

# Hawaii MARINE



Vol. 23 no. 7 Serving Marine Forces Pacific, MCB Hawaii, III Marine Expeditionary Forces, Hawaii and 1st Radio Battalion February 23, 1995

## Base issues TV show

The program, "Inside Marine Corps Base Hawaii" will begin airing on channel 2 Monday. This program will afford Marines, sailors and their families the opportunity to meet the people who make the decisions that affect their livelihood aboard the base. Issues and concerns of the public will be addressed. The first guest will be the commanding general of MCB Hawaii, BGen. R. F. Vercauteren. The program will air Monday, Wednesday and Friday at 8:30 a.m. and 1:30 and 5:30 p.m. immediately following "Navy/Marine Corps News This Week."

## Gate sponsorship

Effective immediately, any person who sponsors an individual under the age of 17 on-base must present themselves at the front gate in order to physically sign them in, regardless of rank.

## Family issues update

The National Military Family Association invites you to take part in "The Challenge of Change," a family issues update to be held at the Fort Shafter Community Club from 9:30-11:30 a.m., March 6.

Presented by Sidney Hickey, NMFA's associate director for government relations, the family issues update is opened to all retirees, active duty military and their spouses. Topics to be discussed include: health care, dental care, child care, Morale Welfare and Recreation, housing, exchange, commissary and dependent education.

A luncheon and open discussion are scheduled following the family issues update. For those who would like to attend, the cost is \$2 for the update and \$7.50 for the update and luncheon. Checks should be made out to the FSSC. The deadline for hand delivered checks is March 1. Mailed checks should be postmarked no later than Feb. 27. All checks are to be delivered to:

Judi  
9 Palm Circle

## African American Appreciation meal

Anderson Hall Dining Facility will be serving an African American History appreciation lunch Friday. The hours of the special meal will be from 11 a.m. to 1 p.m. The meal is for service members only and will be served on the main lines.

## TQL icons legend

Goal #1 — Enhance Military Readiness



Goal #2 — Advance Risk Management and Loss Prevention



Goal #3 — Enhance Quality of Life



Goal #4 — Continuously Improve



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The Tiger's loose— Freshman phenomenon Eldrick "Tiger" Woods, from Stanford University, begins his round of golf after teeing off on the first hole on Wednesday.

## Top collegiate golfers in John Burns Intercollegiate Classic aboard MCBH

Sgt. Andrew Lynch  
Staff writer

Wednesday, the 18th annual John A. Burns Intercollegiate Men's Golf Tournament kicked off its first round of golf at the Klipper Golf Course aboard MCB Hawaii, Kaneohe Bay. The tournament will end on Friday.

The tournament is named after the late Hawaii governor John A. Burns, a well known supporter of amateur and professional athletics in Hawaii. The tournament is one of the premiere events in collegiate golf.

The tournament has been held on base for more than six years and is one of the year's most popular events among the athletes.

Eighteen teams are competing in this prestigious three-day event and awards will be given to the top three teams, and leading individual players. Beginning with a shotgun start (which means each team starts on their own assigned tee), the tournament boasts some of the best rising stars in the sport of golf.

Among the 18, five-man teams this year is the two-time defending team champion, Oklahoma State. With the power games of Kris Cox, who was last year's individual champion, and Alan Bratton, last year's runner up, the golfers of Oklahoma State are a force to be reckoned with.

However, with each team having to play 54 holes of golf, any team is capable of taking the title.

One golfer who is prepared to give his all in hopes of securing a victory is Stanford's Eldrick "Tiger" Woods. Woods is last year's United States Amateur Champion and Golf World Magazine's "Man Of The Year".

Woods, who is only a freshman and has been playing golf since the age of two, has one of the most powerful swings in the sport of golf and usually out drives his competition by 30 to 40 yards.

"His strength is in his long iron game. He probably makes as many birdies with his three iron as with his wedge," said Wally Goodwin, men's head golf coach at Stanford University.

Also participating in the tournament is a team of Marines and sailors from various units aboard MCB Hawaii. Having the home field advantage and being familiar with the course by competing in the Commanding General's Quarterly Golf Tournament, held at the Klipper Golf Course on Feb. 3, the Marines and sailors are ready to give these collegiate athletes a run for their money.

"Everyone here has been very helpful, which makes it one of the better tournaments around," said Karen Sprague, special events coordinator for the University of Hawaii and this year's tournament coordinator.

## Iwo Jima remembered 50 years after fierce battles

Veterans recall battle which embodied both the Marine Corps' fighting spirit and driving determination

Sgt. William Ray  
Staff writer

A gentle breeze blows the flag perched atop Mount Suribachi; the silent sentinel of a battle long past. It guards the memories of machine guns spitting out mayhem and death and mortars dropping destruction and pain. It also guards the memories of selfless courage, heroism, honor, and valor. That flag guards the memories of the Battle of Iwo Jima.

"We had had a big mortar barrage just shortly before I was hit," remem-

bers Richard Fiske, former Marine and Pearl Harbor and Iwo Jima veteran. "It is hard to say how long a mortar barrage lasts, but it seems like it lasts forever. When it was over, we looked around trying to count noses and see who was still alive. About 30 to 40 feet from where we were, we saw an arm sticking up out of the sand waving around in the air. We ran over to the arm and started digging in the sand with our bare hands. When we uncovered the person, we discovered that it was our priest. He brushed himself off and said 'Thanks a lot fellas and God bless you'. Then he just

went on to whatever he was supposed to be doing."

Marines and sailors covered ground that was pockmarked with pillboxes, foxholes, caves, bunkers and tunnels never knowing from where the next attack would come.

"We had a Marine from the 27th Battalion who was hit with a mortar shell," continues Fiske. "The mortar went right into his chest without exploding and stopped about an inch from his spine. A couple of corpsmen and a young doctor took the mortar shell out of the Marine's chest and closed up the wound. We Marines on Iwo Jima just worshipped those corpsmen. You have no idea what they were

like. They were just fantastic.

"Of course I was real lucky when I got hit. I happened to have had a lot of change in my pocket at the time, and the bullet hit a buffalo nickel which stopped the round. All that happened was that the bullet left a very bad bruise on my leg.

"Iwo was rough, and we lost so many men. After about the fifth or sixth day I figured 'Well I am just going to do my best' because I didn't know if I was going to make it or not."

Fiske was a 22-year-old sergeant when he fought on Iwo Jima. He survived and was discharged from the

See Iwo Jima, A-5



Symbol of victory — The flag raising atop Mount Suribachi on Feb. 23, 1945 became a symbol of the Marine's fighting spirit as well as a national optimism that victory over Japan was imminent.

## Commandant's message on Iwo Jima

Fifty years ago this week, Marines and sailors of the 3rd, 4th and 5th Marine Divisions were engaged in one of the bloodiest battles of World War II — the battle for Iwo Jima. The operation, code named "Detachment," began in earnest on February 19, 1945.

The capture of Iwo Jima, which means "sulfur island," took the fight to the Japanese homeland. The island was needed as an emergency landing strip for crippled B-29s returning from bombing missions. By the war's end, 2,400 bombers carrying 27,000 crewmen had made unscheduled landings on this tiny, eight-square-mile island.

But Iwo Jima and her defenders was not taken easily. Coarse volcanic sand hampered the movement of men and machines as they struggled up the beach. Marines fought on places with names like the "meat grinder," "turkey knob," and the "amphitheater." Miles of interlocking caves, concrete pillboxes and blockhouses formed one of the most impenetrable barriers encountered by Marines in the Pacific. The 36-day assault resulted in more than 26,000 American casualties, including 6,800 dead. Only 1,083 of the 20,000 Japanese defenders survived.

Events like the first flag-raising by 1stLt. Harold G. Schrier's patrol and the second flag-raising by five Marines and one Navy corpsman served to strengthen the battle-weary Marines and struck a psychological blow against the island's defenders.

This flag-raising, immortalized by associated press photographer Joe Rosenthal's photo, has come to symbolize the spirit of the Corps to all Marines.

Twenty-seven medals of honor were awarded, many posthumously, to Marines and sailors. This was more than were awarded for any other single operation during the war.

Over the next few weeks, dozens of ceremonies will take place around the world, wherever there are Marines, both former and current, to commemorate this turning point in the second world war. Today, those of us who wear the eagle, globe and anchor, must continue to demonstrate the same courage and dedication that led the commander of all Pacific naval forces, Admiral Chester W. Nimitz, to declare, "among the Americans who served on Iwo island, uncommon valor was a common virtue."

Gen. C. E. Mundy Jr.

30th Commandant of the Marine Corps

The vision of MCB Hawaii: To be the most responsive, efficient and innovative provider of support, training, facilities and services in the Department of Defense now and into the 21st century

# Every clime and place

## New firm to operate dental program

The Defense Department has chosen a Pennsylvania firm to operate its Active Duty Family Member Dental Plan for the next five years.

In competitive bidding, United Concordia Companies, Inc., of Camp Hill, Pa. was awarded the \$1.7 billion contract Feb. 6. The firm will take over operation of the program from the current contractor, Delta Dental, on Aug. 1, 1995.

Dental services, under the Active Duty Family Member Dental Plan, are offered in the U.S., Puerto Rico, Guam and the U.S. Virgin Islands.

The plan is a voluntary program under which sponsors or enrolled families pay a small monthly premium by

payroll deduction. Enrolled family members may then receive certain basic preventative, diagnostic and restorative services. Covered diagnostic and preventative services are fully paid; the plans shared 80 percent of the cost of a variety of restorative and repair services.

The monthly premiums are currently \$10 for one enrolled active-duty family member, and \$20 for active-duty sponsors with two or more enrolled family members.

Active-duty members of all seven uniformed services may enroll their dependents in the plan at their local personnel office. Once enrolled, family members stay in the program for at least two years, unless the family moves to a base where the local military treatment facility offers dental

care to dependents, or unless the enrolled family members become entitled to other dental coverage, or are transferred overseas. (OCHAMPUS Public Affairs, Aurora, Co.)

## Navajo codetalkers were vital at Iwo Jima

The efforts of the Navajo code talkers was a great asset to the American campaign in the Pacific. As communications personnel, these native American Indians transmitted messages among each other; between aircraft and the ground; between ships and stations on shore; and among the various infantry command posts. The code employed was based on the Navajo language.

Approximately 400 Navajo code talk-

ers served in the South Pacific during WWII. Most, served as Marines.

Nelson Draper, a resident of Barstow since 1940, was one Navajo who served in the Marine Corps. He was a code talker assigned to Headquarters Company, 26th Marines, 5th Marine Division and was offahore during the Battle of Iwo Jima relaying messages from the front lines.

"When the landing started, many of the code talkers went to the island, but I, along with three others were on ship with the general," said Draper. "We translated what was happening during the battle."

The importance of the Code Talker Program was invaluable to the Marine Corps. Japanese cryptographers could not break the code, not to mention even understand the language of the Navajo.

According to Draper, the Japanese knew the languages of many nations, but to understand his language one has to be born in the Navajo nation. "The Navajo language is very hard to learn," he said. "Not only that, we switched our words around while talking over the radios to confuse the Japanese more."

Draper served in the Marine Corps from 1942-1946 and was on reserve for four more years. His pride is easily recognizable for the short time that he was in the Marine Corps. In a small room, apart from his house, next to the garage, he has a small office. In it are Native American decorations, and above his desk are the certificates, discharge papers, and photos from his time as a Marine. (Cpl. Robert Barreda, MCLB, Barstow, Ca.)

## Blotter

•A victim reported person(s) unknown stole his wallet from his unsecured locker.  
•A complainant reported person(s)

unknown stole one Glider Columbo chair which was left unsecured for display at the furniture store.

•A victim reported she loaned her Panasonic pager to a suspect who later reported losing it. Investigation revealed the suspect contacted GTE Mobilnet and changed the pager num-

ber and billing address. The pager was recovered.

•A victim reported person(s) unknown stole her unsecured Murray bicycle adjacent her quarters. The bicycle is not registered on base or with the state.

•Military Police detained a suspect

for DUI after stopping him at Manana Housing gate for lane weaving. The Intoxilyzer results revealed a blood alcohol content .161%. The suspect was released on his own recognizance.

•The evidence/lost and found custodian has in his possession

papers, bicycles, keys, tents, bank cards, watches, and much more. If you think any of these items belong to you, contact Cpl. Douglas Ranke at 257-1306. Unclaimed property will be disposed of 45 days after receipt at MPD.

## Hawaii MARINE

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Commanding General.....BGen. R.F. Vercauteren  
Public Affairs Officer.....Maj. P.A. Sivigny  
Public Affairs Chief.....GySgt. Stephane Castonguay  
Editor.....Aaron Martin

## Hawaii MARINE

### Serving the following commands

Marine Forces Pacific.....LtGen. C.C. Krulak  
III Marine Expeditionary Force....MGen. C.W. Fulford Jr.  
Marine Corps Base Hawaii.....BGen. R.F. Vercauteren  
3d Marines.....Col. J.D. Lenard  
Aviation Support Element, Kaneohe....Col. R.M. Flanagan  
Combat Service Support Group-3.....Col. T.E. White  
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In October, 1994, the rules changed for Social Security and federal unemployment taxes on household workers. The new law raises the wage threshold for these payroll taxes from \$50 per quarter to \$1,000 annually, applicable for 1994.

Quarterly filing of Form 942 will not be required for wages paid after 1994. Employers of household workers will report payroll Social Security and unemployment tax obligations annually. After 1994, household workers who are under the age of 18 will be exempt from Social Security tax unless their principal occupation is household employment.

If you want details on the new rules, or assistance in determining your tax obligations for your household employees, please contact our office.

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# New leadership, same mission for 3d Marine Regiment

Col. James D. Lenard assumes command from Col. Chris Cortez; he will also serve as III MEF representative

Sgt. Andrew Lynch  
Staff writer

The 3d Marine Regiment received a new commanding officer when Col. Christopher Cortez passed the regimental colors on to Col. James D.



Passing the flag — Col. J.D. Lenard receives the regimental colors from Col. Chris Cortez.

Lenard in a ceremony at Dewey Square, Friday.

Lt Gen. Charles C. Krulak, commanding general, Marine Forces Pacific, and MGen. Carlton W. Fulford Jr., commanding general, III Marine Expeditionary Force, were among the distinguished guests attending the ceremony.

The brief ceremony belied the 20 months that Cortez commanded 3d Marines, which has seen many pivotal changes in its force structure.

"Clearly the biggest change was the deactivation of the 1st Marine Expeditionary Brigade command element and falling under the 3d Marine Division," explained Cortez. "Because of our new relationship with 3d Marine Division in Okinawa, we now have new training opportunities."

Cortez's career began when he graduated from the Platoon Leaders Class in 1971. Ever since then he has been no stranger to the responsibilities of command. While commander of 1st Battalion, 5th Marines his unit deployed with 7th Marine Expeditionary Brigade to Saudi Arabia during Operations Desert Shield and Desert Storm.

Cortez first arrived at 3d Marine Regiment in June 1993.

During his tenure as commanding

officer, his focus was not only on mission readiness but also the Marines and sailors who served under him. For every endeavour he's taken to increase the regiment's mission readiness, he's been confident in knowing that they were giving him 100 percent.

"Both the Marines and sailors of this regiment are the best I've ever seen. They not only train hard but are technically and tactically proficient. They are totally dedicated to each other, to their unit, to the Corps, and to their country. It's been an honor to be able to serve with them," said Cortez.

"As a commander it is challenging to balance all of the training requirements that we have with the service member's time with their families," he explained. "Because of our efforts, the quality of life has improved. Marines through their own efforts and the help of organizations, such as base facilities, have gone a long way to improving their own lives," added the graduate of Marietta College in Ohio.

Cortez will report to Camp H.M. Smith, Hawaii, where he will assume the duties as the executive assistant to Lt Gen. David Bramlatt, deputy commander in chief, U.S. Pacific Command.

"I see a great opportunity to learn more about the Pacific theater," said Cortez, when asked what he is looking

forward to in his new position.

Lenard, who is his replacement, is no stranger to Hawaii. He previously served as the company commander for both Headquarters and Service Company and Company E, 2d Battalion, 3d Marine Regiment in 1978. Before coming to 3d Marines, he completed a tour as the program manager for the Light Armored Vehicle

Program at the U.S. Army Tank-Automotive Command in Warren, Mich. With his arrival, this Texas A & I graduate brings more than 20 years of experience with him.

"My only advice to Col. Lenard is, he has some great Marines and sailors. Use their talents and ideas, and enjoy his experience with this regiment," said Cortez.



Rendering honors — Marines from 3d Marines present arms during the change of command ceremony Friday for the 3d Marine Regiment. Col. J. D. Lenard assumed command of the Regiment from Col. Chris Cortez.

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Marking the territory — LCpl. Leonardo F. Diramanda uses the AN-PSS 12 mine detector to carefully mark the area that may contain a mine.



Ka-Boom — The air reverberated with the sound of the explosion during training which Landing Support Company, CSSG - 3 conducted at Makua Valley.



Training is a blast — Cpl. Catherine Sabin, Maintenance Platoon, primes the TNT with a blasting cap in preparation for detonation (above). Before the the blasting caps are inserted they must first be crimped to the time fuse (below).



Cpl. Wanda Compton



A guiding hand — SSgt. Andy Willis, platoon sergeant, Heavy Equipment Platoon, gives instruction to the gun team firing the M-60 during the exercise.

## LSC is "explosive" in Makua Valley

Cpl. Wanda Compton  
Staff writer

The sun beat down upon the Marines' helmets and the only relief was the intermittent breeze that helped keep the heat at bay. Suddenly, the silence was shattered by an explosion that filled the air with dust.

The explosion wasn't a freak accident. It was carefully planned by the Marines from Landing Support Company, Combat Service Support Group-3. This explosion, and many more, was part of the training they received during a recent exercise at Makua Valley.

The company left MCB Hawaii, Kaneohe Bay in the early afternoon of Feb. 9. Upon their arrival at Makua Valley, the Marines dug in and set up their bivouac area. After the basics were set up, the Marines' training began.

"One of the goals of this training was to familiarize the whole company with the functions of each of the individual platoons," explained GySgt. James Curtis, training officer, LSC. "Each platoon has an important role to play. It is important that the rest of the company knows what role that is and how it effects the other platoons."

Most of the platoons gave periods of instruction on the different aspects of their mission.

"We demonstrated our role by setting up a beach support area that is used to facilitate a landing force shore party," explained Sgt. Al Kaimimoku, platoon sergeant of Landing Support Platoon. "Different members of the platoon gave classes on how we debark from ship to shore, what units are involved and how they are staged on the beach in support of the front lines."

The Utilities Platoon provided fresh water for consumption and for the field showers. The company was shown how the equipment is set up and were given classes on how the reverse-osmosis water purification unit works to purify even the saltiest seawater and make it fresh.

The company got a 'big bang' out of the demolition training they received from the Construction Platoon. In addition to the TNT that was exploded, the Marines also had the opportunity to set off C-4, crater and shape charges, and ten bangalore torpedoes. They also learned how to construct an improvised claymore using an ammo can, C-4 and a few handfuls of rocks. The Marines set off 400 pounds of explosives in one day.

The Construction Platoon also gave a mine detector class. The Marines were given classes on the three different mine detector units used by the Marine Corps. The instructors demonstrated the correct placement and use of the equipment and the safety measures taken to properly detect and mark a possible mine.

In addition to the familiarization training, the platoons also took time to cover some of their required training.

The alpha-medical team gave the required HIV training to the entire company along with some basic first-aid classes.

Some personnel from the Nuclear Biological Chemical section of CSSG-3 arrived to give classes on NBC agents.

On the last day of training, Landing Support Company fired 30,000 rounds from the M-60 and the squad-automatic



Over the shoulder — A Marine firing the M-249 squad-automatic weapon aims in on the targets downrange with some help from one of the coaches during the exercise.

weapon.

"We are a support unit," Curtis explained. "However, we must not forget that we must also be prepared to be rear area security. We needed to refresh our knowledge and practice the skills that we will be required to use in a combat situation."

"This training has been vital in insuring that our company will be able to do everything possible to support the units and to protect themselves in any given situation," he said.

The company was given instruction on the M-60 by Sgt. Jack Smith, training NCO, Headquarters and Service Company and on the SAW by Sgt. Scott Bowers, squad leader, Landing Support Platoon. After the safety brief and impact area designations were given by 1stLt. Devin Young, range safety officer and commander of Heavy Equipment Platoon, the Marines commenced firing on the targets.

"I still see targets up," said Capt. Tim Cravens, commanding officer LSC. "I hit my target sir," yelled one Marine.

"Well Marine, you've got a machine gun - how about hitting the rest of the targets," Cravens yelled back.

The firing went well initially, however anytime live rounds are being used there are questions and concerns about possible fire hazards. Helicopters from Marine Heavy Helicopter Squadrons-463 and 366 took turns providing support and fire

safety control for the training.

The helicopters practiced loading and dumping the fire bucket in case of a fire emergency. In addition, Capt. Charles Terrasse, HMH-463, and his crew provided an emergency medevac of a Marine who had the symptoms of appendicitis.

"It really helped having them here," explained GySgt. Daniel Anderson, company gunnery sergeant, LSC. "They were able to do some training and it was good to know they were there if we needed them."

Extra safety measures were taken by the company to alleviate all possible fire hazards.

"Due to the fire index, [dry areas susceptible to fire hazards] after the company fired a few relays, we decided to de-link all the tracer rounds," Anderson said. "This ensured that we were able to continue firing with no problems in the impact area."

The Marines also took time from training to join the field worship service Sunday given by Lt. Verna Michaelson, CSSG-3 chaplain.

To round off their field training, the Marines gained some experience on how to perform a debarkation at night.

The company began loading up at 1 a.m. and arrived back at MCB Hawaii, Kaneohe Bay by 5:30 a.m. Feb. 13.

Makua Valley hasn't seen the last of this crew though, Landing Support Company plans to return again in April.



Line of fire — Marines fired 30,000 rounds from the M-60 machine gun and the M-249 squad automatic weapon during the exercise.

# Iwo Jima

From A-1

Marine Corps after the war.

For some the day to day fighting was hard, but for others landing on Iwo Jima was the hardest part.

"The waves had increased substantially in size by the time we received word we were going ashore," remembers LtCol. Thomas Kalus, USMC (retired). "The landing beaches were littered with capsized and floundered landing craft. Finding a place to land our boat was difficult. We hit the beach which was just black ash. The beach climbed almost immediately up about 20 feet to some level ground about 100 yards long with another incline at the end of that stretch of ground. We started taking fire as soon as we were on the first slope. We would probably have died on that slope had it not been for a gunnery sergeant who was with us that was a veteran of previous battles. He was the one that got us up and moving and finally got us to a place where we

could set up camp."

Kalus was an 18-year-old private when he made the landing on Iwo Jima. He survived and went on to fight in the Korean War to include the battle at the Chosin Reservoir.

Marines and sailors fought valiantly at Iwo Jima to conquer such obstacles as Mount Suribachi, Motoyama number one and two, Hill 382, Turkey Knob, the Amphitheater, Nishi Ridge, Kita, and Cushman's Pocket. They slowly cleared Iwo Jima of all Japanese resistance from Mount Suribachi in the south to LtGen. Tadamichi Kuribayashi's cave in the north.

LtGen. Kuribayashi was the commanding general in charge of the defense of Iwo Jima. When he saw that the island was lost, he told his emperor all Japanese warriors would fight to the death for their emperor.

As a result, only 1,083 Japanese survived to be taken prisoner, out of the 22,000 defending Iwo Jima. Of the 75,000 Marines and sailors who fought on the eight and a half square mile island, 6,821 paid the ultimate price by laying down their lives for their brothers-in-arms.

The Battle of Iwo Jima started on Feb. 19, 1945. Lasting for 36 days, it was a place where men constantly lived acts of heroism and valor, 27 of whom were so self-sacrificing and brave, they received the country's highest honor for courage in combat - the Congressional Medal of Honor. Iwo Jima has been marked as the bloodiest battle in World War II.

With the capture of Iwo Jima and its airstrips, crippled B-29 Superfort bombers returning from bombing missions over Japan, no longer had to try and fly all the way back to Guam, Saipan, or Tinian. From the time Americans occupied Iwo Jima until the end of the war, 2,251 B-29s made emergency landings on the island. This saved 24,751 Army Air Corps crewmen from possibly having to ditch their damaged aircraft in the waters of the north Pacific and probably losing their lives.

On Feb. 23, 1945, Old Glory was raised atop Mount Suribachi for the first time. Fifty years later Old Glory still waves atop the mount along with a memorial that stands for the men who fought on this little island.

# Richard Fiske recalls war

Sgt. William Roy  
Staff writer

Bombs screamed as they plummeted toward the earth seeking their targets. Torpedoes became a tidal wave of destruction as they sped toward their destination. On Dec. 7, 1941, Richard Fiske, a Marine Corps bugler aboard the USS West Virginia got his first taste of war.

"The West Virginia took a real beating that day," remembers Fiske. "She took nine torpedoes in the port side and two bombs were dropped on her deck. We were all very lucky when the second bomb drove through three decks and then stopped without exploding. Right below was about one million pounds of gun powder used for the 16-inch guns and about one million six hundred thousand gallons of fuel."

Fiske joined the Marine Corps on Feb. 5, 1940. Upon completion of boot camp, he was sent to music school where he became a bugler and was then assigned to the USS West Virginia.

After the attack on Pearl Harbor, Hawaii, Fiske stayed with the USS West Virginia until February of 1944. Upon being promoted to sergeant, he transferred from the ship to a line platoon in the 5th Marine Division. He trained for a year with the 5th Marine Division before making the landing on Iwo Jima.

Fiske spent 37 grueling days on Iwo Jima.

"There were so many men killed or wounded in the first few days that I wondered if I would make it through alive. I told myself just to do my best," said Fiske. "I was hit in the leg shortly after a mortar barrage. I



Life saver — Richard Fiske displays the 1919 buffalo nickel which he believes saved him from a serious wound at Iwo Jima.

had a 1919 buffalo nickel in my pocket that stopped the round, otherwise I might have lost my leg, if not my life."

After Iwo Jima, Fiske was sent back to San Diego with the 5th Marine Division where he was honorably discharged from the Marine Corps in 1946.

For the next year he went to school to get his aircraft and engine license. During that year, he married Carmen Correas, to whom he is still married.

Fiske returned to the military in 1947 when he joined the Air Force, and for the next 23 years he worked such jobs as crew chief, flight engineer, and line chief. He retired in 1970.

Today, Fiske lives in Honolulu, Hawaii where he volunteers his time at the USS Arizona Memorial located at Pearl Harbor, Hawaii. He still plays his bugle for various functions. Fiske can be found at the memorial on most Fridays talking with the people who come to the memorial, answering questions and telling stories.



Rugged terrain — The Battle of Iwo Jima was the costliest of all battles for the Marines with 6,821 service members losing their lives. Admiral Chester Nimitz, commander of the Pacific Fleet declared that an Iwo Jima "uncommon valor was a common virtue."

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# On the HomeFront

## Housing quarters can have a personal touch

Mary Lynne Wolfe  
K-Boy Housing Office

For most military families home is a temporary place. It's where the windows change size and shape every few years, where carpets from the last place don't fit and where bathrooms are never the same color twice. And if you live in military family housing, home is usually a place that looks just like every other place in the neighborhood.

But while you probably can't avoid the problems caused by moving frequently, there's a lot you can do to make each place you live uniquely yours. As many military families have shown with a little imagination you can turn your government quarters into a place you'll be

proud to call "home."

Family housing inspectors, who are in and out of homes every day, have seen it all. They know what works and what doesn't. Here are a few of their suggestions and guidelines for personalizing your government quarters.

The basic rule to keep in mind as you plan your decorating is that anything you change must be restored to its original condition before you move out, said Larry Glancy, Marine Corps Base Hawaii Family Housing Department's lead housing inspector.

"When residents request to make temporary changes to their quarters, we usually approve the request if it will be easy to change back to the way it was," Glancy said. "If the change involves a structural modification to the quarters, the request would have to be carefully considered and may not be approved."

Certain requests will always be denied, he said.

"Nothing can be driven into any floor or foundation, and all electrical work must be performed by a certified electrician."

But requests to perform decorative techniques are almost always approved, Glancy said.

Color is an important part of decorating, and painting is an inexpensive and easy way to establish a color scheme and change the look of a room. Before you purchase paints however, consider the type of paint you'll be covering.

"One big problem we see is when residents paint over oil-based paint with latex paint," Glancy said. "And guess what? Latex paint doesn't stick to oil-based paint, so the first time they nick the paint the whole wall

starts to peel. And all that latex paint has to be scraped off the walls before they can be repainted again."

The solution? Paint over oil-based paint with only oil-based paint, Glancy said.

Stenciling is another inexpensive way to change the look of a room. With stenciling, a design is traced on the wall and filled in with paint. Stenciling kits are available at many craft stores, and the designs come in a variety of shapes and sizes.

It's okay to stencil your walls, Glancy said. But stencil colors are usually darker than the paint they're being applied to, so you might need to apply two or more coats of paint to the walls before you leave.

It's also okay to apply wallpaper or wallpaper borders, he said. You must

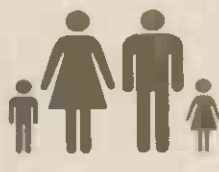
first obtain permission from the housing department and the wallpaper must be strippable.

Once you've finished painting and papering, you might want to carpet your home. It's not necessary to request permission to place carpet on the floor, Glancy said. But no carpet strips can be installed and the carpets cannot be tacked down in any manner.

"Beware of carpet tape," he said. "It's very difficult to remove, and we've had to assess charges against a lot of people when we've had to scrape their carpet tape off the floor."

No linoleum or tiles may be installed, he added.

**Next week: More ideas for personalizing your quarters.**



## USO says thanks for support

The staff and volunteers of USO Hawaii would like to thank the Marines and sailors of Marine Corps Base Kaneohe Bay for making this holiday season plentiful for our two centers. During Thanksgiving, we received four cooked turkeys, dinner rolls, pumpkin pies and several dozen cookies, coffee and paper products. We were able to offer turkey sandwiches and dessert to a hundred military and their families who were waiting for flights. Since then, more of these items have been delivered, helping us create that "home away from home" atmosphere which is especially needed during the holidays.

Best wishes to all of you for a peaceful new year, because the Marines have always been there for the USO, we will continue to be here for Marines.

Connie Guenther  
USO Hawaii  
Director



### Taking a nose dive

Cpl. Kenneth Huhman, bulk fuel, Landing Support Company, CSSG-3, hangs upside down to test his knot after tying off on rappel during helo rope suspension training at the Boondocker training area recently. He is observed by Cpl. William Stallcup, (with helmet) STS Platoon, Combat Assault Company who assisted Marines with instruction on the rappel.

Sgt. William Ray

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## Front and Center

# Dental Tech leads busy but healthy lifestyle with work, school, community involvement and competitive racing



Courtesy DT2 Don White

Petty Officer 2nd Class Don White

**Cpl. Robert Berry**  
Staff writer

Balancing family life, a military career and a hobby takes constant work for Petty Officer 2nd Class Donald C. White, the operations fiscal supply and embarkation officer for 21st Dental Company.

Utilizing a deep drive, White continues to excel in both his career and anything else he sets out to accomplish. White, who is currently in charge of all the field dental equipment for 21st Dental Company, is preparing to leave Hawaii on 1 March, as he heads to the Naval School of Dental Assisting and Techniques in San Diego, Calif., to become an instructor.

"The dental school is the only school in the Navy for DTs," said White. "I will be qualified to teach anything, but my area of expertise will be in dental."

White, who was stationed there for three years as staff duty in audiovisual support prior to being assigned here, didn't have the opportunity to teach on his first tour at the school. Seeing the opportunity to teach, he fought for orders to go back to the school.

"It is something that I really wanted to do," said White. "I have an opportunity to influence dental techs throughout the whole Navy, and that's where we mold young sailors, not just teach them but make sailors."

Holding a great deal of responsibility is something White is accustomed to. His current billet is normally occupied by a chief petty officer. White pointed out that the benefits of having a job with a lot of responsibility are the awards and recognition that go with it.

"I have been fortunate to be a dental tech and have been afforded the opportunities to hold the positions that I've had," he said. "It keeps it challenging and there is always the opportunity to do something unique."

Not only has he been given the opportunity to make his mark, he capitalizes on the chances he is given. Proof of this can be seen in his repeat performance as Sailor of the Year for the 21st Dental Company.

"I strive for superior performance in everything I do," he said. "I don't rest on my laurels."

Rest is something the 31-year-old is not used to. In addition to working on a bachelor's degree in business at Hawaii Pacific University, he also finds time to train for and enter approximately 40 nationwide running events a year.

"I have raced a lot since I've been in Hawaii," said White.

The types of races White runs include 10Ks, biathlons, half marathons, marathons and triathlons.

He attacks his running with the same enthusiasm he approaches his work, which has earned him a lot of recognition.

Some of his accomplishments include being the first Navy finisher in the Iron-Man Triathlon on the Big Island for the last two years. His most recent running event was the Island perimeter run, where his team finished 1st out of 93 teams.

Growing up in a Navy family in the

town of Hyattsville, Md., White concentrated on athletics. White's sport of choice in high school was soccer, but he also lettered in 11 other sports in his commitment to a healthy lifestyle.

"I want to be that 90-year-old guy out there doing it because he wants to, not because he has to," said White.

"It's like anything else, you set a goal and you can accomplish it," he continued.

Although running and work take up a lot of his day, White also makes the time to be active in the community by being involved with the Red Cross, the Dental Assisting Program for the 21st Dental Company, and the American Heart Association. He is also involved in the Muscular Dystrophy Association with wife Suzanne.

"School, community involvement and racing, it's a busy lifestyle," he said. "But it's a challenge and I know that I can keep going."

"I have a commitment to a healthy lifestyle," he said. "It's a commitment for life."

Even though he leads a busy lifestyle, he lives by one philosophy. "Continue being a top notch triathlete and a top Navy performer."

*"I have a commitment to a healthy lifestyle. It's a commitment for life."*

DT2 Don White  
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## HAWAII MARINE CARRIER OF THE MONTH



Eleven-year-old Maria Fife of Kailua has been selected as this month's HAWAII MARINE "Carrier of the Month." Maria is in the sixth grade at Mokapu Elementary, where her favorite subject is P.E. She enjoys going to school very much. In the future, Maria hopes to go to college to study art, fashion and interior design.

Maria has been a carrier for over nine months now, and she would like to thank her customers for being so good to her during that time. Having your own business means doing what needs to be done even when you don't feel like it, but having great customers makes it all easier.

CONGRATULATIONS, Maria, for being selected "Carrier of the Month." You have set a good example for others to follow, mahalo!!

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The young person pictured above is a local business person - a HAWAII MARINE carrier. Most likely, delivering the HAWAII MARINE to you each week is a beginning business venture for this young carrier. But, it's also an important educational experience, and as a customer of this carrier, you can help make this experience a way to genuine achievement and growth.

If you have any comments about your delivery service, please call 235-5881.

The HAWAII MARINE has openings for carriers. Responsible HAWAII MARINE workers can earn \$20.00-\$65.00 per month for only one delivery each week. If you want a business route of your own near your neighborhood, please mail in the application for information.

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# Briefs

## TAMP

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

**Sponsorship training** - This training is mandatory for all those assigned as sponsors to inbound Marines and sailors. The class will be held Friday from 2-3 p.m. at Training and Audiovisual Support Center, classroom 2.

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

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

## TQL nominations

Nominations are being accepted for the following courses in Total Quality Leadership training:

**Methods of managing quality** - The nine-day course will be held Feb 28 to March 10 aboard Pearl Harbor.

**TQL Awareness** - The three-day supervisory course will be held March 7-9 at MCB Hawaii, TAVSC, building 267, classroom 1.

**TQL Awareness** - The one-day non-supervisory course will be held March 10 at MCB Hawaii, TAVSC, classroom 1.

**Systems approach to process improvement** - The ten-day course will be held March 13-24 aboard Pearl Harbor.

**Implementing TQL** - The nine-day course will be held March 14-24 at MCB Hawaii, TAVSC, building 267, classroom 1.

**TQL Awareness** - The three-day supervisory course will be held May 23-25 at MCB Hawaii, TAVSC, building 267, classroom 1.

**TQL Awareness** - The one-day non-supervisory course will be held May 26 at MCB Hawaii, TAVSC, building 267, classroom 1. Nominations for these courses should be submitted in writing to Commanding General (TQL), Marine Corps Base Hawaii, Box 63002, Kaneohe Bay, MCB Hawaii, 96863. All inquiries, scheduling and coordination should be directed to Bill Lang, TQL manager at 257-2130.

## ASYMCA

To sign up for any of the following programs/classes, or for more information, call 254-4719 or 254-4965. The Armed Services YMCA helps pay for child care while you attend classes.

**Plus-size ladies aerobics class** - If you are a size 14 or more, this program takes your special needs into consideration. Classes begin on the first of each month from 7:30-8:30 p.m. on Mondays, Wednesdays and Fridays. The fee is \$22 for the full month or \$2 per class.

**Dog Obedience** - This six-week class is offered Sundays from 4-5 p.m. behind the Veterinary Office. The fee is \$25.

**Lamaze** - This six-week class is offered on Mondays from 6:30-8:30 p.m. and is held in the Family Service Center training room.

**Baby and Me** - If you are expecting or have a new infant, this support group may be for you. We meet bimonthly on Mondays at 10 a.m. CPR for baby, baby massage, nutrition, toy safety and home safety are already on the agenda as topics. Join our group and add your own concerns and interests to our topic list. It's an excellent opportunity for parent networking. A "Strollers Stroll" meets every Tuesday morning at 8 a.m.

## K-Bay FSC

**Stress management workshop** - Learn to handle stress effectively at home and work. Workshops are held on the last Wednesday of each month from 1-4 p.m., call for reservations.

**Overeaters anonymous** - Group support to help with over eating behavior using the 12-step approach of AA. Meets every Friday at the FSC from 7-8 p.m.

**Parenting of teens** - This six week video-based evening course for parents of teenagers covers topics including sexuality, self-esteem, communication, alcohol and drugs, cooperation and responsibility. Class is scheduled to be held Wednesdays beginning March 1 from 6-8 p.m., call now for reservations.

**Fighting for your mar-**

**riage** - The Prevention and Relationship Enhancement Program is a research-based approach to teaching couples constructive arguing and problem-solving skills. The six-week course is scheduled to be held on Wednesdays and Thursdays from 5:30-7:30 p.m. Call Gail for reservations.

**Women's empowerment program** - Focuses on safety, self-esteem, anger and stress management. The group is held every Thursday from 2-4 p.m. Please call Diane for more information at 257-3655.

**Healing your inner child** - A weekly support group will be held on Mondays from 4:30-6 p.m. to help people who have had painful childhood experiences that they wish to confront. Participants must call for a screening appointment.

**Adult children of troubled families** - This two-part educational class will focus on how your family affected you. If you are looking for answers as to why your life isn't working out the way you expected, you must look back to your childhood. Week one's sessions take place on the first and third Tuesdays of the month and week two's sessions on the second and fourth Tuesdays of the month.

For information on any of the above classes or reservations, call 257-3655.

## Red Cross

A community first aid and safety course will be held March 22-24. Pre-registration is required. The hours of operation are 7:30 a.m. to 3:30 p.m.,

Monday-Friday. Check ins/out are 7:30 a.m. to noon, Monday-Friday. For emergencies call 257-3150 or 471-3155. The Pearl Harbor Service Center is open 24 hours a day to include financial assistance. Emergency communication specialists can do aid society loans after hours. Beginning March 1, the Red Cross office will be located in building 216, next to the Family Service Center. The phone number 257-3150 will remain the same.

## Thrift Shop

The Thrift Shop is having a clearance sale through the month of February. Stop by for some real bargains. The hours of operation for the Thrift Shop are Tuesday 9 a.m. to 1 p.m., Wednesday from 6-9 p.m., Thursday from 9 a.m. to 1 p.m. and payday Saturday from 9 a.m. to 1 p.m. For more information call 254-0841.

## Ash Wednesday

The Christian Lenten season, which lasts 40 days, begins on March 1 with Ash Wednesday. It is a day of public penance and is marked by the burning of palms blessed on the previous year's Palm Sunday. Ashes are marked in the shape of a cross upon the forehead of each worshiper.

The Base Chapel offers the following Ash Wednesday worship opportunities. Please join us for worship with Catholic services at 11:45 a.m. and 6 p.m. and Protestant services at 6:45 a.m.

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## What about wrestling?



### From the Cheap Seats

**John Magnus**  
Outdoor Recreation Supervisor

As I was helping out with the last race that was held on base, I was hit with an interesting suggestion. I was working as a course marshal, and most of the runners were flying by me. Suddenly, as I was directing traffic I heard "Hey, how about a story about the ancient sport of wrestling," or something like that.

Obviously this Marine wasn't talking about World Championship Wrestling, so I wanted to do some research to find out just what he was talking about. So I grabbed my trusty sports almanac and looked up wrestling in the table of contents. Let's see - there was baseball, basketball, football, golf, tennis, hockey, boxing, horse racing, soccer, bowling, swimming, skiing, figure skating, but no wrestling. Wait a minute - there it is, in the "miscellaneous sports" section.

I'm beginning to wonder about this sports almanac. It's got 1,000 pages of invaluable sports information, but it lists horse racing as a sport. C'mon, horses are animals, not athletes, and I don't exactly think that a jockey is an athlete either. But wrestlers, they are arguably the best conditioned and disciplined athletes in the world.

Being a tall, lanky kid, I was never too inclined to get involved with wrestling. My indoctrination into the sport was in my freshman year of high school. I was on the basketball team and the wrestlers practiced in the gym next to ours. Before our practices started, the wrestlers always loosened up by shooting baskets with us. Man, were they bad.

Anyway, one day I made a wise-crack as to how bad hoopsters they were. That got a few chuckles, so I pressed my luck and made a comment about how wrestlers' sexual preference is questionable because they like to roll around on the floor, half-naked and sweaty, with other men. The next sound I heard was my head as it slammed on to the hardwood.

It seems that one of the wrestlers had dove at my knees, lifted me up, and dropped me on my head, in a split second. I quickly realized how quick and strong these guys were. I also realized that if I wanted to continue my wise-cracking ways, that I might want to make friends with some wrestlers.

As the basketball and wrestling seasons continued, I occasionally would sneak peeks into the wrestling room to see how these guys trained. First of all, they wore those rubber suits that make you sweat buckets. On top of that, the coach cranked the heat in the room. They then busted-butt for over two straight hours, practicing moves, developing quickness and strength, and rubbing their ears off on the mat. You can spot a hard-core wrestler by his nubby ears and a scar across his nose or forehead. It can get pretty ugly.

But my respect for wrestlers is very high. They have discipline, strength, speed, and cunning that is only found in the toughest of men. Maybe that is why the Marine Corps has won the United States National Team Championship in 1985, 1986, 1987, 1988, and 1989. And several Marines like Eric Wetzel, have won individual National Titles.

Wrestling is one tough sport. I'm talking the real wrestling, not this "pomp and circumstance" WCW stuff. I'm talking the sport of men in the ultimate confrontation..... man against man, no weapons.

## John Burns Intercollegiate Golf Classic



Cpl. Robert Berry



Sgt. Andrew Lynch



Cpl. Robert Berry

The John Burns Classic is taking place through Friday aboard MCB Hawaii. (Above) As the sun comes up, players and coaches begin warming up in preparation for the first day of the tournament. (Right) Alan Bratton of Oklahoma State, last year's runner-up, sends the ball screaming down the fairway. (Below) David Helzhauer, from 1st MAW ASE Aid Station, intently studies the green as he prepares to putt. (Lower right) Kris Cox, Oklahoma State, was last year's individual winner. (Lower left) Mike Fortin, University of Hawaii, shows his form for the tournament. (Top left) Golf World Magazine's "Man of the Year," Eldrick "Tiger" Woods, Stanford University, lines up one of his shots for the tournament.



Cpl. Robert Berry



Cpl. Robert Berry



Sgt. Andrew Lynch

## "Swamp Romp" looking for corporate teams

**Debra Bray**  
MWR Marketing

Marine Corps Base Hawaii, Kaneohe Bay challenges companies and organizations island-wide to join the Marines of Combat Service Support Group -3 for a romp through sand and mud in the "Swamp Romp."

This one-of-a-kind fun-run is a five-mile course which takes teams through several obstacles including a muddy tunnel-crawl, hurdles and wall-climbing. Competition is open to the public, all companies, businesses schools. Athletic teams are encouraged to participate in the race by forming six-member teams to participate in the event.

The first CSSG-3 Swamp Romp will be held at 7 a.m., April 1, 1995 aboard MCB Hawaii, Kaneohe Bay. Check-in time will be 6 a.m. on race day. Starting at the Boondocker Theater, the flat course leads to Fort Hase Beach, then continues up a hill toward the rifle range. Modified for non-military participants, the tactical course is safe, although challenging.

Entry fees are \$60 for active duty military six-member teams and \$70 for six-member civilian or company teams. Department of Defense civilian employees and dependents are also \$60 per team. (Entry fees are non-refundable.) All team members must sign the team entry form. Entry forms are available at MWR facilities aboard the Base or by calling the MWR

Athletics Office at 254-2458. Event entries are limited to the first 200 teams.

All teams registered prior to March 20 will receive t-shirts for each team-member. Participants may also purchase extra t-shirts at a cost of \$8 each. T-shirts will not be guaranteed for teams registered after the March 20 deadline.

Following the race, team awards will be presented to the first, second and third place teams in each of the following divisions: military men, military women and mixed military; civilian men, civilian women and mixed civilian. A perpetual trophy will be awarded to the first place overall team. Refreshments and random draw-

ings will also be provided after the race.

To qualify for awards, all participants are required to wear long trousers, sweat pants or utility wear. In addition, boots of any style are also required.

Organized by the Morale, Welfare and Recreation Department (MWR), the Swamp Romp is an event from the Commanding General's Fitness Series, sponsored in part by Gatorade and Bud Light. Proceeds from the event will benefit recreation programs funded by MWR for Hawaii's Marines, sailors and their families. For additional information about the Swamp Romp, call the MWR Athletics Office at 254-2458 or contact Sgt. Bryan Hill at 257-3148.

# Tickets

The MWR Ticket Office offers tickets and information on how to get them at special military rates. The office also takes reservations for events and attractions around the island. Call the Entertainment Hotline at 254-3304 or stop by the Marine Corps Exchange for information and reservations. The office is located at building 1090 and is open Monday through Friday, 10 a.m. to 5 p.m., and Saturday, 10 a.m. to 2 p.m.

**This week's offerings include:**

**Consolidated Theatres** - Tickets on sale for \$4.75 and are good until June 8, 1995.

**Wallace Theatres** - Tickets on sale for \$4.75 and are good

at any Wallace theatre on Oahu.

**Sea Life Park/Waimea Valley** - Discounted tickets are on sale at ITT. Adult \$9, Junior (6-12yrs) \$6.50, Child (4-5yrs) \$3.25.

**Aloha Diners Club** - Enjoy Hawaiian hospitality and entertainment at restaurants and nightclubs at a big discount. The booklets are on sale for \$12.

**Whale Watching Season** - A tour on the Star of Honolulu runs daily from 8:30 a.m. to noon. Standard service for adults is \$16 and children is \$8, deluxe service for adults is \$33 and children is \$19. A whale watch breakfast or luncheon aboard the Navatek is also available. The breakfast is \$33 for adults and \$20.50 for children and the luncheon is \$39 for adults and \$24 for children. Contact ITT for more information.

**Bishop Museum Ohana Pass** - The passes offer unlimited admission to the museum and planetarium for an entire year. Pass holders will also receive bi-monthly issues of the Ka'Elele. The newsletter informs passholders of current exhibits, events and programs. The passes are on sale for \$32.

**Honolulu Comedy Club** - The Comedy Club's new location is at the Aston Waikiki Terrace Hotel. For the month of February the tickets will be on sale for \$9 for all shows. The last day of this special is Feb. 28. Showtimes are Friday and Saturday at 8 p.m. and 10:15 p.m., Sunday at 8 p.m., and Tuesday through Thursday at 8 p.m. Make your reservations early for the show.

**Windjammer cruises** - Aloha Pau Hana Party on the water. On sale for \$15 per person. The cruise sails at 5:15 p.m. and 7:15 p.m. Contact ITT for more information.

**Luau's** - Tickets are available through ITT for Hale Koa Hotel, Germaine's, and Paradise Cove. Come in to ITT for more information and reservations.

**Bad Religion concert** - The group will be in concert March 17 at the After Dark Club. Tickets are on sale for \$16. Tickets are available through March 16 at ITT. Doors open at 7:30 p.m. and the show starts at 8:15 p.m.

**Polynesian Cultural Center** - The center is offering a special on admission and the Mana show. The military rates are \$20 for adults and \$15 for children ages five to eleven years.

**Dinner cruises** - Starlet sunset dinner is on special for \$29.50 for the entire month of February. We have other dinner cruises on the Navatek, Star of Honolulu and Alii Kai. Come into ITT for rates and more information.

## Ads

### Miscellaneous

**Surfboard** - Country surfboard 7' 4," 1/2 spruce stringer, J. Vicente shaper, \$275, like new, call 254-9084.

### Autos

**1994 Ford Escort Wagon** - 12,000 miles, take up payments, contact William Ray at 262-0055.

**1988 Dodge Daytona** - In excellent condition, asking \$3,200 or best offer, call 254-5545.

**1972 Z-Car** - Asking \$1,350 or best offer, call 254-6391.

# Family Service Center

**Gail Keifer**  
FSC specialist

Would you like to improve your communication skills and share them with others? The Family Service Center is offering a two-day course to people desiring to learn skills applied in the couples communication course "Fighting For Your Marriage." Training will be held March 6 and 7 from 9 a.m. to 4 p.m. at Training and Audiovisual Support Center, building 267, classroom 2.

The Prevention and

Relationship Enhancement Program (PREP) was designed at the University of Denver, Center For Marital and Family Studies, to teach couples communications skills and ground rules for handling conflict and promoting intimacy. The aim is to prevent future marital distress and divorce.

The program provides an educational experience for couples to increase their problem solving skills. They will learn and practice constructive communication, clarifying and modifying

relationship beliefs and exploring the role of fun and friendship in a relationship.

Consultants function, specifically, as facilitators, not therapists, to help couples stay on track with each skill taught in the program.

Consultants build rapport with a couple over several weeks, establishing trust and individualizing the skills to fit each couple's needs. Consultants are active, supportive, encouraging and positive to help each

couple learn the skills. Participants should enjoy working with others and do not need any prior experience or training. Both men and women are encouraged to apply. Participants are asked to commit to working one "Fighting For Your Marriage" series of five classes which are held one evening per week. This popular series is nationally recognized and has been offered here for the last two years. To register for training or to receive more information please call Gail at 257-3655.

**"If you're serious about finding a relationship, you must call me."**

Stop looking in singles bars and in health clubs. Stop wasting precious time on one mob scene after another. People come to me because they know my record of success. Don't put off that phone call. It could lead to the most important introduction of your life. Call today for a confidential appointment.

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Friendly & Helpful Clerks!

Private Viewing Booths

## AIRFARE SALE

CALL NOW **839-0039**

Los Angeles/San Francisco  
\$216 r/t  
From \$158 o/w

Seattle \$220 o/w \$282 r/t

Mid West \$308 o/w \$540 r/t

Mid East \$322 o/w \$558 r/t

East \$324 o/w \$564 r/t

### ROYAL ADVENTURE TRAVEL

3229 Koapaka St., Hon. HI 96819  
(Behind Plaza Hotel Off Nimitz)  
OFFICE HOURS Monday thru Friday 9 a.m. to 4:30 p.m.  
Call Gerry or Ted  
PHONE: 839-0039 FAX: 833-9942

## MILITARY LOANS UP TO \$2,500

- NO POST DATED CHECKS.
- NO ADVANCE FEES.
- REPAY MONTHLY.
- PROMPT FRIENDLY.

**24 HOUR HOTLINE 623-3838**

U.S.A. FINANCIAL

## LEATHER PRICE WAR

FACTORY OUTLET PRICES  
JACKETS-VESTS-CHAPS-PANTS-GLOVES

**FREE Biker Gloves**  
w/\$69.95  
Leather Purchase \$12.95 value

**The Dark Side**  
1236 WAIMANU ST. - OPEN EVERY DAY

**COUPON**

## END-OF-MONTH CLEARANCE 35% OFF

**\$137**

FEATURES:  
• Free arm design  
• Excellent stitching on all types of fabric  
• One motion threading  
• Motor/Light on/off switch  
• Carrying handle  
• Made of die cast aluminum  
• Auto bobbin-winder  
• Snap on feet  
• Buttonhole  
• Stretch stitch

OFFER EXPIRES Feb. 28, 1995

HOURS: Tue-Fri 9-5:30 • Sat 9-4 • Sun & Mon CLOSED

## NEW HOME SEWING CENTER

762 Kapiolani Blvd.  
Phone: 597-1600

Free store front parking (Mauka between Ward & Cooke St.)

## CHECKS CASHED

LOCAL & OUT-OF-STATE  
**PERSONAL CHECKS**

## CATALOG SALES

3057 Koapaka, Unit 2B  
(Near Airport, first right off Lagoon Drive)

# 833-2529

## 4 MINUTE APPROVAL

COCKTAILS • FOOD • POOL TABLE • DARTS

# DANCER'S

Featuring:  
**LEE CARROLL**

One Of The World's Most Popular & Famous Adult Movie Stars.  
\$3.00 Daily Drink Specials

Continuous Shows From Noon to 4 AM  
All Military Welcome - 5 Minutes from Pearl Harbor  
205 Sand Island Road • 847-2266

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## THE HONOLULU COMEDY CLUB

Now Offers Military Discounts!

**Todd Yohn**

- "I am Haole Man"
- Don't miss "The Last of the Great Saloon Comics"

Feb. 17-19 & 24-26 only!  
\$10 and \$12

CALL **WACKY-98 (922-5998)**  
TODAY FOR RESERVATIONS

**LIMITED TIME ONLY!**  
NEW MILITARY DISCOUNT- \$3 OFF ALL TICKETS-WITH ID!

The New Honolulu Comedy Club  
• Aston Waikiki Terrace Hotel  
• 2045 Kalakaua Avenue, next to Fort DeRussy  
• Validated parking available

## 50% OFF ALOHA FRIDAY

**PAU HANA PARTY ON THE WATER EVERY FRIDAY**

**\$15.00**

ISLAND OASIS  
The Ultimate All-Natural Frozen Cocktail.

Regular price \$30  
Military ID Required  
**Make it a Friday Nite Date!**

INCLUDES  
• 2 Cocktails • Pupus • Waikiki Coastline Cruise • Dancing • Live Entertainment • Free transportation from Waikiki and Ward Centre • Departs 5:15pm

**World's Biggest Floating Office Party**

Invite your friends and staff.  
Private Parties and Groups Welcome

**WINDJAMMER CRUISES**  
"Fun ship of Honolulu"  
Sails 7 Days A Week  
Reservations 537-1122  
Pier 7 next to Aloha Tower Marketplace

CHRISTOPHER LAMBERT JOHN LONE JOAN CHEN

He's trapped in a world where killing is an art and revenge is an obsession.

# THE HUNTED

UNIVERSAL PICTURES AND BREGMAN/BAER PRODUCTIONS PRESENT A DAVIS ENTERTAINMENT COMPANY PRODUCTION  
A J.E. LAWTON FILM: CHRISTOPHER LAMBERT JOHN LONE JOAN CHEN "THE HUNTED" PRODUCED BY JOHN DAVIS GARY W. GOLDSTEIN

RESTRICTED UNDER 17 REQUIRES ACCOMPANYING PARENT OR ADULT GUARDIAN

OPENS FRIDAY, FEBRUARY 24<sup>TH</sup> AT A THEATRE NEAR YOU.

get the **Safety Belt Habit** It's a **Snap**

# THE CLASSIFIED INDEX

Telephone Service  
235-5881  
Mon.-Fri. 8 a.m.-5 p.m.

Counter Service  
45-525 Luluku  
Kaneohe  
Mon.-Fri. 8 a.m.-5 p.m.

Deadlines:  
Line Ads due by 12 Noon - Tuesday  
Class Display Ads due by 4:00 p.m. Friday  
CANCELLATIONS & CORRECTIONS due by 12 Noon - Mon.

Important Information

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

### TRAFFIC CONTROL DEVICES

Traffic Schedule No. 95-1  
IN ACCORDANCE WITH THE PROVISIONS OF ORDINANCE NO. 91-87 AMENDING ARTICLE III, THE DEPARTMENT OF TRANSPORTATION SERVICES, CITY AND COUNTY OF HONOLULU, HEREBY ESTABLISHES TRAFFIC SCHEDULE NO. 95-1 TO AMEND SCHEDULE V OF SECTION 15-7.2(b)(3) ESTABLISHING SPEED LIMIT - 25 MPH; SCHEDULE XI OF SECTION 15-8.3(b) ESTABLISHING NO TURNS; SCHEDULE XIV OF SECTION 15-11.3 ESTABLISHING STOP INTERSECTIONS; SCHEDULE XVII OF SECTION 15-13.10(a)(4) ESTABLISHING TOW ZONES - AM PEAK; SCHEDULE XIX OF SECTION 15-13.10(a)(6) ESTABLISHING TOW ZONES - AM/PM PEAKS; SCHEDULE XX OF SECTION 15-13.10 (a)(7) ESTABLISHING TOW ZONES - 24 HOURS; SCHEDULE XXII OF SECTION 15-14.5(a) ESTABLISHING PROHIBITED PARKING CERTAIN AREAS; SCHEDULE XXIV OF SECTION 15-15.1(d) ESTABLISHING CURB LOADING ZONES; SCHEDULE XXVI OF SECTION 15-16.1 ESTABLISHING TIME LIMIT PARKING; SCHEDULE XXVIII OF SECTION 15-17.2 (d) ESTABLISHING RESTRICTED PEDESTRIANS CROSSING ROADWAYS; SCHEDULE XXXVIII OF SECTION 15-24.17 ESTABLISHING MISCELLANEOUS TRAFFIC CONTROLS.

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

- a. By amending Schedule V of Sec. 15-7.2(b)(3) establishing speed limit 25 mph by adding thereto the following items: "Akumu St., for its entire length." "Ala Aolani St., for its entire length." "Alani Dr., for its entire length." "East Manoa Rd., for its entire length." "Kapulea Lp., for its entire length." "Lima St., for its entire length."
- b. By amending Schedule XI of Sec. 15-8.3(b) establishing no turns by adding thereto the following items: "McCully St. No right turn from McCully St. into Kalakaua Ave. in the Ewa direction except City buses." "S. King St. No right turn from S. King St. into Birch St. in the makai direction."
- c. By amending Schedule XIV of Sec. 15-11.3 establishing stop intersections in the following particulars: 1. By adding thereto the following items: "Iwilei Rd. Traffic on Iwilei Rd. shall stop before entering Sumner St." "Kilauea Ave. Traffic on Kilauea Ave. shall stop before entering Sixth Ave." "Pohukaina St. Traffic on Pohukaina St. shall stop before entering Cooke St." "Waikapoi Rd. Traffic on Waikapoi Rd. shall stop before entering Waialeale Rd." "Waialeale Rd. Traffic on Waialeale Rd. shall stop before entering Waikapoi Rd."

- 2. By deleting therefrom the following items: "Sumner St. Traffic on Sumner St., Ewa direction, shall stop before entering the intersection." "Sumner St. Traffic on Sumner St., Koko Head direction, shall stop before entering the intersection."
- d. By amending Schedule XVII of Sec. 15-13.10(a)(4) establishing tow zones - AM peak by adding thereto the following item: "Kaihehe St., mauka side, distance 223' Kahuku direction from the Kahuku curb prolongation of Kailua Rd."
- e. By amending Schedule XIX of Sec. 15-13.10(a)(6) establishing tow zones - AM/PM peak by deleting therefrom the following item: "Dole St., mauka side, between University Ave. and driveway of 2570 Dole St."
- f. By amending Schedule XX of Sec. 15-13.10(a)(7) establishing tow zones - 24 hours in the following particulars: 1. By adding thereto the following items: "Dole St., mauka side, from the Ewa curb prolongation of the driveway of 2640 Dole St. (University of Hawaii Faculty Apts.) to University Ave." "Dole St., mauka side, distance 87' Koko Head direction from the Koko Head curb prolongation of the driveway of 2640 Dole St. (University of Hawaii Faculty Apts.)"

- 2. By amending item relating to Dole St., makai side, between University Ave. and Manoa Stream Bridge, to read: "Dole St., makai side, from University Ave. to a point 150' Koko Head of the Koko Head curb prolongation of the driveway of 2640 Dole St. (University of Hawaii Faculty Apts.)"
- g. By amending Schedule XXII of Sec. 15-14.5(a) establishing prohibited parking certain areas in the following particulars: 1. By adding thereto the following items: "Alani Dr., Ewa side, distance 20' makai direction from the makai property line of 3662 Alani Dr." "Apele Pl., northern side, for its entire length and including its terminus." "Dole St., makai side, distance 131' Ewa direction from the Ewa curb prolongation of Kanawai St." "Kamani St., Koko Head side, distance 36' makai direction from the makai curb prolongation of Waimanalo Ave." "Kamani St., Ewa side, distance 30' makai direction from the makai curb prolongation of Waimanalo Ave." "Kukini St., makai side, from a point 37' Ewa of the Koko Head property line of 35-C Kuakini St. to a point 36' Koko Head from the Koko Head property line of 35-C Kuakini St." "Lilipuna Rd., Makapuu side, from Kamehameha Hwy. to Cobb Adams Rd."

"Maleko St., Makapuu (eastern) side, from the makai curb prolongation of Aloha Oe Dr. to and including its turnaround area." "Manele St., mauka side, from the Ewa curb prolongation of Alapai St. to its terminus, 4:00 to 8:00 a.m., Tuesdays and Fridays." "Manele St., mauka side, distance 24' Ewa direction from the Ewa curb prolongation of Alapai St." "Manele St., makai side, distance 32' Ewa direction from the Ewa curb prolongation of Alapai St." "Rycroft St., mauka side, distance 36' Koko Head direction from the Koko Head curb prolongation of Cedar St." "Rycroft St., mauka side, distance 92' Koko Head direction from the Koko Head curb prolongation of Piikoi St." "Rycroft St., mauka side, between Piikoi St. and Laula Wy."

2. By amending item relating to Sereno St., Koko Head side, distance 28' fronting 1823 Sereno St., to read: "Sereno St. Koko Head side, distance 125' mauka direction from a point 4' makai of the makai property line of 1813 Sereno St."

3. By deleting therefrom the following items: "Dole St., makai side, distance 45' Ewa direction from a point 185' Ewa of the Koko Head property line of 2695 Dole St." "Dole St., makai side, distance 310' Koko Head direction from a point 48' Koko Head of the Koko Head end of Manoa Stream Bridge." "Dole St., mauka side, between University Ave. and driveway 2570 Dole St." "Dole St., mauka side, distance 90' Koko Head direction starting from the Koko Head curb prolongation of University of Hawaii Faculty Apts. driveway at 2640 Dole St." "Dole St., mauka side, Ewa direction from the Ewa Curb prolongation of University of Hawaii Faculty Apts. driveway at 2640 Dole St."

h. By amending Schedule XXIV of Sec. 15-15.1(d) establishing curb loading zones in the following particulars: 1. By adding thereto subsection (a) passenger loading zones the following items: "Kanekapolei St., Ewa side, distance 45' makai direction from a point 157' makai of the makai curb prolongation of Ala Wai Blvd." "Kanekapolei St., Koko Head side, distance 35' makai direction from a point 139' makai of the makai curb prolongation of Ala Wai Blvd."

2. By amending subsection (b) freight loading zones item relating to Lewers St., Ewa side, distance 135' mauka direction from a point 105' mauka of the mauka curb prolongation of Laula St., to read: "Lewers St., Ewa side, distance 113' mauka direction from a point 127' mauka of the mauka curb prolongation of Laula St."

3. By amending Schedule XXVI of Sec. 15-16.1 establishing time limit parking in the following particulars: 1. By adding thereto the following items: "Kaihehe St., (2 hrs.), mauka side, distance approximately 62' Waimanalo direction from a point 223' Kahuku of the Kahuku curb prolongation of Kailua Rd." "Kaihehe St., (2 hrs.), mauka side, from Kihapai St. to a point approximately 295' Kahuku of the Kahuku curb prolongation of Kailua Rd."

2. By amending item relating to Kaihehe St., (2 hrs.), both sides, between Kailua Rd. and Kihapai St., to read: "Kaihehe St., (2 hrs.), makai side, between Kailua Rd. and Kihapai St."

3. By amending Schedule XXVIII of Sec. 15-17.2(d) establishing restricted pedestrian crossing roadways by adding thereto the following item: "Richard St., the unmarked crosswalk across Richards St. on the mauka side fronting the Iolani Palace driveway exit."

4. By amending Schedule XXXVIII of Sec. 15-24.17 establishing miscellaneous traffic controls by adding thereto the following item: "Salt Lake Blvd., Koko Head bound traffic in the makai most lane must turn right at Arizona Rd."

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

CHARLES O. SWANSON  
Director  
Department of Transportation Services  
City and County of Honolulu

Dated: 2/17/95  
Copies of the Schedule are on file in the City Clerk's Office for use and examination by the public.

(Sun Press: 2/23/95)

## PUBLIC NOTICE

REPO & OWNER TRANSFER

- '91 NISSAN PICKUP Auto, stereo, exc. (EAY-123) \$3871.71
- '86 HONDA ACCORD LX Auto, air, stereo (FRX-064) \$3987.74
- '91 TOYOTA CELICA Auto, air, stereo, exc. (BEER-170) \$9811.16
- '93 GEO TRACKER Auto, a/c, stereo, warranty exc. (EYP-432) \$9995.16
- '88 LINCOLN MARK VII Leather, low miles exc. (FXW357) \$6812.12
- '88 HONDA ACCORD Truck wheels, stereo exc. (FTR-581) \$3817.77
- '86 VW VANAGON Auto, a/c, stereo, exc. (FXU-507) \$4892.22
- '85 NISSAN 300ZX T-top, leather, trik wheels, exc. (ECP-558) \$3914.14
- '87 OLDSMOBILE CALAIS Auto, air, stereo, exc. (FSR772) \$3612.16
- '87 JEEP COMANCHE P/U 4x4, auto, stereo, exc. (GAA-723) \$4812.77
- '86 HONDA ACCORD LX Air, full pwr, stereo, exc. (FRX-064) \$3921.16
- '93 CHEVROLET CORSICA 6 cyl, auto, air, warranty, exc. (FVJ-762) \$9899.16
- '93 DODGE DAKOTA P/U 6 cyl, auto, air, stereo (FBD-933) \$11,888.88
- '77 CHEVROLET MONTE CARLO V-8 wheels exc. (EPT717) \$1616.17
- '87 HONDA CIVIC Air, stereo, exc. (FSP-337) \$4277.11
- '89 FORD E150 CARGO VAN Auto, air, stereo, exc. (463-HOU) \$8917.77
- '91 GEO METRO 3 dr, auto, air, exc. (EOL-348) \$4772.21
- '84 FORD LTD Air, stereo, immac. (EWY-915) \$4788.11
- '87 NISSAN SENTRA Excel, utility transportation, (FXB-323) \$1921.16
- '94 MAZDA PROTEGE Auto, air, stereo, 4k mi. (FSW-750) SAVE \$11,514.14
- '88 DIAHATSU CHARADE Air, stereo, exc. (FYO-104) \$1421.26
- '85 PLYMOUTH VOYAGER 7 Pass, air, stereo, exc. (FCW750) \$2,121.26
- '86 MAZDA 626 Auto, air, stereo, exc. (FXJ-264) \$3,455.22
- '91 VW GOLF stereo, lo. mi., exc. (EVS799) \$4,755.10
- '90 JEEP WRANGLER 6 cyl, stereo, exc. (FDN651) \$8,912.12
- '89 CHEVROLET BERETTA GT, trik wheels, stereo (FRF534) \$5,955.55

DEALERS WELCOME  
ALL CARS STORED AT  
WHOLESALE MOTORS INC.  
2999 N. NIMITZ HWY.  
CALL NOW & SAVE  
831-2735

### LENOX RESOURCES, INC.

#### RECYCLE FOR CASH!

**ALUMINUM**  
CANS - 46c • Shapes, siding - 45c/lb.

**COPPER**  
Wire, tubing, sheet - 65c-80c/lb.

**BRASS**  
Plumbing, tubing, solids - 35c-40c/lb.

**BREAKAGE**  
TVs, microwaves, stereo, computer equip. - 1c-2c/lb.

91-445 Komoeha St., Kapolei  
Campbell Industrial Park 682-5539

0 Free Bees  
2 FEMALE CATS FREE  
Friendly & loving, need good home. Russian blue & solid white. 9 mos. old, fixed, litter trained w/ shots. 261-9668

0 Free Bees  
FREE: Several cats/kittens available to loving homes. 6 mos. to 3 yrs. 239-5501.  
FREE puppies. Lab/Shepherd mix to good homes. Call 261-8366.

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All real-estate advertising in this newspaper is subject to the Federal Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or an intention to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians; pregnant women and people securing custody of children under 18.

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD toll-free at: 1-800-669-9777. The toll-free number for the hearing impaired is 1-800-927-9275.

- 73 Apts. Furnished  
KAILUA lge. studio, fully furn w/kitchen & ba, utls. incl., \$800/mo. Call 262-6278.
- KAILUA studio near beach, bus, shops. Non-smoker. A/C, prkg. utls. incl. \$675/mo. 263-4653.
- KANE OHE 1/1, W/D, Quiet, spacious, \$800 utls. incl. 239-4222.
- 74 Apts. Partly Furnished  
KAILUA Poinciana Manor, 2 bdrm, 2 ba, dishwasher, W/D, lge deck, covered parking pool, 1075. 262-8430.
- KANE OHE Cliff View Terrace. Largest 2/1. \$850 a mo. 239-4222.
- KANE OHE Val Hala Apt. Special, 1 bdrm. \$700 mo. First 3 mos. etc. paid by landlord. 247-0500, M-F, 8-4.
- NORTH SHORE 2/1, at beach, clean, secure, friendly, near bus. Section 8, pets, \$845. Ph. 638-8777, 291-4427 cell.

### DIVORCE

Serving Oahu Since 1977  
\$125.00  
595-2533  
Staff Attorney  
Gene Bridges  
A Public Service Project

### WILGHOST

Presents!  
A 3-hour narrated bus tour of the haunted spots on Oahu.....  
Saturday evenings 6:30 p.m.  
\$22/Person.  
Call for reservations 596-2052

### Yo...! Listen Up!

I want to help service couples or service buddy teams earn more money, if seriously ready to change your lifestyle, call me for an office appointment. Pick up that phone now and call Charles Stevens at 484-1221.

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H & R BLOCK TRAINED Tax Preparer DISCOUNTS TO:  
Single Parents, Low-Income Residents and All Military Personnel. Fast and Convenient. Low, Low Rates. In your home or office. For FREE estimate CALL TODAY!  
M. Lloyd Agency 283-8648.

### 1 Legal Notices

NOTICE OF PUBLIC SALE GENTRY WAIPOI MINI STORAGE  
Notice is hereby given that the following self-storage goods will be sold at "Public Sales," 94-515 Ukee St., Bay 208, Waiipahu, HI, 4:00 pm on Mar. 3, 1995. Robert Bran, furniture & hshd. goods, \$240.88. Cheryl Tolantino, household & personal goods, \$120.31.

### 4 Health & Fitness

"HERBALIFE INDEPENDENT DISTRIBUTOR" Call for products or opportunity 396-7797.

EXPERIENCE A UNIQUE Oriental Therapy Session With Our Therapist. Call Oriental Relaxation Therapy. Free Sauna. Call 945-7457.

### GRAND OPENING!!!

Stressed out? Relax at our fantastic and very special Oriental therapy session. Let our therapist work wonders on your body and mind. Open 10 AM to Midnight. CALL 942-1983.

LOSE WEIGHT, INCHES & sizes for \$1 a day. Call 396-8123 for info.

NEW! BRAND NEW! Unique style of relaxation therapy. Our therapists are trained to give you total relaxation. Call us now! King's Oriental Relaxation Therapy. 945-7775. Open Daily.

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\$150 Down  
\*\*\*Near Hilo\*\*\*  
Owner Financing  
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Only \$150 Mo  
\$12,500 at 10% APR  
Approx. 140 payments  
833-6863 or 488-7911  
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- KANE OHE Penthouse 3/2, bay view, boats yacht club, pools, \$600/mo. utls. incl. 235-2944.
- IF A LITTLE extra cash would light up your life, turn on to the Classifieds.

### Classifieds

Sun Press	MidWeek	COMBO
1 wk. \$2.90 per line	1 wk. \$5.13 per line	1 wk. \$6.39 per line
2-4 wks. \$2.79 per line	2-4 wks. \$4.77 per line	2-4 wks. \$6.08 per line
5-8 wks. \$2.65 per line	5-8 wks. \$4.52 per line	5-8 wks. \$5.95 per line
9 wks. + \$2.52 per line	9 wks. + \$4.30 per line	9 wks. + \$5.47 per line

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Commercial advertising, rentals, employment, business sales or services are NOT eligible for the 3-WEEKS-FOR-2 SPECIAL

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Address: \_\_\_\_\_  
Home Ph: \_\_\_\_\_ Bus. Ph: \_\_\_\_\_  
 VISA  MasterCard No. \_\_\_\_\_ Exp. \_\_\_\_\_

PLACE YOUR AD HERE  
Allow for each letter, punctuation or space. Please do not abbreviate.  
Please run this ad in your next issue of Sun Press Newspapers and/or MidWeek Magazine.

MINIMUM 3 LINES PER AD

FIRST LINE	Classification #
2	
3	
4	
5	
6	
7	

No. of Lines: \_\_\_\_\_ X Cost per Line: \_\_\_\_\_ X No. of Weeks: \_\_\_\_\_  
TOTAL COST: \_\_\_\_\_  
Payment must accompany your ad.

MidWeek Sun Press 45-525 Luluku Rd. Kaneohe, HI 96744 235-5881

### 20 Lost & Found

FOUND KAILUA BUNNY Rabbit on S. Kailua Ave. White & very tame. 263-0201.  
LOST: Gray Cockatill, Windward Area, \$100 Reward. 254-5596.

### 25 Personals

MY FOX  
Maybe next time I see a Maui sunset I'll be with you. Love Klitten.

OLIVIA BORN PSYCHIC  
Love, life, marriage, divorce, business, luck, health, friends, future. You will benefit from one phone call. Immediate solutions. Private Consultation.  
1-800-340-6055  
1-713-953-1075

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Free gifts, earn credit towards any gift of your choice hosting house parties. Also reps needed for major quality catalog line. No start-up cost! Ph. 946-1597.

CLARK, M & M, MARS \$50,000/year. P/T \$100,000 F/T. 8 to 10 hours work required. limited dealership avail. \$29,000 cash required. For immediate ownership call 1-800-621-0166.

EARN EXTRA INCOME  
We provide all marketing tools, low cost. Send SASE for details to: ACM Enterprises, Dept. 850, 190 El Cerrito Plaza, Suite 144, El Cerrito, CA 94530

HOW TO MAKE \$250,000 thru MultiLevel Sales. For details send SASE to: Better Results, 98-1268 Kaahumanu St., C-3, #365, Pearl City, 96782

IF YOU CONTINUE TO think like you've always thought, you'll continue to get what you've always got...is it enough? If not, call 924-1817.

### 50 Business Opportunities

2ND INCOME POSSIBLE  
ultimate opportunity. Serious money for serious people. 533-4550.

BE YOUR OWN BOSS  
JANI-KING  
World's lrgst Commercial Cleaning Franchise Co. GUARANTEED BUSINESS from \$12,000 annually. Low investment. P/T or F/T Financing, training & support. FREE SEMINAR 524-8133

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REPS NEEDED  
One of America's fastest-growing telecommunication co. needs Reps in this area. Offers personal freedom and chance to motivate others. Flexible hours and great pay. Call now. (808) 454-0448

EXCEL  
INDEPENDENT REPRESENTATIVE

SMALL BUSINESS seeks area reps. Call 624-2940. Ask for Sam or Bryce.

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KAAWA SCHOOL OF MUSIC: Drums, MIDI, guitar, keys, 237-8476.

LESSONS 622-4810. Ukulele o' Waiiawa \$12.50 per 1/2 hr.

NO PAIN PLANU learn to play the piano & easy way in half a day. 262-4187.

ORGAN/KEYS Teacher. Reas. rates. Your/my home. Nathan, 533-6920.

### 83 Houses Partly Furnished

KAILUA beautiful 2 story 5 1/2, 2 car garage, views, W/D. \$2300/mo. no pets. Avail. 4/1. 261-5650.

KANE OHE magnificent 1 1/2, priv. valley, waterfall, pool, tennis, utls. incl. \$1175. Call 236-3428.

KANE OHE: Spec. view of K-Bay, 5 bdrm, 3 bath, 3 level & deck, 4 prkg. \$2400. call 235-0866.

WAIPOI Gentry: 3/2, nice yd w/fence, enclosed garage, W/D, Avail. Mar., \$1400/mo. 676-1992.

### 85 Condos/Townhouses Partly Furnished

KANE OHE Yacht Club 5 1/2, 3/2, \$1400. Avail. 10 Mar. 235-2599.

TURTLE BAY CONDO 3 bdrm., 2 ba on golf course. Pool & tennis. \$1500/mo 833-1323.

86 Condos/Townhouses Furnished  
KAAWA 1/1, \$745, pool, rec. center. Duvaudelle Realty 235-4527 or 261-2141.

88 Rooms For Rent  
KANE OHE Furn. nr. bus. Kil. w/D avail. \$450 incl. utls. call 236-3117.

KANE OHE furn., \$340 + % utls. + deposit, nr. WCC. Avail. now. 235-3004.

### 109 Condos/Townhouses For Sale

KANE OHE - HAIKU POINT 2 bdrm., 1 ba. ASSUMABLE VA LOAN, \$167,000 at 6.5% Fixed. Lease - Fee available, 897 sq. ft. total. For sale by owner. Shown by appl. Call 235-5881 ext. 318. Prequalification by phone.

### 112 Property Management

PROFESSIONAL MANAGEMENT CO. Will provide full mgmt. services for you. Residential Resource 235-5825.

### 114 Real Estate For Sale

BIG ISLAND  
Beautiful 3 bdrm., 2 bath, 2 story home on 2 acres. Paved road, electricity. All new paint, tiled, carpeting, 2430 sq. ft. 2nd floor. 7x7 Jacuzzi, 800' workshop 1st floor, plus 2000' storage space. \$185,000.  
Earl Clark & Associates 943-6037 h., 737-7969 b.

TAKE OVER 20 ACRES in prosperous West Texas, \$7,995-\$100 on \$100 a mo. For more information call 1-800-875-6568.

### CLASSIFIEDS

EVERYBODY'S MARKETPLACE 235-5881

**ALOHA Health Care Center**  
247-2220

WHERE CARING HEARTS COME TOGETHER!

COME AND JOIN OUR DEDICATED, PROFESSIONAL TEAM NOW ACCEPTING APPLICATIONS FOR CNA POSITIONS

**ALOHA HEALTH CARE CENTER and YOU!**

WE OFFER COMPETITIVE WAGES

- MEDICAL, DENTAL, VISION BENEFITS FOR EMPLOYEES
- 401K
- FREE PARKING
- FREE IN-SERVICES
- PERSONAL SAFETY EQUIPMENT
- PAID SICK & VACATION PAY
- ADVANCEMENT OPPORTUNITIES
- TUITION REIMBURSEMENT
- MODERN FACILITY
- EMPLOYEE MEALS

ALOHA HEALTH CARE CENTER  
45-545 KAM HIGHWAY  
KANEHOE, HAWAII 96744  
(808) 247-2220

An Equal Opportunity Employer

**BIG BUCKS FOR COLLEGE**

FREE COLLEGE . . . and we'll help with books.

Free college through graduate school at any **University of Hawaii** campus and more! You can use the **Montgomery GI Bill Chapter 106** (\$190.00 a month) in conjunction with your **Free College Tuition Waiver**.

But that's not all. You'll also be entitled to:

- PX and commissary privileges
- Free travel on military flights (space available)
- Low cost life insurance up to \$200,000.
- Job skills (get paid while you train)

Call now to see if you qualify for these important benefits.

**HAWAII ARMY NATIONAL GUARD**  
Americans At Their Best

Honolulu	737-9825
Wahiawa	622-3078
Kaneohe	235-8368
Waipahu	675-0090
Kalihi	848-0551

**MILITARY SPOUSES**

Tired of dead-end jobs with low wages and no future? Put your experience with military families to work with Academy Life Insurance Company. Excellent training and extremely generous, performance-based compensation program with tax-deferred compensation retirement program. Flexible hours. Best of all, your job doesn't end with your spouse's PCS orders. With Academy you transfer your profession with you. We have operations worldwide. So, shatter the "glass ceiling" inhibiting upward mobility. We place high value on your experience in the military community. Call the General Agent at 622-5816 or fax resume to 621-1828.

Delivery

**WE NEED YOU**

TO DELIVER THE NEW

**OAHU**

TELEPHONE DIRECTORY

**IN YOUR AREA**

You may earn up to \$8 per hour or more depending on your speed of delivery. MUST have a valid driver's license, a vehicle with current license plates, and have 4-8 daylight hours available. For more information, CALL:

**1-800-839-5022**  
8:00 a.m. - 2:00 p.m.  
(Mon. through Fri.)

**JOIN THE TEAM**

Immediate Openings for **NEWSPAPER EMPLOYEES**

Progressive company offering excellent wages and benefits has the following positions open:

**FULL-TIME POSITIONS**

**ADVERTISING REPRESENTATIVE**

Applications are now being accepted for outside sales position. Opportunity for energetic, self-motivated individual with 2 years' sales experience to have a challenging career in the publishing industry. Print, layout, and copy-writing experience preferred. Salary plus commission and car allowance.

**Castle Medical Center**

SHARE in Castle Medical Center's mission to provide high-quality health care with a spiritual concern.

**PHYSICAL THERAPIST**  
Full-time position in Kailua Workwell Rehab clinic. Hawaii license required.

**OCCUPATIONAL THERAPIST**  
Full-time position in psychiatric unit. Flexible hours.

**UNIT SECRETARY**  
Part-time & per diem positions. Knowledge of medical terminology & at least one year acute hospital, clinical experience.

**RECEPTIONIST**  
Part-time position in Honolulu outpatient office. Good clerical & communication skills required.

**HUMAN RESOURCES - (APPLY IN PERSON)**  
Monday-Friday 9am-11am  
640 Ulukouhi Street • Kailua, Hawaii 96734-4498  
An Equal Opportunity Employer

**NCOA**

GETTING OUT?

Leaving the service and unsure about the future?

Academy Life Insurance Company, the leading provider of insurance products to the enlisted military market is seeking former military personnel as NCOA Counsellors.

Counsellors provide life insurance and military benefits counseling to members of the Non-Commissioned Officers Association.

New compensation program provides immediate loan free income and deferred compensation to build for the future.

Call 622-5816 or fax resume to 621-1828.  
We'll train you!

**McCallister's Beds & Furniture**

**SALE!**

Mahogany Chests, Bookcases and Large Dressers also Available

<b>USED BED SETS</b>	<b>KING KOIL</b>
TWIN ..... \$65 <sup>2</sup> pr	TWIN SET..... \$189 <sup>95</sup>
DOUBLE..... \$80 <sup>2</sup> pr	DOUBLE SET..... \$229 <sup>95</sup>
QUEEN..... \$100 <sup>2</sup> pr	QUEEN SET..... \$314 <sup>95</sup>
KING..... \$125 <sup>2</sup> pr	KING SET..... \$449 <sup>95</sup>

**UNFINISHED CHESTS**  
5 Drawer, Reg. 75  
20" Wide..... \$59<sup>95</sup>

**MAHOGANY TOY CHEST**  
Reg. 125" \$89<sup>95</sup>

2333' Alahoa Place  
841-4251

**AD TAKER/TELEMARKETER**

Inside sales position for classified ad sales, 20 hours per week. Telemarketing or sales experience preferred. Must be organized and enthusiastic with great phone and people skills. Typing skills required. Data entry skills helpful but will train the right candidate. Hourly plus commission.

**CIRCULATION REPRESENTATIVE**

An energetic and cordial individual is needed to deliver Sun Press newspapers to businesses each Thursday in the Kaneohe area. Work 34 hours per week and earn approximately \$40. Must have own vehicle, gas allowance is also provided.

**DISTRICT MANAGERS**

Excellent part-time opportunity for sharp self-starters. Work from your home supervising young business people. Good salary, gas allowance, bonuses. Positions available in Kaneohe, Kailua, Wahiawa, Hawaii Kai and Aiea/Pearl City.

For further information, contact **Ginny RFD PUBLICATIONS, INC.**  
45-525 Luluku Road, Kaneohe  
Phone 235-5881 • Monday-Friday 8 a.m.-5 p.m.

<b>58 Schools &amp; Instruction</b>	<b>60 Help Wanted Male/Female</b>	<b>60 Help Wanted Male/Female</b>
<b>PIANO LESSONS</b> Exp. established teacher. Openings in Kaneohe. John Schouten, 247-6010	<b>\$MOTIVATED</b> Help environment. Will learn. David 239-9791.	<b>HANDYMAN/YARDMAN</b> Wanted. Long-term job. P/T, \$5/hour. 262-8344.
<b>PIANO LESSONS</b> Exp. teacher w/master's has openings in studio. 941-3024 or 641-5455.	<b>77 IMMEDIATE OPENINGS!</b> Home Cleaners Earn up to \$9.50/hr. Need own car. Need home hrs. Flex. daytime hrs.	<b>HEALTH/NUTRITION</b> Mainland's No. 1 health/nutrition co. seeks motivated independent individuals. Commission only. To introduce record-breaking product. Guaranteed to reduce body fat, lower cholesterol and increase stamina. Call 456-1377.
<b>PIANO LESSONS</b> Kailua. Exp. teacher. All ages, all levels. 263-3323.	<b>CALL 732-9490</b> Dana's Housekeeping Personnel Service Since 1976	<b>HOMEWORKERS WANTED!</b> MAKE \$180 WEEKLY clipping coupons at home! Checks are mailed weekly! Application, send long self-addressed stamped envelope.
<b>READING PROBLEMS? READING TUTORING &amp; TESTING</b> Slingsland/Orton. Exper. reading/L.D. specialist. 261-0017.	<b>ASST. MANAGERS &amp; SUPERVISOR</b> Exper. required. Good benefits, good pay. Flexible hrs. Windward Only. Call Rita. 247-4141.	<b>AMERICAN COUPON EXCHANGE</b> 860 Merrimon Ave., Suite 363 EXT. 306 Asheville, NC 28804
<b>TRAVEL TRAINING</b> Airlines, Travel Agency Cruises, Tours Hotels, Computer KOTTNER TRAVEL INSTITUTE 262-7749 Kaneohe 233-1155 Licensed by DOE	<b>BURNT OUT</b> , tired of the same 9-5 routine? Our top reps. are working P/T, and earn \$3-\$5K per mo. 261-5225, 488-5712.	<b>IF YOU NEED TO lose</b> between 5-50 lbs. we have a career for you. For more info., 948-4330.
<b>CASINO ACTION</b> main Co. In Vegas seeks prof. people in new Waipahu office. 678-9888.	<b>CARPET-CLEANING TECH F/T</b> . Apply at 94-475 Ukeke St., Waipio Circle. 678-8410, Eva.	<b>LABORERS P/T</b> 3 or more days/week. Days and eves. Lori, 262-2247.
<b>60 Help Wanted Male/Female</b>	<b>CLEANING HELPERS</b> Needed. Windward area, good pay. Call 262-8787.	<b>MANAGERS/SUPV'S</b> NEEDED Excl. oppy, no exp. nec. P/T & F/T for male/female. We train you. 944-3344 lv msg.
<b>"AVON" BE YOUR OWN BOSS</b> For the best earnings possible \$5 CALL \$5 THIS AD ONLY Kandy 235-7641 or Jo 395-6970 Independent sales rep.	<b>CLEANING PERSON</b> Needed to add to staff. P/T, live Kailua area, need car. Call 262-6434.	<b>MID-PACIFIC COUNTRY CLUB</b> Now hiring servers and server assistants. Excl. benefits and privileges. 262-8161.
<b>"MLM PRE-LAUNCH"</b> FREE sign up & literature thru March 5. We do the advertising & selling-you enjoy the results! Call Today... People calling tomorrow will be in your down line! Call Robert 423-2627 5 pm to 8 pm.	<b>DISTRICT MANAGER</b> Sales Position for Pro. Min. 3 yrs. sales exp. Benefits. Call 537-1122 Barbara Bennett. Windjammer Cruises.	<b>MODELS WANTED</b> Open call. All types. All ages. 955-2271, SUSAN PAGE MODELING
	<b>DO YOU LIKE TO TALK?</b> Want to be paid for it? P/T Flex hrs. Sue 254-2525, 574-5252 dp.	<b>P/T SALESPERSON</b> Needed at Paradise Cove Luau near Campbell Indus. Park, also Waimea Falls Park. Some weekends. 637-1264.

**60 Help Wanted Male/Female**

**KIDS! KIDS! KIDS! NEWSPAPER CARRIERS NEEDED**

Ages 10 and up Earn Your Own Money Delivering Sun Press Newspapers One Day a Week.

Barbers Point: Immediate openings in Coral Rose housing at Barbers Point. Call 235-5881.

Hawaii Kai: Portlock, Hahaione Valley, Koko Head Triangle and the Kawaihae St. neighborhood. Call Mia at 373-9470.

Hawaii Kai Dr. and Kalama Valley area. Call Circulation at 235-5881.

Kailua: Carriers needed to Mauanawili and Mauanawili Estates. Routes available in Enchanted Lake and Keolu Hills. Call Circulation at 235-5881.

Kaneohe: Several routes are open from Walkway Rd. to Kaneohe Bay Dr. Call Doreen at 247-4201.

Temple Valley Shopping Center to Hui Ululi St. Temple Valley and Ahulunua areas. Many routes available. Call Rick at 235-0074.

Heela, Aialoa, and Aeloa, Nahawail and Kalani, Auna, Hoana, and Haluanai, Punawai, Aeloa, Koaena and Haiku, Haiku Plantation (2 routes open). Haiku Woods including Macha and Holouka, Makena, Kunaek and Puatau, Kailua, Kupale and Kalaua, Ahui Nani and Kam Hwy. If interested contact the Sun Press at 235-5881.

Mililani: Kuaehalan Ave. to Meheula Parkway, Mililani Mauka. Call the Sun Press office at 235-5881.

Moanalua Housing: Call Debra at 423-1858 or Circulation office at 235-5881.

Pearl Harbor: Routes available in the McGrew, Halawa, Manana, Makalapa and Haleioku areas. Call the Circulation office 235-5881.

Wahiawa Routes available in all areas. Call Circulation at 235-5881.

Call Today!

**120 Home Furnishings**

**BIG SALE:** Koa rockers & chairs by master chair maker. S. I. K. 293-8392.

**DRESSERS:** beds, bunk beds, desks, dining sets, sofas. 262-4440.

**FRUITWOOD DINING**  
Table \$325. Excl. single bed. \$150. 262-4260.

**KING/QUEEN SETS:** Hide a bed, Club chair, Sofa, 2 Chn. arm chairs/chests. Lanai furn., oak icebox, cherry corner cabinet, 19" color TVs, new stereo components, CD player, speakers. Antiques, 254-0669.

**MOVING SALE:** Wht./gold bdrm. set, \$550; twin bed w/frame & blk metal hbrs, \$55; 2 oak coffee tables \$35 ea.; standing blk. lamp, \$15; art desk, \$15. 395-7657.

**SELLING? CALL US FIRST!**  
We Pay Top Dollar for Good Used Furniture and Appliances. Island Furniture 521-7099

**122 Travel**

**SAVE MONEY 50%**  
Travel Club: Hotels, air fare, rentals, condos. \$49.95/yr. 682-7196.

**123 Moving/Storage**

**AMERICAN INT. CARGO. FLY CAR TO LAX, \$1075. FASTER THAN BOAT AND SAFER FOR MORE INFO. COME TO 111 KEEPI PL AT HONOLULU AIRPORT. 1-808-836-0650 OR 1-800-642-5121.**

**MOVE WITH QUALITY SERVICE** Serving Oahu 7 days a week. Quick Move. 486-7223, (2084-C)

**MOVING?**  
We buy quality used furniture. Beds, dressers, bookcases, etc.

**Paradise Furniture 235-8056**

**BEDROOMS** kitchen, roll top, sailfish, piano, patio, sofa, den, 263-8607.

**BEDS-Twins, \$50. Full, \$75. Qn., \$100. Kings, \$140. Sofas, \$129. TVs, \$85. Washers, \$150. Fridge, \$175. Island Furniture. 521-7099.**

**CLEAN UP IN THE CLASSIFIEDS!** Find a bargain for sale or sell your unwanted items for cash in the Classifieds. Call 235-5881.

**GOT A SERVICE TO SELL?**

List your Business in the Classifieds and Get RESULTS!

**MidWeek Sun Press**  
Professional Services 235-5881  
"Classifieds...People read them"

**59 Employment Opportunities**

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**ETHICAL Environmental-Marketing Co.** seeks motivated management trainees. Will train. 486-2502 ask for K.

**F/T DENTAL ASST.** needed in Kailua. Willing to train motivated applicant. Must work Sat. Call 262-4552.

**LABORERS P/T** 3 or more days/week. Days and eves. Lori, 262-2247.

**MANAGERS/SUPV'S**  
NEEDED Excl. oppy, no exp. nec. P/T & F/T for male/female. We train you. 944-3344 lv msg.

**MEDICAL OFFICE F/T**  
Front & back office, computer knowledge helpful. Some medical assisting. Call 261-6133.

**MID-PACIFIC COUNTRY CLUB**  
Now hiring servers and server assistants. Excl. benefits and privileges. 262-8161.

**MODELS WANTED**  
Open call. All types. All ages. 955-2271, SUSAN PAGE MODELING

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**CLEAN UP IN THE CLASSIFIEDS!** Find a bargain for sale or sell your unwanted items for cash in the Classifieds. Call 235-5881.

**125 Home Appliances**

**GE PROFILE 24.6 cu. ft., refrigerator/freezer, wht., ice dispenser, used only 2 mos., \$1100. 373-5732**

**GET MORE MILEAGE FOR YOUR DOLLAR IN THE CLASSIFIEDS!** If all those odds & ends are driving you crazy, sell 'em for extra cash through the Classifieds. Call today and place your ad. Buyers and sellers agree, the Classifieds are a bargain. 235-5881.

**PROFESSIONALS SERVICES**

**PROFESSIONAL SERVICES:**

- Accounting/Bookkeeping - Appliances - Blinds/Drapes - Business Cards - Cabinetry - Carpentry - Carpets - Cleaning - Clerical/Typing - Computer Service - Contracting/Construction - Drafting - Electrical - Entertainment - Equipment Rentals - Fencing - Financial Services - Flooring/Tiles - Graphic/Printing - Handyman - Hauling - Insurance - Landscaping - Legal Services - Masonry - Massage Therapist - Painting - Picture Framing - Plastering - Plumbing - Professional Services - Property Management - Remodeling - Repair - Resumes - Roofing - Screens & Jalousies - Sewing & Alterations - Telephone Service - Termite/Pest Control - Towing - Tree Trimming - Vinyl Siding - Wallpaper-Weddings - Yard Service

For as little as \$26.27 per mo. you can place a 3-line Sun Press Professional Service ad. Call today for details, 235-5881.

**We'll Go To Your Home and Repair...**

**CDs VCRs**

**\$50 FLAT**  
3-Mo. Warranty

**MARCH SPECIAL**  
**Hazeltex**  
292-5684  
Coupon expires 3-31-95

**Cleaning**

**PROF. CLEANING**  
Res./Comm. Satisfaction guar. Free est. 263-4899.

**Contracting & Construction**

**"TRS QUALITY"** 20 Years' Experience. New houses to small repairs. Roofs, paint, masonry, all carpentry, plans, & more. BC-17112 Tom, 235-1714

**START TO FINISH**  
New homes, additions, remodel, termite damage, stormproof, guar. quality. Free est., refs. BC18189 261-9834, 844-7858.

**ILIMA BUILDERS**  
Additions, Renovations. Free est. C-18220. 623-8120 or 524-9083.

**Contracting & Construction**

**LAU'S CONTRACTING**  
Custom remodeling & repairs. Blg or small. C-9044. Call 486-0448.

**Fencing**

**"AMERICAN FENCE"**  
Galv., alum., aluminum, & vinyl coated chain-link. Largest inventory in the Islands. Also have wood, aluminum, ornamental & vinyl fencing. Gate operators for security & convenience avail. for all gates. We will match any written quotation. C-18697. FOR FREE ESTIMATE call 455-6591

**KAILUA FENCING** Chain link, wood & kennels. BC12105. We'll beat any est. Ainsley, 262-5401.

**REDWOOD** fences, wood or metal posts. \$14-\$18 per linear ft. 396-3017.

**Handyman**

**AFFORDABLE RATES**  
Journeyman. Emergency Service. Up to \$1000. David, Pgr. 279-0202.

**CHANG MAINT./REPAIR**  
Handyman - all types of repair to \$1000. Call 571-4276 or 262-4302.

**CHEEP CHEEP**  
Handyman - Walls, Windows, Doors, Floors & Fixtures. You Name It, I Do It. Concrete & metal cutting. To \$800. Marcel, 261-8301.

**HOME MEND MAINT.**  
experienced in all aspects of home renovation & repairs. Free est. To \$1000. Call 263-9643.

**HOME Repair by Dave.**  
I'll fix anything. To \$1000. Call 855-6376

**WINDWARD FIX IT**  
Complete Handyman Service. Reliable and Affordable. PH. 239-2097.

**Legal Services**

**NEED A LAWYER?**  
Divorce/Adoption/Worker's Comp./Wills/Immigration. 946-4164. Sarah Courageous.

**Masonry**

**ARTHUR MASONRY**  
driveway, sidewalk, retaining wall/rock/tile, foundations, driveways, walls, fences. Free est. 293-8703, 289-2696 pgr.

**OT&T MASONRY**  
Remodel, additions, foundations, driveways, walls, fences. Free est. To \$1000. Call 638-8266, 641-8636 pager.

**Painting**

**"BILL AH NEE Painting"**  
Mildew Treatment, \$375 Shingle treatment, \$500 20 yrs. exper. Int./ext. houses. Reas. Refs. Free est. To \$1000. 262-5973

**FATHER & SONS PAINTING**  
Islandwide, Neat & Fast. To \$1000. 254-1329.

**MILLANI PAINTING COMPANY**  
Interior & Exterior Small Company. Small Price. Licensed & Insured. C-17108  
Call David 623-0306

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

**Painting**

**RESIDENCIAL & COMMERCIAL**  
20 Yrs. Exper. Insured. Low overhead. Free est. To \$1000. 843-2772 eves.

**Professional Services**

**GARDENER (Univ. Agr. grad.)** seeks new accs. Windward only. Reas. rates. Refs. 524-5411.

**WINDWARD ERRAND SERVICE.** Shopping, delivery, etc. Call for rates. Ph. 235-2128, pager 641-9897.

**Property Management**

**JOHN DAUGHTERS & ASSOCIATES, INC.**  
261-9111.

**Remodeling**

**PATIO** new additions, repair, remodel. Clifford Iwane #C-4477 677-4695.

**Repair**

**ALL BRANDS, TVs, VCRs, audio/video equipment.** Chock's TV. 596-2162.

**BATHTUBS REPAIRED**  
Tubs to new \$235; sinks from \$55. Tile/fiberglass. 6-yr. warranty. 261-6430.

**CLEAN UP IN THE CLASSIFIEDS!** Find a bargain for sale or sell your unwanted items for cash in the Classifieds. Call 235-5881.

**Repair**

**CANE CHAIR REPAIR**  
Also rush weave. Guaranteed. Call 734-6492.

**SEWING MACHINES**  
Repairs - Clean, Oil, Adjustments. All makes & models. Free est., Hm. 488-0427, 268-1276 pgr.

**Resumes**

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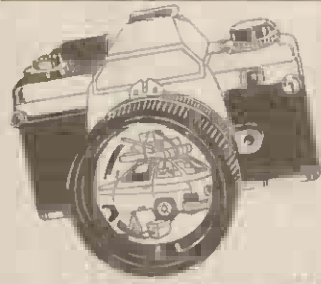
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- ✓ GOOD CREDIT?
- ✓ BAD CREDIT?
- ✓ NO CREDIT

"In House Financing Available"

'76 CHEV NOVA STRONG ENGINE (#T263) SPECIAL \$95	'84 TOYOTA TERCEL 5 SPD (#E3149) SPECIAL \$295
'77 HONDA CMC RUNS GREAT (#E1779) \$295	'81 TOYOTA COROLLA (#BB453) \$595
'84 CHEV CAPRICE W/GN 7-PASS GOOD TRANSPORTATION (#E2103) \$895	'87 HYUNDAI EXCEL 4 DR. AUTO, S/ROOF (#B934) \$1095
'86 PLYM CARAVELLE P/WLD 53K \$1195	'73 VW BUG TOTALLY RE-BUILT (#E1188) \$1395
'84 TOYOTA CELICA AUTO, NEW PAINT (#EX817) \$1495	'86 ACURA INTEGRA (#E8004) \$2695
'87 NISSAN PULSAR AUTO, T/TO, PULL-OUT STEREO (#G859) \$2795	

**WE BUY CARS FOR \$\$\$\$**  
All prices plus tax & license. Subject to prior sale. Prices Good till 3/2/95 \*O.A.C.

<b>Porsche</b> '77 TARGA Excl. Silver/Blk. A/C. \$15,000/OBO. 228-1675 or 846-6367. FOUR PORSCHE MAGS w/sticks, \$800 ea., serious only. 456-0114.	<b>Toyota</b> '87 CAMRY DX 4 Cyl., 5 spd., A/C, 59K, light blue, \$5500. 547-2561. '87 MR2 A/C, 5 spd., AM/FM/cass./CD, alarm, \$5000/OBO. 247-9089. <b>HONDAS, Toyotas, \$795 &amp; up. Bad Credit OK. Country Cars. 239-6754</b>
<b>Saturn</b> '94 SATURN SL-2 fully loaded, #U5284, \$11,995. Cutter Mitsubishi 94-149 Farrington Hwy. Waipahu - 671-2626	<b>Volkswagen</b> '76 CONV'T. BUG, new eng., good cond., wht./blu., \$3900/otr. 678-8815. '89 GTI 16V, racing extras, handles great. \$5700/OBO. 254-1177. '90 VANAGON, good cond., low mi., \$10,500/OBO. Call 737-1871. DON'T get swamped by inflation. Let the Classifieds keep you afloat, phone 235-5881!

# PFLUEGER

Car & Truck Center

## SUPER BLOWOUT SALE!

MANY SUPER DEALS STILL AVAILABLE!

Over 150 Pre-Owned Cars, Trucks & Vans

or Little \$ Down OK...No Credit or Credit Problems OK...

SEE US FIRST!

## Your Auto Discount Store

"We Buy Our Cars Right" . . . So You Can Too!

"Here Are Just A Few Of Our Awesome Deals"

 <b>'83 NISSAN MAXIMA</b> 4DR, AUTO, LOW MI., RUNS GREAT, HURRY! EJU364 S2,588	 <b>'89 DODGE OMNI</b> 4DR, H.B., LOW MI. FTD620	 <b>'87 TOYOTA TERCEL</b> 2DR, H.B., RELIABLE, LOOKS & RUNS GREAT! CFF965	 <b>'89 MERCURY TRACER WGN</b> 4DR, WHT, 5 SPD, LOW MI., GREAT CAR! FYY616
 <b>'85 HONDA ACCORD</b> 2DR, H.B., LOW GAS MI., CLEAN IN/OUT, HURRY! FNZ178	 <b>'90 NISSAN SENTRA</b> SUPER CLEAN, LOW MI., GREAT PRIZE FYZ511	 <b>'86 CHEVY IROC</b> AUTO, LOW MI., BLACK BEAUTY, WON'T LAST! FVJ503	 <b>'91 HONDA CRX</b> WHT, SUPER SHARP, PRICED TO SELL, HURRY! EW5F98
 <b>'93 FORD TEMPO</b> ONLY 3K MI., LIKE NEW, MUST SEE & DRIVE! FBD755	 <b>'90 JEEP WRANGLER 4X4</b> 4.2 LITER, RAG TOP RED, SUPER CLEAN, HURRY! EJR086	 <b>'90 HONDA ACCORD</b> 4DR, 5 SPD., LOW MI., KENWOOD STEREO, CLEAN! FEF875	 <b>'89 NISSAN PATHFINDER</b> 2DR, AUTO, A/C, LOOKS & RUNS GREAT! HURRY! MXP873
<b>'88 FORD RANGER</b> LOW MI., A/C, NEW PAINT, SUPER SHAPE, WON'T LAST! FVN949 <b>\$3,995</b>	<b>'88 VW SCIROCCO</b> S/R, LEATHER, LOW MI., SUPER CLEAN, HURRY! FY1867 <b>\$5,695</b>	<b>'91 NISSAN P/U TRUCK</b> WELL KEPT, LOOKS & RUNS GREAT, EXTRAS! MUST SEE! CRANKIN! <b>\$5,995</b>	<b>'87 NISSAN P/U TRUCK 4X4</b> RAISED MONSTER TRK., CAMPER TOP, EXTRAS! HURRY! EBX973 <b>\$5,995</b>
<b>'90 CHEVY 1500 TRUCK</b> LONG BED, AUTO, A/C, LOW MI., REAR SLIDE WINDOW, SPECIAL! 667TGU <b>\$7,995</b>	<b>'91 DODGE RAM PICKUP</b> GREAT ALL-AROUND TRK., WON'T LAST, SPECIAL! GAA155 <b>\$8,995</b>	<b>'90 ISUZU TROOPER 4X4</b> VERY LOW ORIGINAL MI., LIKE NEW, MUST SEE! FSV546 <b>\$8,995</b>	<b>'93 DODGE DAKOTA 4X4</b> A/C, X-CAB, CAMPER TOP, CLEAN AS A WHISTLE! FBF977 <b>\$14,695</b>

STOP HERE FIRST!

### PFLUEGER CAR & TRUCK CENTER

Vehicles subject to prior sale. Price + tax, lic. & DOC fee.

676-2220

94-097 Farrington Hwy. Waiapahu • Mon-Sat 8:30am-9pm • Sunday 10am - 6pm

## TODAY

COME TO THE SOURCE OF GOOD USED CARS

PRICED FROM **\$977** TO **\$5,999**

THE **BIGGEST LOW PRICED USED CAR SALE** EVER HELD IN HAWAII ENDS MAR. 2nd

WE FINANCE ALL CARS WITH JUST **\$95** DOWNPAYMENT **CIVILIAN or MILITARY**

VEHICLE	NOW!	TERMS	VEHICLE	NOW!	TERMS
'78 DODGE CHALLENGER EPV634	<b>\$977</b>	'114. <sup>77</sup> MONTH	'84 TOYOTA CAMRY VET3567	<b>\$2,999</b>	'212. <sup>34</sup> MONTH
'82 NISSAN SENTRA GAA759	<b>\$999</b>	'116. <sup>77</sup> MONTH	'87 SUBARU WAGON MXD880	<b>\$2,999</b>	'212. <sup>34</sup> MONTH
'75 FORD MUSTANG FDF265	<b>\$999</b>	'116. <sup>77</sup> MONTH	'87 HONDA ACCORD EPC678	<b>\$3,444</b>	'188. <sup>11</sup> MONTH
'85 TOYOTA COROLLA EWG159	<b>\$1,199</b>	'135. <sup>77</sup> MONTH	'88 NISSAN MAXIMA FJG759	<b>\$3,555</b>	'160. <sup>77</sup> MONTH
'83 TOYOTA TERCEL FCW386	<b>\$1,299</b>	'144. <sup>77</sup> MONTH	'89 PONTIAC GRAND AM MXM972	<b>\$3,777</b>	'170. <sup>77</sup> MONTH
'82 TOYOTA TERCEL ERG378	<b>\$1,299</b>	'144. <sup>77</sup> MONTH	'88 HONDA ACCORD FYZ915	<b>\$3,779</b>	'147. <sup>34</sup> MONTH
'85 DODGE ARIES EFE289	<b>\$1,999</b>	'211. <sup>34</sup> MONTH	'90 CHEVY LUMINA FVB960	<b>\$3,999</b>	'155. <sup>44</sup> MONTH
'86 SUBARU DL FGN824	<b>\$1,999</b>	'211. <sup>34</sup> MONTH	'88 HONDA ACCORD COUPE ETJ214	<b>\$3,999</b>	'179. <sup>42</sup> MONTH
'86 NISSAN SENTRA EFE019	<b>\$1,999</b>	'146. <sup>77</sup> MONTH	'88 HONDA PRELUDE SI GAA725	<b>\$4,888</b>	'262. <sup>17</sup> MONTH
'86 DODGE ARIES FWU965	<b>\$1,999</b>	'154. <sup>77</sup> MONTH	'88 HONDA ACCORD ESD502	<b>\$4,999</b>	'192. <sup>77</sup> MONTH
'84 DODGE CHARGER FBU684	<b>\$2,299</b>	'166. <sup>14</sup> MONTH	'89 NISSAN SENTRA FVW552	<b>\$5,999</b>	'229. <sup>08</sup> MONTH
'79 BMW 320I ERE034	<b>\$2,499</b>	'258. <sup>08</sup> MONTH	'90 HONDA CIVIC FPY174	<b>\$5,999</b>	'229. <sup>08</sup> MONTH
'90 PONTIAC SUNBIRD ESJ523	<b>\$2,888</b>	'114. <sup>77</sup> MONTH	'87 GMC ASTRO VAN FVW911	<b>\$5,999</b>	'264. <sup>08</sup> MONTH
'86 NISSAN PICK-UP FXZ049	<b>\$2,999</b>	'212. <sup>34</sup> MONTH	'90 VW JETTA FSX622	<b>\$5,999</b>	'229. <sup>08</sup> MONTH
'85 HONDA PRELUDE EVU748	<b>\$2,999</b>	'212. <sup>34</sup> MONTH	'91 GEO STORM FYS279	<b>\$6,444</b>	'245. <sup>44</sup> MONTH
'88 TOYOTA PICK-UP FNV839	<b>\$2,999</b>	'137. <sup>77</sup> MONTH	'89 TOYOTA CAMRY GAW027	<b>\$6,599</b>	'251. <sup>10</sup> MONTH

\*Credit on approval. Vehicles subject to prior sale. Terms written at 12-54 mos., 15.9% APR. Prices and payments plus tax, lic., and doc. fees of \$195.

**TONY HONDA USED CAR CENTER**  
98-051 KAMEHAMEHA • 487-5595

## CUTTER CHRYSLER-PLYMOUTH DODGE • JEEP/EAGLE

#1 IN THE STATE OF HAWAII • Sales, Service, Parts

2 GIANT LOCATIONS!

**NEW '95 DODGE DAKOTA SPORT TRUCKS**

A/C  
-0- Down

38 IN STOCK • **\$189 mo.\*\***  
6 AT THIS PRICE

#510236, #10286, #10287, #10288, #10311, #10375  
A/C, Custom Wheels, Sport Pkg. & Much More!  
INCLUDES: \$400 Recent College Grad Rebate

**GUARANTEED \$2500\***

Trade-In Value

Must Present Coupon Before Sale Is Negotiated.

**NEW '95 DODGE AVENGER**

11 IN STOCK • **\$13,988**  
2 AT THIS PRICE

#510253, #10425  
A/C, Front/Rear Floor Mats, AM/FM Cass w/Clock, Speed Control, P/S, P/B & Much More!  
INCLUDES: \$400 Recent College Grad Rebate

**NEW '95 PLYMOUTH A/C VOYAGER or DODGE CARAVAN**

A/C  
6 Cyl

135 IN STOCK • **\$14,888**  
2 AT THIS PRICE

#520167, #510370  
Auto, AM/FM w/ 4 Speakers, 6 cyl., Dual Airbags, A/C, P/S, P/B & Much More!  
INCLUDES: \$400 Recent College Grad Rebate

**NEW '95 CHRYSLER CIRRUS or DODGE STRATUS**

A/C  
AUTO

3 AT THIS PRICE • **\$15,988**  
#520036, #10345, #10419

4 Door Sedan, Cloth Bucket Seats, Auto, A/C, 2.5l 24 Valve V-6 Eng., P/S, P/B.  
INCLUDES: \$400 Recent College Grad Rebate

**NEW '95 DODGE INTREPID**

A/C

2 AT THIS PRICE • **\$15,988**  
#510194, #510193

3.3 Filter, V-6, Dual Airbags, Air, P/S, P/B & Much, Much More!  
INCLUDES: \$400 Recent College Grad Rebate

**WE DO CREDIT MAGIC!**

PEARL CITY 455-1071  
921 KAMEHAMEHA HIGHWAY  
\*Dodge Only At Pearl City.

DILLINGHAM 842-6300  
735 DILLINGHAM BLVD.

NAME \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
ADDRESS \_\_\_\_\_ WORK PHONE \_\_\_\_\_ SOCIAL SECURITY NO. \_\_\_\_\_  
PHONE \_\_\_\_\_ ARE YOU WORKING? YES \_\_\_\_\_ NO \_\_\_\_\_ HOW LONG IN PRESENT JOB? \_\_\_\_\_  
TYPE OF CAR INTERESTED IN: \_\_\_\_\_ YES \_\_\_\_\_ NO \_\_\_\_\_ EMO \_\_\_\_\_ 1YR \_\_\_\_\_ 2YR \_\_\_\_\_  
SIGNATURE \_\_\_\_\_  
COMPLETE & MAIL IN TODAY TO CUTTER CHRYSLER-PLYMOUTH DODGE JEEP/EAGLE • 735 DILLINGHAM BLVD. HONOLULU HI 96817 PH: 842-6300 FAX: 842-6300  
\*Subject to credit review. Dealer's discretion only. \*Offer good on new vehicles only. \*\*Monthly payment based on \$10,000 financed at 15.9% APR for 36 months. \$195.00 in fees. Excludes tax, license, and title. \*Offer good on new vehicles only. \*\*Monthly payment based on \$10,000 financed at 15.9% APR for 36 months. \$195.00 in fees. Excludes tax, license, and title.

**Mike McKenna's WINDWARD**

We are conducting a special **RE-ESTABLISH YOUR CREDIT SALE** regardless of Bankruptcy, Charge Offs, Judgments, Bad Credit or just plain Bad Luck...WE CAN HELP!

**Call The Financial Wizards.**

Windward Volkswagen Isuzu & Ford has been authorized along with our special finance department to seek immediate credit approvals so you may drive a new or used car or truck home today! Over 500 new and used models available for this

**ONCE-IN-A-LIFETIME RE-ESTABLISH YOUR CREDIT SALE!**

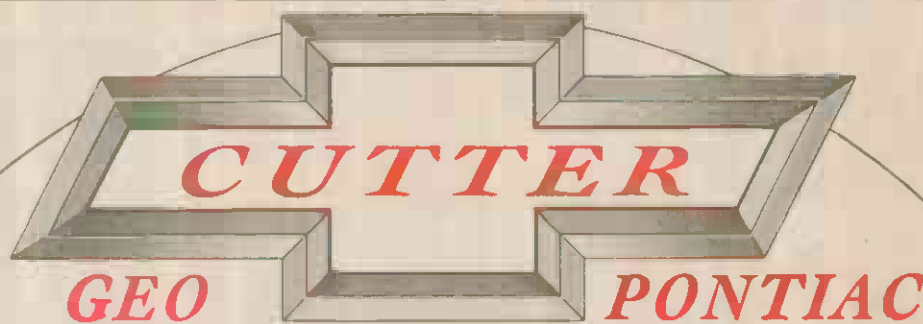
**266-8007** ✓ Currently Working ..... **OK!**  
**20 MINUTE APPROVAL BY PHONE** ✓ Little or No Down ..... **OK!**  
**ASK FOR STEVE BRIGMAN** ✓ Sincere Desire to Re-Establish Credit ..... **OK!**

**SPECIAL BONUS... FREE CREDIT REPAIR KIT!** Bring this ad in for a

**ONE STAR**  
REPOSSESSED VEHICLES  
ON SALE DAILY

- '80 CIVIC ACCORD \$1,495\*
- '80 CRX \$1,495\*
- '80 TEMPO \$1,495\*
- '80 AC \$1,495\*
- '80 LSC \$1,495\*
- '80 CELICA GT \$3,495\*
- '80 CRX \$3,495\*
- '80 AMIGO XS \$4,695\*
- '80 AEROSTAR XL \$4,795\*
- '80 CAMRY \$5,495\*
- '80 CIVIC EX \$10,500\*
- '81 BRONCO FULL SIZE \$13,995\*
- '80 ACCORD \$13,995\*
- '80 VW SCIROCCO \$13,995\*
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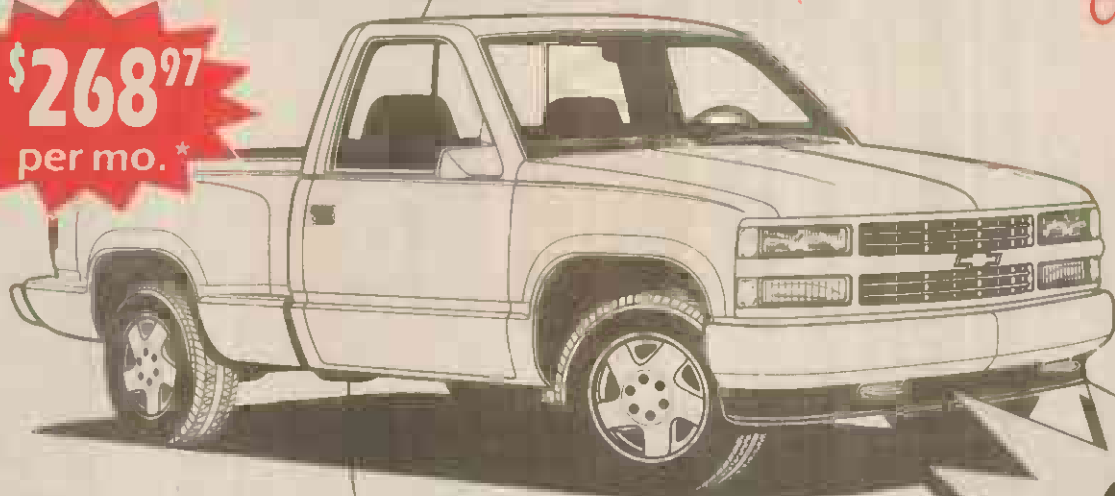
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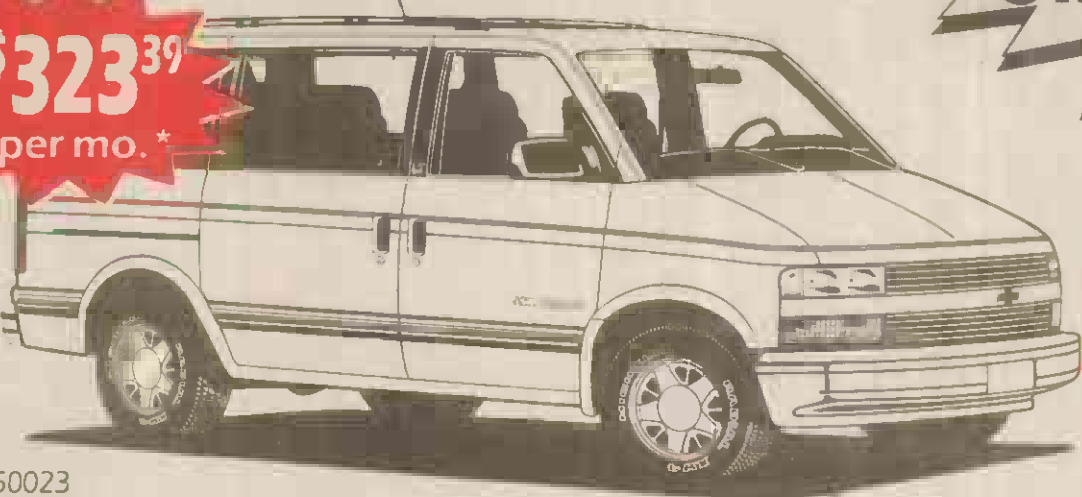
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SS# \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_  
Type of car interested in: \_\_\_\_\_  
Signature \_\_\_\_\_

Mail to: Oahu Chrysler Jeep, Attn: Greg Smith, 94-245 Farrington Hwy., Waipahu, HI 96797. I understand by signing this application I authorize Oahu Chrysler Jeep and the bank to check my credit with a credit reporting agency, verify employment and I certify this information is correct. ATTENTION SPECIAL FINANCE DEPARTMENT

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I understand that by signing this application, I authorize Mike Salta and their lending institution to check my credit with a credit reporting agency to verify employment, etc. I certify that the above information is correct.

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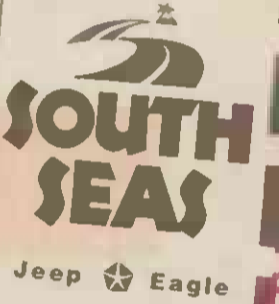
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 ADDRESS: \_\_\_\_\_  
 HOME PH: \_\_\_\_\_  
 CITY: \_\_\_\_\_  
 ZIP: \_\_\_\_\_  
 SS#: \_\_\_\_\_  
 WORK PH: \_\_\_\_\_  
 How Long At Present Job?: \_\_\_\_\_  
 Type Of Car Your Interested In: \_\_\_\_\_

Signature: \_\_\_\_\_  
 I understand by signing this application I authorize South Seas Jeep Eagle and the bank to check my credit with a credit reporting agency, verify employment and that I certify that this information is correct.

**CALL**  
 JOHN LOGRASSO  
**836-0515**  
 for any assistance



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 \$237 48 mos. PURCHASE

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 5 Spd Transmission, Handling Pkg, P/S, Air Bag, 60/40, Bench Seat, Floor Console. #95479, 95478

**\$95 DOWN DELIVERS**

'88 PLYMOUTH SUNDANCE AC, AM/FM CAS, 8T, 5 W/ORE, 42K MILES MSRP SPECIAL WAS \$5985 (#11468) NOW \$3,465	'92 FORD RANGER STX AUTO, 4.0 V6, BEDLINER, BUCKET SEATS ALLOYS, 7K WAS \$14,987 (#11468) NOW \$10,987
'88 DODGE COLT AC, AM/FM CAS, AUTO, 5 SPD, CLEAN, 42K MILES MSRP SPECIAL WAS \$5985 (#11468) NOW \$3,465	'93 FORD TAURUS GL AC, AM/FM CAS, AUTO, 6 CYL, LOADED, PWR, PL, 8K MUST SEE WAS \$14,987 (#10804, LK1818) NOW \$11,987
'89 FORD RANGER AM/FM CAS, AUTO, 5 SPD, CLEAN, 42K MILES SPECIAL WAS \$7,999 NOW \$4,987	'92 CHEVY CAMARO 5 SPD, BIG ENGINE, HALLS BUTT FIRE ENGINE RED WAS \$14,985 (#11468) NOW \$12,965
'88 DYNASTY LE SDN. AUTO, LOADED, V-6 #774 NOW \$4,987	'92 FORD AEROSTAR XL AC, AUTO, LOADED, SUPER CLEAN WAS \$14,987 (EVE109/111460) NOW \$12,986
'87 DODGE VAN AC, AUTO, 8 PILES, ONLY 33K WAS \$9,985 NOW \$5,987	'92 PLYMOUTH VOYAGER SE AUTO, 6 CYL., P/S, PWR, PL, PWR, GOOD COND. WAS \$13,987 NOW \$12,987
'87 CHEVY CAMARO Z28 LOADED, PWR, V-6, T-OP, CLEAN, WAS \$10,985 (#C0104/11482) NOW \$5,995	'92 FORD F150 4X4 AC, AUTO, 5.0 V6, BEDLINER, CHROME WHL'S WAS \$13,965 (#11468) NOW \$13,987
'89 FORD T-BIRD LX AC, AM/FM CAS, AUTO, LOW MI, 5 CYL, LOADED, PWR, PL, 8K WAS \$10,985 (#10804/11468) NOW \$7,987	'94 MAZDA 626 DX SDN AC, AUTO, LOW MI, SUPER CLEAN WAS \$13,987 NOW \$13,987
'93 FORD MUSTANG LX AC, AM/FM CAS, AUTO, LOW MI, LOADED, BR, RED WAS \$11,784 (#10804/11468) NOW \$8,987	'93 HONDA ACCORD LXI AUTO, PWR, PL, LOADED, CRUISE T, 22K MILES, WAS \$14,985 (#11508) NOW \$15,995
'90 FORD AEROSTAR XL AC, AM/FM CAS, 37K MI & MORE! WAS \$10,987 (735T, 804/10767) NOW \$9,465	'94 JEEP CHEROKEE SPORT AUTO, LOADED, PWR, 4 DR, 6.0 HIGH-OUTPUT ENG WAS \$24,985 (#11468) NOW \$18,987
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 '95 JETTA SALE  
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EQUIPPED WITH  
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**PLUS: A 10 YEAR • 100,000 MILE WARRANTY**

**ALL ISUZUS ON SALE TOO!**

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'81 HONDA ACCORD LOW MI. EX. COND. GREAT 2ND CAR! #085742215. WAS \$4,995	'93 DODGE SHADOW AC, AUTO, CUSTOM WHEELS, #105742215. WAS \$10,985
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'90 ISUZU 4 X 4 PU AC, 5 SPEED, WHEELS, 10,000. WAS \$10,985	'93 TROOPER LS AUTO, V-6, UNDER 5000 MILES! #107148721. WAS \$10,985
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\*All Prices Include \$400 Recent College Grad Rebate.

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# Your Health In The '90s



**Sun Press**

Supplement to: Sun Press newspapers, Hawaii Marine, Hawaii Navy News, Hickam Kukini, Hawaii Army Weekly

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# Thorp helps 'balance' bodies

New technology is enabling physicians and physical therapists re-establish homeostasis, the body's state of physiological equilibrium.

Currently, two medical instruments provide medical professionals that capability: the Electro-Acuscope 80 and the Myopulse.

This modern technology has been assisting elite and professional athletes heal and recover from injuries at an astonishing pace.

Last year, Hawaii-based stuntman John Thorp opened the Balanced Body Center in Kahala, offering the same medical technology that repaired his badly injured leg and revived his career in stunt work.

The Myopulse is described as an electrical muscle stimulator, whose microchips



New technology helps medical professionals heal soft-tissue injuries at an astonishing pace.

are tuned to read and treat muscle and connective tissue. This focus enables it to rapidly treat acute soft-tissue injuries.

By contrast, the Electro-Acuscope is described as an electrical nerve stimulation whose microchips are programmed to treat all body systems. It is capable of monitoring and treating both acute and chronic disorders.

Electro-Acuscope

and Myopulse equipment first received worldwide attention in 1984, when U.S. athletes rapidly recovered from injuries after undergoing the new treatment, Thorp said.

The human body functions through electrical conductivity, with different currents flowing through connective channels such as muscle, bone and neural tissue, he explained. When a

person is injured, the body's normal conductivity in the damaged tissues is frequently altered. The machine locates abnormal tissue and produces a corrective current that normalizes or relaxes damaged tissue.

Over a series of treatments, the current opens up the damaged area to blood flow, circulation and calcium ions so that the body can begin its own natural healing, Thorp said.

"This treatment alone is not going to make a difference," he said. "While the machine enhances circulation, only regular exercise, proper physical therapy and eating right is going to keep the pain away. It's still up to the patients whether the treatment will work or not."

For more information, call 737-5579.

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environmentally safe and 100 percent natural, dental care, a complete men's line of hair and body-care products, as well as nutritional supplements.

VIP Health & Beauty has been serving residents in Hawaii for 20 years. It is dedicated to offering customers the best in products and service.



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Tuesday, February 28, 7:00 p.m.  
Sheraton Waikiki Hotel



Greg Richardson

### ★★★★ MAIN EVENT ★★★★★

12-Round Penta-Continental Bantamweight Championship Bout

Greg Richardson (30-6-1)

Current Penta-Continental & Former  
WBC Bantamweight Champion

vs.

Edel "The Hawaiian Tornado"

Geronimo (31-14-7)



Edel Geronimo



Ricky Hesia

### ★★★★ CO-MAIN EVENT ★★★★★

10-Round Welterweight Bout

Hawaii's "Rock'n" Ricky Hesia (16-2)

vs.

Peter "The Gladiator" Giles (10-3)



Peter Giles

### ★★★ Action-Packed 5-Bout Undercard ★★★

Donald "Dynamite" Gonzales vs- Ben Carino  
Tali Kulihaapai vs- Vance "Boom Boom" Bond

### ★★★ Also Featuring Local Favorites ★★★

Eric "The Great" Alexander and Erwin Villaver  
★ Plus - Bulgaria's Koko "Wild Man" Semerdjiev ★

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SCUBA diving allows you to experience these wonders of the last frontier on earth with the greatest of ease, and the friendly staff at Windward Dive Center is ready to help you take the plunge!

A PADI five-star facility, WDC offers diver certification from beginner through instructor level, retail sales, air fills, dive club activities, and the best customer service anywhere, seven days a week.

WDC is dedicated to protecting the environment. It conducts beach/underwater cleanups and educates divers about the fragile nature of the aquatic realm through PADI's project A.W.A.R.E. (Aquatic World Awareness, Responsibility and Education).

Windward Dive Center also supports local charities by sponsoring two SCUBA swap meets

each year. At these events, divers consign their used equipment, with 10 percent of all sales being donated to the organization. The next SCUBA swap meet will be held during Memorial Day weekend, May 27 and 28, with proceeds going to Kama'aina Care For Kids, operator of the A-Plus afterschool program. For more information, call WDC at 263-2311.

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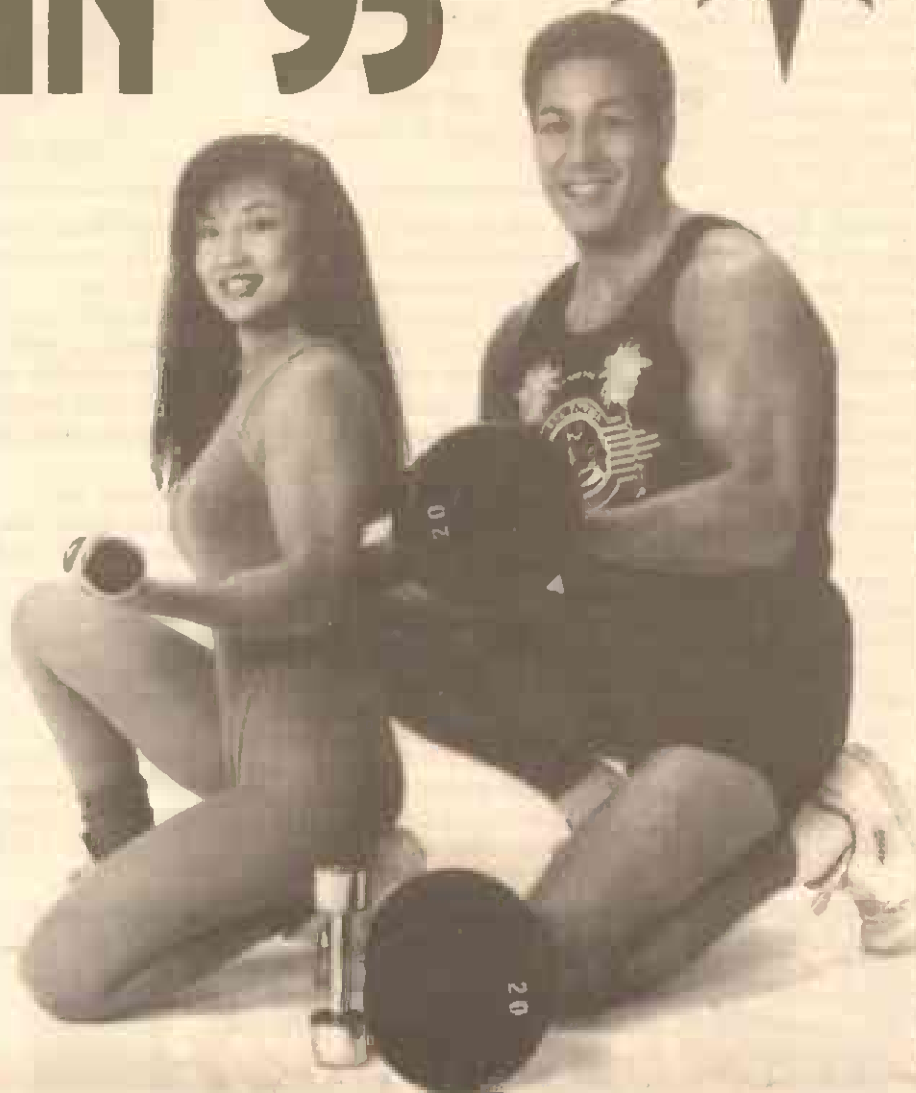
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# Champions opens dream fitness center

After more than a year of negotiating and months of research and market analysis, entrepreneur Keith D. Jones has secured the former Sun Mari Fashions and Hopaco warehouses as the future home of Champions Fitness Center, soon to be the largest fitness facility in Hawaii. Encompassing an entire city block bordered by Keawe Street, Ala Moana Boulevard and Auahi South streets (across from Restaurant Row), Champions is centrally located and will be open for 24 hours.

The fitness center began as a dream and vision of Jones.

"Obstacles are what you see when you take your eyes off your dream," he said.

"I must have hit every possible obstacle imaginable trying to fulfill this project,

**"Obstacles are what you see when you take your eyes off your dream."**

— Keith D. Jones



including quite a bit of negative feedback from my competitors. The last thing they want is for a facility like mine to open.

"But, the most positive thing that kept me going was the constant support and encouragement from every person who heard about Champions. I'm sincerely building Champions so that the people have a quality place to train and will enjoy coming to every day."

Champions, which Jones describes as a full-service and multi-

use facility, has a concept unlike any other fitness club in Hawaii. It will provide amenities and services available at other clubs all conveniently located in one place.

"The clubs and gyms here have one thing or another but none of them have everything," Jones said, adding that Champions also will offer competitive prices.

"My competitors are definitely underestimating the potential of this concept. I'll be

in business to make a profit but I refuse to take advantage of the hard-working individuals who are willing to support a club that offers them total fitness."

Jones said customer service will be the No. 1 aspect of his operation. "The complaint I hear the most from members at other

clubs is that they are not satisfied with the operation of the club. People want to go to a place where they feel respected and comfortable with the surroundings.

"It's this courteous and friendly approach that will be evident from every employee at Champions," he said.

It's time Hawaii gets a quality fitness center. The location, convenience, competitive prices and superior customer service at the state-of-the-art facility will ensure members that they are getting the most value for their dollar.

Get ready Hawaii, Champions is coming soon!

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John M. of Riverside, California notified the Banta research team that he lost 21 pounds in 60 days. A Park Ridge, Illinois woman fighting a weight battle for 20 years, used Banta on recommendation of her nutri-

tional consultant and lost 26 pounds.

In an interview with the Vice-President of Banta International — "Letters from consumers telling us about their wonderful results have been so positive and overwhelming, we guarantee Banta to work. The only difficulty we have is keeping our stores in stock." A limited supply of Banta is available at the following K-Mart Pharmacy locations only:

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# Pacific Rehab cares

Pacific Rehabilitation & Sports Medicine provides patients with a winning combination: quality physical therapy and access to seven conveniently located clinics.

The clinics are located statewide: four on Oahu (two in Honolulu, one each in Aiea and Waipahu), one on Maui and two on the Big Island. The primary goal is to provide an educational and beneficial treatment program for patients to help them return to normal functions and activities. Led by registered physical therapists, the team of well-qualified professionals offers the highest quality treatment in a friendly, caring environment.

Physical therapy services are gaining recognition as an effective method of rehabilitating



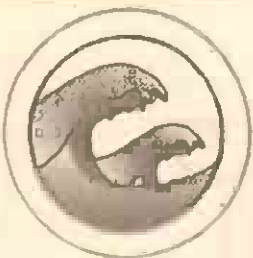
Tess Agluba, Donna Gatto and Michael Lawson

patients with musculoskeletal injuries. The goals of physical therapy are to improve a patient's physical strength and range of motion, reduce pain, help prevent re-injury and restore the ability to perform basic activities.

Upon receiving a prescription from a physician, an initial evaluation is conducted by a clinic physical therapist, who will then design a rehabilitation pro-

gram tailored to the patient's needs. Programs include "back school," aquatic physical therapy at Pacific's indoor heated pool in Waipahu and hand therapy for various treatments including carpal tunnel syndrome and arthritis.

Patients receive the proper tools and education necessary to assure continued health and well-being long after therapy services have been completed.



## Pacific Rehabilitation & Sports Medicine

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Tad Tamura photo

Ramsay Taum, general manager of Waterfront Athletics Health & Fitness, helps a client design an exercise regimen that will meet his goals.

## Waterfront Athletics aids healthy lifestyles

Numerous polls show that many Americans support the broad goals of health-care reform, but a decisive consensus remains elusive.

Though there are no immediate plans to revive the issue in the new Congress, the debate over health-care reform should not be viewed as being dead but delayed. Some may see the delay as a problem, others are using the opportunity to prepare for the future.

"We really see this as a blessing in disguise," says Ramsay Taum, general manager of Waterfront Athletics Health & Fitness. "The hiatus will give us and others in the health and fitness industry more time to educate the public, politicians, and state and federal health officials on how regular exercise can contribute to the reduction of health-care costs.

An effective cost-reducing reform can be implemented on an

individual basis without legislative action or governmental intervention, Taum said.

"By adopting a healthier lifestyle and participating in daily or regular exercise, each person can improve and maintain their personal health, which in turn contributes to a healthier society collectively," he said.

"The cost reductions would be enormous if more people would just stay healthy."

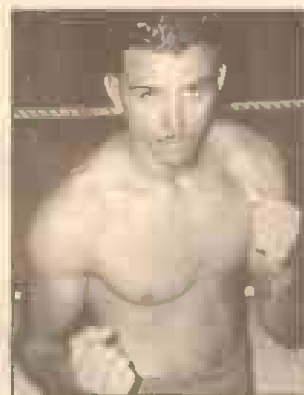
"In the long run," Taum added, "we can no longer place blame on bureaucratic red tape or lacking social policy for the rising costs of health care if we do not take responsibility for our personal health. Businesses and individuals alike have the chance to make a difference by adopting healthy lifestyles and work-site policies, by engaging in regular exercise, and by recognizing that physical health equals fiscal wealth."

# Pro boxing returns

Professional boxing returns to Honolulu Tuesday at 7 p.m. at the Sheraton Waikiki when Ivaylo Gotzev presents "A Night of Champions."

Highlighting the seven-bout card is a 12-round bantamweight championship fight between Greg Richardson, former World Boxing Council bantamweight champion and current Penta-Continental title holder, and Hawaii's Edell "the Hawaiian Tornado" Geronimo. The co-main event features local fighter "Rock'n' Ricky" Hesla vs. South Australian champion Peter Giles.

Gotzev is the man behind the recent revival of boxing's popularity in Hawaii. He has produced four events in the last six months and vows to continue until the sport reaches the



"Rock'n' Ricky" Hesla

popularity it enjoyed in the 1960s and '70s.

Gotzev, a successful entrepreneur, has sunk much of his own money into the sport.

"Promoting boxing events is the culmination of a dream I have had since I left my native country of Bulgaria," he said.

"Being unable to realize my dream of becoming a prize fighter after years of amateur competition, I decided to promote the sport of boxing in what is truly the land

of opportunity, the United States of America.

Gotzev said it has been years since boxing's heyday in the islands brought local fighters such as Bobo Olsen and Andy Ganigan to the national spotlight, but that 45-year-old George Foreman's recent heavyweight championship win helped rekindle the interest in the sport.

"Some people say that boxing in Hawaii is dead and gone," Gotzev said. "I like to think that the spirit of Hawaii's boxing fans is a lot like Foreman's, just laying dormant until the right time. Well, the time is now.

"Each and every fight card that bears my name will go the extra distance to outdo the one before. The fans of boxing deserve nothing less than my best effort."

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