

Vol. 23 no. 10 Serving Marine Forces Pacific, MCB Hawaii, III Marine Expeditionary Forces, Hawaii and 1st Radio Battalion

March 16, 1995

Headquarters Battalion's Bike the Base Race offered three different races for bikers...See B-1

Commandant and Sergeant Major of the Marine Corps to visit Marines

The Commandant of the Marine Corps and the Sergeant Major of the Marine Corps will be on a Pacific tour of Marine commands during March 1995 in conjunction with the 50th anniversary of the Battle of Iwo Jima. A portion of the tour, today through March 19, will be conducted in Hawaii, where the Commandant and Sergeant Major will visit Marine commands on the island, meet and interact with Marines of Marine Forces Pacific, and discuss a variety of topics important to our Corps. This is perhaps the final opportunity to see the leaders of the Marine Corps as both are approaching retirement.

Garden Party for Mrs. Mundy and Mrs. Overstreet is cancelled

The Aloha Garden Party planned for March 21 at 10:30 a.m. at MGen. and Mrs. J.D. Howell's home in honor of the Commandant and Sergeant Major of the Marine Corps spouses has been cancelled. An unanticipated schedule change has required Mrs. Mundy and Mrs. Overstreet to curtail their visit on Oahu.

TQL icons legend for Hawaii Marine

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Goal #2 - Advance Risk Management and Loss Prevention



Goal #3 — Enhance Quality of Life





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Commander, Marine Forces Pacific nominated to serve as 31st Commandant of the Marine Corps

CWO Robert C. Jenks

The President has forwarded to the Senate his nomination for LtGen. Charles C. Krulak to be promoted to general and become the 31st Korea. Commandant of the Marine Corps.

Following Senate confirmation later this spring, and the subsequent retirement of Gen. Carl E. Mundy Jr. on July 1, Gen. Krulak will assume his position as the senior Marine and member of the Joint Chiefs of Staff.

Krulak is currently the Commander of Marine Forces Pacific/ Commanding General, Fleet Marine Force Pacific, headquartered at MCB Hawaii, Camp H.M. Smith, Hawaii.

both the U.S. Pacific Command and fare. the U.S. Central Command, and he is

U.S. Naval Academy, Krulak was commissioned a second lieutenant then attended and graduated from The Basic School, Quantico, Va. Since then, Krulak has served two tours in Vietnam, and has held a variety of command and staff positions. During Operation Desert Storm, Krulak, as commanding general, 2nd Force Service Support Group, Camp Lejeune, N.C., commanded the development of the

Marine Forces Pacific, he is the and the Corps' largest ammunition Marine component commander for supply point in the history of war-

Krulak's father, LtGen. Victor H. also commander of the United Nations Krulak, a Marine Corps visionary and Combined Marine Forces Command in a 1934 graduate of the U.S. Naval Academy, directed all Marine forces as A 1964 engineering graduate of the then commanding general, Fleet Marine Force Pacific — the position his son now holds - before he retired

The Marines' next commandant began his tour as Commander, Marine Forces Pacific, in July 1994, after serving for two years as the Commanding General, Marine Corps Combat Development Command, Quantico,

Krulak is married to the former Zandra Meyers of Annapolis, Md. In his capacity as Commander, largest Marine combat logistics base They have two sons, David and Todd.



LtGen. Charles C. Krulak

Iwo vets return to sight of Marine Corps' bloodiest battle



anniversary commemorations. (Left) PFC Damian Ruiz, Bravo Co., 9th Engineer Support Battalion, puts the finishing touches on the 5th Marine Division's monument atop Mt. Suribachi, in preparation for the 50th anniversary ceremonies. (Below) Retired SgtMaj. Richard Kerr of Albuquerque, N.M. offers a handshake to an unidentified Japanese vet attending the ceremony. Among the guests at the ceremony were Commandant of the Marine Corps Gen. Carl E. Mundy Jr., Secretary of the Navy John Dalton, U.S. Ambassador to Japan, Walter Mondale and Commander, Marine Forces Pacific, LiGen. Charles C. Krulak, who received news of his presidential nomination as the 31st Commandant of the Marine Corps while attending the ceremonies on Iwo Jima.

Nearly one thousand World War II veterans from both

the United States and Japan met March 14 in peace on

the ground which 50 years ago was the sight of the

bloodiest battle in Marine Carps history. The island of

Iwa Jima was visited by the vets as part of the 50-year



Sqt. David Ferrie

New technology will help maintain healthy environment

Cpl. Robert Berry

Marine Corps Base Hawaii, Kaneohe Bay is taking a step in a new direction in the effort to clean up and protect the environment. Born from the effects of increased awareness and decreased funds, MCB Hawaii, Kaneohe Bay has become one of the



Slime — Workers filter and separate cantaminated slime from the recovery tank of the Bia-Slurp unit.

test sights for a new technology in the ment of the groundwater through

clean up of contaminated sites. The two-week Bio-Slurping pilot project, being conducted by Naval Facilities Engineering Service Center, Port Hueneme, Calif., is a test for an eventual larger project to clean up fuel which leaked from an above ground storage tank at the Kaneohe

Bay fuel farm in the late 1980's. Bio-slurping is a unique technology which combines removing free product, (contaminants), from the soil/groundwater interface, and at the same time enhancing the natural decomposition and natural

remediation. Bio-slurping is a vacuum assisted free product recovery operation which also involves bioventing. The technology which is being developed jointly by the Air Force and Navy concentrates on three phases.

Inclusive in the first two phases are the physical removal of free fuel sitting on the water table, and bioventing, which is the natural clean-up of fuel contaminated soil above the water table. The last phase is treat-

intrinsic bio-remediation which allows natural organisms to break down the waste through natural biodegradation.

Sgt. David Ferrier

The inexpensive system uses a twoinch diameter tube which is slotted. Within the slotted tube is another tube which is extended down to the

> point where the water table and fuel meet.

Once the well is drilled, the tubes are inserted and air is then sucked through the soil, collecting some of the spill, but it is the extra oxygen in the soil that allows the microorganisms to help break

down the material and speed up the process.

"You don't want to pump a lot of ground water," said Ron E. Hoeppel, the project manager from Naval Facilities Engineering Service Center, Port Hueneme, Calif. "It is expensive to pump out high levels of water if you are only getting small amounts of fuel." "Sites like this are cleaned up under

Environmental Defense Restoration Program," said James Abbott, the head of the Hazardous

Materials/Hazardous Waste Division for MCB Hawaii. "They prioritize clean up of the sites based on a risk analysis to human health and the environment."

Contaminated sites receive funding through this program and are cleaned up in order of priority.

"This site was classified as a priority two," said Abbott. "If we wait for funding it could be several years before DoD will fund level two sites."

The project is an alternative source of funds and an innovative method of trying to clean up a contaminated site. Because it is a research project, they are willing to fund it.

"A plus for the Base is the fact that we have involved the state of Hawaii, Department of Health Environmental people from the very beginning," commented Abbott. "They are very interested in this technology and wish to transfer this technology to the civilian sector as quickly as possible.

"The current project is a pilot to see what kind of results we would get out of it," said Abbott. "Eventually, there is going to be a nine-month to a year Navy funded project which will be much more extensive."

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Every clime and place

Marines return from mission in Somalia

Approximately Camp Pendleton Marines and sailors returned from Somalia to be reunited with friends and family in the wake of Operation United Shield, the operation to protect the final withdrawal of United Nations Forces.

The Marines sailed to Mombasa, home on a commercial 747. On their way back, the Marines stopped in Cairo, Egypt and London, England before arriving at March Air Force Base for further transportation to Camp Pendleton.

United Shield was provided by the 13th Marine Expeditionary Unit and the Special Purpose Marine Air Ground Task Force from Okinawa. There were 2,700 Marines deployed on the five U.S. ships that comprised the U.S. offshore arsenal.

Bringing approximately 500 Camp Pendleton Marines in from Okinawa, Japan, was the USS Belleau Wood. Other facets of the Kenya where they began their flight U.S. fleet offshore included the amphibious ready group from Amphibious Squadron Five including the USS Essex, USS Ogden, USS Fort Fisher and USS Lake Erie.

Although the mission was not incident-free, no Marines' lives were

The primary support for Operation lost to hostile fire. There were isolated incidents where individuals acting on their own approached and threatened U.S. positions. At those times, appropriate action was taken to neutralize the danger, according to Lt. Gen. Anthony Zinni, commanding general, I Marine Expeditionary Force.

"Every minute we were out there was well spent. Once again, it's the lance corporals that make the generals look good," said Lt.Gen. Zinni. "I was proud to lead the people that made it work; certainly they deserve all the credit."

As the United States involvement in Somalia increased and declined, forces from nations around the globe ed cover for the withdrawal of the U.S.

were there serving side by side in Forces in March 1994; and the justthe humanitarian effort including Italy, France, Great Britain, Pakistan, Bangladesh Malaysia.

The U.S. involvement in Somalia spanned four years and consisted of six operations to include the non-combative evacuation operation of the U.S. Embassy in January 1991; Operation Provide Relief, which airlifted food into Somalia starting in August 1992; the Marine Expeditionary Unit that provided cover for the introduction of 500 Pakistani peacekeepers; Operation Restore Hope from December 1992 to May 1993; the two MEUs that provid-

concluded operation United Shield.

These six operations in Somalia represent the Marine Corps' inherent flexibility of employment in a variety of missions, according to Col. F.C. Peck, deputy director, Marine Corps Public Affairs, who served in Somalia for six months.

Although opinions vary on the success of the mission in Somalia, Peck is not disappointed at all: "We did the job President Bush sent us there to do, and thousands, perhaps hundreds of thousands of mostly innocent women and children are alive today because of what we did." (Cpl. Wade Fairbanks, MCB Camp Pendleton)

Blotter

• A complainant reported suspect one and suspect two were involved in a verbal altercation at their quarters when suspect one pointed a loaded 9mm pistol at his head. Suspect one then put the pistol down and departed the quarters. The military police apprehended suspect one and later

released him to his unit representative who transported him to Tripler Army Medical Center where he was admitted for observation. The military police detained suspect two and medical treatment. The military later released her on her own recog-

 A complainant reported suspect one punched suspect two on the upper back and lower lip while adjacent to their barracks. Suspect two wrapped his arms around suspect one's torso kicking his legs out from

under him. Branch Medical transported suspect one to TAMC where he was treated for a broken right ankle and released. Suspect two declined police detained suspect two and released him to his unit representa-

Oct. 25, 1994 and Jan. 5, 1995 person(s) unknown stole a 25-inch JVC television from the lounge of his barracks. Military Police investigation

• A victim reported between 9 p.m. Feb. 25 and 9:30 a.m. Feb. 26 person(s) unknown stole his unsecured Huffy bicycle from the carport adjacent to his quarters.

• An anonymous caller reported an assault in his barracks room located • A complainant reported between at Camp H.M. Smith. The military police made contact with the victim who stated he and suspect were involved in a verbal altercation when suspect punched victim on the head

and attempted to stab him with a pencil. Suspect then bit victim on the right ring finger. The military police detained suspect and released her on her own recognizance.

 The evidence/lost and found custodian has in his possession pagers, bicycles, keys, tents, bank cards, watches, and much more. If you think any of these items belong to you, contact Cpl. Douglas Ranke at 257-1306. Unclaimed property will be disposed of 45 days after receipt at MPD.

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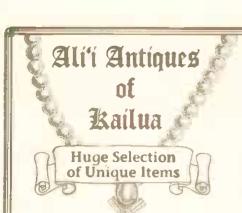
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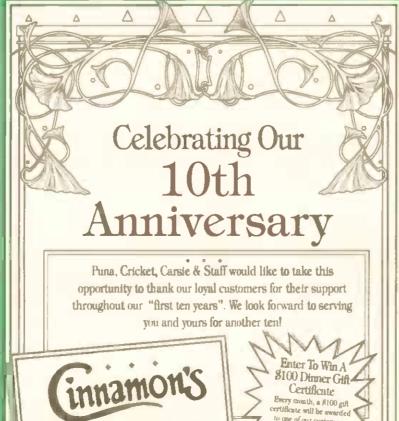


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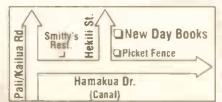




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PacDiv matches bring top marksmen in region together for competition

Cpl. Wanda Compton

The Marine sights in on the target, his breath is controlled as he slowly squeezes the trigger and ... BANG!! The target goes down and the shooter awaits the marker. One shot - one kill means everything here.

Each year, commands throughout the Marine Corps send their best shooters to one of the four regional division matches. Shooters from the Pacific area participate in the Pacific Division Matches held at MCB Hawaii Training Facility, Pu'uloa Range. The other three regional division matches are the Far Eastern Matches at Camp Butler, Okinawa; the Western Matches at Camp Pendleton, Calif.; and the Eastern Matches at Camp Lejeune, N.C.

The participants in this year's Pacific Division Matches completed their required training and began firing the competition course Feb. 28. The competition ended March 3.

The competition was fierce as some of the best shooters in the Pacific area vied for the opportunity to participate in the Marine Corps Matches and possibly be chosen to become a part of the Marine Corps' Shooting Teams.

The Pacific Division Matches are one of the four division matches fired throughout the Marine Corps each year as part of the Competition-in-Arms Program.

"There are two phases to the Competition-in-Arms Program." explained CWO-5 Gary M. Matthews, the Headquarters Marine Corps representative for the Division Matches and the assistant team captain of the Marine Corps shooting teams.

"The first phase is the Division matches which are based on geographical location. They generally go for a three-week period during the February, March and April time frame of each year," he said.

These matches have been conducted since 1911 when the CIAP was first established, Matthews explained, and

have continued on with the only exceptions being during times of conflicts. The most recent being Desert Storm, which cancelled the 1991 competition.

The matches are open to Marines who qualify sharpshooter or higher with the M16-A2 service rifle, who have not been convicted in a court martial six months prior to the match and who remains on active duty through September 30 of the competition year.

Marines who qualify participate in the regional match closest to where they are stationed at that time. For example, Marines from Hawaii who are deployed to Okinawa during that time frame will participate in the Far Eastern Matches at Camp Butler.

For this competition the Marines not only fulfill their annual qualification requirements, they also receive extensive instruction from the Quantico Marksmanship Training Unit.

Each of the four instructors with this unit is a distinguished shooter on the rifle, pistol or both; and they are all small arms weapons instructors.

One instructor from the training unit that helped those participating in this year's Pacific Division Matches was MSgt. Donnie Heuman. He is the Interservice Champion and set a new record at the championship last year. The total number possible at the Interservice Championship is 1000 with a 100 X's. Heuman shot a 995 with 50 X's. He has won three Division Matches and holds the Far Eastern Division record. Heuman has been on the National Trophy Team four times and was also on the firing team that set the record for the Combat Infantry Trophy Match at the Interservice Championship.

The Division Matches award rifle and pistol competition badges to the highest 10 percent of non-distinguished shooters. There are three badges possible at each competition; gold - 10 points, silver - 8 points and bronze - 6 points. A shooter becomes distinguished after accumulating 30 credit points, 10 of which must be awarded by the Marine Corps. Upon-

longer subjected to the annual requalification requirements.

Marines placing in the top 10 percent in the individual rifle and pistol

matches will head to Camp-Lejeune for the Marine Corps matches. These matches feature the Corps' most accomplished marksmen representing Marine Corps commands world-

There are also awards for rifle and pistol teams who participate in the matches. In addition to the distinguished shooting badges the teams also compete for trophies. The top rifle team receives the Julian C. Smith trophy and the top pistol team receives the MGySgt. Mickey T. Finn Trophy.

The Finn Trophy was established in 1986 on behalf of MGySgt. Michael T. Finn. He was recognized as the first Marine promoted to the rank of master gunnery sergeant. Finn was a double distinguished shooter with the pistol in 1922 and rifle in 1930.

The Smith Trophy was established to honor BGen. Julian C. Smith, who, as a 1stLt. and the captain of the Marine Corps Team in 1928 took a virtually unknown squad to Wakefield and on to Camp Perry. At Perry, his team gave a sweeping performance by taking the four events of the National Board, the Rifle Team and Individual Matches and the same events with the pistol.

The trophies are what is known as perpetual trophies. This means that the winning unit holds the trophy at their headquarters for one year. The trophies are then returned to the Pu'uloa Range for the next competi-

The top 10 percent of team competitors also qualify to compete in the Marine Corps Matches at Camp

"The second phase of the Competitionin-Arms Program is the Marine Corps Matches," Matthews explained.

The Marine Corps Matches are run in very much the same manner as the Division Matches except the competition is more intense, the courses of fire more difficult and at longer ranges, receiving this status, the shooter is no and the type of weapon involved is dif-

ferent. At the Division Matches, the weapons fired are the M-16A2 rifle and the 9 mm pistol. For the Marine Corps Matches, the competitors use the M-14 National Match Rifle and the .45-caliber match pistol.

"At those matches, we're looking at the top 10 percent of the Marine Corps," he said. "The Marine Corps teams use the matches to select Marines to augment the teams in what we call the summer season. This season includes regional, state, interservice and national championships. The shooters who are picked up for the summer season will return to their units following the Interservice and National Championships.

This year, the Marine Corps teams intend to pick 25 rifle and 20 pistol shooters from the Marine Corps Matches to participate in these championships.

"The Marines who participate in the CIAP may gain personal awards, which is well and good," Matthews said. "However, our focus is on enhancing the combat marksmanship proficiency of the Marine Corps.

The CIAP's objective, he said, is to identify and train a nucleus of instructors who demonstrate exceptional interest and skill in competitive shooting sports.

"These Marines then return to their parent commands and form the basis for their commands marksmanship program," Matthews said. "The CIAP is therefore more training than a sport."

Matthews went on to explain that the CIAP is the avenue by which commanding officers can guarantee the continuance of excellence in Marine Corps marksmanship.

"It is important that commands at all levels support the CIAP as it bears on our future marksmanship instructors, coaches, and range operations personnel," Matthews explained. "That is how these competitions benefit the Marine Corps."

Since 1911, these competitions have helped to encourage and increase the Marine Corps' marksmanship abilities and with the support of the commands, the Marines will continue to hone their one shot - one kill skills.



Keeping data — A shooting coach discusses data information with one of the Marines as he qualifies for the recent PacDiv Matches at Puuloa Range.

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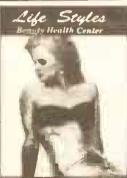
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Marine's quick response saves families from fire

Sgt. Jesse Faleris

From the realm of his dreams, the tugging of a pungent burning odor awoke LCpl. Michael Sudia; Sudia had been asleep in his third floor apartment at Schrader's Windward right hand. Marine Resort when an adjacent building caught fire.

Combat Assault Company Marine said Sudia. only half noticed the rancid smell at first, and tried to go back to sleep. The odor increasingly persisted, causing Sudia to fully awaken. When smoke began filling the room, Sudia woke his wife Chandra, and rushed her out the door and down the stairs to the safety of the parking lot. He guishing the fire.

fire," said Sudia. "I knew that my wife would be alright downstairs in the parking lot, so l started looking for fire extinguishers.

Sudia immediately alerted his neigh- Advertiser, resident Clarita Mashino bor, a Honolulu Police Department, police officer, and they ran to the room that was on fire. In order to gain access to the fire extinguishers, Sudia was forced to smash out the glass casings, sustaining minor injuries to his

"We tried to put the fire out, but it was spreading too fast. There was The Combat Engineer Platoon, nothing we could do to extinguish it,"

Realizing lives were in danger, Sudia began banging on doors in the immediate vicinity and shouting, "Fire! Wake up, Fire!"

Sudia said that his experiences in the Marine Corps gave him the courage he needed to overcome his fear. He knew what the right thing to then turned his attention to extin- do was, and he acted rather than overthinking the situation. This enabled "I didn't want to see my things burn, him to run up and down the stairways so I tried to do what I could to stop the and balconys of the apartments to live. wake everyone up.

"I'm just glad that I smelled the smoke when I did," said Sudia.

According to the Honolulu October 1993.

said, "If it weren't for him, we would still be in there sleeping...forever."

The fire was reported at 5 a.m. on March 8. The blaze destroyed a fourplex apartment building where six families were living and also heavily damaged neighboring buildings. According to Capt. Lloyd Rogers, the fire inspector investigating the fire in Kahaluu, even though the investigation is still pending, electrical appliances from the apartment where the fire originated are considered a possi-

Sudia's apartment was one of those that was badly damaged and is currently condemned. His furniture, although ruined by smoke and water damage, is currently in a storage facility. He and his wife are staying with friends while they recover from the incident and search for a new place to

Sudia was born in Roanoke. Va. and raised in Lutz, Fla. He arrived at MCB Hawaii, Kaneohe Bay, in



LCpl. Michael Sudia

Sgt. Jesse Faleris







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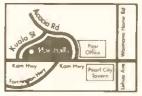
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On the HomeFront

Operating a business in housing permitted with certain restrictions

Mary Lynne Wolfe

When money gets tight some people look for a second job, some cut entertainment and extras out of their budget, and still others start looking at hobbies and skills as a means to earn extra

If you've ever thought of starting a business in family housing, but then brushed the idea aside because you thought it was against the rules, think again. Many Marines and their family members engage in commercial enterprises in base housing.

As with all businesses however, there are certain requirements that must be met prior to going into operation.

Prospective entrepreneurs must obtain a Hawaii state excise license. Then they must submit a letter to the base adjutant describing the business and requesting permission to conduct it in base housing. They should attach a copy of the excise license, along with business cards, brochures or other media that further describe the business.

Each application is considered on a Base Hawaii Adjutant lstLt. Maureen

"Anyone with the ways or means is welcome to operate a business, provided they meet certain basic guide-

lines," she said. "The business must comply with all Marine Corps Orders, base regulations, and housing regulations," GySgt. Eileen

Osterhout of the base inspector's office. "Additionally, the business can't disturb neighbors, can't use excessive utilities, and must be safe."

For example, a request to operate a car wash would be turned down because it would disturb the neighborhood as well as use excessive amounts of water. An auto repair business would be turned down because it's against the rules to perform auto repairs in housing areas, and anything to do with firearms would be turned down for safe-

COCKTAILS

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ty reasons, Murphy said.

case-by-case basis, said Marine Corps computers in base housing would probably be approved because the business is compact, quiet and uses few resources. Requests to sell Tupperware and cosmetics are routinely approved,

> Osterhout said. There are also very specific rules for soliciting on

"It is a federal offense to

place items in mailboxes, and the base order on soliciting forbids leaving literature at

quarters unless is has been specifically requested by the resident," Osterhout

The base order forbids door-to-door solicitation and says that requests to distribute literature must be submitted to the Commanding General, in writing, at least 5 days prior to the proposed distribution date.

Occasionally, housing residents will ask for permission to modify their quarters for business purposes. The

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adjutant forwards those requests to the On the other hand, a request to repair Family Housing Department for a deci-

> "There's a potential for excellent services to be provided in housing, given the creativity and talent of our family members," said Housing Director Becky Ray. "And we certainly don't want to discourage people from that, but we won't allow them to make a modification that wouldn't ordinarily be allowed."

> If, for example, a resident wants to install an oversized shed to accommodate a business, the request would be denied, Ray said, because sheds must be built according to stringentlyadhered-to specifications. request to install shelves in quarters or modify a closet would probably be approved for any resident, so it would be approved for a business, too, she explained.

> Family housing residents who would like more information about operating a business in quarters should call the adjutant's office at 257-0900.



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Briefs

TAMP

Transition Assistance Management Program will be offering the following classes in the month of March:

E-TAP Seminar - For military members retiring with 20 years of service or more. The seminar addresses issues and subject matters that should be helpful with the transition from military to civilian life. Spouses are encouraged to attend. Classes are scheduled March 27-29, from 7:45 a.m. - 4 p.m. in the BOQ Conference Room. Seats are limited and pre-registration is required.

DORS workshop - This workshop will focus on completion of the DD Form 2580, which will allow individuals seeking employment to place their qualifications in a database for potential employers. The class is scheduled for Friday, from 9 - 11 a.m. at TAVSC classroom 2.

Federal employment - Learn how the federal selection and hiring process works. Information on veterans preference, military spouse preference, and the SF-171 will be provided. Class scheduled for March 21, from 8 -10:30 a.m. at TAVSC classroom 2.

Interviewing workshop - This class provides a general overview of the interview process. Included will be tips on researching prospective employers, types of interviews, and typical questions to expect. Class is scheduled to be held March 22 from 9 - 11 a.m. at TAVSC classroom 2.

Young adult job and career fair Representatives from local business and government agencies will be recruiting for summer part-time jobs for ages 15 - 22 who are family members of active duty, reserve and civilian service. The fair is scheduled March 28 from 9 a.m. - 1 p.m. at the Banyan Club, Pearl Harbor. To register call 474-4222.

Federal career information brief - A representative from the Federal Park Ranger Service will be giving an information brief on the federal employment opportunities with the Park Rangers. The brief is scheduled March 23, from 1-3 p.m. at TAVSC classroom 2. Registration is required.

Sponsorship training - This training is mandatory for all those assigned as sponsors to inbound Marines and sailors; provides a complete outline of duties of a sponsor. Classes are scheduled for March 24, from 2-3 p.m. at TAVSC classroom 2.

For more information or to register Expecting a new baby? Overwhelmed for any of the above classes, contact with the thought of becoming a parthe TAMP office at 257-3135.

TQL nominations

Nominations are being accepted for the following courses in Total Quality Leadership training:

TQL Awareness - The three-day supervisory course will be held May 23-25 at MCB Hawaii, TAVSC, building 267, classroom 1.

TQL Awareness - The one-day non supervisory course will be held May 26 at MCB Hawaii, TAVSC, building 267, classroom 1.

Nominations for these courses should be submitted in writing to Commanding General (TQL), Marine Corps Base Hawaii, Box 63002, Kaneohe Bay, MCB Hawaii, 96863. All inquiries, scheduling and coordination should be directed to Bill Lang. TQL manager at 257-2130.

ASYMCA

To sign up for any of the following programs/classes. or for more information, call 254-4719 or 254-4965. The Armed Services YMCA helps pay for child care while you attend classes.

Plus-size ladies aerobics class If you are a size 14 or more, this program takes your special needs into consideration. Classes begin on the first of each month from 7:30-8:30 p.m. on Mondays, Wednesdays and Fridays. The fee is \$22 for the full month or \$2 per class.

Dog Obedience - This six-week class is offered Sundays from 4-5 p.m. behind the Veterinarys Office. The fee

Lamaze - This six-week class is offered on Mondays from 6:30-8:30 p.m. and is held in the Family Service Center training room.

Baby and Me - If you are expecting or have a new infant, this support group may be for you. We meet bimonthly on Mondays at 10 a.m. CPR for baby, baby massage, nutrition, toy safety and home safety are already on the agenda as topics. Join our group and add your own concerns and interests to our topic list. It's an excellent opportunity for parent networking. A "Strollers Stroll" meets every Tuesday morning at 8 a.m.

Parents support

The New Parents Support Program provides a variety of education and support services to Marine families on Oahu and Navy families stationed at MCB Hawaii. Please call 257-0485 for any additional information, schedules or to register for any of the following:

Expectant parenting ent? The "Expectant Parent Classes"

are just for you. Learn information to help you through pregnancy, labor and delivery and postpartum time. We also provide basic baby information to help you become the best parent you can be. Six-week classes are held from 6-7:30 p.m., Tuesday evenings at the Branch Medical Clinic conference room. Please call 257-0485 for class information and to register.

Parenting education and support group — The group meets every Tuesday from 6-7:30 p.m. at the Child Development Center, building 579, on Reed Road. Free child care is available with a copy of your child's up-todate shot record. Child care will not be provided without one. Parents with children of all ages are invited to attend to discuss topics such as child development, discipline, stress management, communication and family interaction. Please call 257-0485 for class information and to register.

Pregnancy Support Group -Lunch-time support group which provides pregnant women the opportunity to come together for information sharing, communication, bonding and support purposes. The group is held every first and third Wednesday of the month from 11:30 a.m. to 1 p.m. in the ASYMCA activity room. Bring a brown bag lunch. Call 257-0485 to

Home Visitor - We provide home visiting services to Navy and Marine families with children 5 years or younger. The specialized professional staff can offer support, education, parenting tips, prenatal information and a helping hand to any families in need. Call 257-0485 for more information.

K-Bay FSC

Stress management workshop -Learn to handle stress effectively at home and work. Workshops are held on the last Wednesday of each month from 1-4 p.m., call for reservations.

Overeaters anonymous - Group support to help with over eating behavior using the 12-step approach of AA. Meets every Friday at the FSC from 7-8 p.m.

Fighting for your marriage The Prevention and Relationship Enhancement Program is a researchbased approach to teaching couples constructive arguing and problemsolving skills. The six-week course is scheduled to be held on Wednesdays and Thursdays from 5:30-7:30 p.m. Call Gail for reservations.

Women's empowerment program Focuses on safety, self-esteem, anger and stress management. The group is held every Thursday from 2-4 p.m. Please call Diane for more information at 257-3655.

Mondays from 4:30-6 p.m. to help people who have had painful childhood experiences that they wish to confront. Participants must call for a screening

Adult children of troubled families - This two-part educational class will focus on how your family affected you. If you are looking for answers as to why your life isn't working out the way you expected, you must look back to your childhood. Week one's sessions take place on the first and third Tuesdays of the month and week two's sessions on the second and fourth Tuesdays of the month.

For information on any of the above classes or reservations, call 257-3655.

Job hunting

A computerized listing of on-island jobs is available at the Employment Resource Center. Call 257-3135 to make an appointment with a coun-

Red Cross

Community first aid and safety course will be held March 22-24. Preregistration is required. The hours of operation are 7:30 a.m. to 3:30 p.m., Monday-Friday. Check ins/out are 7:30 a.m. to noon, Monday-Friday. For emergencies call 257-3150 or 471-3155. The Pearl Harbor Service Center is open 24 hours a day to include financial assistance. Emergency communication specialists can do aid society loans after hours. The Red Cross office is located in building 216, next to the Family Service Center. The phone number 257-3150 will remain the same.

owc

OWC is sponsoring the USPA/IRA "Investment in the Future" Scholarship for graduating children of MCB Hawaii officers. For more information on this program or other OWC scholarships, Kimberly at 262-1320. Applications are due by March 31.

CREDO Hawaii

CREDO Hawaii will be holding open group meetings on the third Thursday of each month at building 1368 (old NOSC facility) at 6:15 p.m. Open group is a continuation of the followup meetings you attended after your PGR (CREDO I). It's a great way to reconnect with the CREDO family. If you have ever been to a CREDO Personal Growth Retreat at any site you are eligible to attend. Call 257- Richmond, Va. are encouraged to con-Healing your inner child - A 1843 for more information. The next tact their admin section for more weekly support group will be held on open group on MCB Hawaii, Kaneohe information.

Bay, is scheduled for today at building 1368 at 6:15 p.m.

Volunteers needed - Are you a trained CREDO team member or facilitator from one of the six sites around. the world? CREDO Hawaii needs you! If you are a former participant who is interested in pursuing the requisite training, if so call 257-1675 for more information.

Navy/Marine Corps Relief training course

Gene Kendall will bring twelve years of professional experience in education and training to his work with Navy Marine Corps Relief Society March 20-24 from 8:30 a.m. to 12:30 p.m. in building 1514, Pearl Harbor.

The course at the Hawaiian Auxiliary, Navy Marine Corps Relief Society Training Center, across for Makalapa Medical Clinic will bring participates up to date with topics such as military and civilian resources, pay and allowances, family budgeting tips, CHAMPUS, survivor benefits and other society programs as well as policies and procedures. Child care for those attending the training class and transportation costs are reimbursed upon request.

Kendall visited more than 30 bases in the past two years. He keeps volunteers and employees informed on current policy and procedures as well as briefing active duty and other personnel on what the NMCRS provides for service members and their families.

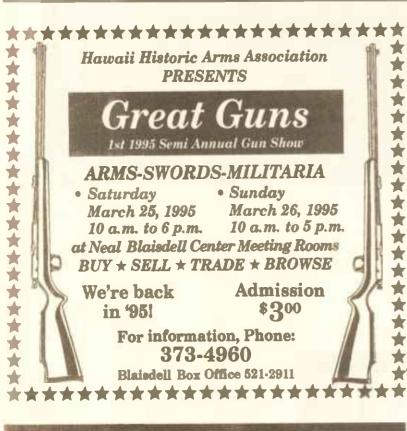
"I continue to be surprised by the perceptions people have about the Society, so every base I visit presents a different challenge. Many people think of the Society as one dimensional, and are pleasantly surprised by the variety of services we offer," Kendall

The NMCRS relies on volunteers in the field to execute its program and provide services on behalf of the Marines and sailors. You too can make a difference by volunteering some of your time. Join the team of more than 2,600 people across the globe who help "the Navy and Marine Corps take care of their own."

For more detailed information call Felix Navarro at 423-1314

Recruiters assistance

The 4th Marine Corps District is looking for Permissive TAD Marines to help the District's recruiting mis-Marines from Baltimore; Charleston, West Virginia; Cincinatti; Cleveland; Detroit; Louisville, Ky.; and



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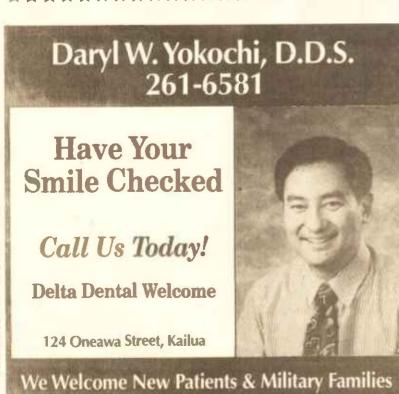
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C95 148	Desktop Pub. Using PageMaker	3/25	Sat	9-4 pm	\$60
C95 151	Introduction to the Macintosh	4/1	Sat	9-12 noon	\$30
C95 153	Intermediate Macintosh	4/1	Sat	1-4 pm	\$30
C95 156	Introduction to FileMaker	4/3-4	MT	6-9 pm	\$60
C95 159	Macintosh Basics	4/8	Sat	9-4 pm	\$60
C95 163	Introduction to the Macintosh	4/10	Mon	6:30-9:30 pm	620

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Intro IBM-PC/Compatible	3/28-29	TW	6-9 pm	\$40
Intro Disk Operating System	3/30	Th	6-9 pm	\$35
Intro IBM PC/Compatible	4/1	Sat	9-4 pm	\$40
Intro IBM-PC/Compatible	4/3-4	MT	6-9 pm	\$40
Intro Disk Operating System	4/5	Wed	6-9 pm	\$35
Intro Disk Operating System	4/8	Sat	9-12 noon	\$35
Intro IBM PC/Compatible	4/10-11	MT	1-4 pm	\$40
Intro Disk Operating System	4/10	Mon	6-9 pm	\$35
Intro Disk Operating System	4/12	Wed	1-4 pm	\$35
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C95 164	WordPerfect for Windows	4/11-13	TWTh	6-9 pm	\$90

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TAMP is multi-resource center for transition to civilian life

Sgt. Lou Genzer

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Transition Assistance Management Program aboard Marine Corps Base Hawaii can get you on your way. It can at least help you face the reality of being out of the military, and prepare you for what you will encounter as a civilian.

A TAMP workshop is offered to help Each day of the workshop different

ment an individual transition plan. tion to the attendees about their agency. Subsequently, monthly classes are events and obstacles faced after leav-

During the TAMP workshop, service members and their families will get a of services useful for those in transition basic knowledge of their entitlements, benefits and opportunities.

"The program is designed to help military personnel regain a sense of security," said Jim Gardner, transition assistance specialist, MCB Hawaii.

This is accomplished through education and assistance by the individual agencies on what they have to offer.

However, if this general information offered dealing with some of the is not sufficient, appointments can be set on an individual basis or for followup classes.

> Additionally, TAMP has a wide variety or who are relocating. Among those services are the Transition Bulletin Board and the American Job Bank, both of which offer a listing of jobs available in the area to which you will be relocating. Another service is the Defense Outplacement and Referral System, which allows individuals seeking employment to place their qualifications in a database where approximately

service members develop and imple- departmental speakers will pass informa- 6000 employers have access. DORS has receive a nine-point training program an 87 percent contact rate.

"We help develop a search strategy," Gardner said. "We provide help with your resume in a one-hour class and also oneon-one follow up counseling," said Gardner.

To get the most effectiveness from TAMP, service members should attend the TAMP workshop six months prior to leaving the military.

"We're not here to hold your hand but to help you face reality. You survived the military. You have talents, skills and knowledge. We will help you package them," said Gardner.

The TAMP was established after Public Law 101510 was passed in 1989 mandating military personnel must

which encompasses the TAMP seminar. The other nine points covered by TAMP are individual transition plan, effects of a career change, employment assistance, relocation assistance, education and training, health and life insurance, finances, reserve affiliation and disabled veterans

Any military personnel interested in any of the TAMP services can contact the TAMP office at 257-3135.

Leaving the military may seem like the road to freedom but it can turn into a catastrophe if you are not prepared. The peace of mind accomplished by being prepared can make a visit to TAMP well worth your while.

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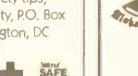


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Sgt Andrew Lynch
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Paraloft vital fabric of aviation

Sgt. Andrew Lynch

When pilots and their crew are flying at more than 10,000 feet, the last thing they need to worry about is whether or not their equipment is in the most knowledgeable individuproper working order.

Likewise, for the five personnel working at the Paraloft aboard Marine Corps Base Hawaii, Kaneohe Bay, the safety of the pilots and crew are very important to them. Even their Military Occupational Specialty of 6060, Aircrew Survival Equipmentman, has a motto that reflects that goal, "The last to let you down".

The MOS originated from the U.S. Army Air Corps during World War 1. At that time aircraft airframes were made of wood and canvas. Personnel who maintained and repaired these airframes were accomplished in the skill of sewing various fabrics. Since a parachute is made of fabric material, they were also given the responsibility of caring for the pilot's parachute.

To help train these personnel in the proper care and preparation of the parachute, a parachute riggers school was opened in Lakehurst, N.J., in

Eventually, metal replaced the airframes of wood and canvas, and the job of maintaining both the airframe and the pilot's parachute was broken down into two different MOSs.

The present day Aircrew Survival Equipmentman is not only tasked with servicing the pilot's parachute, but also any other item of equipment that deals with the survival of the aircraft's pilot and crew, to include such Sgt. Andrew tynch items as: life rafts, life vests, signaling To learn how to maintain such a vari-

ety of equipment, students must spend 16 weeks at the Aircrew Survival Equipmentman "A" School which moved from Lakehurst, N.J., to Millington, Tenn., in 1990.

"Our base's Paraloft has some of als in the field. Each one is a highly dedicated professional who takes their job seriously. That's because they know it's that equipment they maintain that will be depended upon by a pilot in a crisis situation. They know there can be no room for error," said GySgt. Paul Bruchman, aviation life support systems division

Paraloft Marines keep a running computer inventory of what equip-

ment is in storage, what is being serviced and what has been issued to each of the four squadrons presently aboard the

"Quality control is paramount and the computer helps to ensure that each piece of equipment is checked within a certain time period," explained Bruchman.

Though their career field is a small one, only 640 Marines strong, the Paraloft has a large responsibility. Every Marine Corps aviator relys on them to truly not let them down.



A stitch in time - Sgt. William Laird takes great care sewing a harness strap. The needle of the Class 7 sewing machine can easily penetrate metal.

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Hawaii Marine Section B

Covering Sports, Leisure and Family Events

March madness is here



From the Cheap Seats

John Magnus

"It's the most wonderful time of the year" - no, not Christmas, but March Madness. Being the college hoops fanatic that I am, my Christmas is in March and lasts until the NCAA Champion is crowned. And this year is no different.

We're not quite into the tournament yet, but I still have chickenskin over the excitement this year's tournament will create. There is no clear-cut favorite. But you can see the cream rising to the top already. And here they are.

One team to keep an eye on in the tournament is UMASS. This team, if healthy, is perhaps the most talented in the country. Lou Roe and Marcus Camby are the headliners, but the support personnel are in place and the Minutemen are a definite Final Four contender.

If UMASS is perhaps the most talented team, then Arkansas is in that category also. Individually, I think the players on Arkansas are the most talented in the nation. I think that their problem is that they've gotten. complacent. They won it all last year, so this year the hunger isn't the same, so far. If the Razorbacks become focused on the team as a whole, then they have a great chance to repeat as National Champions.

But what about the University of Connecticut Huskies? Well, what about them? They are a very solid team. Well coached and disciplined But, I don't think they have enough size on the inside to carry them through the 64-team field of the NCAA's.

And of course there is the old standby, the UNC Tar Heels. Hohum, Dean Smith has another good team that will probably make it to the Final Four. In fact, center Rasheed Wallace is about to sprout some serious wings and soar above the rest and he'll become a great NBA player.

In Kansas, they are chanting "Rock-Chalk, Jay-Hawk" or something silly like that. Once again, Dean Smith disciple Roy Williams has a solid team which could make a serious run also.

So who do I pick? Hey, the tourney hasn't even started yet, gimmee a break. But I am feeling confident after my Arkansas pick of last year, so here goes.

The 1995 NCAA Men's Basketball Champion will be the Kentucky Wildcats.

Coach Rick Pitino is quietly coaching a well-rounded team. They have size, speed, shooting, rebounding, and defense. And the coach seems more focused than I've ever seen him. Not too many people are talking them up, but they will be soon.

Many of you are probably wondering where my early season Top Ten teams are. Well, to tell you the truth, so am I. The only two having great seasons are UCLA and Maryland, but I don't think either of them will make it to the Elite Eight, let alone the Final Four.

There you have it sports fans, in black and white. Try to find another writer who will commit to picking a champion before the tourney even begins. But I have nothing to lose. If I'm right, you'll think that I'm an incredibly insightful and gifted college basketball expert. And if I'm wrong, you'll think that I'm wack-o. But most of you think that anyway!

Despite rain, SkateSafe Race rolls on



Blade jumper — Chris "Duckman" Pry of Team Five-O, who was sponsored by

Cpl. Wanda Compton

The race was on ... the race was off? The SkateSafe Race held aboard Marine Corps Base Hawaii March 5, was plagued with intermittent bouts of gushing water that temporarily held up the competition and planned entertainment.

The weather had not been cooperative and had already caused the race to be moved from its original date of Feb. 26. However, even the weather couldn't douse the high spirits of those who had come to test their skills and share in the fun of the fastest growing craze in Hawaii, in-line skating.

In-line skating or rollerblading has become one of America's fastest-growing sports. It has even been recommended for runners who want to prevent "ground-pounding" injuries. As a result, the Consumer Product Safety Commission has estimated that in 1994, 83,000 people were treated in hospital emergency rooms for in-line skating injuries.

"The focus of this event was safety," explained SgtMaj. Francisco DeLeon, sergeant major of MCB Hawaii. "We wanted to give people the opportunity to get together and 'show off' their skills and have fun. At the same time, we took the opportunity to teach them about the safety equipment and why it is important for them to use it everytime they put on their skates."

The race was open to the public, and participants ranged from 4 years of age to one "young" man who was 70. The competitors raced in division race sprints. Awards were given to each of the age groups.

In addition to the division races, there was a two section endurance. The racers in the youth group

their distance race. The adults had to complete a 5 mile distance in their competition.

The 4th person to cross the finish line for the endurance race was Dick Mulkern. Mulkern is 70 years-old and has been rollerblading for the past 10 years.

"I was a cross-country skier," Mulkern said. "My friends that I skied with introduced me to rollerblading when it first came out. I was very interested, and have been doing about 10 miles a day ever since."

Mulkern doesn't just limit himself to skating though. His goal for his 60th birthday was to compete in 60 races, he actually competed in close to 70 races that year.

"I was involved in almost every race they had," he said. "Canoeing, biking, skating, straight running to triathlons. I love the challenge. I was really glad to hear the Marine base was hosting an in-line skate race. It was a really good course and if another race is held here I would enjoy participating again."

Volunteers were a big help throughout the day. Safety was the number one concern and the MCB Hawaii Safety Office was on hand to enforce the wearing of protective gear - helmets (bicycle helmets were allowed), elbow, wrist and knee pads, which helped keep the injuries on a minor

In addition to the races their was a "safety" fair, static displays, games, food booths, and entertainment provided by the Team Five-0, a racing team sponsored by Rollerblade and PowerBar.

Despite the drizzly weather everyone had a good time, many happy young faces lifted a trophy in the air, and already the in-line skating enthusiasts are asking, "When is the next

It wasn't the Tour de France but it has potential

Sgt. William Ray

It wasn't the Tour de France which covers from 4000 to 4800 kilometers and travels through six different countries. And it wasn't a race that took three weeks to finish. What it was, was a combination of three different categories of races that formed one event called Bike the Base Race, and it happened Friday aboard MCB Hawaii, Kaneohe Bay.

Starting at Dewey Square at just a few minutes past 8:00 a.m., cyclists kicked off in heats of five cyclists every 30 seconds.

The road bike race was the first to start. This 20-mile race wound twice around a 10-mile road course that twisted around the perimeter of the

Next came the mountain bike race. This 14-mile race covered many hills and flats both on and off road as it wound its way around base.

Lastly came the beach cruiser race. bike race men's category were Philip

This was a 10-mile race that included any type of bicycle that didn't qualify as a road bike or mountain bike, and it only went one time around the road bike course.

"I thought the race was very hard," said Robert Gill, top finisher in the 1-19 age category for the mountain bike. "I thought the big hill going through housing was especially difficult."

"The course had some good hills and flats in it," said Steven Kahl, top finisher in the 25-29 age category for the

"The only part that I did not like was an area over by the flightline where they had some plywood covering a gap in the pavement. When you are on a road bike with really thin tires that is not the safest thing to go across."

The top overall finishers for the road bike race women's category were Lani Eblen in first place, Heather Connor Vargas in second place, and Julia Nefczyk in third place.

The top overall finishers for the road

Reily in first place, Aaron Chee in second place, and Rick Jones in third place.

The top overall finishers for the mountain bike race women's category were Jeanette Allee in first place, Annette Olson in second place, and Lillian Rodriguez in third place.

The top overall finishers for the mountain bike race men's category were Brian Callaway in first place, Mark Smith in second place, and Scott Trott in third place.

Carrie Mercer was the only entrant in the beach cruiser race.

"This was sort of a trial race to see what kind of response we would get." said Dale Daniel, race coordinator. "Next year we are going to make the race a lot bigger. It will be on a Saturday, and we will have bicycle vendors come from out in town to show and sell different types of bikes. There will also be a larger variety of races.

"We really want next year's race not only to be popular with the military and families on base, but we want to get it bike competition found the course both well known out in the community."



A steep incline— Racers in the mountain steep and challenging.

Wolverines "kick off" season opener with a victory



I'm gonna getcha — Kenneth Thomas of the Wolverines with a help of some teammates go for the sack of Cougar quarterbock Clifton Newson.

Sgt. William Ray

It was a fiery, spirited game that marked the first day of football season Saturday, aboard MCB Hawaii, Kaneohe Bay as MCB Hawaii's Wolverines were victorious in a head-to-head confrontation against Combat Service Support Group 3's Cougars.

Josh Arnold of the Cougars scored the first touchdown early in the first quarter when Michael Franks punting for the Wolverines on the fourth play of the game fumbled the ball after receiving a poor snap.

The Cougars scored a second touchdown on their second drive of the game after which the Wolverines tightened up their defense and extended their offense.

"We just had a change in our offensive

coach on Wednesday, so our offensive line was still getting used to the coaches style going into the game," said Christopher Baumann of the Wolverines. "Once we got that worked out we started playing a lot stronger in the second quarter and on into the second half."

The Wolverines came back in the second quarter to tie the game 12-12 before going into halftime

The second half was filled with touchdowns and penalties, as the Wolverines pulled away from the Cougars for the victory 32-23.

"We really beat ourselves," said Coach Rodney Camacho of the Cougars. "We are a better team than this game made us out to

There are five teams from MCB Hawaii, Kaneohe Bay and one team from Camp Smith playing football this season.

Sports Briefs

Aerobics

Semper Fit Aerobics classes, including the STEP program, are offered everyday at the Main Gym. Classes are \$2.50 for dependents and 50 cents for active duty personnel. Monthly passes are \$25 for dependents and \$10 for active duty personnel. Contact the Athletic Office at 254-2458 for more information.

Aerobics instructors

Have you ever had the desire to teach aerobics but didn't know where to go and how to learn? Well, MWR is just the place to go. The aerobics program is offering the opportunity to learn to be an instructor. Contact the Athletic Office to reserve a space for for this new and exciting program. For more information call 254-2458.

Field reservations

Attention all units! If a unit desires to use a ball field for any reason, please contact the Athletic Office. Reservations may be made up to 10 days in advance, and a unit may only have one reservation at a time. Reservations can be made Monday through Friday between 8 a.m. and 4 p.m. at the Athletic Office.

Jazzercise

Get fit with Jazzercise on Monday, Wednesday and Friday mornings at 8:30 a.m. at the Main Gym, and Tuesday and Thursday evenings at 6:15 p.m. in building 1036. If anyone has questions, contact Jean Hamilton at 254-4112.

Motorcycle Safety Course at K-Bay

The Marine Corps Base Hawaii Safety Center offers free courses for beginning and experienced riders on motorcycle safety and operations. The courses are registered through the Motorcycle Safety Foundation and provide insurance discounts for motorcycle riders. Contact Sgt. Demetrius Hannah at 257-3408 for more informa-

Powerlifting meet

Attention all powerlifting buffs! Coming during the month of March will be a powerlifting meet at MCB Hawaii, Kaneohe Bay. Start training now and be ready to show your stuff. Anyone interested in being the powerlifting training coach, contact the Athletic Office at 254-2458.

Recreational pistol shooting at K-Bay

Recreational shooting is scheduled for the first and third Saturdays of each month at the Base Range. It is for pistol shooting only. Your weapons must be registered with the state of Hawaii and the base. Please bring your registration, ammunition, paper targets and appropriate safety gear. It is open from 8 a.m. to 2 p.m. and free of charge. For more information, call John H. Magnus, 254-1651.

Volunteers to assist with recreational pistol shooting

Volunteers are needed to help operate the recreational shooting program. Those interested must be available every first and third Saturday of each month, and they must go through a range safety brief. Additionally, experience as a shooting instructor and in weapons and range safety regulations is desirable. Please contact John H. Magnus at 254-1651 to sign up.

Riders club

Anyone interested in riding with the Kaneohe Marines Motorcycle Riders Club should contact Sgt. Demetrius Hannah. The club is comprised of active duty and DoD motorcycle riders throughout Oahu, and meets monthly for an excursion to various points of interest on the island. For more information, contact Sgt. Demetrius Hannah at 257-3408.

Rod and Gun Club

Kaneohe Rod and Gun Club meet-

ings are held the first and third Wednesday of each month at the Bachelor Officers' Quarters conference room. Contact Mike Dunlap at 254-4964 for more information.

Rugby

A rugby team is being formed consisting of active duty personnel at Camp H.M. Smith and Kaneohe Bay. The team is being sponsored by MWR. All experience levels are welcome. Practice begins as soon as possible. For more information, contact 1stLt. J. Dale at 257-1285 or 254-3589 and leave a message.

Sports announcers

Chic Hearns, Harry Carey, Al Michaels, John Madden. Do you think you have what it takes to be the next great announcer? Take advantage of an opportunity to get behind the microphone and showcase your talents. Contact the Athletic Office at 254-2458.

Volunteers needed for sports programs

The K-Bay Athletic Office is looking for volunteers to help with its expanding sports requirements. If you have a favorite sport or would just like to learn about the sports programs, contact the Athletic Office at 254-2458.

Volleyball season

Intramural volleyball season starts March 20 and runs to April 28 at the Main Gym on MCB Hawaii, Kaneohe Bay. The volleyball playoffs run May 1-9. Anyone interested in submitting a team for the regular season must contact the Athletic Office by March 16 at 254-2458. Eligible participants are all active duty personnel stationed aboard MCB Hawaii.

Marine wrestling

The Hawaii Marine wrestling team has its practice every Monday, Wednesday and Friday starting at 5:30 p.m. in building 1035 on the second floor. Building 1035 is located next to the Anderson Hall dining facility. There is a \$25 fee for the USA Wrestling Federation card. Any Marines or sailors aboard MCB Hawaii desiring to compete on the wrestling team should contact 1stLt. Mark Smith at 257-1325.

Chaplain's Corner

Lent is a time to renew commitment

CDR R.M. Hale

This season of the year is known in some faith groups as Lent, a time to renew one's commitment to the church. One way of symbolizing this commitment is to give up some favorite food or activity for this period of time before Easter. I thought of this when I recently was reflecting on the pre-marital counseling I do. Many times, when it comes to commitment to the relationship and marriage, the couple will tell me: our marriage is going to be 50-50. I question that because I wonder what happens to the other 50 percent that isn't given over to the marriage. I know they are talking about the sharing of household duties, but I sometimes feel that is how they see 'all aspects of their relationship including meeting each other's needs. The counsel that I give them is that a marriage has to be 100-100. That each individual has to give 100 percent of themselves to the relationship especially as it relates to knowing, understanding and meeting each other's needs. In fact a relationship is ready to move to the marriage stage when each individual no longer

cares about their needs being met but meeting the needs of the other person. Of course then they ask, How will my needs be met? Well, if each person is meeting the other persons needs then there should be mutual satisfaction in the relationship. It is when people hold back for themselves that relationships get into trouble. Commitment is an integral part of the fabric of our community. It gives focus and meaning to our lives and bonds us together into a community that is nurturing and responsible. If everyone is only committed to themselves then community breaks down. The core of community is the family with its center being the marriage. It is essential that the marriage be responsible and nurturing. This happens when we go beyond how we feel at the moment and work from the basis of our commitment to another individual. That's why the traditional marriage vows go beyond love and speak of comfort, honor and fidelity in all conditions whether financial, health or the times of separation and deployment. This is commitment that is the foundation of any relationship and commitment that leads to personal growth.



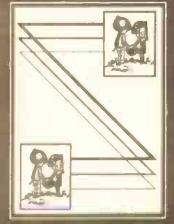


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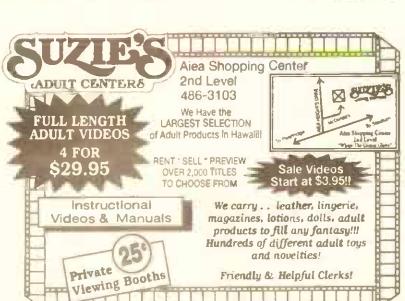


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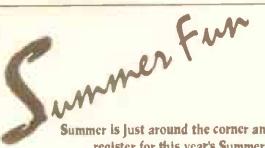












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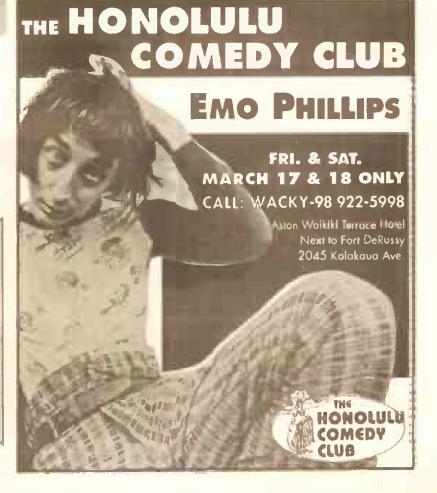
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Family Service Center

Diane Droz-Morin

Once upon a time a child came into the world as a joyous, curious, and spontaneous creature, eager for adventure. This child was totally dependent upon others for his basic needs.

Although his parents wanted to provide everything possible, there were too many mouths to feed, too many bills to pay, and not enough time or energy for anything more than basic necessities.

The child quickly learned that survival required doing what he was told. He learned to blend in, to not ask for things. When men or women are raised in

this environment, can they feel good

about themselves? Can they learn to ask for what they need and avoid feeling ashamed for having these needs?

They may get married and expect a "magical cure," that their partner will know what they need and life will be wonderful! But life does not work this way. One person can not "fix" things for another. This can lead to even greater conflicts as each struggles to be happy in an unhappy situation. How can a person gain the power to have these needs met? By Empowerment.

"Empowerment" is a term which has been misunderstood by many people, especially when applied to counseling. Typically people turn to counseling as a last hope. They may have tried everything, may feel helpless or hopeless, or think they have failed. So they seek counseling, thinking a professional may be able to "fix" the prob-

lem. However, to resolve conflicts for others is usually a mistake, and teaches what is already known: They are powerless. The problem could and should be handled them. When they begin to understand this, they can help themselves.

When people are empowered, "hopeless helpless" thinking is replaced with the idea that they are capable and just need help to see better solutions. Often past solutions have failed because they thought to get what they wanted, they had to win.

But to be a winner, someone has to be the loser. This approach will not be successful since both are determined

to be "right." In an empowered way of thinking, a plan is created to have a win-win solution. This can be quite a challenge when each is

already feeling hurt and thinking if they give in on one issue it may require more giving and less getting in the future. It can be Empowerment relies heavily on trust, the

ability to accept people as they are, to

believe change is possible, and to under-

stand what can be accomplished. When peo-

themselves, past and present, and to feel the fear and "do it anyway." Empowerment is a way for individuals to feel pride in who they are, regardless of their past experiences.

If you want to be empowered, there are many ways to begin. Counseling is available at the Family Service Center. There are self-help groups in both the military and civilian communities.

There are many books which cover this subject. One book you might want to read is "Principle-Centered Leadership" by Stephen R. Covey (1990, Fireside, Simon & Schuster). Perhaps the following quote offers the best summary of empowerment: "Give a man a fish and you feed him for a day; teach him how to fish and ple are empowered, they learn to accept you feed him for a lifetime."

Tickets

The MWR Ticket Office offers tickets and information on how to get them at special military rates. The office also takes reservations for events and attractions around the island. Call the Entertainment Hotline at 254-3304 or stop by the Marine Corps Exchange for information and reservations. The office is located at building 1090 and is open Monday through Friday, 10 a.m. to 5 p.m., and Saturday, 10 a.m. to 2 p.m.

This week's offerings include:

Consolidated Theatres - Tickets on sale for \$4.75 and are good until June 8, 1995.

Wallace Theatres - Tickets on sale for \$4.75 and are good at any Wallace theatre on Oahu.

Sea Life Park/Waimea Valley -Discounted tickets are on sale at ITT. Adult \$9, Junior (6-12 years) \$6.50, Child (4-5 years) \$3.25.

Aloha Diners Club Hawaiian hospitality and entertainment at restaurants and nightclubs at a big discount. The booklets are on sale for \$12.

Whale Watching Season - A tour on the Star of Honolulu runs daily from 8:30 a.m. to noon. Standard service for adults is \$16 and children is \$8, deluxe service for adults is \$33 and children is \$19. A whale watch breakfast or luncheon aboard the Navatek is also available. The breakfast is \$33 for adults and \$20.50 for children and the luncheon is \$39 for adults and \$24 for children. Contact ITT for more information.

Bishop Museum Ohana Pass -The passes offer unlimited admission to the museum and planetarium for an entire year. Pass holders will also receive bi-monthly issues of the Ka'Elele. The newsletter informs passholders of current exhibits, events and programs. The passes are on sale for \$32.

Windjammer cruises - Aloha Pau Hana Party on the water. Tickets on sale for \$15 per person. The cruise sails at 5:15 and 7:15 p.m. Contact ITT for more information.

Luaus - Tickets are available through ITT for Hale Koa Hotel, Germaine's, Paradise Cove. Come in to ITT for more information and reser-

Polynesian Cultural Center -The center is offering a special on admission and the Mana show. The military rates are \$20 for adults and \$15 for children ages five to eleven

Honolulu Comedy Club - The entire month of March the Honolulu Comedy Club will have tickets available through ITT for \$9 for all shows and showtimes.

Voodoo Glow Skuls - The group will be in concert April 1 at the After Dark Club. Tickets are on sale for \$15.50 and will be available through March 30. The doors open at 7:30 p.m. and the show starts at 8:15 p.m.

C.J. Chenier — A concert will be held April 9 at the After Dark Club. Tickets are on sale for \$18 and will be available through March 30. The doors open at 7:30 p.m. and the show starts at 8:15 p.m.

Entries being accepted for Pyramid Rock Beach Bash

Debra Bray

Entries are now being accepted for the amateur surfing, volleyball, and body-boarding competitions to be held at the Pyramid Rock Beach Bash on April 22 at MCB Hawaii, Kaneohe Bay. Open to the public, this event will be held on the north shore of the Base and will begin at 7:00 a.m.

Organized by Town and Country Surf Shop, the surfing and body boarding competitions are for amateurs only and offer divisions for just about everyone. Categories include: youth's open and military dependents open (age 10-17), men's, women's and military opens, and a long-board division. Entries will be accepted only in advance and fees per division will be as follows: \$10/military dependents 10-17 years), \$20 civilian youths (10-17 years), \$15/military, dependents and Department of Defense employees (18 years and over) and \$30/civilian

adults (18 years and over). Deadline for entries will be April 7, or when maximum entries have been accepted. Prizes will be awarded to winners.

Four-person teams, with one alternate, are invited to enter the AT&T Volleyball Tournament. Entries must be sent in no later than April 7 and the entry fee will be \$15/military, dependents and Department of Defense employees, and \$20/civilian adults. All entrants for volleyball, surf and body-board competitions will receive a Pyramid Rock Beach Bash '95 tank top. Entry forms are available at various MWR locations, as well as Town and Country Surf Shops. This sixth annual Beach Bash, open to the public for the first time, is an annual event coordinated by the Morale, Welfare and Recreation Department (MWR) located aboard the Base. Food concessions and retail booths will also be featured at the event. For more information, call the MWR Youth Activities Division at 254-2963.

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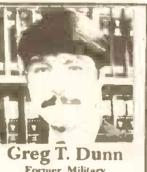
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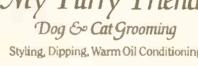




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Visit Honolulu Academy of Arts and unearth the wonder of The Buried Art of Ancient Xi'an, a special exhibition from March 16 to June 18.

You will be fascinated by the intricate sculptures, figurines, ornaments, weapons and other objects which showcase an era in Chinese history that set political, cultural and artistic standards for nearly 2,000 years.

The Discovery Channel and The Learning Channel are proud to be a part of this cultural learning experience for young and old.

For 24 hour tickets call







For exhibition information, call 532-8700.

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MWR Offerings

Debra Bray

Green Teen Dance

Break out in style with something green at the St. Patrick's Day Teen Dance, Saturday at the K-Bay youth recreation center. The cost is only \$1.50 and anyone between the ages of 10 - 17 is welcome. The evening begins at 6:30 p.m. with a live D.J. and lots of fun. Wear something green and get 50 cents off your admission! For more information, call Youth Activities at 254-2963.

St. Patrick's Happy Hour

Join your friends at the K-Bay Officers' Club for a special St. Patrick's Day Happy Hour, Friday. For details, call 254-5166.

Free Aerobics Class

Semper Fit Aerobics is offering a free high impact aerobics class on Wednesdays for active duty personnel. The class is held from 11:30 a.m. -12:30 p.m. in the Main Gym aerobics room. High impact classes are held at the same time, Monday - Friday. Step into shape and feel great with aerobics! Call Sue Noel at 254-2458 for additional information on these and other Semper Fit classes.

Summer Swim Lessons

Did you know that you can enroll in swimming classes at the Kaneohe Bay Base pool or the Officers' Club pool? A variety of classes are offered at both locations for ages 6 months - adult. From water awareness to lifeguard training, a variety of levels are available throughout the summer at a cost of \$20 per session. Find out more by calling the base pool at 254-6278.

Tackle Football

Do you enjoy rough and tumble

p.m., unless otherwise noted. Call

254-2113 for more information.

Movies are subject to change due to

circumstances beyond the theater's

control. Children ages 9 and under

field this Saturday and Sunday and watch the fun. On Saturday, see the 3d Marines vs. CSSG-3 at 1 p.m. and 1st Radio Battalion vs. Camp H.M. Smith at 3 p.m. Then at 2 p.m. Sunday watch Headquarters Battalion vs. 1st MAW ASE. Come out and support your command team! For additional information, call Al Nesmith at 254-2458.

St. Patrick's Day Jam

Enter the "Jump Around" Dance Contest at the K-Bay Enlisted Club's St. Patrick's Day Jam, Saturday. D.J. Bio will be playing your favorite Hip-Hop, R & B and top 40's tunes. Be sure to see the D.J. Challenge! Call the Enlisted Club at 254-4648 for details.

Massage Available at K-Bay

Get rid of the kink in your neck with a massage from Bodytherapy By Akual Miss Akua Lum is now available seven days a week with a massage office in the K-Bay main gym. Licensed for over nine years, Akua has offered massage therapy to screen stars Alec Baldwin and Lauren Hutton, as well as top models and celebrities in Hawaii and Manhattan. Bodytherapy By Akua will be offering a permanent 25 percent discount to all military personnel, dependents and civilian employees. All treatments are by appointment only and the cost is \$40 for one hour or \$25 for 1/2 hour. To schedule vour massage, call 247-1106. Brown Bag Lecture Series

"The History of Women in the Military" will be the focus of a Brown Bag Lecture at Camp H.M. Smith from 11:30 a.m. - 12:30 p.m. on March 21. Hosted by the Camp H.M. Smith Library, the guest speaker will be Capt. Allison Hayes, USN. This lecture is held in recognition of National Women's History Month and is open to late! Need more info? Call the Staff sports? If so, stop by the Pop Warner all military, dependents and DoD civil- NCO Club at 254-5592.

Movies

All movies shown at the Base must be accompanied throughout all language. Liam Neeson co-stars.

"Nell" (Drama) PG-13: 113 min-

utes, plays Friday at 7:15 p.m. and

Sunday at 1 p.m. Jodie Foster plays

a 29-year old wild, North Carolina

ian employees. For more information, call 477-6348.

Luck of the Irish

Feeling lucky? Join the K-Bay Staff NCO Club, Friday, for the "Luck of the Irish" Casino Night. Open to all ranks, the evening will feature casino tables, Tahitian dancers, a live band and dancing with D.J. Sounds. Tickets are now on sale for \$10 and include \$100 in playing chips. Doors will open at 8 p.m. and the entertainment will begin at 9 p.m. Bring your shamrock, rabbit foot or other lucky charm and join in the fun. Winnings will be redeemable for prizes. For more information, call the K-Bay Staff Noncommissioned Officers' Club at 254-5481.

Great Grill-Off

Tight jeans and hot jalapenos are waiting for you at the Great Grill-Off this Saturday! It's sure to be a fun place for all with line dancing, Charlie the "Ghost Rider" Garrett playing country sounds, lots of country-style barbecuing and real ponies for the kids to ride! Join the party from 11 a.m. to 4 p.m., on the lawn behind the Kaneohe Bay Marine Corps Exchange. Y'all come now! Call the MWR Marketing Department at 254-2562 for more information.

Get Ready for the Gong Show!

Laugh yourself silly at the MCB Hawaii "Gong Show!" Impersonate the unknown comic or showcase your own special talent Saturday, March 25, at the K-Bay Staff Noncommissioned Officers' Club. Open to MCB Hawaii military and civilian employees, entries are being accepted at the Staff NCO Club. If you don't get "gonged", you could win a trophy or prize! The curtain goes up at 8 p.m., so don't be

Religion

MCBH Kaneohe Bay Chapel

Catholic Weekday Mass Saturday Mass **Sunday Mass** Sunday Mass CCD Preschool. CCD Kindergarten CCD Grades 1-12

Protestant Lit. Communion Sunday School

Adult Bible Study Non-lit. Worship

Kaleidoscope (An after-school program for elementary age children)

Gospel of Holiness Fellowship at the Boondocker Theater Sunday School

Sunday Worship 11:30 a.m. Bible Study 7:00 p.m. (Tuesday at the Base Chapel) For more information about the MCBH Kaneohe Bay Chapel religious ser-

rices, call 257-3552. MCBH Camp H.M. Smith Chapel

Catholic Mass Prot. Sunday School

9:30 a.m. (Sunday) Protestant Worship Gospel Choir/Service 11:00 a.m. (Sunday) For more information about the MCBH Camp H.M. Smith Chapel religious

services, call 477-5098.

Aloha Jewish Chapel at Naval Base Pearl Harbor

Shabbat Service 7:30 p.m. (Friday) For more information about Jewish services, call 471-3971.

Autos

1992 Jeep Wrangler - 5-speed, 4X4, soft top, low miles and in excellent condition, must sell, asking \$11,500, call 254-5734.

LX 1983 Honda Accord Hatchback - Excellent mechanical condition, extra radial tires available, original owner must sell, \$1,500, call 254-3750.

1981 Volkswagen Sciracco -Five-speed, good condition, new battery, thermostat, radiator, runs good, \$650, call 254-0144.

Boat

1988 Bayliner Capri - 19 foot with trailer, extras include ski's, life jackets, extra trim, much more, must see, \$7,000, call 254-0144.

Miscellaneous

Pioneer Car Stereo - Six disk changer, crossovers, two amps, 8" Bazooka's Boston Acustamas Speakers, whole system, \$1,000 or best offer, call 254-9138.

11:45 a.m. (Monday-Friday)

3:45-4:30 p.m. (Monday)

3:45-4:30 p.m. (Monday)

6-7:15 p.m. (Mondays

(at Preschool Center)

11:00 a. m. (Sunday)

1:30 p.m.(Wednesday)

8:00 a.m. (Sunday)

9:30-10:30 a.m. (Sunday)

at Mokapu Elem.)

8:30 a.m. (Sunday)

9:30-10:30 a.m.

9:30 a.m.

8:30 a.m.

6:00 p.m.

7:30 a.m.

9:30 a.m.

TV - Big screen television for sale 44" Pioneer, 141 channel capability, one and a half years old, asking \$1,000 or best offer, call 254-9138.

Dining set - 60" inches long, 36" inches wide, \$200, minor corrosion on metal frame, four chairs included, call 236-1298.

Apple 2C Computer - Comes with scribe printer and many more programs, \$200, call 254-1020.

Oak Coffee table - Comes with two matching end tables, heavy duty, high quality, \$150, call 236-1298.

Rent

Condo - Two bedrooms, two bathrooms, 2 covered parking stalls, cathedral ceiling, pool, appliances, located in Kailua near the base, \$1,100 a month, available March 15, call 261-1828.

Kaneohe condo - Partially furnished end unit, two bedroom, one and a half bath, one parking stall, pet's ok, pool, \$1,175, call pager at 641-0992.

"Nobody's Fool" (Drama) R: 113

minutes, plays Saturday and Sunday

at 7:15 p.m. Paul Newman, Bruce

Willis and Melanie Griffith star in

this tale of a likable upstate New

York carpenter who has spent his life

boozing and ducking responsibility.

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

Name:

Counter Service 45-525 Luluku Kaneohe Mon.-Fri. 8 a.m.-5 p.m.

Theater, building 219, begin at 7:15 movies by a guardian 18 years of age

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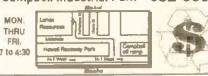
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Hahelone Valley, Koko Head Triangle and the Kawaihae St. neighbor-hood. Call Mia at 373-9470. Hawall Kal Dr. and Kalama Valley area. Call Circulation at 235-5881.

Hickam: Route available in officer housing area. Call Sun Press, 235-5881. Kallua: Carriers needed in Maunawill and Mauna-will Estates. Routas available in Enchanted Lake and Keolu Hills. Call Circulation at 235-5881.

Kaneohe: Several routes are open from Waikalua

Sat. and/or Sun. Call 262-2116 bet. 5-8 pm. MODELS WANTED Open and Puulau. Kupale and Kalaua. Ahui Nani and Kam Hwy. If Interested contact the Sun Press at

power needed, 100% quaranteed. Dr. recom Milliani Mauka area. Call the Sun Press office at 235-5881. Call (402) 421-3620.

Moansius Housing: Call
Debra at 423-1858 or
Circufation office at 235-5881.
Processing mortgage refunds Own hourst available in the Call 1-213-891-6026

60 Help Wanted

Male/Female

Stay home. Lose weight. Sm. mgmt. Co. R.E. Lic. preferred. Computer skills. 948-1900.

1-800-346-8204 PIN P/T, after school. Various areas 949-7674.

JOIN THE TEA

Immediate Openings for

NEWSPAPER EMPLOYEES

Progressive company offering excellent wages and benefits has the following positions open:

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ADVERTISING REPRESENTATIVE

Applications are now being accepted for autside sales position. Opportunity for ener-

getic, self-motivated individual with 2 years' sales experience to have a challenging

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Entry-level position in the printing trade for mechanically minded individual.

Physical work in machinery environment producing MidWeek and Sun Press

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sales experience preferred. Must be organized and enthusiastic with great phone

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Sun

Press

63 Jobs Wanted

EXPER. OFC. WORKER

with WP and Medical Term. seeks P/T employ

MAINLAND bidg. con-

tractor/20 yrs. In all trades. Wants to trade

64 Domestic

Jobs Wanted

BABY SITTER Kailua

eves., & weekends. Ref. avall. Regins. 262-7378.

CREATIVE mom has

provider, 261-3190

Day-care avail.

FUN, AFFORDABLE Day-care avail. Crafts,

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LOVING mom will care

for 1 to 2 children in my

Pearl City homa. P/T-F/T 15-mos. & up. 455-2178.

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Care in my Walpio Gentry home, Weekdays, Calf 676-9517.

120 Home

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Worth \$400. Call 235-7772.

cash in the Classifieds. Call 235-5881.

labor for rent. Need mi Imum 2/1, Call 262-6364.

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262-2281.

oble in Koneohe, Koilua, Wohiowa, Howaii Koi and Aiea/Pearl City.

ferred. Salary plus commission and car allowance.

one year. Apply in person - no phone calls.

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F/T, P/T Fastest-growing SALES & SERVICE. We health and nutrition Co. will train. Salary, bene-in the USI Fantastic fits Call 735-6454.

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Call 423-9611 for more into, or appointment.

TEACHERS, Fall: Elem. 4th, 5th, 6th & Art: Summer & Fall: Pra-school afternoon Aide for Christian school in Kailua, 262-8501. TELEMARKETER

P/T. Phone/office skills. For info. 676-8410, Eva. TELEMARKETERS

9 needed, Satary + ommissions. Benefits flex, hrs. Call 735-6452

TRI-CHEM BUY OR SELL Billie. 235-2672.

62 Domestic CLEAN UP IN THE Help Wanted bargain for sale or sell your unwanted items for

CLEANING HELPER barg Exper., reliable, 2/3 times a wk. Various locations. cash

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Opportunity available in our Kaneohe Branch for an individual with one year experience in teller operations, new accounts and Al.L phases of banking services. Must be able to assume supervisory duties, type 20 wpm, 10-key by touch, and possess excellent communication and

customer relation skills. **CUSTOMER SERVICE REP.** & RELIEF CUSTOMER SERVICE REP.

Available positions in Kailua & Kaneohe branches for individuals with 6 months teller experience. Must be able to type 20 wpm. 10-key by touch. Must posses good communication and customer relation skills. Transportation required for Relief

PLEASE APPLY IN PERSON Monday - Wednesday 8:00 - 12:00 noon

PI@NEER FEDERAL Sauings Bank

Personnel Department 900 Fort Street Mall, Suite 1900 Honolulu, HI 96813 • An EEO/AAP Employer

KE KUMU HO'OLAHA PROJECT

This is a five-year federally funded program through the Coalition for a Drug-Free Hawall to develop a substance-abuse prevention coalition among broad-based community partnerships in Walpahu, and on Maul and Kauai. Through the partnerships, new and existing substance-abuse prevention activities and services will be coordinated and streamlined to create a system that supports people in making healthy life

WAIPAHU PREVENTION SPECIALIST

Full-time position to establish and maintain a community substance-abuse prevention partnership in Walpahu. Bachelor's Degree or equivalent. Demonstrated ability to establish and maintain effective working relationships with diverse ethnic and socio-economic groups. Experienced in networking and developing collaborative substan-ce-abuse prevention efforts among public and private organizations and community groups and Individuals in Walpahu. Effective written and oral communication skills. Self-motivated and able to work with limited supervision. Valid Hawail driver's ticense and car required.

Please send resumes by March 27, 1995 to:

Drug-Free Hawaii



Leaving the service and unsure about the future! Academy Life Insurance Company,

the leading provider of insurance products to the enlisted military market is seeking former military personnel as NCOA Counsellors.

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New compensation program provides immediate loan free income and deferred compensation to build for the future.

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PEARLRIDGE/AIEA Intelligent Staffing

120 Home **Furnishings**

BEDS-Twins, \$50. Full. \$75. Qn., \$100. Kings, \$140. \$0fas, \$129. Tvs, \$85. Washers, \$150 Fridge, \$175. Island Furniture. 521-7099.

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den, also TV. Best offers Cail 456-8578. MATCHING 9' SOFA and recliner \$125, Large 8-drawer dresser w/mirror \$75, square table \$20, Call 261-0450.

DRESSERS, beds, bunk beds, desks, dining sets, sofas 262-4440 RATTAN 5-PIECE

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All real estate advertising in ant women and people in this newspaper is subsecuring custody of chillect to the Federal Fair Housing Act which makes it lifegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, national origin, handicap, familial status.or national origin, or an intention, to make any such preference, limitation or discrimination." It is newspaper are available on an equal opportunity basis. To complain of discrimination. call HUD to il free at 1-800-927-9275.

ANNEW ARMALULY 2 rooms, \$350 a room, plus deposit, 239-7056

KAILULA rm. for rent, nr. library, utils. & cable incl., \$450/mo. 235-4002.

KANEOME, turn. rm., W/D, \$375/mo. incl. utils. onsmoker, 236-042t.

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prkg., close to mall. \$1075, 262-9411.

rent w/all utils. & cable. No smoking/drinking, \$650. 261-5156. 74 Apts. Partly Furnished

73 Apts. Furnished

KAILUA STUDIO apt. for rent w/all utils. & cable.

GENTRY WAIPO Clean, 2 bdrm. near military

2 bdrm., pool, prkg., \$795, 239-6584. KANEOHE 2 bdrm. ba., prkg., wash/dry dishwasher, near shop

ling & bus. No pets. 925/mo. 247-3022. eposit/6-mo

KANEOHE Val Hala Apt., Special, 1 bdrm. \$700 mo, First 3 mos. etec. landlord 247-0500, M-F, 8-4. MAKAHA lovely 2/1, furn./unfurn., pool. securi-ty, \$700/mo. 262-9957.

Apartments Are Disappearing | Dead of the second of the se SALT LAKE Plaza

Landmark, 1 bdrm., 1 ba., 1 prkg., \$950/mo. Avail, 3/20, 488-1545.

NORTH SHORE Beach-front, 3/1, New carpet, security system. New W/D, sundeck & outdoor shower. Enclosed fenced yard, microwave, new beds, TV, new living : furn. CBI inc., 942-7100.

LANIKAI Steps from the MAKAKILO 2/2, new beach. Cottage w/ 1 paint, prkg, W/D, No beach. Cottage w/ 1 bdrm loft. Ceramic Mex-

Partly Furnished

EWA BEACH, 3 bdrm., ba., prkg., nr. bus & school, \$1000 incl. water. 677-8508, pgr. 641-4738. KAAAWA, 3 bdrm., 1 ba. utits. incl., \$1300/mo. fenced yard, 293-7411 day, 237-7098 after 5 pm.

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kit. priv. in 4 bdrm hm.
W/D, nonsmoker, \$350
incl. utils. 395-8282.

KAHALUU. 2 rooms

KAHALUU. 2 rooms Appt. only. 236-2714.

> NANAKULI nice 2 bdrm., fenced yard, \$795/mo. 737-7208, 732-6210. NORTH SHORE Beach

front, 3/1, new carpet, security system. New W/D. Sundeck & outdoor shower, enclosed tenced yard, CBI Inc., 942-7100. 85 Condos/Townhouses

prkg., near bus, \$1000 dep, 689-0770 lv. msg. EWA BEACH, 2 story. 3/1, prkg., \$1100/mo, incl. water. 677-9590.

1 paint, prkg, W/D, pets \$1000.672-6098. TURTLE BAY CONDO 3 bdrm., 2 ba., on golf course. Pool & tennis. \$1500/mo. 833-1323. YACHT CLUB TERRACE

2 story, 3/2%, all appla lanai. \$1400, 261-0017. 86 Condos/Townhouses

Furnished (AILUA Meridian East, 2

Unfurnished

Big Island Land (Fee simple.

Near Hilo Owner Financing

Only \$150 Mo \$12,500 at 10% APR Approx. 140 payments 833-6863 or 488-7911

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EWA BEACH rooms for rent, \$350 each, prkg. utils. incl. 689-3457. KAILUA rm. for rent, pvt. ant. & ba., nice view \$650/mo. incl. utils 261-6366.

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AGREEMENT OF SALE 2 BR/2BA & 3 BR/2BA townhomes Spectacular views of Kaneohe Bay and Koolau Mountain Range

From \$239,500 to \$280,500 (L)

486-5555

114 Real Estate

For Sale

871-7777

Model #3853/Site Office 247-7064 University

942-7701

109 Condos/Townhouses For Sale

396-9999

Big ISLAND
Beautifut 3 bdrm., 2 bath, 2 story home on 2 acres. Paved road, electricity. All new paint, tited, carpeting. 2430 sq. ft. 2nd floor, 7x7 Jacuzzl. 600' workshop 1st floor, plus 2000' storage space. \$167.500.

KANEOME by Owner. Puu Alli 2/2, encl. pvt. grg., all appis.. pool, tennis. Like new, great value at \$159,500. 599-4658 days. 239-5968 nites

> 114 Reat Estate For Sale

COLORADO Mountain Lot on river with trees. Over 1 acre for \$8,750f \$50 down, \$100 monthly.

OWN YOUR HOME

Earl Clark & Associates 943-6037 h., 737-7969 b.

119 Real Estate

Loans

Faster & Cheaper. THE MORTGAGE SAVINGS S3500 lot near river in MORTGAGE SAVINGS
beautiful, cool COLPROGRAM will save you
ORADO. \$50 down; \$50
monthly. Call Owner; free 10-15 yrs. aconer.
anytime. 1-806-376-8690.

235-5884

group lessons. Seniors dis-count, All ages. King St. & Kaneohe. 247-7420. READING TUTORING &

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Milliani: Kuahelani Ave to Mehaula Parkway. Immidiate opening in Mililani Mauka area. Call

a vailable in the Halemoku areas. Call the CIrculation office ORGANISA

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60 Help Wanted

Male/Female

opportunity, 254-1422,

call. All types. All ages. 955-2271, SUSAN PAGE MODELING NEEDED: 356 people to lose between 10-30 -pounds by JUNE! No will

ext 819 (24 hours)

235-5881.

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Circulation at 235-5881.

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am. Militani Presbyterian

Church, 623-6663.

82 Houses Unturnished

ican throughout in tropical setting. Pvt. prkg. Yd ser. Utils Incl. \$1350. Avail. 4/1. 263-4396. 83 Houses

KAHALUU 1/1, near bay \$675, avail. now. 239-8877.

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KANEOHE downstairs, 3 bdrm., 2 full ba., \$1100 a month. Call 235-0804.

Partly Furnished FWA BEACH 3/1%

bdrm., 2 ba., \$900/mo. nr. bus/shops 599-8974. 87 Condos/Townhouses

MILILANT PINNACLE Lux. 2 br. Townhome, 2 car gar., deck w/view, on golf course, 2 story, 1/2 bath, \$1375, 533-7411

5150 Down "No Qualifying

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KANEOHE Nice, clean. Close to bus. & shops. \$500 ÷ utils. 236-1490.

93 Vacation Rentals KAILUA/LANIKAI" ni

KAILUA small studio/ cottage from \$40, near beach. Call 262-9545.

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'83 NISSAN SENTRA EDG019	\$1,222 137."
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'87 FORD MUSTANG EZR681	\$1,777 102." MONTH
'84 NISSAN PULSAR FBX143	\$1,999 1211." MONTH
'84 DODGE CHARGER FBU684	\$1,999 1211.14 MONTH
'85 OLDS CUTLASS EXC735	\$2,797 *287.2 MONTH
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'83 HONDA PRELUDE FCE234	\$2,888 1295.17 MONTH

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VEHICLE	NOW!	TERMS
'87 VW JETTA FVT408	°2,979	\$164.25 MONTH
'80 DATSUN PICK-UP FDG019	⁵ 2,999	\$212.24 MONTH
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'87 SUBARU WAGON MXD680	§2,999	5118.63 MONTH
'89 PONTIAC GRAND AM FXJ125	53,666	5143.18 MONTH
'88 CHRYSLER CONVERTIBLE EPF464	§3,997	\$155.37 MONTH
'87 HONDA CIVIC EJY910	\$3,999	\$216,57 MONTH
'89 VW JEŤTA FVA721	\$4,999	\$154.91 MONTH
*92 EAGLE SUMMIT MVN694	\$ 5,999	\$184,51 MONTH
'91 GEO STORM FCV579	s6,222	\$191.10 MONTH

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98-051 KAMEHAMEHA • 487-559



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Call Brad or Ralph 487-7974

120 Home **Furnishings**

SELLING? CALL US FIRSTI We Pay Top Dollar for Good Used Furniture and Appliances. island Furniture 521-7099

122 Travel

2 ONE-WAY TICKETS 300 ea. To St. Louis, con-recting to Des Molnes.

PROBLEM: Got an over-crowded closet? Try the Classifieds solution! Advertise those pocket the cash you your unwanted items for make! Call loday, cash in the Classifieds. Call 235-5881.

123 Moving/Storage

AMERICAN INT.
CARGO. FLY CAR TO
LAX, \$1075. FASTER
THAN BOAT AND
SAFER. FOR MORE
INFO. COME TO
111 KEEHI PL AT HONOLULU AIRPORT 1-800-642-5121

GARAGE SALE

BIG MULTIFAMILY GARAGE SALE: New/ used toys, clothes, baby items, household, rims & tires, bikes, furniture and more. Something for everyone. 3/18 & 19, Sat. & Sun., 8 am to 5 pm, 45-667 Halemuku Way, Kaneohe.

CLEAN UP IN THE unwanted unused Items CLASSIFIEDSI Find a 'For Sale' and then bargain for sale or sell

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SPECIAL In-House

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\$995

\$2895

\$2895

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6 CYL., STANDARD, RUNS \$3495

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AUTO, LOW MILES, 6 CYL \$3895

'84 FORD BRONCO II 4X4

ANTEN CASS, AUTO, 6 CT., P/S, NEW PAINT \$3995

'88 CHRYSLER LEBARON

'88 PONTIAC LEMANS 4 DR.

'88 OLDSMOBILE CUTLASS

A/C, AUTO, P/S, GOOD \$4995

SUPREME CLASSIC

°3895

³3995

³4695

'85 DODGE CARAVAN

NC AUTO

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Cars subject to prior sale. All prices plus tax, lic, and doc fees

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Financing Available!

E-15 & up

'78 FORD F350

Professional Services 235-5881

KAILUA, Sat. 3/18.

Shafter, Misc. Items.

MULTIFAMILY GARAGE

SALE: 95-228 Auhaele Lp., Militani, 8 to 3,

March 18, baby item

screen, rugs & clothes.

glassware, assorted tires

owling balls. Oriental

PRICES SLASHED

AGAIN Why pay more? Buy factory direct. Aloha shirts 3/\$20, shorts/

blouses/tapa napkins/ candles/patches/notions/ sewing mach/fabric \$1/

4pm. 46174 Kahuh Kaneohe, Ph. 235-0035.

1420 Auwalku. 262-7871.

GARAGE SALE GARAGE SALE

CERAMIC CLASSES. so specializes in center pieces. 262-8862.

GARAGE SALE: Golf clubs, IIv. furn.. baby items, materials & much more, Sat./Sun., 9 to 5, 1243 Auwaiku St., Kailua.

GARAGE SALE OLOMANA

Subdivision across from Castle Medical Center 3/18 & 19, 8-2, 1334 7th Sat., 18 Mar., 8 am-2 pm. Ave. All kinds of items. Watch for baloons Maps available

Some furniture appliances, jeweiry. crafts, pfants, exercise equipment, lots of misc.

Approximately 19 houses participaling. KAILUA 634 Keolu Dr. Sat. 3/18, 8-2. Furn.. clothes, & lots more.

KAILUA Estate sale. Sat. 3/18, 8-1. Collectibles, lewelry, records, dishes, 8 more, 1240 Kahili St.

KAILUA MULTIFAMILY. Clothing samples, furn., toys, clocks, pictures, ooks, housewares. Sat., 3/18, 8-2 574 Kaimalino St.

KAILUA Sat. & Sun. 3/18, 3/19, 8-2, 835 N. Kalaheo, Tools, sm. appl., kitchenware, bicycle, toys, books, etc. BAG A BARGAIN in the

125 Home Classifieds...Your super marketplace of items for

126 Miscellaneous

KAILUA Sat. 3/18, 8-1. 178 Kakahlaka St. TVs', clothing, plants, desk. LOTS of misc. KAILUA, 448 Kalama St.,

storage shed with floor, \$200. Call 235-5019. Sat., Mar. 18, 9-2, misc. items. 8-PC MOD LIVING RM. SET Rabbit/bird hutch. 6x6x3. 247-0803 after 6.

9-3, blkes, lurn., toys, clothes, antiques, misc.. BABY CRIB \$25, (No mattress) Gerry back car-ried \$15, 261-1895.

Ave. All kinds of items.

KANEOME Sat. 3/18,
8-12, 45-418 Lolli St.
Lots of great items.

MULTI-FAMILY YARD

CAMEO LINGERIE Open
House, Sat., 18th, 10 to 2
pm., 1993-D Kilmer
Loop, Nimitz Hwy. to
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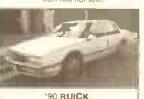


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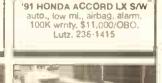


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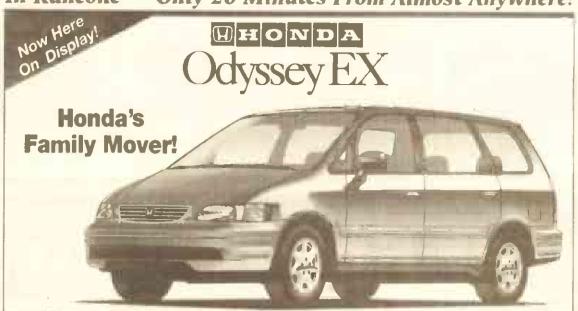
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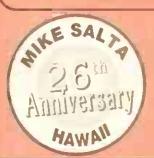


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