

Band takes show on the road

Tax help is just a phonecall away

Marines stomp sailors in intramurals

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February 8, 1990



Are you ready to go to war?'

### **MAGTF** proves itself at PTA

Story and photos by Cpl. Jason Erickson

Vol. 19, No. 5

by Cpl. Jacon Erickson POILAXULOA TRAINING AREA - The Marine Corps Combat Readinees Evalu-ation System (MCCRES) tests the combat rendiness of units throughout the Corps, and BSSG-1 was the most recent unit to be serutinized within the 1st MEB.

within the 1st MEB. While serving elements of the MEB during PTA 1:90, Combat Service Support Detachment38 (CSSDet. 38)-comprised of some 2:30 Martues and sailors from BSSG-1-- was put to the test by a group of controllers selected from within the Brigade. The last time they were tested was in 1988. The broad guestion is

were tested was in 1988. The broad question is simple: are you ready to go to war and complete your mission? With a unit as diverse as a support detach-ment, the answer is anything but readily apparent. But, through Headquarters Marine Corps-established perform-ance standards, the question can be answered.

Although the object is to Although the object is to determine the entire Group's readiness, controllers must observe the unit in a combat environment to determine combat readiness. Rarely, if ever, does the entire Group train at full strength. "When we take a detachment to the field, it's to support other mits within the MEB, such



Sgt. Robert Rocha of CSSDet.-38's reaction force prepa ward off an enemy assault during the MCCRES at PTA

as 2d Bn., 3d Marines, and as 2d Bn., 3d Marines, and ls Bn., 12th Marines which are out here (PTA) now." said Maj. Felix Bush, command-ing officer of CSSDet 38."For units of that size, we put together a support element inst large anough to accomjust large enough to accom-modate their needs "

He added that the only time

the entire BSSG would be the entire RSSG would be used is if the full strength of the MEB was in the field. That would not likely hap-pen unless "there is a real contingency," said Bush.

The CSSDet. is comprised of small detachments of each of the units within BSSG-1. Those units are Maintenance,

Motor Transport, Medical, Dental, Supply, Landing Support and Engineers. There is also a Headquarters and Service element which contains military police and communicators and admini-stration percennel. stration personnel.

In order to evaluate all elements, scenarios

sometimes have to be simu-lated to put each section to the test, according to Maj. 'Fim Hennessey, a controller for the MCCRES.

For example, in order to test the effectiveness of the perimeter defense set up by the detachment, aggressors

See MCCRES/A-4

Division Matches set

Pacific

Camp H.M. Smith—Many of the best shooters in the Pacific are poised and ready to go. Almost two weeks of safety chasses, practice and traditional qualification firing wraps up today in the Pacific Division Matches at Puuloa Rifle Range.

Competition gets underway tonorrow with the first day of preliminary rifle firing, while pistol preliminaries and day two of rifle preliminaries will follow Monday.

Preliminaries will determine the positioning of shooters as they enter match compe-tition.

Actual match firing will begin Tuesday for both rifle and pistol, and will continue through next Thursday. There will be two days of individual competition and one day of team competition. Award ceremonies are acheduled for Feb. 16.

uled for Feb. 16. Marines from Headquarters and Service Bn., FMFPac; Marine Barracks, Hawaii; 1st MEB; MCAS Kaneohe Bay; and Camp Smith have been joined by other qualified com-petitors from the Hawaii National Guard, U.S. Navy, and U.S. Air Force, as well as civilians certified by the NRA.

Winners of the competition will have the opportunity to go on to the Marine Corps Matches at Camp Lejeune, N.C., in April.

# Trainer hones night attack

Story and photo by Cpt. D. Scott Fuller MCAS Yuma Anz

MCAS YUMA, Ariz. – The newest advancement in aer-ial comhat capability has arrived here. The AV-8B Barrier H, rapidly becoming the Corps' finest close-air support aircraft, has now seen the light on their darker aide with the aid of the AV-8B Night Attack Weapons Systems Trainer (NAWST). The AV-8B NAWST was dasigned for use in training Marine Corps pilots transi-tioning from the AV-8B Barrier H, currently employed Corps-wide, to the new night attack aircraft. The new trainer, which became operational last month, allows pilots to per-MCAS YUMA, Ariz. ~ The

allows pilots to per-n entire night attack onth

News In Brief

### New system maximizes AV-8B realism

craft including engine startcraft including engine start-ups, field and carrier takeoffs and landings, air-to-air and air-to-ground weapons deliv-eries, threat avoidance and tactical navigation. "In simple terms," said Charlie Holnes, Military Air Com-mand training systems pilot instructor/operator, "the Night Attack simulator can do everything that an AV-BB Harrier can do." During an actual night at-tack, the pilot would have to

tack, the pilot would have to wear night vision goggles (NVG). The pilot has a limited field of vision when utilizing NVGs. In order to compensate for tack of pe-ripheral vision, the pilot must turn his head to visualize a target or enemy to his left or right. The Night Attack simulator is exactly the same. The simulator is designed

ace." A head tracker device is

Due to the sensitivity of the NVG's when viewing See HARRIERS/A-12



**Makahiki Marines** Aneln Jono of Kaunakakal, Moloka: leads the FMFPac Band with som Band Officer Capt. Mel Tillar. See related story and photos, Page A-8

### No passengers in trucks on base

New station regulations prohibit the transport of pase engers in the back of pickup trucks aboard the station, niless seathelts are installed in the vehicle and any vorn by the passengers. This applies to all government



owned or leased vehicles as well. For further information, contact the Joint Safety office at 257-2096.

### Commissary to open Seven Days

Starting Feb. 20, the Kaneohe Bay Commissary will be opened for a seven day operation. The operating hours are as follows: Monday from 11 a.m. to 5 p.m.; Tuesday-Friday from 10 a.m. to 10 p.m. with limited services from 7·10 p.m.; Saturday and Sunday from 10 a.m. to 4 p.m. The Com-missary will be closed on all legal holidays and open from 11 a.m. to 5 p.m. the day following all holidays. For more information call Harlan Kurisu at 257-2612.

### Vietnam-Era GI Bill Ends

Servicemembers who started active duty prior to Jan. 1, 1977 and were eligible to receive benefits under the Vietnam Era Gi Bill (VEGIB) may receive benefits under the Montgomery GI Bill (MGIB). No further benefits will be paid under the VEGIB, which ended Dec. 31.

Servicemembers may be eligible to convert VEGIB to MGIB if they served on active duty between Oct. 19, 1984 and June 30, 1988; had remaining VEGIB entitlements as of Dec. 31, 1989; and received an honorable discharge if not currently on active duty.

compensate for lack of pe-

to force the pilot to turn his head," said Holmes. "If you don't turn your head, you won't see what yon need to

A head tracker device is set up above the cockpit in the sphere-shaped simulator and sensor is positioned on the "op of the pilot's helmet to follow every head movement the pilot makes. The eye on the head tracker projects an image on the simulator screen everywhere the pilot looks. Due to the sensitivity of

# Maintenance makes the rotor world go 'round remember, detailed the dam-age the 'bird' received in a mortar attack. If it could

By Sqt. T. Shearer The CH-46 Sen Knight helicopter is a combat-tested workhorse of Marine avia-tion. While the hasic design was conceived 30 years ago, evolution has developed it into an integral, versatile part of the Marine air/ground comhat team. Mishnos over the past few

comhat team. Mishaps over the past few years have put the helicopter years have put the helicopter and its crews on the skyline, but according to Marines who know about aviation, regard-less of the amount of train-ing time and expertise devel-

ing time and expertise devel-oped, accidents can happen when you mix men and ma-chinery. For every hour a Marine helicopter is in the air, as miny as 10 hours are spent on the ground ensuring it's safe to 19. On top of that, each helicopter is sent to Naval Aviation Rework Facilities to be "rehuilt" every time major modifications are developed. The CH-46s flying today are on their sixth major developed. The CH-468 flying todayne on their sixth major overhaul since they first flew in the mid-808. The CH-46 story storted as early as 1957, when the Department of the Navy went

shopping for a helicopter to fill medium-lift requirements. Boeing was given the con-tract, and in the mid-60s the first CII-46s rolled off the line and flew into the Corps'

arsenal. It was a primary troop and cargo mover through the Vietnam War, where the idea of using helicopters in armed combat

where the idea of using helicopters in armed comhat grew from infancy to maturity. Sea Knight produc-tion was stopped in the early 70s. While politicians in Washington are deciding the fate of the V-22 Oprev pro-gram, ideas for extending the service life of the CH-46 are heing considered. Evolution of aviation tech-nology and the changing meeds of the Corps have altered the internal workings of the aircraft, but the out-side skin and the airframe underneath are basically the same as when they first rolled off the assembly line 25 years ago. The CH-46s have been flying since then, and are still going strong.

still going strong. A review of the flight hour records turned over to HMM-165 in late January, as part of the unit deployment pro-gram, shows that the heli-copters they received from 11MM-364 have flown any-where from 4,000 to 7,000 hours.

hours. "The 'birds' we had in Okinawa actually had records of damage they received while flying combat missions in Vietnam," said Cpl. Ingo Vietnam," said Cpl. Ingo

mortar attack. If it could survive a mortar attack and still be flying today, I'd say that proves the CII-46 has a pretty good track record." The "good track record." isn't only the opinion of crew chiefs who dedicate their lives to Marine aviation—it's documented in volumes of records kept on each CII-46 that every squadron in the Corps is flying. It seems as if paperwork is the catalyst

something is not working quite right on the helicopter, and the third generates from Naval Instructions that cover a part that was found had in that type of aircraft some-where else in the world. The scheduled maintenance program establishes on going, objective time limits that

program establishes on going, objective time limits that parts can be kept on a helicopter, and when parts must be checked for wear. For example, the maximum time an engine can be used is 1,200 hours before it is

### "If an aircraft is unsafe, it won't leave the deck.

of a flying squadron, and the written record of the story of how crews can keep a heli-copter in the sky for more than two decades. Guidelines controlling how a squadron does everything—from pre-flight checks to post-flight maintenance—fills detailed volumes of manuals. The number of people who inspect even the day-to-day routine maintenance varies from maintenance varies from three to six Marines. Every bolt on the helicopter, every tool checked out of the boli on the helicopter, every tool checked out of the squatron's tool room, and every person involved in the process is recorded on logs that stay with the helicopter until that "bird" is sent to mothbulk

mothballs. "When talking about main-tenance of an airplane, there is no shortcut. . .period," stressed MGySgt. George Williams, MAG-24 G-1, and a MAG-24 G-1, L veteran of rotary 17-year 17-year veteran of rotary wing maintenance. "It doesn't matter if you're flying here at Kancohe or in a comhat zone: everything is done by the book. If an aircraft is unsafe, it won't leave the deck."

The rules that govern The rules that govern decisions on safety are handed down from Naval Air Systems Command, Norfolk, Va., and are "carved in granite" in the form of Naval Operation Instructions. To a layman, these rules of main-tenance can be compared to an auto rangir manual. The pulled out and replaced. Even if the engine is running fine, statistics have shown that after 1,200 hours the chances of engine failure increase. "You can't maintain a helicopter like a car," said

helicopter like a car," said SSgt. Harry Horner, flight-line noncommissioned-officer-in-charge for HMM-165. "If the engine in your car is running fine at 100,000 miles, you go with it; if it breaks down, you're just stuck on the rond. That's why we send what appears to be perfectly good engines back to be reworked; if they break 5,000 feet above the ground, someone can get hurt."

someone can get hurt." Scheduled maintenance covers everything on the helicopter. The maintenance section constantly monitors the flight bours on the air-craft and logs the flight hours on each piece of equipment that is crucial to flight. Before the helicopter flies, the lows are checked to ensure before the helicopter thes, the logs are checked to ensure there is no machinery on it that will exceed the maximum time limit before the mission is accomplished.

The work every mechanic performs is checked as many as six times before the heli-copter is signed off as safe to fly by the squadron's own quality assurance people. For many repairs, there must be an inspector present to observe that bolts are put on properly and tightened down to the correct specifications.

to the correct spectromotions. Through the scheduled muintenance system, the goal is to ensure everything on the helicopter is in safe working condition when the air crew climbs aboard.

That's only the beginning. That's only the beginning. Three hours before a sched-uled flight, the flight crew begins a routine of checks that cover everything from the nose wheels to the rear ramp. These Marines are the final set of eyes checking the maintenance process, and the

ones who ultimntely depend on the helicopter to keep them in the air. "There isn't a pilot or crewman in the Marine Corps who would (knowingly) fly in an unsafe plane," statod LtCol. I. J. Niemczyk. Sta-tion Hendquarters and Head-quarters Squadron Com-mander, who started flying helicopters during the Vict-helicopters during the Vict-he flicopter they take off in is going to bring them back home."

where the provided and the provided and

By this time, as many as cight sets of eyes (the me-chanics, safety inspectors, crew chief and pilots) have gone over the helicopter. Every part that is crucial to flight is logged in the books as having been checked. Then the pilot starts the believere helicopter.

Even the CH-46 itself can tell the pilots if something is wrong. Lights and gaoges

on the instrument panel tell the pilot if the systems on the helicopter are function-ing properly, and only after the warm-up can the pilot take off.

During flight, an ongoing cross check ensures the helicopter is functioning properly. Any strange vibra-tions, noises, or control responses are analyzed by the flight crew. Anytime the crew chief or one of the pilots suspects a mechanical prob-lem with the helicopter, they can cancel the mission and

can cancel the mission and return to base or fly to an alternate landing zone.

operating procedures work "We were flying a VIP mis-sion out of NAS Pensacola sion out of NAS Pensucola, Pla., when the engine on our Huey (UH-1) blew," he said, "It was the instilled instant reaction that saved us. I did what is called an auto-rota-tion into a golf course and landed safely.

"The mechanics came in, replaced the engine, and the next day I flew the same helicopter back to the Sta-tion," he said. "Everyone in a flight crew is trained to handle emergencies and, in most cases, tragedy can be avorted."

Misinformation on "dan gers" of flying can lea. to disaster, though. It can start with casual comments from a plataon commander about platoon commander about how the "most dangerous part of combat is flying in the helicopter to get to the enemy". This can breed a negative attitude in a young Marine, leading to apathy about wearing senthelts and fastening chin straps on cranials. A key to survival, should an aircraft crash, is using all possible safety devices.

A recent safety modifica-tion to the CH-46 is the installation of water-activated lights around the escape hatches. This allows Ma-

"Anytime the crew suspects a problem, they can cancel the mission.

rines to locate an exit in the dark should a helicopter be submerged in water.

submerged in water. Brigude Schools incorpo-rated a program called SWET (Shallow Water Egress Train-ing) into its schedule of classes in June. In SWET, students learn how to get out of a helicopter if it goes down in water. By combining SWET with the new Marine Corps Combat Qualification Swim Program, the chances of surviving an accident over water are greatly increased.

"It's important for people to get into the helicopter and buckle their seathelts and put the cranial (helmet) on cor-rectly," said Hentschel, who has flown hundreds of hours with troops on his helicophas hown hundreds of hours with troops on his belicop-ters. "This kind of training and the importance of it should be addressed more. When I see an infantryman get on and go to sleep, I know he isn't thinking about emergency exits and what he would do if something hap-

# Early morning vigilance keeps helicopters flying

All is quiet as the sun breaks over the Pacific, silhouetting a pair of 51-foot diameter rotor assemblis perched atop the 67-foot-long hull of a CH-46. The silence is broken like a freight train rolling through Georgia night, as the massive door to Hanger 101 slides open and a lone figure strides across the conmhlie

slides open and a lone figure strides across the con-crete. It's 5 a.m., and a crew chief is beginning the three-hour ritual of preparing his bird for flight. Early morning hours are routine to him, as ensuring his helicopter is fit for flight requires hours of preparation. In his hands is a book containing the check flats that are his life blood. No matter how many times he has strode across the early morning flightline to pre-flight a helicopter, he still relies on books instead of memory. The mission he performs is as vital to flight as the jet fuel that fires the CH-46's twin turbo-iet engines.

it engines. The crew chief is generally a corporal or sergeant who broke into the business by earning his starch as a helicopter mechanic. This makes the CH-46 internal workings familiar to him. Procedures for checking and rechecking maintenance work on aircraft are ingrained into his thought process. By looking at the records on the helicopter, he can tell what has been done to it, who has checked the mechanics work, and any other piece of information that could affect the day's flight.

A crew chief guides the pilots of a CH-46 using hand and arm signals

He deftly works his way around the bird. His hands are not unlike a surgeon's as he probes wires and checks nuts and bolts. Like a nurse giving life-giving plasma, he checks, fills and records the amount of oils and fluids he pours into it.

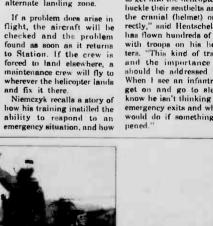
Slowly his pre-flight checklist is filled with initials nd he reports to maintenance control with the paper ork. Meanwhile, the pilots have started briefings of their own

their own. The Ready Room is a hub of activity within the squadron; it's where plots gather to get briefed on flight details. The plot and co-plot are sitting in a corner with books full of checklists and safety proce-dures spread open. Just as the crew chief relies on checklists for the helicopter, they too depend on books to cover every detail of flight. When they have gone over every detail that can

affect their day's flight, they join the crew chief in a last check of the helicopter. When their check is complete, all the paperwork is signed off and mainte-nance control gives a "thumbs-up", they begin the process of starting the engines. Starting the helicopter is a three-man joh. The pilot and co-pilot are going through a series of challenges and commands, as one man monitors a manual and the other filps switches and reads the dials and gauges.

the other flips switches and reads the dials and gauges. The crew chief is walking around the outside of the helicopter monitoring the process, watching the ex-haust and making sure the blades are clear. Three hours ago the crew chief began the pre-flight checks. The helicopter has been gone over from top to bottom and slowly the pilot starts the blades into their super sonic rotation that will lift the bird into flight.

Ø tenance can be compared to an auto repair manual. The manuals have detailed in-structions, illustrations, and all of the required safety in-structions for each individual component on the aircraft. There is no guess-work, and no tolerance of variation. Decisions to repair or re-place helicopter compunents generate from three basic sources. The first is sched-uled phase inspections of the entire helicopter, the second is air crews reporting that Enlisted Marines are the key to helicopter maintenance. Work is done in accordance with a myriad of manuals and inspected as many as six times before the helicopter flies.







D. Alexander was the pliot of this CH-46 helicopter recovering casualities near Khe

# **Combat veterans recall memories** of helicopters flying in battle

"The helicopler provides commanders with rapid movement and vertical envelopment that would be inpos-sible without their presence," according to Fleet Marine Force Manual 7-3, "Close Air

Force Matthew Support". Looking into historybooks about the Korean and Viet-nam Wars, photographs people see of Marines fight-ing are as likely to include belicopters as they are rifles and havonets.

The helicopter was tested under fire in Vietnam. Marine combat veterans have many stories to relate what happens when men start shooting at each other, and

262-2333

Hawaii Marine

how concepts of Marine doctrine work.

In Vietnam, the helicopter nd grunt fit together like and and grunt fit together like the smell of gunpowder and mud. Combat-tested grunts are quick to say that there were many times that the sound of rotors besting the air brought a sense of life-saving comfort. Pilots can tell starting through through tell stories of flying through fire to deliver ammunition or pull a wounded Marine out of the bush to get him to an aid

the bush to get hun to an au-station. April 26, 1967. Capt. J. D. "Whip" Alexander had ar-rived in Vietnam less than a month ago and was assigned to HMM-262, flying out of Marble Mountain, near Da

Nang. Assigned to what was called a Sparrow Hawk force, they flew companies of in-fantrymen to hot spots in the area of operations.

On this spring day, Alex-ander was about to receive his baptism under fire. A frag came in for them to fly a company of grunts to an area near An Hoa to engage what was thought to be a area near An Hoa to engage what was thought to be a small force of Viet Cong. Forty five minutes later a flight of four helicopters were greeted into a hot landing zone by a cross fire of machine-guns manned by a battalion of North Vietnam-ese Army soldiers. "It was chaotic," said now Col. Alexander, Chief of Staff

for the 1st MEB. "The best I can describe it is like a have mower. The fire was cutting the Marines down as soon as they came off the ramps of the helicopters. There wasn't envithing we could do The anything we could do. The wounded were there and we wanted to get them out."

While on the ground, the helicopters were easy prey for the NVA gunners. Every crew member on the four helicopters was wounded, and every piece of glass in Alex-ander's bird was shot up, as his instrument panel lit-up with warning lights. Trans-mission fluid was leaking into the cockpit from the forward unit overhead.

"The crew chief was out of

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the bird helping the wounded get back in," recalled Alexan-der, intensely remembering the dramatic event. "We took a majority of the assault force back according works."

That was his first major combat assault force back as medivacs." That was his first major combat assault mission, and the beginning of a fight that would last through the night. "A helicopter pilot looks at the abilities of the bird and wants to help the Marines on the ground as much as he can," said Alexander. "You're the only help that a wounded Marine has. With-out a helicopter to pull him out, he's probably going to die." di

die." In his 13-month tour of combat, Alexander flew 540 cômbat missions. When Marines were engaged in a fight, helicopters were there from start to finish--Dying in supplies, pulling out wounded Marines, doing anything they could to help defeat the enemy. "In my 13 months there

moved to Quang Tri, had 25 men killed in action and lost 26 helicopters to heavy artil-lery and rocket fire. But the cost had its bene-fits for the men on the dying of men like Alexander. "Helicopters were every thing in Vietnam," said MGySgt. Leland Franklyn, Ist MEB G-6. Franklyn was an NCO in Vietnam from bined Action Platoons oper-ating in the areas around Quang Tri. "You alwaysknewthat if a man was down or you needed your, be said. "They were bifted action from the years the said." They were to fifther and hismenoper.

the lifeline of men on the ground." Franklyn and hismenoper-ated in small detachments away from major support bases. The only way for his men to get in and out was hy helicopters.

### 'If a man was down ... a helo was just a call away.

were over 350 small-arms hits on helicopters I was flying," said Alexander. "After that first major assault mission I flew, I remember thinking that if all of them are that intense, it's going to be hard to finish a 13-month tour, and not go home in a body bag." bag.

For hundreds of aviation For hundreds of aviation Marines involved in support-ing infantrymen during the war, the 13 months would never come. During the siege of Khe Sanh alone, Alexan-der's squadron, which had "There was 40 milesofsand dunes, enemy, and land mines between us and help," said Franklyn. "As long as you could read a map and know where you were, you could get help. I can't remember ever calling for a helicopter and not getting one."

"The CH-46 helicopter has proven it's worth in combat," said Alexander. "They're going to be around for a long time, and the concepts of using them effectivly in combat are still growing."

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### HAWAII MARINE

# PTA MCCRES: Are you ready?

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MCCRES/from A-1 were organized to attempt in-filtration of the compound., Capt. Thomas Quigley, the executive officer of the de-tachment, was put in charge

of security. "We have to utilize the assets that our organization provides because we are not equipped with the same weapons organic to an infantry company, and we



Sot. Robert Rocha relaxes after an assault

don't have large numbers of troops available to provide security," Quigley said. He added however, that unless they protect their perimeter, in essence, unless they live, they olviously can't do their job. First Lt. Mac Tillman, the executive officer of Combat

First 1.1. Mac Tillman, the executive officer of Combat Engineer Platoon and 1stLt. Jerry McCallus, the com-manding officer of TOW Platoon, both from within 3d Marine Regiment, were as-signed to evaluate the detach-ment's defensive security measures

"They are operating up to standard," McCallas said, adding that there are areas identified for improvement. "Of course, they're not going to be at the forward edge of the battle."

Tillman added however, that that doesn't mean they won't be the object of enemy operations. "It's nothing operations. "It's nothing new — If the enemy can take out the support element, they cut off the support to the front line, and it's only a matter of time hefore we fall apart. So security is impor-tant."

But providing for security is only one aspect of CSSDet, readiness. Can they provide for the many demands of the units they support?

"I have complete confidence that my people know what to do, and that they'll do it,"

said Bush. "My concerns are with coordination be-tween ourselves and the commands we serve in providing for proper security."

He said that from what he has heard, that was one of the points identified as being weak when BSSG-1 wasevalu-ated in 1948.

This year, Bush made sure that security was not over-looked. While the standards looked. While the standards are spelled out very specifi-cally for each element of responsibility, things such as creating a force of security toops pulls personnel from other assets.

"How a commander utilizes the resources he has will depend on the situation at hand, so achieving the necessary standards can be approached in a variety of ways," Hennessey said, "Djf-ferent situations call for different reactions. The key to an effective support ele-ment is flexibility."

For MaJ. Bush, flexibility was the name of the game. "We're out here supporting three different training exer-cises, we've got the CPX going on, and at the same time we're being put to the test as part of the MCCRES," Bush said. "It's really a juggling act to meet all of these mission responsibili-ties."

"We have to stay flexible and we have to stay one step ahead — that's the only way to be effective."



LCpl. Dean Luth and dog, "Kimo," from the Military Police, lead a patiol from CSSDet.-38's Reaction Force. Each petrol was led by an MP with a training dog to enhance the force's capabilities.



191 Lt. Jerry McCallus (right), a MCCRES evaluator, looks over operational guidelines for perimeter defense with Capt. Thomas Quigley, the executive officer of CSSDet.-38.



### February 8, 1990 Artillery provides punishment on the move

### Story and pholo By LCpl. G. Smith

POHAKULOA TRAINING AREA — The name painted in block letters on the barrel of the M198 155mm howitzer of the M198 155mm howitzer artillery piece simply read "The Punisher." And in a combat situation, punishment is just what it would be dealing to the enemy. The Punisher was just one of several "niner-eights" 1st Bn., 12th Marines brought to the month-long PTA 1-90 training evolution here while serving as the artillery de-

serving as the artillery ele-ment of the 1st MiB. Butteries B and C provided M101A1 105mm guns in addition to the 155s, and the

command element was filled by Headquarters Battery, as 1/12 performed several types of training missions through-out the month.

out the month. The first week (Jan. 6 12) saw the battalion in the

"battery phase," with each battery training Individually. "The batteries were outstand-ing the first week," said Cpl. John McKinnon, Battery B artillery scout observer. "It was mainly shooting and moving a lot." January 13-16, the entire battalion came together for the "battalion phase." Each battery, including Headquar-ters, has a Fire Direction Control (FDC) center which controls and coordinates all

controls and coordinates all artillery fire. For the bat|al-ion phase, the Headquarters Battery FDC controlled all the fire, doling out strike missions to each gun bat-

The next three days con-sisted of supporting 2d Bn., 3d Marines during "Valiant Fire." Each battery is in direct support of an infantry battalion, according to McKinnon, and Battery B supports 2/3. "But, for Valiant Fire, Headquarters (Battery) metered out all the fire evenly to Bravo and Charlie (Batteries)," he said. "But, for "Even though Bravo was the one in direct support of 2/3. Charlie did as much firing as

HAWAILMARINE

Brave." Another facet of artillery Another facet of artillery fire that 1/12 practiced was suppression of enemy air defense sites. Rounds are fired at targets prior to air strikes by friendly jet aircraft, in this case, VMFA-212's F/ A-18s. "We suppressed the air defense capabilities of the enemy (targets) to clear the way for our aircraft to follow in and drop their own ord-nance," said 1stLt. Steve Lord, Battery B executive n and grop their own of on nance," said 1still. Steve Lord, Battery B executive officer. "We also fired out marking rounds, like white phosphorous, so the F/A-18s could find the targets." Besides throwing out

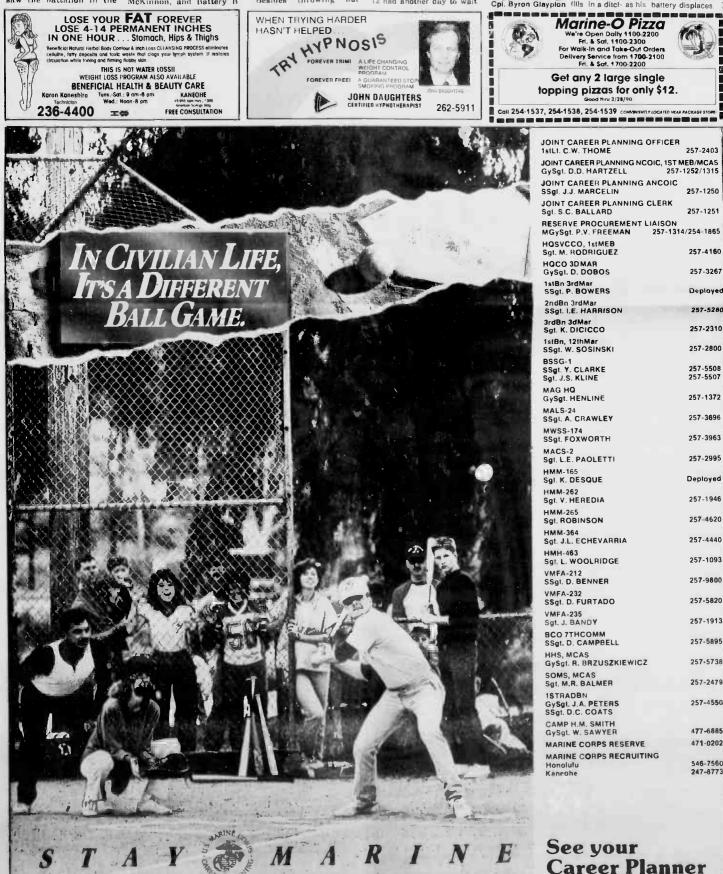
with pinpoint accuracy, the Marines of 1/12 are also re-sponsible for defending their own positions. Therefore, the "Arty. Mariners" energy own positions. Therefore, the "Arty Marines" spent a couple of days at small-arms couple of days at small-arms tactics training. The battal-ion fired the M-60 and .50-caliber machine guns and the squad-automatic weapon, in addition to throwing gre-nades and firing an M-16 course. "We refamiliarized ourselves with the weapons," said Lord. "This was good practice for the Marines."

rounds at far-away targets

practice for the Marines." The battalion began prepar-ing for the retrograde back to Kanenhe Bay, Jan. 24. Most of the vehicles, guns and equipment were driven down to Kawaihae Pier near the Kona coast and staged be-fore being loaded onto barges headed back to the Air Station. The Marines of 1/ 12 had another day to wait

A-5

Cpl. Byron Glaypion fills





# MAG-24 rules Big Island sky

Story and photos by LCpl. G. Smith

A-6

POHAKULOA TRA NING AREA — Serving as the AREA - Serving as the aviation combat element for PTA 1-90 here, Marines from several elements of Marine Aircunft Group-24 hattled wind, rain, high altitudes and 2000 million and the second second difficult missions while sup-porting the month-long exer-

To some, the Group's mis-sion may seem cut and dry: fly aircrnft, deliver ordnance and communicate

However, an operation of P'A's magnitude requires extensive effort and coordi-nation, and MAG-24 was up to the task.

The Marines from HMM-265 handled the helicopter missions for the exercise. The squadron's pilots and crews flew support missions vary-ing from night vision goggle troop lifts and needical evacu-ations to escorting and flying VIPs around the training area. The MAG's lone heavy helicopter squadron, HMH-d63, trainsported troops and cargo between Kancohe Bay and the Big Island through-out the evolution. Another of the MAG's medium heli-copter squadrons, HMM-262, also escorted VIPs.

The weather itself was a definite enemy, as the rain and high winds made flying

tricky and dangerous. The high altitude of PTA can also affect the helo's lift capabili-ties. "The engines don't have ties. "The engines don't nave as much power available this high up," said LCpl. Jeff Meserve, HMM-265 flight-line

mechanic. High-speed sorties were left to VMFA-212. The squad-ron, which flies the multi-purpose F/A-18 Hornet jet fighters, flew airstrike, inter-cept, close-nir support and re-commaissance missions out of Kunnebe Rev.

Connaissance inisions out of Kaneohe Bay. The operation climaxed Jan 24, with all air elements coming together for Com-mand Post Exercise (CPX) 2-00. The viscous contract of the second second contract of the second second second second second contract of the second 90. The exercise is mainly a test for the command, contest for the command, con-trol, communication and in-telligence facets of all in-volved units. MAG 24 sent an advance party to PTA Jan. 19, to set up the MAG-24 command

up the MAG-24 command element buse camp for the CPX. Within a couple of days, more than 70 Marines had assembled in the tactical hase camp next to Bradshaw Army Air Field here. "The MAG ran the 'air war' during the CPX," said MSgt. Ronald Hackney, MAG-24 operations chief.

A realistic setting for the CPX was provided by con-trollers from the Tactical Exercise Control Group (TECG), who formulated scenarios for everyone to react to and act on. "Actual missions were flown by "965 react to and act on. "Actual missions were flown by '265 and '212," said Hackney, "but the controllers also had us fighting imaginary aircraft such as MIGs (Russian jet fighters) and HINDs (Russian helicopters). Even though it was imaginary, it still was hoppin' around here — we got ungodly amounts of 'enemy aircraft' launched against us."

"I think we were more pre-pared this year," said MAG 24 assistant operations chief Sgt. Mark Patton. "We did the same thing (CPX) last year at PTA, so most of our "scale know what to expect." year at PTA, so most of our people knew what to expect." Harkney agreed with Pat-ton, adding that the all elements acted together as a team. "All the missions we got, we handled — We re-acted quickly and expedi-tiously — we won."

# HMM-265 fixes it in the field

### Story and photo by LCpl. G. Smith

POHAKULOA TRAINING POHAKUIJA TRAINING AREA – It was nearing the end of the Jan. 22 workday at PTA 1-90 for the flight-line section Marines of 11MM-265. At Bradshaw Army Air Field, where the squadron was located while at PTA, it was cold, wet and dreary just the sever-where effect in the was cold, we shad reary just like everywhere else in the high country of the Big Island. But the mechanics were in good spirits; as there was but one last job to complete before securing.

complete before securing. The rear engine on one of the squadron's CH-46 heli-copter had broken its curbon seal the day before. This required a replacement en-gine, which was flown im By now it was 2.30 p.m. and the new T-58-16 powerplant had a long way to go before it could be swapped with the broken engine and the much needed helicopter put back into action.

The squadron's flight-line mechanic's, mostly corporals and lance corporals, tight-ened bolts, turned screws and adjusted everything that needed attention — closely resembling a pit clew at the lndy 500.

Then a couple of Avionics Marines took over, installing torque sensors to the drive-shaft. After a few final adjustments, the prepped engine was ready to go. A handful of mechanics

wheeled the engine to the awaiting helicopter.

Everyone pitched in to manhandle the broken engine out of the way for the new one. The lack of equipment required the crew to make a simultaneous switch which took a great deal of coordi-nation as well as muscle. Once this was accomplished, it was only a matter of hoisting the new engine into place, and attaching various hoisting the new engine into place, and attaching various hoses and valves. The whole scene was like a banch of guys trying to move a huldy's plano up a flight of stairs to the third floor. "Piece of cake " said a Marine sar-donically

donically Like swapping the engines, the flight-line crew is respon-sible for the necessary main-tenance and repairs of the helicopters during the PTA evolution. However, the tools, equipment and parts had to be airlifted in from Kancohe Bay. "It's different up here (PTA)," said '265 mechanic LCpl. Jeff Meserve. "We don't have all the tools and equipment we have at Kand equipment we have at K-Bay, but we still have to find ways to get it done anyway."

And the flight-line crew did And the fight intervention of the fight in the fight in the fight in the fight in the fight intervention of the fight inte training exercise, but vitally mortuant all the same. As one mechanic put it, "We are just doing our job."

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Cpls. Clarence Oaborn (bottom) and Richard Hull plot flight patterns and coordinates during Command Post Exercise 2-90

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HAWAII MARINE

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# MEB, Station commanders recognize Marines

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Two Kancohe Bay Marines received Navy Achievement Medals last week in recogni-tion for their devoted and professional service to

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the Corps. Corporal Jason Erickson of Hendquarters and Headquar-ters Squadron received his medal from Station Com-

mander Col. R.R. Critser Jan. 29, and LCpl. David Buckner of Co. R. 7th Communica-tions Bn., received his from MEB Communding General BGen. R.I. Phillips on Feb.

Erickson's recognition was

for his service as a photo-journalist for the Public Affairs Office at MCCDC, Quantico, Va., between Dec 6, 1987 and Dec. 6, 1989.

Buckner was awarded for his performance as a request net operator during PTA 1-90, between Dec. 29 and Jan. 25.



LCpl. David Buckner stands tall as BGen. R.L. Phillips, 1st MEB CG, pins on his Navy Achievement Medal Feb. 1.

## Corporal Jason Erickson, USMC

USMC "...As a photojournalist, the articles he wrote and photos he produced enhanced the public image of the Marine Corps Combat Development Command and the Corps by bringing the Marine Corps story to illerally thousands of readers. As a sports reporter he traveled across the Nation herialding the accomplishments of Marine athieltic teams while maintaining a full work toad as a photojournalist..."

Lance Corporal David Buckner, USMC "...Your knowledge of new digital communications systems is far above that expected of Marines of your grade and experience. While assigned as the Combal Service Sup-port request net operator,



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## Island-hopping with the FMFPac Band



FMFPac Bend members play during halftime festivities at the Pro Bowl Sunday.

### Playing with Aloha

By Sgt. B.S. Little Camp H.M. Smith

Marines of the Fleet Marine Force Pacific Band took their show on the road Jan. 27 to Molokai and again Sunday to Aloha Stadium for the Pro Bowl. The band's Pro Bowl concernence was to beef un

Bowl The band's Pro Bowl appearance was to beef up the sound of the Pearl Gity High School Band, which performed during thaltime of the NFL all-dar game. Thirty Marine tiend members took part in the performance, which included renditions of "Itawaii Calle," "Itawaii War Chant." "There Ain't Nothing Like a Dame" and "Hawaii Aloha." "The Molokai performance yas to help residents celebrate their Ka Moloka'i Makahiki Festival. The island-wide event annually fegins in October and muns through January, dommemorating the ancient flawaiian "harvest." Some 2,000 people gath-pred at O'ne Ali'i Park to peace and harvest by participating in traditional Hawaiian games and observing hula perform-ances and local singing groups. kroups

A new addition to the agenda was the FMFPac Band. During its performance,

During its performance, the band played Hawaiian music, jazz, show tunes and traditional murches. The audiences responded well, according to Band Officer and Director Capt. Mel Tillar. He added that the band looks forward to returning to Molokai for future performances. Marines of the band also added to the festivities by giving youngsters a first band opportunity to learn something about music. In its origins, the Makabiki season was

In its origins, the Makabiki season was based on an ancient belief that the god Lono had come to Hawaii for four months to teach the people the spiritual prin-ciples of peace and love.

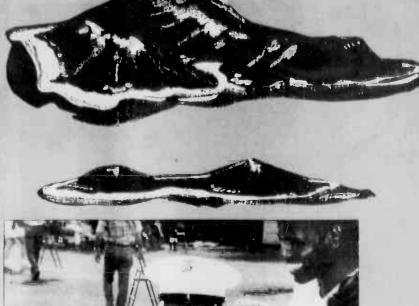


Cpl. Steve Campbell lends a horn to 11-year-old Mos



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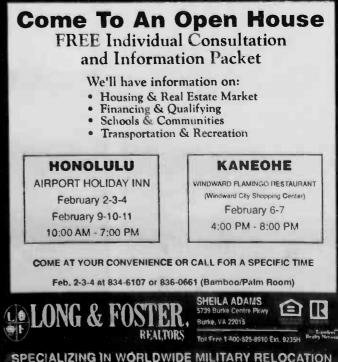
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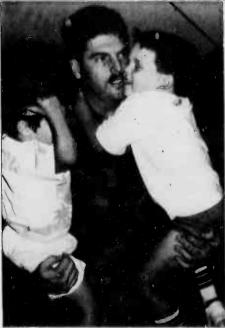
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Α.



## 1st Bn., 3d Marines comes home

Story and photos by Cpl. Jason Erickson

As the buses carrying Ma-rines of lat Bn., 3d Marines, rolled up to the Regiment headquarters, a little girl of about four years picked her daddy out of a group of cammie-clad warriors climb-ing off the bus, and went screaming across the grass to welcome him home.

Six months ago, 1/3, along with Battery F of 1st Bn., 12th Marines and HMM-165 embarked to Okinawa as part of the Unit Deployment Program.

Some of the returning Ma-rines came home to little boys and girls that they were seeing for the first time, such as LOpt. Julio Hasbun of 1/ 3, who was introduced to bis four month old say. Domino 3, who was introduced to his four month old son Damion as he stepped off the bus. Others got back in the nick of time to witness the birth of their children. For example, I.C.P. Raynard Craig came home to his nine-months-pregnant wife, Erica.

As one Marine who took a moment out from kissing his wife put it: "It's good to be home — I mean really good."



Three-year-old Michelle Hall greets her daddy, Sgt. John Hall



HAWAII MARINE

# 'All Us Kids': One way to help cope with deployments



Marine with Co. I, 3/3 cammles-up Timothy Poppen during recent pre-deployment family day.

Story and photos by Cpt. Reginale M. Cole When a Marine deploys, the emotional stress of separa-bis family. The Family Service Center here developed this family. The Family Service Center here developed the "All Us Kids" pre-teploy-ment ellinic to help fathers and their children combat motional stress when Daddy's gone. The program, which was fixed in August 1986, was adfreet concern of LtCol. Marines' commanding officer, and bis wife, Jean. "Mean and I saw in our own children that things were not as comfortable for, them when I was gone," Meier suid. "Things didn' work smoothly because they were adorstand that they are not adorstand that they are not alone in their feelings." "We want to let kids know

understand that they are not alone in their feelings." "We want to let kids know why Dad goes on deploy-ments and to promote the father-child relationship," said Gail Kiefer, Family Service Center program coor-dinator

dinato 'Most parents really don't

"Most perents really don't know how to explain why Duddy is going away," she said. "The shows and skits we present give a more de-tailed explanation." In the show, the characters (puppets) go through a series

of pre-deployment and post-deployment situations. Children also create picture posters for their fathers to take along with them. Along with that, the children are weighed and measured before their fathers' reture. Market and measured before the along with them. Along with there are ways to ense the pain of separation. "Before the father departs" have him tape the childre. "Because deployments seem on much longer to children, tates to the child." Mathough nothing may be measure an child feels when a participation of the annity service Center offers these ungestions to help them. • Dialay pictures of Dad

suggestions to help them cope: • Display pictures of Dad throughout your home, at the kid's eye level and in their activity areas. • Display pictures of the unit and explain why Dad had to go, where he went, and how long he will be gone. • Encourage your child to write letters to Dad about anything, even to enclose school work. • Keep n diary of events

• Keep a diary of events and accomplishments. Take pictures.



February 8, 1990

A family day visitor gets familiar with his dad's work before the deployment.

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### HAWAII MARINE

# Some things you should must know about bicycles

Southe the Military Police Department about children, Marines and other residents of the Air Station riding bicycles in an unsafe mau-ner. Traffic regulations, fas fatated in ASO P5500.6B, apply to bicycles as well as motor vehicles. The Military Police will issue traffic tickets to bicyclists who do not comply with the regulations. Bicycles are to be ridden whin the bicycle Innes provided throughout the Air station. If no Iane is avail abte rids with the flow of traffic, staying as close to the right side of the road as provide the across. The following Station regu-tations pertain to bicycles per statistics.

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ning Writer—to put you in the best possible light. valiability—to set you out in a crowd.

•Parents of bicyclists are responsible to ensure that juveniles are properly in-structed in the safe operation of hicycles and that they obey

or nicycles and that they obey regulations; Bicycle riders are required to follow all motor vehicle traffic regulations. Coasting through stop signs and fail-ing to signal or heed traffic lights are violations of the law:

hights are violations of the law; •Listening to walkman-type radios is not allowed; •Bicyclists emerging from an alley, driveway or build-ing shall yield the right-of-way to all vehicles and pe-destrians approaching on the radiusay:

When riding at night, hi-cyclists must wear white or a reflecting vest. A white headlight and a rear reflector is required when riding after dack.

dark; •Bicycles are authorized

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only on the streets, roads and parking areas, not on side-walks, lawns, seeded areas, athletic fields and tracks. All

athletic fields and tracks. All Station roadways not other-wise posted are open to bicycle traffic; •One hand must be kept on the handlebars at all times; •Bikes will not be towed or pulled by another vehicle; •Bicyclists shall not ride on the H-3 freeway; Another problem aboard

the H-3 freeway; Another problem aboard the Air Station is bleycle theft. Because hicycles are valuable and easy to steal, they are not safe in front yards, doorsteps carports or under stairs. The only way to protect hicycles from heing stolen is with a lock or chain. Of the 64 bicycles stolen aboard the Air Station in the last nine months, all but form were left unlocked. In the event that a bicycle

In the event that a bicycle lost or stolen, having ie.

registered will help to idenregistered will help to iden-tify it. Hawnii State law requires that all hicycles with a wheel diameter greater than twenty inches he registered. Registration may he accom-plished through the Satellite City Hall. The penalty for not registering a bicycle with the state is a \$20 fine. Bicycles must also be reg-istered with the Air Station. This requires a copy of the state registration and a valid AFID card

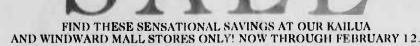
The Honolulu Department

of Transportation Services has compiled a pamphlet of bicycle regulations and safety tips that is available at no cost To obtain a copy contact Cpl. Appan at the Crime Prevention Office, 257-3110.

A-11



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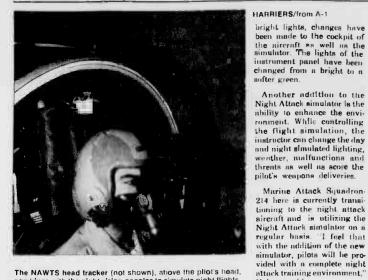
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### **Camp Smith** Marines receive awards

By SgL B. By Sq. B. S. time CAMP H.M. SMITH – Four Camp Snith Marines and one Navy officer were honored during a recent awards cremony at Borde-lon Field, here. Navy Achievement Med-lak were regented to Col-

Ion Field, here. Navy Achievement Med-als were presented to Cpl. Julie Rowe, Sgt. Edward LaFontaine and GySgt. Davis Bridshaw. A Meri-torious Service Medal was presented to Maj. Charles Young Jr., and a Navy Commendation Medal was presented to Cmdr. John David Crayeraft. Rowe, a data base admin-istrator for the Regional Automatel Services Center, was recognized for her ac-complishments in maintain-ing the data base environ-ment of the Center. LaFontaine, Account technfeian, Camp Smith Comptroller Section, was recognized for his technical ability and support in obtaining a 99.9 percent obligation rate on the Camp's FY89 operating budget LaFontaine oper-ated two complex account-ined operating budget ap-proaching 10 million dol-lars. Bridshaw, enlisted aide

Bars. Bridshuw, enlisted aide to the Commanding Gen-Eral, PMPDae, was recog-nized for superior perform-ance of duties while serv-ing as enlisted aide to the Deputy Chiaf of Staff, Manpower and Reserve Affnirs Department, Head-quarters Marine Corps. As chief cook there, his assis-tance in planning and preparing for numerous official functions contrib-oted grently to the support uted greatly to the support of the duties of the Deputy Chief of Staff.

Young, nesistant Avia-tion Supply Branch head, FMFPnc, was awarded the Meritorious Service Medal Meritorious Service Medul for outstanding service while serving as the supply officer for MAG-15 and operations officer for MAIS12 from June 1985 to May 1989. His citation noted that his exceptional technical expertise was instrumental in developing Innovations in deployed supply operations.

Craycraft, Deputy Force Crayerant, Deputy Force Chaplain, was presented the Navy Commendation Medal (Gold Star in lieu of second award) for meritori-ous service while serving as Senior Protestant Chaplain, Naval Education and Twaining Center, Newport. Training Center, Newport, R.I., from May 1986 to July 1989.



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A-12

## Hawaii Marine Sports February 8, 1990 'Generals' put a hurting on Medical sailors

### By I Cpt. G. Sin

In a game featuring two teams with more heart than combined wins the Generals" of the 1st MEB's Headquar-ters and Service Co. outran, outpussed and outscored the soilors of Co. A, 3d Medical Bn., 56-27 in the hast of three Feb. 5 intramural basketball games at the Station Gym.

As the 1989-90 intramural senson heads toward the playoffs, Co. A, 3d Medical Bn. and HQSVCCo. showed that it's not whether you win or lose, it's how you play the

The snilor squad entered the night winless at 0.9, and the Generals were slightly better at 2-7. But neither team gave any indication it was just playing out the season.

The runnin' gunnin' Ma-rines were led hy lively point guard, Felix Navarro, who dropped in 22 points and dished out 12 assists. Using dished out 12 assists. Using his speed and uncanny passing, Navniro finished many a fast break with a crisp no-look pass or a siky drive of his own.

The Generals also showed The Generals also showed they can play the power game, with strong inside rebounding and "in-your face" defense. On the rare occasion that a sailor got past Navarro and fellow guards Terry "Breeze" Seah-rook and Chris Rumin, they found it no easier with the likes of Vernon Archer, Dwight Carlin, Greg Linde-man and Vince Firemoon waiting in the middle.

Throughout the season, the hard-luck sailors have found a way to make each game what it's supposed to be — fun. "We're just out there to have a good time," said player/coach James Bugby. "What else can you do when you're losing all the time?"

Led by Bugby and hard-nose Dan Lucksted, Co. A, 3d Medical Bn. sometimes surprises its faster, more athletic opponents with scrappy, unconventional play. This game was no play. Th different.

On a rare fast break, Euck-sted weaved through three General defenders in the paint and threw up a spin-ning prayer. It went in, and as the small crowd "oohed" and "ahbed," Lucksted fin-ished the move with an unintended handstand/cart-wheel. He finished with 12 points.

The sailor squad definitely plays for the sake of playing. Early in the second half, Bugby drove wildly for the boop only to be hammered and rejected by a General. Bugby's own teammates on the bench erupted with good natured jeering and catcalls. Bugby just grinned and sank two free throws—one handed, naturally.



Dwight Carlin of the 1st MEB's HOSVCCo. Generals' makes a strong move toward the hoop as sallor defender Matt Schnieder can't decide whether to play the pass or the shot.



Terry "Breeze" Seabrook, of HQSVCCo:, 1st MEB, harasses Co. A, 3d Medical Bn. forward. Dan Lucksted. The stingy Marine tetense forced many sailor turnovers.



## Marine team takes second at Ewa

Story and photo by Cpl. Reginald M. Cole

James J. Jowly, a recently retired gunnery sergeant from MALS-24, and Rhonda Horner, a dependent wife, captured second place in the Miller Lite doubles howling tournament at the Ewa Bowling Center Jan. 27.

The two bowled a 2,697 six-game series to be selected as alternate Hawaii representa-tives in Reno Nev., during a 53-team nation-wide tourna-ment in March.

The two howlers took a fifth-place win out of 13 teams at Kaneohe Bay to qualify for the Ewa tournament.

Horner, who usually carries a 134 average, raised her game average 30 points to boost the team into the top

"Rhonda really came on strong to help our team," said

Jowly. "Raising your aver-age from a 134 to a 164 is really impressive." According to Jowly, the two put in long hours of practice to get ready for the bowling match.

"In a bowling tournament, you just can't come into a game without any practice and hope to do well," Jowly cold blaa

said. Jowly, a previous All-Ma-rine bowler, maintained his 184 average in the Ewa tournament to give his team an average of 179. Jowly and horner were awarded \$800 for taking second-place.

Kenny and Sandra Stroup finished the day in 5th place with a total score of 2,611 and took home \$400. David Pontius and Robert Albritton took \$200 for a 7th place effort. Pontius and Albritton finished with a score of 2,584.



Dwight Carlin takes evasive action as sallor defender Dan Lucksted tries to draw a charging foul.

### Marine boxers advance

By Cpl. Reginald M. Cole Two Kaneohe Bay Marines Creainshew Jones, from Supply Co. BSSG-1, and Mark Supply Co. BSSG-1, and Mark Young, from Headquarters and Headquarters Squadron Ordnance, have been selected to represent Hawaii at a national boxing tournament in Colorado Springs, Colo., Feb. 26 through March 2.

They were selected because they dominated their weight divisions at the U.S Amateur Boxing Championships held Feb. 3-4 in Waianae, HI.

Jones, a 178-pound light heavyweight, who has been fighting for nearly four years,

Sounds of freedom By Cpl. Regineld M. Cole The sound of feet rhythm

By Cpl. Regined M. Cole The sound of feet rhythmi-radiy pounding the pavement and the echoes of chanting will any teams prepare for the "Sounds of Freedom" division of the sixth annual Great Day, Feb. 18. That year, nearly 10,000 military runners participated in the 8.2 mile event. The teams are judged on appear-ance, exprit, estimated com-patient, estimated com-patient, estimated com-patient, and ratio of starters to make division will receive trophes. The run will begin at the

praised the Marine Corps for

praised the Marine Corps for supporting his career. "My boxing career started when I joined the Corps, but when I joined the Corps, but they've allowed me to pursue my interest," Jones said. The two Marines will travel to the Olympic Training Center in Colorido Springs, Colo., as members of the Hawaiian State Boxing Committee to compete against boxers from the Army, Navy, Air Force, and other Marlnes from different regions.

A win at the national

A win at the national championship will boost Jones and Young into na-tional rankings.

Aloha Tower, travel down the Nimitz Highway to Salt Lake Boulevard and finish in the Aloha Stadium.

Aloha Stadium. Competing military units can range in aize from a squad with 12-30 runners to a battalion with more than 200 runners. Unit entry fee for the "Sounds of Freedom" run is \$7 per person. Mil-tary runners can also enter in a special military category (\$14) or simply as an individ-ual runner for the same price. Marine units interested in running in the "Sounds of, Freedom" event can call the; Great Aloha Run office at; 735-6092.

# Steroid use: No gain, no gain

Compiled by the American Medical Association WASHINGTON (NES) --According to the American Medical Association, people who use anabolic steroids to pump up their physiques and athletic performances, may be getting addicted.

Anabolic steroids are syn-thetic hormones that have the same muscles and tissue-huilding effects as testoster-one and other naturallyoccurring male sex hormones

Long-term, high-dosage use of steroids may result in a preoccupation with drug use and even a craving for other drugs, including cocaine, ac-cording to Dr. Kenneth B. Kashkin and Dr. Herhert D. Kleber of the Department of Psychiatry, Yale University School of Medicine, New Haven, Conn. The authors said prolonged use also may lead to "profound" psycho-logical effects. Long-term, high-dosage use

"Ominously, there are re-ports of anabolic steroid hormones use over longer

periods of time than was desired, with attempts to stop use that have failed," wrote the authors.

the authors. They used existing scien-tific literature to support their theory that sex steroid hormone dependency is a previously unrecognized dis-order similar to other drug addictions. The popularity of sex hormones, they noted, may be attributable to their ability to alter moods as well as physiques.

The authors reported that in the 1950s and 60s, the illicit use of steroids was confined to highly-trained thletes who used them for their muscle-promoting cnpa-bilities. However, recent their muscle-promoting capa-bilities. However, recent reports, in both medical lit-erature and the lay press, document a widespread and habitat use of large doses of sex steroid hormones for both cosmetic and "life enhancing" purposes. Some estimates suggest as many as one million Americans are spend-ing \$100 million on black

market anabolic steroids, including an estimated 250,000 high school seniors.

Kashkin and Kleher noted that distinct similarities exist between the effects, with-drawal symptoms and com-plications exhibited by ster-oid abusers with those exhib-ited by cocaine, alcohol and other drug abusers. For example, reports indicate that elevations in the levels of serum steroid hormones can produce euphoria and other paychological effects associ-ated with substance abuse. that distinct similarities exist

"Anabolic steroid users also describe increased self-esteem, libido and energy with a decreased need for sleep," wrote the authors.

Some studies suggest that long-term steroid abusers suffer from similar psychiat-ric disturbances including increased irritability, impaired judgment, anxiety, panic and paranoid delusions. Other studies suggest that even when victims' lives hegin to deteriorate from steroid abuse, they continue use.

they continue use. "Thus, it is possible that anabulic steroid abuse can result in the expenditure of substantial time pursuing steroids and that such drug-induced activities can begin to dominate and destroy the user's personal life," Kushkin and Kleber reported.

A review of the literature also suggests that steroid nbusers suffer a delayed depression that can include depression that can include thoughts of suicide when serum steroid levels drop quickly. For example, in one study, 12.2 percent of ana-bolic steroid users met crite-rin for major depression and all of them developed it within a three-month period of abstinence. of abstinence.

The authors concluded that the symptoms can be reduced by hormones replacement or anti-depressant therapy. They also suggested that since the unabolic steroid addiction hypothesis is "specu lative," further study is needed to confirm it.

Women's volleyball season is here

Sport Shorts

Volunteer coaches and as-sistants are needed for the upcoming women's volley-ball season that begins Peh.

For more information on coaching or playing, call Kim at 254-5716 or Winnona at

The athletic office is look-ing for varsity rugby and soccer conches. For more information call the Main Gym at 254-2458 or the athletic office at 254-2516.

## **HMAC** Bowling is

Coming soon The HMAC Bowling tour-nament is scheduled for Feb. 20, 21, and 22. Interested contestants can got to the athletic office in the Main Gym or call at 254-2458 or 254-2516. Bring league 254-2516, Bring leag sheets to show averages. league

### K-Bay Officials' Association wants

you YOU The K-Bay Officials' Asso-ciation is looking for indi-viduals interested in becom-ing officials for the up coming softball and baseball season. For more information call Dan Hernandez at 257-3112 or 254 1200

or 254-1309. Boxing smoker scheduled for

**Enlisted Club** A boxing smoker will be held at the Air Station's Enlisted Club Feb. 23, at 6 p.m. Interested competitors,

male or female, may sign up at the Main Gym. For more information call John at 254-2516.

Tryouts for the women's softball team will be held today at 5 p.m. and Saturday at noon at Risley Field. For more information call Jahn at or to give 254-2516.

There will be a double-climi-nation Presidents' Day soft-ball tournament Feb. 17, at Risley Field, Risley Annex Field and Pollock Field. The number of teams and price depends upon the number of entries. If 12 tenms sign up, the cost will be \$122 per team. Entries and minimum pay-ment of \$122 is due no later

For more information, call Maj. R.M. Davids at 257-1899 or 254-3486.

### Hawaii Bicycling League wants you

The Hawaii Bicycling League invites all interested riders to come out and ride with them. There is no charge to participate. Riders should wear a helmet and bring a water bottle. For more information call 988-7175.

### Slam dunk/threepoint contest scheduled

Scheduled There will be a slam dunk and a three-point contest during halftime of the intra-mural basketball champion-ship game Feb. 20. Prelimi-naries and semifinals for the contest will be Feb. 18, at 9

a.m. For more information call 254-2516.

MARINE BORN

Valentine's Day — Plan a romantic, Hawaiian-style evening. Some of the pos-sibilities include a sunset dinner cruise or a dinner show. ITT will be glad to help you make reservations. tickets for the Chippendules Revue slated for tonight through Feb. 24 at the Oasis Nightclub in Honolulu. Tickets are \$18. Ladies 21 and over with ID only.

Things to do

ITT has a limited supply of

The Honolulu Community Theater will present "My One and Only," the Tony Award-winning new Gershwin

musical, from Feb. 16-March 18. It's romance, tap danc-ing and turmoil. Tickets will range from \$13.75-\$18.75.

China Visions Series, will offer the world premiere of the Beijing Opera in English, "The Jude Hall of Spring."

Tax Filing Tips for Newly Divorced

A recent div have caused major changes in, not only your lifestyle, but your taxes as well. The following are a lew general guidelines and tax tips to assist you at guideline tax time:

guidelines and tax tips to assist you at tax time: • Choose the correct filing status -Your marital status is important in de-termining which status you will file. You may tile as "slingle" if you are im-married and obtained your divorce, legal separation (determined by state law), or annulment by the end of your tax year (usually December 31). You generally may file as "head of lowes-hold" if you are unmarred at the end of the tax year or are inarried and lived apart from your spouse the last six nome on the return) or. If you are unmarried, for the person for whom you can claim as a dependent. Couples not divorced by year end may be able to file a "joim" return (married filing pind status), or separate returns (ma-ried filing separate status). Figureyour tax both ways to make sure you me using the method that will result in the lower fax.

Iower tax.
• Exemption amount increases for 1989
• You free allowed to deduct \$2,000 for yourself and each person you can chim as your ideendent to the 1989 tax year. An exemption for your spouse is allowed only if you are immired and file a yoint return with your spouse, for you file a separate return and the spouse had no gross income and was not a dependent on another person's return. You must is the social security num-hers of all dependents who turned two years old hy the end of the tax year.

years old by the end of the tax year. - Whin gets to claim the kilds? - There are several tests a parent must meet to claim an exemption for a cliid. A entild's exemption usually may be claimed by one of the parents (not both) of the enild had gross income of less than \$2,000 for 1989 or that child in under 19 or is a student under 24. Generally, the parent who provided more than half the child's support is ea-emption. The marent who has cutadow child's exemption usually may be ments that you receive. claimed by one of the parents (nor - *Legal Jees you pay may include dec* both) if the child had gross income of discribite and nondeductible charges is under 19 or is a student under 24, is under 19 or is a student under 24, is under 19 or is a student under 24, clearerally, the parent who provided de child had gross income of discribite and nondeductible charges is under 19 or is a student under 24, clearerally, the parent who provided de child had gross income of discribite and nondeductible charges is under 19 or is a student under 24, clearerally, the parent who provided dechicities. However, you may deduct emption. The parent who has custody legal fees paid for tas advice in con-ation the greater part of the nection with divorce, and legal fees totil-free number, 1-800-424-3676.

year is generally treated in the parent who provided more support. If neither a divorce decree nor agreement estat-lishes custody, then the parent who had physical custody for the greater pan of the year is cunsidered to have custody of the child. The custoffal noncustodial parent byging a wri-ten declaration. Form R312, "Release of Chann by Exemption Child of Simore molecustor of the generation." Of the second the second of Chann to Steeppino for Child of Simore molecustor. You will subturble the services in determining the correct noncustodial parent byging a wri-ten declaration. Form R312, "Release of Channe Steeppino for Child of Simore molecustor." You will subturble the services of the second steep in the second steep ten declaration. Form R312, "Release of Channe Steeppino for Child of Simore molecustor." You will subturble the services of the second steep in the second simular statement.

Filing tips for the newly divorced

deductible. You do not have to itemize deductions to chain alimoxy payments. Alimoxy or separate maintenance payments that you receive must be reported as taxable income to you. You do not leduct child uppon pay-ments that you make. You do not in-clude, in iaconte, child upport pay-ments that you receive.

SHARING IS CARING

yon to change the amount of tax with-field or begin to make estimated tax payments. For instance, d you are single, diversed, or legally separated, you must claim single status on your Form W-4. If you receive alimony or other payments which are not subject to withholding, you may have to ask for additional withholding from your wages or make estimated tax payments. IRS fulloptation SM- Tax Information



Call the Sun Press at 235-5881

It's showing from tomorrow night through Feb. 17 at 8 p.m., and Feb. 18 at 2 p.m. Tickets for servicemembers

are \$6. For more information on what's happening call the Entertainment Hotline at

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bal 22.

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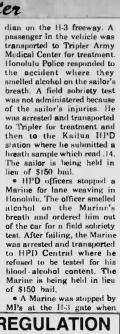
Terrore and an environmental and a second provided and p



## On the Blotter

Alcohol-related incidents • MPs observed a Marine being assisted by a friend in the parking lot of the Wind-ward Enlisted Club. The Marine said he had been in a particular the said been in an argument with another Marine. He told the MPs that he had punched the other Marine, then had been pushed to the ground by him. Both Marines involved in the first had been distingtion fight had been drinking at the club and were appre-hended for breach of peace and assault. • A Marine was found in-toxicated in another Marine's

toxicated in another Marine's barracks room. The Marine was apprehended by MPs for underage drinking. The Marine submitted to a brenth test which revealed an alcohol level of .18 percent in his blood. The Marine who was assigned to the room was apprehended for drunk and disorderly conduct.



• A sailor lost control of his vehicle and struck the me-THE AIKAHI REGULATION **BARBER** & Source Bassie HAIRSTYLE Haircuts\* by appointment, or walk-Active Dúty Military Civilian \$5.25 \$7.00 Cosmetic Tate 254-4111 25 Kaneohe Bay Dr. Aikatir Shopping Chir. 841-8414 fREE halrout 7 DAYS A WEEK . 8 AM-9 PM GET FIT Family Fitness Hawaii Initiation Fee Private Womens Work Out Area
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the MPs smelled alcohol on his breath. The Marine falled a field sohriety test, was apprehended and transported to the MP Department where he refused to be tested for the level of alcohol in his blood. An inspection of the Marine's car revealed a basehall bat in the front nassenger seat. The bat was seized, and the passenger in

Noon

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HAWAII MARINE

the vehicle was apprehended for underage drinking. for underage drinking. Another passenger had a cut Another passenger had a cut on his forchead, which was treated at Tripler. Later, MPs discovered that the Marines were wanted for questioning by HPD for possible involve-ment in a breach of peace in Koncole overturning a car in a bar-racks parking lot. All but one of the Marines fled when MPs arrived. The owner of the car, who was indentified as having participated in the act, was apprehended for drunk and disorderly conduct and malicious mischief.

When they arrived, they found a Marine barricaded in his bathroom, while his wife was attempting to force her way in with a knife to stab him. The Marine was trans-ported to the Branch Medical Clinic for treatment and his wife was apprehended for as-soult with a deadly weapon. sault with a deadly weapon.
A Marine backed his

B-3



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### Eric J. You

The federal government imposes a tax on the income of all citizens wherever they live and on the income of all others residing in the United States. This is federal in-come tax. In addition, a number of states and some local governments impose taxes on neople subject to taxes on people subject to their jurisdiction.

Members of the Armed Forces are not exempt from state or local taxes unless the Soldiers' and Sailors' the Soldiers' and Sailors' Civil Relief Act or the state

the Solders and Sailors Civil Relief Act or the state and local laws so provide. As a general rule, the states that impose taxes do so on two classes of people: those residing or doniciled in the state during parts of the tax year, and those not in the state but drawing income from sources within the state. If this general rule were applied, a person in the Armed Forces could be liable to two or more states. This would happen where he is stationed and thus "deriving" income. Many people main-taining a residence in one state but working in another are subject to this double taxation. taxation

The Soldiers' and Sailors' Civil Relief Act allows a certain amount of relief for members of the military. The Act provides, substantially, that a member of the Armed Forces who is a legal resident of one state but living in military orders, is not liable to the second state for in-come taxes on his or her serv-

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State taxes

Ice pay. The law does not exempt military retired pay, separate income of a spouse or other members of the family, nor the income of service person-nel from off-duty employ-ment, Investments, busi-nesses, rents, bank deposits and other sources.

## Treatment of spouse for state tax purposes

Most spouses of military personnel today hold jobs in the community in which they reside. These spouses, in most states including Hawaii, most states including Hawai, will become taxpayers in the state where they live. The servicemember will not be-come a taxpayer based on his military pay or just because his spouse works and files a tax return in that state.

The spouse will file the tax return as either a resident or nonresident based upon that state's tax laws. Each state will determine whether the spouse and the servicemem-her will file a joint return or that they must file individu-ally. ally

ally. In Hawaii, residents are defined as those domiciled in the state or maintaining a domicile in the state while outside the state. Domicile does not include living here for a "mere special or tempo-rary purpose." This allows military families who are in

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COMPUTRONICS

Hawali at the order of the military for a tour of duty to remain nonresidents for tax purposes. However, in the event that you are in the state for more then 200 days during the year, there is a presumption that you are a resident

resident. Maintaining contact with your home of record can

Maintaining contact with your home of record can overcome that presumption. Examples of that contact would include voting and registering your vehicles at your home of record. Residency is basically an "intent" test to determine your intent to either make or not make a place your perma-nent home and principal residence. States can require you to show some physical you to show some physical evidence of your intentions.

Your permanent change of station orders to Hawaii are evidence of your temporary status in Hawaii. In Hawaii, most military members would want to file a nonresident to rate of This members and any is tax return. This would require both spouses to declare all income, then only the income earned in the State of Hawaii will be taxed.

Remember, just because a spouse files a tax return with the military person in the aervicemember's state of residence, it doesn't mean the spouse's income will be taxed twice. Most stutes will allow a tax credit for any taxes

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paid on that Income. Secondly, if a servicemem-her is required to file a joint return with the spouse in a state like Hawaii, it does not mean that Hawail is going to tax the servicemember's pay. It won't be taxed, but it must be reported.

More and more, states are becoming very sophisticated in catching those who fail to file their income tax returns. file their income tax returns. Additionally, a copy of the servicemember's earnings are furnished to the state that the member has declared as his residence. Late penaltics and interest on any back taxes can quickly add up. So, file your tax returns and the it early to get your re-

So, file your tax returns and bo it early to get your re-funds back faster. If you have any difficulties, see your Volunteer Income Tax Assis-ter at your unit. If the VITA representative can't give you the answer, then Legal Assistance has a representa-tive who will provide free tax assistance on state and federal tax problems. He is available Mondays and Fri-days at the Legal Assistance office from 8-11 a.m. He is an expert and has been trained by the IRS to provide assistance to servicemembers. Your VITA representative can also refer you or your

Your VITA representative can also refer you or your questions to legal assistance during walk-ins from 8.9:30 a.m., Mondays and Fridays. Some, but not all, state and federal tax forms are avail-able at Legal Assistance during walk-in bours. Ilawaii state and county offices, federal offices, banks and most post offices will provide the more common forms.

I.Cpl. D.A. Mihalla, 257-3403 MCAS, Chaplain J.M. Heiligrath, 257-3552 HQSVCBn., Camp Smith SSgt. J.S. Crunkilton, 477-0487

0487 SSgt. R.P. Marks, 477-0468 BSSG-1 Maj. J.F. Charles. 257-1565 Ist.L. A.L. Cradic, 257-5503 MSgt. E.M. Wilkens, 257-5123 MSgt. E.M. Wilkens 257-5123 Sgt. G.W. Clark, 257-1551 Sgl. M.F. Thomas, 257-5124 RP2 P.T. Boyle 257-1849 HM2 F.S. Delizo. 257-5571 SOMS SSgt. J.E. Pope, 257-1107 HQHQRON MGy MGySgt. A.A. Hudson, 257-5187 Co. A, 3d LdgSpt. Bn. Sgt. R.T. Bryant. 257-1138 2d Bn., 3d Marines CWO-2 D. Stinson. 257-2002 257-2993 MAG-24

GySgl. P.D. Allen, 257-1099 HMM-265 CwO-2 T. Curtis, 257-4820 SSgl. R.L. Eskridge, 257-4330 VMFA-232 Sat G M. Abruzzo, Sgt. G.M. Abruzzo, 257-3116 MACS-2 1stl.t. J.M. Stuart, 257-5274 2ndLt. J.P. Tuemi 257-3407 MWSS-174 Sgt. R.P. Wood MWSS-174 Spt. 8.P. Woock, 257-2544 Sgt. Frandson, 257-3215 Cpl. B.L. Blowey, 257-1056 VMFA-212 GySgt. C.E. Funk, 257-4100 GySgt. R.S. Greeco, 257-2413 VMFA-235 Sold D F Mixer VMFA-235 SSg1, D.E. Mikor, 257-2465 Sgt, J.M. Schueller, 257-1914 Ist Radio Bn. GySg1, M.F. Hogers, 257-4150 Co. K, 3/3 SSg1, J. Covella; 257-5903 MALS-24 GSS01 G.L. Holley. MALS-24 GySgl. G.L. Holley, 257-1010 GySgl. S.D. Hagen, 257-1241 Sgl. R.E. Howard, 257-2065 GySgi. A. Banda, 257-5846 GySgt. J.R. Bensman 257-1054 1stLI. G.D. Tellez, 257-1982 MGySgt. A. Hivera, 257-5485 257-5485 Legal Services Center W. Thomas, 257-0076 Capt. E.J. Young, 257-0076 Capt. I.L. Kelley, 257-0078 Capt. R.O. Primeaux, 257-0078

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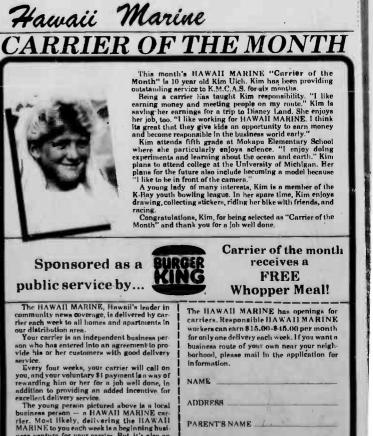
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### February 8, 1990

# At A Glance

### An Enchanted Evening

The Staff NCO Wives' Club and The Staff NCO Club will present "An Enchanted Evening" dinner/dance Feb. Evening" dinner/dance Feb. 17 from 7:30 p.m. to 1 a.m. at the Staff NCO Club. Tickets are \$20 per person and are on sale at the Thrift Shop, or call Carol at 254-6219, Peggy at 254-2298 or Kathy at 254-3011.

### Morning Social Scheduled

The Staff NCO Wives' Club will hold its monthly norn-ing social coffee Feb, 10 from 8:30-11:30 a.m. at Dependent Recreation. All wives of Staff NCOs (and the Navy equiva-bat) are anonymout to at lent) are encouraged to attend

For more information call Wanda Hagen at 254-4802. Dependent

### Scholarship to be Awarded

dependent child of an active motory retired or deceased whose present or final duty whose present or final duty station is/was MCAS Management that the second state was an active the second and the second preside school. Applications will be available at the officers' staff NCO and Enlisted officers at Kallune officers' offices at Kallune Alla schools. They must be postmarked no later than March 20. The more information con-tact Debora Waters at 254-2083.

### Meals On Wheels

Seeking Volunteers Hawaii's Meals On Wheels program is seeking volunteers to deliver meals to the elderly and disabled in the Kalihi, Hawaii Kai, Kancohe, Kahaluu and Waimanalo arrea

### Navy Rellef Brief Slated

Siated Susan Cobb, a representa-tive from Navy Relief Head-quarters in Arlington, Va., will give a brief Feb. 15 at 1:30 p.m. in the Alii Room of the Officers' Club. In addition Navy Pallef is

the Officers' Club. In addition, Navy Rellef is providing a 15-hour course for volunieers and interested persons, Feb. 12-16, from 8:30-11-30 a.m. at the Offi-cers' Club. Free child care is provided upon request. provided upon request For more information call the Navy Relief Office at 254-1327/1328.

### "Parent" Play Presentation

The Parents, Teachers and Students Association of Kailua Intermediate School is presenting "Turnaround: A Play For Parents," Feb. 26 at Flay For Parents," Feb. 26 at 7 p.m. in the school cafete-ria. The play centers around 12 short skits dealing with realistic family conflicts, followed by a discussion period. Mardi Gras Follies

The 35th running of the Mardi Gras Follies show opens today at the Pearl Harbor Officers' Club. The show, which will have 11 performances, features laviah Las Vegas-like style (includ-ing showglrls) costumes and music

The show, produced by the Awa Lau Wahine Officers' Wives' Club, includes a Cajun buffet dinner and is open to the public. Many commands have reserved a performance night for themselves. For more information call 423-2868.

### **Craft vendors** sought

Vendors are being sought for the Wheeler Air Porce Base Officers' Wives' Club's annual Craft Fair. Cost for Wheeler OWC members is \$15 per table, and \$25 for non-uembers Wheeler OWC members is 310 per table, and \$25 for non-members. The fair is scheduled for March 31 from 9 a.m. to 2 p.m. at the Wheeler Consoli-

dated Open Mess, building 600, and is open to the public. For more information call 423-8669.

## Volunteers needed

Volunteers, preferably with a security background, are needed to help with traffic and crowd control during the Feb. 19 Great Aloha Run. There will be a post-race party/plcnic, with food and drinks provided for volun-teers.

teers. Por more information, or to volunteer call SSgt. Hooper at 477-6231.

### **USO** volunteers needed

USO Hawaii needs volun-teers to help run its two airport centers and the new family and community cen-ters at Fort DeRussy. For more information call Molly at 836-3351.

Staff NCO Wives' scholarship

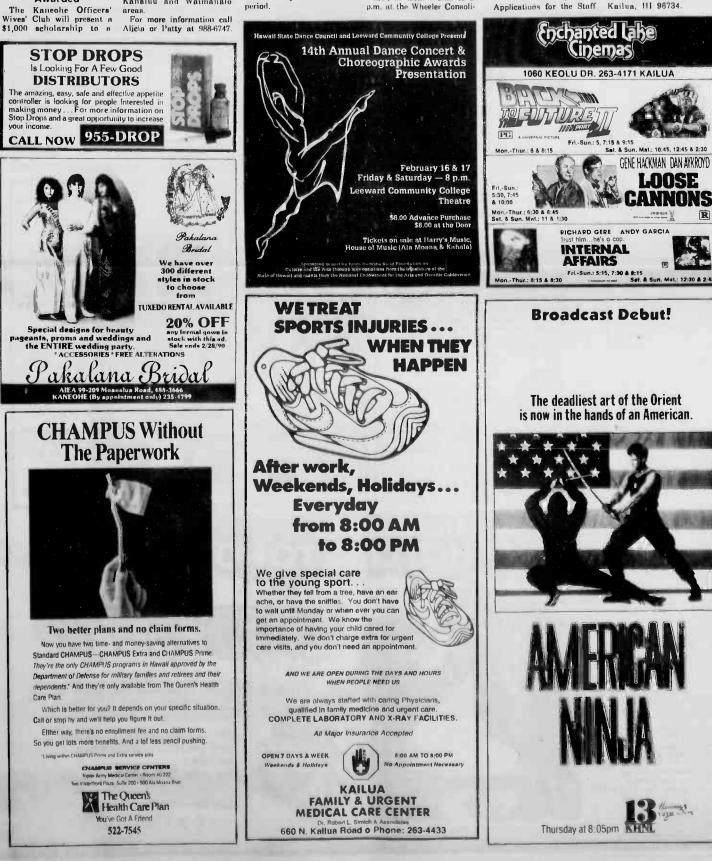
Applications for the Staff

NCO Wives' Club scholarship NCO Wives' Club scholarship are available at the Faulty Service Center, Navy Relief, Dependent Recreation, the thrift shop, Enlisted Club, Staff NCO Club, Joint Education Center and the Armed Services YMCA. The deadline is April 30. For more information call Sandra Clayton at 254-6852 or Judy Simmons at 254-4713.

or Ju 4713.

### Officers' Wives' **Club** offers assistance

The Officers' Wives' Club is now accepting requests for financial assistance from various organizations and clubs dealing with the mili-tary. Any organization needing financial aid should submit a letter stating the amount of money needed and the purpose. Request dead-line is March 1, and should be directed to Robin Koontz, 1930 B McLennan Drive, Kailua, HI 96734. The Officers' Wives' Club is



B-5

Family Services

The Family Service Center is the following programs help military people im-ove their lives. For more formation and reservations, ill the FSC at 254-1541.

Job opportunities - Awark-shop to help job seekers learn about the Hawali job market, resume writing and interview techniques is held every Monday from 9-11 a.m. Job bank listings are also available

Parents and teens - A Parents and teens – A program to help parents and teenugers understand ndolea-cence, practice skills to improve communication and initiate positive disciplinary techniques will be offered Feb. 28 from 7.9 p.m. Guest speaker is Duke E. Wagner,

MISC

sage

839-5243

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Hawaii Marine Ads

Play Morning —A free mobile preschool for parents and children (infants to 5-year-olds) is held in the housing area four mornings per week. Attend one or all from 9-11 a.m. Mondays...2454/2460 Co-chran

chran Tuesilays...Uarris and Elroit Wednesdays...Dodson and

Thu sdays...Bordelou and Daly

Weight control — A support group for weight loss is held every Tuesday from 10:30-11:30 a.m. Reservations are not required.

Guerrilla Tactics for getting a Job - Learn special tactics

MOPED, runs good, \$50 OBO, Call 254.6689

PhD. Reservations are re-quired. to get the job you want Wednesday from 9-11 a.m. Reservations are required.

Marriage skills -A two

Merriage skills —A two-evening workshop for newly married people and anyone anticipating marriage will be held Feb. 20 and 21 from 6-9:30 p.m. at the Family Service Center. The course is designed to make couples aware of problems encoun-tered in the early years of marriage. Commitment, ex-pectations, sexuality and intimacy, money manage-ment, conflict resolution, communication skills, preven-tive law, and alcohol and drugs are some topics cov-ered in the course. Call for reservations (254-1541).

Ombudsman training — Criais intervention and Consumer Health Concerns will be held Feb. 21 from 8:30-11 a.m. Ombudsmen and other paraprofessionals desir-ing training are invited to call for reservations.

# Voluntarily speaking: Top Navy Relief volunteer gets the word out

The Navy Relief Society volunteer of the quarter here likes to talk, especially if it will help raise awareness of the benefits offered by the Societ:

HAWAII MARINE

the benefits offered by the Society. As the Chairman of the of Speakers Bureau, Fran Ro-gers will talk to any group ahe can that's interested in learning more about the Navy Relief Society, and her dedi-cation is what makes her stand out as an outstanding volunteer. volunteer.

"I started volunteering at the Navy Relief hecause I knew there was a need for volunteers and I knew it was a worthwhile organization," said Rogers. Since then she's put in more than 850 hours of her time and tale ts as an interviewer, co-chairman of interviewers, and as chairman of the Speakers Bureau.

It all started in Oldnawa, there she devoted her first

100 hours to Navy Relief. When she came to Hawaii, Rogers kept the tradition going, and continued to pile up the volunteer hours.

"I volunteered originally as "I volunteered originally as an intervlewer and one day our chairnan of volunteers, Sharon Chessum, asked me to represent the society in the Speakers Burean. I go out to any command that's interested in hearing what the Navy Relief can do-especially during times of de-ployment," Rogers said, add-ing, "I give a 15-minute brief to groups ranging in size anywhere from five people to 250."

Of all her responsibilities, she says being Chairman of the Speakers Bureau is the most rewarding. "I am always surprised at how many people don't know about the Navy Relief and what it can do for them. I also go out to dispel

a lot of the misconceptions about the Society." Rogers sald she gives about one brief a week, but would be happy to give more, "so everyone gets the word." She is also the mother of two children. She gave bith to her youngest, Kalsey, only months ago, but still contin-ues her duties for the Speak-ers Bureau, and plans to re-turn in the near future as an interviewer. interviewer.

Every quarter, the Society recognizes an outstanding volunteer for their dedication, professionalism, and commit-

The heart of the Society "The heart of the Society and what makes it so unique is that it is run almost exclu-sively by volunteers," Ches-sum said. "Without them, the Society would not be able to asslat the thousands of serv-icemembers and their fami-lies that it has every year since 1904."

\$430\* \$468\* \$468\* \$526\* \$700\*

\$862



CINBM/A

BLOTTER/from B-3 vehicle into a parked motor-cycle, knocking it over. The Marine then field the scene without reporting it. A witness reported the accident to MPs, who apprehended the Marine for hit and run. • A Marine was suspected of having used cocaine in the men's restroom of the Windward Enlisted Club. A witness notified MPs who apprehended the Marine and seized suspected cocaine paraphernalia as evidence. • A Marine tested positive for THC (the active chemical in manjuana) on a urinalysis teat. The Marine was appre-hended at the MP Dept., where he admitted to his use of marijuana and cocaine. • A Marine reportedly struck his wife in the stomach during an argument. The MP apprehended him Marine

sault and transported him to the MP Dept.

Other ends Fetruary 28, 19 Other matricflore may appl

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February 8, 1990

# Quelling children's dental anxiety

Complied by Cmdr. W. B. Carter 21st Dental

21st Dentsi Co. This is the second of four in a series of dental health articles that will appear in the Hawaii Marine during Children's Dental Health Month.

Fewer children experience anxiety towards dental care due to early dental visits and advances in dental treatment. advances in denial treatment. Parents are more aware of the importance of regular dental visits than previously. In 1983, 28 percent of chil-dren between two and four years old and 67 percent of children between five and seventeen years old had visited a dentist the previous year. By 1986, these per-centages increased to 33 and 71 respectively.

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INTRODUCTORY OFFER

Dental professionals and parenta are becoming more skilled in making dental care visits positive experiences. visits positive experiences. Dental care should begin as observation by parents of their children's teeth and gums shortly after birth. Cleaning an infant's gums with a soft, damp washcloth or clean gauze pad after each feeding establishes hygiene as a plensant daily routine.

The first dental visit for a child should be about four years of age. The child should be aware of his/her surroundings and be able to follow directions. Prior to four years of age parents could use a soft toothbrush with a dab of toothpaste to clean their child's teeth.

The stress and incon-

venience of back

Dr. Ames Kuula Chow

TODAY.

Parents should also be aware of the development of their child's teeth and of the prevention of haby bottle tooth decay. In this condi-tion liquids containing sug-ars, such as milk or Juices which are left in the infant's mouth for long periods of time damage the infant's teeth.

Some children Initially ex-Some children initially ex-perience dental anxiety. Spe-cifically they may fear infec-tions, drilling, and the pos-sibility of choking. Most often if a child is anxious at the first vlait, most likely someone has told them something negative about a dental experience. Dentists should he able to relax young patients through use of a number of behavioral modifitechnique

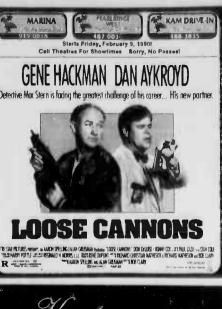
HAWAII MARINE

YOUR BEACHFRONT HOTSPOTT

Children have difficulty understanding abstract con-cepts, so familiarization with the dental equipment to be used helps to enable the child to have previous experience with the dental environment.

Stereo headphones and stereo neadprones and electronic games in waiting rooms also help decrease anxiety. Another mechanism of anxiety control is video tapes of children's stories during dental visits.

For more information on Active Duty Dependent Dental Plan, call Mrs. Ward at 257-2123 or HM1 Deogra-cias at 257-5653.



8-7



Sunday at 9:35pm KH

8 Out Of 10 Americans

Will Suffer From A Back Injury

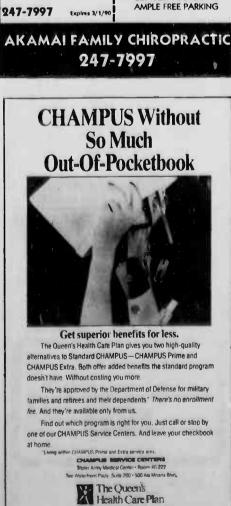
The first dental visit for a

pain cannot be measured. If you have a back problem, call us REMIERE NIGHT FEB.9TH WE CAN HELP. THE LOVE NOTES Great balls of firet Your favorites from th and 605. Plus 4 year-old licartthrob BRU the world's youngest livis impersonator. reservations, call the Love Notes Hotline 922-6477, 11a.m.-7p.m. our favorites from the old licartthrob BRUN Show Times: Wed. - Sat. 7:30p.m Sun. & Mon. 9:30 & 11:30p.m. \$5:Cover Charge, Complimentary valet parking! Sheraton Malkiki Hotel LET US CASTLE PROFESSIONAL CENTER KANEOHE DO YOUR LAUNDRY VASH, DRY & FOLD LOW LOW PRICES!! Drop off by 9am and pick up anytime after 5pm same day. Top Loader Washers Up To 18 lbs. of Laundry **BIG BOY WASHERS With Built In Extractors** COLOR TV NEW MACHINES COMFORTABLE SURROUNDINGS PARADISE LAUNDROMAT **OPEN 7 DAYS A WEEK** -5am-12 midnight 46-020 Alaloa St. KANEOHE 247-2360 THE SPIRIT OF COMMUNITY Join your neighbors on The Salvation Army. The working together to

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**B-8** 

Women's programs -The 21. All materials provided except the photo album. Fee is \$7 (\$35 value).

> Walking tour of Chinatown -Feb. 28. Bea Krauss leads

Other events: Swap Meet -Feb. 17 from 9 a.m.-2 p.m. Call to sign up now

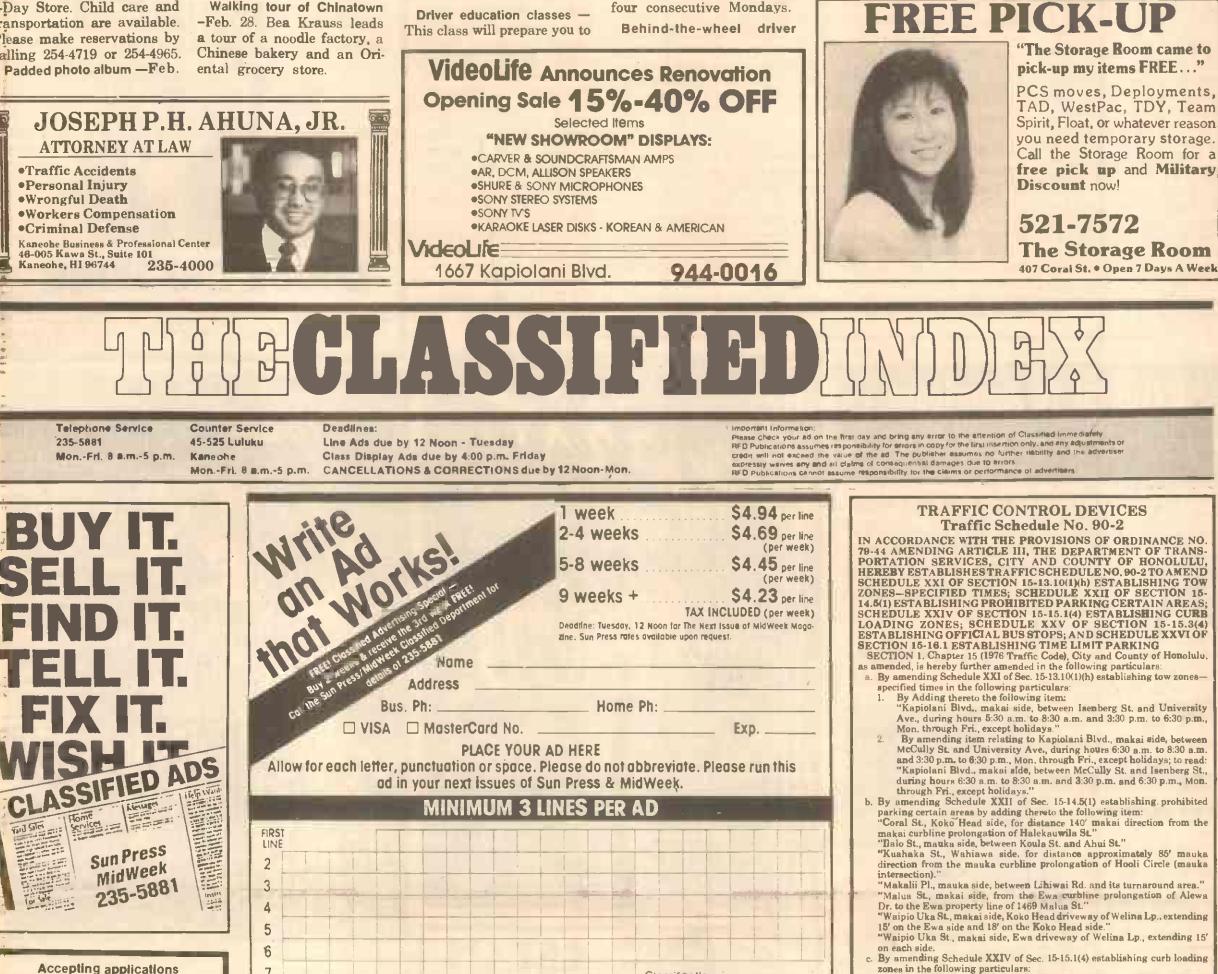
Driver education classes -This class will prepare you to

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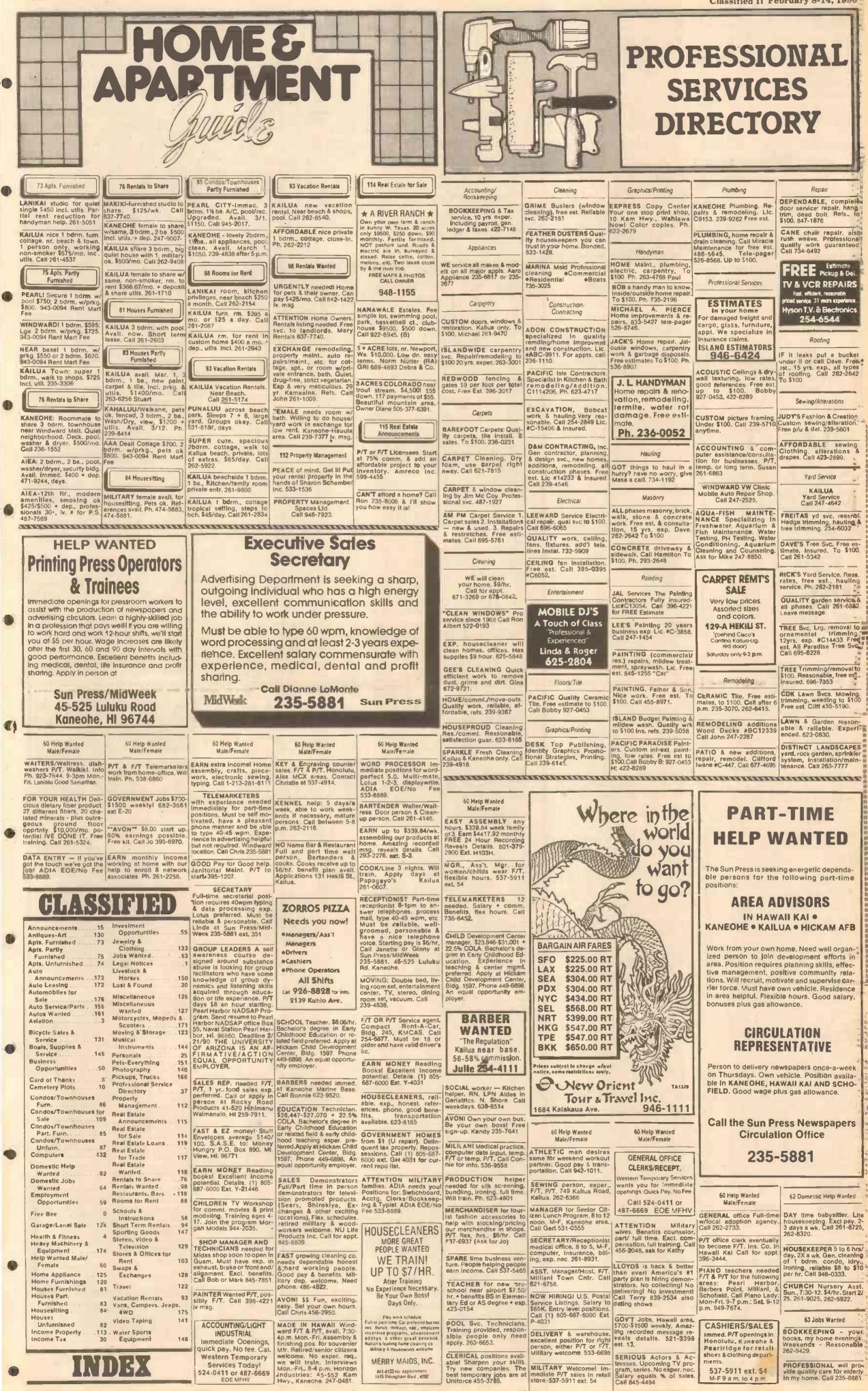
her car or yours. Call for information.





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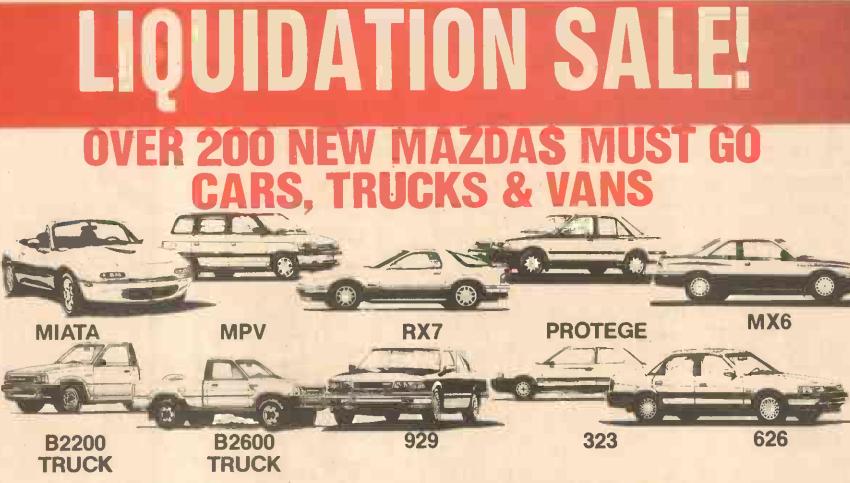
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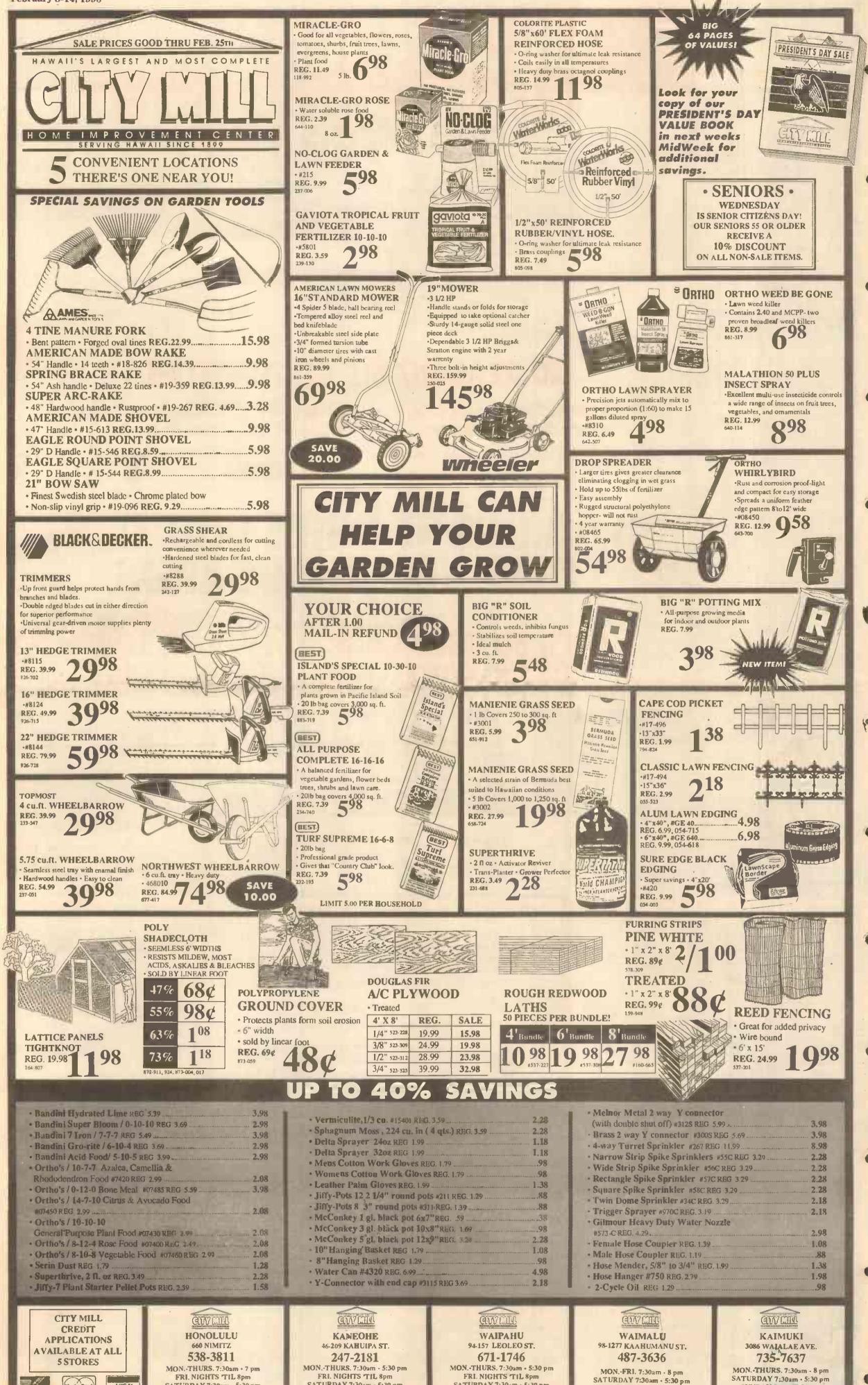
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