entry forms are available at the starters desk. NFL players participating are:

Team

Falcons

Bills

Bears

Bengals

Browns

Player

Nick Luckhurst &

Mike Kenn

John Kidd

Dave Duerson

M.L. Harris

Curtis Weathers

Lions
Oilers
Colts
Chiefs
Rams
Raiders
Dolphins
Vikings
Patriots

Saints
Eagles
Steelers
Cardinals

Rick Kane
Warren Moon
Neshey Garglow
Nick Lowery
Carl Ekern
Mike Davis
Dan Marino
Steve Jordan
Brian Holloway &
Ron Wooten
Hoby Brenner
Reggie Wilkes
Bob Kohrs
Joe Bostic

San Hawks

Redskins

Retired NFL

Players and

league officers

participating

include: Sam McCullum,

Billy Shields, Bobby

Ayalette, Vic Berthelsen,

Doug Allen, Roy Jefferson,

Mark Murphy, Gene Upshaw,

Ed Pike, Kal Weinstein.

Frank Wochitz, Dave

Williams and Mike Schechter.

Island Happenings

International Fair Hawaii '86

The International Fair Hawaii '86 will be held June 19-22 at the NBC Arena.

Activities will include cultural exhibits from around the world, auctions, local entertainment and dance and beauty contests. All proceeds will go to help the needy children of Hawaii.

Tickets are \$4 for adults and \$3.50 for children under 12 and senior citizens. Children under 3 are free.

Tickets are available at the NBC Arena's box office. For more information call 949-2221.



Koa Hotel's DeRussy Hall at 11:30 a.m.

The luncheon will be \$8.65 and free parking is available across the street from the Hotel. Deadline for reservations is tomorrow.

For reservations, call Helen Cunningham at 737-5493.

Volunteers sought

Castle Medical Center is looking for volunteers interested in working in the gift shop, emergency room, escort and dining services to patient assistance and the new Adult Day Care Center. Openings are available on all shifts and on weekends.

Call 263-5337/5338 for more information.

Reciprocity Quarterly

The PEO Reciprocity Quarterly luncheon will be held on Tuesday, at the Hale

Movie schedule

Today and Tomorrow

Clue (PG). Lesley Ann Warren. Mystery comedy. Based on the board game of the same name, it's a murder mystery about as predictable as the game.

Saturday and Sunday

Spies Like Us (PG). Chevy Chase and Dan Aykroyd. Adventure comedy. A hilarious adventure, which is fast-paced, action-packed, about two inept American Intelligence Service recruits who end up trying to save the world from nuclear war!

Monday

Suprise Film Classic.

Tuesday and Wednesday

Wild Geese II (R). Scott Glenn. Action drama. A major television network wants to spring legendary war criminal Rudolf Hess from Spandau prison in order to scoop the story themselves.

PLAYBOY'S

Girls of Rock & Roll



The girls are gorgeous! The music is sensational! The comedy is hysterical! Don't miss the Playboy's Girls of Rock & Roll Revue!

Two shows nightly (except Sunday) 8:30 and 10:30 p.m.

Outrigger

MAIN SHOWROOM

2335 Kalakaua Avenue

Across from the International Market Place

For reservations call 922-6408 or 923-0711.

Playboy, Playboy's Girls of Rock & Roll and Rabbit Head Design are marks of and used with permission from Playboy Enterprises, Inc.

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Patio Set \$249
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FROM \$995 up...

BAR STOOLS

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Asst'd. Wall Units
Dressers
Vanities
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Mahogany Lined WICKER CHEST

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Take & Bake Pizza Shop

Papa Aldo's
Take & Bake Pizza
Opens Its 50th Store

235-7576

PAPA ALDO'S

Take & Bake Pizza Shop

Pick Your Pizza!

\$995

ANY THREE TOPPINGS

Select your favorite toppings from our list of a dozen fresh meats and vegetables. Serves 4-6. (Sausage excluded).

Pepperoni

Mushrooms

Green Peppers

Canadian Bacon

Black Olives

Italian Sausage

Tomatoes

Linguica

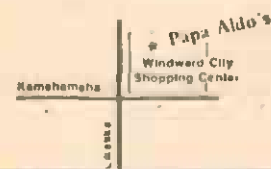
Salami

Pineapple

Onions

Beef

Windward City Shopping Center (next to McDonalds)



Exchange Special from Kodak: Poster Print Sale.



20" x 30" Poster Print \$11.02 with coupon

12" x 18" Poster Print \$9.84 with coupon

Now you can save on brilliant, full-color, full-frame posters of your favorite photographs. Bring your 35 mm negatives or slides to your Exchange Self-Service Photo Center and pick up a special coupon. Just submit coupon with your order for Poster Prints by Kodak to get these sale prices. Hurry, special prices apply only to orders submitted within the sale dates.

Sale dates: 14 April-16 May, 1986

(Kodak... Serving the Military Worldwide)

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Telephone Service
235-5881 or 235-7535
Mon.-Fri. 8 a.m.-5 p.m.

Counter Service
46-016 Alaloe Street
Kaneohe
Mon.-Fri. 8 a.m.-5 p.m.

Deadlines:
Line Ads due by 12 Noon - Tuesday
Class Display Ads due by 4:00 p.m. Friday
CANCELLATIONS & CORRECTIONS due by 12 Noon-Mon.

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Need a car or motorcycle? We can get you
credit! Call for details!
PH: 678-0444. Dealer

ST. JUDE NOVENA

May the sacred heart of Jesus be adored, glorified,
loved & preserved throughout the world now &
forever. Sacred heart of Jesus pray for us. St. Jude
worker of miracles, pray for us. Also please incl.
these directions. Say this prayer 9 times a day, by
the 9th day your prayer will be answered. Say it for
9 days it has never been known to fail. Publication
must be promised. Thank you St. Jude.
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WOMEN: discover your true direction in
life/career/retirement. Unique personal
consulting process.. Ph. 947-2098

If you want to drink, that's your business. If
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Anonymous Ph. 946-1438

30 INCOME TAX SERVICE

HELP for small business is just a phone call
away. Tax savings, organized and simplified
record keeping, profit development. Call
836-1040

HAWAII Kai Income Tax Service. Late or
amended tax returns. Mention ad and
get \$10 discount. Call 395-0197

31 HOME IMPROVEMENT

SOLAR Repair and Home Improvement. Call
Ralph at 696-9684

REPAIRS or renovations. Let me help to
\$100. Call 254-5431 I'm Chuck.

REPAIRS or renovations. Let me help to
\$100. Call 254-5431 I'm Chuck.

ATTENTION! You Need Us-No Ka Oi Clean-
ing. Honest & dependable crew will do your
housecleaning. Desiree, 247-1032 eves.

34 HEALTH SERVICES

LOSE. Gain, or Maintain your weight & feel
your best! Income opportunity too! Call 262-
2414.

35 PERSONAL SERVICES

It's easy to charge it.
Visa/MasterCard pays for
Sun Press Classified.
235-7535 or 235-5881

HANDY ANDY*
Home Improvement and Repairs
30 Years Experience
Free Estimate Reasonable Rates
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5050 between 2:00 and 8:00 p.m.

BODY Toddy-pure concentrated liquid form
of natural minerals. Testimonials. 373-2236

PAINTING ext./interior. Drywall
repair Doug 239-7130 Free Est.

SATISFIED Yard & Pool Service. Cut, trim,
weed. Dependable Free Est. 262-0324

HANDYMAN: carpentry, painting, tile,
screens, glass, patching Doug 239-7130

PRIVATE tutor avail. Language arts, foreign
languages. GED 262-0544

NEED reliable child care?
Call 422-4371. ask for Frances

ATTENTION Bosses: Secretaries Day is 4/23
so why not impress them with a basket of
French cheeses, crackers, nuts & sweets
delivered for only \$30. Call now! Sundays
Back East. 247-4935

VIDEO TAPING: Weddings, Graduations,
etc. All formats. Affordable. 623-0537

CAR wash and vacuum professionally at
your home anytime, low cost. 526-3766

CALL Mom's Day Off
Personalized homecleaning service.
Licensed. Guaranteed. 526-4197

HOUSECLEANING - 1 time or weekly. Fast
thorough, reliable. Judy 942-0999.

RJM Painting 20% Off all Interior/
exterior work till 6/31. Free Estimate
very neat, unbeatable prices for
quality work and materials. 531-2803

NEW SOCIETY - complete janitorial & yard
service. Free estimate. 528-4316

HOUSE cleaning - 1 time or weekly. Fast,
thorough, reliable. Judy 942-0999

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Exper. w/ref. Call 261-4254

WE service all makes & models of all major
appliances. We also sell new &
reconditioned appliances. One day service
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Appliance. 235-2677

PARTY/Special Floral Centerpieces \$4/up.
Beautiful/natural dried. Call 638-7147

EXTERIOR Painting Any sm. 3 bdrm. house
for \$900 + tax. This price includes power
wash, minor prep, labor & materials. Call JAL
Services. Where Quality is Still Affordable.
396-4221. Ask for John. Lic. #13054. Fully
Insured.

HANDYMAN Services. 10 yrs. exp. cabinet
making, carpentry, etc. 672-9512 Greg

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60 HELP WANTED M/F

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EXPERIENCED Housecleaners, transpor-
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TEACHER'S Assistant, and aides for Evan-
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Immediate, summer and fall 262-8501

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NEEDED! After-school sitter for well behaved
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BABY sitter needed for after school and
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Call after 6 p.m. 836-7747

NEED Part time babysitter: Weekdays for
Infant. My Kahala home. 373-2853.

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MOVING Sale: Lots of bargains! Sat., April
19th, 9-5 p.m. 2957 Gordon St., Halsey
Terrace

HAWAII KAI: New handmade pottery, used
misc. plants. 258 Polpu, Sat. 8-1

GARAGE Sale: 434 Auwahi Pl., Kailua.
Matching desk and dresser, glass top tables
& chairs, hide-a-bed, & much more. April
19th 8 a.m.-5 p.m. 262-7416

MULTI-Family Moving Sale: Sat., April 19, 8-
2 p.m., 445-A Oneawa St., Kailua, misc.

GARAGE Sale 4/19, 8-Noon, clothing, TV,
records, misc. items.
435 Puu Makahala St., Kaneohe

MAPLE hutch, \$100, console stereo, \$60;
many baby items, clothes & a lot more. 256
Aikane St., Aikahi Park. Sat. 9 to 3

GARAGE Sale: Sat., 4/19, 9 to 2 p.m., 1004
Kahili St., Kailua, piano, headboard, console
stereo, reel recorder, clothes, Avon, camper
shell, cars, misc.

KANEKOE - Moving Sale! Sat., 4/19, 9 to 5,
45-312 Koa Kahiko St. Bargains galore!

GARAGE Sale: Sat. & Sun., 8 to 4, 1424 Hele
St., Kailua.

GARAGE Sale: 4/19, 8-1, 238 Kuukama St.,
Kailua. Lots of miscellaneous items.

GARAGE Sale: Laurent's Fashions, ladies
clothing - wholesale. Sat./Sun., 4/26 & 27,
46-020 Alikane Pl., Kaneohe, Puu Alii

YARD SALE: 2126 Bancroft Dr. KMCAS.
April 19, 9 a.m.-noon. Moving, must sell.
Appliances, furniture, clothes & misc.

KAILUA - 728 Nunu St. Sat. & Sun. 9-4 p.m.
Clothing, furniture & misc.

KAILUA - Garage Sale. 516 Papahani St. Sat.
only. 8-1.

KANEKOE - Temple Valley. 47-440 Hul
Nene, Baby crib, stroller, playpen, car seat,
children/maternity clothes - Apr. 19 & 20

GARAGE Sale: Sat. 9 to 3, 525 Ililama St.,
Kailua. Lots of misc. 254-4880

GIANT garage & bake sale. Sat., Apr. 19, 8-3.
No early birds. 523 Kipuka Pl. Just off
Oneawa St. in Kailua.

MOVING KMCAS 2102B Eirod St. Sat., April
19, 8-4, maternity & infant clothes.



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KAPAHULU: Female preferred. Nonsmoking. \$280 incl. utilities. 533-3877 ext. 6131

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114 REAL ESTATE FOR SALE

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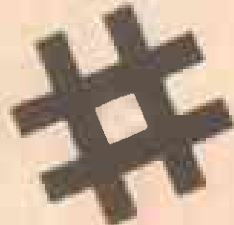
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'81 FORD ESCORT 4 DR. Station Wagon (BUI146) SALE	\$2995
'80 MERC. ZEPHYR WGN. 4 dr., auto. (KBW854) SALE	\$2475
'80 PONTIAC SUNBIRD 2 DR. 4 spd. (AUX404) SALE	\$1965
'78 MAZDA GLC 2 DR. Auto. (ARX733) SALE	\$1995
'79 VW RABBIT 2 DR. 4 spd. (ACJ952) SALE	\$1975

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'83 Chevy Cavalier 3 dr., 4 spd., PS, AC, BX847	\$2,987
'87 Plymouth Valiant 2 dr., AT, PS, B1954	\$487
'84 Chevy Camaro Berliner, 4 dr., power, CR340	\$9,987
'81 Buick Century 4 dr., V6, AT, AC, AY858	\$3,987
'84 Bronco II 4x4 V6, AT, PS, radio, BW1809	\$8,988
'84 Jeep 4x4 CJ-7 6 cyl., PS, 4 spd, CR8003	\$7,988
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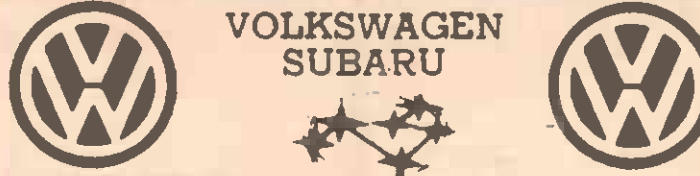
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'85 HONDA Elite Scooter, blue, 150cc. Excellent cond. Asking \$1500/offer. Call 474-8122 before 4 p.m.

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'78 HONDA 450 cu. chopper. Rigid frame, custom. \$1100/offer. 688-5567

'78 HONDA CX500, w/extras, \$800. Call 422-4122 or 449-2277

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Used Cars \$12.95/day, \$79.95/week.
Airport 833-4997 or Waikiki 923-1966

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'71 VW Van, needs some work. \$750/offer. Call Jerrie, 833-7323.

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SALE PRICE \$295
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7.7% ON ALL NEW NISSAN PICK UPS
7.7% ANNUAL PERCENTAGE RATE
48 MONTHS MAXIMUM TERM

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STK 11442
SALE PRICE \$195
DEF. 13,478.40
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<p>175 VANS, CAMPERS, JEEPS</p> <p>'81 CHEVY Customized Van, loaded! Dual a/c. \$8000/offer. Ph. 456-9340</p> <p>'81 JEEP SCRAMBLER 4x4, good cond., \$5400/offer. Call weekdays before 4:30 538-1552</p> <p>'81 SUZUKI Jeep — Soft top, new brakes. \$1200 or offer, Call 521-3941</p>	<p>176 AUTOS FOR SALE</p> <p>CARS and cycles \$100 down \$100 on balance. No interest for Military. Ex. Ranger and I understand your problem. Call 922-6588 anytime.</p> <p>"BAD Credit" repossession or charge offs? Need a car or motorcycle? We can get you credit! Call for details! PH: 676-0444, Dealer</p>	<p>CHEVROLET</p> <p>'70 CHEVELLE Station Wagon. V8, auto., runs well, needs work. Offer 235-1137</p> <p>'72 CHEVY wagon, goes great, looks bad, tires ok \$300. Ph. 395-4582 after 3 p.m.</p> <p>'75 CHEVY Monza 2+2, 4 spd., air, AM/FM, some rust \$300. Call 262-7734</p> <p>'76 MALIBU, excellent cond., air, \$1000. 455-2661 days, 455-7807 eves.</p>
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<p>175 VANS, CAMPERS, JEEPS</p> <p>'71 VW Van, needs some work. \$750/offer. Call Jerrie, 833-7323.</p> <p>'78 VOLKSWAGEN Van, rug, curtains, doesn't look good but runs good! \$900 or best offer. Call 293-1854</p> <p>'78 DODGE, 12 passenger plus van. New paint. \$2500/offer. 235-4206</p>	<p>BUICK</p> <p>'78 BUICK Wagon, roof rack, hitch-only. \$700. 261-0224 days; 261-8239 after 5</p> <p>'81 SKYLARK auto, air, P/S, V6, good cond. \$2200/odr. eves after 5 p.m. 396-0227</p> <p>'82 REGAL Nice, V6, AM/FM cass. asking \$3900 Lynn or Richard 422-0521 wkdays</p> <p>'86 SUMMERSET silver gray, fully loaded. \$12,000. 261-6765</p>	<p>DATSUM</p> <p>'71 240Z, 4 spd. AM/FM cass., mags. cover. Must sell. \$3000/best offer. 623-2111</p> <p>'76 DATSUN 280Z, mag wheels, good cond \$2,000 or best offer. 944-0603</p>

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