



# Every dime and place

## M-240 tested on Huey door gun

Marine Medium Helicopter Squadron-365, Aviation Combat Element of the 26th MEU (SOC), is the first reinforced squadron to deploy with the M-240 machine gun, a 7.62mm weapon that fires 650 to 950 rounds per minute.

Taking a proven system and adapting it for a new use has always been the Marine Corps way. HMM-365 has continued that tradition by adapting the M-240 machine gun, a proven weapon for tanks and light armored vehicles, to the UH-1N helicopter.

The new gun weighs only 24 pounds, 60 pounds less than the M-2 .50 caliber machine gun, which allows the crew to carry more ammunition. The M-240 is mounted on a defensive armament system mount, allowing almost 180 degree coverage by the crew chief.

The butterfly trigger and spade grip assembly replaces the traditional trigger on the M-240 found

in an infantry unit. Multiple gas settings allow the gas operated recoil to be set to maintain a consistent rate of fire.

Keeping the Marine Corps' ability to adapt and overcome, the "Blue Knights" have adapted a bungee cord to the ammo can to prevent it from being pulled off the mount by the slip stream during flight.

Crew chiefs have been firing the machine gun throughout the squadron's deployment off the coast of Somalia and in the Mediterranean Sea.

Continued testing is planned for the M-240 throughout HMM-365's deployment. By the look in the crew chief's eyes, there will not be a volunteer shortage when it comes time to fire. (Sgt. Michael Genovese, 26th MEU SOC)

## Credit card program begins at commissaries

Shoppers who prefer to carry credit cards rather than cash will have an opportunity to be part of

a credit card pilot program scheduled at five commissaries in November, said officials with the Defense Commissary Agency.

"Customers may choose to use Mastercard or Visa to pay for their purchases in commissaries at Camp Lejeune, N.C.; Fort Belvoir, Va.; Keesler Air Force Base, Miss.; Marine Corps Base Quantico, Va.; and Miramar Naval Air Station, Calif.," said Joann Boutelle, project manager from the Directorate of Resource Management.

"After evaluating the program, we hope to extend it to other commissaries," she said. Those include Aberdeen Proving Ground, Md.; Barbers Point NAS, Hickam AFB, MCB Hawaii at Kaneohe Bay, Fort Shafter, Pearl Harbor Naval Base and Schofield Barracks, Hawaii; MCB Camp Pendleton, Fort Irwin, MCAGCC Twentynine Palms, March AFB and McClellan AFB, Calif.; Fort Campbell, Ky.; Tyndall AFB, Fla.; Little Rock AFB, Ark., and MCAS New River, N.C. (Defense Commissary Agency).

## Mobile teams to educate on equal opportunity

If a battalion/squadron commander does not see equal opportunity as a real concern, it is unlikely that anyone else in the chain of command will. It is for this reason that commanders and their sergeants major should be first in line for education and training, according to the "Equal Opportunity Newslines," a quarterly newsletter published by Headquarters Marine Corps' Equal Opportunity Branch.

This summer, the Defense Equal Opportunity Management Institute will send mobile training teams to the east coast, west coast and overseas to present a two-day seminar to all commanders down to the battalion/squadron level and their sergeants major. The workshop will focus on personal and organizational values, prejudice, personal and in-

stitutional discrimination, sexual harassment, affirmative action and managing diversity.

In addition to the seminars, commanders can also draw upon the experience and recommendations of their local equal opportunity advisor. The advisors are staff NCOs who volunteered to attend the Defense Equal Opportunity Management Institute at Patrick Air Force Base, Fla., prior to their assignment at major installations around the Corps. The advisors provide technical assistance for equal opportunity investigations; input for local programs, identification of trends and areas of concern, and suggestions for improving the unit's equal opportunity climate.

Sixteen Marines graduated from DEOMI last year and are currently assigned to major commands. Seven more staff NCOs were recently selected to attend the 16-week resident course and will receive their duty station assignments in December. (HQMC, Washington, D.C.)

## Blotter

A suspect was being stopped for speeding near family housing in Camp H.M. Smith, when she ran from her car to her quarters, retrieved a knife from her kitchen, and approached military police in

a threatening manner. The suspect was released to her sponsor.

Military police observed suspects consuming alcoholic beverages in a park in Manana housing. Investigation revealed all suspects were under the legal age to consume alcohol. The suspects became combative, and one of the suspects struck a military policeman in the

chest with his fist. The suspects were released to their sponsors.

Military police apprehended a suspect for DUI after being stopped at the main gate during a command authorized armed forces identification card check. Intoxilyzer results revealed a blood alcohol content of .200 percent. The suspect was transported to Branch Medical for evalu-

ation and released to his unit representative.

It was reported to military police that three suspects were involved in a physical altercation at the Enlisted Club with several unidentified males who departed the area. Suspect one sustained a broken nose and lacerations. Suspect two sustained lacerations. Suspect three

sustained no injuries. All suspects were released on their own recognizance.

The evidence/lost and found custodian has in his possession ID cards, bank cards, watches, keys, surfboard, bicycles and more. If you think any of these items belong to you, contact Sgt. Todd Fink at 257-1306.

## HAWAII MARINE

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Public Affairs Officer ..... Maj. P.A. Sivigny  
Editor ..... Aaron Martin  
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# This week around the world

## 1 Haiti's police headquarters is occupied by U.S. troops.

Entering Haiti's most feared police station, U.S. troops made another significant step in the downfall of Col. Michel-Joseph Francois, the country's most feared policeman.

The appearance of Haiti's military power was eliminated when American troops abolished the Haitian army's most important unit, the Heavy Weapons Company.

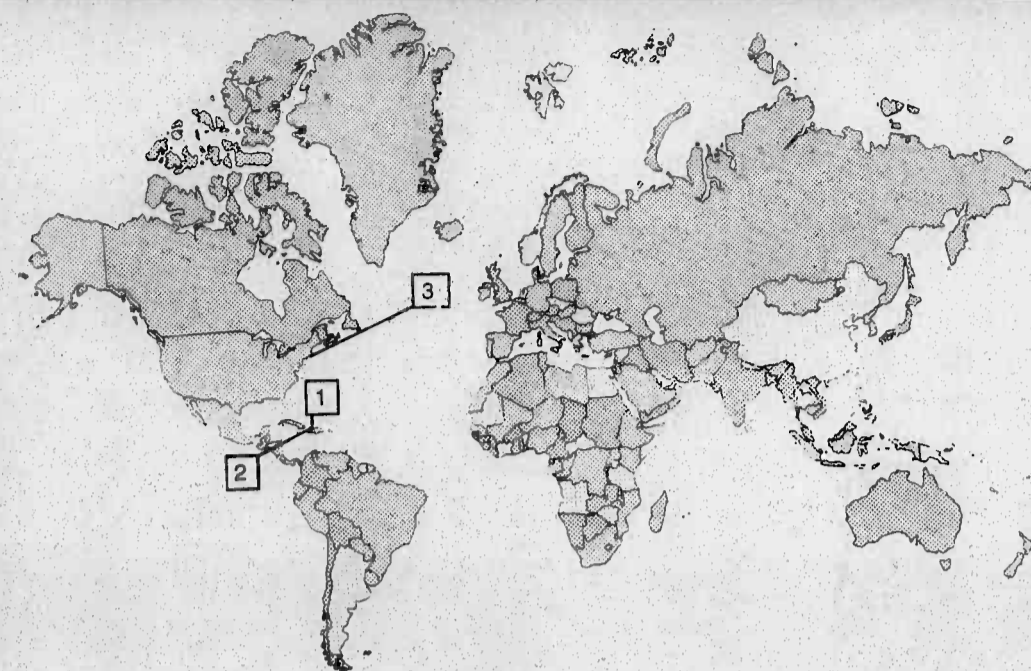
Another major goal of the U.S., officials say, is to identify and register the more than 1,500 policemen as a precursor to the removal of the police force from the army's ranks.

Thousands of Haitians gathered around the 59-year-old station and cheered when they witnessed two armored U.S. military vehicles arrive. Haitian police looked sullen as American troops with M-16 assault rifles slung over their shoulders walked through the structure while others stood guard outside.

To the Haitians, the police station located on the Le Gran Rue is a monstrosity because of what it represents. Thousands of Haitians have died or disappeared after they were taken to the building.

## 2 U.S. continues to disarm Haitian military

Cheering Haitian demonstrators were on-hand to witness U.S. Marines land at the town of Grande Riviere Du Nord and disarm a local Haitian military unit leaving the Haitian soldiers with only sidearms and a lone captain to face the presence of angry demonstrators.



Later in the town of Limbe 15 miles away Haitian soldiers fired over the heads of a crowd throwing rocks at their barracks. When U.S. Army Special Forces took control of the building they found that the Haitian soldiers had deserted it only moments before their arrival.

The U.S. Marines found that they were now the de facto government in the region with the overnight disappearance of the Haitian military and its leaders in Cap-Haitien, the main city in northern Haiti. Haitian military members will now have to protect themselves from the

supporters of exiled President Jean-Bertrand Aristide.

A platoon of U.S. Marines aboard a troop transport helicopter landing in a riverside town about 30 miles southeast of Cap-Haitien were rushed by thousands of cheering Haitian civilians. Waving old yellowing posters of Aristide and rubbing their bellies in a sign of their hunger, the cheering Haitians marched toward the central police station.

"The people were all over us," said Cpl. Steve Mosonyi, "they were begging us to stay."

Sitting in his new Japanese four-wheel-drive and surrounded by interrogators, Capt. Yvon Jean-Jacques of the Haitian military was bombarded with questions from the local civilians.

"Why can we demonstrate now when before we would be beaten?" one man asked Jean-Jacques.

"Because everything is different now," Jean-Jacques said. But he warned them, "Do not think the Americans are here to let you do bad things. You can only do good things. You can demonstrate, but you must be peaceful."

Many Haitian civilians in the town thought the Haitian military might disappear overnight.

"We don't want violence," a young man said. "But we hate them and they hate us, and we know the Marines took their guns away."

## 3 More nuclear arms cuts urged by Yeltsin

Russian President Boris Yeltsin, during his speech at the U.N. general assembly in New York, called for all five major nuclear nations to sign a treaty that would cut remaining arsenals, stop the production of warhead materials and ban the re-use of charges from dismantled missiles.

"There is an urgent need for all nuclear states to participate in the process of reducing and limiting nuclear weapons," said Yeltsin.

Though the proposal was somewhat vague, it was the first Russian arms initiative since the 1993 signing of the START 2 treaty, which cut the Russian and American arsenals by two-thirds to about 3,000 nuclear warheads each.

The proposal was aimed at calming recent fears of the West which have stemmed from German arrests of would-be plutonium smugglers and the fear of Russian nuclear materials falling into terrorist hands. Yeltsin also stated that Moscow is responsible for stability of the newly formed states in Russia.

Although Madeleine Albright, U.S. ambassador to the U.N., said Yeltsin's ideas would be carefully examined, Yeltsin and President Clinton are expected to sign on improving control over nuclear stockpiles.

## Salutes

Headquarters and Service, Co., 1/3  
Promotions  
Cpl. Rodney L. Hinton  
Cpl. James K. Hinton

Cpl. Juan F Ayalarodarte  
Cpl. Duane C. Patton  
Cpl. Steven O. Krist  
Cpl. Neil D. Therrell  
Cpl. Daniel Valle  
Cpl. Brian A. Davis  
Cpl. Steven H. Forman  
Cpl. Robert C. Gregory  
Cpl. John J. Devaie

Cpl. Richard A. Duncan  
Cpl. Mario Dominguez  
Cpl. Gutav J. Fromm  
Cpl. Lance N. Patchadlo  
LCpl. Peter Alvarez  
LCpl. Reynaldo Alamo Jr.  
Good Conduct Medals  
Cpl. Jamie S. Galus  
Cpl. Morgan G. Goeller

Cpl. Darrin L. Daigle  
LCpl. George E. Taylor III  
LCpl. David M. Harrison

Meritorious Masts  
Cpl. Michael L. Terry  
HM3 Michael K. Lisnerski

Letters of Appreciation  
LCpl. Nate A. Kern  
LCpl. William H. Bishop  
LCpl. Billy W. Lasseter  
LCpl. Reynaldo Alamo Jr.

Meritorious Unit Commendation  
HM1 William Stone

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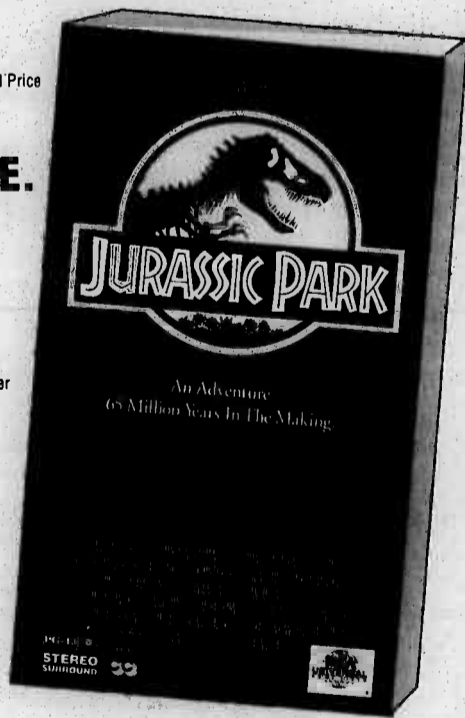
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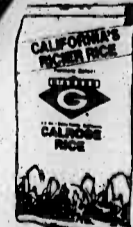


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You go first — Tongan soldiers enter an abandoned building at the base camp in Vava'u during a military exercise in urban terrain training.

Cpl. Daniel C. Hottle



Cpl. Daniel C. Hottle

Ready to launch — LCpl. Lanny Laplante, fire team leader, Company C, 1/3 watches as a Tongan soldier fires an M203 grenade launcher at a live fire range. The Tongans also fired the M60, 9mm pistol, the M16A2 and the SMAW.

## Marines share knowledge with Tongans

Cpl. Daniel C. Hottle  
Okinawa, PAO

VAVA'U, Kingdom of Tonga — After establishing a base camp here, complete with most of the comforts of home, a detachment of more than 100 Marines and sailors from the 3d Marine Regiment tackled the training schedule of Tafakula '94.

A sprawling grove of coconut trees and an infinite view of the Vava'u archipelago were the backdrop for the month-long exercise, which now marks the fourth year Marines have visited here to train members of the Tongan Defense Services.

Marines and Navy personnel from 1st Marine Expeditionary Brigade's Charlie Company and Headquarters and Service Company, 1st Battalion, 3d Marines spent the first week conducting classes on first aid, land navigation, weapons, close-quarter combat and mines and booby traps. Instruction periods began with a demonstration portion and ended with practical application, giving many of the Tongan soldiers their first, hands-on experience with American military hardware.

According to Capt. Saia Maafu,

training officer for the Tongan Defense Service, the annual exercise gives the TDS an opportunity to incorporate some the Marine Corps' more advanced tactics into their own training procedures.

"Tafakula is not that new to us anymore since it is now in its fourth year," said Maafu, "but we're always building and improving on what we learned in previous exercises. At this stage, our standard operating procedures are fairly new, and we realize that more and more each year. We will take things learned during Tafakula '94, evaluate them, and incorporate them into our future training. The rest is just good knowledge for us to have."

Maafu said the main difference between the two services lies in military terminology of weapons and procedures.

"We use different words to say the same things," he said, "but as we work together day after day, we're finding that the basics are still very much the same."

Some of those basics aren't just learned during Tafakula. Some are straight from the heart of Marine Corps officer training at MCCDC Quantico, Va. Four TDS officers have attended The Basic School, and one cadet is near completion.

Even with the Marine Corps' formal training, TDS officers can only pass that knowledge on to their

enlisted troops in theory, due to the lack of money required for equipment and training. That's where Tafakula turns theory into reality.

"The fact that we were able to bring our (weapons and equipment) here for the Tongans to train with is a godsend for them because it's really the only time they can put things like compasses and automatic weapons into the individual soldier's hand," said 2ndLt. Dan Healy, rifle platoon commander, Charlie Co., 1/3.

Normally, TDS enlisted squad leaders learn basic combat tactics such as patrolling and land navigation at the New Zealand Army's infantry course, then pass along the information to their troops.

During Tafakula '94, Marines are adding on to that knowledge and providing additional classes on mines, booby traps and demolitions, plus amphibious assault operations from the Zodiac combat rubber raiding crafts, said Healy.

Marine and TDS soldiers joined by a rifle platoon from the French Marines started the four-day Tafakula exercise on Sept. 9. Then, the three services integrated into a combined rifle company. The focus of the bilateral operation centered on low-intensity conflict scenarios in a maritime environment in the Vava'u island chain.



Cpl. Daniel C. Hottle

And this goes here — LCpl. Robert Holland demonstrates how to assemble the M60 machine gun to Tongan soldiers.



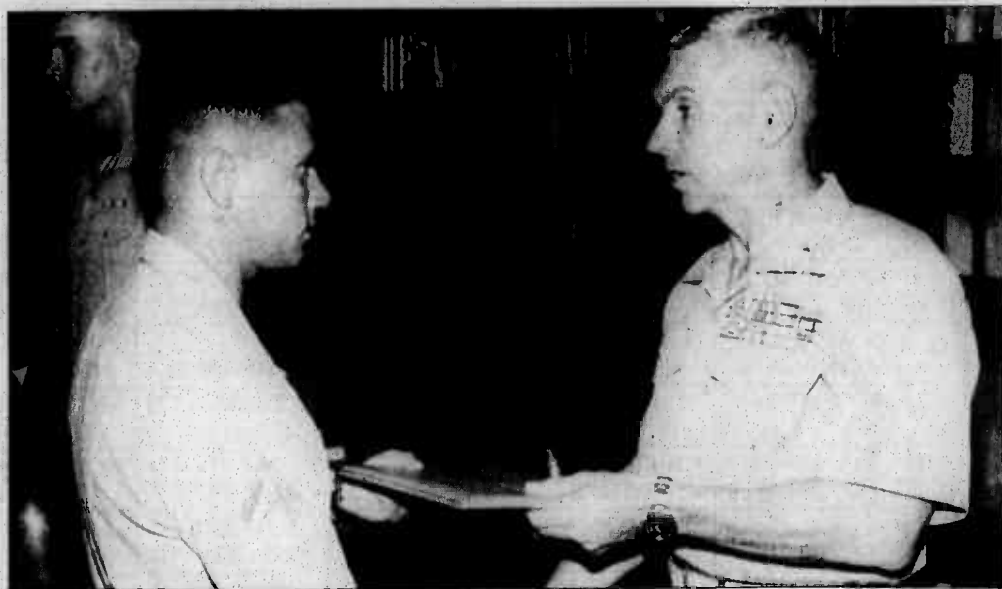
Cpl. Daniel C. Hottle

Smack! — Cpl. Eric Butler shows Tongan soldiers how to disarm an attacker with a 9mm pistol.

# CFC

From A-1  
The unit CFC Keyperson is responsible for contacting the individual Marine, Sailor and civilian employee. They are required to give the potential donor objective information to better allow the individual to make a conscious decision. When giving to the CFC, be aware of the different charities available to choose from. An approved charitable agency listing can be obtained from the unit keyperson. If you decide you want to give to the CFC, but do not want to designate a

specific charity, you may designate the donation be distributed evenly amongst local, national, international or all of the charities listed. You may give to the CFC by either cash, check or payroll deduction. If contributing by payroll deduction, the deduction will begin to take effect in January '95. Contributions are voluntary. Any improper influence of a federal or military member to contribute is strictly prohibited, and anyone trying to coerce a decision to give should be immediately reported to the chain-of-command.



Sgt. Andrew Lynch

### Congratulations and good luck

L. Cpl. Osvaldo M. Cabral (above) from India Company, 3d Battalion, 3d Marines is congratulated by BGen. R.F. Vercauteren, commanding general, Marine Corps Base Hawaii, and given a diploma for graduating the two week Military Policeman Course, which was held on Sept. 9, 1994.

The two week accelerated course is an abbreviated version of the nine and a half week formal schools held at Ft. McEllam Ala, and Lackland AFB Texas.

Due to manpower shortages, the Provost Marshal's office was augmented with 40 new patrolmen enrolled in the Fleet Assistance Program from 3d Marine Regiment.

Training at least ten hours a day under the supervision of SSgt. Simon Guereca, PMO training chief and SSgt. Gilbert Contreras, PMO training instructor they were instructed in unarmed self defense, base regulations, CPR and many other skills required to perform the basic duties of a patrolman.

"Even though some parts of the course were difficult, I learned alot and I'm looking forward to the challenge," stated Cabral.



Sgt. Lou Ramirez

### Hispanic luncheon awards

During a Hispanic luncheon held at Anderson Hall in celebration of Hispanic Heritage Month, Col. Christopher Cortez, commanding officer 3d Marine Regiment, presented awards to the teams participated in the 3d Marine Regiment Soccer Tournament.



Sgt. Andrew Lynch

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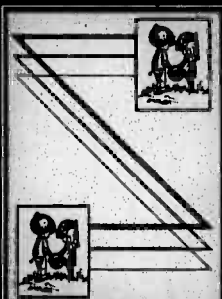
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3	MARINE BIO BI 115 C	MAR BIO LAB BI 115L C	EXPOS WRIT EN 102 C	VICTORIAN LIT EN 312 C	INTCUL COM COM 310 C	GOVT ACCT ACC 425 H	WAGE & SALARY MGT 380 H	MATH REVIEW (AFCT) R. E. S.	3
4	SYS SAF AV SF 340 E	AIRCR CRASH SF 310 E	AV LAW AS 405 E	POWPLT THEORY AMT 280 E	VICTORIAN LIT EN 312 C	ALG / TRIG MA 106 E	U. S. / JPN RELA MGT/PS 424 H	FUND COL MTH MTH 101B H	4
5	INTRO PSY PSY 200 H	ORG & MGMT MGT 100A H	GEOLOGY ESC 3301 *W	OLD TEST RLG 1301 *W	MGMT PRIN MGT 3304 *W	QUAL METHODS PSY 318 C	INTRO EDUC ED 200 C	AMERICAN INST POLSC 100 H	5
6	INT EXPO WRIT EN 101 C	ELEM JPNS JA 106 C	DISCRE MATH MA 203 C	INTRO PSY PSY 101 C	AM GOVT POL 201 C	INTRO CRIM CJ 201 C	JUV JUS SYS CJ 291 C	J E C TESTING	6
A	CUL GEOG GEO 200 H	ENG COMP ENG 110A H	BUS LAW II LAW 301 H	ADV "C" CSI 322 H	PSY / MGT MG / PSY 329 H	CONTEM CHOIC HUM 300 H			A
B	CALCULUS II MTH 215 H	STATISTICS MTH 323 H	PRINC ACCT I ACCT 200 H	INTER ACCT II ACCT 301 H	ENG COMP ENG 110B H	PRECAL II MTH 140 H	HARDWARE/SYS IS 631 H	ORG & MGT MGT 100B H	B
C	WORLD CIV II HI 222 H	FRANCHISING MGT 337 H	ORG CHG & DEV MGT 426 H	MICROECON ECON 210 H	HUM RES MGMT MGT 325 H	BUS & SOC MGT 301B H			C
D	BUS FIN FIN 300 H			DIFF EQUA MTH 307 H	INT'L TRADE EC / FIN 405 H				D
TBA									TBA

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\*\*FIRE 103 MEDICAL EMER 1ST RESP, WEDNESDAYS 1730 - 2140, CRASH & RES BLDG. 1168  
  
JEC HOURS 0730 - 1630 257-2158  
COLLEGE REP HOURS 0830 - 1630 (may vary)  
JOINT EDUCATION CENTER 257-2158  
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# JEC can help Marines further education

Sgt. Andrew Lynch  
Staff Writer

When Marines or sailors ask - How can I get a college education? - they need not look far to find the answers. At the Joint Education Center, a small and knowledgeable staff can answer any question they might have.

The JEC's mission is to provide information to Marines, sailors and their family members by either a one-on-one consultation or an Educational Opportunities Assistance brief. These 30-minute briefs are held Wednesdays from 12:15 to 12:45 p.m. at the JEC, building 219. Monetary educational assistance, however, is provided only to active duty personnel.

With a current enrollment of more than 1,500 students, the JEC is constantly increasing its number of students.

"I think the reason that student enrollment has increased is the downsizing of our military force. If the Marine or sailor has some sort of college background, he becomes more marketable in the civilian community," explains GySgt. Donald Ratliff, the staff noncommissioned officer in charge of the base JEC.

By paying 75 percent of the cost of the course, the Department of the Navy helps provide active duty personnel with an affordable college education. Only lab fees and books are not covered by tuition assistance. If, however, the Marine or sailors fails to maintain a "C" average or better in a course, or can

not complete it, he or she is required to pay back the 75 percent covered by tuition assistance.

For the Marine or sailor without the money or time to devote to a regular class schedule, the JEC provides alternatives. It offers various tests, such as the CLEP, which allows students the opportunity to earn college credits in different subjects they are knowledgeable in. Tests are free to Marines and sailors on active duty.

Many Marines may have earned credits they are unaware of. Some colleges will accept credits transferred from the Marine Corps Institute courses. Marines can find out more just by attending a cost free DD 295 class, held at 1:30 P.M. on Wednesdays, and presenting page 8

from their Service Record Book.

The JEC can also help Marines and sailors enroll in the Apprenticeship Program. The program gives those personnel in certain vocations the chance to take advantage of practical experience already gained in their present job. Simply by contacting the JEC, documenting their work over a designated period of time and having it verified, active duty personnel can receive a certificate from the Department Of Labor. Having this certificate can increase the amount of pay earned in a civilian job.

"For those Marines and sailors who are currently enrolled in college courses and planning to transfer in the near future, they should inquire into our Servicemen's Opportunities College program," advises Ratliff, who while on active duty, earned a master's degree in administration. "It's basically a contract between the student and their school. The SOC program allows the student to seek his degree with a school by receiving college credits from schools other than his own," he explains.

Many Marines may not think they have the time or finances to attend college. However, according to Cpl. Marc Hudzinski, an infantryman in 1st Battalion, 3d Marines, and a psychology major at Chaminade University, "Taking advantage of tuition assistance gives the Marine who plans on separating from the Corps a head start on an education, and it helps defer the cost of attending a university by stretching out your G.I. Bill funds."



# Exercise your right to vote

Sgt. Andrew Lynch  
Staff Writer

Exercise your right to vote today and help shape your future for tomorrow. This might sound like a slogan but it's advice that should be taken into consideration when polls open in your state.

The Federal Voting Assistance Program, which has been helping absentee voters since 1942, allows citizens of the United States living out-of-state or overseas the opportunity to vote by mail.

In assisting the voter, the Voters Information Center, a non-partisan, federally-run organization, distributes information on upcoming elections via fact sheets, news releases and messages to the Senior Service Voting Assistance Officer. That information is then disseminated to all unit Voting Assistance Officers.

In the case of an individual residing out of their home state who has yet to register to vote, he or she merely has to contact their unit VAO. Since each state has its own requirements, the VAO will determine if the individual is eligible to vote by using the Voting Assistance Guide.

Generally, persons convicted of treason or a felony (unless restored to civil rights), found incompetent or under guardianship are disqualified

from registering or voting.

Citizens who exercise their right to vote must fill out Standard Form 76, the Post Card Registration and Absentee Ballot Request, and mail it to their respective state voter registration office.

"The form is definitely user friendly and your unit VAO will be more than happy to assist you," said 1stLt. Maureen Murphy, Marine Corps Base Hawaii voting officer.

Upon receiving your confirmation of registration, the same standard form can be used to request absentee ballots and information on candidates.

Voters should mail in their request and submit their ballot in a timely manner because each state has its own cut-off times and dates for voter registration, primary and general elections.

If the voter would like immediate information on candidates, the VAO can refer the individual to the 1-800 telephone number that provides updated information.

"Qualified family members can also contact their sponsor's unit VAO to receive any assistance as an absentee voter," explained Murphy, whose primary mission is MCB Hawaii base adjutant.

Those voters who have changed their state residency and wish to register to vote in their new state have but to contact their VAO and fill out the Post Card Registration, Form 76.

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## VOLUNTARY RECALL OF CIGARETTE LIGHTER

As a voluntary/precautionary measure based on a small number of consumer complaints involving burns, R.J. Reynolds Tobacco Company has announced a nationwide recall of a recently distributed unique lighter. The lighter is:

**CAMEL Metal Match Lighter** — This lighter was distributed in retail stores with a two-pack purchase of CAMEL cigarettes beginning in August 1994. The lighter, designed to function as a relightable match, looks like a small pack of cigarettes and features CAMEL designs.

Consumers who possess the "CAMEL Metal Match" lighter must stop using it and either dispose of it or contact R.J. Reynolds Tobacco Company immediately for directions on how to properly return the lighter. **DO NOT RETURN THE LIGHTER WITHOUT FIRST CONTACTING THE COMPANY.** The two methods for contact include:

1. Send your name and address by October 31, 1994, to: CAMEL Metal Match Returns, P.O. Box 7, Winston-Salem, NC 27102.
2. Call 1-800-887-4579 with your name and address. The 800 number will be operational Monday through Friday, between 7:00 a.m. and 12:00 Midnight ET, until October 31, 1994.

Consumers will be provided postage-paid mailers in which to return the lighters. For returning a lighter or lighters, consumers will receive one \$5.00 check to cover their inconvenience.

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# Briefs

## TAMP

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

**New arrivals/employees orientation** — A one-stop orientation to the services and facilities available to personnel and their families that also addresses safety and security issues. The class will be held Tuesday from 7:30-11:30 a.m. at the Base Theater.

**How to write a resume** — Preparing a resume is the first critical step in the job search process. The class will be held Wednesday from 9-10:30 a.m. at the Training and Audiovisual Support Center, building 267, classroom 2.

**Permanent change of station workshop** — This workshop is designed to give personnel and spouses information concerning their upcoming PCS move. Representatives from Disbursing, TMO, TLA and base housing will provide information on their respective subjects. The class will be held Oct. 6 from 8-11:30 a.m., at TAVSC, classroom 2.

**Transition Assistance Workshop** — Personnel separating within six months are required to attend this workshop. The workshop will be held Oct. 11-14 from 7:30 a.m. to 4 p.m. at the Base Theater.

**Around the island tour** — Take a bus tour around the island and learn about the culture and history of Hawaii from knowledgeable tour guides. The tour will begin and end at the Family Service Center. Bring a lunch. The tour will take place Oct. 14 from 8:45 a.m. to 3:30 p.m.

**Sponsorship training** — Mandatory training for those assigned as sponsors to inbound Marines and sailors. The training will be Oct. 14 and 28 from 2-3 p.m. at TAVSC, classroom 2.

**How to complete the SF-171 application for employment** — Learn how the federal selection process works. If you are considering federal employment, this informative workshop is a "must." This class will be held Oct. 18 at the TAVSC, classroom 2.

**Interviewing basics** — The most critical part of the hiring process is the interview. The class provides a general overview of the interview process. The class will be held Oct. 19 from 9-11 a.m. at TAVSC, classroom 2.

**Financial planning** — Subjects to be covered in this workshop include time value of money, retirement planning, funding methods, investment strategies and more. The class will be held Oct. 20 from 9-11 a.m. at TAVSC, classroom 2.

For more information or to register for any of the above classes, contact the TAMP office at 257-3135.

## TQL nominations

Nominations are being accepted for the following TQL courses:

**Senior Leadership Seminar** — A course designed for commanding officers, executive officers and sergeants major. The course will be held Oct. 18-21 at the BOQ Conference Room, building 503.

**TQL Statistical Tools** — This three-day supervisors course will be held Oct. 25-27 at TAVSC, classroom 1.

**TQL Awareness** — This one-day non-supervisors course will be held Oct. 28 at TAVSC, classroom 1.

**Fundamentals of TQL** — This nine-day course will be held Oct. 31 through Nov. 10 at TAVSC, classroom 1.

**Team Skills and Concepts** — This nine-day course will be held Oct. 31 through Nov. 10 at Pearl Harbor, exact location to be determined.

**Methods of Managing Quality** — This nine-day course will be held Dec. 6-16 at Pearl Harbor, exact location to be determined.

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 254-4965. The Armed Services YMCA helps pay for child care while you attend classes.

**Hearts apart** — Deployment goes by faster when you share time with other "deployed" families! Interest list starting now for discussion and support groups, plus outings and other activities.

**Lamaze** — The next Lamaze class begins Nov. 7 from 6:30-8:30 p.m. The classes meet on Mondays.

**Me and baby** — Come meet other pregnant and new moms, show off your baby and share stories. Learn about such topics as infant massage, child safety, nutrition and weaning. The group will be meeting Oct. 3 and 17 at 10 a.m.

**Playmorning** — Moms and home day care providers don't forget to dress up the children with their costumes and join other children for

the "Halloween Party" Oct. 31 from 9-11 a.m.

**Male Hula Class** — In ancient Hawaii, "Laka" the female goddess allowed only males to do the hula in preparation for combat. It was a most masculine form of martial arts and was never taught as a dance. We are starting an interest list to have an "All-Male Marine Hula Troupe," serious inquiries only.

**Hula classes** — Ladies 13 years and older are invited to learn Awana (modern hula) and Kahiko (ancient hula). This group will meet on Saturdays from 9:30-11:30 a.m. The fee is \$30 per month.

**Culture club leaders** — The ASYMCA is looking for Filipino, Korean, Thai, Mexican, Spanish, German and other nationalities to start cultural clubs. We would like to find women to volunteer to help develop and promote these various clubs.

**Dog obedience** — Instructor Rusty Smith will use his expertise in dog training to teach you handling techniques to train your dog to obey simple commands. The class meets Sundays from 4-5 p.m.

**Plus aerobics** — If you are a size 14 or larger this program will take your special needs into consideration. This is a four week program which meets Mondays, Wednesdays and Fridays from 7:30-8:30 p.m. or Tuesdays and Thursdays from 9-10 a.m. The \$22 fee entitles you to attend classes five times a week or \$2 per class. The class will be celebrating the 1st anniversary of the classes with a luncheon, Oct. 6.

**Active parenting** — Become a "pro" at the most important job of your life. Six fast moving classes will begin Oct. 12. The class will meet on Wednesdays and Fridays from 9-11 a.m.

## 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 newborns, 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 child care 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, referral to families with children under six, 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 child care 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. Group support is provided to help with overeating behavior using the 12-step approach of AA. For more information, contact the FSC at 257-3655.

**Women's empowerment program** — Focuses on safety, self-esteem, anger and stress management. The group is held every Thursday from 2:30-4:30 p.m. Child care can be arranged a week in advance. Please call Diane for more information at 257-3655.

**Healing your inner child** — A weekly support group will be held on Mondays from 4:30-6 p.m. to help people who have had painful childhood experiences that they wish to confront. Interested individuals must complete a brief screening intake with an FSC counselor prior to enrollment. Call Carl Jones at 257-3655 for more information.

**Couples communication series** — "Fighting for your marriage," a free six-week communication skills workshop for couples will be held Wednesdays or Thursdays from 5:30-7:30 p.m. Space is limited and reservations are required. Call Diane or Gail at 257-3655.

**Stress management** — Learn to handle stress effectively at home and at work. The class will be held Oct. 26 from 1-4 p.m. Workshops are held monthly on the last Wednesday. Reservations, 257-3655.

**How to buy a new or used car** — Learn what you're up against when you purchase a new or used car. The class will be held at the

FSC, Oct. 20 from 11:30 a.m. to 12:45 p.m. Call for reservations, 257-3655.

**Anger management workshop** — The workshop will emphasize understanding and accepting responsibility for aggressive behavior and its consequences. The workshop will be held Tuesday from 1-4 p.m. Call for reservations, 257-3655.

**Building your self-esteem** — Learn techniques to build up your self-image. Call for reservations, 257-3655.

**Key Volunteer basic training** — The class will be held from 6-9 p.m. Call for reservations, 257-3655.

**Marriage skills workshop** — A 14-hour workshop for newly married couples and people anticipating marriage. The workshop addresses married life in the military, relationships, communication, conflict resolution, problem-solving and listening skills and more. The class will be held Oct. 18-19 at the Training and Audiovisual Support Center, building 267. Reservations are required.

## Job hunting

A computerized listing of island jobs is available at the Employment Resource Center. Call 257-3135 to make an appointment with a counselor.

## 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.

## Officers' Wives Club

Join the OWC for a trip to Queen Emma's Summer Palace and lunch at Ryan's Grill on Oct. 11. The group will meet at 8:45 a.m. at the 19th Puka and will car-pool from there. Cost is only \$15. Send checks and choice of lunch to Nicia Gdanski at 2248 Blaine. Lunch choices are Pasta/Salad combo, salad sampler, hot dungeness crab sandwich and spiced grilled chicken sandwich. Deadline is Oct. 4.

Come to the Craft Fair sponsored by the All Enlisted Spouses' Club and OWC, Oct. 15 at the Mokapu School cafeteria, from 9 a.m. to 3 p.m. The public is welcome. Tables cost \$15 for members and \$20 for non-members. If you are interested, call 254-0331 for the Enlisted Spouse's Club or 254-2653 for the Officers' Wives Club.

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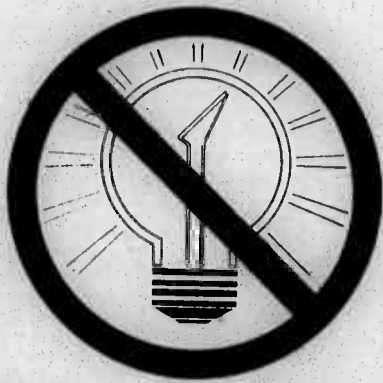
NAF Job Information Center, CPOH  
Fort Shafter Flats, Building T-1500, Room 107  
Monday - Friday, 8 am - 3:30 pm - Phone: 438-2560  
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# On the HomeFront



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## Have you considered Recycling instead of throwing away?

Sgt. Lou Ramirez  
Staff Writer

Webster's Dictionary describes trash as worthless discarded material.

Yet people throw away some items which can be of value, if recycled.

"It just doesn't make sense to throw something away that can still have a useful life," said Suzanne Jones, recycling coordinator for the city and county of Honolulu.

On the average, the island of Oahu generates approximately 1.5 million tons of trash annually. According to Jones, household waste could be reduced by 10 to 15 percent if consumers would make an effort and participate in recycling.

Marine Corps Base Hawaii has an active recycling program which makes it simple for base family residents to participate.

Each home is provided with recycling containers. A large yellow container is provided for glass, aluminum cans and

plastic bottles. A smaller black bin is also provided for paper.

Residents must separate the recyclable items in trash or plastic bags. It is important to clean all items and to remove their labels. Glossy inserts and magazines are not recyclable, explained Eddie Kerr, base housing office, construction supervisor inspector.

After the recyclable items are placed curb-side, they are sorted by the refuse collectors. Once sorted, the contractor may stockpile them until he has a large enough quantity to take to a local recycler.

There, the items are compacted and processed. The recycler either sends them to local recycling markets or ships them to the mainland or to the Far East, where they encounter their last and most important step: reuse.

What was once thought of as trash is returned back to their original condition or turned into items such as clothing, car seats or drain pipes.

For example, glass is 100 percent recyclable. Every pound of recycled glass bottles or jars can make a pound of new glass containers.

Additionally, ground glass

can be mixed with asphalt. This creates a product called glassphalt, which is used to pave Hawaii roads.

Although plastics are more difficult to recycle, manufacturers can now turn recycled plastic containers into products such as ski jackets and stuffing for pillows, sleeping bags and car seats.

Many of these products can be readily manufactured without recycling. However, the world's most precious resources are not as abundant as they were 50 years ago.

"Some people criticize recycling because they say it takes more time and money than throwing it in the trash," said Julie Mansur, Base Environmental.

"But Friday, depending on the recycling prevents waste of

earth's precious resources. One of Hawaii's most valuable resources is also being wasted away: the landfills, explained Jones.

"We know land is precious in Hawaii. Do we want it wasted away by landfills?" she said.

"People must be aware that rubbish doesn't magically disappear," Jones said, "Recycling greatly reduces the amount of waste sent to landfills."

Base housing residents can help reduce this problem by regularly participating in the family housing recycling program.

Recycling containers should be placed on the curb-side and will be picked up on Thursday or Friday, depending on the housing area.

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## HOMEWORLD OUTLET

# Front and center

## Base adjutant wears many hats

Sgt. Andrew Lynch  
Staff Writer

Having recently arrived at Marine Corps Base Hawaii, 1stLt. Maureen B. Murphy, MCB Hawaii base adjutant, is ready to "go get 'em" and overcome any obstacle in her path.

Born at the United States Air Force Academy in Colorado Springs, Colo., this daughter of a retired Air Force senior master sergeant is not a stranger to military life.

She attended college under a four year naval reserve officer training corps scholarship, and graduated from Marquette University, Milwaukee, Wis., with a degree in political science.

"I was prompted to join the military by the chance to receive a college education. I specifically joined

the Marine Corps because of its strong sense of duty and esprit de corps," said Murphy.

Upon completion of The Basic School at Quantico, Va., and the Adjutants Officer's Course located at Camp Johnson in Jacksonville, N.C., Murphy was stationed in Okinawa. She served as the battalion adjutant for 9th Engineer Support Battalion, 3d Force Service Support Group.

In her present position since July '94, Murphy has a wide variety of tasks and collateral duties. Not only does her daily routine include working with the base awards board, maintaining the base files and directives, and handling base correspondence, but she is also the assistant security manager, and voting officer for the command.

Murphy enjoys being involved in competitive women's soccer. While stationed in Okinawa, she participated in many tournaments.

One of Murphy's more well-known achievements occurred when she attended TBS. An open casting call was held to select an individual to appear in a Marine Corps recruiting commercial. She tried out for the part and the director chose her and three other Marine officers to star in separate commercials. The commercials debuted during the '92-'93 football play-offs and are currently airing on the Far East Network.

"Since I recently arrived in Hawaii, I have yet been able to experience all that the island has to offer, on and off duty. But I know I'm up for the challenge, whatever it may be," stated Murphy.



1stLt. Maureen B. Murphy

Sgt. Andrew Lynch

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# Hawaii LIFESTYLE

Hawaii Marine Section B

Covering Sports, Leisure and Family Events

September 29, 1994

Emmitt Smith or Barry Sanders, who is the best?



From the cheap seats

John Magnus  
Outdoor Recreation Supervisor

The head-to-head match-up on a recent Monday Night Football game of Dallas vs. Detroit was truly a treat. Not only was it a good game, the Cowboys lost, but it showcased two of the best running backs in the game today. This pair of running backs leads me to ask three questions; who is the best running back in the game today? Who is the best of all time? And how do those of today rate amongst the all-time best?

In professional football today, Emmitt Smith and Barry Sanders are by far the best. I don't think there are any other running backs that are as good as these two. There are probably those of you who may say, "What about Thurman Thomas, and what about Barry Foster?" Well, what about them?

If you were to put Thomas or Foster on teams in the NFC, I think Foster might be able to hold his own, but Thomas would be an average running back. And, if you were to put Smith and Sanders on teams in the AFC, I think that Sanders would be the better back. But Smith is still better than Thomas and Foster.

When you talk about the all-time best running backs, you automatically think of Jim Brown, O.J. Simpson, Walter Payton, and maybe even Gale Sayers.

Others that may be considered are Eric Dickerson, Earl Campbell and Tony Dorsett.

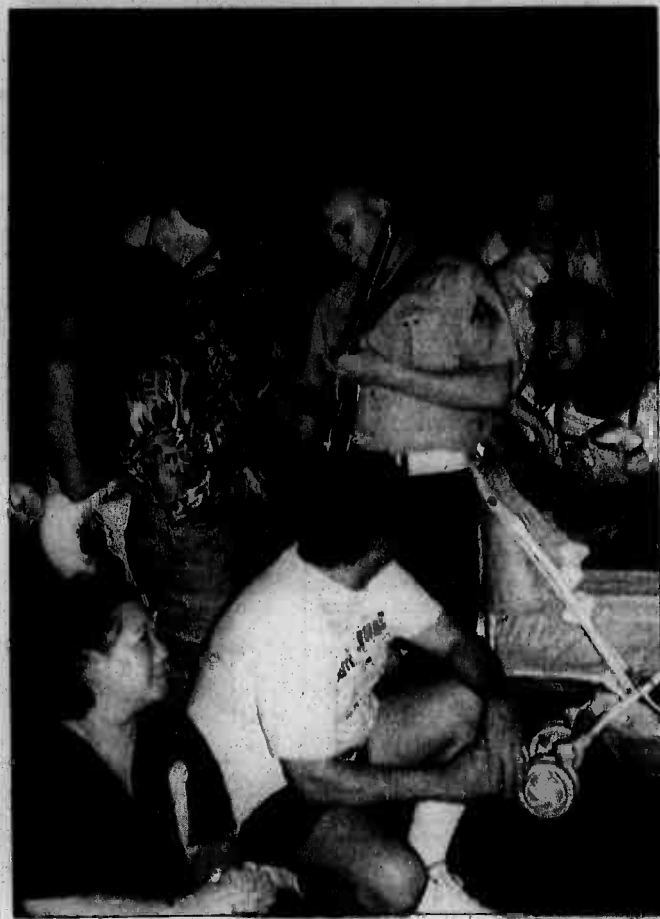
It just depends on your personal taste as to who the best of the bunch is. Jim Brown's rushing record stood for years. He set the 12,312-yard mark in only nine, 12 game seasons. Whereas Walter Payton played in 13 seasons of mostly 16 games. But then there is an argument for Payton; his durability. Sayers and Simpson were the speed backs, who at any moment could break a run open. Very exciting to watch.

Like I said, it's just up to your own personal taste. Do you want power, speed, or a combination of the two? I personally like the combination of the two. And the two backs for that are Walter Payton and Eric Dickerson.

My nod goes to Payton for two reasons. First, I watched him when I was growing up in the suburbs of Chicago. Take my word for it — he was unbelievable to watch. Second, he had the best attitude and work ethic. He never complained or whined like Eric Dickerson. Walter Payton played hard — and with class.

Emmitt Smith and Barry Sanders both have class and talent. But will their careers lead them to the elite status of the Brown's, Simpson's, and Payton's? It is still pretty early to tell. But, if they play up to the level that they have to this point in their careers, they just might make it.

But for what it's worth and for the sake of argument, I'll throw this at you. Which player, of those I've mentioned, would you most want carrying the ball for your team? Give me "Sweetness" anytime.



Daniel B. Goode

LCpl. Daniel Peterson, guitarist for the Marine Forces Pacific Band, electrified the crowd this past Friday night at the Waikiki Block party. Peterson ventured into the crowd during one of the songs and brought a thrill to some of the local fans.

## Risk of running Marathon minimal to healthy people

Capt. R.K. Flath  
21st Dental Company

Headlines of sudden death during exercise grab our attention. Whether it is a celebrity like running author James Fixx or a local Marine, tragedy causes self-reflection and doubt. Therefore can running more miles in preparation for the Honolulu Marathon kill you?

According to a 1982 study by cardiologist Paul Thompson, M.D., the incidence of sudden death is unusual in healthy athletes. He found that the benefits from regular aerobic exercise outweigh the low risks of sudden cardiac arrest.

But what if you have unknown heart problems? Luckily warning signs exist when something isn't right. Published in the September 1992 issue of the Physician and Sports Medicine an article by Phillip Ades, M.D. the following 12 questions identify increased risk of sudden death during exercise:

1. Have you experienced any pain or discomfort in the chest or surrounding area, particularly during exercise?
2. Do you develop any chest pain or discomfort that radiates down your arm during exercise and goes away after your workout?
3. Do you ever become dizzy or faint, particularly after exercise?
4. Do you have unaccustomed shortness of breath during a workout?
5. Do you become nauseated during

exercise?

6. Have you been told by your physician that you have a heart murmur?

7. Has any member of your family died before the age of 35?

8. Has any physician ever recommended that you not participate in vigorous exercise or sports?

9. Is there a history of coronary heart disease in your immediate family?

10. Do you smoke or have high blood pressure, high cholesterol or diabetes?

11. Do you use cocaine?

12. Has it been more than two years since you had a physical examination?

If you answered yes to any of the above questions, consult your doctor. Two conditions can also make healthy hearts more susceptible to problems. One is heat stroke caused by dehydration. The second is myocarditis (heart muscle inflammation) caused by viral illness such as the flu. Be sure to drink plenty of water and use common sense in the heat of Hawaii. Rest if you are sick with a virus.

Maintain your once weekly long run in the 13-15 mile distance. The Kaneohe Bay Marathon Clinic will resume 2 Oct. at 7:00 a.m. at the parking lot of the 21st Dental Company. The topics discussed will be "Stretching and Flexibility," by Don White and "How to Run Faster," by Tom Doherty.

## Capt. Flath's top ten reasons why to run the Marathon

Capt. R.K. Flath  
21st Dental Company

Top 10 reasons to run the 1994 Honolulu Marathon.

1. You need new T-shirts. For the \$2 registration fee, you will receive a Nike Honolulu Marathon training T-shirt. You'll earn a second T-shirt by finishing the marathon.
2. Your life expectancy will be extended because of the healthy lifestyle running supplements. Hence, you'll collect more retirement.
3. For every Marine finisher, the Honolulu Marathon Association will donate at least \$12 to Marine Corps Base Hawaii.
4. The marathon is the longest Olympic run. You can use the Marathon to qualify for the Olympics trials, if you can run under 2:20.
5. What else is there to do on Dec. 11 at 5:30 a.m., that includes a fireworks show at the start which is worth the lost sleep.
6. There are still 11 weeks to train and the Honolulu Marathon

will count for individual or unit competition as the fourth event of the MWR Commanding General's Fitness Series.

7. You could finish ahead of BGen. Vercauteren.
8. There are free aid stations, and entry includes a bus trip from the zoo at Ala Moana Park.
9. More than 325 Marines have already entered with no excuses or whimpering about why they can't do it.
10. It's fun to rise to the challenge of 26 miles, 385 yards and personal satisfaction will make it worthwhile.

Straight-faced facts: The registration remains at \$2 for active duty and their family members. T-shirts are available after verification of registration at the 21st Dental Company from 2-4 p.m., Monday through Friday. Available sizes are L, XL and XXL on a first come, first served basis. The Honolulu Marathon is a world class, up tempo, energizing event. For more information contact Capt. R.K. Flath, USN at 257-5689.



Striding through — Col. Chris Cortez, commanding officer of 3d Marine Regiment, is just one of more than 325 Marine runners who are encouraging others to join them for the Honolulu Marathon Dec. 11. Cortez recently participated in the HASAC cross country championships and finished with a time of 38:42 in the 10K run.

## Marine Masters Team takes cross country championship

Cpl. Bruce Drake  
Staff Writer

The Masters Division of the Hawaii Marine cross country running team captured first place at the Hawaii Armed Services Athletic Council championships Friday. The team competed for the HASAC trophy against teams from the Army, Navy and Air Force in Wahiawa.

Additionally, the Hawaii Marine Men's and Women's Open Division teams placed third and fourth respectively.

The day of the race 17 Marines and 65 other service members lined up behind the starting line of what would turn out to be a nightmare for some runners and an enjoyable event for others.

"The course was very rough and steep. I spent more time worrying about the rocks on the trail than my competition," said Jeffrey LeGrand of the Men's Open Division team.

Rick Jones, the first Marine to cross the finish line in 37:31, stated that the course was well designed. "The run was over very challenging terrain, and when the officials said we'd run cross-country, they meant cross-country," he said. "I don't think I ran more than 500 yards on pavement over the entire course," he added.

Marine Dale Daniel expressed his opinion about the race's layout. Daniel finished in 38:32 for the Open Division team. "I thought the course was very well designed. With all the hills we ran, it certainly was a See Masters, B-2



And they're off — Runners from the Hawaii Marine cross country team take off from the starting line among the 50 other entrants to the race at the HASAC championships recently.

## SPORTS Briefs



contact Sgt. Demetrius Hannah at 257-3408.

### Aerobics

Semper Fit Aerobics classes, including the STEP program, are offered everyday at the Main Gym. Classes are \$2.50 for dependents and 50 cents for active duty personnel. Monthly passes are \$25 for dependents and \$10 for active duty personnel. Contact the Athletic Office at 254-2516 for more information.

### Rod and Gun Club

Kaneohe Rod and Gun Club meetings are held the first and third Tuesday of each month. Contact Mike Dunlap at 254-4964 for more information.

### Motorcycle Safety Course

The Marine Corps Base Hawaii Safety Center offers free courses for beginning and experienced riders on motorcycle safety and operations. The courses are registered through the Motorcycle Safety Foundation and provide insurance discounts for motorcycle riders. Contact Sgt. Demetrius Hannah at 257-3408 for more information.

### Riders club

Anyone interested in riding with the Kaneohe Marines Motorcycle Riders Club should contact Sgt. Demetrius Hannah. The club is comprised of active duty and DoD motorcycle riders throughout Oahu, and meets monthly for an excursion to various points of interest on the island. For more information,

### Jazzercise

Get fit with Jazzercise on Monday, Wednesday and Friday mornings at 8:30 a.m. at the Main Gym and Tuesday and Thursday evenings at 6:15 p.m. at Mokapu Elementary.

### Assistant baseball coach

The Hawaii Marine Varsity Baseball team has an opening for an assistant coach with prior baseball experience. Interested persons should contact the Athletic Office at 254-2458 or 254-2516.

### Women's basketball

Female active duty personnel or spouses interested in playing women's basketball should contact the Athletic Office at 254-2458 or Sgt. Clinton Parker at 254-1717.

### Boxing referee

Free training will be provided for anyone interested in becoming an amateur boxing referee or judge. For more information, contact CWO-2 Duchesne at 257-2216 or 254-3485.

### Rugby

A rugby team is being formed consisting of active duty personnel at Camp H.M. Smith and Kaneohe Bay. The team is being sponsored by MWR. All experience levels are welcome. Practice begins as soon as possible. For more information, contact 1stLt. J. Dale at 257-1285 or 254-3589 and leave a message.

### Tennis players

Anyone interested in a night of mixed doubles tennis is encouraged to join the members of the Kaneohe Tennis Association on Saturday. The group will meet on the lower tennis courts at MCB Hawaii behind the Bank of Hawaii. Singles and partners are welcome. For more information contact Don Scott at 257-5857 or 254-6209 and leave a message. All levels of play are welcome.

### Boating safety course

A boating safety course will be held in two four-hour sessions on Oct. 8 and Oct. 15 from 8 a.m. to noon at building 6036, MCB Hawaii, Kaneohe Bay. The course is free but there is an \$8 cost for the text. Certificates will be presented upon completion of the course. The course will cover boats and the environment, safety and legal considerations, operating your boat, road signs, navigation aides and other rules. Anyone interested in attending this course should contact Barbara Minton at 254-2601 or David Wood at 922-7379.

### Recreational shooting

Recreational shooting is scheduled for the first and third Saturdays of each month at the Base Range. It is for pistol shooting only. Your weapons must be registered with the State of Hawaii and the base. Please bring your registration, ammunition, paper targets and appropriate safety gear. It is open from 8 a.m. to 2 p.m. and free of charge. For more information call John H. Magnus, 254-1651.

## Masters

From B-1

break from running to the back gate [of Marine Corps Base Hawaii, Kaneohe Bay] and back each day," he said.

The Men's Open Division teams fought fiercely. "The race for second place in the Men's Open Division wasn't decided until the Navy had placed their final scoring runner in just ahead of the Marines' fifth runner," said Greg Gustine, director of Morale, Welfare and Recreation at Navy Computer Telecommunications Area Master Sta-

tion for the Eastern Pacific in Wahiawa. "But the Men's Masters Division was a complete blowout for the Marines," he added. "There wasn't anybody here today that could catch them."

"It was a really impressive turnout for this year's event in comparison to last year," Gustine added. "Last year's Open Division team championship went to the Air Force by forfeit."

In the women's division, the female Marines were unable to break the Army's dominance of the race. However, they finished in respectable times giving forewarning to next year's competitors.



Cpl. Bruce Dots

### Hammer time

Watch the thumb — Cpl. Jack Ford and LCpl. Donte Myles, both from Battery "B," 1st Battalion, 12th Marines, were part of a seven-man construction crew who recently completed a covered enclosure near their Bachelor Enlisted Quarters.

## Ads



### Miscellaneous

Children's desk — Solid wood, hand painted, hand-made, with stool, \$40; a man's gold chain 20", 18K, must sell, \$160; call 261-7121.

Two ball gowns — Size 13, Royal Blue, with lace and sequins, \$25 pale pink tea length, \$45, 254-6251.

### Autos

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# Base athletic director struggles to stay above .500

**CPAO**

Week five of the National Football League finds Miles Okamura coming off a .500 average weekend as two of his three picks of the week stayed with the conventional wisdom and lost to their competitors. The one pick of Okamura's that came true was the defeat of Miami behind the arm of the rejuvenated Warren Moon.

Cpl. Jaime Hans tied at six for 12 with Okamura as both his picks for the week fell to their underdog opponents.

Okamura's season average has slipped to .550 while the guest commentator's average, bouyed by Col. M. H. Boyce's 11 for 14 performance in the second week of the season, has stayed at 60 percent for the season.

This week's guest commentator, SgtMaj. Francisco Deleon, base sergeant major, is an avid football fan. Serving as head official for the base's intramural flag football league, he has seen plenty of football action just recently, which he feels will help him pick a high number of winners this weekend.

Continuing with the procedures set forth in previous articles, Okamura's picks will be in bold while SgtMaj. Deleon's will be underlined. If both commentators choose the same team then it will be in *italics*.

Sunday, Oct. 2

- Dallas** at Washington
- Detroit** at Tampa Bay
- Green Bay at New England
- N.Y. Jets at Cleveland
- Seattle** at Indianapolis
- Atlanta** at L.A. Rams
- Buffalo** at Chicago
- Minnesota** at Arizona
- N.Y. Giants** at New Orleans
- Philadelphia** at **San Francisco**
- Miami** at Cincinnati

Monday, Oct. 3

- Houston** at Pittsburgh
- Denver, Kansas City, the L.A. Raiders and San

Diego are not playing this week.

**Okamura's Comments:**  
Miami vs. Cincinnati. Father vs. Son. Don Shula is one of the best coaches of all time and his son David Shula still needs to learn a lot. Don taught David everything David knows, but not everything Don knows. How does the saying go, "Father knows best?"

This week's game of the

week will be Seattle at Indianapolis. Both teams are up and coming. Rick Mirer is a good quarterback who is fast becoming a superstar. Marshall Faulk of the Colts is also on the fast track to fame and fortune.

Because Seattle beat the L.A. Raiders two weeks ago, I have to say that they will beat the Colts, though it will be a close and exciting game.

**Deleon's Comments:**

This week will be a very critical week for a lot of the teams in the league as this usually marks the point in the season where some teams simply fall apart and others finally get their act together.

**Game of the Week I:** Dallas vs. Washington. Even though Washington is having a rough season, the sheer rivalry of the two teams will pump them up for the game. Even with the added pump of playing at home in RFK Stadium, the Redskins still will be unable to stop the attacks of Aikman, Irvin and Smith.

The Cowboys definitely didn't play up to their potential last week. I pity the Redskins's defense this week.

**Game of the Week II:** Houston at Pittsburgh. Both teams are large rivals for the American Football Conference's Central Division crown this year. Simply for Texas pride, I choose the Oilers over Pittsburgh.



SgtMaj. Francisco DeLeon



Miles Okamura

# Family Service Center

One can look at many of the day-to-day interactions that we have with our coworkers, supervisors, partners and children and analyze them as being assertive, aggressive or non-assertive. However, often people think they are being assertive, when they are actually being aggressive. How do we know what the differences are?

When someone is being aggressive they express their opinions, thoughts and feelings, but they do it in such a way that they don't respect the other person's right to be treated with respect and dignity. In other words, they may approach situations with an attitude of, "It's my way or the highway." Aggressive people sometimes get a great deal accomplished, but oftentimes it is at the expense of the relationship.

In contrast, someone who is being non-assertive does not express their thoughts, feelings and opinions for fear that

they may be seen as aggressive. The payoff is that it avoids a conflict. Sometimes this is a good choice and at other times it has negative consequences, as the individual can build up resentments which stockpile until he or she explodes with aggression. Someone who is non-assertive generally overlooks their rights in a situation.

Being assertive is yet another behavioral option. In these situations, an individual respects their rights as well as others, and holds others in high regard. They express their thoughts, feelings and opinions in a manner that respects and listens to the other person. Depending upon the situation, it is appropriate to choose any one of the three ways of interacting. Most often, however, it is useful to be assertive as more problems and issues are resolved with assertiveness, leaving the relationship intact and oftentimes improved.

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# Bike Rodeo gives safety tips plus fun

□ Safety Center, PMO and Boy Scouts get together to educate young riders

Sgt. Andrew Lynch  
Staff Writer

A rodeo came to town recently. However, the participants weren't riding bucking Broncos or wild Brahma bulls but Raleighs and Schwinn. The event was a bicycle rodeo and it was held at Mokapu Elementary School, Marine Corps Base Hawaii on Sept. 17.

Sponsored by the Boy Scouts of America Troop 425, the Provost Marshal's Office and the Joint Safety Center, the rodeo was organized to register bicycles and teach young riders the rules of the road. Before the riders tested their skill on the course set up by PMO, they registered their bicycles and received a free maintenance check from volunteers with Reconnaissance Platoon, Headquarters Company, 3d Marine Regiment.

Once road worthy, the riders received tips on how to properly ride their bicycles and other safety

information, such as what to do at an intersection and who has the right of way. The riders put this knowledge to use in practical application drills.

Prior to the rodeo, members of Troop 425 spent weeks soliciting donations for prizes for the participants. They knew that some children who wanted to participate would arrive at the rodeo without a helmet. When the Boy Scouts contacted Castle Medical Center, the hospital recognized the importance of proper safety and gave the organization \$60 in which to rent the helmets necessary.

Kailua Bicycle Shop, Island Spokery and windward Sears also donated items. The prizes will be awarded to the recipients at their schools. One lucky boy and girl will receive a new bicycle, courtesy of the windward Sears department store. Participants will also receive a certificate of completion signed by

Bo Irvine, MCB Hawaii safety director.

Troop 425 used the rodeo as an opportunity to recruit boys in the sixth grade or at least age 11 and older. They also set up an obstacle course complete with a rope bridge to let the public see some of the skills they have learned being a member of the Scouts.

"The bike rodeo is a great way to get the kids to bring their parents down and help them register their bikes. It also reminds them, effective Jan. 1, 1995, all bicycle riders will be required to wear a helmet," said Sgt. Demetrius Hannah, Driver Improvement Course and Motorcycle Safety Instructor.

With more than 30 young riders taking part in the rodeo, all three sponsors agreed that the event was a success. For safety's sake, they hope more children participate in future bicycle rodeos.



It's like coloring, just stay inside the lines — Kristen Bowers, age 5, shows GySgt. Randy Price, crime prevention chief of PMO, her riding skills while completing an exercise which required the rider to stay within the lines.



It might ride better turned the other way — LCpl. Brandon Colby gives a young rider a few tips on maintenance of his bicycle.



I pulled you guys over because you were ..... — LCpl. Brandon Colby of PMO instructs participants of the bike rodeo on the proper execution of maneuvers.

## Religion

• MCB Hawaii Kaneohe Bay Chapel: Catholic Mass is held Monday through Friday at 11:45 a.m.; Saturday at 6 p.m. and Sunday at 7:30 a.m. and again at 9:30 a.m. CCD Preschool and Kindergarten are held at the chapel from 3:45-4:30 p.m. every Monday and grades 1-12 at Mokapu Elementary School from 6-7:15 p.m. every Monday.

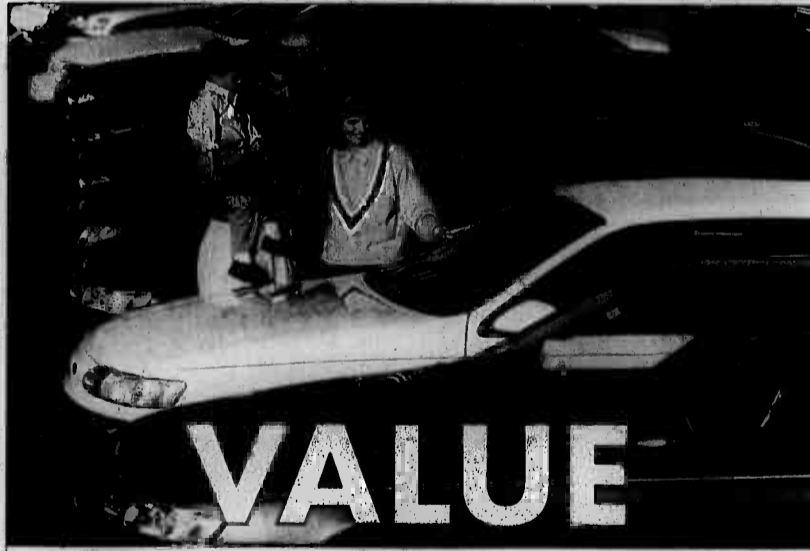
Protestant Liturgical Communion services take place on Sunday at 8:30 a.m. and Protestant Non-liturgical Worship begins at 11 a.m. Sunday School is held from 9:30-10:30 a.m. in the preschool drop-off center. Kaleidoscope (an after-school program for elementary age children) is every Wednesday at 1:30 p.m. at the Base Chapel and will continue throughout the school year. Sign up at the chapel.

• The Gospel of Holiness Fellowship is held Sunday at the Boondocker Theater. Sunday School is at 9:30 a.m. The worship service is at 11 a.m. Bible Study will be held Tuesday at 7 p.m. at the Base Chapel.

• Marine Corps Base Hawaii, Camp H.M. Smith: Catholic Mass is held Sunday at 8 a.m. Protestant Worship is at 9:30 a.m. and Protestant Sunday School at 8:30 a.m. There is a Gospel Choir and service at 11 a.m. Call 477-5098 for more information.

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# Tickets

The MWR Ticket Office offers tickets and information on how to get them at special military rates. The office also takes reservations for events and attractions around the island. Call the Entertainment Hotline at 254-3304 or stop by the Marine Corps Exchange for information and reservations. The office is located at building 1090 and 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 on sale for \$4.75 and are good at any Consolidated Theaters on Oahu.

**Sea Life Park/Waimea Valley** — Discounted tickets are on sale at IIT. Adults \$8.50, Junior (6-12 years) \$5.75, children (4-5 years) \$2.50.

**Bishop Museum's Military Ohana Annual Pass** — On sale for \$32 and good for unlimited admission to the museum and planetarium for an entire year. Nature's Fury is the new exhibit at the museum through Jan. 2, 1995. This earth-shattering exhibit provides an entertaining look at the science behind volcanic eruptions, tsunamis, hurricanes, earthquakes and more. The planetarium show will be "Superstitions." The show will be shown from Sept. 30 through Oct. 31, daily at 11 a.m. and 2 p.m., and also 7 p.m. on Fridays and Saturdays.

**University of Hawaii football** — UH battles New Mexico on Oct. 8 at 7:05 p.m. Sideline tickets are \$16.50 and end zone, \$14.50.

**Hawaii Maritime Center** — Experience Hawaii's rich maritime heritage with whaling, surfing, windsurfing and much more. Enjoy the Falls of Clyde, whaling exhibits, the King Kalakaua boathouse museum and other attractions. Tickets are on sale at a cost of \$5.50 for adults, \$3.50 for children (6-17 years), and free for five years and under.

**Hale Koa Hotel** — Oktoberfest '94 celebrates an annual tradition of pure fun. Tickets are on sale for \$6 per person. This event will be held Sept. 28-29 from 5-11 p.m. and Sept. 30 and Oct. 1 from 6 p.m. to midnight and Oct. 2 from 5-11 p.m. Make your reservations early for this festive event.

**Aloha Bowl** — The Jeep Eagle Aloha Bowl game will be held Dec. 25 at 10:30 a.m. at Aloha Stadium. Sideline tickets on the 40 and 50 yard line are \$17.50. Contact IIT for more information.

**Aloha Diners Club** — Enjoy Hawaiian hospitality and entertainment at restaurants and night clubs, including a certificate for Hawaiian Airlines to "Fly with a Friend." Books are only \$6 and are good until December.

**Entertainment Books** — Packed with discounts on fine and casual dining, movies, entertainment, hotels, travel and much more. On sale now for \$38.

# MWR offerings

Debra Bray  
MWR

**Craft Fair**  
 Long Distance/USA and Marine Corps Base Hawaii, Kaneohe Bay invite you to the K-Bay Fall Craft, Gift and Plant Fair, Saturday, Oct. 8 from 9 a.m. to 3 p.m. Open to the public, the Craft Fair will feature live entertainment by Sam Kapu III, free three-minute long distance calls to the mainland, food booths and children's games ... not to mention a variety of craft booths with everything from jewelry to pottery, exotic plants, clothing and more. The Craft Fair site will be located behind the Temporary Lodging Facility, near the main gate. (Booths are still available for interested vendors.) Call 254-2562 for more information.

**Goblin Gallop**  
 Early registration is now being accepted for the Oceanic Cable 1994 Goblin Gallop, a three-mile fun run for keikis through base housing aboard MCB Hawaii, Kaneohe Bay. The Goblin Gallop will be held Oct. 22, with check-in beginning at 3 p.m. Ronald McDonald, courtesy of McDonald's Restaurants of Hawaii, will perform a magic show from 3:30-4:30 p.m. A costume contest follows from 4:30-5 p.m. and the gallop starts at 5 p.m. Keikis entering the contest will compete with other children in similar age

brackets, and there will also be an age group for babies under one year old in strollers. Registration fees are as follows: Goblins age 0-4 are \$6; Gremlins age 5-15 are \$4; and Ghouls age 16 and older are \$6. Entry fee includes a free "glow-in-the-dark" T-shirt. Additional sponsorship of this event is provided by AT&T. For more information about the Goblin Gallop, call 243-2963.

**Youth activities**  
 Teens and pre-teens know that the Youth Activities Center is the place to be for movies and popcorn, air hockey tournaments and roller skating trips to Hickam AFB. Those are just a few of the activities on the center's list of fun things to do this week. If you're looking for a great place to hang out after school, register to become a member. Teen and pre-teen activities are open to kids 10-17 years old and the membership fee is \$3 per month. (Some activities may have additional fees.) For information about Youth Activities programs, call 254-2963.

**Exchange Special Orders**  
 Have you had trouble locating something special at the Marine Corps Exchange and wondered where you could make your purchase? Try the "Special Order" Department located across from Household Goods in the Exchange. The staff goes out of their way to

research what you're looking for and can help you with prices, brand names, availability, length of shipping time and more. What can be special ordered? Just about everything from household to electrical items. If there's something you can't find at the Exchange, visit the Special Order Department, or call them at 254-4758.

**Phonecenter savings**  
 Receive a 10 percent discount on your long distance calls placed at the MCC Phonecenter when you rent a video from the K-Bay Video Rental Center. Simply bring in your video rental receipt when you're ready to make your call. This October special is being promoted at both MCC Phonecenter locations; building 1090A (trailer), 254-6717 and building 1255 (inside K-Bay Inn), 254-2666.

**Officers' Club**  
 "Nurses Night" is happening at the K-Bay Officers' Club this Friday from 5 p.m. to midnight. Enjoy free hors d'oeuvres, drink specials and music provided by DJ Shawn "Mix Master" Flink. The Officers' Club also features Mongolian Barbecue every Wednesday and Friday beginning at 6 p.m. Select from an assortment of meats, vegetables and sauces, and let the chef serve it up the way you like it. For more on Officers' Club activities, call 254-4785.

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 Penthouse Pet of the Year  
 Oct. 3-8 • 3 Shows Daily

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 ★The Hottest House Dancers  
 ★Daily Drink Specials★Continuous Shows 11am-4am★  
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# 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.**

<b>DIVORCE</b> Serving Oahu Since 1977 <b>\$125.00</b> 595-2533 Staff Attorney Gene Bridges A Public Service Project	<b>0 Free Bees</b> 1-YR.-OLD MALE CAT spayed, shots, to good home by 10/8. 247-2648. FREE TO GOOD HOME black & white Persian cat. Shots, fixed. 821-3708 or 455-5205. FREE loving 2-yr.-old male neutered indoor cat. Call 235-6166. FREE to a good home. Young adult male cat, neutered. 254-0641.	<b>0 Free Bees</b> FREE: 10-mo.-old male Shepherd mix. Good watchdog. 263-6684. FREE: COCO & OSCAR lrg. neutered male terriers. Need perm. hm. w/ fenced yard. 668-7222. <b>4 Health &amp; Fitness</b> "HERBALIFE INDEPENDENT DISTRIBUTOR" Call for products or opportunity. 396-7787.	<b>4 Health &amp; Fitness</b> #1 CITRUS SLIM \$500-\$5000/month Use it, sell it! Free info. 521-1716, Mr. Lee EXPERIENCE A UNIQUE Oriental Therapy Session With Our Therapist. Call Oriental Relaxation Therapy. Free Sauna. Call 945-7457. PHYTONOL 2nd Generation Phytonol. Free information. Ph. 526-6198 (24 hrs.) or 841-7651.	<b>4 Health &amp; Fitness</b> STOP AGING! Natural product gives your body new life. 531-8959. SUMMER SPECIAL! \$50 w/this ad. Massage 1 hr. 922-1177 Pam. (E693). <b>10 Cemetery Plots</b> HAWN. MEMORIAL Park, 2 plots, h.t. Calvary II, \$1950 each. 946-3693. VALLEY of the Temples. Eternal Love, 2 plots, \$1700 each. 668-7669.	<b>15 Announcements</b> AFFORDABLE LEGAL Representation Ismael D. Santellan Attorney. 524-7742 GET ROACHES OUT & KEEP THEM OUT! Send \$2 & SASE to: 66-004 Lau Paine Pl., Wailua, HI 96791. KAILUA HIGH SCHOOL CLASS OF '78 UPDATING CLASS LIST. FOR INFO REGARDING OUR 20TH REUNION, CALL SONJA, 956-3453.	<b>20 Lost &amp; Found</b> LOST PARROT Green cheek Amazon, "Chloe," green body, red forehead & blue chest. Kaneohe. Reward! 247-6182. LOST: Hawaiian gold bracelet. Kailua, Reward. (Hamaikalani), 259-7594. LOST: Whi. gold Hawn. band (Scott) at Jarons Restaurant, Kailua, Fri., 9/23. REWARD: No questions asked. 737-8173. IF A LITTLE extra cash would light up your life, turn on to the Classifieds
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# HOME & APARTMENT GUIDE

<b>73 Apts. Furnished</b> KAILUA Windward Cove, 3 bdrm., 2 bath, tennis, pool, sauna, barbecue, spa, 2 prkg., \$1700/mo. 599-8974 or 233-0349. KAILUA studio, on bus line, \$550 incl. utils. Call 261-8700 or 235-1250. PAT'S AT PUNALUU, large 1 bdrm. on beach, furn., all appliances. George 944-9528.	<b>74 Apts. Partly Furnished</b> KANE OHE 2 bdrm., 1 ba., prkg., wash/dry, dishwasher, microwave, near shopping & bus. No pets. Deposit \$150. Call 524-1522. Mon.-Fri. 8:30-4:00. KANE OHE: Nani Koolau, 2 bdrm., 1.5 ba., all appliances, \$950. Call 247-0500, M-F, 8-4. KANE OHE: Nani Koolau, 1 & 2 bdrm. \$700/775 per mo. 247-0500, M-F, 8-4.	<b>74 Apts. Partly Furnished</b> PUNALUU Beachfront studio. Prkg., pool, utils. Incl. \$625/mo. 595-6583. WAIPIO GENTRY Lrg. studio, W/D, cv'd. parking, security, pool, \$725/mo. + utils., 877-7109. <b>78 Rentals To Share</b> KAILUA Enchanted Lake Lakefront master bdrm., pool, \$700 + 1/2 utils. + deposit. 261-4172. KAILUA Furn. rooms/ba. Cable, prkg., pool, W/D. \$525 & \$450. 262-9868. KAILUA House to share. Neighborhood, W/D, \$500 + 1/2 utils. 261-5705. KAILUA rm., \$450 a mo. incl. cable, utils., phone. 282-6647 or 235-4002.	<b>78 Rentals To Share</b> AIEA: Furn. room in 2 bedroom townhouse to share, \$40 a month plus 1/2 utils. 488-4418. HAWAII KAI: Furn. rm. w/ fridge in 4 bdrm. hm. Non-smoker. \$400 incl. util. & ams. 395-8282. KAAAWA 2 priv. furn. rooms w/bath & lanai, prkg., cable, W/D, fridge & micro. \$800 includes utilities. 237-7013. MILILANI Prof. to share a 3 bdrm., 2 1/2 ba., 1 1/2 baths, w/pool, \$400 dep. & 1/3 utils. 823-9681 after 5:00p.m. <b>81 Houses Furnished</b> KAILUA beachfront, cozy, 1 bdrm. house, incl. w/d, parking, single adult, \$1150. Call Mike, 254-1114.	<b>83 Houses Partly Furnished</b> FANTASTIC ocean/bay/mo. view. 3/2 custom redwood pole-house. Fireplace. Deck. Wooded cul-de-sac. Boat ramp. \$1985/mo. or lease with option. Buy \$425,000. OPEN SUN. 12-5, 46-256 Keo Place, All Shores, Kaneohe. 1-885-7660 or 951-4321. HAUULA, 2 bedroom, 1 1/2 ba. duplex nr. beach, W/D, \$900. 293-5178. KANE OHE BAY Waterfront, 3 bdrm., 1 ba., cool, airy, clean, 2-car carport, great view. \$1580. Call 254-5604. MAKAHA, 2 HOMES 2/2, \$850 3/2, \$1000. Call Daley or Bernice 488-1991.	<b>83 Houses Partly Furnished</b> WAIALUA, 2 bdrm., 1 ba., \$800 a mo. close to beach. Call 821-5678. <b>85 Condos/Townhouses Partly Furnished</b> WINDWARD ACRES 2 bdrm., 1 ba., 2 prkg., no pets, close to Windward Mall & restaurants, \$1000 + dep. Avail. 10/1. Call 235-2137. <b>88 Rooms For Rent</b> AIRY ROOM IN LARGE HOUSE on bay. Utilities included, \$550 + deposit. 254-5604. KAILUA /Pvt. Ent., Ba. Klt., W/D, Utils., Incl., Prkg., \$550, 247-7480.	<b>88 Rooms For Rent</b> KAILUA 3/2 1/2, ocean view, prof. nonsmoker, \$500+ utils. 262-5064 evs. KAILUA furn. rm., priv. ba./ent., nonsmoker, TV, \$450+ deposit. 263-8121. KAILUA, 2 1/2 ba. hse. nonsmoker, incl. utils., \$525 + dep. 262-1778. KANE OHE share 4 bdrm. home, killer view of coast & K-Bay. \$425/mo. + deposit. 247-7202. KANE OHE, Kahuhipa, rm. in 3 bdrm. hse. \$350, prkg., share klt. 235-0947 WAIHAWA HEIGHTS Lrg. rm., ba., own entrance, utils. incl., nice, \$50 day. 261-5503. IF A LITTLE extra cash would light up your life, turn on to the Classifieds	<b>93 Vacation Rentals</b> "KAILUA/LANIKAI" nr. beach. Studio, 1-2 bdrm. or "B & B". 262-5445. A LOVELY PRIVATE room & bath with own entrance. \$45/day. 261-4016. KAILUA 1 bdrm. apt. \$350/wk. Studio, \$250/wk. Nr. beach. 262-0721. KAILUA Vacation Rentals. Near Beach. Call 261-5174. KAILUA small studio/cottage from \$40. near beach. Call 262-9545. KAILUA small apt. near beach, very clean, quiet, nice, \$50 day. 261-5503. WHEN IT'S TIME FOR RESULTS... call the Classifieds, 235-5881!	<b>98 Rentals Wanted</b> KAILUA, 1 or 2 bdrm., partly furn. incl. utilities. Professional, working couple. Call 262-8872. <b>102 Business &amp; Industrial</b> WAIHAWA Commercial Retail Space avail. New comm. developments on Farrington Hwy. 800 - 14,000 sq. ft. From \$150/sq. ft. Bob, 845-7851. <b>103 Stores &amp; Offices For Rent</b> KAILUA office space, approx. 800 sq. ft. with private restroom, \$795 a mo. fixed for 3 years. 261-6140.	<b>114 Real Estate For Sale</b> BIG ISLAND Beautiful 3 bdrm., 2 bath, 2 story home on 2 acres. Paved road, electricity. All new paint, tiled, carpeting 2430 sq. ft. 2nd floor. 7x7 Jacuzzi. 600' workshop 1st floor, plus 2000' storage space. Bargain only \$165,000. Earl Clark & Associates 943-6037 h., 737-7989 b. COLORADO Riverfront Land \$8,750! Natural unspoiled mountain beauty. Remote. \$95 down, and \$95 monthly. Good access. Diane Owner. 505-3770-6391 N. PORT CHARLOTTE, FLA. Building lot. \$8000. OWC. 881-6303 UPPER PALOFO, FS, 3 bdrm., 1 1/2 ba., 5000 sq. ft., \$295,000. 737-9054. <b>115 Real Estate Announcements</b> Free guide to Oahu's Rentals Island Hotlines RENTAL HOTLINE 824-RENT CLEAN UP IN THE CLASSIFIEDS! Find a bargain for sale or sell your unwanted items for cash in the Classifieds. Call 235-5881
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'84 TOYOTA CAMRY 4 DR. A/C, Auto, P/S, Radio \$1995  
'86 NISSAN 200 SX 5 Spd, AM/FM, Cass, P/S, Clean \$2495  
'86 VW GTI 2 DR. 5 Spd, AM/FM, Cass, Sunroof \$2495

'85 TOYOTA MR2 A/C, AM/FM, Cass, Tilt, PW, P/L \$3995  
'91 GEO STORM 2X2 A/C, P/S, AM/FM, Cass \$5795  
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'87 VW VANAGON WOLFSBURG FRT & REAR A/C, Auto, P/S, Cass \$6895  
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- '74 JAGUAR XJ6 \$2895
- '88 TOYOTA TERCEL \$2995
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ADORABLE silver shaded chinchilla Persian kitten, 9-wks. old, \$195. \$259-6186.  
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166 Pickup Trucks  
'82 TOYOTA Diesel P/U, camper shell, body great, exc. need work, \$700. OBO. Call 262-5064 eyes.

'93 FORD RANGER XL 5 spd., P/S, cass., low mi., FDU804, \$9,988.

'93 FORD RANGER XL 5 spd., P/S, cass., low mi., FDU804, \$9,988.

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126 Miscellaneous  
IBM ELECTRIC Typewriter, Needs cleaning, \$100. 262-5392.

OPHI FOR BIG ISLE for Luau, \$169 per gal. \$99 per 1/2 gal. Phone Oahu, 262-7887.

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144 Musical Instruments  
YAMAHA ORGAN with bench, 10 years old, \$2500/OBO. 689-8836.

146 Boat Sales & Service  
FISHING CHARTERS \$312/day, -5 pass. "LIVE BAIT." 695-0990.

147 Sporting Goods  
PACIFIC FIREARMS Low prices on firearms. Call & compare Mon.-Sat., 9-7. 261-7495.

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ADOPTION INCLUDES  
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Adoption Advertising Funded by THE PET SAVERS FOUNDATION, INC.

132 Computers  
IBM 586, 1.2 GIG, 18MB, Lots afterw., misc. parts. Must sell. 735-8960.

141 Video Taping  
FILMS TRANSFERRED to video. VHS & Nintendo machines repaired. Econ Photo, 239-4295.

144 Musical Instruments  
YAMAHA ORGAN with bench, 10 years old, \$2500/OBO. 689-8836.

146 Boat Sales & Service  
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147 Sporting Goods  
PACIFIC FIREARMS Low prices on firearms. Call & compare Mon.-Sat., 9-7. 261-7495.

148 Water Sports Equipment  
SCUBA equipment, regulator w/oculupus & gauges, BCD, wet suits, weights with belt, gear bag, \$755. Call 264-5641.

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266-7000 • Ask for MR. MEACHAM  
We specialize in Military Financing that lets you take the car off the island!

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KAILUA 1147 Kupua St. Sat/Sun, 8-2, 10/1-2. 12-family garage sale. Clothes, furn., lots more!

**GARAGE SALE**  
MULTI FAMILY: Sat, 10/1, 8-2, 552 Paulea St., Kailua. Furn., household, refrig., clothes, Bargains.

**GARAGE SALE**  
YARD SALE: Sat, 1 Oct., 8am-2pm at 2734 Ala Loop. Camp Stover Hg, Wheeler AAF. Lots of ceramics and more.

**GARAGE SALE**  
YARD SALE: Sat, Oct. 1, 8 to 3, 327 Hualani St., Kailua.

127 Miscellaneous Wanted  
WATERBED complete, \$150. Wedding dress w/ accessories, \$2.7, excel. cond., \$350. 263-1276.

128 Miscellaneous  
CLIFF'S Economy Furn. & Thrift Shop, 1718 N. King St. Ph. 841-4443.

129 Miscellaneous  
HAWAIIAN Items, Books, Papers, Jewelry Collectables, Antiques, Anything of Value.

130 Miscellaneous  
HUNTER 262-4668 764 Kailua Rd., Kailua

171 Motorcycles & Scooters  
'90 YAMAHA VIRAGO 750 Excl. cond., 19K mi. \$3500. Roger, 267-2122 days, 485-9842 eyes.

'94 HONDA CBR F2 600 1600 mi., black, purple, yellow, jacket & helmet incl., \$5800. 422-0248.

'94 SUZUKI INTRUDER 700 w/cover & 2 helmets, 1700/OBO. 235-5002.

176 Autos For Sale  
CARS FOR \$1000 Trucks, boats, 4-wheelers, motorhomes, furn., electronics, computers etc. by FBI, IRS, DEA. Avail. your area now. Call 1-805-982-9000 x-S-4031

**Audi**  
'85 AUDI 5000 new tires/bat., tint, 4 dr., 74K mi., \$2750/OBO. 842-4870.

**Buick**  
'88 LeSabre 2 dr., low mi., full auto, new tires, brakes, clean, \$4800/OBO. Jesse, 262-8764.

**Cadillac**  
'82 SEVILLE, \$1000, or best offer. Must see. Call 261-7336 after 5pm.

**Chevrolet**  
'84 2280H 70K orig. mi., T-top, needs some work, \$1995. 235-0373, lv. msg.

'86 MONTE CARLO super clean, 65K mi. \$1183, \$3,995.

'82 CAMARO IROC 2.6 5 spd., loaded, low mi. \$52848, \$6,295.

'83 CAMARO Z28 blk, auto., loaded, wrnty, V8, ABS, \$16,500, 396-7533.

'84 CAMARO Test blue, low miles, loaded \$16,000. 833-7436.

'83 LeBaron Orig. 45K mi., excl. cond., \$3000. 235-0932.

'29 BENZ 98K Roadster, Replica, good cond. \$5000/OBO. 637-8109.

'51 DAIMLER BENZ 170 DA Diesel, good running condition, new everything orig., \$18,500. 689-3658, 641-1118 pgr.

'54 BUG Winner of '76 car show, \$5000 or trade for truck. 456-3971.

'87 LONDON TAXI Runs good, diesel, must sell, \$5000. 949-7674.

'87 ARIES S/W, FBFB03, \$112/mo, APR 15%, 24 mos. O.A.C. FAMILY MOTORS 676-1600.

'87 ESCORT, E0F888, 24 mos, \$141/mo., APR. 15%, O.A.C. FAMILY MOTORS 676-1600.

'84 TEMPO GL, 5 spd., 4 dr., looks & runs well, \$1300. Call 261-2897.

'85 MUSTANG 5 spd., AM/FM, cass., A/C, tilt. FNT668, \$9,987.

'87 MUSTANG auto, A/C, full pwr., 68K mi. FND879, \$3,987.

'88 944 sunroof, excl. cond., \$5500. 631-4277 days or 922-2462 evens.

'89 FIREBIRD, red, auto., air, AM/FM, cass., low mi., \$5550. Call 487-4820.

'88 944 sunroof, excl. cond., \$5500. 631-4277 days or 922-2462 evens.

'85 GOLF 5 spd., AM/FM CD, A/C, CGE290, (was \$5,995), now \$4,488.

'90 VW FOX A/C, killer stereo, low mi. DP8782 (was \$7,488) now \$5,988.

NO MATTER what you're buying or selling, the Classifieds give you fast results. 235-5881!



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- ② DIVORCE
- ③ CHARGE-OFFS
- ④ TAX LIENS
- ⑤ REPOSSESSIONS
- ⑥ JUDGMENTS

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**NEW! ESCORT COUPE**

Factory Price \$9,810

**Our Price \$6,987\***

SAVE \$2823

4 Cyl. EFI, Rear Window DeLogger, Metallic Paint, P175/13 BSW, Full Tank Of Gas

#94547, #94544, #94545, #94506

**NEW! RANGER PICKUPS**

Factory Price \$10,827

Now **\$179** per mo. ONLY for 24 mo.

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**HIGH QUALITY PREVIOUSLY OWNED VEHICLES!**

'85 FORD MUSTANG 5-SPD, AM/FM, A/C, 1017 (#111120/FH648) <b>\$3,987</b>	'86 CHEVY MONTE CARLO SUPER CLEAN, ONLY 55K MILES (#111035/JD172) <b>\$3,995</b>	'90 FORD MUSTANG 5-SPD, A/C, CLEAN OIL (#110907/P0194) <b>\$4,995</b>	'93 MAZDA B2200 TRUCK 5-SPD, LOW MI AM/FM, CASS BET LNER BRAND NEW (#110909/Z707) <b>\$6,987</b>
'87 FORD MUSTANG AUTO, A/C, FULL POWER, 100K MILES (#111007/FH676) <b>\$3,987</b>	'90 NISSAN HARDBODY 5-SPD, AM/FM, CASS, ALL OILS (#110907/P048) <b>\$4,987</b>	'91 NISSAN SENTRA EXCELLENT CONDITION, RUNS GOOD, 54K MILES (#110909/EU381) <b>\$4,995</b>	'90 OLDS CUTLASS AUTO, A/C, P/W, P/W, CRUISE, LOADED (#111030/VF C837) <b>\$6,995</b>

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10 YR./100,000 MILE FACTORY WARRANTY WITH NO DEDUCTIBLE INCLUDED. 2 YR./24,000 MILE SCHEDULED MAINTENANCE & ROADSIDE ASSISTANCE JUST GAS & GO!

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All New Cabrio From VW

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Now In Stock 172 H.P. Hot Rod

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INCLUDES 5/60 LIMITED WARRANTY AND 3/36 ROADSIDE ASSISTANCE AT NO EXTRA COST! 2 AND 4 WHEEL DRIVE MODELS IN STOCK!

'91 KAWASAKI "250" (IMPORT) NOW... <b>\$1,988</b>	'85 VW GOLF 5-SPD, AM/FM, A/C, CD, QUIET, BEST SELLER, PRICED TO SELL, 62,000 MILES, 81,888 (#110909/P0194) NOW... <b>\$4,488</b>	'90 VW FOX A/C, 5-SPD, 51,000 MILES, 51,000 (#110909/P0194) NOW... <b>\$5,988</b>
'87 VW VANAGON LOADED, 100K MILES, 100K MILES, 100K MILES (#110909/P0194) NOW... <b>\$8,988</b>	'90 MITSUBISHI GALANT GS LOADED, 100K MILES, 100K MILES, 100K MILES (#110909/P0194) NOW... <b>\$9,988</b>	'93 DODGE SHADOW A/C, 5-SPD, 51,000 MILES, 51,000 (#110909/P0194) NOW... <b>\$11,988</b>

**PRE-APPROVAL CAR LOAN COUPON**

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Social Security No.: \_\_\_\_\_ Type of car interested in: \_\_\_\_\_ Are you working? Yes  No  How long in present job? 6 mo.  1 yr.  2 yr.  Signature: \_\_\_\_\_

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'88 HYUNDAI EXCEL Auto, Sunroof (#8806/ET5506) <b>\$495</b>	'86 FORD TEMPO Clean (4876/EP8002) <b>\$695</b>	'85 DODGE DOLBY Excellent Condition (#8506/ET5506) <b>\$795</b>	'87 CHEVROLET EUROSPORT Loaded (4826/END006) <b>\$2395</b>	'82 BMW 320i Clean, Auto, Clean (#8704/20018) <b>\$2695</b>	'87 MITSUBISHI MONTERO 4x4 (4830/ENP672) <b>\$4595</b>	'92 HYUNDAI EXCEL A/C, Clean, Low Miles (#8807/83768) <b>\$4995</b>
'91 GEO STORM Auto, P/B, Cass, Sunroof (4860/ET5506) <b>\$6495</b>	'91 OLDSMOBILE CUTLASS Clean, Low Miles (8776/25218) <b>\$6995</b>	'91 HONDA CIVIC SI Excellent Cond., A/C, Sunroof (4870/EEV674) <b>\$8995</b>	'88 MITSUBISHI ECLIPSE Low Miles, A/C (4889/TK871) <b>\$8995</b>	'93 DODGE SHADOW ES V-6, Low Miles, Loaded (4871/AYW085) <b>\$10,495</b>	'90 JEEP CHEROKEE 8 Cyl., Very Clean (4887/PP4174) <b>\$10,495</b>	'92 MAZDA B2600i 6E-5, A/C, P/B, Custom Fins (4865/ER8117) <b>\$10,995</b>
'93 MITSUBISHI ECLIPSE Low Miles, A/C (4889/TK871) <b>\$10,995</b>	'93 FORD TAURUS GL P/Best, Fully Loaded (4847/KKY562) <b>\$11,995</b>	'93 FORD TAURUS GL P/Best, Fully Loaded (4847/KKY562) <b>\$12,995</b>	'93 HONDA ACCORD Fully Loaded, Looks New (4880/ETV674) <b>\$13,995</b>	'93 MAZDA MPV Fully Loaded, V-6 (4891/20088) <b>\$15,695</b>	'94 JEEP CHEROKEE Loaded, Very Clean (4811/NEW) <b>\$15,995</b>	'94 DODGE CARAVAN Fully Loaded, Loaded (4889/PP4174) <b>\$18,795</b>

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