



Hawaii Marine

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February 16, 1989

Marine convicted of drug dealing

*Caught
by NIS
following
undercover
investigation*

After being exposed by an undercover Naval Investigative Service investigation, LCpl. Rodney K. Maggiamo of Marine Wing Support Squadron-174 was found guilty at a general court-martial Feb. 9 of six specifications of distributing crystal methamphetamine, as well as other related offenses.

Methamphetamine is considered a dangerous psychostimulant.

The convictions stemmed from an undercover operation to uproot Cpl. Maggiamo's drug activities, which began when a Marine from his unit became aware of the dealing

and wanted to put a stop to it.

"The Marine went to his commanding officer, who sent him to the Criminal Investigation Division at the Military Police Dept. He was put in contact with NIS," said Capt. W. Copulos, the trial counsel for the case. "The Marine then became an NIS cooperating witness.

Special Agents M.R. Shevach and R.M. Attridge coordinated and directed the activities of the cooperating witness, leading up to a number of drug purchases from LCpl. Maggiamo.

On Aug. 2, the cooperating witness purchased .14 gram of "crystal" methamphetamine from LCpl. Maggiamo for \$100. The same day, LCpl. Maggiamo made a deal with another Marine in the unit. The Marine, who was not cooperating with NIS, paid \$35 for an additional amount of crystal methamphetamine.

See CONVICTION/A-2



SSgt. Christopher Gray photos

LCpls. Brian Mount (l), Richard Goodfox (obscured), and Kevin Felton answer the Commandant of the Marine Corps' questions about their 105mm Howitzer during his visit to LZ Boondocker Tuesday.

Gen. Gray visits

Commandant addresses Hawaii Marines



Commandant of the Marine Corps, Gen. A.M. Gray makes a point about individual accountability to his SNCOs during his report of the Corps at the Station Theater.

By SSgt. Terry Allen
MCAS KANEOHE BAY
—Gen. A.M. Gray, Commandant of the Marine Corps, completed a two-day stay with Hawaii Marines Tuesday, vowing that he would fight to retain the Corps' force structure during upcoming Washington budget battles.

During his visit, he toured various facilities here and at Camp Smith, and gave a "report on the Corps and the world" to the staff NCOs and officers at both bases. During these presentations, the Commandant addressed issues ranging from impending budget cuts to maneuver warfare.

Monday, while at Camp Smith, the General observed the Infantry Team Training Course at the training facility during the Pacific Division Matches. While aboard the Air Station

Tuesday, he attended an artillery demonstration by 1st Bn., 12th Marines, and presided over the NCO Course Honor Graduate presentation at the 1st MEB's Brigade Schools.

During his visit to the Brigade Schools here Tuesday, the Commandant presented the NCO award to Honor Graduate Cpl. Randall Sichini, of MACS-2, MAG 24. He also presented plaques to the five leadership award recipients. They were Sgt. Alvin E. Winborne, of MWSS-174; Sgt. Ernesto L. Flores, BSSG-1; Sgt. Ferrill E. Chapman, Headquarters Co., 3rd Marines; and Cpl. Jimmie L. Garcia, Co. F, 2nd Bn., 3rd Marines.

Gen. Gray then stopped at LZ Boondocker to observe an artillery brief and meet members of the 1st Bn., 12th Marines. They were conducting classes for MAG-24 Marines on ar-
See CMC/A-2

Soviets withdraw from Afghanistan

*Last troops
withdraw
nine years
after
invasion*

By Maj. K.K. Gershaneck

After causing the death of more than a million Afghans and forcing more than five million more to flee as refugees, the Kremlin has pulled its combat forces from Afghanistan.

Soviet forces handed over their last outpost to the communist-led Afghan army on Sunday, according to the Associated Press. The last of the Soviets' 115,000 combat troops there were to have evacuated by yesterday—more than nine years after they first invaded the country.

However, U.S. media have reported that the Soviets will leave behind military advisers and several thousand KGB agents to try to prop up

that country's communist government.

The Soviets first invaded Afghanistan in December, 1979, to support an unpopular communist government. The Russians immediately faced resistance from the Islamic "Moujahideen" freedom fighters, who were eventually supplied by the U.S.

The Soviets miscalculated on three major points when they decided to send in their troops, according to the DoD publication, *Soviet Military Power—1988*.

- They assumed their puppet regime could establish enough domestic support to assume the burden of defending itself.

- They expected U.S. and worldwide condemnation of the invasion to quickly subside.

- They underestimated the ability of the Afghan freedom fighters to fight both the communist Afghan regime and the Soviet forces.

Russian tactics during this war have drawn attention

See SOVIETS/A-2

News In Brief

National Prayer Breakfast

BGen. J.A. Studds, commanding general of the 1ST MEB, will be the speaker for this year's National Prayer Breakfast.

The breakfast will be at the Windward Enlisted Club Feb. 21. The serving line will open at 5:30 a.m. The program will start at 6:15 a.m. Tickets are \$3 each and can be purchased at the Station Chapel or from unit representatives or sergeants major. Feb. 16 is the deadline for ticket purchases.

The Prayer Breakfasts were first held in 1942 in the Senate and House of Representatives. The purpose was for the members, and now the nation, to seek divine guidance for the leadership of the nation and to reaffirm faith and dependence in God.

Horseshoes and hand grenades

The Hawaii Marine was the Marine Corps entry in the 1988 DoD Thomas Jefferson Awards for excellence in journalism competition. Several months ago, we told you that we'd let you know if we won that battle.

We didn't.
Came close, but no cigar.

Navy's Great Aloha Run team featured tonight on KITV

A team competing in Monday's Great Aloha Run from A Co., 3rd Medical Battalion, and 21st Dental Co. will be profiled tonight on KITV, Channel 4.
The program will run from 7-8 p.m.

Power outages

In order to allow a contractor to install high-voltage electrical equipment aboard the Air Station, a power outage will take place Feb. 16.

The following facilities will be without power from 7:30 a.m.-3:30 p.m.: all facilities and housing east of the H-3 and Lawrence Road, except 1220, 1221, 1222, 1223, 1224, 1225, 1226, 1629, 1633, 1636, 1647, 2511, 2512, 2037, and 3038.

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Tax tip:
Tax payers who contribute to the fund raising activities of charitable organizations often don't receive accurate information about the deductibility of their contributions.
Tax payers may deduct donations to charitable organizations. Examples would be Navy Relief and CFC organizations.
However, some activities allow only part of a contribution to be deductible. Examples of these are charity balls, banquets, and special events. A taxpayer may deduct only the amount that is more than the value of the benefit they receive.
For more information, see IRS Publication 526: Charitable Contributions.

SOVIETS/from A-1

from such groups as Amnesty International and the United Nations Commission on Human Rights. Civilian centers have been mined and bombed, booby-trapped toys have been used to maim and kill Afghan children, and resistance leaders have been assassinated. "Bounties" have been placed on the heads of the few Western journalists who had the courage to cover the war from the Mujahideen side, and several journalists were killed.

At least 35,000 Afghans have reportedly "disappeared" taken away by the KGB and the Afghan secret service (called "KhAD").

usually to be tortured and executed without trial.

Massacres of civilians have been common. The UN Commission reports that in one massacre, some 1,000 civilians were killed during reprisal operations against 12 villages in March, 1985; women were summarily executed, children were locked up in a house and burned to death, and livestock were slaughtered.

Roughly 15,000 Soviet troops have died in Afghanistan, and about 36,000 were wounded, according to the Monday Honolulu Advertiser.

As the Soviet occupation of that country has come to a close, some Western media have published reports of

panicked Soviet soldiers killing large numbers of Afghan civilians. The situation in the capital, Kabul, is especially grim. It is winter, and, according to the Associated Press, there is a severe food and fuel shortage because of Mujahideen blockades.

Communist Afghan government officials are beginning to "jump ship"—defecting to Western countries. Those defecting include the deputy foreign minister, a deputy director of KhAD, and diplomats posted outside that country.

The Soviet Union has voluntarily ended its occupation of a foreign country only once: Austria, in 1955. A



The acquisition of handheld surface-to-air missiles by the Afghan resistance had a major effect on Soviet air operations in Afghanistan.

communist-governed country has been liberated through

force of arms only once: Grenada, in 1983.

CMC/from A-1 artillery capabilities and duties in the field in support of the infantry.

During his update for the officer's and SNCO's, Gen. Gray addressed such issues as possible budget cuts, policy changes in the Soviet Union, and his requirement that all Marines know the concepts of maneuver warfare.

Citing the recent death of 1st Lt. J. Rother at 29 Palms, he reiterated his demand that all Marines be accountable for their actions, and for the actions of their subordinates.

See next week's *Hawaii Marine* for a synopsis of Gen. Gray's report on the Corps and the world.

The Air Station's Training and Audiovisual Support Center has video copies of Gen. Gray's presentations, available to units' officers and SNCO's.

CONVICTION/from A-1

The cooperating witness again made a purchase from LCpl. Maggiacomo Aug. 9. The amount of crystal bought was .26 gram. The other Marine also made a drug transaction with LCpl. Maggiacomo the same date.

An undercover Honolulu Police Officer was the subject of LCpl. Maggiacomo's next two deals. On Oct. 24, the officer purchased .191 gram of crystal from LCpl. Maggiacomo at the Kapaemahu Post Office parking lot in Kalihi.

"Because the suppliers were civilians, the Honolulu Police Department got involved," said Capt. Copulos. "It became a joint NIS, HPD operation. That's why an undercover HPD officer was participating."

"These and other deals amounted to more than .60 grams of crystal sold by LCpl. Maggiacomo."

"To put this into perspective," said Capt. Copulos, ".60 grams is one dosage. This would be enough to keep two or three users high for three to six hours."

LCpl. Maggiacomo was sentenced to be confined for 10 years, to forfeit all pay and allowances, to be reduced to E-1, and to be discharged from the Corps with a dishonorable discharge.

He had never gotten into trouble before," Capt. Copulos said. "Now he is going to spend a considerable period of his life in jail."

LCpl. Maggiacomo's general court-martial will be reviewed by BGen. J.A. ... the commanding ... of the 1st Marine ...



A CH-46 Sea Knight and a CH-53 Sea Stallion, both from HMM(c)-262, perform flight operations while training in the Philippines.



Simulated VIPs and civilians scamper aboard an HMM(c)-262 CH-53 Sea Stallion during a non-combatant evacuation exercise conducted while on deployment.

'262 returns from deployment

Flying Tigers link-up for special operations

By Cpl. Doris Carrero

For families of the "Flying Tigers" of Marine Medium Helicopter Squadron (composite)-262, Feb. 4 marked the end of lonely days and nights as their husbands and fathers returned from a six-month deployment in Okinawa, Japan.

The squadron composited with a detachment from HMH-463 June 2, and the deployment began July 15 when an advance party of Marines went to Okinawa to accept the turn-over account from HMM(c)-364.

Aug. 11, eight days after the main body, augmented by a detachment from HMH-463 arrived, the training evolution started.

The first month, HMM(c)-262 began its squadron training consisting of night vision goggle and terrain flights, aerial gunnery practice, rapid ground refueling, and troop airlifts.

These prepared the composite squadron for the missions and exercises they would conduct over the following six months.

During the deployment, HMM(c)-262 was tasked by Marine Aircraft Group-36 to fly a total of 2,797 flight hours.

The Flying Tigers accumulated a number of "firsts". The deployment allowed them to work in close collaboration with 3rd Battalion, 3rd

Marines. It was the first "marriage" between Kaneohe Bay air and ground elements during the deployment.

According to LtCol. T. J. Sukow, the commanding officer of HMM(c)-262, the cross-training gave each element of the Marine air-ground task force a better understanding of what the "other half" does.

"Cross-training is the only way to go," he said. "Working with the ground element on a one-on-one basis reinforces our proficiency as a force-in-readiness."

In late November, HMM(c)-262 met with the 101st Aviation Squadron of the Japanese Self Defense Force to compare notes on training and aircraft maintenance. They also conducted bilateral training with Japan's 3rd Army Aviation Group in a simulated operational mission.

Aside from its normal mission load, HMM(c)-262 was designated as the special operations-capable squadron that would participate in SOC training with 3/3.

According to LtCol. Sukow, having to deal with the time limit requirements was rough at first.

"It was tough not having the luxury of extensive planning," he said. "We found that we have to de-

See TIGERS/A-8

Reservists brush-up MEB's dental readiness

Story and photo by Cpl. Doris Carrero

They come from all walks of life. Their civilian jobs range from dentist to college student.

But for one weekend a month and two weeks a year, they don their utilities and become part of the 4th Dental Battalion, a field dental unit.

For the Naval Reserve detachment of 4th Dental Bn., the highlight of the year-long training brought them to Hawaii Feb. 5 where they conducted two weeks of active duty for training.

While here, the four dentists and six dental technicians participated in Kaneohe One, one of two operations that will be conducted by 21st Dental Company. The mission of the exercise was to improve the dental readiness

of units about to deploy to Okinawa.

"They've been 'turnin' and burnin' ever since they arrived," said Cmdr. Thomas D. Carlson, 21st Dental Co.'s executive officer. "Everything has been working like clockwork. I couldn't ask for a better group."

The timing of the 4th Dental Corps active duty for training falls before the six-month deployments of units, which are part of the Unit Deployment Program.

According to Command Senior Chief Jeri McIntosh, the timing is not only beneficial to the reservists by giving them valuable training but also to other Marines who aren't deploying.

"When a battalion or other units are about to deploy, See DENTAL/A-5



Cpl. Doris Carrero photo

Taking Pride in America

Governor John Waihee presents a certificate to LtCol. John D. Wintersteen, provost marshal, for the Military Police Department's Auxiliary Game Warden Program. The program, headed by Capt. David Matthews (right), won first place in the state wide "Take Pride in America" competition and will represent the federal category for Hawaii in the national competition. Also pictured is Major Joseph Fabrizio, deputy provost marshal. The program consists of volunteers who enforce federal, state, and station regulations on animal control, trapping and various activities conducted on the Air Station.



Navy Capt. Mark C. Herlson, officer-in-charge of the reserve detachment, takes care of PFC Jason Barron, administrative clerk from H&S Co., 2nd Bn., 3rd Marines.

Hawaii Marine

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Editor Sgt. B.V. Mitzelselt
Sports Editor Sgt. T. Shearer

New life for old horse

Jeep finds new purpose on Hawaii

Story and photos by Sgt. T. Shearer

Four years ago the M-151 "Jeep," a piece of gear that hauled Marines around for ever, was replaced by the HMMWV (High-Mobility, Multi-Purpose, Wheeled Vehicle).

During WWII Jeeps were introduced to the services as the General Purpose vehicle.

The name was shortened to G-P and subsequently shortened to the phonetical pronunciation of Jeep, which hung with the vehicle until its replacement (the HUMMER) came in 1986.

Recently the 1st Marine Expeditionary Brigade acquired 28 new 151's from the supply depot at Barstow, Calif. for use in inner-island operations. The acquisition

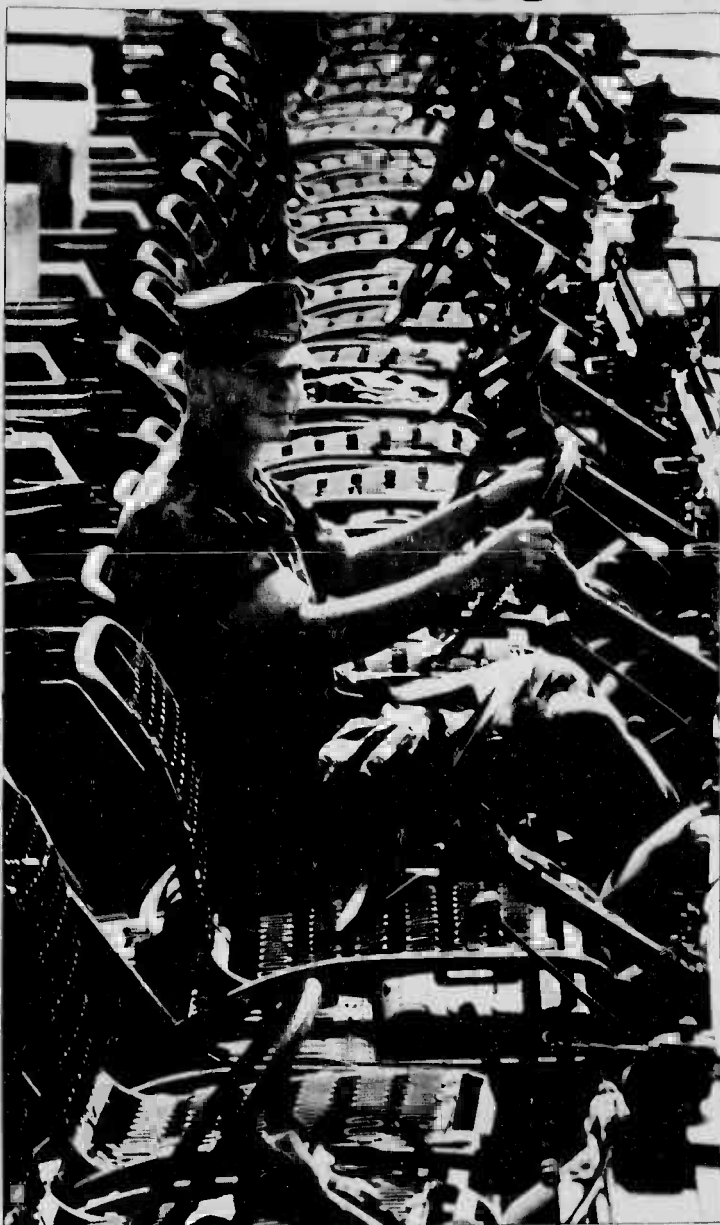
was crucial due to problems with transporting the much larger HUMMERS for MEB units hopping from island to island to conduct training operations.

"Of course the HUMMER is still our primary vehicle; the Jeeps we have are only designated for inner-island training," said GySgt. D.J. Denoi, 3rd Marine Regiment motor transportation chief. "You can drive a jeep onto our smallest helicopters and get it to any training area within an hour, while a HUMMER must be loaded on a barge and shipped to other islands."

"The Jeeps are not part of See JEEP/B-2



Marines load a Jeep onto a CH-53 of HMH-463 for transportation to Molokai.



PFC Eric Zweibohmer fires up a Jeep that was introduced to the Marine Corps 32 years before he was born.

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TOW Platoon delivers 'death on a leash'

By Cpl. Reginald Cole

During a practical application exercise at Fort Hase Beach, about 25 Marines conducted exercises encompassing all the aspects of a Tube-Launched, Optically-Tracked Wire Command Link Guided Missile.

"We're here to evaluate the new Marines' knowledge of the weapon system," said Sgt. Joe Perry, a squad leader with TOW platoon, Headquarters Co., 3rd Marines.

While at Fort Hase, the Marines were evaluated on identification and utilization of a hide-and-shoot position and camouflage of a TOW mounted High Mobility Multi-Purpose Wheeled Vehicle.

The Marines were also tested on the making of a range card, identifying friendly and enemy vehicles, and firing procedures.

After receiving the initial safety brief, the Marines were divided into gun teams which consisted of a gunner and an

A-gunner. The A-gunner also serves as the vehicle driver.

The evaluated Marines were recent graduates of the School of Infantry, located at Camp Pendleton, Calif., and Camp Lejeune, N.C.

"These Marines coming straight out of school were only taught the basics," said Sgt. Robert Wayson, an evaluator and squad leader from TOW platoon. "They are not expected to know everything about weapon. What we are doing here is finding out what the young Marines do know and continuing their training from there."

The evaluators for the exercise explained in detail what the gun teams' mission was. The Marines were first shown the boundary of the training area. Throughout the training battle area were miniature models of enemy armor. When looked at through the sight, the models would appear as actual objects would at real distances.

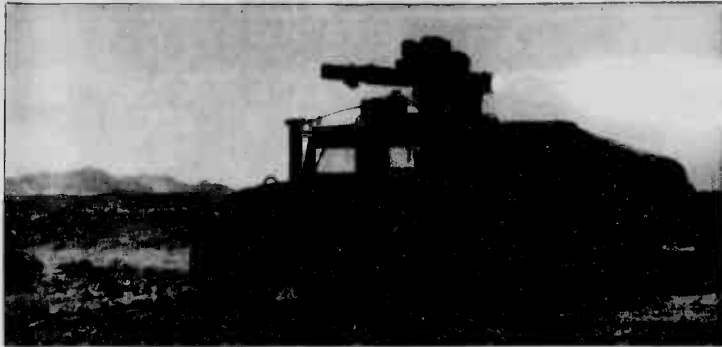
"Even though I have been a gunner for some time now, this training helped me to brush up on my skills," said Cpl. Larry Henderson, a gunner from TOW platoon.

There is no place on the island of Oahu for the TOWs to live-fire. During training exercises at the Pohakuloa Training Area and at Twentynine Palms, Calif., TOW platoon takes advantage of the firing ranges.

At approximately \$10,000 per missile, there is little room for misses during training. While at PTA recently, 27 missiles were fired and 25 targets were destroyed for a 93 percent average.

The TOW can reach out and destroy its targets at distances of up to two miles. With the capability of penetrating 36 inches of solid steel, there is literally no place to hide from the TOW on the battlefield.

The TOW does have some areas of concern during confrontation, however.



A TOW Platoon gunner blasts a missile at a target during a recent live-fire exercise at Marine Corps Air Ground Combat Center Twentynine Palms, Calif.

When it is fired, a back blast of 90 feet is expelled. Though it takes about 17 seconds for the missile to reach its furthest target, the enemy can spot the blast immediately.

"When that missile goes off, it's like sending a fiery smoke signal to the bad guys," says Sgt. Wayson. "So

immediately after the missile hits the target, we get out of there and set up at another location to do it to them again."

The TOW Marines use their back blast to their advantage. They place several charges of C-4, a highly-moldable plastic explosive, at

certain points in their own area. When the weapon is fired, the C-4 is simultaneously detonated, creating several "back blasts." The enemy is then confused, which allows the Marines time to displace and set up at another firing position.



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Questions which cannot be answered locally may be referred to the director, federal voting assistance program, Department of Defense, Room 18457, Pentagon, Washington, D.C. 20301.

Texas—May 20, county, municipal, and school districts. Nov. 7, certain constitutional amendments or other issues.

DENTAL/from A-2 they become priority," she said, "and since the detachment of 4th Dental Bn. works on Marines in deploying units, that allows the dentists from 21st Dental Co. to work on the other Marines. "When they conduct their annual training duty, the deploying unit readiness is upgraded by 5 to 7 percent. They really make a difference."

According to LCmdr. Dan Godbold and the other reservists, making a difference matters.

"When you know that what you are doing is making a difference, you're motivated to do a good job," said LCmdr. Godbold.

During Kaneohe One, the

Vermont—March 7, Town Meeting Day.

Oklahoma—March 7, municipal primaries. March 14, Statewide election for State Question 620 (reducing the length of the legislative session). April 4, general elections for municipal offices.

Michigan—Feb. 20, primaries. March 13, general. Aug. 8, some cities will hold municipal primaries (or Sept. 12) with a general election following Nov. 7.

Wisconsin—Feb. 21, state and municipal primary elec-

tions, to be followed by a general election April 4. One state supreme court justice, one court of appeals judge, several circuit court judges, superintendent of public instruction, as well as county, city, village, and town offices and school district officers.

Alaska—April 4, special election to elect a state representative for the 13th district.

Louisiana—April 1, primaries for 18 municipalities. April 29, general election.

Wyoming—May 2 and

May 9, small town elections.

Illinois—Feb. 28, first primary election for mayor, clerk, municipal commissioners and treasurers. April 4, consolidated general election. Nov. 7, third and final non-partisan election for school board trustees, community college trustees, fire protection district trustees, and some township land commissioners.

Kansas—Feb. 28, primary election. April 4, general election for municipal and school district officials.

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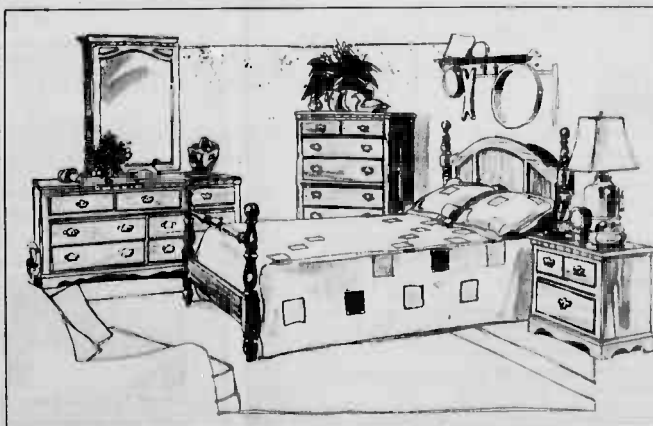
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Legally Speaking

By Capt. R.O. Primeaux

You and your spouse buy tickets for take out dinners that are being sold by a local private school in conjunction with their annual fundraiser. Each dinner costs \$4, approximately what you would pay for an equivalent dinner from a for-profit establishment.

The following is printed on the face of the ticket: "Good for one dinner at St. Margaret's. Remember, your \$4 contribution is tax deductible."

Unfortunately, St. Margaret's is wrong. The cost of the tickets is not deductible.

This article will explain to what extent, if any, you can deduct payments made to charitable organizations in connection with charity shows, banquets, raffles, or other fundraising activities. To deduct the payment, you must satisfy three requirements.

The first of those requirements is that the payment must be to a qualified charitable organization. The organization can tell you if it

Charity Deductions

is qualified. Qualified organizations include non-profit hospitals, religious organizations, and other general charitable organizations such as the Red Cross and the Salvation Army.

Secondly, the contribution must be made with the intent of making a gift. The third requirement is that the amount claimed as a gift must represent the excess of the amount paid over the value of what you received in return. This third requirement is the one that trips up most taxpayers.

In our original example, you paid \$4 for the ticket and received a dinner worth \$4. Therefore, no charitable deduction is allowed. It makes no difference that the ticket tells you that your payment is deductible. Nor does it matter if other people donated the food that went

into the dinners so that all the proceeds of the ticket sales would go directly to the charity. The focus is on the value of the benefit you received.

Suppose you had paid \$10 for the takeout dinners, which are really worth \$4. You could then deduct the \$6 difference. However, the burden will be on you to show that the value of the dinner was \$6 less than what you paid. Ideally, you want the charitable organization to give you a receipt spelling out the amounts. For example, "Meal cost—\$4, donation—\$6, total payment—\$10."

Suppose you buy a \$10 raffle ticket for a chance to win a new car. You paid \$10, but you received a benefit—the chance to win the car—and the IRS will presume the value of that

chance to be exactly what you paid. Therefore, no deduction is allowed.

Let's vary this example. You buy the ticket, but you give it to your girlfriend. You are not allowed to take a deduction, because you acquired a right to the benefit, even if you did not exercise it. To be able to deduct the payment made, you must completely reject the right. In this case, that would mean paying the money without accepting the ticket.

Suppose you bought a \$10 ticket to a charity concert and the market value of the ticket is \$10. You then give the ticket to a friend. Again, no deduction is allowed, because you must completely reject the benefit.

The key to charitable contributions is knowing the IRS rules and not blindly following what the charity tells you. If you have questions about your particular case, contact your unit's VITA representative or the Legal Assistance Office.

On the Blotter

Compiled by
Cpl. Gregg Marcantel

Alcohol Incidents

• A 19-year-old Marine was apprehended for failure to obey an order or regulation and underage drinking by Schofield Barracks Military Police. He was observed consuming alcoholic beverages in the Paradise Enlisted Club at Schofield Barracks. The Marine initially refused to render his ID card, which led the MPs to discovering him to be underage.

• A Marine was apprehended for DWI and driving under suspension. The Marine was stopped at the H-3 Gate during an ID check when the MP detected alcohol on the Marine's breath. A test of the Marine's breath showed a .19 percent blood-alcohol content. A records check revealed that the Marine's driving privileges had been previously suspended.

• A Marine was apprehended by MPs for DWI after he was stopped for operating his bicycle with no headlamp. MPs noticed an odor of alcohol on the Marine's breath. The Marine elected to submit to a blood test and results are pending.

• A Marine was apprehended for drunk and disorderly conduct. MPs noticed the Marine lying unconscious in the grass near Pollock

Field. As MPs approached, the Marine attempted to flee the area on foot, disregarding all commands to stop. The Marine was captured, and after a brief struggle with the MPs, he was taken to the Medical Clinic at Pearl Harbor for evaluation.

• A Marine was apprehended for urinating in public, drunk and disorderly conduct and underage drinking. MPs noticed the Marine urinating outside the MCX Pizza Parlor. When the MPs met with the Marine, they detected alcohol on his breath. MPs also learned that the Marine was under the legal age for alcohol consumption.

• A Marine was apprehended for DWI. The Marine

was stopped at the H-3 Gate when MPs detected alcohol on his breath. A test of the Marine's breath showed a .15 percent blood-alcohol content.

• A Marine was arrested by the Honolulu Police Department. The Marine was stopped in Honolulu for operating his vehicle with no headlights. The HPD officer detected alcohol on the Marine's breath. The Marine elected to submit a blood test and results are pending.

Other events

• A Marine and his wife were involved in an assault and breach of peace at their quarters on station. The Marine and his wife were involved in an argument that

escalated into a physical confrontation. Both the Marine and his wife sustained injuries. The dependent wife was taken to the Branch Medical

See BLOTTER/A-8

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BLOTTER/From A-6

Clinic where she was treated and released.

A Marine was assaulted while riding his bicycle at the Aiea Park Shopping Center. The Marine was reported to have been knocked off his bicycle, struck in the head,

and kicked in the lower back by a group of Polynesian males. The Marine was treated at the Branch Medical Clinic and later transported to Pearl Harbor for treatment.

TIGERS/From A-2

velop and refine our SOPs to a great extent. (But) the

rough edges smoothed us time moved on."

LtCol. Sakow said that predeployment flight training and working with 3/3 better prepared them for what was in store at Okinawa.

"We flew a lot with the night vision goggles," he said. "We were able to train

with 3/3 while at Kaneohe, but I think our greatest asset was meeting and getting together before the deployment to know them better."

With special operations capability, HMM(c)-262 and 3/3 went through months of situational training exercises. In early December, "They

simulated extracting VIPs and civilians from the embassy in a simulated hostile area.

"It was an interesting exercise," said 1stLt. B. E. Vallyke, an HMM-262 pilot. "An Okinawa-based artillery battalion acted as civilians protesting outside

the Embassy."

Dec. 23, the squadron airlifted gifts, food, candy, and Santa Claus to the natives on the island of Corrigador.

The advance party of Marines returned Jan. 14, followed by the main body Feb. 4.

At A Glance

Recycling drive

The Mokapu Elementary School is participating in a state-wide recycling campaign. Volunteers will be at the front of the school Saturday collecting recyclable materials from anyone wishing to contribute.

Base housing occupants wishing to have their recyclable materials picked up from their homes may call to schedule pick-ups.

For more information or to schedule a pick-up, call Sgt. M. P. Fellenz at 257-2172 from 8 to 11:30 a.m. or Larry Parks at 254-1468 from 1-4 p.m.

Kaneohe OWC Information

The Kaneohe Officers Wives Club is now accepting requests for financial assistance from various organizations and clubs associated

with the military.

Any organization desiring aid should submit a letter stating how much monetary assistance is required, and the purpose for the funds. Submit requests by March 1

to Fran O'Hara, 1874 Mar-mande Dr., Kailua, HI 96734.

Women's History Month

The MCAS Kaneohe Bay Federal Women's Program

Committee is sponsoring a photographic display in rec-

ognition of Women's History See AAG/B-3

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WestPac Champs

Hawaii Marine Basketball team takes tournament crown

OKINAWA — Rob Price snatched 15 rebounds and Troy Denley tallied 26 points to lead Hawaii past the Okinawa "A" All-Stars, 101-95, capturing the Men's FMFPac Championship Crown here, Feb. 10.

The crown is Hawaii's third in a row, and the second for Hawaii Coach James McNeil.

Denley's scoring barrage started with a game-opening three-pointer, followed by teammate Darryl Dyer's hit from beyond the 20-foot range to take an early 6-2 lead.

In the early going it looked as if Hawaii was out to destroy the Okinawa "A" All-Stars. Hawaii's defense and Okinawa's slump shooting built a 16-4 lead, 3:22 into the game.

Okinawa, lead by Merlin

Peters' rebounding and Walter Moore's outside shooting, closed the gap to five points midway through the first half.

Hawaii missed on two trips down the floor and had its lead cut to three on Noah Mason's power lay-up. The Hawaii bench immediately called time-out.

"I was kind of upset that we didn't execute on offense and run any plays," said Coach McNeil. "If it hadn't been for our hustle and defense, Okinawa would have beat us."

Robert Johnson got Hawaii on the roll after the time-out with a baseline jumper that Peters blocked, but a goal tending violation made the basket count.

Tight defense crimped

Okinawa's shot selections. With eight points from Price and two quick lay-ups from guard Ricky Hinton in the last four minutes, Hawaii was able to carry a 51-43 halftime lead into the locker room.

"We simply couldn't stand up to Hawaii's backline," said Okinawa "A" All-Star Coach Bill Raby. "Each averages 20 points per game and they overpowered us on the boards the same way they did in the first round of tournament play."

Okinawa came off the break on a cold streak not able to get into the game flow. Hawaii capitalized with fast breaking action that boosted its lead to 17 points at the 14:28 mark.

Okinawa "A" All-Stars didn't let a few missed shots discourage them. Allen Cooper started an Okinawa attack keeping the All-Stars alive by hitting from inside the key. Then Ron Angevine came off the bench to unload on a scoring rampage.

Angevine sank from the free-throw line lay-up, scored on two more lay-ups and popped a baseline shot on a pass from Mark Clark to push the score to 80-71 at the 6:38 mark.

Okinawa cut the lead to five

points when Peters scored off an Angevine feed. Down the stretch Hawaii built the lead to nine points. Moore sank a three-point bomb only to get fouled on the play by Hawaii's Quentin Freeman. Moore sank the foul shot to brighten the score, but time ran out and Hawaii posted a 101-95 victory.

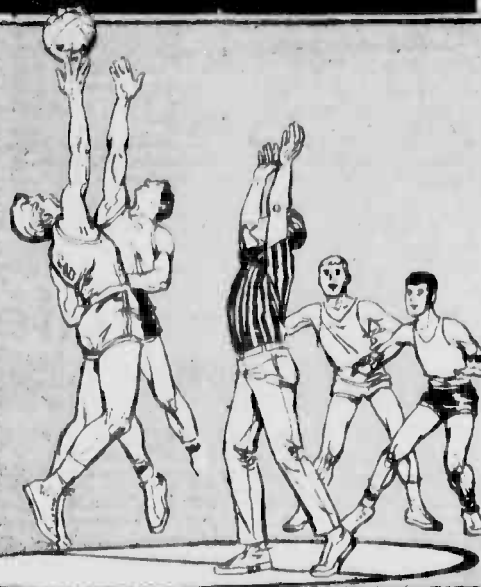
"My bench was a valuable factor in the win," said Coach McNeil. "They spent as much time, if not more, on the floor than the starting five."

On the other hand, besides Angevine, the Okinawa "A"

All-Stars "didn't have a strong bench to go to," said Coach Raby. "Denley hurt us too. He's an all-round threat, yet he's a guard that stacks up with the big men. I didn't have anybody to match up against him."

"The key for us was crashing the boards and playing defense," said Price. "I just wanted to win this game so I would have something to write home about."

Leading up to the championship, the Okinawa "B"



team eliminated Iwakuni from action Feb. 8 behind Curtis Davis' 34 points. The same day Okinawa "A" suffered its first loss in the championship tournament to Hawaii, 95-90. Johnson scored 25 points for the victory while Ron Robinson lead Okinawa with 33 points.

In the semifinals Feb. 3, Okinawa "A" topped Okinawa "B", 92-80. The "A" All-

Stars never trailed, and led by as much as 22 at one point in the game.

Men's All-Marine selectees: Ron Robinson, Mark Clark and Walter Moore, Okinawa "A"; Troy Denley, Robert Johnson and Quentin Freeman, Hawaii. Returnees are: Noah Mason, Okinawa "A"; Rob Price, Hawaii.

The men's All-Marine camp will be held Feb. 18-March 11 at MCB Camp Pendleton, Calif.

Marines give Navy 'Blues'



Coach Waymon Koger, kneeling, fires up the boys before the game.



Lawrence Tranthem goes up for two.

Motor T takes Intramural Season championship

Story and photos by Sgt. T. Shearer

The Marine Team out of Motor Transportation Co., BSSG-1, put a 52-36 whoopin' on the Kaneohe Bay Navy Team to take the 1989 Intramural Basketball Championship crown.

The Marines came out strong in the first half of the game, playing a fast-break offense and no-break defense that played a scrappy game but just couldn't keep up. Cheered on by a crowd of two-hundred cammi-clad Leathernecks, Motor "T" came out strong in the second half to put Navy away early.

Motor "T" went through the regular season with only one loss to a tough team out of 1st Bn., 3rd Marines. Motor "T" Coach Wayman Koger knew his team of hoopers were headed for a championship early in the season.

"There were some tough teams, but we have some outstanding, fundamentally sound ball players," he said. "Those fundamentals, coupled with an enthusiastic, well-balanced bench helped us against the Navy."

Three players for Motor "T"—Mac McDaniel, Art Brice and Rob Robinson—were cited by the Coach for their outstanding efforts in the regular season.



Navy gets the ball, but Marines get the call.



Over 200,000 (well maybe 200) spectators cheered on Motor "T".

The Jeeps are also fulfilling a crucial interim requirement for units that are still on the waiting list to receive their HUMMERS. Although the M-151 Jeep has limited capabilities compared to the new workhorse of ground combat transportation, it serves the

"Take a Jeep and a trailer and you can do all of the basic support and transportation needed in local training exercises," said GySgt. Denoi. "A problem we have is that our drivers aren't taught about the Jeep in their basic school anymore. We have to school them a little."

One young Leatherneck, PFC Eric Zweibohner, an 18 year-old driver with the 3rd

"I was expecting to learn about the Jeep when I went to Motor-T school after Boot Camp," he said. "It's what you always seen in the war movies, but when we were introduced the HUMMER, I sort of forgot about the Jeep until we got the new ones in."



Cruising out to catch a flight to Molokai, a Jeep proves its versatility

Bicyclist's guide to survival

The bicycle was identified recently as the consumer product most frequently involved in accidents and injuries.

The main causes for accidents were: operator negligence/fires/leakage—70 percent; bicycle failure—40 percent; other's negligence—8 percent; poor maintenance—6 percent and road hazards—3 percent.

If you ride a bicycle, observe the following safety tips:

*Wear protective equipment and clothing. Head and face injuries can be prevented or lessened if appropriate head gear is worn. To improve your visibility, wear light-colored clothing.

Observe all local ordinances pertaining to bicycles.

²Keep right: drive with traffic, not against it.

*Watch for drain grates, potholes, soft shoulders and other road surface hazards. Be careful of loose sand or gravel, particularly at corners.

*Watch for car doors opening or for cars pulling into traffic. Remember, cars have a "blind spot" on the left rear side that bicycles fit neatly into.

Don't carry passengers or packages that interfere with your

tips

_____ on a truck or other
vehicle.

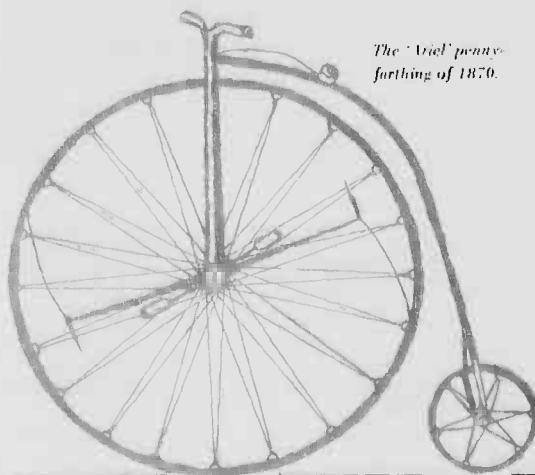
*Be extremely careful at intersections, especially when making a right turn. Most accidents happen at intersections.

³ Use hand signals to indicate turning or stopping.

"Protect yourself at night with the required red reflectors and lights.

Drive a safe bike. Have it inspected to ensure good mechanical condition.

*Drive your bike defensively:
watch out for the other guy.



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—Janet Maslin, NEW YORK TIMES



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Kentucky Fried Chicken

AAG/from A-8

Month (March). The display will be located on the quarter deck of Building 215 for the month of March and features photographs of women from our past, as well as women located here.

Salvation Army child care program needs children, volunteers

The Ohana Kokua After School Center, a program offered by the Salvation Army Community Center in Kaneohe, has vacancies for after school child care. The program, started in September, has 16 children enrolled, but has room for more than 30.

Volunteers are also needed to assist with a physical fitness program for program's children one afternoon per week.

Help is needed from 3-5 p.m. Anyone interested in either enrolling or volunteering can call Raylene Bostick at 235-1408, or can come to the center at 45-175 Waikalua Rd., Kaneohe (two blocks from the police station).

Holiday hours

All Morale, Welfare, and Recreation activities will be closed on Monday except for the following:

Main Exchange 10 a.m. - 5 p.m.
Self-Service 10 a.m. - 9 p.m.
Car Rental Facility 8 a.m. - 6 p.m.
Golf Pro Shop 6:45 a.m. - 5 p.m.
Wiki Wiki Snack Bar 8 a.m. - 9 p.m.
Baskin Robbins 6:30 a.m. - 9 p.m.
Service Station 10 a.m. - 6 p.m.
Burger King 9 a.m. - 8 p.m.
MCSS Phone Center 7:30 a.m. - 8 p.m.
Klipper Course Inn 6 a.m. - 5 p.m.
Enlisted Club 5 p.m. - 11 p.m.
Pizza Parlor 4:30 p.m. - 11 p.m.
Package Store 11 a.m. - 5 p.m.
Auto Hobby Shop 9 a.m. - 5 p.m.
Gym (mini)...9 a.m. - 4 p.m. (main)...11 a.m. - 7 p.m.

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FOR SALE, 1979 BMW 320i. Car is in overall good shape, and selling for \$2500. OBO. Call 239-4503 AWH.

'73 COUGAR Convertible, top

new. Excellent cream puff condition. \$4200 OBO. 262-2872.

'75 VW Bug, yellow, 62,000 original miles. New tires, new battery. \$2200. 262-2872.

'82 FORD Escort wagon, runs great, new tires. Call anytime, 261-4019. \$1400 or best offer.

'78 FORD Fairmont, 6 cylinder automatic A/C. \$850. 262-2872.

1982 PONTIAC Bonneville, excellent condition, air conditioned, p/b, p/s, p/w, 4 dr. sedan, 52,000 miles. \$3,000 Firm. 239-4209. After 6 PM MUST SEE.

1985 MAXIMA wagon, excellent condition. Car cover, full option package. \$9,000 OBO. 254-1298 after 6 p.m.

MISC

SEARS Series 80. Gas dryer, for sale. Outstanding condition. If returning to the mainland this is an excellent deal. \$200. AWH Ph. 239-4503.

FOR SALE: Mini blinds \$6 ea., roll up blinds \$6 ea., sit up bench \$10, Grace Elite stroller, like new. \$40. 254-5462.

FOR SALE: King size waterbed w/oak bookcase head-

board, \$300, refrigerator \$50, stroller \$40. Call 254-5462.

LIKE NEW 16x35 shirts from the Marine Shop at Quantico. \$15 ea. Never worn. Call 254-5136.

WHITE rattan sofa and chair with cane detail. Machine washable cushion covers. Both only \$175. Must see. Call 254-5136.

EXCELLENT condition 40L wool blouse converted to officers', with 34L trousers, only \$25. Call 254-5136.

UNIDEN PRO 710E professional 40 channel CB base station 7 watt output brand

new cost \$190, selling for \$150. 254-3438.

BOSE Spatial receiver 125 watts per channel like new, cost \$650. Selling for \$250 OBO. Call 254-3438.

SOLIGUR F4.5 75-250mm lens \$50. Canon Speedlite 177A \$50. Fuji Flair Bike 27" \$300. 257-3609 DWH.

PETS

FINCHES Society \$5 each or \$9 a pair. Tri-color Nutmegs \$5 each or \$9 a pair. Cages available for \$5. Lutino Lovebird (adult) \$30. 477-0358, 254-2056.

Tickets

Don't forget, the ITT office hours have been extended to 6 p.m. daily, and to 10 a.m. - 2 p.m. Saturdays for your convenience.

Club Nouveau, with Portrait, will perform an open air concert on the golf driving range at Bellows Air Force Station March 4 at 1:30 p.m.

Tickets are \$8, and will be available at Pless Hall Mondays and at Anderson Hall Fridays from 11 a.m. - 12 noon.

Tickets are available for the new **Flashback** show, which includes impersonators of Elvis Presley, the Supremes, Tina Turner, and Hank

Williams. Dinner show is \$27, and the cocktail show is \$16. Shows are at 8:30 p.m. Mondays through Saturdays.

Movies

Family Theatre
7:15 p.m. nightly
254-2113

Thursday

From the Hip —comedy (PG) Judd Nelson, Elizabeth Perkins. Judd Nelson is Stormy Weather, a young lawyer who outrages the legal establishment with his court-room antics.

Friday-Sunday

Married to the Mob —comedy (R) Michelle Pfeiffer, Dean Stockwell. A gangster falls for the widow of a man he killed.

Monday

Link —horror (R) Terence Stamp, Elizabeth Shue. A

young American student takes a job at the home of Dr. Steven Phillip, an eccentric anthropology professor studying the link between human and simian behavior. When the doctor disappears, Jane is left alone with three apes. One of them turns vicious.

Tuesday, Wednesday

Hero and the Terror —action/drama (R) Chuck Norris. An undercover police officer struggles with his nightmares about a serial killer that is now locked away. His nightmares come true when the killer escapes and a murderous spree follows.

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Armed Services YMCA

Giant Swap Meet

The place to be this Saturday is at the Armed Services YMCA Outreach Giant Swap Meet in the courtyard behind the 7-Day Store from 9 a.m. - 2 p.m. Come out and enjoy the entertaining sounds of Big Al, a disc jockey playing "power music," as you shop for bargains.

Buyer fee is \$.25. Seller fee is \$.3. To sign up for a seller's space, call 254-4719 or 254-4965.

Women's awareness

Join the ASYMCA Outreach for their Wednesday programs from 9-11 a.m. at the Outreach, adjacent to the 7-Day Store. Child care and transportation are available. Call 254-4719 or 254-4965 for reservations.

Wednesday—Arizona Memorial excursion. Includes a boat tour of Pearl Harbor, a film, a museum tour, and lunch and shopping at the Pearl Harbor Exchange af-

terward. The trip goes from 8:30 a.m. - 2 p.m. Fee is \$1.

March 1—"Chiyogami," with Bea Krauss. Learn the art of folding designed paper into beautiful cards from Bea, of the Lyon Arboretum. The \$1.50 fee includes supplies. Please bring your own scissors, a pencil and a ruler.

Upcoming events:

March 7—Easter ceramics painting workshop

March 15—Tour of Manoa Valley and the Lyon Arboretum

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Thank you from all the KL Staff!

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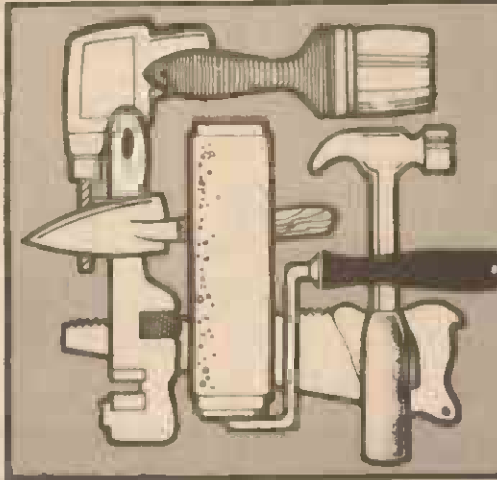
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Our modern, air conditioned Sewing Training Department has full time positions available. We are hiring experienced or trainee sewers.

Call Personnel at 524-3966 for appt.

We offer a competitive compensation package and excellent benefits including company sponsored profit sharing plan and liberal employee discounts.

An Equal Opportunity Employer

ADVERTISING REPRESENTATIVE OUTSIDE SALES

Position open for person interested in learning all aspects of newspaper advertising sales. Must be energetic, self-motivated and willing to work hard. Established territory & accounts. Salary, excellent commissions, car allowance, medical/dental benefits and profit sharing. Sales experiences helpful. Call Chris McMahon for interview.

Sun Press/MidWeek 235-5881

58 Schools & Instruction

THE Best Day Care Center in Hawaii, Good Samaritan Day Care Center is currently taking applications. Please phone 732-0517

ACT I, acting, singing and dance. Call 261-0457 for information.

BEGINNING Guitar/Voice songwriting/copyright instruction. All ages. your home. 531-6699

LEARN & Practice Windward Karate Assoc Martial Arts. 261-1711.

BATON Twirling Classes now being offered. Call 631-6742 for information.

ALOHA Tutoring Service. All subjects, all grades. Indiv. instr. 533-5457

PIANO Lessons Kaneohe Area only. 235-4432, 841-1196

QUALITY Piano/Organ Lessons. Kaneohe area. 247-6010.

TUTOR: Math specialist. HS-College/Real Estate. \$18-References. 395-8258.

TUTORING & homework help K-12 of all subjects. Certified teacher. 395-6207

LEARN to Sew. Group or Private lessons. Call 625-0434.

SLACK Key, Jazz, Rock guitar lessons. 15 yrs. exper. Call 821-6519.

SEWING made fun & easy. Lesson starts Immed. Kailua. Ph. 262-6387, 262-4455.

GUITAR/singing lessons \$75/mo., your home. 1 hr./wk. Patient Inst. 533-7006

59 Employment Opportunities

"AVON" start w/\$5. Sell anywhere. Earn up to 50%. Call Margot. 455-1947.

EARN MONEY Reading books! \$30,000/yr. income potential. Details. (1) 805-687-6000 Ext. Y-21446.

WINNING Welch Run your own micro-diet program. Europe's #1 diet support syst. Full instr. & video support. No exp. nec. Under \$500. P/T earn \$20 to \$150/hr. 488-6593 or 486-1889.

60 Help Wanted Male/Female

PEARL HARBOR McDONALD anytime. flex. hrs. 4, 6 or 8 hr. shifts. You tell us when you want to work. 422-2795

CLEANING people, honest, trustworthy, exp. must have phone, good work environment, excl. benefits. Trans. provided. 623-8185.

TELEPHONE Sales. benefit tickets. No experience necessary. Good salary up to \$10 per hour. Part time/evens. 922-7184, Jerry.

IMMEDIATE openings for several hard working individuals for a newspaper inserting department. Applicants must be willing to work long hours all day or all night. 3 to 6 days a week, on in-plant inserting equipment. Starting pay \$4.50/hr. No experience necessary, will train. Apply at Sun Press, 45-525 Luluku Road, Kaneohe

Dole

DOLE PACKAGE FOODS CORP. is accepting applications for FIELD WORKERS at Wahiawa Plantation. Must be available for day and night shift. Dole will train at the starting wage of \$5/hour. Students welcome.

Apply in person
DOLE WAHIWA PLANTATION
1116 Whitmore Ave., Wahiawa
7:30 a.m. to 3:30 p.m. Monday thru Friday
An Equal Opportunity/Affirmative Action Employer

60 Help Wanted Male/Female

CASHIERS/SALES Immed. P/T openings in Honolulu, Kaneohe & Pearlridge for retail shoes & clothing departments. **537-5911 ext. 54** M-F 9 a.m. to 4 p.m.

CLERK/typist for pharmacy 25-30 hrs. wk. No evens, or Sun., no phone calls. Come to 30 Aulike St. for appl.

SECRETARY Receptionist. Kailua Real Estate firm seeks intelligent, pleasant person with outgoing personality. Typing, light bookkeeping, general filing, salary commensurate with exp. Call Frank Adams of Huffman & Drake at 261-4677

RETAIL Jewelry firm seeks English-Japanese speaking sales person. Salary plus commission. 924-7972, Phil.

P/T Teacher's aid 8-12 M-F, after school leaders 18yrs old. Hawaii Kai Baptist. Ph. Shirley 395-9494

LIKE to Clean? Proud of your cleaning skills? Join our team & join the best. Must have a car & phone. Military welcome. Mrs. Clean Inc. 486-4822

BOOKKEEPER/Receptionist. close to downtown. \$7 per hour. 8-12 p.m. 537-3774

JANITORS. Pearl City 2 am-7:30 am. Kaneohe 1 pm-9 pm. & 10 pm-2 am. Hawaii Kai 1 am-5 am + other hours avail. Have car & phone. 537-3774

WINDJAMMER Cruises is seeking pleasant, hard working person w/ Aloha spirit. Photographers & Host/Hostesses. F/T or p/t with flex. hours. Call 922-1200 for appl.

60 Help Wanted Male/Female

GARDNER/healer. \$6/hr. 254-4806 Windward area.

"AVON" \$5 start up. 50% earnings possible. Free kit. Jo. 395-6970.

60 Help Wanted Male/Female

AVON! Own your own business. Be your own boss. \$30 Free makeup. Kandy. 235-7641.

If you can fix it, clean it or build it, classified can advertise it!

Get customers' attention and their business with classified's "Professional Services Directory."

These individual classifications will make it easy for you to reach potential customers!

- Accounting/Bookkeeping
- Appliances
- Cabinetry
- Carpentry
- Carpets
- Cleaning
- Clerical/Typing
- Contracting/Construction
- Electrical
- Entertainment
- Financial Services
- Graphics/Printing
- Handyman

- Hauling
- Landscaping
- Legal Services
- Masonry
- Painting
- Plumbing
- Remodeling
- Repair
- Roofing
- Screens & Jalousies
- Sewing & Alterations
- Wallpaper
- Yard Service

Your ad will reach 100,879 area readers!

For advertising information, call Sun Press 235-5881 Classified Advertising Department

Aloha Pawn
[Buy, Sell, Loan, Trade]
Come see us for best deals in Wahiawa
Ph. 622-2898
540 California Ave.

\$300 REWARD for information leading to the recovery of one 1988 red Honda Spree. Taken 8 Feb. from the Sunpoint rental complex, front tire was removed. Ph. 676-5340.

20 Lost & Found

LOST: \$5 No questions asked. Maltese 50 lbs. male, Black & Tan 949-1848 or 523-1085 Mom grieving

LOST: Hickam area, black short-haired dog, 8 Dashund, 18" tall around the end of Jan. Answers to Scooter. 422-8784

30 Income Tax

CONFUSED About Taxes?? Complete Tax Preparation. M&M Bus. Svcs. 625-0651

SALESPERSONS /
ACCOUNT EXECUTIVES

Energetic, enthusiastic, articulate, positive-thinkers needed for established radio outlet. Previous experience desired. Earning potential unlimited.

Send resume to:
Attention: Sales Manager
94-1088 Farrington Hwy.
Waipahu, HI 96797

Auto and Pickup Fleet Sales and Brokerage

NEW CARS & TRUCKS COST LESS

For prices
please call or write

Since 1946

Roberts and Redfield
Oregon Dealer #1619
(503) 295-5556

1313 W. Burnside
Portland, Oregon 97209

RESEARCH INTERVIEWERS

Important, permanent part-time work interviewing door-to-door in Waipahu for the well known GALLUP POLL. Questionnaires include politics, financial behavior, lifestyles and consumer preference. Weekend and/or evening work, approximately 16 hours per month. No experience required and no age restrictions for persons over 18. Ideal for retirees. You need only to be able to read well, talk with people and have a dependable car. Hourly rate plus mileage. Send work experience, address and telephone number to Princeton Survey Research Center, P.O. Box 628, Princeton, NJ 08542.

60 Help Wanted
Male/Female

ATTENTION! We are seeking 4 retired military personnel to pursue a career in mortgage banking. Extensive training is available. This can be a rewarding career, both financially and professionally. Call Don McKnight at Guild Mortgage Co., 944-8702.

**EARN TOP \$\$\$
ACCOUNTANTS
BOOKKEEPERS**
We treat you like a professional and let you earn the top dollars you deserve. Call us today!
accountemps.
531-8056

**GREAT CAREER
OPPORTUNITY**
Sales rep. needed for expanding Dole business. 1 year food sales experience required. Apply at Rocky Road Products, Inc., 41-520 Hihimanu, Waimanalo. 259-7911

NOW hiring, dishwasher, food prep, F/T/P/T position, Linda, 843-7190, 622-4343.

LIVE in kennel help, 5 days a wk. Must work Sat. & Sun., responsible adults. 262-2116

NEED Exper. Sewing person for Home or Shop production, Kailua area. 263-4801.

SALES — Telemarketing. Full or part time. Call Martin, 247-8621.

PART TIME POSITION
Seeking energetic person to take charge of newspaper delivery in Lanikai area of Kailua. Work well with youngsters, own vehicle, flex. hours \$200+/mo. for only 5-8 hrs./wk. Call Sun Press Circulation, 235-5881.

DISHWASHERS & WAIT
HELP Oron's Bourbon House, 5 Hoola St., Kailua. 262-2306

HAIKU VILLAGE, HAUKU PARK, HAUKU POINT, HAUKU PLANTATION, & CROWN TERRACE — If you live in one of these areas & are 10 years or older you can make great money & win prizes with SUN PRESS! Call Tami today to get 1st shot at the routes open — 235-5881.

KEOLE STREET & CASTLE HILLS KIDSHI Money!
Prizes! Self-confident! There are SUN PRESS routes waiting for you. Call today to get 1st choice! Tami 235-5881

CIRCULATION ASSISTANT
Seeking an organized person for high pressure office. Must have pleasant phone manner, type 40 wpm, know 10 key by touch, basic accounting knowledge and computer experience required. Must be detail oriented, able to work unsupervised. Applicants will be expected to pass testing on basic skills required. Salary commensurate with experience. Call Linda Bulatao, 235-5881.

PART TIME POSITION
Classified Department M-F, 8 a.m.-12 p.m. or 1 p.m.-5 p.m. Kaneohe location. Call 235-5881 ask for Joni.

CARPET cleaning techs.
prompt pay, will train. Call Mr. White 922-2222

NEED extra income? Earn up to \$350 in exciting 7 week promotion. Guaranteed income based on demonstration and sales. Offer the #1 product in its field for least P/T and career opportunity. Call Ike 488-8381.

ATTENTION! We are seeking 4 indiv. who have enjoyed success in Anyway, Mary Kay, Avon or similar sales activities to pursue a financially & professionally rewarding career in mortgage banking. Extensive training is available. Don McKnight at Guild Mortgage Co. 944-8702.

CONSTRUCTION worker
FT, exp. pref. in masonry, forming or tile work. 261-3508.

FT Type 5 drivers, produce/food products Linda. 842-7190, Kaula, 822-4343.

**DUNHILL
Opportunities
this week
DATA
ENTRY
OPERATORS**
\$6.06 per hr.
Experience on CMC, Univac, Entrex, IBM 3741/ 3742 or IBM 129. 12 Midnight to 7:30 am shift, 18 openings. 4:30 to 12 Midnight shift, 5 assignments. 6 Month assignments. Downtown.

**Dunhill
Temporary
Systems**
of Hawaii, Ltd.
where every temporary worker is a star!
524-1733
#240 Hawaii Plaza
NO FEE

UTTER DODGE CHRYSLER PLYMOUTH

***30 DAY EXCHANGE

CNR077	REF135	BUE148
1987 PLYMOUTH HORIZON	1981 FORD ESCORT S/W	1984 MERCURY MARQUIS
-0- \$123	-0- \$139	-0- \$142
DOWN MONTHLY	DOWN MONTHLY	DOWN MONTHLY
3895.00 Plus Tax, Lic. And 589 Dec. Fees 48 Mo. 18.9% Annual Percentage Rate	1993.00 Plus Tax, Lic. And 589 Dec. Fees 48 Mo. 18.9% Annual Percentage Rate	3895.00 Plus Tax, Lic. And 589 Dec. Fees 48 Mo. 18.9% Annual Percentage Rate
CJA229	CFU674	AUY465
1987 NISSAN SENTRA	1987 DODGE CHARGER	1982 FORD T-BIRD HERITAGE
-0- \$144	-0- \$153	-0- \$160
DOWN MONTHLY	DOWN MONTHLY	DOWN MONTHLY
4885.00 Plus Tax, Lic. And 589 Dec. Fees 48 Mo. 18.9% Annual Percentage Rate	4973.00 Plus Tax, Lic. And 589 Dec. Fees 48 Mo. 18.9% Annual Percentage Rate	2985.00 Plus Tax, Lic. And 589 Dec. Fees 48 Mo. 18.9% Annual Percentage Rate
MKB412	SKN367	CJG234
1985 CHRYSLER LEBARON	1988 DODGE ARIES S/W	1987 DODGE SHADOW
-0- \$176	-0- \$184	-0- \$198
DOWN MONTHLY	DOWN MONTHLY	DOWN MONTHLY
3995.00 Plus Tax, Lic. And 589 Dec. Fees 48 Mo. 18.9% Annual Percentage Rate	4995.00 Plus Tax, Lic. And 589 Dec. Fees 48 Mo. 18.9% Annual Percentage Rate	4495.00 Plus Tax, Lic. And 589 Dec. Fees 48 Mo. 18.9% Annual Percentage Rate

TRUCK & VAN SPECIALS

CON287	CRE194	CEV317
1986 SUZUKI SAMURAI	1988 TOYOTA PU	1986 DODGE RAM
\$4595	\$6895	\$7995
CTS901	TOY592	MMF843
1986 FORD BRONCO II	1987 DODGE DAKOTA	1987 FORD AEROSTAR
\$8995	\$9495	\$9895
CXB300	CVV052	MNP921
1989 JEEP COMANCHE	1987 PLYMOUTH VOYAGER	1988 FORD AEROSTAR
\$9995	\$10,995	\$11,995
MLF259	MNW826	MNX108
1987 FORD F150 4 WD	1988 PLYMOUTH VOYAGER	1988 PLYMOUTH VOYAGER
\$12,695	\$12,995	\$13,995

*30 Days Exchange on used cars over \$2000 SALE PRICE. Exchange w/in 30 days on equal or greater value. All cars subject to prior sales good now thru Feb. 22, 1989

UTTER DODGE CHRYSLER PLYMOUTH
735 Dillingham
842-6300

HOME & APARTMENT Guide

PROPERTY OWNERS AND REALTORS!

PLACE YOUR AD

FOR 4 WEEKS AT

1/2 PRICE

Sun Press
235-5881

73 Apts. Furnished

KANEOHE studio, private entry, includes utilities, cable, microwave, linens, dishes, parking avail. Mar. 1 \$550/mo. 235-8661

MAKAHA VALLEY PLANTATION

Ocean view, 2 bdrm., top 3rd fl. floor, colonial ceiling, like new rotom turn, lamps, color TV, bedsprings, chins, some cookware & utensils, vacuum, newly painted, newly shampooed carpet, drapes, 8 beautiful grounds—includes pools, saunas & whirlpools, tennis court, BBQ areas 24 hours security guard, laundry rooms. \$685/mo. + \$685 security deposit. Prefer 1 yr. lease. Military welcome. 825-7443 weekdays, 235-4980 eves & weekends.

74 Apts. Unfurnished

TWO Bedroom hse. apt. paid util., yard, \$650/mo. In Kailua. Close to town. Call 262-0667.

74 Apts. Unfurnished

1 BDRM., unfurnished w/1 covered parking stall, covered bldg., dishwasher, disposal, air conditioning, washer/dryer, 5 min. from town, avail. Jan. 1, 1989, \$650/mo., 6 month lease, references. 599-4841 eves.

75 Apts. Partly Furnished

HUGE lovely new bright studio: kitchen, full bath, bdrm./liv. rm., priv. ent., prof. single/couple, non-smoker. \$550/mo. incl. utils. Refs. Kailua, 262-4848 eves.

LEEWARD, 1 bdrm., util. \$460. 2 bdrm. \$600. Others. 943-0091, Rent Mart Fee.

HANDY base, 1 bdrm., prk. \$500; 2 bdrm. \$550. Others. 943-0091, Rent Mart Fee.

76 Rentals to Share

HAUULA: will share beach house for help with horses, \$100. Ph. 293-5178

KANEOHE 2-bdrm., 2-ba. own rm. & bath, full hse. privileges, upgraded unit, 25' vaulted ceiling, pool, wsh/dryr. Jon 262-7969, days & eves. Military welcome.

NON-Smoker female pref., roommate needed, Ewa Beach. \$382.50/mo. 888-4114

82 Houses Unfurnished

KAILUA 1 bdrm. house w/ water & yard service, \$75 a mo. Call 261-5239.

FOR Rent, 3-bdrm., 2-ba. 5 min. walk to Kailua beach. \$1450/mo. 263-4043

83 Houses Partly Furnished

PEARL area, 2 bdrm., prk. \$700; 3 bdrm. \$875. Others. 943-0091, Rent Mart Fee.

85 Condos/Townhouses Partly Furnished

THREE bedroom, 2-bath, \$850/mo. Avail. March 1. 621-5678

MILANI 2-bdrm., util. incl., no pets. \$750/mo. 623-9086 eves.

PEARL City twnhse. for rent, 3 bdrm., 1 bath, partly furn. Avail. Apr. \$850/mo. and unit. 455-3873

86 Condos/Townhouses Furnished

KAAAWA Makeua Village, 1 bdrm. \$800. Jett Pacific Prop. 235-8558, 235-6196

KULIMA On The Green! 1 bedroom, 1 bath, cable TV, pool, tennis. Available in March. BAMCO 531-7571, \$750 per month.

88 Rooms for Rent

OCEAN front hse, lrg lawn, & lanai \$120/wk or \$425/mo. + 1/3 util. 237-7053.

KANEOHE room for rent in condo, furnished, \$550, very nice. 247-4868

ROOM FOR RENT KAHALU, own room in large old home. Tropical, quiet area, large yard, washer/dryer. \$350/mo. Includes utilities. 239-5848

TEMPORARY/Vacation rentals, Aiea area. 1-bdrm lrg living room, full bath. \$45/night, wkly & monthly rates avail. price negotiable. 488-5268

93 Vacation Rentals

KAILUA nr. beach-esp. nice 1 bdrm. cottage or studio. Extras 262-5445

KAUAI: Princeville-Cliff's Club Resort accommodations for 2, avail. 1 week Mar. 4-11. \$350. Call Steve. 541-2455 days, 836-7794 eves.

LANIKAI. Lovely 3 bdrm. view home, quiet, nr. beach 2/25 to 3/20. Call Margaret 94-0941 (w) or 261-8578 (h).

KAILUA 1 bdrm. col., tropical setting, steps to beach \$40/day. 261-2834

KAILUA 3 bdrm. home w/pool, Avail. Phone 261-2603

KAILUA 2 new beautiful units. Bdrm. & ba./studio, priv. ent., near shop & beach, pool 262-8540

PUNALUU across beach part Sleeps 7-8, lge yrd groups ok, day/wk/mo. 531-8181 days.

KAILUA: Lovely bdrm., & bath, nr. beach, priv. entry. 262-8073

KAILUA Vacation rentals, near beach. Call 261-5174

CUTE bdrm. & ba in Kailua, private entry, cable TV. \$35/day. 261-4222

94 Short Term Rentals

Trade equity in homes/duplex/land in OLYMPIA, WA to \$300,000 for comparable equity in property on Oahu. Fee only. Call (206) 456-1897 eves. & wknds only.

114 Real Estate for Sale

GOVERNMENT HOMES! \$100 (U Repair) Foreclosures, Tax Delinquent Property, Now Selling. This area! (Refundable) 1-518-459-3546 EXT. H3496 for listings.

OCEAN Front studio for lease or sale, VA & FHA approved bldg. Verity Realty. 235-0254

FORECLOSURES, fixer-upper, as low as \$5000 dn., Principals only. Judy, H&K Assoc. 239-8364

UPGRADED Hokulua twinhse., gardens, lanai, priv. patio, gar. 3/2 Fee. Owner/Agent. Call 239-8364

115 Real Estate Announcements

All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, or national origin, or an intention to make such preference, limitation or discrimination." This newspaper will not knowingly accept any advertisement for real estate which is in violation of this law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

VA FORECLOSURES Low down payment and closing expenses. Non-veteran and investors can purchase. Fixed financing at a low interest rate. For further information contact Jim Watson (R) 623-4426 or 486-0507. J.W. Realtors. Equal housing opportunity.

116 Real Estate Loans

PEARL CITY PAWN

"UNLIMITED BUYING POWER!"



"K.C. & POPS"

"THE LARGEST PAWN SHOP IN THE ISLANDS"

★HIGHEST LOANS offered on anything of value!
★LOWEST RATES anywhere!
★ALL ITEMS are Insured and Warranted!
★WE CARE about our customers!
★NOTARY PUBLIC available by appointment

OPEN 7 DAYS, 9-6
488-9723
Behind Cutter Ford in Aiea

120 Home Furnishings
BABY crib, swing, play pen, carrier. Call 467-1278.

ANTIQUE New England dinette, paid \$2000, sell \$500. Handmade Teak dinette. \$125. Heavy duty captain chairs. \$25. Bassinet w/skirt, baby clothes for twins. 262-2587

RATTAN Art Gallery five piece liv. room, new covers, foam. 623-3788.

3 PC. Sleeper sofa set Just purchased for \$1200. Must sell. Best Offer. 487-8501

CUSTOM made from Hong Kong Teak hand carved wall cabinet-glass door shelves 5' w 8' 18 d. 734-2882

RATTAN Beautiful 5 pc. living rm. \$550. Dining set. \$350 new. 734-1554

VERTICAL Blinds always a discount. 72x84 PVC \$99, fabric \$124. Estimates by phone. Ken Hatch 254-2080.

IN a Hurry? We'll buy your furniture Fast-Free pickup. 235-7793. Paradise Used Furniture.

It's easy to charge it. Visa/MasterCard pays for MidWeek Classified. 235-5881

WINDWARD VOLKSWAGEN INC.
125 Kailua Rd.
OFFER EXPIRES March 5, 1989
Please Call 263-6655
For appl. or info.

60 Help Wanted
Male/Female

WAREHOUSEMEN unloading containers, afternoons. Linda, 843-7190, 622-4343.

\$\$\$KIDSHI\$\$\$
If you live in the ALII SHORES area, on WILLIAMS ROAD, or on WILLIAM HENRY ROAD you can become the kid all other kids wish they could be. You can earn your own money, prizes, and a sense of pride by being a SUN PRESS carrier. Call today to get the best routes before they are gone! Tami 235-5881

Fast Food Management, full & part time positions. Growing. National Fast Food Franchise needs exp. Shift Leaders, Supervisors & Assistant Mgrs in Hawaii. Competitive wages & full range of benefits provided. If you are anxious to advance in the fast food business seek us out. Call 261-2556 for an appointment or for an interview.

NURSE Aid exper., P/T to care for female PAPA in my home. Call 623-8103.

ANSWER Our Phones Work From Your Home 24 hr. operation. Details Marketing Inc. 948-2245.

MGR/Assistant Mgr. for childrens wear, F/T. Flexible hrs. 537-5911 ext. 54.

CASHIER F/T at Coronet Dept. Store. Call Store Manager. 261-6186.

CAREER Opp. for retired military & mil. wives. F/T or p/h. \$30,000 per yr. +. Call Cathy 487-8727

EARN MONEY AT HOME! Assemble Jewelry, Toys, Electronics, others FT & PT work available. Call (Refundable) 1-407-744-3000 Ext. S-3496 24 hrs.

JOGGERS needed for pressroom. Will train reliable, energetic, hard working individuals interested in learning production of large commercial printing/newspaper company. Experience helpful but not necessary. Benefits include medical, dental, paid life insurance & excellent profit sharing. Apply at Sun Press/MidWeek, 45-525 Lu-luku Road, Kaneohe, Mon-Fri. 8 a.m.-5 p.m.

ASSISTANT RESIDENT MANAGER for large condo. In Salt Lake. Need hands-on person with maintenance skills. Send resume to Gary Kaplan, 3215 Ala Ilia St. #106-B, Honolulu, HI. 96818.

MODELS needed for fashion show, will train, male/female. 841-2043

HAGEN DAZS DESSERT SHOP WAIKIKI LOCATIONS Days supervisor 5:50/hrs. Counter help 9 a.m.-6 p.m. 4:25/hr. 8 p.m.-1 a.m. 4:50/hr. Full or p/t. flexible number of days or nights that you can work. Apply in person. 1541 S. Beretania St. or call for interview at 942-0781.

NURSES Aide, Housekeeper & dietary aides. No long term care exper. necessary. Ann Pearl ICF-Kaneohe. Call 247-8558 Mon-Fri. 8 a.m.-4 p.m.

60 Help Wanted
Male/Female

SO MANY JOBS!
•Clerks •Secretaries
•CRT Operators •Typists
•Operators •Word Processors
•Receptionists

So many assignments, so little time to fill them! Call us A.S.A.P. to find the perfect match for you. Validated parking for applicants.
524-0411
Pioneer Plaza

**Western
TEMPORARY SERVICES.**
No Fee No Fee No Fee

WAREHOUSE RECEIVING. Unloading Clerk. Must be in good physical condition. Two positions, day or evening. Call 259-7911

Freedom TV & Stereo/Retail Finance Co. seeking aggressive men/women for specialized training in personal sales & commission. Earn up to 20K 1st year. Call Linda, 622-1618.

TWO Day Maintenance workers in the Ewa Beach area 4 a.m.-11 a.m. 5 days a week. Excl. benefits. Custodial work. 947-1244.

BUDGET COUNSELOR Non-profit agency serving military family is seeking a qualified individual to provide preventive budget counseling classes as well as individual counseling to military members & dep. Minimum req. Incl. M.S. diploma supplemented by specialized training in personal mgmt. or equivalent practical training & exp. Knowledge of Navy & Marine personnel & compensation practices, military activities & referral agencies & principles & practices of social casework & basic psychology. Ability to meet & address lrg. groups is essential. Resumes must be rec'd by Wed. Feb. 22. Send resumes to Navy Relief Society, 1514 Makalapa Dr., Honolulu, HI. 96818. This is not a civil svc. position.

EXPERIENCED walk help. exp. cook wanted for Kailua rest/bar. Apply in person. 131 Heikili St.

KAYAK tour guide. Japanese language pref. 239-9803

RESTAURANT help wanted. Sandwich shop looking for daytime help. Top Pay. 261-5518, 282-8034.

MAID Service now hiring. Depend. people to work in town & wind. areas. Must have car, hrry rate + mileage. Call 235-8788

SECURITY GUARDS for large condo. In Salt Lake. Varied shifts. Apply 3215 Ala Ilia St. #106, between 8:00-11:00 a.m.

P/T Sales clerk for women's boutique. Hickam/Pearl Harbor area. Exp. pref. 422-7633, 10-4 a.m.

HOST occas. 6 p.m. dinners in your home w/in 15 min. of Waikiki for 20 Sr. 1st time visitor cpis. Pays well. Kcan wkdays. 836-0161.

60 Help Wanted
Male/Female

SEWERS, piecework at home, surge & sew. Kailua. 261-3801.

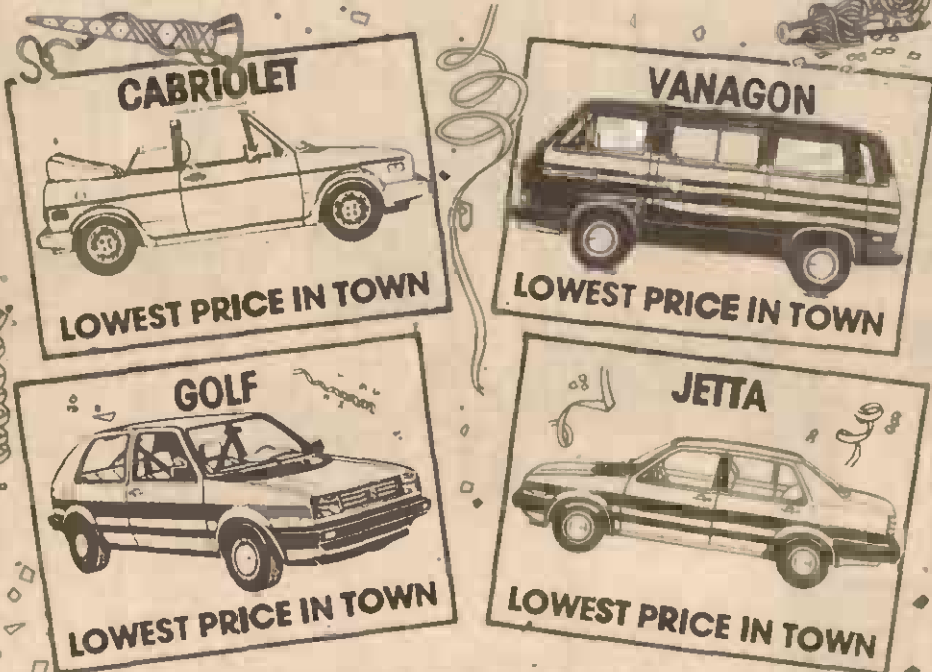
APPLICATIONS accepting teachers, ass't. teachers, aides, at St. Ann's Preschool. Call 235-5682.

TEACHERS Ass't. for christian after-school program. Immed. Teachers for Elem. & Preschool for Summer & Fall. Kailua. 262-8501.

EARN Extra Income! Home assembly, crafts, piecework, electronics, sewing, typing. Call 213-281-8111.

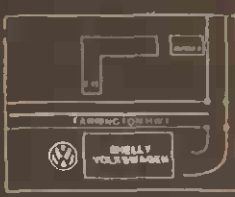
SHELLY VW LEEWARD

"LOWEST PRICE IN TOWN!"
4.9% FINANCING ON
ON SELECTED '88 & '89 VW'S*



*On Selected Models Only & Thru VCI Financing. After 10% Down, 24 Mos. On Approved Credit. Cars Subject To Prior Sales. Price Plus Tax, Lic., \$75 Doc. Destination Fees. Good Now Till Feb. 28, 1989.

SHELLY VW LEEWARD
94-223 FARRINGTON HWY.
677-0777



*Drive Something
 Exciting. Now!*



WE NOW BUY USED CARS

PAID FOR OR NOT!

'88 AEROSTAR XL CSY943
 6 Cyl, 7 Pass, PW, Air, Auto ONLY! **\$12,995**

'87 COMMAND Z-28 CJV367
 T-top, Air, Auto, PS, More ONLY! **\$11,695**

'88 CELEBRITY WGN. CRW677
 Air, Auto, PW, AM/FM 3rd Seat **\$9995**

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6617.00 Plus Tax, Lic., And \$89 Doc Fees
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<p>1989 DODGE OMNI 4 DR HB 7 TO CHOOSE FROM 0 DOWN \$400 FACTORY REBATE \$149/MONTH</p> <p>6617.00 Plus Tax, Lic., And \$89 Doc Fees 60 Mos. 12.75% Annual Percentage Rate</p>	<p>1989 DODGE RAM 50 15 TO CHOOSE FROM 0 DOWN \$500 FACTORY REBATE \$169/MONTH</p> <p>7442.00 Plus Tax, Lic., And \$89 Doc Fees 60 Mos. 12.75% Annual Percentage Rate</p>	<p>1989 PLYMOUTH COLT DL WAGON LOADED #95028 \$8632</p> <p>After \$500 Rebate & \$500 Down Prices Plus Tax, Lic., And \$89 Doc Fees.</p>	<p>1989 PLYMOUTH SUNDANCE 3 DR LB LOADED #95161 \$10,350</p> <p>After \$600 Rebate & \$1000 Down Prices Plus Tax, Lic., And \$89 Doc Fees</p>	<p>1989 PLYMOUTH VOYAGER SE 7P 4 CYL, TURBO, AUTO, AC #95123 \$13,950</p> <p>After \$2000 Down Payment. Prices Plus Tax, Lic., And \$89 Doc Fees</p>
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*AFTER REBATES, ON APPROVED CREDIT. ALL CARS SUBJECT TO PRIOR SALES. GOOD TIL FEB. 22, 1989

UTTER DODGE CHRYSLER PLYMOUTH

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455-1071



KAISER PERMANENTE

P R E S E N T S

GREAT ALOHA RUN HEALTH & FITNESS EXPO

February 17-19, 1989
Neal Blaisdell Center Exhibition Hall



See three-time world champion and Olympian Kurt Thomas in a dazzling show of gymnastics Friday night at 5:30, 7:30 and 9:30; Saturday at 1, 3, 7 and 9 p.m.; and Sunday at 12:30, 2:30 and 4:30 p.m.



Kurt Thomas'
**GYMNASTICS
AMERICASM**

Schedule of events	2
Health and fitness wizard	4
Kojima's cooking	5
Tests, demonstrations, discussions	6
Map of the Expo	6
Listing of booths	7, 8
92X contest info	10

KHON
TV2

92X FM

Great Aloha Run '89 Health & Fitness Expo

Kaiser Permanente is honored to be the official sponsor of the 1989 Great Aloha Run Health and Fitness Expo.

This weekend-long activity is a wonderful opportunity for health care organizations and fitness vendors to be a part of Hawaii's premier health show. This year's Expo will not only be educational, but also entertaining and enjoyable for all.

Our sincere appreciation to the many exhibitors who will make this show a success, and our special congratulations to all who participate in the Great Aloha Run/Walk on President's Day!

Friday

Main Stage

5:30-6:30
Kurt Thomas
Gymnastics America Show
6:45-7:15
N-Shape Aerobic Demo
7:30-8:30
Kurt Thomas
Gymnastics America Show
8:45-9:15
Family Fitness in Kaneohe
Aerobics with Nazomi
9:30-10:30
Kurt Thomas
Gymnastics America Show

Pikake Room

8:00-4:00
"Professional Conference on Cholesterol and Coronary Disease: Redirecting the Risk through Diet and Nutrition" Sponsored by the Castle Medical Center
7:00-9:00
Honolulu Girls Dance Co. A contemporary dance company of keikis and teens from the Danceworks Studio under the direction of Kathy Izumi.
7:00-7:30
Performance
8:00-8:30
Performance

Meeting Room 3

7:00-8:30
Cholesterol for health, Panel Discussion Presented by Kaiser Permanente
Carolyn Pang, M.D.
Beverly Bernal, R.D.

John Pang, Pharm. D.

Meeting Room 4

5:00-6:00
Nutrition for Active People
Carol Jasper, Clinical Dietician, Queen's Medical Center
6:00-7:00
The Immortal Runner
Dr. Jack Scaff, Cardiologist, Great Aloha Run Race Director
7:00-8:00
Running & Walking Stretching Tips
Cathy Brooks, Cardiac Rehabilitation Specialist
Queen's Medical Center

Saturday

Main Stage

1:00-2:00
Kurt Thomas
Gymnastics America Show
2:15-2:45
BT Express
Children's Aerobic Dance Demo
3:00-4:00
Kurt Thomas
Gymnastics America Show

5:15-5:45
Powerdrill
Team Aerobic Dance Champions

6:15-6:45
Jackie Sorensen Aerobic Dance Demo

7:00-8:00
Kurt Thomas
Gymnastics America Show

8:15-8:45
Jackie Sorensen Aerobic Dance Demo

9:00-10:00
Kurt Thomas
Gymnastics America Show

Pikake Room

10:00-Noon
GAR Finish Line Volunteer Training
Noon-3:00
Jump Rope for Heart, sponsored by the American Heart Association

3:30-5:00
AAU Team Aerobic Dance Competitions Demonstration by Powerdrill
6:00-9:00
Ragu and Ronzoni Great Aloha Run Spaghetti Party. Entertainment by "A Touch of Gold"

Meeting Room 2

1-2:00 p.m.
Department of Health Videos

Meeting Room 3

2:00-3:00
Keeping Stress on the Run
Melody Fanning, M.P.H., Kaiser Permanente
Malcolm Goldsmith, Ph.D., State of Hawaii, Dept. of Health

3:00-4:00
Safe Travel Advice for

Adventurers
Vernon E. Ansdell, M.D.
Kaiser Permanente

Meeting Room 4

Noon-1:00
Mental & Emotional Benefits of Exercise
Dr. Ed Pontius, Psychiatrist
1:00-2:00
Foot Care & Injury Prevention Dr. Kenneth Soave, Podiatrist
3:00-4:00
Nutrition for Active People Brenda Vincent, Clinical Dietician, Queen's Medical Center
4:00-5:00
The Female Runner
Dr. Jack Scaff, Cardiologist, Great Aloha Run Race Director

Sunday

Main Stage

12:30-1:30
Kurt Thomas
Gymnastics America Show
1:45-2:15
Jazzercise
2:30-3:30
Kurt Thomas
Gymnastics America Show
3:45-4:15
Renaerobics
4:30-5:30
Kurt Thomas
Gymnastics America Show

Pikake Room

Noon-6:00
Festival of Whole Grains
Sponsored by Castle Medical Center

Meeting Room 3

1:00-2:00
Drugs and the Athlete
Robert Langen, M.D.
Kaiser Permanente
2:00-3:30
Cholesterol for Health, Panel Discussion Presented by Kaiser Permanente
Carolyn Pang, M.D.
Beverly Bernal, R.D.
Albert Lau, Pharm. D.

Meeting Room 4

1:00-2:00
Breast Health Awareness Marjorie Bernice, Nurse Practitioner, Queen's Breast Center
3:00-4:00
Ligament Augmentation Device
Dr. Gerard Dericks, Orthopedic Surgery



Gymnast Kurt Thomas

Kurt Thomas is Expo star

Kurt Thomas' Gymnastics America is the featured attraction at the Great Aloha Run Health & Fitness Expo, Feb. 17 through 19, 1989, at the Blaisdell exhibition hall.

Kurt Thomas will star in the 30-minute spectacle of world-class gymnastics, upbeat dance segments and hilarious comedy routines. A three-time world champion and Olympian, with hundreds of medals and awards, Thomas is touted as one of the greatest gymnasts in United States history.

Along with six other professional gymnasts,

Thomas will give 10 exciting performances during the three-day expo. In addition, Thomas will conduct a 30-minute clinic for youngsters following his show.

Admission to the Great Aloha Run Health & Fitness Expo includes Kurt Thomas' Gymnastics America show which will be located on the Main Stage, just outside of the mauka end of the exhibition hall.

Sponsors of Thomas' show are Continental Airlines, the Waikiki Joy Hotel and Dollar Rent A Car.

Showtimes

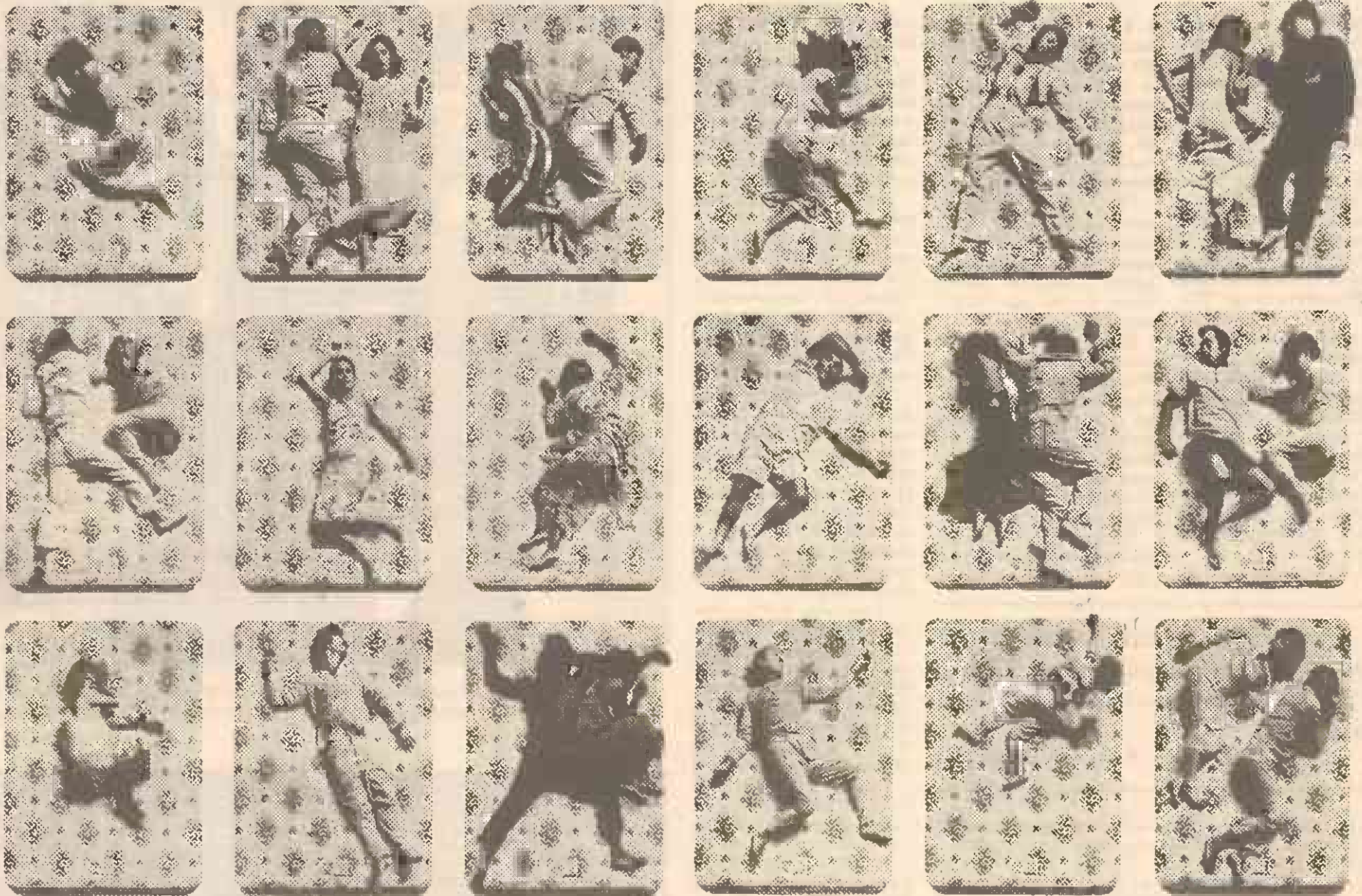
Friday, February 17
5:30, 7:30 and 9:30 p.m.
Saturday, February 18
1:00, 3:00, 7:00 and 9:00 p.m.
Sunday, February 19
12:30, 2:30 and 4:30 p.m.

At the Expo


Showtimes:
Friday, February 17, 5-10:30 p.m.
Saturday, February 18, Noon-10:30 p.m.
Sunday, February 19, Noon-6 p.m.

Admission:
Adults \$1.50
Children 7-12 years old \$1.00
Under 7 free with paying adult

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LIMIT ONE COUPON PER SET NON NEGOTIABLE VALID FOR OFFER AS STATED

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Simmons Hawaii — a local manufacturer since 1953

Dr. Wizardwise makes fitness fun for kids

Whether he's sporting his royal blue wizard's attire, practicing juggling, training for a marathon on the slopes of Diamond Head or simply shopping at the neighborhood grocery store, teacher-triathlete-magician Mickey Campaniello collects a following of enthusiastic young fans.

Why? Because Campaniello is the entertaining Dr. Wizardwise — or "The Wiz," as thousands of Hawaii school children affectionately call him.

To the parents and teachers of the more than 50,000 students who view him each year, he's a talented health educator now in his sixth season of performing at school assemblies and community events throughout the state.

Dr. Wizardwise is a com-

I know about staying healthy with as many people as I can. Entertaining is the medium I use to convey my messages. The juggling, the magic tricks, the jokes — they create a fun framework to promote learning.

"And the students do remember. Just listen when I ask for the 'magic numbers' to use in an emergency situation. Every voice shouts out '911,'" says Campaniello.

Magic numbers are just one topic covered in a Dr. Wizardwise performance. Preschoolers are treated to 45 minutes of non-stop entertainment and basic health messages. Elementary school students see a 45-minute performance that changes every year.

Campaniello outlines and researches the following year's elementary

others, to develop this program.

Campaniello reinforces his many tips and suggestions with colorful props, a talking lifeguard "drawing," a clever balloon mascot, "Bee Careful" and, of course, plenty of magic.

Before assuming the role of Dr. Wizardwise, Campaniello spent years performing as "Pencil the Clown." With his partner "Stencil," Campaniello perfected his juggling technique and learned the fine art of keeping an audience's attention.

"I 'clowned' my way through college and graduate school," says the engaging Campaniello, who holds a degree in physical education from the University of Massachusetts and a master's degree in physical education (M.P.E.) from Springfield College.

"I was also able to come to Hawaii for the first time — to compete in the 1981 Ironman Triathlon in Kona — because of the money I earned as a clown. Once I got here, I wanted to stay," says the native of Worcester, Mass.

Campaniello is the ideal health and fitness role model offstage as well as on. He's a lean six-footer who, at just 150 pounds, has only five percent body fat. He maintains his superb condition with a rigorous fitness training program that includes running, swimming, bicycling and working out with weights.

He competes in marathons (26.2 miles), ultramarathons (over 50 miles) and grueling triathlon races (swim 2.4 miles, bike 112 miles, run 26.2 miles) to assess the effectiveness of his exercise program. He estimates that he's run well over 30,000 miles to date in pursuit of fitness.

He's also dedicated to promoting fitness as a happy lifestyle for others. Whenever possible, Campaniello volunteers his considerable expertise at athletic promotion, organization and management.

He served as director of the Tinman Triathlon from 1982-1985, is founder and director of the Tinman Biathlon, has been director of the Rainbo Ironkids Triathlon for the past two years, and is a member of the Central YMCA Board of Directors.

"I want to share what I know about staying healthy with as many people as I can."

—Mickey Campaniello

munity service project sponsored by Kaiser Permanente Medical Care Program. Created in 1982, the fun, fast-paced 45-minute show blends solid health facts with magic tricks, music, juggling and jokes. The show is offered to schools and summer fun programs at no charge and is approved by the Department of Education.

This year, Campaniello as Dr. Wizardwise will visit more than 180 schools on Oahu, Maui and the Big Island for a total audience of 55,000 children. Performances are scheduled every day that school is in session, and the dates are booked early.

Campaniello, a former professional clown who holds a graduate degree in physical education and is a dedicated long-distance runner, is the key to the innovative program's success.

"I'm an entertainer and a teacher, and I believe in what I do," says Campaniello.

"I've always been committed to fitness. I'm fortunate to have my health, and I want to share what

school program during the summer.

"I work with a variety of medical people, especially Kaiser pediatricians, and many state and county organizations to see that my information for the coming year is accurate and timely," says Campaniello.

Accident prevention is the theme for the 1988-1989 elementary school year. Past themes have included nutrition, physical fitness, dental hygiene, how to have a healthy heart and "Just Say No" to strangers, drugs and alcohol.

This year, Dr. Wizardwise covers ocean and pool safety, fire prevention, electrical safety, poison safety, animal safety, car, bike and board safety, and how to improve safety conditions at home and school. Campaniello consulted the Kaiser Pediatric Department, Honolulu Fire Department, the Poison Center, Hawaiian Electric, Honolulu City and County Lifeguards, Consumer Product Safety Commission, Hawaii State Department of Health and the Hawaiian Humane Society, among



WISE WIZARD: Kaiser Permanente's Mickey Campaniello, alias Dr. Wizardwise, performs a little magic to impress schoolchildren with the importance of staying healthy and fit.

Hawaii Medical Association

Presents

FREE

- Glaucoma Testing, Saturday 2/18, noon-4:00 p.m.
- Breathing Capacity Testing Friday, 2/17, and Sunday, 2/19

Daily

- Blood Pressure Testing
- Height and Weight Measurements
- Nonstop Video Presentations
- Balloons for the Children

Stop by the HMA booth at the Great Aloha Health and Fitness Expo to learn more about physicians and health in Hawaii.



Hawaii Medical Association
Serving Hawaii Since 1856

Kojima's cooking at Expo

If you smell something good cooking, it's because Hari Kojima's brought his kitchen and is putting it to good use at the Expo. Hari hosts two popular local programs on TV2 — "Let's Go Fishing" and "Hari's Kitchen."

Almost 20 years ago Hari Kojima made his first appearance on local television. His unique homegrown humor, the relaxed and candid "Kojima style," continues to attract a large and loyal following.

Hari has invited students from the Food Services Program at Kapiolani Community College and two dieticians from local hospitals — Colleen Parrish from Straub Hospital and Jane Umeda from Kuakini Medical Center.

Hari and his guests will prepare delicious and nutritious recipes low in fat and cholesterol. The "Hari's Kitchen" cooking set is provided by GASCO.

Just mauka of "Hari's Kitchen" you'll see another familiar face — Laura Soller, TV2's "For Kids' Sake" spokesperson and coordinator. Last month TV2 aired "Every Kid's A Winner," one in a series of "For Kids' Sake" programs. "Every Kid's A Winner" takes a look at the nutrition habits of today's kids. Building fitness levels and building self-esteem at the same time are the primary goals of "Every Kid's A Winner."

We invite you to stop by TV2's "For Kids' Sake" booth. Say hello to Laura, pick up a "For Kids' Sake" newsletter and view "Every Kid's A Winner."



SOMETHING'S COOKIN': Hari Kojima, host of two television shows, will demonstrate his culinary expertise at the Expo by turning island fish into local delicacies.

Watch KHON-TV star, Hari Kojima and his friends prepare delicious and healthy recipes for your family!

Friday

7:00-8:00 Hari Kojima
8:30-9:30 Hari Kojima



Saturday

1:00-2:00 Faith Ogawa, Chef Instructor, Kapiolani Community College Food Service Department
3:00-4:30 Jane Umeda, Dietician, Kuakini Medical Center
7:00-8:00 Colleen Parrish, Dietician, Straub Clinic & Hospital

Sunday

1:00-2:00 Hari Kojima
2:30-3:30 Hari Kojima

You don't have to be a Runner to stop by the Honolulu Marathon Clinic and the Kukui Plaza Medical Associates Booth at the

GREAT ALOHA RUN EXPO
DR. JACK SCAFF & STAFF

will answer your questions and be doing Health Cholesterol Screening for only \$6.00

Remember He wrote the book on Running

Spartan
5' x 7'
Lounger
ONLY \$2995

Roman
6' x 7'
Rectangle.
ONLY \$3395

Aspen
6' x 8'
Kidney
ONLY \$3795

THE GREAT ALOHA RUN SPA SALE

THIS SPECIAL OFFER IS LIMITED TO SPAS IN STOCK (LESS THAN 80) — SO HURRY! FIRST COME, FIRST SERVED. GET INTO HOT WATER NOW AT THESE UNBELIEVABLE PRICES!

All Spas shown are complete and include the following items **FREE**:

- Tapered Vinyl Spa Cover
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• Minimizes Heat Loss
• Keeps Spa Clean & Beautiful
• Increases Energy Efficiency
\$25000 VALUE
- Cal Spa Light
Enhances the beauty of your new spa with a safe and energy efficient light
\$15000 VALUE
- Full Foam
For maximum energy conservation
\$10000 VALUE
- 220 Volt Spa Equipment
Air Switches, 1 HP 2-Speed Pump, Time Clock or Auto
\$10000 VALUE
- Chrome Accessories
Adds a touch of class by beautifying your new spa with chrome
\$5000 VALUE
- Complete Chemical Kit
Start-up Kit — A complete line of chemicals made just for your new Cal Spa
\$5000 VALUE

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Screening and Diagnostic Tests

Blood Pressure Screening
Department of Health
Saturday, Noon-9 p.m.
Hawaii Medical Association
Friday, Saturday, Sunday
Queen's Medical Center
Friday, 5-9 p.m.

Body Composition Analysis
St. Francis Medical Center
Friday, 6-10 p.m.

Body Fat Assessment
Department of Health
Friday, 6-10:30 p.m.

Breathing Capacity Test
Hawaii Medical Association
Friday, Saturday 4-10 p.m., Sunday

Queen's Medical Center
Saturday, 12-4 p.m.

Cardiac Risk Screening
Honolulu Medical Group/Best Care
Friday, Saturday, Sunday

Cholesterol Screening Test
Castle Medical Center
Friday, Saturday, Sunday

Cholesterol Counseling
Honolulu Medical Group/Best Care
Friday, Saturday, Sunday

Flexing Test
St. Francis Medical Center
Saturday, 4-8 p.m.

Glaucoma Testing
Hawaii Medical Association
Saturday, 12-4 p.m.

Height & Weight
Department of Health
Friday, 6-10:30 p.m.
Hawaii Medical Association
Friday, Saturday, Sunday

Pulse Oximetry
St. Francis Medical Center
Saturday, 12-4 p.m.

Vision Screening
Department of Health
Sunday, Noon-6 p.m.

Education and Demonstrations
Ask-a-Physical Therapist Question and Answer Session
St. Francis Medical Center
Saturday, 4-8 p.m.

For Kids Sake Videotapes
KHON-TV Center
Friday, Saturday, Sunday

Nutrition Game, Wheel of Health and Fitness
St. Francis Medical Center
Sunday, 1-5 p.m.

Skin Cancer Information, Foods Which Help Prevent Cancer, Breast Self Examination
Queen's Cancer Institute
Sunday, 12-3 p.m.

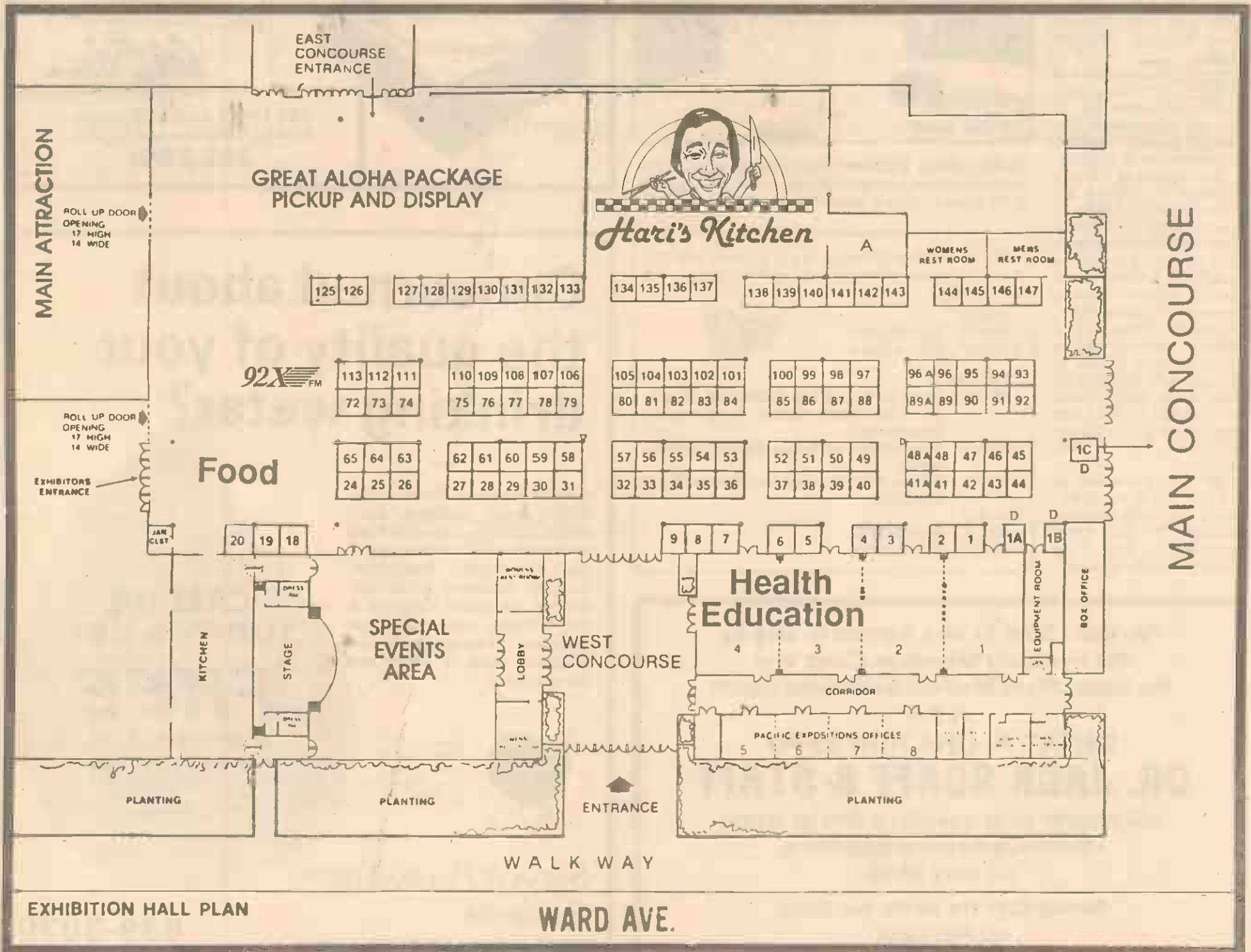
Substance Abuse Knowledge Test
Queen's Medical Center
Friday, 5-8 p.m.
Saturday, 1-4 p.m.

Understanding Stress Management
Queen's Medical Center
Friday, 5-8 p.m.
Saturday, 1-4 p.m.

Video Tapes on Health
Hawaii Medical Association
Friday, Saturday, Sunday

Name _____	Date _____
Blood Pressure Reading _____	
Body Composition Analysis _____	
Body Fat Assessment _____	
Breathing Capacity Test _____	
Cardiac Risk Screening _____	
Cholesterol Screening _____	
Cholesterol Counseling Notes: _____	
Flex Test _____	
Glaucoma Testing _____	
Height _____	Weight _____
Pulse Oximetry _____	
Vision Screening _____	

PARKING LOT



EXHIBITION HALL PLAN

WARD AVE.

Expo booths focus on fitness

A

American Cancer Society
522-0333 Booth 130
Sponsored by Chevron USA, Inc.

American Lung Association
537-5966 Booth, 131
Sponsored by First Interstate Bank

Asics Tigers
(714) 962-7654 Booth 94

Avia
(503) 684-0490 Booth 87

B

Best Care/The Honolulu Medical Group
537-2211 Booth 21A

The Bike Shop
531-7071 Booths 97-100

The Bike Way
538-7433 Booths 81, 82

Boat City
841-0345 Booths 34-36, 53-55

C

Castle Medical Center
263-5162 Booths 25, 26, 63, 64

C & C Hot Tubs
487-3055 Booth 105

Country Fresh Farms of the Pacific
732-7332 Booth 104

Culligan Aquaaire, Inc.
538-6796 Booth 143

E

Electropedic Products
536-2721 Booth 47

F

Family Fitness
235-5839 Booth 137

H

Hamel Consolidated (NuSkin)
239-4564 Booths 41-41A

Hawaii Medical Association
536-7702 Booths 27-31, 58-62

Hawaii Nurses Association
531-1628 Booth 109
Sponsored by the HMSA

Hawaii State Department of Health
735-8581 Booths 127-129
Sponsored by PRI

Hawaiian Lifestyles Inc.
672-9795 Booth 95

Hi-Tec
949-4214 Booth 141

HSCA, Inc.
521-6338 Booths 39, 40, 49, 50

I

Independent Diagnostic Services
487-0089 Booth 103

Island Triathlon & Bike Inc.
737-0455 Booth 144

See BOOTHS on page 8

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IslandCare wants you better.

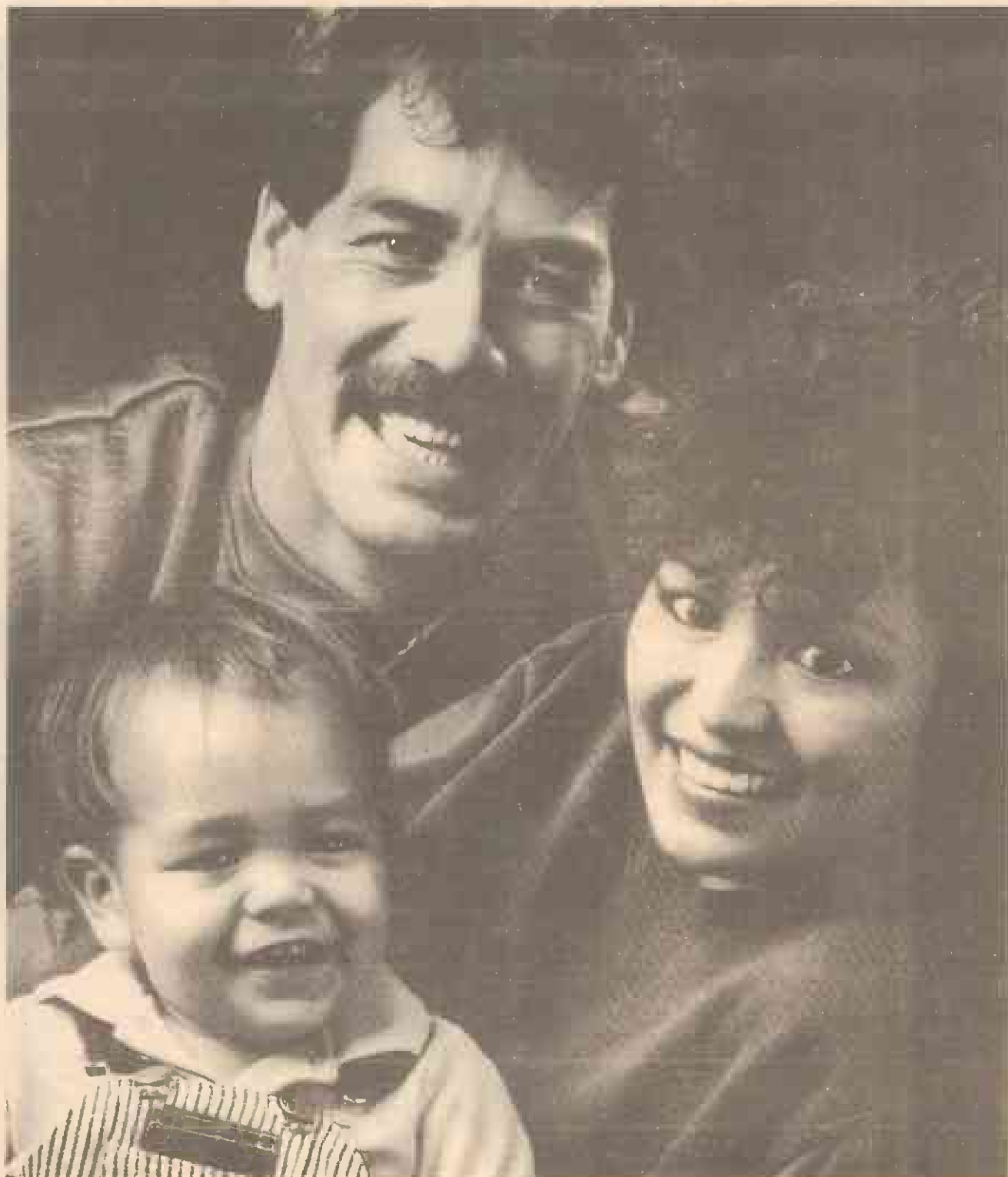
We're backed by some of Hawaii's most respected medical institutions — The Honolulu Medical Group, The Queen's Medical Center, The Kauai Medical Group and G.N. Wilcox Memorial Hospital. IslandCare is the only local, physician-developed health maintenance organization in Hawaii, assuring you top-quality care and individual attention.

Ask your employer if IslandCare is available to you now, or call 943-1127 for more information.

IslandCare. More. Better.

ISLANDCARE
PLAN ON GOOD HEALTH

More. Better.



Expo features health products

BOOTHS from page 7

J

J.C. Penney
848-1402 Booth 96A

K

Kaiser Permanente
529-5400 Booths 77-79, 106-108

Kevi of Hawaii
946-4662 Booth 85

KHON-TV
531-858 Booths 208-211

KXPW 92X FM
949-6131 Booths 71, 114

L

Lloyds of Hawaii (Nike Inc.)
949-1899 Booths 134, 135

M

McCully Bicycle & Sporting Goods
955-6329 Booths 43-46

N

Nada Chair
488-4418 Booth 88

National Sporting Goods Exchange
(717) 945-9341 Booths 83, 84, 101, 102

NuLife Products
545-2033 Booths 80, 138

Nutri Systems
373-2101 Booth 96

P

Pali Momi Medical Center
486-0060 Booths 111-113

Patti's Originals
922-6727 Booth 145

Physicians Weight Center
521-4833 Booth 126

Q

Queen's Medical Center
538-9011 Booth 132, 133

S

Servco Pure Water Systems
839-3070 Booth 48A

Sobagara Enterprises, Inc.
531-4323 Booth 89

Soark
(501) 362-7738 Booth 139

The Spa Store
395-2866 Booths 5, 6

Spiral Fries
422-9868 Booth 000

St. Francis Medical Center
547-6410 Booths 122-124

U

U.H. School of Nursing
Sponsored by Kaiser Permanente
Booth 76

W

World Runner Inc.
941-6439 Booth 110

Z

Zack's Famous Frozen Yogurt
737-8835 Booth 140

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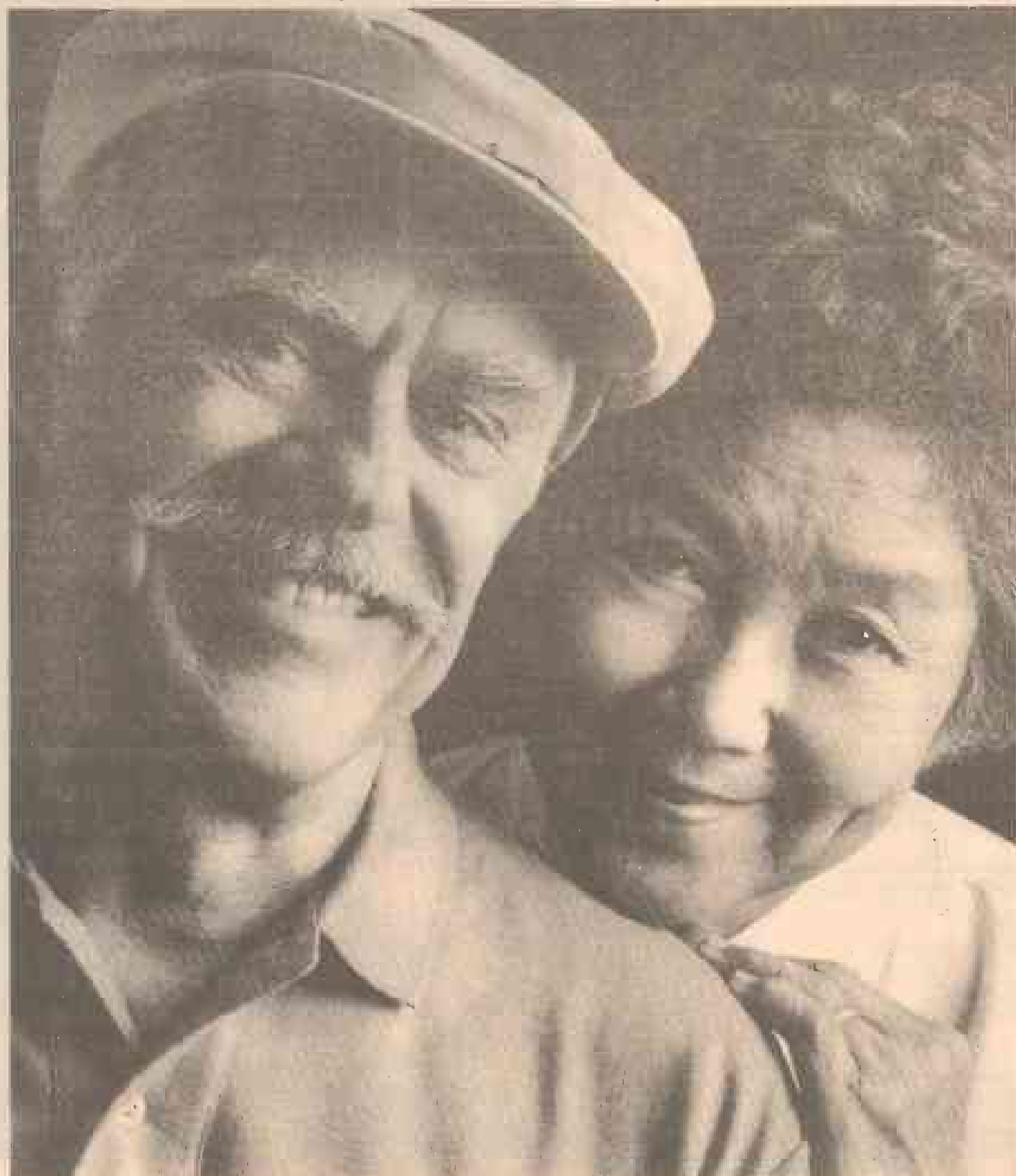
Everything we do for you is under the guidance and direction of your chosen personal care physician from The Honolulu Medical Group. So, as well as the convenience of visiting HMG locations, you're assured of top quality care and the individual attention of a personal physician.

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Treat yourself to the best — BestCare Senior Health Plan. For more information call 943-1127.

BESTCARE
SENIOR HEALTH PLAN

Well, well, well.



Castle booth combines testing, tips

Castle Medical Center will combine health testing with tips on healthy eating at the Great Aloha Run Health and Fitness Expo. Island residents can be screened for cholesterol levels and learn healthful uses of whole grains at Castle's food festival.

Castle will kick off its citywide 1989 Heartbeat Hawaii Cholesterol Screening when the fair opens Friday. Castle is well known for its Coronary Risk Evaluation Programs it has held throughout the islands.

A simple, three-minute test determines whether cholesterol levels are adequate or above levels recommended by the American Heart Association and the National Insti-

tutes of Health (NIH). The Reflotron Analyzer used in the screening measures a sample of blood from a tiny finger prick that is virtually painless. Fasting prior to this cholesterol test is not necessary.

A nominal \$7 fee is charged to cover the cost of materials and processing.

Screenings will be offered at several locations during the week following the expo.

For more information about the Heartbeat Hawaii Cholesterol Screening Program, call the Castle Center for Health Promotion at 235-8737.

Castle's annual food festival, this year the Festival of Whole Grains, will be held from noon to 5 p.m. Sunday, Feb. 19 in the

Neal Blaisdell Center Pike Room. Demonstrations, recipe sampling and recipes will be offered by food and nutrition experts, bakeries and health food stores. It's free to those attending the Health and Fitness Expo.

The Festival of Whole Grains is the perfect opportunity to learn about the many different ways of using and preparing whole grains.

Demonstrations will include multi-grain bread made with a bread maker for kneading, cereal similar to granola, "garden burgers," whole grain cookies and other whole grain products. Among the products that may be sampled are McDougall bread, melba toast, multi-grain breads, oat bran

products, whole wheat breads, rice cakes and rice products and a host of other whole grain products.

Especially informative will be the presentation by internationally-recognized nutritionist John A. Scharffenberg, M.D., M.P.H., of the Loma Linda University School of Public Health. Dr. Scharffenberg will address the health and nutrition advantages of whole grains, as well as rules of thumb regarding breakfast cereals. He will also discuss the use of cereals for breakfast, entrees, desserts, breads and crackers.

For more information about Castle's Festival of Whole Grains, call 263-5163.

Festival of Whole Grains Castle Medical Center

The choice is simple:

A HARD BODY or SOFT BULGES

For the same one-month price*
you can build BULGES with all this:



OR build a HARD BODY
with this:



**GRAND OPENING
SPECIAL ON
INITIATION FEE**
(Good thru February 1989)

*Based on single membership monthly dues. Personal fitness level at start of membership will affect results after one month, relative to the models.

Visit the newly-opened MARINA ATHLETIC CLUB in the Koko Marina Shopping Center TODAY! Let us help you shape the image you want to display.

Remember: "HARD BODIES ARE GOOD TO FIND"



Honolulu Hawaii

MARINA ATHLETIC CLUB

KOKO MARINA

395-4244



HONOLULU GIRLS: The Honolulu Girls Dance Company is a contemporary dance company of keikis and teens from the Danceworks Studio under the direction of Kathy Izumi. They will be performing on Friday at 7 and 8 p.m. in the Special Events Room.

Team Aerobic Dance contest features creative choreography

About six years ago, the Amateur Athletic Union (AAU) added a brand new sport to its existing list. That sport is called Team Aerobic Dance (TAD). What you'll see during the 1989 Hawaii State TAD championship won't be what goes on during a typical aerobic class.

Appealing uniforms, motivating music, incredibly fit bodies performing

routines that would test the stamina of most competitive athletes — this is one image of competitive aerobics.

Only allowing safe and technically correct moves, and not allowing any gymnastics, the teams have to adhere to strict guidelines while trying to creatively outshine each other. The five minute routines are judged on choreography (variety,

balance, combinations) and execution (technique, presentation, synchrony).

Powerdrill, Hawaii's most dominating force, has continued to achieve and surpass the standards in TAD competition nationwide. Created in 1984 by team captain, Linda Williams, Powerdrill has placed first and second in every competition its entered, taking the 1987 National as well as the 1988-

89 Co-ed National Champions Title.

Fluctuating between 6-12 teammates and sponsored by AVIA, the current members are: Angela Anfinson, Sue Grace, Molly Hoblin, Trella Rothman, Sherri Stanford (AAU-TAD chairperson) and Linda Williams. This talented group consists of exercise specialists from Schofield's Family Fitness Center.

92X disc jockeys giving away prizes

The all new 92X FM is proud to welcome you to this year's Health and Fitness Expo. As you came in you received a 92X entry blank. Please fill it out and deposit it in the receptacle at the Expo's entrance. Then enjoy the Expo and listen for your name to be announced by the 92X DJ's and win valuable prizes from various vendors.

Also, don't forget to stop by our booth because we'll be playing games and giving away prize paX every

30 minutes filled with dinner for two, a pair of movie tickets, cinnabuns and cassettes... And you can sign up to win a state of the art CD player from Bose Entertainment, winner to be announced Monday morning, February 20th, with the Breakfast Flakes.

Hope you gave a great time at the Expo and we'll see you Monday morning when we broadcast live from the Great Aloha Fun Run!

NEW MEDICALLY SUPERVISED WEIGHT LOSS PROGRAM OPENS

"Nothing tastes as good as thin feels!"

- Program supervised by medical doctor and practical nurse.
- Weight loss up to 1 pound per day.
- No contract required; fees often lower than other diet plans with no medical supervision.
- Initial lab fee \$75-\$100, physical exam \$60 (covered by most insurance plans); patient fee only \$39/week.
- Physician's Weight Center is associated with 15-year-old Howe Medical Weight Clinics in California.



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INTRODUCTORY OFFER:

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Weekly visits for
the FIRST 4 WEEKS
OF WEIGHT LOSS PROGRAM
Does not include physical or laboratory fees
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528-FEET

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All Insurance Plans Welcome



GOLDEN TOUCH: "A Touch of Gold" is a quintet of five handsome men — Nathan Aiwohi, Mike Cobbs, Charlie Spencer, Billy and Frank Makaawaawa — who sing golden oldies from the 1950s, '60s and '70s. They will perform a "blast from the past" Saturday from 7-8 p.m. at the Ragu and Ronzoni Spaghetti Fest in the Special Events Room.

Affordable Birth Control for Women.

1 YEAR'S SUPPLY OF CONTRACEPTIVES & EXAM - \$100.

Because it's up to the woman to decide on a birth control method, Hawaii Planned Parenthood's contraceptive Health Care Plan offers you every option. Very inexpensively.

An initial examination, including Pap smear, and a one year supply of contraceptives is only \$100. That's for your choice of pills, diaphragm, condoms or sponges. An IUD will cost \$50 more and includes 2 additional exams. Plus, our affordable 2-part payment plan can be used for either option.

For complete details come to our convenient downtown location or call our medical staff for an appointment at 537-5557.

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PLANNED
PARENTHOOD**

1164 Bishop Street, Suite 1220

Offer ends February 28, 1989 and is only applicable to new patients.

THIS IS YOUR PERSONAL INVITATION TO...

NU SKIN

An incredible NEW Skin & Body Product Line For MEN AND WOMEN

Come see us at booths 41 and 41-A for more information and appointment for FREE facial scheduled at your convenience anywhere on Oahu.

NU SKIN is an exciting skin care line that achieves visual results in one half hour.

FREE FACIAL REQUEST FORM:


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NAME: _____ PHONE: _____

ADDRESS: _____

CONTACT PERSON: _____

after 6 pm, call
239-4564



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I know it's good, because I bake it. And I know it's good because I eat it. Anyone who enjoys the natural goodness of whole grains, nuts and seeds will also love the delicious, nutty taste of this one of a kind treat. **Oroweat Health Nut Bread.**

Everywhere I go people come up to me and tell me how good Oroweat Health Nut Bread is and I tell you this is a good feeling. I thought if it is that good (and it is) that everyone should get a chance to try it.


I am so sure that you will like Oroweat Health Nut Bread that I am offering you this iron clad guarantee. **"MONEY BACK GUARANTEE: If you're not completely satisfied with the quality and freshness of our Oroweat Health Nut Bread, we will refund your money. Return this wrapper indicating purchase price paid to P.O. Box 29609, Honolulu, Hawaii 96820."**

I will tell you up front it is expensive because as any good baker will tell you if you're going to get quality out you have to put quality in. I am so anxious for you to try a loaf of delicious Oroweat Health Nut Bread, I am providing a **15¢ coupon** to help with your first purchase.

Give Oroweat Health Nut Bread a try. How can you lose?

**15¢ OFF
HEALTH NUT BREAD**

The BAKER

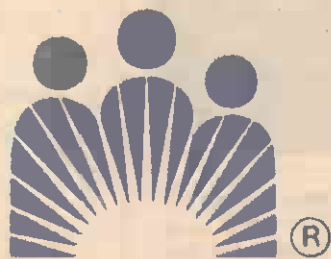


MR. GROCER: This coupon will be redeemed for 15¢ plus 1¢ handling, provided (1) you receive it on a retail sale of the product specified herein, (2) you supply, on request, invoices proving sufficient stock purchases to cover coupon value for redemption. Customers must pay any sales tax. Void where prohibited, taxed or restricted by law. Cash value 1/20 of one cent.

Coupon expires December 31, 1989
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GREAT ALOHA RUN HEALTH & FITNESS EXPO

Find out how to get fit and stay well at the Great Aloha Run Health & Fitness Expo. As a leader in health care, Kaiser Permanente is proud to be the official sponsor of the Expo.

There'll be lots of demonstrations, booths and exhibits where you can learn how to live healthier and stay fit. And don't forget to check out the Kaiser Permanente display to learn about our quality services, personal care physician program and our large network of facilities.

Neal Blaisdell Center

Friday, February 17th, 5:00-10:30pm

Saturday, February 18th, Noon-10:30pm

Sunday, February 19th, Noon-6:00pm