

Hawaii MARINE

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1/3 raids urban headquarters



(Clockwise) First Lt. Edward Han, a platoon commander with Alpha Co., 1/3, peers over the edge of a building in the Military Operations in Urban Terrain facility while a CH-53D Sea Stallion helicopter makes its approach to the landing zone to drop more Bravo Co. Marines. Lance Cpl. Alex Reineck, with Alpha Co., 1/3, hides atop a MOUT facility building awaiting the Bravo enemy attack.

Bravo, Alpha Co. conduct training at Schofield

Story and Photos by
Cpl. Jason E. Miller
Combat Correspondent

SCHOFIELD BARRACKS — Today's battles can occur at any time and any place, which is why it's important for Marines to train in a variety of places and climates to achieve maximum versatility.

Bravo Co., 1st Bn., 3rd Marine Regiment,

Marines boarded CH-53D Sea Stallion helicopters Jan. 16, en route to Schofield Barracks' Military Operations in Urban Terrain training facility. The training area was comprised of nearly 20 buildings with multiple floors, and dozens of windows, vantage points and hiding places for the enemy.

The enemy in this particular exercise turned out to be 36 fellow 1/3 Marines

from Alpha Co., which included the 3rd Marine Regiment's newly crowned super squad. The Alpha Co. Marines had arrived early in the afternoon to secure each of the buildings and prepare for the imminent attack from Bravo Co. machinegunners and riflemen topped each building to counter any advances that might be made.

See 1/3, A-3

1st Rad. Bn. set to deploy

MCB Hawaii Staff
Press Release

CAMP H. M. SMITH — Elements of the 1st Radio Bn. Marine Forces Pacific, have been ordered to the U.S. Central Command area of operations in support of the Nation's ongoing war against global terrorism.

Approximately 250 Marines and Sailors will be deploying from their home base at MCB Hawaii, Kaneohe Bay, in the near future.

The 1st Radio Bn.'s mission is to provide communications support for Marine Corps intelligence organizations and to conduct electronic warfare (such as jamming an adversary's radio or using direction-finding equipment to determine where an adversary may be located).

The Marines and Sailors have been properly vaccinated against anthrax and other potentially hazardous agents, and are ready to adhere to any orders or instructions regarding the smallpox (or any other mandated) vaccination.

Stay tuned to the *Hawaii Marine* for more updates on deploying units from MCB Hawaii.

New CMC envisions future Marine Corps

Headquarters Marine Corps
Press Release

WASHINGTON — When Gen. Michael Hagee assumed the duties as the 33rd Commandant of the Marine Corps Jan. 13, he wasted no time in articulating his planning guidance — a map of where the Corps is headed and his directions for getting there — to a gathering of general officers at a symposium held in Arlington Jan. 13 - 17.

In his planning guidance, Gen. Hagee highlights his belief that the Corps' move into the 21st century is on track to succeed with only minor rudder shifts required.

"I was a part of the 32nd CMC's deci-

sion-making team," he said.

General Hagee and the other current leaders of the Corps were supportive of all the major decisions made by Gen. James L. Jones, now the Supreme Allied Commander, Europe.

The new Commandant envisions all decisions he and his general officers make being guided by two tenets — maximizing warfighting excellence and taking care of our Marines, he said. By aiming for those two objectives, the CMC



HAGEE

"We need to continue to focus on both training and education"

Gen. Michael Hagee
33rd Commandant of
the Marine Corps

believes that all other decisions will fall in line.

One particular area the commandant addressed was the continuation of Gen. Jones' practice of empowering the enlisted Marine.

General Jones' philosophy of empowering the enlisted ranks focused on better-trained and better-educated staff noncommissioned officers.

A greater number of enlisted Marines with degrees and advanced training is grounds for continuing to decentralize command and place greater responsibility on this group of Marines, Gen. Hagee said.

"Within the Marine Corps, it's less and less about your rank, [and more] about your ability to do the job," Gen. Hagee said. "We need to continue to focus on both training and education—and there is a difference."

See CMC, A-5

Aircraft pilot, crash survivor briefs Marines, Sailors

Cpl. Jason E. Miller
Combat Correspondent

Former devil dog and United Airlines pilot Capt. Al Haynes came aboard MCB Hawaii, Kaneohe Bay, Jan. 9, to give a safety seminar to Marines and Sailors on the base involved with aviation.

Haynes is well known throughout the aviation community for his miraculous crash-landing of a terminally damaged DC-10 aircraft in Sioux City, Iowa, in July of 1989. He served as a perfect speaker to get points across to Marines and Sailors in attendance.

Before Haynes took center stage, a video was shown to the audience about the crash that occurred in 1989. More than 100 passengers died in that crash, but nearly 200 survived, thanks to Haynes' and the rest of the crew's bravery and skill.

Haynes preached during the presentation about bettering the work environment and sustaining calm through a disaster by the use of a five-step program.

Communications, preparation, execution, cooperation and a little bit of luck are to what he attributed his success and survival as a pilot.

"There were times in the cockpit

when we had no choice but to listen to one another, even though I was the senior man," said Haynes. "You have to listen to ideas, because even though you think you know something, someone may have a better idea. And, even if they don't, it's a good opportunity to teach those less experienced."

The Marines and Sailors present at the seminar took away the knowledge what it was like to pilot a diving DC-10, as well as the skills to work with peers, superiors and subordinates on making things work in seemingly hopeless situations.



Cpl. Jason E. Miller

Former U.S. Marine and United Airlines pilot Capt. Al Haynes discusses the video recounting the plane crash he survived in 1989.

MCBH NEWS BRIEFS

PET REGISTRATION CLINIC

SCHEDULED SATURDAY

The Kaneohe Veterinary Clinic Facility, Bldg. 455 (next to the Housing Office), will be running a "registration only" clinic on Saturday from 8 a.m. to 1 p.m.

Marine Corps Base Hawaii will offer a 30-day amnesty period to register existing pets.

Only vaccinations and microchips needed for registration will be performed that day. No sick pets will be seen.

Call the Kaneohe Veterinary Treatment Facility at 257-3643, or stop by and make an appointment for Saturday.

Bring your pets' vaccination records and your military I.D., if you've never processed through the facility.

W-2s AVAILABLE ONLINE NOW

All personnel with access to myPay (formally Employee/Member Self Service) can now access their W-2 forms necessary to file tax returns. The W-2 tax form is available for download for the current year, and previous years to 1998.

SHEARWATERS BEGIN FLEDGING

During the months of November through January, certain species of seabirds are fledging from their nest sites throughout the main and offshore Hawaiian islands.

Often during the hours of darkness, Wedgetail Shearwater Juveniles, upon leaving their nest, are sometimes disoriented by lights. You may find the birds on your porches or in your yards, work areas, and often on roadways after being struck by cars.

If you observe a shearwater — or any sea bird or birds that may be federally protected and disoriented or injured — call the Provost Marshal's Office game warden at 257-1821 or 257-2123.

You may also contact Mr. Gordon Olayvar, MCB Hawaii's biological science technician, at 257-6920, ext. 230.

IMPORTANT NUMBERS

On-Base Emergencies	257-9111
Military Police	257-7114
Crisis Hotline	521-4555

Hawaii MARINE

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CG's MAIL BOX

"I would like to recommend that two stalls next to the handicapped stalls be assigned as O-6 parking."



BRIG. GEN.
MCABEE

Submitted by Retired Col. Bill Stoner

Having lived on Oahu over the past 35 years and retiring as an O-6 in 1986, I have had the opportunity to see and enjoy many of the wonderful improvements which have been made aboard MCB Hawaii — such as the new commissary/exchange complex, the Semper Fit Center, Package Store Complex, officer and enlisted housing, Enlisted and Officers' Club remodeling projects, and the continuing improvements to the Klipper Golf Course.

I would like to applaud all who have been responsible for the above improvements and the many other improvements not mentioned above.

The numerous amenities available for our active duty personnel are continuing to improve, and this is great for the well being and morale of each and every one who comes aboard MCB Hawaii.

Last week, I went out to the golf course and saw that the O-6 parking stalls had been changed. I believe it is very appropriate that there are now two stalls marked for GEN/ADM.

There have been a number of times that I have gone out and all four O-6 stalls were taken, and none were available for an O-7 or above.

In view of the many O-6 personnel who play golf and the numerous times I have seen all four of the O-6 stalls occupied, I would like to recommend that two stalls next to the handicapped stalls be assigned as O-6 parking.

I believe this could be appropriate and also not really change the overall parking scheme.

I would also like to suggest that it might be better for identification to mark the stalls as "O-6" — vice COL/CAPT NAV — as the two stalls are now labeled.

This would then include the U. S. Coast Guard and also would be labeled in the same manner as the Officers' Club.

Thank you for your time to read this e-mail and to consider the above recommendations.

Respectfully,
Bill Stoner



Photos by Staff Sgt. Robert Carlson

The Kaneohe Klipper Golf Course currently reserves 20 of the 147 total parking spaces available. Six are for handicapped, six for the grades of O-6 and above, and seven for the E-9 population. This means reserved parking spaces use 13.5% of the total parking available at the facility.

Colonel Stoner,

I have been asked by the commanding general to research and respond to your email of Jan. 9 since your concerns and recommendations fall under my staff responsibilities. The commanding general appreciates that you have taken the time to participate in the "CG Mail" program.

You are spot-on with regard to marking the "O-6" reserved parking spaces. These reserved spaces should reflect all O-6's, regardless of service, and we will take corrective action.

With regard to your comment on the number of O-6 reserved parking spaces, you are correct in that we recently adjusted the number of reserved spaces to ensure a balance with the overall parking needs of the facility.

In fact, the commanding general personally initiated a parking survey prior to directing any changes. Based on your suggestion, the base staff revisited this issue and

concluded that the current reserved parking scheme adequately balances the overall need for reserved parking with the total parking requirement for this facility.

Our goal is to maximize parking for the majority of users of the Klipper/Marine Corps Community Services programs. For example, the Kaneohe Klipper Golf Course reserves 20 of the 147 total parking spaces available: six for handicapped, six for the grades of O-6 and above and seven for the E-9 population.

Said another way, reserved parking spaces occupy 13.5 percent of the total parking available at the facility.

We appreciate your thoughtful comments. If I can be of any further assistance, please feel free to contact me at 254-7500, and again, thank you for taking the time to participate in the CG Mail program.

Mr. William B. Lindsey
Assistant Chief of Staff
Marine Corps Community Services

(Editor's Note: Letters of any length may be trimmed and edited in the interest of good taste and brevity.)

The commanding general invites input from the base community via C.G. Mail on the following topics: What are we doing that we shouldn't be doing? What are we not doing that we should be doing? What are we doing that we should be doing better?

Responses should include a recommendation that will help solve the problem and must include your name and return address so that staff may respond.

For more information about how to send C.G. Mail, see the MCB Hawaii C.G. Mail page at www.mcbh.usmc.mil/command/cg-mail.htm.



CLARK

'America's Bn.' welcomes new CO



Lieutenant Col. Robert D. Clark (left) replaced Lt. Col. David L. Close as the commanding officer of 3rd Bn., 3rd Marine Regiment, aboard MCB Hawaii, Kaneohe Bay, Jan. 17. Clark previously served as the executive officer for Headquarters Bn., 1st Marine Division, Camp Pendleton, Calif. Close is scheduled to go to the Naval Warfare College in Newport, R.I.



CLOSE

In the 'V' Ring



Cpl. Jason E. Miller

Brigadier Gen. Jerry C. McAbee, commanding general, MCB Hawaii, presents Pfc. Arin Preston one of several awards he earned during the 2003 Intramural Rifle and Pistol Championships, at the Pacific War Memorial Jan. 17. The contest involved competition marksmanship, and the shooters were led by Chief Warrant Officer 2 David Dutton, match executive officer (far right). Preston was the match winner for the 200- and 300-yard rapid-fire events, and scored the match high score with 524 points and 29 shots in the "V" ring. He also scored the second highest one-day and two-day scores.

DoD starts short-term enlistment program for Marine Corps, Air Force

Jim Garamone

American Forces Press Service

WASHINGTON — A new military short-term enlistment program will begin Oct. 1, 2003 aimed at expanding the opportunities for all Americans to serve the country.

Congress authorized the "National Call to Service" enlistment option as part of the fiscal 2003 National Defense Authorization Act.

Bob Clark, assistant director in DoD's accession policy directorate, said the program will allow the military services a new option to reach a group of young Americans who otherwise might not serve due to the length of traditional enlistment options.

The Program

The program will work like this: A recruit enlists for the option and incurs a 15-month active duty service obligation following completion of initial-entry training, for a total active duty commitment of about 19 months.

Following successful completion of active duty, service members may re-enlist for further active duty or transfer to the selected reserve for a 24-month obligation.

Once this is completed, service members may stay in the selected reserve or transfer to individual ready reserve for the remainder of their eight-year commitments.

"The unique piece of this legislation is that while in the individual ready reserve, these young people will be given the opportunity to move into one of the other national service programs, such as AmeriCorps or the Peace Corps, and

time in those will count toward their eight-year obligation," said Clark.

While the Army and Navy already have a limited two-year enlistment program, this is the first time the Air Force and Marine Corps will offer the option.

Clark stated that the option would be limited to high-quality recruits — those with a high school diploma and scores in the top half of aptitude tests. Officials hope this will make the military more attractive to college-bound youth who might volunteer to take a short period out between high school and college, but would not take off that three- or four-year period.

He feels the option may also attract college graduates interested in serving their country before attending graduate school. But perhaps the largest potential pool for the option is with community college graduates who might serve the country for a short time and use available incentives to enter a four-year school, said Clark.

Incentives

There are four incentives under the option. The first is a \$5,000 bonus payable upon completion of active duty service.

The second is a loan-repayment option also paid at the end of the active duty portion. The legislation allows for repayment of up to \$18,000 of qualifying student loans.

The final two incentives are tied to — but not part of — the Montgomery G.I. Bill. One gives 12 months of a full Montgomery G.I. Bill stipend, currently about \$900 a month. "This should attract college graduates looking to go to grad

school," said Clark.

The other incentive offers 36 monthly payments at one-half of the current Montgomery G.I. Bill stipend. "We look at this as being an incentive to both high school graduates or maybe college students who are financially strapped, who may need to sit out for a period, serve the country, learn, see the world and then go to school," he said.

Enlistment Criteria

The services will set the enlistment criteria. Military specialties that involve long-term training will not be offered. Basic medical specialties, some engineer skills, and personnel, administration and combat specialties will be part of the mix. The first members who opt for this program will go into the delayed-entry program beginning Oct. 1, 2003.

Clark was adamant that service members in this program would not be "second class citizens." He said although they will serve shorter periods of time, they will be treated the same way as those with longer-term enlistments.

The program will start with a small number of inductees; there is no set number that will indicate success. As the program ramps up, DoD will work with national service organizations to ensure recruits under this program understand all their options.

Clarks said DoD is coming off its most successful recruiting year ever.

"The department does not need this program to fill the ranks, but we are excited about offering the chance to serve the country to young men and women who ordinarily might not."

WORD ON THE STREET

"Which team will win Super Bowl XXXVII?"



"The Buccaneers will win. They have a great defense and will be able to stop the Raiders' passing game."

Lance Cpl. T. J. Salinas

Machinegunner, Alpha Co., 1/3



"I think Tampa Bay will win, but it will be close — they have a much better defense than Oakland does."

Lance Cpl. Tom Raiford

Cannoneer, Alpha Co., 1/12



"Raiders will win. They have had a great season and their team is playing well together."

Joyce DeLapena

Sales clerk, Aloha Key & Awards, MCCS

1/3: Alpha, Bravo train at MOUT

From A-1

The Bravo Co. Marines finally descended from the Schofield skies at nearly dusk, in an attempt to hide troop movement for a surprise attack sometime in the darkness. Each of the Marines was armed with blank ammunition and sensor activated battle gear.

Alpha Co. Marines noted several scouting patrols by Bravo Co. during the period before the attack.

The full moon provided the entrenched Marines plenty of visibility, especially with the aid of night vision goggles. Marines were seen and heard in nearly every direction and seemed to have nearly surrounded the entire MOUT facility.

More than five hours passed after the Bravo troops hit the ground before the attack actually began. Bravo Marines infiltrated the city from its south side in squad-sized columns at the beginning, but then began sending in Marines from all directions to overwhelm the defensive positions



Cpl. Jason E. Miller

This photo, taken with a night vision camera lens, shows Bravo Co. Marines moving through an open field under the cover of darkness to conceal themselves from Alpha Co.'s view.

of Alpha Co., which quickly progressed to its headquarters in the city's center.

The attacking force met a substantial amount of resistance when trying to enter the headquarters compound, but eventually fought its

way into the building after encountering numerous booby traps and ambush points to slow the assault.

The numbers and firepower of Bravo Co. eventually broke the back of the Alpha Co. resistance to capture the city.



"Raiders will win. Their quarterback Rich Gannon is the league MVP of the year."

Pfc. Adam Mantei

Machinegunner, Alpha Co., 1/3



"Raiders will win. They have some of the best players."

Rolly Gamez

Custodian, MCCS

St. Barbara's Day legend leads 1/12

Staff Sgt. Jesus A. Lora
Training/Operations Chief

Myths have carved their way into legends around the world. They give life to Zeus and Pegasus, and they help people believe in what they cannot see.

Some myths have helped lost fishermen find their way home with heavenly songs of beautiful mermaids. Others have provided smiles to millions of kids on Christmas morning, and still others have magically helped love prosper with the arrows of Cupid.

For Marines and Army field artillery units around the globe, a myth frames the annual feast of St. Barbara's Day, held each Dec 4th. First Bn., 12th Marine Regiment, honored the date with a belated celebration at the Kaneohe Bay Officers' Club, Saturday.

The Order of St. Barbara

The U.S. Field Artillery Association manages the order of St. Barbara, which links field artillerymen of the past and present during a ceremony that celebrates their brotherhood of professionalism, selfless service and sacrifice symbolized by the mythical Saint Barbara.

"It's a great opportunity to come together as companies and celebrate Saint Barbara," said Gunnery Sgt. Adam G. Monsy, battery gunnery sergeant, Alpha Battery, 1/12.

"This honor symbolizes the very heart and soul of the professional in the artillery," said 1st Sgt. Anthony A. Spadaro, first sergeant of Bravo Battery, 1/12.

During the ceremony, Maj. Henry D. Brown, Chief Warrant Officer 2 Jeffery M. Smith, Sgt. Maj. Daniel Huffmaster, and Gunnery Sgt. Joseph A. McGuigan, received the Honorable Order of Saint Barbara.

Also, Theresa Hansen and Debbie Morgan received the prestigious Molly Pitcher Award, which recognizes the volunteer service of spouses who contribute to the mission of field artillery and the welfare of the field artillery family.

The Legend of St. Barbara

The world was collapsing throughout the Roman Empire, around 236 - 254 A.D.

The emperor was slain by his personal troops, and disease was spreading in every village and town. Yet, underground, Christianity was slowly taking the place of pagan gods — destroying the foundation of the Roman faith.

Dioscoros, a rich merchant who lived in Asia Minor and the governor of a large and wealthy city located near the Persian Border, pledged his loyalty to pagan gods. He believed that every other religion (except paganism) belonged to the poor and downtrodden and that any association with other, outlawed religions would hurt his grain business.

Dioscoros embraced one special joy — his daughter Barbara, a maiden of great beauty, as well as her father's pride and happiness. However, Dioscoros kept Barbara locked in a tower for fear she would be stained by outlawed religions, disease, enemies or many ardent suitors.

High in the sky, Barbara grew up in the lonely tower. Only windows that graced her with the beauty of the countryside below provided contact with the outside world. Servants delivered food and clothing from below, via baskets and rope.

Dioscoros surrounded Barbara with the greatest comforts, and many attendants taught her how to worship pagan gods. Surely, Dioscoros believed she would grow up to follow his footsteps and become a pagan worshipper.

One day, a stranger put a book into the basket. The book opened the door to Christianity for Barbara, who fell in love with its teachings and saw its relevance to her everyday life. She now believed that the beauty she saw everyday outside her windows could not have come from wood or stone. She discovered it came from one creator, from one wise and almighty giver of life.

Meanwhile, Dioscoros prepared to depart on a business trip, but before leaving, he ordered his servants to build a new bathhouse for his daughter. Barbara saw the construction underway. She asked the servants to build an extra window — to remind her of the three names of God. The servants obeyed their employer's daughter and built a third window.

Dioscoros soon returned home and saw the three windows. His daughter, full of excitement and pride, explained to him that she had changed the plans in honor of the Holy Trinity. As well, she had converted to Christianity.

Rage exploded in Dioscoros' eyes, and he scolded Barbara. He told her she must renounce this new faith or die.

Barbara refused. Within seconds, Dioscoros reached for a sword. He tried to slash his beloved daughter, but Barbara ran into the hills.

Dioscoros immediately went to the Roman prefect and turned Barbara in for blasphemy. Later, the Roman guards found Barbara and took her back to face the prefect.

The rest of the story is harrowing. Barbara was tortured endlessly and suffered like an animal; yet, she stood firm in her faith and refused to deny Christ. Thus, the Roman prefect ordered her father Dioscoros to carry out a murderous act outside the city limits.

Without hesitation, Dioscoros led Barbara to the very edge of the city,



Photos by Staff Sgt. Jesus A. Lora

Above — First Lt. Shawn Charchan (left) of Alpha Battery, 1/12, plays the role of Dioscoros, during 1/12's skit recounting the legend of Saint Barbara as he is about to slay his beautiful daughter Barbara, played by 2nd Lt. Robert Tarleton, a forward observer for Alpha Battery.

Below — Two 155mm Howitzers from 1/12 sit poised outside the Kaneohe Bay Officers' Club Saturday while Marines, Sailors, soldiers and guests celebrate Saint Barbara's Day inside.



gripped her beautiful long hair, and beheaded her with his own sword.

According to legend, at that very moment, bright flames flew out of her body. Lightning struck Dioscoros. The earth shook and swallowed him whole.

Upon hearing the news, the Roman prefect, in terror, became insane and died.

Because of her faithfulness and her association with the avenging lightning bolt, Saint Barbara became the patron and martyr of those who seek protection from dangerous storms and lightning, from explosions, firearms and sudden death. As well, she became the patron saint of architects, for her bit, albeit fatal, with remodeling.

The Protection of St. Barbara

When gunpowder made its appear-

ance in the western world, Saint Barbara was invoked for aid against accidents caused by explosions, and she became the patron of artillery.

During Saturday's celebration, the Marines of 1/12 honored their patron saint with food, drink and skits that recalled the legend.

They asked God the creator — played by 1st Lt. Andrew Roberts of Alpha Battery, 1/12 — if they could be worthy of their patron saint, Saint Barbara, and he bestowed them the honor and protection of Saint Barbara.

The 1/12 celebration ended with "Auld Lang Syne," performed by the Marine Forces Pacific Band while Spadaro narrated "Fiddler's Green," the poem, whose origins are unknown, written to all artillerymen around the world.

The poem memorializes the service of field artillerymen.



Courtesy of U.S. Army

A portrait depicts Saint Barbara with the sword that took her life, while the castle that hid her for so many years rests in the background.

— EVERY CLIME & PLACE —

2,000 bid farewell to Marine ace

John Gunn
Special to the
Hawaii Marine

Nearly 2,000 people came together Jan. 9 at Scottsdale, Arizona's Bible Church for a farewell befitting Joe Foss, a flying ace who dedicated his life to public service, his church and family, according to *The Arizona Republic*.

Actor Charlton Heston, another member of Foss' generation, gave a brief but powerful tribute to his friend, despite limitations caused by symptoms of Alzheimer's disease.

Foss was also a mentor to NBC news anchorman Tom Brokaw, who said in videotaped remarks that Foss had the "aura of a hero but the openness of the guy next door."

Former first lady Barbara Bush sent her family's regards in a letter saying, "The whole Bush family thought the world of you."

The memorial service was full of military pomp

and circumstance, including a flyover by F-16s in a missing-man formation, *The Republic* said.

Foss was also a former governor of South Dakota, first commissioner of the American Football League and a past president of the National Rifle Association, which Heston leads.

Foss died Jan. 1, at the age of 87, in Scottsdale, after suffering an aneurysm in Michigan in October.

Brokaw, a native of South Dakota, and Foss became friends in 1957 when Brokaw was 17.

Foss, then governor of South Dakota, invited Brokaw, governor of Boy's State, to be his partner on a national quiz show, where they won \$612 each.

Foss was a key inspiration behind Brokaw's 1998 book "The Greatest Generation," about Americans who came of age during the Depression and World War II and helped shape the country.

When Heston walked to

the podium, he got a standing ovation.

"I've known no man of more honor than Joe Foss. I'll miss his smile, his passion and his friendship," he said, reading from text.

Bill Bright of Orlando, founder of Campus Crusade for Christ International, also videotaped his remarks.

"Joe Foss was the original John Wayne. John Wayne was an actor, but Joe is real," Bright said.

Mourners were told that Foss turned down a Hollywood offer to have Wayne play him in a movie because there was a love interest in the script, said *The Republic*.

General William Nyland, assistant commandant of the Marine Corps, bade a tearful goodbye to a man he had heard about for decades from when he was in officer's training in the Marines.

"I would later learn that there wasn't an aircraft in the world that could ac-

count for all the victories of Joe's life," Gen. Nyland said of the 26 flags posted on Foss' fighter plane that symbolized the 26 planes he shot down in World War II.

"We will miss you. Your Corps will miss you," Nyland said, his voice cracking.

After a bagpipe belled a mournful "Amazing Grace," a 21-gun salute exploded into the sky and F-16s thundered overhead.

Thursday was also officially declared Joe Foss Day, and state flags flew at half staff.

In the end, Foss got the last word when he spoke to the mourners in an old videotape about his Christian faith.

"Each one of us is one breath away from leaving this great world of ours, and it's better to know where you're going," he said. "'God bless you all and have another great day.'"



Lance Cpl. John Goss

The Senate Armed Services Committee began holding hearings in September 2002 to examine the nomination of Lt. Gen. Michael W. Hagee for appointment to the grade of general and Commandant of the Marine Corps.

CMC, From A-1

Training focuses on techniques and procedures; education focuses on understanding."

In addition to specific issues addressed in the planning guidance, other areas of concern and priority for the commandant include identifying the platforms for future maritime operations and enhancing the naval team's capability to project power ashore.

The Commandant said the future of the

Corps is tied to identifying capabilities the nation will need in the future and tailoring a Marine Corps to deliver those capabilities.

"Once we know what capabilities the nation will need to support our combatant commanders, now and in the future, we'll be best able to use the 175,000 Marines Congress has authorized."

The CMC's complete planning guidance can be viewed online at www.usmc.mil/33cm-cpg.doc.

Keeping 'Old Faithful' Proud



Staff Sgt. Robert Carlson

Staff Sgt. Jason M. Lovell, assistant training chief, G-3, MCB Hawaii, replaces the National Ensign on the Pacific War Memorial Jan. 17. Recent storms and strong winds rendered the colors unserviceable.

ACMC says 'buckle up'

Headquarters
Marine Corps
Press Release

The week of Feb. 9-15 has been designated child passenger safety week. This presents an opportunity to include Marines' families in activities directed toward marketing safety in keeping with the Marine Corps 2nd quarter theme.

The National Highway Traffic Safety Administration (NHTSA) has identified "4 steps for kids"

The first step is rear-facing infant seats in the back seat from birth to at least one year and at least 20 pounds.

The second step is forward-facing toddler seats in the back seat from age 1 to about age



Cpl. Jessica Mills

Three-month-old Jaiden Mills is securely buckled in a rear-facing infant seat whenever he is in a vehicle.

four and 20 to 40 pounds.

Step three involves booster seats in the back seat from about age 4 and 40 pounds to at least 8 years of age.

Safety belts without booster seats at age 8 or older or taller than 4'9". All children age 12 and

under should ride in the back seat.

A special NHTSA website, www.BUCKLEUPAMERICA.org outlines possible activities for the week.

A number of suggested actions focus on this year's emphasis targets: promoting booster seats and providing training for child care providers on how to transport children safely.

Child safety seat inspection events are always beneficial. Bases lacking that resource should locate and publicize child safety seat inspections in the surrounding area.

An action-filled child passenger safety week can serve as a powerful kickoff for the Corps' effort of marketing total family safety.



Marine Corps Community Services sponsors sports and recreation programs for both youth and adults aboard the Manana Housing Area.



The pool area is enclosed with a new fence that helps keep the water free of debris, and the patio clean.

Manana improves recreation

Story and Photos by
Staff Sgt. Robert Carlson
Press Chief

Manana Housing Area in Pearl City is a little far from the MCB Hawaii, Kaneohe Bay, base flagpole, but that doesn't mean residents there are forgotten when improvement projects are considered and funded.

Recent improvements that help to improve the quality of service for the Marines, Sailors and families at Manana include resurfacing of the basketball and tennis courts, and excavation work around the courts to improve the flow of runoff away from the courts.

A new fence was also installed around the pool recently, and it helps keep the water and patio area clean and free of debris.

"These improvements increase the quality of life for the Manana residents by providing high-quality recreation areas for children and other family members," said Capt. Michael Lorence, Camp Smith's Facilities officer. "These improvements provide added security and aesthetic value to the Manana area."

The project to install the fence around the pool area was more than \$32,000, and the tennis courts and basketball court resurfacing was \$21,000 and \$76,000 respectively.

Flooding at the courts was common prior to the \$32,000 project to fix the runoff problems, and was stopped to protect the investments made in the new court surfaces.

While these projects are focused on improving the recreational facilities aboard Manana, MCB Hawaii's Facilities department concentrates a majority of its efforts on



The newest improvements are the new surfaces on the tennis and basketball courts.

"These improvements provide added security and aesthetic value to the Manana area."

Capt. Michael Lorence
Facilities Officer, Camp H. M. Smith
MCB Hawaii

maintaining the housing facilities for the safety and security of the residents.

Irrigation systems are keeping the grass greener and the dust lower, and Marine Corps Community Services recently installed a large new playground.

"They're doing a lot of repairs around here, and the place looks a lot better," said Melissa Agostini, a

family member and Manana resident. "The temporary Self Help Store is a great benefit, and we can't wait until there is some type of permanent facility for that."

The Facilities department continues to help keep Manana residents comfortable, and Manana residents are noticing the difference.

"It's really a nice place to live," Agostini said.



Marine Corps Community Services recently installed a new playground in the housing area.



Above — The recreation area includes a skatepark with rails and ramps.

Right — Irrigation systems around the installation help keep dust down, and add turf for more pleasant recreation.



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

JANUARY

25 / Saturday

Storytime Supports the Girl Scouts — They're not selling cookies. They're not camping. They're earning their childcare badge and need your help.

Junior Girl Scout Troop 41 is hosting Storytime at the Base Library. All base children are invited to attend this special Storytime event.

Guests will listen to the troop read stories, enjoy treats and help with an arts and crafts project. No reservations are needed.

Regular Storytime is held every Thursday in the Base Library, Bldg. 219, from 10 – 11 a.m.

For more Storytime information, call the Base Library at 254-7624.

Military spouses who would like to act as a liaison between unit commands and spouses are highly encouraged to attend the next Key Volunteer Training session Jan. 28 – 30 from 9 a.m. – noon in Bldg. 3022.

Spaces are limited and childcare may be available. Call 257-2410 for details.

Special Needs Information & Support Network — Meeting on the fourth Tuesday of each month, the Special Needs Information & Support Network provides Marine and Navy families with ongoing special needs support, education and resources.

Free childcare is offered. Interested parties may attend this meeting at the Base Chapel from 6:30 – 8:30 p.m.

For more information, call 257-7783.

31 / Friday

Rocker Room to Host Bosses' Night — Bring in your top dog to the Rocker Room for Bosses Night from 4:30 – 6:30 p.m. Free pupus, entertainment and beverage specials await.

It's time for a little recreational networking.

For more Bosses Night information, call the Rocker Room at 254-5592.

Sharkey's Quick Bite now Open — Recharge your mid-



MIDDAY CUISINE AT K-BAY

Sharkey's, the new fast food eatery by Kaneohe Bay's Base Marina, is open daily for lunch from 10:30 a.m. to 1 p.m.

day with a quick meal at the new Sharkey's station near the Base Marina.

Sharkey's serves hamburgers, hot dogs, chips and soda, Monday – Friday from 10:30 a.m. – 1:30 p.m.

For more details, call 254-7641.

the Base Chapel, at 10 a.m. and at 3 p.m.

For more details, call Personal Services at 257-7786.

Diaper Derby — All parents-to-be are invited to attend the next free Dad's Baby Boot Camp & Mom's Basic Training Feb. 4 and 5 from 8:30 a.m. – 4 p.m.

Attendants will gain knowledge in third trimester care, child delivery, post-natal care and more.

Reservations are required, as space is limited.

For additional details, call the New Parent Support Program at 257-8803.

6 / Thursday

New Arrivals Orientation — Get the inside scoop to the best resources, events and more during the next New Arrivals Orientation at the Base Theater

from 7:30 a.m. – 12:30 p.m.

All newly stationed Marines, Sailors and their family members are welcome.

Keynote speakers from both the base and MCCS will brief the crowd and get people acquainted with this new paradise they call home.

Children are welcome to attend, or parents may elect to bring them to the "Keiki Aloha Orientation," which is held in the same building, upstairs in the Base Library from 10 a.m. – 12:30 p.m.

Children will enjoy making a Hawaiian craft as well as discover the culture.

Reservations must be made in advance for the Keiki Aloha Orientation. Parents may do so by calling 257-7786.

20 / Thursday

Government Job Fair — Perfect and polish your resume.

Get ready to land your dream job at the Government Job Fair at the Banyans Club at Pearl Harbor, from 9:30 a.m. – noon.

Fairgoers may meet with recruiters and company representatives from city, county, state and federal agencies.

Attendees should dress accordingly, and children are not permitted into the fair.

For additional information, call Personal Services at 257-7795 or logon onto Web site www.jemshawaii.com.

28 / Tuesday

Key Volunteer Training —

SM&SP



Mahalo to AT&T In-Room Service for supporting the Single Marine & Sailor Program.

All events are open to single, active duty military, E-5 and below.

The SM&SP Office is located in Bldg. 219. Call 254-7593, for more information on any program or activity.

Program Review

Thursdays: Enjoy free tennis lessons from 11 a.m. – 12:30 p.m. at K-Bay's tennis courts. Call 258-8081 for reservations.

Thursday, Jan. 30 - 31, and Feb. 1 - 3: Volunteers are needed to assist with the Pro Bowl halftime show, stage prep, rehearsal, support and breakdown.

Feb. 8: Enjoy deep sea fishing; however, space is limited to six people. Make your reservations now.

Mark your calendars now for the following 2003 SM&SP Island Get-Aways:

•Feb. 15 – 17: Kauai at \$250.

•May 24 – 26: Maui excursion at \$270.

•Aug. 30 – Sept. 1: The Big Island of Hawaii at \$270.

Fees cover airfare, transportation and accommodations.

SM&SP Goes Online

Get more SM&SP at www.MCCSHawaii.com under the "Semper Fitness" icon.

FEBRUARY

4 / Tuesday

MCCS One Source Brief — Headquarters Marine Corps Community Services' facilitator Mary Craig will be aboard MCB Hawaii to share exciting news regarding the new MCCS One Source, a 24-hour phone and online resource for Marines, Sailors and their family members.

Craig is scheduled for two briefings to take place Feb. 4 at

MCCS offers 24-hour, toll free support

Marine Corps Community Services

Press Release



Marine Corps Community Services has added a new weapon to its joint arms approach of providing community and family support programs. Beginning this month, a new program called "MCCS One Source," will provide 24-hours-a-day, 7-days-a-week telephonic and online family information and referral, situational assistance, and links to military and community resources.

"MCCS One Source is similar to employee assistance programs used by many of nation's leading corporations," said Mary Craig, a program specialist with Marine Corps Family Team Building, at Headquarters Marine Corps. "This service is not just for families in a crisis situation; it's for the everyday challenges that life brings.

"Users can get information on everything from time management and caring for elderly family members, to buying a car, strengthening relationships, or building

customized relocation packages. Online users can create their own personal account and receive regular newsletters on topics of interest.

"All products and materials, both standard and customized, are prepaid by the Marine Corps," explained Craig.

Beginning Dec. 1, Marines and families assigned to the Marine Corps Recruiting Command; Marine Forces Reserves; MCAS Iwakuni, Japan; MCAS Yuma, Ariz.; and Marine Corps Air Ground Combat Center 29 Palms, Calif., became eligible to use MCCS Onesource.

On Feb. 1, the service should be available to the rest of the Marine Corps.

The MCCS One Source is available to active duty and reserves Marines and their family members. The service is applicable to married, single and those with or without children.

The goal of MCCS One Source is to reinforce existing MCCS support systems for geographically dispersed populations, extend the hours of service for all populations, and standardize the quality of service and information.

Currently, MCCS information and referral services are spread across numerous programs and facilities and are typically available on installation approximately 50 hours a week. Marines and families often

have to travel to the facility or special event to get information, which can be very difficult for reserve and recruiter communities that are usually assigned away from military installations.

"An important aspect of the service is that 94 percent of calls are answered within 20 seconds by a real person. Simply dial the 1-800 number, and MCCS One Source connects you with a consultant best suited to answer your particular concern," said Craig. "We also have a translation service for over 140 languages, as well as assistance for the hearing impaired."

Multiple ways exist to access the service, including toll free in the continental U. S. at 1-800-433-6868 and overseas (or outside the continental U. S.) at 1-800-237-42374 or via MCCS One Source Online at www.mccs.onesource.com, Craig added.

"Online users will have access to an award-winning Web site with a comprehensive array of free articles, booklets, audio recordings and other resources to help them get the answers they want, in the format they want, sent to them the way they want it — via email, fax or mail.

"The Web site is also Section 508 compliant for those with special needs, and has a Spanish language version."

Call Craig at (703) 784-0295, or email craig mj@manpower.usmc.mil.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your I.D. at the box office, Bldg. 219. Phone 254-7642 for recorded info, 254-7641 for the theater manager.

Extreme Ops (PG13)

Today at 7:15 p.m.

The Emperor's Club (PG13)

Today at 9:45 p.m.

Crazy Nights (PG13)

Saturday at 7:15 p.m.

8 Mile (R)

Saturday at 9:45 p.m.

Extreme Ops (PG13)

Sunday at 3:30 p.m.

Friday After Next (R)

Sunday at 7:15 p.m.

Analyze That (R)

Wednesday at 7:15 p.m.

Treasure Planet (PG)

Jan. 31 at 7:15 p.m.

Friday After Next (R)

Jan. 31 at 9:45 p.m.

MCCS MISSION

The MCCS Mission: To uplift the spirits of the Marine Corps and Navy families and to support Marine Corps and Navy readiness and retention through customer-owned and driven MCCS programs, goods and services — in garrison and deployed environments.

(For up-to-the-minute news about MCCS, logon to www.mccshawaii.com.)

MCB Hawaii celebrates MLK's achievements

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

—Martin Luther King Jr.

Staff Sgt. Robert Carlson
Press Chief

Civil rights in America have come a long way since the late 60s, and much of what Dr. Martin Luther King Jr. started then has snowballed into the movement that brought us closer to equality and farther from racism and segregation.

Martin Luther King Jr. Day is a time to celebrate those achievements and keep the issues in the forefront of our society's collective mind.

The theme this year is "Remember, Celebrate, Act! A day on, not a day off," and the Sailors at Commander, Patrol and Reconnaissance Force Pacific took the occasion to educate more than 150 Marines and Sailors of MCB Hawaii about the history behind the civil rights movement.

The celebration breakfast at Anderson Hall Jan. 17 included musical selections by Petty Officer 1st Class Wilhelmina Heilman, from CPRFP, and Petty Officer 2nd Class Cassius Gilmer, from the



Staff Sgt. Robert Carlson

Senior Chief Michael Gregory, command senior chief, Marine Corps Air Facility, aboard MCB Hawaii, Kaneohe Bay, speaks to the audience about his experiences with racism as a child in the South.

Tactical Support Center, who led the audience in soulful songs that kept the mood light amidst discussion of much heavier subjects.

Senior Chief Michael Gregory, command senior chief at Marine Corps Air Facility, grew up in Birmingham, Ala., in the 60s, and told guests of his experi-

ences with racism and segregation.

"I didn't know any different. We lived in an all-white neighborhood and went to an all-white school," he said when describing his childhood feelings about racial issues. "I don't think it was racism — it was just ignorance."

Gregory spoke of the shock he experi-

enced when he enlisted in the Navy and suddenly worked with — and for — Sailors of other races. He explained how he worked through the issues on his own, and with a longtime friend who also had experiences with racism.

Rear Adm. Anthony Winns, commander, CPRFP, also talked about his experiences during his keynote speech.

Winns said there were seven defining moments in his life that proved to him the things Martin Luther King Jr. fought for were real.

He walked everyone through his experiences from the being a child in the Jacksonville, Fla., and drinking from a "colored only" water fountain, through his time in high school, the Naval Academy, and various command billets he's been assigned throughout his career in the Navy.

While our society has made leaps and bounds with regards to equality and civil rights for every citizen in the past 30 years, there are still improvements to be made, Winns added.

His experiences with racism, some as recent as 1997, prove that some in our society still hold on to the values they were taught in the late 60s, and until there is no racism or segregation in this country, Dr. Martin Luther King Jr. Day will continue to be a relevant and necessary reason to celebrate.



Staff Sgt. Robert Carlson

Patrol Squadron 4's Navy Lt. j.g. Brian Solano (right), a Naval flight officer, offers assistance during a basketball game at He'eia Elementary School in Kaneohe.

Skinny Dragons partner with Kaneohe's He'eia Elementary

Staff Sgt. Robert Carlson
Press Chief

While units stationed aboard MCB Hawaii continue the healthy Adopt-a-School program with relationships started long ago, some programs are still blossoming.

Patrol Squadron 4 began a relationship with He'eia Elementary School last week, and supporters on both sides committed to make the program a long-lasting, beneficial,

and fun one.

Skinny Dragon volunteers help with the school's recess and physical education training, and also help tutor individual students in the classrooms.

"It's really a great relationship, and it's the beginning of a friendship we want to develop," said He'eia Vice Principal Sheri Sunabe. "We're willing to make a commitment to this program, and so is Patrol Squadron 4."

He'eia has more than 620 students, and the Sailors bring some added excitement to the campus on Tuesdays and Thursdays each week.

"We have a big percentage of the squadron involved in the program," said Lt. j.g. Bob Novotny, a Naval flight officer with VP-4. "We need to be able to support the program during training and deployments,

See VP-4, B-4

ON THE MENU

Anderson Hall will prepare the following this week:

<p>Today</p> <p><u>Lunch</u> Oven Roast Beef Baked Tuna & Noodles Steamed Rice Fried Cauliflower Vegetable Combo Asst. Fruit Pies Chocolate Chip Cookies</p> <p><u>Dinner</u> Sauerbraten Knockwurst w/ Sauerkraut Cottage Fried Potatoes Boiled Egg Noodles Green Beans w/Mushrooms Asst. Fruit Pies Chocolate Chip Cookies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar</p> <p>Saturday</p> <p><u>Dinner/Brunch</u> Grilled Steak Pork Chops Mexicana Mashed Potatoes Spanish Rice Fruit Nut Bars</p>	<p>Asst. Fruit Pies</p> <p>Sunday</p> <p><u>Dinner/Brunch</u> Beef Pot Pie Baked Fresh Fish Steamed Rice Bread Pudding w/ Lemon Sauce Peanut Butter Cookies Asst. Fruit Pies</p> <p>Monday</p> <p><u>Lunch</u> Teriyaki Chicken Salisbury Steak Mashed Potatoes Steamed Rice Apple Crisp Fruit Bars Asst. Fruit Pies</p> <p><u>Dinner</u> Baked Meat Loaf Oven Roast Beef Pork Fried Rice Parsley Butter Potatoes Apple Crisp Fruits Bars Asst. Fruit Pies</p> <p><u>Specialty Bar</u></p>	<p>(For Lunch and Dinner) Pasta Bar</p> <p>Tuesday</p> <p><u>Lunch</u> Barbecue Spareribs Veal Parmesan Oven Browned Potatoes Buttered Egg Noodles Devil's Food Cake w/ Mocha Cream Frosting Asst. Fruit Pies</p> <p><u>Dinner</u> Swiss Steak w/Brown Gravy Baked Fish Fillet Lyonnise Potatoes Steamed Rice Devil's Food Cake w/ Mocha Cream Frosting Asst. Fruit Pies</p> <p>Wednesday</p> <p><u>Lunch</u> Baked Ham Chili Macaroni Candied Sweet Potatoes Grilled Cheese Sandwich</p>	<p>Peanut Butter Cookies Asst. Fruit Pies</p> <p><u>Dinner</u> Baked Stuffed Pork Chops Turkey Pot Pie Steamed Rice Mashed Potatoes Peanut Butter Cookies Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Hot Dog Bar</p> <p>Thursday</p> <p><u>Lunch</u> Cantonese Spareribs Baked Tuna & Noodles Shrimp Fried Rice Cornbread Dressing Pineapple Upside-Down Cake Asst. Fruit Pies</p> <p><u>Dinner</u> Swedish Meatballs Caribbean Chicken Steamed Rice O'Brien Potatoes Pineapple Upside- Down Cake Asst. Fruit Pies</p>
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SAVORY SKILLET LASAGNA

Lasagna makes a tasty, quick & delicious meal

NAPS
Featurettes

When you're looking for a quick and easy meal for dinner, you might be surprised at what you can do with a simple can of tomatoes. Whether it's skillet lasagna, minestrone soup or stovetop stuffed peppers, creating a delicious meal in minutes is just a few simple steps away.

Savory Skillet Lasagna

Preparation Time: 5 minutes
Cook Time: 25 minutes
Serves: 6

Ingredients Needed:

- 1 pound Italian sausage links with casings removed
- 2 cans (14.5 ounces each) diced tomatoes with basil, garlic and oregano
- 1 can (6 ounces) ruffled edge campanella *pasta, cooked according to package and kept warm
- 2 cups (8 ounces) shredded mozzarella, divided
- *a small noodle resembling mini-lasagna noodles; can substitute other pasta

Steps to Prepare:

1. Cook sausage over medium-high heat in 10-inch skillet until crumbled and no longer pink; drain. Blend in tomatoes and paste. Simmer for five minutes. Remove from pan; keep warm.
2. Place half of cooked pasta in bottom of skillet. Pour half of tomato-meat mixture over pasta. Sprinkle with one cup mozzarella cheese. Top with remaining pasta, tomato-meat mixture and mozzarella.
3. Cover and cook over medium heat for five minutes or until heated through and cheese melts. Remove from heat; let stand one minute.

VP-4, From B-3

so we have a lot of people who can rotate through and help out."

While the program has been underway for only one week, it's already having an effect on the students.

"These guys are a big help, and they are already becoming role models for some of these students," said Elizabeth "Becca" Falelua, intramural sports coordinator at the school. "The students are so excited to see them and play sports with them that their eyes light up."

"This program is a great chance for us to get out in the community and meet some of the people we're working to protect," said Novotny.

The intramural sports program has cut down on behavioral referrals, according to Sunabe, and with the Sailors' help, organization, and enthusiasm, it can only get better.



Staff Sgt. Robert Carlson

Adopt-a-School volunteers from VP-4 cheer as Elizabeth Falelua, intramural sports coordinator at He'eia Elementary School, reads scores.

Base Chapel

Bldg. 1090
MCB Hawaii, Kaneohe Bay

Catholic Services

Sunday Mass	9:30 a.m.
Holy Days of Obligation	11:45 a.m. and 6 p.m.
Daily Mass	11:45 a.m. (Tuesdays thru Fridays)
Adult Choir Rehearsal	6 p.m., Tuesdays
Saturday Mass	5 p.m.

Protestant Services

Liturgical Worship	8 a.m., Sundays
Children's Sunday School	9:30 a.m.
Adult Sunday School	9:30 a.m.
Contemporary Worship	11 a.m., Sundays
Adult Choir Rehearsal	7 p.m., Tuesdays

For more information about Protestant Adult Sunday School, contact Chaplain Thornton at 257-3552, ext. 5.

All Catholic and Protestant services are located at the Base Chapel, Bldg. 1090, behind Dunkin' Donuts.

Religious education programs are held in the new Religious Education Facility (formerly the Wiki Wiki), also in Bldg. 1090.

Contact the Base Chapel at 257-3552, for more information about programs or services.

Some airlines will waive ticket exchange fees for military

Service members should check with individual carriers regarding specials

Gerry J. Gilmore
American Forces Press Service

WASHINGTON — Some U.S. airlines are adjusting their rules so service members won't have to pay penalties if they need to alter ticket reservations because of military duty.

AirTran Airways, Delta Airlines and Hawaiian Airlines now waive ticket change fees for service members on military deployment orders, while ticketing changes on Southwest Airlines are currently free, according to Jean Marie Ward of the Office of the Undersecretary of Defense for personnel and readiness.

Ward said particulars of these carriers' programs can be viewed at DoD's Military Assistance Program Web site at dticaw.dtic.mil/mapsite/airtickets.html. Information from more airlines is expected to be added soon.

According to General Services Administration officials, a number of other airlines will waive ticket change penalties if service members present copies of their military orders or a letter from their commanders, Ward explained. The waiver procedures are official company policy for some carriers, she said, but not all reservation or check-in personnel may know that. She suggested

travelers call their airline for waiver information *before* going to the airport.

Much of the U.S. airline industry has been in a financial tailspin since Sept. 11, 2001, and have instituted or boosted penalties for customers who want new tickets because of missed flights or changes in their travel plans.

Military travelers became prime penalty targets on Oct. 7, 2001, when America launched its military offensive against global terrorism.

Many thousands of active and reserve component service members already have been called up and deployed, Ward said, and myriad thousands more have been tapped for duty as part of the U.S. military buildup for potential war against Iraq.

Questions were raised in late 2002 about the travel penalties faced by service members called off leave for military operations.

At DoD's request, GSA officials queried City Pairs Program carriers — the contract carriers for government travelers — regarding ticket exchange penalties and waivers for military personnel, Ward said.

Meanwhile, she added, Air Mobility Command officials pursued parallel inquiries and ultimately coordinated much of the discussion between DoD and the airlines regarding waivers.

Information on the Military Assistance Program Web site notes that the Army Emergency Relief Society, Navy-Marine Corps Relief Society and the Air Force Aid Society may provide

loans to cover unexpected expenses resulting when air carriers don't waive fees or penalties.

The Web site notes that service members needing financial help of this type can call or visit the relief society office at the nearest military installation. The three organizations have reciprocal agreements with each other and the Coast Guard.

Policies for changing reservations or travel plans vary across the travel industry, Ward explained, noting that Amtrak tickets, for example, can be changed without charge in most cases. In contrast, prearranged travel packages will be more difficult to alter.

"However, the travel issues related to short-term deployments are broader than changes in personal travel plans," Ward said.

Certain military personnel, such as single and dual military parents, are required to have family care plans for deployments, she said, adding that these plans can involve sending children to distant family members or bringing a caretaker into the home.

Ward said DoD is exploring the issue of this kind of short-fused family travel with the airlines. Pending new airline policies, DoD recommends service members implementing plans that call for short-fused family travel ask their airline representative about eligibility requirements for any special fares.

Military families whose care plans rely on other forms of transportation should check their carriers' policies, according to Ward.

**DON'T PAY FOR SOMETHING CHEAP
WITH SOMETHING PRECIOUS...**

YOUR LIFE



MARINE MAKEPONO

"HAWAIIAN FOR
"MARINE BARGAINS"

Officers' Wives to Hold Art Auction

Saturday from 6 - 10 p.m. is your chance to collect diverse art from local Hawaiian artists and others when the Kaneohe Officers' Spouses Club holds its annual Art Auction in the downstairs lanai of the Kaneohe Bay Officers' Club.

Proceeds from this fundraiser will benefit scholarships and charities supported by the Kaneohe Officers' Spouses Club.

You can preview items beginning at 6 p.m. All art work is being provided by Pictures Plus, and noted artist Gary Reed will be in attendance to sign his work.

Pupus and a cash bar will be provided. The price is \$8 in advance, \$10 at the door.

For more details, contact Karen Wright at 261-5515 or Laura Castellvi at 254-1743.

FBI Seeks Agents

If you're interested in a career with the FBI, learn about requirements during the FBI career seminar, today at 10 a.m. at the Hickam Family Support Center, Bldg. 1105. Or, catch the seminar at the Prince Kuhio Federal Building, 300 Ala Moana Blvd., Jan. 31 from 10 a.m. to 12 p.m.

Entry-level salary is \$43,705 (GS-10 grade). For more details, contact Special Agent Kal Wong at 566-4488.

Military Widows Receive Support

The Society of Military Widows invites widows and widowers to join the organization during any upcoming gathering, which provides informal and friendly fellowship.

The group meets at 6 p.m., the second Friday of every month at the Mongolian barbecue held at the Kaneohe Bay Officers' Club. It also

meets the third Saturday of every month at different locations.

If you're interested in participating, contact Judith Breitwieser at 262-7953.

Mall Hosts Recreation

Catch any one of the following activities at Windward Mall. For more information on any activity, call 235-1143.

- *Wednesdays at 6 - 9 p.m.* enjoy free chess lessons and tournaments at center court, sponsored by the Hawaii Chess Federation and America's Promise. All ages are welcome. Call 586-6151 for details.

- *Thursdays at 6:30 p.m.*, learn country line dancing at center court.

NMCRS Scholarship Changes

The Navy-Marine Corps Relief Society regrets to announce that the Vice Admiral E. P. Travers Scholarship and Loan Program will not be available to dependent children of retirees or spouses of active duty personnel during the 2003-2004 academic year.

The change has come as a result of significant losses experienced in the financial markets. Those in need of financial assistance should refer to the American Legion Publication, "Need a Lift," and at www.students.gov.

For more information, call 254-1327.

Economics Degree Offered

The University of Oklahoma offers a non-thesis Master's in Managerial Economics degree.

Located at Hickam Air Force Base's Hangar 2, the program only requires 32 semester hours, a comprehensive exam and a research paper — which all can be accomplished in 18 months.

Another benefit, the program only meets weekly, making it TAD and TDY friendly for time-deprived students. For more details, call 449-6364.

Theater, Festivals Get Underway

If you want to be entertained, catch any of the following performances.

- *Thursday - Feb 2* at the Hawaii Theater: "Cirque Eloize in 'Nomade'". Performances run Thursday through Saturday at 7:30 p.m. and Sunday at 2 p.m. Tickets cost \$17-\$35. Call 528-0506 for info.

- *Jan. 31 - Feb. 16* at Diamond Head Theater: "One Flew Over the Cuckoo's Nest," based on the novel by Ken Kesey. Performances run Thursdays through Saturdays at 8 p.m. and Sundays at 4 p.m. Tickets cost \$10 - 40, and discounts are available for military, children, students and seniors. Call 733-0274 for tickets or more information.

- *Feb. 27 - March 1* at the Hawaii Theater: "Anything Goes," presented by the Iolani dramatic players. Performances run Thursday at 7 p.m. and Friday and Saturday at 8 p.m. Tickets cost \$8. Call 528-0506 for more details.

- *March 11 - 16* at the Hawaii Theater: "Spirit of the Dance," the powerful, show-stopping and heart-pounding Irish dance production returns. Call 528-0506 for specifics.

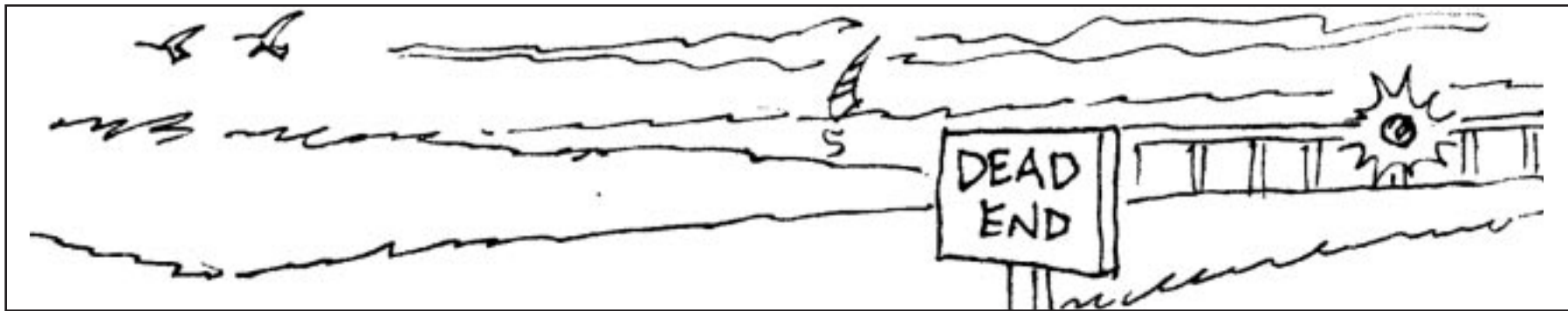
- *March 21 - April 6* at Diamond Head Theater: "Romance/Romance." Performances run Thursdays through Saturdays at 8 p.m., Sundays at 4 p.m. Tickets cost \$10 - \$40; call 733-0274 for reservations.

- *May 23 - June 8* at Diamond Head Theater: "Follies" will showcase many of Honolulu's best known and beloved performers. Catch performances Thursdays through Saturdays at 8 p.m., Sundays at 4 p.m. Tickets cost \$10 - \$40; call 733-0274 for more details.

- *The Honolulu Theater for Youth* offers stimulating and entertaining plays for children of all ages, and adults. Call 839-9885 for further details.

Did You Know?

The word *impasse* comes from the French word meaning a road open only at one end.



NAPS

Hawaii MARINE SPORTS

Hawaii Marine C Section

January 24, 2003



Cpl. Jason E. Miller

Professional Golfers' Association champion Paul Goydos demonstrates alignment before an audience gathered at the Jan. 15 surprise golf clinic.

Pro golfer shares his wisdom at Klipper

Cpl. Jason E. Miller
Combat Correspondent

Golfers aboard MCB Hawaii were treated to a pleasant surprise at the Kaneohe Klipper Golf Course Jan. 15, when professional golfer Paul Goydos stopped by for an hour-long clinic and provided instruction in advanced golfing techniques.

Goydos, the son of a World War II Navy veteran, thanked the Marines and Sailors who attended for their commitment to the country and for the work they do every day.

"It's because of what you do — and people like my father have done — that allows me to do what I do for a living," Goydos said. "If it weren't for you all, there's no way I could be where I am today."

Goydos was on the island of Oahu to participate in the Sony Open Golf Tournament in Waialae, which was underway Jan. 13 through the 19.

During the clinic, the pro went

See *GOLFER*, C-3

Aloha Run gives funds to military units

Steven Kalnasy
Varsity Sports Coordinator,
Marine Corps Community Services

We often hear the slogan "Lucky we live Hawaii" here in the Islands. And, looking around, it's hard to argue with that statement.

As a fitness professional, I help create opportunities for our community to reach its health and wellness goals. The numerous races held here on base and the great variety of sporting activities offered through the intramural, varsity and youth level programs at MCB Hawaii, make this a choice assignment for our Marines and Sailors.

Along with the programs held here, a plethora of events are offered outside of the gate.

Do you like to swim? How about biking? Are you one of those who like to run? Heck, what about all three?

See *ALOHA RUN*, C-3

3-on-3 tourney celebrates MLK Jr. Day

Lance Cpl. Monroe
F. Seigle
Combat Correspondent

The Noncommissioned Officers Association coordinated a 3 on 3-basketball tournament Sunday with a "Just Say No to Drugs" theme along with a 3-

point and slam dunk-contest at the Semper Fit Center in memory of Dr. Martin Luther King Jr.

The tournament kicked off at 10 a.m. and was open to all DoD personnel and family members over the age 15. Though participants

incurred a registration fee of \$5, all the proceeds went to the NCOA to fund future events.

The rules of the tournament allowed each team to choose three players and the winning team to score 11 points, with a maxi-

mum of 20 minutes per game, to advance in the tournament.

If the game ended with a tied score, the players would conduct a free-throw competition to determine the winner.

When final registration closed, a total of

eight teams emerged.

During the 3-on-3, each team strived to stay alive, as two losses ended chances of advancing to a win.

When games had finished, the "Wreckin'

See
BASKETBALL, C-3



Victoria Stonesifer, a yoga instructor at MCB Hawaii, Kaneohe Bay, and a native of Petersborough, England, stretches her arm while balancing on a rubber ball during the yoga class at the Semper Fit Center Jan. 16.

Yoga debuts at Semper Fit gym

Service members are finding yoga heals bodies, soothes minds — best of all, yoga helps rifle scores

Story and Photos by
Sgt. Joe Lindsay
Combat Correspondent

Though the origins of yoga date back to the beginning of human civilization some 5,000 years ago, the practice didn't reach the United States until the late 1800s.

It took even longer still to reach MCB Hawaii, Kaneohe Bay.

"The yoga program here is truly in its infancy," said Victoria Stonesifer, MCB Hawaii, Kaneohe Bay, yoga instructor. "But, we're growing up fast."

Indeed, the recently introduced yoga program has taken off here, and Marines, Sailors and family members alike are benefiting from the ancient flexibility exercises.

"I wish I would have started yoga earlier in my career," said David Chandler, a 20-year Marine veteran and yoga student from Gloucester, Mass. "It has helped me tremendously from a physical standpoint.

"After 20 years of over-use injuries in the Marine Corps, my body is finally starting to

heal up — thanks to yoga."

According to Stonesifer, helping to heal past injuries and prevent new ones is just one of the many benefits of yoga.

"Yoga not only improves balance and flexibility, it also strengthens the back, firms the stomach and develops and tones muscles," said the native of Petersborough, England. "But more importantly, it strengthens your immune system, alleviates stress and anxiety, and improves your concentration and focus."

Stonesifer said she believes the concentration and focusing skills learned in yoga class are vital for all Marines — especially for those with orders to the rifle range.

"Every Marine should come to yoga before going on the rifle range. Not only will their bodies be more limber, making it easier to get into the rifle positions, but the Marines will learn techniques which will help them visualize their hands becoming steady and their rounds striking the target."

For others, yoga offers a respite from the stress of everyday life.

"I feel calm after attending yoga class," said Dana Duryea, a family member and yoga student from Asbury N.J. "And, I seem to carry that feeling of calmness with me the whole day."



Stonesifer helps David Chandler, a 20-year Marine veteran and yoga student from Gloucester, Mass., get into position during his yoga class.

Deep relaxation is one of the tenants of yoga, the philosophy of which is based on prana, or breath. Hence, breathing exercises are a

mainstay of yoga. "In yoga everything comes from your inside, from your

See *YOGA*, C-6

BASE SPORTS

Edward Hanlon V MCCS Marketing

MCCS Calls All Softballers

Semper Fit Intramural Sports is starting a co-ed softball league next month. The league will begin Feb. 10, and the ending date will be determined by the number of teams that sign up to play.

The league will go no longer than March 31.

The league is open to all active duty Marines and Sailors as well as family members and DoD I.D. cardholders.

For registration information, call 254-7590.

Semper Fit Holds Surf & Turf 5K Run

Race day, Feb. 1 at 7 a.m., the Commanding General's Semper Fit Series run will begin and end at the Officers' Club, and wind throughout the Kaneohe Klipper Golf Course, including portions down the panoramic beach.

To get in on the fun, pick up a Surf & Turf packet at the Semper Fit Center between 9 a.m. and 4 p.m., Thursday - Jan. 31.

The entry fee for the race is \$15 and registration — underway now — ensures a free T-shirt to remember the event. (Registrations received after Jan. 24 are not guaranteed a shirt on race day.)

Awards will be presented to the top three finishers overall as well as to the top finishers in each age group in both men's and women's categories.

For further information, contact MCCS Athletics at 254-7590 or 254-7597 between 8 a.m. and 4 p.m.

Semper Fit Plays Some Ball For Black History Month

The MCB Hawaii Kaneohe Bay Black History Committee and the Drug Prevention Task Force are sponsoring the 1st Annual Black History Month Intramural Basketball Tournament Feb. 13 - 17 at the Kaneohe Bay Semper Fit Center.

The registration deadline is Feb. 11, and the fee is \$85 for a 10-man roster. A T-shirt and Gatorade will be provided.

All proceeds are benefitting the Black History Month Banquet.

For more information, or to register, call Ken Etheridge at 722-9962 or 254-4177.

ITT Offers Whale Watching Weekend

Get up close and personal with the ocean's gentlest creatures.

For a limited time, the Information, Ticket & Tours Office is offering a special military discount for the deluxe whale watch cruise aboard the Star of Honolulu.

The ITT office is located inside Mokapu Mall.

For additional details, call 254-7563.

Sharkey's Quick Bite Now Open

Whether at the Base Marina enjoying sports activities or looking for some place different to eat, recharge your mid-day with a quick meal at the new Sharkey's station near the Base Marina.

Sharkey's serves hamburgers, hot dogs, chips and soda, Monday - Friday from 10:30 a.m. - 1:30 p.m.

For details, call 254-7641.

Semper Fit Calls All Women

Do you have what it takes to be an All-Marine? If so, Marine Corps Community Services' Semper Fit is actively seeking resumes for an All-Marine Women's Basketball team and the All-Marine Women's Soccer Team.

•The All-Marine Basketball Trial Camp will be held from March 23 - April 10 at MCB Camp Pendleton, Calif.

•The Armed Forces Women's Basketball Championship will be held from April 11 - 18 at Naval Station Everett, Wash., and will determine the Armed Forces team to compete at the Women's National Championship held April 23 - 27 in Las Vegas, Nev.

•The All-Marine Soccer Trial Camp will be held from April 20 - May 10 at MCB Camp Lejeune, N.C.

•The Armed Forces Women's Soccer Championship will be held from May 10 - 18 at Fort Eustis, Va., and will determine the Armed Forces team to compete in the Regional Soccer Championship from May 26 - June 5 in Warendorf, Germany.

Marines interested in competing can print a resume application at www.usmc-mccs.org.

For more information, call 709-784-9542 or e-mail Medleyje@Manpower.usmc.mil.

Registration forms are also located in the Semper Fit Center's Athletic Office.

All major command sports representatives may contact Joe Au at 254-7591.

Young Chippers Can Take Up Golf at the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays.

Parents may purchase a lesson card valid for 10 lessons for \$100.



Classes are revolving and going on now. Children are welcome to bring their own clubs or to use clubs provided.

Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

Whether your child strives to be like Tiger Woods or simply is interested in trying something new, the Junior Golf Program is a great place to begin.

For more information, call 254-2107.

Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with attitude!"

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental.

Also, check out Semper Extreme Bowling, Fridays from 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes features bumper bowling, a snack and Pro Shop and arcade.

For more details, call K-Bay Lanes at 254-7693.

Paintball Takes Aim

Let your "inner-predator" come out to play. Spend a day practicing your combat skills with Paintball Hawaii.

The paintball field is open Fridays, by appointment only, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds. For unit training, the cost is \$20 per person.

For more details, call owner Roland Manahan at 265-4283, or the Single Marine & Sailor Program at 254-7593.

E-Club Hosts Sports Night

Don't forget that you can ease back and cheer on your favorite athletes at the Enlisted Club every Monday night during its weekly "Sports Night."

For more details, call 254-5592.

Base All Stars

NAME: Victoria Stonesifer

UNIT: Marine Corps
Community Services

TITLE: Yoga Instructor

SPORT: Yoga

•Stonesifer taught aerobics for more than 20 years before becoming a certified yoga instructor two years ago.

•A native of Petersborough, England, Stonesifer came to Oahu when she was 19, and has considered Oahu as her home ever since.

•Stonesifer is currently the only yoga instructor at MCB Hawaii, Kaneohe Bay. She also teaches a variety of classes at her yoga studio in Kailua.



Sgt. Joe Lindsay

"When we do yoga, my goal is for every one of my students to shine."

Super Bowl Frenzy

Edward Hanlon V
MCCS Marketing

It's sure to be a Super Bowl football frenzy Sunday, and all three clubs aboard MCB Hawaii, Kaneohe Bay, are ready to help you celebrate with activities.

• Catch all the NFL highlights at the E-Club's Kahuna's Sports Bar & Grill beginning at 9 a.m. Call 254-7660 for details.

• Staff noncom-

missioned officers can head down to the Staff NCO Rocker Room for pupus, beverage specials and the final contest of the King & Queen of the Quarter.

The regal winners will walk away with a new recliner.

• The Officers' Club embraces the football frenzy with a Super Bowl tailgate buffet beginning at noon.

Members and their guests will enjoy all the NFL action, free tailgate pupus and a cash bar. Call 254-7650 for more details.



COMMUNITY SPORTS

Pearl Harbor Needs Roller Hockey Players

Roller hockey players are needed to play on Pearl Harbor's sub base, to help jump start a new league.

Experience is not needed; however, players must be at least 15 years of age.

Come down on either Tuesdays or Thursdays at 5 p.m. to play, or any day to sign up.

Friday night is pick-up night with a \$3 fee; goalies play for free.

For more information, call John after 4 p.m. at 422-4639, or Kehone after 3 p.m. at 473-3295.

NFL Pro Bowl comes to Oahu

Pound for pound, it all comes down to the Pro Bowl. The best players in their positions in the AFC, face their counterparts from the NFC in the league's football all-star game, set in Honolulu's 50,000-seat Aloha Stadium, Feb. 2.

Coverage on the ABC network begins at 12:30 p.m. Also, service members and their families can stay tuned for opportunities to meet Pro Bowlers right here at MCB Hawaii.

Marines and Sailors Invited to Shape Up

Yes, you can win the war on body fat.

You may think the way to lose weight is by deprivation or taking a fat-burning pill or some other quick technique, but it's not.

Whether you are just starting a fitness program, or

need to improve your physical fitness standard, the new 2003 ShipShape program can help meet your goal.

This eight-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques to ensure winning results that will meet your military standards.

For information regarding the program, or to register for the next orientation, contact Health Promotion at the Naval Medical Clinic, Pearl Harbor, at 471-9355.

Bellows Hosts Outdoor Recreation

Just because summer is over does not mean you have to be a couch potato. Bellows Recreation offers plenty of outdoor activities for the entire family.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information regarding Bellows recreation, call 259-8080.

Go Camping Year-Round at Bellows

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and

oceanfront campsites, all within a close walk to what many consider the best beach in Hawaii.

In addition, enjoy water activities, hiking, miniature golf, or just sit back and relax.

No need to worry about bringing all of your camping gear. Bellows offers a full line of camping gear rentals to meet all of your camping needs.

Camping kits include one 6-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

Free Class Offered Covering Hunting & Several Outdoor Recreational Activities

Hunter education classes are being offered by the Hawaii Department of Land & Natural Resources.

Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, rules and regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years of age or older who enjoys the outdoors, not just hunters.

The next two-day class is Feb. 7 at 5:45 - 10:15 p.m. and Feb. 8 at 7:45 a.m. - 4 p.m. at the Waianae Public Library.

Contact the Hunter Education Office at 587-0200 to preregister or for more information.

BASKETBALL: NCOA tourney aids 'Say No' campaign



Left — Nathan McQuirter, a member of the "Dem Dirty Boys" basketball team and a gunner for Bravo Battery, 1st Bn., 12th Marine Regiment, goes for a lay up against Jason Myers, also a gunner with Bravo Battery, 1/12, and a member of the "Wreckin Crew."

Far Left — McQuirter dodges around a "Wreckin Crew" defender during the NCOA's 3-on-3 basketball tournament Sunday. All registration proceeds will benefit activities and events of the local NCOA chapter.

Photos by Lance Cpl. Monroe F. Seigle

From C-1

Crew" had defeated four other teams to win the final game against "The AJs."

The Wreckin Crew walked away with first place and received a trophy, along with \$75 and T-shirts.

"What was important is that we

all had a great time during the tournament," said Devaill McCoy, a motor transport operator for Combat Service Support Group 3 and a member of the Wreckin Crew. "It was a good way to celebrate Martin Luther King Day."

"The purpose of this tournament was to get Marines involved with

the Drug Prevention Task Force and celebrate Martin Luther King Day," said Ricardo Robles, a supply clerk for Headquarters Co., 3rd Marine Regiment, and president of the NCOA's local chapter. "We wanted to promote a drug-free environment while, at the same time, involving the community with the military."

ALOHA RUN: Applications are available at gym

From C-1

All you have to do is look in one of the race magazines, visit your favorite running shop, or come into the Semper Fit Center, and you can find something that fits your ability and competitive level.

One such event worth the time and money is the annual "Great Aloha Run." This charity event is designed for the "fun runner," the casual runner or the die-hard competitor. There is literally something for everyone.

The race is 8.15 miles, which gives runners (or walkers) a beautiful tour of the historic waterfront harbor of Honolulu, beginning at the famous Aloha Tower, then an enjoyable trot to the finish at the Aloha Stadium, where participants are treated to a huge welcoming party.

Everyone walks away with something, be it a finisher's T-shirt or a cash award.

Individuals who wish to enter can find special mili-

tary registration forms at the Semper Fit Center on Kaneohe Bay or at Camp H. M. Smith. A special category for military formations called "The Sounds of Freedom" gives military organizations a chance to show their colors and pride.

From squad to company to regiment, no size formation is too big or small. Registration for Sounds of Freedom is accomplished through your Unit Sports Representative.

Oh, did I mention that event organizers will donate \$1 to the base Marine Corps Community Services fund for each person who registers under the "Military" or "Sounds of Freedom" categories? That's right. Just be sure to put in the code for the Marine Corps.

So, if you want to have fun getting fit in beautiful Hawaii, register now and sign up for bus rides (before Feb. 13) at the Semper Fit Center. Call 254-7590.

Yep, it's true. We're lucky we live Hawaii.

GOLFER: PGA's Goydos inspires, impresses MCBH golfers with ability

From C-1

over some very basic strategies that he said are key to becoming a well-rounded player. He focused mainly on posture and alignment with the ball, which allows for a consistent and accurate swing.

Goydos also took the time to demonstrate several swings on the driving range, revealing the characteristics of the golf ball when hit over long distances.

For the most part, though, the clinic consisted of questions from other golfers, each of

whom had come to watch the pro at work. Many sought very specific advice; others were only curious to know about the life of a pro.

"The best thing that a person can do to get better at golf is to quit their job and start hitting balls every single day,"

Goydos said. "Unfortunately, most of you all don't have that luxury. So, all the practice you can get is going to help.

"It's a difficult sport, and at times a frustrating one, but, the fact that you get frustrated shows that you really care. Just try to have fun and relax."

'Welcome to the Pinewood Derby'



Cpl. Jessica M. Mills

Cub Scouts Pack 225 aboard MCB Hawaii, Kaneohe Bay, held its annual Pinewood Derby Sunday at the Mokapu Elementary School gymnasium. During the derby, 46 Cub Scouts and Boy Scouts raced their homemade miniature pinewood cars down a three-lane ramp. They had created their entries during the past 28 days. The top five winners — Logan Kerzie, 8; Daniel Evanson, 11; Derek Torres, 7; Tyler Owen, 9; and Ryan Torres, 11 — will compete in the Maka Hiki Islandwide Pinewood Derby in April at the Neil Blaisdell Arena.



spotlight on health

Aspirin may help lower risk of heart disease

NAPS
Featurettes

If you are overweight, smoke and don't eat a healthy diet or exercise regularly, you may be at increased risk for a heart attack.

According to the American Heart Association, approximately 1.1 million Americans will have their first or recurrent heart attack this year and over 45 percent of them will die.

Further, over 600,000 Americans will suffer from their first or recurrent stroke — of those, 167,000 will die.

To help improve these statis-

New AHA Screening Recommendations		
Every 2 years, test your	Every 5 years:	Improve your heart health profile by:
♥ Blood pressure	♥ Get a cholesterol profile	♥ Eating a healthy diet
♥ Body mass index (BMI)	♥ Test glucose levels	♥ Maintaining a healthy weight
♥ Waist Circumference		♥ Exercising regularly
♥ Pulse		♥ Avoiding tobacco

tics, physicians are now being challenged to begin comprehensive risk reduction for more patients at an earlier stage of their disease.

New AHA guidelines issued in the "Primary Prevention of

Cardiovascular Disease and Stroke: 2002 Update" may help these physicians accomplish these goals.

The AHA now recommends that adults with high risk of cardiovascular disease talk to their

doctors about low-strength aspirin to avoid a potentially fatal or disabling first heart attack or stroke.

The guidelines found that low-strength aspirin, which they defined as 75 to 160 mg, is as effective as higher doses.

The recommendations also note that the benefits of cardiovascular risk reduction outweigh the risk of gastrointestinal side effects in people with a 10 percent risk of heart disease over the next 10 years.

"Patients on an aspirin regimen should talk with their doctor again to find out if they are

taking the optimal dose because these guidelines confirm that in the case of aspirin, more is not always better," explains Dr. Mary Ann McLaughlin, assistant professor of medicine cardiology and geriatrics, co-director of Women's Cardiovascular Assessment And Risk Evaluation Program at Mt. Sinai School of Medicine, New York, N.Y.

"For cardio-protection, I recommend 81mg aspirin, because this single dose is effective and carries significantly less risk of serious GI problems," added McLaughlin.

New campaign answers why Americans need to get fiber into their diets

NAPS
Featurettes

Several questions puzzle many Americans who are striving to maintain an overall healthy lifestyle. Questions such as these: "Why do I need fiber in my diet?" "Why is fiber important?" and "What happens when you don't get enough fiber?"

Get FiberWise is an educational campaign designed to help answer all the "whys" about fiber.

Get FiberWise, sponsored by Metamucil, features an informational brochure, as well as an interactive Web site that provides helpful information regarding fiber intake.

"The goal of the Get FiberWise campaign is to educate people who suffer from irregularity, as well as those who want to learn how fiber can improve their overall health," said Maggie Smith, a registered dietitian. "Only half

of all Americans eat the recommended amount of fiber each day.

"Get FiberWise will help people learn how easy it can be to add fiber to their daily diets."

The Get FiberWise brochure and Web site highlight all of the basic "whys" of fiber, from frequently asked questions to specific information on psyllium fiber, the 100 percent natural source of fiber that can be used as a fiber supplement. Other resources are included:

- Tips on easy ways to add fiber to your daily diet.
- A helpful chart listing fiber information for common foods.
- A food journal to help map out how much fiber you get each day.

Send a self-addressed stamped envelope to: Get FiberWise, 303 E. Wacker, Ste. 440, Chicago, IL 60601, for a free brochure.



Healthy eating habits should begin at birth for a lifetime

NAPS
Featurettes

Most parents know the challenges of getting their child to have a balanced diet and to try a variety of foods. Still, now is the time to teach your infant healthy eating habits.

Did you know?

- Breast-feeding teaches your baby to like the flavors you eat. The American Academy of Pediatrics recommends breast-feeding as the best way to feed your baby because breast milk helps in your baby's eye and brain development and reduces your baby's chances of developing allergies and infections.

- Babies are born knowing how much they need to eat. Infants understand their bodies and their



NAPS

Fruits and veggies are critical for good health.

hunger right from the start. When your baby starts eating solid foods, watch for "I'm full!" cues, and never force your child to clean his plate.

- Babies are born with a protective instinct to be afraid of new foods. In fact, research shows that it may take up to 10 exposures before a baby truly decides if he likes a food.

- Exposure to fruits and vegetables early sets the stage for more variety later. Build your baby's taste buds with a variety of healthy food choices from each food group.

- Fifty percent of children ages 2 to 18 eat less than one serving of fruit a day. Five servings of fruits and vegetables a day are important to provide your older baby with essential nutrients, teach him or her new flavors to get into a healthy habit.

- Early physical activity contributes to early brain development and learning. Nurture your child's motor skills for later participation in physical activity.

High cholesterol can hurt the whole family

NAPS Featurettes

Many things in your life put you at risk for heart disease. Some things you may be aware of, like smoking or being overweight. But some things you may not know about, like high cholesterol or a family history of heart disease.

Am I at risk for heart disease?

Here are some items that could put you at risk. See if any of them apply to you.

- Family history
- Smoking
- Not exercising
- Regularly eating certain foods high in fat (foods such as whole milk, ice cream, butter, pastries and fatty meats)
- Being overweight
- High LDL or bad cholesterol
- High triglycerides
- High blood pressure
- Diabetes
- Aging

What is cholesterol?

Cholesterol is a kind of fat in the blood. High cholesterol can hurt you, as it can cause heart disease.

Too much fat in the blood can cause a waxy build-up that blocks blood vessels.

This malady can stop the flow of blood to the heart and cause a heart attack.

Should I know my numbers?

Yes. If you are over the age of 20, find out your cholesterol numbers. Yours could be high and require a change in eating habits and lifestyle.

How do I get tested?

It's easy. Ask your doctor.

The test is simple. Just a sim-

ple blood test will give you your number.

Where can I get help?

Ask the American Heart Association about its program, "The Cholesterol Low Down." This program will help you and your family learn ways to manage your cholesterol to reduce your risk for heart disease.

It will also give you the support you may need to work with your doctor and reach your goals.

What will I get?

•The Cholesterol Low Down Guide will teach you about cholesterol and give you tips for talking with your doctor.

•The Cholesterol Low Down Newsletter has information from doctors and stories from people who have reached their goals.

•A Health Risk Checklist will help you figure out your own risk factors for heart disease.

•Healthy living cookbooks offer tasty recipes.

•Fitness tips will help keep your heart healthy.

How can I join the program?

•Call 1-800-AHA-USA1 (or 1-800-242-8721), and ask to join The Cholesterol Low Down.

•Go to the Web site at americanheart.org/cld and fill out a member form.

Who is the spokesperson?

Actress Vicki Lawrence is involved with the program to inform families that high cholesterol is a risk factor for heart disease.

"Heart disease runs in my family," said Lawrence. "When my doctor told me that my cholesterol was inching higher, that was a warning sign for me,"

Who sponsors the program?

The American Heart Association has been working with Pfizer, Inc., since 1998 to bring The Cholesterol Low Down to people in the U.S. They want everyone to be aware of the dangers of high cholesterol.



LAWRENCE



Lance Cpl. Monroe F. Seigle

Melissa Williams, a family member aboard MCB Hawaii, Kaneohe Bay, gets blood drawn to check her cholesterol level, by Petty Officer 3rd Class Christian Leslie, an advanced lab technician at the Branch Medical Clinic, Kaneohe Bay.

All 20 years, and older, should know their cholesterol number

NAPS Featurettes

When it comes to cholesterol, doctors now say bigger may be better.

Some studies have linked the presence of small, low density LDL cholesterol particles to an increase in coronary heart disease. Medication that increases the LDL particle size may help keep patients healthy.

The news is significant because more than 100 million adults in the United States have blood cholesterol levels considered borderline high (over 200), and close to 40 mil-

lion adults have levels considered high (over 240).

It's thought that in addition to high cholesterol levels, many of these people have elevated levels of small, low-density LDL cholesterol particles in their blood.

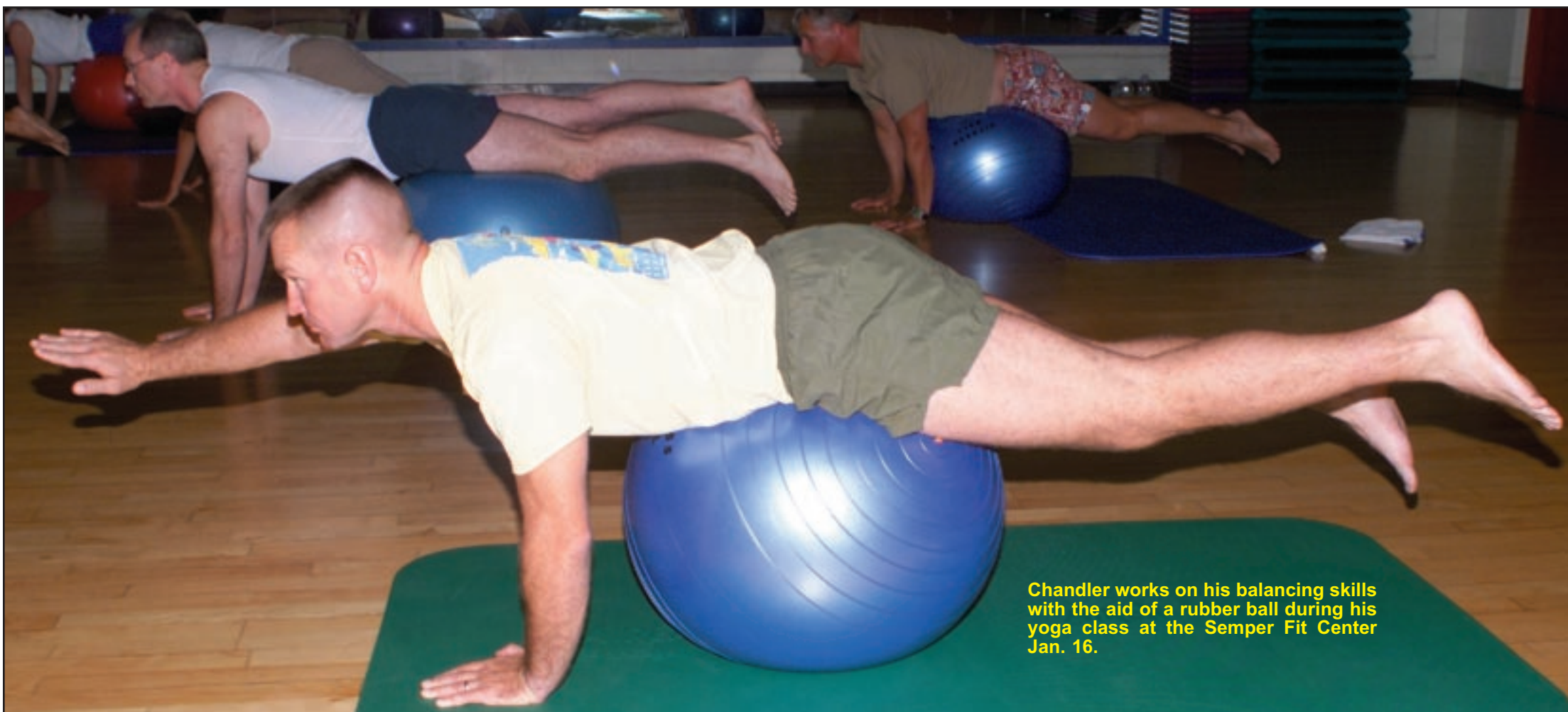
"Although lowering LDL-cholesterol remains the primary goal of lipid management, small, dense LDL-C particles are a significant residual risk factor for cardiovascular disease," says Dr. Peter H. Jones, study investigator and associate professor of Medicine at the Baylor College of Medicine in Houston.

In addition to learning about medication, doctors recommend people follow a few simple tips:

•If you're over 20 years old, get your blood checked at least once every five years to measure your lipoprotein profile.

•Find fun or interesting ways to exercise, and do them for at least an hour every week.

•Cut saturated fat intake. However, keep in mind some polyunsaturated fats, such as those found in black olives or salmon, are now considered healthy.



Chandler works on his balancing skills with the aid of a rubber ball during his yoga class at the Semper Fit Center Jan. 16.

YOGA: Marines, Sailors give ancient sport a tryout at gym

From C-1

spirituality, from your core," said Stonesifer. "The main focus is on breathing.

"In the Western world, we are so busy with computers, cell phones, cars and traffic that we never really get a chance to breathe.

"By being aware of our breathing and focusing on it, we are able to get in touch with our core selves. We are able to find our center," she explained.

"If you think of the full moon, the moon is not ashamed and it doesn't cower when it's full.

"It shines right down on the ocean, it shines right down on the beach, it lights up the whole sky. It knows that it is the moon. It knows," added Stonesifer. "It



America Kontnier, a family member from San Antonio, Texas, shows her flexibility during yoga classes Jan. 16.

doesn't go, 'I'm too bright today.' It shines.

"When we do yoga, my goal is for every one of my students to shine," she explained.

If making people feel good about themselves is her goal, then Stonesifer definitely seems

to be accomplishing her mission.

"Yoga empties all the stress from my mind," said America Kontnier, a family member and yoga student from San Antonio, Texas. "When I'm lifting weights or running, I can't seem to stop thinking about everything I need to do later that day. But with yoga, it's not like that.

"I truly feel relaxed. I feel so much better about myself, both physically and mentally after a class, like I'm on top of the world," said Kontnier.

To get that top-of-the-world feeling, stop by the front desk of the Semper Fit Center to sign up for yoga, or call Semper Fit at 254-7597, Stonesifer at 277-9572, or email Stonesifer at womensworth cc@hotmail.com.



Stonesifer helps Seamus Murphy, a Sailor from Dublin, Ireland, get into position during his yoga class.

Yoga classes are offered Tuesdays and Thursdays from 9:45 - 10:45 a.m. and 11:30 a.m. - 12:30 p.m., and Saturdays from 8:30 - 9:30 a.m. at the Semper Fit Center.

Stonesifer also offers an additional class Wednesday evenings from 6:30 - 8 p.m. at her yoga studio in Kailua.

"Even though yoga is just starting out at the military bases," said Stonesifer, "I know it is going to have a long and beneficial existence here.

"The students love the feeling they get from it, both in their minds and bodies.

"Yoga is purest form of exercise there is."