

Hawaii MARINE

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January 31, 2003

Secretary of Defense expresses gratitude

Dept. of Defense
Press Release

For more than a year, the brave men and women of the U.S. military, together with their civilian counterparts in the Department of Defense — have been working to preserve peace and defend freedom against terrorist forces and those who would harbor and protect them around the world.

To each of you, and your fami-

lies, we express our profound gratitude and appreciation for the risks you undertake and the sacrifices you make so that all Americans can enjoy the blessings of freedom.

This war, as the president has said, is not one of our making. It was thrust upon us. We act in self-defense - in deliberate response to acts of war directed against the American people, and to prevent future acts from claiming even more innocent life.

We are engaged in a global war, and it is being waged on many fronts using all the instruments of national power.

In recent weeks and months, the president has called the world's attention to Saddam Hussein's regime in Iraq.

He has rallied the United Nations to enforce its resolutions calling for the regime's disarmament.

To assist this diplomatic offen-

sive and to preserve future options, adjustments to current mobilization, deployment and rotation cycles may be necessary, adjustments that may mean longer tours of duty than you may have expected.

While the times, places, and conditions of deployment cannot now be precisely known, we do recognize the uncertainty these circumstances may create for those in uni-

See RUMSFELD, A-4



RUMSFELD

Search and seizure



Sgt. Alexis R. Mulero

Corporal Christopher Fry, a platoon guide for Charlie Co., 1/3, searches and takes Lance Cpl. Jean Colon, a rifleman with Charlie 1/3, into custody during a Non-Combatant Evacuation Operation aboard MCB Hawaii, Jan. 22 - 23. See page A-3 for the full story.

4th Force set to deploy

Staff Sgt. Robert Carlson
Press Chief

Local Marines were called to active duty recently in support of the nation's ongoing war against terrorism.

Approximately 40 Marines from 4th Force Reconnaissance Company, based here, were activated for duty Jan. 14, and are scheduled to deploy to the United States' Central Command area of operations sometime in the near future.

The reconnaissance Marines — whose mission is to plan, coordinate and conduct amphibious reconnaissance; as well as

deep ground reconnaissance and surveillance, battle space shaping, and limited scale raids in support of a Marine

Expeditionary Force, Marine Air Ground Task Force (MAGTF), or a Joint Force (MAGTF), or a Joint

See 4TH FORCE, A-4



Staff Sgt. Robert Carlson

Sergeant Anthony Chopito, from Mililani, searches his surroundings during mounted patrol training at Marine Corps Training Area Bellows Jan. 23.

HSL-37 inducts first IMP

Lt. Cmdr. Douglas A. Lucka
HSL-37 Public Affairs

Helicopter Antisubmarine Squadron Light 37 celebrated the first SH-60 Integrated Maintenance Program baseline induction at MCB Hawaii, Kaneohe Bay, with a ribbon cutting ceremony Jan. 22.

Representatives from Commander Patrol and Reconnaissance Force, U.S. Pacific Fleet, and MCB Hawaii, were in attendance as personnel from both commands were instrumental in developing the facilities and environmental solutions to allow successful execution of this program.

The Naval Air System Command Depot North Island remote site at MCB Hawaii, Kaneohe Bay, was established in 2002 in response to a fleet request to change the original H-60 IMP concept to maximize squadron readiness and minimize transportation costs and aircraft out-of-service time.

The original IMP concept had

NAVAIR North Island and HSL-37 in partnership to complete only Planned Maintenance Interval 1 and 3, both 35-

See IMP, A-4



Staff Sgt. Robert Carlson

Commander Don Williamson (left), commanding officer of HSL-37, and Navy Capt. Peter Laszcz, commanding officer of Naval Air Depot North Island cut the ribbon to the new HSL-37 Integrated Maintenance Program.

New super playground slated for spring completion

Staff Sgt. Robert Carlson
Press Chief

Construction on the new MCB Hawaii super playground began this week, and the new facility is scheduled to be completed in the spring.

The new playground, which replaces the facility removed from the area near the commissary, is located at Risley Field on Mokapu Road.

The new MCB Hawaii Post Office complex was slated to be located with the Mokapu Mall and Commissary, so it is more accessible to most base residents, and that project required the aging super playground to be relocated. Since Risley

Field is the center of recreation for the base — close to the housing areas, the Semper Fit Center, skate park, football and softball fields — it was a natural choice for the base.

The project was scheduled to begin in November, but was delayed while base officials and residents ensured the new location was the best.

After careful consideration of other proposals, and letters received from base residents, a final decision was made to locate the playground at Risley Field.

"It was important that everyone had an opportunity to express their concerns, and the final decision was made on that basis since, once built, the playground

will be there for a long time," said Kent Murata, assistant chief of staff, G-4, MCB Hawaii.

Concrete work is scheduled to be wrapped up in February, and playground equipment will be installed at the appropriate time.

Before the rubber fall protection can be installed, the concrete must be allowed to reach its proper strength.

The fall protection material is scheduled for installation in late March,

and the playground should be ready for play in mid April.



Courtesy of Base Facilities

An artist's conception shows the new playground slated for Risley Field this spring.

MCBH NEWS BRIEFS

KINDERGARTEN REGISTRATION BEGINS MONDAY

Kindergarten registration for the new school year will begin Monday at Mokapu Elementary School aboard MCB Hawaii, Kaneohe Bay. The registration hours will be 8:30 a.m. to 1 p.m., Monday through Friday.

Register early, as spaces are limited and children may be sent to other area schools.

Parents registering their children need to have all requirements completed in order to have their child placed in a classroom.

- Birth certificate (Also accepted is a passport or Housing Dependency Application.)
- Shot record (Shots must be up to date.)
- TB test results (Within one year from start of school.)
- Physical exams (Form 14.)
- Social Security card
- Legal -sized self-addressed stamped envelope

For questions, call 254-7964 and ask for the registrar.

MCX'S SUPER STAR STUDENT PROGRAM STILL RUNNING

The 2002 Marine Corps Exchange Super Star Student Program has been a huge success.

There have been four \$1,000 U.S. Savings Bonds winners so far this year.

To win, MCX patrons in grades 6-12 must bring their B average or better report card to the MCX to receive a scratch off card.

The scratch off card reveals a prize including phone cards, disposable cameras, portfolios, dictionaries and other great prizes.

Each MCX also has at least two scratch off cards with \$1,000 U.S. Savings Bonds on them.

The Super Star Student Program is entirely vendor supported. The MCX partners with these valued vendors to support the military community and encourages students to earn good grades.

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

"One thing that caught my attention was the fact that soft drinks are not free refills."

Submitted by Sgt. M. W. Benitez, Marine Aviation Logistics Squadron 24



BRIG. GEN.
MCABEE

"I paid a recent visit to the newly renovated Enlisted Club aboard MCB Hawaii. I must applaud the clean appearance and great look it has.

One thing that caught my attention was the fact that soft drinks are not free refills. With all the emphasis on alcohol awareness and drinking and driving, I am surprised that the E-Club has not followed suit with a majority of the other establishments in the community.

Alcohol should be purchased per drink, whereas soft drinks should be provided with free refills after the initial purchase.

In addition, many other establishments have programs in place to give the designated driver of a group free soft drinks as an incentive to not consume alcohol.

Although inappropriate, with the current policy, one may come to a consensus that if they have to purchase per drink anyways, it might as well be alcohol.

I do not believe this is the message that MCB Hawaii is trying to convey.

Thank you for your time."

Respectfully submitted,
Sgt. M. W. Benitez

Sgt. Benitez,

I have been asked by the commanding general to research and respond to your email of Jan. 21, since your suggestions fall under my staff responsibilities.

The commanding general appreciates that you have taken the time to participate in the "CG Mail" program.

The commanding general shares your concerns regarding the responsible consumption of alcoholic beverages in clubs aboard this base and for the safety of all patrons.

Therefore, I am pleased to inform you about a program the clubs al-



Staff Sgt. Robert Carlson

Nonalcoholic beverages are provided free of charge to designated drivers at all MCB Hawaii clubs.

ready have in place to provide free soft drinks to customers who identify themselves as a designated driver.

This program is proactive in taking care of those who have pledged to take care of their friends who consume alcoholic beverages during their visits to the club.

The designated driver program requires the driver to properly notify the bartender that he or she is a "designated driver" by leaving their car keys at the bar. The bartender will then ensure the patron receives free soft drinks throughout his or her stay.

At the end of the evening, the designated driver may retrieve the keys from the bartender. This allows the bartender an opportunity to interact with the designated driver to ensure no alcohol was consumed during the evening.

This program is available at all MCB Hawaii clubs, and throughout the Marine Corps.

Your second suggestion is for the Enlisted Club to provide free soft drink refills to all guests.

Unfortunately, this is not something we are able to offer at this time.

Considering the majority of Enlisted Club patrons are under 21

years of age, you can see how even soda sales are important to keep the club going.

The club must charge a fee for its goods and services, to cover the costs of the sodas and all other expenses associated with the club such as labor, service and entertainment. If we didn't charge for the sodas, we would be forced to pass those additional costs on to the other patrons.

We believe it is more equitable for all to pay the appropriate prices for the goods and services they receive than it is to ask others to pay for them.

The goal of the Enlisted Club is to provide a quality facility with exceptional services that contribute to the readiness and retention of enlisted Marines and Sailors.

We recently completed a \$1 million renovation that came from the money you spend in Marine Corps Community Services programs. We hope this great facility is worth the price of a soda.

Thank you again for your participation in the "CG Mail Program." We hope to see you at Kahuna's.

Mr. William 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.

New siren alerts MCBH of disasters



Sgt. Alexis R. Mulero

A new voice-capable siren was installed atop Kansas Tower aboard MCB Hawaii, Kaneohe Bay.

Sgt. Alexis R. Mulero
Combat Correspondent

A new voice-capable siren installed atop Kansas Tower will be sounding off once a month throughout MCB Hawaii, Kaneohe Bay, starting Monday at 11:45 a.m.

The Monthly Civil Defense Siren Test will promote awareness of natural disasters to employees and residents of Kaneohe Bay, in accordance with the Hawaiian Civil Defense Network.

Even though sirens are sounded at the same time

throughout the state, MCB Hawaii is unique in the way it conducts its test.

"Our sirens are the only ones on island that are voice capable," said Sgt. Matthew Collins, assistant telephone control officer, G-6, MCB Hawaii, who also has the distinct honor of being the voice alerting the base during the monthly test.

The test begins with Collins' voice saying, "This will be a test of the emergency civil defense early warning system. This is only a test."

"The tone base residents

will hear is the natural disaster warning tone. In the event of an actual emergency, base residents will be instructed to tune in to local radio and television stations for further instruction."

At the conclusion of the natural disaster warning test, Collins will say, "This has been a test of the emergency civil defense early warning system. The next tone will be an air raid signal. This is only a test."

The siren is the first of a network of sirens that will be installed on base for public safety.

Getting it straight

• The Marine in the photo entitled "Service beyond the call of duty" on page A-3 of the Jan. 17 issue was incorrectly identified. He is Lance Cpl. Robert Hernandez, a military policeman with Headquarters Bn., MCB Hawaii, who received a Certificate of Commendation Jan. 10.



Sgt. Alexis R. Mulero

Corporal Christopher Fry, a platoon guide with Charlie Co., 1/3, escorts a foreign national (role played by a Marine) to a logistics area for further processing and transportation out of the NEO site.

1/3 storms Bellows, MCBH

Lance Cpl. Monroe F. Seigle
Combat Correspondent

An American embassy in an unstable country has several innocent people trapped inside. Marines are given the mission to insert themselves tactically within the walls of the embassy and evacuate the individuals before armies of angry nationals raid the building.

It is for situations like these that more than 400 Marines from 1st Bn., 3rd Marine Regiment; Combat Service Support Group 3; Combat Support Company, 3rd Marine Regiment; Marine Heavy Helicopter Squadron 362; and 12 Army soldiers from Charlie Co., 1st Bn., 25th Aviation Regiment, train for.

The Marines and soldiers conducted a Non-combatant Evacuation Operation at Marine Corps Training Area, Bellows and at MCB Hawaii, Kaneohe Bay, Jan. 21 - 22.

In reality, an embassy is one of the many places a NEO could take place.

"This is some very valuable training that the Marines are conducting," said 2nd Lt. Dustin Shumney, a platoon commander for Bravo Co., 1/3. "We are training for real world situations. Situations like this one are very likely to happen — espe-



Lance Cpl. Monroe F. Seigle

Lance Cpls. Steve Morgan, an M249 SAW gunner, and Barry Tye, a fireteam leader, both with Bravo Co., 1/3, clear rooms of an embassy and check for enemy forces during a NEO operation.



Sgt. Alexis R. Mulero

First Lt. Anthony Zinni, executive officer for Alpha Co., 1/3, and Lance Cpl. Kevin Godchaux, a field radio operator with Alpha Co., call for fire while marking their location with a pink flag during the NEO Jan. 23.

cially during the war on terrorism."

When the Marines from Bravo Co. received orders for day one of the NEO, they jumped into action and moved quickly and furiously. Several Amphibious Assault Vehicles transported them to the beaches of Bellows.

After storming ashore, the hard-charging devil dogs surrounded the mock embassy and set up a perimeter of security. This enabled the Marines to control access to the embassy.

Helicopters then inserted Marines from Alpha Co., 1/3, into the compound. Which also established security within the embassy and determined who was authorized inside.

Once security was assured inside and outside of the embassy, Marines evacuated the trapped individuals to a helicopter.

Meanwhile, an angry mob of nationals formed outside and threatened to compromise the progress of the mission. Marines were challenged to keep the crowd under control and ensure no one without authorization entered the secure perimeter.

"This training was a very valuable learning experience," said Cpl.

Herlon DaCruz, a squad leader for Bravo, 1/3. "This was as close to a real combat situation that we can get."

During the second day of the operation, Alpha Co., 1/3, established a remote site for the NEO at Pyramid Rock Beach aboard MCB Hawaii.

Meantime, six Army OH-58D (R) Kiowa Warrior Armed Reconnaissance Helicopters provided the unit with close combat attacks in support of the NEO, as well as landing zone reconnaissance and security.

"This exercise was a great opportunity to plan, train with and execute realistic training with highly trained Marines," said Army Capt. Daniel J. McAuliffe, commander of the Charlie Co. "Outlaws."

All in all, the NEO provided some much-needed training in preparation for the units' upcoming Marine Corps Combat Readiness Evaluation and for future deployments.

"The Marines from 1/3 performed all tasks assigned superbly," said Capt. Tom Tennant, commanding officer, Alpha Co., 1/3. "A NEO op is not as cut and dry as a normal offensive or defensive operation. It requires a great deal of communication and flexibility."

27 of violating the following articles of the Uniform Code of Military Justice:

- Article 121, for stealing currency valued at more than \$10,000.
- Article 134, for wrongfully taking mail matter.

Brewer was awarded a bad conduct discharge, confinement for 30 months, reduction to pay grade E-1, and forfeiture of all pay and allowances.

WORD ON THE STREET

"What was the best part of Super Bowl XXXVII?"



"...The touchdown by Jerry Rice in the third quarter."

Lance Cpl.
Maurice Cohen

Administration clerk
HMH-362

"...The first touchdown by the Raiders. We all argued on whether it was good or not."

Reserve Petty Officer 2nd Class
Kay Vieths

Air crewman
VR-51



"The Tampa defense was the best — especially the first pick on Gannon that gave Tampa Bay the lead."

Petty Officer 1st Class
Joe Fulco

Cryptologic technician
Tactical Support

"The last interception with two seconds left was a fitting ending to the game."

Sgt. Kyle Slupecki

Central technical publications librarian
Quality Assurance
HMH-362



COURTS MARTIAL

(Editor's Note: The Legal Services Center, MCB Hawaii, Kaneohe Bay, sent notification to the commanding officer of the following Marine of punishment awarded in the following courts martial.)

General Courts Martial

Private First Class Roderick Brewer Jr., from MCB Hawaii, was found guilty at a general courts martial Jan.



"The Bucks annihilated the Raiders, and my corporal said it would not happen."

Lance Cpl.
Mike Nolan

Assistant Embark NCO
Headquarters Co.,
3rd Marine Regiment

Profile

Retired Maj. Gen. Charles F. Bolden Jr.

(Editor's Note: In February, the United States celebrates African American heritage. This is the first of five profiles recognizing the achievements of Black Americans who served in the Corps.)

Compiled by
Sgt. Alexis R. Mulero
Combat Correspondent

NAME: Retired Maj. Gen. Charles F. Bolden Jr., a former NASA astronaut

Personal Data: Born Aug. 19, 1946, in Columbia, S.C. Married to the former Alexis (Jackie) Walker of Columbia, S.C. Has two children. Enjoys racquetball, running and soccer.

Education: Graduated from C. A. Johnson High School in Columbia in 1964, received a bachelor's of science in electrical science from the U. S. Naval Academy in 1968 and a master's of science in systems management from the University of Southern California in 1977.

Organizations: Member of the Montford Point Marine Association, the U. S. Naval Institute, and Omega Psi Phi Fraternity. Lifetime member of the Naval Academy Alumni Association and the USC General Alumni Association.

Special Honors: Recipient of the Distinguished Flying Cross, the Defense Superior Service Medal, the Defense Meritorious Service Medal, the Air Medal, the Strike/Flight Medal (8th award), Honorary Doctor of Science Degree from USC (1984), Honorary Doctor of Humane Letters from Winthrop College (1986), the NASA Outstanding Leadership Medal (1992), NASA Exceptional Service Medals (1988, 1989, 1991), USC Alumni Award of Merit (1989), and an Honorary Doctor of Humane Letters from Johnson C. Smith University (1990).

Experience: Bolden accepted a commission as a second lieutenant in the U.S. Marine Corps following graduation from the U. S. Naval Academy in 1968. He underwent flight training at Pensacola, Fla.; Meridian, Miss.; and Kingsville, Texas, before being designated a naval aviator in May 1970.

•He flew more than 100 sorties into North and South Vietnam, Laos, and Cambodia, in the A-6A Intruder while assigned to VMA(AW)-533 at Nam Phong, Thailand, June 1972 to June 1973.

•Upon returning to the U. S., Bolden began a two-year tour as a selection and recruiting officer in Los Angeles, Calif., followed by three years in various assignments at Marine Corps Air Station

El Toro, Calif.

•In June 1979, he graduated from the U.S. Naval Test Pilot School at Patuxent River, Md., and was assigned to the Naval Air Test Center's Systems Engineering and Strike Aircraft Test Directorates. While there, he served as an ordnance test pilot and flew numerous test projects in A-6E, EA-6B, and A-7C/E airplanes.

•He has logged more than 6,000 hours flying time.

NASA Experience: Selected by NASA in May 1980, Bolden became an astronaut in August 1981. His technical assignments included Astronaut Office safety officer; technical assistant to the Director of Flight Crew Operations; special assistant to the Director of the Johnson Space Center; Astronaut Office liaison to the Safety, Reliability and Quality Assurance Directorates of the Marshall Space Flight Center and the Kennedy Space Center; chief of the Safety Division at JSC; lead astronaut for Vehicle Test and Checkout at the Kennedy Space Center; and assistant deputy administrator, NASA headquarters.

•A veteran of four space flights, he has logged more than 680 hours in space.

•Bolden served as pilot on STS-61C (Jan. 12 - 18, 1986) and STS-31 (April 24 - 29, 1990), and was the mission com-



Cpl. Scott Whittington

Retired Maj. Gen. Charles F. Bolden Jr. speaks to reporters Aug. 7, 2002, before retiring from the Marine Corps.

mander on STS-45 (March 24 - April 2, 1992), and STS-60 (Feb. 3 - 11, 1994).

•Bolden left NASA and returned to active duty in the U.S. Marine Corps as the deputy commandant of midshipmen at the Naval Academy, Annapolis, Md. June 27, 1994.

•Major Gen. Bolden's last command was the assistant wing commander, Headquarters, 3rd Marine Aircraft Wing, Miramar, San Diego, Calif.

RUMSFELD, From A-1

form, the civilians who work beside them, and the families and loved ones, without whose support their sacrifices would not be possible.

I know the secretaries and chiefs of the military services are communicating with you in greater detail about these matters, but I want you to know that understanding the impacts

of these deployments is important to us.

Be assured that the president will not decide to commit forces unless conditions require it, and only as a last resort.

Should action be necessary, you will have what you need to carry out the missions assigned.

Thank you for all you do for our nation and the world.

IMP, From A-1

day Integrated Depot Maintenance on site in Hawaii.

After experiencing extended delays moving aircraft to and from NAS North Island, the main SH-60B base on the Mainland, the fleet requested that the Depot establish a capability to perform all SH-60B Depot Level maintenance at MCB Hawaii.

The NAVAIR Team from the H-60 Fleet Support Team and NAVAIR Depot North Island spent several months developing the requirements to put all logistics elements into place to support the increased workload at Kaneohe Bay, which includes remov-

ing the aircraft paint and repainting.

These planning efforts culminated Wednesday in a ceremony with HSL-37's troops and artisans from the NAVAIR Depot reflecting on their accomplishments in developing this capability.

The new IMP will save the Navy \$30,000 in transportation costs and reduce overall SH-60B out-of-service time by two months for every PMI event performed onsite.

This effort will significantly enhance HSL-37's readiness and allow more aircraft to be available for the warfighter rather than being transported and transferred to the mainland for this work.

4TH FORCE, From A-1

Task Force (JTF)—are slated to augment the assets of the I Marine Expeditionary Force from Camp Pendleton, Calif.

In addition to the reconnaissance Marines, the deploying detachment is made up of mechanics, liaison officers, armorers, motor transport operators, and other support personnel.

The 4th Force Reconnaissance Marines join more than 4,500 other Marines, nationwide, called to active duty within the past week, and 3,600 others who were previously activated.

'Big Brother' watches over the Network

Staff Sgt. Jesus A. Lora
Training/Operations Chief

Whether you're part of generation X, Y or Z, you're probably hard pressed to think of life before the World Wide Web. It's become our way of life. We can search for an out-of-print novel, store operating hours at a local mall, or even a home remedy to cure the family's pet — without ever leaving the comfort of the home or office.

However, according to Marine Administrative Message 162/00, examples like the ones above may or may not be authorized, as regulations vary from command to command.

"When you come into work — work. But, if you take a break and surf the Internet for educational Web sites because you have college or something, that's what the computer is there for. It's there to make your life easier," said Staff Sgt. Jefferson Mass-Rodriguez, Information Systems Section Officer, G-6, Headquarters Bn., MCB Hawaii.

"The problem is when people start abusing it instead of doing their job. They're surfing the Internet on the government's dime, surfing useless sites that tie up the network and ultimately charge Uncle Sam bandwidth time."

Use of government information technology resources is for official and authorized purposes only. Office computers are for projects that serve the best interest of the federal government and the Marine Corps.

Other official uses exist, such as to enhance the professional skills of Marine Corps personnel, and to obtain information to support DoD, Department of the Navy, and U.S. Marine Corps missions.

According to the directive, Marines, Sailors and civilian employees cannot use the GITR if it adversely affects the performance of official duties. As well, users must not to adversely reflect upon the Marine Corps. Personal use that complies with these procedures must be kept to a minimum frequency and duration, and must occur during an individual's personal time.

"The biggest problem I see at MCB Hawaii, is abuse," said Mass-Rodriguez. "I've seen chain letters, spamming and surfing the net for adult material."

Spamming from off base advertisers is a major problem for network users. It causes slow downs of the servers by flooding them with useless emails. The user may spend all day deleting useless emails and tying up the server.

Other more serious problems have caused a rash of nonjudicial punishments proceedings. Surfing the Internet for adult material is prohibited.

Users may surf the Internet and find these illegal sites, but once they hit the screen, "Warning Banner" pops up. It signals to browse away from the site.

"The computer is not there to look at porn or any illegal Web site that

deters from the standards of the Marine Corps. The moment a person hits a site that is unauthorized, the "Warning Banner" tells him he is about to look at unauthorized material and asks if he is sure he wants to do this." explained Mass-Rodriguez. "If you see the banner, you need to re-evaluate what you are surfing."

Examples of prohibited use include, but are not limited to, illegal, fraudulent or malicious activities, partisan political activities, and political or religious lobbying or advocacy of activities on behalf of organizations having no affiliation with the Marine Corps or the DoD.

Also unauthorized for use is

fundraising; accessing, storing, processing, displaying or distributing offensive or obscene material such as pornography or hate literature; the creation and forwarding of chain letters; and obtaining, installing or using software obtained in violation of the appropriate vendors' permit, copyright, trade secrets or license agreement.

Day-to-day Internet functions have proven to be a valuable tool in the Marine Corps. It enhances proficiency of units and quality of life.

Nonetheless, the reality is that MARADMIN 162/00 specifies appropriate internet uses and G-6 will make sure you remain compliant.



Staff Sgt. Jesus A. Lora

Staff Sgt. Mass-Rodriguez and the military police give an extreme example of what could happen if you browse sites unauthorized per MARADMIN message 162/00.

4th MEB aided by Belgian's educated nose

Cpl. Douglass P. Gilhooly
4th MEB

KABUL, Afghanistan — Marines of Task Force Kabul, 4th Marine Expeditionary Brigade, along with the unit's Military Working Dog teams, aided regional security officers here recently for several diplomatic events.

Corporal Sean G. Myers, a dog handler with Task Force Kabul, and his 93-pound Belgian Malinois, Tako, were on at least two of these operations in the city.

"Our [K9 Team's] main mission was to conduct explosive detection sweeps in several separate entities," said Myers. "The spots we were sweeping were for the Diplomatic Security Services and Ministry of Women's Affairs. We also swept trailers for any suspicious chemicals."

Myers and Tako have supported the 4thMEB(AT) task force in the day-to-day security of the U.S. Embassy here since their arrival only a few months ago.

"Tako searched through the trailers that were brought here as extra housing for embassy personnel," said Myers. "He also served by assisting in the search of members of the press."

While stateside at Marine Corps Air Station Miramar, Calif., Myers and Tako spent their time training at the Provost Marshal's Office.

"Today, I had a small team of Marines providing security," said Myers. "It's a great feeling knowing Marines have your back. They all conducted themselves extremely professional and allowed Tako and I to perform our job."

One of the Marines who stood watch for Myers and Tako was Cpl. Joshua V. Larson, duty machine-gun expert for the Task Force.

"Our mission was to provide security for Corporal Myers and Tako so they could do their job," said Larson. "Their performance was awesome. Everyone had nothing but good things to say about them."

"They're a great team and that makes you feel more comfortable to perform your job."

Phillip Silk, assistant regional security officer for the United States Embassy in Kabul, Afghanistan, had a chance to work with the Marines of the 4thMEB(AT).

"The Marines performed fantastic," said Silk. "They were extremely professional and gave the media and locals a great view of the United States and the Corps."

Silk said he was extremely grateful for the assistance of the Marine security team, especially Tako.

"K9 is a resource we could not do without," said Silk. "Our mission was a great success because of the professionalism and ethics of the Marines. I wish I could have Marines on every mission."

Larson, along with Lance Cpl. Timothy W. Mossor and Pfc. Geoff G. DeForge, both infantrymen, said it was a mission they will never forget.

"This experience really brought the team concept back to reality," said Larson.

"I feel like we came together as one," said Mossor. "The security team, canine and RSO [Regional Security Officer] were working together great."

"Everyone assisted each other and we were able to accomplish the mission."

DeForge concurred with his fellow Marines and said, "Without teamwork, this mission would have never been a success."

"Basically, our mission was to set-up a perimeter inside and outside a wall to protect the media and other persons going to the events at [DSS and Ministry of Women's Affairs]," said Mossor.

"We split into two groups. I had a few Marines on the outside of the wall, and the Staff Sergeant had his own men on the inside," said Larson.

"The German soldiers from

International Security Assistance Force worked with us," Larson continued. "They pulled in front of the building in this high-tech vehicle. It was kind of funny because they had this truck that looked futuristic, and the people [Afghan nationals and media] kept staring at us instead of looking at the truck."

All of the Marines said they enjoyed the challenge and appreciated the chance to serve in such a role.

"I would love to have another chance to perform on a security mission again," said DeForge. "It is something I will never forget."

"If any of the Embassy Marines get a chance to leave the compound by participating in a security mission, I encourage it," said Mossor. "The real experience is a chance you don't get everyday. It's a great opportunity."

Larson agreed, "Every time you leave the gate, there is potential for disaster. But when you leave, you leave with a history of great training under your belt and a level head, and you know you have a mission to accomplish."

After four intense hours in the dusty winter day, the Marines said they felt swelled with pride.

On the way back to the Embassy, they rode in their vehicles knowing that once again they had proved themselves to be one of the few and the proud.



Cpl. Douglass P. Gilhooly

Corporal Sean G. Myers, military working dog handler for Task Force Kabul, and his partner Tako, sweep for explosives at the American Embassy in Kabul, Afghanistan, recently.

LIFESTYLES



Above — North Fork Pine from New Zealand surround and dance with rays from heaven.

Right — Six-foot-tall trees hide and skirt paths along the 1.7 mile maze. Visitors must solve the life-size puzzle to find their way out.

Below — Dole Plantation greets visitors with a beautiful arrangement of pineapples, which lead to the entrance and gift shop that boasts varied treats and merchandise.



Opening soon will be Dole's latest creation, a botanical garden featuring a vast collection of plants and trees indigenous to tropical locations like Hawaii, coaxing all to sit a spell and soak in the beauty that surrounds them.

Explore the world's largest maze and find treasures hidden in lush scenery

Story and Photos by
Staff Sgt. Jesus A. Lora
Training/Operations Chief

WAHIAWA — Tucked in the North Shore of the island of Oahu is a bit of paradise rich in history, beauty and folklore.

It is a location where a dream was realized and became a complete success.

James D. Dole, founder of the Dole Foods Company, came to Hawaii in 1899. He had only one dream — to make pineapple mean to Hawaii what tobacco means to Havana.

Dole single-handedly began the pineapple industry here with 60 acres of rich, red dirt, today known as the Dole Plantation.

More than a century later, in 2001, the Dole Plantation received exciting news from the Guinness Book of World Records: one of its attractions was the most popular on earth and befitting of the title "The World's Largest Maze."

Visitors to the Pineapple Garden Maze will hear the sounds of kids' laughter and squeals directing moms and dads this way, then that, perhaps leading to yet "another dead end" or a breakthrough in the well-manicured, six-foot-tall walls of the maze.

Smiles are usually the norm when all complete the maze. Some emerge ex-

plaining they tackled it for the sheer joy of solving the puzzle. Others appear saying they were trying to find the six secret stations hidden inside — within record time — to net them a victory prize and public, posted notice of their feat.

The maze is made up of 11,400 colorful Hawaiian plants and trees, including varieties of hibiscus, the official state flower of Hawaii, and pineapples.

"I think it's great for the kids; in fact, they just got off the train and loved it," said Tom Harren, from East Oahu. "I love what Dole is doing to preserve what they have here for future generations to enjoy."

The Pineapple Express is one of the newest attractions at the plantation. It was brought all the way from England and makes more than 17 runs a day.

"A lot of people can't believe a train is here on the plantation," said conductor



The Pineapple Express steams by on its run of the 60-acre plantation, richly abundant with gardens that showcase 21 varieties of pineapple from around the world; botanical wonders like the bird of paradise flower; majestic, but peaceful waterfalls that intermingle with silence; and exotic ponds teeming with koi and other fish.

Keith Yamauchi. "Visitors really love the plants we have, and leave happy with what they've seen and done."

Many take the brief tour of the Pineapple Variety Garden, which boasts 21 varieties from around the world.

Offering still further delight is an exotic koi pond teeming with fishes anxious to be fed like pigeons in a park.

Before their day which has been filled with mazes and train rides has ended, visitors are invited to browse the Dole Plantation Gift Shop, which stocks a bountiful assortment of delights, souvenirs and clothing. Plus, the bakery serves fresh

baked goods such as sweet breads, cheesecakes and turnovers.

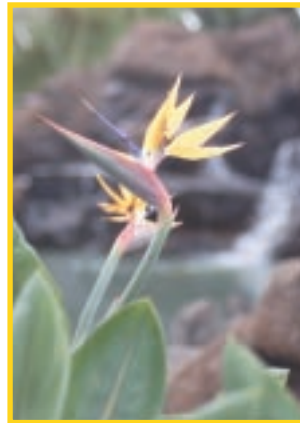
Perhaps the most craved delight is the famous Dole Whip, a frosty nondairy treat, fresh with cut pineapples. Also, the pineapple chili dog, chili bowl and chocolate-covered pineapples tickle fancies.

"When visitors leave here, they have received a pineapple experience," said Kara Gorgonio, operations supervisor.

The Dole Plantation can be reached by travelling along the H-2 freeway and following signs to the North Shore. For a more leisurely trip, take Windward's Kamehameha Highway to the North Shore, going left at the fork just past Haleiwa.

Get more details on the whole Dole Plantation experience at www.dole-plantation.com, or call 621-8408.

Your day chockful of excitement awaits.



If high above, one can see that the heart of the maze is shaped like the stem of a huge pineapple, and branches off into different paths. With patience and a little luck, visitors sooner or later discover which path leads to the exit.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

JANUARY

31 / Today

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-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.

FEBRUARY

4 / Tuesday

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.

MCCS One Source Brief — Marine Corps Community Services' Headquarters' 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 Tuesday at 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 and Mom's Basic Training Tuesday and Wednesday from 8:30 a.m. – 4 p.m.

Attendees 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 – 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 and get you acquainted with this new paradise you 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 discovering the culture here.

Reservations must be made in advance for the Keiki Aloha Orientation.

Parents may do so by calling 257-7786.

8 / Saturday

Karaoke Contest at the Rocker Room — Ready to make a little music medley and score some big prizes? All staff non-commissioned officers and their guests are invited to compete in the Karaoke Contest.

Doors open at 6 p.m., and contestants may sign up between 6 – 8 p.m. The contest will begin at 8 p.m.

This karaoke contest is free for club members and \$2 for nonmembers. Prizes first through third will be awarded.

First prize will be a DVD player, second a CD jogger and third a Rocker Room T-shirt.

The Rocker Room has

changed its hours of operation on Wednesdays and Saturdays.

The new club hours are Wednesdays 4:30 – 10 p.m. and Saturdays 6 p.m. – midnight.

For more Rocker Room information, call 254-5592.

Make a Treat for Your Sweet — All base children and their parents are invited to get under the Base Library's love spell at 1 p.m.

It will be a pre-Valentine's Day celebration, complete with sweet stories, sweet treats and valentine creations.

The Base Library is located in Bldg. 219. For more information, call 254-7624.

14 / Friday

Valentine's Day Dance Party — Treat your sweetie to a Valentine's Day Dance Jam at the Rocker Room. Doors will open at 4:30 p.m.

This cupid connection is free for all staff NCO Rocker Room members, and \$2 for all nonmembers.

For additional details, call the Rocker Room at 254-5592.

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 more information, call Personal Services at 257-7795 or log on to www.jemshawaii.com

22 / Saturday

O-Club Hosts Fathers & Daughters Sweetheart Dance — All MCB Hawaii daddies can celebrate their little angels during the Armed Services YMCA's Fourth Annual Fathers & Daughters Sweetheart Dance.

This sweetheart gala takes place at the O-Club's Lanai Ballroom from 5 – 8 p.m. Tickets are on sale now through Feb. 14, at ASYMCA, Bldg. 579.

Daughters 4 and under are \$6.50, daughters ages 5 – 11 are \$13, and daughters 12 and older and all fathers are \$15.

The ticket price includes a buffet dinner, door prizes and entertainment. Also, a professional photographer will be available.

This gala calls for fathers to arrive in military dress or black tie, and daughters should don formal attire.

For more information, call at 257-4719.

'Are you ready to be a pet owner?'

NAPS

Featurettes

If you're thinking of welcoming a four-legged companion into your home on a long-term basis, you may want to "paws" and take this quiz from the Humane Society of the United States, to see if you're indeed ready to be a pet's best friend.

For each question, honestly choose the statement that best applies to you, then score your responses accordingly.

QUICK QUIZ

Question One

- I own my own home (score 5 points)
- My rental unit allows pets (3 points)
- My rental unit doesn't allow pets (subtract 5 points)

Question Two

- My budget allows at least \$500 per year to spend on a pet (5 points)
- I can afford pet food and annual veterinarian visits, but not much else (2 points)
- I would have to borrow money for the pet adoption fee (subtract 5 points)

Question Three

- I have lots of free time for a pet (5 points)
- I can squeeze in a few minutes



Lance Cpl. Monroe F. Seigle

Andrea Kerns, a family member aboard MCB Hawaii, Kaneohe Bay, affectionately pets her dog Kate before departing outside for Kate's comfort break and exercise.

- (0 points)
- I'm really busy and rarely home (subtract 5 points)

Question Four

- I can keep a pet for up to 20 years (5 points)
- The next five years look good, but I'm not so sure after that (0 points)
- I'm not sure where I'll be living next year (subtract 5 points)

Question Five: I want a pet because:

- Pets offer companionship and unconditional love (5 points)
- Pets are good practice for hav-

- ing kids (2 points)
- My kids are begging for a puppy (subtract 5 points)
- I love the dog in the hit movie/TV show (subtract 10 points)

Question Six: When I travel:

- A trusted neighbor/relative lives near by and can pet sit (5 points)
- I can afford professional pet sitting services (5 points)
- I'd probably board my pet at the local kennel (2 points)
- My pet would be okay alone for a few days (subtract 5 points)

How did you score?

25-30: You're ready; find the pet for you.

20-24: In most respects, you're ready for a pet, but you may want to consider whether your lifestyle can meet the needs of an animal before you make your decision.

10-20: You may think this is the right time for a pet, but take a hard look to be sure you get the right pet. A gerbil, hamster or other small domestic mammal is probably a better choice than a dog.

Below 10: Now is not a good time to get a pet. Re-evaluate in another year or two before making a decision you may regret.

For more information about pet car and responsibilities, visit www.hsus.org.



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, \$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.

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

Treasure Planet (PG)
Friday After Next (R)
8 Crazy Nights (PG13)
Empire (R)
Treasure Planet (PG)
Friday After Next (R)
Empire (R)
Die Another Day (PG13)
Extreme Ops (PG13)

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

DoD takes steps to further deter identity theft of records

The Health Information Security Task Force is tackling security needs of TRICARE records

TRICARE
Press Release

In its continued response to the criminal theft of computer equipment and personal identification information contained on some of the equipment, the Department of Defense announced additional steps today to enhance patient protection from unauthorized access to — or criminal use of — sensitive, personal information.

"Trust remains the bedrock of a successful doctor-patient relationship, and the expectations that our service members, retirees and families rightly have," said Dr. William Winkenwerder Jr., assistant secretary of defense for Health Affairs. "Electronic sharing of health care information provides great advances in patient safety, in reduced errors in claims processing, and in improved customer service. But, there are risks in electronic communications that must be identified and measures implemented to prevent or manage those risks.

"Working with our contractor, TriWest, I am pleased to report that we have initiated contact with all 562,000 beneficiaries who had their personal information stolen. These efforts to quickly identify and inform beneficiaries should help deter or prevent identify theft crimes."

Winkenwerder cited a number of steps taken to inform and help beneficiaries protect themselves from criminal use of their personal information. All 562,000 military beneficiaries whose information was contained on the computer files have been notified by mail of the theft as of Dec. 31, 2002, and informed of the actions they should take to protect themselves from identify theft or other misuse of their personal information.

Fewer than 25 persons also may have had personal credit card information compromised. Each of these individuals has been contacted by phone and informed of the incident and proper actions to take in response.

Every TRICARE contractor, worldwide, has been notified of the theft and directed by DoD to conduct an assessment of information security procedures. The DoD will evaluate each assessment with its contractors.

The criminal investigation remains active, led by the Defense Criminal Investigative Service and supported by the U. S. attorney in Phoenix, the Federal Bureau of Investigation, and other law enforcement agencies.

A \$100,000 reward has been posted by TriWest for information leading to the arrest and successful prosecution of the perpetrators, and return of the stolen items.

"Although this incident has raised patient concerns about the security of their military medical

records, there is no connection with this criminal theft and the military's computerized health care records," Winkenwerder said. "Our new health records system has security built into the basic design, and security is continually reassessed.

"Cutting edge data encryption and a high level of physical protection at a secure government location provide a solid security framework to that program," he added. "Nonetheless, we are taking additional steps to heighten information security throughout our health care system."

These steps include a worldwide health care information security assessment that will be conducted at every military treatment facility and contractor location, to review existing procedures and to ensure physical security of sensitive information.

A health information security task force, comprised of DoD and service medical leaders and information system experts, will assemble next week, consult with TRICARE contractor representatives, and recommend any additional requirements for information security.

New health information systems to be introduced in the coming months will be compliant with or exceed the Health Insurance Portability and Accountability Act's legal requirements for protection of patient information.

"I am confident that the steps we have taken, and will take in the coming weeks and months, will provide an exceptional level of security and protection of personal and medical information for those served by the Military Health System," Winkenwerder emphasized.

Vigilance helps prevent I.D. theft

NAPS
Featurettes

You can help keep yourself from being among the increasing number of Americans who become victims of identity theft by following a few simple tips.

- Prevent thieves from getting your personal information in the first place. Never leave your purse or wallet unattended.
- Sign your credit and debit cards in permanent ink as soon as you receive them.
- Call your card issuer if a new or reissued card does not arrive when expected.
- Don't carry your Social Security card, birth certificate or passport in your wallet or purse, and cancel any inactive payment card accounts.
- Never throw away receipts in a public trash container and destroy account numbers on receipts and statements before discarding them.
- Do check all account activity on statements.
- Do not write your account number on check payments.
- Do not ever give Social Security and bank information to anyone by telephone.

RECIPE

Stew can comfort

NAPS

Featurettes

The warmth of a home-cooked meal with family and friends can have unparalleled power to lift our spirits and comfort us. Possibly topping the comfort list, is a steaming bowl of savory stew to delight palates.

Herb-Simmered Beef Stew

Preparation Time: 15 minutes
Cook Time: 1.5 hours

- 2 pounds beef for stew, cut into 1-inch cubes
- 2 tablespoons all-purpose flour
- 2 tablespoons olive oil
- 3 cups thickly sliced fresh mushrooms
- 3 cloves garlic, minced
- 1/2 teaspoon each dried marjoram, thyme and crushed rosemary (or 1-1/2 teaspoon fresh)
- 1 bay leaf
- 1 can (14 ounces) broth
- 3 cups fresh baby carrots
- 12 whole baby red-skinned potatoes



Herb-Simmered Beef Stew

Season beef with pepper and coat with flour. Heat oil in saucepot. Add beef and cook until browned, stirring often. Add mushrooms, garlic, herbs and bay leaf, and cook until mushrooms are tender and liquid evaporates. Add broth.

Heat to a boil. Cover and cook over low heat 45 minutes.

Add carrots and potatoes. Heat to a boil. Cover and cook over low heat 30 minutes or until done. Remove bay leaf. Serves 6.

Nutritional values per serving: calories 416, fat 12g, protein 35g, carbohydrate 43g, sodium 330mg.

ON THE MENU

Anderson Hall will prepare the following this week:

Today

Lunch

- Pepper Steak
- Southern Fried Catfish
- Rice Pilaf
- Potatoes Au Gratin
- Sugar Cookies
- Asst. Fruit Pies

Dinner

- Beef Pot Pie
- Roast Turkey
- Paprika Buttered Potatoes
- Steamed Rice
- Sugar Cookies
- Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Pasta Bar

Saturday

Dinner/Brunch

- Baked Lasagna
- Chicken Parmesan
- Pizza Slices
- Garlic Bread
- Marble Cake
- Asst. Fruit Pies

Sunday

Dinner/Brunch

- Barbecued Beef Cubes
- Baked Turkey & Noodles
- Steamed Rice
- Ginger Molasses Cookies
- Spice Cake w/ Butter Cream Frosting

Monday

Lunch

- Meat Loaf
- Pork Ham Roast
- Steamed Rice
- Mashed Potatoes
- Chocolate Chip Cookies
- Asst. Fruit Pies

Dinner

- Beef Brogul
- Baked Cajun Fish
- Mashed Potatoes
- Steamed Rice
- Chocolate Chip Cookies
- Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Pasta Bar

Tuesday

Lunch

- Simmered Corned Beef w/Mustard Sauce
- Glazed Cornish Hens

- Parsley Buttered Potatoes
- Egg Noodles
- Peanut Butter Cake w/Peanut Butter Frosting
- Asst. Fruit Pies

Dinner

- Turkey Pot Pie
- Sweet & Sour Pork
- Steamed Rice
- Parsley Buttered Potatoes
- Peanut Butter Cake w/Peanut Butter Frosting
- Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Taco Bar

Wednesday

Lunch

- Pork Adobo
- Beef Yakisoba
- Steamed Rice
- Pork Fried Rice
- Oatmeal Cookies
- Strawberry Shortcake
- Asst. Fruit Pies

Dinner

- Steak w/Onions
- Southern Fried Catfish
- Mashed Potatoes

- Steamed Rice
- Oatmeal Cookies
- Strawberry Shortcake
- Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Country Bar

Thursday

Lunch

- Turkey A La King
- Beef Porcupines
- Mashed Potatoes
- Boiled Egg Noodles
- Marble Cake w/Chocolate Cream Frosting
- Pineapple Cake
- Asst. Fruit Pies

Dinner

- Braised Liver w/Onions
- El Rancho Stew
- Honey Ginger Chicken
- Steamed Rice
- Boiled Egg Noodles
- Marble Cake
- Pineapple Cake
- Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Taco Bar

Did You Know?



NAPS

The earth's moon is slightly egg shaped. Make it a point to see for yourself the next full moon.

Commissary patrons may now purchase food gift certificates

Bonnie Powell
Defense Commissary Agency

FORT LEE, Va. — Commissary gift certificates are selling like hotcakes; more than \$500,000 have been sold. But, moms and dads are not the top givers of the "gift of groceries."

The majority have been purchased by installation charitable concerns, such as chaplain's funds, but worldwide public donations of gift certificates are now possible, thanks to the USO and the Air Force Aid Society. These charitable organizations have agreed to facilitate the sending of commissary gift certificates to military members in need.

"The gift certificate program was started as a cus-

tommer service enhancement, but this adds a rewarding dimension," said Patrick B. Nixon, deputy director of the Defense Commissary Agency.

"The participation of prominent organizations means that military families can benefit from commissary gift certificates donated by the general public. We hope that more military-oriented charities will decide to participate."

The USO will accept donated gift certificates to help military service members overseas at USO centers wherever there are commissary locations.

"Commissary gift certificates are the perfect way to support our troops," said Edward A. Powell, USO president and CEO. "The USO is

pleased to be part of this partnership, to help bring a little piece of home to our men and women around the world."

The new commissary gift certificate program is made possible through a business agreement with CertifiChecks Inc. The Defense Commissary Agency does not derive any income from the agreement.

Anyone can buy commissary certificates, but only authorized shoppers can spend them. They can be purchased anytime, for any occasion.

"They range from the humorous to the touching," said CertifiChecks vice president Mike Baskerville. "We've seen them sent for new babies, housewarming gifts, or just because they miss

their loved ones."

The certificates are not sold in commissaries. In addition to the link at www.commissaries.com, certificates can be purchased by phone at 1-877-770-GIFT (toll free in United States only).

Purchasers select the "order" link for personal gifts or the "donate" link to donate certificates through the charitable organization page.

A standard charge of \$4.95 pays the costs for printing, mailing and handling of up to 20 certificates, as long as all are going to the same address. Additional charges may apply for bulk orders or special handling.

Installation charities can obtain a form at their local commissary, which waives the handling fee.

SEAT BELTS!

...a good thing to have around



WORD TO PASS

Iolani Palace Hosts Kama'aina Sunday

Local residents and active duty military families can walk in the footsteps of kings and queens at any free tour of Iolani Palace, offered the first Sunday of each month, with presentation of military I.D.

Located at 364 South King St. in the heart of downtown Honolulu, the Iolani Palace is the majestic symbol of Hawaii's monarchy era, and the staff has enhanced the tour selection with a new comprehensive, 90-minute, guided Grand Tour and a shorter, 30-minute, self-guided tour, both of which include the Palace video and Galleries.

Kama'aina and active duty military families may enjoy discounted admission during regular Palace hours. Call 522-0832 to make reservations or for more information.

FBI Recruits at K-Bay

Interested in a career with the FBI? Learn about requirements for applying by attending the

FBI career seminar on Monday at MCB Hawaii, Kaneohe Bay's Bldg. 267, Classroom 2, from 10 - 11 a.m.

For confirmation and additional information on future seminars, contact the Transition Office at 257-7790.

Women Marines Plan Reunion

It's not too soon to dust off your tattered *Guidebook for Marines* and prepare for a trip down memory lane.

The Tarheel Chapter, NC-1, Women Marines Association is planning its "Step Back in Time" reunion, May 5 - 8 in North Carolina and in commemoration of the women Marines' 60th anniversary.

The reunion is open to all former and retired women Marines who want to recollect a distinctive period in their lives. The itinerary will include events at MCB Camp Lejeune, MCAS Cherry Point and New River, N.C., as well as excursions to post exchanges for souvenirs.

For more details, email robinl@gibraltar.net or call 1-

910-346-6553.

Mustangs Schedule Reunion

The Marine Corps Mustang Association was founded on Nov. 10, 1985, and it is "an organization dedicated to the preservation of the history and accomplishments of all Marines who have risen from the enlisted to officer ranks ... thereby earning the title 'Mustang.'"

You are invited to join the ranks of this 1,600 member organization, as well as to attend the next reunion Oct. 12 - 16 at the Marines' Memorial Club & Hotel in San Francisco.

For complete details, email topmustang@aol.com. Or, write Bill Max; Marine Corps Mustang Association; P.O. Box 1314; Delran, NJ 08075-0142.

Military Widows 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.

WAVES Seeks Members

Active, retired and female reservists of the Sea Services are invited to get involved with the local chapter of WAVES, Na Nalu O'Hawaii.

Meetings are held every second Saturday. For more information, call Eugenia Woodward at 623-4735.

Mall Hosts Recreation

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

•*Saturday at 9 a.m. to 3 p.m.* browse the Farmers Market, which features healthy local produce and an array of island

crafts. Also tomorrow, view the Windward Orchid Society's plants. Both activities will be staged in the courtyard by the lower level of Macy's.

•*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 assis-

See WORD TO PASS, B-7



WORD TO PASS, From B-6

tance should refer to the American Legion Publication, "Need a Lift," and at www.students.gov.

For more information, call 254-1327.

Econ 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 of attending the University of Oklahoma-Hickam — the program only meets weekly, making it TAD and TDY friendly for time-deprived students.

Call 449-6364 for more.

MARINE MAKEPONO

"HAWAIIAN FOR "MARINE BARGAINS"

Free Makepono Advertisements

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free and will appear in two issues of the *Hawaii Marine*, if space is available.

The deadline for submitting ads is at 4 p.m. the Friday of the week prior to publication. Forms may be filled out Monday - Friday from 7:30 a.m. to 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216, aboard Kaneohe Bay.

Makepono may be used only for noncommercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first served basis. Call 257-8836 or 8837 for more details.

College football all-stars soar at MCAS Miramar

Major David Griesmer
Marine Corps
Recruiting Command

MARINE CORPS AIR STATION MIRAMAR, Calif. — Marine Corps Air Station Miramar and Marine Corps Recruiting Command hosted the annual College Football All-Star Challenge that aired nationally on the Fox network on Super Bowl Sunday.

More than 1,500 Marines and their families turned out to watch the event that brought together eight top college football players, including Heisman trophy candidates.

During the one-hour program, "The Climb, The Corps?" recruiting commercial aired several times. In addition, short videos that showed activities from the air station as well as Marine Corps Recruit Depot San Diego were featured.

"The event was a win-win for everyone," said Maj. Dave Griesmer, public affairs officer for the MCRC in Quantico, Va. "Fox television was able to host the event at a world-class facility for little cost, while the Marine Corps was able to use the event to help build awareness about opportunities in the Marine Corps."

The All-Star Challenge consisted of four events, an aerial assault, an obstacle rush, a long throw, and a quick delivery event.

The four, two-man teams included Iowa's Brad Banks, Michigan State's Charles Rogers, Washington State's Jason Gesser, Notre Dame's Arnaz Battle, Florida's Rex Grossman and Taylor Jacobs, Miami's Ken Dorsey, and Illinois's Brandon Lloyd.

While the scoring was very close, the team of Dorsey and Lloyd won the competition.

Most experts believe all eight of the players will be drafted in the first several rounds in the up-

coming NFL draft.

Major General Chris Cortez, commanding general of MCRC, began the event by announcing the team pairings and wishing the players good luck. He noted that, while the players may have been competitors during the regular season, that day they would be teammates.

"Today is a great day for everyone involved and the Marine Corps is proud to be associated with this event," said Cortez. "It's great to see so many talented football players here for a skills competition."

"For players to have reached this level, they've had to demonstrate a high level of discipline, dedication and teamwork — the same things we look for from the men and women in the Marine Corps — so we think this is a good match here today."

For the Marines and families in attendance, the event provided a nice break from deployment preparations.

"Marines thrive on competition," said Capt. Allen Porter, an F/A 18 pilot with WMFA (AW) 121 and a spectator at the event. "We know and respect the level of training and preparation that one must complete to be able to compete and win in their chosen profession."

"It helps Marines to realize that our training and proficiency will make us successful on the field of battle."

Marines and fans gathered autographs and pictures when the event ended.



Florida Quarterback Rex Grossman launches a pass during the "Aerial Assault."

Staff Sgt. Bruce Katz

NFL VISITS



Photos by Sgt. Joe Lindsay

Above — Itula Mili, a Seattle Seahawks tight end and native of Laie, Hawaii, autographs a football for Gunnery Sgt. Jamie Deets, a battery gunnery sergeant at 1st Bn., 12th Marine Regiment, during his visit to MCB Hawaii, Kaneohe Bay, Tuesday. Right — Mili reviews equipment and greets Marines and Sailors at K-Bay's flightline. Several NFL players will host a kids' semi-sports clinic, today from 3 - 5 p.m. at Pop Warner Field. See the full story in next week's *Hawaii Marine*.



1/12 slam dunks MCAF



Jason Myers, a gunner for 1/12, flies through the air as he slams another basket. During Monday's game with MCAF, 1/12 dominated throughout.

The Regiment blows off MCAF on the courts, shows aviation who's boss

Story and Photos by
Cpl. Jessica M. Mills
Sports Editor

As the basketball keeps tempo with the sound of his own heartbeat, his soles pound down on the polished brown surface of the court's hardwood floor.

Sweat bleaches his jersey, dripping into his eyes like a monsoon. Then, in an instant, almost as if by reflex, the player leaps into the air and grabs hold of the rim, ferociously jamming the ball into the net.

Every minute of the intramural basketball game between 1st Bn., 12th Marine Regiment, and Marine Corps Air Facility, was filled with heart-stopping action such as this.

Five minutes into the first half, 1/12 jumped out to an early lead off three quick buckets for a 6-2 advantage. Moments later, Nathan McQuirter, an artilleryman and 1/12 forward, seemed to tower over the rest of the players as he sprinted down the court and landed another two points for 1/12, making the score 8-2.

It was more of the same from there, as 1/12 continued to dominate throughout the first half, quickly extending its lead over MCAF.

See BASKETBALL, C-3

Marines hone warrior skills in Hawaii regional boxing



Sgt. Jereme L. Edwards

Mata throws a viscous right at his opponent Chris Hyatt.

Sgt. Jereme L. Edwards
Combat Correspondent

"Every Marine is a basic rifleman and therefore a warrior." These are words that recruits hear many times over during recruit training, from drill instructors placed in charge of their respective platoons.

All throughout a Marine's enlistment or commission,

there are many training tools in place to help hone their warrior skills. Whether it is annual rifle qualification, any of the various leadership courses, or the recently implemented Marine Corps Martial Arts Program, also known as MCMAP.

For three Marines stationed here aboard MCB Hawaii, they partake in all the required training and go a step further.

Jermaine Hayes, a Marine

with 3rd Bn., 3rd Marine Regiment's S-6 section; Gumaro Mata of Marine Forces Pacific's Cryptological Support Co.; and Amaury Torres of India Co., 3/3, compete in the sport of boxing in their off-duty time.

During the recent Hawaii Regional Championship held in Pearl City, these Marines competed against seasoned opponents. Both Mata and Torres

competed to advance to the national championship in Colorado.

Hayes, who is part of the Nalo Boxing Club, fought in the first non-advance bout and was defeated on a judges' decision by Troy Hartman, a boxer for the Kailua-Kona Boxing Club. Hayes said this was his first bout in five years and that

See BOXING, C-6

BASE SPORTS

Edward Hanlon V
MCCS Marketing

Semper Fit Holds Surf & Turf 5K Run

Race day, Saturday 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. today.

The entry fee for the race is \$15 and registration — underway now — ensures a free T-shirt to remember the event.

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.

MCCS Athletics at 254-7590 or 254-7597 between 8 a.m. and 4 p.m.

MCB Hawaii 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 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.

Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents of the Fitness Program, a cooperative babysitting program at Kaneohe Bay.

Participants must also volunteer to babysit three times a month at the fitness center. Children six weeks and older may attend.

For more information, contact Sharon Kostic at 235-6585 or the Semper Fitness Center at 254-7590

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 info, call 254-7590.

Kahuna's Kicks Off Pro Bowl

Catch all the Pro Bowl highlights at Kahuna's Sports Bar and Grill on its monster-size TV. Get your favorite snacks, pupus and beverages from the grill.

Call Kahuna's for more details at 254-7661.

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 someplace different to eat, recharge your midday 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.



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

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

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.

Call owner Roland Manahan at 265-4283, for more details.

E-Club Hosts Sports Night

Cheer on your favorite athletes at the Enlisted Club every Monday night."

Base All Stars

NAME: Lance Cpl. Nathan McQuirter

UNIT: Bravo Battery, 1st Bn., 12th Marine Regiment

BILLET: Artilleryman

SPORT: Basketball

TEAM: 1/12 Intramural Basketball Team

•McQuirter has played basketball for more than 13 years.

•The Mobile, Ala., native led his team in winning four state championships while attending B.C. Raine High School.

•He played on the All-Marine Team from October through December of 2002, and won several games.



Lance Cpl. Monroe F. Seigle

"Basketball calms you down, but practice makes a good player."

COMMUNITY SPORTS

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, Sunday.

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

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.

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 depriva-

tion 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.

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 Hunting Class Offered

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, 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.



A player from MCAF's intramural team knocks the ball out of 1/12's possession in the first quarter.

BASKETBALL, From C-1

Possession continued to shift from team to team, as players logged laps the length of the court, and the score steadily rose for both sides.

Finally, Jason Myers, a gunner for 1/12, tipped the scales and made a shot from the 3-point line. Minutes later, he followed that with a thunderous slam dunk, giving 1/12 a 19-6 lead.

Although MCAF tried to keep up the defensive pressure by blocking shots, 1/12 remained unforgiving. McQuirter and Arnell Rivers, a radio operator for 1/12, scored two more shots, extending 1/12's lead to 24-8.

Just when many felt that MCAF would not ever break loose, the team harnessed the extra energy needed to cut 1/12's lead to 26-12, with a pair of slam-dunks before halftime.

When the game resumed, 1/12 continued to assault MCAF's defense and land shot after shot. But MCAF stayed composed under the pressure and managed to not only stay in the game but also slowly close the tremendous lead.

With eight minutes left, the score showed 32-21, 1/12 leading.

Both teams raced up and down

the court, but 1/12 blocked each shot made by MCAF, trying to hold onto its upper hand. While MCAF continued to attack with renewed bursts of energy, 1/12 began to look desperate as if it was quickly losing its grasp, unprepared for MCAF's advancement.

"In the beginning we played with a strong defense, holding them back, but then we got lax and let their team make some really good shots — basically giving them hope," said player Russ Johnson, a scout observer for 1/12.

With that hope held in the palm of their hand, MCAF team members refused to give up and continued to bank shot after shot.

With five minutes left, the score had climbed to 43-35, 1/12 ahead. As time wound down, 1/12 put on its game face and matched MCAF shot for shot, ending a rash of baskets with another slam dunk by McQuirter.

The gym erupted in a bellowing cheer, as McQuirter hung from the rim. The score stood at 48-43, 1/12 ahead.

With 25 seconds left, MCAF was called on holding and 1/12 was awarded two free throws. Both sunk, and the score rose 50-43.

Each team went for blood but neither scored until MCAF was

again called on a foul. The penalty allowed Rivers to finish the game victoriously for 1/12 with two free throws.

The final score: 52-43.

"We could have done a whole lot better," said 1/12 Coach Gui Woodard, a 1/12 field artillery chief. "We let our guard down and had too much highlight. We'll see them again."



Myers slams in another basket for 1/12, extending the lead during the second quarter.

Marine struts his stuff from the free throw

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

A crowd goes wild as a 6-foot-5-inch, 190-pound Marine charges down a basketball court, quickly dodging his opponents.

He elevates in the air as the crowd goes silent. The look of intensity on his face grows stronger as he slams the ball fiercely into the hoop while his opponents stare in awe.

This is Nathan McQuirter, a 24-year-old artilleryman for Bravo Battery, 1st Bn., 12th Marine Regiment at MCB Hawaii, Kaneohe Bay, in action during a basketball game.

He began playing at age 9, since then it has been a passion and a dream for him.

"I started playing basketball in the 3rd grade," said the Mobile, Ala., native as he brushes dirt and residue accumulated on his face from firing a 155-mm Howitzer. "I had dreams of playing in the [National Basketball Association] since that age."

McQuirter's first organized team was in the 8th grade.

"Basketball kept me out of trouble when I was a kid," he recalled with a smile, as artillery rounds fiercely exploded in the background. "It was all I did in my spare time."

After completing middle school, McQuirter became the youngest student on the varsity bas-



Cpl. Jessica M. Mills

McQuirter makes another slam dunk during the intramural game against MCAF Monday.

ketball team for Ben C. Raines High School in Mobile. The majority of the players were juniors or seniors, 17-18 years old. McQuirter was a young freshman and only 15 when he was selected.

"I felt even more motivated to play, because no other freshman was good enough to make the team," he remembered.

By the time McQuirter completed 9th grade, he and his teammates had secured a state championship under their belts.

"I grew a lot between my 9th and 10th grade years. My skills were improving, and in the 10th grade, I was put on the court even more," McQuirter explained. "I was learning not only to play, but to be a leader."

See MCQUIRTER, C-6



spotlight on health

Calcium works harder for your body's 2,000 parts

NAPS

Featurettes

Calcium has been typecast as a bone-builder — a significant role for the mineral, but one that ignores other wide-ranging benefits of this hard working nutrient.

Research shows there is much more to calcium than bones alone. The multidimensional mineral benefits the whole body.

Weight

Recent studies show that you may lose more weight by adding more calcium to your weight loss plan. Getting enough calcium in your diet seems to trigger the body to burn more fat.

One study of women ages 18 to 31 found that given comparable calorie intakes, those participants who got at least 780 milligrams of calcium a day in their diets maintained their weight during a two-year time frame, whereas women who averaged less than 780 milligrams of calcium a day gained fat mass. Women who averaged 1,000 milligrams a day had an overall decrease in body

weight.

Other studies have shown similar results. Participants who ate diets higher in calcium and low-fat dairy foods tended to have lower body weights.

Premenstrual Syndrome

Emerging research suggests that calcium may ease several PMS-related symptoms including depression, food cravings, water retention and pain.

One study, which followed nearly 500 women, found that by the third month of consuming 1,200 milligrams of calcium each day, participants had a 48 percent reduction in PMS symptoms compared to a 30 percent reduction in the placebo group.

Blood Pressure

Several years ago, the National Heart Lung and Blood Institute found that eating a diet filled with fruits and vegetables significantly reduces blood pressure.

The news got even better when low-fat dairy foods were added to the mix. Three or more servings a day of low-fat milk, yogurt or cheese — along with

Great Sources of Calcium

FOOD

Amount of Calcium (milligrams)

Milk (1 cup)	—300
Yogurt (1 cup)	—300-350
Orange juice (fortified with calcium — 1 cup)	—300-350
Ready-to-eat cereal (fortified with calcium — 1 cup)	Total cereal with 100% DV of calcium—0-1000 (check nutrition label)
Cheese (1 ounce)	—200
Bread (calcium-fortified—2 slices)	—150-300+ (check nutrition label)
Almonds (1/2 cup)	—180



plenty of produce — doubled the reduction in blood pressure. Calcium was considered at least part of the reason.

The positive connection between calcium and blood pressure was more firmly established when researchers conducted a review of more than 40 studies on the topic. It appears that the benefits were most pronounced in people who had not been getting enough calcium in their diets.

The potential benefits of calcium come from eating 1,000 to 1,500 milligrams a day. Nutrition surveys show most women and children are not getting anywhere close to that.

Calcium-fortified cereals, along with other calcium-rich foods, can help fill the gap.

Cancer

Calcium has been favorably linked to reducing the risk of breast and colon cancers.

Research conducted in animals has shown that high-fat diets, which contain little calcium and vitamin D, can cause abnormal changes in mammary glands. These changes may lead to breast cancer.

Research suggests getting enough calcium and vitamin D in the diet may decrease changes in breast tissue and reduce the risk of breast cancer in premenopausal women.

Calcium is also thought to be one of several dietary components that may reduce the risk of colon cancer. Researchers think this may be because calcium binds with potentially harmful substances in the colon.



Links found with heart disease, diabetes, obesity

NAPS *Featurette*

Cardiovascular disease is a major complication and the leading cause of death among people with diabetes.

Diabetes, at the same time, affects the body's ability to take glucose (sugar) into the cells. Insulin, a hormone produced by the pancreas, opens the door for glucose to get into the cells. When glucose builds up in the blood instead, it can cause problems.

For instance, cells may become starved for energy, causing fatigue and susceptibility to infections. High blood sugar levels can affect eyes, kidneys, nerves or the heart.

Risk Factors

An estimated 17 million Americans suffer from diabetes, and about one in three don't

know it.

Risk factors for premature death or disability due to diabetes include heredity, obesity, age and lack of exercise. African Americans, Hispanics, Latino Americans, American Indians, Asian Americans, Pacific Islanders and older people are particularly susceptible.

The ABCs of Diabetes

Knowing what to ask health-care providers and taking action using the National Diabetes Education Program's "ABCs of Diabetes" can help.

The ABC approach was developed because most people don't know their risk can be reduced with appropriate treatment.

Research shows 65 percent of people with diabetes die from heart disease and stroke, and they die younger than the general population.

Fast Facts on the link between CVD and Diabetes

- Deaths from heart disease in women with diabetes have increased 23 percent over the past 30 years compared to a 27 percent decrease in women without diabetes.
- Deaths from heart disease in men with diabetes have decreased by only 13 percent compared to a 36 percent decrease in men without diabetes.
- People with diabetes are more likely to die from a heart attack and are more likely than those without diabetes to have a second event.

Source: National Diabetes Education Program



"A" stands for A1C, the hemoglobin A1C test, which measures blood glucose over three months. "B" is for blood pressure, and "C" is for cholesterol.

A doctor does a hemoglobin A1C test. It measures how well your blood sugar has been controlled over the last 2 to 3 months.

A suggested healthy A1C target number is seven or below, equaling a blood glucose of 150.

The ADA recommends blood glucose screening at least twice a year after age 45, younger for those with symptoms, a family history of the disease or other risk factors.

Cholesterol

People with diabetes should have their blood pressure checked every time they visit their healthcare provider: 130/80 is a healthy target.

There are two types of cholesterol, HDL and LDL. About one-third to one-fourth of blood cholesterol is carried by high-density lipoprotein cholesterol, and it's called "good" because a high level seems to protect against heart attack.

The bad cholesterol, LDL, builds up and clogs the arteries. The ADA recommends that peo-

ple with diabetes have their cholesterol tested annually.

A healthy target is an LDL of 100 mg/dl, and an HDL of over 40 mg/dl.

Improvements

Even relatively small improvements in blood sugar, cholesterol, blood pressure and weight will decrease the risk of CVD.

Detecting diabetes early lets people take precautions. The same steps needed to control blood glucose, work for controlling blood pressure and cholesterol. Recommendations follow.

- Exercise 30 minutes daily
- Eat less fat and salt
- Eat more fiber choosing whole grains, fruits, vegetables and beans
- Stay at a healthy weight
- Stop smoking

See the ADA Web site www.diabetes.org for more.

BOXING, From C-1

he did good but could have done better.

Mata, a boxer for the Kaneohe Boxing Club, fought in the fifth round for advancement to the national boxing championship in Colorado, and defeated Chris Hyatt, from the Palolo Boxing Club, with a knock out in the second round of the contest.

"I expected him to win, said Coach Todd of the Kaneohe Boxing Club. "He should've won last year but the official called otherwise."

In the ninth bout, Torres — also a member of the Nalo Boxing Club — competed

against Peter Costa Jr. of the East Oahu Waimanalo Boxing Club (and formerly with Nalo's). Torres was defeated by a knock out in the second round with an upsetting right hand.

"I had greater hopes for Amaury this evening you know, but sometimes you just get caught, and that is what happened here," said Coach Felix Carzeras of the Nalo Boxing Club. "I told him the guy has a right, but you just can't get away from them all."

These competitors had varying reasons for beginning their careers in boxing.

I started boxing when I was 12 years old, said Mata. I like

fighting. I was into karate for a little while, but it was boring and I wanted something more physical.

Hayes says he has been boxing for four years, and the reason he started was a boxer named Mike Tyson. Hayes added that he remembers seeing the Tyson versus Douglas fight, and that is what inspired him.

"I box to stay in shape and for the competition. I'm not trying to make a career out of it," explained Mata. "I want to pursue a job in law enforcement, possibly the Drug Enforcement Agency.

"So, I suppose the ultimate goal for me would be maybe to



Sgt. Jereme L. Edwards

Mata dodges a wildly thrown right hook from his opponent and attempts to connect a well-focused jab to his opponent's face in the middle of the second round of the of the three round bout.

go Pan-American or even the Olympics," said Mata.

"My ultimate goal for boxing would be to make it on the All-

Marine team and one day become the world wide champ," said Hayes. "There's no need to limit yourself."



Cpl. Jessica M. Mills

McQuirter, #44, blocks a MCAF player from scoring.

MCQUIRTER, From C-3

After again winning the state championships in the 10th and 11th grades, McQuirter found himself helping the coaches and a few of the seniors running the team.

"In my senior year, I was managing 20 points a game. I had several colleges calling me to play for them. I didn't know which one I wanted to play for, all I knew was I wanted to get away from Alabama."

After winning a fourth state championship before graduating in June of 1998, McQuirter proceeded to the College of Eastern Utah where he continued to play ball.

"The College of Eastern Utah was only an average team. We didn't do very well as a whole," he recalled, with a light chuckle. "I was just glad to be away from home."

McQuirter finished the two-year school with an associate's degree in sports medicine. It was then that he decided he needed further challenge. He returned to Alabama, went to the Marine recruiter and asked for a challenging career.

McQuirter's father had been in the Navy and his brother had served in the Air Force. Both played a role in his decision to join the Marine Corps.

On Sept. 10, 2000, McQuirter left home for the Marine Corps Recruit Depot in Parris Island, S.C. Upon completing boot camp and his military occupational school, he received orders to his present duty assignment here.

Later, while on a deployment in Okinawa, his chain of command recognized his skills and approved participation on the All-Marine Team.

He has "a lot of potential," said Master Sgt. Guy Woodard, battalion field artillery chief at Bravo, 1/12, and MCB Hawaii's assistant basketball coach. "He is an explosive basketball player and an excellent Marine."