EDITOR'S NOTE: The following is an Oct. 23 message from the Commandant of the Marine Corps on the Maritime Prepositioning Ship Program, now fully operational with the recent stand-up of MPS-3.

"Conceived from the need to enhance our strategic lift capability, the Maritime Prepositioning Ship Program was an ambitious idea brought to reality by dedicated professionals. This message is to the Marines, sailors, airmen and civilians who have dedicated their efforts, their imagination, and their resolve in achieving a capability vital to our National Defense.

"Today, the MV Capt. William B. Pendleton set sail from the East Coast of the United States to join the other deployed MPS vessels. The Wilson's sailing constitutes the third of a series of programming, planning, coordination, and hard work to bring into life 13 ships loaded with the military might of three Marine Amphibious Brigades.

"In the Navy and Marine Corps planners who were involved at the beginning of this challenging program - well done. Significantly, you kept the program on track, paved the way for its long-term success, and provided the necessary guidance to field commands and external organizations tasked to execute implementing actions.

"To members of the nation's shipbuilding industry who built these ships named in honor of the Marine Corps heroes - you have a permanent place in our history. The MPS program called for the construction and conversion of commercial ships designed to meet a 25-year requirement. The U.S. shipbuilding industry delivered 13 ships of splendid design and quality that met the program's requirements. The ships will remain a testimony for your architectural, engineering and technical excellence.

"To members of the supporting establishments who were tasked to procure equipment and supplies, and transport them to ports of embarkation - you have no continuing admonition. You rose to the test by prioritizing your work schedules and further expediting your heavy workloads in the face of seeing imposed deadlines. Thanks to your dedication and can do spirit all items were delivered to the ports on time and in the proper configuration.

"To the men and women in the Atlantic and Pacific Fleets and Fleet Marine Forces who planned, executed, and loaded the ships - I extend my heartfelt congratulations for a job well done. You have had to sacrifice many off-duty hours. Your coordination with port authorities, barge, longshore unions, regulatory agencies - under tight deadlines - was exceptional.

"You encountered myriad problems, from last-minute load changes to hurricanes, yet none were too big or insurmountable. Your job has not diminished from the time you were assigned your MPS mission. After your squadrons were loaded, you have begun, without respite, training exercises and operational planning. You have brought the MPS initial operational capability to fruition. On your shoulders rests the burden of the ultimate success of the program - the timely deployment and assembly of personnel and equipment in response to a contingency. You have my deepest admiration and best wishes for continued success.

"To the men and women of the Military Airlift Command - your support was, and will remain, critical. A genuine case of 'Nine Upa Nine.' The security that the U.S. Coast Guard provided during the nuclear power transports in what has to be an extraordinary busy time was professional and dedicated, with a can-do attitude. Most of all, the security was just, exact.

"Finally, in the men and women operating the MPS vessels and maintaining Marine Corps presence - it is in your hands that the Marine Corps places the readiness of our equipment. We shall rely on your constant vigilance. I extend my heartfelt appreciation for the professional approach you have already demonstrated during the early stages of this important program. I wish you fair winds and a following sea.

"The teamwork required to load and deploy these 13 tremendous ships is only the beginning. We must diligently plan, vigorously train and constantly improve our ideas. We must conduct multitudinous exercises. We must all harness the skills required effectively and assemble the men and their equipment.

"We must continue to develop and refine our doctrine for maritime prepositioning operations. The equipment must be carefully maintained and preserved with pride for the young Marines and sailors who may one day have to use it under fire.

"Only with credentials, teamwork and dedication to the task at hand can we affectively achieve this unique national asset in defense of our national interest.

"P. H. Kaiser

General, U.S. Marine Corps"

**Commemorating Veteran's Day**

**APP'S - On the 11th hour of the 11th day of the 11th month in 1918, an armistice was signed by representatives of the Allies and Germany went into effect, ending World War I. A year later, President Woodrow Wilson proclaimed Nov. 11 American Day.

"To win America," Wilson told the American people, "the redaction of Armistice Day will be filled with solemn pride in the laurels of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathly with peoples and nations in the councils of the nations."

Armistice Day was primarily a day set aside to honor veterans of World War I, but after America entered the fight in World War II and the Korean conflict, it was designated Veteran's Day by an act of Congress on June 1, 1954.

In October of that year, President Dwight D. Eisenhower issued a "Veteran's Day Proclamation," and Nov. 11 became a day to honor American veterans of all wars.

On June 29, 1989, the federal observance of Veterans Day was shifted to the fourth Monday in October by the Uniform Holiday Bill. Many states, however, continued to observe Veterans Day on the original date.

It soon became apparent that Nov. 11 was a day of honor and patriotism significant to a great number of citizens. So, on Nov. 20, 1975, President Gerald R. Ford signed a bill that restored the annual observance of Veteran's Day to its original date.**
From the Commandant...

For 211 years, the cornerstone of our esprit has been a deep and abiding love of Corps and Country to this, our love knows no bounds. It is a way as we look upon the Marine Corps Color, with its many battle streamers, stars, and leaf clusters, it should remind us of our heritage, and the fact that we believe in the fight, the fight that is won throughout the world.

During our Corps’ 212th year of service to the nation, if you will allow me the privi-

ance, I ask each of you to pause and reflect upon what truly moves us, to be a Marine, it represents to you as an individual, and what it represents to America as her force in readiness. We share an annual renewal of our oath today, sworn by our forebears, but today, we face the future with resolve and faith in our ability. We are well trained, vigilant, and ready.

To all Marines and sailors of Fleet Marine Force, Pacific, I extend my most joyous birthday wishes.

DWAYNE GRAY
Lieutenant General, U.S. Marine Corps

From the CG, FMF Pac...

Born before the nation it so ably serves, the United States Marine Corps has reached another anniversary, our 211th! Over the years, our uniforms have changed and our equipment has been modernized, but the true meaning of our Corps, i.e., professionalism, pride, discipline and self-sacrifice, remains as valid today as it was for our predecessors.

At Quantico, Parris Island and San Diego, the fires of Marine Corps tradition purify the steel of American youth. Those who are truly worthy emerge from the ordeal with the most coveted title, “Marine.” Others fall by the wayside to pursue a less demanding path. As Marines, we do not make excuses for our high standards. Our battle-tested history requires it.

Marines of FMFPac share the joy and the burden of the service performed by their nation’s forward defense strategy. Indeed, you have all contributed immeasurably to the security of our nation. Our strength, through our courage and will to defend, is our America. We share an annual renewal of our oath today, sworn by our forebears, but today, we face the future with resolve and faith in our ability. We are well trained, vigilant, and ready.

To all Marines and sailors of Fleet Marine Force, Pacific, I extend my most joyous birthday wishes.

DWAYNE GRAY
Lieutenant General, U.S. Marine Corps

VA home loans

Facts for veteran homeowners

Veterans who are seeking to buy a home or who are selling their present home may be eligible for VA home loan benefits.

Unless the Veteran’s Administration (VA) approves a VA home loan, the seller, buyer or both, will not complete the transaction.

VA loans generally do not require a down payment. The VA ensures a loan by the VA lender.

To obtain information on VA home loans, call the VA at 1-800-221-VETS or contact your local VA office. Application for a VA home loan may be made in person, by mail, or online.

VA home loans...

At the Camp Chapel on Nov. 9, which is designated Marine Corps Day Sunday.

Major General Richard M. Cook, deputy commanding general, FMFPac, will be the reviewing officer.

Michael J. Arent, Camp Smith executive officer, will act as the master of ceremonies. The 9:30 a.m. worship service will provide specially selected music at each event.

VA home loans...

The Hawaii Marine is an unofficial newspaper published every Thursday by BFD Publications, Inc. 46-256 Leilani Dr., Kaneohe, Hawaii 96744, with offices located in Honolulu, Hawaii. The Hawaii Marine is published with the support of the Department of the Navy and the United States Marine Corps. All opinions expressed in the Hawaii Marine are those of the writer and do not necessarily reflect the views of the Department of the Navy or the United States Marine Corps.

The Hawaii Marine welcomes stories and photos concerning Marine Corps activities. Letters to the editor are published at the discretion of the editor. No guarantees are made as to the return of unsolicited material.

Copyright © 2016 BFD Publications, Inc.; all rights reserved. Authorization to photocopy material for internal or personal use beyond that permitted by law is granted to educators, scholars, and students for non-profit educational purposes. No portion of the contents may be reproduced in any form without written permission from BFD Publications, Inc.

VA home loans...

The Hawaii Marine is an unofficial newspaper published every Thursday by BFD Publications, Inc. 46-256 Leilani Dr., Kaneohe, Hawaii 96744, with offices located in Honolulu, Hawaii. The Hawaii Marine is published with the support of the Department of the Navy and the United States Marine Corps. All opinions expressed in the Hawaii Marine are those of the writer and do not necessarily reflect the views of the Department of the Navy or the United States Marine Corps.

The Hawaii Marine welcomes stories and photos concerning Marine Corps activities. Letters to the editor are published at the discretion of the editor. No guarantees are made as to the return of unsolicited material.

Copyright © 2016 BFD Publications, Inc.; all rights reserved. Authorization to photocopy material for internal or personal use beyond that permitted by law is granted to educators, scholars, and students for non-profit educational purposes. No portion of the contents may be reproduced in any form without written permission from BFD Publications, Inc.
Air Station gets into Halloween ‘spirit’

Story and photos by Bob Trask

Although the Air Station doesn’t have haunted houses, graveyards or vampire bats, it was “possessed” by ghostly, ghouls and monsters last Friday.

On Friday, Park Manager Park, his crew and civilian personnel got into the true spirit of Halloween by wearing bizarre costumes and bringing a little fun to the workplace.

Last Friday, Navy and civilian personnel got into the true spirit of Halloween by wearing bizarre costumes and bringing a little fun to the workplace.

Work sections like Station Operations, Station Support and College Education were in full swing throughout the day. Custodians rang the bell at stations, bought the necessary supplies and costumes ranging from popular characters like Batman, from comic books, and from Prokoven monsters in life-sized form. Although Station Supply combined its costume work day and CFC bake sale.

DoD’s interest in the environment

“Story and photos by Bob Trask

Although the Air Station doesn’t have haunted houses, graveyards or vampire bats, it was “possessed” by ghostly, ghouls and monsters last Friday.

On Friday, Park Manager Park, his crew and civilian personnel got into the true spirit of Halloween by wearing bizarre costumes and bringing a little fun to the workplace.

Last Friday, Navy and civilian personnel got into the true spirit of Halloween by wearing bizarre costumes and bringing a little fun to the workplace.

Work sections like Station Operations, Station Support and College Education were in full swing throughout the day. Custodians rang the bell at stations, bought the necessary supplies and costumes ranging from popular characters like Batman, from comic books, and from Prokoven monsters in life-sized form. Although Station Supply combined its costume work day and CFC bake sale.

DoD’s interest in the environment

“Story and photos by Bob Trask

Although the Air Station doesn’t have haunted houses, graveyards or vampire bats, it was “possessed” by ghostly, ghouls and monsters last Friday.

On Friday, Park Manager Park, his crew and civilian personnel got into the true spirit of Halloween by wearing bizarre costumes and bringing a little fun to the workplace.

Last Friday, Navy and civilian personnel got into the true spirit of Halloween by wearing bizarre costumes and bringing a little fun to the workplace.

Work sections like Station Operations, Station Support and College Education were in full swing throughout the day. Custodians rang the bell at stations, bought the necessary supplies and costumes ranging from popular characters like Batman, from comic books, and from Prokoven monsters in life-sized form. Although Station Supply combined its costume work day and CFC bake sale.

DoD’s interest in the environment

“Story and photos by Bob Trask

Although the Air Station doesn’t have haunted houses, graveyards or vampire bats, it was “possessed” by ghostly, ghouls and monsters last Friday.

On Friday, Park Manager Park, his crew and civilian personnel got into the true spirit of Halloween by wearing bizarre costumes and bringing a little fun to the workplace.

Last Friday, Navy and civilian personnel got into the true spirit of Halloween by wearing bizarre costumes and bringing a little fun to the workplace.

Work sections like Station Operations, Station Support and College Education were in full swing throughout the day. Custodians rang the bell at stations, bought the necessary supplies and costumes ranging from popular characters like Batman, from comic books, and from Prokoven monsters in life-sized form. Although Station Supply combined its costume work day and CFC bake sale.

DoD’s interest in the environment

“Story and photos by Bob Trask

Although the Air Station doesn’t have haunted houses, graveyards or vampire bats, it was “possessed” by ghostly, ghouls and monsters last Friday.

On Friday, Park Manager Park, his crew and civilian personnel got into the true spirit of Halloween by wearing bizarre costumes and bringing a little fun to the workplace.

Last Friday, Navy and civilian personnel got into the true spirit of Halloween by wearing bizarre costumes and bringing a little fun to the workplace.

Work sections like Station Operations, Station Support and College Education were in full swing throughout the day. Custodians rang the bell at stations, bought the necessary supplies and costumes ranging from popular characters like Batman, from comic books, and from Prokoven monsters in life-sized form. Although Station Supply combined its costume work day and CFC bake sale.
The DARPA/NASA/Sikorsky X-Wing rotor system was specially modified to test the X-Wing aircraft system. The X-Wing rotor system has a rotor configuration that is different from the traditional helicopter rotor. The X-Wing rotor system is designed to provide an efficient and powerful means of generating lift and propulsion. The X-Wing rotor system is capable of providing a high degree of maneuverability and control, making it suitable for a wide range of applications. The X-Wing rotor system is designed to provide a significant advantage over traditional rotor systems in terms of performance and efficiency. The X-Wing rotor system is currently being tested in a variety of scenarios to evaluate its capabilities and to determine its potential applications. The X-Wing rotor system is a significant advancement in the field of rotorcraft technology and has the potential to revolutionize the way we think about rotorcraft design and operation.
The Ofifiers' Wives' Club will host their second annual Swap meet on Saturday, November 19, from 9 a.m. to 2 p.m., in the courtyard behind the Air Station's 7-11 store. Stocked toys, clothes, household items, crafts, Christmas items, and other miscellaneous items may be sold. Sellers are $1. Space is limited and available on a first-come, first-served basis only. All sellers must be cleared through the YMCAt Outpost. For more information, call 254-5806 or 254-4710.

**FAMILY EYE EXAMINATION PLAN**
- **INCLUDES ALL IMMEDIATE FAMILY MEMBERS**
  - **CHAMPUS Participant**
  - **SOFT CONTACT LENSES FROM $79**
  - **PRESCRIPTION GLASSES FROM $49**

**On Thank Heaven**

**NEW**
**HOT to go HAMBURGERS**

**MADE YOUR WAY WITH OUR NEW CONDITION INCLUDES FRESH LITTICE, SLICED TOMATOES AND MUCH MORE!**

**ALOHA MAID DRINKS BY THE CASE**
- **MIX AND MATCH**
  - **Olong Tea**
  - **Diet Pepsi**
  - **Coke**
  - **7Up**
  - **Diet 7Up**

**699**

**12 PACK BEER**
- **YOUR CHOICE**

**699** **EACH**

**CASPE COKE**
- **7Up**
- **Diet Pepsi**
- **Coke**

**799** **EACH**

**CARTRON GARETTES**
- **29**

**PURITY FRANKS**
- **25**

**SWAP meet**

A "Giant Swap Meet" sponsored by the Armed Service YMCA-Outreach will be held, Nov. 14, from 8 a.m. to 2 p.m., in the courtyard behind the Air Station's 7-11 store. Stocked toys, clothes, household items, crafts, Christmas items, and other miscellaneous items may be sold. Sellers are $1. Space is limited and available on a first-come, first-served basis only. All sellers must be cleared through the YMCA Outreach. For more information, call 254-5806 or 254-4710.

**FAMILY EYE EXAMINATION PLAN**
- **INCLUDES ALL IMMEDIATE FAMILY MEMBERS**
  - **CHAMPUS Participant**
  - **SOFT CONTACT LENSES FROM $79**
  - **PRESCRIPTION GLASSES FROM $49**

**On Thank Heaven**

**NEW**
**HOT to go HAMBURGERS**

**MADE YOUR WAY WITH OUR NEW CONDITION INCLUDES FRESH LITTICE, SLICED TOMATOES AND MUCH MORE!**

**ALOHA MAID DRINKS BY THE CASE**
- **MIX AND MATCH**
  - **Olong Tea**
  - **Diet Pepsi**
  - **Coke**
  - **7Up**
  - **Diet 7Up**

**699**

**12 PACK BEER**
- **YOUR CHOICE**

**699** **EACH**

**CASPE COKE**
- **7Up**
- **Diet Pepsi**
- **Coke**

**799** **EACH**

**CARTRON GARETTES**
- **29**

**PURITY FRANKS**
- **25**

**SWAP meet**

A "Giant Swap Meet" sponsored by the Armed Service YMCA-Outreach will be held, Nov. 14, from 8 a.m. to 2 p.m., in the courtyard behind the Air Station's 7-11 store. Stocked toys, clothes, household items, crafts, Christmas items, and other miscellaneous items may be sold. Sellers are $1. Space is limited and available on a first-come, first-served basis only. All sellers must be cleared through the YMCA Outreach. For more information, call 254-5806 or 254-4710.
**Special Services**

**Diving Classes**
Diving classes are offered every two weeks at the Scuba Shop for open water advanced and rescue diver. Class is for three classes cost of $10; for more information call 297-3845.

**Auto Hobby Shop**
The Auto Hobby Shop will be getting a computer-based engine jetting machine, and front and alignment machines. Call 297-2853 for more information.

**Boogie Boarding**
Boogie board is now available. For more information call 297-2853.

**Camper's Special**
During November, the outdoor recreation equipment center is offering a special rate to those who rent camping gear on the weekends (Sat. thru Mon.). For details, call 297-2853 or stop by Building 129, on "D" Street.

**IM Basketball Meeting**
An organizational meeting for basketball will be held Nov. 20 at noon in the Station Theater. All unit coaches are urged to attend. Rules and regulations will be covered.

**SAILING**
Rent sailboats are available. Call 297-2853 or stop by Building 129, on "D" Street.

**Scuba Locker**
The Scuba Locker has a complete line of dive gear, regulations, BC's, tanks and flippers. For the outdoorsman, they have tents, sleeping bags, propane stoves, lamps and coolers. Stop by Building 129, on "D" Street, or call 297-2853.

**Machine Quilting**
"Pick your own project" from Machine quilting, applique or other sewing techniques. The emphasis is on learning to complete projects easier and in less time than usual. This is a great opportunity to get ideas for the coming holiday season. The four week session costs $30 and will begin Tuesday, November 11, and run through December 9, other morning or evening sessions, according to participant preference. Call Jennifer Rezation at 294-2863 or stop by Building 129, behind the Seven Day Store.

**Dive club**
If you are a certified Scuba diver, and would like to meet other people who enjoy the sport, and the Air station's Aku Marine Dive Club may be for you.

The club promotes safe diving practices, conservation of natural resources and environmental protection of the sea. Membership is open to stay certified divers, 15 years old or older. Children who are certified divers may become members by family association. Meetings are held the second Tuesday of the month at the Scuba Locker, build 129, at 7:30 p.m. For more information call Deborah Walker at 254-5100; or Larry J. White, at 261-3098 (AWO) or 477-5044 (DFW).

**Outdoor Equipment**
Take your family to the beach for a relaxing day in the sun, go camping for the weekend, cook on a open fire; sleep under the stars; pitch a tent; go snorkeling at Hanauma Bay. If you need equipment for these trips, stop by the outdoor recreation equipment center located on "D" Street, building 129, or call 297-2853.

**CONTEST**
**GRAND OPENING**
DOOR PRIZES & BALLOONS & PUPUS

DARLING

You are invited.

We've just opened a brighter future for students of all ages.

Friday Nov. 7, 2-8 PM
Saturday Nov. 8, 1-4 PM

Sauls Learning Center

635 Kahului Rd.

Ph. 263-6056

**YOUR TABLE IS WAITING . . .**

**Kool Molds**

Iron and Polish your welding equipment.

Hosokawa Area

Dcember 15-18

Free JAZZERCISE For Two.

Two Trips Just For You.

**SURGEON GENERAL'S WARNING. Smoking Causes Lung Cancer, Heart Disease, Embphysema, And May Complicate Pregnancy.**
Family Service Center

Ombudsman Supervisor training

A suicide and crisis intervention training seminar will be held, Nov. 30, at FSC, starting at 7 p.m. The Director of Suicide and Crisis Center of Honolulu, Carl Muller, will be the guest speaker. For reservations, call 257-2128.

Child Assault prevention

A special 16-minute video film for children and parents will be shown Nov. 12 at 3:30 p.m., at the Family Service Center. "What Taddeo," a program where children will learn straightforward ways to protect themselves to recognize the abuse that may be used to trick them, and the importance of telling someone even if the assaulter is someone they know.

Red Cross babysitters

The Family Services Center is sponsoring a Red Cross certified infant babysitting course, Monday and Wednesday morning from Nov. 17 to Dec. 4 from 5 to 6:30 p.m.

Financial planning

The Family Services Center will teach budgeting techniques for holiday spending, Dec. 2 from 9 to 11:45 a.m., at the Station Theatre.

Stop Smoking Clinic

"FreshStart," a quit smoking program, will be held Dec. 4, 9 and 11 from 6 to 8:30 p.m., at the Family Services Center, free. The program consists of four one and-a-half hour sessions which teach strategies for conquering smoking in your thoughts, feelings and actions. It will also give you minute methods for handling weight control and stress management. Reservations are limited and the program is free. For more information, call 257-2128.

Ronald D. Nelson

D.D.S.

FAMILY DENTISTRY

970 N. Kalakaua Ave.
Suite C #309
PALM PLAZA
KAILUA

HOURS: Mon.-Fri. 8:30-5:30

Equal Access was never meant to be a life sentence.

Your Equal Access vote is important. But no matter which long distance company you choose, you're not tied to them forever. If you ever decide to switch from one long distance service to another, you can make a new selection for a five dollar fee. And you can use any other company, at any time, simply by dialing their five digit access code. So don't feel locked in by Equal Access. Because freedom of choice is what it's all about.

HAWAIIAN TEL 618
Beyond the call

"Customers who were randomly allocated a long distance service (because they didn't vote for one) may change companies once within a six-month period, free of charge."
**HAWAII MARINE**

**IS YOUR HOME IN THIS AREA?**

**FLOOR SUPPLY**

**HAWAII INC.**

**HUNDREDS OF CARPET & NO-WAX VINYL REMNANTS**

**LOW COST PRICES**

**NEW OPENING**

**CHUCKY'S MILITARY NIGHT**

**EVERY TUESDAY NIGHT**

**25% OFF ALL DINNERS**

**LIVE ENTERTAINMENT STARTING AT 9 PM**

**DRINK SPECIALS**

**B-92's KAMAZAEEES**

**VETERAN'S DAY SALE**

**HAWAII MILITARY PEOPLE & VETERANS**

We are **SUPER AUTO Salute You!**

**TODAY ONLY** CLEAR VINYL FLOOR MATS $1.85 99c

**WORLD FAMOUS SST OIL TREATMENTS $1.75**

**LONE STAR IVORY MATS**

**ALL CHAINS COVERED AT LOW COST**

**NOVEMBER ONLY** **NO COVER CHARGE**

**$1.25 PRICE STANDARD DRINKS**

**$1.50 PREMIUM BEER**

**MUST BE 21 YEARS OLD**

**MONDAY NIGHT MAGIC**

A buffet dinner and show featuring all the food you can eat — and more magic than you can believe!

Every week, the Hale Koa's famous Bergen Sue Sweeney returns with her top magic show in the largest $1 Million Dollar Magic Show in the World. Bergen Sue Sweeney is the recipient of the West Coast Stage Magic Award and a 21-year member of the Academy of Magical Arts. An absolute must see for all magic lovers.

**HALO Koa Hotel**

**American Airlines**

**Serving Those That Serve Us So Well**

**Remount Sale 35% OFF (with military ID)**

**High Quality**

- Precious Stones
- Diamond Jewelry
- Jewelry Repair

**A & H Sales Fine Jewelry Custom Design**

**946-4556**

**American Airlines**

**Serving special in the air**

**American Airlines**

**Gives the Military Something to Smile About**

Fly American, and you'll come face to face with something you haven't experienced in a while.

**AMERICAN AIRLINES**

Unparalleled attention. From private to general, enroute to arrival, we treat every one of our passengers like something special. With a maximum of comfort and a minimum of fuss. American provides daily flights from Hawaii to more than 90 cities across the Mainland. We also offer special low fares and special services, like advanced seat selection and pre-issued boarding passes for your entire trip.


And let the airline that's something special take you somewhere special.

To those - flying faces back home.
Hawaii Marine

Mountain Warfare Training

3/3 tackles summer mountain course

Shots of "belay" and "on rappel" echoed through the Pohakali National Forest as Marines from the 3d Battalion, 3d Marines, 1st Marine Division, tackled a mission in Pickel Meadows, Calif., during the Marine Corps Mountain Warfare Training Center'sclimbing" Assault Amphibian Battalion, 3d Marine Division. This "belay" and "on rappel" training was intended to prepare the Marines for operations in mountainous terrain.

After a five-hour plane ride from Honolulu to Reno, Nev., and a three-hour bus ride to the training area, the Marines arrived ready for action. The center is located 5,700 feet high in the Sierra Nevada Mountain Range near central California near the Nevada stateline. For the Marines, the hike was a test of their physical and mental capabilities.

The first week of instruction, "Battalion Core Training," provided an introduction to the basics of mountain survival and techniques for moving through a mountainous environment. This training included such skills as rappelling, balance climbing, stream crossing (with and without rope), mountain climbing, and construction of field-expedient fixation devices.

Also included in the training was an arduous 10 mile hike through the high country, deceptively called the "Mountain Walk," during which Marines climbed approximately 3,000 feet from the beginning of the trail to the crest of a 9,000 foot mountain. Marines accustomed to living at sea level finished the hike somewhat winded.

In the second week, Marines had the opportunity to apply their new skills in "Tactical Evolutions" training, with the infantry companies participating in cliff negotiations, irritations and night attacks. For a select group of 50 Marines, "Mountain Climbers" offered an additional type of instruction, the "Mountain Climbers Course," an intensive program which provided detailed instruction in advanced mountain training skills such as construction of rope bridges, night rappelling, two-party climbing, cliff rescue, mountain patrolting and cliff assaults.

Specialized instruction for the engineer detachment and the reconnaissance units were also included in the training cycle.

The Mountain Warfare Training Center offers a unique type of training: "Even more unique, is the fact that the battalion arrived from a climate which is permanently boggling, here the terrain and climate are unusually arduous. The challenges is in learning the apply our fighting skills while learning to live in an area so drastically different from Hawaii," said LtCol. James MacBain, 3/3 commanding officer.

Marines cross a river by using a rope bridge.

Private First Class T.M. Sweep negotiates the Walker River.

Lance Corporal R.A. Lovinger practices "balance climbing" techniques.


Following the training at the center, the Hawaii Marines left for the Marine Corps Air-Ground Combat Center, 29 Palms, Calif., to participate in Combined Arms Exercise 307.
Marine shooter sets international records

MCDEC, Quantico, Va.

The Creed of a United States Marine, "Me First" includes a promise to hit the target and maintain "zero error new rounds." But Capt. Franker took the creed to heart, practicing every day to perfect score and a world record.

The Fort Dodge, Iowa, native shot a perfect 600 for 600 competitors from 61 countries during the 1986 International Rifle Competition in Bali, East Germany. Franker and Otgil, Gary Andrade, both from Weapons Training Battalion, were one of seven Marine rifle teams representing MCDEC the Marine Corps and the United States.

Using a .22-caliber rifle, Franker averaged 99.86 percent accuracy over 100 shots at 300 meters, all to the same position. The competition was closed to international competitors against Europe, especially the Germans, it was observed. Franker, an average shot at 40 meters and 61 minutes to complete; his record-setting match took only 36 minutes.

"I had shot this match in preparation," Franker related. "I knew exactly what I was doing, I had corrected every small thing that was there, and I was mentally prepared. I just started banging the iron." The road that led him to international competition began earlier this year. Franker and Andrade were selected to represent the Marine Corps at the Olympic trials in China, and Franker, in international competition, as he did to qualify for international competition, which he attributes to success as a rifleman because he was taught as a young Marine. "I apply the same mental preparation, extreme concentration, and control, as if you were in a combat match, that's the way you practice the concept." Following international competition, the Marine Corps rifle teams, also heads International Nameplate System for International Rifle Co., BSSG-1 to defend the course. Franker and his teammates are back getting ready for their next event... the 1987 Pan-American Games.

The Marine Corps international team is one of the strongest, if not the strongest, small team, shooting team in the world," said Franker. "If we represent not only the Corps, but also the nation. We train for two hours a day to prepare for the challenges and improve our chances of bringing home the gold."

By Lt. Col. L. A. Gallman, PAO, MCDEC
Runner's Forum

Sports Shorts

Birthday 10K

The annual 10K Fun Run will be held on the Air Station on the 21st birthday of OS Nov. 6, beginning at 6 a.m. Sponsored by the Athletic Branch of Special Forces, the run will begin at Dewey Square and finish at Collins Field. The route for the 10K will be through the marines down "E" Street to First Street to Bay St. to Walnut St. and hangar. A turn-around at the 5K and 2.5K will be at Dewey Square, and the run will end back at Dewey Square. Registered active duty marines will receive a year's supply of milk. Non-military sponsors will be able to start 10:45 a.m. to 2 p.m., Nov. 7.

For additional information, call Jerry Foss at 207-435-2444.

Players needed

The Marine Forces Air Station is looking for a women's soccer team. The team is the event's "Longest Distance Soccer Tournament". If you would like to participate in the competition, call Jerry Foss at 207-227-9070.

Charles J. Givens, who has been a national competitor in national and international level competition in the 10 kilometer for men, Senior's, men's, women's, the U.S. cross country, 10K, women's, women's cross country, and giant slalom for men and women events.

Athletes interested in attending tryouts must submit the following information to Commandant of the Marine Corps, NMCB, Director of Sports, 207-227-9070. For the Marine Forces Air Station, call Col. Tom Givens at 207-227-9050.

Long distance runners may be tempted to go out and run miles of fast and slow miles. However, you must run the marathon with understanding. Research indicates that a marathon runner, who is accustomed to running long hours, has a marathon distance will not adversely affect your body. In addition, the miles can be run only during the marathon distance. The marathon distance is not the actual race. From my experience, running 20 miles while training could possibly lead to tears and psychologically harm you.

If you are an experienced runner, who is accustomed to logging long runs, the marathon distance will not adversely affect you. For the majority of runners, a 20 mile run is the maximum distance needed. If you have prepared properly by running 16-20 miles at one time for eight weeks prior to the marathon, your body will be well trained. I mentioned the psychological aspect because if a runner struggles to run 32 miles in training, the experience could be difficult. You shouldn't even attempt the actual race. You will not want to see the crowd, other runners and the flow of action. All we can do is provide the impetus to continue the marathon for the last three miles.

Another erroneous belief is that you must train right up to race day. The training session usually has a delayed effect and you can be the best runner. The best way to prepare is to set two weeks before the marathon. Start to avoid those Friday training sessions and cut back to one marathon every two miles. After the race, you will be tempted to go out and run miles of fast and slow miles. However, you must run the marathon with understanding. Research indicates that a marathon runner, who is accustomed to running long hours, has a marathon distance and will not adversely affect your body. In addition, the miles can be run only during the marathon distance. The marathon distance is not the actual race. From my experience, running 20 miles while training could possibly lead to tears and psychologically harm you.

If you are an experienced runner, who is accustomed to logging long runs, the marathon distance will not adversely affect you. For the majority of runners, a 20 mile run is the maximum distance needed. If you have prepared properly by running 16-20 miles at one time for eight weeks prior to the marathon, your body will be well trained. I mentioned the psychological aspect because if a runner struggles to run 32 miles in training, the experience could be difficult. You shouldn't even attempt the actual race. You will not want to see the crowd, other runners and the flow of action. All we can do is provide the impetus to continue the marathon for the last three miles.

Another erroneous belief is that you must train right up to race day. The training session usually has a delayed effect and you can be the best runner. The best way to prepare is to set two weeks before the marathon. Start to avoid those Friday training sessions and cut back to one marathon every two miles. After the race, you will be tempted to go out and run miles of fast and slow miles. However, you must run the marathon with understanding. Research indicates that a marathon runner, who is accustomed to running long hours, has a marathon distance and will not adversely affect your body. In addition, the miles can be run only during the marathon distance. The marathon distance is not the actual race. From my experience, running 20 miles while training could possibly lead to tears and psychologically harm you.

If you are an experienced runner, who is accustomed to logging long runs, the marathon distance will not adversely affect you. For the majority of runners, a 20 mile run is the maximum distance needed. If you have prepared properly by running 16-20 miles at one time for eight weeks prior to the marathon, your body will be well trained. I mentioned the psychological aspect because if a runner struggles to run 32 miles in training, the experience could be difficult. You shouldn't even attempt the actual race. You will not want to see the crowd, other runners and the flow of action. All we can do is provide the impetus to continue the marathon for the last three miles.

Another erroneous belief is that you must train right up to race day. The training session usually has a delayed effect and you can be the best runner. The best way to prepare is to set two weeks before the marathon. Start to avoid those Friday training sessions and cut back to one marathon every two miles. After the race, you will be tempted to go out and run miles of fast and slow miles. However, you must run the marathon with understanding. Research indicates that a marathon runner, who is accustomed to running long hours, has a marathon distance and will not adversely affect your body. In addition, the miles can be run only during the marathon distance. The marathon distance is not the actual race. From my experience, running 20 miles while training could possibly lead to tears and psychologically harm you.

If you are an experienced runner, who is accustomed to logging long runs, the marathon distance will not adversely affect you. For the majority of runners, a 20 mile run is the maximum distance needed. If you have prepared properly by running 16-20 miles at one time for eight weeks prior to the marathon, your body will be well trained. I mentioned the psychological aspect because if a runner struggles to run 32 miles in training, the experience could be difficult. You shouldn't even attempt the actual race. You will not want to see the crowd, other runners and the flow of action. All we can do is provide the impetus to continue the marathon for the last three miles.

Another erroneous belief is that you must train right up to race day. The training session usually has a delayed effect and you can be the best runner. The best way to prepare is to set two weeks before the marathon. Start to avoid those Friday training sessions and cut back to one marathon every two miles. After the race, you will be tempted to go out and run miles of fast and slow miles. However, you must run the marathon with understanding. Research indicates that a marathon runner, who is accustomed to running long hours, has a marathon distance and will not adversely affect your body. In addition, the miles can be run only during the marathon distance. The marathon distance is not the actual race. From my experience, running 20 miles while training could possibly lead to tears and psychologically harm you.

If you are an experienced runner, who is accustomed to logging long runs, the marathon distance will not adversely affect you. For the majority of runners, a 20 mile run is the maximum distance needed. If you have prepared properly by running 16-20 miles at one time for eight weeks prior to the marathon, your body will be well trained. I mentioned the psychological aspect because if a runner struggles to run 32 miles in training, the experience could be difficult. You shouldn't even attempt the actual race. You will not want to see the crowd, other runners and the flow of action. All we can do is provide the impetus to continue the marathon for the last three miles.

Another erroneous belief is that you must train right up to race day. The training session usually has a delayed effect and you can be the best runner. The best way to prepare is to set two weeks before the marathon. Start to avoid those Friday training sessions and cut back to one marathon every two miles. After the race, you will be tempted to go out and run miles of fast and slow miles. However, you must run the marathon with understanding. Research indicates that a marathon runner, who is accustomed to running long hours, has a marathon distance and will not adversely affect your body. In addition, the miles can be run only during the marathon distance. The marathon distance is not the actual race. From my experience, running 20 miles while training could possibly lead to tears and psychologically harm you.

If you are an experienced runner, who is accustomed to logging long runs, the marathon distance will not adversely affect you. For the majority of runners, a 20 mile run is the maximum distance needed. If you have prepared properly by running 16-20 miles at one time for eight weeks prior to the marathon, your body will be well trained. I mentioned the psychological aspect because if a runner struggles to run 32 miles in training, the experience could be difficult. You shouldn't even attempt the actual race. You will not want to see the crowd, other runners and the flow of action. All we can do is provide the impetus to continue the marathon for the last three miles.

Another erroneous belief is that you must train right up to race day. The training session usually has a delayed effect and you can be the best runner. The best way to prepare is to set two weeks before the marathon. Start to avoid those Friday training sessions and cut back to one marathon every two miles. After the race, you will be tempted to go out and run miles of fast and slow miles. However, you must run the marathon with understanding. Research indicates that a marathon runner, who is accustomed to running long hours, has a marathon distance and will not adversely affect your body. In addition, the miles can be run only during the marathon distance. The marathon distance is not the actual race. From my experience, running 20 miles while training could possibly lead to tears and psychologically harm you.

If you are an experienced runner, who is accustomed to logging long runs, the marathon distance will not adversely affect you. For the majority of runners, a 20 mile run is the maximum distance needed. If you have prepared properly by running 16-20 miles at one time for eight weeks prior to the marathon, your body will be well trained. I mentioned the psychological aspect because if a runner struggles to run 32 miles in training, the experience could be difficult. You shouldn't even attempt the actual race. You will not want to see the crowd, other runners and the flow of action. All we can do is provide the impetus to continue the marathon for the last three miles.

Another erroneous belief is that you must train right up to race day. The training session usually has a delayed effect and you can be the best runner. The best way to prepare is to set two weeks before the marathon. Start to avoid those Friday training sessions and cut back to one marathon every two miles. After the race, you will be tempted to go out and run miles of fast and slow miles. However, you must run the marathon with understanding. Research indicates that a marathon runner, who is accustomed to running long hours, has a marathon distance and will not adversely affect your body. In addition, the miles can be run only during the marathon distance. The marathon distance is not the actual race. From my experience, running 20 miles while training could possibly lead to tears and psychologically harm you.

If you are an experienced runner, who is accustomed to logging long runs, the marathon distance will not adversely affect you. For the majority of runners, a 20 mile run is the maximum distance needed. If you have prepared properly by running 16-20 miles at one time for eight weeks prior to the marathon, your body will be well trained. I mentioned the psychological aspect because if a runner struggles to run 32 miles in training, the experience could be difficult. You shouldn't even attempt the actual race. You will not want to see the crowd, other runners and the flow of action. All we can do is provide the impetus to continue the marathon for the last three miles.
DELTA GETS YOU TO OVER 100 MAJOR CITIES, THE EASY WAY.
THE MARSH PRESENTS...

THE BIG SALE
SATURDAY FROM 9-9

BIG...BIG...BIG SAVINGS!
20...30...40... EVEN UP TO 70% OFF!

FEATURING

0.0%
Interest Financing
FOR 1 FULL YEAR!

YES! The low price you see on the tag will be the low price you pay with easy payments spread out over 1 year—no interest!!

SPECIAL NOTICE!!
THE MARSH CO. WILL BE CLOSED ALL DAY FRIDAY TO ALLOW US TO RETAG FOR THIS HUGE EVENT!

REDUCED PRICES ON EVERY ITEM!!
There's nothing like it in retailing today! Sweeping discounts in all departments. You can literally save as much as you spend!!

BEDROOMS
UP TO 57% OFF!
CLOSE OUT
5 PC. CONTEMPORARY BEDROOM DRESSER, MIRROR, HEADBOARD (Full or Queen), 2 Nightstands Reg. $1399 NOW $599

SOFAS AND LOVeseats!
UP TO 50% OFF
$488
NOW
50% OFF

Victorian Brass Plant Stand
Add a plant and you'll brighten any spot in your room! Reg. $299

FREE WTICH ANY PURCHASE OF $299 OR MORE!

50% OFF

AND MUCH MUCH MORE!!
THESE ITEMS ON SALE!!

DINETTES!
UP TO 62% OFF
$148
NOW
62% OFF

Here's a great value! Enjoy a 42" octagon table with wood-trimmed, smoked glass top, and 4 comfortable Breuer chairs. Comp. Value $399

DINETTES!
UP TO 62% OFF

5 PC. CONTEMPORARY BEDROOM
DRESSER, MIRROR, HEADBOARD (Full or Queen), 2 Nightstands Reg. $1399 NOW $599

SOFAS AND LOVeseats!
UP TO 50% OFF
$488
NOW
50% OFF

Add a plant and you'll brighten any spot in your room! Reg. $299

FREE WTICH ANY PURCHASE OF $299 OR MORE!

50% OFF

AND MUCH MUCH MORE!!
THESE ITEMS ON SALE!!

DINETTES!
UP TO 62% OFF
$148
NOW
62% OFF

Here's a great value! Enjoy a 42" octagon table with wood-trimmed, smoked glass top, and 4 comfortable Breuer chairs. Comp. Value $399

DINING ROOM SUITES
LIVING ROOM SOFAS
OCCASIONAL CHAIRS
FAMILY ROOM SOFAS
LIVING ROOM LOVESEATS
LIVING ROOM SECTIONALS
WALL UNITS
DINETTES

BREAKFRONTS
TABLE LAMPS
BEDROOM SUITES
SOFA/SLEEPERS
RECLINERS
MATTRESSES
AND MORE!

VIRTUALLY EVERY ITEM FOR YOUR HOME!

KANEKO
247-2737
DILLINGHAM
847-5382
WAIPAHU
671-3995
MAUI
871-6236

ALL SIZES, ALL FIRMNESS
WE THINK YOU WON'T FIND A BETTER BEDDING VALUE IN ALL HAWAII. IN FACT, WE'LL GUARANTEE IT!

HERE'S A GREAT VALUE!!

Enjoy a 42" octagon table with wood-trimmed, smoked glass top, and 4 comfortable Breuer chairs. Comp. Value $399

SOFAS AND LOVESEATS!
UP TO 50% OFF

VICTORIAN BRASS PLANT STAND
Add a plant and you'll brighten any spot in your room! Reg. $299

FREE WITH ANY PURCHASE OF $299 OR MORE!

50% OFF

AND MUCH MUCH MORE!!
THESE ITEMS ON SALE!!

DINETTES!
UP TO 62% OFF
$148
NOW
62% OFF

Here's a great value! Enjoy a 42" octagon table with wood-trimmed, smoked glass top, and 4 comfortable Breuer chairs. Comp. Value $399

DINING ROOM SUITES
LIVING ROOM SOFAS
OCCASIONAL CHAIRS
FAMILY ROOM SOFAS
LIVING ROOM LOVESEATS
LIVING ROOM SECTIONALS
WALL UNITS
DINETTES

BREAKFRONTS
TABLE LAMPS
BEDROOM SUITES
SOFA/SLEEPERS
RECLINERS
MATTRESSES
AND MORE!

VIRTUALLY EVERY ITEM FOR YOUR HOME!

KANEKO
247-2737
DILLINGHAM
847-5382
WAIPAHU
671-3995
MAUI
871-6236

ALL SIZES, ALL FIRMNESS
WE THINK YOU WON'T FIND A BETTER BEDDING VALUE IN ALL HAWAII. IN FACT, WE'LL GUARANTEE IT!

HERE'S A GREAT VALUE!!
GOURMET HOLIDAYS

AT YOUR WINDWARD ENLISTED CLUB

FOR YOUR HOLIDAY PARTY GIVING

MAKE YOUR PARTY RESERVATIONS NOW!

MENU #1
• Carved Roast Beef
• Ahihi Ahihi
• Pork Oriental
• Fried Chicken

$9.95 / PERSON

Both Menus Include:
Hash Potato Rice Gravy Rolls & Butter Coffee Or Tea Complete Salad Bar

MENU #2
• Prime Rib
• King Crab
• Teriyaki Chicken
• Sweet 'N Sour Pork

$14.95 / PERSON

GOURMET HOLIDAYS

HOLIDAYS & WEEKENDS COME AND ENJOY!

• MAJOR CREDIT CARDS ACCEPTED
• OPEN FOR MEALS DAILY 11:00 A.M.—9:00 P.M.

681-6916

Hawaii Marine
November 6, 1986

CLASSIFIED

Write an Ad that Works!

and reach every home on the island through our 7 publications. It's easy, simply print your message on the form below. Don't forget to include all necessary information what you're selling, price, benefits, photo number and your phone number. Deadlines depend on the issue of Sun Press Newspapers.

PLACE YOUR AD HERE

$5.00 per ad including 2 words, $1 per word after 2 words, 25 words max.

Sun Press
235-5881 622-3966

AFITA

HEALTHY YOU

MICRO-WAVE CLEANER

Baked and Turned Cleaners

Your kitchen will never need cleaning again when you use Micro-Wave Cleaner.

Baked and Turned Cleaners turns out to be the most time-saving kitchen cleaner ever made. It is a concentrated solution that removes all types of grease, oil, food stains, grime and more. It cleans any kitchen surface instantly, leaving a fresh clean smell. Micro-Wave Cleaner is used by professional cleaners in the field. All you need to do is spray, bake and turn the area.

MICRO-WAVE CLEANER

$3.95 per bottle

$5.95 per 3 bottles

$10.95 per 6 bottles

Sun Press
235-5881 622-3966

MID PACIFIC STEAM

A Frequent Steam Cleaning Service

MID PACIFIC STEAM is a steam cleaning service that provides quick, effective and economical cleaning. We offer a variety of services to keep your home or office clean and functional. Our services include-regular cleaning, one-time cleaning, move-in/move-out cleaning, post-construction cleaning, and more.

MID PACIFIC STEAM

235-5881 622-3966

RESIDENTIAL • COMMERCIAL • INDUSTRIAL

(702) 399-6260

NO LIMI

STEAM CLEANING

ZIP CODE

Hawaii Marine
November 6, 1986

CLASSIFIED
Let's Make Our Bid
To Cure Arthritis

Kirk Matthews, celebrity chairman, invites you to participate in the Arthritis Foundation's 33rd Annual Benefit Auction.

Jensen Lipton, Auctioneer
Saturday, November 15
10-11 a.m. preview
11-2 p.m. auction
Placid Hall/Imiloa Hotel

Popular items 'under the hammer' will include:
- Certificates for fine dining
- Services (tina, nail tech, dental care, photomons, art classes)
- Travel adventures (hotel accommodations, cruises, rental cars and airline tickets)
- Nonfood items in wide variety of items ranging from clothing to an automobile

Celebrity items (autographed books, T-shirts, tickets, football and many more)

ADMISSION FREE — SO STOP BY AND MAKE A BID FOR A BARGAIN!

Audition Notes:
- Parade (Day 2) at Park Center Park
- Location: Hilo, Kona, Hilo, Hilo
- Call 247-3637

For information or donations call 523-7561.
NISSAN OF WAIHIAWA
621-0761

NEW 1987 AUTOMATIC HARD BODY PICKUP
ONLY
* $6,999

NEW 1987 PATHFINDERS
MAXIMAS, STANZAS,
SENTRAS & TRUCKS
JUST ARRIVED!

$8495
$295
$795
$1800
$1800
$895
$895
$295
$795
$3495
$1495
$3995
$6885

1979 CAMARO 2 DR. TRANS.
$1500/offer.

'79 DASH
$1895/offer.

1985 DATSUN 210
$1095

1985 CITATION
1985 YUGIOH RACE CAR

'84 NEW CAR
"ROBERTS
944-8488

1980 DATSUN 210
$3896/offer.

1984 MERCEDES
230 4 SPD.

1985 PONTIAC GRAND AM
$5495

1986 ISUZU PICKUP
NOW ONLY: $5395

NEW 1987 PONTIAC FIERO
NOW ONLY: $8195

NEW 1987 PONTIAC GRAND AM
NOW ONLY: $8895

SEE IT! DRIVE IT!
$735/19

MIKE SALTA
PONTIAC-ISUZU
2945 N. NIMITZ HIGHWAY
Ph. 836-2441

FOR THE "DO IT YOURSELF" MECHANIC

PFLUEGER
LINCOLN MERCURY
2100 N. KAPIOLANI BLVD. - SATURDAY, PIAZZA
Phone 836-0033

MAINTENANCE SPECIALS

Engine Tune-Up (30 minute) $3.50
Wheel Alignment (15 minute) $4.95
Automatic Transmission Service $32.50
Oil Change $2.65

FOR ALL YOUR "DO IT YOURSELF" PARTS

PARTS SPECIAL
ALL PARTS SOLD AT JOBBER WHOLESALE PRICES

See our "CARS FOR SALE" section.