

Hawaii Marine

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Serving MCAS Kaneohe Bay, 1st MAB, Camp H.M. Smith and Marine Barracks, Hawaii

May 28, 1987

Portion of H-3 to close

If you use the Main Gate to get to and from work, you may have noticed signs saying that H-3 will be closed, but what it does not say is from where to where it will be closed.

According to Albert Nishi, of the State Department of Transportation, as of June 1 the Main Gate will only be accessible from Kaneohe Bay Drive. The portion of H-3 that takes you to the Mokapu interchange to Kaneohe/Kailua off ramp, commonly known as the "saddle back road," will be closed.

An alternate to using Kaneohe Bay drive is recommended. Vehicles coming from the town of Kaneohe, instead of turning left onto Kaneohe Bay Drive, should continue straight to Mokapu Blvd., and enter the Air Station through the back gate.

The construction is expected to last until September if the weather permits. Once the construction is completed, Air Station personnel living in Kaneohe will be able to get to the Main Gate from the ramp on Kamehameha Highway, near the Hawaiian Memorial Cemetery.



1st MAB captures 'Best Military Exhibit'

Sergeant Robert Blair, Company C, 1/3, accepts a cup from RAdm. R.T. Reimann, Commander, Naval Base, Pearl Harbor, on behalf of the 1st MAB for placing first, along with Shore Intermediate Maint. Activity, Pearl Harbor, for having the best military exhibit during Armed Forces Day at Pearl Harbor. More on B-1.

Bad check writing: still serious problem

"But I can't be overdrawn! I still have checks left." Sound familiar?

Bad check writing is getting to be a serious problem in the military service; and if it keeps escalating, there are going to be some equally serious repercussions.

Just to give you some idea about how serious a problem it is, here are a few statistics: From March 1986 to March 1987, there were 823 bad checks written at the three clubs here. The club where the most "bad paper was hung" was the Windward Enlisted Club.

Bad checks totalled \$19,076.31. Add to that service charges, which totalled \$13,547, and that's a serious bundle of money.

When you write a bad check, you will pay service charges, or penalties, which can run as much as \$20, or more, for one check. That is pretty bad when the rubber check you wrote was only for a few bucks.

And, guess what! You can't hide from collectors anymore. According to Marine Corps Order 1700.25, if you don't pay up within a reasonable amount of time, your pay will be garnished. That's a nice way of saying that the amount on your pay check can easily be reduced if you've got some bad checks floating around.

The only one losing is you, because the people who work in the Morale Administrative Support Division, handle checks for Special Services, Exchange, Commissary, and the clubs will get their money, one way or another. Of that \$19,000 in bad checks, about \$3,000 is still outstanding, according to Julie Price, director of MASD.

It's not just a matter between the bad check writer and MASD either. When a bad check comes in, they automatically send out two letters.

One to the writer, and one to his/her commanding officer. If the check isn't immediately paid off, another letter goes out, again to the commanding officer.

Obvious remedy to this "ailment" is to keep track of your account. If you have trouble with it, MCI has a course, titled "Personal Finances," which will help you; to talk to someone at the financial institution you deal with; they'd much rather spend 15 minutes helping you straighten out your account, than to charge you up to \$16 for overdrafts.

If that doesn't help, get rid of your checkbook and pay your bills with money orders. The only thing wrong with this is that people have a tendency to carry too much

See CHECKS A-6

Lauded for community work

Air Station Marines, spouse honored

Members of Hawaii's military community were honored for outstanding service during the Hawaii Chamber of Commerce Spring Quarterly Luncheon, held May 14 at the Hilton Hawaiian Village, as part of Hawaii Military Week.

During the ceremony, "Service Persons of the Year" were recognized for their participation and contributions to the community in three categories — officer, enlisted and military spouse.

Lieutenant Colonel John Winterstein, PMO at MCAS Kaneohe Bay, was the officer recipient for the Marine Corps. He was selected for his participation as Club Scout Master of Pack 225; founder of a Tiger Cub program; as a volunteer in game warden and auxiliary military police programs; and participation

in hazardous waste, beach clean-up and other quality-of-life programs in the Windward community.

The enlisted Marine recipient, GySgt. Ray Westphal, Substance Abuse Control Officer at Kaneohe Bay, is involved with the Boy Scouts as Troop Chairman, Cub Scout Master, Wheelchair leader and Merit Badge counselor. He also has been a soccer coach, swimming and life guard instructor to Scouts.

In the military spouse category, the Marine Corps recipient was Linda Wittenhagen, wife of CWO 4 David Wittenhagen, Ground Electronics Maintenance Officer, Communication Electronics Div., SOMS. She organized the Mokapu Elementary School "Just Say No" drug program;

See HONORED A-3



Gunner Sergeant Ray W. Westphal, Kaneohe Bay and Linda Wittenhagen, Kaneohe Bay, receive the "Service Person of the Year," enlisted category, and "Service Member of the Year," spouse category, respectively, from Frito Lar, President and Chamber of Commerce member, Ken Froelich.



Navy Relief update

The 1987 Onahu Navy Relief Fund Drive is "going very well," according to military key persons around the island, after totalling donations from the first two weeks of the drive.

The drive, which began May 4, has collected approximately \$36,000, according to GySgt. Hubert Maier, the overall keyperson for the drive.

The goal for this year's drive, according to Maier, is to meet or exceed last year's donations of \$125,000. Several units have already met or exceeded their individual goals. They are:

Company B, 7th Comm B, reached 100 percent; Marine Barracks, Hawaii, has 180

percent; and SOMS racked a 100 percent participation.

Individual contributions for Kaneohe Bay are averaging \$18 per person in monthly allotments or one-time contributions, according to Capt. Anthony Fazio, keyperson for the Air Station.

The fund drive will continue until June 4, so if you are interested in contributing, contact your unit keyperson.

For more information call: Camp H.M. Smith: GySgt. Hubert Maier at 477-8226.

1st MAB: Maj. Michael Becker at 257-2528. MCAS, Kaneohe Bay: Capt. Anthony Fazio at 257-2878.

Active duty not exempt

Registering with Selective Service

If you are reaching your 26th birthday before the end of this year, and have not registered with the Selective Service System, do so; being in active duty doesn't exempt you.

According to Selective Service System officials, you can lose the right to certain benefits by failing to register. These benefits include Federal student aid, job training and Federal employment. Also, the SSS does not have the authority to accept registration after an individual's 26th birthday.

In addition, some states require SSS registration to receive student aid, gain entrance to state supported colleges and universities, state employment and permission to practice law.

For those who were born in 1961, this year also marks the end of their eligibility for selection to be inducted under present law if the draft returns. Since registration with the selective service was reinstated in 1980, over 17 million men, ages 18 through 25, have registered; this is 97 percent of those who are required to register.

If you are between 18 and 25 years old, and have not registered, you still have an opportunity to do so at any local post office and avoid the risk of being prosecuted or

losing some benefits. Failure to register is a felony, which is punishable by a fine of up to \$250,000, up to five years in jail, or both.

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'Fighting to lose'

At 51, this Marine proves you're never too old to slim down

Story by
Cpl. Diane Oban

more than 60 pounds, which wasn't easy for the Abilene, Texas, native.

1stSgt Ira Black

First Sergeant Ira Black projects an imposing appearance when someone first meets him. He is 6-foot, 4 inches tall and weighs in at 230 pounds. At age 51, he has been "around the block," literally.

His military career has taken him to both mainland coasts, here and Vietnam. Currently, he is waging — and winning — his own private battle against weight. In the past six months, he has lost more than 60 pounds.

"Before I lost the weight, I felt fit because I could carry my weight with no problems. I lost it when Col. Cunningham, commanding officer of BSSG-1, pointed out that all his first sergeants are leaders. I interpreted it as an order that, to be a leader, you have to look your best and be the best in the company. That's why I started the weight loss program," said Black.

Initially, Black weighed in at approximately 300 pounds. It took him six months to lose

"I ran twice a day and ate one meal a day. At first, I had gotten down to 209 pounds, but it made me sick. The doctor said I lost too much weight in too little time, and was dehydrating myself," said the first sergeant. "So I was put on 14 days bedrest, told to eat three meals a day, and maintain my weight at 230 pounds."

"When I started building myself back up, I was allowed to PT at a slower pace, eat one meal a day and a snack every now and then."

For his one meal a day, Black eats a well-balanced meal. During the day, he'll

drink juice or eat a piece of fruit. The fruits and juices he eats helps hold-off the cravings of his "sweet tooth."

"The only PT I got hot behind was running," he said. "In the beginning, I took it slow; in fact, I didn't even run a mile at first. Now, I run between six and eight miles a day," Black said. "Once I lost the weight, I could keep up with the company and group runs at a faster pace. My last PFT was a first class, and I ran it in 23 minutes."

He does some weightlifting too. "I was an All-Marine weightlifter in 1963-65. I was also in All-Marine and Inter-service boxing," he continued.

Black grew up in Texas. He attended Cisco Junior College, and in 1959 went to Prayerview A&M. In college, he was All-American in boxing and football. He was drafted before he could finish college and enlisted in the Marine Corps in January 1960.

It took him six months to lose more than 60 pounds, which wasn't easy...

After attending boot camp in San Diego, he stayed there as a Military Policeman. He was then assigned to Camp Pendleton and went overseas. In 1965, he was meritoriously promoted to staff sergeant and was sent to Vietnam for his



First Sergeant Black works out in the weight room at the Station gym.

first of two tours.

He received a battlefield commission to second lieutenant and remained an officer for seven years. Shortly after receiving his commission, he was "blown out of a hole" in Vietnam and woke up 14 days later in California at Oakland Naval Hospital.

After his second tour, he was reverted to gunnery sergeant and assigned to Division

Schools. He was promoted to master sergeant in 1979, and then was redesignated as a first sergeant.

While there, he has been acting sergeant major for HMH-463 and first sergeant for H&S Co., 1st MAB. Now he is the first sergeant for Supply Co., BSSG-1.

First Sergeant Black, a devout Pentacostal, has led a full life and passes on these

words: "If you want to lose weight, it takes a lot of heart and guts to go out there and do it."

"I gave my problems to the Lord. He has always found solutions for me. Matthew 7:7 says Seek and ye shall find; knock and the door will be open; ask and it will be given." That's what gives me the encouragement to run every day."



First Sergeant Black wears his old trousers to show his weight loss.

Hawaii Marine

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Commanding Officer Col. W.E. Donnell
Public Affairs Officer Maj. Stan Gould
Editor SSgt. Virginia Bueno

Thinking thin

Story by
Sgt. Diane Oban

Every day people spend thousands of dollars on special diet pills, health foods, books and advertisements that say things like: "A slimmer, better looking you in just 10 days," or "Be free from fat by sleeping it off with our new and improved pills. Just send \$29.95 to..."

Do they work? Are people able to keep the weight off? Are they endorsed by credible doctors or medical organizations?

According to the Branch Medical Clinic's Lt.Cdr. Sharyn A. Burke, Pediatric Nurse Practitioner and weight control officer, rapid weight loss can cause a variety of medical problems from dehydration to liver and kidney malfunctions.

"It is recommended that people wanting to lose weight see a doctor to find the safest, most effective weight loss program for

Helpful hints for losing pounds

themselves," she said. "It is especially recommended for those individuals who are 20 percent or more over their ideal weight."

According to Burke, it is feasible to lose five pounds or more in the first two weeks, depending on the caloric intake and the amount of water retained in the body. "Once the body loses fluid, it starts burning up fat deposits and the weight loss becomes slower. Because of this reduction, it may become discouraging to some people," Burke said.

Other discouraging factors involved in weight reduction are eating bland, low-cal foods that taste worse than they look; losing five pounds one week only to gain back three the next; and the ever-painful thought of exercise.

Weight reduction doesn't have to be like a punishment if it is put into perspective. A few modifications need to be made, but it is possible to eat good tasting, well-balanced meals and still lose weight. Burke offered these helpful suggestions: plan a daily diet instead of individual meals to include foods from the four basic food groups. Your body needs the nutrients found in each of them.

There are only so many ways to dress up cottage cheese. Eating the same thing day after day gets boring, so when planning a daily menu use a variety of foods. It is possible to eat almost anything, but make the portions smaller.

Drinking a glass of water about 30 minutes before eating is healthy and can

also give a full feeling in the stomach.

A friend, relative, or support group can possibly give that little bit of encouragement needed to stay on a diet.

"Cheating" on a diet can leave the most innocent person feeling guilty. The key to a successful diet is sticking with it, and trying a little harder next time.

Exercise is one of the most important parts of weight reduction. Starting out slowly is the key to avoiding injury and unnecessary pain. Low impact aerobics or speed walking is especially good for people who don't normally exercise.

The Marine Corps Institute also offers a course entitled "Basic Nutrition," MCI 33.16h, which gives helpful information on subjects like nutrition, vitamins, carbohydrates, how food is used by the body, and planning a reducing diet. To obtain this course see you unit training NCO or MCI clerk.

SAFETY advisory

There is no such thing as being too safety conscious. When at work or home, taking precautions can prevent a terrible accident, or even death.

The following are recent accidents reported by the Navy Safety Center, Norfolk, Va., which could have been prevented by paying closer attention to safety precautions and the "dangerous" environ-

ment we live in. A lieutenant commander and his wife in a convertible sports car hit a curb causing the car to roll over. The occupants were not wearing seatbelts. The driver suffered a broken neck, hand, and shoulder; the passenger was treated and released.

While riding his motorcycle, a corporal and his wife were thrown off after they rear-

ended another vehicle. Neither person was wearing a helmet or vest. The corporal had minor leg injuries, but his wife died from head injuries.

A lance corporal driving home on leave fell asleep after 12 hours behind the wheel. He was not wearing a seatbelt and was killed.

A sailor and his father were cleaning and loading guns. The sailor loaded a .22 caliber

rifle and handed it to his father, who laid it on the table. The gun fell and discharged; there were no injuries.

Two sailors were assembling a mulcher, when one of them inserted his finger through the top and bottom holes to check for alignment. When force was applied to shift the blade, the sailor's finger was cut off.

Navy Chief of Chaplains visits Air Station



After meeting with BGen. G.L. Cates and Col. W.E. Daniell, RearAdm. John R. McNamara speaks with 1st MAB's Chaplain Herbert L. Bergama (l) and Air Station Command Chaplain Richard Flick.

Navy Rear Admiral John R. McNamara, Chief of Chaplains/Director of Religious Ministries from the Office of the Chief of Chaplains, visited the MCAS Kaneohe Bay on May 12 to conduct his annual professional development training meeting for all chaplains on the island.

Upon his arrival, he visited with BGen. G.L. Cates, commanding general, 1st MAB, and Colonel W.E. Daniell, RearAdm. Air Station commanding officer.

His visit gave the Chief of Chaplains insight on how the chaplains are giving commands advice on moral and ethical values which, according to RearAdm. McNamara is, "a very vital role in helping the military perform its mission."

This year's training seminar, one of 12 meetings

throughout the world, is on the scriptures. "In the Chaplain's Corps," explained McNamara, "we provide ministry from our own background, and then we facilitate our teachings to everyone else."

The chaplain's job, according to McNamara, is not only to help people with their religious preference, but to ensure that everyone has the opportunity to worship in their own tradition.

"In order to conduct other

services comfortably and freely, we like to have the chaplains appreciate the various approaches to scripture which," continued McNamara, "enhances the chaplain's knowledge and skill in meeting the religious needs of the people."

"In the Marine Corps, you take an oath to defend the constitution. The chaplain defends the nation by nourishing those who's values this nation is built on," concluded the admiral.

DoD protects, conserves environment

There is a sign at the entrance to the National Aquarium in Baltimore. It reads, "We don't inherit the earth from our ancestors, we borrow it from our children."

The quote accurately portrays how DoD views its responsibility toward the environment. It's a major responsibility. Consider: DoD manages nearly 1,300 installations worldwide. Included is over 24 million acres of public property in the United States consisting of natural resources that need to be protected and conserved.

DoD uses more than 5,000 military and civilian personnel to control pollution, protect the environment and

help manage the natural resources on installations.

Christina Ramsey, deputy director for environmental planning in DoD's Office of Environmental Policy said, "The reason we put an enormous amount of time and effort into protecting the environment is because it's wise to do it, not just because there are laws that say we must."

Land management is a major responsibility. Ramsey said one of DoD's goals is to care for natural resources under its jurisdiction without using appropriated money. "We do this by selling timber or letting farmers and ranchers lease DoD-owned land," she said. DoD then takes this income and puts it back into the natural resources program.

DoD's efforts in pollution abatement and environmental restoration have been

noteworthy, said Ramsey. "We want to minimize air, water and land pollution," she said. In fiscal 1986, DoD spent more than \$300 million on hazardous waste cleanup and more will be spent this fiscal year.

Other efforts show ingenuity. For example, the solvents that had been used to clean aircraft, helicopters and tanks were found to be polluting ground water. DoD now advocates hauling those vehicles with tiny beads that wouldn't hurt the finish but still do the job.

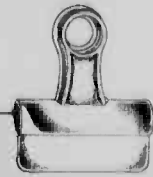
Informing DoD's 3 million members about the importance of preserving the environment is also a big job. "We want to make each member of the family, including spouses and children, aware of their responsibility," said Ramsey.

For example, at Fort Carson, Colo., each new trainee

is required to attend a briefing on environmental restrictions on that major training installation. He's told to avoid hitting trees with his tank and not to throw waste oil down a storm drain," said Ramsey.

Conservation is another big job. "We have only 300 people assigned to our natural resources program," pointed out Ramsey. "We're not staffed to be self-sufficient. Instead, we rely on the cooperative spirit of many others to help ensure all federal, state and local laws are met."

AFPS



Magistrate information

When receiving traffic tickets or a citation for a minor offense, many servicemembers don't know where to go or how to take care of their tickets if they are pleading innocent.

Traffic and minor federal offenses are referred to the U.S. Magistrate of the Federal District Court of Hawaii. Persons charged with minor offenses can mail their fines. Persons charged with mandatory court appearance, or those who wish to enter a plea of innocent, are required to appear before the U.S. Magistrate.

Traffic points awarded by the U.S. Magistrate and points assessed in the Administrative Traffic Court are recorded at the Provost Marshal Office here. The accumulation of 12 traffic points in one year, or 18 in two years, will result in the revocation of driving privileges on the Air Station for one year. A conviction for driving on the Air Station under the influence of alcohol will result in a mandatory one-year revocation of on-station driving privileges.

HONORED

From A-1

secretary of the Windward School District's Parent Advisory Council; and volunteer at the Benjamin Parker School Library and Kaneohe Bay Red Cross. Those who work with her consider Linda a "full-time volunteer."

The awards were presented by Kenneth Froelich, member of the military Affairs Council and president of Frito Lay of Hawaii, and Ed Hirata, a member of the Armed Services Council and also the Hawaii Director of Transportation. Former Chief of Naval Operations, retired Adm. Thomas B. Hayward, was a guest speaker for more than 500 Chamber of Commerce members and military personnel.

Admiral Ronald J. Hays, U.S. Commander in Chief, Pacific, presented the Department of the Army Community Relations Award of Excellence to John D. Bellinger, chairman and chief executive of First Hawaiian Bank, who established the "Know Your Neighbor" Program.

By Cpl. J.G. Wickwire, FMF PAC PAO

Drinking, driving and the 'Morning After'

Everyone knows that people who drink and drive are a danger to themselves and to others.

Now, there's a new question. Just how dangerous are those same people "the morning after?" How does a hangover affect driving abilities?

A report in the Journal of the American Medical Association has some intriguing answers. It discusses tests performed in Sweden that showed hangovers may diminish driving ability by as much as 20 percent — even when Blood Alcohol Concentration is 0.

Twenty-two volunteers took part in the test. After practicing several difficult driving maneuvers over a period of time, the subjects

were wine and dined. The drinking stopped at midnight and after eight hours sleep, the 22 were awakened and fed breakfast.

When their BAC was zero, they were asked to perform the same driving maneuvers they had practiced earlier. The journal reported that a 20 percent decline in driving ability was recorded; and 19 of the 22 subjects had considerably poorer marks while hung over.

The journal also reported that it didn't make any difference how the test subject felt the next morning. Those who felt all right drove just as badly as those who didn't.

Reprinted from the "Sentry," April '87

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Salutes



Sgt. Diane Oban photo

Top squad leader graduates

Seven members of the Tube-Launched, Optically-Traced, Wire Command-Linked Weapons System (TOW) Platoon, recently graduated from Infantry Squad Leaders Course at Camp Pendleton in the top 15 percent of the class. (Back row from left) Corporal John Girgan, gradu-

ated 14th; Sgt. S. Paul Mangun, 13th; Cpl. Robert Hughes, 1st; and Corporal Dennis Stieber, 3rd. (Front row from left) Cpl. Joe Perry, graduated 6th; Cpl. Denis W. Haynes Jr., 12th; and Cpl. Ronald Runk, 4th.



Sgt. J.A. Simon photo

Certificate

Lance Corporal Daniel W. Klukas, Classified Material Control Center, receives a Certificate of Commendation from Col. G.E. Castagnetti, CO of Camp H.M. Smith, as SgtMaj. P.W. Todd, looks on.

B Co., 7th CommBn.

Welcome Aboard
LCpl. K.M. Berry
Sgt. W.J. Leehang
Meritorious Masts
LCpl. R.K. Nelson
Cpl. J.C. Nelson
Certificates of Commendation
Sgt. M.A. Groth

BSSG-1

Welcome Aboard
PFC L.H. Armstrong Jr.
PFC W. Hammond III
PFC C.D. James
PFC M.A. Moore
LCpl. E.L. Delafuente
LCpl. M.A. Ledezma
LCpl. L.J. Proples
LCpl. L. Trantham

Certificates of Commendation

Cpl. J.W. Ella
Cpl. M.F. Thornhill
Cpl. G.C. Thronton
Sgt. S.A. Walker
GySgt. V.P. Courneyz
Good Conduct Medals
LCpl. F.L. Garcia
LCpl. R.M. Hershman
Cpl. D.R. Hefner
Cpl. R.G. Mitchell
Cpl. B.J. Runyan
Sgt. D.L. Crockett
Sgt. F.R. Gomez
Sgt. E.A. Pinkent
Reenlistments
Cpl. J.F. Marbury
Cpl. D.L. Mead
Sgt. E.W. Maxwell
GySgt. G.J. Staubin

2nd Bn. 3rd Marines Promotions

PFC M.C. Fiscus
PFC V.C. Vajenzuela Jr.
CLpl. T.K. Bivona
LCpl. K.W. Lacombe Jr.
LCpl. J.W. Lowe

3rd Bn., 3rd Marines Promotions

PFC V. Yazzie
LCpl. M.D. Brokish
LCpl. M.C. Detweiler III
LCpl. E.R. Fenrich
LCpl. R.D. Loeffelman
LCpl. M.D. Macravey

PFC D.W. Wood
LCpl. V. Anthony



Marine of the Quarter

Corporal Vernell McClinton, of TOW platoon, is the 1st MAB's "Marine of the Quarter" for the first quarter in 1987.

LCpl. L.A. Maes Jr.
LCpl. K.W. McGilvray
LCpl. K.W. Rains Jr.
LCpl. E.E. Rita
LCpl. D.M. Salas
LCpl. B.G. Barbeau
Cpl. M.P. Bradley
Cpl. J.R. Lipps Jr.
Cpl. M.R. Pfleger
Cpl. G.S. Webber
Good Conduct Medals

LCpl. D.L. Atkins
LCpl. A.D. Robertson
Sgt. T.W. Crider

Marine of the Month
LCpl. T.W. Dardeen
Meritorious Masts
PFC D.R. Delgado

Continued A-5

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WHEN: MAY 30 & 31
TIME: SAT NOON-10pm
SUN 10am-6pm

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2810 Pao Street **833-6619**
OPEN 6AM-10PM

Kaneohe Club
45-608 Hom Hwy. **235-5839**
OPEN 6AM-10PM

Salutes



Navy Achievement Medal

First Lieutenant W.R. Schopmeyer, G-3 training officer, receives a Navy Achievement Medal from BGen. G.I. Cates, commanding general of 1st MAB, for his outstanding work while serving as the 1st MAB's training officer.

From A-4
PFC W.J. Fletcher
NCO School Grad
1st Pl. R.T. Bradley



Meritorious Mast

Sergeant Russel S. Tupper, Camp Smith, received a Meritorious Mast recently.

Cpl. M.C. Cispieno
Cpl. D.L. Hoess
Cpl. B.S. Reminger
Cpl. C.F. Rodriguez

SNCO Academy
Top grad
F Co., 2/3
Sgt. Eddie J. Fortson



SNCO grad

Sergeant Robert Berg, of HQS Co., 3rd Marine Regiment (Rein), 1st MAB, graduated second from the Staff Noncommissioned Officers Academy's Class 3-87 at MCAS, El Toro, Calif.

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*96 S. Kam Hwy *Schiffing *Waihiau 622-3919

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Religious Services

Kaneohe Bay 257-3552

Weekdays
11:45 a.m. — Catholic Mass
Fridays
Noon — Jewish Prayer Services, Bldg. 401

Saturdays
6 p.m. — Catholic Mass

Sunday
7:30 a.m. — Catholic Mass
8:30 a.m. — Protestant Communion
9:30 a.m. — Protestant Sunday School, Pro-School Bldg. 1301
9:30 a.m. — Catholic Mass
11 a.m. — Protestant Worship
4 p.m. — Sargant Congregation
4 p.m. — Gospel Hour

Confederacy of Christian Doctrine for Catholics is held on Mondays 1:30-2:30 through Kindergarten levels are taught at the Chapel, 3:45 to 4:45 p.m. Grades 1-12 are taught at Mokuau Elementary School, 6:35 to 7:45 p.m.
Confession Reconciliation for Catholics is held up to 15 minutes before each mass or can be scheduled on an individual basis by appointment.

Camp H.M. Smith 477-5098

Sunday
8 a.m. — Catholic Mass
9:30 a.m. — Protestant Worship
9:30 a.m. — Protestant Sunday School

Tuesday
8:30 a.m. — Catholic Mass

Wednesday
9:45 a.m. — Prayer Breakfast
7 p.m. — Choir rehearsal

Friday
8:30 a.m. — Catholic Mass

Aloha Jewish Chapel Pearl Harbor 471-0050

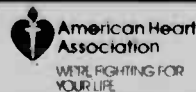
Friday
8 p.m. — Shabbat
Saturday
10 a.m. — Shabbat and Torah Study

Gospel Worship

Gospel worship is now being held on Sundays, from 4 to 5 p.m. at the Air Station Chapel, and includes singing and spiritual worship.

The services are conducted by Reverend Willie T. Glynn, Jr., the pastor of Trinity Missionary Baptist Church of Honolulu, and all are invited to attend.

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INCLUDES: STEAKS, ROASTS, GROUND BEEF, PLATE MEAT

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FREE CHART SECTIONS

We the People

of the United States, in order to form a more perfect Union, establish Justice, insure domestic Tranquillity, provide for the common Defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

Articles 4-7 of the Constitution

ARTICLE IV

Section 1 Full Faith and Credit shall be given in each State to the public Acts, Records, and judicial Proceedings of every other state. And the Congress may by general laws prescribe the Manner in which such Acts, Records, and Proceedings shall be proved, and the Effect thereof.

Despite the apparent simplicity and clarity of this provision, it has been the source of an enormous amount of litigation on highly technical grounds, so much so that Justice Robert H. Jackson, in writing about it, called it "the Lawyer's Clause of the Constitution."

This clause is invoked most often today in divorce cases in which one of the spouses goes to another state to obtain a divorce, and in workers compensation cases in which the employment contract is drawn up in one state and the employee is injured in another state. Not only is there a question of which state's court has jurisdiction and what credit the other state's court should give to the first one's judgement, a question also exists about which state's law should take precedence when laws conflict.

Section 2 The Citizens of each State shall be entitled to all Privileges and Immunities of Citizens in the several States.

A person charged in any State with Treason, Felony, or other Crime, who shall flee from Justice, and be found in another State, shall on Demand of the executive Authority of the State from which he fled, be delivered up, to be removed to the State having Jurisdiction of the Crime.

No Person held to Service or Labour in one State, under the laws thereof, escaping into another, shall, in Consequence of any law or Regulation therein, be discharged from such Service or Labour, but shall be delivered up on Claim of the Party to who such Service or Labour may be due.

Section 3 New States may be admitted by the Congress into this Union; but no new States shall be formed or erected within the Jurisdiction of any other State; nor any State be formed by the junction of two or more States, or Parts of States, without the Consent of the Legislatures of the States concerned as well as of the Congress.

The Congress shall have Power to dispose of and make all needful Rules and Regulations

respecting the Territory or other Property belonging to the United States, and nothing in this Constitution shall be so construed as to Prejudice any Claims of the United States, or of any particular State.

Section 4 The United States shall guarantee to every State in this Union a Republican Form of Government, and shall protect each of them against Invasion, and on Application of the Legislature, or of the Executive (when the Legislature cannot be convened) against domestic Violence.

Although theories have conflicted about the privileges and immunities clause of Section 2, paragraph 1 (plus another in the 14th Amendment), it has become settled doctrine that the clause only forbids a state from discriminating against citizens of other states in favor of its own. But there are certain privileges and immunities for which a state, as *parens patriae*, may require a previous residence, such as the right to fish in its streams, to hunt game in its fields and forests, to divert its waters, or even to engage in certain businesses of a quasi-public nature, such as insurance.

Paragraph 2 deals with extradition. By a 1793 act of Congress, this responsibility was delegated to the governors of the states. But the Supreme Court later ruled that while the duty is a legal one, its performance cannot be compelled by writ of mandamus. Consequently, governors of states have often refused compliance when, in their opinion, substantial justice required such refusal. Section 3, paragraph 2, clearly gives Congress the sole power to dispose of and make rules respecting territory or other properties that Franklin D. Roosevelt ignored when he exchanged U.S. Destroyers for British military bases.

ARTICLE V

The Congress, whenever two thirds of both Houses shall deem it necessary, shall propose Amendments to this Constitution, or, on the Application of the Legislatures of two thirds of the several States, shall call a Convention for proposing Amendments, which, in either Case, shall be valid to all Intents and Purposes, as Part of this Constitution, when ratified by the Legislatures of three fourths of the several States, or by Conventions in three fourths

thereof, or the one or the other Mode of Ratification may be proposed by the Congress. Provided that no Amendment which may be made prior to the Year One thousand eight hundred and eight shall in any Manner affect the first and fourth Clauses in the Ninth Section of the first Article; and that no State, without its Consent, shall be deprived of its equal Suffrage in the Senate.

Although a movement to call a constitutional convention to approve an amendment requiring a balanced federal budget gained temporary momentum in 1979, only the first method of proposing amendments has ever been applied successfully.

All proposals, except the one to repeal the 18th Amendment, have been referred to state legislatures. In that one instance, Congress prescribed that the proposal should be ratified by popularly elected conventions chosen especially for the purpose, but it left the details of their summoning to the several state legislatures. What resulted in most states was a popular referendum; the conventions were made up almost entirely of delegates previously pledged to vote for or against the proposed amendment.

During the controversy in the 1970s over ratification of the proposed Equal Rights

Continued A-8

Heart Answers



Risk Factors

Researchers have identified a number of characteristics or habits (called risk factors) which increase the chance that an individual will develop coronary heart disease. While not all risk factors can be controlled, such as age, sex, race and heredity, many can be controlled or corrected by the individual. The risk factors which can be controlled or corrected are: dietary habits (especially those leading to high levels of blood cholesterol and overweight or obesity), high blood pressure and cigarette smoking.

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CHECKS

From A-1

cash around, opening themselves to theft. The remedy for this is to open a savings account, which usually cannot be overdrawn.

There are several ways to keep from overdrawing your account, short of waiting for your checks to run out. You may have to swallow some pride in asking for help, but that beats watching your hard-earned stripes disappear; or paycheck dwindle when creditors get hold of it.

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6/28-7/3

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The Military Police Department has unclaimed found items waiting to be identified and picked up by owners.

There are 27 bicycles; five sets of keys; set of golf clubs and a golf bag; a skate board; a dog collar with a set of keys; a sweater; a cassette recorder; a wallet; and a stereo. There are also several vehicles considered abandoned.

Items lost and found, and abandoned vehicles, are held for 120 days, and are then turned over to the Defense Reutilization and Marketing Office for disposal.

If any of these items are yours, contact the Lost and Found NCO at 257-2103.

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Marine Corps Exchange

Kaneohe Bay

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SALE ENDS 6/6/87

"We the People . . ."

From A-6

Amendment, the perennial question has arisen as to whether a state legislature that has ratified an amendment may later reconsider its vote before the amendment is ratified by three-fourths of the state legislatures. This question has not been definitively settled. In passing a resolution in 1978 to extend the deadline for ratification of the amendment however, the Senate specifically rejected an amendment to allow the states to rescind earlier ERA ratification.

The first of the two exceptions to the amending power became obsolete in 1808. The second, that "no State, without its Consent, shall be deprived of its equal Suffrage in the Senate," explains why the Senate is the only legislative body in the United States whose composition is exempt from the Supreme Court's one-man, one-voting ruling in *REYNOLDS V. SIMS* (1964).

ARTICLE VI

All Debts contracted and Engagements entered into, before the Adoption of this Constitution, shall be as valid against the United States under this Constitution, as under the Confederation.

This Constitution, and the Laws of the United States which shall be made in Pursuance thereof, and all Treaties made, or which

shall be made, under the Authority of the United States, shall be the supreme Law of the Land; and the Judges in every State shall be bound thereby, any Thing in the Constitution or Laws of any State to the Contrary notwithstanding.

The Senators and Representatives before mentioned, and the Members of the several State Legislatures, and all executive and judicial Officers, both of the United States and of the several States, shall be bound by Oath or Affirmation, to support this Constitution, but no religious test shall ever be required as a Qualification to any Office or public Trust, under the United States.

The paragraph containing the supremacy clause has been called the linchpin of the Constitution because it combines the national government and the states into one governmental system, one federal state. It indicates that although the powers of national government may be strictly enumerated, they are supreme over any conflicting state powers whatsoever.

Accordingly, when a conflict occurs between national and state law, the only question to be answered is, ordinarily, whether the former represents a fair exercise of Congress's power.

ARTICLE VII

The Ratification of the Conventions of nine States, shall be sufficient for the Establishment of this Constitution between the States so ratifying the Same.

Done in Convention by the Unanimous Consent of the States present the Seventeenth Day of September in the Year of our Lord one thousand seven hundred and Eighty seven and of the Independence of the United States of America the Twelfth.

In witness whereof We have hereunto subscribed our Names, G. Washington — President, and deputy from Virginia
New Hampshire: John Langdon, Nicholas Gilman
Massachusetts: Nathaniel Gorham, Rufus

King
Connecticut: Wm. Sml. Johnson, Roger Sherman
New York: Alexander Hamilton
New Jersey: Wil. Livingston, David Brearly, Wm. Paterson, Jona. Dayton
Pennsylvania: B. Franklin, Thomas Mifflin, Robt. Morris, Geo. Clymer, Jhos. FitzSimons, Jared Ingersoll, James Wilson, Gony Morris
Delaware: Geo. Read, Gunning Bedford jun, John Dickinson, Richard Bassett, Jaca. Hroop
Maryland: James Mellanry, Dan of St. Thos. Jenifer, Dan Carroll
Virginia: John Blair—, James Madison Jr.
North Carolina: J. Rutledge, Charles Cotesworth Pinckney, Charles Pinckney, Pierce Butler
Georgia: William Few, Abr. Baldwin

"Promptness is the greatest of military virtues, evincing, as it does, zeal, energy, and discipline."
— Gen. Daniel Harvey Hill, Confederate Army



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Only here will you feel like you're really there. Our spacious oceanfront garden lawn provides a lush setting and panoramic views. The evening begins with a shimmering sunset and cocktails, followed by authentic imu (cooking pit) and torchlight ceremonies, traditional Hawaiian dinner and a captivating South Seas show. Tickets are \$21.95 for adults and \$12.95 for children under 12. Dinner and show, plus two complimentary cocktails or one exotic drink (soft drinks for children) are included. Get yours now at the Special Services ticket office on your base or at the Hale Koa Activities Desk.
Monday and Thursday evenings on our oceanfront lawn.
Cocktails: 5:30 PM / Dinner: 6:30 PM

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Marine Corps Exchange

Kaneohe Bay

SALE DAYS 5/28-6/14 WHILE SUPPLIES LAST

At A Glance

English class

Conversational English for foreign born wives is being offered by the Armed Services YMCA Outreach this summer. Class will meet for six weeks on Mondays and Thursdays from 9:30 a.m. to noon, starting June 15.

Classes will be taught in an informal, friendly, relaxed atmosphere, so that the students can learn budgeting, American cooking ideas, shopping and checkbook balancing. Registration fee is \$6. Childcare and transportation can be arranged.

For more information call 254-4719/4965.

Job seminar

A free 2-hour job seminar, sponsored by the Chamber of Commerce, will be held June 17 at the Prince Kuhio Federal Building's 5th floor cafeteria from 5:30 to 7:30 p.m.

A panel of business leaders will discuss career planning, resume and interviews, and a 20-page workbook will be distributed free.

For information, call 531-4772.

Recruiter assistants

Are you interested in spending 30 days working in your hometown as a Marine? Recruiting Station Macon, Ga., is looking for Marines from Georgia and South Carolina to work with the recruiter in a Permissive TAD status.

You must have a car while at home and be willing to talk about the Marine Corps to

young applicants. Awards and points for composite scores, can be earned while on this duty, along with the opportunity to see what independent duty is like.

If interested, contact MSgt. English at (912) 752-8103/04.

New cammies authorized

The new Woodland Camouflage Pattern Hot Weather Utility Uniform will be authorized for wear on June 1.

This new 100 percent cotton uniform, according to Exchange Uniform Shop

officials here, will be on the shelves sometime during June at the same price as the current "big" issue of \$28.40 per set.

With the introduction of this uniform, the Corps will have three camouflage utility uniforms authorized for wear: the Temperate; a 50 percent cotton/50 percent nylon woodland camouflage uniform (bag item in 1982), the Poplin; a 100 percent cotton camouflage uniform (bag item in 1970); and the new 100 percent cotton camouflage uniform which will become an issue (bag item for recruits starting Oct. 1.

The new hot weather utility caps will not be available for approximately one year and will be phased in on a size-by-size basis. Except for the utility cap, the temperate, poplin and hot weather uniforms are not to be mixed.

New Tax Reform act

The new tax return act of 1986 requires taxpayers to show a Social Security number for children age 5

and older who will be listed on federal tax returns due after Dec. 31, 1987. Families in Hawaii should apply for SSNs on forms 88-5, available at local Social Security offices.

MCX accepts Discover Cards

The Marine Corps Exchange is now accepting Discover cards for purchases. The card can be used for all purchases in the exchange and its franchises, except for purchasing gasoline.

High School Juniors & Seniors

Hawaii Loa College

offers these Summer Session '87 courses just for you.

Mathematics June 8-July 17 (8 week session)
MATH 110 Fundamentals of Algebra (M-Th, 8-10am)
MATH 120 College Algebra (M-Th, 8-10am)
MATH 130 Pre-Calculus (M-Th, 10:20-12:20)
MATH 201 Calculus I (M-Th, 10:20-12:20)

Writing July 20-August 14 (4 week session)
Expository Writing (W-F, 10-noon)

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Education

Roosevelt University

Roosevelt University will hold an open house on June 6 from 9 a.m. to noon, in room 1020 of the Control Data Building, 2828 Pua St., Honolulu.

The event is held to provide information and answer questions about Roosevelt University's undergraduate computer science program and graduate degree in information systems. It is intended for new and prospective students who are interested in pursuing a degree or certificate in computer science or information systems. Textbooks, admissions materials, and counseling will be available.

For more information, call 836-2254, or contact your Education Office.

Registration for Roosevelt University's Summer 11 Term, July 1 through Aug. 31, is being held June 8 through 19, and June 22 through 30. Classes will begin on July 1.

For more information, call 836-2254, or contact your Education Office.

A Master of Science in Information Systems graduate degree program is being offered by Roosevelt University.

Classes are scheduled for the July/August term. Applications are available at the Roosevelt Office at 2828 Pua St., Suite 3180, Monday through Friday, 8:30 a.m. to 5:30 p.m.

For more information, call 836-2254.

City Colleges of Chicago

Armed Forces Classification Test (AFCT) review classes will be held June 8. Registration is being held now through June 5 at the Joint Education Center. Classes are free.

For more information, call 257-2061.



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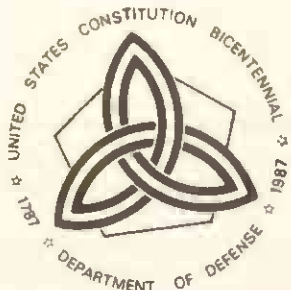
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How America got its Constitution



by Liz Noland
Navy Editor Service

Post-war depression. Border disputes. Interstate trade wars. Social unrest. Political upheaval. Powerless central government . . . America needed a Constitution.

Forerunner to the Constitution, the Articles of Confederation established a plan of government that seemed doomed to failure. The Congress of the Confederation was bankrupt and powerless. The Articles — written in 1776 and adopted by the 13 states in 1781 — reflected the states' distrust of a strong central government and were little more than an agreement among friendly nations.

Under the Articles, the single-house had the power of government, but lacked the power to enforce its decisions. Those decisions were submitted to the individual states, which did as they pleased with little or no concern for their neighbors or the nation.

The Congress of the Confederation could declare war, make peace, borrow money and conduct foreign affairs. Congress also was tasked with maintaining a national army and navy. But Congress could not levy taxes, enforce treaties, maintain a stable currency or regulate trade and commerce — the nation as a single unit had no power over the individual states or their citizens.

The United States' economic situation was not good. Between 1781 and 1785, Congress's debt reached \$10 mil-

lion. The public debt — national and state — was around \$60 million.

During the Revolutionary War, the states and the Continental Congress issued \$4.5 mil in paper money. At one point, 15 different currencies were circulating in America, and \$1,000 in paper was needed to equal \$1 in coin. The value of each paper currency fluctuated daily. As a result, paper money was often rejected.

The Articles of Confederation left the control of printing money with the states; six states refused to print their own currency. The currency printed by the remaining states quickly depreciated, and the problems caused by multiple currencies remained.

Representation in the Congress of the Confederation was also a problem. Many prominent men refused to serve as their state's representative because they felt Congress's work was unimportant. Representatives who did serve attended irregularly, and Congress was often unable to reach a quorum.

With no money to muscle and problems with participation, the Congress of the Confederation was unable to carry out its duties. The United States was unable to maintain order at home or gain respect from foreign nations.

Great Britain imposed trade restrictions designed to destroy American shipping

and fishing industries. Spain closed its colonies to Americans, causing an economic crisis for farmers who relied on the Mississippi River and the port of New Orleans to market their produce. Problems caused by unfavorable trade agreements and restrictions by European countries were compounded by interstate trade wars.

In the winter of 1786-87, debtor farmers revolted against their creditors and the high taxes collected in Massachusetts during the 1780s. The breaking point for them was the legislature's refusal to allow debts to be paid with produce or livestock.

About 600 people mobbed the court house at Springfield, Mass., and threatened the

court in hopes that it would prevent foreclosure of farms and imprisonment of debtors. Shays' Rebellion — named after Capt. Daniel Shays, a Revolutionary War veteran and a leader of the rebellion — was ended by state militia in early February 1787.

But Shays' Rebellion gave strength to the resolutions from Massachusetts and the Annapolis Convention. In February 1787, Congress mandated that delegates from the states meet in Philadelphia May 14, 1787, to revise the Articles of Confederation.

Last U.S. battleship to engage hostile forces:
USS New Jersey

In the weeks that followed, delegates began making their way to Philadelphia to attend what would become one of the most important meetings in our nation's history — the Constitutional Convention.

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Around the Corps

Hq/27 retires its colors

MCAGCC, 29 Palms, Calif. — Headquarters (nucleus), 27th Marine Regiment will retire its colors in a ceremony here June 26.

The deactivation of the 10th infantry regimental headquarters which has been under study for almost a year, will enable the Corps to return to its traditional nine infantry regiments and provide 16 officers and 63 enlisted Marines for reassignment.

Most of the 79 Marines assigned to the headquarters will be reassigned to other units at Twentynine Palms, according to Capt. C.A. Marshall, regimental adjutant. Less than 10 Marines will be transferred from the Combat Center, and will leave as part of the routine rotation cycle.

The 27th Marine Regiment was first activated in January 1944, and distinguished itself in the battle of Iwo Jima. Following service during the occupation of Japan, at the end of World War II, the regiment was deactivated in June 1946. The regimental colors were again unfurled in June 1966 as the regiment prepared for duty in the Republic of Vietnam. In September 1968, the regiment returned from Vietnam to Camp Pendleton where it was deactivated in 1969.

In December 1981, the regimental headquarters was reactivated at Twentynine Palms as the headquarters of the ground combat element of the 7th Marine Amphibious Brigade. The regiment is the largest in the Marine Corps, consisting of an infantry battalion, the largest artillery battalion, a tank battalion, a light armored vehicle battalion, an assault amphibian company and a remotely piloted vehicle company.

In the event of a contingency, the 7th Marine Regiment from Camp Pendleton, Calif., will act as the brigade's ground combat element headquarters, which provides two of the Brigade's three infantry battalions, as well.

by Maj. K.K. Gershaneck

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Question & answers to VA problems

Q — Does a general discharge from military service qualify me for benefits from the VA?

A — Yes. Honorable and General Discharges qualify veterans for benefits, unless other statutory bars to entitlement exist.

Va insurance hoax aimed at Vietnam vets

"Apparently, an indestructible hoax," said Sam A. Tiano, VA regional director, "is now plaguing a new target — the Vietnam era veteran."

The VA reports that it is getting nearly 15,000 applications a week for a nonexistent dividend at its Philadelphia insurance center; and many of the letters are from Vietnam era veterans. The VA operates the nation's fifth largest insurance system.

AGI insurance hoax aimed at veterans for more than 25 years promises that the VA will pay dividends whether or not the insurance is still carried, and announces that payments for as much as several hundred dollars are due. Congress has not passed a law giving dividends to Vietnam era veterans on their lapsed GI policies.

"We have no idea how this false and misleading rumor gets started," said Tiano, "but the hoax is printed in everything from well-meaning newspapers, service organization flyers and magazines, to real estate newsletters."

VA's legitimate dividends are paid each year to more than 3 million veterans who continue to pay premiums. They are automatic and are usually paid on the anniversary of the policy. No application is needed.

VA raises home loan interest rate

In response to mortgage market pressures, the Veterans Administration raised its maximum home loan interest rate from 8.5 percent to 9.5 percent.

The increase was made to bring the maximum VA approved rate closer in line with the mortgage market, which has moved up in recent weeks. At 9.5 percent, the latest rate is still low enough that little or no decline in the number of new and refinance loans is expected, according to VA home loan guaranty experts.

The number of home loan guaranties requested during the last six months is running at 40,000 a month.

VA loan counselors recommend that veterans consider refinancing when the loan rate is two percentage points or more below the rate fixed in the existing mortgage.

Because of high interest rates over the past three years, the VA rate was lowered 15 times, from 13.5 percent on May 8, 1984, to 8.5 percent on January 19. The latest change is the first increase in more than two years, said Sam A. Tiano, VA regional director.

Q — I am a Vietnam veteran, and I have a 10 percent disability for a service-connected injury. Am I subject to the eligibility assessment procedures?

A — No. The following

veterans are exempt from the eligibility assessment procedures: service-connected veterans; former prisoners of war; veterans exposed to certain herbicides while serving in Vietnam, and to ionizing radiation in connection with atmospheric testing of nuclear weapons and in the occupation of Hiroshima and Nagasaki; veterans receiving a VA pension; veterans of World War I, the Spanish-

America War and the Mexican Border period; and veterans eligible for Medicaid.

Q — I receive VA compensation benefits. I am now retired and living on a limited income, can I also receive a VA pension?

A — You cannot receive both VA compensation benefits and a VA pension. You may elect to receive a pension, if you qualify, and the pension would in fact be

greater than the compensation benefit.

Q — I am a veteran with a service-connected disability rated at 50 percent. I have received an injury which is not service-connected, but which will require a prosthetic appliance. Will the VA supply this needed appliance?

A — Yes. Any veteran with a service-connected disability

of 50 percent or more may be provided with necessary prosthetic appliances for any medical condition.

Q — Can a female veteran claim her husband as a dependent?

A — Yes. When receiving compensation, pension or education benefits from the VA, the female veteran may claim her husband as a dependent.



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Armed Forces Day celebrated around the island

Activities, demonstrations conducted at Pearl Harbor, Ft DeRussey, Hickam AFB



Cpl. Dan Workman photo

Corporal Kevin Hunt, Weapons Company, 1/3, 1st MAB shows children how a .50-caliber machine gun works during Armed Forces Day at Pearl Harbor.



Photo: Stan Gindler photo

Kathryn Arnold shows off her "new look" at Armed Forces Day at Pearl Harbor. Kathryn is the daughter of Lt Cmdr. Dick Arnold, executive officer USS Iltwich (DD-984).



RPT/Rock photo

Private First Class E.E. Harris, Company C, 1/3 adds artistic touches to the camouflage on a young visitor at Pearl Harbor.



Sgt. Stephen Pratt photo

Sergeant Sean Mitchell (r), a food service specialist from Anderson Hall Dining Facility, here, waits as judges prepare to sample the Marine Corps entry in the SOS Cookoff competition held May 16 at Fort DeRussey, in Waikiki, as part of the annual Armed Forces Day celebrations.



RPT/Rock photo

A civilian asks a 1/3 Marine about a Squad Automatic Weapon.



Cpl. Dan Workman photo

Reserve Marines of 4th Force Reconnaissance Company, rappell from a CH-46 Sea Knight at Pearl Harbor.



Cpl. Dan Workman photo

Reserve Marine Corporal Barry Croffield, 4th Force Recon Co., demonstrates an Australian rappell at Pearl Harbor.



Marines from the Air Station (left) and Camp Smith PMOs participate in the 15th Security Police Invitational Outrigger Canoe Race, at Hickam AFB.

Air Station, Camp Smith Marines participate in local canoe race

Eleven civilian and military police agencies on Oahu competed in the 15th Security Police Invitational Outrigger Canoe Race at Hickam AFB, May 13, as part of Hawaii Law Enforcement Week.

Teams from MCAS Kaneohe Bay, Camp H.M. Smith, Honolulu Police Dept., Wheeler AFB, Hickam, Schofield Barracks and Pearl Harbor competed in the single elimination event held at Hickam's

Honeymoon Beach.

The Honolulu Police Department B-watch team won the event in which six-man teams paddled 3/4 of a mile out and back to the finish line.

Special Services

Teen's dance

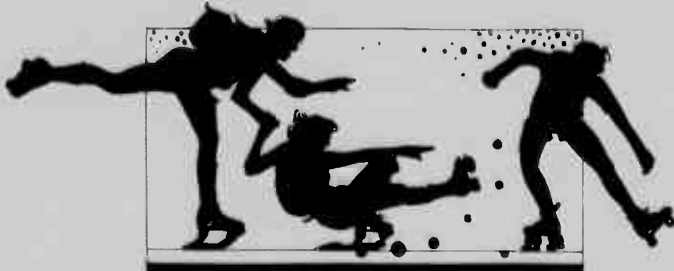
A School's Out Dance for teenagers will be held at Dependent Recreation Gym at 7 p.m., on Saturday. "I-Rock" will sponsor a dance contest with cash and other prizes. Cost is \$1 in advance, or \$1.50 at the door; ID cards are required, and guests are welcomed.

Swim lessons

Swim lessons will be held June 1-12 at the Station Pool for parents, tots, tiny tots, beginners, advanced beginners, intermediate and adults. Register by Saturday at Dependent Recreation, or call 254-2963 for times and more information.

Flower arranging

Learn how to make a bouquet of woodroses for a medium sized basket, and an arrangement within a tall slender basket. Stop by Dependent Recreation, building 1391, to see a display and sign up for the class to be held June 2 from 6:30 to 9 p.m.



Registration is May 29. Call 254-2963 for information.

Station Library

The Station Library has the book, "I Touch the Future: The Story of Christa McAuliffe." The space shuttle "Challenger" exploded on Jan. 2, 1986; Christa was part of the crew. She started her life in a one-room coldwater project apartment and ended up selected by NASA to be the first teacher in space. This is a story about an ordinary life that was led with extraordinary enthusi-

asm, courage, humility and commitment. For more information, call 257-3583.

Covered baskets

Make a picnic basket or a place to keep special handwork by learning how to add a fabric cover and lining to any basket with a handle. Stop by Dependent Recreation, bldg 1391, to see a display and register for the class to be held June 4 from 6:30 to 9 p.m. Call 254-2963 for information.

Summer adventure

A recreation summer program from June 15 through Aug. 7, Monday-Friday, 8 a.m. to 2 p.m. is being offered to children ages 6 through 12.

The program's curriculum will focus on community awareness and appreciation; nature studies, with emphasis on Marine studies; outdoor skills; camping; aquatics; Red Cross progressive learn-to-swim program; and team sports, sailing, arts and crafts.

Each week will focus on a specific area with classroom

activities and field trips. Aquatics and team sports will be held throughout the summer.

Cost is \$150 per child for the 8-weeks. Enrollment is limited, and there are less than 30 spaces left.

For more information, and to register, call Dependent Recreation at 254-2963 or stop by building 1391.

Instructor wanted

Dependent Recreation is looking for an experienced Tae Kwon Do instructor to teach children and adults evening classes. Call Pam Van Dyke at 254-2963 for more information.

Marina

The Marina is having evening basic sailing classes. The next class will be held June 8-12, from 5 to 7:30 p.m. Cost is \$30.

A basic evening windsurfing class will be held June 1-2, from 5:30-7 p.m. Cost is \$30. New hours of operation for the Marina are 8 a.m., to 6

p.m. Thursday through Monday.

For more information, call 257-2219.

Coaches needed

Volunteer coaches for Youth Soccer are needed. Training will be provided on all levels, and coaches will be certified by the National Youth Sports Coaches Association. For more information, call 254-2963.

Cloth crafts

Dependent Recreation is offering a series of classes on cloth crafts including machine quilting, applique, hand quilting and dying. Emphasis is on learning techniques to complete projects, easily and in less time. The four-week session starts June 4. Call 254-2963 for information.



Kaneohe Bay, Hawaii

Learn the four degrees of pain for 'the gain'

Ah, warm weather. Time to get going on a running program again. Aww! Those aching muscles. Who needs the exercise? Aching muscles are a fact of life for most people upon beginning or increasing a running program. They should not be ignored — but they should also not provide an excuse to stop exercising completely.

Of course any running program should be begun carefully. Don't try to do too much the first time out. Build up gradually to greater distances and speeds.

According to Dr. Jay Cox, a retired Navy captain who was orthopedic surgeon and director of sports medicine at the U.S. Naval Academy in Annapolis, Md., and who is now a sports medicine consultant to the academy, there are four levels of running pain. Learn to assess which level you are experiencing, so you can respond appropriately.

First-degree pain starts shortly after you begin running or other workouts and disappears within 24 hours of completing the exercise. The remedy is warm-up and stretching exercises.

Second-degree pain is constant and increases as the run continues. However, it doesn't affect performance. To reduce it, said Cox, follow the remedies for first-degree pain and eliminate activities that cause the pain to



increase, such as races or long training runs. If first and second-degree pain are

ignored, the body is damaged, and the body is damaged, and third- and fourth-degree

pain can result.

Third-degree pain lasts throughout a run. It is mild during easy workouts and severe during hard ones and is never fully relieved by rest.

When pain reaches the level where it hurts performance, said Cox, slow down and do stretching exercises. Third-degree pain requires a doctor's attention to help prevent further injury.

Fourth-degree pain makes running or other strenuous sports extremely painful and inadvisable. Medical attention is definitely needed. A doctor can advise on rest and rehabilitative exercise and provide the necessary medical attention. Cox said the physician may recommend substituting swimming, walking or cycling to keep yourself in shape until the injury is healed. Three miles of cycling or one-third mile of swimming provides the aerobic benefits of one mile of running.

According to Cox, the most common running injury is to the knee, followed by the ankle, forefoot, shin and Achilles tendon, which joins the calf muscles to the heel bone. The best way to prevent injuries is to wear shoes best suited to your feet and running style, to perform conditioning and warm-up exercises and to listen to your body when pain is still of the first degree.

AP/R

Sports Shorts

Volunteer coaches needed

Volunteer coaches are needed. If interested, contact Mark at 254-2963. Training will be provided for coaches at all levels.

For more information, call 254-2963.

Junior golf

Summer junior golf for youths 8-17 years old will start June 16 for eight consecutive Tuesdays from 2:30 to 4:30 p.m., at the Air Station's golf course. Cost is \$20 per child. Register at Dependent Recreation from 7:30 a.m. to 5 p.m., Monday-Friday, at bldg 1391.

Body building contest

The Windward Enlisted will host a body building contest on June 5, 1987. The entry fee is \$15 and entry deadline is 3:30 p.m., tomorrow. Entry blanks are available at the Fitness Center. Finals will start at 8 p.m. Contact the Athletic Office for details at 257-3550.

Benefit golf tournament

The All-Marine Golf and Tennis qualifying competition will be held in June. Interested participants should register as soon as possible at the Athletic Office in the Station Gymnasium. The deadline is June 10, 1987. Registration should be \$150 per person and \$20 for or Dave for details in confirmation.

one!" said Les Keiter, honorary tournament chairman. Entertainment will be provided by the Polynesian Cultural Center. Prizes include a trip for two to San Francisco on American Airlines. Registration is still open, but spaces are limited. Call 538-6789 for more information.

Army golf tournament

The Eighth Army Emergency Golf Benefit, sponsored by the Hawaii Chapter of the Association of the U.S. Army, will be held June 10 at 12:30 p.m., at the Leilehua Army Golf Course.

The fee is \$35, which includes prizes, green fees, cart, beverages and puu-puu. The field will be limited to 144 golfers. Military and civilians are welcome. Application forms are available at all military golf courses.

For more information, call Col. Edward J. Corcoran at 477-6716, or Ginger Parales at 477-5165/5101.

Golf, tennis

The All-Marine Golf and Tennis qualifying competition will be held in June. Interested participants should register as soon as possible at the Athletic Office in the Station Gymnasium. The deadline is June 10, 1987. Registration should be \$150 per person and \$20 for or Dave for details in confirmation.

Navy Memorial dedication set; honors sailors 1775 to now

A memorial honoring men and women who served in the U.S. Navy is slated to be dedicated on Oct. 13 — the Navy's 212th anniversary.

It was originally conceived as part of the nation's capital by architect Pierre L'Enfant, who envisioned a column "to celebrate the first rise of the Navy . . . and consecrate its progress and achievements."

L'Enfant, who mapped plans for the nation's capital, made his proposal after the American Revolution. It was authorized by Congress and approved by the president, but never built.

Now, two centuries later, the Navy memorial is coming to life on Washington's main street — Pennsylvania Ave. — midway between the Capitol and the White House and across the street from the National Archives, where America stores its history.

The two limn Memorial, affectionately called the Marine Corps Memorial, was dedicated on Nov. 10, 1954. It stands on a hill overlooking the capital's skyline and across from Arlington National Cemetery.

The Army and the Air Force do not presently have their own memorial. However, historians are working on plans for an Army museum in the nation's capital, which would be considered the Army memorial.

"The dream to build a Navy memorial was rekindled in the late 1970s by two former chiefs of naval operations, Adms. Arleigh Burke and Thomas Moorer," said Tom Coldwell, public affairs representative for the U.S. Navy Memorial Foundation, the non-profit organization that is raising some \$10 million to build the memorial.

"Congress stipulated public land could be used, but no taxpayers' dollars," said Coldwell.



The Lone Sailor

The first phase — the memorial itself — will be completed in time for the Navy anniversary. "That includes a 100-foot diameter circular plaza with a grid map of the world inlaid with various shades of granite and surrounded by fountains and waterfalls," said Coldwell. "The amphitheater will also be completed. The map forms the base of the theater floor.

"It's a living memorial . . . people will be its focus."

"The Lone Sailor will also be on watch," said Coldwell.

The Lone Sailor is a seven-foot bronze statue that will stand on the grid map representing those who have served in the "Navy that was, the Navy that is and the Navy that will be." In addition to honoring U.S. sailors,

the statue honors sailors of America's allies. The bronze includes artifacts from decommissioned Navy ships that were provided by the Navy Museum in Washington.

The Lone Sailor is immortalized in bronze "with a little salt, paint, sweat, fuel oil, adrenaline and a lot of heart stirred in," said retired Rear Adm. William Thompson, president of the U.S. Navy Memorial Foundation.

Another sculpture, called Homecoming, will not be completed in time for the dedication. "It will come along later, as additional sculptures are added," said Coldwell. "The principal addition will be Homecoming. Others will depict people from throughout the Navy's history performing various jobs."

Homecoming is being funded by the Fleet Reserve Association, which pledged \$1 million.

The memorial will also include a 10,000-square-foot indoor visitors center offering a panorama of the Navy, then and now, through films, video and audiovisual displays, photographs, models, memorabilia and exhibits. A 250-seat theater will feature Navy-related films.

Adjacent to the theater will be the Navy Memorial Log Room, where visitors can see at the push of a button, the names and service information about any person listed in the computerized log — from John Paul Jones to present-day sailors.

"We already have more than 50,000 names of former and present-day sailors in the log," Coldwell said. "You or a loved one can put your name in, including date and place of birth, dates of service and the highest rank of people who are in boot camp right now."

Another feature will be a multi-purpose room for special events, receptions, lunch-

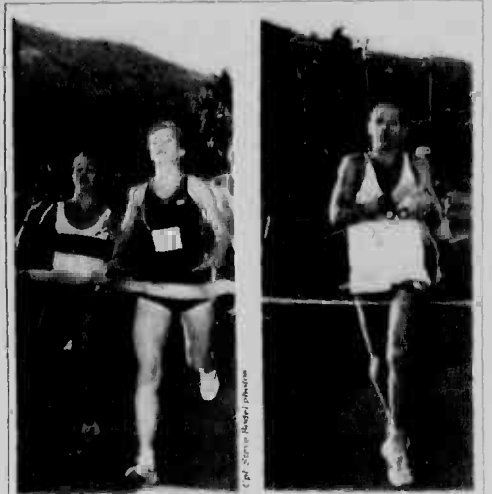
eon and indoor ceremonies. Also in the plans are a book store and gift shop, as well as a space where researchers on naval and maritime subjects can work.

"We'd like to see Navy people and their loved ones contribute," said Coldwell. "People whose fathers served in the Navy can send in a \$25 contribution, mark it for Father's Day (June 21) and get a commemorative card back to present to dad."

A \$25 donation is also what it takes to have a sailor's name listed in the log.

Those who would like to contribute should send their donation to the U.S. Navy Memorial Foundation, P.O. Box 12728, Arlington, Va. 22209-8728. People outside Virginia who want more information can call toll free 1-800-821-8992.

"People who have any kinship with the Navy, in fact, all Americans, can be proud of this memorial," said Coldwell. "It's really going to be a fitting tribute . . ."



Windward Marathon

Connie Comiso (#370) and Lynn Kuda (left) race to the finish during the half-marathon portion of the 8th Annual Windward Marathon held May 17 on the Air Station and in Kailua. Kuda was the top female finisher with 1:26.06. Steve Littleton (right) captured the men's title in 1:10.17.



er, cancel that request for air support.

Barracks' laundry hints

Breakdowns of barracks washers and dryers are inevitable, though they can be reduced.

Overloading of washers is one cause for breakdown that can be remedied by using common sense. By splitting one big washload into two smaller ones, you clothes will be cleaner, dry faster and the washers and dryers will not be overworked and possible damaged.

Field equipment, 782 gear, is a major culprit in the damage done to barracks washers and dryers. Such items as ALICE packs and cartridge belts have numerous metal snaps, buckles and fittings that can literally beat a washer or dryer into submission. All coversalls and 782 gear should be turned in with the weekly linen survey for cleaning.

Should a breakdown occur, barracks washers and dryers can be repaired within one working day if the proper authorities are notified. Often,

machines are down for several days before the Barracks Police Sergeant is notified. This delay in notification can cause the number of days a machine is down turn into weeks.

Notify your Barracks Police Sergeant, Duty NCO or fill out a maintenance chit, located at most barracks facilities, of any breakdowns. Timely reporting will ensure that repairs are made.

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Military exercises: 'Practice makes perfect'

Practice makes perfect. The old adage could hardly hold more truth than when it comes to military operations.

Combat is no place to find out if your military strategies are sound, your equipment workable and your people able

to do their jobs.

And even if you're already convinced of all that, the battlefield is no place for members of different services to learn each other's ways of getting things done.

That's why the Defense Department puts so much emphasis on joint military exercises.

Commanders at all levels stage a variety of field and command post exercises to assess their wartime readiness.

Some are conducted in head-

quarters to test defense plans and the effectiveness of command and control systems.

Field exercises, on the other hand, give military leaders a chance to test what they learn in headquarters exercises. It allows them to assess mobilization plans and deployment systems.

The payoffs from these exercises are great, Secretary of Defense Caspar W. Weinberger recently reported to Congress.

The initial exercises of the late 1970's, for example, identified weaknesses in DoD's ability to respond quickly to crises, Weinberger reported that these findings led to the development of the Joint

Deployment System and the DoD Crisis Management System.

And around the world, commanders at all levels rely on military exercises to determine the readiness of their forces. These exercises vary in duration, purpose and scope.

The concept of recurring major exercises evolved slowly after World War II and became a formal part of the system in the late 1950s, with the organization of the Joint Chiefs of Staff. These major, recurring, joint-service exercises help military leaders determine U.S. military capabilities

around the world. Among them are Bright Star, Brim Frost, Cobra Gold, Gullant Eagle, Ocean Venture, Reforger, Solid Shield and Team Spirit.

This US Central Command exercise is conducted every other year and is actually a series of similar, but unrelated, exercises conducted with various countries in Southwest Asia.

The keystone of the U.S. training program in the region, Bright Star provides

Continued B-5



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The sense of community you experience as a Marine isn't duplicated in the civilian world. It's more or less every man and woman for them selves. Which only makes sense when you think about it. After all, they don't have that much in common. They've never gone through tough training together. Very few have had to show their inner fortitude in difficult situations.

And those are probably some of the reasons why Marines have the pride they do in themselves, their families, their Corps and country. Marines have a lot of experiences and training in common. Think about that if you're thinking about becoming a civilian.



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SSgt Sechler 257-2187/3842
- 3d Bn, 3d Mar
Sgt Dicico
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Joint field exercises test military strategies

From B-4
Joint training in land, naval and air operations to test the United States' ability to defend its interests in Southwest Asia.

About 9,000 U.S. military personnel conduct maneuvers in various Southwest Asian countries.

Five Bright Star exercises have been conducted since 1981.

Brim Frost

The U.S. Readiness Command conducts this exercise every other year in January and February. Brim Frost is staged throughout Alaska and generally involves some 15,000 service members from all services.

The exercise is designed to ensure the combat readiness of the Alaska-based and continental U.S.-based active duty and Reserve component forces.

During the exercise, active and Reserve component units train in combat operations in arctic conditions.

Six Brim Frost exercises have been conducted during the past 12 years.

Cobra Gold

This joint training exercise, sponsored by the U.S. Pacific Command, is held each year in Thailand and involves the U.S. and Royal Thai armed forces.

Cobra Gold is designed to strengthen the ability of the Royal Thai armed forces to

defend their country.

Nearly 10,000 U.S. and 3,500 Thai military personnel plan and conduct air, land, sea and amphibious operations. They practice mine-laying and sweeping, explosive ordnance disposal and special amphibious warfare operations.

Five Cobra Gold exercises have been conducted during the past five years.

Gallant Eagle

This U.S. Central Command-sponsored exercise is conducted every other year at the Fort Irwin-Twenty Nine Palms military area of California and Nevada.

Gallant Eagle simulates a combat environment for planning and conducting joint military operations. It tests the ability of units from each service to perform tactics in a desert environment.

About 50,000 service members operating from various locations in the southwestern United States train to use the same combat tactics and techniques.

Three Gallant Eagle exercises have been conducted during the past six years.

Kindle Liberty

The U.S. Southern Command sponsors this exercise each winter.

U.S. military forces and Panama defense forces join to practice ground, air and sea maneuvers to evaluate their ability to defend the strategic Panama Canal.

The exercise is conducted under the provisions of the 1977 Panama Canal Treaty, which provides for the combined defense of the canal by U.S. and Panamanian forces. Until the treaty expires in 2000, the United States has primary responsibility for defense of the canal.

Six Kindle Liberty exercises have been conducted during the past six years.

Marine Corps air operations, Navy Marine Corps amphibious operations, Army airborne, air-assault and infantry ground operations and special operations forces in support of conventional forces. It also involves Air Force strategic airlift, tactical air-support operations and maritime pre-positioning of ships.

Three Ocean Venture exercises have been conducted during the past six years.

Reforger

Reforger, which stands for Return of Forces to Germany, is held each year in West Germany, and more recently, Belgium and The Netherlands.

Joint planned and executed by the U.S. Readiness Command and the U.S. European Command, the exercise involves moving about 20,000 U.S. troops from the United States in Europe.

The ultimate goal of Reforger is to demonstrate U.S. willingness and ability to honor its NATO commitments.

The exercise tests the ability of European-based units to quickly link reinforcing units with their pre-positioned equipment. It tests the effectiveness of support agreements between military and civilian agencies on both sides of the Atlantic and the host nations' abilities to support deployed forces.

Reforger has been conducted annually since 1968.

Solid Shield

This U.S. Atlantic Command exercise is conducted every other year along the southeastern U.S. coast.

Solid Shield is designed to evaluate operational capabilities of forces assigned in that area.

About 43,000 active and Reserve forces from all services, including the Coast Guard, simulate military action between opposing land, sea and air forces. The exercise involves air- and airborn assault and amphibious operations, anti-air, anti-surface and anti-submarine warfare tactics, mine counter measures, port security operations, non-combatant evacuation operations, live artillery

fire exercise and medical evacuation operations.

Two Solid Shield exercises have been conducted during the past four years.

Team Spirit

The U.S. Pacific Command sponsors this joint exercise in the Republic of Korea.

The purpose of Team Spirit is to improve the defensive readiness of Korean and U.S. forces by testing their ability to rapidly deploy, conduct operations and redeploy forces and equipment.

The exercise is designed to help these forces work together as a team.

Twelve Team Spirit exercises have been conducted during the past 12 years.

APIS

'Commanders at all levels stage a variety of field and command post exercises to assess their war-time readiness.'

Ocean Venture

This joint combined exercise is conducted every other year in the United States, Caribbean Sea and Atlantic Ocean.

Ocean Venture demonstrates the ability of the United States to project military power, when necessary, to protect its national interests by supporting friendly countries in the Caribbean Basin.

About 20,000 troops participate in the exercise, which includes all aspects of a modern warfare scenario: naval battle-group operations, joint Air Force, Navy and Marine Corps air operations, Navy

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Island Happenings

Volkmares

Two Volkmares, or people's walk, will be held on June 6 and 7 in and around downtown Honolulu, Waikiki and Diamond Head. Distances of 10, 20 and 42 kilometers are included in the events. The start and finish will be at the Princess Kaiulani Hotel in Waikiki. Flyers and applications are available at the Gym. For more information call Maj. Bill Ford at 438-115 or Bill Rose at 438-2715.

Asthma help for sufferers

The American Lung Association of Hawaii is sponsoring several programs for people who suffer from asthma attacks, May through August.

According to ALAA officials, asthma deaths and people affected by it has been on the rise in Hawaii, despite the medicines and technology that is available to cope with this condition. Experts agree that patient education is an answer to many of the problems asthmatics have. To help asthmatics, ALAA is offering summer programs to teach families and their children how to cope with this condition. Four Family Asthma Programs will be offered, and two of the programs have openings in July and August. They are:

The Waianae Family Asthma Program is for children ages 5 through 14, and will be held at Waianae High School, and pool, July 20, 22, 24, 27, 29 and 31 from 1 to 3:30 p.m. Parents' sessions will be at Waianae Sacred Heart Church on July 15, 22 and 29 from 7 to 9 p.m.



Melveen Leed

Female entertainer Melveen Leed will perform at the Hale Koa Hotel in a candle-

light dinner concert series, June 6 through Aug. 29.

The dinner concerts will be held Saturday evenings on the hotel's beachfront lawn. No-host cocktails will start at sunset followed by candle light dinner featuring filet mignon.

Tickets are \$26.95 for adults and \$15.95 for children under 12, and may be purchased four weeks in advance at the hotel Activities Desk and at all Special Services ticket offices. Tickets may also be charged by phone to major credit cards by calling 956-0555.

The Kailua Family Asthma Program is for children ages 5 through 8, and will be held at Kailua Intermediate School and the Kailua Recreational pool on Aug. 4, 6, 11, 13, 18, 20, 25 and 27 from 9 to 11:30 a.m. Parents' sessions will be at Kailua Recreation Center on Aug. 5, 12 and 19 from 7 to 9 p.m.

The programs combine fun for the children including selfhelp activities geared toward preventing and controlling wheezing attacks. Youngsters learn about asthma by using anatomical models, visual aids and games.

Physical conditioning is also included through exercise and swimming. Parents will be able to share common experiences, discuss specific concerns and learn from medical professionals about the emotional, as well as medical, effects of asthma.

The program at Kailua costs \$10 for all sessions and materials, and tuition fee

waivers are available to qualified families. The program at Waianae is free.

For more information, call 537-5966.

Teen Modeling

Teens who are interested in developing poise, wardrobe planning and makeup application can sign up for the Hickam Teen Modeling Class at the Youth Center. The class is from 4:30 to 5:30 p.m., Tuesdays at the Teen Center. The cost is \$20 for four weeks.

For more information call 449-1492.

USO wants you

The USO of Hawaii is looking for volunteers to work in the Airport Center at Honolulu International and the Hickam USO Lounge at the MAC Terminal. Both are open 24 hours a day.

Regular shifts for volunteers are four hours, usually the

same day each week. If you are interested and want to learn more about these USO activities, call Mary Dumeyer at 836-3351 weekdays.

Youth Shelter needs help

The Hawaii Youth Shelter Volunteer Project needs male volunteers who can provide a strong role model, and spend time, on a one-to-one relationship, with stressed adolescents. This is an excellent community service opportunity, and training and supervision is provided.

For more information call Susan Moriarty at 948-6124.

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Firewalker (PG). Action

under unjustified criticism from his bishop, rekindles the "ecclesiastical fire" of a self-styled priest.

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Something Wild (R). Comedy. Jeff Daniels is a businessman whose life is thrown into the fast lane when he is apprehended by brunettes (Melanie Griffith) and runs into her ex-husband (Ray Liotta).

Tuesday, Wednesday

Monday
Mass Appeal (PG). Comedy/drama. A young seminary student, who is coming

Thursday
King Kong Lives (PG-13). Fantasy/adventure. Hank Mitchell (Brian Kerwin) and heart transplant surgeon Amy Franklin (Linda Hamilton) attempt to locate and save King Kong, the great ape, a recent heart transplant patient who escapes before fully recovering.

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224 Queen Emma Square
Honolulu, Hawaii 96813

537-1550
526-0909

med-assist school of hawaii
1164 Bishop St., Suite 812, Honolulu, HI 96813 808-524-3363



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or
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Telephone: 544-0249

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NAME OF SCHOOL _____
 GRADUATION YEAR _____
 MAJOR INTEREST _____



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CO-EDUCATIONAL ALL RACES & RELIGIONS

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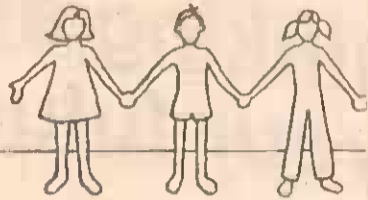


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For boys & girls • Kindergarten - 1st grade
• 2nd - 3rd grades
• 4th - 6th grades



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The Community Service Division of St. Andrew's Priory
224 QUEEN EMMA SQUARE • HONOLULU, HAWAII 96813

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9 a.m.-2 p.m.

K4 (kindergarten for 4-year-olds) to Grade 6

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- ★ Informal and relaxed atmosphere
- ★ Weekly excursions
- ★ Learn to swim
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- ★ Fun, Fun, Fun!
- ★ Transportation available to many places
- ★ Not for those needing remedial help

94-294 Anania Dr., Mililani Town

Ph. 623-7771

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June 15 - July 25
Afternoon Hours from 1:00 p.m.

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Holiday



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Accepting Applications For Fall '87-'88

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June 29 to July 31

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- Caring teachers
- Limited enrollment
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- Structured environment



Contact

Dr. Adrian Yuen, Administrator

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355 No. Kainalu Dr., Kailua 96734

Tuition discount for military dependents in Fall.



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Summer Theatre Production
June 15 - July 25, 1 - 4:30 pm
I. Grades 4-6
II. Grades 7-12

Acting, singing, dance, music and creative dramatics, showcased in a professionally produced musical presentation. \$275.

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- Excursions each week
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Programs for Youth LOTS of FUN Provides Quality Education
3 1/2 to 13 Years • Afternoons or Saturdays • Once A Week
Beginning June 13 - 7 Weeks. Also Aug. Only Session
CREATIVE EXPRESSION - 3 1/2-7 Years
PERFORMANCE COMEDY & VIDEO PRODUCTION - 7 1/2-13 Years
Building Confidence and Verbal Expression Skills
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- HAWAIIANA
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- CAMPFIRES
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All 7-16 yr. old youths
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Sports games



Volleyball Clinic
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Basketball
Gymnastics
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