

LIFESTYLES

Hawaii Marine B Section

May 10, 2001

Single Marines, Sailors host Cinco de Mayo 5K

Story and photos by
Cpl. Roman Yurek
Combat Correspondent

More than 100 runners took off for the Cinco de Mayo 5 kilometer run, May 4, around the streets of MCB Hawaii, Kaneohe Bay, to help raise funds for the Single Marine and Sailor Program.

The run kicked off at 6:30 a.m., and as the sun rose in the sky, runners sweated out the more than three-mile run. Cinco de Mayo is a Mexican holiday that commemorates the Mexican victory over an attempted French invasion in 1862.

All funds gathered from the run allow SMSP functions to be more affordable to the participating servicemembers, according to Dawn Williams, SMSP coordinator.

"We had more than 100 individuals out here, and a few formations running, to help us gain revenue for the program and offset some of our costs," said Williams.

The Military Police aided the runners by providing roadblocks and MPs to direct traffic around

the course. As runners dashed up to Mokapu Street from Dewey Square, the group was fairly close. However, the starting group began to thin out as they made a right turn across from 3rd Marine Regiment's headquarters.

Runners made their way to the front gate, then past the base Motor Pool to Mokapu, and back to Dewey Square.

John Mannle crossed the finish line first with a time of 16:19.

In addition to the individual competition, several units ran the course in formation.

"This was a complete success," said Williams. "We had just as many people this year as last year."

The run is not the last of the SMSP fundraisers. Williams said that they are scheduling a softball tournament for later this year.

Some of the upcoming events are a deep-sea fishing trip Sunday, and a trip to Maui during Memorial Day weekend.

To find out about these and other SMSP events, contact your unit representative or call Williams at 254-7593.



James Fitzhugh took time out of his busy day as company commander for Headquarters and Service Company, Headquarters Battalion, to compete in the Cinco de Mayo 5K.



Runners dash up E Street at the beginning of the race. The run ended after 40 minutes, and the first runner to cross the finish line came in at 16:19.

Cinco de Mayo 5K Results

Men's

Overall	30-35
1st Place John Mannle 16:19	Errol Williams 17:50
2nd Place Louis Tomsic 16:50	36-39 David Gates 21:17
3rd Place Thomas Elders 17:19	40-44 Ron Martin 18:57
17-under Kyle Dubois 22:10	45-49 Mark Dungan 20:53
18-23 Matthew Rogers 17:22	50-54 Coe Taylor 21:59
24-29 Ronnie Randal 19:07	50+ No entries

Women's

Overall	30-35
1st Place Asti Tomsic 20:17	Kimberly Phillips 25:38
2nd Place Melissa Soley 20:49	36-39 No entries N/A
3rd Place Katie Persich 21:02	40-44 No entries
17 and under No entries N/A	45-49 Heidi Bisanz 27:19
18-23 Rachelle Rivera 26:58	50-54 Patricia Carroll 21:27
24-29 Kristi Verna 23:29	55+ Paula Carroll 28:16



Running in the Hawaiian sun made many of the participants dehydrated, so jugs of water and Gatorade were available at a refreshment table at Dewey Square. Along the route there were two other water points.

ASEK plans bigger, better 5th Annual Sprint Triathlon



Photos courtesy of Maj. Robert Krekel

Three participants run through nearly knee-deep water at the end of their swim and head toward the bike staging area for an 11.1 mile ride around the perimeter of the base.

Veteran athletes and first-timers invited to bike, swim and run in the family-oriented event, May 19

Cpl. Roman Yurek
Combat Correspondent

The 1st Marine Aircraft Wing Aviation Support Element, Kaneohe, is hosting the 5th Annual Sprint Triathlon/Duathlon, May 19, covering nearly all of MCB Hawaii, Kaneohe Bay.

Last year the event had 300 people run, swim and bike through the course which was designed not only for the veteran athlete, but also for those who have never trained for an event like this before, according to Maj. Robert Krekel, training and operations officer for Marine Aviation Logistics Support Element Kaneohe.

"Our goal last year was bigger and better," said Krekel. So to improve the course last year, the coordinators added the duathlon.

This year the atmosphere will be more family oriented.

"This is going to be a more festive environment," Krekel said.

A disc jockey and live band should keep the spectators entertained during the race and a static display and Family Fun Ride will keep family members entertained after the race.

Krekel said he is expecting 400 to 500 participants this year ranging from novice to elite.

Participants will be able to run along the edge of the base at Fort Hase Beach, cut through the green hills of the golf course and end up back at the base Marina. At the end of the race, trophies will be given out along with some prizes. Krekel said that there are more awards given out at this race than any other, to include a bike valued at \$1,100, courtesy of Island Triathlon and Bike.

Like last year, the race coincides with Hawaii Military Appreciation Week and is sponsored by the Hawaii Chamber of Commerce, said Krekel.

Anyone interested has three races to choose from. Races included an individual triathlon, the team triathlon and the individual duathlon.

Admission is \$20 for service members, \$25 for civilians and \$60 for a three-person team. The price includes a T-shirt, race packet, refreshments and a chance to win a free bike.

Entry forms can be picked up at the Semper Fit Center. Contact the MCCS Athletic Office at 254-7590 or 7591 for more information.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Aisoff, MCCS Public Relations

5th Annual Spouses' Military Job Fair

Carve out your employment niche at 5th Annual Military Spouses' Job Fair, this Friday at the Enlisted Club Ballroom from 9 a.m. – noon. Organized by the Joint Employment Management System (JEMS), this job fair will provide all authorized military ID cardholders with an opportunity to meet and network with many potential employers, drop off resumes, and set up interviews.

Put on your best "power suit" and make copies of your resume. Many island and mainland positions available. No children will be admitted into the job fair. For more information, call Jim Gardner at 254-7790.

Youth Fun & Fitness Day

Youth Fun and Fitness day is rescheduled for Saturday, June 9 at the Base Skate Park from 9 a.m. – noon. For more information, call Youth Activities at 254-7610.

Semper Fit Shorts

Register now for the Commander's Cup Intramural Two-Person Team Sand Volleyball Tournament, May 26 at Risely Field at 9 a.m. Free. Double elimination. Open to all unit level teams, active duty. Call Jason Enrique at 254-7591.

Beginning Fitness Program

Get fit the right way! Register now for this 8-week program (16 sessions). \$60. Perfect for young adults - 16 and over, seniors, pre/postnatal and beginners. June 5, Session I – Tues. & Thurs. 6 –

7:30 p.m. June 6, Session II – Wed. & Fri. 10 – 11:30 a.m. Spaces are limited. Call 254-7597.

All-Marine Golf Resumes Sought – The Semper Fitness Center is accepting command authorized golf resumes now to compete in the All-Marine Golf Trials August 5 – 11 at MCAS Miramar, Calif. For more information, call Steve Kalnasy at 254-7590.

Mothers' Day Sunday Brunch Medley

Shower Mom with a delicious brunch buffet during the Officers' Club Mothers' Day Sunday Brunch, May 13, conveniently offered at two seatings, 10 a.m. and 12:30 p.m. This Mothers' Day Brunch features a salad bar, omelet station, crab legs, Smoked Pork Loin with Papaya, Prime Rib and a dessert assortment.

Tickets may be purchased at the O'Club Monday – Friday. Club members \$15.95, non-members \$17.95, children 6 – 12 yr. \$8.50, 3 – 5 yr. \$4.50 and under age three are free. For more information, call 254-7650.

Mom's Way at Fairways

Treat Mom to an all-hands Sunday brunch at Fairways, Bldg. 3088 this Sunday at 9:30 a.m. Delicious culinary delights await your entire family. Adult ticket prices are \$16.95, children ages 5 – 11 years old, \$8.50 and kids four and under eat free. Tickets are available at Fairways Sports Grill. When it has to be special, it has to be Fairways. Call 254-5592.

Multi-tasking Mom

Every member in a household knows that "Mom" holds honorary degrees in child psychology, nutrition, economics, interior design and

negotiations. All of those skills deserve recognition.

Make mom as beautiful on the outside as she is on the inside with a little help from The Cut Haircare inside Mokapu Mall, Bldg. 6109. From manicures, pedicures, cuts, highlights and professional hair styling products, The Cut Haircare is a full-service beauty shop oasis.

Mothers' Day May Specials include 20 percent off full color now thru May 13 and 20 percent off certain beauty products May 11 – 13. Drop in or make an appointment and call 254-6585.

Ahoy, Mate!

Stress can't sail, but you can. Learn to set sail and spend hours on the baby jade waters of Kaneohe Bay. With the Base Marina's professional staff, learning to set sail is a breeze and now with lessons conveniently offered in the evening, it's easier than ever.

Now through August, sailing class fees range from \$69 - \$99. Classes are scheduled Monday – Friday from 5 – 7:30 p.m. at the Base Marina, Bldg. 1698. Not a bad way to end your day.

Rediscover what living in Paradise is really about. For more information or to reserve your spot for the next class, call the Base Marina at 254-7667. Junior Sailing Classes are also available for kids as young as eight years old.

Swim into Spring

Are you ready to dive into spring? You can start by enrolling yourself or your little one in the upcoming Spring Swim Lessons offered at the Base Pool, Bldg. 274.

From children six months old to adults the next series of classes run from May 22 – June 1. All sessions are eight classes each, held Tuesday – Friday for two weeks. The regis-

tration fee is \$35.

The Base Pool also offers Surfing Lessons, Private Surfing Lessons and Spring Board Diving Lessons. For more information, call Water Safety at 254-7655.

Hop, Shuffle, Step...

Dance Movement Academy and K-Bay Gymnastics invite all MCB Hawaii patrons to attend their free dance and gymnastics recital this Saturday at the Base Theater at 2 p.m.

This youthful montage will showcase children from all ages in various types and styles of dance and tumbling. For details, call Youth Activities at 254-7610.

What's Cookin'

Something special is cooking inside the MCX Home Kitchen and you're invited. This Sunday, join Chef Angie Runyan of "Cha-Cha-Cha Salsaria" as she hosts a live culinary demonstration from noon – 2 p.m. You'll enjoy scrumptious samples and learn a few tricks that will transform your ordinary meals into kitchen couture. For more details, call the MCX at 254-3890.

Honeymoons Don't Last Forever

What a shame—but how true. Marriage is one of the most difficult and rewarding institutions two people will endure. To better prepare couples for the challenges ahead, a free two-day Marriage Skills Workshop is scheduled for May 16 and 17 from 8 a.m. – 4 p.m. in Bldg. 267 room # 1.

This 14-hour workshop will concentrate in communication, life and relationships in the military, money management, problem solving and more. Whether you're about to be married, newly married or are looking to put a little magic back into

your marriage, the Marriage Skills class is a step in the right direction. Spaces are limited and reservations are required. It takes one second to say, "I do," and a lifetime of "doing." Call 257-7787.

Create a Keiki Corral

If you've ever thought about becoming a home childcare provider, this is the time for serious consideration and preparation. Family Child Care Provider Training is scheduled for May 14 – 17. During this information brief, you'll learn the steps to become a certified Family Child Care Provider.

If you love children and enjoy working from home, this may be a career for you. Call 257-7030.

Job Well Done

For a job done right, bring your number one to Right Hand Man Night at the Officers' Club, Friday, May 18 at 4:30 p.m. in the Koa Bar. Plenty of complimentary pupus and drink specials are on hand—you supply the camaraderie and the fun.

Start your weekend off right—the O'Club's Right Hand Man Night. Call 254-7650.

Membership Attraction

The Staff NCO Rocker Room is courting members. Now more than ever, you have additional incentives to get together with friends after work, play darts, shoot pool and unwind. In honor of the new SNCO membership system, the Rocker Room is hosting a free "First USA SNCO Membership Kick-off Party, May 25, from 4 – 6 p.m.

Two TVs will be given away—and that's just the beginning. Join the party, join the fun—join the SNCO Rocker Room as a full-fledged member. Your good time awaits. For more information, call Lynn Colville at 254-5592.

SM&SP



Volunteers, We Need You!

Volunteers are sought daily for a variety of island-wide projects. Volunteering your time will benefit you ten-fold. Here are the top five reasons you should volunteer today...

Top 5 Reasons to Volunteer:

- Because you can.
- You're suddenly more attractive.
- It looks good on your resume.
- It beats hanging out at the barracks.
- You hold tremendous ability to inspire others.

SM&SP's What's Up...

Deep-Sea Fishing Frenzy, May 13, \$60. Price includes all equipment & bait.

Flag Football Tourney, Sunday – Get busy in the end zone. Any branch, all active duty, \$12 per team. Pop Warner Field. Awards for top two teams.

Maui Memorial Weekend Trip, May 26 – 28, \$205, includes airfare, shared accommodations & rental car. Limited to the first 20 people.

Oceanside Paintball, Be your own action hero! Saturday 9 a.m. – 4 p.m. Sunday noon – 5 p.m. Call for equipment rental fees.

Youth Sport Volunteer Coaches Needed, contact David Kawada at 254-7610.

For upcoming program information, talk to your SM&SP unit representative.

Go-Kart Thrills – All active duty singles, Kapolei Hawaii Karting Center, June 16, 10 a.m. \$60 per person. Register by June 8 at the SM&SP office, Bldg. 216.

For more information on the SM&SP program and events, call the SM&SP Coordinator, Dawn Williams at 254-7593.

New health promotions program launched by MCCS

Debbie Aisoff
MCCS Public Relations

How vulnerable are you? Think for a moment—it's not an easy question to answer.

Think about your mental and physical well being. Deeply consider your present state of health in both areas.

Are you as healthy as you'd like to be?

Are you currently using tobacco?

What about your diet—are you consuming enough green, leafy vegetables?

And stress—who doesn't have too much of it? Face it, most of us fall within the same health deviation—"Room for Improvement."

Any sports enthusiast vows that a good defense is a good offense—and Marine Corps Community Services Semper Fit Department agrees.

All MCB Hawaii authorized patrons now have a valuable vitality comrade ready to assist in nine health-related categories.

As part of a global Marine Corps health effort, "Health Promotions" is now part of all MCCS Semper Fitness Departments.

The MCCS Hawaii Health Promotions Coordinator is Dan Dufrene.

Health Promotions concentrates in nine health-related facets to include: Tobacco Cessation, Physical Fitness Education, Injury Prevention, Nutrition Education, Stress Management Education, Suicide Awareness & Prevention Training, Alcohol & Substance Abuse Prevention, Hypertension Education and Sexual Transmitted Disease Prevention.

The Health Promotions' philosophy encompasses a pro-active approach that focuses on prevention and preventative maintenance versus reacting and apathy.

The Health Promotions program is designed to generate awareness and elevate healthy lifestyles. Dufrene noted that 34% of all Armed Force Service Members currently smoke cigarettes and a "large percentage do not endure adequate exercise."

According to the Department of Health and Human Services' Healthy People 2000, "Fifty four percent of all illnesses and deaths in the United States prior to age 65 can be directly attributed to unhealthy and sedentary lifestyles."

Not only will Health Promotions recipients benefit personally, but also healthier service and family members will contribute to overall lower medical costs, foster a positive community and strengthen combat readiness.

"In many ways," said Semper Fit Director, Wayne Yamada, "Health Promotions ties in all other Semper Fitness entities in that 'HP' encourages individuals to make positive lifestyle and behavioral changes."

To promote the many benefits Health Promotions can provide, Dufrene intends to brief units, schools, clubs and individuals. Any interested party or patron may schedule an appointment to further explore health issues at no cost.

Whether you're seeking counsel and insight to lose weight, quit smoking or to discover venues to effectively channel stress, the Health Promotions Coordinator will act as a catalyst between you and health / medical experts. Together you will etch a personal health blueprint.

Your healthy tomorrow starts today. Obtain a free, comprehensive health consultation by calling Dan Dufrene at 254-7636.

Public invited to 'Do the Tri, Tri the Du'

5th Annual Triathlon/Duathlon scheduled for May 19

Debbie Aisoff
MCCS Public Relations

You may be an "Iron Man," but are you ready to "Do the Tri or Tri the Du?"

Marine Corps Base Hawaii invites the public to compete in the Commanding General's Semper Fitness Series during the 5th Annual 1st Marine Aircraft Wing Aviation Support Element Sprint Triathlon / Duathlon on Saturday, May 19, at 7:30 a.m. aboard MCB Hawaii, Kaneohe Bay.

Registration fee for military ID cardholders is \$20, civilians - \$25 and Triathlon 3-person teams are \$60. Price includes an exclusive race T-shirt while supplies last.

All race contestants are entered to win a Bianchi Campione Racing Bike valued at \$1,100. To register, stop by the Semper Fit Center, Bldg. 3037 or call 254-7590.

All contestants entering the Triathlon / Duathlon need to check-in at the Base Marina at 6 a.m. The



Duathlon consists of a 2-mile run, 11.1-mile bike race and a 3.5-mile run. The Triathlon challenges competitors with an 800-meter swim, 11.1-mile bike race and a 3.5-mile swim. Participants' bikes must pass a safety inspection provided by Island Triathlon & Bike. A free family fun ride will take place following the races. Military static displays will be on-site and many patrons will receive prize giveaways.

The 5th Annual 1st MAW ASE Sprint Triathlon / Duathlon is presented by MCB Hawaii and sponsored by The Running Room, Island Triathlon & Bike, Menehune Water, Gatorade, Island Demo, Team Boca, Bianchi, Domino's Pizza, Spike's Bagels, First Hawaiian Bank Visa Aloha Card, and 24 Hour Fitness.

All race proceeds benefit the quality of life for the Marines, Sailors and their family members stationed aboard MCB Hawaii. For details call the MCCS Athletics Office at 254-7590.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Please show your ID at the box office. Phone 254-7642 for recorded information.

Somebody Like You (PG-13)
Crouching Tiger, Hidden Dragon (PG-13)
Enemy at the Gates (R)
Heartbreakers (PG-13)
Recess: School's Out(G)
Traffic (R)
Somebody Like You (PG-13)

Friday at 7:15 p.m.
 Friday at 9:45 p.m.
 Saturday at 7:15 p.m.
 Saturday at 10 p.m.
 Sunday at 3:30 p.m.
 Sunday at 7:15 p.m.
 Wednesday 7:15 p.m.

Hawaii MARINE SPORTS

Hawaii Marine Sports Page

May 10, 2001

Firefighters ignite men's All-Marine volleyball team

Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

A local volleyball team, the Firefighters, tested the intestinal fortitude of the All-Marine team during two scrimmage matches last week at the Semper Fitness Center on MCB Hawaii, Kaneohe Bay.

The All-Marine Volleyball Team coach, Gunnery Sgt. Jeffrey Patterson, a drill instructor for Marine Corps Recruit Depot, San Diego, arranged the scrimmages to help prepare the team for its entry into the All-Military volleyball tournament this week at Fort Shafter.

On the first night of scrimmages, a tough Firefighter volleyball squad, made up of firefighters from the various firehouses on Oahu, put out the fiery spirit of the men's All-Marine team by hosing down the devil dogs three games to one during competition.

After losing the first game 22-25, the All-Marine team showed signs of a comeback in the second game, winning it 25-22, but they were unable to capitalize on the momentum shift.

In the third game the Firefighters staged a comeback of their own, when they were down 22-17 and rallied to win the game 25-23.

That loss may have taken the fight out of the leatherneck squad, as they were unable to hold off the red-hot firemen who pounded their way to a 25-22 win.

With all four games being close, the coach of the All-Marine team believed that they only needed a little fine-tuning in order to be competitive in the All-Military tournament.

"On Tuesday night the team wasn't communicating well out there," said Patterson. "They had a few points scored on them, and they began to hang their heads and lose focus."

After the game, Patterson told the team to work on their blocking, base positions and communication while on the court. He also instructed them to keep their attention focused on the game and to not get discouraged by a bad play or two.

On Thursday night the All-Marine team came to the Semper Fit Center ready to extinguish the Firefighters and redeem Tuesday night's loss.

In what may have been a classic case of role-reversal, the Marines won the scrimmage three games to one — by the

same margin the Firefighters had won two nights before.

Just like the May 1 scrimmage, both teams split the first two games in their second confrontation.

The Marines quickly won the first game, coming out on top 25-14. However, game two was over in a hurry, as the firefighters rallied to even the series at one game a piece with a 25-16 win.

The experienced Firefighter squad followed a simple game plan of keeping the score close in order to possibly capitalize on a weakness in the All-Marine team: cohesion.

Unfortunately, for the firemen, the Marines maintained their concentration and mentally stayed in the game to finish off what they had started.

In contrast to the quickness of the first two games, the third and fourth games were decided by only a four-point difference. The Marines won both games by a score of 26-24.

"Their [the All-Marine team] strength is in the fact that they have been practicing a lot, and a couple of them are dangerous hitters," said Firefighter coach Thomas Lake, a retired firefighter.

Patterson displayed mutual respect about the Firefighter squad.

"They [the Firefighters] were great competitors for us to go up against in these scrimmages, and for our guys to come out here and beat them was all I could ask for," said Patterson.

Patterson confided that he thought the Firefighter's squad was about as good as any squad the All-Marine team will face in the All-Military tournament at Fort Shafter.

"I feel great about our chances in the big tournament after this win," said Patterson. "I'm looking forward to going to the tournament; I think we're a contender for the gold medal there."

No matter what the outcome of the All-Military volleyball tourney this week, the Marine team will have to gain the respect of their immediate competitors.

"It was a lot of fun playing these guys because they play at just about our level," said Lake.

Fun or not, the road to the All-Military tournament went through the Firefighters for the All-Marine team. Splitting the series was a major feat, according to Patterson, and possibly provided enough confidence in the Marines' minds to go to Fort Shafter with the gold as their goal.

Armed Forces Volleyball Schedule

Friday

7:30 a.m.
Opening Ceremonies
1 p.m.
Marines vs. Air Force (women)
3:30 p.m.
Marines vs. Air Force (men)
7 p.m.
Marines vs. Army (women)
9:30 p.m.
Marines vs. Army (men)

Saturday

1 p.m.
Marines vs. Navy (women)
3:30 p.m.
Marines vs. Navy (men)

Sunday

6:30 p.m.
Marines vs. Air Force (women)
9 p.m.
Marines vs. Air Force (men)

Monday

Noon
Marines vs. Army (women)
2:30 p.m.
Marines vs. Army (men)
Tuesday
9 a.m.
Marines vs. Navy (women)
2 p.m.
Marines vs. Navy (men)
approximately 5:30 p.m.
Awards Ceremony



Sgt. Richard W. Holtgraver Jr.

Firefighter Fred Robins blocks a spike from the All-Marine team in game three during the Firefighter's routing of the devil dogs in a best three out of five contest at the Semper Fit Center.

K-Bay Pool Hawks strive for excellence amongst island swim teams

Cpl. Roman Yurek
Combat Correspondent

The MCB Hawaii, Kaneohe Bay, Pool Hawks train at the base pool five days a week to prepare for youth swimming meets held throughout the year on Oahu and neighbor islands.

During more than a year since its

first competition, the 30-member team has made a lot of improvements, according to Maj. Brett Grosshans, head coach for the team and operations officer for the Marine Corps Air Facility.

Currently there are 17 Olympic USA certified swim teams on the island. In order for a team to compete in competitions, each member

of the team must be registered with USA Swimming. Since January 2000, the base team has increased in size and quality of athletes.

Pool Hawk swimmers bring ribbons and medals back from every meet. To earn those medals, the swimmers go through an hour and a half of practice each day, Monday through Friday. They begin every

practice with stretches and warm-up exercises, then they head to the track for a mile run.

On the track, spectators can see the athleticism of the 6- to 15-year-old kids as they run a mile in approximately eight minutes.

"One of the fastest runners here is David Rodriguez [an eight-year-old]," said Grosshans. "He finished

the mile in seven minutes and ten seconds one day."

After the run, it is time for the swimmers to get in the pool. Each day team coaches focus on one aspect of swimming, ranging from starting dives to strokes. All 30 swimmers are divided into groups based on their skill level. Beginners wear red caps, blue for intermediates and advanced swimmers wear bronze.

Each group does the same stroke during practice, but the number of laps or strokes varies depending on the skill level of the swimmers. To become a Pool Hawk, children must go through a tryout. Coaches look for basic knowledge of the freestyle, breaststroke and backstroke, according to Chris Grosshans, assistant coach for the team.

Swimmers who demonstrate fundamental knowledge of these strokes are ready to join. The next step is paying \$35 to be certified with USA Swimming. Once they complete these two criteria, they pay a small fee to be on the team. Then they can begin training to participate in meets.

Unlike some sports teams, that insist participants disregard all other activities, the Pool Hawks are encouraged to focus on more than just swimming.

Contact either Grosshans for more information or for any questions about joining the Pool Hawks at 254-8048.



Cpl. Roman Yurek

Pool Hawks use the freestyle stroke while swimming the width of the pool.

WORD TO PASS

Scout Leadership Wanted

Boy Scout Troop 425, located aboard MCB Hawaii, Kaneohe Bay, has openings for adult leadership. Scoutmaster positions are available as well as positions on the administrative committee.

The troop meets every Tuesday at 6:30 p.m., and conducts monthly outings (camping and hiking), as well as community service projects. Experience is not needed, only a desire to help form the future of America.

Interested adults should call Dave Runyon at 254-2696 (evenings/weekends), 257-1852 (workday), or e-mail at runyonda@mcbh.usmc.mil.

Ft. Shafter Arts and Crafts Shop

The Ft. Shafter Arts and Crafts Shop is open to all active duty retired servicemembers, DoD civilians and their family members.

Facilities, instruction and supplies available at the shop are: wood working, ceramics, pottery, stained glass, polymer clay, lei making and children's classes. The shop is open every Friday from 4 p.m. to 10 p.m., Saturday from 9 a.m. to 5 p.m. and Sundays from 11 a.m. to 5 p.m. For more information, call the shop at 438-1071 during work hours.

Sounds of Aloha seeks members

The Sounds of Aloha Chorus is looking for a few good men - who like to sing. For more than 50 years, the chorus has entertained local and mainland audiences with its unique sound, in a diverse repertoire of barbershop standards, Broadway hits, hapa haole favorites and more. The chorus rehearses every Thursday at the Ala Wai Golf Course Clubhouse, second floor, at 7 p.m., and guests are always welcome.

Men interested in joining the chorus may call 262-2539 for more information, or just show up at a rehearsal. Those interested in purchasing tickets to the spring show (April 27 and 28) may call the same number.

DAV Offers Rides

The Disabled American Veterans offers free van rides for any veteran having difficulty getting to or from medical appointments at the Veterans Administration or Tripler Army Medical Center.

Certain restrictions apply. Call at least three days in advance for an appointment. For more information, call 433-2477.

WAVES

Active, retired and reserve women in the sea services interested in joining or obtaining info on Na Nalu O'Hawaii, the local WAVES chapter, call Eugenia Woodward at 623-4735. Meetings are held the second Saturday of every month and are open to women in the Navy, Navy Nurse Corps, Coast Guard, and Marine Corps.

Third MarDiv Reunions

The Third Marine Division Association will hold its 47th Annual Family Reunion in Irving, Texas Sept. 26-30. All Marines who have served with or been attached to the Third Marine Division are encouraged to attend.

For more info, logon to www.caltrap.com, or call Sgt. Maj. Bill Krueger at (703) 451-3844 or Bill Ervin at (303) 494-7752.

Heart Disease

Worried about heart disease and strokes? Call the American Heart Association at 1-800-242-8721 for in-

formation on your concerns.

1/3 Reunion

Marines from 1/3 will hold their annual reunion in conjunction with the Third MarDiv Reunion in Irving, Texas.

For more information, logon to <http://members.aol.com/hatch101> or call Bill Ervin at (303) 494-7752.

Society of Military Widows

The Society of Military Widows meets the first Friday of the month at 6 p.m. at MCB Hawaii, Kaneohe Bay Officers' Club for an informal Mongolian Barbeque.

They also meet every third Saturday of the month at different locations. For more information, call 262-7953.

Rod and Gun Club

The Kaneohe Rod and Gun Club meets on the first and third Tuesdays of each month at the Bachelor Officers' Quarters conference room. For more information on joining, call Wally Heyer at 254-5739.

FBI Recruitment

Are you interested in a career with the FBI as a special agent? Learn about the requirements for applying to the FBI by attending the FBI career seminar on May 15 at the Hickam AFB Family Support Center, Bldg. 1105 from 11 a.m. to noon. For reservations and more information on future seminars, contact FBI Special Agent Kal Wong at 566-4488. Entry level pay is \$37,842 plus o/t and locality.

Meals on Wheels

Meals on Wheels is seeking volunteers to deliver meals to elderly and homebound people on the island. Call Patty at 988-6747, or Marilyn at 531-0555.

MARINE MAKEPONOS

HAWAIIAN FOR "MARINE BARGAINS"

The deadline for submitting Marine Makeponos ads is 10 a.m. Friday the week prior to publication. Makepono ad forms may be filled out Monday through Friday from 7 a.m. to 5 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216.

Ads must be submitted in person and will be accepted only from active duty and retired military personnel, their family members and MCB Hawaii civil service workers.

Ads are free and will appear in two issues of the Hawaii Marine.

Marine Makeponos may be used only for noncommercial classified ads containing items of personal property offered by and for individuals authorized to use this service.

Such ads must represent incidental exchanges, not of a sustained business nature.

Ads are run on a first-come, first served, space-available basis.

Auto

1996 Dodge Ram, 1500V8, extra cab, loaded, A/C, CD player, power windows and locks. Great truck. \$13,000 OBO. Call Elizabeth at 782-7694.

1998 Jeep Grand

Cherokee, 23,000 miles, excellent condition, power steering, power windows, power locks, automatic, A/C, AM/FM cassette. PCSing — must sell. \$17,000 OBO. Call 254-0026.

1998 Chevy Camaro, great condition. White, gray interior, 6 CD changer, T-tops, 32,000 miles. \$14,500 OBO. Call 681-6564 or 228-8966.

1998 Harley Springer Softail, many extras. In great condition. \$14,500

OBO. Call 254-3073.

1995 Chevrolet Beretta. New sound system. \$5,000 OBO. Call Joey at 253-6658, leave message.

1994 Ford Ranger, green, new transmission, great condition, cab. Runs smooth. Asking \$8,500 OBO. Call Roman or Tricia at 254-8893.

Miscellaneous

Garage Sale at 1130 Kupau

St., Kailua, Saturday and Sunday, 9 a.m. to 3 p.m.

Blue Carpet with padding, 12' X 26.5', \$200; Purple with padding, 9' X 10', \$80. Call Joy or Linda, 254-6545.

Crib and Changing table. \$100. 254-0797.

Room Studio wanted. Quiet, non-smoking female, must be cool, quiet and close to MCBH K-Bay. Night shift worker. Pager 290-5582.

House sitter and pet care person available. Excellent references. Pager 290-5582.