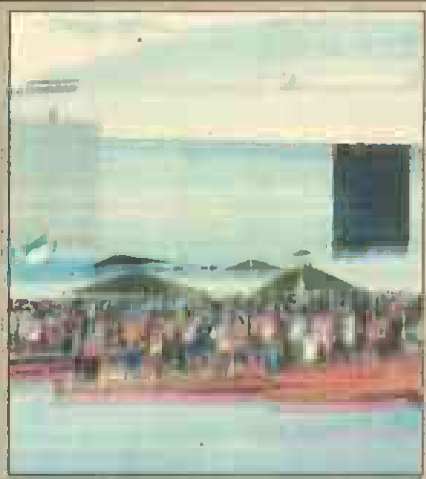


Hawaii MARINE



Vol. 24, No. 28 Serving Marine Forces Pacific, MCB Hawaii, III Marine Expeditionary Forces, Hawaii and 1st Radio Battalion July 18, 1996



What was the crowd of people and canoes about this past weekend? See B-1.

Birthday ball yard sale Saturday

Does your husband still have plaid golf pants? Do you still have maternity clothes and your "baby" is in college? Did you get the Dice-o-matic for Christmas and it never left the box? Do you still have tires for the car you sold last year? What about the wedding present your husband's ex-wife sent you?

Well, box these goods up and donate them to the huge, one-of-a-kind, first ever Birthday Ball yard sale. The yard sale will take place Saturday from 8 a.m. to 2 p.m. at the Enlisted Club. All items donated will be sold for a fair price to people who really need them, and all proceeds will go to reduce the cost of birthday ball tickets. All remaining items will be donated to charity, such as the Enlisted Spouses Thrift Shop. For pick up by Friday, call 257-3305/1340/3250.

DEERS office closed today and Friday

The Defense Enrollment Eligibility Reporting System will be down for maintenance today and Friday. Identification cards will not be issued either day. For more information, call 257-6200.

Corporal's Course graduation

All are invited to attend the graduation of Corporal's Course 8-96 July 26 at 3 p.m. The event will be held in the base theater. Military personnel should wear uniform of the day, and civilians aloha attire. For more information, call SSgt. Guzman at 257-2688.

Domestic violence help numbers

| | |
|------------------------|----------|
| Military shelter | 533-7125 |
| MPD | 257-7114 |
| Crisis Hotline | 521-4555 |
| Child Protective Serv. | 832-5282 |

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You can ask the Commanding General questions via: E-mail or internet.
E-Mail: BICE@CG@MCBH KBAY
Internet: bicedf@emh1.mfp.usmc.mil

Suggestions for Base Action Committee should be directed via E-mail to the following address: BAC@CG@MCBH KBAY

Irritating algae in waters around Kaneohe

LCpl. Douglas A. LaGore
Staff writer

Swimmers and ocean-goers here are cautioned to look before they dive into coastal waters, as increased cases of swimmer's itch have been reported to state health officials.

The dark brown algae, known as *lyngbya majuscula*, has been found in increasing concentrations from the Kailua Beach waters through to Pyramid Rock here.

Although concentrations are expected to be less around MCB Hawaii due to tides and trade winds, swimmers should take notice of any warnings, said Matt Calapinto, water safety manager, MWR. The algae could be in the water for up to two weeks.

The algae poses no long term or deadly threat to swimmers but can cause annoying irritations if not treated with proper care, according to Calapinto.

Symptoms include a rash similar to a burn, while other cases have exhibited irritation of the nose and throat. The rash is an irritation, and not deadly. It can be treated as one would treat a sunburn — by applying cool compresses and soothing creams, according to state health officials.

Symptoms begin several minutes to several hours after exposure and can last as long as 12 days, although the usual case typically remains four to 48 hours, officials said.

The fine, hairlike algae is only present at certain times of the year and the exact agent which causes the itch is thought to be one or more toxins produced by the seaweed.

The only way to prevent coming in contact with the algae is to not enter the water, but state ocean officials said swimmers can attempt to protect themselves by showering with lots of soap and water promptly after exiting the ocean. They suggest washing swimsuits, towels and swim gear to get rid of any attached algae.



LCpl. Douglas A. LaGore

Reaching the end of the rope

SSgt. Ernest Fuller, assistant range chief, assists Keuma Kaipo, 17, of Castle High School, who is an Explorer who recently visited the base for the 1996 Leadership Camp aboard Marine Corps Base Hawaii. During their visit they enlisted the help of several Marines from various units throughout the base and learned leadership aspects of the Marine Corps in classroom and confidence by attacking such obstacles as the rappel tower at the Boondocker. See A-10 for story and photos.

CG addresses issues with Single Marine Program

LCpl. Douglas A. LaGore
Staff writer

In a meeting with members of the Single Marine Program council, BGen. David F. Bice, commanding general, MCB Hawaii, said representatives need to prioritize their tasks and develop working solutions before they move on to more complex issues.

The July 12 meeting provided an open forum for Marines and Sailors to voice their opinions on issues concerning single military members here.

BGen. Bice encouraged council members to take the initiative by getting the ball rolling with their issues, but he also noted things are not going to change overnight.

"The council has to think about what it wants to do to enhance the quality of life for single Marines," Bice said. "You have to go out and do the ground work for some of the issues ... make a few phone calls."

Among the issues addressed, he spoke on increased liberty bus schedules, saying more trips between the base and Waikiki would mean more money. This would also necessitate rewriting regulations. However, he

did say there are possibilities in the civilian sector which merit further research. One possibility is using "The Bus" after hours. Bice noted Marines do get paid, hinting they could pay to get to where they need to go.

Issues like this continue to confront single Marines here, and it is BGen. Bice's concern to attempt to work these problems out with the support of the SMP. He said there are going to be little steps, or problems, the council will have to address as it moves toward its final goals — in this case more buses.

"I can't just decide to take a few more buses out of the motor pool and send them to Waikiki, just as any Marine is not authorized to take his Humvee to Honolulu for a night on the town just because he wants to," said Bice.

Regarding questions on issues which could have a number of answers, BGen. Bice advised the Marines readdress their suggestions

thoroughly, telling them the closer they get to a working solution, the easier their road to an actual solution will be.

He addressed requests the Bachelor's Enlisted Quarters be opened 24-hours to guests. This is not a new question, but BGen. Bice said his concern is the safety and well-being of those in the BEQ. Noting this issue brings the privacy of others in the BEQ into light, he said such a policy would infringe on the rights of others.

Support for the SMP is growing on base as units continue to send willing representatives to the council meetings.

"My command is all for the Single Marine Program," said LCpl. Michael Regan, I Company, 3rd Battalion, 3rd Marine Regiment. "They are eager to show Marines they do not have to stay in the barracks, and there is a lot more on this island."

With increased command support and further advertising of SMP involvement with base issues, the council hopes to provide an easier link between unit commanders and single Marines.

Search is on for super playground location

LCpl. Douglas A. LaGore
Staff writer

With the hardest part of the project ahead of them, officials at Facilities Maintenance and Morale, Welfare and Recreation said the super playground concept is a reality.

Funding for the project has been designated, meaning proponents of the super playground need not wait any longer to submit suggested locations and can ready themselves for the upcoming milestones, according to Capt. Joel Baker, maintenance officer, Facilities Maintenance.

"We are determining a site, which is the lengthiest and most difficult part of the project," said Baker. "This is because we have so many factors playing into it. There are environmental, historical and safety issues we all have to deal with. We have to be sure it is safe for the children who use it, and the playground does not upset any of those who live around the site."

Requests for the playground stemmed from parents' concern MCB Hawaii had no facility to equal super playground structures found on Hickam Air Force Base and Pearl Harbor. With this in mind, they went to the Base Action Committee with a request. The request was fil-

tered through the system, culminating with BGen. David F. Bice, commanding general, MCB Hawaii, pushing for funding of the structure.

"The project hinges on the involvement of the community and their input," said Dan Dufrene, supervisor, Community Recreation Activities, MWR. "Fiscal matters were a key element; with BGen. Bice making room for this project, we can continue with the process."

Construction of the structure will be in the hands of the base population and Leathers & Associates, Inc., a mid-sized company based in Ithaca, New York. The company has constructed 900 projects based on a community-built theory, wherein members of the local populace are asked to provide design suggestions and labor during construction.

"With all the different issues which arrive when you use a community approach, this company can facilitate the process to encompass these ideas," said Baker. "This way the community can come together and build a beautiful playground and be proud of it."

Leathers has received much praise for their community-built approach in recent years, drawing attention from many national magazines. The company prides itself on developing concepts, service, quality and savings.

But, with funding approved, base officials must decide on the location of the structure and they strongly encourage participation from people of any age. Currently there are four suggested locations, but these are by no means the only locations available, said Baker. The four preliminary sights are:

- Mokapu Drive and G Street, adjacent to Risely Field
- Fort Hase beach near the soccer field
- Adjacent to the Temporary Lodging Facility
- Between 3d Marines and Mokapu Elementary

After a sight is chosen, Leathers and the community will follow a recipe to build the playground. Designers visit the community for a face-to-face creative planning session, where input from everyone is encouraged. With a completed design, and about two to six months before construction, a Leathers staff member will visit the sight again and review the design with the community. The actual building of the playground takes five days, depending on size.

Both Dufrene and Baker urge the community to participate with the location selection by voicing an opinion. This is possible by contacting Facilities Maintenance, or by dropping off a suggestion in any MWR "Take time to Comment" box.

Every Clime and Place

Training challenges Marines, Sailors at Mountain Warfare Center

NAVAL TRAINING CENTER, Great Lakes, Ill. — Take 650 eager Navy and Marine Corps reservists from Chicago-based 2d Battalion, 24th Marines, and airlift them to a mountainous terrain with elevations up to 11,459 feet at the Mountain Warfare Training Center in Bridgeport, Calif. Add snowcapped peaks, a pristine blue sky, waterfalls and an ample dose of rigorous training. Once you blend these ingredients together with the Marine Corps Mountain Warfare instructors, you have created a recipe for the perfect mental and physical challenge.

Some of the instruction used to help peak the challenges taught as part of the summer mountain warfare rock package included balance climbing, rappelling, water procurement, survival shelters and fires, stream crossings, suspension traverse, one-rope bridge, mountain emergency evacuation, mountain patrolling, survival medicine, physical and psychological requirements for survival and above all, individual and unit safety.

Although safety is always paramount, training was fast-paced. The mountain warfare training provided was anything but typical. Marines and Navy corpsmen woke at 4:30 a.m., showered, had breakfast and jumped off at 7 a.m. for a daily 4.2-mile hump with 60-pound packs and weapons to the upper base camp training area. Once there, they were given to lecture classes, safety demonstrations and practical application before completing the training evolutions. Classes

and diverse skills training often included night operations, with units returning to the base camps by starlight. They paused briefly for sleep. In less than five hours, the training process began anew.

Given the rigors of training, the importance of safety was constantly emphasized. No deviation from safety standards was tolerated. For example, to further safeguard against terrain injuries and acclimatization, trainees paired up with a "mountain buddy."

Rigorous training at Bridgeport is not just restricted to visiting battalions. To become a MCMWTC instructor requires extensive physical conditioning, terrain knowledge and the successful completion of the Mountain Leaders Course and the Instructor Qualification Course.

Sgt. Civita Allen, an emergency medical technician in Des Moines, Iowa, said, "These instructors are top-notch professionals who are willing to risk their lives to save someone. They know our lives are in their hands and the impact of that responsibility."

Another safety measure is classes on acute mountain sickness and high-altitude pulmonary edema. With elevations ranging from 6,762 to 11,459 feet, AMS often results when the human body is subjected to higher altitudes, where oxygen is thinner. Because an unclimatized body works harder to adjust to the altitude change, symptoms such as nausea, dizziness, loss of appetite and sleeplessness can result. One

way to combat AMS is to drink four to six liters of water daily to avoid dehydration. Also, maintaining good nutrition helps increase stamina. For example, winter trainees must consume 4,000 calories daily to retain body heat and overcome unique terrain obstacles.

"What's unique about this training is what it does to enhance the skills of the individual Marine and Navy corpsman," said Maj. Scott Kangas, commanding officer, 2/24. "This type of annual training

builds invaluable combat skills and tests the leadership ability of Marines at the squad and platoon level. The Navy's corpsmen have done an exceptional job caring for the Marines in the field. They train as hard as we do, and when the Marines stop to break, the corpsmen continue to check them for blisters, heat exhaustion or other medical concerns."

During the arduous mountain training, the Marines and Sailors overcame numerous mental and physical challenges to

achieve a greater degree of combat readiness.

"Team building is the key," said LCpl. E. Isabel Mena. She said the training reinforced what she learned in boot camp. "Out here, we're all pulling for the same goal. I joined the Marines because they are the toughest. If you can be a Marine, you can be anything, and this training is helping us be better prepared. Hard charging is what we do. Hard chargers are who we are." (LTJg. Victor R. Lopez)

Executive order ends Vietnam combat zone

WASHINGTON — Combat pay and special tax benefits ended June 30 for U.S. servicemembers assigned in Vietnam, although imminent danger pay will continue for duty in the Southeast Asian nation.

The change comes following President Clinton's executive order May 14 declaring Vietnam no longer a combat zone. Clinton's order repeals the one signed over 30 years ago by President Johnson.

Defense officials, in a recent information paper, said the combat zone designation remained in effect for servicemembers missing from the conflict.

"With the passage of time since the last prisoner of war in Vietnam was declared dead and the president's decision to normalize relations, the designation of a Vietnam

combat zone was no longer necessary or appropriate," said the study.

Combat benefits are based on a servicemember's pay grade. After June 30, those benefits dropped to the standard \$150 monthly imminent danger pay.

The biggest effect of the order is the end of tax benefits. Under current law, all enlisted and warrant officer pay earned in a combat zone is tax exempt. Commissioned officers serving in Vietnam, benefiting from a tax law change tied to Operation Joint Endeavor, could claim over \$4,200 per month of their income tax-free.

The study adds that as relations with the Vietnam government progress, more servicemembers may see assignments to Vietnam. "Tax exclusions would be applica-

ble unless the combat zone designation were terminated," said a spokesman with Department of Defense's compensation office. "Vietnam no longer merits the designation."

Defense officials said only a handful of active duty servicemembers are stationed in Vietnam, but 90-member DoD investigation teams travel to Vietnam about six times a year. Officials said those servicemembers are eligible for imminent danger pay.

Only the Persian Gulf region remains as a designated combat zone. U.S. forces service in Bosnia-Herzegovina, Macedonia and Croatia as part of Operation Joint Endeavor currently receive tax and monetary benefits "as if" they were in a combat zone. (MSGT. Stephen Barrett, U.S. Army)

Hawaii MARINE

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The Impact Area

Is the Corps kicking back on the block?

Lcpl. Douglas A. LaGore
Headquarters Company, MCB Hawaii

On a daily basis Marines meticulously groom themselves for inspections, boards and personal appearance. At the same time they complete MCIs to prove their competence on the job, while other times they are out running or lifting weights simply for their own benefit.

All these activities, coupled with tradition and history, equate to one thing -- reputation.

We, as a service, pride ourselves on our character and would stand up to defend our reputation in a split second.

With all these attempts to further enhance our presence, why is it some Marines constantly tear and gnaw at the foundation of this excellent reputation? You've seen this happen wherever you go, whether it be in a bar, at the beach or in front of your quarters, there are always a few who seem to bring down the rest.

There is no room for cavalier attitudes in the Marine Corps, and they tarnish the reputation we have spent so much time developing. But we still see Marines who do not care. Take a look at the bachelor's enlisted quarters.



LaGore

Every night there is a congregation of lost souls who deem it their duty to kick back, drink and wreak havoc for the Marines on duty, not to mention those who live in the BEQ. I don't know the specifics of why these Marines think they should let everyone know they can drink, but apparently they find some solace when they do, so much so the flock gathers in the same spot most evenings of the week.

At first I thought this was an occasional gathering, but I and other Marines soon learned we could probably make money, a lot of money, if we charged an entrance fee to these little soirees. Instead, we turned our heads and walked quietly through the hallway and went about our business.

What does this scene say to the those people who occasionally come by the BEQ? To parents, to girlfriends and boyfriends, who's only first-hand knowledge of the Marine Corps is five or ten minutes spent in the car waiting for their significant other while they run in to get something from their rooms. If this were the only time you

were exposed to the BEQ and the people who make up the Marine Corps, what would you think? Why couldn't these guests come with their sponsor to their rooms? Why do these Marines feel they must

make their guests wait in the car in the first place? Embarrassment, that's why.

As a member of the world's finest fighting force, I am embarrassed. Embarrassed of and for my colleagues who continually engage in behavior forcing me to either alter my lifestyle, or make me come up with explanations why they act the way they do.

If I had a dime for every time I have said "Oh, it must be a wild night tonight," or "That's payday for you," to guests, I would be rich -- and probably

could afford to live off-base. But the reality is I and other Marines have to deal with this type of behavior on a daily basis.

I've asked a few people why they cause such a ruckus outside the BEQ, and among the nonchalant answers I received were "because we can," or even more colorful metaphors.

"I don't think Chesty Puller or Smedley Butler came home after a long day in the field and kicked back in front of their quarters with a 40-ounce beer and started acting like they were back on the block."

Lcpl. Douglas A. LaGore

I realize while living in a communal environment everybody has to make concessions, but should I have to steer clear of certain areas around the BEQ because Marines are drinking or just hanging out? Does my daily routine have to change because of the actions of other people?

Now, I've been known to party as well, but I made sure, or at least attempted to mind the privacy of my neighbors. I also know how to conduct myself in a manner that will not inadvertently cast a bad light on the Marine Corps.

I don't think Chesty Puller or Smedley Butler came home after a long day in the field and kicked back in front of their quarters with a 40-ounce beer and started acting like they were back on the block. Their commitment to the Marine Corps and what it stands for extended long past the confines of the duty hours. So should our commitment.

I am not saying don't go out and have a good time or relax, because if we didn't, life would be pretty crummy. What I am saying is find some alternatives. Go to the beer gardens at many of the BEQs, or simply stay in your rooms. If you want to drink, go ahead, but remember the Marines who live around you because they look out for you. They make the excuses for the few who don't care. Take a good look at your behavior and act like a Marine.

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Blotter

• Military Police arrested a man for communicating threats and drunk and disorderly behavior adjacent to barracks 1633. He was released to his unit.

• A man was arrested for driving under the influence when his 1988 Mazda was stopped at the H-3 gate inbound. Military Police, after smelling alcohol on his breath administered a Field Sobriety Test. The man failed all tests and a chemical test revealed his blood alcohol content to be .212 percent. He was released to his unit.

• A man reported person(a)

unknown broke the driver's side mirror, driver's side rear window, front windshield and rear window of his 1986 Nissan while parked adjacent to barracks 1048.

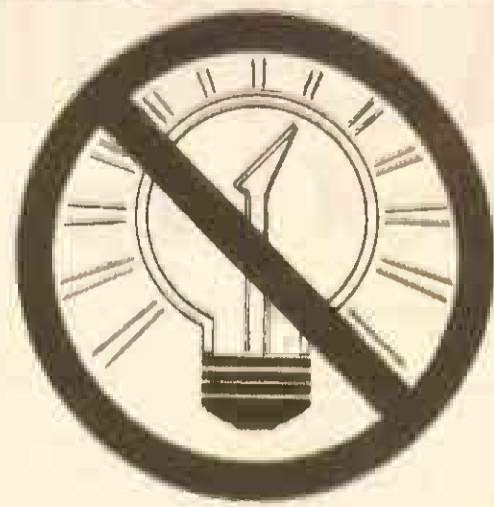
• Military Police arrested a man for drunk and disorderly behavior provoking speeches and gestures and violation of a base regulation after he was observed setting off fireworks on Daly Road. While attempting to flee the scene, the man fell and injured his right ankle. He was restrained and transported to Tripler Army Medical Center for treatment.

Upon release from TAMC, he was transported to MPD for processing.

• A man was arrested by Military Police for driving under the influence and driving on a suspended driver's license. The man was observed by MPs failing to stop at a posted stop sign. Upon making contact with the man, MPs noticed alcohol on his breath. The man took a series of field sobriety tests and failed them all. A chemical test revealed his BAC to be .143 percent. Further investigation revealed his driving privileges were suspended in the state of Illinois and aboard MCB Hawaii. He was released to his unit.

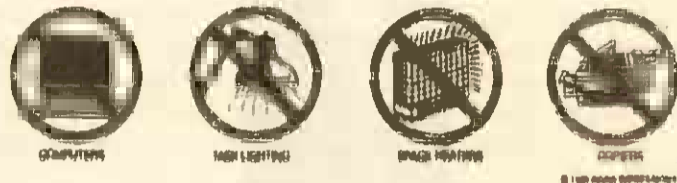
• The Military Police Department has a 24-hour recorded Community Action Line set up to assist in any questions or concerns you may have. Call today and take a bite out of crime, 257-6800.

• The evidence/lost and found custodian has in his possession keys, bicycles and other miscellaneous items. If any of these items belong to you, contact Sgt. Everette at 257-0055 for lost and found. For the evidence custodian, call SSgt. Davis at 257-1305. MPD disposes of unclaimed property after holding it for 45 days.



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| TAMP | 257-8185 |
| New Parent Support Program | 257-9965 |
| Early Childhood Education | 257-7480 |
| Substance Abuse Counseling Center | 257-9900 |
| Navy/Marine Corps Relief Society | 254-1927 |
| American Red Cross | 257-8150 |
| Armed Services YMCA | 254-4965 |
| Military Police Department | 257-7114 |

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Summer Non-Stops

\$169 ONE WAY **\$299** ROUND TRIP

Call for '99 One Way dates!

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SPECIAL MILITARY RATES AVAILABLE

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Across From TACO BELL
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PALI PALMS DENTAL CENTER
DENTAL SERVICES

General Dentistry • Preventative and Restorative Dentistry
Cosmetic and Esthetic Procedures

INSURANCE ACCEPTED: HDS, HMSA, Delta Dental Services (Military), Hawaii Dental Health Plan

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Office 254-6694
970 N. Kalaheo Ave., A-108
Kailua, Hawaii 96734

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Office 254-6477
970 N. Kalaheo Ave., A-108
Kailua, Hawaii 96734

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7 Days

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Quality Affordable Discount Merchandise

A Little Bit of Everything At Super Savings!
Electronics • Toys • Housewares • Food Items
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Sundries • "As Seen On TV" • Clocks
"Float & Swim" • New Items Every Week!

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Located next to Nanko's in Kaneohe
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46-145 Molino Place **235-0215** Open Mon-Fri 7:30am-4pm
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Everyone qualifies! Quick & Easy!

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NO Deposits

1st of July Blowout! FREE* phones for first 200 customers! Offer starts July 1
*with new account activation

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Get Connected Today!
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Your Car Needs C.V. Boots

On front wheel drive automobiles the axle shaft that extends from the engine/trans to the front wheels must be flexible. When you turn corners or when the vehicle body moves up or down the axle shaft must bend. The flexible joint on the ends is called a "constant velocity joint" or more commonly called a C.V. Joint. The C.V. Joint must be well-lubricated with a grease that can accept the high pressure and heat generated by the movement of the joint. They need a way to keep this lubricant in place, so they designed a rubber boot to surround the joint and keep the grease in place. This boot is called a C.V. Boot. Its sole purpose in life is to keep the lubricant in place and the dirt and water out! Unfortunately, the boot is exposed to the elements (water, dirt and debris on the road). They do sometimes get out or torn. Then the lubricant escapes and lets water, dirt, etc. get into the C.V. joint and cause premature wear. This can happen quickly, sometimes within a few hundred miles. Then the C.V. Joint needs to be replaced. It is much more economical to replace a cut or torn C.V. Boot than a C.V. Joint. Please, for your benefit—replace the boot before more damage is done.

Sam Gianopoulos
Owner & Certified Master Technician
"Have a question? Call me—I'm here to help!"

Joint must be well-lubricated with a grease that can accept the high pressure and heat generated by the movement of the joint. They need a way to keep this lubricant in place, so they designed a rubber boot to surround the joint and keep the grease in place. This boot is called a C.V. Boot. Its sole purpose in life is to keep the lubricant in place and the dirt and water out! Unfortunately, the boot is exposed to the elements (water, dirt and debris on the road). They do sometimes get out or torn. Then the lubricant escapes and lets water, dirt, etc. get into the C.V. joint and cause premature wear. This can happen quickly, sometimes within a few hundred miles. Then the C.V. Joint needs to be replaced. It is much more economical to replace a cut or torn C.V. Boot than a C.V. Joint. Please, for your benefit—replace the boot before more damage is done.

C.V. BOOT SPECIAL

One outer C.V. Boot & Labor **\$99.95***

Offer good until July 31, 1996
With this coupon

Additional boot on same axle... **\$25.00***

Alkahi Park Shopping Center
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MDA
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People help MDA...because MDA helps people.

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20% OFF entire inventory through Sunday, July 21st

Lanikai Beachwear
The best selection of swimsuits in the Islands!

OPEN 7 DAYS • Kailua Beach Center, 130 Kailua Rd. • 261-1964 • Next to Island Snow

Xcel • Point Conception • Roxy • Raisins • Hapuna • Solar Tan Thru • Cigrus • Speedo •

WINDWARD MALL



SAVE UP A STORM SIDEWALK SALE STARTS TODAY. YAHOO!

Win at Windward: Big Island "Paniolo" Trip for Two!

Thursday through Sunday, July 18-21, lasso savings of up to 65% at our Summer Sidewalk Sale. And enter to win our deluxe five day/four night trip for two to the Big Island. Aloha Airlines, hotel, car rental, Parker Ranch Tour and dinner at the Big Island Steak House all provided. Then Saturday, July 27 join us for a prize-filled "Paniolo Day." Where you can sing "Country/Western Karaoke" to win a \$150 shopping spree and other prizes, Line Dance, and taste yummy salsa, pardner!

The New
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MALL**

100 Fabulous Stores, Food Court & Free Entertainment
Open Monday - Saturday, 9:30am - 9pm / Sunday, 10am - 5pm • 235-1143
In Kaneohe, corner of Kamehameha Highway & Hialuku Road

There's always something new.

The Entertainment's Free!

Friday, July 19 Friday Night Live Concert with "Tropical Knights," 6:30 - 7:30pm
Sat/Sun, July 20/21 Psychic Fair: Nominal charge for readings; discount for Windward Mall shoppers
Saturday, July 27 "Paniolo Day," 11am-5pm: Country/Western Karaoke for prizes, 11am Western Games for prizes, 12 noon Line Dancing, 3pm "Full Circle" band, 2 & 4pm

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Hawaii's Best Music Mix
KRAJER
58

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AIRLINES

Home Fashions

Sale Ends 7/21/96

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| TIER CURTAIN & VALANCE SET Assorted Prints 24-45" Lengths 9.99 REG. \$12.99-15.99 | 20% to 50% OFF ENTIRE STOCK CURTAIN & DRAPERY RODS REG. \$1.99-59.99 | SHOWER CURTAIN Assorted Pattern In Vinyl & Drylon 7.99-9.99 REG. \$12.99-14.99 |
| BATH TOWELS 100% Cotton Terry Assorted Colors 4.99 REG. \$8.99 | COMFORTERS Selected Styles From Fieldcrest Cannon 29.99 All Sizes REG. \$48.99-68.99 | BED PILLOW Standard Size 2/14.00 REG. \$9.99 |
| TUB MATS 100% Cotton Asstd Colors 3.99 REG. \$5.99 | KOA CUSHION COVERS 5 Pair Set Asstd Colors & Prints 94.99 REG. \$149.99 | FOLDING MATTRESS TWIN REG. \$60.99 42.99 FULL REG. \$90.99 69.99 |

Windward Mall 233-2508

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PRICES EFFECTIVE THROUGH WED. JULY 24th!



- ENTIRE STOCK WOMEN'S SANDALS & THONGS
20% Off REG. PRICES
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Good Fri, Sat & Sun. Only
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In Medium, Wide & Extra-Wide Widths
Reg. \$44.95.....**Now \$39.99**
- NIKE "AIR ESSENTIAL II" WALKING SHOE FOR WOMEN & MEN
Available In Wide Widths.
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PLUS SEE OUR MANY SIDEWALK SALE SPECIALS

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WINDWARD MALL

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"Pupukea Shoreline" Oil Gloria Foss
JULY FEATURED ARTIST

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WINDWARD MALL, 2nd Floor
46-056 Kam Hwy, Kaneohe
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14K SOLID ROPE CHAIN SALE!

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| | 1.5mm | 2mm | 2.5mm | 3mm | 4mm |
| 16" | \$50 | \$74 | \$104 | \$144 | \$214 |
| 18" | \$60 | \$84 | \$114 | \$164 | \$264 |
| 20" | \$68 | \$94 | \$124 | \$178 | \$288 |
| 22" | \$78 | \$104 | \$138 | \$194 | \$318 |
| 24" | \$88 | \$114 | \$154 | \$234 | \$348 |

60-65% OFF

• 14K Gemstone & Pearl Jewelry
Earrings, Pendants & Rings
(FREE JEWELRY CLEANER w/ purchase of \$50 or more)

14K GOLD BALL EARRINGS

| | | | | | |
|------|--------|------|---------|------|---------|
| 3 mm | \$5.95 | 5 mm | \$9.95 | 7 mm | \$15.95 |
| 4 mm | \$7.95 | 6 mm | \$12.95 | 8 mm | \$19.95 |

14K GOLD ENDLESS HOOP EARRINGS

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|--------|---------|
| Small | \$8.95 |
| Medium | \$11.95 |
| Large | \$16.95 |

20%-30% OFF

ENTIRE STOCK OF SEIKO, CITIZEN, CASIO, TIMEX & LORUS WATCHES
Battery Change While You Wait!
(except for brand-name watches)
FREE WATCH REPAIR ESTIMATES!

Shop Early For Back To School! Layaway Now For Christmas!

KOOLAU PETS

235-6477

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Serving The Windward Side For Over 20 Years!

HAGEN

SUPER SUMMER Sale

Sale ends Sunday, July 21, 1996.

HAGEN COCKATIEL SEED
Vitamin & Mineral Enriched.
2.5 lb. bag. Reg. \$3.99
NOW \$2.29 each

HAGEN BIRD CAGES
Large Selection Of Assorted Styles & Sizes.
30% OFF

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Great For Mical Reg. \$69.95
NOW \$43.95

HAGEN NUTRA-MATIC
Automatic Vacation Fish Feeder Feeds Your Fish While You're Away
Reg. \$49.95
NOW \$34.95

20% OFF MANY MORE HAGEN ITEMS!

Jeans Warehouse Outlet

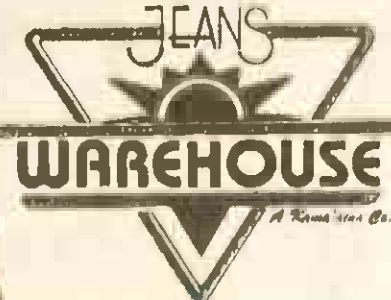
Windward Mall

We're More Than Just Jeans

SIDEWALK SALE SPECIALS!!!

| | |
|--------------|---------------------------------------|
| Tops | \$2.88 - \$5.88 |
| Shorts | \$3.88 - \$5.88 |
| Bodysuits | \$3.88 and up |
| Dresses | \$12.88 and up |
| Sweater Tops | \$3.88 and up |

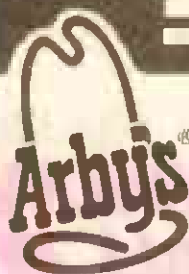
Sale ends 7/21/96



LOOK FOR RED TAG SPECIALS!

235-1233
Windward Mall

Conquer the Big Mo!



A full half-pound of our slow-roasted beef piled on a giant sesame seed roll for a taste as big as Montana.

WINDWARD MALL & UPTOWN PEARLRIDGE

2 FOR \$5.55

BIG MONTANA SANDWICHES

Get 2 Big Montana Sandwiches for only \$5.55
Limit 5 per coupon. Not valid with any other offer.
Valid only at Windward Mall & Uptown Pearlridge.
Coupon expires 8/15/96.

5 FOR \$5.55

REG. ROAST BEEF SANDWICHES

Get 5 Regular Roast Beef Sandwiches for only \$5.55
Limit 5 per coupon. Not valid with any other offer. Valid only at Windward Mall & Uptown Pearlridge.
Coupon expires 8/15/96.

NOW 99¢

ARBY'S BAR-B-QUE ROAST BEEF SANDWICH

Limit 5 per coupon. Not valid with any other offer. Valid only at Windward Mall & Uptown Pearlridge.
Coupon expires 8/15/96.

NOW \$1.99

WESTERN BACON CLUB with Beef or Roast Chicken
Limit 5 per coupon. Not valid with any other offer. Valid only at Windward Mall & Uptown Pearlridge.
Coupon expires 8/15/96.

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GIANT ROAST BEEF SANDWICHES OR BEEF & CHEDDAR
Limit 5 per coupon. Not valid with any other offer. Valid only at Windward Mall & Uptown Pearlridge.
Coupon expires 8/15/96.

NOW \$1.99

SUPER STUFFED BAKED POTATO
Limit 5 per coupon. Not valid with any other offer. Valid only at Windward Mall & Uptown Pearlridge.
Coupon expires 8/15/96.

50% OFF FRAMES
(with purchase of lenses)
20% OFF SUNGLASSES

Sale Ends 7/31/96
Not valid with any other discount. Participating Health Plans Excluded.



FEATURING:

- Sunglasses Made To Order • Express Service
- Prescriptions Filled & Lenses Duplicated
- "World's Thinnest Lenses" SEIKO SUPER 16 DIACOAT • "Scratch-Proof" Plastic Lenses
- Varilux Comfort Progressive Lenses
- Frame Adjustment, Repairs or Replacements
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In-Store Lab for Glasses Done While You Shop - or Within 24 Hours

HMSA Participating Provider • Eyewear for every taste & budget including Sun, Fashion & Designer styles • Serving Hawaii Since 1944 • Founder: Yoro Shigemura

Eyewear HAWAII
WINDWARD MALL
247-3811



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Super Savings On Selected Merchandise!

Special Dreams

Windward Mall • Lower Level • Center Court • Ph: 247-4769

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WILDFLOWERS
WINDWARD MALL

- \$21.99 HAWAIIAN PRINT BOARD SHORTS
- \$10.99 PRINTED RAYON SHORTS & PANTS
- \$10.99-\$17.99 SLINKY KNIT TOPS
- \$14.99-\$24.99 COOL SUMMER DRESSES & ROMPERS

SUMMER 2-FOR-SALE!

- Lycra® Crop Tanks.....2 FOR \$9.00
- Lycra® Bike Shorts.....2 FOR \$12.00
- Lycra® Short-Sleeve Tops...2 FOR \$12.00
- Colored Denim Shorts.....2 FOR \$30.00

Prices good through Sun., July 21.

The **FOOD** Court



YUNNIE'S KOREAN BBQ
Windward Mall - The Food Court 247-6288

| | | |
|--|---|---|
| KAL BI & MEAT JUN COMBO | TOFU SOUP | FRIED MAN DOO & BBQ BEEF COMBO |
| <small>Includes 2 Scoops Rice and 4 Vegetables. Reg. \$6.25.</small> | <small>Includes 2 Scoops Rice and 4 Vegetables.</small> | <small>Includes 2 Scoops Rice and 4 Vegetables.</small> |
| NOW \$5.99 | NOW \$5.50 | NOW \$5.75 |

Offer not valid with any other discount. Coupon expires 7/31/96.

SIDEWALK SALE



30%-40% OFF Selected Design Paper Goods & Gift Items
All offers end July 21, 1996.

30%-40% OFF Discontinued Merchandise

- Toys
- Picture Albums (Baby, Wedding & Shower)
- Paper Goods
- Stuffed Animals & More!

RUBBER STAMP DEMO
Saturday, July 27th
11am-1pm
By Karlotta Carvalho

10% OFF Selected Rubber Stamps
Saturday, July 27th Only.

GBC STORE
2nd Floor, Near Liberty House
235-1762

百泰餐室 *Patti's* Back By Popular Demand!

FREE 2Ltr. Coca-Cola

With every purchase of \$50. Limit 3 Free 2 Ltr. Cokes per person. Not valid with any other discount. Offer ends 7/31/96 or while supply lasts.

Don't Forget Patti's Plate Lunches!
Stop By And Pick Up Our Catering Menu!

Windward Mall • Food Court
235-0022 or 235-0023

CHINESE KITCHEN

LITTLE TOKYO

"Quality Japanese Food"
Great For Takeout Or Catering
Variety Of Ready-To-Go Lunch Bentos \$4.89

INARI CALIFORNIA ROLL UDON DONBURI **235-1415** The Food Court Windward Mall

KATSU SABA YAKI SOBA

Island Mixed Plate
"LOCAL STYLE LOCAL FOOD"

Shop...
"Eat in or Take home...and
Enjoy Hawaiian Food & Local Favorites...
Now at Windward Mall!"

- * Plate Lunches
- * Sandwiches
- * Local Favorites

Teriyaki Chicken, Beef Stew, Glazed Ham, BBQ Short Ribs, Homemade Hamburger Steak, String Beans, Baked Salmon, Fried or Baked Chicken, Hawaiian Sweet Sour Ribs.

Island Mixed Plate Daily Special
Kalua Pig, Keoki's Lau Lau, Lomi Salmon, Chicken Long Rice, Poi or Rice
\$7.15
Reg. \$11.65 Sorry, no substitutions.

Windward Mall - The Food Court
46-056 Kamehameha Hwy.
Kaneohe, HI 96744
247-2888

PRO IMAGE

Sale good July 18-21, 1996

SUPPORT YOUR TEAM WITH YOUR FAVORITE TEAM APPAREL!

Join The Pro Image Cap Club To Earn A Free Cap!

NFL & NBA CAPS

NOW \$5.99 & up

MLB HATS

Adult Sizes Available For All Teams

\$20.99 & up



247-7815
Windward Mall
Kaneohe



King's Den Haircutters

Windward Mall
235-6211

A Full-Service Hair & Nail Salon! Walk-Ins Always Welcome
SIDEWALK SALE SAVINGS!

50% MORE FREE!

JOICO® Kerapro Shampoo & Lite Conditioner 12.67 fl. oz.

NOW \$10.90



PAUL MITCHELL BEACH SET

Awapuhi Moisture Mist (8 oz.), Super Charge Conditioner (2 oz.) & Wide Tooth Comb

NOW \$12



GREAT EVERY DAY LOW PRICES!

HAIRCUTS Includes Shampoo, Condition and Blowdry

WOMEN'S\$18

MEN'S\$15

PRE-TEEN'S (11-13 yrs.)\$13

CHILDREN (10 yrs & younger)\$10



What would you like to see?

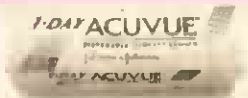
See your world more clearly and comfortably with 1-Day Acuvue, the ultimate contact lens. Then buy a 2-month supply before August 15th and get another month-free.* Call now. Because

Precision crafted for exceptional vision. You wear a fresh pair each day so they're healthier and more comfortable for your eyes.

To see if 1-Day Acuvue is right for you, call my office for an appointment.

Buy a 2-month supply of 1-Day Acuvue. Get 1 month-FREE.*

something as precious as your sight deserves something as advanced as 1-Day Acuvue.



See me before August 15th.

EYEXAM 2000

Drs. Au & Lau, Optometrists, Inc.

3 Convenient Locations

ALA MOANA SHOPPING CENTER
Honolulu
941-1566

WINDWARD MALL
Kaneohe
236-2666

PEARLRIDGE SHOPPING CENTER
Aiea
486-2666

What's Cookin'



IT'S GONNA BE A HOT SUMMER!

So, chill out with your own shave-ice maker! Sidewalk Special...

\$19.99

Sale ends 7/21/96

Check out the First In A Series of

"GREAT TASTES AT WHAT'S COOKIN"

Saturday, July 20th 11 am - 2 pm

Demo Of Our Shave-Ice Maker & Samples Of Iced Cappuccino by



What's Cookin'

247-2050

Located on the Second Floor.

• MENACE SELECTED STYLES

PANTS Reg. \$49.00-\$51.00..... **\$36.99-\$44.99**

SHORTS Reg. \$41.00..... **\$32.99**

• "BS" SIGNATURE-SELECTED STYLES

PANTS Reg. \$38.00..... **\$29.99**

SHORTS Reg. \$34.00..... **\$22.99**

• MESH ATHLETIC TANK TOPS OR REVERSIBLE SHORTS

Assorted Colors. REG. \$16.00..... **\$11.99**

• ALOHA SHIRTS

Reversible Prints. REG. \$28.00..... **\$18.99**

• WALK SHORTS

Various Colors & Styles. REG. \$18.00-\$32.00..... **\$9.99-\$19.99**

• LEVI'S 550 JEANS

All Colors. REG. \$41.00-\$46.00..... **\$27.99**

• SCREENED T-SHIRTS

Selected Styles. REG. \$18.00 To \$20.00..... **20%-50% OFF**

SIDEWALK SALE

SALE ENDS SUN., JULY 21ST



SWING IN FOR HOT SAVINGS!

bodyshop
WINDWARD MALL

Come Meet The Newest Members Of The Family!

New fall and winter additions to the Precious Moments family are beginning to arrive. We'd love for you to meet them!

You're sure to be charmed by our newest teardrop-eyed porcelain bisque figurines. They're guaranteed to create big smiles and warm memories for years to come!

With a selection this special, you're sure to find something for yourself and everyone on your gift list, too!

So visit us today, we can't wait to begin the introductions.



"Peace On Earth...Anytime"



Sentimentally Yours

Windward Mall
Lower Level
235-0411



GREAT BEANS, GREAT COFFEE!

GJ4...

SALE ENDS 7/21/96

(GLORIA JEAN'S FOR THE BEST COFFEE IN TOWN)

Harder's Hawaiian Simple Syrup Liquid sugar for iced drinks.reg. 8.99 **6.99**

"Brazil" French Press by Bodum • 3 Cupsreg. 14.99 **10.99**

• 8 Cupsreg. 18.99 **15.99**

Gloria Jean's Cocoa Packetsreg. 75¢ **50¢**

• Cocoa Tinsreg. 5.99 **4.99**

Gloria Jean's Coffee Grinder Lifetime Warranty.reg. 24.99 **18.99**

Biscotti by La Tempesta 3 oz. package. Assorted flavors. **1.99**

Selected Coffee Paper Filters **50% off reg. price**

WINDWARD MALL - 233-2507



Plants & Ponds Etc.

20%-50% OFF All Sidewalk Sale Items!

Including A Large Variety Of Ponds, Plants, Water Gardens, Waterlilies & Supplies!



Sale good through July 21, 1996 only on selected items.

236-0031

Windward Mall • Lower Level • Across Koolau Pets

Briefs

ASYMCA

To sign up for any of the following programs/classes, or for more information, call 254-4719 or 254-4965.

Hula Class - Hula classes for children ages 4-12. The class meets every Saturday from 8:30-10:30 a.m. at the ASYMCA office in building 216. The fee is \$40 a month.
Women's Hula - Register for the class before July 26. The classes will be held Monday evenings from 6-8 p.m. beginning Aug. 5 and continuing through Sept. 9.

Tumbling tots - This exercise program to enhance motor skills and coordination for children just starting to walk up to 3 years old meets Tuesdays and Thursdays from 9:45 - 10:15 a.m.

Fit for two - These classes are for pregnant women and new moms every Monday, Wednesday and Friday from 10-11 a.m.

Coupon club - Karla Robinson will teach all about coupons, rebates and forms. Meets the fourth Wednesday of each month from 6-8 p.m. Call ASYMCA for location and time.

Hawaiian quilting - Classes will be scheduled once six participants have registered.

Pancit cooking class - Learn to make pancit (Filipino noodles) in one class. The class will be held Monday from 6:30-8:30 p.m.

Line dancing - This six-week course will be held Thursdays from 6 to 7 p.m. The course begins Aug. 15. The fee is \$18 and young adults or children under 18 are free.

Free the horses - The

classes will be held Monday, Wednesday and Friday at 11 a.m. to 1 p.m. from Aug. 7-30. The fee is \$30 and the text book is \$10.

Belly dancing - This four-week course will be held on Thursday evenings from 7:30 to 9 p.m. beginning Aug. 8. Registration fee is \$15.

Appetite class

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

Red Cross

The American Red Cross is looking for volunteers for the Summer Youth Volunteer Program. Teens ages 14 through 19 are needed to fill volunteer positions in several areas on the base. For more information, contact the Red Cross office at 257-3150.

The Red Cross also is looking for volunteers to fill positions in the Legal Officer and Medical Clinic. No experience is required and training will be provided. American Red Cross Kaneohe Service Center is located in building 216, room 58. The office is open Monday through Friday from 8 a.m. to 4 p.m. Check in/out will be between these hours. The office will be closed for lunch from noon to 1 p.m.

For emergencies, please call 257-3150 or 471-3155. After hours, weekends and holidays contact the American Red Cross Pearl Harbor Service Center at 471-3155. Pearl Harbor Office is open

from 6 a.m. to midnight daily.

Retired Activities Office

A Retired Activities Office has been established in building 216 here to provide the retired community with a focal point for information and retiree business aboard the base. The program is available to all retirees. Office hours are Monday-Friday 7:30 a.m. to 4 p.m. For more information on services, call Jim Gardner at 257-3195.

FSC

The Family Service Center is offering the following courses:

Fighting for your marriage - This communications course will be held July 30-31 from 8 a.m. to 4 p.m. The Prevention and Relationship Enhancement Program is a research-based approach to teach couples constructive arguing and problem solving skills. Participants practice the skills with a "coach" to guide them. Take time to invest in your relationship. Reservations are required. Call 257-3655 for more information.

PREP refresher - If you attended the PREP course and would like to sharpen or revive your skills, call Gail for an appointment at 257-3655.

Marriage skills workshop - A 14-hour workshop for newly married couples and singles anticipating marriage will be held Tuesday and Wednesday from 8 a.m.

to 4 p.m. The workshop is designed to focus on an orientation to married life in the military, relationship communication, conflict resolution, problem-solving and listening skills and money management. The class will be held at the Joint Education Center, building 219, classroom five. Reservations are required.

Women's Orientation Group - This educational and support group for women whose partners attend one of the men's domestic violence groups or have unresolved issues because of a prior abusive relationship. The Women's Group explores issues and material presented in the men's group and meets every Thursday from 2 to 4 p.m. Please call Melody or Debbie for more information, 257-3655.

Stress Management Workshop - Feeling overwhelmed, losing patience, or exhausted? Left unchecked, chronic stress along with attitudes of hostility, anger and depression, can sicken and eventually kill us. Learn to handle stress effectively at home and at work. The workshop will be held July 31 from 1-4 p.m. Call for reservations at 257-3655.

For more information or to make reservations for the

above courses call 257-3655.

AES Club

All Enlisted Spouses Club Spouses of military personnel between the ranks of private to sergeant major meet the second Monday of every month in building 216 at 6:30 p.m. in the conference room. Refreshments are served at each meeting. The main goal of the AES Club is to provide assistance to the military families aboard MCB Hawaii by use of scholarships and donations to the Navy/Marine Corps Relief, ASYMCA, Red Cross, Family Service Center and Lending Locker, to name a few. These goals are accomplished by operating our Thrift Shop, selling shave-ice, face painting, gift wrapping at Christmas and other methods. Newcomers are encouraged to attend any of the meetings. Stop by and find out what the club is all about. For more information call Ronnie at 254-9558, or Sylvia at 254-1355.

TAMP

The Transition Assistance Management Program is offering the following courses for the month of August:

TAMP Brief - Members separating within six months are required to attend. The brief will be held at the Base Theater Aug. 12-15 from 7:30 a.m. to 4:30 p.m.

Resume workshop - Learn to prepare a resume which will make a positive impression on employers. The workshop will be held Aug. 7 from 9 - 11 a.m. at TAVSC, building 267.

DORS Workshop - This workshop will focus on the DD Form 2580 which allows individuals seeking employment to place their qualifications in a database 10,000 employers have access to. The workshop will be held Aug. 19 from 9-11 a.m. at TAVSC.


Interview workshop - This workshop will provide a general overview of the interview process. There will be tips on researching prospective employers, types of interviews and questions to expect. The workshop will be held Aug. 21 from 9-11 a.m. at TAVSC.

Around the island tour - Learn about the culture and history of Hawaii Aug. 9 from 7:30 a.m. to 4 p.m. The tour begins and ends at the Family Service Center. Registration is required.

For more information concerning any of the above courses contact the TAMP office at 257-3195.

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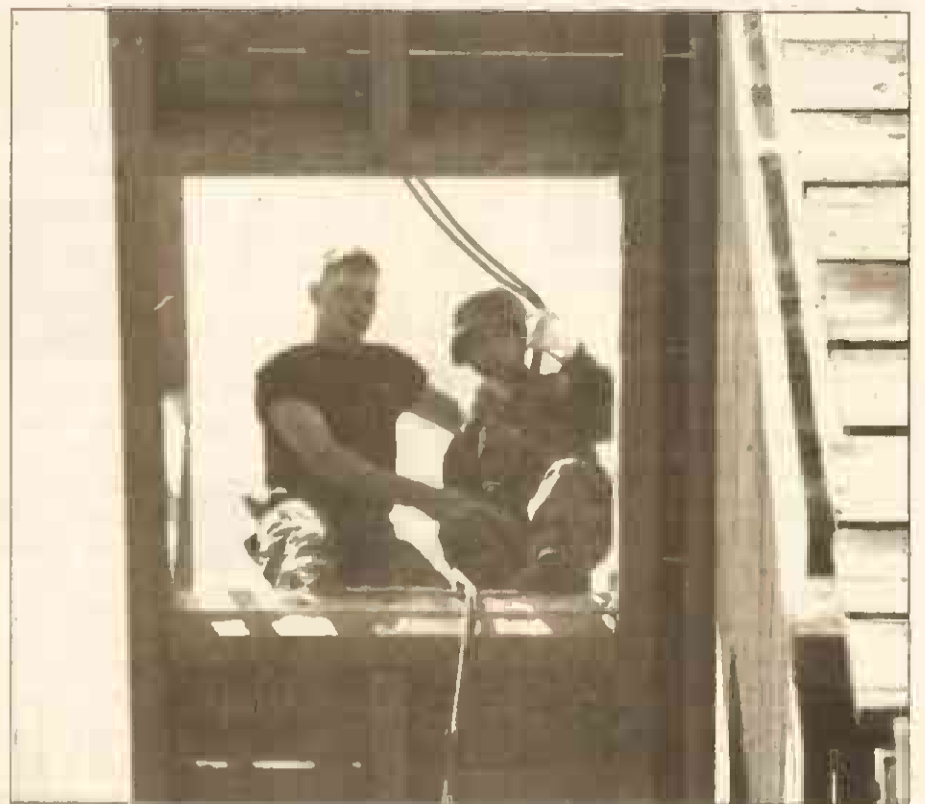




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LCpl. Douglas A. LaGore
Will Phillips, 15, bounds out while he lets out his brake hand, as his fellow Explorers look on from the observation deck of the rappel tower in the Boondocker training area.



LCpl. Douglas A. LaGore
Some Explorers decided to venture through the "Hell Hole" side of the tower, but there was a Marine present to make sure they were prepared to take that first step.

Explorers learn leadership, confidence from Marines

LCpl. Douglas LaGore
Staff writer

Young soon-to-be leaders took their first step toward developing confidence at the 1996 Explorers Leadership Camp here.

Little did they know the first step would be the hardest — off the rappelling tower in the Boondocker training area July 12.

The week-long leadership camp is designed to encourage the development of traits associated with becoming a young leader, and this is the first time the group has completely immersed itself in a military surrounding.

"We came on base because of the facilities it offered," said Wallace Heyer, program director, Explorers, and retired Marine colonel. "There is nothing to duplicate the repelling tower, obstacle and confidence course outside of the base, and if there are, they are not located in one spot."

The Explorers are a group of 16-18 year olds affiliated with the Boy Scouts of America, but because of

their age are no longer participating as Boy Scouts, according to Heyer. The group endeavors to pursue developing traits they can use later in life and with their future careers.

However, once on top of the tower, some of these ideals left the minds of the explorers, because they were more concerned about getting to the bottom in one piece. At the last level before they stepped out on the top deck of the tower, their faces became a little less excited and tightened up because each Explorer knew what he had to do.

After overcoming their fear, Explorers who hit the ground shot right back up the ladder to go down again.

"That was radical," said Will Phillips, 15, on his way up for the second time. "The camp has taught us to work as a team. Since Monday we have run the obstacle and confidence course."

The group has taken up residence in barracks and each day is as long as any Marine's. They are awake at 5:30 a.m. and are back in the racks at

9 p.m., said Heyer.

With all the movement to-and-from different activities, it was necessary to enlist the help of several Marines from the MCB Hawaii community. This has not been a problem, as those involved feel this project is well worth the time.

"This is a good way to show them what Marines really do and how we train," said SSgt. Ernest Fuller, assistant range chief. "We have a lot of quality people out here helping the Explorers with the rappelling tower, and this isn't the only activity Marines helped out with."

There have been troop handlers who have marched the Explorers around the base and taught them drill, while other departments, such as the Total Quality Leadership Department, taught classes on effective communication skills.

All involved with the project said they were more than happy to support the Leadership Camp, and knowing they could possibly help any one of the boys was enough to validate lending a hand.



LCpl. Douglas A. LaGore
Youth attending the 1996 Explorers Leadership Camp were introduced to the concepts of Total Quality Leadership at the Boondocker Theater July 8. Teaching the class is GySgt. Bradley Hiner, facilitator, TQL Department.

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LtCol. Robert M. Thomas



LtCol. Pierre J. Ortiz Jr.

Marine Corps Air Facility Change of Command

After two years in the top flight suit at Marine Corps Air Facility here, LtCol. Pierre J. Ortiz Jr., MCAF commanding officer, will relinquish command to LtCol. Robert M. Thomas on July 25 during a change of command ceremony on the flight line near Hangar 105. Thomas, a Columbus, Ohio native, arrives from Headquarters Marine Corps in Washington D.C. where he served as section head in the Manpower and Reserve Affairs Department. Ortiz will report to U.S. Marine Forces Korea as plans officer for Operations at United Nations Command, Yongsan, Korea.



LtCol. Douglas A. LaGore

CSSG-3 changes leadership

The colors changed hands here during the July 3 ceremony when Col. Thomas E. White relinquished the command of Combat Service Support Group-3 to Col. Thomas O. Skipper. White, commanding officer, of CSSG-3 since July 1994, is en route to I Marine Expeditionary Force, while Skipper arrives from a tour as assistant chief of staff, Logistics, Marine Forces Pacific.

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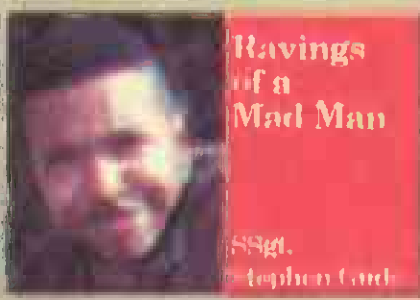
Hawaii LIFESTYLE



Hawaii Marine Section B

Covering Sports, Leisure and Family Events

July 18, 1996



Ravings of a Mad Man

SSgt. Stephen Couch

New Olympic events

I'm going to watch the popular Olympic sports like sprints, relays and the exhibition of playground basketball the Dream Team will demonstrate against alleged basketball players from countries covering the rest of this planet.

These sports are fun to watch, especially when Americans win. But, given former communist countries' predilection toward steroid abuse, it would be fun to watch sports Americans are guaranteed to win, such as:

Couch jump — The standing couch jump, where the athlete, with 2 large bags of potato chips, a six-pack of a cold beverage and a television remote control, stands behind a couch and jumps over it. Points are taken away for face plants, dropping items and failing to make it over the couch. Potato chips must be weighed prior to jumps for consistency.

In the running couch jump, the athlete, while holding a 12-pack of his favorite beverage, has 15 feet (the average distance between a couch and refrigerator) to run and leap over the backs of couches of various heights. Points are awarded if the athlete lands between the couch and a standard American coffee table without spilling any drink; points are deducted for crashing into the coffee table and of course, face plants.

Americans would dominate this event, unless judges from former communist countries play the games they did in Olympics past. Remember American scores that read "10, 10, 10, 7.3, 10, 10?" Those zany Soviets!

100-step dash — Athletes competing in this event must carry two cases of a cold beverage up a flight of 100 steps as fast as possible. To prevent the former East Germans from using their doped-up superathletes (wasn't it proven they were actually horses?), all athletes competing must have waists measuring no less than 44 inches, making this event a natural for Americans like Chris Farley and Drew Carey. Americans would set records in this event which will never be broken.

Coin Snatch — For this event, snatching quarters off the elbow, the standard coin will be the American quarter, which is of suitable heft and size. Coincidentally, nearly all Americans handle quarters on a daily basis, which gives us a huge advantage. The Hawaii Marine's editor could medal in this event, as he demonstrates considerable coin-snatching prowess.

Potato Salad Bowl Toss — This is the event I would enter. Competitors would have to toss a punch bowl full of potato salad for distance. If some of the potato salad falls out, distance is deducted proportionally. I, being the prime competitor in this event, would introduce radical innovations, like using plastic bowls with snug-fit tops for aerodynamics and to ensure none of the melange falls out using a discus-style throw instead of shot-putting. I know I'd win, because I can throw a plate of potato salad as far as John Elway can throw a football.

Just something for you to ponder — how come American football isn't an Olympic sport? Should it be?

Base hosts canoe regatta

LCpl. Douglas A. LaGore
Staff writer

Armed with Koa wood paddles and good luck charms of all types, 800 members of various canoe clubs splashed into the marina here for the Hui Nalu O Hawaii, John D. Kaupiko Memorial Regatta July 14.

This regatta, one of many held throughout the outrigger canoe season, was the only held aboard MCB Hawaii, and race officials had nothing but praise for the course.

"We like to use this course because this is the only championship course on the Windward side of the island," said Joan Malama, president, Oahu Hawaiian Canoe Race Association. "The trade winds and currents are not as strong,



The shoreline adjacent to Marine Corps Base Hawaii was lined with spectators and canoe club supporters. The area served as the point where clubs launched their canoes.

making every lane just about equal, giving no one team an advantage."

The paddlers arrived early Sunday to set up shop on the flight line, adjacent to the Marina, and with their tent city in full gear the canoes were placed in the water.

A canoe regatta is a series of races varying in length. Each event is designed to test the

crews' paddling ability and stamina, and is separated into different skill levels.

"The popularity of canoe racing is always increasing and the long distance events which happen after the end of the regular season draw international attention," said Malama. "The Super Bowl of long-distance racing is the Molokai to Oahu race."

The association is comprised of

clubs from throughout Oahu, and loyalty to the clubs is tradition. Each of the group's members don their clubs colors and cheer on their paddlers from the shoreline, while others sell raffle tickets to support social functions for the club.

Anyone interested in becoming a paddler is encouraged to come out and experience a regatta, as this is the way many members initially became involved with canoeing. Schedules of upcoming regattas can be obtained from OHCRA at 261-6615.



Members of the Outrigger Canoe Club make their way to the finish line aboard their canoe, the Mokulua, during the race, July 14. The base was the launching point and finishing area for this annual race.

The final regatta point standings for the weekend are as follows:

- AA Division (16 crew or more)**
1. Outrigger Canoe Club
 2. Hui Nalu
 3. Kailua
 4. Lanikai
 5. Waikiki Surf Club
 6. Healan

- AA Division (15 crews or less)**
1. Keahiakahoe
 2. Hui Lanakila
 3. Anuenue
 4. Waimanalo
 5. Leeward Kai
 6. Koolau

Only 15 days left until BayFest '96



Kathy Hayes
MWR Marketing

Dive into the many water-sports taking place at Ocean Concepts BayFest '96. Aug. 3 and 4 from noon until dark, Kaneohe Bay will be the site for many water activities.

Anyone can try out a kayak at no charge courtesy of Go Bananas Kayaks, or enter the Go Bananas Kayak races on Saturday and Sunday. Both experienced and inexperienced paddlers are welcome to enter and the overall men's and women's winners will each receive a single-person kayak, valued at \$500. There is no fee to enter and advance registration is not required.

Paddle to win great prizes in the outrigger canoe races. Get together a crew of five people and enter in one or more of these divisions: men's, women's, military and mixed teams. Winning teams will receive prizes from Ocean Concepts, Hale Koa Hotel, Atlantis Submarines and more. No advance entry is required; entry fee is \$1 per person or \$5 per team.

Get a four-person crew together and start building that boat. Anything goes Aug. 4, when boat-builders take the challenge and race their creations. Sponsored in part by Successories, Mahalo Airlines, Hard Rock Cafe and Ocean Concepts, this annual event is open to the general public, military and island-wide businesses. There is no entry fee for military and civilian individuals. A \$35 entry fee is required for corporate teams. Great prizes will be given for the best finishing time in first, second and third place, as well as awards for "Best Craft," "Most Creative" and "Funniest Design."

For those who just want to relax, enjoy the AT&T Coconut Island boat rides. Take a 20-minute leisurely boat ride around "Gilligan's Island." Boat rides are operating Aug. 3 and 4 at Ocean Concepts BayFest '96. Cost to take a scenic ride is only \$3 for adults and \$1 for children.

Water activities galore at Ocean Concepts BayFest '96. Entry forms for contests are available at all MWR activities. For more information on these activities, call 254-7679.

Getting sun may be fun, but don't feel the burn

LCpl. Douglas LaGore
Staff Writer

The best protection is abstinence, but there is no way this is going to happen here.

Staying out of the sun and avoiding the detrimental effects caused by extended exposure is a hazard many Marines and Sailors have no choice but deal with on a daily basis.

Don't think a sunburn is just an insignificant irritation requiring a few days of care, because the Medical Clinic treats and classifies this condition just as they would any other burn, according to Lt. Marianne Long, physician's assistant, Branch Medical Clinic.

"We grade sunburns just like any other chemical burn or burn from a fire that we may see here," said Long. "Most sunburns with pink or superficial tenderness of the skin are first-degree burns. When blistering occurs you have a second-degree burn, and it is important to remember to not break these blisters as this is the body's natural way of protecting what lies underneath the blister."

But many sun worshippers continually venture out onto the beaches and spend endless hours trying to perfect that savage tan, thinking they will never have to deal with skin cancer. They don't understand that sun burns, over an extended period of time, have been proven to lead to an increased rate of skin cancer down the road, said Long. Young children and the elderly are especially at risk, as almost 50 percent of the skin damage linked to skin cancer occurs during these years.

Long suggests using topical lotions with a sun protection factor of 15 or higher, although she admits studies have not proven lotion with SPF's of above 30 protect longer than a lotion with an SPF of 30.

Although there is nothing wrong with a slight tan, a burn is not repairable. The only treatment for this are creams that may ease the suffering and intense irritations which accompany prolonged exposures to the sun.

A sun tan is the result of the body producing increased amounts of melanin over a short time period to combat ultra-violet rays, more specifically UVB rays. After time, skin also becomes thicker, requiring longer exposure before burn-

ing. Just because a person does not feel he's getting tan, the effects will not go unnoticed.

"This is true especially on cloudy days, because ultra-violet rays still penetrate cloud covering," said Long. "It is still important to apply suntan lotions on a constantly recurring basis."

Whether this is every 30 minutes or after each dip in the pool, individuals have to be the judges of when and where to apply protection. One thing does hold true -- if a burn is felt or the skin starts tightening up, it is too late. With the myriad of sun-protection products on the market, there is no reason anyone should suffer.

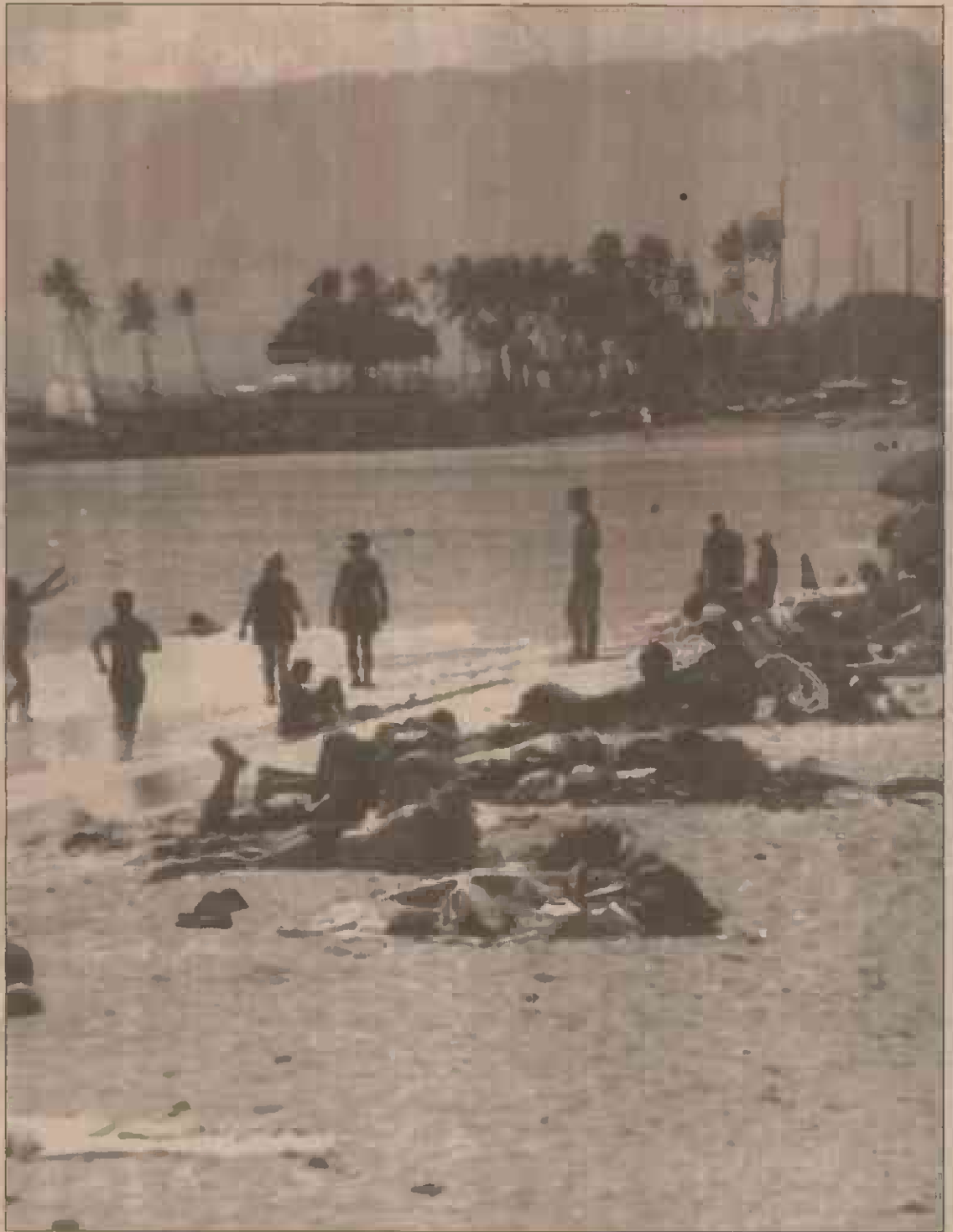
Each product has its own attributes, protecting skin with a varying degree of success. The May 1995 issue of Consumer Reports rated 38 sunscreens with different SPF levels and water resistance claims. The study exposed subjects to a set amount of UV-light in a laboratory setting.

The report concluded dollar value is not necessarily a determining factor for quality protection. Non-brand lotions fared just as well as big-name cosmetics. The report rated SPF's of 15-18, extended exposure to water; SPF 15, for up to 80-minute waterproof; SPF 29-35, extended water resistance. Each category was interspersed with no-name brands and well known lotions. At the top of the list was Bull Frog - Sunblock and Body Gell, followed by Neutrogena Sunblock.

Government issue sun-block has received much scrutiny over the past few years after the Gulf War, but Long said any irritation felt from the product is probably just from a lack of buffers present in the formula. These chemicals soothe application and the actual protecting chemicals once they come into contact with the skin. They are probably at a minimum, making application a sometimes painful ritual.

Besides sun protection from lotions and creams, anyone can choose to cover up. This does not mean wearing long-sleeved clothing, although it may for some people, rather, using hats, sunglasses and shade to decrease exposure to the sun. Even a baseball hat gives a degree of protection.

If natural sun is not a big enough problem, tanning beds expose people to many of the same harmful effects.



LCpl. Douglas LaGore

Laying out at one of Oahu's many beaches is a favorite pastime for Marines and their families, but there are several precautions people should take before hitting the beach, including wearing clothing that covers the skin and limiting their exposure to direct sunlight. Experts also recommend a good lotion with sunblock capabilities.

"Artificial tanning sources such as tanning beds expose skin to concentrated amounts of light," said Long. "Don't let anyone fool you by saying this is an alternative to sunlight, because it is not. Skin still reacts, and burns are still caused as a result of extended periods in the booths."

Self-tanning lotions work like stains, because they are rubbed into the skin. However, the attractiveness of these products is they can be removed with soap and water much of the time. Long could not comment on the effectiveness of internally digested pills claiming to induce melanin production without sun exposure, or how safe these products actually are.

Anyone who has a sunburn can combat the irritating effects by applying after-

sun products such as Aloe gels, according to officials at the Preventive Medicine Department, Branch Medical Clinic. Cold compresses work to relieve some irritation, and prescription lotions are available.

For military personnel who wonder about possible punishment from commands for severe sunburns, branch medical officials said there is always Article 134, Uniform Code of Military Justice. However, if you are an infantryman who frequents the beach, common sense would dictate not getting a severe burn before stepping off on a road march. There is no reward for Marines and Sailors who choose to tough it out under the Hawaiian sun without protection, and Long encourages people to use their heads when faced with exposure.

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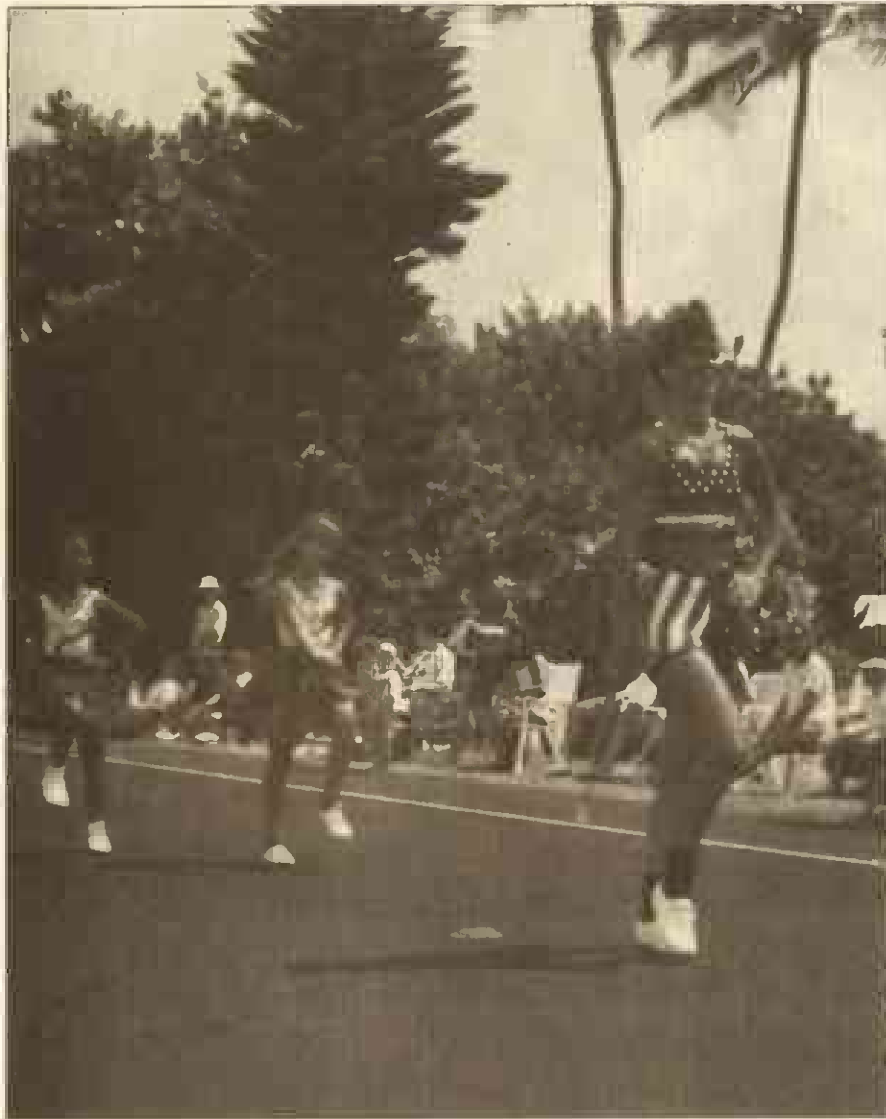
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Twirling classes offered by Youth Activities



Self-esteem, confidence, poise essential ingredients in Chelsea VanDusen's twirling classes

Sgt. William Poff
Staff Writer

Youth Activities here is offering twirling classes for girls ages five to 17.

Tropical Twirling, based in Kailua, has weekly classes instructing young girls in baton twirling and drill team march or strut, offered in the beginner, intermediate and advanced levels.

"Every little girl aspires to become a baton twirler," said Chelsea K. VanDusen, a certified twirling instructor and former state twirling champion. "Twirling is fun and challenging. It helps develop important coordination and flexibility skills and builds motivation and self-esteem."

"My goal is to pass on to the youth my knowledge and excitement about this challenging sport," said VanDusen. "I feel a sense of pride and accomplishment when I see their eye's

light up after successfully doing a move."

VanDusen is a member of Drum Majorettes of America and has competed at the national level. Twirling has been particularly rewarding for her and she claims it has helped her in her adult life as well. Always staying in top shape, she participates in parades, talent shows and numerous competitions across the states.

"In the classes, along with the technical aspects of twirling, we teach good sportsmanship and also how to perfect poise and gracefulness," added VanDusen, who has been twirling since age six. "My focus and goal is to bring to the children an art form and enthusiastic sport, which has many challenges and rewards."

The weekly classes will be at the family gym, building 477, on Thursdays. The times for five to 10 year old girls will be 5:15 to 6:15 p.m. and the 11 to 17 year olds will receive instruction from 6:15 to 7:15 p.m. Monday morning classes will be offered throughout the summer.

"Our fees are \$10 annual registration fee and \$40 monthly, there is no set length for my class so students can stay enrolled as long as they like,"

VanDusen said.

The art of baton twirling is not just practiced during class. Several events on Oahu are good places to have twirlers. "I encourage the youth to participate in island shows, parades, social events and sports activities," VanDusen added. "There is an unfulfilled demand for twirlers on Oahu. An interest has been shown by our children, parents, schools and committees of events."

"A goal I have is to do some sort of fundraiser using my class," added VanDusen. "Also I would like to take the students I've been working with this summer and have them perform in the Aloha Parade coming up in September."

Twirling can also lead to a college scholarship. In fact a twirler was brought from California and was given a scholarship by the University of Hawaii, said VanDusen.

"It's good for the kids and every child is different. This will bring a little diversity to what a young girl is offered on base," said VanDusen.

For more information on Tropical Twirlers and how to get your young girl into baton twirling call the Youth Activities Center at 254-7610.

Chelsea K. VanDusen leads two students during the July 4 parade in Kailua. VanDusen, who has competed in twirling competitions on a national level, teaches baton twirling to young girls, giving them confidence, poise and self-esteem.

Intramural Sports Standings

MEN'S OVER-30 BASKETBALL

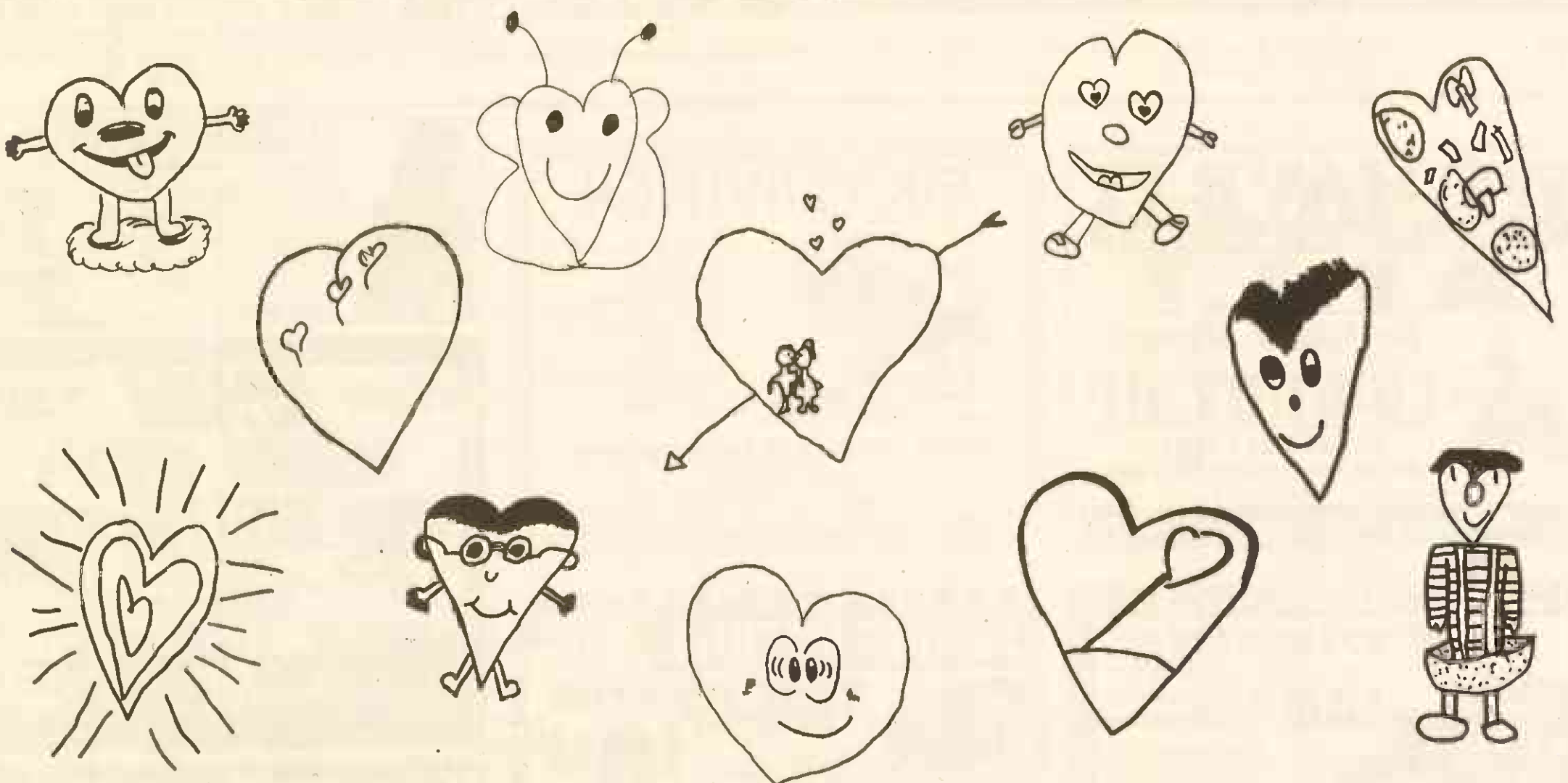
| TEAM | W | L | PTS | GP | PF | PA | PCT | GB |
|------------|---|---|-----|----|-----|-----|------|-----|
| CSSG-3 HQ | 9 | 1 | 18 | 10 | 655 | 414 | .900 | — |
| 1ST RAD BN | 9 | 2 | 18 | 11 | 510 | 465 | .818 | .5 |
| ASE | 6 | 4 | 12 | 10 | 546 | 470 | .600 | 3 |
| HQBN | 4 | 5 | 6 | 9 | 362 | 411 | .444 | 4.5 |
| NAVY | 3 | 6 | 6 | 9 | 446 | 482 | .333 | 5.5 |
| HQBN BULLS | 2 | 7 | 4 | 9 | 323 | 459 | .222 | 6.5 |
| LSC | 1 | 9 | 2 | 10 | 399 | 540 | .100 | 8 |

K-BAY INTRAMURAL SOFTBALL LEAGUE

| TEAM | W | L | PCT | GB |
|--------------|---|---|-------|-----|
| CSSG DAWGS | 6 | 0 | 1.000 | — |
| HQ 3D MAR | 5 | 0 | 1.000 | — |
| 1ST RAD BN | 5 | 1 | .833 | .5 |
| HMH-463 | 5 | 1 | .833 | .5 |
| CSSG-3 HQ | 4 | 1 | .800 | 1.5 |
| CSSG DAWG II | 4 | 2 | .667 | 2 |
| HQ 1/12 "A" | 4 | 2 | .667 | 2 |
| MFP BAND | 3 | 1 | .750 | 2 |
| HQBN | 2 | 4 | .333 | 4 |
| CSSG-3 LSC | 2 | 4 | .333 | 4 |

| TEAM | W | L | PCT | GB |
|-------------|---|---|------|-----|
| CSC | 2 | 4 | .333 | 4 |
| CSSG-3 SUPP | 1 | 3 | .250 | 4 |
| HMT-301 | 1 | 3 | .250 | 4 |
| HQ 1/12 "B" | 1 | 3 | .250 | 4 |
| MCAF | 1 | 4 | .200 | 4.5 |
| PMO | 0 | 6 | .000 | 6 |
| SJA | 0 | 5 | .000 | 5.5 |

Statistics provided by MWR Athletics



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Restaurant's play area opening brings out the base children

SSgt. Stephen Gude
Press Chief

Children throughout the base celebrated the grand opening of McDonald's Play Place Saturday. Appearances by Ronald McDonald and Hamburgler, along with prizes galore for children ranging from babies to teenagers, spiced the event. However, the main attraction was the assembly of plastic, plastic and more plastic. It has climbs, slides, a pit full of plastic balls (which looked like more like a mosh pit Saturday) and includes another pit of plastic balls for smaller tykes. Children, swarming all over the Play Place like a bees in a hive, gave it rave reviews.

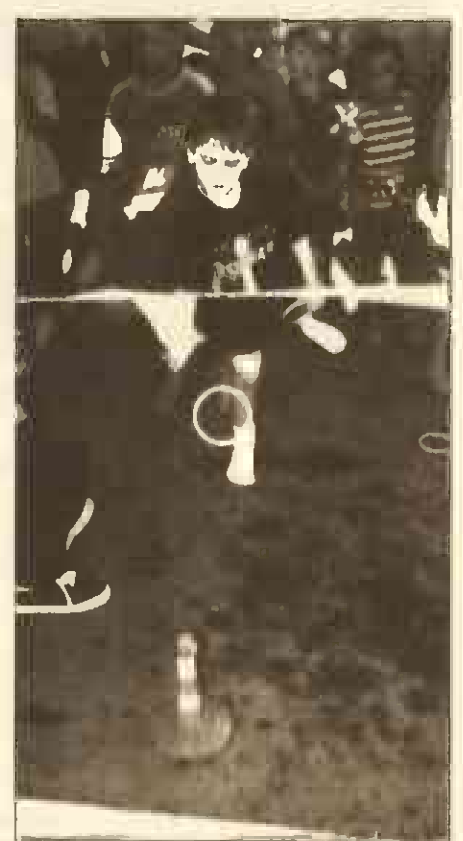
"It's crazy in here!" exclaimed 6-year-old Perry Stafford, son of SSgt. Perry and Christine Stafford. "But it's a lot of fun. I like it."
"This one is better than Burger King's," said Audrey Dear, 6, daughter of Monica Dear.
"It's much better than the other ones," added Telesha Sanders, 7-year-old daughter of Dreama Sanders. "This is so much fun."
Fun was the main word children used to describe the Play Place. For parents, the word would probably be "relaxing," as the Play Place provides an enclosed area where children can run, jump, slide, climb and romp around to their heart's content. "You can bet this place will be popular," the senior Stafford said.



SSgt. Stephen Gude
Perry Stafford, 6, gets a big hug from Ronald McDonald, but couldn't swing a free Happy Meal. No matter — Stafford and hundreds of the base's children were the first ones to get a chance to play in the new McDonald's Play Place. Stafford said "It's crazy in here!"



SSgt. Stephen Gude
Children of all ages and from all over the base turn the pit full of plastic balls into a "mosh" pit during Saturday's grand opening of the McDonald's Play Place. The structure also includes slides and a climbing apparatus.



SSgt. Stephen Gude
Six-year-old Bradley Tomaselli tries to win a prize in the ring toss during the grand opening of McDonald's Play Place Saturday.

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Single Marines summer plans feature beach party, bathtubs and fun

Renee Valdov
Single Marine Program director

Don't forget movie nights are now featured both Tuesday and Thursday at 7 p.m. at the Single Marine Program Center in the Enlisted Club. Stop by and get a copy of the calendar for a schedule of movies for the month.

Reserve prime time for golf on Saturday or Sunday. The center also has information about a free golf clinic, so stop in and find out more about this educational opportunity.

Friday nights are still the night for aspiring musicians to come to the center and take advantage of free guitar lessons at 7 p.m.

There are several great events and free seminars being planned for July so check out what's going on at the new SMP center. The remainder of July should be a really "smokin'" month for all you single Marines and Sailors here at Marine Corps Base Hawaii. Not only will we be going out for another "Barefoot Beach Cruise" Saturday, the SMP and E-Club will also be co-hosting a "Beach Party" July 26. There will be alcoholic and non-alcoholic drink specials, a knee volleyball tournament and lots more. Come on out to the SMP center for more information about this awesome event.



Valdov



The next SMP Council meeting is Friday at 3:30 p.m. in the SMP center.

Hey all you guys and gals out there, it's time to start putting your four-man teams together for the Bathtub Regatta. The prizes are absolutely awesome this year and the SMP hereby announces its challenge to any and all commands. For more information or if you would like to be on the committee call the SMP center at 254-7592.

Ads

Autos

1992 Ford Explorer XLT - Two wheel drive, air conditioning, new tires, brakes, K & N filter, tune up, oil change, shocks, meticulously maintained by mechanic, only Mobil Oil used, frequent lube job, \$13,200 or best offer, call 254-4861 or 251-8117 (pager).

1994 Honda Civic EX - Must sell before July 20, asking \$12,000 or best offer, call 236-0676.

1986 Chrysler Laser Turbo - Four cylinder, standard, two-door, sunroof, power a/c, stereo, new tires, low miles, \$1,500 or best offer, call 263-2304 and leave a message.

1986 Ford Bronco II - Red, well maintained, excellent shape, a/c, tint, rims, wranglers, \$4,500 or best offer, call 261-8866.

1976 Triumph Spitfire - Roadster in excellent shape, red and black, \$2,800 or best offer, call 261-8866.

1972 VW Beetle sedan - Recently rebuilt 1600, some per parts, chrome wheels, Goodyears, \$600, call 254-0455.

1978 Super Beetle Cabriolet - All body work complete, needs finishing,

complete, parts car included, 1776 cc, 2 bbl Weber. See it at the Hobby Shop, can deliver, wife said I have the dually if the Bugs go, \$800, call 254-0455.

Miscellaneous

Room for rent - Located in Kaneohe, ocean view, pool, parking, utilities included, near the front gate of MCB Hawaii, \$500 per month, call 254-6941 after 4 p.m. and leave a message.

Studio - Kailua studio, partially furnished, patio view, private entrance, parking, near beach shops, a/c, utilities included, \$700, call 262-2288.

Three bedroom/two bath - Partially furnished apartment with ceiling fans, tiled floors, near beach and shops, utilities included, \$1,500, call 262-2288.

Musicians needed - Bass player and drummer need singers and musicians, must have your own equipment, call 254-4771.

To place an ad in the Hawaii Marine stop by the Hawaii Marine office in building 216 to fill out an ad form.

MWR Offerings

Kathy Hayes
MWR Marketing

Ocean Concepts Scuba

Ocean Concepts Scuba celebrates its new location with a ribbon-cutting ceremony Aug. 19 at 10 a.m. Brigadier Gen. David F. Bice, commanding general, MCB Hawaii, will officiate at the ceremony. Military personnel and Department of Defense civilians are welcome to attend this event.

and enjoy free pupus and prize giveaways while there. Representatives will be available to answer questions about scuba.

Hawaii's newest PADI dive center features the latest scuba equipment from Oceanic, International Divers, IST and Ocean Edge. Convenient and flexible course schedules for all levels of training from snorkeling and Open Water Diver through Open Water Scuba instructor are

available. Rental equipment, scuba repairs and air are offered at this full-service PADI dive center. Open water dive courses begin each Monday and last one week. Early morning and lunch-hour schedules are also offered. Ocean Concepts Scuba, Camp Smith is open from 10 a.m. to 7 p.m. Monday through Friday and 8 a.m. to 5 p.m. Saturday and Sunday. For more information, call 484-1238.

K-Bay Video Celebrates 10 Years

Beginning Sunday until Aug. 9, K-Bay Video will be celebrating its 10-year anniversary with daily in-store specials. Stop by and enter to win great prizes like t-shirts, hats, watches, radios, free movie rentals and more. For more information call K-Bay Video at 254-7560.

Keikis Shine at Talent Night

The stars come out and talents will shine at Pacific Hideaway's

Keiki and Talent Night

Wednesday at 4:30 p.m. Children ages four to 14 are eligible to enter and showcase those hidden talents. Prizes will be awarded for first, second and third places. Children who are interested may register that night. A buffet dinner is available at \$7.95 for adults, \$4.95 for children eight to 12, and \$2.94 for children four to seven. For more information call 254-5592.

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Jacqueline Kennedy stamps create rare collectible opportunity



New Limited Edition honors "the most elegant lady of our time."

Owings Mills, MD -- Just weeks after a small group of the rich and famous paid over \$34 million for 1195 lots from the Jacqueline Kennedy auction, collectors are suddenly racing to obtain a Limited Edition set of nine commemorative postage stamps that were just issued in honor of the former First Lady. "This commemorative stamp issue may be the only Jacqueline Kennedy collectible that is within reach of the average collector," stated John Van Emden of the International Collectors Society, exclusive worldwide distributor of the stamps. "And this is only because the low issue price was established before the recent auction." Each of the nine colorful stamps has a face value of 200 Francs, and is about four times the size of a regular U.S. stamp. They are legal for postage in The Republic of Chad, and are accepted by every postal authority around the world. "The auction proved these stamps are clearly priced way below what collectors would be willing to pay for them, but in fairness to collec-

tors, we will be honoring our original issue price until our supplies run out," added Van Emden. "In fact, we opted for a first-come first-served sale instead of an auction for these Limited Editions in order for everyone to have an equal chance of obtaining a set." Experts are already predicting that this Jacqueline Kennedy issue may be the fastest selling collectible stamp ever. "They're really quite stunning with all the colorful images printed together on the same commemorative sheet," added Van Emden. Gotta have 'em? They are available for a short time at their original issue price of \$9.95 (plus \$3 postage & handling) for the complete set of nine different stamps. You'll also receive a numbered Certificate of Authenticity attesting to their Limited Edition status. The most you can buy is 6 sets. Send your check or money order to ICS, 10045 Red Run Blvd., Suite 1705RY, Owings Mills, Maryland 21117. Credit card holders may call toll free 1-800-671-0070.

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Collectors have determined that Jacqueline Kennedy memorabilia is the most valuable of all celebrity collectibles. Here's what some Jacqueline Kennedy collectibles are worth:

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- Wooden Wall Mirror . . . \$13,800
- Magnifying Glass & Letter Opener . . . \$24,150
- Rocking Horse . . . \$85,000
- Three Decorative Pillows . . . \$25,300

Prices actually paid by collectors at the Jacqueline Kennedy Estate Auction, April, 1996

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Effects of summer heat can be dangerous

LCpl. Steven Williams
Staff writer

Hawaii's heat has already broken record temperatures in the start of the summer of 1996, posing a threat to anyone spending a considerable amount of time outdoors.

With the strenuous training habits and numerous recreational activities Marines participate in, the heat could be dangerous.

All Marines are taught first aid steps in treating someone with a heat injury, however, the most important step is prevention.

"The most heat injuries we see are addressed with folks doing unit runs," said Petty Officer 1st Class Curtis E. Arnott, Branch Medical Clinic training petty officer, here. "Most of the time they're not taking proper precautions."

To prevent heat injuries, Arnott said the best defense is staying well-hydrated and maintaining a proper diet. He recommends drink-

Proper diet and hydration can help prevent heat injuries during record setting summer temperatures

ing six to eight quarts of water per day.

Also during this time of the year, more people are hosting picnics and eating more junk food, according to Arnott.

"The more junk food you eat, the more demands you place on your body," said Arnott. "The more demands you place on your body, the harder it works. And when it begins working harder, its temperature goes up and it uses more water."

Another important tip for hydration is staying away from alcohol before running or exercising, according to Arnott.

"If you know you are having a unit run on Friday, don't go out drinking Thursday," said Arnott.

All Marines and Sailors know there are three types of heat

injuries; heat exhaustion, heat cramps and heatstroke. Arnott said heat exhaustion is the most common case here.

Heat exhaustion is caused by

"The more demands you place on your body, the harder it works. And when begins working harder, its temperature goes up and it uses more water."

PO1 Curtis Arnott
Branch Medical Clinic

excessive body heat which overloads the body which results in a large loss of water and salt through prolonged sweating.

Symptoms include headache, excessive sweating, muscle cramps, dizziness and pale, cool, moist, clammy skin.

Heat cramps are caused by loss of salt. The symptoms are painful muscle spasms.

Both stages could be progressive, according to Arnott. They should be treated by removing the victim from the heat source into a shaded or cool area. If the victim is conscious, give him fluids and allow him to rest. If the victim is unconscious, call an ambulance.

The most severe case is heatstroke. Major symptoms of heatstroke include stoppage of sweating and hot, dry, red skin, accord-

ing to Arnott.

"Heatstroke is a medical emergency," said Arnott. "If the body temperature rises high enough and stays high for a long enough period of time, brain damage could result, and the person will be more susceptible to heat injuries."

Although Hawaii is well-known for its year-round heat, Arnott said the medical center is fortunate to have very few cases every year.

"The general population we treat here is pretty healthy," said Arnott. "They are fitness-minded and they act accordingly."

For more information about proper dieting and hydration, Arnott said personnel should contact their unit's medical aid station. For information involving treatment of heat injuries, contact Tripler Army Medical Center at 433-6629.

Marines and Sailors here will always have to deal with heat and humidity. But with proper planning and common sense, it can be more comfortable and a whole lot safer.

Sports briefs

Aerobics

Semper Fit Aerobics classes (including the STEP program) are offered every day in the Main Gym. Active duty classes are \$50, monthly passes \$10; Family members, classes \$2.50, monthly passes \$25. For more information, call the Athletic Office at 254-7597/95.

Field reservations

Attention all units! All ball fields must be reserved ahead of time for use. Reservations can be made up to 10 days in advance through the Athletic Office Monday through Friday between 8 a.m. and 4 p.m. For more information, call the Athletic Office at 254-7591/89.

Softball tourney

The Hawaii Summer softball open will take place July 27 and 28, and the SlugFest 96 will be Aug. 3 and 4, both at Barbers Point Naval Air Station. For both events, military intramural teams are welcome. First through third place teams in both tournaments will receive trophies. First and second teams in Hawaii Summer will receive champion and runner up t-shirts while first and second in Slugfest will receive 15 jerseys per team. There is a \$150 per team entry fee. For more information, call Earnie Dedrick at 671-9731 or Danny Scmee at 623-5105

1996 intramural flag football season will be held July 19 at 1:30 p.m. in the Main Gym. The league will begin play Aug. 5. Games will be played Monday through Wednesday and Fridays. Game times will be determined at the meeting. Unit intramural sports participation request forms should be submitted no later than close of business, July 18, with attached team roster. For further information call John Collier at 254-7590.

Wednesday and Friday mornings at 8:30 in the Main Gym in building 1036. For more information, call Christine Ortiz at 254-6223.

Rod and Gun

The Kaneohe Rod and Gun Club meetings are held the first and third Wednesday of each month at the Bachelor Officers' Quarters conference room. For more detailed information on the club and upcoming outings, call Pete Zoretic at 254-4183.

Instructors needed

The Athletics Office is seeking aerobic instructors for its high- and low-impact, and step Semper Fit Aerobics program. All classes are held Monday through Saturday in the Main Gym aerobics room at various times throughout the day. If you are interested in being an instructor, contact the Athletic Office at 254-7591.

Motorcycle Safety

MCB Hawaii Safety Center offers free courses for beginners and experienced riders on motorcycle safety and operations. The courses are registered through the Motorcycle Safety Foundation and provide insurance discounts for motorcycle riders. For more information, call Sgt. Heath Rutt at 257-3408.

Sports officials

Looking for a challenge? Become a sports official. Officials are needed for all sports activities on MCB Hawaii. For more information, call 598-6133, 289-6175 or Ed Preenboom at 254-3469.

Sports volunteers

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, call the Athletic Office at 254-7591/89.

Flag football

An organizational meeting for the

Jazzercise

Get fit with Jazzercise on Monday,

LEAVE YOUR FAT BEHIND!
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Investigate our Bachelor of Arts degree designed for those interested in law and law-related fields.
TUESDAY, July 23, 12:15 p.m.

Psychology
Learn about career opportunities in the field of psychology.
WEDNESDAY, July 24, 12:15 p.m.

Travel Industry Management
Find out about career options in Hawaii's number one industry.
THURSDAY, July 25, 12:15 p.m.

Coop/Internship
Find out about gaining valuable work experience and college credit at the same time.
FRIDAY, July 26, 12:15 p.m.

1166 Fort Street Mall, Room 203
For more information call 544-0238.
No reservations needed!

Explore the educational opportunities that await you!

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 254-7563 or stop by the Marine Corps Exchange for information and reservations. The office is located at building 1090 and is open Monday through Saturday, 9 a.m. to 5 p.m., and Holidays, 9 a.m. to 2 p.m. This week's offerings include:

Undersea Tour

Voyager Submarine is offering a summertime special of buy one adult ticket and one child may also dive free. Coupons are limited and only available at K-Bay and Camp H.M. Smith.

Legends in Concert

Lower priced tickets for the cocktail show, which features impersonators of some of the legendary entertainers past and present, are on sale now for only \$19.

West Coast attractions

Stop by ITT for information and discount tickets to Disneyland, Magic Mountain, Universal Studios, Medieval Times, Knotts Berry Farm and Sea World.

Kids fun

Summer is here and the kids are out of school so explore the fun opportunities at Discovery Zone or Kidsports. Tickets are \$5 for each.

Volcano Runs

Applications are available at ITT for the 14th Annual Kilauea Volcano Wilderness Marathon and Rim Runs. The marathon will be held July 27 at Hawaii Volcanoes National Park on the Big Island. Your choice of 5-mile Caldera Run, a 5-mile Caldera Walk, a 10-mile Rim Run, or the 26.2 Wilderness Marathon.

Atlantis

Club Atlantis tickets are on sale at ITT. Originally priced at \$54, Club Atlantis is on sale until Saturday for only \$38. Atlantis sails daily from 11:15 a.m. to 2:45 p.m. and includes water games and a lunch buffet.

Parasailing

Soar through the skies of Walkiki by parasailing. Stop by ITT for a military discount.

The Tradewinds

Interested in visiting the neighbor islands for a day tour. Pick up a copy of MWR's quarterly newsletter, The Tradewinds, for \$10 off coupons.

Movie Tickets

Discount movie tickets are available for all Consolidated and Wallace Theaters. Stop by ITT and pick up tickets.

Aloha Diners books

A limited supply remains of the Aloha Diners books. Discounts

include buy one get one free coupons at many restaurants and night clubs around the island. Cost of the books has been reduced to \$7 each.

Star of Honolulu

The Star is offering a reduced rate for their Oahu Coastal Cruise Standard Cruise from now to Sept. 30. The cruise travels from the Kewalo Basin to Diamond Head and turns back and traverses the coast towards Pearl Harbor, past the Utah and Arizona Memorials. The cost of the the three and a half hour cruise is \$17.50 for adults with children under the age of 11 traveling free with a paying adult. The Star sails daily from 8:30 a.m. to noon. Upgraded packages include breakfast and lunch for an additional \$12.25 per adult and \$7.25 per child.

Starlet Cruises

The Starlet is offering reasonably priced dinner cruises through Sept. 30. The cost is \$29.50. Enjoy a steak and fish dinner served hot and fresh at your table. Stop by ITT for reservations.

PCC

Stop by ITT for pick up you Kama'aina Military Card. This card entitles the holder to visit the Polynesian Cultural Center at lower than Kama'aina rates. Cost for adults is \$13.95 and children is \$11.95. This cost permits patrons to visit the seven villages, the canoe pageant and various tours of the surrounding area. This price also includes the spectacular evening show.

Religion

MCB Hawaii Kaneohe Bay Chapel
Catholic Weekday Mass 11:45 a.m. (Monday-Friday)
Saturday Mass 6 p.m.
Sunday Mass 7:30 a.m.
Sunday Mass 9:30 a.m.
Protestant Liturgical Communion 8:30 a.m. (Sunday)
Sunday School 9:30-10:30 a.m. (Mokapu Elem.)

Adult Bible Study 9:30-10:30 a.m. (Sunday at Mokapu Elem.)
Protestant Worship 11 a.m. (Sunday)
Promise Keepers 11:30 a.m. - 1 p.m. (Friday)
Single Adults 6 p.m. (Sunday)
(call 254-6028 for information)
Single Adults (call 254-0455 for information)

Gospel of Holiness Fellowship 11 a.m. (Boondocker)
Sunday School 1 p.m. (Base Chapel)
Sunday Worship 7 p.m. (Tuesday at the Base Chapel)
Bible Study 7 p.m. (Friday at Base Chapel)
Choir rehearsal 7 p.m. (Friday at Base Chapel)
For more information about MCB Hawaii Kaneohe Bay Base Chapel religious services, call 257-3552.

MCB Hawaii Camp H.M. Smith Chapel
Catholic Mass 6:30 a.m. daily and 8 a.m. (Sunday)
For more information about the MCB Hawaii Camp H.M. Smith Chapel religious services, call 477-6098.

Aloha Jewish Chapel at Naval Base Pearl Harbor
Shabbat Service 7:30 p.m. (Friday)
For more information about Jewish services, call 471-3971.

Movies

Twister

All movies shown at the Base Theater, building 219, begin at 7:15 p.m., unless otherwise noted. Movies are subject to change due to circumstances beyond the theater's control. Children ages 9 and under (age 16 and under for "R" movies) must be accompanied by a guardian 18 years of age or older throughout the entire movie. Movie prices are \$3 for those 12 years old and older; \$1.50 for children ages six to 11; and admission is free for children five and below. For more information, call 254-7642.

"Twister" (Adventure/Thriller) PG-13: 116 minutes, plays Friday, Saturday and Sunday at 7:15 p.m. From the creators of "Jurassic Park" and the director of "Speed" comes a breathless adventure-thriller that races across the tornado-plagued plains of the Midwest as they're ripped apart by deadly twisters. Filmed on location in the heartland's "Tornado alley" with state-of-the-art special effects, this is nature's dark side.

Semper Fit 2000 facts

- Steroid users subject themselves to more than 70 side effects.
- Cocaine can be detected as long as 10 to 22 days after last use.
- About 300 men die of breast cancer each year.
- This year, approximately 44,500 women will die because of breast cancer.
- One in nine women will develop cancer this year.
- Heart disease is reduced by half only one year

- after you quit smoking.
- Workers who abuse drugs and alcohol have absenteeism rates at least four times higher than those of non-abusers.
- Reports show drug users function at about 65 percent of their work potential.

Source: Alcohol and Other Drug Plan-of-the-Day Notes ref OPNAVINST 5360.4 series



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WORK AT HOME! MAIL-ORDER POWER! Growing Co. needs help. Fun. Easy. Will train. For info. & Video Packet, (801)-325-4892 24 hrs.

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60 Help Wanted Male/Female

AVON SALES REPS BE YOUR OWN BOSS For the best earnings possible \$5. CALL SS. THIS AD ONLY Kandy 235-7641 or Jo 395-6970 Independent Sales Rep.

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*DIET! lose up to 30 lbs. 30 days. \$30. MAGIC! Reps. needed. Call Carol, 235-2503. Lee, 949-5000. (801)-325-4892 24 hrs.

ALOHAWelcome Service hiring responsible, outgoing independent persons to welcome new residents. Windward Oahu, 254-5413.

61 Salespeople Wanted

EXPANDING LOCALLY Highest form of bottled water. Need help. Call 678-0530.

62 Domestic Help Wanted

BRING YOUR CHILD to work. Mother's helper/child care, 4-12 hrs./wk. Need reliable transportation, excl. refs. Mainland refs. OK. 487-4013.

FLEX. infant needed to care for small kids in my AMR home. Must be mature, honest & responsible, exp. pref. 834-6985.

64 Domestic Jobs Wanted

CARE GIVER Avail. Mod 4 wheelchair & outside ramp. Call 247-5534.

CHILD CARE KAILUA Cert./exp. PATCH Curr./CPR. 262-1157.

CHILD-CARE PROVIDER Pearl City area. 1-2 kids, F/T, Mon.-Fri. 455-9895.

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HAPPY DAYS LIC. PATCH cert. M-W-F. 8-2. Hawaii Kai. 396-3903.

LIC. CARE HOME w/ wheelchair, walker, ambulatory special diet. Pvt. rm. M-F. 622-2503.

LIC. CHILD CARE Mililani, PATCH cert. F/T, P/T, summer hrs. also. 625-5301.

LICENSED DAY CARE Kailua, 7am-5pm. 254-0776.

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|--|---------|---------------------------|------------------------------------|---------|---------------------------|-----------------------------------|----------|---------------------------|
| '83 OLDS CIERA EPD864/20066A | \$888 | LOW TERM | '88 HONDA ACCORD FGC256/21080A | \$4,754 | \$211 ⁰⁰ MONTH | '94 MAZDA PROTEGE HUH391/87272 | \$8,775 | \$245 ⁷² MONTH |
| '86 SUZUKI FORSA KHR043/20263B | \$989 | LOW TERM | '89 DODGE CARAVAN FFN200/21044A | \$4,777 | LOW TERM | '92 BUICK CENTURY JAZZR/87242 | \$9,544 | LOW TERM |
| '90 DODGE OMNI HSR653/87197A | \$1,777 | LOW TERM | '93 DODGE SHADOW FYV476/20586A | \$4,897 | \$151 ⁰⁰ MONTH | '90 ACURA LEGEND FSR170/21064A | \$9,974 | LOW TERM |
| '87 DODGE COLT FPG293/87287 | \$2,776 | \$197 ⁵⁰ MONTH | '87 HONDA ACCORD FPB042/87286 | \$4,897 | \$337 ²² MONTH | '93 OLDS CUTLASS EWR856/87282 | \$9,979 | \$299 ⁹⁹ MONTH |
| '89 NISSAN SENTRA FRN250/20805A | \$2,977 | LOW TERM | '91 OLDS CUTLASS EAW553/21265A | \$6,555 | LOW TERM | '95 HONDA CIVIC GFN144/87163 | \$9,986 | \$278 ⁷⁸ MONTH |
| '88 SUZUKI SAMURAI FYG659/87241 | \$3,777 | LOW TERM | '94 GEO METRO GFB821/87266 | \$7,777 | \$237 ³⁰ MONTH | '95 MAZDA PROTEGE HWN857/87274 | \$10,333 | \$288 ²⁸ MONTH |
| '86 JEEP COMMANCHE PU FZB549/21286A | \$3,999 | LOW TERM | '94 GMC SONOMA PU FVU524/V6023A | \$8,654 | \$263 ³¹ MONTH | '93 FORD T-BIRD 87262 | \$10,977 | \$332 ²¹ MONTH |
| | | | | | | '95 NISSAN SENTRA GFG392/87211 | \$11,876 | \$330 ⁰⁰ MONTH |

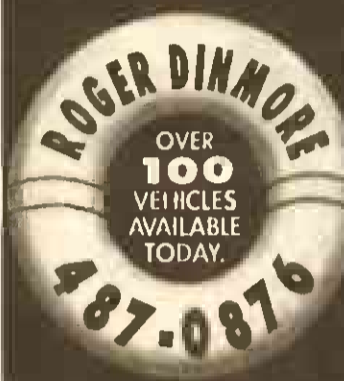
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| | | |
|----------------------------------|----------|-----------|
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| '89 DAIHATSU CHARADE FYV905 | \$1,744 | \$50 down |
| '89 CHEVY CAVALIER EFE045 | \$2,744 | \$50 down |
| '88 TOYOTA TERCEL FVC503 | \$3,888 | \$50 down |
| '85 GMC JIMMY 4x4 QFX248 | \$4,985 | \$50 down |
| '91 MITSUBISHI GALANT EDS383 | \$5,877 | \$50 down |
| '89 DODGE RAM 150 P/UP 248TR | \$5,877 | \$50 down |
| '91 PONTIAC BONNEVILLE FDB179 | \$6,944 | \$50 down |
| '91 TOYOTA TERCEL KHU377 | \$7,843 | \$50 down |
| '91 PONTIAC GRAND AM EFZ057 | \$7,988 | \$50 down |
| '90 HONDA CIVIC PF0378 | \$8,366 | \$50 down |
| '88 MERCEDES BENZ 190 PQNT33 | \$8,425 | \$50 down |
| '92 HONDA CIVIC H/B 4NICKY | \$8,491 | \$50 down |
| '91 HONDA CIVIC H/B EDP925 | \$8,841 | \$50 down |
| '94 FORD ESCORT CB8201 | \$9,455 | \$50 down |
| '95 BUICK CENTURY QFV994 | \$10,877 | \$50 down |
| '92 NISSAN MAXIMA MYF021 | \$11,655 | \$50 down |
| '94 CHEVY CAMARO FVY080 | \$11,995 | \$50 down |

DOC. FEES OF \$195
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4-FAMILY GARAGE SALE 7/20, 9-3pm. 640 Kukulua Ln. Hawaii Kai.
GARAGE SALE: Lots of stuff, cheap. 894 Alahala St., Kailua. 8 to 10. Sat.
GARAGE SALE 9am, 7/20, 9 to 3pm, 1236 Kelewinia Pl., Kailua.

GARAGE SALE
7/20, 8:30 to 2 pm, Kailua.
HUGE RUNNERS SALE! Downtown, St. Andrew's Cathedral, Barletta & Alakaes. Sat., July 20, 8 to 1. clothing, toys, furniture, computers, office equipment, plants, household, collectibles, jewelry, Christmas ornaments & books. Refreshments available. Free parking.
KAILUA 159 Mahaloani Pl., 7/20, 7/21. Ladies clothes, shoes, & linens.
KAILUA Sat. 7/20 7-noon, 1145 Akahe St. Variety of items: crafts, jewelry, clothing, boat w/ paddles & life vest, Beta Video recorder & more!
KIDS' SWIMSUITS, 88. Ladies' athletic wear. 7/20, 7/21, 7/22, 9-5. 1348 Ulupoi St., Kailua.
LOTS of clothes, household, kitchen, crafts, & misc. Also Harley parts. Sat. 7/20, 7-12. 1384 Alahala St. Kailua.

GARAGE SALE
Kaneohe Sat. 7/20 & Sun. 7/21 9-5. 45-488 Koahehe St. Parakee. Good deals, many items. sat. 7/20, 7-8. 7918 Nuuloua St., Milani.
NEW & USED CLOTHES Milani, Sat. 7/20, 8-12. 1249 Aunana Ln. Enchanted Lake.
SAT. & SUN 47-718 Hui Uluni St., Kaneohe. Swing set, Jacuzzi, playhouse, & MUCH MORE!
SAT. 7/20, 8-12. 238 Ulukoa St., Kailua. White butcher block dining set, antique dresser, leather door & collectibles.
SUMMER CLEANUP Multi-family. Sat. 7/20, 8-2. 1958 Paunkii St., Kailua.

GARAGE SALE
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126 Home Appliances
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126 Miscellaneous
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126 Miscellaneous
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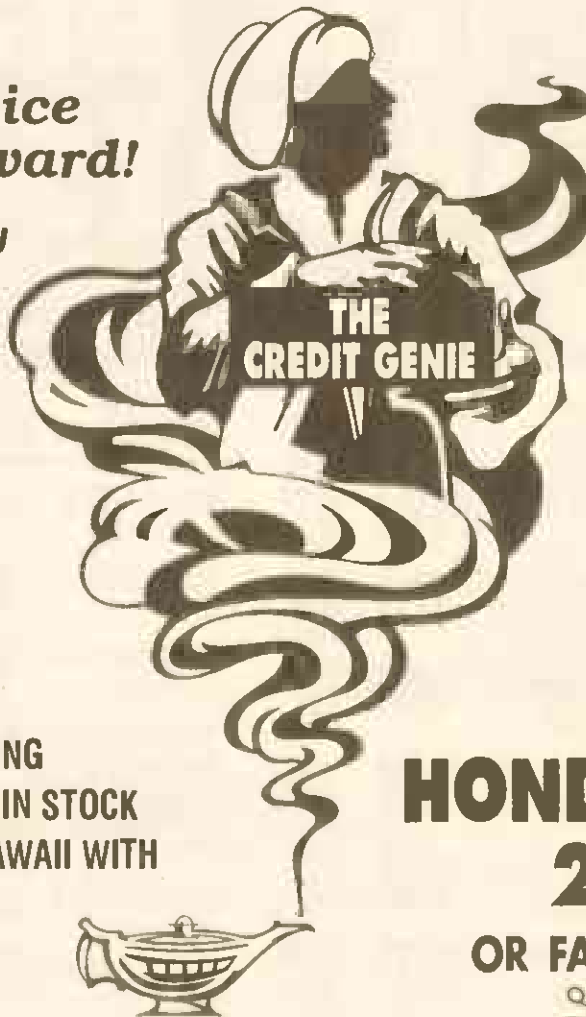
HONDA WINDWARD ... I CAN GRANT YOU 3 WISHES...



Debbie and April

"They were so nice at Honda Windward!"

The financing was easy and the salesperson worked out a plan I could afford."



- 1 A Great New Or Used Car
- 2 Repair Damaged Credit
Bankruptcy, Repo, Divorce, Collections...
- 3 FREE Instant Approval By Phone or Fax

THE HONDA WINDWARD ADVANTAGE

- ★ FREE LOAN CARS FOR SERVICE
- ★ RATED #1 ON OAHU FOR CUSTOMER SATISFACTION
- ★ NO HASSLE PURCHASE EXPERIENCE
- ★ 0 DOWN PAYMENT FINANCING*
- ★ SERVICE OPEN EVERY DAY
- ★ TOP TRADE-IN VALUES
- ★ SPECIAL MILITARY FINANCING
- ★ OVER 300 CARS & TRUCKS IN STOCK
- ★ ONLY HONDA DEALER IN HAWAII WITH MAINLAND PRICES

*On approved credit

CALL LEE AT
HONDA WINDWARD
247-8544

OR FAX FORM TO 235-6522

PRE-OWNED SPECIALS!

- | | | | | | |
|---|--------|---|--------|--|--------|
| '87 HONDA CIVIC 4 Dr, 5 Sp, Runs Great! (EEG-112)..... | \$2495 | '89 FORD TAURUS 4 Dr, Auto, A/C, Save! (GAU-775)..... | \$2995 | '91 MAZDA B-2200 P-UP 5 Sp, A/C (ERX-855)..... | \$4995 |
| '88 VW FOX 4 Dr, 5 Sp, Ice Cold A/C, Special (EPE-126)..... | \$2795 | '91 PLY. SUNDANCE 2 Dr, 5 Sp, A/C (P-1300)..... | \$2995 | '90 MERCURY SABLE 4 Dr, 6 Cyl, A/C, Loaded, Extra Nicel (FCJ-380)..... | \$6995 |
| '83 TOYOTA CELICA 2 Dr, Auto, A/C, Excellent Cond. (EJY-075)..... | \$2995 | '86 HONDA CIVIC 4 Dr, A/C, 5 Sp, Low Miles, Clean! (FDP-783)..... | \$3795 | '92 MERCURY TRACER 4 Dr, Auto, A/C, Extra Nicel (FCA-509)..... | \$6995 |
| '87 NISSAN MAXIMA 4 Dr, Auto, A/C, Loaded! (FZU-393)..... | \$2995 | '84 CHEVY MONTE CARLO "SS" Black, Extra Sharp! (MXV-140)..... | \$3995 | '93 FORD TEMPO 4 Dr, Auto, A/C, Best Buy! (FGJ-913)..... | \$6995 |

45-671 KAM HWY.
Kaneohe, HI 96744
\$195 doc



Prices are plus tax,
license & doc. fee of
\$195. Good thru 7/24/96.
247-8544

NAME: _____
ADDRESS: _____
CITY: _____ ZIP: _____
HOME PHONE: _____ WORK PHONE: _____
SOCIAL SECURITY# _____
TYPE OF CAR INTERESTED IN: _____
CURRENTLY EMPLOYED? YES ___ NO ___ WHERE _____
SIGNATURE X _____
I understand that my signature authorizes Honda Windward and the banks to check my credit with credit reporting agencies, and to verify employment. I certify that this information is correct.

FAX THIS
APPLICATION
235-6522



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Kaneohe

MidWeek Sun Press

JOIN THE TEAM

Immediate Openings for NEWSPAPER EMPLOYEES

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

FULL-TIME POSITIONS

ADVERTISING SALES SECRETARY

Exciting opportunity for an executive level secretary in our advertising department. Must be motivated, a self-starter and have previous secretarial experience. Computer literate in Excel, Word Perfect, Simmons Research media/market study preferred. Type of least 50 wpm. Excellent grammar and spelling skills required. Starting pay is negotiable.

PRESSROOM TRAINEE

Entry-level position in the printing trade for mechanically minded individual. Physical work in machinery environment producing MidWeek and Sun Press newspapers as well as commercial printing. Must be capable of heavy lifting and working 12-hour shifts.

RECORDS CLERK

Circulation office needs a sharp self-starter to prepare detailed audit reports and perform general office duties. 10-key by touch and spreadsheet experience required; must care about results.

PART-TIME POSITIONS

DISTRICT MANAGERS

Advisors needed for Sun Press Carriers in Kaneohe and Mililani. Must be able to communicate and work well with teens/pre-teens, ages 10-15. Must be willing to recruit, train, and supervise in the delivery of the papers. Salary, gas allowances and bonuses are available.

WRITER/PHOTOGRAPHER

Seeking person to interview and photograph qualified newspaper carriers for Carrier of the Week feature articles. Must be capable of taking quality pictures as well as authoring an article about the carrier. Use of own camera. Vehicle required.

For further information, contact
RFD PUBLICATIONS, INC.
45-525 Luluku Road, Kaneohe • Phone 235-5881
Monday-Friday 8:30 a.m.-4:30 p.m.

PEARL HARBOR NEW LOCATION

JN Display Satellite Located at Ward Field

NO MONEY DOWN!

'95 METRO 4 Dr. Sedan



\$11,990*
#26092

'95 GEO PRIZM



\$13,490*
#26119

'95 MAZDA MX-6



\$16,990*
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JN Automotive Group

Chevrolet • Geo • Mazda • Maserati • Lamborghini • Lotus

*All factory rebates Inc. In price O.A.C., based on 60 mo. financing at 9.99 APR + tax, lic., \$5194 DOC fee.

423-2523

166 Pickup Trucks

'87 NISSAN PU Good cond., \$2500. Call 281-8184.

'91 NISSAN Pathfinder, 2WD, 5 spd., air, \$12,800/OBO. 641-9528 pager.

'95 DODGE PICKUP Only 12K miles! Must Sell. Call 254-5806.

'93 HONDA ELITE excellent condition Asking \$2850 395-9365.

'93 HONDA NIGHTHAWK 750, blue, \$3500/OBO. 262-8734, 231-8520 pgr.

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'93 HONDA NIGHTHAWK 750, blue, \$3500/OBO. 262-8734, 231-8520 pgr.

Heavy Machinery & Equipment

AIR COMPRESSOR Dayton, 10 HP, 120 gal., \$1500/OBO. Call 247-6465.

'84 CHEVY VAN A/C, bed, auto, carpet, runs good, \$2500/OBO. 624-4841

'86 DODGE CARAVAN auto, A/C, 7 passenger, FZR735, \$3,495. CUTTER ALA MOANA 837-3386

'84 CHEVY VAN A/C, bed, auto, carpet, runs good, \$2500/OBO. 624-4841

'86 DODGE CARAVAN auto, A/C, 7 passenger, FZR735, \$3,495. CUTTER ALA MOANA 837-3386

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176 Autos For Sale

WE FINANCE EVERYONE! Regardless of History *GOOD CREDIT* *BAD CREDIT* *NO CREDIT* MILITARY WELCOME! E-1s, E-2s & E-3s M.A.S.H. AUTO SALES 151 Wilkii Dr., Wahiawa 621-6280

'88 LEGEND auto, A/C, cash, looks great, FYA972 \$5,495. CUTTER ALA MOANA 537-3386

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Chevrolet

'75 STINGRAY T-tops, III, P/S, P/B, P/W, 350 w/ Turbo 400 trans. Runs good, needs work, \$3800/OBO. Jay, 261-4676.

'85 CELEBRITY auto, 2 dr., clean, low mi, PPJ757, \$1,295. CUTTER ALA MOANA 537-3386

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Datsun

'75 280Z triple carburetors, new tires/battery, \$800. 262-9828.

'89 ESCORT LX AM/FM cass., P/S, alloy, low mi. GF9392, \$1,295. CUTTER Ford/suzu 98-015 Kam Hwy. 487-3811

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Geo

'90 STORM A/C, 2 dr., clean, ENC231, \$3,595. CUTTER ALA MOANA 537-3386

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Renault

'87 ALLIANCE std., new battery & parts, 27+ mpg, \$1375/OBO. 682-8088.

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| <p>'96 MITSUBISHI MIRAGE</p> <p>\$8995</p> <p>POWER STEERING TINTED GLASS</p> | <p>'96 MITSUBISHI GALANT</p> <p>\$14,995</p> <p>LOADED!!!</p> <p>Air Condition, AM/FM Cassette w/6 Speakers, All P/Locks, P/Windows, w/Auto Down</p> |

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94-149 Farrington Hwy • Waipahu • 671-2626 **\$195 DOC FEE**

'96 Intrepid \$299.98 @ 36 months. Price \$16,576.89 after all applicable rebates. GFV \$10,241.92, \$1500 down from customer. *Lease price may differ selling. Vehicle may not be exactly as shown. Sale good through 7/25/96.

CUTTER ALA MOANA

VOLKSWAGEN/MAZDA

SUMMERTIME FUN SALE

#96130
'96 MAZDA PROTEGE DX
\$0 Down
\$189
a mo.

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'96 MAZDA MIATA
\$0 Down
\$229
a mo.

FINANCING AS LOW AS 0% APR*

#96283
'96 VW GOLF GL
*A/C *AM/FM Cass w/B Speakers
*Dual Air Bags *Central Locking System
10 year/100,00 Miles Power Train Warranty
\$0 Down \$199
a mo.

#96079
'96 VW JETTA GL
*CFO FREE A/C *Dual Air Bags
*P/Locks *AM/FM Cass w/B Speakers
*Central Locking System
\$0 Down \$219
a mo.

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|--|--|--|--|--|---|
| '85 CHEVY CELEBRITY 2-DOOR, AUTO, CLEAN, LOW MILES. #66531/PJ757 \$1295 | '86 DODGE CARAVAN AUTO, A/C, 7 PASSENGER FZR735/H6783 \$3495 | '90 GEO STORM AUTO, 2 DOOR, A/C, CLEAN ENC231/H6755 \$3595 | '90 PONTIAC GRAND PRIX AUTO, A/C, 2-DOOR, POWER PKG #671 \$4595 | '90 MITSUBISHI GALANT AUTO, 4-DOOR, A/C, POWER PKG, WHITE EPX475/H6766 \$5195 | '88 FORD BRONCO 69K MI, AM/FM CASS, BLUE, VERY CLEAN. #67671/GBD737 \$4995 |
| '86 ACURA LEGEND AUTO, A/C, CASS, LOOKS GREAT FTA972/H6776 \$5495 | '88 HONDA ACCORD LX AUTO, CASS, POWER PKG FRS650/H6739 \$5895 | '88 ISUZU TROOPER LS 4X4, A/C, AM/FM CASS & MORE! FZA687/H6568 \$6988 | '91 CHEVY BLAZER A/C, CD, 46K MILES EED689/H6714 \$8895 | '94 ACURA LEGEND LS A/C, CD, POWER PKG. EFE326/H6784 \$13,895 | '94 HONDA ACCORD LX 4-DOOR, AUTO, A/C, POWER PKG, 24K MI. FV261/H6778 \$13,895 |

800 Ala Moana Blvd. 537-3386

*Finance 24 mo. lease based on 12,000yr. purchase option \$7669. Initial fee \$1253. Mazda 36 mo. lease based on 12,000yr. purchase option \$10,831. Initial fee \$1514. Chev. GL. 48 mo. lease based on 10,000yr. purchase option \$6906. Initial fee \$1412. Jetta GL. 48 mo. lease based on 10,000yr. purchase option \$7910. Initial fee \$1456. 0% Finance OAC on select VW. Sale ends 7/25/96.

BUY NOW

• Best Price
• Best Service
• Best Selection

MILITARY PERSONNEL WELCOME!

| | | | | |
|--|---|--|---|--|
| '89 Ford Escort \$3,900 Was \$5300 (FZV313/53721) | '89 Oldsmobile Cutlass \$4,400 Was \$6,900 (FJN620/53716) | '90 Ford Tempo GL Sedan \$4,700 Was \$6200 (FDD133/#53820) | '92 Chevrolet Lumina Sedan \$5,900 Was \$7900 (MVRB33/#53682) | '93 Ford Escort \$6,200 Was \$8200 (EVX024/#53681) |
| '94 Suzuki Swift \$7,350 Was \$8900 (GAE946/#53807) | '95 Geo Metro \$7,950 Was \$9,100 (FZ2103/53695) | '94 Mazda Protege \$8,100 Was \$10,600 (FRR519/#53666) | '93 Dodge Dakota Truck \$8,200 Was \$9700 (FCZ108/#53805) | '92 Mitsubishi Eclipse GL \$9,100 Was \$10,900 (ETG890/#53817) |
| '93 Geo Prizm 4 Door \$9,600 Was \$11,140 (EV7653/#53803) | '94 Toyota Paseo Coupe \$9,700 Was \$11,190 (FVJ225/#53802) | '95 Nissan Sentra \$10,800 Was \$14,900 (FYC080/#53689) | '92 Chevrolet Camaro \$10,700 Was \$12,500 (FYU876/#53653) | '94 Mazda B3000 4x4 Truck \$10,800 Was \$12,300 (HUH829/53804) |
| '93 Ford Thunderbird LX \$11,000 Was \$12,500 (FYU133/#53814) | '94 Honda Civic DX Sedan \$11,000 Was \$12,500 (FTY285/#53819) | '95 Pontiac Grand Am Sedan \$11,400 Was \$13,500 (FXF968/#53686) | '94 Oldsmobile Ciera 4 Door \$11,500 Was \$13,000 (FDY215/#53815) | '93 Nissan Altima \$11,600 Was \$13,600 (FCY058/#53660) |
| '95 Toyota Tercel 4 Door \$11,800 Was \$13,300 (KPU034/#53808) | '94 Mercury Sable GS 4 Door \$12,300 Was \$17,800 (FEE717/#53801) | '92 Honda Accord LX 4 Door \$12,500 Was \$14,055 (GCD694/#53809) | '95 Chevrolet Lumina Sedan \$12,900 Was \$15,000 (FYC080/#53688) | '93 Dodge Grand Caravan \$13,000 Was \$14,600 (EZY148/#53813) |
| '93 Ford F150 Truck \$13,950 Was \$16,800 (FJT512/#53652) | '94 Toyota Celica \$14,490 Was \$17,200 (GEU880/#53659) | '94 Chevrolet Camaro Z28 \$14,900 Was \$16,000 (FVJ319/#53818) | '95 Nissan Maxima \$15,900 Was \$18,000 (FXT611/#53690) | '95 Jeep Wrangler SE Sport \$16,300 Was \$17,900 (GCS679/#53816) |

DOC FEE \$195

Vehicles may not be exactly as shown. Vehicles Are Plus Tax, Lic. & \$195 D.O.C. FEE. Subject To Prior Sale, O.A.C. Sale Ends 7/25/96.

H-1 East Bound

Exit 25-A

Kapiolani Blvd.

CHEVROLET **GEO**

Mon-Sat 8:30-9 Sun 9-6
737-0500

3060 Kapiolani Blvd.
946-8311

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ON THE ENTIRE CHRYSLER LINE AND NEARLY 100 USED CARS

Two dealers merge their entire inventories for one week to sell over 250 vehicles from two city blocks in Kaneohe. Cars, trucks, vans, sport utilities, as much as thousands below market.

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