



## Youth Fitness Day

....See B-4

## Memorial Day Service

The 48th Annual Mayor's Memorial Day Service will be held May 30 at 9 a.m. at the National Memorial of the Pacific in Punchbowl Crater.

Mayor Frank F. Fasi will be the featured speaker. The invocation will be given by Chaplain Fred Zobel, USN and the benediction will be delivered by the Reverend Julia McKenna Dubin.

Mayor Fasi and Major General Marvin T. Hopgood, USMC, will place a wreath at the Dedicatory Stone. Following this traditional ceremony, the mayor will deliver the memorial day address.

Music will be provided by the Royal Hawaiian Band and the Our Savior Lutheran Choir.

Junior ROTC cadets from high schools will post the 50 state flags and U.S. soldiers will sound taps and fire a rifle salute. U.S. Marines will render a 21-gun salute with 76mm cannon while four Hawaii Air National Guard F15 fighter planes from the 199th Tactical Squadron will conduct a low-level missing-man flyover.

## K-Bay Branch Medical Clinic

Effective June 1, the PRIMACT (formerly ACS) will operate from 7:15 a.m. to 6 p.m., Monday through Friday, and 8 a.m. to 6 p.m., Saturday, Sunday and holidays. The PRIMACT is for treatment of injuries and acute illnesses (those unable to await the next available appointment). No physician is in the clinic outside these hours.

Medical care is available after this time through Tripler Army Medical Center for those personnel unable to wait for a morning appointment. Ambulance service is available for emergencies on the base by phoning 257-7116 on a 24-hour basis. There is one clinic ambulance with 911 providing back-up services.

Central appointments is the gateway to most of the other services and may be reached at 257-2131/2155.

## MCBH 5K Run

The Navy/Marine Corps Relief Society is hosting the 1st Marine Corps Base Hawaii 5K Run, Saturday. Sponsored by MCBH Kaneohe Bay, the race begins at 7 a.m. with its 5-kilometer course starting and ending at Dewey Square on MCBH, Kaneohe Bay.

This event is open to the public. Entry fees are \$18 (with T-shirt) per runner and \$12 (without T-shirt).

To register, entrants should drop off their applications at the Main Gym, building 3037, or mail them to: MCBH 5K Run, Box 63062, Kaneohe Bay, MCBH HI 96863-3062. Checks should be made payable to: MCBH 5K Run.

## Inside

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# 1st Radio Battalion wins NSA director's trophy

## CPAO

For a battalion which prides itself on its clandestine operation, being recognized for outstanding work is rare.

But 1st Radio Battalion was recently given that rare opportunity when it was awarded the 1993 National Security Agency's Director's Trophy.

LtCol. Rick Monreal, battalion commander, accepted the award from Secretary of Defense William Perry and Vice Adm. J.M. McConnell, NSA director, May 4 at Fort Meade, Maryland.

The director's trophy recognizes outstanding performance by U.S. cryptologic mobile units which function in direct support of military commanders. It is the biggest award a unit can receive in the cryptologic

community.

The battalion was recognized primarily for its work during Operations Restore Hope and Continue Hope in Somalia; its continuous support to the 11th, 13th, 15th and 31st Marine Expeditionary Units; and its operations in the Republic of Korea, Monreal explained.

Monreal presented the trophy to the Marines and sailors of the battalion during an awards ceremony, May 12. During the ceremony, he emphasized that every member of the battalion earned the trophy. He also recognized the help of several units on base, particularly Brigade Service Support Group-1, Station Operations and Maintenance Squadron and the Base Traffic Management Office.

"We were really happy to win the

director's trophy since it's not just a

Marine Corps award; it's a national award," explained CWO-4 Steven Shrout, electronic maintenance officer.

To many of the battalion members, the award gave them a big morale boost.

"It shows the long hours and the work the Marines did was worth the effort. Usually they don't get any recognition," said MSgt. James Prayer, battalion motor transport chief.

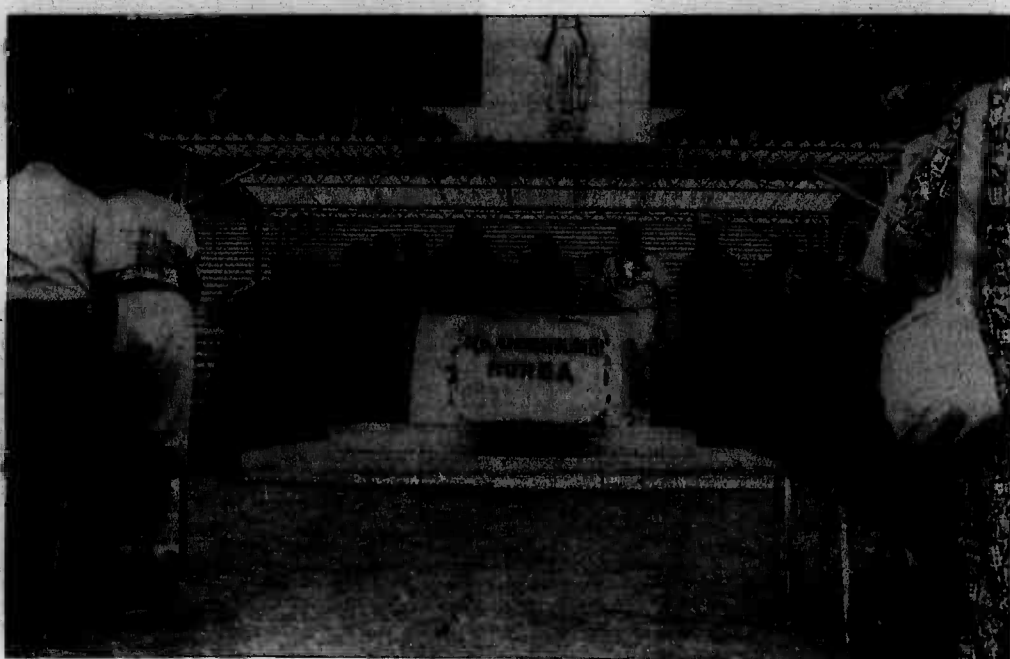
Being a part of a radio battalion is no easy task, even for Marines and sailors who are just providing support. Shrout explained that for the electronic maintenance Marines, a radio battalion has about 100 items which are peculiar only to the battalion. The Marines have to learn how to repair the equipment when they arrive at the

battalion.

"It's not easy; a lot of gear goes from detachment to detachment," Shrout added.

The other support elements of the battalion also put in a lot of hard work to keep the battalion mission-ready. "In a radio battalion, you have to be very flexible," Prayer explained. Keeping equipment and vehicles maintained and ready to be deployed again is a constant challenge.

The 1st Radio Battalion is the only tactical Marine Corps signals intelligence unit in the Pacific Theater; it maintains a very high tempo of operations in a very large geographic area. But, the battalion is more than just a Marine Corps asset, as the director's trophy proves: they are a national asset.



Sgt. Martin Martin

## Remember the forgotten

Members of the armed forces, friends, family members and dignitaries paid homage to those lost in the Korean War. 54,246 Americans were killed during the conflict which lasted three years. The ceremony was held Sunday at the National Cemetery of the Pacific to dedicate a memorial marked "Korea... U.S. Unknown."

## Heat-related injuries increase as summer arrives

Cpl. Wanda Compton  
Staff Writer

### Editor's Note:

*There have been a number of heat-related injuries and illnesses in the past few weeks aboard MCB Hawaii. This is the second of a two-part series.*

Heat exposure injuries are a threat in any hot environment, especially in desert or tropical areas. Under normal conditions, it is a preventable injury. Individual and command awareness of the causes of heat

stress problems should help reduce heat exposure injuries.

"When working outside, or running, pay close attention to the people in the area," said HM2 Karl F. Matous, emergency medical technician training coordinator, Brigade Medical. "If you notice someone is not reacting as they should, start asking them questions."

If they're doing fine their answers will be clear. An individual who has difficulty in answering may be suffering from a heat illness.

"The first thing to do is get them to some shade, or a cooler area, and send for help," he explained. "If

they are coherent, take them to the nearest medical facility ASAP.

"All suspected heat illness or injuries must be evaluated at a medical facility," Matous said.

Only the corpsman or attending physician can determine the seriousness of the injury because heat exhaustion and heat stroke are so close together in temperature that it often depends on the individual's reaction, he explained. Also, heat exhaustion may progress into heat stroke, and unless treated promptly, may result in death or permanent

See Heat, A-8

## Commanding general signs off on revised base regulations

### PMO

Recently, the commanding general approved some changes to base regulations which affect all personnel aboard the base. The following include some of the revisions in Air Station Order P5600.6D:

a. Paragraph 2005: Establishes responsibility of the returning unit to remove "welcome home" signs the day following the return of the main body.

b. Paragraph 4001.4a: More clearly defines pit bull terrier (Staffordshire terriers) as an unauthorized pet aboard base.

c. Paragraph 5002.2: Removes

beaches from list of authorized locations for consumption of alcohol, except within the pavilions at Pyramid Rock, Hale Koa Beach and Fort Hase Beach.

d. Paragraph 6001.2e: Incorporates clear definition of vehicles required to display a reconstruction sticker as any vehicle that is modified to the extent that the identity of its make, model, or type is obscured by material changes in its appearance.

e. Paragraph 6001.2f: Includes a requirement to have proof of completing a DoD approved level II Motorcycle Safety Foundation (MSF) rider safety course. For motorcycles which have been shipped to Hawaii, the shipping

document is also required.

f. Paragraph 6003.1: Limits temporary vehicle passes to 30 days. Personnel with motorcycles will be issued a temporary pass for the sole purpose of registering for the next available MSF course. Temporary passes will also be issued to personnel who have applied for Hawaii no fault insurance, but have not yet received proof.

g. Paragraph 6003.2: Establishes the only authorized on-base locations for storage of deadlined vehicles as the Gas Station and MWR Hobby Shop.

h. Paragraph 6004: Requires all mopeds to be registered with the city and county of Honolulu and on-base. Requires that all moped

operators show proof of completion of DoD approved motorcycle safety course before registration.

i. Paragraph 7004.1f: Establishes requirement for use of safety belts and approved safety restraint systems for children under 3 years of age.

j. Paragraph 7004.1h: Prohibits operating a vehicle while wearing earphones, headsets, or other devices which are not designed primarily for communication or to protect against hearing loss.

k. Paragraph 7005: Defines the difference between motorcycles, mopeds and motor scooters. Reinforces requirements for personal protective equipment to

\*See Regs, A-8

## Medical care hours and pets top NQLB

Sgt. Paul Schneider  
Staff Writer

Pet issues were one of the primary topics at the Neighborhood Quality of Life Board meeting May 19 at the Training and Audiovisual Support Center.

About 20 people attended the meeting to hear speakers from the Branch Medical Clinic and Dependent Recreation and to voice their quality of life concerns.

The director of the Branch Medical Clinic, Lt. Cmdr. Angela Haffernan, explained the upcoming changes in the clinic's services. Beginning June 1, PRIMACT, formerly Acute Care, will only operate from 7:15 a.m. to 6 p.m., Monday through Friday, and 8 a.m. to 6 p.m., Saturday, Sunday and holidays.

"The reason for the name change is that we have a lot of people who come in and expect what they would find in an emergency room. It doesn't have the equipment and it doesn't have emergency room-trained physicians or nurses," Haffernan explained. "PRIMACT is not for walk-ins, it is for acute, stabilization cases."

The change will increase the number of medical personnel available to see patients during the day. However, in the future the clinic will lose the help of some 1st Marine Expeditionary Brigade medical personnel when the command element disbands.

There will still be 24-hour ambulance service, Haffernan explained, but no one will be seen at the clinic after the PRIMACT hours.

Following Haffernan's presentation, Kim Dean explained some of the activities for base children offered by Dependent Recreation. Dean also introduced two other representatives from Dependent Recreation, Paula

See NQLB, A-6

Every clime and place

SECDEF and CJCS explain peacekeeping policy

(OATSD Public Affairs) — Last year, President Clinton directed an interagency review of U.S. peacekeeping policy in order to more effectively address the realities of the post-Cold War era. After extensive interagency deliberations and Congressional consultations, President Clinton signed the Presidential Decision Directive on Reforming Multilateral Peace Operations.

To more effectively manage and fund UN peace operations within the U.S. government, the Administration has developed the concept of "shared responsibility." Under this approach, the day-to-day management of peace operations is divided between the Departments of State and Defense, depending on the likelihood of hostilities, or the involvement of U.S. combat units.

Secretary of Defense William Perry and Chairman of the Joint Chiefs of Staff General John Shalikashvili issued the following joint statement upon the White House announcement of the new policy:

"This important document, which DoD helped develop and fully supports, establishes policy that will enable the U.S. to respond effectively to the demands of the post-Cold War world.

"Although the U.S. armed forces must and will retain the capability to fight and win wars, we will participate in the full range of peace operations when it is in our interests to do so. It is our conviction that properly conceived and well-executed peace operations can be a useful tool to protect and advance U.S. national security interests.

"We are taking a number of steps to improve U.S. military capabilities for participating in peacekeeping and peace enforcement operations, including efforts to develop doctrine, conduct appropriate training, and determine

necessary equipment requirements for these operations.

"Multilateral peace operations can play an important role in national security, and the forces we have planned for the 1990s and beyond provide us with the necessary capabilities to selectively participate in such operations."

CHAMPUS mental health contractor won't review care for certain patients

CHAMPUS' national mental health contractor will no longer review mental health care for some patients in certain parts of the country. The contractor for most mental health care review in the U.S. is Health Management Strategies International, Inc. (HMS), of Alexandria, Va.

In some areas where managed-care programs are in operation, the CHAMPUS contractors for those regions will review mental health care for CHAMPUS patients who live in the managed-care regions and for those who don't live in these regions, but who get mental health treatment there. The affected areas are: California, Hawaii, New Orleans and three sites in Texas and Louisiana (the areas around Bergstrom and Carswell Air Force Bases in Texas, and England Air Force Base and Fort Polk, in Louisiana) that are affected by military base realignment and closure activities.

The effective dates for this change in mental health review procedures are: Feb. 1, 1995, for California and Hawaii; and April 1, 1994, for the Texas and Louisiana sites.

At several other military base realignment/closure sites where managed-care programs have recently been established, HMS will continue to

review mental health care, beginning March 1.

If you received (or provided) care under CHAMPUS any time in 1993, you have until the end of 1994 to get your claims into the hands of your regional CHAMPUS claims processing contractor.

But beginning with CHAMPUS care received (or provided) in 1994, you must file the claim within one year of the date a service is provided — or, for inpatient care, within one year after a patient's date of discharge from an inpatient facility.

CHAMPUS claims processing contractors provide toll-free telephone lines for use by CHAMPUS-eligible family members and their military sponsors.

You don't need to follow up on a claim with your regional CHAMPUS contractor until at least a month after you've filed the claim.

Blotter

- A Marine's wife reported she was verbally harassed while adjacent to the Bank of Hawaii by four unidentified males who shouted obscenities.
- A Marine was apprehended for traveling at a high rate of speed on

a motorcycle from the driveway of his assigned quarters. The Marine, who was not wearing a safety vest, helmet and long trousers, was released to his unit representative.

• A commanding officer requested assistance concerning a Marine's possible involvement with illegal drugs. The Marine admitted culpability and consented to a search of his off-base

residence, which resulted in the seizure of marijuana and drug paraphernalia. The Marine was apprehended and released to his unit representative.

- A Marine reported person(s) unknown used his bank card to make an unauthorized withdrawal from his savings account at the Bank of Hawaii automatic teller machine located here.
- A Marine reported that she and her

husband were involved in a verbal altercation at their assigned quarters when the husband cut his wife several times with a piece of glass. The wife was treated for a laceration to her right arm, shoulder and leg and was released. Her husband fled the area.

• There were four larcenies of private property. Items stolen included a purse, \$160 in U.S. currency, a set of golf

clubs, and \$170 in U.S. currency.

• There was one DUI aboard the base this week. No DUIs or DWIs off base this week.

• The evidence/lost and found custodian has in his possession a martial arts instrument, ID cards, bank cards, nets, bicycles and more. If you think any of these items belong to you, contact Sgt. Todd Fink at 257-3425/3110.

**Hawaii MARINE**

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The Hawaii Marine welcomes stories and photo

submissions from its readers, but submission is no guarantee of publication.

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# This week around the world

## 1 Violence in Rwanda continues

The blood-bath in Rwanda continues unabated as the death toll from the fighting between government and rebel forces is estimated at more than 200,000.

Government forces have reportedly massacred entire communities, leaving no one alive.

While the government forces are in control, the rebel forces have been fighting back and have made some progress. The rebels captured the Kigali airport and nearby army barracks Sunday.

The move prompted the government forces to agree to a truce, which was arranged by the United Nations, but it fell apart as soon as it began.

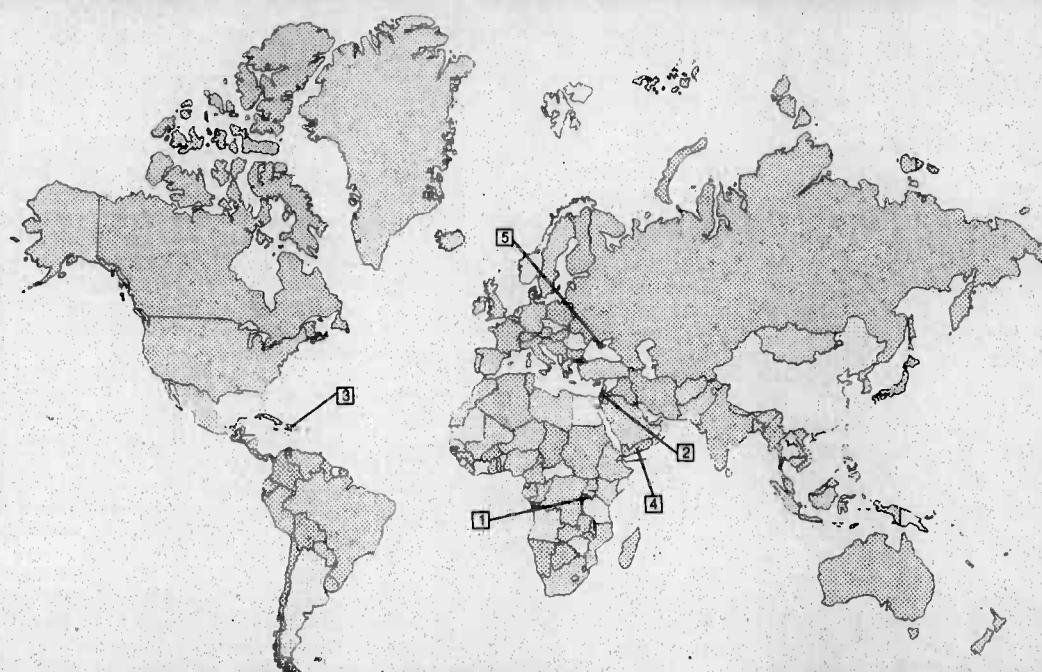
It is still unclear how the recent action will affect the planned deployment of 5,500 additional peacekeepers in Rwanda.

## 2 Israel upset over Arafat's comments

The Palestinian/Israeli peace accord, which appeared to be on track, now appears to be in trouble again.

Palestinian Liberation Organization Chairman Yasser Arafat's suggestion during a speech that the Gaza-Jericho peace agreement may not last caused an angry reaction from Israelis.

The Israelis, already highly suspicious



of the Palestinian leader, now have the feeling the Palestinians may not live up to the agreement.

In the speech, Arafat suggested that Palestinians would back out of the agreement when they are strong enough to do it successfully.

## 3 Haitian troops go on alert

The Haitian government put its military on alert as increased United Nations sanctions went into effect. The army-backed government fears

outside intervention and has also moved to strengthen its internal control.

Although the new sanctions virtually eliminate all trade with Haiti, the junta leaders show no intentions of stepping down. News reports said trade continued, in defiance of the embargo,

across Haiti's border with the Dominican Republic.

## 4 Civil war in Yemen intensifies

The three-week-old civil war in Yemen has progressed to Scud missile attacks on civilian areas.

While the residents in North Yemen dug out after a Scud attack Monday, northern forces continued to seize territory.

The civil war broke out May 5 after four years of unity. The fighting has been between the conservative north and the Marxist south.

Northern troops reportedly seized the South Yemen city of Ataq and are prepared to seize the oil fields of Shabwah and Hadramawt.

## 5 Russia, Ukraine dispute ownership of Crimean Peninsula

Diplomats from Ukraine and Russia are meeting to try to diffuse a crisis over the Crimean Peninsula.

The crisis began when Crimea, an ethnically Russian area, issued a virtual declaration of independence. The region belonged to Russia until 1954 and Ukraine fears it wants to rejoin Russia.

Although the region is relatively small, it is a very strategic peninsula on the Black Sea.

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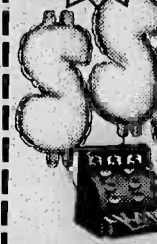
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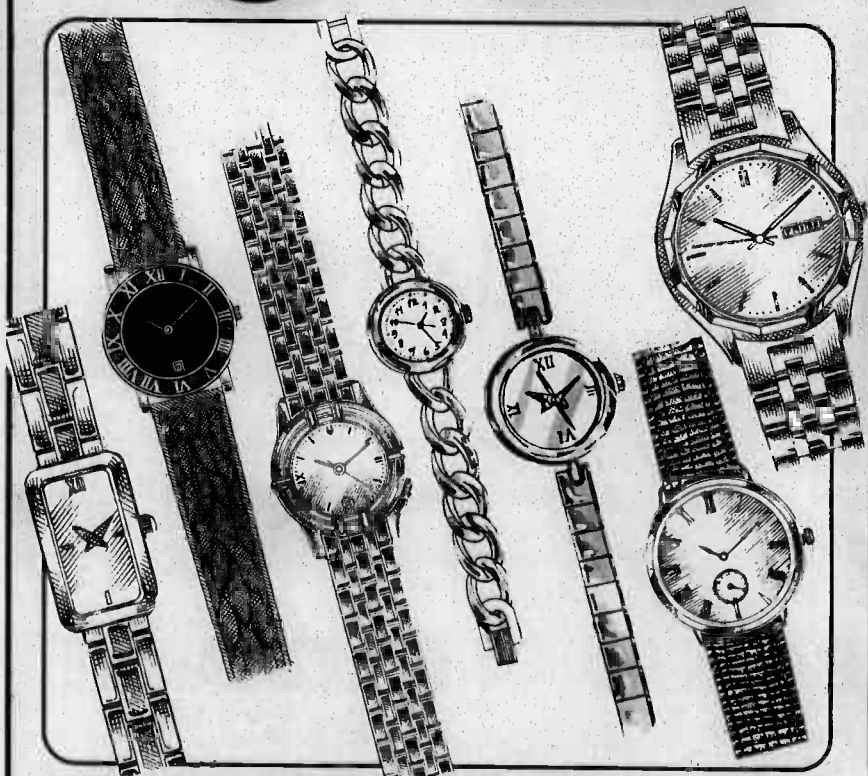
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## DD-295 assists personnel in receiving college credit for their military experience

Sgt. Paul Schneider  
Staff Writer

When most people enlist in the military, they usually have made the choice between going to college or joining the military.

Although many service members may not realize it, the military is a lot like college in that it teaches personnel a variety of skills.

"Whether you know it or not, when you entered the Marine Corps, you entered college," explained Cpl. James C. Moore, Joint Education Center. "The American Council on Education recommends college credits for what you have done."

Every Wednesday at 1:30 p.m., the staff of the Joint Education Center gives classes at the center on how to translate military schools and training into college credits.

The American Council on Education publishes the "Guide to the Evaluation of Educational Experiences," which lists military courses and recommends the credits which should be given for each course.

Most military schools and correspondence courses can produce college credits, unless the course was only specific to the military, Moore explained.

An example of the credits given is basic military training. A total of eight semester hours of lower division baccalaureate or associate credits are awarded for marksmanship, personal hygiene, outdoor skills practicum, personal conditioning and fitness, and first aid.

While some of the recommended credits are basic, many will help fill general degree requirements which every student needs.

During the class, Moore explained how to fill out and use the DD-295 form, which is the application for the evaluation of learning experiences during military service.

"We looked at all the documents

during the past year and the average per document was 15 credits," explained Loretta Cornett, base education officer. "Some are a lot higher."

Filling out the DD-295 can be the beginning of higher education while in the military, or the first step in the transition back to civilian life. Completing the form gives military personnel an idea of where they stand in college, Moore explained.

If anyone is interested in the Special Opportunity Colleges (SOC) program, Cornett explained, the college or university requires a DD-295 before that person can enroll in the program. The SOC program is specifically designed for military personnel who move every few years.

Of course, one of the biggest benefits of the DD-295 for military personnel is the cost savings. Based on an average cost of \$70 per semester hour, a person who gets the average 15 credits would save \$1,050. And they may earn their degree faster.

The savings help military personnel and the base by cutting down on tuition assistance costs, Cornett explained.

Although it takes some time to fill out the form and get an official document back, the base education center will soon be a pilot center for DANTES (Defense Activity for Non-traditional Education Support) to produce a completed copy using a computer program. But, even with the computer program, military personnel will still have to attend the class and fill out the worksheets.

"It takes some time and effort for the individual," Cornett said. "If they are not going to put in the energy, they are not going to get a document."

Although pouring through catalogs for military schools and Marine Corps Institute courses is probably not anyone's idea of a good time, an average savings of \$1,050 per person can make it very rewarding.

## Program turns troops into teachers

Sgt. Paul Schneider  
Staff Writer

Like many Americans during the Gulf War, Jack Hexter watched the war unfold on television. But, while many Americans watched and were impressed with the young men and women of the military, Hexter saw something else.

He saw fine noncommissioned officers who were great at training young men and women and instilling discipline in them. Then he wondered what was going to happen to them after the military services downsized.

According to an article by Mike Feinsilber, a writer for the Associated Press, Hexter saw in these military leaders a solution to the critical shortage of teachers in inner city and rural areas. He took his idea to Missouri Sen. John Danforth.

An aide to Danforth researched the idea and he found a "Troops to Teachers" law had been passed in 1992. However, there was no money behind the law and the program would have mainly applied to officers as the law was written to include only those who had college degrees, Feinsilber wrote.

Danforth pursued the idea further and during the fall of 1993, Congress quickly passed an updated law and appropriated \$65 million to fund the program.

The priority for the program is for math and science teachers, explained SSgt. Kirk Copeland, who handles the program for the Base Education Office.

The program, also known as the Teacher and Teacher's Aide Assistance Program, is for separating career Department of Defense military or civilian personnel who lose their jobs because of defense cutbacks.

"It's a reinvestment package that DoD and DANTES [Defense Activity for Nontraditional Education Support] put together to give financial assistance to military and DoD civilians who pursue teaching," Copeland said.

A baccalaureate degree or higher is required for applicants for teacher certification while an associate degree or higher is required for teacher's aide applicants. Degrees do not have to be in education, Copeland explained.

Military personnel who do not meet this education requirement for program eligibility at the time of discharge have five years to earn their degree.

The benefit of the program is DoD agrees to pay a stipend of up to \$5,000 to be used in offsetting teacher certification costs. In return, program participants must agree to accept five-year employment in a school serving low-income families.

In addition, DoD will help place applicants by providing grants of up to \$50,000 to schools hiring participants for five consecutive years. Payments are annual and designed to offset the new teacher's salary.

Copeland said the education center has already had some officers inquire about the program and slowly, enlisted Marines are beginning to come in.

Interested service members have up to a year after they leave the military to apply for the program. Civilians have up to 60 days after termination to apply for the program. Military personnel must have had six continuous years of active duty and an honorable discharge. Service members separating the military under the 15-year retirement, VSI or SSB programs are ineligible for the \$5,000 stipend.

Anyone interested should see SSgt. Copeland at the Base Education Center or call 257-2158/1232.

## SOC program helps those seeking a diploma

Sgt. Paul Schneider  
Staff Writer

Between deployments and moving every few years, most military personnel see higher education as an elusive goal. But it doesn't have to be.

The Marine Corps is attempting to make it much easier by using the Service members Opportunity Colleges (SOC) program. The Marine Corps is currently using the Navy's program, but the Marine Corps will likely form its own program, explained Loretta Cornett, base education officer. Marines and their family members can now take advantage of this program.

The primary problem with obtaining a degree for military personnel is the strict residency requirements of most colleges and their lack of acceptance of transfer credits. In addition, few colleges accept non-traditional learning like military schools and experience. But, SOC colleges agree to work with service members to get around those problems.

Cornett explained that SOC colleges agree to accept military schools and education as college credits as

recommended by the American Council on Education. They also allow up to 75 percent of the credits toward a degree to be transferred from other accredited schools.

Other credits they will accept include those from the College Level Examination Program (CLEP), DANTES Subject Standard Tests (DSSTs), and the American College Testing Proficiency Examination Program (ACT/PEP).

All colleges and universities with offices at Kaneohe Bay participate in the SOC program.

The SOC program has been a major benefit for base personnel and their family members. Cornett said that since the base started promoting the SOC program, there has been a dramatic increase in the number of degrees.

Besides the direct effect for service members and their families, the program also saves the Department of Defense money.

In fiscal year 1992, \$8 million was saved in the nation in tuition assistance funds because SOC schools accepted credits the military students already

had or acquired by non-traditional methods.

All students have to do to participate is sign a SOC student agreement with the school. The agreement is a "contract for a degree," Cornett explained.

Once an agreement is signed, even if degree requirements change, SOC students only have to complete their agreement. Also, the contract is good for several years and is valid after discharge from the military.

The same arrangement applies to adult family members of military personnel.

Even if the student doesn't complete their degree before being transferred to another duty station with the SOC contract, the next college the student attends will be like attending the same college the student signed the SOC agreement with. All credits will transfer back to the original college, Cornett explained.

When the student completes the requirements for the degree, as specified in the SOC agreement, the original college will award the degree.

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# Taking an eye tour could prevent children from accidents

Cpl. Wanda Compton  
Staff Writer

Nearly all children are inquisitive, impulsive and impatient. Unfortunately, these three "I" qualities can lead to serious accidents that could threaten a child's health.

"Children cannot determine what is safe and what is dangerous," explained Jennifer Kennedy, a registered nurse with the Marine New Parent Support Program, MCB Hawaii. "As a parent, the task of recognizing potential danger and 'hazardproofing' the child lies with the parent."

A wonderful starting point for developing a safety plan for the child's environment is to take a "child's eye" tour of the home and outside play area.

The following tips may help in evaluating potential hazards and planning for accident prevention:

"Swinging time" - Tie up cords to blinds or draperies to prevent your child from becoming entangled, and never place a highchair, play yard or crib within reach.

"Shocking, but true" - Move electrical cords out of sight and reach, and place outlet covers or caps in exposed electrical outlets.

"Pumped full of lead" - Assure that painted surfaces within a child's reach are lead free. If they are not, consider wallpaper or repainting with lead free paint.

"A rose by any other name" - Keep houseplants out of a child's reach to prevent dangerous and potentially deadly in-between-meal snacking.

"Jack and Jill went up the hill" - Put a gate at the top of the stairs and another gate three steps from the bottom.

"Red hot baby" - Keep small fingers from hot surfaces as well as fire. Big offenders include stoves, space heaters, barbecues and matches. Also, never carry your child and any hot liquid at the same time. A wiggling, curious child can possibly cause an accidental burn for you both.

"Cuts like a knife" - Sharp edges on corners of tables, chests, etc., should be covered with cushioned strips or corner guards. Sharp implements such as scissors should always be stored out of reach.

"Toyland, toyland" - Toy chests should have lightweight lids with safety closing mechanisms, or no lid at all. Open shelves are safer for toy storage in the long run.

"Boil, bubble, toil and trouble" -

Potentially poisonous substances should be kept in a hard to reach cabinet and locked out of the reach and sight of children. Follow all safety rules for administering medications. Purchase products with childproof packaging. Also, to help you think poison, place a poison label or a large red X on potentially hazardous products.

"Itsy, bitsy, teeny, weeny" - Small swallowable objects such as coins, marbles, or anything smaller than 1-3/8" in diameter should be kept away from infants and toddlers as they are potential chokeable items.

"Paper or plastic" - Lightweight plastic bags such as produce bags, dry-cleaning bags, or packaging on new clothing can suffocate a child if the bag is placed over the face. Keep all plastic bags out of the reach of your child.

Children usually consider the kitchen and bathroom as the most interesting spots in the home, but they are also the most dangerous. Here are a few ways that parents can make them safe:

"And stay out!" - Child guard latches on drawers and cabinets usually prevent little explorers from breaking the dishware and getting into hazardous products such as cleaning solutions, medicines, or foods.

"Mother may I" - Allow one cabinet in the kitchen for the child to investigate. Some sturdy pots, plastic strainers and wooden spoons will provide the child with hours of fun and keep them from the forbidden cabinets.

"Undercover" - Be sure to keep garbage in a tightly covered container. The dangers of rummaging in the trash can include spoiled food and broken glass.

"Clean as a whistle" - Set your water heater at 120 degrees to prevent burns and scalds. Always turn the hot water off before the cold, and test water with your elbow before placing baby in a tub. Never leave children unattended in the tub or leave water in the tub when not in use.

"Flush proof" - When not in use, keep toilet lid closed with suction cups or a toilet safety latch to avoid possible drownings.

"Water babies" - Keep small children away from buckets, bathtubs, toilets, baby bathtub supporting rings, diaper pails, swimming pools and other

containers of water as child drownings have occurred in all of these products.

This information has been provided by the Marine New Parent Support Program. This is a confidential and voluntary support program designed for Marine families, stationed on Oahu, and Navy families, stationed at Kaneohe, who are either expectant parents, or already have newborns or toddlers.

The support program is comprised of two registered nurses and a social worker who have extensive knowledge and experience in child development and parenting.

"We are here for the families," Kennedy said. "Being a parent is not an easy job. We have a variety of services to help those families deal with the demands and questions that come with life in the military."

One of the services provided is home visits. This program gives families a chance to talk about whatever concerns they have - all in the privacy of their home. Home visitors are available on request to inspect the home for safety and to provide parenting education and support.

For more information regarding safety issues or about the program, contact the Marine New Parent Support Program at 257-3655.



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# Armed Forces and Memorial Day honor those who serve

Cpl. Wanda Compton  
Staff Writer

This year's theme for the observance of the 45th Armed Forces Day, held May 21, was "Peace Through Readiness." This theme has guided the defense of America's freedom from the day it was secured. As President George Washington said in his first annual address to Congress, "To be prepared for war is one of the most effectual means of preserving peace."

Armed Forces Day is a time for Americans everywhere to recognize the contributions made by those in the uniform of our country.

The 1st Marine Expeditionary Brigade supported activities

by providing personnel and equipment for display at Naval Station Pearl Harbor.

The Marines from 1st MEB, won second place for their display at Naval Station Pearl Harbor.

Their displays consisted of various weapons and crews, an AAV, Marines in field gear with camouflage paint, a SPIE rigging demonstration and a field medical static display.

The grand finale for Armed Forces Day was "The Spirit of America," a musical tribute to the armed forces held at the Waikiki Shell.

Band members from the Marines, Army, Navy, Air Force and National Guard, dressed in their uniformed

finery, played current favorites, patriotic music and more to celebrate this special day.

As one celebration came to a close, another nears recognition. On June 6, the commemoration of the Allied invasion of Normandy 50 years ago will be observed.

It was a crucial turning point in the struggle to defeat the forces of global aggression, domination and subjugation. General Eisenhower aptly called it, "The Great Crusade."

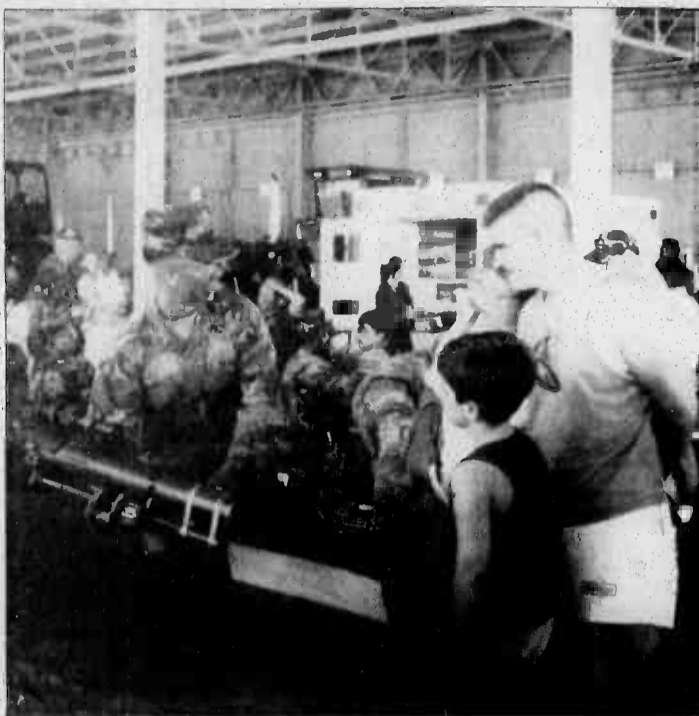
Secretary of Defense William J. Perry sent out this Memorial Day Message.

"We will never forget the courage and sacrifice of those who fought and died at Normandy. Their memory lives on for what they achieved that day."

"The Fascist leaders who provoked World War II deeply misunderstood the democracies of the world. They mistook the hallowed tradition of public debate and dissent for internal strife and inertia. They thought a love of liberty meant a lack of discipline. They confused love of peace with a lack of will."

"In short, the enemies of peace and freedom thought that democracies would not or could not fight to deter or defeat tyranny and aggression. They were wrong 50 years ago, they were wrong during the Cold War and they are wrong today."

"The legacy of those who stormed the beaches at Normandy lives on. It's alive in you, the men and women in uniform who stand ready to protect



Static display — A Marine displays an AT-4 for a young man. The Marines of HMH-463 participated in the static displays in conjunction with Armed Forces Day, Saturday.



Armed Forces Concert — (Left) Capt. Andy Omdahl, commanding officer of the Marine element, School of Music, Norfolk Va., performed a stirring rendition of America the Beautiful with; (Right) Cpl. John Park accompanying him vocally during the combined bands concert held Saturday at the Waikiki Shell.

our security, our interests and our allies, and also to those who dedicate their lives today. You are upholding the democratic cause of peace and freedom; yours is truly a 'great crusade'."

## NQLB

From A-1

Benjamin and Tracy Williams, who explained the 1994 Summer Adventure Program and teen and pre-teen activities offered during the summer.

After the presentations, board member Cpl. Robert Simonson explained some of the current issues the board is working on and then opened the floor for new issues.

For the second month, one of the

primary issues addressed at the meeting was pet welfare.

Sheri Oliver-Beltran explained that she had met with BGen. CD Kuhn Jr., base commanding general, in an effort to find somewhere on base where dogs could be allowed to run and play under the supervision of their owners.

"If we could just have a fenced-in area on base that is somewhat away from housing," Oliver-Beltran said.

Agreement on where to put a pet exercise field wasn't reached at the meeting, but it was clear the major hurdle to the site would be assuring pet owners cleaned up after their animals — something they are already required to do by base order.

Maj. Terence Hess, base provost marshal, recommended the board propose a change to the base order which would require pet owners to carry the means to pick up after their animals when they are walking their

dogs.

After the lengthy discussion about the pet exercise area, another base resident asked what could be done about a dog which hasn't left his neighbor's porch in almost a year. A representative from base housing was at the meeting and said he would look into the problem.

The same resident also brought up June 30 at 7 p.m. in TAVSC classroom a recurring problem with youth hang 1. He said kids are using the attend.

basketball courts near Fort Hase Beach as a hang out. Many of them are quite young and are there well after the 10 p.m. curfew.

Hess said when they had similar problems in another area on base they put out extra patrols and would do it again if there are similar problems.

The next NQLB meeting will be held

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## Front and center

# Marine finds stability for herself and family in the Corps

Sgt. Kevin Doll  
Staff Writer

After Cpl. Chris Booker graduated from high school in 1989, she made two decisions that greatly affected her life. The first was marrying her high school sweetheart, Ylon. The second, much to the dismay of her parents, was joining the Marine Corps.

The New York City native knew that staying in the Big Apple wasn't for her. So, following the advice of her father, she went down to the recruiting station to talk to an Air Force recruiter.

"What the Air Force offered me was OK, but when I was leaving, the Marine recruiter chased me down," Booker said. "He talked to me about leadership, integrity and esprit de corps. I knew that was what I wanted to be a part of."

Booker's parents and husband had misgivings about her decision, however. Her father, who had been in the Army, and her mother both thought the Corps "wasn't for women." Her husband didn't particularly like the idea of her joining a service that was primarily men.

"I just told them this was what I wanted to do and not to worry," Booker

said.

After boot camp, Booker found herself at Ft. Eustis, Va., training to be a traffic management specialist. Shortly thereafter, it was off to her first duty station, Okinawa — unaccompanied and, as she soon found out, pregnant. Five months later, the young Marine had a baby boy.

"It was hard and kinda scary," the 23-year-old said. "I didn't have any family support but everything worked out pretty good."

With the advent of Desert Storm, Booker's one year tour turned into 15 months. Stationed at Camp Kinser, Booker was involved with the movement of personal military freight to and from Okinawa.

From Okinawa, Booker returned to the East Coast and was stationed at Camp Lejeune, N.C., with 2d Landing Support Battalion, 2d Force Service Support Group.

"I worked with embarkation Marines who handled the movement of supplies and gear for deployments," she said. "My job was basically clerical, but it was interesting."

Booker arrived at Kaneohe Bay in February 1993 and was assigned to Headquarters and Headquarters



Sgt. Kevin Doll

**Guiding hand** — Cpl. Chris Booker explains a clerical procedure to one of her Marines at base TMO.

Squadron Marine Corps Air Station Kaneohe Bay. She is presently the senior personal property counselor at the Traffic Management Office here.

Her duties involve counseling Marines and sailors on the moving process, either out-of-state or local, including their rights and the federal regulations.

Booker must also help her eight other junior Marines with any questions they may have about their job.

"Sometimes we go out to inspect how the civilian movers are conducting a move," she said. "The Marines don't always know what the movers are

responsible for and we are there to make sure everything is running smoothly."

Booker and her husband welcomed their second child, another boy, four months ago. She said being a Marine and raising a family is like having two, full-time jobs.

"One reason I joined the Corps was to get myself and my husband out of New York City," Booker said. "Living in the Marine Corps environment is even more important now that I'm raising my children."

Booker strives to excel in the Corps. She is taking steps to be accepted in the Marine Corps Enlisted Commissioning Education Program, where enlisted personnel are paid their regular salary, but attend college full-time.

"I tried taking college courses at night, but it was hard both working and trying to raise a family," she said. Booker is looking at majoring in accounting or computer science.

"The Marine Corps has given me so much," she said. "Every time I go home, I have so much pride when I see my friends and tell them about the Corps. It's been better than I thought it would be and I plan on making it a career."

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Cpl. D.L. Christner

#### Welcome Aboard

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#### Reenlistments

GySgt. H.L. Groomes  
Sgt. J.M. Lea

## Heat

From A-1

brain damage.

Heat stroke has a high mortality rate and once an individual has a heat illness, he is susceptible to further injury.

Prevention of Heat Exposure Injuries

The prevention of heat exposure injuries is a command responsibility.

"The commanding officers are responsible for the prevention of heat casualties within their units," Matous explained. "However, it takes real good, small unit leadership and awareness to ensure that the injuries are avoided."

On the individual level, prevention centers on water and salt replacement. Sweat must be replaced ounce for ounce; in a hot environment, water consumption must be drastically increased. Salt should be replaced by eating well-balanced meals, three times a day, salted to taste. In the field, the meals-ready-to-eat (MREs) contain enough salt to sustain a person in most situations.

Salt tablets should not be used unless specified by a physician and the consumption of alcoholic beverages should be limited.

At the command level, prevention centers on an awareness of the environment. The Wet Bulb Globe Temperature Index (WBGTI) is monitored regularly, and the results are interfaced with the Physiological Heat Exposure Limits (PHEL) chart and the work/rest chart before work assignments are made to assist in the avoidance of heat casualties.

Air Station Order 6200.1G provides the guidelines for use of the WBGTI

### HEAT EXHAUSTION

- Moist and clammy skin, usually pale
- Pupils dilated
- Normal or subnormal temperature
- Weak, dizzy or faint
- Headache
- No appetite, nausea



### HEAT STROKE

- Dry hot skin, usually red
- Pupils constricted
- Very high body temperature
- Coma or near coma
- Pulse strong and rapid

and the hot weather training regulations aboard the base.

Green Flag - (WBGTI of 80 to 84 degrees fahrenheit) — Heavy exercises for unacclimatized personnel will be conducted with caution and under constant supervision. Acclimatization normally requires two to three weeks.

Yellow Flag - (WBGTI of 85 to 87 degrees fahrenheit) — Strenuous exercises, such as marching at standard cadence, will be suspended for unacclimatized troops in their first two or three weeks. Outdoor classes in the sun are to be avoided.

Red Flag - (WBGTI of 88 to 89 degrees fahrenheit) — All physical training will be halted for those troops who have not become thoroughly acclimatized by at least twelve weeks of living and working in the area. Those troops who are thoroughly acclimatized may carry on limited activity not to exceed six hours per day.

Black Flag - (WBGTI of 90 degrees fahrenheit and above) — All strenuous activity will be halted for all troops.

In Hawaii, the flags are used year round and are posted when the temperature reaches the minimum of 80 degrees fahrenheit. There are four locations here where the flags are posted: in front of 3d Marine Regiment Headquarters, in front of Brigade Service Support Group-1 Headquarters, in front of Marine Aircraft Group-24 Headquarters and at Dewey Square.

Individuals not working or training with the units should also be aware of the flag conditions to decrease the chances of sustaining a heat injury.

"Drink plenty of water, and give your body frequent rests to cool down," Matous suggested. "Heat injury is preventable if everyone is aware of the signs, symptoms and prevention methods."

## Regs

From A-1

include boots, long trousers, gloves and authorized reflective vests. Incorporates specifications for excessive noise emissions of mufflers installed on motorcycles, mopeds or motor scooters and for the authorized height of handlebars.

1. Paragraph 701: Requires all bicycles to be registered with the city and county of Honolulu and to

be locked while not in use to deter theft. Prohibits operators of bicycles from wearing earphones, headsets, or other devices not primarily intended to safeguard against hearing loss.

m. Paragraph 9001.4: Incorporates requirement to produce valid state drivers license, proof of Hawaii no-fault insurance, and vehicle registration, proving compliance with Hawaii revised statutes in order to gain access or operate a privately-owned vehicle

aboard the base.

n. Paragraph 9003: Clarifies who may sponsor guest/visitors and the procedures for sponsorship.

o. Paragraph 9005.4: Clearly delineates who may obtain, and who is not eligible, for a house privilege guest pass, and how to obtain one.

p. Paragraph 100014b(2): Prohibits assault handguns and magazines with a capacity of greater than ten rounds in compliance with Hawaii state law.

q. Paragraph 11002: Requires personnel to wear specified protective equipment while using the MWR skateboard park.

r. Paragraph 11004: Defines recently authorized fishing areas in the former Naval Command Control and Ocean Surveillance Center compound.

Further information regarding the revision of Air Station Order P5500.6D may be obtained from the Military Police Crime Prevention Unit at 257-2103.

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## Briefs

### TAMP

The Transition Assistance Program will be offering the following classes in the month of May:

**Sponsorship training** — Mandatory training for those assigned as sponsors for inbound Marines and sailors. The class will be held Friday from 2-3 p.m. at Training and Audio Visual Support Center, building 267, classroom 2.

**Professional dressing for men** — An image strategist will present information on the importance of creating a great first impression and a winning image. The class will be held today from 9-11 a.m. at TAVSC, classroom 1.

**How to write a resume** — Learn to prepare a resume and make a positive impression on prospective employers. The class will be held Wednesday from 9-10:30 a.m. at TAVSC, classroom 2.

### TQL nominations

Nominations are being accepted for the following TQL courses: Implementing TQL — This new course will be held June 7-17 at TAVSC, building 267, classroom 1.

**TQL Awareness** — This three-day supervisor course will be held June 28-30 at TAVSC, classroom 1.

**TQL Awareness** — This one-day non-supervisory course will be held July 1 at TAVSC, classroom 1.

**Fundamentals of TQL** — This new course will be held July 12-22 at TAVSC, classroom 1.

**Senior Leaders Seminar** — This four-

day leaders' course is appropriate for colonels, lieutenant colonels and sergeants major. The class will be held at the Bachelor Officers Quarters.

Inquiries, scheduling and coordination should be directed to Bill Lang, TQL manager, at 257-2130.

### ASYMCA

To sign up for any of the following programs/classes, or for more information, call 254-4719 or 254-4865. The Armed Services YMCA helps pay for child care while you attend classes.

**Volunteer** — Work from 9 a.m. to noon. Take a break from your home duties. We will pay for your child care while you learn office skills and human services.

**Plus size ladies aerobics class** — This is a four-week program which meets Tuesdays and Thursdays from 9-10 a.m. If you are a size 14 or more, this program will take your special needs into consideration. Evening classes are also available; the classes run for six weeks from 7:30-8:30 p.m. on Wednesdays and Fridays.

**Lamaze** — Lamaze classes will be held Monday through June 20, June 27 to Aug. 1 and Aug. 8 to Sept. 12. The classes will meet on Mondays from 6:30-8:30 p.m.

**Free the horses** — A summer adventure in self-esteem, courage, responsibility and cooperation. Open to children entering grades 1 and 2. There will be 11 sessions from June 13 through July 8 between 9-10 a.m. The fee is \$25.

**Swap meet** — Sellers are welcome to the meet June 4 from 8 a.m. to 3 p.m. **Swingin' Western Style** — Y'all come join us and learn the Texas Two Step,

the Tush Push, the Achy Breaky and more. Round up starts June 21 for six weeks.

### Parent support

**New Parents Support Program** — Provides support to Marine families on Oahu and Navy families stationed at Kaneohe Bay.

**Infant Care and Education** — Overwhelmed with the responsibility of caring for your new baby? Learn basic "caring for your baby" information such as bonding with newborn, common illnesses, nutrition, infant/baby stimulation, safety and stages of development. Classes have already begun and are held from 6-7:30 p.m. at the Child Development Center, building 579, and will run eight consecutive Tuesdays. Free childcare is available. Expectant parents are also welcomed. Call 257-3655 for more information.

**Home visitors** — Visits families in the home offering support and education, parenting information and referral to families with children under 6, and prenatal information to expectant parents. Call the New Parents Support Program at 257-3655 for more information.

**Parenting Education and Support Group** — Meets every Tuesday night from 6-7:30 p.m. at the Child Development Center, building 579. Free childcare is available. Please bring a copy of your child's up-to-date shot record. Child care cannot be provided without one. Parents with children of all ages are invited to attend. We discuss topics such as discipline, stress management, safety tips and communication. Please call the New Parents Support Program at 257-3655 for more

information or to request a class schedule.

### K-Bay FSC

**Overeaters Anonymous** — A welcome home meeting of Overeaters Anonymous will be held every Friday at the Family Service Center classroom, beginning at 7 p.m. The meetings will have varied formats and are designed to help people who want to stop eating compulsively. For more information contact the FSC at 257-3655.

**Playmorning mobile playschool** — A free program for children (infants to 5-year-olds) and parents to meet in family housing areas four mornings each week from 9-11 a.m. Look for us at these addresses: Monday — 2454/60 Cochran Street, Tuesday — Harris Avenue and Elrod Drive, Wednesday — Cochran Street and Dodson Street, Thursday — Daly Road and Daly Place. On rainy days, Playmorning will meet on the lanai at the Family Service Center, building 455.

**Women's Empowerment Program** — Focuses on safety, self-esteem, anger and stress management; it also provides support in all situations. Meetings are held every Thursday from 2:30-4:30 p.m. Child care is available. Please call Diane at 257-3655.

### Red Cross

The following class is being offered by the Red Cross:

**Babysitting course** — Limited space is available for this course being held June 4-5.

Call 257-3150 for more information on classes or volunteer work. The hours of operation are 7:30 a.m. to 3:30 p.m., Monday through Friday. In case of emergencies, call 257-3150 or 471-3155.

### All Enlisted Spouse's Club

The All Enlisted Spouse's Club recently opened the new Thrift Shop. The Thrift Shop is located at the old commissary, building 374. The remodeling of the facility will continue while business is being conducted. Call 254-0548 or 254-0331 for more information.

### Lending Locker

The Relocation Assistance Program is looking for volunteers to help staff the Base Lending Locker. The Lending Locker temporarily loans household items such as pots, pans, sheets etc., to relocating service members and their families while awaiting delivery of their household goods. If you are interested, call 257-3135 to volunteer.



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# Hawaii LIFESTYLE

Hawaii Marine Section B

Covering Sports, Leisure and Family Events

MAY 26, 1994

Steroid users are just big brainless idiots!



John Magnus  
Outdoor Recreation Supervisor

Recently, I discussed how the athletes of today are bigger, faster and stronger than those of days gone by. Science, technology and training techniques are primarily the reason for this. But I guess there could be a darker side of this. Steroids.

Remember a few years ago, there was a young man from Michigan State University named Tony Mandarich? This kid was the prototype for football lineman of today. He was about 6'4", 320 pounds, could run 40 yards in under five seconds, and could bench press a zillion pounds several times. You get the picture.

The pro scouts were drooling over this guy like a den of lions at a wildebeest stampede. The Green Bay Packers selected Mandarich number one and hoped that he would be a cornerstone for their rebuilding program. But Mandarich never lived up to his billing. You see, the NFL had much stricter drug testing than the NCAA did at that time, even though it wasn't much. Now I'm not saying Tony Mandarich was a steroid abusing fool, but was it just coincidence that when he got to the professional level he lost weight, got weaker and slower? Tony Mandarich, whose physical statistics were unheard of at that time, became just an average size NFL offensive lineman. And did any of you ever see him in the Pro Bowl or gather any awards that so many had predicted him to earn? I don't think so.

Anabolic steroids are sometimes administered to hospital patients or the elderly because they promote muscle growth and tissue regeneration. Sports technology picked up these facts and as we all know, the number of athletes making use of anabolic steroids in recent years has grown.

Most of us also know that besides the accelerated muscle growth they cause, they also cause heart disease, liver damage, and abnormalities of the sex organs, among other things. Medical research has also proven that steroid use by people whose bodies are still developing can cause even more serious damage.

So, we know that steroids can make you bigger, faster and stronger in much less time than a conventional workout program. But if those are your goals, wouldn't you get much more self-satisfaction knowing that you increased your physical capabilities through your own hard work and perseverance?

Getting big through steroids is like getting rich through stealing. You can't tell anyone because you'd be too embarrassed. You know you can't do it forever because eventually you'll get caught and the consequences are not worth it. Your professional career, whether it is sports or even the military, is more than likely going to be over.

If you haven't guessed by now, I, as well as many of you, have absolutely no respect for steroid users. And I hate to say this, but those idiots deserve whatever physical or societal side effects or punishment they get. They made the choice to use them and they should pay for it.

## Bascuk comes from behind in HMAAC golf win



Sgt. Kevin Doll

See the ball — Keith Bullock, Marine Barracks Hawaii, chips onto the Klipper Course 17th green during the HMAAC golf tournament Sunday.

Sgt. Kevin Doll  
Staff Writer

Jon Bascuk came from behind to finish three strokes ahead of Wade Carlson in the open division of the final day of play Sunday during the 1994 Hawaii Marine Athletic Council Golf Tournament.

The HMAAC tournament, conducted at the Kaneohe Klipper Course, began May 19 and featured the best Marine golfers in Hawaii. The top finishers qualify for the Hawaii Armed Services Athletic Council tournament which will be played in July.

In the senior division, Cecil Berger finished comfortably ahead of the pack with a final score of 314. Brian Elliot came in second with a four-day score of 338. Third place was anybody's game as only one stroke separated each of the next three finishers, but Keith Bullock's last day score of 76 helped him clinch it with a 337.

Both Bascuk and Carlson were tied after three days of play with a score of 226. But after the first nine holes Sunday, Carlson pulled to a 2-under-par, 6-stroke lead of 34, with the help of birdies on the sixth, seventh and ninth holes. After the first nine holes, Bascuk was wrestling with a 4-over-par score of 40.

However, going in was a different game for as Carlson's play faltered,

Bascuk played stronger. Even a birdie on the 16th hole couldn't help Carlson as he finished with a painful 10-over-par on the back nine and an 80 for the day. Bascuk finished with a 37 on the back nine and a 77 for the day.

Bascuk's last day victory clinched the open division title, with a four-day total of 303 and Carlson came in second just three strokes behind at 306.

"It was tough all four days," Bascuk said. "And I could have putted better."

Going in at the turn, the 28-year-old said he didn't quit and knew if he could pick up four strokes on three holes, he would still be in the game.

"I made a 10-foot putt on the last hole that made it feel even better," he said. "I could have four-putted it and still won, but it made a great ending."

"I felt confident I could win it," the 19-year-old Carlson said. "I didn't feel any pressure between myself and Jon going in Sunday. But I just hit a bad shot and all of a sudden it was one right after another."

Carlson, who presently has a 4 handicap, said his goal is to make the All-Marine Golf Team.

"I plan on playing in the Staff NCO tournament this weekend and then to just keep practicing until the HASAC tournament in July and do my best there," he said.

See Golf, B-2

## Commanding General's Fitness Series standings

Editor's note: The following are the results of the Commanding General's Fitness Series after six events: the Navy Birthday Devildog Dash; the Marine Corps Birthday 10K Run; the Honolulu Marathon; the 3d Marines 10-Mile Run; the H&S Co., 1st MEB 20-Mile Bike Race; and the MAG-24 Splash and Dash. Standings represent the points awarded for the top five finishes.

The final race in the series is the Windward Triathlon, scheduled for Aug. 14, at MCB Hawaii Kaneohe Bay.

Team Results	Points
1. Recon Co., 3d Marines	54
2. H&S Co., 1st MEB	53
3. A Co., 3d CEB	45
4. 21st Dental Co.	34
5. H&S Co., 2/3	23

Men under 20	Points
1. J. Booren	27
2. C. Miner	15
D. Horner	15
L. Gallegosmendoza	15
K. Ladendorf	15

Men 20-29	Points
1. R. Jones	67
2. T. Springer	30
3. B. Hill	27
4. P. Beckett	23
D. Zapp	23

Men 30-39	Points
1. D. White	59
2. W. Prebor	53
3. M. Fitzgerald	35
4. M. Monyak	33

Men 40 and over	Points
1. R. Flath	59
2. R. Gangle	43
3. J. Drazkowski	33
4. C. Cortez	27

Women 20-29	Points
1. K. Fallon	67
2. J. Daniels	25
3. L. Ramirez	22

Women 30-39	Points
1. L. Rodriguez	60
2. M. Kuehl	58
3. D. Ulch	22



Sgt. Kevin Doll

### Just wanna be like Mike

A possible future basketball star gives it his best shot during the slam dunk contest at the Youth Fun and Fitness Day at Pop Warner Field, Saturday. For more on the event, see page B-4.

## MAG-24 slips by BSSG in over-30 basketball

Sgt. Kevin Doll  
Staff Writer

Marine Aircraft Group-24 held off a last minute scoring drive by Maintenance Company, Brigade Service Support Group-1, to win by a basket, 41-39, in over-30 basketball play, Monday.

George Jones put BSSG on the board first with a three-pointer and MAG's Vincent Willard answered with one of his own. Norris Chappell made good on two of three foul shots to put MAG up, 5-3. MAG player Percy Jenkins looked mellow on his easy breakaway layup, but was booed by the audience for not making a flashy slam dunk.

BSSG was having problems getting inside, but fortunately for them, the MAG players were called for repeated fouls. This gave the service support Marines the opportunity to score. John Maxey's rebound score tied the game at 11, and Terry Ober added a field goal to give BSSG the lead.

Willard, still deadly from the outside, swished a three-pointer to keep the

See Over-30, B-2



Sgt. Kevin Doll

In the paint — Terry Ober, Maint. Co., BSSG-1, goes up for two points during over-30 basketball play Monday.



# Base MPs take on island cops

Sgt. Kevin Doll  
Staff Writer

Marine Corps Base Hawaii military police competed against other Oahu law enforcers in a number of events during May, culminating in a family day at Bellows Air Force Station, Sunday.

Cops from the Honolulu Police Department joined the island's military police for the annual competition that concludes during Police Week.

The various events of the friendly competition are conducted aboard Oahu's military reservations. Cpl. Douglas Ranke and Sgt. Kevin Hendershot represented the Marines during the bowling competition at Hickam Air Force Base.

Calling on their infantry training, the team of LCpl. Charles Currier, Cpl. Todd Knowler and Sgts. Anthony Silveria and Rick Jones finished first in the obstacle course event at Schofield Barracks May 19.

Another first place, as well as a new record time, was made by the Marine MPs in the Flag Pole Race Sunday. This relay race began at the MCB Hawaii Kaneohe Bay flag pole and ended at Bellows. The new time to beat is 1:18.43, thanks to Jones, Currier, Cpl. Dwayne Smith and Sgts. Jeffrey Dyal and Todd Fink.

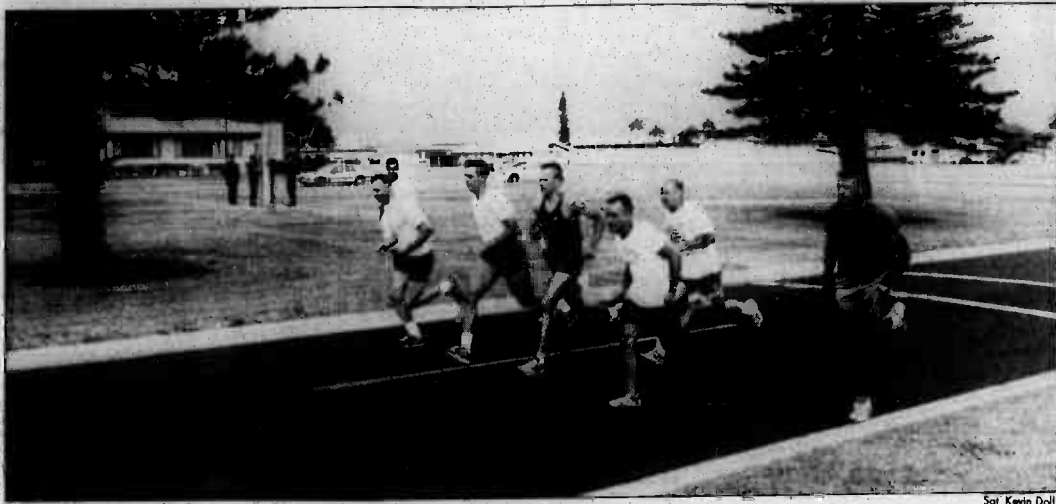
Two Marine teams competed in the three-on-three basketball tournament at Bellows, Sunday. The first team included Ranke and Cpls. Napoleon Dunbar and Michael Gibbs. The second

team had Cpl. Dub McCreary and Sgts. James Daly and Jeffrey MacDonald.

Battling it out on the sand courts at Bellows in the volleyball tournament was Silveria, McCreary, Sgt. Rusty Smith and LCpls. Warren Kent and Donald Vanover.

Daly and Sgt. Jeffrey Kelly managed to stroke their way to a second-place finish in the two-man kayak race conducted off the Bellows beach.

Making a stand on the beach in the tug-of-war was Ranke, MGySgt. Patrick VanLent, Sgt. Webster Heath, LCpls. Sean Donagan and Kurt Cook and Cpls. Steven Meadows and Thomas Hussey. After all of the pulling was over, the Marine team claimed second place honors.



Sgt. Kevin Doll

And they're off — Base MPs, along with their service counterparts, take off from the starting line of the flag pole race here Sunday. The relay race ended at Bellows Air Force Station.



Sgt. Kevin Doll

Wham-bam — A base MP spikes the ball against an Army MP during the volleyball tournament at Bellows.

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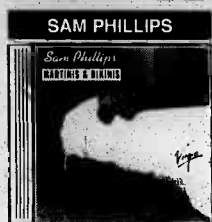
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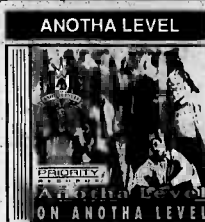
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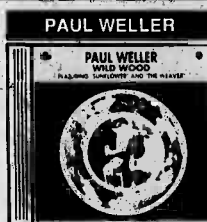
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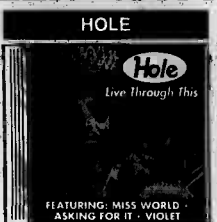
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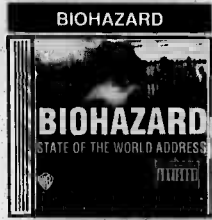
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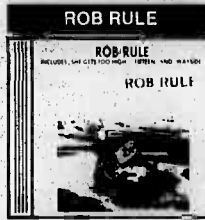
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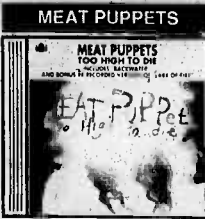
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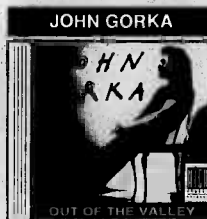
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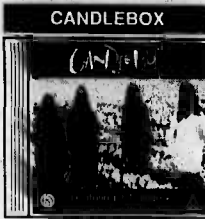
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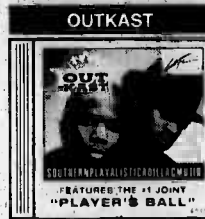
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**On your mark** — (Above) Kids get ready to munch out in one of the watermelon eating competitions. **My heroes** — (Below) Kids clammer around the "Powerful Rangers" to get the autographs of their TV look-alikes.



Sgt. Kevin Doll



Sgt. Kevin Doll

**High-flyer** — One of the students from Lei's Gymnastics prepares for her landing after performing a somersault off the springboard. The young gymnasts demonstrated their skills for the audience throughout the day.

## Youth have a day of fun in the sun

**Sgt. Kevin Doll**  
Staff Writer

Kids stuffing their faces with watermelon, children eating ice cream dangling on a string, and keikis tumbling and flying through the air.

It doesn't get much better than this. Marine Corps and Navy children had their chance to just be kids Saturday at the annual Youth Fun and Fitness day, sponsored by Dependent Recreation here. Approximately 200 children participated in the festivities conducted at Pop Warner field aboard Marine Corps Base Hawaii Kaneohe Bay.

BGen. CD. Kuhn Jr., commanding

general, MCB Hawaii, participated in the opening ceremonies. He was aided by those defenders of good and fighters of evil, the "Powerful Rangers," to the delight of fans big and small.

McGruff the Crime Dog was on hand to remind children to help "take a bite out of crime," and it was reported the hairy law enforcer took a few bites out of the hamburgers and hot dogs that were on sale.

There was a basketball slam-dunk contest which had kids of all ages showing their high flying, swishing skills to judges. A dunking booth gave kids a try at sending their friends into the drink with a well-aimed throw of a baseball. Girls from Lei's Gymnastics

wowed the crowd with their display of acrobatic tumbling, flips and dance routines. Relay races kept the youth speedsters busy running up and down the track.

Probably the most popular event of the day was the watermelon-eating contest. Kids had to munch away as much as possible from a watermelon slice with their hands behind their back in only 30 seconds. Red goo ran down the faces of the participants as they anxiously awaited the naming of the winners in each competition.

At the end of the event, parents left knowing they had spent a day of quality time with their children, while the kids had a fun day of doing things their parents never let them do.



Sgt. Kevin Doll

**Munch out** — LaNardia A. Head learns that eating watermelon isn't so easy when you can't use your hands. But she did well enough to win a prize in her age group competition.

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

This week's offerings include:

**Consolidated Movie Theaters**— Tickets cost \$425 and are good until June 8.

**Aloha Diners Club**— Entertainment and dining are available at a big discount. Books are only \$12 and are good until December. Enjoy 2-for-1 dining at 60+ great restaurants, free cover charge at six popular night clubs, special savings on entertainment and lots more.

## MWR offerings

Julie Mall  
MWR

### Fitness orientation

Have you ever wandered into the Fitness Center and wanted to work out, but those machines looked a bit intimidating? Learn everything you ever wanted to know about the Fitness Center but were afraid to ask in the Fitness Center Orientation Program. This program explains all the different types of equipment, guidelines, and safety tips for using the machines in the Fitness Center. The orientation is \$5 per person; registration and payment must be received in advance. Classes will be scheduled as demand warrants. Pick up a flyer on any of the "What's Happening" boards around base or call the Athletic Office at 254-2458 for more information.

### Karate

Learn the ancient art of karate from the Kobudo Association. Karate lessons are available for family members

from age five and up. The children's classes are every Monday, Wednesday and Friday, with different level classes starting at 6 and 7 p.m. The adult classes are Monday, Wednesday and Friday from 8-9 p.m. The program costs \$30 per person, \$10 for each additional family member. For more information, contact Youth Activities at 254-2963.

### Racquetball tourney

Start practicing now and get ready for the 1994 Summer Sizzler Racquetball Tournament, June 24-26 at the Main Gym. All active duty personnel and their dependents stationed in Hawaii are eligible to participate in this tournament. The divisions include: Men's Open, Seniors/Masters (40 and over), Women's Open and Doubles (co-ed optional). The divisions will be adjusted according to entries. The entry fee is \$15 and the entry forms must be turned in to the Athletic Office by close of business June 15. For more information, call 254-2458.

**Waimea ATV**— This breath-taking adventure takes you through the Park's North Valley on an ATV. This three-hour tour includes the ATV ride, archery, paint ball and a logo T-shirt. Space is limited. For reservations and information, contact ITT.

**Hawaii Maritime Center**— Experience Hawaii's rich maritime heritage. Whaling, surfing, windsurfing and more. Enjoy the Falls of Clyde, Whaling exhibit, King Kalakaua Boathouse Museum and more. Tickets are on sale at ITT.

**E Noa Tours**— Spend a day with the people of Hawaii. Air-conditioned minibus will take you on a personal tour to different sightseeing areas. Several tour packages are available to choose from. Contact ITT for more information.

**Waikiki Trolley**— Enjoy this two-hour narrated tour which takes you on a nostalgic trip into Honolulu's fascinating past. An all day pass entitles you to unlimited on and off privileges for the day. Adult \$13.50, child \$5.

## Movies

America's favorite team is back!



**Major League II**  
**CHARLIE SHEEN**  
**TOM BERENGER**  
**CORBIN BERNSEN**  
PG

All movies shown at the Base Theater, building 219, begin at 7:15 p.m., unless otherwise noted. Call 254-2113 for more information. Movies may be subject to change due to circumstances beyond the theater's control.

"White Fang 2: The Myth of the White Wolf" (Adventure) PG: 106 minutes, plays Friday. A wolf helps a young prospector in Alaska save a woman and her tribe.

"Major League 2" (Comedy) PG: 100 minutes, plays Saturday and Sunday. Charlie Sheen, Tom Berenger and the Cleveland Indians return with more madcap baseball zaniness.

frame, call 254-5355.

**Carpeting**— Four rooms of carpeting, two shelf units, \$300, must sell, moving, call 254-3069.

**Sailboat**— 28' Cal Jensen, sleeps six, must see to appreciate, \$12,000 OBO, call 262-0825.

### Auto

1992 Nissan Sentra — 2-door, A/C, low mileage, runs great, leaving for Okinawa, \$8,500 OBO, call 254-3630.

1974 Pinto — Runs great, \$500 OBO, call 254-1429.

**BE A GOOD NEIGHBOR**

Volunteer:

American Heart Association

**Ads**

### Miscellaneous

Bedroom set — Double bed with matching nightstand, dresser and

# 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:

Line Ads due by 12 Noon - Tuesday

Class Display Ads due by 4:00 p.m. Friday

CANCELLATIONS & CORRECTIONS due by 12 Noon - Mon.

### Important Information

Please check your ad on the first day and bring any error to the attention of Classified immediately. RFD Publications assumes responsibility for errors in copy for the first insertion only, and any adjustments or credit will not exceed the value of the ad. The publisher assumes no further liability and the advertiser expressly waives any and all claims of consequential damages due to errors. RFD Publications cannot assume responsibility for the claims or performance of advertisers.

### TRAFFIC CONTROL DEVICES

#### Traffic Schedule No. 94-4

IN ACCORDANCE WITH THE PROVISIONS OF ORDINANCE NO. 91-47 AMENDING ARTICLE III, THE DEPARTMENT OF TRANSPORTATION SERVICES, CITY AND COUNTY OF HONOLULU, HEREBY ESTABLISHES TRAFFIC SCHEDULE NO. 94-4 TO AMEND SCHEDULE III OF SECTION 15-16.3 ESTABLISHING PROHIBITED RIGHT/LEFT TURN ON RED; SCHEDULE IV OF SECTION 15-7.3 (a) (3) ESTABLISHING SPEED LIMIT—15 MPH; SCHEDULE V OF SECTION 15-7.3 (b) (3) ESTABLISHING STOP INTERSECTIONS; SCHEDULE XIV OF SECTION 15-14.3 ESTABLISHING STOP INTERSECTIONS; SCHEDULE XX OF SECTION 15-13.10 (a) (7) ESTABLISHING TOW ZONES—24 HOURS; SCHEDULE XXII OF SECTION 15-14.5 (a) ESTABLISHING PROHIBITED PARKING CERTAIN AREAS; SCHEDULE XXIV OF SECTION 15-15.1 (d) ESTABLISHING CURB LOADING ZONES; SCHEDULE XXV OF SECTION 15-15.3 (d) ESTABLISHING OFFICIAL BUS STOPS; SCHEDULE XXVI OF SECTION 15-16.1 ESTABLISHING TIME LIMIT PARKING; SCHEDULE XXX OF SECTION 15-22.1 (a) ESTABLISHING PARKING METER ZONES.

SECTION 1. Chapter 15 (1990 Traffic Code), City and County of Honolulu, is hereby further amended in the following particulars:

- By amending Schedule III of Sec. 15-16.3 establishing prohibited right/left turn on red by adding thereto the following items:
  - "Alakoa St., no right turn from Alakoa St. into S. King St. in the Koko Head direction."
  - "Bishop St., no right turn from S. King St. into Bishop St. in the makai direction."
- By amending Schedule IV of Sec. 15-7.3 (a) (2) establishing speed limit—15 mph by adding thereto the following items:
  - "Kapiolani Blvd., between N. King St. and Paohale St."
  - "Paohale Rd., between Kapiolani Blvd. and Aukahi Ln."
- By amending Schedule V of Sec. 15-7.3 (b) (3) establishing speed limit—25 mph by adding thereto the following items:
  - "Eleventh Ave., for its entire length."
  - "Hui Wai St., for its entire length."
  - "Ilumalia Ln., for its entire length."
  - "Paahoa Rd., between Aukahi Ln. and Halewa Beach Rd."
  - "Sath Ave., for its entire length."
- By amending Schedule X of Sec. 15-8.3 (b) establishing no turns in the following particulars:
  - By adding thereto the following items:
    - "Kahumahu St., No 'U' turn from Kahumahu St. at Kuahoo Pl. in the makai direction."
    - "Ulukou St., No left turn from Ulukou St. into Alea Hgts. Dr. at the Koko Head most intersection."
    - "University Ave., No left turn into University Ave. from the Puck's Alley Building parking lot driveway at 1035 University Ave."
  - By deleting therefrom the following items:
    - "Bishop St., No left turn from Bishop St. into S. King St. in the Koko Head direction."
    - "S. King St., No right turn from S. King St. into Bishop St. in the makai direction."
- By amending Schedule XIV of Sec. 15-14.3 establishing stop intersections by adding thereto the following items:
  - "Kali Rd., traffic on Kali Rd. turning right into Saratoga Rd. shall stop before entering Saratoga Rd."
  - "Kapalama Ave., traffic on Kapalama Ave. shall stop before entering Bernice St."
- By amending Schedule XX of Sec. 15-13.10 (a) (7) establishing tow zones — 24 hours in the following particulars:
  - By adding thereto the following items:
    - "Nuuanu Ave., Ewa side, between Kuakini St. and Bates St."
    - "Nuuanu Ave., Koko Head side, from Kuakini St. to a point 30' in the makai direction from the mauka curb prolongation of Bates St."
    - "Waiolae Ave., makai side, from a point 100' Koko Head of the Koko Head curb prolongation of 13th Ave. to 16th Ave."
  - By deleting therefrom the following item:
    - "Nuuanu Ave., both sides, between Kuakini St. and Bates St."
- By amending Schedule XXII of Sec. 15-14.5 (a) establishing prohibited parking in certain areas in the following particulars:
  - By adding thereto the following items:
    - "Awapapa Pl., within its turnaround area."
    - "Kalaheue Ave., makai side, distance 136' Koko Head direction from a point 93' Koko Head of the Ewa property line of the Waikiki Aquarium at 2777 Kalaheue Ave."
    - "Kihapai St., Makapuu side, distance 160' mauka direction from the mauka curb prolongation of Oneawa St."
    - "Kihapai St., within its turnaround area."
    - "Kilauea Ave., Ewa side, distance 91' mauka direction from the mauka curb prolongation of Waiolae Ave."
    - "Kilauea Ave., Ewa side, distance 146' mauka direction from a point 84' mauka of the mauka curb prolongation of the mauka most driveway of Kahala Mall Shopping Center."
    - "Kilauea Ave., Ewa side, distance 23' mauka direction from the mauka curb prolongation of the mauka most driveway of the Kahala Mall Shopping Center."
    - "Kuliouou Rd., Koko Head side, distance 124' mauka direction from a point 32' mauka of the mauka curb prolongation of Paohale Pl."
    - "Kupuna Ln., Koko Head side, distance 125' mauka direction from the mauka curb prolongation of Kaohalo St. (makai most intersection)."

"Kupuna Ln., Koko Head side, distance 75' mauka direction from the mauka curb prolongation of Kaohalo St. (makai most intersection)."

"Kupuna Ln., Ewa side, distance 75' mauka direction from the mauka curb prolongation of Kaohalo St. (makai most intersection)."

"Kupuna Ln., Ewa side, distance 75' mauka direction from the mauka curb prolongation of Kaohalo St. (makai most intersection)."

"Makaloa St., makai side, distance 203' Ewa direction from the Ewa curb prolongation of Kaeomoku St."

"Makaloa St., Ewa side, distance 125' mauka direction from the mauka curb prolongation of Kihapai St."

"Molokai Pl., west side, for its entire length."

"Oahu Ave., Ewa side, distance 63' mauka direction from the mauka curb prolongation of East Manoa Rd."

"Olohana St., Ewa side, distance 30' mauka direction from the mauka curb prolongation of Kihapai St."

"S. King St., makai side, distance 57' Ewa direction from the Ewa curb prolongation of Poho Ln."

"Wehimehime Rd., Ewa side, (fronting 1832 Wehimehime Rd.), distance 90' mauka direction from the mauka curb prolongation of Sierra Dr."

By amending item relating to Tenth Ave., distance 237' mauka direction from a point 69' mauka of the mauka property line of 2442 Tenth Ave. to read:

"Tenth Ave., Ewa side, distance 180' mauka direction from a point 125' mauka of the mauka property line of 2442 Tenth Ave."

By deleting therefrom the following item:

"Kilauea Ave., Ewa side, distance 75' mauka direction from the mauka most curb prolongation and the mauka most driveway of the Kahala Mall Shopping Center."

By amending Schedule XXV of Sec. 15-15.1 (d) establishing curb loading zones by adding thereto subsection (a) passenger loading zone the following item:

"Olohana St., Ewa side, distance 60' mauka direction from a point 30' mauka of the mauka curb prolongation of Kihapai St."

"Olohana St., Ewa side, distance 30' mauka direction from the mauka curb prolongation of Kihapai St."

"S. King St., makai side, distance 57' Ewa direction from the Ewa curb prolongation of Poho Ln."

By amending Schedule XXV of Sec. 15-15.3 (a) establishing official bus stops in the following particulars:

1. By adding thereto the following item:

"Kilauea Ave., Ewa side, distance 115' mauka direction from a point 219' mauka of the mauka curb prolongation of Waiolae Ave."

2. By amending thereto the following items:

Olohana St., Ewa side, distance 142' mauka direction from the mauka curb prolongation of Kalaheue Ave. to read:

"Olohana St., Ewa side, distance 128' mauka direction from the mauka curb prolongation of Kalaheue Ave."

Tenth Ave., Ewa side, distance 180' mauka direction from a point 85' mauka of the mauka property line of 2505 Tenth Ave. to read:

"Tenth Ave., Ewa side, distance 150' mauka direction from a point 26' mauka of the mauka property line of 2442 Tenth Ave."

By deleting therefrom the following item:

"Kapiolani Ave., Ewa side, distance 150' mauka direction from a point 68' mauka of the mauka curb prolongation of Makihana St."

By amending Schedule XXVI of Sec. 15-16.1 establishing time limit parking in the following particulars:

1. By adding thereto the following item:

"Kihapai St., (2 hrs.), both sides, between Oneawa St. and the mauka curb prolongation of Kalaheue St."

2. By amending thereto the following items:

Hoolali St., (1 hr.), both sides, between Kailua Rd. and Kihapai St. to read:

"Hoolali St., (1 hr.), both sides, between Kailua Rd. and Kihapai St. to read: Kalaheue St., (1 hr.), mauka side, distance 445' Makapuu direction from the Makapuu curb prolongation of Kihapai St. to read:

"Kalaheue St., (1 hr.), both sides, between Kailua Rd. and Kihapai St."

By deleting therefrom the following items:

"Kihapai St., (2 hrs.), Kalaheue side, between Oneawa St. and the mauka curb prolongation of Kalaheue St."

"Kihapai St., (2 hrs.), Lanikai side, between Hoolali St. and Kalaheue St."

"Kihapai St., both sides, between Kailua Rd. and Kihapai St."

"Kihapai St., both sides, between Oneawa St. and the mauka curb prolongation of Kalaheue St."

"Puniki St., both sides, between Kalaheue St. and Hoolali St."

Section 2. This Schedule is hereby attached to and made a part of Article VI hereof and shall take effect ten (10) working days after its publication.

JOSEPH M. MAGALDI, JR., Director  
Department of Transportation Services  
City and County of Honolulu

Dated: May 20, 1994

Copies of the Schedule are on file in the City Clerk's Office for use and examination by the public.

(Sun Press: 5/26/94)

### NOTICE TO THE CREDITORS OF LEDGERWOOD ASSOCIATES, INC.

Ledgerwood Associates, Inc. has applied for a certificate of withdrawal and surrenders its right to engage in business in Hawaii. All creditors of this corporation are hereby notified to present any claims which they may have against this corporation.

Dated this 30th day of April, 1994, at Honolulu, Hawaii.

LEDGERWOOD ASSOCIATES, INC.

By Pat Ledgerwood, Secretary, 569 Ahua St., 2nd Floor, Honolulu, HI 96819.

Presenting:

A 3-hour narrated bus tour of the haunted spots on Oahu.

Saturday evenings 6:30 p.m.

\$22/Person.

Call for reservations 596-2052

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Whether You Need To Lose A Little Or A Lot,

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### 0 Free Bees

FREE Tracer & Charley, Irish Setty/bk. Lab mix, males, 1 yr., need perm. home w/fenced yard. 668-7222.

### 1 Legal Notices

NOTICE OF PUBLIC SALE GENTRY WAIPAO MINI STORAGE

NOTICE IS HEREBY GIVEN THAT THE FOLLOWING MINI STORAGE GOODS WILL BE SOLD AT "PUBLIC SALE" AT 94-515 UKEE STREET BAY 208, WAIPAHU, HAWAII, AT 4:00 P.M. ON MAY 27, 1994. DAVID JENSON, FURNITURE, PERSONAL GOODS, \$301.65.

JUST STARTING OUT? Check the Real Estate Section of the Classifieds

### 10 Cemetery Plots

3 PLOTS AT VALLEY OF THE TEMPLES \$2000/ea. 530-1593 dig. pgr. or 262-2117.

MILILANI, 6 PLOTS, \$2400 a plot, Section N. Call 423-1661.

VALLEY OF TEMPLES, Chapel Hill 1, 2 plots together, \$3000, 262-9184

### 4 Health & Fitness

BIO-TONE WORKS! Reduce fat & flab! Lose 10-14 lbs. in 2 wks. on Doctor's diet! Easy. Call 948-4662, 9am-4pm.

DIETING? Lose 10 lbs. min. in 1 month guar. Money-back system. Send \$45 + \$4 shipping & handling to: Universal Aina Inc., 500 University #533, Honolulu, HI 96826. "It works." "Stays off." "So easy."

LOSE weight in '94 or gain weight, independent Herbalife distributor. 423-7212.

LOST 50 LBS. I My parents lost 25 lbs. ea. in 1 mo. w/ state-of-the-art herbal weight-loss program w/no exercise. Looking for customers & distributors. 845-8621.

SKINNY DIET As seen on T.V. \$25 buy or sell. 625-0127 Lv. msg.

STOP SMOKING! Kick the habit with no cravings, no weight gain & no drugs. Using high-tech herbal formula. Free samples avail. 845-8621.

SWEATY PALMS! LOOK NO MORE! CALL, 468-5379.

### 25 Personal

SALES PEOPLE want to double your commissions? Guar. "money back" \$3/term. Send \$45 + \$4 shipping & handling to: Universal Aina Inc., 500 University #533, Honolulu, HI 96826-4916. "It works!"

LOST Small red bag w/ zipper, contains jewelry. Must find please call 239-8894. REWARD!

FOUND Ring at Stoneman field. Call to identify. 624-6931.

FOUND Young black kitten, green eyes, behind Kailua Intermediate School. 262-9769.

LOST Mostly yellow love bird, tame, in the vicinity of Kailua Rd. near Times. 262-9769.

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Oh Holy St. Jude Apostle and patron saint of impossible miracles, near sinners of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to be relieved of my sins. I promise to make your name known and cause you to be invoked by all who have been known to fail. This Novena must be said for 9 consecutive days. J.K.C.

### 4 Health & Fitness

BIO-TONE WORKS! Reduce fat & flab! Lose 10-14 lbs. in 2 wks. on Doctor's diet! Easy. Call 948-4662, 9am-4pm.

DIETING? Lose 10 lbs. min. in 1 month guar. Money-back system. Send \$45 + \$4 shipping & handling to: Universal Aina Inc., 500 University #533, Honolulu, HI 96826. "It works." "Stays off." "So easy."

LOSE weight in '94 or gain weight, independent Herbalife distributor. 423-7212.

LOST 50 LBS. I My parents lost 25 lbs. ea. in 1 mo. w/ state-of-the-art herbal weight-loss program

[illegible]