

Hawaii Marine

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January 22, 1987



Master Guns 'packs it in'

Master Gunnery Sergeant Alvin "Hank" Henry packs his last parachute prior to retirement from the Corps with 30-plus years. See story about this pioneer of Marine Corps parachuting on A-4.

CMC voices concern over suicides, attempts

Washington, D.C. — Upset over a fight with his girlfriend, a young Marine drove his car to a secluded place and shot himself. It was the final gesture of his despair, and a tragedy that could have been avoided if someone had been able to recognize the warning signs.

This tragic loss is not an isolated incident. In 1986, 27 Marines committed suicide and approximately 32 more made serious attempts. Reported attempts numbered nearly 100.

Deeply saddened by these sobering statistics, General P.X. Kelley issued White Letter No. 3-86, calling on his commanders to join the fight to save lives. In the letter, the Commandant pointed to several methods of involvement.

"A lot of people who think about suicide are ambivalent about it," said Judy Hampton, Family Enrichment specialist at Headquarters Marine Corps.

"Sometimes it's a subconscious thought, a 'reaching out' for help," said Hampton.

"Most people who contemplate suicide have probably talked about it. Before making an attempt, they may check out a chaplain or another individual and tell them that they've been having thoughts about suicide," she said.

"There are approximately 30 Marine suicides per year," Hampton continued. "We don't have an in-depth study; but in the last five years, anywhere between 25 and 30 active duty Marines have committed suicide each year. We don't keep track of reserves or family members."

In the wake of Gen. Kelley's letter, two publications have been prepared to assist commanders in suicide prevention. The first, "Will They Be With Us Tomorrow?" initially prepared by the Chaplain's Resource Board and reprinted by HQMC (Code M11F), will be provided to Marine unit leaders as training material to increase awareness and understanding of this important issue.

The book contains information on issues of prevention such as recognizing danger signals; providing the appropriate response to someone threatening suicide; and assessing suicide risks.

A second publication, entitled "Suicide Prevention Training Manual," is being sent to Family Service Centers and Marine Corps Districts. This publication is designed to assist qualified individuals in leading suicide prevention awareness courses to interested groups and as troop information classes.

Training/Audiovisual Support Centers will also soon receive "Suicide — The Warning Signs," a video consisting of three vignettes of suicidal young people. The video is designed to stimulate discussions about ways to identify suicidal victims and how to respond to them.

"The film is about three different people who are thinking of suicide," said Hampton. "The people in the film are young adults, and that's unfortunately an age group that often thinks about suicide. We think the film will

be something a young Marine, perhaps a lance corporal who's 20 or 21 years old and is contemplating suicide, can relate to.

"We hope this video will be used in troop information programs, or possibly even small groups," said Hampton. "You'd be surprised to know that most people have had some contact with people who have contemplated suicide although they might not readily talk about it. Maybe an acquaintance of theirs, or a family member, has committed or tried to commit suicide. Group discussions can help bring these things out and help people talk about their feelings."

Many local commands have suicide or crisis hotlines with the telephone numbers usually published in directories and brochures available through the Family Service Centers.

"When talking to someone who's contemplating suicide, one of the things not to do is say, 'You don't mean that,' because that's a challenge and at that moment in their life they probably very much do mean it," Hampton said.

"If there's one thing I'd like to stress, it's that it's not the other guy's responsibility — it's everyone's. A colonel sitting in an office in another room will probably not know about a young Marine who gets a 'Dear John' letter, but his coworker would probably know. This has to be everybody's effort.

"Suicide prevention begins with people who care," Hampton concluded.

Officials predict severe flu season

Health officials expect this winter's flu season to be particularly bad, with as many as 35 million Americans suffering the fever, chills, soreness, aches and "non-productive" cough (coughing without results) characteristic of the disease.

Usually, the flu season in the United States occurs from November to April.

Three strains of Type A flu — the most severe form — are expected to strike this year. Outbreaks of a new mutant strain, called A-Taiwan, have already caused misery in young adults and children in Asia. Persons under age 35

"Outbreaks of a new mutant strain, called A-Taiwan, have already caused misery in young adults and children in Asia."

may be particularly susceptible to the new flu strain.

The strain appeared after this year's flu vaccine was formulated, but the services have obtained A-Taiwan vaccine. Military preventive medicine officials say the flu vaccine that was given to service members last fall

should provide some cross-protection against A-Taiwan; it contains inactivated A-Chile, A-Mississippi and B-Ann Arbor flu viruses.

All services report plans to give the supplemental A-Taiwan shot to anyone at risk for serious complications if they get the flu and to any active duty member, dependent, reservists or civilian employee who requests it.

In addition, the Army and the Air Force will give the supplemental vaccine to new recruits in both basic and secondary training, and the Navy and Marine Corps will give it to all active duty personnel, including reservists whose active duty period coincides with the vaccination period.

For most people, the flu is a mild illness lasting only a few days. But for some, like those in high-risk groups, the flu can lead to complications such as pneumonia. The flu and its complications kill as many as 10,000 to 30,000 people every year.

This year's casualties could be on the high end of that range, said Dr. Mary Lou Clements, director of immunization research at Baltimore's Johns Hopkins School of Public Health.

However, said Clements, "This doesn't mean we're

going to have another epidemic like the one in 1918." The 1918-1919 flu epidemic killed 15 million to 25 million people worldwide.

Persons at high risk of complications from the flu are urged to get the vaccine. High-risk people are:

Adults and children with chronic heart and lung problems;

Persons over 65, particu-

larly those with health problems;

Persons with cancer and other conditions that suppress the body's immune response;

Persons with diabetes, cystic fibrosis, kidney disease or severe anemia;

Children who regularly take aspirin for arthritis, who risk Reye's syndrome should they contract the flu.

In addition, persons in the health care professions and those living with persons in risk categories should be vaccinated to protect others. Those who provide essential services, such as firefighters and police, may wish to get shots to reduce the disruption of services that could occur during epidemics.

American Forces Information Service

Air Station sergeants major post, relief

Sergeant Major T. J. Collins will assume duties as Sergeant Major of Marine Corps Air Station, Kaneohe Bay, from Sgt(Maj). E. T. Alvarado during a relief, posting and retirement ceremony, at 3 p.m., on Jan. 29 at Dewey Square.

Sergeant Major Alvarado will be retiring after 32 years of service and will stay in Hawaii with his family. Sergeant Major Collins joins the Air Station from MCRD San Diego, where he was sergeant major of Recruit Training Regiment.

All interested personnel and their family members are invited. Uniform is summer service "C" for military personnel and appropriate attire for civilians.

'Red Devils' attend Top Gun



George S. Amland, 25, (left) from Sydney, Australia and J.C. Jumper, 30, from Chattanooga, Tenn., both pilots with VMFA-232, were selected to attend the Top Gun School at NAS Miramar, Calif. During the five-week course, the "Red Devil" pilots will learn advanced fighter tactics and undergo simulated combat aerial exercises.

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At a glance

Sweetheart Dance

The SNCO Wives Club is having their 3rd annual "Sweetheart Starlight Dance" on Feb. 14, from 8 p.m. to 1 a.m., at the SNCO Club here.

Tickets will be sold through Feb. 9 by SNCO Wives Club members and the SNCO Club office for \$17 per couple or \$8.50 for singles. Appetizers and door prizes will be provided, and evening wear is suggested. Music will be played by Island DJ.

For more information, call 254-2491 or 254-3066.

holics Anonymous meetings has been scheduled.

Afterschool for singles will now meet on Mondays and Fridays, 11:35 a.m. to 12:45 p.m., in Building 1057.

Alcoholics Anonymous meetings are held every Tuesday, 8 to 9 p.m., in Building 1037.

Transportation to off-base AA meetings will be available in the CAAC parking lot Thursdays and Fridays at 7 p.m., and Saturdays at 7:30 p.m., for meetings ending at 9:30 p.m.

For more information, call GySgt. Harris at 257-3275/2314.

Goods are surveyed to determine items to be moved or packed, type and number of cartons needed; and appliances to be serviced. A survey, performed with the member's help, is essential in achieving a smooth move on the packing and pick-up days.

Cub Scouts need leaders

Cub Scout Pack 225, which meets at the Mokapu Elementary School on the Air Station, is seeking adult volunteer leaders, especially those with experience or training as den leaders and assistant den leaders.

If several adult volunteers are found, the pack will again accept new members. The pack now has 76 boys in seven dens, and 20, 6-year-old Tiger Cubs.

The monthly pack meeting will be held on Jan. 27 at 6:30 p.m., at the Mokapu Elementary School cafeteria. The annual Pinewood Derby model car race will be on Jan. 31 at 1 p.m. in Hangar 105.

Adults who want to volunteer may call Lt. Col. John Wintersteen at 254-5652, for more information. Parents who want to register a boy, in 2d through 5th grades, ages 7 to 10, may call Nancy Fleming at 254-2794.

Skateboarding regulations

Skateboarding is quickly becoming very popular on the Air Station, and because of the dangers involved with the sport, regulations have been set for riders here.

According to Station Order P5500.6, skateboarding is prohibited on the streets. Skateboarders must give pedestrians the right-of-way on sidewalks, and must ride at their own risk.

Although protection isn't a Station requirement, it's recommended that skateboarders wear a helmet, gloves and knee pads to lessen injuries. Light colored clothing is also recommended for evening and night riding.

For more information on skateboarding regulations, contact the Provost Marshal's Office at 257-2123.

Rengan, the Air Station's "Just Say No" club will involve young people in community projects and worthwhile activities.

For information on how to enroll your child in the club or to volunteer your time, contact Vicki Steele at 254-2751, or Linda Wittenhagen, 235-3869.

Travel info

The Pearl Harbor Travel Office will host their 1987 "All Hands" Travel Night, Jan. 27, 6:30 p.m., at the Pearl Harbor Chief Petty Officer's Club.

Representatives from airlines, hotels, cruise ships, and rental car agencies will be available with complete travel information.

Admission is free. Refreshments and door prizes will be provided. For more information, call the Pearl Harbor Travel Office at 422-9444.

PEO luncheon

The PEO quarterly luncheon will be held on Jan. 24 at the Ala Moana Americana Hotel Garden Lanai, at 11:30 a.m. Price of the luncheon is \$10.95, including tax and gratuity.

Reservations can be made by calling Rosetta Fish, at 536-8109.

New photolab studio hours

The new photo lab studio hours for taking passport and promotion photos are from 7:30 a.m. to 11 a.m. Mon.-Fri.

The lab is located within the Visual Arts Section at building 301 (MAG-24 headquarters).

Transport to AA meetings expanded

Due to the growing number of recipients at the Counseling and Assistance Center, here, the Aftercare Program has been reorganized, and more transportation to Alcoholics Anonymous meetings

Premove surveys

Service members leaving Hawaii should make every effort to be available for a premove survey of their household goods by the local carrier, according to the Joint Personnel Property Shipping Office, Hawaii.

LEEWARD VIEW

Prayer Breakfast

A Christian fellowship prayer breakfast will be held every Wednesday at the chapel here from 6:45 to 7:30 a.m. Coffee and doughnuts will be served.

For more information, call 477-5098.

SNCO Club hours

The Staff NCO Club here will be closed Sundays and Mondays for renovation until further notice.

Also, lunch and dinner services will not be available Tuesdays through Saturdays. The lounge will be open from 3:30 to 10 p.m., and pupus will be served.

'Just Say No' volunteers needed

Volunteers are needed to assist in the Air Station's new "Just Say No" club.

The club directly involves children in drug abuse prevention efforts and serves to resist peer pressure and lead drug free lives; and to actively encourage their friends to do the same.

A national program, supported by First Lady Nancy

Power Outages

Several Air Station facilities will be without power on Jan. 23 and 24, from 7:45 a.m. to 3:30 p.m. as a result of contractors installing high voltage electrical equipment.

Facilities affected include buildings 1295, 1505, 1522, 1523, 1524, 1551, 1653, 1680, 3020, 3021, and all temporary buildings at Fort Hase Beach.

For more information, call Ken Nakasone at 257-2171.

Employment Resource/Family Services Centers

Offering help to Marines making move to civilian life

Washington, D.C. — One of the most difficult and stressful times for a separating or retiring Marine is the period of transition from military to civilian life, which involves making important decisions about a

new career, home and lifestyle.

To help Marines make this change, the Marine Corps' Employment Resource Center has a program designed for those looking at career options while preparing to leave active duty. This program, one of the many found within Family Service Centers, also examines important issues such as establishing a career plan and methods of carrying it out.

Marines who are uncertain about the type of work they want to do after retirement can contact an ERC specialist for help in analyzing individual interests, skills, and values. Knowing where their talents lie will enable them to pursue a career tailored to personal needs.

Those who have already decided on a post-service career may contact the ERC for information about computer job listings. Currently at Kaneohe Bay, and within a year in 16 other locations, including Iwakuni and Okinawa, Japan, will be able to provide separating and retiring Marines with job listings through a computerized telecommunications network. Interviews can be arranged and resumes can be sent for individuals pursuing these jobs... even before leaving the command or arriving at a new residence.

The ERCS also have access to names of organizations, or companies looking for part-time employees. Marines who lack the necessary training or skills for a particular job should consider involvement in volunteer, or part-time work, that can provide valuable experience for transitioning into that desired future job.

Another part of this program is a variety of workshops, which address local job market, setting realistic goals; evaluating one's background, skills and talents; and writing effective resumes. Additionally, pre-retirement seminars, at which ERC specialists speak, are offered at local commands for Marines and family members.

"Planning is the secret to success," says Nancy Greer Hamilton, HQMC's ERC program manager. She emphasized this point by saying that the best time to plan and prepare for the transition to civilian life is at the five-year point before retiring.

Marines are faced with many issues as they plan what they want to do after their military service. ERC counselors advise Marines to allow sufficient time to consider such things as the impact upon their family; income; the possibility of relocation; further education; or learning a new skill. Advance planning can help reduce stress and make emotional and financial adjustments less traumatic.

For more information on the programs offered at Kaneohe Bay, call SSgt De La Rosa at 257-2128.

By Glidre Dudy
Div 1A, HQMC

Navy Relief provides nurses to care for newborns at home

The Navy Relief Society of Hawaii provides free visiting nurses to Navy or Marine Corps families who live on Oahu.

Three registered nurses are on call Monday-Friday from 7:30 a.m. to 4 p.m., to make house visits for medical treatment, check-ups and to answer any medical questions.

Registered nurses Kay Aaby, Beatrice Eley and

Any Ward, have obstetric, gynecological, pediatric and public health training, but their home visits are usually for newborn checkups. Children born at Tripler Army Medical Center are visited at home at 2-3 weeks of age. Children born in other hospitals can also have this check-up, but appointments must be made.

To make an appointment for a visiting nurse call 423-

1314. Since nurses are usually making house calls, a message will be taken and the patient will be seen the following day.

The Navy Relief Society Visiting Nurses are also in need of volunteers, particularly from the Kaneohe Bay area. Registered nurses, licensed in the state of Hawaii, can call 423-1314 to volunteer.

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Births at Tripler

Owen Alexander, 7 lbs. 15 oz., son of LCpl. Bruce O. and Hermenegilda Standridge; born Nov. 25.

Cary Mays, Jr., 8 lbs. 3.6 oz., son of LCpl. Cary M. and Jodie L. Sanders; born Nov. 28.

Katrina Marie, 7 lbs. 3 oz., daughter of 1st Lt. Daniel P. and Marin C. Brown; born Jan. 3.

Keiflyn, 6 lbs. 12 oz., daughter of LCpl. Patrick K. and Michelle H. Freitas; born Jan. 3.

Ian Alexander, 9 lbs. 8 oz., son of LCpl. Scott V. and Elizabeth L. Rebello; born Jan. 4.

Gabrielle Michele, 8 lbs. 1.6 oz., daughter of Cpl. William C. and Laura G. Flannery; born Jan. 5.

Stephen Shelby, 7 lbs. 15 oz., son of Cpl. Stephen J. and Larissa G. Vannickle; born Jan. 5.

Matthew Thomas, 6 lbs. 5.6 oz., son of LCpl. Thomas F. and Kathleen M. Nibert; born Jan. 7.

Oleander shrubs deadly; abundant on Air Station

Parents don't want their children to be around poisonous chemicals, so most take precautions to ensure their children don't come in contact with dangerous agents by "child-proofing" their homes.

Few parents, however, consider the importance of child-proofing their lawns of poisonous plants that can be just as deadly as household agents.

On the island because of the year-round tropical climate, many poisonous plants grow abundantly. On the Air Station, one poisonous plant poses a very real threat to the unsuspecting. And as a result, parents need to be able to identify what the plant looks like, and how to recognize the symptoms of one who has eaten it.

The Oleander hedge can be found in many of the Station's housing areas, around barracks and many work areas. It has long, narrow evergreen leaves, 4 to 8 inches long. The plant grows

small, and has delicate white, pink, violet, orange, or red flowers and has two pod-like, cylindrical fruits connected to each flower.

All parts of the Oleander are poisonous. In some cases, individuals have used the Oleander branch to hold hot dogs over a fire for cooking, and the wood has poisoned the food.

Although highly poisonous, the shrub is still grown on Station as a hedge against traffic and noise, and is used to provide privacy. The hedge requires little care and is inexpensive to grow, according to M.A. Yoshinaga, director of the Facilities Department here. Yoshinaga also noted that removing these plants would far exceed their annual care cost.

To educate the Air Station community about the dangers of these plants, the Family Housing Office here has an awareness program which includes giving pamphlets to new families moving into the housing facilities

and to current tenants.

The pamphlet states that unintentional ingestion of poisonous plants can be prevented, and that people need to be cautious of plants they don't know. Strange fruits, seeds, leaves, flowers or roots should not be eaten; and plants thought to be poisonous should not be burned, as the smoke can be just as dangerous.

According to the pamphlet, if someone may have eaten any part of the Oleander, symptoms to watch for are nausea, vomiting, dizziness, drowsiness, irregular heartbeat, bloody diarrhea, unconsciousness and heart stoppage.

Poison victims should be given a strong laxative, and a physician should be consulted.

If possible, part of the plant should be taken to the doctor with the victim. The doctor must be told of the person's symptoms, name of the plant, and the amount eaten.

Hawaii Marine

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Special Services



Station Library

The Station Library has James Clavell's novel "Whirlwind," Iran, February 1979; a critical moment in history. A time of ferment and revolution when mohs become judges; executions replace trials; old friends become enemies; wives turn against husbands; and Iranians and foreigners wait fearfully for the next dread ruling — this is the setting for Clavell's fifth novel.

The films "Martin Luther King Jr. The Assasin Years" and "My Childhood: James Baldwin's Harlem" will be shown at 7 p.m., Feb. 11. Admission is free. The first film shows newspaper photographs, dramatic recreations, and actor Kene Holiday as King recapturing the crusade to end segregation and guarantee civil rights. The second movie tells about Baldwin's early childhood and adolescent years; the people and conditions which influenced his thinking; and his home and family life.

For more information, call the Station Library at 257-3583.

Teen Activities

The Teen Club is looking for volunteers to be president, vice president, secretary, and treasurer. If you are interested, stop by Dependent Recreation for more information.

Elections will be held on Jan. 31 at the 19th puna during the Studie Hawkins Dance, with J-Rock as the DJ. Tickets are available at Dependent Rec. or from the club's officers.

Dance Academy

The Kaneohe Bay Dance Academy offers classes in jazz, tap, and ballet starting at age 3 and up. The dance studio is located next to Dependent Recreation, and new students are accepted at anytime.

Performances are scheduled throughout the year, with a yearly recital in May, with plays as a major part in dance training.

Classes include pre-ballet for 3 to 6 year olds; children's ballet for 7 through 12 year olds; children and teens jazz and tap classes; and adult jazz classes.

For more information call 254-2963.

Smoker

The first 1987 "Friday Night at the Fights" smoker scheduled for 5 p.m., on Feb. 6, at the EM Club. Participants and volunteers are urged to register at the Station Gym as soon as possible.

Youth basketball and softball

Youth Basketball and Softball registration for boys and girls, 5 through 17 years old, is being conducted on a first-come, first-served basis at Dependent Recreation, building 1391, from noon to 3 p.m., Feb. 2 through 27.

Applicants must be accompanied by a parent or guardian. Registration forms are available at time of registration, and a military ID card or birth certificate is required.

Volunteer coaches are needed, and training will be provided for all levels. Coaches will be certified under the National Youth Sports Coaches Association Program. For more information call 254-2963.

Boxing

There is an ongoing boxing program for Marines, with professionally supervised training at the Kaneohe Bay Recreation center. Stop by the Station Gym's Athletic Office for details.

contact Cpl. Laurie Sayes at 257-3621 as soon as possible.

Women's sauna

The women's sauna at the Station Gym is back in operation. Your patience during the repair is appreciated.

Volleyball

Tryouts for the varsity men and women volleyball teams, leading to FMFPac regionals and possible All Marine consideration, will start at 11 a.m., on Saturday. Navy women and WMs interested in the program are urged to

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Running schedules

The running schedules for 1987 are available at the Station Gym. All runners can stop by and pick up a copy. Forms for upcoming races are also available.

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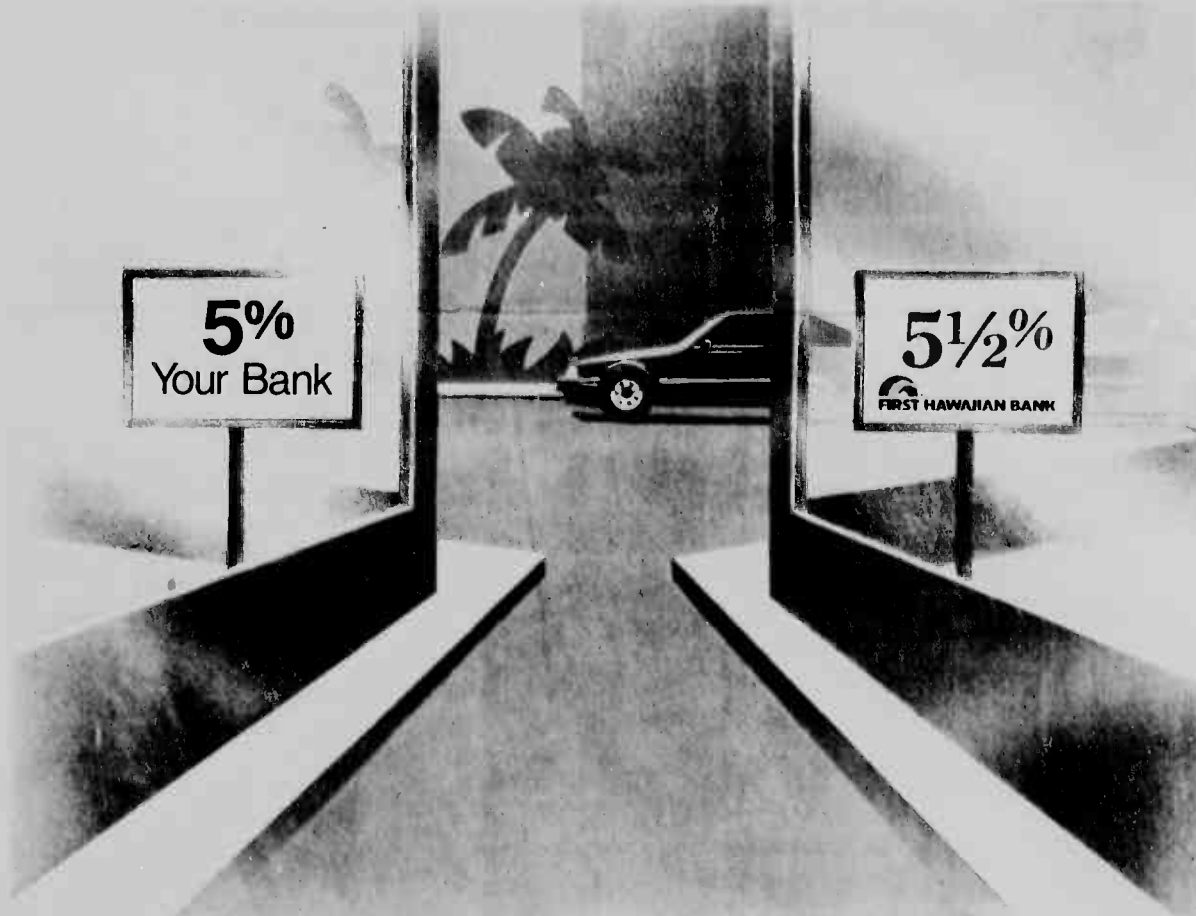
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Master jumper

Pioneer parachutist retires after 30 years



Gunnery Sergeant "Hank" Henry makes a perfect landing at a 1976 skydiving demonstration at King's Dominion amusement park.

MCDEEC Quantico, Va. — Master Gunnery Sergeant Alvin "Hank" Henry compiled an impressive list of credentials between his enlistment in October 1956 and his retirement on Dec. 31, 1986. He made a name for himself as a parachutist, parachute instructor, inventor, wing-walker, and a dedicated Marine in what he terms "30 short years."

According to his contemporaries, MG/MSGT Henry provided valuable information used today in the standard operating procedures for Marine Corps parachuting. Particularly noteworthy is his contribution to the design, development, procurement and fielding of the Ram-Air, free-fall parachute used by reconnaissance units.

The Atlanta native was also instrumental in the design, testing and fielding of the Special Patrol Insertion and Extraction system and was responsible for the design of today's SPIE harness, a system used in extracting or inserting recon teams from an area using a rope attached to a helicopter.

His 30 years of experience are described as "a very useful, spirited and... with physical... have a great... grateful for," he said. "When I was 17 years old I thought I was pretty tough. If it hadn't been for my drill instructors there is no telling where my life would have taken me."

Henry, who likes to be referred to as "Hank", spent his first 10 years in the Corps as an infantryman. It wasn't until 1966 that he realized the true love of his life... parachuting.

"Most people volunteer for jump school," Hank said. "I was at Camp Lejeune and my first sergeant ordered me to go. I never had so much fun in my life! It's funny, but I have to credit him for getting me started in my career."

Hank's career as a jumper got off to a good start. A mishap in 1970, however, almost ended both his career and his life. He credits his close friend, commander and teacher, Lieutenant Colonel Wesley J. Fox, who now heads the Staff NCO School here, for saving his career. That act would prove to be the start of a long relationship.

Fox, who was at Quantico waiting for Amphibious Warfare School to start, was assigned to train the reconnaissance staff in free-falling. Hank was a part of the staff.

"I put two men on static lines (which opens the parachute automatically), and Hank told me he didn't need a line," said Fox, who is a Medal of Honor recipient. "He said he had free-fall experience."

Hank jumped from the aircraft and went into an uncontrollable spin. He became very disoriented and didn't get his parachute open until he almost reached the ground. Following this experience, Hank couldn't bring himself to parachute at altitudes higher than 3,500 feet, but Fox helped him overcome his fear.

"About a month later, we were on a routine jump with some students," Hank recalled. "I was going to jump at 3,500 feet but Fox wouldn't let me go. He kept

me inside that aircraft until we reached 15,000 feet!"

"I didn't send him out by himself," Fox said. "I went out with him."

That jump was a turning point in Hank Henry's career. Fox admits to giving Hank some "encouragement" at a crucial point. "I may have taught him a few things early in his career," Fox said, "but his knowledge and expertise surpassed mine long ago."

Once he got started, there was no stopping him; he jumped every chance he could. He joined sport parachuting clubs in addition to the once-a-week jump he made with the Marine Corps. He also joined a three-man skydiving demonstration team at King's Dominion, a wildlife preserve/amusement park near Richmond, Va.

"The drop zone for the parachutists was about 40 yards square with a small target in the center," he said. "If you missed one way you wound up in a huge fountain — the opposite way and you were on a spiral roof. Other misses made you part of the crowd... so I didn't miss."

In the summer of 1973, another of Hank's talents surfaced. He became a "wingwalker" — one of the

featured performers with the Flying Circus at Bealton, Va. The circus was known for its antique aircraft, clown acts, simulated aerial dogfights, period uniforms and outstanding flying.

"I got into wing-walking completely by accident," Hank said. "The regular man didn't show up and the pilot asked me if I wanted to practice it before the show. I told him 'No! If I practice I might not want to do it the second time, so I'd better save it for the show.'"

According to Hank, the jumping he did for the Flying Circus and at King's Dominion was done mostly for the free jumps. He said that most of the demonstration team members were active duty Marines and felt the same way.

While Hank doesn't have immediate plans for his retirement, he says he'll spend most of his time relaxing with his family in Atlanta, and admits that he will continue to parachute.

"Hank has more collective knowledge in parachuting than any person I've ever known, or ever will know, in the Marine Corps," Fox said. "He's everything the Marine Corps represents, and he'll always wear the eagle, globe and anchor in his heart, no matter where he is."

By Cpl. L.M. Galneux
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VA issues new home loan policy

The Veteran's Administration has raised by about 10 percent the minimum amount of money veterans must have to qualify for a home loan.

But a VA spokesman said the new guidelines, which became effective Oct. 1, are not ironclad.

"We set four minimums across the country, which amounts to an average increase of about 10 percent — more in some places and less in others," said the spokesman. "But these are not the only factors used in

determining a person's qualifications for a home loan.

"We look at their credit history, ratio of monthly payments to gross monthly income, amount for rental expenses, ability of the borrower and the spouse to save money and the amount of outstanding debts," he said.

The VA used to set minimums based on Department of Labor statistics for each community across the country. But those figures are no longer available.

Under the new guidelines, a family of two in the North-

east would have to have a minimum disposable income of \$646 a month to qualify for a home loan. This is the amount of money a family has after paying fixed expenses, such as department store accounts, car payments, rent, insurance, credit cards and other known expenses.

By comparison, a family of two in the West would need a \$697 minimum income; the same family in the South, \$643; and a family of two in the Midwest, \$627.


The Veteran's Administra-

tion set the minimums to ensure that after these expenses are paid, a family has enough money to buy food and pay miscellaneous family expenses, said the spokesman.

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

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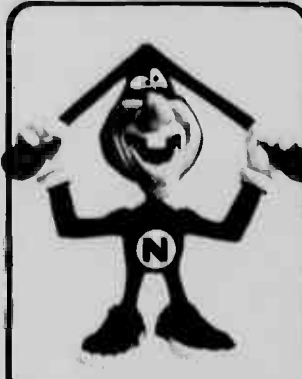
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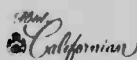
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SNCO Wives Club reaches out

By Patricia Gail Sears

The Staff NCO Wives Club here carries on a valuable tradition of helping our community through charitable contributions. Recently, they headed a successful campaign to provide needy families with special food baskets for the holidays.

The club assumed responsibility for coordinating the annual food basket program from Navy Relief Society in 1985. Nina Kinaman, club president, said they only provided a few baskets last year, but this year's drive, produced spectacular results. They were able to assemble and distribute 58 baskets.

Kinaman said the task was not easy, and explained that during the summer Kathy Cash, food basket chairperson, began contacting local merchants for donations; her efforts were unsuccessful. "They didn't want to contribute," said Kinaman. "In November we had very little money and we began to worry."

Club member Paula Johnson began contacting units on the Air Station; the 3d Marine Regiment was one of the first she contacted. Johnson said she didn't expect the unit to respond since she contacted them shortly before they left for 29 Palms, Calif. However, Sergeant Major W. S. Simms Jr. coordinated an effort with other staff NCOs to collect donations from the deployed Marines.

Upon returning to Kaneohe Bay, Simms presented the club with \$1,000 on behalf of the 3d Marines. "We were overwhelmed and touched by the Marines' generosity," Kinaman said. According to Simms, the Marines wanted to do what they felt they had to. "It was amazing how we only had to ask once... the 3d Marines proved they believe in the slogan 'The Marines take care of their own,'" Simms said.

Brigade Service Support Group 1, HMH-463 and the Officers Wives' Club also made substantial money donations. Mokapu School contributed about 2,000 cans of food, and

other contributions were made by the Child Care Center, the Chaplains' Office, the Branch Medical Clinic and Communications Support Company. "Still, others made donations," Kinaman said. "We can't thank them all enough for their kindness."

After gathering the food, club members separated it into baskets, added turkeys, eggs, butter, fruit and other perishables. The baskets were then turned over to the Armed Services YMCA for distribution. "We couldn't have given away all the baskets without ASYMCA's help. They collected names of needy families, made the contacts and coordinated the distribution," Kinaman added.

The ASYMCA also added to the baskets toys from the Marine Reserve "Toys for Tots" program. Carole Pajari, ASYMCA director, said that many of the children wouldn't have received toys this year without the donation.

Both organizations agree that although the food drive was a lot of hard work, the result was well worth their efforts. They plan to do it again next year.

In addition to the food drive, the Staff Wives Club participates in a number of community activities including annual donations to Tripler Army Medical Center's Christmas present program, and monthly donations to the Honolulu Airport's USO Lounge, Navy Relief Society, and two nonprofit educational facilities for gifted/learning disabled children, Reach and Assets. They also award annual scholarships to children of personnel assigned to the Air Station and the 1st MAB.

Most of the funds come from the club's Thrift Shop, which operates on the Air Station. Other money is obtained through bake sales and the annual Valentines Dance.

The club meets the first Monday of the month to discuss its operation. All staff NCO wives are eligible for membership, and enlisted wives can become auxiliary members. To learn more about the club and its activities, call Pam Volk at 254-2963.



Kathy Cash, chairperson of the SNCO Wives' Club food donation program, packages apples during the club's recent food drive.

ASYMCA: helping military families

By Patricia Gail Sears

The Armed Services YMCA has served the military since the Civil War. Here, the ASYMCA director, Carole Pajari, and three other staff members provide educational, social and recreational opportunities for military families.

Programs include a variety of services such as parenting classes, monthly excursions and GED preparation. But, according to Pajari, ASYMCA offers much more than just structured programs. "We are a home away from home, a place to drop by for a cup of coffee and a talk. We're someone to listen and help with problems," Pajari said.

The ASYMCA staff, which includes Ernie Aubrey, find excitement and fulfillment in helping young military families solve seemingly insurmountable problems. "They are far from home and their living conditions are not always ideal," Pajari said. "Sometimes their problems seem endless. They need to talk with someone who really listens." Families seek help from ASYMCA for a variety of problems. Sometimes they have money difficulties, which require financial counseling, while other times they have domestic disputes which may require several sessions with the entire family.

Whatever their problems, Pajari and her staff find a way to help. "If we don't know the answer, we will find someone who does," Carole said. "We will never send them away without a solution; and if we must send them to another agency, we will follow up until we are satisfied that the problem is solved."

Pajari works primarily with women. She provides programs to help enrich their lives and to teach them to take responsibility for themselves. She says that programs such as Assertiveness Training and Women's Awareness raise self-esteem which improves women's lives as well as their husbands. She believes wives are the "hub" of the military. "If his wife isn't happy and somewhat independent, the Marine will not be free to perform his duties effectively," Pajari says.

Another service ASYMCA provides is its Strengthening Stepfamilies program. The five-week series of classes is designed to help remarried families handle their special problems. It teaches them how to build the solid foundation needed for a happy stepfamily life.

One of ASYMCA's most important programs is Community Mediation which assigns trained volunteers to help settle neighborhood disputes. The program is set

up to find a "win, win" solution.

Pajari, who is a military wife and daughter, believes she and her staff understand the special problems

military families face. With a Master's Degree in Educational Psychology and Counseling, she is dedicated to improving the quality of

Cont. B-2



Carole Pajari (left) director of ASYMCA-Outreach, and Pat Scott, ASYMCA program director, package gifts for needy Air Station and 1st MAB families.

Another fish story

All too often, Marines return to the mainland after an island tour with little more than a few scenic snapshots and complaints of the high cost of living as mementos.

Then again, there are those who have taken full advantage of what Hawaii has to offer, and are all the richer for it. Corporal Max Powers, one of VMFA-232's metalmiths, is one such individual.

Stationed here for the past two years, Powers has fished the waters surrounding Oahu extensively, and in doing so, has gained a wealth of experience that could last a lifetime.

Born and raised in Orlando, Fla., Powers started fresh water fishing with his father while still a youngster. Shortly after joining the Marine Corps in 1981, Powers was sent to Camp Lejeune, N.C. There he was introduced to salt water fishing for the first time and acquired a taste for bluefish and flounder.

Transferred to Hawaii in 1984, Powers started going after some of the bigger salt water fish. Having used a light fishing rig all his life, and striving to maintain the sport in his fishing, Powers continued to use much of the same gear.

"Anyone can catch fish with a telephone pole and a cable, but it's a trick to land an 18-pound fish on a 12-pound test line," he explained.

Powers does most of his fishing in Kaneohe Bay — one of the largest hammerhead breeding grounds in the world. He says the sporting aspect of fishing is what keeps him at it.

"I'd say that only about one in three fish that I hook make it into the boat, and of those I throw back probably 90 percent." Shark meat, however, rarely gets thrown back.

"There's nothing better than having some friends over for barbecued shark steak and beer," Powers said.

Asked what type of bait works best, Powers replied that octopus is better than most anything, but it all depends on just what the fish are hitting that day. Powers catches his own octopus out of the bay with a snorkeling rig and a spear gun.

He says the octopus are defensive when they see you coming, moving quickly to the ocean floor where they can change color and blend in with the scenery. Once harpooned, however, they become very aggressive often attacking themselves to the diver and attempting to tear away his facemask.

Asked what precautions he takes while spearfishing fish in shark infested waters, Powers replied that he never goes anywhere without his "buddy."

His "buddy," he explained, consists of an inflatable two-man raft that is always attached to Powers when he dives. "If things start to get ugly down there, I just jump in my buddy and I'm safe."

Just how safe one is in an inflatable rubber raft in shark territory is debatable, of course, but it's a safe bet that Cpl. Powers will have something to show for his stay in Hawaii.

By 1st Lt. Scott Banks
VMFA-232 Unit Information Officer



Runner's Forum

Something we all have to deal with as runners is pain. Webster defines it as "punishment, an unpleasant or distressing sensation due to bodily injury or disorder, acute mental or emotional distress or suffering."

Runners experience different levels of pain throughout training and racing. The pain of injury is most common when muscle tissue is torn, tendons and ligaments are strained, and stress fractures occur to bones. This form of pain is a graphic way in which your body tells you to "stop running."

The emotional pain associated with not being able to run is also a reality. Whether due to injury, work or family, when a runner misses workouts, emotional trauma is felt. I like to think

of running as a positive addiction, but there are withdrawal symptoms just the same.

The pain runners must accept if they wish to improve is the one derived from running fast. When you increase the demands on your body to run faster, the resulting pain is felt as oxygen debt — that sensation of heavy breathing, burning lungs and your legs feeling like concrete. The phenomenon of oxygen debt is really a series of complex chemical reactions.

Doctor Gabe Mirkin, a sports medicine expert, defines it as: "during exercise, your muscles burn fat and sugar for energy. If enough oxygen is available in your bloodstream, it breaks down the sugar into

carbon dioxide and water, two substances released from your lungs when you exhale.

"If you exercise long and hard, you may not have enough oxygen to reduce the sugar to carbon dioxide and water. The result is a build up of lactic acid which is a by-product of muscle work. The sequence of chemical reactions stops when lactic acid accumulates in your muscles and bloodstream."

"Lactic acid buildup impedes muscle contractions and can cause you to feel fatigue as well as aching muscles. Your natural reaction to this discomfort is to slow down and breathe hard and fast to get more oxygen."

For those of you who never have experienced this

form of pain, all you have to do is run an interval workout. Intervals can be anything from repeat 100 yard sprints to repeat miles.

The basic idea is to push your body anaerobically (without oxygen) for a distance that you can repeat a number of times with limited amount of rest between each interval. This is the preferred method to improve performance at any distance, but it causes your body to hurt.

There is an expression in distance running that states, "run long, slow distance — race long and slow." So, if you want to improve, you will have to experience some pain.

by Lt. Col. Tom Curran
Camp H. M. Smith

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ASYMCA

Cont. from B-1

life for young military families. She wants to "make a difference."

She says her organization tries to build a level of confidence and trust with people ... to make it comfortable for them to discuss their problems. Pajari and her qualified staff are armed with information, referral services, transportation and 16 to 18 ongoing programs; but most importantly, with the desire to help. "We're here, always ready to do whatever we can," she said.

For more information about ASYMCA services, visit the office in building 455, next to the 7-Day Store, Monday-Friday, from 8:30 a.m. to 4:30 p.m., or call 254-4719/4965.



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N.Y. GIANTS vs. DENVER BRONCOS
in the **MOONGATE LOUNGE**

on our **GIANT WIDESCREEN TV'S**
PREGAME 11 A.M.
GAME 1 P.M.
chili dogs, hot dogs & other munchies available

JOIN US!

FRIDAY Rock 'N' Roll
is back
Friday, January 30
8:30 P.M.-1 A.M.

NASTY HABITS

WINDWARD ENLISTED CLUB
KMCAS **257-2657/2873**

Movie schedule

Family Theater
7:15 p.m., nightly
257-3668

Today
Haunted Honey Moon (PG). Comedy.

Tomorrow, Saturday and Sunday
Labyrinth (PG). Fantasy adventure. A story of a girl's hazardous journey in a race against time to rescue her baby brother who has been kidnapped by Jareth (David Bowie), the ruler of the Labyrinth.

Monday
Turk 182 (PG-13). Drama. Timothy Hutton and Robert Urich. When New York City fireman Terry Lynch is injured and is snubbed by the city's political bureaucracy, his brother does everything he can to bring Terry's case to the attention of the people.

Tuesday, Wednesday and Thursday
Out of Bounds (R). Drama. Darly Cage, a quiet Iowa farmboy, joins his brother in Los Angeles to make a better life for himself. He inadvertently gets involved in a drug deal which leads to murder and his fight for survival.



COMING!

DOUBLE DISCOUNT
Customer Appreciation Tabloid

FEBRUARY 12th

Snip! Snip! We're cutting ad prices up to 50%

SPACE DEADLINE: Monday, February 2 Your discount offer to customers will be matched by the Sun Press when your advertising rate is computed! Knock 50% off clearance items, and buy your ad at half price! Our Double Discount/Customer Appreciation tabloid is sure to be a hit with readers!

CAMERA READY DEADLINE: Friday, February 6

CALL YOUR ACCOUNT EXECUTIVE TODAY! Ph: 235-5881

Sun Press Publishers of Hawaii Marine, Hawaii Navy News, Sun-Flyer, Central Military Sun Press, Windward Sun Press, Leeward Sun Press & Hawaii Kai Sun Press

CLASSIFIED

0 Free Bee

Your ad is FREE if you're giving away something! Published on space available basis. Just call 235-5881 (except Monday and Tuesday).

FREE: Black & wht. pol female, 11 months old, house broken. 422-1358

FREE: Loving cat, great w/ kids, litter trained. Call 839-5584

FREE for good home 11 months old. Part Lab. exci. with kids. 254-5086

3 Aviation

A & P - I.A. Ratings 5-7 days. Guaranteed Hawaii Class starts March 2. Ph. 800-345-APIA

15 Announcements

PEARL Harbor Youth Football League is looking for volunteers for the 1987 season. Current positions are: president, vice-president, treasurer, secretary. 477-6007 for more info. 456-6228 eyes.

20 Lost & Found

REWARD-stolen from car Sun. blue sport bag. Lost Aalapa St. 262-5910

25 Personals

TATTOO eyeliner, permanent cosmetic liner and brows by Marjorie King-Star R.N. & Assoc. Spring Sale 1/2 price. Free brochure. Call 538-0304

REV. Julia McKennaDubin Complete wedding services. All faiths. 734-2622

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

PAIN, PMS, Migraine, Weight, Smoking cont. Past lives regress. Analytical Hypnotherapist 521-1334

CINDY's alterations, custom sewing, redesigning & military work. 10 yrs exp. Will pick up/div 254-5044

CLOTHES made-dresses, pants, shirts, etc. with or without pattern. Quality work. Emilla 254-2581

30 Income Tax

FAST, dep. Income Tax Preparation Short form \$20/Long form \$35. Rachael 949-7223

TAXES? Reasonable rates, across Schofield main gate in Rainbow Divers 621-5362

31 Home Services

BUDGET Painters, mildew wash, excl. rates, satellite guar. 239-5058

HANDYMAN, minor fix to remodel. Any job ok. Free est. Call Tom 235-3313

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

HONOLULU HOME Improvement. Anything from A-Z with your home improvement needs, reasonable rates, free est. No job too small 533-5465

HANDYMAN, exp., reliable, minor home repair & improvements. Kaneohe/Kailua area. Ken 262-9233

HOMEcleaning, weekly, bi-weekly or 1 time. Exp. w/refs. Call 261-4254

31 Home Services

HOUSEWORK done the way you would do it if you had the time. 235-4624

WAIPAHU Carpet Shampoo and housecleaning tool Serving Leeward area since 1970. Free est. 677-4824

SOLDON'S Yard Service. Yard & house services. Others give satisfaction, I give excellent weed control, house & fence painting. Free est. Lic. Refs. 926-8179

DEEP Cleaning household jobs done. Responsible w/refs. By day/week 235-4630

DOMESTIC Cleaning at affordable prices. References. Call 523-7457

LET ISLAND WIDE YARD Service take care of all of your yard needs. Service any area on Oahu 259-8818

0 Free Bee

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***PREPAYMENT REQUIRED**

MONEY SAVING COUPONS
the Sunflower Group • 10695 Lowell, Overland Park, Kansas 66210

How To Pack Linguini With Bay Shrimp & Clams Marinara For Lunch.



Pack It In The Budget Gourmet Lunch Bag!

THE ALL AMERICAN GOURMET CO.

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Carry The Budget Gourmet frozen entree in an insulated, styrofoam Budget Gourmet Lunch Bag. For each Lunch Bag you want, just send \$1.95 (check of money order) plus one Universal Product Code Symbol from the back panel of any of The Budget Gourmet frozen entrees to: The Budget Gourmet Lunch Bag Offer, P.O. Box 7056, Cherry Hill, NJ 08034.

Name _____
Address _____
City _____ State _____ Zip _____

Please allow 6-8 weeks for delivery. This offer is void where prohibited or taxed, is available while supplies last, and expires March 31, 1987.


MANUFACTURER COUPON NO EXPIRATION DATE

The Budget Gourmet® Frozen Entrees.
25¢ Off Any Two
(Regular or Slim Line)

CONSUMER: Coupon good on all The Budget Gourmet products. Limit one coupon per purchase. **RETAILER:** We will pay you face value plus 5¢ handling when you comply with the offer terms. Proof that you purchased sufficient product must be available. Void where prohibited, taxed or restricted. Cash value 12¢. Please mail to: The All American Gourmet Co., Dept. 5970, El Paso, TX 79966. This offer will have no expiration date.

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Dance and Exercise

WINDWARD Dance & Movement, Jazz, tap & prenatal exercise. Call 262-0420

HERBALIFE Indep. Dist. Free product deliv. Louis 845-4757 or Ninn 947-8818

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MASSAGE CLASSES Swedish, Sports, Shiatsu. All classes: 5 wks. 6-9 pm. Mollili Cir. Sun. 2/1-3/1 LCC. Mon. 2/2-3/2 UH Manoa. Wed. 2/16-3/16 Info. 946-9890 Fee: \$35

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

I LOST 50 pounds & 6 inches. gained health & energy - all in just 56 days!! You can too! Call 261-8279 Island wide, free delivery.

HERBALIFE Independent distributor **Call Kris 262-6886** for products!

35 Personal Services

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BERNIE'S Yard Service. Reliable, free estimates. Call 845-0870

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SOLDON'S Yard Service. Yard & house services. Others give satisfaction, I give excellent weed control, house & fence painting. Free est. Lic. Refs. 926-8179

DEEP Cleaning household jobs done. Responsible w/refs. By day/week 235-4630

DOMESTIC Cleaning at affordable prices. References. Call 523-7457

LET ISLAND WIDE YARD Service take care of all of your yard needs. Service any area on Oahu 259-8818

36 Resumes

AAA LOCAL OR OVERSEAS JOB WINNING RESUME
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"By Hawaii's Oldest-Largest" Professional Resume Service
MILITARY/17.1 EXPERTS
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University 942-3644
1019 University Ave., #7B

Hazzard & Lomont
Resumes & Business Writing
Federal Forms/SF 171
Major Credit Cards
Free Consultation

947-8422
765 Amana St. #310
Near Ala Moana Center

Windward . . . 261-7524
580 Ulukou St., Kailua

37 Business Services

DON'T lose another potential customer! Let us answer phone inquiries about your service or product "in depth." 377-5662

50 Business Opportunities

OWN your own Jean-Sportswear, ladies apparel, children's/maternity, large sizes, petite, dancewear/aerobic or accessories store. Jordache, Chic, Leo, Levi, Izod, Gltano, Guess, Calvin Klein, Sergio Valente, Evan Picone, Liz Claiborne. Mentors Only. Gasoline, Healthx over 1000 others. \$14,800 to \$26,900 inventory, training, fixtures, grand opening, etc. Can open 15 days. Mr. Loughlin (612) 888-6555

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MARRIAGES performed By Minister Day 621-8944 evenings

I am an exp. house cleaner, excellent refs. Lmt'd, openings Windward 254-3059

FELIPE Yard and Housecleaning. Call 261-5050 between 2 p.m. and 8 p.m.

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Serving Oahu Since 1977
\$120.00
533-4533
Staff Attorney Gene Bridges

A Public Service Project

I DO EXORCISM Individual, house & property cleansing of all negative & positive spirits. Harry Kubol 734-6986

36 Resumes

RESUME? SF-171 job applications? Look no further. Call Taylor Made Resumes 676-3600 from 5-8 p.m. to set up a free consultation.

THE CLASSIFIED INDEX

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

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

Deadlines:
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**SUN PRESS
NEWSPAPERS 235-5881**

50 Business Opportunities

EXTRA Cash! 50% earnings poss. Avon. Plus sponsorship earnings. 395-6970 Jo.

BEAUTY salon for sale-in Waihawa area. Good location, call Rose 621-6425 days; 621-7951 eves.

55 Money Lended/Wanted
LOWEST rate since 78, 8.5% 8.9 APR \$100,000 30 yr. \$768 mo. loan arranger 924-9655

58 Schools & Instructions
CERAMIC classes - Wed. eves. or Sat. noon. 705 Keolu Dr. 262-8862
ORGAN or PIANO lessons in your home. Ruth Rogers Keyboard Instr. 941-0306

**Do You Need
A School For
Your Child With
Learning
Disabilities/
Dyslexia**
(Reading difficulties?)
**Fairhaven
School**
944-0173

QUICK or Singing lessons \$24 mo. your home 1 hr/wk. 924-3767 after 12; 533-7006

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BELLY Dance The Silent Dance Studio University Ph. 941-8481 or 261-0905

LEARN to draw & paint. Private lessons. 80 yrs. exper. Ph. 261-6906

PIANO-Organ Lessons John Schoulen 247-6010 487-3621

PIANO Lessons-Young beginners & adults. Classical or popular. 456-1346

FEMALE. Male hula classes. Modern/ancient/priv/grp 396-0599 all ages

60 Help Wanted Male/Female
RECEPTIONIST, Clerk-Typist; military wife okay. 488-1993. Ask for Charo.

FULL and part time restaurant help wanted for new BBQ restaurant. Kailua Beach Center. 130 Kailua Rd. Call 261-4115

NEED Christ. teachers & aides for Christ. Preschool & Daycare. 262-4400

ASSISTANT leaders for after school day care. Gisso Center. Phone 239-8833

STUDENT for yard & misc. work, also job in Honolulu shop after school 262-2781

TECHNICAL Illustrator. temporary and permanent positions available. Proficient in assembly drawing. AutoCad exp. desired. Portfolio required. Send resume: Intellect, Inc., Attn: Laura, 925 Dillingham Blvd., Hon., HI. 96817

WANTED: hairdresser hourly or commission exp. prefer. 261-9728 Kailua

**MEDICAL ASSISTANT
LPN**
For busy
medical clinic.
**Experience
necessary.**
Call
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**HALEIWA FAMILY
HEALTH CENTER**

RN's, LPN's & Nurse Aides
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KOKUA NURSES 536-2328

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**TELEPHONE WORK
YOUR HOME**
Flexible schedule, days or evenings. Full or part time, no soliciting. You will be answering inquiries about a variety of our client's services & products. Some calls on commission basis, some calls on piece basis. Must have pleasant phone manner; phone sales experience helpful but not essential. Supervisor needed. CALL "MARKETING" 377-5663
For more information

LOCAL TALENT wntd-Phone solicitors. Hilly pay, bonus & comm. No sales. Part time d/eves. avail. No exper. nec., we train. Pleasant phone voice req. Windward area 239-4094

COOK for preschool, part time morning, cooking exp., math skills. 261-8278

SITTER for 2 children-1 1/2 & 4. 1/28-2/8, 8-5 pm. My home \$5 hr. 261-2293

AVON: Own your own business, be your own boss. Call Kandy 239-8997

OPENING avail. for home cleaners. Windward area. Call 261-4254

SECRETARY-Christlan school Kailua. Wordstar word processor. helpful. 262-8501

HAIRDRESSERS & Manicurists, Razzie Dazzie Hair Co. is expanding & we are looking for innovative people to join our team. 261-2219

WORLD'S Fastest Growing Co. expands to Hawaii! \$2000-\$3000 mo. Call now for appt. 262-6886

DENTAL Receptionist for busy Ala Moana General Practice. Exp. req. lv. message 947-4055

SECRETARY for non-profit organization. Must have typing, good organizational skills and phone manner. Office located in Waihawa. Annual salary \$10,800 to \$15,000 depending on exp. Contact Mrs. Higa at 622-8020 for appt.

FANTASTIC Sam's-Waihawa, looking for qualified hair stylist. Contact Paulette at 545-2722

TURN your needle craft hobby into extra income the Creative Circle way. For details call 836-7862

JANITOR part time-work in afternoon. Kaneohe area 247-2614

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TYPISTS - \$500/wk. at home for info send SASE to: Lori-A, P.O. Box 2247, Pearl City, HI. 96782-8247

PIZZA cooks, cashiers, & drivers w/own car to deliver. Alexander's Pizza Kailua. 261-9006 after 5:00

GENERAL housecleaning once a week Mon. or Tues. 7-3 235-3548 days.

Earn Extra Money Part-time \$6 per hour 5:30 to 9:00 p.m. Mon. thru Fri.

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We need part-time workers immediately to train for our newly established "Discount Buying, Warehouse Outlets." Specializing in clothing, jewelry, radios, toasters, furniture, TVs, microwaves, baby furniture and many more appliances. Following areas are available: Honolulu, Pearl Harbor, Salt Lake, Waihawa, Barbours Point and KMCAS. Other benefits include: Advancement Bonuses and Incentive Pay.

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E S T A T E S
2069 California Avenue (Heights)
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1 week \$2.27 per line
2-4 weeks \$2.18 per line (per week)
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9 weeks + \$1.94 per line (per week)
TAX INCLUDED

Payment must accompany your ads
Sun Press only or MidWeek only rates available on request.

Name _____
Address _____
City _____ Zip Code _____
Bus. Ph: _____ Home Ph: _____
 Charge My VISA MasterCard
No. _____ Exp. date _____

Number of Lines = _____ X Cost per line = _____ X Number of weeks = _____ TOTAL COST _____ Amount Enclosed

1/2 PRICE ad with color coded receipt from carrier, good for 1 week only - during 30 day period. (Sorry, No Phone Orders Accepted On This Offer.)

BUY 2 WEEKS GET 1 ADD'L WEEK FREE!

PLACE YOUR AD HERE
Allow for each letter, punctuation or space. Please do not abbreviate. Please run this ad in your next issue of Sun Press Newspapers

FIRST LINE													

Sun Press

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EUROPE \$599 R/T
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AUSTRALIA \$799 R/T

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TRAVEL MART
373-9824 TA-802

A Workshop for Property Owners
HOW TO MANAGE YOUR PROPERTY

- Effective Advertising
- How to Select Tenants
- Landlord/Tenant Code
- 3 Parts of Rent Contract
- Easy Record Keeping
- How to Maintain Property

Thursday, January 29, 1987 - 7:00 to 9:00 p.m.
Aikahi Park Shopping Center Garden Court
25 Kaneohe Bay Dr., Suite 211, Kailua (Above Theater)
Registration Fee: \$15 Per Person
Speakers: Ken Mesa, Principal Broker
Charles Brower, Attorney; Marjorie Bush, CPA
Call 254-5888 to Register
Sponsored by Pall Properties, Inc.

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BUTTON**

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CLASSIFIED
235-5881

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- To help you save money—and gas!

CALL
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60 Help Wanted Male/Female
\$22,000 A MONTH!
4 years ago I was broke & unsatisfied, now I'm earning \$20,000 + per month. Immediate openings available now for 20 serious people.
Call Mr. Collins 262-6886

63 Jobs Wanted
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73 Apts. Furnished
ENCHANTED Lake-Furn., quiet 7 bdrm. Single person only 262-7299

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KAILUA lga. studio, block to beach \$550 mo. incl. utill., cable & pkg. Avail. 2/1. 261-3001 eves.

75 Apts. Partly Furnished
KAILUA new big studio apt. Faced \$450 mo. Ph. 261-5650 Quiet couple pref.

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KAILUA: Large studio apartment, separate bath, full kitchen, 1 block from beach, utill. incl. Avail. 2/1/87, \$525 plus security. Call Rick 821-9080 or 261-4923

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WAIKIKI Studio, Ala Wai near seaside, security, no parking \$375 utilities incl. Ph. 521-4424

PEARL condo, pool \$450-2 bdrm. kids ok \$550. 943-0091 Rent Mart Fee

KANEKOE apt. utill. incl. \$325-2 bdrm., kids okay \$535. 943-0091 Rent Mart Fee

60 Help Wanted Male/Female
OFFICE CLERK (Upper, lower Windward) Looking for a job in the Windward area? A reasonable individual who is willing to work flexible hours to process invoices & handle all administrative responsibilities. Full time position. If interested please apply at B.J. Furniture Windward Mall, 46-056 Kam Hwy., Kaneohe, HI. 96744

CLEANING help needed now. Perm. part-time days. Call 538-1981 leave name, address & phone #. Military wives ok. Application will be mailed. NKY-Superior Services, Inc.

62 Domestic Help Wanted
BEFORE and afterschool care for second grader. St. Anthony School. Call 254-3117 after 6 p.m.

63 Jobs Wanted
RESPONSIBLE mom avail. for childcare, non-smoker, flex. Miliani 625-1817

QUALITY childcare available in my Milliani home. Ph. 625-1980

WILL babysit in my home wknd only. Waipio Valley Ph. eves. 623-8318

CHILD CARE in my Ironquils home. Full time only. Good refs. 499-1893

WILL babysit one child in my Kaneohe home. Mon. to Fri. 8 to 5. 235-5507

CHILD CARE available in my Miliani home. Full-time M-F. Call Denise 625-1533

LOVING mom will baby sit, my Pearl City home, \$170 a mo., 455-9235

FOR those that are tired of the housecleaning must, call us to bust your dust. Ref. available. 261-8001

WILL have one opening for daycare. Call now for appt. 262-2403

WILL do childcare in my home. M-F. 8 a.m.-6 p.m. exp., refs. 455-8452

SERVICE DIRECTORY

<p>Cleaning Services</p> <p>HOUSEPROUD Cleaning Ser. Res./Comm Reas. prices. Satisfaction guar. 823-8185</p> <p>ALL Your Cleaning Needs Homes, Apts., Offices 538-1981 Free estimate NKY Superior Services Inc.</p>	<p>Handyman</p> <p>K & D HANDYMAN Service Large or small, we do it all For free estimate. Call Ken 235-4833</p>	<p>Yard Service</p> <p>FRED DOMINGO Gen. Yard Care, hauling, loc/appt. cleaning. Free est. 422-7426</p>	<p>Yard/Tree Service</p> <p>DESMOND YARD SQUAD Gen. cleaning, trimming, Hauling. Mnly. rates. Free est. 262-4789 Desmond</p>
<p>Contractors</p> <p>PATIO AND NEW Additions Repair, Remodel. Clifford Iwano C-4477. Ph. 677-4695</p>	<p>Painting</p> <p>LEE'S PAINTING 20 years business exp. Lic C-3658 Ph. 247-1454</p>	<p>Yard/Tree Service</p> <p>YARD SERVICE, tree trim clearing & hauling. "Specializing in Windward & Hawaii Kal areas" 261-5945</p>	<p>Jasmine Gardening residential and commercial yard maintenance, clean-ups, tree service, exp. insured. Armando 254-1341</p>

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<p>\$7,988</p>  <p>1987 CHEVY SPRINT 4 door, hatchback, 5 speed, AM/FM stereo, air conditioning, retail \$8,951.50. Stk 6539</p>	<p>\$11,988</p>  <p>1987 CHEVY CELEBRITY 4 door, automatic, AM/FM stereo, full factory equipped, retail \$13,149.50. Stk 6579</p>	<p>\$16,988</p>  <p>1987 CHEVY CAPRICE 4 door, power windows, power seats, air stereo, loaded, retail \$18,773.50. Stk 6296</p>
<p>\$11,988</p>  <p>1987 CHEVY ASTRO VAN 7 passenger, AM radio, other options available on this model, retail \$15,744.50. L16545</p>	<p>\$10,988</p>  <p>1987 CHEVY S-10 BLAZER 4 cylinder, 4 speed, power steering, radio, heater, and more, retail \$15,901.50. L16473</p>	<p>\$6,888</p>  <p>1987 MAZDA B2000 P'UP Shortbed, 4 spd., bench seats, tinted glass, double wall cargo bed, retail \$8,486.50. M6401</p>

<p>'85 Nissan King Cab 4 dr., 5 spd., 2.8 liter \$6,988</p>	<p>'84 Chevy Chevette 4 dr., 5 spd., 1.8 liter, 24118 \$3,995</p>	<p>'78 Celica GT L/B 4 cyl., 8 spd., 1.8 liter, 243004 \$3,995</p>	<p>'78 Chevy Camaro V6, 8 spd., 1.8 liter, 243111A \$3,995</p>	<p>'82 Chevy Camaro 4 cyl., 4 spd., 1.8 liter, 24501 \$2,998</p>
<p>'84 Chevy S-10 P'Up 4 dr., V6, 5 spd., 2.8 liter, 27105 \$7,988</p>	<p>'78 Chevy Corvette V8, 4 spd., 5.7 liter, 27102 SAVE</p>	<p>'82 Mazda RX-7 GS Sunroof, AM/FM, AC, 23919 \$8,295</p>	<p>'82 Honda Prelude 4 cyl., 8 spd., 1.8 liter, 24364 \$6,995</p>	<p>'79 Ford Mustang 8 cyl., 112, AC, AM/FM, 82775 \$1,595</p>

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<p>81 CHEVY P/U Short bed, Custom Daire 595-TCV WAS \$5100</p> <h3>NOW \$2400</h3>	<p>82 NISSAN 280 ZX Ebony w/gold alloys, Automatic, A/C, AM/FM Cass., Tint COF-712 WAS \$9000</p> <h3>NOW \$7800</h3>	<p>79 PONTIAC GRAN LEMANS S/W A/T, A/C, P/S, P/B, Very Clean, AYN-515 WAS \$3700</p> <h3>NOW \$1900</h3>	

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Great prices. 44-509 Kaneohe Bay Dr., Sat. 8 to 4</p> <p>GARAGE Sale: Sat., 8 to 1, 217 Kuupua St., Kailua, clothing & miscellaneous.</p> <p>MOVING Sale: baby items, dishwasher, waterbed, bikes, roll top desk, sewing machine, everything must go. Sat./Sun., 9-12, 836 Akumu, Kailua</p> <p>STEREO, toys, clothes, toy chest, baby items, dishes, misc. 1/24 8-3 1543 Uluhaku Place</p>	<p>126 Miscellaneous</p> <p>10 HP riding lawn mower, furniture, dishes, rebuilt swimming pool pumps, motors, chemicals, plants, electric & hand tools, electric typewriter, clothing, bicycles, golf clubs, much misc. 591-C Keolu Dr. Sat. & Sun. 1/24 & 1/25.</p>	<p>126 Miscellaneous</p> <p>QUALITY Antiques & collectibles wanted. Brad 262-5226 dir.</p> <p>85 RAINBOW vacuum. Cost \$900. Must sell \$350. Call 735-2055 or 823-7943</p> <p>NEW 31x75x104, 4 dr., Flower Refrigerator \$5000/best offer 262-5210</p> <p>95 FILTER Queen Vacuum. Cost \$850. Must sell \$250. Call 735-4651, 926-7282</p> <p>NEW Picnic Tables \$85; Porch swing \$75 Call 283-8392</p> <p>VACUUM cleaners, like new \$24.95 & up with guarantee. Call 735-8452</p> <p>WANTED: American Indian & Alaskan Collectibles. Brad 262-5226 dir.</p> <p>AMWAY Products delivered, money back guarantee. Call 487-5241</p> <p>WAGNER Power Painter Roller, used only once! Paid \$129.95. Sacrifice \$65. Call Chris 235-5881 days or 235-0387 eves.</p> <p>RALEIGH bicycle, 10 spd. ladies, never used; antique Queen Anne dressing table w/mirror & chair; folding futon. 262-7239</p> <p>MAHOGANY dresser \$60; recliner \$50, Serta sofa bed \$75; Noritake china for 12 \$350. Phone 263-6494</p>	<p>126 Miscellaneous</p> <p>ELECTROLUX Vacuum. Cost \$1000. Must sell \$300. Call 455-9374</p> <p>2 CHEST beds w/mattress \$75 each, good cond. Call 247-1195 after 4 p.m.</p> <p>TREADMILL - Omnitel-trolun Model 1553, 1-9 mph. 7 mos. old. 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January SUPER BOWL Sunday '87



- Super Bowl may not be so super this year Page 2
- Hawaii NFLer says strike is necessary Page 2
- Can you name all 20 Super Bowl winners? Page 5
- How Giants, Broncos scored against same teams Page 5
- How Giants, Broncos match up Pages 8 & 10

Sun Press

SUPPLEMENT TO THE SUN PRESS NEWSPAPERS, HAWAII NAVY NEWS, HAWAII MARINE AND SUN-FLYER

Giants should overwhelm Broncos

By **STACY KANESHIRO**

If history repeats itself, Super Bowl XXI should be a super bore. The National Football Conference champion New York Giants should breeze past the American Football Conference Denver Broncos.

Less than 24 hours after claiming their respective conference titles, the oddsmakers made the Giants seven point favorites. With a deluge of New Yorkers joining in on the betting as game day approaches, the spread should open up to 10.

Last year, the Chicago Bears were 8-10-point favorites over the New England Patriots. The Windy City's team ended up destroying New England, 46-10, in a game that was anything but super. The XXXVI-point margin was the widest in the Super Bowl's XX-year history. Similar odds

were placed on Super Bowls XVII, XVIII and XIX. And the results were similar to last year's super rout.

Aside from historical tendencies, the New York defense should overwhelm the

Broncos. The Giants allowed 236 points during the regular season (and just three in two post-season games), which is second best in the NFL. The Bears led the league in defense

by allowing just 187 points. Denver's offense, though, has scored 378 points and that total isn't even best in the AFC (5th).

The Giants' defense is led by all-pro linebacker Lawrence Tay-

lor, who recently was voted the league's Most Valuable Player award. Taylor led the NFL with 20.5 sacks. Other key players on defense are linebacker Harry Carson and defensive end Leo-

nard Marshall. Marshall has 12 sacks to his credit. All will be playing in the NFL Pro Bowl Feb. 1 at Aloha Stadium.

Denver however, has allowed 327 See GIANTS on pg. 4

NFL players may strike next season

"It's going to be bad for most guys because they're going to be out of a job. (But) it will be good for all players who will play in the future."

—Richard Miano



Enjoy the Super Bowl this Sunday. Aside from next week's Pro Bowl, it may be the last National Football League game for a long, long while. The NFL Players Association is planning to strike next season for a better pension and severance pay benefits, according to New York Jets defensive back Richard Miano.

Miano, a stand-out player at the University of Hawaii, said

that professional football's pension isn't as lucrative as it is in pro baseball, basketball and hockey. He said that a strike seems inevitable, but he's prepared to face the consequences.

"It's going to be bad for most of the guys because they're going to be out of a job," explained the 1980 graduate of Kaiser High School. "But it will be good for all the players who will play in the future."

In order to qualify for the NFL's current pension plan, a player must be in the league for four years. Being on the team for at least three games of the 16-game regular season constitutes a "full year," he said. Miano has completed just two seasons in the NFL, hence a strike — especially one that could cancel the season — would delay his making the minimum requirement. Miano is See MIANO on pg. 8

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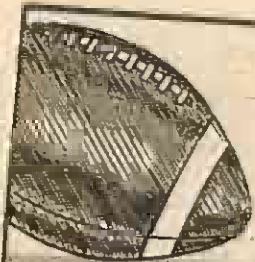
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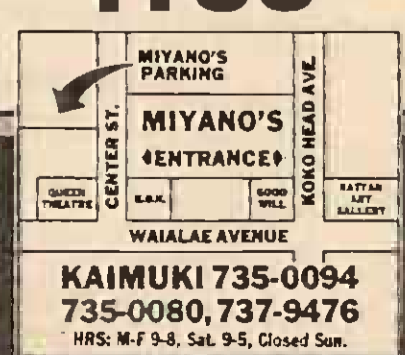
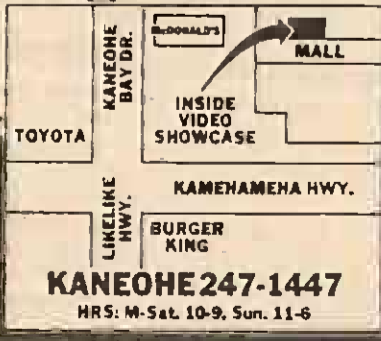
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MIYANO'S



Giants won't let Broncos 'buck' the pregame odds

GIANTS from pg. 2
points this past season. About 42 percent of those points came in the Broncos' final four games of the season. Could that be a sign of wear and tear? If the Broncos aren't tired, they sure were inconsistent on defense. Denver had a string of games in which they held opponents to 13, 10, 9 and 19 points before going on to give up 28, 37, 30 and 41 points. Hence their standard deviation of points allowed during the season is 10.5.

On the other hand, the Giants' standard deviation is seven points, which indicates their defense was less sporadic than Denver's.

The Broncos' defense is anchored by defensive end Rulon Jones, who was third in the

AFC with 13.5 sacks. Other top Bronco defenders are inside linebacker Karl Mecklenburg and safety Dennis Smith. The

Sunday's Super Bowl XXI will be televised by KGMB-TV (Channel 9) starting at 1 p.m. The pre-game show will air at 11 a.m.

three are Pro Bowl selections.

Offensively, both teams appear to be equal. The Giants average 23.6 points per game; the Broncos 23.2. Against common opponents, both are about the same.

The Giants' offense is led by quarterback Phil Simms, who completed 259 of 468 passes for 3,487 yards. As a

whole, the Giants averaged 13.4 yards per complete pass. One of Simms' favorite targets, tight end Mark Bavaro, caught 66 passes for 1,001 yards and four touchdowns.

New York's ground attack is supported by Joe Morris, who rushed for 1,516 yards on 341 carries. One of Morris' blockers is tackle Brad Benson.

Denver's offense is engineered by quarterback John Elway. The Bronco signal caller completed 280 of 504 passes for 3,485 yards and 19 touchdowns. Gerald Willhite is the leading Bronco pass catcher with 64 receptions for 529 yards. Running back Sammy Winder contributed to the Denver ground game with 789 yards on 240 carries.



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New York Giants			Giants-Broncos Vs. Common Opponents			Denver Broncos		
Opponent	Pts. For	Pts. Against	Opponent	Giants	Broncos	Opponent	Pts. For	Pts. Against
Cowboys	28	31	Raiders	14-9	38-36	Raiders	38	36
Chargers	20	7	Chargers	20-7	21-10	Steelers	21	10
Raiders	14	9	Seahawks	12-17	31-14	Eagles	33	7
Saints	20	17	Cowboys	28-31	3-9	Patriots	27	20
Cardinals	13	6	Redskins	17-14	20-13	Cowboys	29	14
Eagles	35	3	Eagles	35-3	14-41	Chargers	31	14
Seahawks	12	17	Chiefs	38	29-14	Jets	10	22
Redskins	27	20	Giants	18	14-11	Seahawks	20	13
Cowboys	17	14	Bengals	34	29-14	Raiders	21	10
Eagles	17	14	Chiefs	38	17-14	Chargers	3	9
Vikings	22	20	Redskins	27-20	31-30	Chiefs	38	17
Broncos	19	16	Eagles	24-14	33-7	Giants	18	19
49ers	21	17	Redskins	17-14		Bengals	34	28
Redskins	24	14				Chiefs	10	37
Cardinals	27	7				Redskins	31	30
Packers	55	24				Seahawks	16	41
Post Season			Post Season			Post Season		
49ers	49	3	Patriots	22	17	Patriots	22	17
Redskins	17	0	Browns	23	20(OT)	Browns	23	20(OT)

PREVIOUS SUPER BOWL WINNERS

Game	Winner	Loser	Site
XX	Chicago (NFC) 46	New England (AFC) 10	New Orleans
XIX	San Francisco (NFC) 38	Miami (AFC) 16	Stanford
XVIII	L.A. Raiders (AFC) 36	Washington (NFC) 9	Tampa
XVII	Washington (NFC) 27	Miami (AFC) 17	Pasadena
XVI	San Francisco (NFC) 28	Cincinnati (AFC) 21	Pontiac
XV	Oakland (AFC) 27	Philadelphia (NFC) 10	New Orleans
XIV	Pittsburgh (AFC) 31	Los Angeles (NFC) 19	Pasadena
XIII	Pittsburgh (AFC) 35	Dallas (NFC) 31	Miami
XII	Dallas (NFC) 27	Denver (AFC) 10	New Orleans
XI	Oakland (AFC) 32	Minnesota (NFC) 14	Pasadena
X	Pittsburgh (AFC) 21	Dallas (NFC) 17	Miami
IX	Pittsburgh (AFC) 16	Minnesota (NFC) 16	New Orleans
VIII	Miami (AFC) 24	Minnesota (NFC) 7	Houston
VII	Miami (AFC) 14	Washington (NFC) 7	Los Angeles
VI	Dallas (NFC) 24	Miami (AFC) 3	New Orleans
V	Baltimore (AFC) 16	Dallas (NFC) 13	Miami
IV	Kansas City (AFL) 23	Minnesota (NFL) 7	New Orleans
III	N.Y. Jets (AFL) 16	Baltimore (NFL) 7	Miami
II	Green Bay (NFL) 33	Oakland (AFL) 14	Miami
I	Green Bay (NFL) 35	Kansas City (AFL) 10	Los Angeles

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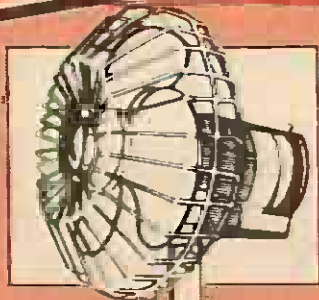
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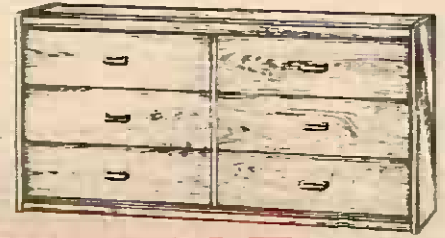
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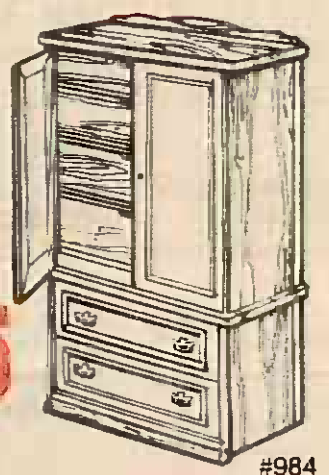
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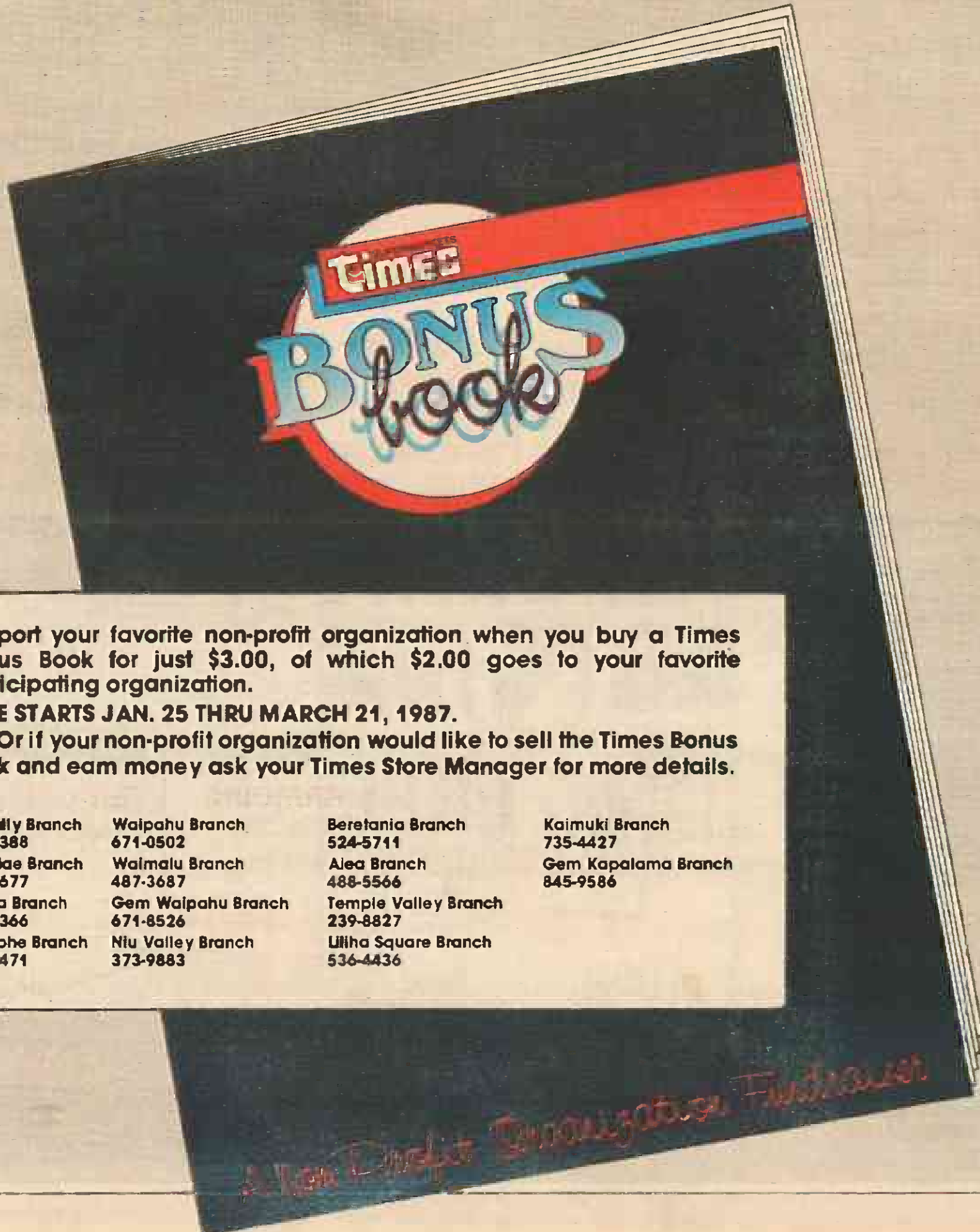
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Regular Season Totals:																	
	1st	2nd	3rd	4th	Com	Att	Int	Yds	Sacked	Ret	Punts	Fumbles	Penalty	Yds			
Off	371	324	558	2246	260	472	22	3140	45	360	1468	79	3527	30	10	36	733
Def	236	284	350	1284	334	586	24	3473	59	411	1967	89	3512	35	19	120	978
Denver Broncos																	
	Won	Lost	Tied	Pct	Pts	Opp											
Pre Season	2	2	0	.500	67	58											
Regular	11	5	0	.688	378	327											
Post Season	2	0	0	1.000	45	37											
Regular Season Totals:																	
	1st	2nd	3rd	4th	Com	Att	Int	Yds	Sacked	Ret	Punts	Fumbles	Penalty	Yds			
Off	378	319	456	1672	305	548	16	3535	38	273	1954	87	3371	24	14	126	910
Def	327	291	432	1651	301	545	18	3304	48	451	2024	66	3701	32	18	128	1029

Miano picks Giants over Broncos

MIANO from pg. 2
in his final year of a three-year contract.

Miano, whose team, the Jets, was eliminated by the Cleveland Browns a month ago in the American Football Conference divisional playoffs, was obviously disappointed that his season came to an abrupt end.

"I think we never

should've lost that game," he said of the Jets' 23-20 loss to the Browns. "We could've beaten Denver and we'd be in the Super Bowl. It would've been the Giants and the Jets and it would've been a great Super Bowl."

Miano has made his prediction of Sunday's winner already.

"I like the Giants. I

mean, I don't like 'em personally," he said of the Jets' interstate (the New York Giants play in New Jersey) rival. "But I think they have the better team. They have the strongest defense in the NFL and I think all they have to do is contain (Denver quarterback John) Elway and they should stop Denver's offense."

-Stacy Kaneshiro

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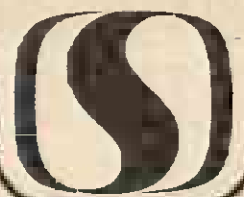
24 Exposure Develop & Mount \$1.69
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8mm & Super 8 Movies (50' only) \$1.59

- K-14 AND E-6 FILMS ONLY
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FINAL NFL STANDINGS

American Conference

Division	Team	Won	Lost	Tied	Pct	Pts	Opp
Eastern Division	New England Patriots	11	5	0	.688	412	307
	New York Jets	10	6	0	.625	364	386
	Miami Dolphins	8	8	0	.500	430	405
	Buffalo Bills	4	12	0	.250	287	348
	Indianapolis Colts	3	13	0	.188	229	400
Central Division	Cleveland Browns	12	4	0	.750	391	310
	Cincinnati Bengals	10	6	0	.625	409	394
	Pittsburgh Steelers	6	10	0	.375	307	336
	Houston Oilers	5	11	0	.313	274	329
Western Division	Denver Broncos	11	5	0	.688	378	327
	Seattle Seahawks	10	6	0	.625	366	293
	Kansas City Chiefs	10	6	0	.625	358	326
	Los Angeles Raiders	8	8	0	.500	323	346
	San Diego Chargers	4	12	0	.250	335	396

National Conference

Division	Team	Won	Lost	Tied	Pct	Pts	Opp
Eastern Division	New York Giants	14	2	0	.875	371	236
	Washington Redskins	12	4	0	.750	368	296
	Dallas Cowboys	7	9	0	.438	346	337
	Philadelphia Eagles	5	10	1	.344	256	312
	St. Louis Cardinals	4	11	1	.281	218	351
Central Division	Chicago Bears	14	2	0	.875	352	187
	Minnesota Vikings	9	7	0	.563	398	273
	Detroit Lions	5	11	0	.313	277	326
	Green Bay Packers	4	12	0	.250	254	418
	Tampa Bay Buccaneers	2	14	0	.125	239	473
Western Division	San Francisco 49ers	10	5	1	.656	374	247
	Los Angeles Rams	10	6	0	.625	309	267
	Atlanta Falcons	7	8	1	.469	280	280
	New Orleans Saints	7	9	0	.438	288	287

FAST EDDIES



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SUPER BOWL SUNDAY

Don't Miss The Action On Our Big 8' Screen!

PRE-GAME — 12 Noon

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BODIES" AND TOYOTA'S LATEST
MODEL TRUCKS!



FEATURES

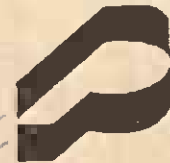
- Double wall roof with reinforcement and insulation allows an evenly distributed top load of up to #250
- Lockable sliding windows with dark tinted safety glass and blacked out frames
- Sliding screens on side windows
- Flush locking wide vision rear door with gas operated door props

- Flexible seal between cab and shell keeps out dust and weather
- Interior Dome Light
- J-Bolt, wing nut hardware makes installation or removal easy
- Gel Coat Finish in non-metallic colors standard
- All metallic colors available in painted finishes including #29 blue and black

TRUCK EQUIPMENT HAWAII

944 AHUA ST. (behind Carpet Corner) 836-0525

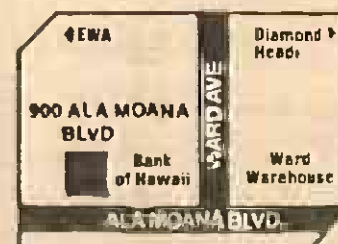
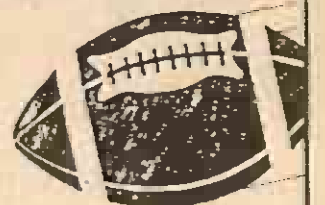
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COMPARATIVE STATS

COMPARATIVE STATISTICS

Category	Giants	Broncos
Won-Loss	14-2	11-5
Home	8-0	4-4
Away	6-2	7-1
Common Opponents	8-2	7-3
Head-to-Head	1-0	0-1

Category	Overall		Against Common Opponents	
	Giants	Broncos	Giants	Broncos
Pts/Game	23	23	21	23
Pts Allowed/Game	14	20	14	19
Yds/Game	336	325	331	328
Yds Allowed/Game	297	389	310	339
Pts/100-Yd	6.88	7.25	6.43	7.24
Pts Allowed/100-Yd	4.96	6.59	4.67	5.88
Pct Yds (Rush)	41%	32%	44%	32%
Pct Yds Allowed (Rush)	26%	33%	22%	34%
Yds/Play (Rush)	4.0	3.6	4.0	3.6
Yds Allowed/Play (Rush)	3.6	3.8	3.5	4.1
Yds Rush/Game	140.3	104.5	149	106.4
Yds Allowed/Game	80.2	103.1	70.8	116.7
Pass Pct	58%	67%	55%	67%
Pass Pct Allowed	73%	66%	77%	65%
Yds/Pass Play	6.0	6.0	5.7	6.5
Yds Allowed/Pass Play	5.3	5.5	5.6	6.2
Yds Pass/Game	196	220	182	239
Yds Pass Allowed/Game	217	206	223	222
Completion Pct	55%	55%	54%	56%
Opp Comp Pct	56%	55%	54%	56%
Yds/Completion	13.4	12.4	13.6	13
Yds Allowed/Comp	11.6	12.4	12.4	13.5
Plays/Game	67.1	65	68	63
Def. Plays/Game	62.1	64	62.8	63.5
Yds/Play	5.0	5.0	4.8	5.2
Yds Allowed/Play	4.7	4.8	4.9	5.3
Turnovers	2.0	1.8	1.9	1.7
Turnovers Received	2.6	2.2	3.3	2.4
Punts/Game	4.9	5.4	5.4	5.0
Opp Punts/Game	5.5	5.3	5.1	4.7

See STATS on pg. 11

HAWAIIAN ISLE USED CARS
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Call for more information

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COMPARATIVE STATS (CONT.)

	Giants	Broncos	Giants	Broncos
Punt Yds/Game	220	210	237	202
Opp. Punt Yds/Game	219	231	201	205
Ret Yds/Game	91	122	87	117
Opp. Ret Yds/Game	122	128	112	133
1st Downs/Game	20	19	19	19
1st Allowed/Game	17	18	18	18
QB Sacked/Game	2.8	2.3	3.3	2.0
QB Sacks/Game (Opp)	3.8	3.0	3.7	3.0
Sack Yds/Game	22.5	17.0	26.3	13.9
Sack Yds Lost/Game	25.8	28.1	26.8	27.4
Penalties/Game	5.9	6.6	6.3	6.4
Opp Pen/Game	7.5	7.8	6.5	8.5
Pen Yds/Game	45	56	50	56
Opp Pen/Game	61	64	55	70

Statistics provided by SCORECAST, a product of Tradewind Software.

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Sherwood Scuba Package
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CONTEST FOR HAWAII'S KEIKI'S!

M&M Juices is introducing a new drink for Hawaii's enjoyment as well as our tourist. Because the children of Hawaii have been chewing on sugar cane for years we are asking them to name our Sugar Cane Man.

The WINNER will receive \$100.00 CASH-AND A NEW BIKE!!

RULES & RESTRICTIONS

1. You must be 13 years or younger.
2. Contest starts 1-8-87 and ends 2-15-87.
All entries must be in by Midnight of 2-15-87.
No more than 1 entry per Child.
3. Must be a resident of the State of Hawaii.
4. Send all entries to:
Sugar Cane Man
94-148 Leowaena St. Bay H.
Honolulu, Hawaii 96797
5. Winner will be announced March 9, 1987.
All entries will become the property of
M&M Juices. No purchase necessary.

MIDWEEK/SUNPRESS

CONTEST FOR HAWAII'S KEIKIS

NAME _____

ADDRESS _____

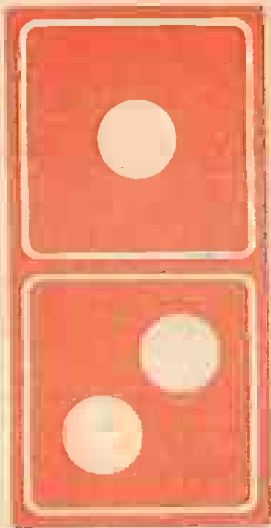
CITY _____ ZIP _____

PHONE _____ AGE _____

DATE _____

SUGAR CANE MAN'S NAME: _____



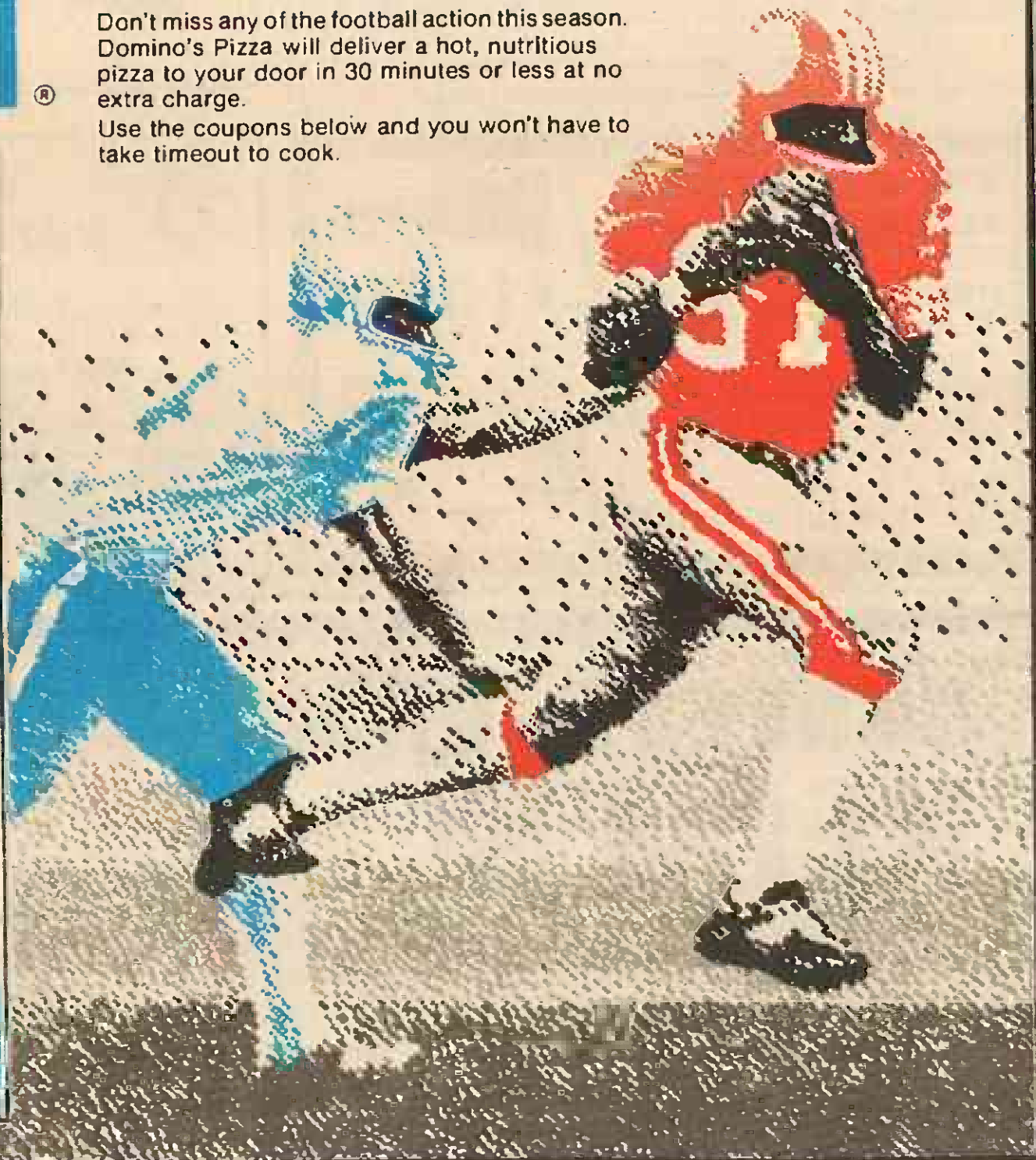


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PIZZA**

Kick off your weekend with a Domino's Pizza!

Don't miss any of the football action this season. Domino's Pizza will deliver a hot, nutritious pizza to your door in 30 minutes or less at no extra charge.

Use the coupons below and you won't have to take timeout to cook.



Check our store closest to you and call your order in now! Then sit back and enjoy the football festivities.

Call us.

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●671-8591
94-193 Farrington Hwy. |
| ●254-6433
25 Kaneohe Bay Dr. | Kaneohe
●235-7575
45-773 Kam Hwy. |
| Wahiawa
●621-0707
674 Kilani Ave. | Milliani
●623-7700
95-221 Kipapa Or. |
| Honolulu
●836-0707
3131 N. Nimitz Hwy. | Pearl City
●456-4233
98-593 Kam Hwy. |
| ●955-8847
2334 S. King St. | Hawaii Kai
●395-8000
7192 Kalanianaʻaʻole Hwy. |
| ●845-9991
1330 Middle St. | Kahala
●735-3655
4224 Waiʻaleʻale Ave. |
| ●524-0811
1613 Nuuanu Ave. | MAHALO NUI LOA! |
| ●737-0888*
3298 Campbell Ave. | Our drivers carry less than \$20 CO.
Prices do not include applicable sales tax. |
| ●942-9600*
1901 Kapiolani Blvd. | |
| ●486-7200
4510 Salt Lake Blvd. | |

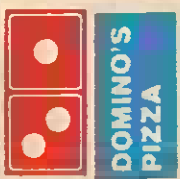
All Pizzas Include Our Special Blend of Sauce and 100% Real Cheese

*Serving Waikiki

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- Call your nearest Domino's Pizza for details

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Expires Feb. 15, 1987
MAHALO!

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\$2.00 OFF any 16" 2-item or more pizza from Domino's Pizza. One coupon per pizza.
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