

KARATE

B-1



Vol. 27, No. 22

Serving the base of choice for the 21st century

June 11, 1998



Digital photo by Cpl. M.V. Trindade

Fire rampaged on Kalaheo Hill Monday evening as fire fighters fought into the night ensuring the blaze got no closer to the hames at the base of the hill.

## Fire chars Kalaheo E

Cpl. Trent Lowry Combat Correspondent

Federal, state and base firefighting teams had a late night Monday as they battled a blaze that charred Kalaheo Hill.

The fire commanded attention around 5 p.m., when dark clouds of smoke billowed off the side of the hill, near Kaneohe Bay Drive, and out across Kaneohe Bay.

Marines from the Aircraft, Rescue and Firefighting unit here, as well as firemen from the Federal Fire Department here, quickly lent their assistance to combat the inferno.

"We had a P26 tanker and two P19 firefighting vehicles in a cul-de-sac in Aikahi Hills wetting the area down," Schaeffer said. "We had 14 Marines from Crash Fire and Rescue out there working with the Federal Fire Department Engine #8 team. It was a good (training) fire for our fire.

folks because we have a lot of Marines certified for this sort of wildfire, and we handled ourselves very well."

Firefighting teams were limited as to how much action they could take because the road leading up the hill is too narrow to allow a lot a lot of equipment up there at once, according to Kenneth Silva, the battalion chief for the Honolulu Fire Department Windward station.

"The terrain and the lack of water are the biggest factors here," Silva said at the scene. "It will take a while to get this one under control."

Preliminary reports confirmed that no one was injured and no property was damaged, according to Paul Schrader, a firefightwith Federal Fire Department Engine #8 here. Schrader said he didn't believe an investigation would be initiated, due to the nature of the

"All the structures were protected," Schrader said. "The cooperation between the different agencies in this joint operation has been excellent. The fire was pretty much contained in a reasonable amount of time."

The burning wild brush approached the antenna farm at the top of the hill, and spread to within 50 meters of the Aikahi residential Residents of the area craned their necks toward the natural phenomenon that threatened their homes.

"I'm concerned about my home," said Carson Perry, a firefighter with Federal Fire Department who was on his day off. "There's no firebreak, and the brush is really dry here this year. It burns at least once every three years, and this one is the worst since 1986."

Still, residents had confidence in the fire crews.

"I wasn't worried at all," said rest a little easier Monday night.

Clifford Freitas, a resident of the area. "It looks like they've got it well under control. There were fires here before that worried me more."

The firefighters wet the brush near the homes to lessen the chance that it, too, would catch

The vegetation at the top of the hill was burnt out, so the only way for the fire to burn was 1958). the Federal Fire Department from Wheeler Army Airfield.

"We're just waiting for it to burn close enough to the road so we can kill it with direct firefighting, which is directly hitting the flames with water, which we can't do now," Paz said.

It took the joint firefighters more than seven hours to control the blaze, but with excellent communications skills they were able to let the local community

1948-Present

## Corpsmen prepare for the 21st century

Cpl. Trent Lowry and Cpl. Barry Melton Combat Correspondents

(Editor's note: This is the final installment of a threepart series on the history of the Hospital Corps, on the eve of their 100th Anniversary. Most of the information for this story was researched and gathered from Internet web pages. A list of these addresses appears at the end of the column.)

The year was 1948. The United States' armed forces were undergoing an overhaul following their victory over Germany and Japan three short years earlier. Three main changes occurred during this time of flux.

First, allied health and medical administration officers were removed from the Hospital Corps by the Army-Navy Medical Service Corps Act after the Department of Defense formed.

Next, taking advantage of amended legislation, PO1 Ruth Flora became the first female allowed to enlist in the Hospital Corps on July 12, 1948. Before 1948, women were not permitted to join the Regular Navy, though they could be members of the Women's

The last major change to the Hospital Corps' life in 1948 was the development of updated ratings and insignia. The ratings devised in 1948 are the same as those used now, from hospital recruit to chief hospital corpsman (senior chief and master chief were added in

toward the homes, according to A mere two years later, in the summer of 1950, Tommy Paz, a firefighter with Marines landed in Korea as part of the United Nations force. While the Marines braved the elements and battles at Inchon, and retreated from the "Frozen" Chosin

Reservoir, corpsmen fought and bled alongside them. Most hospital corpsmen who treated wounded Marines at the Nevada Cities Outposts, under fire from 3,500 Chinese forces in Korea, were killed or wounded while tending to the injured. One hundred eight heroic corpsmen in Korea lost their lives. Corpsmen also earned 281 Bronze Stars, 113 Silver Stars, 23 Navy Crosses and five Medals of Honor.

As American involvement grew in Southeast Asia, so did the need for corpsmen, who provided medical sup-

See CORPSMEN. A-10



Digital photo by Cpl. M.V. Trindade

#### Taking command

Col. Richard M. Nixon, left, takes the Combat Service Support Group 3 colors from Col. Charles O. Skipper Tuesday, during a change of command ceremony at Dewey Square here. Nixon replaced Skipper as commanding officer of CSSG-3. Skipper, who will head Enlisted Assignments Branch (MMEA) at Headquarters Marine Corps, thanked his Marines for a job well done. Nixon graduated from Cumberland College in 1975. He has served with the U.S. Central Command, J4 where he participated in Operations Earnest Will, Desert Shield, Desert Storm, and Desert Sortie. His most recent assignment was as Branch Head for Logistics Advocacy, Analysis, and Performance, HQMC.

## 1/12's guns thunder at PTA

Cpl. Trent Lowry Combat Corresponder

POHAKULOA TRAINING AREA, Hawaii - The smoking guns from C Battery, 1st Battalion, 12th Marines maintained a thunderous echo during the field exercise here May 17 through 24.

The battery, just back from training at Marine Corps Air-Ground Combat Center Twentynine Palms, fired in battery, battalion and regiment sized exercises throughout the week. From the forward observers identifying targets, to the gun crews who load the rounds and primer, the entire battery has to work together like the gears in a well-oiled machine.

"Even though Twentynine Palms has a larger training area, I believe the training can be just as good here," said SSgt. Robert Ledferd, the company gunnery sergeant for C Battery. "This is the premier artillery firing area in the Marine Corps, next to 29 Palms. Any time we can get out and shoot live ammunition it's great for training."

The eyes of the unit are the forward observers, who locate and identify targets via radio to the fire direction center. The observers, attached to infantry units' fire support teams, coordinate the infantry's needs with the muscle the

artillery battalion provides. "We have different goals when setting



Photo by Cpl. Trent Lowry

The thunder of C Battery, 1/12's M198 155mm hawitzers echoes in the hills at PTA.

targets," said Cpl. Michael Campbell, a radio operator and forward observer for C Battery. "We target for suppressive fire, to take out anti-aircraft and antitank weapons, and we mark fire to show helicopters where to come in and hit when they attack."

The challenges for the observers here come from the environment.

"The wind is difficult to gauge, and the distances are deceiving for targeting," said LCpl. Adam Lopez, a forward

observer with C Battery.

From the observers the information goes back to the FDC to be relayed to the operators of the M198 155mm The fire direction officer Howitzers. oversees the operations and make sure the data sent to the weapons is correct.

"We run safety checks on all the data and charts," said 1stLt. Bradley Pennella, the FDO for C Battery.

After chart and computer operators at

See 1/12, A-10

#### Father's Day Special

Moms! Bring the kids! The Commissary bakery will have iced cakes on which their decorator will help your children create a special message for "Dad." Saturday, June 20, 10 a.m. to 2 p.m., or while supplies last. Call 257-1449.

#### **Dental Assistant Program**

The American Red Cross, in conjunction with the 21st Dental Company, will be accepting applications for the Dental Assistant Program through June 30. Applications can be picked up at the ARC office, building 216, room 53 Monday through Friday from 8 a.m. to 4 p.m. For more information, call 257-3150.

#### Annual Retiree Luncheon

The annual MCB Hawaii Retiree Luncheon is scheduled for June 18. The program will begin at the base theater at 9 a.m. and conclude at the Officers' Club at 2 p.m. The luncheon is \$11.80 per person and spouses are invited. Dress is aloha attire. For more information, call the FSC Retired Activities Office at 257-3135, extension 353.

Ask the Commander via e-mail: Col Michael L Olson@ CG@ MCBH KBAY

Base Environmental Hotline: 257-6920 ext. 221

The Base Action Committee: MCBHBAC@aol.com or phone: 257-4280

#### **Domestic Violence** Help Numbers

Military Shelter	533-7125
MPD	257-7114
Crisis Hotline	521-4555
Child Protective Services	832-5282

## K-Bay Girl Scout earns Gold Award

Cpl. Trent Lowry Combat Correspondent

As a six-year-old in Virginia, this day seemed far away for Serena Adamiec. Then a first grader in a Brownie troop, she just enjoyed being involved with the Girl Scouts.

Twelve years later, the color of her blue sash can hardly be seen, because it is so adorned by pins, medals, badges and patches which she has earned. Through hard work, these symbols of merit, made from cotton, brass and plastic, combine to make a precious medal for Adamiec: the Gold Award, the highest honor bestowed upon a Girl Scout.

"I love to camp and hike," said Adamiec, daughter of LtCol. Raymond Adamiec, the deputy commanding officer of the Aviation Logistics Division at MarForPac. "My family doesn't go camping together, so that was just one good reason to stay involved."

Camping was just one of the many activities Serena did to earn her various badges and pins. As a senior Girl Scout, Adamiec's goal was set in stone: to attain the Gold Award, the highest honor earned by Girl Scouts, which is equal to the Boy Scout's Eagle Scout achievement.

In order to earn the Gold Award, which was presented at a ceremony at St. Andrews Cathedral May 17, Serena had to complete many tasks, culminating in a community service project. Serena chose to organize the children's activity sec- which are good skills to use in



Serena Adamiec, 18, recently received the Gold Award, the highest Girl Scout honor.

at the Kaneohe life." Community Fun Fair last July. To coordinate the event, Adamiec had to solicit donations for supplies and prizes for the crafts and games at the fair, and then put together the final

The result was a successful showing at the fair, with hundreds of happy children - the beneficiaries of Serena's hard work.

"The community service project was a big commitment," said Cathy Adamiec, Serena's mother. "The project, as well as everything she did with the Girl Scouts, took self-discipline and time management skills,

Serena, born on Oahu at Tripler Army Hospital, recently graduated high school from Mid-Pacific Institute, a private school near the University of Hawaii on Oahu. She will soon get the chance to use the life skills of which her mother spoke when she attends Kapiolani Community College on Oahu this fall. Originally interested in elementary education because she said she enjoys working with children, Adamiec now aspires to pursue studies in culinary arts at Johnson and Wales College in Providence, Rhode Island, after getting her feet wet at K.C.C.

Serena's motivation to continue with the Girl Scouts throughout her elementary and high school years was simple. She explained to her school peers who teased her for being involved with the Scouts that, as a child of a servicemember, the troops helped her adjust to frequent moves.

"Since my family had moved around so much. I liked staying involved with the Girl Scouts because I knew I'd meet lots of friends when we got to a new duty station," said Serena, whose brother David will join the family in Hawaii when he begins his career as a Marine artillery officer. "The scout troops became like family. It was difficult for me to leave places, even if we had only lived there a short time. The acceptance I felt in the Girl Scouts at each new destination made moving easier."

Though tendonitis in both hips has sidelined Adamiec from crosscountry running, which she competed in for five years, she still loves to hike and scuba dive. She will juggle those hobbies with her volunteer work this fall as an assistant troop leader for the younger scouts.

"The younger girls look up to us, since we are a lot older and take the time to share our experiences," said Adamiec.

"Serena has learned enthusiasm, responsibility, confidence and persistence in the three years it took to fearn the Gold Award," said LtCol. Adamiec, Serena's proud father and a Marine for the past 29 years. "She has proven to herself that with determination she can attain any goal."

Hawaii

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## Every Clime and Place

## MEF tests new concepts

Sgt. Brent C. Powell MCB Okinawa

CAMP HANSEN, Okinawa, Japan - Several hundred Marines and Sailors joined forces here recently to take part in a cutting-edge exercise, Ship To Movement Exercise 98-1.

The exercise, the brainchild of Col. Gary W. Anderson, the commanding officer of Headquarters and Service Battalion, III Expeditionary Marine Force, was designed to test a new "littoral penetration" concept the MEF created and tested during war gaming exercises at the Warfighting Lab here.

The one-day exercise incorporated three main objectives, one of which was field testing the littoral penetration concept, and another the use of cellular phones as means of tactical communication.

"Because of the distances involved, current over-thehorizon communications do not work well," said Anderson. "We thought cell phones would provide us with good communications, and we used them to simulate the new technology of iridium satellite communications, which act like cells for cell phones, which should be available to the Marine Corps in the near

The third objective was to integrate the sensor-toshooter concept into the exercise. This involved a faster means of calling for aviation support, which allowed aircraft to immediately respond to a fire mission. The concept was developed by Marine Air Control Group 18 two years

"We've been working on this project off and on for the last two years," said Anderson. "We recently conducted a study on operational maneuvering from the sea, specifically littoral penetration. From there we practiced the concept on the Tactical Warfare Simulation Analysis System, and once we were comfortable with it we decided to conduct it for real.'

STOM Ex 98-1 kicked off with a group of Marines from Special Operations Training Group, III MEF, conducting an amphibious beach reconnaissance from rubber Zodiac boats on Kin Blue Beach. Shortly after they completed their mission and departed, two Landing Craft Air Cushions from the USS Germantown conducted an over-the-hori-

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Photo by Sgt. Brent C. Powell

Marines from Special Operations Training Group, III MEF, depart after kicking off STOM Ex 94-1 by conducting an amphibious beach reconnaissance on Kin Blue Beach.

Light Armored Vehicles.

Because there was a very small landing area, one LCAC hit the beach, dropped off three LAVs and headed back to the ocean. As soon as it was clear, the second LCAC dropped off the remaining LAVs.

Camp Schwab to secure a landing zone there. After the LAVs arrived and the secured the LZ, a CH-53E Super Stallion from Marine Aircraft Group 36 landed and dropped off a squad of Marines from C Co., 1/3.

"Littoral penetration Once the LAVs were on offers us the ability to

zon beach insertion of five land, they headed north to move directly from a ship to our objective without the big buildup of troops on shoreline," said Anderson. "We target a very small beach to land an LCAC on that the enemy would defend lightly or not at all, land quickly and move directly to the objec-

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#### June's Fun Calendar!

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Fri., June 12

Fri., June 26

Sat., June 27

Keolalaulani Halau Olapa O' Laka performs in

celebration of Kamehameha Day. 2pm Anthony Lani performs, 6:30 pm Free Blood Pressure Testing, 11am-5pm

Sat., June 13 Na Kane Nul perform, 2pm Mon. June 15 ~ Submit entries for Father's Day Competition for prizes Fri., June 19

Thurs. June 18- Super Dad Sale! Save up to 70% Mall-wide at our Sun., June 21 huge sale just in time for Father's Day gift giving Fri., June 19 FM100 Friday Vight Live with Cory Oliveros, 6:30pm Father's Day Model Making Competition & Celebration. Sat. June 20 10am-2pm. Demonstrations. 107.9 Tag-team model making contest & Jesse Rivera performance, Noon-1pm. Awards ceremony 1-2pm with 107.9 & Uncle Tom Monfat

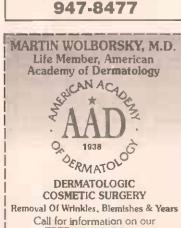
First in Line Performance Group from Arizona, 3pm American Cancer Society distributes information on Sun., June 21

prostate cancer. 1~5pm Kokokahi Gymnastics exhibition. 6:30pm Royal Hawalian Band with Aaron Maht, 11am

Special Dreams' Scrapbooking Classes. Noon & 1:30pm Fee. \$10. Call 247–4769 for more information. Polynesian Cultural Center performance for their Tahlti/Marquesas Festival. 3pm

Jump Rope Exhibition by the Shasta Skippers. students of Redding. California schools. 1 pm Sun., June 28





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## No excuses

Branch Medical Clinic

The phone rang as we were finishing dinner one evening. My husband answered it and I quickly deduced the caller was my mother-in-law. I realized from his tone and posture she was sharing bad news.

The results of my sister-inlaw's PAP test came back "slightly irregular." Further testing revealed cancer. My sister-in-law is 42 years old and has two teenage children. She was experiencing no symptoms — she simply went in for a routine PAP smear (you know, the test all women get once a year - don't we?).

As my husband and I talked that night while doing the dishes, I realized I didn't know when I had my last PAP test. Could it have been after the birth of my last baby? (He's now in kindergarten.) I could've had one more recently. I just don't know. But I should! I have a family who needs me.

When I think of all the things I do because I love my kids and care about their well-being and happiness, it doesn't make sense that I wouldn't get a simple, easy little test that would greatly increase my chances of being around while they grow up. If I could break a 20-year long cigarette habit, why couldn't I get a yearly PAP test?

For one thing, I wasn't sure I was due for one. Unlike the Division of Motor Vehicles and magazine subscription department, there is no Federal Bureau of PAP Tests mailing out reminders. So pick a date, any date, but one you'll remember. I went the week before my birthday. From now on, when birthday cards start arriving in the mail, I will know it's time to make an appointment.

Another reason (excuse?) that made it easy to put off making an appointment was needing day care for my children or, more recently, time off from work. Sure, I could manage to obtain either when it was for something that I really wanted to do, but somehow a PAP test just didn't fit that category. Well, the problem of inconvenience no longer exists. The Branch Medical Clinic offers women's health exams from 4-6 p.m. on the first and third Wednesday of each month. Working women can go after work. Moms with young children can go after dad gets home.

Now that the accessibility hurdles are cleared, there is the exam itself. If you prefer medical personnel for concerns of the female kind, you're in luck. The exams are done by a friendly female nurse practitioner. Don't be scared by this, but they include a pelvic and breast exam, too. Just view that as a bonusi

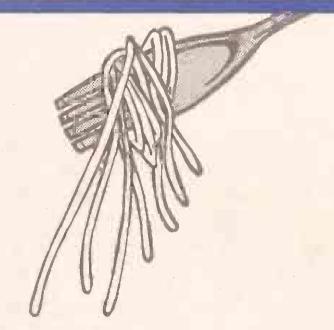
One last issue that may hold us back from getting tested is fear of the results. I was a bit apprehensive since I hadn't been tested in five years. It was a great relief to get the test result card in the mail saying that all was well, come again next year. But I have learned from my sister-in-law's experience how stupid I was to have waited so long. If I did have cancer I might not have found out until it was too late for treatment. She, on the other hand, faced surgery with good odds because of early detection. Today, she is happy, well and cancer-free.

If you can't remember when you had your last PAP test, or if it was over a year ago, call the central appointments desk at the clinic from 7:30 a.m. to 4 p.m. Monday through Friday at 257-2131/2155.

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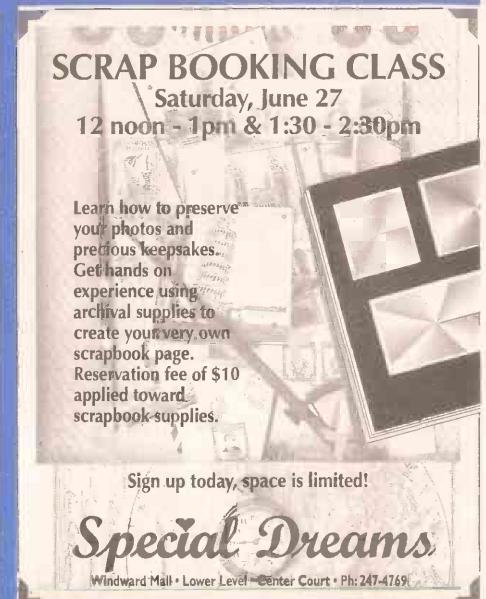
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In nour opinion

Broken promises are breaking marriages

> Roger O'Guin Director, SACC

This article is in response to an inquiry from a concerned wife who feels her husband's alcohol use is jeopardizing their marriage. She doesn't want to leave, but her patience is wearing thin and rightfully so. I'll call her "Broken Promises."

Your worries are legitimate and if there is no intervention things may very well get worse. The long-term effects of anyone using alcohol for the wrong reasons are dire. Broken marriages are the tip of the iceberg. There are also the financial problems which you outlined in your letter as well as occupational problems in the future. One of the biggest surprises for many people who drink large amounts of alcohol, long term, is what's referred to as "body rot." In other words, medical complica-

Of course, when someone is young they seldom concern themselves with things which might happen in the future. A regimental commander here sums this up with a favorite quip: "How do you put a 42year old head on an 18-year old

National surveys show males between 18 and 23 are the highest population of alcohol abusers. This puts the Marine Corps in a precarious position because over 50 percent of Marines are in this age group. A recent survey of college students indicates the military is not the only subculture to feel the effects of this problem. Forty-nine percent of college students surveyed reported alcohol and drug use interfered with the quality of life on campus in such ways as interrupting study, making them feel unsafe, preventing enjoyment of events and adversely affecting group activities. Usually what happens is when young men reach 22 or 23 they start falling off the power curve. Something important has them rethink their alcohol use and they become more responsible. A certain percentage of the population does not. Figures indicate this group could be as high as 20 percent of this population.

If your husband is drinking unabashedly and continues to con you about it, you have every reason to take action, especially if he neglects paying bills and he is in this age group. What is unfortunate is many Marines tell their wives that if they go to an assistance center for help, their career is over. It's a scare tactic, but it is effective. The truth is the Counseling and Assistance Center doesn't get anyone in trouble, nor does the Family Service Center. It is the behavior of an individual or the consequences of misusing alcohol which gets Marines into trouble. If someone does get "on the skyline," the consequences are usually severe and then the commanding officer has cause to refer the Marine to an assistance center. By then, the damage is already done and the career is drastically affected. One DUI can end a career and end promotion opportuni-

The best way to help someone with a substance abuse problem is to make sure you don't ignore or cover up behaviors or mistakes which result from the misuse of this chemical. You can find assistance by going to a specialist and rehearsing what you need to do and say to the person you love but who doesn't seem to want to change. Call the CAAC at 257-3900 for more information.

with the most spirit.

## CSSG-3 wins fund raising awards

Cpl. M.V. Trindade Combat Correspondent

The High Per Capita and Team Spirit awards in the Navy and Marine Corps Relief Society fund raising campaign were presented to the Combat Service Support Group 3 for the third year in a

RAdm. William Sutton, commander, Naval Base Pearl Harbor, presented the awards to Col. Charles Skipper, commanding officer of CSSG-3 and Navy Lt. Peter Wish, coordinator of the fundraiser for CSSG-3.

"According to Navy and Marine Corps Relief," said Wish, "we are the only team to win both awards three times." Although other units raised more

money than CSSG-3, the High Per Capita award is given to the team who raises the most money per individual, Wish said, referring to the funds the 794 Marines and Sailors in the unit

Every year CSSG-3 has surpassed the goal they've set for themselves, raising over \$27,500 this year, according to

"For every dollar we raise, we get back three," Wish pointed out. "It's a win-win situation."

The NMRCS gives back more than what the Marines and Sailors put in, to include loans and grants.

The unit's enthusiasm in the fund drive was recognized by the relief society, who selected CSSG-3 as the unit Marine Relief Society."

"Team Spirit is given to the unit that instills and makes the drive the most amount of fun," said Wish.

"Last year we decided to just ask people for money," Skipper said. "We wanted to make it fun. I just think people associate the Navy and Marine Corps Relief Society with a positive thing. It was good for morale."

CSSG-3 organized several fund raising events including a swim-a-thon, golf tournament, and the pie-in-the-eye contest where Marines paid to throw a pie in another person's face.

"I think they can do better next year," said Skipper. "The thing I like is there's a direct return from the Navy and

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prepare to is reviewed in an intense; 366's operations officer. continued. Cpl. M.V. Trindade

Combai Correspondent

Heavy Marine Helicopter squadron 366 hone its mission preparedness in a Marine Corps Combat Readiness Evaluation here.

The MCCRE, the first in the squadron's three year history, is a preparation for a Combined Arms Exercise. The CAX is held at Twentynine Palms, Calif. where air, ground and armored units converge to test their combat readiness.

The three-day MCCRE took months to prepare for, according to Sgt. Bryson Dawson, a crew chief and weapons and tactics instructor with the squadron.

"It's a report card, if you will, to show that the Aviation Support Element will be well-represented at the CAX," Maj. Ed Yarnell, 366's executive officer, said.

And even though the squadron is undermanned, it doesn't stop 366 from doing what they have to do.

"We're short-handed but we get the job done," Dawson said. "Every Marine here does the job of three," Dawson said.

In order to get the unit's combat readiness percentage up, the weapons and tactics instructor must ensure everybody is qualified to fly, said Dawson.

"We have to make sure these Marines are able to the .50 (machine guns on the CH-53D Sea Stallion helicopters) and operate the night vision systems," said Dawson. "It takes a lot of time.'

Before the Sea Stallions can take off, the mission detailed pre-flight brief in the squadron ready

Maj. Brett Grosshans, they leave," Grosshans scenes, Yarnell said.

"We covered everything."

"Yesterday's brief was doubt in anyone's mind of and long hours put in by took to the sky June 2 to two hours long," said what they're doing when the Marines behind the

The mission is accom-"This brief goes so long plished because of the to ensure there's no hard work, dedication,

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## June

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### TOL

Total Quality Leadership is currently offering the following class-

The Introduction to TQL — July 22 and August 12, 8-12 p.m. at TAVSC.

Fundamentals of TQL -September 15-17, 8-12 p.m. at TAVSC

For more information, call the Total Quality Leadership Office at 257-2130.

### ASYMCA

The Armed Services YMCA is currently offering the following events:

Time for Tots — Tuesdays and Thursdays, 9-10 a.m., ages 2-4. Hula for Children — Call for schedule; ages 4 and up.

Playmorning — 9-11 a.m. daily. Plus Aerobics — Low-impact aerobics for plus-sized women; Mondays, Wednesdays and Fridays, 5:30-6:30 p.m.

Food for Families — An organization to bring food into your home for small donations. Call for more information.

Call 254-4719 for more information on classes.

#### FSC

The Family Service Center is currently offering the following classes:

Car buying workshop — Don't buy a lemon! Learn used car buying tips from an expert mechanic. Don't get ripped off at the dealership. Whether you plan to buy a car next

weekend or next year, the information provided in this class can help. June 24, 10-11 a.m. Call 257-3655, x345 for more information.

Daddy's Baby Boot Camp and Orientation for New Moms—Tuesdays, 6-7:30 p.m. Call 257-9965 for information.

Conquering Your Stress Series

— Tuesday, Stress Management;
June 23, Dealing with Difficult
People; and June 30, Resolving
Conflict. Classes are held 3:30-5
p.m. Tuesdays at the Family Service
Center Classroom.

The Next Generation: Parenting 911! — is a weekly evening parenting series held Tuesdays from 6-7:30 p.m. for parents of toddlers and children to age 6. The next series starts in July. Learn tips on how to effectively cope with some common parent-child conflicts and your child's misbehavior, as well as how to understand different stages of development. Call for reservations and childcare, 257-3655, x342.

The Prevention and Relationship Enhancement Program — this communication course will be a one-day educational format for individuals as well as couples who want to learn marriage enhancing skills. July 15, 8a.m.-4 p.m.

Marriage Skills Workshop — the June workshop has been cancelled. The next workshop will be held July 21-22, 8 a.m. - 4 p.m. Call 257-3655, x342 for more information and reservations.

Finanacial Management Workshops — The series will cover Investment Basics Wednesday, 5:30-7:30 p.m., Checkbook Balancing June 23 10-11 a.m., and Car Buying Basics June 24 10-11 a.m.

For more information and reservations call 257-3655, x 342.

### N/MCRS

The Navy/Marine Corps Relief Society is offering the following classes at the Pearl Harbor branch: Finances for Newlyweds — Third Tuesday of each month from 10 a.m. to noon.

## TAMP

Transition Assistance Management Program is currently offering the following classes:

Mananging your checkbook — Last Tuesday of the month, 9-10:30 a m.

How to be a Smart Consumer — Last Thursday of each month, 10 a.m. to noon.

For reservations and information, call 257-1941/0408.

The New Arrivals Orientation

— First Tuesday of every month in
the base theater. This class is
mandatory for all new arrivals.

Registration is required for all
TAMP classes. To register, or for

more information, please call 257-

#### ITT

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The Information, Tickets and Tours office — is loaded with a variety of discounted tickets for activities island wide, including cruises, luaus, movies and more. Several activities offer special limited offers from time to time, so call or stop by regularly to check on prices. The ITT hours of operation are Monday through Saturday from 9-5 p.m. and holidays 9-2 p.m. For more information, please call 477-

5197.

#### CREDO

The Chaplains Religious Enrichment Development Operation is currently offering the following retreats:

Personal Growth Retreat — Forge the mettle of the warrior spirit. Take the challenge to be a gladiator for the weekend, if you dare, and step into the arena to conquer your inner demons. Sign up now for the next PGR, July 23-26.

All retreats are held at the CREDO site at Kaneohe Bay. Retreats are free and are available to all active-duty military, spouses and DoD employees.

For more information and reservations, call 257-1941/0408.

### L.I.N.K.S.

L.I.N.K.S. — a program that gives spouses the opportunity to hear tips from other Marine Corps spouses on how to succeed in this envioronment. Day and evening sessions are available, and free childcare is provided. Reservations are required. L.I.N.K.S sessions are always held the third week of the month. For more information, you can leave a message at 257-2368, or call Marti at 254-0373.

### **Employment**

The Central Intelligence information Agency — Recruitment briefing, June 19, 9-11 a.m. In order to qualify for employment with this agency, you must be a U.S. citizen, have a college degree with a high

GPA, have good written and oral communications skills, and be able to relocate to the Washington, D.C. area. For registration and information, please 257-3135, x353.

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 June 17 at Bldg. 216, from 12-1 p.m. For reservations or additional information on future seminars, please contact Mr. Jim Garner at TAMP, 257-3135 x353.

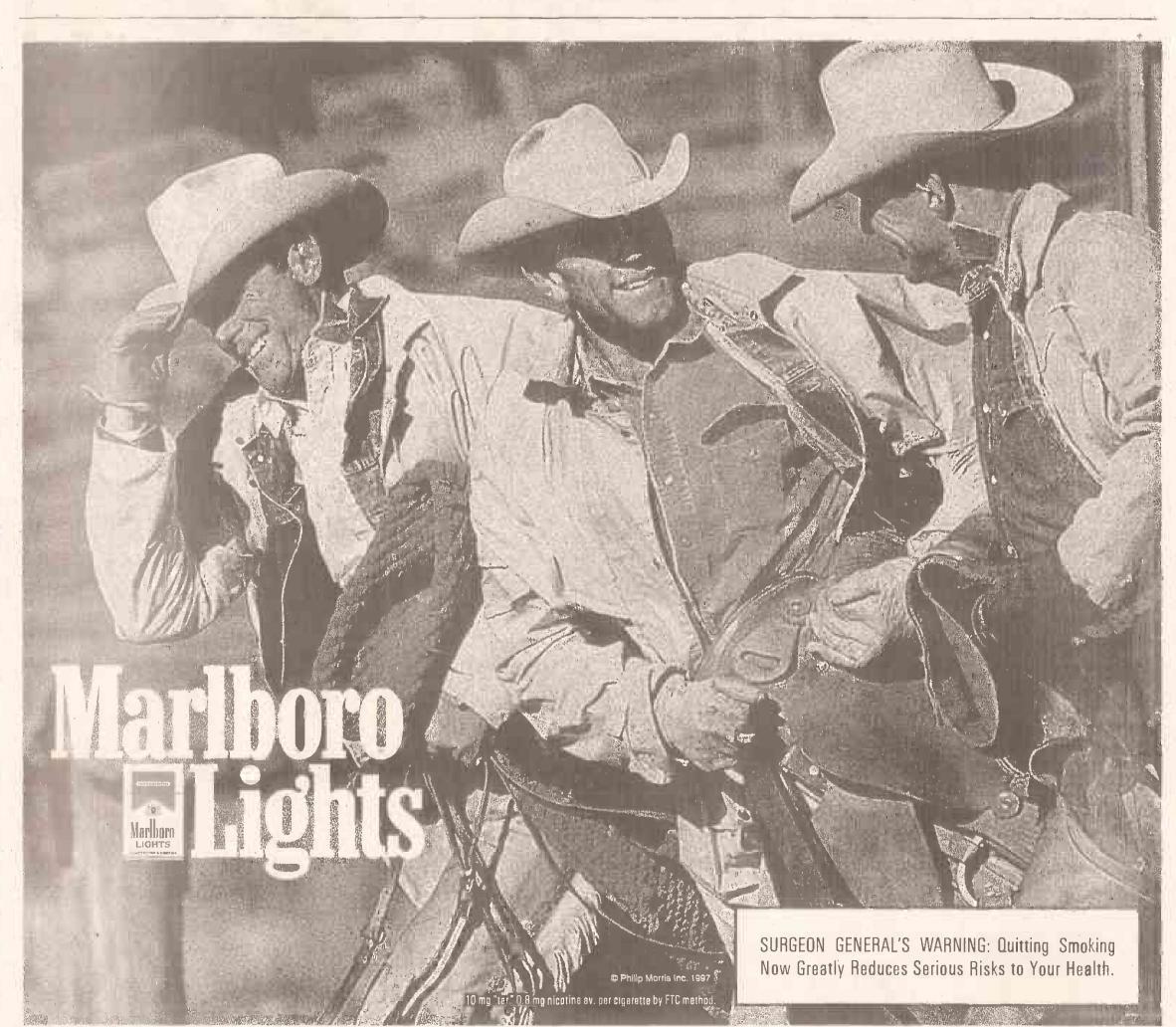
Schlumberger Oilfield Services
— will conduct a presentation
and hold interviews Wednesday
at 8 a.m. in the FSC Classroom,
Bldg. 216. Topics such as interview skills, resume writing and
career opportunities will be cov-

### Clubs

Friends of the Marina— would like everyone who is interested in improving the Marina to come and express their ideas and concerns at their semi-monthly meetings that are held the second and fourth Thrusday of every month, 7 p.m., at the Marina building 1698. For more information, call Skip Wagner, 254-4602, or Carol Blodgett, 254-5989.

The Base Action Committee meets the last Tuesday of each month in the BOQ Conference Room from 7-8 p.m. For more information, e-mail MCBH-BAC@aol.com, or call 257-4280.

Let's get fired! — if you are interested in the art of ceramics, call Lucy at 253-0079, or Becky



## Courts Martial

- Cpl. Keith C. Vinci was found guilty of violating Article 112a of the Uniform Code of Military Justice, specifically use of cocaine. He was sentenced to confinement for six months, forfeiture of \$617 per month for six months, reduction to private and a bad conduct discharge.
- LCpl. Marty Manuelito was found guilty of violating Articles 89, 90, 91, 109 and 134 of the UCMJ, specifically disrespect to a superior commissioned officer, disobedience of a lawful command, threaten violence against a superior commissioned officer, disrespectful language to an NCO, disobedience of an order of an NCO, assualt of an NCO, drunk and disorderly and communicat-

ing a threat. He was sentenced to forfeiture of \$617 per month for five months, reduction to private, confinement for five months and a bad conduct discharge.

- LCpl. Lucas C. Nelson was found guilty of violating Articles 87, 90, 91 and 92 of the UCMJ, specifically missing movement through design, willful disobedience of a lawful command, willful disobedience of a lawful order and dereliction of duty. He was sentenced to confinement for six months, forfeiture of \$617 per month for six months, reduction to private and a bad conduct dis-

found guilty of violating Articles 92, 120 and 134 of the UCMJ, specifically, having a female under 18 in the bachelor enlisted quarters, possession of drug paraphernalia, carnal knowledge and endeavoring to obstruct justice. He was sentenced to confinement for four months, reduction to private and forfeiture of \$617 per month for four months.

• PFC Timothy S. Gniech was found guilty of violating Articles 86 and 134 of the UCMJ, specifically unauthorized absence for 36 days, writing bad checks, obtaining unauthorized telephone ser4 vices, unauthorized use of a credit card and dishonorably failing to pay a debt. • PFC Cameron E. Roberts was He was sentenced to confinement for six

months, forfeiture of \$617 per month for six months, reduction to private and a bad conduct discharge.

- · PFC Cedrick T. Price was found guilty of violating Articles 112a and 134 of the UCMJ, specifically wrongful use of marijuana and breaking restriction. He was sentenced to confinement for 49 days and forfeiture of \$517 per month for two months.
- · Pvt. Peter M. Basile was found guilty of violating Article 86 of the specifically unauthorized absence for 116 days. He was sentenced to confinement for four months, forfeiture of \$617 per month for four months and a bad conduct discharge.

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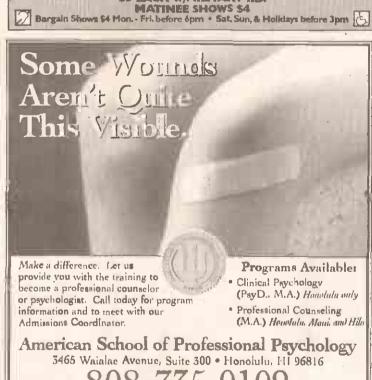








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## Hurricane season begins

Cpl. M.V. Trindade Combat Correspondent

The arrival of June brings the beginning of summer, the end of school and the official start of a watchful time for the island - hurricane season.

Hurricane watch season, from now until November 30, is the time when activity for the Central Pacific Hurricane Center, located in Honolulu. increases. The center tracks all storm activity within the Pacific Region.

"We're tracking the development of tropical storms from their beginning stages," said Tom Heffner, the warning coordination meteorologist with the Honolulu Forecast Office and CPHC.

inclement weather approaches, the CPHC issues either a tropical storm or hurricane watch.

A tropical storm has minimum sustained winds of 39 mph, while hurricanes begin at 74 mph, Heffner said.

"A watch is issued 36 hours out," said Heffner.

Should a hurricane target an island, CPHC will issue a warning approximately 24 hours ahead of time.

"At 24 hours out, hurricane conditions are expected," Heffner said.

Even though it's likely islands could sustain severe damage at this point, there isn't a guarantee the hurricane would still hit the island.

"Worldwide, statistically speaking, at 24 hours a variability of 100 miles exists," "That's 100 Heffner said. miles to either side of the island a hurricane could miss if it were headed directly for Honolulu."

Even though tracking these

storms isn't a direct science, said Heffner, at the 24-hour mark, it's definitely more of a sure thing that it will hit what weather forcasters predict.

In the event severe weather forces an evacuation, base housing has been designated into four zones.

Each zone has a safety shelter. Shelters include the bowling alley, Semper Fit Center, Anderson Hall, and Enlisted

"For the most part, the housing is pretty high up," said MSgt. Dana Winslett, Base Operations chief here. This makes high surf a little less threatening to families.

people into shelters, we ask people not to bring much," said Winslett. "We will provide everything for them, it's the base's responsibility."

"In the event that we take

## Tips for preparedness

Combat Correspondent

The layout of the island, with its low lying areas, along with the increased dangers associated with severe inclement weather, brings about a nessessity for people to know what to do should severe weather hit Oahu's shore-

"People in low lying areas and those in older single frame homes should be particularly cautious," said Joe Reed, the administrator of the Oahu Civil Defense Agency. High winds and flooding threaten the safety of these homes.

"We highly recommend you make provisions to stay with friends or families (who don't live near these areas)," said

Here is some more information the Oahu Civil Defense and the Central Pacific Hurricane Center want people to

•Be informed. Find out what to do in case of disasters. The local National

Weather Service office, and American Red Cross chapter are excellent points of contact.

•Make sure you and your family have a disaster plan ready, should a disaster

· Post emergency telephone numbers by

•Install safety features in your home, such as smoke detectors and fire extinguishers.

· Have your family learn basic safety measures like CPR and first aid.

·Learn how and when to turn off electricity, water and gas in your house.

• Keep enough supplies in your home to meet your needs for at least three days.

 Assemble disaster supply kits should evacuation become a reality.

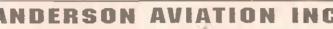
Kits should include a three day supply of water (one gallon per person per day) non-perishable food, one change of clothing and footwear; one blanket/sleeping bag per person, first aid kit to include prescription medicines, a portable flash-

light and battery powered radio.

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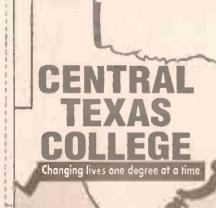
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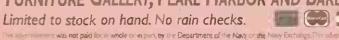
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#### CORPSMEN, From A-1

port at the U.S. Embassy in Saigon as early as 1959. A Naval Station Hospital was officially established in Saigon in 1963 and moved to Da Nang in 1965. These hospital locations, though away from the front lines of battle, regularly suffered enemy mortar attacks.

Besides the hospitals, corpsmen also served aboard hospital, amphibious and river patrol ships. But their largest contribution was with Marine units. More than 2,700 corpsmen served with the 1st and 3d Marine Regiments, 1st Marine Air Wing and combat support units in Vietnam.

Ever ready to face the same dangerous challenges posed to infantrymen, corpsmen patrolled and fought alongside Marines in the Vietnamese jungles and rice paddies. Available for any assignment, the medical personnel accompanied special units like Marine reconnaissance units and Navy SEALS, as well as the rifle companies of the regular infantry divisions.

Hospital corpsmen tended to the medical needs of more than 70,000 Sailor and Marine combat casualties. Valorous action earned the "docs" four Medals of Honor, 30 Navy Crosses, two Legions of Merit, 127 Silver Stars, 290 Bronze Stars and 4,563 Purple Hearts. Approximately 638 corpsman were killed in action.

The Middle East was the next place members of the Hospital Corps were called into action. Stationed in Beirut, Lebanon in what was originally intended as a peacekeeping mission, corpsmen were needed to treat the wounds of U.S. troops and their multinational allies, who became the targets of warring factions.

Commander Gil Bigelow, a dentist with the 21st Dental Company here, was one of the American servicemen present to aid the casualties of the bombing of the Marine barracks on October 3, 1983. The blast not only tragically claimed the

lives of 241 Marines, but also the 15 corpsmen and the surgeon at the battalion aid station.

"I think the big thing we all have to be aware of is we never know when tragedy will strike," said Bigelow. "Part of the responsibility on the medical side of the house is to be prepared at all times. Because the

corpmen and surgeon were killed, I was thrust into the role of managing the medical relief effort

"I was in total shock," Bigelow added.

From 1990 to the present, hospital corpsmen have been active following Marines deployed to Kuwait, Somalia and Bosnia, prepared to receive and treat casualties.

The first Navy casualty of the Persian Gulf War was a corpsman. Over 6,700 medics were recalled off of reserve status to serve in the conflict, and the Hospital Corps treated 134 casualties from combat.

In Somalia, an African country torn apart by battling rival warlords, hospital corpsmen faced the danger of enemy fire not only to support the American armed services, but to provide relief to the starving citizens.

The present day needs of Sailors and Marines continue to be met by the Hospital Corps. As they have done throughout their history, Navy docs not only provide medical assistance during war, but also provide aid during natural disasters and other peacetime emergencies. Corpsmen also contribute by keeping Marines and Sailors healthy through preventative medicine and sick-call.

Like the men and women who were corpsmen before them, the 23,000 active duty hospital mates deployed worldwide stay on top of their training, preserving their skills to be ever ready to face any battle.

For more information on the subject of Hospital Corpsmen, see these World Wide Web addresses: http://home.coqui.net/skahler/corpsman/index.htm

http://nshs.med.navy.mil/hmball100/default.htm http://www.geocities.com/Pentagon/3504/corpsbook.html

http://www.geocities.com/Pentagon/5000/corpsurv.html

#### 1/12, From A-1

the FDC double and triple check the grid coordinates and chart location of information received from the forward observers, the howitzers are ready to bark flame from their steel tonsils.

"The best thing about this training is we're getting to fire a lot of rounds," said Sgt. Resty Paz, a section chief from C Battery.

Once the orders get to the firing line the howitzers kept a steady barrage of rounds firing.

Because there was one battery representing a battalion for the field exercises, the guns fired three times the rounds they would normally shoot in training, according to Ledferd. The exceptional amount of ammunition fired provided the battalion plenty of time to make sure the 100 pound rounds were on target.





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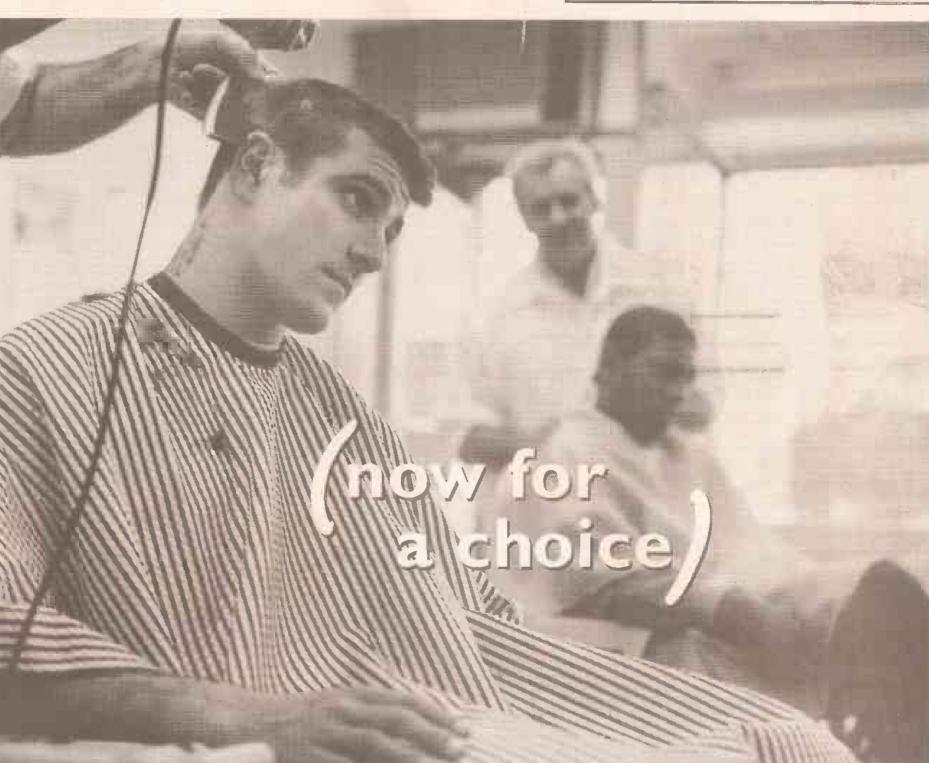
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Hawaii Marine B Section

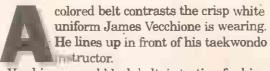
June 11, 1998



ATA chief instructor Noah Mason demonstrates a running jump side kick over three obstacles splitting a practice board held by students and an assistant instructor.

## Karate kicks higher

Cpl. M.V. Trindade Combat Correspondent



Vecchione, a red-black belt, is testing for his advancement to first degree black belt. He is a student who has benefitted from the novel advancement system used at the American Taekwondo Association's dojang, or martial arts workout area, here.

"I've been doing this on and off for four years," said Vecchione. "I started right before I joined the Corps; my cousin owns a school in (Parlin) New Jersey.'

But before Vecchione or anyone even begins to advance, they must be taught. Teaching begins at the ATA's dojang in the family next to the Seven Day Store here. The dojang is open to students ages six and up.

Anyone who wants to learn taekwondo can come in and try, said chief instructor Noah

"The door is open all the time," Mason said. "This is good for the beginner, who would have to wait for the next class to begin in other martial arts institutions. That could be three weeks

The ATA was founded in 1969 in America by Grand Master Haeng Ung Lee. Lee came to America with a vision to start a new type of martial art, Mason said, while recalling one of Lee's stories during a seminar. Soon the school, with its new, different belt structure and new styles spread all over the United States.

There are nine belts in ATA, a few more than what many other schools have, said Mason.

The reason Lee set this system up is to develop a higher sense of enthusiasm among the students.

"You can still reach black belt in about the same amount of time," said Mason, "but, you get excited with the progress. You think, I got another belt,' rather than being stuck on one color for six months."

"I think our belts are effective," said assistant instructor DaLee Salinas. "The extra belts help to show they've accomplished something. This allows for the realization of shorter term goals.

"It feels really good to make black belt," said Vecchione. "I finally found a sport I'm good at. It sounds corny, but it's true."

"Our new forms allow for a serious student to reach the rank of black belt in two years or less," reads the new Songahm Taekwondo

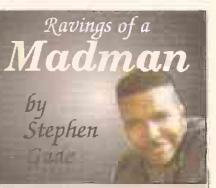
instructor manual. "That's in our style," Mason continued. "Some institutions have a set timeline so you'll have to wait no matter what before you can test for the next belt."

The reason some schools retain students at belt levels for set periods of time, said Salinas, is so they don't just "give belts away."

"It took me about a year to work my way up," said Salinas, who in addition to her black belt in ATA, also holds a second degree black belt from the World Taekwondo Federation. Salinas retained her status in rank, but had to relearn many basics in ATA due to the style differences.

The requirement is the same for all ages in ATA. Everyone from the youngest pupil to the oldest has to pass the same test before being advanced.

"It makes them feel good," Salinas continued, "especially kids who have self-esteem or confidence problems."



#### Godzilla not the same

he more things change, the more Hollywood will mess things up.

I speak specifically of the new Godzilla movie, which pales in comparison to the original "Godzilla, King of the Monsters" movie from 1954. I loved the original, but I'm sort of disappointed in the new one.

In the original, Raymond Burr (ol' "Ironside" himself) played "Steve Martin," a dull and uninteresting reporter who was in Japan trying to pay postage on his mailorder bride.

But he runs across stories of "Gojira" - Japanese for "stank breath lizard" - a 400-foot tall monster which attacked a fishing vessel off the coast of a small Japanese island. He visits the island, and while climbing a mountain to see footprints of the beast, Godzilla raises its head above the mountain, glaring down at the island's inhabitants. The beast is apparently ticked off because they had a crab-fest the night before and didn't invite him.

This was one of the classic scenes in horror movie history. When the giant creature made its appearance, the look on its face was one of malevolence, as if it wanted to snap some electric lines, knock over a few buildings and start eating people who were stupid enough to stay on the elevated trains in Tokyo while he was in town.

Anyway, the 1998 Gojira doesn't look like the old one, which has been a major criticism of the movie, but really is no problem, because even as early as the second Godzilla movie, the monster didn't look as mean as the first. In fact, the first Godzilla was the meanest of them all.

But did the new one have to look like a ripped-off combination of the tyrannosaur from "Jurassic Park," the alien from "Alien" and a crocodile? And where were Godzilla's signature nuclear light show spikes on its back? The spikes on the new one looked ripped off from a stegosaur.

The new Godzilla had no attitude either. It only got mad when the "military" attacked it. The old Godzilla was either mad or acting funny. The new Godzilla was too busy looking for a place to nest. "Nesting" is not what giant monsters do. Giant monsters wreak havoc. Giant monsters destroy buildings. Giant monsters eat people out of subway trains. Giant monsters are immune to military munitions.

Godzilla lays eggs all over Madison Square Garden, and voila! A bunch of baby raptors oops, I mean baby Godzillas - pop out. Was it just me, or did these babies act almost exactly like the raptors in "Jurassic Park"?

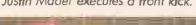
My son was scared during the part where Ferris Bueller - oops, I mean Matthew Broderick - and his cronies were being chased around MSG by the baby raptorzillas. Other than that, he was disappointed, because my wife and I talked about how much we enjoyed all the old Godzilla movies, and how funny some of them were. This one just didn't do it for him, or

It seemed the producers were thinking more about how to make a monster movie which showed New York being trashed (it's always New York or LA - why?) by the world's largest monster, which only used its nuclear breath twice. The producers could have showed realistic stuff, like rats eating some of Godzilla's eggs, or Godzilla attacking a base with nuclear weapons or a fictional president giving the order to nuke NY and the monster too. Stuff you and I would think of if we were in Hollywood

Instead, we get a movie about a giant monster who just wants to raise babies. Who wants to see that?



Digital photo by Cpl. M.V. Trindade Justin Mader executes a front kick





Digital photo by Cpl. M.V. Trindade James Vecchiane, left, and Justin Mader practice sparring

## Ruggers tune up

Cpl. Trent Lowry Combat Corresponden

ough-and-tumble play by the Marine Outruggers rugby team couldn't stop the Hawaii Harlequins from notching a 35-15 victory in their match Saturday at Kapiolani Park in Waikiki.

The team was tuning up for summer season matches that will pit it against squads from countries participating in Exercise RIMPAC 98.

"We're looking forward to the competition," said Paul Bruchman, the Outrugger assistant coach. "The Pacific rim is a hot spot for rugby in the world," said Jason Krase, a rugby flanker.

In the match Saturday, Ellis Graves, scrumhalf, scored two tries for 10 of the Outruggers' points. Adam Silvia, flyhalf, got the other try for the Marine team.

The score didn't reflect the defensive efforts out in by Roger Frese, Jon Rabroker and Jason Cohen, who put the clamps down on the Harlequins players, and made gutsy plays to keep the score close for much of the game.

"We just go out and play for the fun of it," Bruchman said. "We're very competitive, but we love the game. We're always looking for players." To make your mark on the internationaly rugby scene when the RIMPAC squads hit town, or just to

get more information, call Maj. Mike Brown at 257-1418 or Bruchman at 257-5489.

## kapu Elementary sixth grade graduates

Photos by Cpl Trent Lowry

Right, the graduating sixth grade class, with their praud families behind them, watches as their classmates receive their diplomas at Mokapu Elementary school Tuesday.





Left, Christine Rauch serves cake while her son, Jake, enjoys a piece of his own.

Right, Stephanie Olmstead, 12, who has been on Oahu since April 1, plans to sightsee with her family this summer.



## Ticket to Fun

#### By Kathy Baker MWR Marketing

Summer fun for Kids

Hey, kids, start off the summer with the Base Library's Summer Reading Program. The fun begins June 18 at 1 p.m. with a free Ronald McDonald Educational Show. The program runs from June 18 to July 30, and kids can win McDonald's Gold Star certificates for every 15 books read. The children who read the most books in their age division will have their picture taken with Grimace Aug. 5. The age divisions are 5 years and under, 6 to 9 and 10 and older. Children will also receive a reading certificate for participating in the Summer Reading Program. For more information, call the Base Library at 254-7624.

Youth Activities extends hours

The Youth Activities Center, located in building 5082 across from the Seven-Day store has extended its hours for the summer. The new hours are Tuesday through Friday from 9:30 a.m. to 6 p.m. for business hours. Teens from 13 to 17 are welcome to use the center Tuesday through Friday from 5:30 to 8 p.m., Saturday from 6 to 10 p.m. and Sunday from 1 to 6 p.m. Pre-teens from 10 to 12 are welcome to use the Center Tuesday through Thursday from 5:30 to 8 p.m., Saturday from 1:30 to 6 p.m. and Sunday from 1 to 6 The Summer Adventure Program will run Monday through Friday. For more information, call Youth Activities at 254-7610.

#### Def Comedy Jam at E-Club

Tickets are available for the Def Comedy Jam, June 20 at the Enlisted Club. It's a laugh a minute, featuring the hilarious

antics of four top comedians. Seating is limited, so get your tickets now through ITT. For more information, call the E-Club at

#### Seeking Players for Intramural

Teams are still being accepted for intramural softball and soccer. Those wishing to play in either league should call Athletics at 254-

#### Splash, dash and bike at K-Bay

Enter the 1st MAW ASE Sprint Triathlon, June 20 at 5:30 a.m. Start with an 800-meter swim in Kaneohe Bay, bike 12.4 miles, then finish with a 3.1-mile run. Entry fees are \$12 for DoD ID card holders, \$15 for civilians, \$36 for DoD ID card holder threeperson teams and \$45 for civilian three-person teams. The sprint triathlon is sponsored by Gatorade, Island Demo, Spike's Bagels and The Bike Shop. Entry forms are available at all MWR facilities or by calling Athletics at 254-7591.

## Cookouts are fun if done safely

Federal Fire Department

ot dogs and burgers cooked on the grill are tastes which are hard to beat. The Federal Fire Department reminds you outdoor cooking can also lead to tragedy when carelessness causes serious burns. Use common sense and remember to cook safely.

Use charcoal lighter fluid safely. Never use gasoline to start or freshen a fire. Gasoline is explosive and much too dangerous to use on grills. Be cautious with lighter fluid. Use on coals only before the fire is lit. If you try to make a fire bigger by adding more fluid, the heat of the coals can ignite the stream of liquid and burn back into the can, causing it to explode in your hands.

- Try using electric starters in place of lighter fluids.
- Place grills where they will not tip over or ignite objects above them. Do not use on balconies or under awnings.
- Never bring a grill into the home.

The carbon monoxide produced by burning charcoal can be dangerous in an enclosed space.

- · Have a container of water or garden hose ready to extinguish a fire.
- · Keep children away from fires and grills. They may try to climb on the grill to see what is cooking.
- If anyone is burned by outdoor cooking, cool the burn with water immediately. Cover the burn with a clean cloth and seek emergency help.
- Though coals may appear cold, always soak them after cooking. Unsoaked coals can re-light a day
- · Keep grills outside of tents and recreational vehicles.
- · Keep damp or wet coals in a well-ventilated area. During the drying process, spontaneous combustion can occur in confined areas. If a bag of charcoal gets wet, leave it outside, away from the house.

For more information, call the Federal Fire Department at 471-

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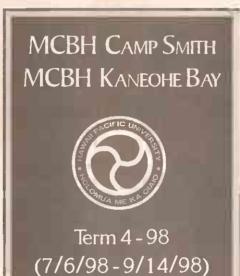
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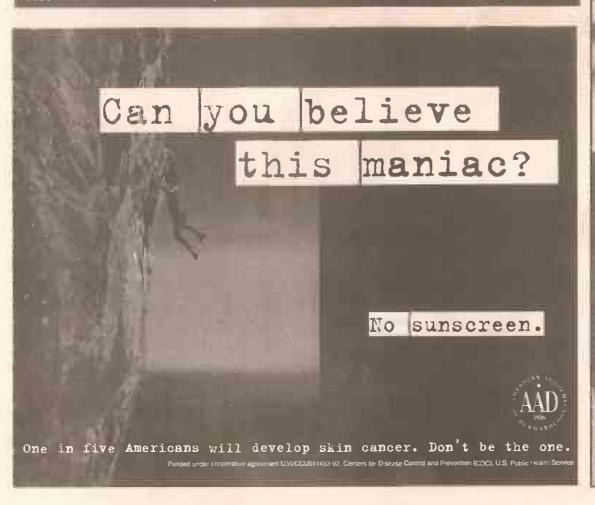
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## Stick with proper diet Movies

Cpl. Trent Lowry Combat Correspondent

hether the goal is a perfect body or just to shed a spare tire, the desire to find a diet plan which works is common.

The problem many face is being able to stick to the diet and say "no" to excessive food.

The key to eating right is not necessarily to stop eating certain foods, but to watch how much of those foods you eat, according to Navy Reserve Cmdr. Lynn Lenahan, the allergy and immunization nurse at Branch Medical here, who is also a qualified dietician.

"No food is bad food," Lenahan said. "The key is to eat in moderation from the four food groups, drink lots of water, and get plenty of exercise."

Following portions which are recommended in order to keep track of calories, sugar and fat grams is important when planning what meals you will eat in a day, Lenahan said. She also emphasizes that eating breakfast is essential.

"Because you haven't eaten since the previous evening, it's important to eat breakfast," according to Lenahan. "If you don't eat breakfast, your body goes into starvation mode and stores the energy you do have



Digital photo by Cpl. Trent Lowry Naval Reserve Cmdr. Lynn Lenahan, the allergy and immunology nurse at Branch Medical Clinic here, is available by appointment for consultation on dietary and nutrition concerns.

for later. That energy is stored as fat. So, avoiding breakfast is essentially telling the body to build up its fat reserves."

Lenahan has taught diet classes in the past at Branch Medical, and though demand doesn't show a need for regular classes now, she is available for one-on-one counseling by appointment. Lenahan's emphasis is in easing the transition from poor eating habits to a good routine.

"I think the most difficult thing is for people to make the lifestyle and behavioral changes," Lenahan said. "It's a slow process, but after just six weeks of sticking with a program and incorporating a healthy diet as part of their lifestyle, people will see results and they will make it a permanent change.

"I like to see families participate in diets together because it fosters good habits early on in the children, and they end up staying healthy and passing it on to their children," added Lenahan.

Lenahan also has advice for those who are physically fit and active, but perhaps want to build muscle for either personal or competitive goals. Following a food diary for a few days is the first step, as each individual's needs must be determined. A food diary is simply a chart of what is eaten at each meal.

"For weightlifters, most of the time if they need to change their eating habits it's that they need to eat more," according to Lenahan. "Like when a car runs out of gas, they don't give themselves enough fuel."

Eating right is a big part of keeping a fit and healthy body, and when there are questions about how best to reach dietary goals, professionals like Lenehan are here to help. Lenahan can be reached at Branch Medical at 257-3274.

All movies shown at the base theater begin at 7:15 p.m. unless otherwise noted. Movies are subject to change. Children ages 9 and under (age 16 and under for "R" movies) must be accompanied by a guardian 18 years of age or older throughout the entire movie. Admission is \$3 for those 12 years old or older, \$1.50 for children ages 6 to 11, and free for children 5 and below. Admission to the second movie Friday through Sunday is \$1. For more information call 245-7642.

### City of Angels -

Friday and Saturday, 7:15

Starring Nicolas Cage and Meg Ryan

A guardian angel falls in love with a physician and decides to give up his wings. Rated PG-13, 120 minutes.

#### He Got Game -

Friday, 9:45 p.m. Starring Denzel Washington A convict is given a temporary parole so he can convince his highly-recruited, basketball playing son to attend the governor's alma mater. Rated R, 136 minutes.

#### Odd Couple 2 -

Saturday, 9:45 p.m. Starring Jack Lemmon and Walter Matthau

The impending marriage of Species. Rated R, 93 min-Felix's daughter to Oscar's utes.

son has the two men travelling together again with disastrous results. Rated PG-13, 97 minutes.

#### Paulie -

Sunday, 1 p.m. Starring Cheech Marin and Bruce Davison

A talkative parrot named Paulie travels in search of the little girl who raised him. Rated PG, 87 min-

#### Species 2 -

Sunday, 7:15 p.m. Starring Michael Madsen and Marg Helgenberger

American astronaut returns from Mars transporting alien DNA. His quest is to mate with a genetically regenerated creature from

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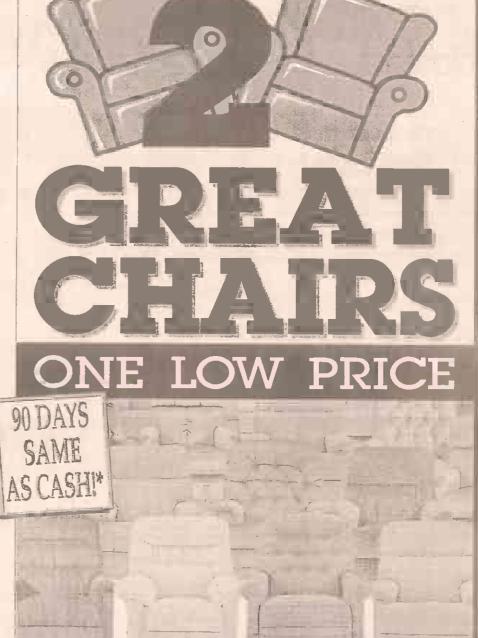


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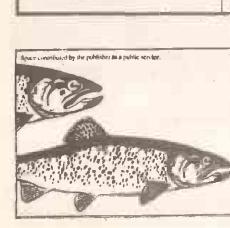
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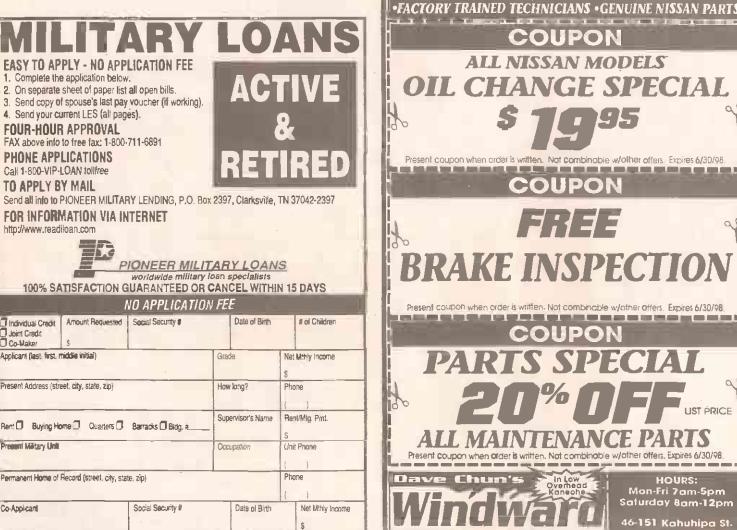


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Haw long? Phone

Position

## Blanton, Wiener win pool; Williams at top

Cpl. Trent Lowry Combat Correspondent

ike a starting pitcher getting scratched from the rotation because of a stubbed toe, Steven Williams gets the week off while he's on his second honeymoon. Some excuse. So I'm here to try to be Lou Gehrig to his Wally Pipp and take over the helm of the pool. But my services will probably merely be used in the ninth-inning, pinch-hit kind of role. Last week saw Wade Blanton and Carrie

Wiener post 9-6 records. Not spectacular, seeing as how the results of every participant hovered in the mediocre range, but good enough to be tops in the pool.

Overall, though, Williams has the lead, followed by Madman, Stephen Gude. Who do these guys know? Somebody must be helping them from the inside, because I'm pretty sure they're clueless about base-

No decision was made in which league is tougher yet, after a weekend where the two leagues split the wins. This week marks the return to traditional league

schedules. Here's the chance to beat Williams at his own game.

Lowry's picks in CAPITAL letters.

Cleveland @ N.Y. YANKS-Two titans in the American League, the Bronx Zoo has too many animals for the Tribe to cage, though if anyone in the AL can, it is Cleveland.

San Fran @ SAN DIEGO-Hot bats for the Giants have launched them past the Padres in the standings. Now it's time for Tony Gwynn to flex some muscle.

ANAHEIM @ Texas- The leaders of the AL West will be duking it out all year. The Angels will have the Rangers hanging their heads.

Balt. @ TORONTO- The aging Orioles are everyone's sentimental favorites, but Toronto's lineup will cage the songbirds.

Seattle @ OAKLAND - Seattle should be a lot better, but bullpen woes have dragged them down. Add Oakland's youth to the mix, and the A's take it.

ChiSox @ MINN- The Twins are surprising because they're in second place behind Cleveland. They're not surprising in that they are sub-.500. Still, they will beat

ATLANTA @ Montreal - The Braves, much as I hate them, have as good a pitching staff as you will ever see. The Expos, meanwhile, have guys who should be in

CUBS @ Philly- My coworkers will back me on this: Before opening day I said the Cubs would look good this year. They, in turn, are making me look good. This could be a sweep.

MILW @ Pitts. - The Brew Crew got bit again. hard by the Tigers, and the Bucs beat the Twins, but a reversal of fortune is in order for both teams.

DETROIT @ Royals - The Tigers are another team I thought would do well, but they've sputtered all year in a division that stinks.

HOUSTON @ Cincy- The Reds have always been one of my teams, but they're a far cry from the Big Red Machine. The Astros have many weapons

ST LOUIS @ 'Zona - Although I'm from Tucson, the Madman doesn't understand why I don't like the "Snakes." Let's just say I'd rather see Mark McGwire do his St. (

Patrick impression and club the Diamondbacks.

Tampa @ BOSTON - Second place should be good news if you're the Red Sox. Too bad that means trailing the Yanks by 10 1/2. Still, it's the Devil Rays we're talking

about here. Not much competition. Colo. @ LOS ANGELES- Like Wade Blanton, I hate the Dodgers. I love the Rockies. Still, the rational side of me sees the Blake Street Bombers sinking once

NY METS @ Fla- OK, to use a cliche, it doesn't take a rocket scientist to figure out the Marlins have no chance the rest of the

year. Enough said.

CURRENT POUL STANDINGS					
	W-L	PCT.			
S. Williams	48-24	.667			
S. Gude	28-17	.622			
W. Blanton	36-24	.600			
r. Lowry	18-12	.600			
B. Melton	35-25	.583			
M. Wiener	35-25	.583			
J. Segovia	25-20	.556			
R. Driggs	31-29	.517			
C. Wiener	15-15	.500			

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## Beach babies liven up Bayfest

Kathy Baker MWR Marketing

et the keikis dressed in their best beachwear and enter the McDonald's Beach Baby contest at the Ocean Concepts BayFest '98, July 19 from 3 to 5 p.m. The McDonald's Beach Baby contest is open to children ages 6 to 36 months.

Advanced entry is required, and the entry fee is \$5 per child. (30 children per category will be accepted; 15 boys and 15 girls). Deadline to register is July 15, and the entry fee includes a t-shirt and goodie bag.

Judging is based on the "most creative Beach Baby" theme, personality and overall appearance. Great prizes will be awarded to first and second plance boy and girl winners in the following age categories: 6 to 11 mos., 12 to 18 mos., 19 to 24 mos., and 25 to 36

Organized by MWR, proceeds from the event benefit recreation programs funded by MWR for Hawaii's Marines, Sailors and their families. Entry forms are

available at all MCB Hawaii MWR activities, or by calling Youth Activities. The McDonald's Beach Baby contest is one of many events open to the public at Ocean Concepts BayFest '98, Oahu's largest watersports carnival, July 17 to 19. This year's three-day extravaganza will feature the "Queen of Rock and Roll" - Joan Jett and the Blackhearts, singing such classics as "I Love Rock and Roll," "Everyday People" and "Bad Reputation."

Entertainment is free with

BayFest admission. Other highlights include top local entertainment, Fernandez midway of rides, games, food, Castle Medical Center Health and Fitness Fair, AT&T Coconut Island boat rides and Boxing Challenge, Go Bananas kayak rides, Paradise Beverages fishing tournament, Budweiser Fest Tent Stage, Windward Auto Sales new car show, free Ocean Concepts scuba classes, military static displays and much more. Ocean Concepts BayFest

'98 is a great value for the entire family. Admission and rides are discounted

One of last year's winners modestly takes a bow after receiving

his first place ribbon.

Saturday and Sunday, noon to 5 p.m., and children under 5 are admitted free

BayFest presale tickets are available for purchase at \$6 for an \$18 value.

Each presale ticket includes one general admission, three ride coupons and Pizza Hut and Taco Bell coupons. For more information, call the BayFest Hotline at 254-7653.

## at regatta

Kathy Baker MWR Marketing

tart building that boat and enter the Bathtub Regatta at Ocean Concepts BayFest '98. Get a four-person crew together to design the ultimate floating

A couple of pieces of corrugated roofing, old-fashioned know how and quick paddles brought the "Recycle Asaurus" home to win last year's contest. Anything goes July 19 at 2 p.m., when boatbuilders take the challenge

and race their creations. Many unusual boats, from floating tanks to helicopters, will be on the bay at this 6th annual event. The contest is open to the general public, and there is no entry fee for military or civilian individuals. A \$35 entry fee is

required for corporate teams. Great prizes will be given for the best finishing time in first, second and third place, as well as for the "best craft," "most creative" and "funniest design.

Craft must be handmand, with no prefabricated floatation crafts, to include the use of boards, paddles or surf and rescue materials.

Organized by MWR and

NATIONWIDE

sponsored by Outrigger Reef on the Beach, proceeds from the contest benefit recreation programs funded by MWR for Hawaii's Marines, Sailors

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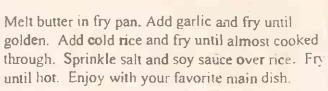


Simple Butter Fried Rice

2 c. Cold Rice 4 T. Soy Sauce



1 Clove Garlic





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## Music Review: Godzilla, the Soundtrack

Cpl. M.V. Trindade Combat Corresponden

ith all the hype placed on "Godzilla" the movie, from the new toys, fast food commercials and the movie being

a smash at the box office, I truly expected a BIG

soundtrack.

Though the soundtrack failed to meet my expectations, it does have some really great songs on it. If you're cruising down a highway it's the perfect album. But if you want to sit down to enjoy it, look out! It isn't always music to your ears.

Being that I've always been a fan of the gargantuan lizard, I tend to defend its merchandise, even when it's obvious to everyone else some it is rather mediocre. This album is no different, but there are exceptions.

One of these exceptions is the "new" Wallflowers song, "Heroes," which isn't really new. To those

who don't know, the song was originally performed by David Bowie. However, it was definitely the best song to start the album off with because of its familiarity.

A rock song, if it has got to be covered, should be covered by a rock band. Besides, how can you go wrong with the Wallflowers? My problem with

'ALTHOUGH

THE SOUND

TRACK HAS

IT'S STLL A

GOOD CD.

M.V. TRINDADE

ITS FAULTS...

the album begins with Days of the New and Puff Daddy, two contributing artists on the soundtrack. Days of the New, which I often confuse with Alice in Chains due to their similar sound, is another "Seattle Sound"/grungetype band that

is six years

overdue with their style of music. Puff Daddy, who lacks originality as he covers songs out of his genre, makes a weak attempt on

the soundtrack by re-doing the Led Zeppelin classic "Kashmir." I have to wonder why Jimmy Page agreed to perform with him on this song.

Fortunately, Jamiroquai was able to slightly redeem the mediocre quality of this soundtrack by splicing quasi-dance beats with alterna-rock effectively.

The soundtrack also offered some unexpected surprises, like Foo Fighters' song, "A32U." It lacks the usual heavy Nirvana-esque drumming, screaming guitars and growling vocals the radio seems to focus on. It was a refreshing change to see what could be a different direction for the band.

Other highlights include the rocking, "No Shelter" by Rage Against the Machine, and Silverchair performing a subdued, mellow

"Untitled" - a song almost as surprising to hear as the Foo Fighters.' Probably because it isn't as cheesy as what Silverchair normally puts

Although the soundtrack has its faults (write your own music Puff Daddy), it's still a good CD. I'd rather listen to it than listen to a whole block of what's on the radio



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### **CLASSIFIED INDEX**

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HEADING HEADING	HEADING CLASS	HEADING C	LAS
Announcements0	Jewelry & Clothg145	Housesitting1	56
Cards of Thnx5	Livestock & Horses.150	Income Property1	57
Free Bees10	Medical Suppl155	Moving/Storage1	57
Funeral Notice15	Miscellaneous160	Property Mgt1	57
Legal Notices20	Misc. Wanted165	Real Est 4 Sale1	58
Lost & Found25	Musical Instr175	Real Est Anno 1	58
Personals30	Office & Eqpt180	Real Est Loan1	591
Business OpportL35	Pets-Everythlng185	Real Est Trad1	59
Invest Opport40	Photo Supplies190	Real Est Want1	60
Domest Hip Wa45	Sporting Good205	Rental Serv1	60
Domes Job Wa50	Stereo Video210	Rentals to Share1	61
Employment In55	Swap215	Rentals Wanted1	61:
Employment Opport.60	Travel220	Restaurant/Bar1	62
Help Want M/F65	Watr Sprt Equ230	Rooms Rent1	62
Jobs Wanted70	Homel Apt Guide	Short Trm Rent1	63
Sales Help Wa75	nomerapt Guide	Stores/Offic Rent1	63
Antiques/Art80	Apts Furnishd1500	Vac Rent1	640
Aviation85	Apts Part Furn 1505	Automobiles	
Bicycle Sale90	Apts Unfurn1510	Automobiles	
Boat Sale/Ser95	Business & Indus. 1515	Auto Announce26	000
Cemetery Plot100	Commi Prop1520	Auto Leasing20	00
Computers	Cond/Twn Fur 1525	Auto Serv/Par 20	010
Fillers110	Cond/Twn Pfur1530	Autos 4 Sale2	10
Garage/Lanai S115	Cond/Twn Sal1535	Autos Wanted 2	01:
Health/Fitness120	Cond/Twn Unfur1540	Hvy Mch & Eq 2	02
Home Appliance,125	Houses Furn 1550	MtrCyls/Scoot12	02

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