

LIFESTYLES

Hawaii Marine B Section

May 17, 2001

A day at the bay



Some of the more advanced divers do back flips off the rock, showing the skill they have gained since the first time they took the plunge.



Above—Beachgoers bask in the weekend sun at Waimea Bay. The bay is more than a football field in length, allowing space for many people to relax after a week of office work or homework. Below—Although sun bathing, swimming and rock diving are some of the more popular activities during the low surf season, some people enjoy kayaking along the shoreline.



Soaking up fun, sun in Waimea

Story and photos by
Cpl. Roman Yurek
Combat Correspondent

WAIMEA, Hawaii—Nestled in the foothills of the Koolau Mountain Range, and across from Waimea Valley is Waimea Bay.

Nearly anytime of day, people can be found lying out in the sun on its beach, swimming in its crystal clear waters, diving off its nearby rocks and surfing its waves.

The beach is relatively calm from May through September, but starting in October the calm waters turn to raging swells reaching 30 feet.

Waimea Bay possesses the longest rideable surf break in the world, according to the Hawaii Visitors and Convention Bureau. This surf brings people from all over the world to try and ride the enormous waves.

Surfboards, however, cause a threat to swimmers, along with the strong current that accompanies the huge waves. Swimmers are encouraged to stay out of the areas where the waves are breaking. Even during the summer a strong current is present in the bay that swimmers should be aware of.

Lifeguards are posted along the shoreline for swimmers who venture too far out in the nearly transparent water and for surfers who may get injured in the strong waves.

Whether the water is rising to 30 feet or lightly crashing into the shoreline, the sight of the crystal clear water is one of the attractions to the bay.

Beachgoers soon discover that the shallow water is an optical illusion. After wading nearly six feet out, they can be chest deep, if not already swimming.

Some of the locals show how deep the water is by diving off of a rock into the ocean water.

At one end of the white sandy shoreline, a rock sticks out of the water more than 15 feet.

This rock serves as a diving platform. Though many adventurous jumpers plunge in feet first, a few decide to try more daring antics.

Some even thrust themselves in headfirst while others demonstrate front and back flips off some of the higher points.

There is more to do than swim, dive, surf and tan at Waimea Bay. Behind the beach is a picnic ground.

Groups of all sizes can bring grills and coolers and replenish their energy after a few hours of swimming and baking in the Hawaiian sun.

To visit Waimea Bay from MCB Hawaii, Kaneohe Bay, take the Kamehameha Highway towards the North Shore. This route takes nearly an hour because of the towns and residential areas, but notice the many other scenic beaches and parks along the way, ripe for visits on other days.

For a quicker route, take Interstate Highway 3 to H-1 towards Pearl City. Then just follow the signs to the North Shore.

Waimea Bay — one of more than 20 beaches skirting Oahu — is one of the most popular because of its striking contrasts.



Above— After sun bathing for a while, many of the people at Waimea Bay Beach Park take to the water to cool off. The water is shallow near the beach, but the bottom drops quickly a few yards out..

Right—The sign for Waimea Bay is somewhat concealed and easy to miss. Coming from Kaneohe, look for the entrance to Waimea Valley. The Bay is just past the Waimea Valley entrance.



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Aisoff, MCCS Public Relations

Right Hand Man Night

They carry out your orders. They make you look good. Time for payback.

Bring your number one to the Officers' Club tomorrow night for "Right Hand Man (and woman) Night" inside the Koa Bar starting at 4:30 p.m. Complimentary pupus and beverage specials will get your Friday night started off right. Call 254-7650.

Semper Fit Shorts

Whether you desire to take an aerobic class, play basketball or racquetball, pump some iron or indulge and recuperate with a massage, the Semper Fitness always has your health and wellness in mind.

Register now for the Commander's Cup Intra-mural 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 / post-natal 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. All

interested patrons should attend the free orientation, Tuesday, May 29 at the Semper Fitness Center, Bldg. 3037 at 6 p.m. Call 254-7597.

Teen Fitness Program

Keep your teen active this summer at the Semper Fit Center. The Teen Fitness Program is targeted to teenagers 12 - 16 years old. This 4-week class begins June 13. Classes are scheduled Wed. & Fri. from 4 - 5 p.m. Registration fee is \$40. 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, California. For more information, call Steve Kalnasy at 254-7590.

The Right Stuff

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 Staff NCO membership system, the Rocker Room is hosting a free "First USA Staff NCO Membership Kick-off Party," Friday, 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 Staff NCO Rocker Room as a full-fledged member. Your good time awaits. For more information, call Lynn Colville at 254-5592.

Link up with L.I.N.K.S.

Great minds "link" alike. The Lifestyles, Insights, Networking, Knowledge & Skills organization invites all spouses to attend their evening session, May 21 - 24 from 6 - 8:30 p.m. at the L.I.N.K.S. House located on Reed Road. Free onsite childcare is available. Reservations are recommended.

Reserve your spot today, call 257-2368.

Beat the Barber Shop Blues

Admit it—we've all been there. It's late. You have an early inspection tomorrow. A fresh haircut is a must. Fear not—four barber shops are ready to serve you.

Mokapu Mall, Bldg. 6477, 254-6588 - Mon. - Fri. 7:30 a.m. - 8 p.m. Sat. 8 a.m. - 7 p.m. Sun. & holidays 8 a.m. - 6 p.m.

Barber shop in Bldg. 244, next to the Base Theater, 254-6586 - Mon. - Thurs. 7:30 a.m. - 4:30 p.m. Fri. 7:30 a.m. - 2:30 p.m., Sat. & holidays closed, Sun. 8:30 a.m. - 4:30 p.m.

Flightline Shop, Bldg. 301, 254-1449 - Mon. - Fri. 7:30 a.m. - 4:30 p.m. Sat. Sun. & holidays closed.

Camp Smith, Headquarters Bldg., 486-8015 - Mon.

- Fri. 7:30 a.m. - 4:30 p.m. Sat. Sun. & holidays closed.

Imaginative Interior

Your interior will radiate imagination if you visit the Art & Imagination shop located in Mokapu Mall, Bldg. 6477. With custom and ready-made prints and frames, Art & Imagination makes it easy to spruce up your castle. Now throughout May, when you place any custom order Art & Imagination will include free glass. For inviting interiors, it's Art & Imagination. Call 253-0767.

Feel Lucky during Thirstin' Thursdays

Every Thursday Night is your lucky night at the Enlisted Club, Bldg. 1629. Kicking off at 5:30 p.m. you'll score free cover, big beverage specials, 25 cent hot wings and local band, Happy Gets Lucky performs live at 8 p.m. Celebrate your "Thirstin' Thursday Nights at Club-E. Call 254-7660.

Pro-act to Reaction

The Marine Corps Exchange invites you to experience the Kenneth Cole Reaction Shoe Event in the Men's Shoe Department, this Saturday from 10 a.m. - 2 p.m. All customers will receive a free gift with purchase, save 20% off the entire stock of Kenneth Cole Reaction Men's Shoes, (excluding special orders) and meet a Kenneth Cole Reaction Sales Representa-

tive who will showcase a sample of special orders as well as offer expert advice on the latest shoe styles. For more "reaction rhetoric," call 254-7522.

Money, Money, Monday...

Frugality is a virtue. Knowing how to make every dollar count is a blessing.

Monday, May 21, the Main Exchange's Plantation Store and the Annex's Wiki Wiki Market invite you to get the most for your dollars during "Double Coupon Day."

Coupon redemption is twice the face value for the entire day. Some restrictions may apply.

Call store for details. Plantation Store, 254-3890. Wiki Wiki Market, 254-7587.

National Hamburger Month

In honor of National Hamburger Month, pay homage and indulge in one of America's favorite culinary delights—thick, juicy burgers.

The All-hands Fairways Sports Grill, Bldg. 3088, features the Fairways Grand Burger made from 1/2 lb. ground beef nestled in a warm, onion bun. A variety of additional hot and cold sandwiches, salads and pupus are available daily.

The Fairways Sports Grill is open Mon. - Thurs. 7 a.m. - 6:30 p.m. and Fri. Sat. Sun. and holidays 6 a.m. - 6:30 p.m.

Anytime is a great time to

feast at Fairways. 254-5592.

Military Academic Skills Program

Whether you're looking to brush up academic skills for self-enrichment or are seeking to increase your collegiate test scores, the Joint Education Center, Bldg. 219 offers free four week courses in English, Math, Study Skills and Testing Techniques as part of the Military Academic Skills Program, (MASP).

The next MASP session is scheduled May 21 - June 18 from 7:30 a.m. - 3:30 p.m. at the Joint Education Center. All active duty military and adult family members are welcome to attend. For more information, call 257-2158.

Silver Screen Delivery

Your living room transforms into a movie premiere gala when you bring home a movie rental from Mokapu Mall's Mega Video—and you're guaranteed the best seat in the house.

Mega Video features daily specials for both VHS and DVDs. From half prices, extra days of rental, to family and children's movies for only 50 cents, becoming a movie buff has never been more economical. Mega Video also rents DVD and Video Cassette Players, Dreamcast, PlayStation and Nintendo 64 Systems.

When you need to unwind and escape for a few hours, make your day a Mega Video day. 254-7560.

SM&SP



Go-Kart Thrills

Kapolei Hawaii Karting Center, June 16, 10 a.m. \$60 per person. Register by June 8 at the SM&SP office, Bldg. 216.

Bathtub Regatta

Float Your Boat - What team will be the crowning champion of the BayFest Bathtub Regatta? Get your four-person team together and create your aquatic masterpiece to compete on Sunday, July 15 at 2 p.m. at the BayFest waterfront. Free. Many prizes will be awarded. For more information, call 254-7593 or 254-7655.

Fourth of July Kailua Parade

- The BayFest Float committee is seeking volunteers to pass out flyers and candy during the Fourth of July Kailua Parade. Call Debbie Aisoff at 254-7570.

Hoist up Your Sails

- Now is the time to learn to sail. Classes are offered July 16 - 20 and August 13 - 17 at the Base Marina for only \$69. This special discount applies to single, active duty only. Call 254-7593 or 254-7666.

Oceanside Paintball

Let your "inner-predator" come out to play. Saturdays 9 a.m. - 4 p.m. Sundays noon - 5 p.m. Call 254-7593 for equipment rental fees.

Looking for something to do?

Mentor. Volunteer. Many MCB Hawaii youths need you. Share your talent, time and insight.



Photo courtesy of MCCS

Contemporary, alternative rock group Sister Hazel is scheduled to head BayFest 2001 entertainment, with a concert on July 14 aboard MCB Hawaii. The three-day-long extravaganza is open to the public.

BayFest 2001 entertainers announced

Debbie Aisoff MCCS Public Relations

Marine Corps Community Services proudly announces the contemporary, alternative musicians, Sister Hazel will rock the 12th Annual Ocean Concepts BayFest, Saturday, July 14 on the main stage.

Each year, Marine Corps Base Hawaii opens its gates to invite the entire Oahu community for three days of carnival rides, contests and concerts. Ocean Concepts BayFest 2001 is scheduled for July 13 - 15. Concerts are free with a paid BayFest admission fee.

Jet setting in from Gainesville, Florida, Sister

Hazel will perform hits from their sophomore CD, Somewhere More Familiar, "All for you," and "Happy." From their latest CD, Fortress, Sister Hazel will showcase their smash hits, "Change Your Mind" and "Champagne High."

Sister Hazel is made up of five long-time friends, Ken Block, Mark Trojanowski, Jeff Beres, Ryan Newell and Andrew Copeland who started this post-grunge band in 1994. With three CDs produced and success as their oyster, the band foresees no slowing down in the future.

Sister Hazel is not only known for their alternative, pop/rock tunes, the group is continually involved in charitable foundations such as the Cancer Foundation, Humane Society and Big

Brothers / Big Sisters. In fact, the name, "Sister Hazel," according to the CD Somewhere More Familiar, is stemmed from an "African-American woman who ran 'Sister Hazel's Rescue Mission' in Florida during the 1970s and early 1980s."

In an interview with Universal Records, the group's current record label, singer / songwriter, Ken Block noted, "...we have a responsibility to give back to the community part of this incredible opportunity we've enjoyed as Sister Hazel."

Mark your calendars now to catch Sister Hazel, live at Ocean Concepts BayFest 2001. For more BayFest Buzz, logon www.bayfesthawaii.com.

ASE to host Sprint Triathlon/Duathlon Saturday

Debbie Aisoff MCCS Public Relations

You may be an "Iron Man," but are you ready to "Due 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 MAW ASE Sprint Triathlon / Duathlon on Saturday at

7:30 a.m. aboard MCB Hawaii, Kaneohe Bay. The 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 \$1,100.00. To register, stop by the Semper Fitness 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 run. Participants' bikes must pass a safety inspection pro-

vided 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 Marine Corps Base Hawaii and sponsored by The Running Room, Island Triathlon & Bike, Mene-

hune 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 more information, call the 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 show is \$1 for all patrons. Please show your ID at the box office. Phone 254-7642 for recorded information.

Josie and the Pussycats (PG-13)
Heartbreakers (PG-13)
Joe Dirt (PG-13)
Exit Wounds (R)
Recess: School's Out (G)
Crouching Tiger, Hidden Dragon (PG-13)
Enemy at the Gates (R)

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

Hawaii MARINE SPORTS

B-3, Hawaii Marine Sports Page

May 17, 2001

Pirates deny G-Force in preseason victory, 17-12



Cpl. Roman Yurek

Edgardo Martinez, Pirate 2nd baseman, attempts to tag Rick Lehr, a G-Force outfielder, as he coasts towards second.

Cpl. Roman Yurek
Combat Correspondent

The 3rd Bn., 3rd Marine Regiment Pirates emerged victorious after battling Marine Corps Air Facility G-Force during the 2001 MCB Hawaii Pre-Season Softball Tourney, Friday, at Risely Field.

Thirteen teams showed up for the tournament to compete for bragging rights when the season officially started, Monday.

G-Force went into the game with a slight advantage over the Pirates, according to Kevin Fitzgerald, G-Force second baseman, as his team had an hour to rest between their last game and the fight for first with the Pirates.

In the first few innings, the Pirates could not defy the power of G-Force, but just as they're known to bury their treasure, the Pirates had some power stashed for later.

Although aggressive hitting was allowing the Pirates to overrun the field, they were struggling after playing back-to-back games.

Pitcher Mike Kuhl began to struggle with his tosses and some of his throws were falling short.

Some motivational yells from his teammates made him dig

deep and he started putting his throws over the plate again.

Both teams seemed to put every last ounce of strength into their hits, throws and runs.

Halfway through the game, G-Force was acting agitated because of some of the referees' calls.

Their complaints had no effect on the Pirates though. Offensively, Pirates hitters put the ball through holes in the G-Force defense. The Pirates defense committed no errors, turning several double plays.

As the game drew to a close, G-Force batters tried manufacturing runs by powering the ball over the fence.

The hits came up short though, and when the Pirates made easy outs, the lead increased.

In the end, the Pirates triumphed 17 — 12 over G-Force.

"All right guys, that's the way to start off," said Daniel Chagoya, catcher for the Pirates, during an after-game huddle.

The Pirates have bragging rights going into the season, but that doesn't mean that they will be the champions this year.

In the Pirates' division, eight other teams must be defeated in order to rank number one overall.

The agony of defeat



Sgt. Richard W. Holtgraver Jr.

Kevin Schommer from Twentynine Palms, Calif., shows his frustration at the All Armed Forces Volleyball tournament, while the Navy team celebrates after the Navy beat the All-Marine team 25-23, and three games to none during their match on Tuesday. Schommer's emotion reflects the lack of winning results for Marines during the tournament despite the efforts of both the Men's and Women's teams. For more on All-Marine Volleyball, see next week's *Hawaii Marine*.

WORD TO PASS

Hawaii Bicycling League's 6th Annual Tread Lightly Mountain Bike Ride

Kaneohe Marines and their families have a unique opportunity to ride the back roads and trails of the privately-owned Kualoa Ranch on Sunday, June 3.

Both novice and experienced riders, singles and families, are invited to participate in the Hawaii Bicycling League's 6th Annual Tread Lightly Mountain Bike Ride.

The once-a-year event will provide access to some great terrain where classic Hollywood films such as "Jurassic Park" and the soon-to-be-opened WWII movie "Pearl Harbor" were filmed. More than seven miles of dirt trail will be opened, including two miles of single track for experienced riders only.

All trails are clearly marked and will be staffed by course marshalls. The Bike Factory will generously sponsor the event and will provide mechanics to fix minor mechanical problems. Also, sports medicine professionals from Pacific Sports Care will provide first aid. Unlimited drinks and snacks will be available at three aid stations along the course.

Tread Lightly is not a race; therefore, riders can pick their trails, deciding how far and how fast they want to go. The bike ride is open to families, children, and hard core riders. Challenge yourself on the single and downhill tracks, or take a relaxing ride along the wide gravel roads on the valley floor, as you admire the rugged mountains and lush island vegetation all around you. Whatever your skill or adrenaline level, you will find trails to suit your abilities.

Registration is \$25 for adults and \$15 for children 14 and under. Both prices include event T-shirts. Application forms can be obtained at the Semper Fitness Center, in all bike stores, in Hawaii Race magazine, and by calling HBL at 735-5756.

The mail-in deadline is May 25; however, late registration will be available on ride morning beginning at 7 a.m. All proceeds benefit the Mental Health Association in Hawaii and the Hawaii Bicycling League.

The event will be held rain or shine.

All Enlisted Spouses' Club (Staff NCO and Enlisted)

The All Enlisted Spouses' Club is comprised of staff noncommissioned officers' and enlisted spouses. The club meets the third Monday of each month in the Armed

SemperToons By Staff Sgt. Charles Wolf



Services YMCA building at 6:45 p.m.

The club's goal is to provide assistance to military families aboard MCB Hawaii, Kaneohe Bay, through scholarships and donations.

New members are welcomed at any meeting. For more information, call Michelle at 254-1355 or Christy at 253-0126.

All Enlisted Spouses' Club Thrift Shop

The All Enlisted Spouses' Club Thrift Shop is open Mondays from 10 a.m. to 2 p.m., Thursdays from 5:30 p.m. to 8:30 p.m., and Saturdays, from noon till 3 p.m.

The last Saturday of every month is the Thrift Shop's Special Brown Bag Sale. Fill a brown bag for \$4. The amount excludes ball dresses, military clothing and consignments.

The Thrift Shop is located in Pless Hall, Bldg. 212, across from the car wash entrance on Third Street and next to the Staff NCO Academy.

For more information, call the Thrift Shop at 254-0841, or Michelle at 254-0551.

VA Encourages Separates to File Early Claims

Servicemembers who incurred residual injuries as a result of military service are encouraged to file early VA disability claims. If a servicemember is separating within 60 to 120 days, they must submit their application, VA Form 21-256, with a copy of their military medical records, be available for any neces-

sary VA medical exam prior to departing Hawaii, and provide the VA with a copy of their final DD Form 214 (Report of Separation).

VA representatives are available on base or at Tripler, E Wing, to assist members with their application. When the DD 214 is received, the VA will finalize the claim and pay out any benefits that may be due. Servicemembers who apply early enough prior to their separation date can expect delivery of their compensation benefits soon after their separation. Call or visit the Veterans Service Center at Tripler to determine if you are eligible to apply. Call 433-1000 or 1-800-827-1000, toll free, or contact Fred Ballard, Honolulu VAMROC Public Affairs at 433-0049.

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.

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.cal-trap.com, or call Sgt. Maj. Bill Krueger at (703) 451-3844 or Bill Ervin at (303) 494-7752.

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.

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.

Mustang Club Seeks Members

The Mustang Association is trying to increase its membership. If you were enlisted and made it to the officer ranks, you are eligible for membership. Marines, active duty or reserve, male or female, retired or honorably discharged are welcome to join. For an application, write to MCMA Inc., P.O. Box 1314, Delran, N.J., 08075-04121.

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.

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.

Heart Disease

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

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 and more. The chorus rehearses every Thursday at the Ala Wai Golf Course Clubhouse, second floor, at 7 p.m. Call 262-2539.

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.

Autos

1998 Jeep Grand Cherokee, 23,500 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.

1997 Honda Accord, 4 doors, automatic, power windows, power locks, A/C, AM/FM CD player, low miles, good condition. Moving, must sell, \$1,000 and take over payments, or \$11,700 OBO. Call 254-8014 or 256-7529.

1996 Jeep Cherokee, automatic, 4 doors, A/C, power windows, power locks, AM/FM CD player, Kenwood sound system, amps and subwoofers, roof rack, good condition.

Moving, must sell, \$1,000 and take over payments or \$10,500 OBO. Call 254-8014 or 256-7529.

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.

1995 Chevrolet Beretta. New sound system. \$5,000 OBO. Call Joey at 253-6658, leave message if not home.

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

1993 Honda Accord EX, 2 door coupe, 5-speed, black, all power, alloys, runs great, good body, available May 31, \$7,000 OBO. Call 263-6065.

1990 Honda Accord LX, good condition, new belts, icy AC, tuned-up, \$4,200. Call 254-4213.

1989 Suburban, excellent condition, one family car. New tires, paint, no rust. Moving, only reason selling, \$7,300. Call 254-4062.

1987 Pontiac Bonneville, \$500 OBO, runs great, needs brake work, cosmetically challenged. Call 254-2135.

Motorcycles

1999 Harley, custom, like new, low miles, forward controls and extras, \$7,600. Call 254-4213.

1998 Harley Springer Softail, many extras, great condition, \$14,500. Call 254-3073.

Appliances

Gas Dryer, \$250 OBO; dog cage, \$75 OBO; free queen size mattress; free fence posts. Call 254-2135.

CG commends All-Marine finalists



Pvt. Iain A. Schnalble

Brigadier Gen. R. E. Parker, Jr., MCB Hawaii commanding general, joined by Master Sgt. Robert Kellum, the all-Marine women's volleyball team coach, shakes the hand of a team member at the MCB Hawaii, Kaneohe Bay Semper Fit Center May 9. Brig. Gen. Parker commended the players on making the team and took part in the awarding of trophies to the representatives of the Marine Corps. Players from around the Marine Corps came to K-Bay for the men's and women's team tryouts.

Washer/Dryer, 2.5 years old, \$400 for set; 94' base-approved fence with gate, \$175; VHS camcorder, \$95. Call 254-4062.

Furniture

Oak dining room set: contemporary oval table, extends to 8'; six rolling chairs with arms, neutral; all excellent condition, \$500 OBO. Call 254-0361.

Sofa, three piece sectional with queen sleeper pullout, medium brown, excellent condition, \$500 OBO; matching recliner, \$100 OBO. Call 254-0361.

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

Pets

Free Cat. Looking for a home for an adorable pet. Call 254-0797.

Real Estate

Room for rent: share 3BR, 2 bath house on North Kalaheo Dr. One block from beach, \$450 per month, available now. Call 263-3653.

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

Female roommate wanted to share 3/2 house in upscale, gated community, W/D, storage, no pets. Conveniently located near H-3 and

Windward Mall. A must see! For more details, 235-5606.

Yard Sales

Garage Sale at 1779-B Lawrence Rd., Saturday, 7 a.m. to noon. Lots of dive gear and denim clothes.

Multi-family yard sale at 1994 Fleming Circle, Saturday. Furniture, nice clothes, toys, drafting table, household goods.

Miscellaneous

King Cobra Golf Clubs, oversize, 3, PW, good condition, well maintained, \$175. Call Kent at 247-5676, after 5 p.m.

Burner Bubble Titanium Driver, custom-made, good condition, well maintained, \$75. Call Kent, 247-5676, after 5 p.m.

Exercise Bicycle, "like new," \$50. Call 254-1131, after 4:30 p.m.

Cannondale bike, 54cm, CADD3, aluminum frame, Shimano 600 components, \$2,200 new and selling for \$700 OBO. Call 254-1724.

Manta Ocean Kayak, 16', blue and white, "brand new," \$450. Call 254-1131, after 4:30 p.m.

Typewriter, Smith Corona Word Processing, two ribbons, extra printwheel, \$40; color HP Inkjet 660C printer, \$50. Call 254-0225.