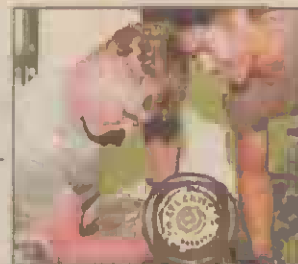


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PTA Gym
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Hawaii MARINE



Vol. 25, No. 10

Serving Marine Forces Pacific, MCB Hawaii, III MEF, Hawaii and 1st Radia Battalion

March 13, 1997

Job fair

A job and career fair will be conducted March 26 from 9 a.m. to 2 p.m. at the Banyans Club, Pearl Harbor. It is open to young adults ages 15 through 22 who are family members of active duty, reservists and National Guard, and retired military personnel or federal civilian employees. Representatives from local business and government agencies will be recruiting. An ID check will be conducted at the door. To register, call 257-3135, ext. 353.

Corporals Course

All hands are invited to the graduation of Corporals Course 7-97, March 21. The graduation will take place at the E-Club at 1 p.m. For military personnel, uniform of the day is required; for civilians, aloha attire. For more information, call 257-2688.

Volunteers needed

Anyone who would like to help young children play T-Ball on Saturdays from 8 to 9 a.m. are asked to call Joanne Nickel at 263-4518. Games are played at the Kailua Recreation Center.

The MCB Hawaii Corporals Course is looking for a staff sergeant or gunnery sergeant to be the staff NCOIC/chief instructor. Requirements include being physically fit, knowledge of drill and techniques of military instruction. Serious inquiries should be made to SSGT. Guzman at 257-2688 or SgtMaj. Rackliffe at 257-5737.

Blood drives

The National Honor Society, Kalaheo High School, is sponsoring a blood drive Tuesday from 9 a.m. to 4 p.m. For more information, call Melanie S. Milliman at 254-0455. MCB Hawaii is also sponsoring a blood drive March 21 at the BOQ conference room, from 7:30 a.m. to noon. For more information, call Sgt. Josypenko at 257-1340/3305.

Enchanted 'A-fair'

Join the fun Saturday from 9 a.m. to 3 p.m. at Enchanted Lake School's "Enchanted A-Fair," featuring crafts, food, clowns and the Easter Bunny. There will also be free door prizes, kid's stuff and more. The school's address is 770 Keolu Drive.

Questions

Ask the Commanding General via E-Mail:

BICE@CG@MCBH KBAY
 Internet:
 bicedf@mfp.usmc.mil

The Base Action Committee:
 BAC@CG@MCBH KBAY

Domestic violence help numbers

Military shelter	533-7125
MPD	257-7114
Crisis Hotline	521-4555
Child Protective Serv.	832-5282

Ready to serve in a time of need

Sgt. Valerie Griffin

Combat Correspondent

With a minor fire near an ammunition bunker here recently, MCB Hawaii is doing all it can to ensure everyone is prepared to deal with such an emergency.

"We're required to do one drill per year, but we actually do two," said Jeff D. Wilson, explosive safety officer, Federal Fire Department.

"There are two shifts at the fire station," added Moke Freitas, fire protection specialist, FFD. "We try to arrange it for A shift to have one drill and B shift to have one drill because you never know who's going to be on shift at the time of an emergency."

At 9:30 a.m. March 4, a fire drill call went out for an ammunition storage point at Ulupa'u Crater. Nine minutes later, military police were on the scene.

"We're here to secure the perimeter so the FFD can do

their job," said Cpl. Jason E. Ives, patrolman.

At 9:41 a unit from the FFD here arrived. After determining the fire was outside and with the aid of brightly colored signs leading to the magazine, Station Chief Damien E. Gilding knew its contents and made the decision to send in fire fighters.

"If the fire was inside the magazine, we would be evacuating a 4,000-foot area right now," said Wilson.

In cases like this, the FFD has command and control and Aircraft, Rescue and Firefighting provides aid.

"It's up to the station chief whether to call for assistance," said Freitas.

Four minutes later, ARFF arrived for assistance.

"ARFF has a 5,000 gallon water tanker and there aren't hydrants readily available out here, so that's really helpful," stressed Freitas. By 9:55 a.m., the simulated fire had been doused.

The drill was rated satisfactory by base safety offi-



Digital photo by Sgt. Valerie Griffin

Federal Firefighter Joshua Abernilla extinguishes a simulated brush fire.

The firefighters had a thorough knowledge of specific reactions to ammunition and explosives exposed to heat or fire itself, said safety officials.



Digital photo by Cpl. Steven Williams

LCpls. Juan E. Alcantar, team leader (left) and Jose G. Cobian, gunner, A Company, 1st Battalion, 3d Marine Regiment, prepare to launch an attack during a practice run through March 5 for a simulated raid Monday.

Alpha Corps shows prowess

Cpl. Steven Williams

Combat Correspondent

Dozens of top foreign officers from the Air War College, Maxwell Air Force Base, Montgomery, Ala., gathered on the old radar site near Pyramid Rock here Monday for a display of Marine Corps infantry power by A Company, 1st Battalion, 3d Marine Regiment.

A Co., better known as "Alpha Corps," inserted into the area via CH-53D Sea Stallion before raiding the site, killing off aggressors in desert utilities, then retreating the scene for a static display.

The exercise was a demonstration of the Marine Corps' operational capabilities. Within 30 minutes, the Marines landed, provided security, attacked their opponent and executed their mission with professional intensity.

Following the simulated raid, the devil dogs put several weapons systems on display for the officers to inquire on. They showed off everything from M9 9mm pistols and M16-A2 service rifles to M47 dragon and TOW missile systems.

Though the raid was a new experience for most of the officers, it was just another romp in the bush for Alpha Corps.

C Battery brings out the big guns for Marine Corps Combat Readiness Evaluation

Cpl. Steven Williams

Combat Correspondent

POHAKULOA TRAINING AREA, Hawaii — The mountains here were rumbling Friday through Sunday as C Battery, 1st Battalion, 12th Marine Regiment, brought out the big guns for its Marine Corps Combat Readiness Evaluation.

Firing M-198 155mm howitzers, the artillery leathernecks were tested on everything from battery operations to mass casualty drills in preparation for an upcoming deployment to Okinawa, Japan.

"The Marines were evaluated on their ability to perform in a combat environment," said MSgt. Anthony D. Proctor, enlisted head evaluator for the MCCRE. "Their physical and mental capabilities were tested."

"We had a time limit on everything," said Cpl. Rowdy L. Oxford, section chief, C Battery, 1/12. "We only had a certain time to set up, break down, move to other positions and complete direct fire missions. It was hectic."

During ambushes and attacks by aggressor forces from A Battery, 1/12, C Battery had to carry out regular fire missions in a combat scenario while deploying a reactionary team in response to the invasions.

"They have to make sure their gun lines are manned no matter what comes up," said Proctor. "They have infantrymen out there depending on their fire. Their job is to get projectiles on target, on time, for their fellow Marines."

"If they don't follow the rules and understand how to do that in a timely and efficient manner, a lot of Marines can

get killed," he added.

The devil dogs were also evaluated on mass casualty drills and emergency displacement and fire missions.

"It was a test to make sure we know and understand all of our operational capabilities," said Oxford. "It was definitely an eye opener to our capabilities and limits."

"We learned what we have to do during anything that could come up during combat," said PFC Ricky Champion, cannoneer. "Not only were we refreshed on egression and nuclear, biological and chemical training, we learned to work more efficiently and faster."



Digital photo by Cpl. Steven Williams

Marines from C Company, 1/12, check a M107 High Explosive round before loading.

Two quarters will not cut it anymore

Sgt. Valerie Griffin

Combat Correspondent

Two quarters will no longer foot the bill at MWR beverage machines here.

Signs have been plastered on vending machines around base notifying consumers of the 20 percent price hike, from 50 to 60 cents.

"We haven't had a permanent price change since 1989, yet the cost of our goods have increased every year and we have been eating the difference," said Amber G. Coontz, director, services/contracting for MWR. The price increase also brings the Marine Corps on line with the Army and Air Force Exchange Service and Navy Exchange System vending machines, she added.

From the reaction of some consumers, the increase does not pose a problem, only a surprise.

"It's poor planning," said one enlisted Marine. "It's not the dime — it's the fact that they didn't publicize it."

As with price increases at the golf course, everyone should have known ahead of time, he added.

Money raised through vending machines assists base activities, and vending machines provide a convenience for people who don't have the time to go to the store.

If money is the concern, other alternatives are available without giving up daily doses of soda, juice or Gatorade-type drinks.

Buying in bulk is one way of reducing cost. "Shop at the commissary. Pick up a case, 12-pack, six-pack or whatever. It's still going to be cheaper than buying it out of the vending machine," said Barbara J. Hawkins, financial management counselor, Family Service Center.

For less than the price of three drinks from vending machines, a six-pack of soda can be purchased. These average \$1.59, with some as low as \$1.39.

On a larger scale, 12-packs average \$2.99, the cost of 5 drinks and 24-packs will run consumers \$5.98, approximately equivalent to 10 machine-bought beverages here.

Two-liter bottles, equivalent to just over 5 cans of any given vending machine beverage, can be picked up for 99 cents.

In much the same manner, dollars can be saved on food as well as drinks.

"You would not believe how much money you can spend eating out," she said. "If you eat lunch out every day, we'll say about \$5 every day times 20 days, that's \$100 a month."

"That doesn't include eating out during the weekends," she stressed. "Instead of eating out, you can swing by the commissary and pick up a steak or hamburger patties and grill out."

"If you have a refrigerator in your room you can buy bread, lunch meat, mustard, mayonnaise and make yourself a sandwich," Hawkins said.

So, with a little shopping know-how you can have your soda and drink it too.



Coontz

Strength Through Innovation

Hunter Warrior targets fighting future

Cpl. Bryan Lieske

MCAS Cherry Point

MARINE CORPS BASE, Camp Pendleton, Calif. — Hunter Warrior, along with Urban Warrior and Capable Warrior, is part of the commandant's five-year experimentation plan to make Marines of the future more effective.

Urban Warrior, which begins in April and continues through the spring of 1999, will evaluate warfighting operations in an urban environment. Capable Warrior, which is slated for spring of 1999 through spring of 2001, will incorporate all of the information gathered during the previous two experiments to create the Corps' ultimate fighting machine. These warfighting experiments, Gen. Krulak said, will help prepare the Marines of the future for an uncertain and ever-changing battlefield.

"Our belief is the future will be more of a future of chaos than the conflicts we've known in the past," the commandant said, "and now is the time we ought to be looking toward the future. For us in the Corps, it's a great time because we've always been focused toward a chaotic world. So we believe we're uniquely

established to handle the threats emerging in the 21st century." The Hunter Warrior experiment will examine three specific areas. Each encompasses numerous objectives and experiments.

The first objective area covers tactical operations on the dispersed, non-contiguous battlefield. How small units perform against a numerically superior force on a battlefield that has no front, flank or rear areas, is a key component of this objective.

The second area is command, control, communications, computers, and intelligence (C4I), and the single battle concept. Creating and making use of a shared digital communications network will be crucial in many different areas. Experiments in C4I will examine the digital network and the information-sharing abilities technology offers.

The third objective is enhancing fire support and improving targeting. To dominate the broad, dispersed battlefield of the future, effective and efficient use of all indirect fires is absolutely necessary. This objective area will examine these and other issues related to fire support.

This experiment will evaluate the ability of sea-based forces to



PFC Kurt Smay

The Joint Tactical Electric Vehicle is among the innovations being tested during the Hunter Warrior Experiment.

operate successfully on a digital and extended battlefield using these new concepts and technologies. These concepts and technologies are intended to result in additional capabilities to the core competencies that already exist. The AWE is not a field exercise or a technical or operational test; it is an experiment.



PFC Kurt Smay

The Powered Parafoil is remotely flown by Marines to resupply forward-deployed units. The parafoil is much quieter than using helicopters and keeps Marines out of harm's way.

Resupply attempts could go unmanned

Sgt. Jake Messier

MCAGCC Twentynine Palms, Calif.

MARINE CORPS AIR-GROUND COMBAT CENTER, Twentynine Palms, Calif. — At the Hunter Warrior Advanced Warfighting Experiment here, new gear for inserting up to 500 pounds of equipment and supplies was tested — the Powered Parafoil, a fan-powered "dune buggy" on a parachute, as one onlooker called it.

A remote-controlled aerial vehicle that gets its propulsion from a five-foot fan and lift from a 45-foot parachute, the parafoil takes off from as little as 50 feet of runway and can fly up to 200

miles. It's controlled by a laptop computer and can reach speeds of more than 30 miles per hour.

"It takes four people to launch it," said SSgt. Russell D. Adamson, B Co., 7th Engineer Support Battalion. "Three to get it going and one to control the laptop. Once it's up, it can travel up to 500 feet above the ground."

The parafoil, which is much quieter than a helicopter, successfully dropped food, water and ammunition to Marine teams stalking the field, said Adamson.

"When you're using a helo, it may be faster, but you're risking the crew and the lives of the Marines on the ground," the Salt Lake City native said. "This way is a whole lot better."

The parafoil was designed by SouthWest Research of San Antonio, a corporal and a lance corporal redesigned it with technicians from SouthWest Research to fit the Marine Corps' needs, Adamson explained.

During Hunter Warrior, flights were limited to visual flying. The craft was not let out of sight due to unpredictable desert winds. With only two weeks of training, the pilots launched, flew, and landed the craft by themselves.

"When we finally get this gear, I hope they put a bigger engine in it to better deal with changing winds," Adamson said. "Other than that, it's been some great flying."

Hawaii MARINE

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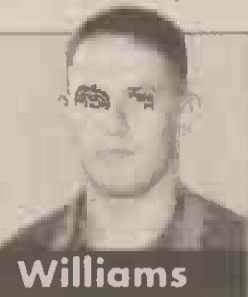
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Learning how to survive PTA

Impact Area



By Cpl. Steven Williams

Marines return from PTA twice a year with grueling stories of dusty, dirt-ridden training, bruise-inflicting transportation and an unforgiving area made up primarily of lava rock and dirt.

But through my past three PTA experiences, I've learned there is a way to conquer the PTA nightmare some devil dogs experience even before they get there — think, as we like to say, "out of the box."

For instance, some Marines describe CH-53D Sea Stallion rides to the Big Island and back as being in a noisy blender that can make you vomit on a foul weather day. The horrendous humming of the helicopter's engines, combined with the choppy thudding of its propellers, is enough to keep you awake for two weeks.

But I've found if you rest your helmet on your flak jacket and just allow your body to be carried by the sudden jerks while your helmet rattles against the wall, the ride is quite harmonious. Well, I won't go that far. But if you use this method, it's possible to catch a nice nap.

This is also true for the dusty, bumpy Humvee ride in the field. Instead of kicking yourself for not bringing an extra roll of toilet paper to stuff in your pants, sit back, relax your body and

enjoy the bouncing rhythm. Sometimes, you never even notice the huge potholes it seems Humvee drivers aim for.

The idea is to put the bad aspects in the back of your mind and thrive on all the good stuff. For example, forget Waikiki, because at PTA, you can see some of the most beautiful sunsets and sunrises in the state. An awesome blanket of stars does its best to keep you awake at night. And, you can absorb the relaxing calm, stare into the moon and think back into your childhood or just wonder what's out there.

This provides an avenue for personal reflection. And I don't mean looking in a mirror, because all I see is dirt caked to my nose and chapped lips which make me look like Clint Eastwood when he was left for dead in the desert in Hang Em High — in other words, there's not much to look at.

I reflect on how my family has developed over the past year. I wonder when I'll kick back in my Lazy Boy and belch while watching a football game. I wonder what's going to happen when my daughter is old enough to realize she was created by a big hairy weird guy who used to lay out in the middle of a field and think about this kind of stuff...

What kind of dad am I going to be? When my daughter dates, will I worry when she's a little late or greet all of her boyfriends at the porch with a double-barreled shotgun?

I guess I need to be lenient and let her have fun growing up. But it's going to bug the heck out of me wondering whether her boyfriend is the perverted little smoocher I was when I was that age. I shudder at the image. Where are the Clark



Cpl. Steven Williams

Time to think is in abundance at the PTA.

Gables of the world when you need them?

The image of a hooligan smirking at me as he holds my daughter's hand disappears when nature calls. Which brings me to another entertaining thing to do. It's a pretty unique activity considering you don't get the opportunity much on Oahu — read the walls of the port-a-johns.

I learned things I never even knew about the Army from my fellow Marines just by reading these walls. I found out some interesting facts about the other services as well. You'd be surprised at how much literature those port-a-john

walls can actually hold.

Another must in the field is learning how to eat a meal ready to eat and not regret it later. A lot of Marines bring along their own jars of Tabasco sauce to hide the stale taste with a hint of zest. There's nothing like a lively omelet-with-ham to soothe your appetite.

But for those not-so-hard-core hot sauce-style meal lovers, I found a seasoning that will light up your taste buds without burning them off — Mrs. Dash.

Sprinkle a little of the season lady on any MRE meal and you'll devour it with delight. Of course, I don't recommend using it on the chocolate cookies or brownies. You may be able to use it on the oatmeal cookie if you're brave enough to challenge that compressed sawdust in the first place.

There is one simple rule with MREs. If it looks like it was regurgitated into the container or smashed to a pulp to squeeze it in, don't eat it. This will discount many meals, but at least you'll lose weight to add room for extra Thanksgiving turkey or Christmas ham. At least those are meals you can witness during preparation.

So, if you sponge up as much training as possible while enjoying the simple pleasures of life, PTA isn't all that bad. Room inspections aren't all that strict and personal appearance is pretty much a given. I don't see a whole of Marines packing irons and starch in their packs.

Living in the field at PTA is only what you make of it. And if you get into training hard core while sucking up the field fun, PTA is almost a vacation.

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We must confront terrorism, says Shalikhshvili

Terrorists are more organized, calling for efforts by the military to combat this heightened threat.

Staff Sgt. Lee Roberts (USAF)

Courtesy J Scope

WASHINGTON, D.C. — Terrorism is more complex and a bigger international threat than ever, and military members therefore must be better prepared to protect themselves, Army Gen. John M. Shalikhshvili warned.

The chairman of the Joint Chiefs of Staff said in a recent interview the shock waves from the Khobar Towers bombing in Dhahran, Saudi Arabia, last June drove that message home. The terrorist attack killed 19 airmen and injured hundreds.

Terrorists are more complex, well-organized, well-financed, and more of an international threat than ever before, he said. Because America's conventional fighting capabilities are so strong, he remarked, countries and organizations that wish to confront the United States choose terrorism, which could include the use of chemical and biological weapons, he said.

Shalikhshvili said force protection efforts are the top priority of military leaders at every level around the world, including the United States. In the Persian Gulf, a number of steps have been taken since Khobar Towers to protect forces and reduce the threat of terrorist attacks.

"We have done much in places like Saudi Arabia and Kuwait to consolidate our people to ensure that where they work or live are defensible places," the general said. "In Bosnia, obviously we already are at a very high state of preparedness. This is an area where people walk around in flak jackets and Kevlar helmets and are con-

stantly on watch. They are in pretty good shape as far as terrorism is concerned."

Other steps are being taken to look out for the safety of the troops, Shalikhshvili said. The chairman approved a new organization in the Joint Staff Operations Directorate Oct. 8, 1996, to synchronize the military's anti-terrorism and force protection efforts. The new organization is working with each Joint Staff directorate, various intelligence agencies, the State Department, FBI and each service to establish working relationships. Terrorism is its main consideration with every mission or task.

"The challenge I've given everyone is to ensure that we, the American forces, become the recognized experts on force protection," Shalikhshvili said. "We're the recognized experts in almost every other field — whether it's submarine operations, amphibious operations, air combat or armored mobile warfare. If you want to know how to do those things, you come visit the United States. Right now," the general stressed, "Israel or maybe England might be the country to visit if someone or some country wants to learn about force protection and anti-terrorism. "We need to quickly change the mindset

of our people and develop the expertise so when someone says, 'I really want to know how to protect myself properly,' they come to the United States to know how to do that. That's the challenge right now," Shalikhshvili said.

Although it may seem far from home at MCB Hawaii, terrorism is still on the minds of those Marines in charge of base security. The Military Police Department has contingency plans in the event of such actions. Plans include use of a Special Reaction Team or closure of both gates to make sure only those who belong on base can do so.

AVOID BEING A VICTIM OF TERRORISM

The objectives of terrorism are quite evident and every Marine has seen the effects of such actions, whether in the news or first-hand. However, the proper counteractions and self-protection against terrorism remain the same. As aware as every Marine is of these tips, they cannot be emphasized enough.

- Keep a low profile/Avoid publicity
- Be unpredictable
- Remain alert
- Protect your vehicle
- Take different routes to work and home
- Be aware of your surroundings
- Know the people around you and what they are doing
- When traveling commercially be discreet
- Dress conservatively
- Know your surroundings
- Use buddy system when in an unfamiliar area.

(Tips and information taken from *The Marine Battle Skills Training Handbook*)



Digital photo by Sgt. Valerie Griffin

New breeze blows for Windwalkers

LtCol. George Whitlock, Marine Helicopter Training Squadron 301, addresses the crowd before relinquishing command to LtCol. Phillip Gleason (right) at an afternoon change of command ceremony Friday.

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MARCH & APRIL 1997

COURSE#	COURSE	DATES	DAY	TIME	SEE
PC/PC COMPATIBLES					
C97 146	Intro WordPerfect 5.1	3/18-20	TWTh	9-12 noon	\$90
C97 151	Intro to PC/Compatible	3/29	Sat	9-4 pm	\$40
C97 167	Intro to PC/Compatibles	4/15-16	TW	9-12 noon	\$40
C97 169	Disk Operating System	4/17	Th	9-12 noon	\$35
WINDOWS COURSES					
C97 142	Intro MS Access	3/15	Sat	9-4 pm	\$90
C97 144	Intermediate Windows	3/17 & 19	MW	6-9 pm	\$90
C97 147	Computers 101	3/22	Sat	9-1 pm	\$60
C97 149	Intro MS Excel Win	3/24 & 26	MW	6-9 pm	\$90
C97 155	Intro MS Office	4/5	Sat	9-12 noon	\$60
C97 156	On-line Resources	4/5	Sat	9-12 noon	\$45
C97 158	Intro to Windows	4/7 & 9	MW	6-9pm	\$90
C97 159	Hard Disk Windows	4/8	T	9-12 noon	\$45
C97 161	On-line Resources	4/10	Th	9-12 noon	\$45
C97 163	Intro MS Access	4/12	Sat	9-4 pm	\$90
C97 164	On-line Resources	4/12	Sat	9-12 noon	\$45
MACINTOSH COURSES					
C97 143	Intro to Excel	3/15	Sat	9-4 pm	\$60
C97 145	Intro to Word	3/17 & 19	MW	6-9 pm	\$60
C97 148	Intro to Claris Works	3/22	Sat	9-4 pm	\$60
C97 150	Intro to PageMaker	3/25 & 27	TTh	6:30-9:30 pm	\$60
C97 152	Intro to the Macintosh	3/29	Sat	9-12 noon	\$30
C97 153	Intermediate Macintosh	3/29	Sat	1-4 pm	\$30
C97 154	Intro to Excel	3/31, 4/2	MW	6-9 pm	\$60
C97 157	Intro to ClarisWorks	4/5	Sat	9-4 pm	\$60
C97 160	Intro to the Macintosh	4/8	T	6:30-9:30 pm	\$30
C97 162	Intermediate Macintosh	4/10	Th	6:30-9:30 pm	\$30
C97 165	Intro to Word	4/12	Sat	9-4 pm	\$60
C97 168	Intro to ClarisWorks	4/15 & 17	TTh	6:30-9:30 pm	\$60
C97 171	Intro to FileMaker Pro	4/19	Sat	9-4 pm	\$60
C97 173	Intro to Word	4/21 & 23	MW	6-9 pm	\$60
C97 177	Intro to the Macintosh	4/26	Sat	9-12 noon	\$30

Special arrangements for the disabled may be made if requested in advance. Contact the WCC Office of Community Services at 235-7433 to make arrangements. Refer to the Catalog of Events for policies and procedures for non-credit courses. In-person registration at Community service Office in Hale Kuhina, Room 102.

Call WCC Office of Community Services at 235-7433 or 235-0077

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Calendar

March						
M	T	W	Th	Fr	S	Su
•	•	•	20	21	22	23
24	25	26	•	•	•	•

TQL

Intro to TQL — April 23, 8 a.m. to noon.
Senior Leaders Seminar — March 25-28, 8 a.m. to 4 p.m., at Pearl Harbor.
Implementing TQL for Quality Advisors — April 8-18, 8 a.m. to 4 p.m.
Registration is required for all classes. For more information, call the TQL office at 257-2130.

ASYMCA

To sign up for any of the following classes, or for more information, call 254-4719 or 254-4965.

- Mom's Craft Circle** — Craft classes are Thursdays from 9:30 to 11:30 a.m. in the Girl Scouts Room near the 7-Day Store.
- Lamaze** — Thursdays, May 8 through June 19, from 6-8 p.m.
- Three Plus Four** — Have your youngsters learn reading and arithmetic, Tuesdays and Thursdays 8:45-9:15 a.m.
- Dog Obedience** — Sundays 4-5 p.m., pre-registration required.
- Plus Aerobics** — Monday, Wednesday and Friday 5:30-6:30 p.m.
- Women's Hula** — Mondays from 6:30 to 8:30 p.m.
- Food for Families** — An organization to bring food into your home for small donations. Call 254-4719 for more information.
- Hawaiian Quilting** — Wednesdays from 6

to 8 p.m. Fee is \$40 for 10 classes.
Keiki Hula — Saturdays at 9 a.m. For children 4 to 12.
Playmorning — All times from 9 to 11 a.m. Mondays, behind the 7-Day Store; Tuesdays, 2078 B, Champion Street; Wednesdays, Cochran and Dodson area; Thursdays, Cushman playground area.

FSC

The Family Service Center is offering the following courses:
PREP refresher — Call Gail for an appointment at 257-3655.
Enhancing Your Marriage — Tuesday and Wednesday, from 8 a.m. to 4 p.m. in the FSC. Call to make reservations.
Getting Out of Debt Workshop — Thursday, 9-11 a.m., in the BOQ conference room.
Marriage Skills Workshop — March 25-26, from 8 a.m. to 4 p.m. at the base theater. Reservations are required for this program.
Stress Management Workshop — March 26, 1-4 p.m.
For more information or to make reservations for the above courses call 257-3655. Courses are subject to cancellation without adequate reservations.

TAMP

The following programs are being offered by the Transition Assistance Management

Program Office:
Sponsorship Class — March 27, 2-3 p.m. in bldg. 267.
Federal Job Workshop — Tuesday, 8-11 a.m., in bldg. 267.
Island Tour — Friday, 7:30 a.m. to 4 p.m., meet in the FSC.
DORS/PACS Workshop — Monday, 9-11 a.m. in bldg. 267.
PCS Move Workshop — Wednesday, 8-11 a.m. in bldg. 267.
TAMP Workshop — Monday through Thursday, 7:30 a.m. to 4 p.m., in the BOQ conference room.
Call 257-3135 for more information and reservations.

CREDO

Parent-teen Retreat — Family communication if the focus of this March 14-16 event. Call 257-1041/0408.
Marriage Enrichment Retreat — "Intimacy through Communication" is the theme for this March 21-23 retreat. Call 257-1941/0408 for reservations and information.

Dancing

Line Dancing — Wednesdays, at Ben Parker cafeteria, 6:30-8 p.m.; Thursdays, at Windward Mall center stage, 7-8 p.m.; and Fridays, at the Waimanalo gym, 7-8:30 p.m. Call Phillis for more information at 262-7441.

Easter

Egg-Stravaganza — March 29 at the Honolulu Zoo from noon to 5 p.m. Storytelling, games and fun is on the schedule for this event. Call 543-3537 for pricing and further information.

Sports Briefs

In-Line Hockey — Adults needed to play. Military and civilians welcome. Call Craig or Hannah and leave message at 625-4493.

ITT

This week's offerings include:
Major League Baseball — San Diego Padres hit Aloha Stadium April 19-20, general admission is \$6.
Movie Tickets — Discount movie tickets are available for all Consolidated and Wallace Theaters. Stop by ITT and pick up tickets.
Disneyland — Discount cards are available, call ITT for information.
Magic of Polynesia — Specials available through April.
Navatek Cruises — Whale watching 8-11 a.m.; call ITT for prices.
Honolulu Zoo — Military discounts are available.
Aloha Diner '97 — Two-for-one dining discounts.

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After your checkup you'll receive a coupon for \$10 OFF any Kenwood product selling for \$100 or more in the Schofield Main Exchange. Also get a coupon for \$10 OFF car audio installation at RJ & Crew. Appointments must be made on Saturday, March 15, 1997 and coupon presented at time of installation. RJ & Crew located behind Main Exchange in the old Toyland/Garden Shop on McCornack Road. Phone 624-0277.

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Digital photo by Sgt. Valerie Griffin

Petty Officer Second Class Frank H. Strok, Medical Company, Combat Service Support Group 3, positions the left wrist of LCpl. David A. McHenry, 1st Radio Battalion, for an x-ray.

Radiology has it all

News Release
Branch Medical Clinic

The Radiology department at Kaneohe Branch Medical Clinic provides routine diagnostic x-rays for all active duty personnel, retirees, eligible family members and civilian employees.

Services range from routine physical exams, acute illnesses and injuries to chest x-rays for the Asbestos Surveillance Program. All x-rays taken here must be sent to Branch Medical Clinic Makalapa to be read by the two staff radiologists.

Other services, such as mammography, ultrasound and fluoroscopy

are referred to BMC Makalapa. However, scheduling for these studies can be done here.

The staff includes three x-ray technicians. Two are nationally-registered Radiological Technologists with a combined 27 years of experience.

The department, which has two x-ray rooms, is being updated with new x-ray equipment. Business hours are 7:30 a.m. to noon and 1 to 4 p.m., Monday through Wednesday and Friday. The department is open from 7:30 a.m. to noon on Thursdays, but closed for training Thursday afternoon.

For more information, call 257-3347.

MCI strides into 21st century

Marine Corps Institute upgrades key areas to service Marines better.

Sgt. Kurt M. Sutton
MCI Public Affairs

WASHINGTON, D.C. — The Marine Corps Institute recently unveiled a package of technology upgrades and improvements to its administrative procedures that will help it meet the challenges of the 21st century. The Institute is responsible for writing, updating, administering, and distributing over 160 occupational specialty courses, six professional military education programs, and 12 job aids to more than 200,000 students throughout the world.

Among the major changes and improvements students will see are:

- **Accessibility:** The number of phone lines on the 1-800-MCI-USMC number have been doubled to increase the caller's success of reaching the Institute in one attempt.

- **Direct Mailing:** Course materials and completion certificates will be mailed directly to the students, reducing mailing delays.

- **Unit Diary Feedback Report:** Units will be quickly advised of enrollment requests that failed to be posted through the Unit Diary.

- **On-Demand Printing:** MCI now has a print-on-demand capability, reducing course delays attributed to items being out of stock.

- **Improved Computer Program:** A programming problem which had prevented about 20 percent of student course compilations from posting to the Marine Corps Total Force System has been solved.

- **Technology Upgrades:** Development

of interactive courseware and an Internet homepage is in progress.

Behind the Changes

When Gen. Charles C. Krulak, commandant of the Marine Corps, took his post in July 1995, he published a plan for "strategic direction for the Marine Corps" called "The 31st Commandant's Planning Guidance." This plan revitalized efforts in education, as well as in many other vital areas of the Marine Corps.

"The driving force behind our improvements and upgrades has been the CPG," said Capt. Matthew M. Hartmann, executive officer, MCI.

Through months of studying the processes and problems of the existing MCI programs, several "hot spots" were identified and targeted for correction. In February 1996, ALMAR 51-96 was published to identify major problem areas, explain near-term fixes, and provide a vision for the Institute's future. All of the problem areas identified dealt with the timely and accurate administration of MCI courses and programs.

"In the past, MCI course materials were addressed to the student's commanding officer," explained Hartmann. "Once materials arrived in a unit's mail room, they were no longer considered mail, but correspondence and official postal regulations did not apply. As a result, the materials were often held, lost, or opened, causing big delays and a lot of frustration for the individual Marine."

"Now, we mail directly to each Marine. By pulling individual Marine addresses from the Marine Corps Total Force System and mailing directly to the student, MCI ensures timeliness of receipt and delivery,"

Hartmann continued. "Units give up some control of their MCI programs by not directly controlling course distribution. However, control can be maintained by regularly working and updating the Unit Activity Report. The bottom line is that Marines are receiving their materials more quickly."

Previously, if a requested course was out of stock, the only option for the Marine was to wait. "We had turn-around times of up to three months to print out-of-stock materials. Now, through coordination with the Defense Printing Service, MCI receives a five-day turn-around," said Hartmann. Additionally, new inventory procedures have been instituted to avoid shortages of course materials.

Enrollment procedures have also been streamlined.

"The R-1 Card (Request for Enrollment) used to be the primary source for enrollment," said Hartmann. "This card was filled out by each Marine or the training nco and mailed to MCI. Cards arriving at MCI had to be sorted and individually entered into the system. This process incurred mailing costs and delays and increased the chances of human error."

To improve response time and reliability, the Unit Diary is now the preferred method for course enrollment. MCI will also generate a programmed advisory report to the unit on any failed enrollment request. Reasons why an enrollment may fail to be processed include: the student not meeting course prerequisites, not having the required grade, or trying to enroll in two PME programs simultaneously.

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DENVER	239	429	SAN ANTONIO	289	489
DETROIT	285	499	SAN DIEGO	179	309
HOUSTON	289	495	SEATTLE	159	269
INDIANAPOLIS	285	449	SHREVEPORT	285	499
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Telemarketing Scams: who's in the batter's box?

Capt. H.I. Hwang

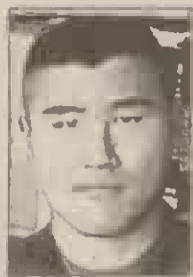
Legal Assistance Office

How many of us have been taken by a telemarketer? One of the keys to their success is the lack of information for consumers — when can they call, what they must disclose and the consumer's rights.

Before discussing your rights, let's review some of the latest scams to avoid. If you get an urgent message to call 809-111-1111 or a pager message to call 809-555-5555 or an e-mail to call 809-555-2222 to clear up an unpaid bill, DON'T. The 809 area code is located in the Caribbean, and the call is directed to a pay-per call line, similar to a 900 number, and you risk paying for the "Tropical Itch" the scammers are sipping on.

NEVER accept an investment over the phone, internet or fax that promises high returns with little or no risk.

Nevertheless, if you get taken, don't get scammed again by someone promising to get your money back. Believe it or not, even legal assistance attorneys can't guarantee you'll recover your money.



Hwang

Measures can you take to protect yourself include:

- Don't buy from an unfamiliar company.
- Always ask for and wait until you receive written material about any offer or charity.
- Check out unfamiliar companies with your Legal Assistance attorney, Better Business Bureau, or other groups.
- Always take your time making a decision.
- Be sure to talk over big investments offered by telephone salespeople with a Legal Assistance attorney, or financial advisor.
- Never send money or give out your credit card or bank account number to unfamiliar companies.

Be aware of the FTC's Telemarketing Sales Rule, which requires telemarketers to make certain disclosures and prohibits certain misrepresentations. It gives you the power to stop unwanted telemarketing calls and gives state law enforcement officers the authority to prosecute fraudulent telemarketers who operate across state lines.

For your protection, keep these tips near your phone:

1. It's illegal for a telemarketer to call you if you've asked not to be called. If they call back, hang up and report them to your state Attorney General.
2. Calling times are restricted to between 8 a.m. and 9 p.m.

3. Telemarketers must tell you it's a sales call and who's doing the selling before they make their pitch. If you're asked to pay for a prize, hang up. Free is free.

4. It's illegal for telemarketers to misrepresent any information, including facts about their goods or services, earnings potential, profitability, risk or liquidity of an investment, or the nature of a prize in a prize-promotion scheme.

5. Telemarketers must tell you the total cost of the products or services they're offering and any restrictions on getting or using them, or that a sale is final or non-refundable, before you pay. In a prize promotion, they must tell you that no purchase or payment is necessary to win and any restrictions or conditions of receiving the prize.

6. It's illegal for a telemarketer to withdraw money from your checking account without your express, verifiable authorization.

7. Telemarketers cannot lie to get you to pay, no matter what method of payment you use.

8. Beware of credit repair companies who claim that, for a fee, they can erase accurate negative information from your credit report. Only you can erase such information, and you don't have to pay.

If you have any questions, please contact the Legal Assistance office at 257-0074. We are here to protect you from predatory practices.

MCB Hawaii VITA tax representatives

Capt. David Morken

Tax Center

The MCB Hawaii Volunteer Income Tax program is underway, preparing returns. The following are your representatives.

1st Battalion, 12th Marines

GySgt. D.M. Enos, 257-1934; Cpl. E.C. Alcantara, 257-7910; Cpl. R.C. Walker, 257-3401

1st Marine Aircraft Wing ASE

2ndLt. E.S. Short, 257-1967/1213; GySgt. Camacho, 257-1092; SSgt. M. Fachko, 257-9230; SSgt. Ziegler, 257-0540; Sgt. Delatte Jr.,

257-9926; Sgt. J. Lee, 257-0487

1st Radio Battalion

2ndLts. Canavera, Miller, 257-0910; 2ndLt. Lopez, 257-1588; 2ndLts. Riffer, Waltzer 257-5520

1st Battalion, 3d Marines

1stLts L.W. Kratky, A.K. Ledford, 257-2820; Sgt. Butler, 257-0403

2d Battalion, 3d Marines

GySgt. M. Carabello, 257-5154; SSgt. McElroy, 257-1793; Cpl. A.W. Bade, 257-1128; Cpl. J.R. Bakken, 257-2674

Combat Support Company, 3d Marines

Sgt. R.E. Borchers, 257-2017; Cpl. Sweeney,

257-0350

Headquarters Co., 3d Marines

Lt. R.P. Smith, 257-2017

Camp Smith

MGySgt. C Smith

Headquarters Co., CSSG-3

Sgt. Freese, 257-5504

Maintenance Co., CSSG-3

Sgt. P.J. Dostal, 257-2335; Sgt. T.L. Ezell, 257-3424; Sgt. J.C. Petersen, 257-3148

Motor Transport, CSSG-3

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Cpl. Chancy Bainum, scout/sniper instructor, zeroes a .50 cal Special Application Scope Rifle. The SASR has an effective range of up to 2,000 yards.

Looking down the barrel

History and practice make today's **Marine** sniper

Digital photos and story by Sgt. Wanda Compton

Combat Correspondent

Every Marine who goes through the Scout/Sniper course here delves into the roots of being a scout/sniper — the course traverses three decades and was instrumental in developing today's Marine Corps sniper.

In 1960, 1stLt. Jim Land, then officer in charge of the Hawaii Marines shooting team, organized a scout/sniper school here.

Land put "sniper" back into the Marine Corps' lexicon prior to the U.S. becoming involved militarily in Vietnam. He wrote papers on the merits of training and using scout/snipers. "Commanders can use snipers to penetrate the enemy, deny him leadership by killing his officers and NCOs, demoralize him by random hit-and-run attacks, and cut off his support from crew-served weapons by sniping those who operated them," he wrote.

"Our potential enemies have large numbers of well-trained snipers,"

Land continued. "Here, if I may use an old adage to illustrate, it takes a thief to catch a thief."

Today, the Scout/Sniper Basic Course continues its tradition of preparing and training Marine Corps snipers.

"There are only four locations in the Marine Corps where the formal Scout/Sniper Basic Course is taught — Marine Corps Sniper School, Quantico, 1st Marine Division at Camp Pendleton, 2d Marine Division at Camp Lejeune and the 3d Marine Regiment here," said SSgt. Richard Tisdale, Staff Noncommissioned officer-in-charge scout/sniper school.

Potential scout/snipers are put through 45 training days (16 hour days). Each student must master all sniper skills in order to graduate and receive the MOS 8541.

Using both written and field tests, the instructors train and evaluate the students' sniper skills, ranging from land navigation, range estimation, observation, stalking, and concealment techniques, mantracking, live fire mortar/artillery shoots and a four-day field training and evaluation exercise.

"Unlike soldiers, Marines are trained as both scout and sniper," said Cpl.

Jesse Adams, instructor. "In addition to delivering long range, precision fire at selected targets we also have a secondary mission gathering information for intelligence purposes."

The Marine Corps uses a two-man sniper team — one shooter and an observer. Both positions are equally important, Adams said. "The shooter can be the best shot in the world, but without a good observer the mission will fail," he said. "However, without a good shooter the observer can call the shot but it won't hit the target. For this reason our students receive equal time in both positions to develop their individual and team skills."

Because the scout/sniper team is an independent unit, students must meet certain requirements prior to being accepted for the course. Students need to have high levels of maturity, patience, mental and physical capability and the ability to work well with other team members, Tisdale explained.

"Not only do students have to master the tests and field exercises, but the team members and instructors must have complete confidence in their abilities," said Tisdale. "If we aren't confident in their ability, they won't be snipers."

The students here remember, and continue the tradition "one shot, one kill."



Cpl. Jesse W. Adams, scout/sniper instructor, gives LCpl. John Koester tips on what to watch for in order to accurately call adjustments to the shooter.



An allen wrench is used to make minute adjustments to the elevation and windage of the .50 cal Special Application Scope Rifle.



Scout/sniper students fire at various targets using the M40A1 sniper rifle. Students apply their marksmanship skills to 'kill' targets at both known and unknown distances.

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Waterfront Operations cleans house, pool

Cpl. Steven Williams
Combat Correspondent

Between saving lives and acting as lifeguards for Marine aquatic training exercises, seven Sailors from Waterfront Operations, here, decided to do a little house cleaning.

It wasn't the usual dusting and vacuuming normally associated with spiffing up the home front. Since the Sailors' humble abode is beach side, they spent nearly a month scouring the ocean floor in Kaneohe Bay, collecting more than 1,500 pounds of discarded junk.

"We found everything from tires and cages to a hospital stretcher and car door," said Petty Officer 2nd Class James Larson, boatswain's mate. "It's stuff that has been down there forever."

The Sailors were examining the bay area for possible mooring sites for a new rescue boat on its way to the unit, according to Larson. Among Hawaii's coral reefs and colorful fish, they found a huge junk yard.

They pulled up ropes, 50-gallon drums and pipes. You name

it — they scraped it off the bay's floor, according to Petty Officer 3rd Class Scott Chavez, boatswain's mate.

"We're basically just cleaning up a bunch of junk that's not environmentally safe," Chavez said. "And we get to practice our salvage and diving skills."

"Most of all, we get the satisfaction of knowing we did something good for ourselves and the environment," Larson said.

The Sailors are using off-duty and lunch hours to extract the refuse, Larson added.

Between the seven rescuers, the Sailors put in at least 200 hours on the cleaning project. And that's with the unit at a little under 50 percent manpower, according to Larson.

"We only have 12 people in the unit," said Larson. "We're supposed to have about 25."

The unit is inviting Marines or Navy personnel who want to be temporarily or permanently assigned to the unit to put in papers.

But in the meantime, the full-time rescue unit plans to keep the place clean and healthy while they carry out vital assignments.



Digital photo by Cpl. Steven Williams
Boatswain's Mate 3rd Class Scott Chavez, Waterfront Operations, supervises the extraction of a tire.



Digital photo by Cpl. Steven Williams
Enginemen 3rd Class Nicole Cummings and Chris Honza, pry a rope from a steel pole found in the bay.

Salutes

1st Battalion, 12th Marines

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- Cpl. M.A. Bisson
- Cpl. C.L. Blodgett
- Cpl. P. Cruz
- Cpl. R.J. German (merit)
- Cpl. M.R. Hancock
- Cpl. C.A. Harsh
- Cpl. M.N. Hartwiger
- Cpl. E.D. Hodge
- Cpl. R. Jolly
- Cpl. C.A. Leese
- Cpl. J.A. Letourneau (merit)
- Cpl. J.D. Nevitt
- Cpl. P.W. Robicheaux
- Cpl. R.J. Willey
- Cpl. J.A. Winkelman Jr.
- LCpl. M.L. Bauer
- LCpl. L.D. Busse
- LCpl. H.H. Danhart Jr.
- LCpl. S.M. Nieves (merit)
- LCpl. N. Pellot
- LCpl. T.R. Roberts
- LCpl. J.F. Scammon
- LCpl. R.R. Spangler
- LCpl. T.E. Zednik
- PFC R.J. Bevich Jr.
- PFC A.A. Bryant
- PFC A.S. Lua
- PFC K.R. Moses

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1st Battalion, 3d Marines

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Cpl. F.E. Peraltalemus
Cpl. J.R. Wadsworth

Promotions

Cpl. D.R. Johnson
Cpl. C.P. Sisneros
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LCpl. Jeremy Pritts, forward offload party, FSSG-3, directs a LARK from a ship during an offload at Tandem Thrust '97.

Tandem Thrust '97 begins 'Down Under'

Cpl. Steven Williams
Combat Correspondent

Camp H. M. Smith, Hawaii — Exercise Tandem Thrust '97, which includes participation by Australian forces and members of the U.S. Army, Air Force, Marine Corps and Navy, kicked off March 1 in northeast Australia.

Tandem Thrust is a U.S. Pacific Command-sponsored joint/combined task force training exercise, designed to prepare and train forces for crisis action planning and executing response operations in the Pacific area.

More than 2,000 Marines of the 11th Marine Expeditionary Unit (Special Operations Capable), 14 U.S. Navy warships, and 20 Australian vessels with more than 28,000 troops and 252 aircraft are participating.

Additional support will come from the III Marine Expeditionary Force, the 31st MEU (SOC), the Army and Texas National Guard, who will all deploy land forces. The U.S. Air Force will also conduct B-52 bombing missions.

This marks the fourth of a series of exercises which began in 1990, but the first time the exercise has been staged at Australia's Shoalwater Bay Training Area.

Currently, kick-off maneuvers are

underway. First, an Off-Load Preparation Party, which is a temporary task organization of Navy and Marine Corps maintenance, embarkation and off-load personnel, landed in Australia to prepare the initial ship's off-load systems and embarked equipment for debarkation.

The Survey, Liaison and Reconnaissance Party, a task organization that utilizes the Marine Air Ground Task Force and Naval Support Element, followed the OPP. The SLRP gathered detailed information about the conditions and characteristics of the assembly/arrival area, and prepared for the arrival of the primary body of the fly-in echelon and the Maritime Prepositioning Squadron. The two groups currently are off-loading the MPS vessel and staging equipment pier-side.

Tandem Thrust '97 will also see forces conduct Carrier Battle Group and Amphibious Ready Group operations, amphibious landings, ground maneuvers, live fire exercises and parachute landings, before the exercise concludes on March 22.

The Seventh Fleet Commander, Vice Adm. Robert J. Natter, is commanding the Combined Task Force; Australian Army MajGen. Timothy Ford is deputy commander.

Buy back needed to add military time for retirement, stability

Topic

Retirement requires proper financial management, foresight and good planning.

Catherine Ferguson

Defence Finance and Accounting, Public Affairs

WASHINGTON, D.C. — Waiting until the last moment before thinking about retirement might end up costing some civilian federal employees more than stress. Civilian employees with prior military service may not have as many years of federal service for retirement as they thought.

Before military time can be applied toward civil service retirement, in most cases the employee has to "buy back" the active duty time.

Public Law 97-253, dated Sept. 8, 1982, provides federal employees the opportunity to buy into the civil service retirement fund for military service performed after 1956. The law divides employees into two groups — those covered by the Civil Service Retirement System prior to Oct. 1, 1982, and those who first became subject to Civil Service Retirement System deductions after Oct. 1, 1982. Those in the latter group must pay the deposit to receive credit for military service in their CSRS or Federal Employee Retirement System annuity.

Those covered by CSRS prior to Oct. 1, 1982, may choose not to pay the deposit and still receive credit for their service in their annuities. But if they are eligible for Social Security benefits (i.e., they have 40 quarters of Social Security coverage at age 62), at that time they will lose credit for military service in their CSRS annuities and their annuities will be reduced. If they pay the deposit, they will receive credit for their military service under both CSRS and Social Security.

Many have worked as civilians for years under the mistaken assumption military service is automatically credited toward civil service retirement. In one recent case, an employee was informed one week before retirement he would have to buy back his military time to have it credited toward his retirement.

"People should start planning long before retirement by asking questions. Our advice is that people should start formal planning for retirement about five years in advance," said Mary Sugar, chief, Agency Support Services, Office of Personnel Management and Retirement and Insurance Service.

It is not mandatory for civilians to buy back active duty time, said Sugar. For many people, it is a good idea to buy back time, but for others, it may not be a good investment.

"Someone with military retirement pay who wants to retire under the Federal Employee Retirement System would probably be better off keeping their military retirement pay. People just have to do the arithmetic and figure out how that would affect their retirement check. It's a very personal decision," said Sugar.

Although active duty time is automatically considered for reduction in force purposes, it is not automatically considered for retirement pay, according to Sugar.

New civilian employees with active duty service have three years to buy back their time. After that, the government charges interest on the money that needs to be paid back to buy retirement time. Therefore, it is best that employees request the amount of military earnings soon after beginning

work. Employees then know how much the deposit is and can choose to pay it before interest begins accruing.

The interest is charged on a percentage of their military earnings, and the rate is tied to Treasury earnings. In 1997, it is 6.875 percent. "But in the past, it has gone as high as 13 percent," said Sugar.

To buy back military service time for civil service retirement, former military members must get their estimated earnings from the appropriate finance center.

Employees must use a separate request for each branch of service. They attach a copy of their DD Form 214 or equivalent and any available records of pay or promotions to the Request for Earnings during Military Service form provided by their civilian personnel office. If they do not have a DD Form 214 or equivalent, they can get a Standard Form 180 from their personnel office and have their service verified before forwarding the request form to the pay center. The pay center cannot provide estimated earnings unless verification of service is attached.

'Our advice is that people should start formal planning for retirement about five years in advance'

Mary Sugar
DEFAS

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Cpl. Steven Williams
Combat Correspondent

POHAKULOA TRAINING AREA, Hawaii

— After a lot of convincing, some financial and logistics assistance from PTA and Marine leadership, and a whole lot of elbow grease, two Marines transformed an old run-down quonset hut into a full-time gym for temporary personnel here.

The bi-annual training area had a gym for years; however, only permanent personnel were allowed to use it.

Equipment was brought over from MCB Hawaii gyms during training evolutions last year. But it sat outside the facility and gathered rust.

Thanks to LCpls. Gabriel Cantu, nuclear, biological and chemical specialist, and Ruben Casner, radio operator, 3d Marine Regiment Task Force Headquarters, here, the equipment was cleaned up and moved in and now Marines deployed here can use down time to stay in shape.

"I wanted to get this thing open so we could get to pumping some iron," Cantu, a San Antonio native, said. "I love going to the gym and I know a lot of other Marines do also. There is a lot of down time in the field and there's a better way to use it than sitting around and eating chow."

Cantu brought the idea up in early February when PTA 2-97 started. A few days later, he got the go-ahead to start his project. With a helping hand here and there from other TFH Marines, the small gymnasium began to transform.

"First, we laid down anti-slip adhesive on the floor, then painted the walls and mounted trim," Cantu said. "Some

See Gym, B-2



Cpl. Steven Williams

The PTA gym offers an outlet for relief of stress and isolation.

Wanted



Digital photo by Sgt. Valerie Griffin

Dan Peterson plays the acoustic guitar during rehearsal of the country hit 'Vidalia' by Sammy Kershaw.

Country is back in Hawaii

Sgt. Valerie Griffin

Combat Correspondent

Wanted: a hot, new country band. It could be an advertisement on the wall of a country bar or it could be a local band with talent to spare.

The Wanted, comprised of three Marines and two civilians, will appear at the enlisted club here Saturday night and promises fun, if nothing else.

'We have a good time and we want everyone else to have a good time too.'

Carl LaGassa
Guitar & Vocals

"We have a good time and we want everyone else to have a good time too," said Carl E. LaGassa, guitar and vocals.

The band, which has been playing together since August, came from an idea born in a sauna and its sound is as hot as its roots.

LaGassa and drummer Marcelino Luna

were the first two members and in later months picked up guitarist Daniel J. Peterson, bass player Keith E. Lyle and vocalist Gwyn A. Bridges.

Their repertoire includes sounds from Merle Haggard to Deana Carter.

"We're always very conscious about songs people like to dance to," said Peterson. "We try to play plenty of cha-chas and slow songs so couples can get out there and dance."

The group rehearses Tuesdays at the Sunset Lanai all-ranks club on Camp H. M. Smith.

The Wanted will play here Saturday night from 8 p.m. until 2 a.m., with breaks filled by "The Ghost Rider," disc jockey Charlie Garrett. A \$10 cover charge includes pupus and give-aways such as country T-shirts and compact discs.

They will return to the enlisted club here April 16 and 19 for anyone who misses them Saturday and everyone wanting to see them again. The Wanted has become increasingly popular at Barber's Point Naval Air Station, with an avid group of followers.

Other upcoming local gigs include Beemans on Pearl Harbor Friday and the Seafarer's Club at Barber's Point March 21 and April 4 and 18.

Field Cooking

Cpl. Steven Williams

Combat Correspondent



PFC Craig Guardado tosses a fresh salad

POHAKULOA TRAINING AREA, Hawaii — Marines function on two vital elements while living in the field — food and water.

The better the chow tastes and the hotter it is, the more productivity Marines will put out, according to Cpl. Luis Guardado, food service specialist, mess hall, here. The devil dog chefs don't normally carry side

arms or service rifles, but Guardado said the fire power behind their spatulas and stirring utensils keeps Marines running.

"Training is hard and it's cold up here," said Guardado. "Hot chow keeps the Marines going. Without chow, they won't function. It's our job to get them the best chow possible and make sure they're happy."

The leatherneck cooks tied on aprons in the field Feb. 3 and didn't shut down their stoves until Saturday, according to Guardado. At one point, 71 cooks, including a day and night crew, were supporting 1,500 grumbling tummies. The cook manpower also covers clean up and preparation crews.

"I think it's kind of our job to make sure the Marines stay motivated," said Guardado. "We make chow special for them for their morale. It keeps them motivated."

The Marine chefs conjured up two big meals to soothe taste buds Feb. 23 and March 2. The first day, they served up some juicy steaks while the second big meal was chicken, according to Guardado.

The field time was a chance for the chow chefs to get in a little combat

Ravings of a Madman

By SSgt. Stephen Gude

It's Madness

The outcome of this year's March Madness, which will be April Sadness to 63 teams, is really simple: Just click your heels three times like Dorothy and say "Kansas."

Clearly, they're the best team this year, although I feel they should be undefeated. Their lone loss, in a 32-1 record, was a fluke.

However, don't get any ideas that Kansas is great or anything close to it. They're not. They're simply better than all the other teams this year. There's no way they could defeat a team such as the UNLV squad with Larry Johnson and Stacy Augmon (although that team lost to Duke, with Christian Laettner, in the NCAA tournament).

And please don't get any ideas that one of the ACC teams — I'm referring specifically to North Cackalackey and Duke — are going to upset the Jayhawks. It's not going to happen. In fact, they're both going to be beaten before they can get to the final four.

At least I hope they are, because if there are two college teams I can't stand, it's North Cackalackey and the Duke boys. I dislike them so much, I even root against their women's hoop squads. Now that's bad.

You see, back when I was in high school, and seriously considering going to Georgia Tech, since that's where guys who were engineering geeks (like me) wanted to go, the Tar Heels and the Blue Devils routinely routed Georgia Tech's fledgling basketball squad. Then they'd talk to the newspaper and make all kinds of snide remarks about how playing against Georgia Tech was like a practice scrimmage until they could play a real team, like UCLA or Louisville.

And my chemistry teacher was a Tar Heel. I didn't dislike her, but once, she asked me a multiple choice question, with potential answers A, B or C. My answer?

"D." Everyone in the class thought it was funny, and she was laughing too, but guess what? That darn Tar Heel gave me a "D."

Anyway, my point is North Cacky and Duke always win. And they're always on television. And they're always over-hyped. They get all the calls. And their fans are obnoxious. And I'm really getting sick of the hype about their coaches. The only good things from North Cacky are Michael Jordan and James Worthy. Duke, sports-wise, has no redeeming qualities.

Then there's Kentucky, who's run-and-gun style reminds me of the UNLV teams from the late '70s (those guys routinely scored 120 points). With future pro Ron Mercer playing like he wants a fat contract, they've got a shot.

Overall, though, I think the Jayhawks are just too good, especially when Jacque Vaughn has a lot of assists. That means they're runnin' and gunnin', and that's when they blow other teams away.

Kansas Jayhawks, 1997 NCAA champions. Which reminds me, I'm going to do something on the NCAA and their draconian ways later.

UPCOMING EVENTS AT THE SMP

March 23: HPD beach patrol, 10 a.m. to 4 p.m.

April 2, 16, 30: Council Meeting at 3 p.m. in the center.

April 5: Barrack's Bash, 10 a.m. to 5 p.m.

April 8: Community Aloha Fair

See Cooking, B-2

Turn terrible dieting nightmares into dreams

Cpl. Steven Williams
Combat Correspondent

Horror stories about starvation and unbelievably strenuous exercise routines designed to just trim a couple of inches off the love handles tend to scare some people away from even attempting a diet plan.

But by feeding the mind with proper nutritional knowledge and chewing on food facts in the free Nutritional and Weight Management Workshop offered at the Branch Medical Clinic



Lenahan

here, Lin Lenahan, nutritional specialist, BMC, said anyone can beat the flab and tone up on health and self esteem.

"You can," said Lenahan. "That's all you have to believe. There is no such thing as bad food. You just have to learn to eat in moderation and know what is healthy."

The workshop is offered every Wednesday from noon to 1:30 p.m. at the clinic in four-week sessions. It is also offered at other bases around Oahu so attendants attend in a different location if necessary.

"It's open to almost anyone," said Lenahan. "We take active-duty, Department of Defense, retirees, family members and civilians who

work on base. We really encourage spouses to attend also."

By having the entire family attend the sessions, Lenahan said they can learn to cook for each other. They don't have to worry about preparing something which could jeopardize a solid diet.

"If the wife does the cooking and the husband needs to lose weight, she can learn to cook foods he likes in a healthy way," said Lenahan.

Although the workshop is aimed at developing a behavior modification and change of lifestyle, Petty Officer 3rd Class Syndi Kasnick, corpsman, said the results are the most important part of the program.

"I went down three sizes in my uniform," said Kasnick. "It was really hard at first, but once you get used to following the things you learn in the class, it's really worth it."

Kasnick is only one success story out of dozens, according to Lenahan. She dropped 45 pounds in the few short months after she started her healthy habit.

And all these success stories began with a simple phone call to the central appointments desk at the clinic at 433-2131 or 2155.

"You have to break that vicious cycle," said Lenahan. "Once you conquer your eating habits, your esteem will be higher, you'll feel better, you'll sleep better and your whole outlook on life will be different."

Wanted

From B-1

heavy equipment operators from Landing Support Company, Combat Service Support Company 3, helped us bring the equipment in."

It took the Marines two days to scrub and scour rust and corrosion from extended exposure to the mountain weather. Once all the gear was cleaned up and painted, the devil dogs "pieced them together like Legos," said Cantu.

The gym opened for business

Feb. 20, filled with free weights, bench presses, a universal machine, aerobics machines and nearly everything Marines need for a good workout, according to Cantu.

"There is still a lot we want to get done," said Cantu. "We want to have someone paint an eagle, globe and anchor on the walls, but we don't have the equipment. We also want to get more pads for the floor to place under the benches.

"We'll probably add to it for many PTAs to come," he concluded.

Cooking

From B-1

training of their own. During combat situations, the cooks would use M-2 burners and M-59 stoves with appropriate gear such as pots, pans and other stove accessories.

"This is the type of equipment we would depend on in the field to get chow out for our

Marines," said Guardado. "We need to practice being efficient with the gear and make sure we are familiar with all safety rules."

The Marine chefs can't do anything about the freezing temperatures or the painful training, but Guardado promises they can always bring their fellow devil dogs' spirits back up with some good old fashioned chow.

DFAS Lane provides pay information to customers

Catherine Ferguson

DFAS, Public Affairs

WASHINGTON, D.C. — Over 175,000 Defense Finance and

Accounting Service customers a month are finding answers to their pay questions and other DFAS-related questions right at their fingertips.

In January 1996, the service launched DFAS Lane (www.dfas.mil), a World Wide Web site devoted to providing information about the Defense Finance and Accounting Service and a means to address subject matter experts in the field. After more than a year, DFAS Lane sometimes sees as many as 10,000 customer "hits" a day.

At its inception, DFAS Lane was primarily a library of general information about the agency. Users could access press releases,

biographies of key leaders and selected information about systems and policies.

Today, a greater wealth of information is also available on DFAS Lane. The site links to the latest electronic versions of the Department of Defense financial management regulations as well as the most current travel and housing allowances. DFAS Magazine is available in a special on-line format that will be on the web almost a month before the printed version is published.

DFAS also developed a Vendor Information Page on DFAS Lane, allowing vendors in the Denver Center network to obtain the latest information on their vendor payments by entering their invoice number and a personal identification number into an online application. The finance service is enhancing this applica-

tion and will expand it to include all vendor payment accounts.

The vendor page is the type of easy to use application that represents the future of the site. Users will be able to access the latest information, perhaps even leave and earnings statements, without leaving their homes. Prospective employees will be able to view job opportunities at any DFAS location, and the most current agency publications such as the DFAS Customer Service Plan and the Chief Financial Officer's Plan will also be available.

In the past, users submitted questions to one e-mail address. Now, DFAS has a number of e-mail links to handle specific types of inquiries such as Army active duty pay, retired pay and vendor pay. To date, the finance service has fielded over 1,000 inquiries from the web site.

Military exchanges approach online shopping with cautious optimism

□ The Information age prompts exchanges to move into cyberspace and display their latest offerings.

Doug Gilbert

American Forces Press Service

WASHINGTON, D.C. — DoD's two major department store chains know how to get customers. They open stores almost everywhere you serve.

Now — since theoretically you serve at an off-ramp on the Information Highway — you also can visit your favorite military exchange on the Internet. Question is, what will you get when you get there?

There's a lot to praise about the Army and Air Force Exchange Service and the Navy Exchange Service Command on-line. AAFES has been up longer and offers more than NEXCOM. For instance, you actually can view and price products. No way in the Navy, but our seaborne sellers do have oversight for Navy lodges and provide good information on places to stay when you're off and wandering. More on that later, but first, let's take a closer look at AAFES.

On its homepage (http://www.aafes.com), AAFES offers the following vision: "To be our customer's first choice by providing high-quality goods and services at low prices and at the lower cost." Hmm — I guess they're talking about overhead such as costs to taxpayers — for the latter.

Right now, AAFES offers the biggest clang for your click. You can check out products and prices in the AAFES mail order catalog and on the chain's weekly sales flyers. You get full descriptions — and frequently photographs —

of the items you want to order. You also can look at items available in the military clothing sales store catalog.

If you want to order something, however, write down the catalog number and price, then call AAFES, because you can't order on-line. I know, I know, a lot of commercial vendors now provide on-line order forms. Of course, you typically have to give them a credit card number or agree to other financial terms you have little control over. Perhaps AAFES' more cautious way is the best route to go.

NEXCOM (http://www.navy-nex.com/) takes an even more cautious approach to the Internet. This site offers information about Navy exchanges and even tells you where every store in the system is located. But it doesn't include the mail order catalog or, for that matter, any sales information. The site provides a list of telephone numbers and instructions for mail-ordering uniforms, but again, no catalog.

I asked Lt. Cmdr. Steve Lowry, the command's public affairs officer, what gives. He said the site is relatively new, and they're still determining the best way to present sales information. If you have any ideas on how the Navy can improve its homepage, the site provides a handy e-mail "Suggestion Box."

As mentioned earlier, NEXCOM manages the Navy Lodge system. If you've never stayed at a Navy Lodge and are looking for inexpensive, quality accommodations with kitchenettes, check this out. The site provides a directory of lodge locations, shows who is eligible to stay in Navy Lodges and lists reservation requirements and telephone numbers.

Is it me, or has the Internet begun to make our lives easier? Here's a couple of reasons why it's smart to log on. E-mail your comments or tips on other hot web sites to djgill@hq.afis.osd.mil.

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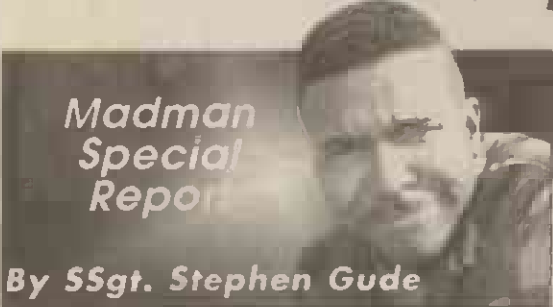
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Does anybody have a pen?



**Madman
Special
Report**

By SSgt. Stephen Gude

Over the years, many things in the military have changed. Crations to Meals, Ready to Eat. Jeeps to Humvees. Phantoms to Hornets. And soon, CH-46s to Ospreys.

However, through the years — at least since I was born — there has been one constant, a piece of gear which has been combat-tested and proven to be a perfect design in its original iteration.

It is, simply, the black Skilcraft government pen. "It's been around since 1964, when I began working for the government," said Rebecca Phillips, supervisor at ServMart here. "It looks exactly the same now as it did then."

Sure it does, and why not? Flawless in execution, timeless in design, these pens are the ubiquitous symbol of the staying power of America's democracy.

Perhaps that's waxing a bit poetic, but beside the dress blue uniform, there is no other piece of gear in the Corps' inventory which has not changed in design, because quite simply, the pen works as is.

Pogues from different Remington Raider jobs around the Marine Corps revel in the retractable Skilcraft's abilities.

"This pen works well," said Cpl. Huy Phun, a videographer at Training and Audiovisual

Support Center here. "I like using it."

"I like this pen," said Cpl. Kevin Scott, a Dragon anti-tank assault Marine who now poses as a company clerk with Service Company, Headquarters Battalion here. "It's plain, reliable and I can always count on it."

The pen's reliability isn't based on whether it will spew ink when its operator wants it to — "Anyone who's used it more than 10 days knows it doesn't actually write every time you want it to," Scott said — but on the fact there's so many of them around.

The pens have been around so long, people have lost them in places that aren't even on maps.

"I don't know how many of these pens I found in the Saudi Arabian desert during the Gulf War," said a staff sergeant (not me) who wanted to remain anonymous. "I'd be walking along, looking for mines, and see the shiny tip of the pen jutting out of the sand. I'd think it was a mine, and dig around it to defuse it."

"But when I finally finished digging around it," he continued, "and see that it was a pen, I'd just take it and put it in my pack. No one else should have to go through that sort of anxiety."

There certainly is no anxiety when it comes to ordering these pens for an office. Unlike other pens, such as the newfangled fine-point Uniball pens which feel exquisitely smooth to write with, or the cool-looking pop-cap pens that co-workers always steal, the plain Skilcraft pens are always in inventory.

"It's almost as if they breed," Scott said. "Anytime I ask for a pen and someone says, 'I don't have one,' if they look a little further back in their desk, they always find one of the Skilcrafts."

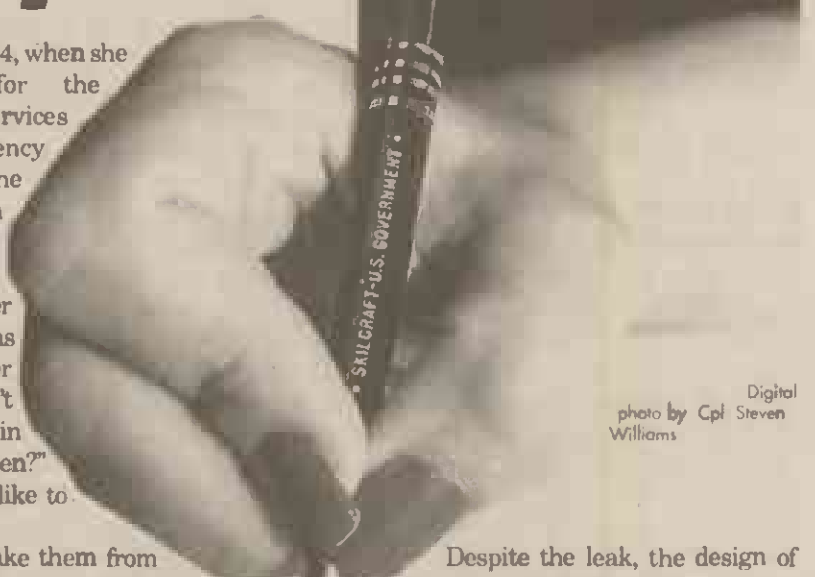
One? Phillips said since 1964, when she first began working for the Government Services Administration, the agency which procures the pens, she has lost, "Oh, about 48 dozen of them."

This is loss of ink-blot proportion. Extrapolated over her 33 years of service, this means she has lost almost 18 pens per year. Phillips, however, didn't mean "losing" them as in "Damn, now where is that pen?" but in the way some people like to get sticky-fingered.

"Years ago, people would take them from the boxes and leave the boxes on the shelf," she said. Obviously, there are far more of these pens around than people like to admit. Rumors of an X-Files investigation into what's happened to all these pens couldn't be confirmed. When called, an FBI spokesman said "What??" and hung up.

Perhaps the sticky fingers are caused by the pen's one true problem — when the weather's hot, the ink likes to run. Run? Heck, the pens explode.

"People have told me over the years the ink in these pens will run when the weather is hot," Phillips said. "It has caused people to buy more of the Uniball pens, which don't leak."



Digital photo by Cpl. Steven Williams

Despite the leak, the design of the pen is as basic as boots. It has only five parts that can be reasonably taken apart — the upper and lower halves, the middle ring, and the pen cartridge and spring. Scott claims he can disassemble and reassemble the pen in 15 seconds, which is actually slow and could get him killed if his pen jams, but faster than he can perform the same operation with, say, a manual typewriter.

So obviously, the Skilcraft government pen is the weapon of choice for Remington Raiders throughout the Corps, and it is a tool that will continue its long career, even into the next millennium.

Improved living conditions mean enlisting help from all involved



Single Marines Program

By Renee Valdov

If we worked as hard at improving and rectifying a situation or circumstance as we do at making sure everyone knows how terrible we have it, things would be much different. As everyone knows, you can always find something to complain about or a negative aspect to point out. We all need to start looking at situations differently and try to find the good.

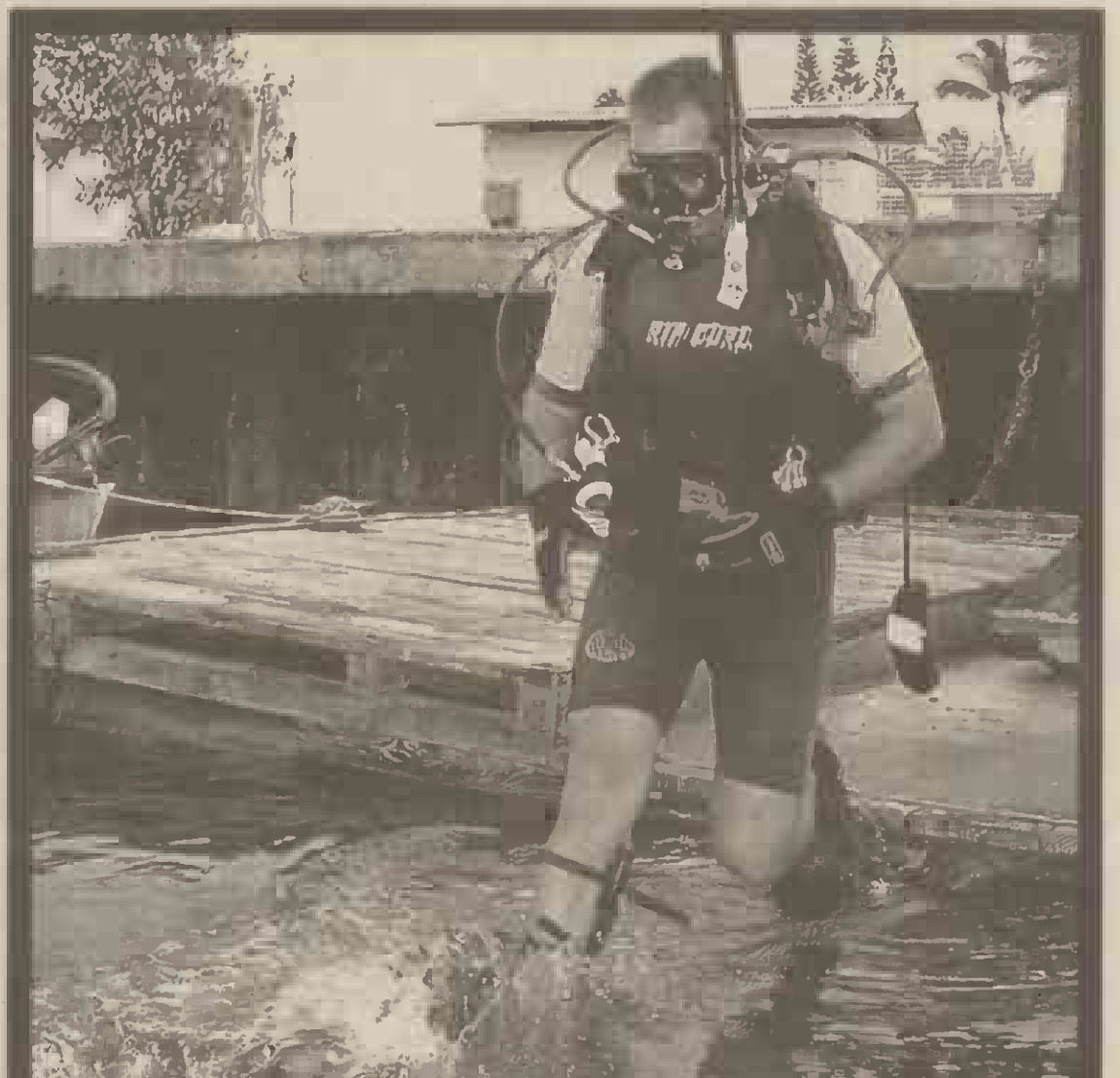
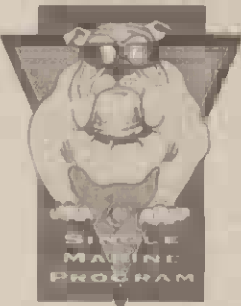
A good example of taking this different approach is exemplified by two Marines here. Sergeant Major Trubilla, MALSEK and 1stSgt. Chand, CSC, chose to take the bull by the horns and get busy in the recreation rooms at their barracks. While everything is not yet perfect, yet, they have made substantial improvements. Working with the Marines, these senior Marines accomplished a lot.

As I said, there are people who will take a look at the improvements and only see

those which remain to be done. Not that looking toward additional improvements is bad, but unless they are willing to roll up their sleeves and take some ownership of these additional improvements, they have no room to talk. So many improvements are taking place and we all need to take a step back and notice them.

MALSEK and CSC each had representatives come to the SMP and request assistance or advice on what was available to assist them in developing and implementing a plan to improve the living conditions in the BEQs. That's one of the many reasons the SMP even exists. Kudos to everyone involved in the many improvements taking place.

There are lots of upcoming events here at the SMP: March 22: SMP Car Wash and Hot Dog Sale at the E-Club parking lot from 8 a.m. to 4 p.m. March 23: HPD Beach Patrol 10 a.m. to 6 p.m. April 5: Barracks Bash!



Digital photo by Cpl. Steven Williams

Go field day the Bay

Boatswain's Mate 2nd Class James Larson, Waterfront Operations, takes a plunge to find treasures on the bottom of Kaneohe Bay. That is, bring anything to the surface that doesn't grow.

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MWR springs forward into fun



By Kathy Baker

Kids, Spring into Adventure!

Applications are being accepted for the Spring Adventure Program beginning March 24 to 28. Exciting activities are planned for the kids during spring break. They'll experience sports, arts & crafts, field trips and much more. Children in grades K through 6 are eligible to enroll. Cost for the program is \$75 and includes a light breakfast and afternoon snack. The Spring Adventure Program is open to all active duty military and DoD civilian dependents. Enrollment is limited, so plan now and call Youth Activities at 254-7610.

Dive into the Swim Club

Learn to be water-safe. Improve swimming techniques and enhance physical endurance by joining the MCB Hawaii Swim Club. The Swim Club is open to youths ages 8 to 17, and adults 17 and over. Classes are held at the Base Pool every Tuesday and Thursday from 6 to 7 p.m. for youths, and 7 to 8 p.m. for adults. Cost to join the Swim Club is \$30. Applicants must pass a pre-screening test prior to enrollment. Dive in and get wet by registering now. For more information, call the base pool at 254-7655.

Celebrate St. Paddy's Day

Think green and start the week-end off with a St. Patrick's Day celebration at Pacific Hideaway on March 17. Enjoy green beverages, pupus, music, plus a sampling of Irish beverages starting at 4 p.m. Events at the Pacific Hideaway are open to all ranks and DoD civilians. For those who feel like doing a jig, check out Old School Night with J Rock & Gent Style Productions starting at 8 p.m. in the Enlisted Club. To end an Irish weekend, the Officers' Club is serving a St. Patrick's Day Lunch Buffet on March 17. From 11 a.m. to 1 p.m., it's an Irish menu featuring fresh corned beef and cabbage, Irish stew and much more. The lunch buffet is open to officers and DoD equivalents. For more information, call the Officers' Club at 254-7649.

This and That...

An informational meeting for the Morning Women's Bowling League will be held March 20 at 10 a.m. at K-Bay Lanes. Those interested in joining this recreational league are asked to attend. For more information, call K-Bay Lanes at 254-7693. By request of patrons, the hours at the Auto Hobby Shop have been extended. The new hours are Monday through Wednesday from 1:30 p.m. to 9:30 p.m. and Saturday and Sunday from 9 a.m. to 4:30 p.m. For more information, call the Auto Hobby Shop at 254-7674.

Ads

Autos/Bikes

1989 Pontiac Sunbird — Runs great, has low mileage, asking \$3,200, OBO, call John at 263-4403, leave message.
1988 Pontiac Grand Prix — Two-door, V-6, am/fm cass, A/C, tilt steering, cruise, 90K, \$2,800 OBO, call John at 254-0455. Viewable at vehicle lot.
1992 Honda Nighthawk 750 — Great condition, \$2,650 OBO, call George at 254-0546.

Rentals

Kailua — Room for rent in three bedroom home, pool, jacuzzi, garage with driveway, close to beach and MCB Hawaii, \$850/month, call 422-9560.

Miscellaneous

1995 Tigershark Watercraft — Two seater, 639 cc, twin-stroke engine, trailer and extras, \$4,900 OBO, call carlos 254-9012.
Uniforms — Female Marine, shirts, slacks, skirts, coat, blues, sizes 10-14, many never worn, \$5-\$10 each, call 254-6521.

Home Furnishings — 21-by-21 carpet, \$75; 5-by-3 dining room table with four chairs, \$50; chest, \$25; Nightstand, \$15, call 254-6521.
Surfboard — Six feet, Town and Country, \$100; Ripcurl wetsuit, medium, \$50, call 261-1925.

1992 Yamaha 650 Waverunner — With two lifevests, innertube, ski rope, manuals and registration, \$2,500, call 254-8153.

VW Parts — Assorted parts, Calif. windows, transaxles, call John at 254-0455.
Hotpoint Range — \$150; Baby Bouncers, \$25; floor lamp, \$28, call 623-3174.
9 mm Glock 17 — With two, 17-round magazines, asking \$450 OBO, call Carlos at 254-9012.
Remington 700 DBL — 30.06 rifle, Tasco scope, \$550.

To place an ad in the Hawaii Marine stop by the Hawaii Marine office in building 216 to fill out an ad form. Electronic submissions can be addressed to HawaiiMarine@CG@MCBH.KBAY. The ad submission must contain a home phone number and a work number. Submissions should be received before noon on Thursday for the following week's publication.

Helpful Numbers at MCB Hawaii, Kaneohe Bay and Camp H.M. Smith

Family Service Center	257-3635
TAMP	257-3135
Early Childhood Education	257-7430
Navy Marine Corps Relief Society	254-1327
American Red Cross	257-3150
Military Police Department	257-7114
Legal Assistance	257-0074
Marine Corps Exchange	254-7515
Information, Tickets and Tours	254-7562
Military Information Operator	471-7110
Mokapu Elementary School	254-1349
Fire Department	254-2022
Outside Information Operator	1-411
Single Marine Program	254-7592
Base Chaplain's Office	257-3552

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 Acquire information about the most successful ESL program in the state.
 FRIDAY, March 14, 12:15 p.m.

Travel Industry Management
 Find out about career options in Hawaii's number one industry.
 MONDAY, March 17, 12:15 p.m.

Nursing
 Learn about admissions, curriculum, and the five pathways to a Bachelor of Science degree in Nursing.
 TUESDAY, March 18, 12:15 p.m.

Master of Arts in Organizational Change
 Learn the principles of continuous improvement, and how to use leading edge tools for managing effectively.
 WEDNESDAY, March 19, 12:15 p.m.

Computer Science
 Examine the possibilities of entering the computer field as a professional.
 THURSDAY, March 20, 12:15 p.m.

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MDA
 Muscular Dystrophy Association

Turn down time into relaxation

Being stuck on a barren volcanoside doesn't have to mean utter boredom

Cpl. Steven Williams
Combat Correspondent

POHAKULOA TRAINING AREA, Hawaii — Being stuck out in the middle of a dusty training range with training already complete probably isn't on the top of any Marine's entertainment list. But with a little ingenuity, some Marines had a ball, or a card game, or a chess game during PTA 2-97. "There's a lot of things you can

do in the field if you just think about it," said Cpl. Keith A. Burt, an electrician from Landing Support Company, Combat Service Support Group 3. "You just have to be creative."

Burt got a little creative with a few chunks of wood, various stones and a wooden table inside his tent. With a couple of strokes of a black marker, he created a chess/checker board complete with hand-picked accessories, meaning he walked

around and if he saw a rock or piece of appropriate wood, he "picked" it up.

One player uses wooden bishops, rooks, knights and queen and king while the other counters with stone characters.

"I wanted something with strategy," said Burt. "I like playing chess and there's a lot of thought involved. It's like a little war game."

While Burt was launching attacks on opponents with his new development, other Marines, like Sgt. Alfunzo L. Staley, operations chief, 3d Marine Regiment Task Force Headquarters, were testing the limits of a stack of cards.

"You can do a hundred things with a deck of cards," said Staley. "You can play spades, solitaire, hearts, gin and who knows what else."

Other Marines were packing boxes of dominoes, according to Burt.

"Whatever Marines can stuff in their packs, they bring," said Burt. "That's why cards and dominoes are pretty popular."

Marines also toted books, crossword puzzles, drawing pads and several other field entertainment essentials. If they're lucky enough to be based at base camp, Staley said the devil dogs play basketball, football, computer games and watch movies nightly at the base chapel.

Though PTA provides Hawaii leathernecks with a chance to buff up on combat readiness with live-fire training, many Marines said it doesn't have to be all work and no play.

After all, the Marines are good at making something out of nothing — they've done it for more than 200 years — and they know a return trip to the PTA will be in their future. So, they make the most of it.



PFC Richard Oelrich (left) and LCpl. Charles Gibson find time to relax.

Religion

MCB Hawaii Kaneohe Bay Chapel

Catholic Weekday Mass	11:45 a.m. (Monday-Friday)
Saturday Mass	6 p.m.
Sunday Mass	7:30 a.m.
Sunday Mass	9:30 a.m.
Protestant Liturgical Communion	8:30 a.m. (Sunday)
Sunday School	9:30 - 10:30 a.m. (Mokapu Elem.)
Adult Bible Study	9:30-10:30 a.m. (Sunday at Mokapu Elem.)
Protestant Worship	11 a.m. (Sunday)
Single Adults	6 p.m. (Sunday)

(Call 257-3552 for information)

Gospel of Holiness Fellowship

Sunday School	11 a.m. (Boondocker)
Sunday Worship	1 p.m. (Base Chapel)
Bible Study	7 p.m. (Tuesday at the Base Chapel)
Choir rehearsal	7 p.m. (Friday at Base Chapel)

For more information about MCB Hawaii Kaneohe Bay Base Chapel religious services, call 257-3552.

MCB Hawaii Camp H.M. Smith Chapel

Catholic Mass	6:30 a.m. daily and 8 a.m. (Sunday)
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Aloha Jewish Chapel at Naval Base Pearl Harbor

Shabbat Service	7:30 p.m. (Friday)
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For more information about Jewish services, call 471-3971.



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Sun Press	MidWeek	COMBO
1 wk. \$3.33 per line	1 wk. \$5.98 per line	1 wk. \$7.37 per line
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Sun Press MidWeek

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Hickam - Julian Ave., Beard Ave., Fox Blvd.
Pt. Shafter - All areas
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- PSYCH
- SNF

CALL US TODAY!
955-9234 955-9231
Infirmary HEALTH CARE

15 Announcements

ADVERTISING STANDARDS

Advertising published in the Sun Press and Midweek papers is accepted on the premise that the merchandise and/or services offered are accurately described and willingly sold to customers at the advertised price. Advertisers are aware of these conditions. Advertising that does not conform to these standards or that is deceptive or misleading is never knowingly accepted. If any reader encounters non-compliance with these standards, we ask that you inform...

CLASSIFIED ADVERTISING 235-5881

BETTER BUSINESS BUREAU
942-2355

20 Lost & Found

LOST IN KAILUA: Oriental-style pin wiffuriga head & dangling coins, 4" x 3", vicinity of Kailua Post Office or parking lot of Heritage Antiques, about noon, Mar. 4. Generous reward. Mar. 2, 262-5660.

25 Personals

BACKYARD PARTY Tent 20 x 20 or 30 x 30, rental & sale Call 737-9682.

PSYCHIC & PALM READER Body, Mind & Soul. Tails Love, Marriage, Business & Affairs. Single & Affairs. 1 phone call will guide you to your way. 213-876-8038.

30 Income Tax

"FAST IN-HOME" Tax svc. at rears. rates. All states BACK YEARS. 523-1881.

COMPUTERIZED Tax & Electronic filing. Same-day svc. 689-5659.

CPA 20 yrs. exp. All states/back years. Your home/office. Quality & rears rates. 283-8001.

INCOME TAX PREP & Electronic Filing Military Discount. 834-5830.

20 Lost & Found

FOUND: Male blk. gray/wh. kitten, friendly. Wailuna estate. 455-5161.

Wilson In Home, Inc.
SEEKING CERTIFIED NURSE ASSISTANTS AND COMPANIONS

EXPERIENCE PREFERRED
CALL FOR APPLICATION
(808) 847-1404

30 Income Tax

MARCUS TAX SERVICES Caring, Efficient, & Experienced. 263-3471.

50 Business/Income Opportunities

"FINDING" the right home-based business. Call 24-hr. info. 255-4394.

WORK AT HOME P/T'S I've done it with a P/T job, so can you. Call 823-9999 for free info.

"OWN YOUR OWN BUSINESS" Earn while helping others. Unlimited financial opportunity. For details & free gift, call 521-3638.

50 Business/Income Opportunities

SS ATTITUDE SS I absolutely refuse to let you fail! Quick Cash, not MLM, turn-key system. Min. Capital Req'd \$1450. 1-800-995-0788 ext. 6984.

50 Business/Income Opportunities

"HOUSE OF LLOYD" Hiring demonstrators, also booking parties. Call Jessica 396-8448

A \$2500 WEEKLY POTENTIAL. MCI. PHONE CARD Routes. 100 loc. avail. Must sell by 3/21. 1-800-852-1468 (24 hrs.).

50 Business/Income Opportunities

BOTTLED WATER Culligan is seeking franchisees for selected areas. Estimated initial investment required \$103,000 to \$225,000. Greatest name in water. Call Ken Wood. 1-(847) 205-5823

CRIME IS RISING Monitor, burglar, emergency & fire alarms. \$45 to start. Call 625-9586

DREAMING about fuel economy/more power? Free details 1-888-935-1507.

50 Business/Income Opportunities

PAY YOURSELF UP TO \$300 A DAY With 3915 for FREE info.

SEEK 5 INDIVIDUALS to earn \$500+ ea. wk. No selling. Call for app't. 261-9829, 581-4121.

50 Business/Income Opportunities

FREE MLM REPORT ON VIDEOTAPE CALL 1-800-322-6169 ext. 1079

50 Business/Income Opportunities

DISCOUNT PHONE/ Pager Service and the financial opportunity of a lifetime. No exp. necessary. Work at home. Call Mike, 824-4389.

50 Business/Income Opportunities

FREE Public Offerings (whole truth about the internet)+free software. For seatings, 833-9855.

FREE TAPE reveals amazing turn-key home-based bus. 593-3906, 24-hr. msg.

FREE 7-in-1 computer w/ unlimited internet access. Low mtly. fee. Earn \$5 giving these away. 422-1895.

50 Business/Income Opportunities

FREEDOM! Make your time & income your own, not controlled by others. publicly traded corp. Expert training! Toll Free 1-888-599-6174. (24-hr. recorded message.)

50 Business/Income Opportunities

WORK AT HOME CBS! bus apply for sale. Great income potential! Asking \$15,000/OBO. 677-7770.

50 Business/Income Opportunities

NO TIME? NO MONEY? Eagle Marketing Group can help. Work P/T for extra cash, or take the first step down a new road to success. Call 988-3217.

SMALL SNACK VENDING machines, hold 12 different snacks, 25 avail., \$225 ea. Call 259-8878.

50 Business/Income Opportunities

STAY IN TOUCH Virtual Office. Hi-Tech, 1-3K w/ky. Call 247-2551.

TUPPERWARE Consultants needed. Call Theresa, 247-8131.

50 Business/Income Opportunities

WHO'S JOHN? A professional who walked away from \$144K/year to start over! Reputable, publicly traded corp. Expert training! Toll Free 1-888-599-6174. (24-hr. recorded message.)

50 Business/Income Opportunities

WORK AT HOME CBS! bus apply for sale. Great income potential! Asking \$15,000/OBO. 677-7770.

50 Business/Income Opportunities

ASSEMBLE ARTS Crafts in your spare time. Earn extra \$51/week. electronics, + more. Call 1-800-788-0409.

50 Business/Income Opportunities

ASSEMBLE CRAFTS at home. Great extra income! Program Guar. Call: 1-800-377-6000, ext. 2150

COMPUTER Users needed. Work Own hrs. \$20K to \$50K/year. 1-800-348-1788 x 3136.

HOME TYPISTS, PC users needed. \$45,000 income potential. 1-800-513-4343 Ext. B-4031.

50 Business/Income Opportunities

NO EXPERIENCE NECESSARY! \$500 to \$900 weekly profit! Processing mortgage funds! Own hours! Call 1-800-348-7184 ext. 819 (24 hours)

ISTC Computer Training
Information Systems Technology Center provides computer training to all military, Federal civil service, DoD contractors, and dependents on applications and network systems.

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Training center on Naval Station Pearl Harbor - free parking!

Competitive Prices!

Microsoft SOLUTION PROVIDER
Authorized Technical Education Center

Castle Medical Center
CERTIFIED SUBSTANCE ABUSE COUNSELOR

Full-time & per-diem positions for Inpatient & outpatient clinics; must be State of Hawaii certified.

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GAME PROGRAMMERS
Required to have experience in Windows programming with Visual C++ as well as the following: able to operate Macro Media director, Graphics, 3D applications on Macintosh; able to program for Multimedia; experience to act as Chief Programmer and has completed verifiable projects successfully.

NETWORK PROGRAMMER
Has experience to program with Visual Basic; has experience to set up Windows NT server; has experience to set up Internet Server (DNS, FTP, HTTP).

Send or fax resume to:
GETS
P.O. Box 1948
Aiea, HI 96701
FAX 483-4608

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Kamehameha Schools Bishop Estate
SUBSTITUTE TEACHER
(Secondary Math)

Temporary position available from 3/31/97 through 6/3/97. Plans and conducts instruction to achieve standard objectives of subject area utilizing appropriate instructional methods; organizes time, space, and materials for instruction; maintains a positive learning environment; maintains open and effective communications with students and the adults responsible for students; fulfills administrative responsibilities; and demonstrates professionalism in manner, relationships and personal development.

Degree in Math and experience in teaching upper secondary level math courses.

If interested and meet minimum qualifications, please call 842-8545.

EMPLOYMENT HOTLINE NO. 842-8886
an equal opportunity employer

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NURSING FACILITY
Employment Opportunity
Excellent Starting Benefits
C.N.A.s
Experience with the elderly preferred
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247-8558

57 Employment Information

EARN MONEY Reading books! \$30,000/year income potential. Details. 1-800-513-4343 ext. Y-4031.

WORK AT HOME! Int'l. Company seeks P/T, F/T people. Mail order. Up to \$700 per week. No exp. needed. Call 543-0809.

58 Schools & Instruction

A PIANO STUDIO in Manoa is now open for enrollment. Call 988-4477

APPROVED Home-Study Hypnosis, \$25. Become Certified. 1-808-879-0861.

58 Schools & Instruction

GUJAR LESSONS at all levels. Over 10 yrs. play & teaching exp. Education at G.I.T. & W/Dick Grove. Call 256-7650.

GUJAR LESSONS All ages. Low rates. Call Mitch, 732-6002.

KT School & Tutoring (Japanese & ESL). All ages & levels. 523-1029.

58 Schools & Instruction

PIANO LESSONS Kaneohe area. Call 236-1007, Jean.

PIANO LESSONS: Effective program for all ages in Kaneohe studio. John Schoulen 247-6010

58 Schools & Instruction

TRAVEL TRAINING Airlines, Cruises, Travel Agency, Tours, Hotels, Computers

KOTNER TRAVEL INSTITUTE 236-7034 Licensed by DOE

59 Employment Opportunities

FEDERAL EMPLOYMENT INSTITUTE-Professional Levels \$16K-\$54K/yr. + Benefits. Paid Training. For info. on Available Positions call 1-800-585-9024 ext. 4901.

WANTED Military personnel close to retirement. Call 239-6998.

60 Help Wanted Male/Female

"AVON" SALES REPS BE YOUR OWN BOSS For the best earnings possible

THS CALL SS. THIS AD ONLY Kandy 235-7641 or Jo 395-6970

60 Help Wanted Male/Female

Independent Sales Rep. "COSMETIC SALES" Sponsor of Miss USA Pageant. Call 486-6640

ALOETTE IS BACK! Beauty Consultants needed. No investment, no delivery/inventory (kit deposit refunded) 652-6783.

60 Help Wanted Male/Female

BEFORE-SCHOOL sitter M-F 6:15-7:45, our Hawaii Kai home, good wages, responsible teen OK. 396-8731 lv msg.

CLEANING HELPERS Needed Windward Area, good pay. Call 262-9767.

60 Help Wanted Male/Female

TEACHER for summer elective, Science, tennis, dance, (Jazz & Ballet), WSI Christian School in Kailua 262-8501.

TEACHER/WFL: Lower & upper elem.; PE: after school WSI. Christian school in Kailua. 262-8501.

62 Domestic Help Wanted

BRING YOUR CHILD to work Clean run errands, some child care, 4-12 hrs./wk. Need reliable transportation & exact refs., including refs. OK. Call 487-4013.

WANTED A mature F/T nanny to care for a 4- & 3-yr.-old at our Schofield Barracks home. Exp. refs. req'd. Non smoker. Call Angela, 824-0585.

62 Domestic Help Wanted

24-HR. LIC. CHILD CARE Exp. Pearl/Aiea, F/T-P/T drop-ins. CPR/First Aid/PATCH. Call 888-8745.

CHILD CARE F/T, P/T, 1-2 children in my Kailua home. Call 261-8512.

CHILD CARE for 1-2 children in Kailua home. Call 263-2266

62 Domestic Help Wanted

RENT 2 OWN Makolei vacant lge. 3 1/2/2. FS, pool, lge. yd. excl. cond. 689-8981, 688-3427

62 Domestic Help Wanted

114 Real Estate For Sale

ENCHANTED LAKE-6/3, 7500-sq-ft. lot walled in. Excl. cond. \$450,000. 262-2737, 487-2098 day.

TAKE OVER 20 ACRES in Prosperous West. Taxes \$9,995. \$100/per mo. For more info. call 1-800-875-8568.

62 Domestic Help Wanted

YOU'LL BE AMAZED at the amount of money you can make on things you no longer need. They're someone else's treasure, and the Classifieds bring you together. Phone 235-5881 today!

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Enter 3-digit Ad.
Find out how much home you can afford. Ad# 401.
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Ad# 402.
Do you need a perfect credit report to buy a home?
Ad# 403.
How much do I need for a down payment?
Ad# 404.
Can I qualify for special VA financing?
Ad# 405.

73 Apts. Furnished

WAKIKI 1/1, cv'd, prkg., sec. coin W/D. \$750/mo. 289-8247 prg. 247-0595.

SALT LAKE studio, micro, TV/cable, stereo. \$850 + elec. Call 484-0028.

74 Apts. Partly Furnished

KAAWA Studio, all new Inside, W/D, cable TV. Avail 3/1. \$625 235-1639

KAILUA studio, A/C, singles, pool, nr. beach. uti. incl. \$750. 261-8971.

MAKAMA Surfside studio, sec. A/C, pool, view, incl. phone. \$575. 456-8985.

74 Apts. Partly Furnished

HOLIDAY VILLAGE nr. Ala Moana Park on bus line. Lanai, studio, clean, secure, A/C, pool, \$700 incl. uti. 944-0911, #5.

KAILUA studio, A/C, singles, pool, nr. beach. uti. incl. \$750. 261-8971.

MAKAMA Surfside studio, sec. A/C, pool, view, incl. phone. \$575. 456-8985.

74 Apts. Partly Furnished

73 Apts. Furnished

WAKIKI 1/1, cv'd, prkg., sec. coin W/D. \$750/mo. 289-8247 prg. 247-0595.

SALT LAKE studio, micro, TV/cable, stereo. \$850 + elec. Call 484-0028.

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KAILUA studio, A/C, singles, pool, nr. beach. uti. incl. \$750. 261-8971.

MAKAMA Surfside studio, sec. A/C, pool, view, incl. phone. \$575. 456-8985.

74 Apts. Partly Furnished

74 Apts. Partly Furnished

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KAILUA studio, A/C, singles, pool, nr. beach. uti. incl. \$7

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- '90 CHEVY CAVALIER 4 DR 4 Cyl. Auto. P/S, A/C, AM/FM Cass. (#3546/9N8952) \$2895
- '88 PONTIAC GRAND PRIX LE 2 DR Auto. V6, P/S, A/C, Cass. Power Pkg (#3314/FSP037) \$2995
- '91 CHEVY LUMINA 4 DR. V6, Auto. P/S, AM/FM Cass., Power Pkg. (#3454/EDR557) \$4895
- '93 FORD ESCORT LX 4 Cyl. Auto. A/C, AM/FM Cass. (#3448/ETD721) \$5995
- '91 FORD F 150 PICKUP V6, Auto. P/S, Radio, Low Miles, Clean! (#3107/B19TJV) \$5995
- '92 NISSAN STANZA SE 4 DR. 6 Spd. P/S, A/C, Cass., Pwr. Pkg (#3432/EV0189) \$6895
- '95 FORD ASPIRE 4 Cyl. 5 Spd. AM/FM Cass. (#3558/ODP061) \$6895
- '93 MUSTANG LX CONV'T Auto. P/S, A/C, AM/FM Cass., Power Pkg. (#3308/MVX309) \$6995
- '93 MAZDA PROTEGE 4 DR. Auto. P/S, AM/FM Cass., A/C. (#3572/EU050) \$7895
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- '95 FORD ESCORT S/W One Owner. 5 Spd. A/C, R/Rack, AM/FM (#3507/EYC776) \$8,895
- '95 FORD ESCORT LX S/W 16 K Miles. Auto. P/S, A/C, Cass. (#3458/MBD427) \$8,995
- '93 HONDA CIVIC DX 2 DR. 5 Spd. A/C, AM/FM CD Player, Clean! (#3518/GCV713) \$9,895
- '93 FORD MUSTANG 5.0, 5 Spd. A/C, Cass., Alloy, Power Pkg. (#3496/FX074) \$9,895
- '95 FORD RANGER PICKUP One Owner. 5 Spd. P/S, A/C, Alloy & Low Miles (#3482/G0501) \$9,895
- '94 FORD PROBE 5 Spd. P/S, A/C, Moon Roof, Cass. & More! (#3544/3600VN) \$10,595
- '93 CHEVY ASTRO EXT. WAGON V6, Auto. P/S, Front & Rear A/C, Cass., Power Pkg. (#3528/EXT871) \$10,995
- '95 MERCURY SABLE 4 DR. V6, Auto. A/C, AM/FM Cass., Power Pkg. (#3180/MVL861) \$10,995
- '95 PONTIAC SUNFIRE 2 DR. One Owner. Auto. A/C, Cass. & More. (#3553/0BA806) \$10,995
- '94 SUZUKI SIDEKICK JX 4 DR. 4X4 31K Miles. Auto. A/C, P/S, Cass., Alloy (#3485/2XLR8) \$11,995

Vehicles subject to prior sale, plus tax, Lic. & DOC fees. Sale ends 3/19/97

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SPECIAL OFFER **SPECIAL OFFER**

30 DAY EXCHANGE POLICY
IF YOU'RE NOT TOTALLY SATISFIED WITH THE CAR WITHIN 30 DAYS, BRING IT BACK.

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AND FOR YOUR PEACE OF MIND

'77 TOYOTA CORONA WGN. #87552 \$1,444 \$133.50 A.M.O.	'91 MAZDA 626 #EG8540 \$5,888 \$273.08 A.M.O.	'92 GEO PRISM #87466/FEW503 \$8,995 \$243.29 A.M.O.
'80 HONDA CIVIC WGN. #87553/FCB42 \$1,499 \$197.99 A.M.O.	'93 MERCURY TOPAZ #87417/EXD640 \$6,995 \$218.32 A.M.O.	'94 NISSAN SENTRA #87564/HUZ842 \$8,999 \$243.29 A.M.O.
'86 MAZDA 323 #87554 \$1,999 \$163.91 A.M.O.	'91 DODGE DAYTONA #87567/FVR277 \$6,999 \$276.95 A.M.O.	'95 FORD ESCORT #87558/MAW931 \$8,999 \$276.70 A.M.O.
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'86 NISSAN MAXIMA #FC8725 \$2,999 \$180.73 A.M.O.	'93 GEO STORM #FDY423 \$6,999 \$276.95 A.M.O.	'94 HONDA CIVIC #21896A/GEV552 \$9,599 \$299.99 A.M.O.
'91 MERCURY TOPAZ #EWV340 \$2,999 \$180.73 A.M.O.	'91 HONDA CIVIC #87523/EEB30 \$6,999 \$277.28 A.M.O.	'92 DODGE CARAVAN #GGN480 \$9,777 \$379.21 A.M.O.
'88 FORD CROWN VICTORIA #87543/FDR934 \$3,999 \$166.52 A.M.O.	'90 HONDA ACCORD #87482/FE969 \$6,999 \$431.42 A.M.O.	'93 FORD PROBE #FCR115 \$9,999 \$287.37 A.M.O.
'85 NISSAN MAXIMA #FSE623 \$3,999 \$166.52 A.M.O.	'92 FORD T-BIRD #87566/GGJ440 \$7,999 \$273.36 A.M.O.	'94 BUICK CENTURY #87565/FJE575 \$9,999 \$287.37 A.M.O.
'89 CHEVY BERETTA #87563/GNV764 \$3,999 \$166.52 A.M.O.	'93 CHEVY S-10 P/UP #87497/FW477 \$7,999 \$281.90 A.M.O.	'95 CHEVY CORSICA #87462/GEV587 \$9,999 \$287.37 A.M.O.
'90 FORD TEMPO #87562/EFE054 \$3,999 \$166.52 A.M.O.	'92 HONDA CIVIC #87518/GDX493 \$7,999 \$314.35 A.M.O.	'92 ACURA INTEGRA #EN5138 \$9,999 \$287.37 A.M.O.
'88 HONDA CIVIC #FBZ745 \$4,444 \$213.26 A.M.O.	'91 HONDA ACCORD #21079A/EYS311 \$7,999 \$314.35 A.M.O.	'95 HONDA CIVIC DX #87493/G8Z215 \$9,999 \$295.06 A.M.O.
'86 ACURA INTEGRA #FPE567 \$4,777 \$271.92 A.M.O.	'93 FORD ESCORT #GF8904 \$8,444 \$330.61 A.M.O.	'95 GEO PRIZM #MAW425 \$10,999 \$314.59 A.M.O.
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'88 DODGE 150 VAN #87555/FSN561 \$4,999 \$281.31 A.M.O.	'93 GEO TRACKER #87498/EZY589 \$8,888 \$271.18 A.M.O.	'93 HONDA ACCORD #22012A/VNF144 \$11,999 \$341.72 A.M.O.

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Name: _____
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Date of Birth: _____
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Employer: _____
Gross Income: _____ Yrs: _____

I hereby authorize Tony Honda to check my credit.

Signature: _____
Phone(home): _____
Phone(work): _____

FAX: 488-8803
MAIL: 98-051 KAM HWY. AIEA, HI 96701

300

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- '91 KAWASAKI EX500 Sports Bike - Low Insurance \$2,795
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- '95 H.D. 1200 Sportster FWD Controls, Pipe's (#225424) \$8,495

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- KAILUA SUN PRESS
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- HICKAM KUKINI

64 Domestic Jobs Wanted

I WILL BABYSIT 1-2 children in my home (WAAF), M-F, 12-5 pm 627-0723.

LIC. CARE HOME with wheelchair for patients 1 private room. 622-2503.

120 Home Furnishings

MOVING & SELLING every item in townhouse. Best Offer. 946-5951.

122 Travel

"FLYING CARPET Travel" Lowest fares. WC, \$199, EC, \$549, 521-8249.

123 Moving/Storage

AMERICAN INTERNATIONAL CARGO. FLY YOUR CAR TO LAX, \$1350. FASTER & SAFER THAN BOAT. FOR MORE INFO, CALL: PH: (808) 938-0656. LOCATED JUST OFF LAGOON DR. 110 KEHI PLACE, HONOLULU

163 KUALA ST., KAILUA 3/15, 8-2. Books, clothes, toys, furn., MISC.

410A N. KALAEHO AVE., Kailua, 3/15, 8 to 2, toys, clothes, tools & more.

CERAMIC CLASSES. Fun to make your own gifts. Call 262-8862.

GARAGE SALE 8 to 8 Sat. & Sun. 705 Keolu Drive, Kailua.

GARAGE SALE Sat. 3/15, 8-1. 178 Kakaikaha St., Kailua. Hishid items, clothes, CDs, TV, old & new items.

GARAGE SALE Sat. 3/15, 8-1. 178 Kakaikaha St., Kailua. Hishid items, clothes, CDs, TV, old & new items.

GARAGE SALE Sat. 3/15, 8-2. 300A, Kailua. 8-2, Fri. & Sat. 3/14 & 15.

MULTI OHANA GARAGE SALE Sat./Sun. 3/15 & 3/16, 8-2:30. 94-355 Hakamao St., Mililani.

MULTIFAMILY 3/15, 8 to 3. 154 Aikahi Ln., Kailua. lots of items.

PROFESSIONAL SERVICES

PROFESSIONAL SERVICES:

- Accounting/Bookkeeping - Appliances - Automotive Services - Blinds/Drapes - Business Services - Cabinetry - Carpentry - Carpets - Chlorinator - Cleaning - Clerical/Typing - Computer Service - Contracting/Construction - Drafting - Drywall - Electrical - Entertainment - Equipment Rentals - Fencing - Financial Services - Flooring/Tiles - Graphics/Printing - Handyman - Hauling - Insurance - Landscaping - Legal Services - Masonry - Massage Therapist - Painting - Photography - Plastering - Plumbing - Pools & Spas - Professional Services - Property Management - Rain Gutters - Remodeling - Repair - Retumes - Roofing - Screens & Jalousies - Sewing & Alterations - Telephone Service - Termite/Pest Control - Towing - Tree Trimming - Video Taping - Vinyl Siding - Weddings - Welding - Yard Service

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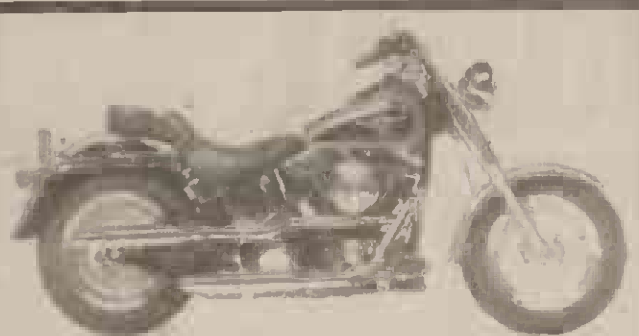
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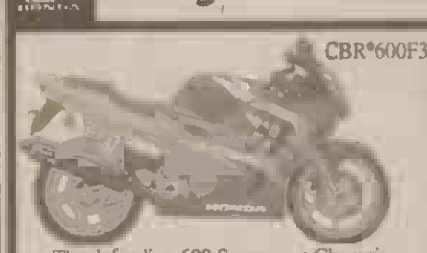


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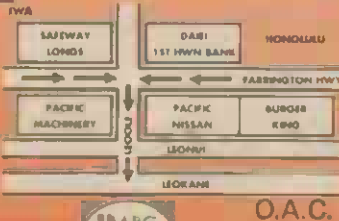
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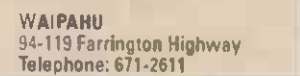
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Nissan '87 SENTRA brn., 2 dr., 5 spd., AM/FM, A/C, \$1100/OBO. Pgr. 571-7670.	Saab '90 9000CD TURBO 5 spd., A/C, loaded. \$9800/OBO. 449-3906, 834-4543.	'92 CABRIOLET blk. with blk. top, Alpine alarm, air bag, new tires, \$10,500/OBO. Call 685-1579.
Oldsmobile '84 DELTA 88 V-8, 2 dr., pwr. seat/windows, velour int., \$2500/OBO. 263-6621.	Saturn '95 SL-2 silver, 5 spd. with w/spoilers/port wheels. Perfect. Warranty. \$10,895. Call 263-8183.	DON'T get swamped by inflation. Let the Classifieds keep you afloat. Phone 235-5881!

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'91 FORD ESCORT \$2995 Auto, A/C, F8627/10611, GF830/10618, ECT707/10611, Pwr. Windows	'91 FORD TEMPO \$3195 Auto, A/C, EDD647/110606, EDD932/110608	'88 GMC SIERRA \$4995 Auto, AM/FM, Cass., A/C, Radio, PWA08/10565	'95 FORD ASPIRE \$5995 5 Spd., AM/FM, Great Transportation, GB177/10641
'91 PLYMOUTH VOYAGER \$7295 Auto, AM/FM, A/C, P/W, P/S, EMB677/110639	'90 MAZDA MPV \$7495 Auto, AM/FM, Cass., A/C, P/W, F8335/10583	'87 FORD BRONCO 4X4 \$7995 Auto, Cass, A/C, P/W, Alloy, Cass., Loaded, Like New, GAU734/10744	'89 VOLVO 780 \$8995 Auto, AM/FM, Cass., A/C, P/W, Cass., Low Miles, GA220/110710
'93 MERCURY VILLAGER \$8995 Auto, Cass, A/C, P/W, Cass, G8305/110490	'91 GMC 4X4 \$9995 Auto, AM/FM, A/C, Alloy, P/S, Radio, F8309/110601	'94 MERCURY SABLE \$10,595 Auto, AM/FM, Cass., A/C, Alloy, P/S, Dual Air, B8273/110637	'93 FORD EXPLORER \$10,995 EXCELLENT! F0V98/110598
'92 HONDA ACCORD \$11,995 Auto, A/C, AM/FM, Cass., P/W, P/W, Cass, P/S, G8212/110645	'93 FORD F-150 XLT \$11,995 Auto, AM/FM, Cass., P/W, P/L, A/C, Super, Radio, E81123/110681	'95 PONTIAC GRAND PRIX \$13,595 Auto, AM/FM, Cass., P/W, Cass, P/W, P/L, Alloy, G2222/110678	'95 CHEVY MONTE CARLO \$15,995 Auto, AM/FM, Cass., A/C, P/W, Cass, 88 mi., Loaded, Low Mileage, HAWAII/110658

Credit on approval. Vehicles subject to prior sale. Prices plus tax, lic., and doc fees. Vehicles not exactly as shown. Sales run thru 3/19/97.

N. NIMITZ & LAGOON (2780 WAI WAI LOOP) 836-3344

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NEW '96 CHEROKEE SE NOT A LEASE Dual Air Bags, P/S, P/B, P/leats, & Much Much More. 6 Disc CD Changer Included. Only in Gold Key Plus Payments #103011. STARTING AT \$12,488 0 CASH DOWN \$269/MO 24 MONTHS OR \$199/MO 24 MONTHS	NEW '97 DODGE CARAVAN NOT A LEASE Auto, A/C, 7 Passenger, Dual Airbags, P/S, P/B, AM/FM Stereo & Much Much More. 6 Disc CD Changer Included. Only in Gold Key Plus Payments #710381, 710407. STARTING AT \$14,988 0 CASH DOWN \$169/MO 24 MONTHS OR \$199/MO 24 MONTHS	'97 JEEP WRANGLER 4X4 NOT A LEASE Sport Model, 4.0, 6 Dyl., AM/FM Stereo, Dual Airbags P/S, P/B #970168/GBF415 STARTING AT \$13,988
NEW '97 PLYMOUTH BREEZE NOT A LEASE 4 Dr Sedan, Auto, 16 Valve Engine, Elec. Speed Control, AM/FM Cass., W/A Speakers, P/S, P/B & Much Much More. 2 M Disc. 6 Disc CD Changer Included Only in Gold Key Plus Payments #720151, 720153. 2 AT THIS PRICE \$125 MO. 0 CASH DOWN 24 MONTHS	NEW '97 CHRYSLER CIRRUS NOT A LEASE 4 Dr Sedan, Cloth Bucket Seats, Auto, AM/FM Cass., CD Player, 15" Alum. Wheels, Dual Airbags, 2.5L, 241 V6 Engine, P/S, P/B & Much Much More. 6 Disc CD Changer Included Only in Gold Key Plus Payments #72006, 720157. 2 AT THIS PRICE \$219 MO. 0 CASH DOWN 24 MONTHS	NEW '97 JEEP GRAND CHEROKEE NOT A LEASE Auto, 4 Dr., Pwr. Tech Eng., Dual Airbags, A/C, P/ABS, 4 Wheel Disc., Child Protect Locks, P/W, AM/FM, Spo. Control, Tint. Sport Alum. Whls., Int. Wipers, 6 Disc CD Changer Included. Only in Gold Key Plus Payments #730164, 730165. 0 CASH DOWN \$279/MO 24 MONTHS OR \$22,488 24 MONTHS
NEW '97 NEON HIGHLINE NOT A LEASE Auto, A/C, Targa Cloth Bucket Seats, Floor Mats, 2.0L, 16V Eng., AM/FM Stereo, P/S, P/B & Much Much More. 6 Disc CD Changer. Includes Only in Gold Key Plus Payments #72045. 0 CASH DOWN \$139 MO. 24 MONTHS	NEW '97 PLYMOUTH NEON HIGHLINE NOT A LEASE Auto, A/C, Targa Cloth Bucket Seats, Floor Mats, 2.0L, 16V Eng., AM/FM Stereo, P/S, P/B & Much Much More. 6 Disc CD Changer. Includes Only in Gold Key Plus Payments #72045. 0 CASH DOWN \$149 MO. 24 MONTHS	NEW '97 STRATUS NOT A LEASE 4 Dr. Sedan, Personal Sec. Grp., Auto, 6 Disc CD Changer, 2.0L, 16V Eng., 4 Wheel Disc Control, P/S, P/B & Much Much More. 6 Disc CD Changer. Includes Only in Gold Key Plus Payments #71216. 0 CASH DOWN \$149 MO. 24 MONTHS

Resale & APR on Selected models OAC not combinable. and \$400 Percent College Grad. Owner's Loyalty Rebates \$500-\$700 on Caravans & Voyagers only. OAC. All payments and prices plus tax, lic & \$395 doc fees. Up to \$3000 rebate on LHS Only, OAC. All prices and payments include applicable rebates. '97 Dodge Neon (P/W) \$7508.80. '97 Dodge Neon Highline (P/W) \$10,642.56. '97 Plymouth Neon Highline (P/W) \$11,028.56. '97 Voyager (P/W) \$13,555.08. '96 Cherokee SE (P/W) \$8,382.38. '97 Caravan (P/W) \$13,546.18. '97 Breeze (P/W) \$12,581.45. '97 Cirrus (P/W) \$13,744.82. '97 Grand Cherokee (P/W) \$28,278.88. '97 Stratus (P/W) \$13,653.70. 6 Disc CD Changer Included Only in Gold Key Plus Payments. CD Changer not included in sale price of vehicle. Vehicles are subject to prior sale. Dodge only in Pearl City. Vehicles not exactly as shown. Offer ends 3/19/97.

CUTTER DODGE In Honolulu 735 Dillingham Blvd 842-6300

CUTTER DODGE In Pearl City 921 Kamehameha Hwy 455-1071

Map showing locations in Honolulu and Pearl City.

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\$159 **\$244** **\$289**

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'89 TOYOTA TERCEL Auto, Air (F8A207).....	\$2,888	'90 HONDA PRELUDE SI Loaded, Sharp. Call (F51100).....	\$9,488
'89 FORD T-BIRD Air, Auto (8597).....	\$3,688	'92 HONDA ACCORD Auto, Air, Loaded, Where (F72160).....	\$9,988
'91 DODGE SHADOW Air, Low Miles (G10001).....	\$3,988	'91 MAZDA RX7 Air, Wheels, Sporty (F03093).....	\$9,988
'91 GEO STORM Auto, Air, Sporty (G63112).....	\$3,988	'91 FORD MUSTANG (Convertible, 5.0 (E01771).....	\$9,988
'90 FORD TEMPO Power, Auto, Air (D00133).....	\$4,988	'93 MITSUBISHI ECLIPSE GSX Auto, Sporty (F11188).....	\$10,688
'90 DODGE DAYTONA Air, Wheels, Sporty (F19058).....	\$4,988	'93 TOYOTA CELICA GT Auto, A/C, Power, Spoiler (E01188).....	\$10,988
'88 HONDA ACCORD LXI Auto, Air (F19272).....	\$6,488	'92 ISUZU RODEO 4 Dr., Air (E18773).....	\$11,888
'91 CHEVY CAMARO Auto, Power, Wheels (E01220).....	\$7,888	'95 MITSUBISHI ECLIPSE Air, Cassette (H01157).....	\$12,988
'94 MAZDA PROTEGE Air, Wheels, (Lean (G1A267).....	\$7,988	'93 HONDA ACCORD SE Auto, Leather (F11080).....	\$13,988

** Vehicles Subject to Prior Sale. Price Plus Doc Fee, Tax & Lic. Sale Ends 3/19/97. Plus Tax. Payment includes all applicable rebates. \$2500 cash reduction. 8 Drive-Off Fee. 12,000 mi. p. yr. 60 mo. Closed end lease. *Residual. From '91 '97. Villager 7880.75. Cougar 8713.20. Subject to prior sale. Price plus tax, lic. & floor fee.

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 WARRANTY INCLUDED ON EVERY USED CAR (1990 OR NEWER) WITH LESS THAN 60,000 MILES. DOES NOT APPLY TO VEHICLES STILL UNDER FACTORY WARRANTY. EXCLUDES STAKE BEDS AND UTILITY VEHICLES

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40,000 MILE Limited Warranty*	45,000 MILE Limited Warranty*	50,000 MILE Limited Warranty*

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 Includes premium pads or shoes including call of semi-metallic pads if C.S. specified. Includes brake drums or rotors. Adjust drum brakes for service side only. Road test vehicle. Wheel bearings regreased extra if needed. *All other required parts or adjustments extra if needed.

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 Frequent visit engine maintenance includes oil change and filter. 15/30W Oil. Most Vehicles. Price includes oil disposal.

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 Three-Angle Alignment of most vehicles includes 4 wheel. Parts. Shims. Related Parts extra if needed. Ask for estimate for your TYPE OF Vehicle.

BASIC BRAKE SERVICE \$99.96
 Includes premium pads or shoes including call of semi-metallic pads if C.S. specified. Includes brake drums or rotors. Adjust drum brakes for service side only. Road test vehicle. Wheel bearings regreased extra if needed. *All other required parts or adjustments extra if needed.

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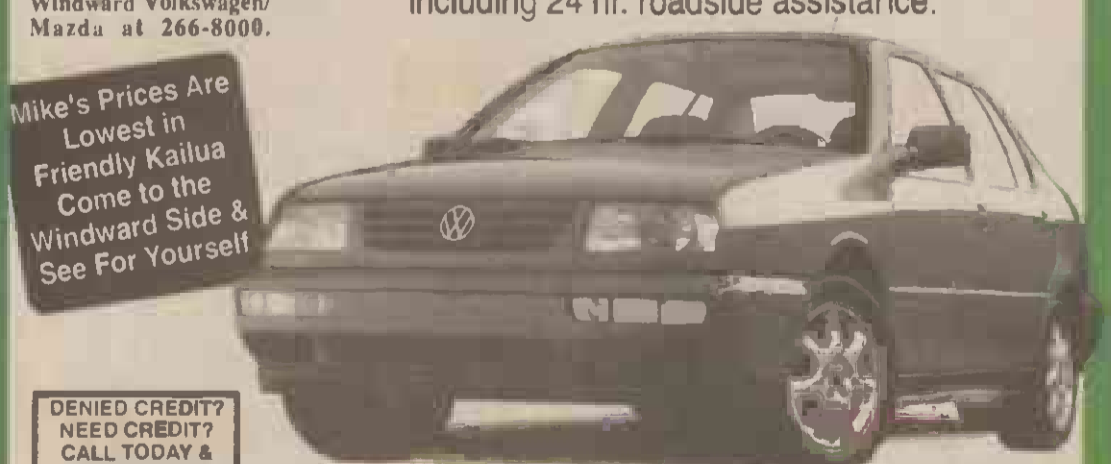
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Mike McKenna

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10-YEAR/100,000 MILE FACTORY WARRANTY PLUS...
 All your maintenance costs are paid by Volkswagen for the first 2 years of ownership including 24 hr. roadside assistance.



THE SPECIAL Drive a NEW '97 JETTA with Air Conditioning, AM/FM 8-Speaker Cassette, Alarm, Power Locks and more! #77060 **\$197 month**

Mike McKenna's Friendly Kailua Town
266-8000
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Vehicles subject to prior sale. Jetta #77060 48 mo. lease 197 mo. 1719.00 dwn. plus 225.00 sec dep. 450.00 bank fee. Pmts. total \$9456.00. on approval of VCI credit, option to purchase at lease end \$8560.00. Leases include all costs except for lic. & regis fees, taxes & DLR. options if any. Certain restrictions apply. See us for details. Your final negotiated price may differ. Offer ends 3/16/97 **\$195 DOC FEE**

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AND... ALSO INCLUDES 1-YEAR ROADSIDE ASSISTANCE!

'89 Ford Probe 5 spd, 4 cyl, runs good! #12593/FHPU512 \$4,995.00 WAS \$6,995	'95 Mercury Sable Auto, A/C, 26 K Miles, Loaded! #12124/FXE668 \$12,995.00 WAS \$14,995
'88 Nissan Maxima GXE Loaded! 4Dr, Auto, Low Miles! #12966/FSC415 \$6,995.00 WAS \$8,995	'94 Plymouth Voyager Low Miles, 6 Cyl., #12967/FSF234 \$12,995.00 WAS \$14,995
'90 Ford T-Bird Super Coupe Fully Loaded, Only 56K Miles. #12934/FVV298 \$8,995.00 WAS \$11,995	WE BUY CARS TOO!!!
'93 Ford Probe 5 Spd, 35K Miles, A/C, Cass. #12832/EZS231 \$8,995.00 WAS \$10,995	'94 Ford Ranger Splash 4x4 Loaded! #MAT047/#12834 \$13,995.00 WAS \$15,995
'93 Ford T-Bird LX Auto, A/C, 47K Miles, Loaded. 12822/MYX756 \$9,995.00 WAS \$11,495	'93 Ford Aerostar Auto, A/C, 33k Miles, Loaded. #12836/FBD232 \$13,995.00 WAS \$15,995
'92 Chrysler LeBaron Conv't. LX 36K mi., #12852/KKN186 \$9,995.00 WAS \$12,995	'91 Ford Explorer 4x4 4 Dr., Auto, A/C #12955/GGP642 \$15,995.00 WAS \$17,995
'91 Buick Park Avenue Only 51K Miles, Fully Loaded! #12920/FNV013 \$9,995.00 WAS \$12,995	'95 Ford Windstar Auto, A/C, Cass., Loaded! #12482/FTY218 \$15,995.00 WAS \$23,155
'91 Honda Accord EX Auto, A/C, full power, loaded #12680/ECZ742 \$11,995.00 WAS \$13,995	'96 Honda Accord 4 Dr. LX Auto, Only 10K Miles! #12965/GFA242 \$16,995.00 WAS \$18,995
'93 Acura Integra RS Black, super clean, must see! #12610/EYP579 \$11,995.00 WAS \$13,995	'95 Mustang GT Loaded with extras, only 14K miles #12811/FZZ596 \$17,995.00 WAS \$19,995
'95 Ford Ranger Auto, A/C, Cass, Full Power #12237/GDZ864 \$12,795.00 WAS \$16,995	'95 F-250 Supercab 4x4 Only 27K Miles, Auto, A/C #12968/FUN4WD \$24,995.00 WAS \$26,995

Mike McKenna's Friendly Kailua Town
266-7000
725 Kailua Rd.
\$195 DOC FEE

All vehicles subject to prior sale. All prices and payments + \$195 doc fee, tax, lic. & fav. Sale ends 3-16-97. on 8 mos/6,000 ml. warranty, whichever comes first.