

Hawaii MARINE

INSIDE	
National Anthem	A-2
2/3 Air Drop	A-3
Recruiting Duty	A-6
Waimea Valley	B-1
MCCS & SM&SP	B-2
Driving Regs	B-3
Menu	B-5
Word to Pass	B-7
Great Aloha Run	C-1
Sports Briefs	C-2
The Bottom Line	C-3
High School Cadets	D-1

VOLUME 35, NUMBER 8

WWW.MCBH.USMC.MIL

FEBRUARY 25, 2005

3/3 helps secure clinic



Capt. Juanita Chang

Cpl. Ramirez Ricardo, from Quebradillas, Puerto Rico, pulls guard duty around a clinic in Khost Province, Afghanistan during a medical assistance assessment visit to the village, Feb. 21. Ricardo is assigned to 3rd Battalion, 3rd Marine Regiment, "America's Battalion," from MCB Hawaii, Kaneohe Bay. During the medical visit, coalition forces provided critical medical assistance to more than 660 Afghans.

Marines maintain security, enable Afghan citizens to receive medical treatment

Capt. Juanita Chang

Combined Joint Task Force 76

KHOST PROVINCE, Afghanistan — Nearly 1,000 people came to Khilbasat village to see if the announcements they heard over a loud speaker were true. They heard broadcasts that coalition forces would be providing free medical care for local residents. Neither they, nor some of the coalition soldiers, could believe what they saw.

"The people are really happy that Americans are here today," said a local boy in broken English, talking from over a stone wall to a Marine who was pulling guard duty.

"I am from a third-world country, but this was very shocking for me to see," said Spc. Thia T. Valenzuela, who moved to the United States from Guyana in 2001, joined the United States Army the same year, and now calls Decatur, Ga., home.

"While I was de-worming them I was looking at their teeth. They were all rotten and so unhealthy," said Valenzuela, a dental assistant from Company C, 725th Main Support Battalion stationed out of Schofield Barracks, Hawaii.

"It was so shocking to see all the children not wearing shoes," Valenzuela said, this being her first time out of the secure military facility, or "outside the wire" as service members in Afghanistan refer to it. "It was freezing cold, and there were so many who were barefooted."

"It was a culture shock," admitted Sgt. Teresa A. Trevino, of Corpus Christi, Texas. "The

See **MEDICAL**, A-7

PSYOP teams give Marines a voice

Cpl. Rich Mattingly
Combat Correspondent

JALALABAD, Afghanistan — The crowd grew in the afternoon fog, eager eyes waiting to see what the soldiers, Marines and Afghan Police were posting on the signboard they had just set up in front of the most popular radio station in town.

"Whenever they see the 'speaker truck,' people know we have information to disseminate, and we'll attract a large crowd very quickly," observed Army Sgt. Joshua Hale, psychological operations specialist with the 13th PSYOP Battalion, referring to his unit's popularity among the Afghan people and the recognition the speakers mounted to his humvee brings. "Everyone wants our pamphlets and papers," he said. "Every Afghan I've met wants to know what's going on in the country. We give them

information that they might not get any other way — about what's going on." Within minutes of their arrival, several hundred newspapers and leaflets are gone, carried off in eager arms.

A recent media survey performed by an independent research group found that 80

See **PSYOPS**, A-7



Cpl. Rich Mattingly

Cpl. Josh Wartchow, Lima Company rifleman, watches as a crowd pushes around an Afghan National Police Officer who is handing out PSYOP newspapers in Jalalabad. The papers are eagerly received whenever ANP or ANA passes them out.

Compliments to the chef



Sgt. Joseph A. Lee

Lt. Col. James S. Connelly (left), commander of Headquarters and Service Company, Headquarters Battalion, shakes the hand of Petty Officer 3rd Class Sarah Geib, who was awarded the Navy and Marine Corps Achievement Medal at a flagpole ceremony, Friday. Geib received the award for outstanding achievement as a food service specialist with Headquarters and Service Company, Headquarters Battalion after winning the Chef of the Year competition and earning the honor of premier cook at Anderson Hall.

Corps tightens tattoo policy

Sgt. Joseph A. Lee
Press Chief

Most Marines came in the Corps understanding that they were making a change to their lifestyle in a more conservative way, but when some joined the ranks, they found it to be popular to get tattoos. This is now seen as a step in a non-conservative direction.

Unfortunately, for the Marines who decided to get tattooed, their choice of tattoos and where they appear on their body may hinder their career path, according to 1st Sgt. Gustavo Cagigas, Military Police Company first sergeant.

"In an effort to move the Marine Corps in a more conservative direction, changes are being made to the recruiting manual to restrict the amount and location of tattoos, before entry."

Cagigas spoke to the non-commissioned officers of Headquarters and Service Battalion Feb. 15 about

See **TATTOO**, A-2

Iwo Jima revisited 60 years later

Lance Cpl. Daniel J. Redding
MCB Camp Pendleton

MARINE CORPS BASE CAMP PENDLETON, Calif. — No more than 8 square miles ... a third of the size of Manhattan Island ... nothing beyond a pinprick on the map of the world. Yet for 36 days in 1945, Iwo Jima was the focus of global attention during World War II — and a killing field for nearly 6,000 Marines in an epic battle that still defines the Corps 60 years later.

More than 71,000 Marines went ashore in the shadows of Mount Suribachi on Feb. 19 at 8:59 a.m. — none of them knowing that when the battle was over and the island was taken, 22 Marines would receive the Medal of Honor.

"We were the 'walking wounded,'" said retired Sgt. Maj. 'Iron Mike' Mervosh, who was with Company C, 1st Battalion, 24th Marine Regiment, 4th Marine Division.

Mervosh, who is now 81, added, "We weren't afraid to die, but we all wanted to

live."

Most of them didn't. Company C began the battle with 240 Marines. Thirty-six days later, after the island was conquered, only 31 were alive to tell about it — and half of those were "walking wounded," Mervosh said.

On that two-mile strip island, Marines had no place to hide as they fought their way up the mountain toward entrenched Japanese fighters. In the only battle of the war where the Marine Corps lost more fighters than the enemy, 17,372 Marines were wounded.

Air and naval gunfire proved nearly useless against the Japanese — who had spent years building tunnels and deep trenches in preparation to defend the island.

"It was the battle of battles," said Mervosh, part of the initial invasion wave. "From the day we landed to the day we left, it never let up. There will never be another battle like it."

When the dust had settled from the first day of engagement, the Marine Corps had suffered 500 casualties — a sign of things to come. Ultimately, one-third of American forces that landed on the island were injured.

The Marines bore the brunt of the carnage in the early days. But there was no turning back.

"By dammit, we were Marines. That's what we are here for," Mervosh emphasized.

For 19-year-old Pvt. Jim Weiry, it was a bittersweet birthday in 1945, occurring in the midst of what was referred to as "hell on earth."

What mattered in the end, said Weiry, 78, was conquering the island.

"We landed there to take the island, and that was what we were going to do," said Weiry, who later became a first lieutenant with the 3rd Marine Division.

The battle continued the Marine Corps' drive across the Pacific Ocean, with the ultimate aim of reaching the Japanese mainland, explained Bob V. Akiuilina, a historian with the Marine Corps Historical Center in Washington, D.C.

"Iwo Jima simply could not be bypassed," Akiuilina explained.

See **IWO JIMA**, A-4

NEWS BRIEFS

MCB Hawaii to Host Close of Makahiki Season

The closing ceremonies of the 2004-2005 Makahiki Season will be held on MCB Hawaii, Saturday and Sunday, as local families gather to pay tribute in traditional fashion on Mokapu Peninsula. Saturday morning, Keahiakahoe Canoe Club canoes will cross Kaneohe Bay, bearing the "akua loa" (symbol of Makahiki) from Kuoloa Beach Park to Hale Koa Beach area. Mokapu Elementary students will join the Makahiki celebrants in a canoe-welcoming ceremony at the landing site. There will be ancient Hawaiian chants, a talk story and hula performances. Before dawn on Sunday, the "akua loa" will be moved by procession from Hale Koa Beach to Pyramid Rock where traditional sunrise ceremonies will mark the end of the Makahiki season.

The beginning of the season was celebrated here with a traditional ceremony at Pyramid Rock Beach during late October 2003.

New Nimitz Road/Detour Plan

Nimitz Road will be closed Monday through Friday, for 24 hours, and will re-open Friday afternoon, after construction at 3:30 p.m. There will be "road closed" signs at the following streets.

- Nimitz Road entrance (intersection of Nimitz Road and Reeves Road)
- Other end of Nimitz Road (Corner of Halligan Road and Nimitz Road)
- Halligan Road (intersection of Halligan Road and Nimitz Road)

The detour route leads to Reeves Road, exiting from Halligan Road and at the other end of Nimitz Road. No pedestrians will be allowed to cross while construction crews are at work. A pedestrian crosswalk will be located toward the beginning of construction site.

The projected end date is March 24, however, that is subject to change. There will be a partial lane closure which will still allow two-way vehicular access from March 7 through March 16 to facilitate curb/gutter removal and replacement.

The actual Nimitz Road closure project is scheduled for March 21 to March 25. The point of contact for this project is Marc Wong, Construction Management Engineer, 257-1116.

Red Cross to Recognize Volunteers

The American Red Cross will be honoring their volunteers for their services in 2004 and will be having a luncheon on March 14 at the Staff Non-Commissioned Officers Club, Building 3088, from 11 a.m. to 1 p.m.

Triathlon may Cause Delays at Mokapu Gate

The 4th Annual Lanikai Triathlon will be held, March 20, in Kailua and aboard MCB Hawaii, Kaneohe Bay. MCB Hawaii support for the event will include the closing of Mokapu Road to through traffic from 5 to 9 a.m. on race day, Sunday, from the back gate to the intersection of Mokapu Road and Harris Street. Traffic will be routed to minimize impact on residents. Appropriate event signs and traffic control points will be posted.

EOD Looks to fill School Seats

Explosive Ordnance Disposal is an MOS that is normally only available to sergeants and re-enlisting corporals. However, HQMC has recently authorized lance corporals and corporals to join the ranks — but only until Sept. 30, and only if the following criteria are met: GT score of 110 or higher; minimum of 21 years of age; normal color vision; no claustrophobia; minimum two years in service; First class PFT; eligible for secret security clearance based on Single Scope Background Investigation; and are eligible for Personnel Reliability Program. Remember, this is only until Sept. 30. After that, the offer is only available to sergeants and above.

For additional information, call 257-7112 and ask to speak with any EOD Tech that is available.

Important Phone Numbers

On-Base Emergencies 257-9111
Military Police 257-7114

Hawaii MARINE

Commanding General Brig. Gen. George J. Trautman III
Base Sergeant Major Sgt. Maj. Anthony E. Franks
Public Affairs Officer Maj. Patricia Johnson
Public Affairs Chief Gunnery Sgt. Claudia LaMantia
Managing Editor Millie Perera
Press Chief Sgt. Joseph Lee
Staff Writer Sgt. Joe Lindsay
Staff Writer Sgt. Jereme Edwards
Staff Writer Cpl. Michelle M. Dickson
Staff Writer Cpl. Rich Mattingly
Staff Writer Cpl. Megan L. Stiner
Lifestyles & On Point Editor Susana Choy
News & Sports Editor Kristin Herrick

The *Hawaii Marine* is an unofficial newspaper published every Friday by MidWeek Printing, Inc., 45-525 Lulu Road, Kaneohe, HI 96744, a private firm in no way connected with the U.S. Marine Corps, under exclusive contract to the U.S. Marine Corps. This civilian enterprise is an authorized publication for members of the military services.

Contents of the *Hawaii Marine* are not necessarily the official views of or endorsed by the United States Government, the Department of Defense or the U.S. Marine Corps. All advertising is provided by MidWeek Printing, Inc., 529-4886.

The appearance of advertising in the *Hawaii Marine*, including inserts and supplements, does not constitute endorsement by the DoD, DoN or the U.S. Marine Corps of the products or services advertised.

Everything advertised in the *Hawaii Marine* shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content or public service announcements (i.e., all content other than paid advertisements) is edited, prepared and provided by the Public Affairs Office aboard Marine Corps Base Hawaii. Opinions expressed are not to be considered an official expression of the DoD or the U.S. Marine Corps.

Submit items for the *Hawaii Marine* to PAO no later than noon on the Friday prior to publication, using the following addresses:

HAWAII MARINE, Box 63062, Building 216,
MCB HAWAII, KANEOHE BAY, HAWAII 96863
E-MAIL: EDITOR@HAWAII.MARINE.MIL
FAX: 257-1289, PHONE: 257-8836

Marines place hand over heart for anthem

Cpl. Trevor M. Carlee

Combat Correspondent

CAMP HANSEN, OKINAWA, Japan — All service members are required to place their right hand over their heart when in civilian attire during the playing of the United States' national anthem "The Star-Spangled Banner."

This is not a new order and has been the standard since the implementation of Marine Corps Order P10520.3b dated Sept. 15, 1989, according to Gunnery Sgt. Vincent B. White, administrative chief, Marine Corps Base Camp Butler.

"Everybody has been trained to stand at the position of attention if they are in civilian attire while the national anthem plays," White said. "That's what was taught when I went through [basic training], and my junior Marines said they were taught the same thing. This is something that every unit is going to have to inform their Marines about."

Annex A, title 36, of Marine Corps Order P10520.3b, the Marine Corps Flag Manual, says that during rendition of the national anthem when the flag is displayed, all present, except those in uniform, should stand at attention facing the flag with their right hand over their heart. Men not in uniform should

remove their headdress with their right hand and hold it at the left shoulder, the hand being over their heart.

Paragraph 7003.2 of Marine Corps Order P5060.2, the Marine Corps Drill and Ceremonies Manual, states in reference to rendering a salute to colors, "Persons not in uniform will stand at attention, face the flag and place the right hand over the heart. Gentlemen, if covered, remove their headdress with the right hand and hold it at the left shoulder so that the right hand is over the heart."

There are also three paragraphs in U.S. Navy Regulation 1990 that address rendering appropriate honors while in civilian attire.

Paragraph 1205.1 — discussing saluting the national ensign, "Persons in civilian clothes shall comply with the roles and customs established for civilians."

Paragraph 1207.2 — discussing boarding a naval vessel, "A member not in uniform shall render appropriate honors to the national ensign by facing the flag and standing at attention with the right hand over the heart. If covered, men shall remove their headdress with the right hand and hold it at the left shoulder, the hand being over the heart."

Paragraph 1207.3 — dis-

cussing being passed or passing colors, "Each person in the naval service in uniform, upon being passed by or passing a military formation carrying the national ensign uncased shall render the hand salute. A member not in uniform being passed by or passing such a formation shall face the flag and stand at attention with the right hand over the heart. If covered, men shall remove the headdress and hold it at the left shoulder, the hand being over the heart."

"This should have been caught a long time ago," White said. "They should hold battalion formations to make sure everyone knows about this."

Marine Corps Recruit Depot Parris Island, S.C., has already modified its lesson plan to address this situation and the depot in San Diego is following suit, according to Sgt. Maj. Ralph H. Drake, Training and Education Command sergeant major, Marine Corps Base Quantico, Va. Drill instructor schools will also make the appropriate change.



Cpl. Trevor M. Carlee

Members of the naval service are required to place their right hand over their heart when in civilian attire during the playing of the United States' national anthem, "The Star-Spangled Banner."

In accordance with U.S. Navy Regulation 1990, Chapter 12, Paragraph 1205.2, the same marks of respect prescribed during the playing of the national anthem shall be shown during the playing of a foreign national anthem.

TATTOO, From A-1

some of the changes the Marine Corps Recruiting Command has made regarding tattoos. He also discussed how the changes could affect the advancement of Marines who may want to apply for career-boosting programs.

According to All Marine Message 194/96, tattoos or brands on the neck and head are prohibited and have been so since 1996. In other areas of the body, tattoos or brands that are prejudicial to good order, discipline and morale or are of a nature to bring discredit upon the Marine Corps are also prohibited.

Changes in Marine Corps Order P1100.72, or the Military Personnel Procurement Manual, Volume 2, specify certain criteria for acceptable tattoos. The criteria includes limiting the number of tattoos, visible while wearing physical training gear, to four and limiting the size of a single tattoo to less than one quarter of the particular body part that it appears on — or smaller than the size of the individual's palm, if the tattoo is exposed while wearing the Service Charlie uniform.

Some Marines are concerned about how the tattoo policy will affect their opportunities for advancement and special duties or commissioning programs.

"We're in the most conservative of all the services," claims Cagigas. "It's not just a job, it's a way of life, and Marines have to accept that. The Marine Corps is not going to



Cpl. Michelle M. Dickson

As stated in the Marine Corps Order, tattoos visible in the Service Charlie uniform must be small enough to cover with one palm.

lower its standards to accept people, no matter what the current troubles are with recruiting. Marines, already enlisted, need to be aware that the tattoos they get can have long-term effects on future opportunities for advancement."

According to MCO 1100.72C, Marines assigned to high profile assignments, such as duty with Marine Barracks 8th & I, Washington, D.C.; Marine Corps Security Forces; or Marine Corps Drum and Bugle Corps are prohibited from having any tattoos, branding or ornamentation below the biceps or anything that shows when wearing the Summer Service uniforms."

Even re-enlistment, according to Cagigas, can become difficult if a Marine accrues too many, or oversized tattoos.

"When going up for re-enlistment, Marines can be held to the same standards as a potential recruit. Their tattoos can be scrutinized to determine whether or not a Marine is accepted," said Cagigas. "There have been several cases, lately, where Marines have been denied the ability to re-enlist or re-enter the Marine Corps based solely on the tattoos they have acquired."

Some Marines are well aware that their tattoos should not be seen while in uniform. They think that Marine recruits should not necessarily be denied the opportunity to be a Marine, because they have chosen to be tattooed.

Owens, an Adel, Ga. native who also has seven tattoos, none of which are visible in either his PT gear or Service Charlie uniform, agrees that a professional appearance is very important for Marines.

"Tattoos are looked at by content, size, number and



Sgt. Joseph A. Lee

Lance Cpl. Chris E. Sullivan, an admin clerk with the Installation Personnel Administration Center, shows his "sleeves," that, according to Marine Corps Order, would disqualify him as a Marine recruit.

Power outage to affect housing areas

Due to the construction of the 212 unit family housing project, there will be an electrical outage on March 2 and 3. Below is a list of the affected buildings and their respective tenants. The outage is required to install new electrical lines for the new housing project. It is estimated that the outage will last for eight hours, beginning at 8 a.m. All efforts will be made to reduce the length of the outage as much as possible. We apologize for any inconvenience you may experience.

Buildings affected by electrical outage on March 2:

- DPRGP: Buildings 7021 to 7025 and 7027
- 3rd Radio Bn.: Building 4052
- 3rd Marine Reg.: Buildings 1033, 1034, 1069, 1092, 1551, 1655, 1656, 3090,

3091, 4014, 4015, 4028, 5099, and 7000 to 7006

- CSSG-3: Buildings 1043, 1044, 1074, 1086, and 1097 to 1099, 1634, 1635, 4030 and 4052
- MCCS: Buildings 1033 and 1262
- LFB: Building 1034
- Supply Department: Building 1089
- Facilities Department: Buildings 1091, 1675, 1696, 4071 and 7026
- Base Housing: Affected residents have been notified via the Housing Department.

Buildings affected by electrical outage on March 3:

- CSSG-3: Building 4088
- HQBN: Buildings 1294, 1303, 1520, 1577, 1578, 1584, 1592, 1600, 4056, 4057 and 6507

- MCCS: Buildings 1667 and 5082
- Supply Department: Buildings 1383, 1384, and 1509 to 1518, 1538, 1544, and 1586 to 1589
- Facilities Department: Buildings 1566 and 1597
- Base Housing: Affected residents have been notified via the Housing Department.

Getting it Straight

In the Feb. 18 edition of the *Hawaii Marine*, Yibeli Galindo-Baird was incorrectly labeled as the photographer for the photograph of the Self Storage Facility on B-2. Mark Wittig, also from MCCS Marketing, took the photo.

Read the *Hawaii Marine* online at www.mcbh.usmc.mil by clicking on the "Hawaii Marine Newspaper on-line" link.

Air Raid



Pfc. Anthony Adams, saw gunner, 3rd Platoon, Fox Company, 2nd Battalion, 3rd Marine Regiment, sets up to provide cover at the edge of a tree line where his fellow Marines are emerging from a wooded area to get to their rendezvous point during a training exercise with Marine Heavy Helicopter Squadrons 463 and 362, Friday, at Marine Corps Training Area Bellows.

2/3 teams up with Navy at Bellows

Story and Photos By
Cpl. Megan L. Stiner

Combat Correspondent

Helicopters are heard in the distance, but through the heavily wooded area, their location is unknown. As they approach the landing zone, the sound of their blades cutting through the air grows louder and just as quickly as they arrived, the noise of the rotors subsides. Then, all there is to do is to wait.

Soon, signs of life appear as camouflaged figures can be seen emerging from the tree line. As soon as contact is made with other Marines, waiting in the woods, Marines from Fox Company, 2nd Battalion, 3rd Marine Regiment make a mad dash to their rendezvous point, providing cover and carrying the wounded as they go.

This was the scene as Marines from Fox Co. teamed up with Navy personnel from Marine Heavy Helicopter Squadrons 463 and 362 during a training raid at Marine Corps Training Area Bellows Friday. The exercise was conducted to prepare for 2/3's upcoming deployment to Afghanistan.

Throughout the training raid, Marines from Special Operations Training Group, Okinawa, Japan, were giving directions to Fox Co. and overseeing the exercise.

This was the first time many of these Marines had performed this type of training. Some of the situations they were put in were very unexpected, according to some of the trainees.

"During the raids, only myself and one other Marine from our squad made it to the end," said Pfc. Rudolfo D. Booth, assistant gunner, 3rd Platoon, Fox Company, 2nd Battalion, 3rd Marine Regiment. "The rest were designated as killed, so we had to try to get through the rest of the raid without them. It put us in a difficult position



Pfc. Rudolfo Booth, assistant gunner, 3rd Platoon, Fox Company, 2nd Battalion, 3rd Marine Regiment, sets up to provide cover for fellow Marines, Friday.

and made us have to figure out a way to make it all work."

The Moreano Valley, Calif. native explained, although the training was complicated, the one thing he really learned from it was how to stay calm and composed in an intense environment.

Not only were there Marines who were designated as killed or wounded during the training, the instructors made sure the

scenario was as real as possible by having the other Marines carry their dead and wounded to the helicopter rendezvous point. For some, that was more than 400 meters away.

"The helicopters support was really good," said Booth who earned the title of Marine five months ago. "They were right where we needed them; right when we needed them."



Marines from Fox Company, 2nd Battalion, 3rd Marine Regiment, carry Marines, designated as casualties, out of harms way during training.



Lance Cpl. Paul Greenfield, 3rd Platoon, Fox Company, 2nd Battalion, 3rd Marine Regiment, carries a designated casualty during training for helicopter raids at Marine Corps Training Area Bellows in Waimanalo, Friday.

21st Dental hikes up Kansas Tower

Cpl. Megan L. Stiner
Combat Correspondent

With the afternoon sun still blazing, 26 Sailors from 21st Dental Company, equipped with full gear, stepped off on a hike that eventually lead to the top of Kansas Tower.

"We don't really ever get a chance to conduct this type of field training, and we want everyone to be prepared for anything that they may face in the future of their military careers," said Senior Chief Roland Manahan, dental technician, 21st Dental Company. "We do what we need to, to stay prepared, and this was part of our ongoing training."

Decked out in digital camouflage utilities, packs, Kevlar's and flack jackets, the Sailors began their excursion from 21st Dental Company building and took a route past the Band Hall and The Officers' Club to the top of

KT. Once they arrived at their destination and they dropped their gear, they were presented with submarine sandwiches, fruit and drinks before listening to a discussion by their company commander.

Navy Capt. Greg J. Kvaska, company commander, 21st Dental Company, began with an enthusiastic speech about the history of the Marine Corps and the involvement of dental personnel over the years, ending his speech with a loud Marine Corps. "Grunt." The rest of the room responded with their respectively animated versions of the "Jarhead" lingo before settling into their seats for a slide show presentation.

"The slides showed the Sailors examples of what dental personnel do in combat arenas," said the Cleveland, Ohio native. "When bullets fly, we drop our dental roles and assume our

secondary mission – assisting medical with combat casualty care."

The show included slides from Operations Desert Shield and Storm. There were images of everything from field surgeries to flooded bunkers. There was even a slide that showed a camel riding in a Toyota that complimented Kvaska's witty commentary about life, as it really is, in the desert.

Once the presentation concluded, each Sailor was called forward to receive a War on Terrorism Service Medal before gearing up to head down KT and back to Dental.

According to Sgt. Danielle M. Bacon, press chief, Marine Forces Pacific Public Affairs Office, all military personnel qualify for the blue, red, yellow and white striped medal right away. The exception are those in initial acces-

sion training such as recruits, officer candidates, students of the School of Infantry, the Basic School or student naval aviators, or in follow-on military occupation schools.

"It was a good team-building experience," said Petty Officer First Class Edward Huffman, leading petty officer, 21st Dental Company. "It also was a confidence builder. If we get called out into a combat area, we will feel more confident."

Ongoing training like the "hump," explained Manahan, helps to keep the dental technicians prepared so that if they do deploy, they will know their gear and not become a liability.

"I believe we satisfied our objectives," said Kvaska. "This was only one element of our comprehensive field training to become warfare qualified, and we intend to keep working on our continuing education program as well."

IWO JIMA, From A-1

Strategically, the island was important not for its size, but for its placement between mainland Japan and the U.S. Pacific forces.

Taking control of the island's three airstrips was crucial for American forces. The island proved a valuable launch pad for B-29 bombing raids over mainland Japan.

"By the time of the battle, the U.S. was able to bomb Japanese home islands. On return flights, however, the planes were disabled, were in dire need of fuel or they were hit by Japanese fighters and damaged," Akuilina explained.

The island provided an emergency landing strip for the B-29s, allowing them to refuel or be repaired.

Moreover, taking Iwo Jima added the element of surprise to U.S. raids. Previously, Japanese forces on the island tipped off the mainland about impending U.S. raids, Akuilina said.

The island, considered home soil by the Japanese, was important to the soldiers protecting it from foreign control.

"The Japanese fought viciously on Iwo Jima, perhaps more so than any of the other islands," Akuilina said. "As the island belonged to them, the troops fought more personally than ever because it was their own soil."

"They knew they weren't getting off the island. Surrender wasn't an option, Weiry said. "I think they knew they were going to be dead."

But they weren't going easily. They even tried to get inside the Americans' heads.

Weiry remembered back to the cold nights in Iwo Jima foxholes, listening to Japanese soldiers whispering his name, over and over.

"They were tenacious," he said, recalling a battle that was predicted to last a mere 72 hours.

For many, it lasted a lifetime. But the battle, though exhausting and costly, was part of Marine Corps destiny — a victorious legacy that cast the Corps in stone as perhaps the world's most vaunted warfighting organizations.

A Marine Corps victory on Iwo Jima "was just a matter of time," Weiry said. And lives. Lots of lives.

Better together



Cpl. Michelle M. Dickson

Col. Steve C. Veach (left), chief of staff for MCB Hawaii cut the ribbon, Tuesday, to officially open the doors to the new Installation Personnel Administration Center. It took roughly two weeks to get areas functioning at top level. The new center meshes together Marines from 3rd Marines, CSSG-3 and MAG-24 into one organization.

The Flagraisers

Mike Strank

b. 1919 Jarabenia, Czechoslovakia
 d. 1945 Iwo Jima, Japan

Harlon Block

b. 1924 Yorktown, Texas
 d. 1945 Iwo Jima, Japan

Franklin Sousley

b. Sept. 19, 1925 Hilltop, Ky.
 d. March 21, 1945 Iwo Jima, Japan

Ira Hayes

b. Jan. 12, 1923 Sacaton, Ariz.
 d. Jan. 24, 1955 Bapchule, Ariz.

Rene Gagnon

b. Manchester, N.H. March 7, 1925
 d. Manchester, N.H. Oct. 12, 1979

John Bradley

b. July 10, 1923 Antigo, Wis.
 d. Jan. 11, 1994 Antigo, Wis.

“

q u o t a b l e

”

“I know I'm going to heaven. I put in 36 days in hell.”

— Lloyd Keeland, Iwo Jima veteran

Recruiting

Still the toughest job in the Corps

Sgt. Joe Lindsay

Community Relations Chief

(Editor's Note: This is Part One in a three-part series on B-Billets, a term which describes a 36-month assignment that Marines serve outside of their Military Occupational Specialty, and a position that is often vital for rank promotion in the Corps. This story focuses on recruiting duty.)

The old adage "You never get a second chance to make a first impression" is an important thing for every Marine to remember, but perhaps it is most crucial to the Marine on recruiting duty.

For most Marines, the first contact they have with the Corps is when they meet their recruiter. The basis of this initial meeting can play a huge role in whether or not a potential recruit chooses the Marine Corps.

"I wasn't really sure if I was going to join the Air Force or not, when I went down to the recruiter's office," admitted Sgt. Daniel States,

an Marine Corps Base Hawaii, Kaneohe Bay, military policeman from Las Vegas, currently serving at Camp H.M. Smith. "But the Air Force recruiter was out to lunch, and the only one there was the Marine recruiter. He was eating a sandwich at his desk, in case someone came in. I'll never forget it, because he put his sandwich away and said he wasn't going to eat again until I joined."

That kind of dedication is often what it takes in the world of recruiting duty.

"Recruiting duty is probably the most difficult and challenging duty the Corps has to offer," said former recruiter Master Sgt. Andre Robinson, a Marine Corps career planner. "Not every Marine is cut out for this billet."

The Marine Corps Recruiting Command's mission is as simple as it is difficult: "To access young men and women to serve as U.S. Marines."

"This is one of the most challenging things you can do as a Marine," said Robinson. "It takes a special ability to talk to another individ-

ual about making a lifestyle change."

Once a Marine, corporal through master sergeant (first sergeants are not eligible), has been approved for recruiting duty, the Marine receives orders to Recruiter School at Marine Corps Recruit Depot, San Diego.

Recruiter School is seven weeks long, has six scheduled classes per year, and begins each class with approximately 250 students. The school teaches effective communication skills, public speaking and techniques of salesmanship, as well as how to cope with a certain amount of rejection and frustration. The minimum tour length for a recruiter is 36 months.

"Only the best of the best are selected for Recruiter School," said Robinson. "If someone who is interested in recruiting duty comes to me, I let them know of the tremendous hardships that come with this position. I also let them know that those hardships are outweighed by the benefits."

According to Robinson, recruiting duty is a

25-hour-a-day, eight-days-a-week job.

"If you're married and have a family, your home life and finances need to be stable," said Robinson. "Because of the long hours and weekends spent recruiting, it's of paramount importance that Marines involve their families in this decision. There's going to be a lot of sacrifices both at the job and at home."

Despite the sacrifices, Robinson says great satisfaction also comes from successfully holding this billet.

"There's nothing quite like the feeling you get when you make a positive difference in someone's life," admitted Robinson. "It gave me a lot of pleasure when I saw a kid transform his life for the better by joining the Corps."

For more information on recruiting duty, contact your career planner.

"There is no single assignment that can prepare a Marine to be a recruiter," said Robinson. "The best way to prepare for this assignment is to be an overall outstanding Marine every day."

Recruiting duty calls a second time for some

Sgt. Jimmie Perkins

Marine Corps Recruiting Command

MARINE CORPS RECRUITING COMMAND, QUANTICO, Va. — Did you enjoy your tour on recruiting duty? Do you wish you still had

the freedom to set your own schedule? Do you miss being involved in a local community? Well, if you were a successful Marine recruiter, the Marine Corps is giving you a chance to do it again.

To support the current Marine

Corps recruiting mission, successful former recruiters are being encouraged to step up and volunteer for a return tour.

"We are looking for experienced recruiters to go back into the recruiting force as leaders on the streets," said Master Gunnery Sgt. Preston E. Ford, the career recruiter (8412) monitor.

To qualify for a second tour on recruiting duty a Marine is required to have the additional military occupation specialty, 8411, and must have completed a successful first tour on recruiting duty. Applicants must also be qualified in accordance with the recruiter screening checklist and are required to have two years of obligated service remaining upon completion of Recruiters School. Recruiters coming back for a second tour will be required to attend Recruiters School again. However, the requirement can be waived on a case-by-case basis.

"If we can get Marines like that, Marines that want to be out there for the right reason, to help the Marine Corps, then this will really make an impact on recruiting."

— Gunnery Sgt. Allen R. Gilly

"We aren't going to send a Marine that recently served on recruiting duty or was in charge of a recruiting substation back to school, but if a recruiter has been away from the duty for a more than a few years we want to get them up to speed with changes to systematic recruiting," said Ford.

If the ringing phones are any indication, then Marine Corps Recruiting Command has to be optimistic. Initial response to the program has been high.

"We put the message out this morning and by the afternoon we had 15 calls for more information,"

said Gunnery Sgt. Allen R. Gilly, the 8411 monitor. "If we can get Marines like that, Marines that want to be out there for the right reason, to help the Marine Corps, then this will really make an impact on recruiting."

Along with directly impacting the future of the Marine Corps, recruiters returning to the duty will enjoy many of the benefits they once had. However, many will find that there have been some improvements to their liking.

Marines who go back on recruiting duty will receive the same incentives as current Marine recruiters. This means that they will now be eligible for the highest special duty assignment pay offered in the Marine Corps - up to \$450 a month extra. Since the increase went into effect in October 2003, it will be a welcomed improvement for returning recruiters. They'll also be eligible to apply for a position as a career recruiter (8412) or can receive a duty station preference upon the completion of a successful tour.

Marines interested in returning to recruiting duty should act fast because space is limited. Details on the voluntary second tour for former recruiters can be found in MARAD-MIN 073/05.



Staff Sgt. J.G. Agee

Sgt. Keith Carrier, Recruiting Station, Springfield, Mass., works with his "poolee," Brian Gesner, as Christopher Shen holds Gesner's feet. This type of physical activity is often conducted in a recruiting substation to gauge improvements or assess individuals prior to recruit training.

PSYOPS, From A-1

percent of Afghans say they find it “very important” to be informed about nationwide events. While the overall literacy rate remains around 30 percent, Afghans voraciously consume any news about their country they can find. For the Afghan Government and the Coalition, this eagerness to remain informed is a large part of the democratic process and another



Cpl. Rich Mattingly

Sgt. Josh Hale, psychological operations soldier, fastens new flyers to a “product board” outside of Sharq Radio in Jalalabad, Afghanistan. The flyers ranged in topics from how to avoid injury when unexploded ordnance is found to the Afghan constitution.

vehicle for them to spread their message of Afghan solidarity.

“For a country whose government is moving forward toward legitimacy on a global scale, having an informed populace who support their own freely-elected government and its programs is important,” said Marine Capt. Tony Apisa, information operations officer with 3rd Battalion, 3rd Marine Regiment. “PSYOP’s provide Marine units an additional asset in communicating with the local populace. In an environment where information operations are often the main effort, PSYOP units are crucial.”

Psychological Operations, with a name that conjures images of war-movie propaganda, in actuality, has everything to do with getting the truth out to the public. Their “product,” as it is referred to, carries certain messages about government programs and general information in addition to news. PSYOP material often includes health and hygiene tips and warnings about what to do if Afghans

find unexploded ordnance or mines, a common problem lingering from earlier conflicts.

“What we do is not propaganda,” said Hale emphatically. “Propaganda is lies, and we don’t lie to anyone. We’re here to get the truth out so that they can make decisions on their own.”

Army PSYOP soldiers said they are making a difference that is evidenced by the questions they are asked by Afghans when out on patrols with the Marines. They said that more and more people are asking questions about government programs or how they can join the Afghan National Army, which continues to recruit heavily.

PSYOP teams assigned to 3/3 Marines are helping — not so much to “win” hearts and minds in Afghanistan as they are helping to inform Afghans and allowing them to make up their minds on their own.

“We’re helping to legitimize the Afghan government intellectually the same way the Marines help to legitimize the Afghan government by working with the Afghan National Army,” explained Hale.

For Marines working to destroy any foothold for terrorism or anti-government insurgency in Afghanistan, the psychological operations portion of their mission has become an important part of making Afghanistan a safer, more inde-

pendent country.

“They are able to provide everything from conducting command and control missions to distributing leaflets and posters to inform the Afghans about local government programs,” said Apisa. “They are integrated into nearly every phase of operational planning.”

Issuing messages such as “lay down your weapons, and you will not be harmed” or “medical treatment will be given at the village mosque today,” from their powerful speakers, the PSYOP Soldiers can help spread messages and diffuse situations in a way that increases the battlefield resources available to the commander.

“Third Battalion, Third Marines has been very fortunate to have Tactical PSYOP Teams in direct support of the battalion. Their experience and special skills bring a ‘non-kinetic’ fire support asset that the Marines have come to rely on,” concluded Apisa.

The Marines of America’s Battalion continue to conduct stability and support operations in Afghanistan as part of Operation Enduring Freedom. They remain focused on providing a stable environment for the Afghan government to continue to progress, and supporting the Afghan National Army and Police forces as they take larger responsibility for the peaceful future of Afghanistan.

MEDICAL, From A-1

females have no rights. They can’t say or do anything without a male family member,” she said. This was also Trevino’s first time “outside the wire.” She is also assigned to Company C, 725th Main Support Battalion out of Schofield Barracks, Hawaii.

The majority of patients seen were treated for upper respiratory tract infections. Additionally, every person over age two was given a de-worming treatment. Worms are a very common ailment there. Many patients complained of stomach aches and diarrhea that has lasted for years, signs that they their worms have gone untreated for years.

“Most people go to Walgreen’s and buy medicine like Motrin, but these people simply do not have that option. It is not available and they do not have money,” explained 1st Lt.

Julie A. Sheets, of Grove City, Ohio. Sheets, the senior female medical practitioner on site, is a physician’s assistant assigned to Company C, 725th Main Support Battalion from Schofield Barracks, Hawaii, and.

It is customary in Afghanistan for female Afghans to be seen by only female medical personnel. In some cases, Afghan women will die of ailments before being seen by a male doctor, because of the strict cultural laws.

Sheets said this village also had a higher rate of leishmaniasis than usual. Leishmaniasis is a skin disease caused by an insect spread parasite. It causes lesions that fester and leave disfiguring scars.

“For us to go out and show good will — that we are here to treat their families and their children -- shows the people here that we are here to help them,” explained Master Sgt. Edith Horn, officer in charge of the mission, assigned

to the Khost Provincial Reconstruction Team.

“This was a key location to conduct the mission because of the influence of the people who live in the area,” Horn said. “There is still negative influence in that area.

“The smile on the children’s faces and the thanks that the people give us showed us that they were very thankful and that we were well received,” said the Army Reservist and full-time police officer in Indianapolis, Ind.

During this single-day mission, the team provided medical care to 338 adult males, 73 women, and 249 children. They also distributed 450 kg of rice, 500 kg of beans, and 64 kg of cooking oil to people in need.

Dr. Rasul, the director of the Mamoor Ali Jan Hospital in Khost Province, was also on scene for the Cooperative Medical Assistance. Dr. Rasul, who goes by only one name, as is customary in Afghanistan, said he enjoyed work-

ing with American doctors and he learned much from them. He also provided local insight into the problems experienced by the villagers.

Some people literally walked all day, bare-foot, in temperatures in the 40s, to seek medical care. There are no paved roads in Sabari District — nor many cars. Many came on crutches. Others that came wore prosthetics, evidence of the decades of war and land mines polluting their country.

The medical assistance and assessment visit, coordinated by the Provincial Reconstruction Team located in Khost Province, is essential to identifying illnesses in a particular area so they can address the issues. There are currently 19 PRTs throughout Afghanistan. Each PRT conducts civil assessments and assists the local government with reconstruction and security in each region.

LIFESTYLES

HAWAII MARINE B SECTION

FEBRUARY 25, 2005



Two boogie boarders take a break to chat at Waimea Bay, paying heed to one of the foremost rules when spending time by the water — never turn your back to the ocean. With thousands of people flocking to the beaches of Oahu every day, following this rule is important — especially where rough waters are evident — to avoid being swept away by seemingly calm waters.

Rough break

Waimea Bay Beach Park draws thousands with its beautiful but dangerous waters

**Story and Photos By
Cpl. Megan L. Stiner**
Combat Correspondent

From Kaneohe Bay, the drive to the North Shore's Waimea Bay Beach Park may seem like a long trip to some just to lie out in the sun, in the sand. But every weekend hundreds of so-called "beach bums," "surfing gurus" and "wave watchers" travel the nearly 50 miles just to get to one of Oahu's hottest beach spots.

"It is beautiful, but it is also one of the more dangerous, popular places that visitors go to," admitted Joe Golonka, Hawaii lifeguard.

The shore may seem inviting to adventurous souls who are looking to get thrown around a bit by the waves, but at the same time, looks can be deceiving. Sometimes when people get careless or jump in the water, unaware of the danger, they can get swept away or knocked around by the shallow shore break.

"We probably rescue a few hundred swimmers each year," said the Los Angeles native. "We also prevent thousands of incidents by continuously riding up and down the beach, giving instructions to those in the water."

The best thing to do as soon as you get to the beach is go ask the lifeguards what the conditions are and where a good safe place is to swim, Golonka advised.

Although the water may look calm at



The large waves on the North Shore, during the winter months, make it an ideal surfing location for experienced, avid surfers.

times, waves can come in from out of nowhere. The rip current isn't always easily noticed from the shore.

"The current is just as dangerous as the shore break," said Golonka, the 49-year-old, 24-year lifeguard veteran who is still going strong. "We warn people where not to enter the water, but sometimes they get pulled out there before we can advise them of the current."

Even so, the winter month usually brings in the really intense waves.

"I've been to Waimea Bay a few times since I got to the island two years ago and my most recent trip, this Saturday, was the worst that I have ever seen the waves," said Cpl. Nicholas J. Blanchard, field operations non-commissioned officer-in-charge, Installation Personnel Administration Center. "It really depends on what time of the year it is as to how the waves will be."

Blanchard, a Richmond, Va. native, explained, the water in the

summer is sometimes boring because of the lack of waves, but, at times, the winter months can bring in up to 12-foot waves.

"It can get really intense," he continued. "One time a few friends and I went out into some pretty big waves and one of the people we were with ended up with a bruised face just from getting hit by a wave."

The biggest concern for the lifeguards, when the inshore break becomes really powerful, is preventing injuries to those individuals who remain in the water.

"We do have to close the beach down sometimes when the water gets too severe for even experienced swimmers and surfers," admitted Golonka. "But when we don't, we tend to have a lot of knee and back injuries from people crashing down with a wave too far inshore.

When we ask for swimmers to get out of the water, that is what we are trying to prevent — injuries."

"It seems like there is always something to do on the beach though," said Blanchard. "Whether people are just lathering up with suntan oil, throwing a football, or chillin' in the water, Waimea Bay is always a fun place to go."



A lifeguard patrols the sand at Waimea Bay Beach Park, watching ocean conditions and keeping an eye on beach goers.



Eggstravaganza planned for tots

Egg hunts, holiday crafts to excite, thrill MCB Hawaii children

Edward Hanlon V
MCCS Marketing

In recognition and celebration of Easter, MCCS has scheduled several family-oriented events aboard Marine Corps Base Hawaii.

On March 19, hop over the hill to the Manana Easter Fair, and enjoy games, crafts, an egg-hunt and more fun for the family than you can shake a stick at. The event will last from 10 a.m. until 2 p.m.

On March 24 at 10:30 a.m., the Child Development Center will host the Spring Parade. Costumed children will parade around the center, then eagerly await the arrival of the Easter Bunny, who will meet them as they re-enter the school grounds.

On March 26, the CDC will entertain the

base community families with their famous Easter Eggstravaganza, held at 10 a.m. for children up to the age of 4, and then at 10:30 a.m. for children 5 years and older. This JN Chevrolet-sponsored egg-citing Easter egg hunt is the perfect opportunity to spend some quality family time without spending quantities of money. All of the materials will be provided, but bring a basket just in case.

The Base Libraries Program "Easter Eggstravaganza" will be held on March 26 at 1 p.m. in the Base Library Reading Room. Share in some heartwarming holiday stories, create memorable crafts, and enjoy tasty treats with the library's experienced team. Parents and children are invited to come in festive attire to this hoppin-good time.

The single, most egg-cellent theme of all of these events is that they're completely free to you and your family.

For more information, call the Manana Program Coordinator Kristi Tamura at 456-1662 or the Child Development Center at 257-1356 or the Base Library at 254-7624.



COMMENTARY

Education benefits need to be considered with care

Loretta Cornett-Huff

MCB Hawaii Command Education Center



CORNETT-HUFF

All active duty Marines have an opportunity to "plus-up" their Montgomery G.I. Bill education benefits. To apply, you must elect to contribute an additional \$600 before you leave active-duty status. Contributions and benefits are tax-free, and you can arrange to pay by using an allotment, for as little as \$20 a month. It is possible for this contribution to provide an additional \$150 to each full month used. See your S-1 to start participation. If used as intended, you have the potential of gaining up to \$5,400.

Each Marine needs to consider, carefully, his or her own situation, and check with Joint Education Center counselors prior to using any portion of your MGIB for either the "top up" or "full pay" options. Top up was implemented for training in terms that began on or after Oct. 30, 2000. Retroactive claims can be made.

Keep in mind that your \$4,500 of Tuition Assistance can cover associate and baccalaureate degrees from regionally accredited service member opportunity colleges on base, without tapping into your MGIB benefits. Tuition is greatly reduced on base by fine institutions that are also Service Member Opportunity College for Marines members: Chaminade, Embury-Riddle Aeronautical, Hawaii Pacific and Wayland Baptist universities provide on-site registration for on-base and distance learning courses. Their offices are on the second deck of Building 220.

Counselors from Central Texas College, Coastline Community College, Thomas Edison State University, University of Maryland and University College are also available and CTC coordinates courses for MCB Hawaii deployments and on-line classes.

Bottom line: Never enroll in a course or program without your funded tuition assistance voucher.

For more information, call the Joint Education Center at 257-2158 or visit our Web site at www.mccshawaii.com/jec.htm.

Watch this column for updates and valuable information. Protect and use your TA and MGIB benefits wisely.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise

Kahuna's Bar & Grill

254-7660/7661

Live Music at Kahuna's — Nothing says Friday like a little live entertainment. This Friday, the unique sounds of Neon will play at 10 p.m.

Calling Your Bluff — If you think you've got a Poker face that can fool anyone, this is your chance



to find out how good you really are at playing Texas Hold'em at Kahuna's, Saturday.

With a \$5 buy in, anyone E-5 and below, can play — but only true aficionados will claim victory.

Dealers are needed: Receive a free meal and a Kahuna's T-shirt. Game begins at 6 p.m., with doors opening at 5:30 p.m.

Ballroom to Rumble with Hawaii Championship Wrestling — Kahuna's is proud to once again host Hawaii Championship Wrestling. Watch contenders hit the mat Saturday as contestants fight for the chance to claim the championship title. The action begins at 7 p.m. in the ballroom.

Staff NCO Club

254-5481

Okinawa Night — A first-time event for the club, Okinawa night promises to bring back culinary memories of the tastes of Okinawa to those who have been there and pleasantly surprise the taste buds of those who have not. Featuring soba noodles, yakitori, yakisoba and taco rice and cheese, this event will also include karaoke and DJ music from 6 to 8:30 p.m.

Proudly sponsored by the Staff NCOs of 3rd Radio Battalion. Cost is \$7 for club members and \$10 for non-members.

Staff NCO Appreciation Night — There's no better locale to bring both senior and junior non-commissioned officers together in a celebration of camaraderie and pride than to the club, March 4.

On this special night, the Rocker Room will feature free appetizing pupus, refreshing beverages and an environment ideal for a little bonding. The event begins runs from 4:30 to 7 p.m. in the Rocker Room.

Officers' Club

254-7650/7649

Right Hand Man Night — Happening once a quarter, the club is

hosting its first Right Hand Man Night of the year, March 3. Running from 4:30 to 6:30 p.m., this is the perfect opportunity to build some camaraderie and relax at the club's comfortable atmosphere.

DJ music will be available as well as complimentary pupus and refreshing beverages.



All Hands

ITT Offers Tickets to the Aloha Soccer Cup — If you or your kids are Major League Soccer fans, here's your chance to watch the pros at Aloha Stadium. L.A. Galaxy and D.C. United will face each other Saturday at 7:30 p.m.

Specially priced military tickets will be available so don't let this one get away. Call Information, Ticket & Tours at 254-7563 for your tickets today.

Ongoing

Fix it Yourself — Want to do a little work on your prized vehicle but don't have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at Building 3097, next to the 24-hour car wash, and utilize their tools to get your baby back in top form.

Certified Hawaii safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m. For more details, call 254-7674.

Entertainment Books — The 2005 Entertainment Books, with great discounts on all of your favorite activities and restaurants in Hawaii, are on sale now. The books cost \$30 and make great gifts. For more information, call ITT at 254-7563.

Mega Video — Check out these weekly rental specials.

Monday — Rent one new release, get one category movie free. Tuesday — Rent a video game at

regular price, and rent a second one for \$2.50.

Wednesday — Rent three new releases, VHS or DVD, receive an extra day rental.

Thursday — Rent one DVD at the regular price; rent the second one for \$1.75. This includes new releases.

Friday — Rent family and children's movies for 75 cents. Sorry, no new releases.

Saturday — Rent any basic stock movie, no new releases, for regular price and rent the second stock movie for \$1.25.

Sunday — Rent any Sunday Special movie for \$1. Each week is a different section. See store calendar for selected section.

Swing Lessons — Kahuna's Ballroom will teach you how to dance. Every Monday, swing dance lessons will be taught from 7 to 9 p.m. The cost is only \$2, so grab a partner and get ready to twist, twirl and spin the night away.

For more information, call Kahuna's Bar & Grill at 254-7660.

Salsa Lessons — Impress her with your fancy foot and hip action. Take a few salsa lessons at Kahuna's Ballroom every Tuesday from 7 to 9 p.m., and you will be set to hit the town. Lessons are \$2.

For more details, call Kahuna's Bar & Grill at 254-7660.

Tradewind Travel — If travel is in your future, look to Tradewind Travel to book your next trip. Located in Mokapu Mall, Tradewind Travel can arrange mainland flights, inter-island packages, Norwegian Cruise Line packages, and, most recently, a five-night Sydney, Australia package.

Tradewind Travel is open Mondays through Fridays from 10 a.m. to 6 p.m. and Saturdays from 9 a.m. to 2 p.m.

For more information, call 254-7413.

Mongolian Barbecue — Don't feel like cooking dinner? Every Wednesday and Friday night, head out to The Officers' Club for Mongolian Barbecue and leave the work to the professionals.

Dinner is buffet style. Select your favorite veggies and meat, including chicken, shrimp, pork and beef. Pile your bowl high, and kick it up a notch with a sauce of your choice, then watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday at 5:30 p.m. For more information, call the club at 254-7649.

ASYMCA Playmornings — Children and parents are all invited to come have fun at the Armed Services YMCA "Playmornings." Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families.

Enjoy crafts, games, songs and fun at various locations across the base. The program runs Mondays through Fridays from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities Building 5082, Wednesdays and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at Building 1638. For more info, call 254-4719.

Looking for a Job? — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality; fitness; child and youth activities; water safety; logistics and administration. Stop by the MCCS Personnel office. Get a job or career that suits your skills, schedule and style.

For more details, call 254-7619 or visit www.mccshawaii.com/jobs_listings.html.

Family Child Care — Family Child Care is a home-setting, child care service provider operated by MCCS Personal Services with certified providers trained in child development, nutrition, guidance and more.

Family Child Care provides a flexible schedule including evenings, weekends, and overnight care. To find a Family Child Care Provider, call the Children, Youth and Teen Program at 257-7430. To become a Family Child Care Provider at MCB Hawaii, call FCC at 257-7030.

SM&SP



All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.mccshawaii.com under the "Semper Fitness" icon, or call 254-7593.

SM&SP Deep-Sea Fishing Adventure: Spend the day March 5 beyond the bay, fishing with the Single Marine & Sailor Program. This open-water adventure costs only \$75 per person and includes boating fees, all the fishing equipment and lunch. Space is limited to 10 people, so register now at the Semper Fit Office. The excursion kicks off at 6:30 a.m., and runs until 3 p.m.

Paintball Tournament: Practice now, because the SM&SP will be hosting a paintball tournament in March. Call the SM&SP for details.

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- **At the Kaneohe Klipper Golf Course:** Practice your swing with free range balls, club rental for \$5 per set, 9 holes of play for \$5, or 18 holes of play for \$9.

- **At K-Bay Lanes:** Score with games for \$1.50 each, free shoe rentals Mondays through Thursdays, and no-tap at \$15 on Thursdays at 8:15 p.m.

MOVIE TIME

Prices: Adults, 12 and older, \$3; children 6 to 11, \$1.50 and 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. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office.

Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Elektra (PG-13)	Today at 7:15 p.m.
Beyond the Sea (PG-13)	Today at 9:45 p.m.
Racing Stripes (PG)	Saturday at 7:15 p.m.
The Life Aquatic with Steve Zissou (R)	Saturday at 9:45 p.m.
Racing Stripes (PG)	Sunday at 2 p.m.
Coach Carter (PG-13)	Sunday at 6:30 p.m.
White Noise (PG-13)	Wednesday at 6:30 p.m.
In Good Company (PG-13)	Friday at 7:15 p.m.
Closer (R)	Friday at 9:45 p.m.

Traffic regulations remain active on base

Cpl. Megan L. Stiner

Combat Correspondent

Marines, Sailors, family members, DoD civilians and guests who drive on base are expected to follow the rules and regulations set forth by Marine Corps Base Hawaii in regards to safe driving — but these rules are not always followed.

Seat belts help to save hundreds of lives each year, and although some believe that it should be their choice on whether or not they wear one on base, that option, as well as speeding, can lead to their driving privileges being revoked.

"On base, it is a requirement for all drivers, as well as passengers, to be seat-belted in," said Sgt. Douglas C. Maxon, traffic court bailiff,

Military Police Company.

"Last year we had 140 seat belt violations." Three of these were child-restraint violations. There were also 34 passenger and 103 driver violations, continued the Bakersfield, Calif. native.

When a ticket is issued for a seat belt violation, it is no small deal, according to Maxon. The first offense takes off two points from the operator's driver's license and imposes a seven-day, on base, driving suspension and attendance at a remedial driving course.

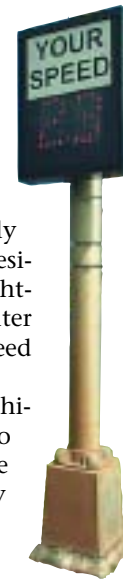
The second and third violations have the same punishments, only with stronger consequences imposing between a 30-day to a six-month suspension.

"The biggest violations we see on base are people trying to fit more than one person in

one seat belt and forgetting to buckle the bottom half of automatic seat belts," explained Maxon. "And the police officer can give a ticket to both the passenger and the driver, if the passenger is at fault."

Military Police Company isn't the only unit that makes an effort to keep the residents aware of the rules, though in a slightly more relaxed effort, the Base Safety Center recently installed a new solar powered speed limit sign on base at Mokapu Road.

"We had concerns about speeding vehicles on near crosswalks," said Danilo Tolentino, deputy safety director, Base Safety Center, "so we put up a friendly reminder of the speed limit to let drivers know how fast they are going."



The new sign is solar powered and provides a digital readout of the vehicle's speed as it goes by. The intention is to make the driver aware of the speed at which the vehicle is actually traveling.

"We didn't put it up to try to catch people speeding," said the Honolulu native. "It is simply a friendly reminder."

Although, at times, drivers stereotype police officers as being out to "bust" them, according to Maxon, their intent is to be a positive influence on base.

"We put on campaigns like 'Click it or Ticket' to create awareness," said Maxon. "Seat belts are a form of safety, and we are trying to keep people safe by making sure they are taking all the precautions they can."

Improving communication enhances love, happiness

Effective conversations call for honesty and willingness to talk

Gene Thomas Gomulka

LIFELines.navy.mil/LIFELines.usmc.mil

The better partners are able to communicate their expectations and hopes, as well as their dislikes and disappointments, the stronger and deeper their relationship can be. Here are a few tips to help you and your partner evaluate and improve your communication skills.

Effective communication is one of the most important factors of a successful relationship. When partners feel secure in their relationship to discuss their feelings honestly, including their past disappointments, present concerns and future hopes, their chances for a happy life together are significantly enhanced.

How well do you and your partner "really" communicate? Consider the following eight statements that can help you evaluate your communications skills:

1. We have discussed how we will keep in touch when military requirements (e.g. deployments) force us to be separated.

2. I am personally satisfied with how well we communicate with each other.

3. My partner is sensitive in offering me encouragement and support when I am discouraged or depressed.

4. My partner apologizes without

hesitation after doing something wrong or hurting me.

5. My partner usually talks with me when there is something on his/her mind.

6. I believe my partner is very comfortable in sharing his/her deep feelings with me.

7. I am comfortable in asking my partner for what I would like or want

8. I am happy with the way decisions are made in our relationship.

If you or your partner answered "no" to two or more of the above statements, would you be interested in what a counselor might have to say to help you resolve that particular issue? For example, if you answered "no" to the second statement above about being satisfied with how well you communicate with each other, a counselor or chaplain might offer the following advice:

While men have traditionally been portrayed as confrontational warriors and women have been viewed to be less aggressive, the opposite is often true in the realm of human relations. Women tend to be more willing and determined to address an issue, while men tend to withdraw and avoid confrontation by employing the "silent treatment." Unfortunately, this can create an unhealthy cycle in which the woman only becomes pushier, causing the



Knowing how to communicate your desires to your partner is a key factor to happy, healthy relationships and can help couples prepare for those times when they are physically apart.

man to retreat all the more. By understanding these differences, women can take steps to become less contentious and men can try to become less withdrawn when faced with a given problem.

While there is time for speaking and a time for remaining silent, one woman discovered that if she refrained from being "pushy" and gave her partner some "space," her partner was more inclined to discuss an issue with her after having been given some time to reflect upon it.

Do you or your partner ever employ the "silent treatment" in an attempt to avoid confronting a particular issue? Are you sometimes overly aggressive or very emotional

in wanting to resolve a particular matter? Unless problems are addressed and discussed in a timely manner, they will not go away, but only grow worse. Consequently, couples should avoid delaying discussion of a troubling issue for too long, or a minor problem may evolve into a major one.

If you are interested in improving your communication skills both when you are together and during periods of separation (e.g., deployments), you may wish to obtain a copy of *The Survival Guide for Marriage in the Military* available. Based upon 30 years of counseling experience and input provided by hundreds of military couples, the

book offers the kind of guidance offered by counselors, chaplains or members of the clergy that can not only affect your lives, but indirectly impact the lives of any children in your home as well.

Editor's Note: Capt. Gene Thomas Gomulka, Chaplain Corps, United States Navy (Retired) is the author of both *"The Survival Guide for Marriage in the Military"* and *"Marriage and Military Life."* These publications are based upon over 30 years of counseling experience and input provided by hundreds of military couples. His goal in writing them is to promote better marriages and reduce high military divorce rates.

Gomulka completed his undergraduate education in the United States where he earned a B.A. in Philosophy from St. Francis University in Loretto, Pa. He later went on to earn two degrees in Europe, an S.T.B. and an S.T.L. from the Angelicum University in Rome, Italy. Prior to entering military service, he served as an associate pastor in State College, Pa.

While serving as Deputy Chaplain, U.S. Marine Corps, Navy Capt. Gomulka co-authored the core values of *"Honor, Courage and Commitment"* adopted by the Marine Corps and later embraced by the Navy.

In 1999 the Secretary of the Navy presented him with the Navy League's *"Alfred Thayer Mahan Award"* for "literary achievement and inspirational leadership."

Gomulka can be reached through his publisher at: gtgomulka@plaintec.net.

Segregation paved long, hard path

Early African American Marines fought against prejudice at home, foreigners abroad

Cpl. Michelle M. Dickson
Combat Correspondent

When people think about Black History Month, most relate it to the life and deeds of Martin Luther King Jr., Rosa Parks, or even the United States Army's Buffalo Soldiers — the first somewhat segregated branch of the Army. As it turns out, history shows that the Marine Corps was not always an integrated branch, either. There was a beginning for African Americans in the Corps and, according to what is written about these brave men — it wasn't an easy one. It wasn't until 1942, that the

United States Marine Corps officially allowed African American men to enlist. On June 25, President Franklin D. Roosevelt issued Executive Order No. 8802 which began to erase discrimination in the Armed Forces. Soon after, the first African American defense battalions, the 51st and 52nd, were established.

Then there was Howard P. Perry, a name that most would never recognize. They wouldn't because of the little known fact that Perry was the very first African American to enlist into the Marine Corps, in 1942.

Most would be willing to bet that Perry underwent harsh training dur-

ing his recruitment process, harsher perhaps than all the other recruits, from all ethnic backgrounds. But no, he did not. In fact, he wasn't trained at Parris Island or Marine Corps Recruiting District San Diego. Instead, Perry was sent to Montford Point, N.C., August 26. This was the only recruit training facility available to African Americans until 1949. More than 21,000 African Americans men became Marines there.

The Montford Point Camp wasn't very big. It consisted of a headquarters building, a chapel, two warehouses, a mess hall, a dispensary, a steam generating plant, a motor pool, living

quarters, and recreational facilities for the white enlisted men, a barber shop, and 120 prefabricated huts. The Montford Point complex received its present name, Camp Johnson, in 1974, honoring Sgt. Maj. Gilbert H. "Hashmark" Johnson.

Once the harsh training was completed, the Marines earned their "Eagle, Globe and Anchors."

Segregation continued as African American Marines were put into segregated units away from white Marines. African American Marines weren't even allowed to enter Camp Lejeune, N. C., without a white Marine accompanying them.

The men were enlisted in Class III, Marine Corps Reserve, and were assigned to inactive duty in a General Service Unit in their Reserve District. The word "COLORED" was to be stamped on both their enlistment contract as well as their service record book. The Marines were sent to battle zones, but served only in all-African American units.

Over time, both in civil America and in the Marine Corps, equality improved, and beginning with the Korean War, African American Marines are allowed to serve in all occupational fields. Today, African American Marines enjoy the same benefits, quality of life and respect that are due each and every service member in all uniformed services.

Liberty Bus Schedule

For more information, call Motor "T" at 257-2607.

Fridays

1st run to Waikiki

6:15 p.m., Arrive MCX Annex
 6:20 p.m., Depart MCX Annex
 6:25 p.m., Arrive E-Club
 6:35 p.m., Depart E-Club
 7:15 - 7:35 p.m., Arrive Fort DeRussy

2nd run to Waikiki

9:05 p.m., Depart MCX Annex
 9:10 p.m., Arrive E-Club
 9:25 p.m., Depart E-Club
 10:05 - 10:25 p.m., Arrive Fort DeRussy

Final run to Waikiki

1:05 a.m., Depart E-Club
 1:15 a.m., Arrive MCX Annex
 1:25 a.m., Depart MCX Annex
 2 - 2:25 a.m., Arrive Fort DeRussy

Saturdays

1st run from Waikiki

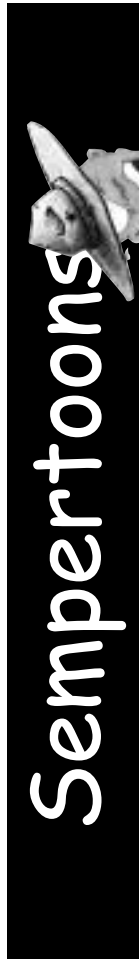
7:50 p.m., Depart Fort DeRussy
 8:30 - 8:50 p.m., Arrive MCX Annex

2nd run from Waikiki

12 a.m., Depart Fort DeRussy
 12:40 - 1 a.m., Arrive E-Club

Final run from Waikiki

3 a.m., Depart Fort DeRussy
 3:25 - 3:35 a.m., Arrive E-Club
 3:40 a.m., Depart E-Club
 3:45 a.m., Arrive MCX Annex



By Staff Sgt. Charles Wolf

"Your next patient is a DI that got an object stuck in his throat while yelling at a recruit."



"What was the Object?"

"THE RECRUIT"



A POWERFUL FORCE FOR POSITIVE CHANGE
 1.800.899.0089
 Provided as a public service.



Street Wise

The right gear will not only keep you comfortable, it will help protect you. Wear a helmet and protective apparel and be prepared for anything the road or the weather throws at you.

(800) 446-9227
 www.msf-usa.org

ON THE MENU AT ANDERSON HALL

Today

Lunch
Seafood Platter
—Fried Fish Nuggets
—Fried Shrimp
—Fried Scallops
—Breaded Oysters
Lasagna
Baked Ravioli
Macaroni and Cheese
Simmered Asparagus
Italian Mixed Vegetables
Chewy Nut Bar
Yellow Layered Cake
w/Butter Cream Frosting
Fruit Pies

Dinner
Roast Pork Loin
Barbecued Chicken
Mashed Potatoes
Wild Rice
Corn on the Cob
Chewy Nut Bar
Yellow Layered Cake
w/Butter Cream Frosting
Fruit Pies



Specialty Bar
(Lunch and Dinner)
Pasta Bar

Saturday

Brunch/Dinner
Herbed Rock Cornish Hens
Grilled Strip Loin Steak
Rice Pilaf
Mashed Potatoes
Herbed Green Beans
Simmered Carrots
Broccoli
Brown Gravy
Chicken Gravy
Apple Sauce Cake

Sunday

Brunch/Dinner
Yankee Pot Roast
Baked Ham
Mashed Potatoes
Candied Sweet Potatoes
Simmered Mixed Vegetables
Simmered Pinto Beans

Chocolate Layered Cake
w/Chocolate Frosting
Fruit Pies

Monday

Lunch
Baked Meatloaf
Creole Pork Chops
Mashed Potatoes
Noodles Jefferson
Boston Baked Beans
Apple Crisp
Chocolate Chip Cookies
Fruit Pies

Dinner
Baked Turkey and Noodles
Baked Fresh Fish
Steamed Rice
Simmered Corn
Apple Crisp
Chocolate Chip Cookies
Fruit Pies

Specialty Bar
(Lunch and Dinner)
Pasta Bar



Tuesday

Lunch
Beef Sukiyaki
Pork Chop Suey
Egg Foo Young
Chinese Fried Egg Roll
Steamed Rice
Chicken Fried Rice
Vegetable Stir Fry
Chocolate Pudding
Fruit Pies

Dinner
Creole Macaroni
Honey Ginger
Chicken Breasts
Mashed Potatoes
Noodles Jefferson
Cauliflower Au Gratin
Chocolate Pudding
Fruit Pies

Specialty Bar
(Lunch and Dinner)
Taco Bar



Wednesday

Lunch
Barbeque Spareribs
Country Style Steak
Red Beans and Rice
Mashed Potatoes
Southern Style
Collard Greens
Oatmeal Cookies
Fruit Pies

Dinner
Baked Chicken
Beef Pot Pie
Boiled Egg Noodles
Mashed Potatoes
Southern Style Squash
Brownies
Fruit Pies

Specialty Bar
(Lunch and Dinner)
Hot Dog Bar

Thursday

Lunch
Baked Lasagna
Veal Parmesan
Mashed Potatoes
Italian Mixed Vegetables
Garlic Toast
Brownies
Fruit Pies

Dinner
Chicken Vega
Simmered Corned Beef
Parsley Buttered Potatoes
Buttered Egg Noodles
Simmered Carrots
Apple Pie
Oatmeal Cookies
Fruit Pies

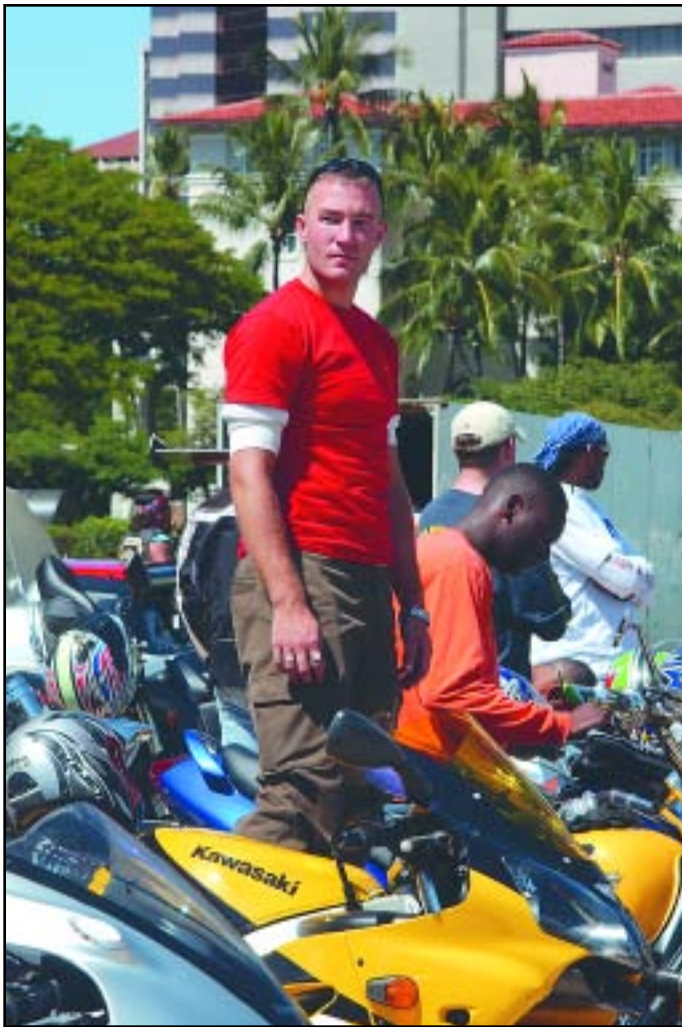
Specialty Bar
(Lunch and Dinner)
Taco Bar



Capitol idea

Motorcyclist Penny Davis sits on her husband's Harley Davidson as she watches the procession of vehicles, from everyday commuters to drag racers to vintage-class race cars to motorcycles, drive past the Hawaii State Capitol in support of a new racing facility on Oahu, Monday afternoon. The existing Hawaii Raceway Park, Hawaii's only racing facility, will close with the termination of its lease, April 2006. A new location has been selected, but plans for a replacement facility require the support of the legislature.

Photos By Susana Choy



Far left — Cpl. Dennis Schwartz, with Marine Forces Pacific Band, stands astride his '94 Honda Magna VF750C as he watches the long line of vehicles roll past the Capitol Monday afternoon. Though Schwartz does not race, he joined fellow motorsports enthusiasts in support of keeping racing on the track and off the city streets.

Left — Riley Shigeoka, 10, sits on the lawn at the Capitol in front of a well-used '82 Buick Regal that's often raced in the Super Street Class at the Hawaii Raceway Park. Shigeoka arrived at the State Capitol with his father, Glenn, to show their support for building a bigger racing facility on Oahu.

MARINE MAKEPONO

HAWAIIAN FOR
"MARINE BARGAINS"

Lupus Foundation Hosts Informational Talk

The Hawaii Lupus Foundation will be hosting a free program titled "Kids with Lupus — How to Stay Healthy" on Saturday from 10 a.m. to 12 p.m. at the YMCA, 1040 Richards St. The guest speaker will be Dr. Kara Yamamoto. *Lupus Erythematosus* (LE) is a disorder of the body's immune system, which causes a person to produce abnormal antibodies that attack the body's own healthy tissue.

To RSVP, call the Hawaii Lupus Foundation at 538-1522.

Waikiki Aquarium to Host Full Day of Family Fun

In celebration of its 101 anniversary, the Waikiki Aquarium will present "Family Fun Day 101" March 19, from 9 a.m. to 4:30 p.m.

This daylong event will kick off in the morning with the Aquarium's annual Easter egg-stravaganza, Easter Sea Hunt 2005, which includes an egg hunt for children ages 2 to 8, craft activities and visit with the Easter Bunny. The family fun continues throughout the afternoon with games, crafts, live entertainment, food, monk seal and shark tank presentations.

Doors close at 5 p.m. Admission is \$9 for visitors; \$6 for local residents, active duty military with ID, students with ID and seniors; \$4 for youths ages 13 to 17; \$2 for juniors ages 5 to 12



Nicole Tessier

Ryan Burbank (left) and Nina Buck in Late Night Theatre's "The Captive" at Kennedy Theatre.

and persons with disabilities; and free for children 4 and under and Friends of Waikiki Aquarium members. The egg hunt is an additional \$5 per child; children of FOWA members are free with pre-registration. There is also a nominal fee to participate in some activities. Discount event tickets may be purchased by advance sales only by calling 923-9741 option 3.

For more information, call 923-9741 or visit www.waquarium.org

Late Night Theatre Evokes Abu Ghraib in "The Captive"

The University of Hawaii at Manoa's Department of Theatre and Dance presents "The Captive," a gothic play by Matthew G. Lewis.

"The Captive" juxtaposes Lewis' 19th-century monodrama with contemporary staging that evokes images of the prison abuse scandal at Abu Ghraib.

"The Captive" will be performed at the Earle Ernst Lab Theatre on March 5, 11 and 12 at 11 p.m., and on March 6 at 8 p.m. A post-show discussion with the cast and creative team will follow the March 11 performance.

"The Captive" contains scenes of graphic violence and is recommended for mature audiences. First performed in 1803, "The Captive" is a classic example of a monodrama — a play with only one speaking part. The central character is that of an unnamed woman, imprisoned in an insane asylum, who tries to convince her captors she is not mad.

As her pleas for liberty and to see her child fall on deaf ears, the woman gradually begins to doubt her own sanity.

For more details, call 956-2598 or e-mail theatre-pro@hawaii.edu.

"Cats" Returns to the Blaisdell Concert Hall

"Cats," the Andrew Lloyd Webber show that revolutionized musical theatre, returns to the Blaisdell Concert Hall for a one-week engagement, April 12 to 17, only. This is the national tour that has not been seen in seven years in Hawaii and which as sold out engagements in its previous runs in Honolulu. The show won seven Tony Awards in 1983, including Best Musical, Best Book of a Musical, Best Lighting and Best Costumes.

Performances begin April 12 at 7:30 p.m. with tickets priced at a \$30, \$45 and \$55. Subsequent performances are April 13 to 14 at 7:30 p.m. with prices of \$35, \$55 and \$65; April 15 at 8 p.m., April 16 of 2 and 8 p.m., and April 17 at 2 p.m., with prices of \$45, \$65 and \$75; and April 17 at 7 p.m., with closing night prices of \$35, \$55 and \$65.

Tickets are available at the Blaisdell Box Office and all Ticketmaster outlets, including Times Supermarkets. To charge-by-phone call (877) 750-4400 or log onto www.ticketmaster.com.

Mask Drama Debuts at Kennedy Theatre

The University of Hawaii at Manoa's Department of Theatre and Dance presents "Pandora & The Seven Deadly Sins," an original mask drama.

Pandora's adventurous spirit propels this darkly funny play inspired by vaudeville and Balinese mask drama. "Pandora & The Seven Deadly Sins" will be performed in the Kennedy Theatre Earle Ernst Lab Theatre on March 30, 31 and April 1, 2 at 8 p.m., and April 3 at 2 p.m. A post-show rap follows the Friday, April 1 performance.

Tickets for "Pandora & The Seven Deadly Sins" go on sale March 28 and may be charged-by-phone at 956-7655 (voice/text) or purchased at the Kennedy Theatre Box Office. For more information, call 956-7655 (voice/text).

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

FEBRUARY 25, 2005

Marines show Aloha Spirit



Sgt. Joseph A. Lee

Cpl. Jacob Hinderliter, crew chief with Combat Assault Company, 3rd Marine Regiment, carries the Marine Corps colors into Aloha Stadium Monday at the conclusion of the Great Aloha Run. CAC led the pack, carrying the colors the entire 8.15 miles of the course. Others who ran while holding the flag included Lance Cpl. Alfred Easterling (far left rear), radio operator, Sgt. Daniel V. Villarreal (left front), combat engineer, and Cpl. Bryan C. Langeven, crew chief, all from CAC.

Hawaii Devil Dogs form up for island's 21st Annual Great Aloha Run

Sgt. Joseph A. Lee
Press Chief

Marines from nearly every Marine Corps Base Hawaii tenant command participated in this year's Great Aloha Run, as part of the "Sounds of Freedom" military division. Kaneohe Bay Marines who ran the 8.15-mile road race that began at the Aloha Tower in Honolulu and ended Aloha Stadium outnumbered the participants from all of the other uniformed services.

Going on this, its 21st year, the Great Aloha Run, conceived by former Editor-in-Chief of the *Honolulu Advertiser*, Buck Buchwach, has raised more than \$6.5 million for nearly 114 different community groups and non-profit organizations in Hawaii.

According to officials, some of the hundreds of community groups and non-profit beneficiaries include: Variety School of Hawaii; United Cerebral Palsy of Hawaii; Catholic Charities Hawaii; Army Morale, Welfare, and Recreation; and the National Multiple Sclerosis Society.

Military runners have participated in the Great Aloha Run as part of the "Sounds of Freedom" since the very first run. This year was no different. However, like other military units who participated in the run, 3rd Marine Regiment was short runners this year due to major commitments overseas. But, according to Sgt. Maj. David L. Smith, regimental sergeant major, they were still able to maintain a presence at the race.

"Of course we have two battalions committed elsewhere, so we can't come out in force the way we want to," admitted Smith. "But we were happy to participate with the Marines that we

have."

Both Smith and Col. Jeffrey J. Patterson, commanding officer of 3rd Marine Regiment who led the Marines in the run, said that they thought that the run went a bit faster this year than last.

"The difference was likely due to less military members running in formation this year," said Smith. "This allowed us to keep a near ten-minute pace throughout the race."

The race began just after the first light. At the Aloha Tower, music from sponsor radio station, Krater96, set the scene for stretching runners and the runners from military teams who were lining up in formation. The first runners started in a "silent start" and "Sounds of Freedom" runners started at the command of Adm. Thomas B. Fargo, commander, U.S. Pacific Command. Fargo offered encouraging words for military and civilian runners before they stepped off.

"It was a motivating feeling," admitted Cpl. Bryan C. Langevin, amphibious assault crew chief with Combat Assault Company. Langevin lead the formation, carrying the Marine Corps flag. "It was an extreme honor to carry the colors. It made me feel extremely proud to be a part of such a great event."

For the third time in the history of the Great Aloha Run, prize money was awarded to top finishers. The Bank of Hawaii sponsored the Military Elite Challenge, which awarded \$1,000 to the top three military male and female finishers, \$500 to second place, and a \$250 prize for the third-place finishers.

At the conclusion of the race, runners arrived at Aloha Stadium where the Marine Forces Pacific Show Band, as well as others, entertained the runners as they arrived. Shining Star, Jordan Segundo, the Liberty Belles, The Krush, and Hot Rain were also scheduled to entertain. After receiving refreshments and a T-shirt, run-

See ALOHA RUN, C-6



Sgt. Joseph A. Lee

Kaneohe Bay Marines, participating as part of the "Sounds of Freedom" military division, ran the 8.15-mile road race that began at the Aloha Tower in Honolulu and ended at Aloha Stadium. Marines outnumbered the participants from all of the other uniformed services at the 21st Annual Great Aloha Run.

Kalaheo wrestler, family member seeks state title

Cpl. Megan L. Stiner
Combat Correspondent

Marine Corps leadership traits such as endurance and bearing were instilled in the Kalaheo High School senior while growing up in a military family. Although they have assisted in his accomplishments, his love of wrestling is what elevated him to continue to compete in state championships.

Christopher L. Bovo has been wrestling for four years, and in that time has developed quite a name for himself in the sport. He is currently undefeated in his senior year, with a record of 19 wins and zero losses. Bovo will compete again, at state level, March 4 and 5.

"I just love to wrestle," admitted the 17-year-old. "I like the fact that you,

individually, are the only one that determines if you win or not. Everything you achieve, you get because you did it — not someone else — just you."

His father, Master Sgt. Michael A. Bovo, regimental master chief, 3rd Marine Regiment, said his son got into wrestling through his football coach.

"His coach in North Carolina told him he should try wrestling," said the proud parent. "He has loved it ever since. I hadn't ever seen a wrestling match until Chris' first one. Now I am always watching him and his teammates at meets."

According to the young athlete, he intends to take first place this year.

"There is no better feeling than get-

See BOVO, C-6



Cpl. Megan L. Stiner

Chris Bovo (top) practices wrestling techniques with volunteer coach Cpl. Steve Stone, helicopter mechanic, Marine Force Group 24, in preparation for Bovo's match-up in the upcoming State Tournament, March 4 and 5.

HQBN slips by MCAF

Sgt. Joseph A. Lee
Press Chief

Forward Robert Mitchell led the Headquarters Battalion Demon Deacons to another "W," as they edged over MCAF 46-44, Tuesday, in intramural basketball at the Semper Fit Gym.

Though they came out on top, the Demon Deacons self admittedly had a rough start.

"The first half was rough, because we had too many turnovers," admitted Deacon point guard Antonio Brown. "Some giveaways and bad passes allowed them to take advantage early."

Right from the start, any spectator could tell it would be a good game, as both teams struggled to get points on the board. Fortunately for the Demon Deacons, Mitchell was able to find the bucket from three-point land to put the first points on the board for the Deacons. Back and forth went the scoring early in the first half, with both teams trying to break out a lead, but to no avail.

MCAF's point guard Keith Blunk displayed some fancy footwork early in the first. Combined with some key blocks, he helped MCAF stay nose-to-nose with the Deacons, as the score seemed to pause at 10-10 early in the game.

With just under seven minutes on the clock, "Max," a newcomer to the Deacons line-up, grabbed an easy lay up and drew the foul call, allowing the Deacons to spread the lead a bit, 13-10. After Max stepped off the line, Blunk had his time at the foul line and brought the score back a bit, 13-11.

As time ticked down on the first half, it



Sgt. Joseph A. Lee

MCAF guard Courtney McCormick (left) blocks a fade-away shot by Demon Deacon point guard "Max," late in the first half, which set the tone for that portion of the game.

See BASKETBALL, C-6

BASE SPORTS

March 18

HQBN Holiday Bench Press Contest — Press off against the biggest lifters from the MCB Hawaii community, March 18, as the Headquarters Battalion Holiday Bench Press Classic kicks off. This Semper Fit Center event is open to all authorized patrons; active duty, family members, reservists, retired and DoD civilians, and will begin at 6 p.m. Weigh-ins will be held March 17 and 18 from 8 a.m. to 4 p.m. Competition will kick off at 6 p.m. Shorts, tank top or T-shirt, and shoes are the required equipment.

Trophies will be awarded to the top three places in each weight division as well as the team division. Trophies will also be awarded for the "Overall Lifer."

Entry fees for the event are \$20 per lifter. All registered entrants will receive an event tank top. Show them what you're really made of at the HQBN Bench Press Classic and Team Challenge. Please contact the MCCS Semper Fit Center at 254-7597 for specifics.

March 19

Spring Splash Hits Both K-Bay and Manana — Join the MCCS Aquatics crew for the 2005 Spring Splash at the Kaneohe and Manana Housing base pools. The events will be held on March 19 at Kaneohe, and March 26 at Manana,

both from noon to 4 p.m. Both events are free to military, family members, DoD civilians and reservists. Spend the day in the sun with music, games and door prizes along with numerous other activities. There will be Free Red Cross swim evaluations and lessons for kids, introductory lessons to scuba diving and surfing, the Pool Hawks Swim Team racing challenge and demonstration, and Jr. Lifeguard registration and information. Tell the kids not to worry — they'll break out the bouncy house.

To get in on the water action, call MCCS Aquatics at 254-7655.

March 21

Camp Smith Volleyball League Begins — Beginning March 21, Camp Smith will host a volleyball league open to all Camp Smith personnel and family members. Games will run at 11 a.m. and noon, so you can schedule a fun fitness hour instead of a boring lunch break. Teams must consist of six people, with at least two females. Call Camp Smith Athletics at 477-0498 to register your team now.

March 23

Staff NCO Golf Tournament — Staff NCO Club members and their guests are invited to play in this spring's Staff NCO Golf Tournament. The game begins with a shotgun start

at noon at the Klipper Golf Course. The format will be a four-person, best ball scramble with an awards ceremony following the game. Call 254-5481 for further information.

March 24

SM&SP Shank & Slice Golf Tournament — It's going to be fair game on the fairways on March 24, as the Single Marine & Sailor Program's Shank & Slice Best-Ball Tournament golfers hit the Kaneohe Klipper Golf Course.

This day on the links is open to unaccompanied E5, active duty Marines and Sailors; however, each player is allowed to invite one boss. Shank & Slicers will begin the tournament with a 1230 shotgun start and end with sodas, pupus and prizes.

The fee for the tournament is \$27 for E-5 and below and \$34 for everyone else. Fees include golf fees, golf cart, pupus, sodas and prizes. For those interested in participating and spending the day on the spectacular Kaneohe Klipper Golf Course, please call 254-7593. All entry forms are to be delivered to the Single Marine & Sailor Program located in Building 1629 or the Semper Fit Center.

Ongoing

Cycling at Semper Fit — Join Michelle every Monday from 4:45 to 5:45 p.m. for cycling class at the

Semper Fit Center. Get your heart pumping and your legs burning for only \$30 per class.

Call Semper Fit at 254-7597 for more information.

Cheer on your Favorite Team

— Head down to the Semper Fit Center every Monday, Tuesday, Wednesday and Friday starting at 6:15 p.m. for men's intramural basketball.

Cheer on the women's basketball teams as they hit the wood every Thursday starting at 6:15 p.m.

Intramural baseball games hit Riseley Field Monday through Friday at 6:30 p.m.

Campground & Picnic Sites

— For picnic and camping sites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be reserved for overnight camping. All beaches have picnic pavilions and barbecue grills.

Reservations are required. For reservations, call 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Semper Fit Center Offers it All — The Semper Fit Center has an

aerobic class for anyone and everyone trying to meet that New Year's resolution. Check out as many of the following programs as you would like; Yoga, Cycling, Tai Chi, cardio-Kick, Gut Cut, Step-Challenge, Water Aerobics, Pilates, Marathon Training and much, much more.

For class information, call the Semper Fit Center at 254-7597.

Fishing Charter Available at MCB Hawaii

— Spend the day aboard one of Mahalo Kai's charter fishing boats, speeding across the bay in search of the perfect catch. Mahalo Kai have been servicing MCB Hawaii since 1992, fishing the bountiful waters off the windward side. Catch Marlin, Mahi Mahi, Ahi, Ono, Aku and more. Mahalo Kai's has two boats to service you, Mahalo Kai is capable of accommodating a four-passenger crew, and the Bill Collector is capable of holding six.

Charters are priced below competition. Charters range from six-hour, eight-hour, to ten-hour for both boats and offer all patrons "split-catch" meaning they can take home half of the days caught fish.

Take the time to stop by the Base Marina, located in building 1698 across from Hangar 101. Charters can be booked by calling the Marina at 254-7666 or 254-7667, seven days-a-week.



Intramural Sports Standings

Women's Basketball	W	L
K-Bay	7	2
Camp Smith	4	5
PACOM	2	7
HQBN	2	7

Men's Basketball	W	L
MALS-24	9	1
HSL-37 "Easy Riders"	8	1
CSSG-3	3	1
VP-47 "Terror Squad"	7	3
HQBN "Demon Deacons"	7	3
MAG-24	8	7
3rd Marine HQ	5	5
MCAF	4	6
HSL-37 "EZ-2"	2	7
3rd Radio Battalion	1	9
1/12	0	10

Baseball	W	L
VP-9	4	1
MAG-24	5	2
HQBN	4	2
1/12	2	1
VPU-2	2	4
VP-47	0	6

*Standings are current as of Tuesday.

ITT has Aloha Cup Soccer tickets

Yibeli Galindo-Baird

MCCS Marketing

With so many opportunities to enjoy the great outdoors in this great state, it can be difficult to choose the entertainment option that is right for the entire family. Sometimes the determining factor can boil down to the pricing. Thanks to Information, Tickets and Tours, most activities on, and even off, the islands are more affordable than ever.

The Aloha Soccer Cup is a great example of an event made even more accessible thanks to ITT. This preseason MLS game, hosted by the Hawaii Soccer Federation, is an annual opportunity for the L.A. Galaxy, HSF's partner in this endeavor, to face other teams from around the world.

The contender this year is the well-respected D.C. United, featuring Freddie Adu, an outstanding forward and attacking midfielder. Adu, a 16-year-old first draft pick for D.C. United, was the youngest player to ever appear and score in a Major League match.

The Galaxy also has talent in its team, most recognized in the skills of Cobi Jones, the star forward and one of the best-known players in the United States. His accomplishments include more than 50 goals for the L.A. Galaxy during its last season and an appearance in all matches of the last two International Federation of Football Association World Cups. D.C. United and L.A. Galaxy have won four MLS championships each over the course of nine years, making them apt

contenders for this match in paradise.

"Tickets are available at ITT at a discounted price of \$15 for general admission, versus \$20, through any non-military outlet. This is a great opportunity to take the family to enjoy a professional soccer game with world-renowned soccer players, and enjoy the amenities offered by Aloha Stadium," said Christopher Sereno, ITT manager.

The game takes place Saturday at 7:30 p.m., with gates opening at 2:30 p.m. for parking. The cost for parking is \$5, but if you come early for the Aloha Stadium Swap Meet, open from 6 a.m. to 3 p.m., parking is only 50 cents per vehicle occupant. No tailgating will be allowed.

Other entertainment opportunities available to military families from ITT include the Polynesian Cultural Center, luaus, Hawaiian Waters Adventure Park, one-day outer-island tours, whale-watching tours and much more.

"We want military members to think ITT first for any of their entertainment purchases. We have tickets to most of the major attractions in and around Honolulu and can even help you make reservations to many events. Hawaii can be cost-prohibitive if you don't know where to shop for



The Information, Tickets and Tours office offers great deals on local attractions, tours, movies and special events through its friendly and knowledgeable staff at both Camp H.M. Smith and K-Bay Mokapu Mall.

the best pricing. We recommend that you drop by our convenient Mokapu Mall location and pick up information on any events of interest to you and your family," added Sereno. "Chances are, we can help you find something fun to do without breaking the bank."

ITT is open Monday through Saturday from 9 a.m. to 7 p.m. and on Sundays and holidays from 9 a.m. to 5 p.m. Camp Smith's ITT office is located in Building 1, second floor, is open Monday through Friday 7:30 a.m. to 4 p.m.

For more information, call K-Bay at 254-7563.

COMMUNITY SPORTS

HTMC Plans Saturday Hike

Join the Hawaiian Trail and Mountain Club, Saturday, for a six-mile, intermediate hike near Pearl City. This is a fairly easy, rambling loop hike with spectacular views of Pearl Harbor and the upper Waimano watershed. Long pants

will be desirable for the hike. It is one of the club's newer hikes. Call coordinator Mike Fujita at 550-2535 for detailed information.

Hikers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember age 18 or older. A responsible adult must accompany children under 18.

Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios, and other audio devices are prohibited on hikes.

Check out the HTMC Web site at www.geocities.com/Yosemite/Trails/3660 for more information.

2005 Perimeter Run Gears Up

Seven-member teams will trek approximately 134 miles in 35 legs of varying lengths to complete the 2005 Perimeter Run around Oahu. The race will begin at Neil S. Blaisdell Park in Aiea, and runners will travel counterclockwise around the island.

Competitors will start at various times, from 7 to 11 p.m., Feb. 26.

Entry fees are \$350 through Tuesday, and \$400 thereafter. Entries are limited to 125 teams. Entry fees must be submitted by midnight on the dates stated above. There is no guarantee of team enrollment for late entries. All entry fees are non-refundable.

Each runner receives a T-shirt and a finisher's award. T-shirts for support crew may be ordered using the entry form at \$10 per shirt. Payment for extra shirts must be submitted with entry fees. Athletes can register online at www.Active.com. or call 589-2646 for more information.

Fort DeRussy to Host Biathlon

Registration has begun for the 2005 Fort DeRussy Biathlon and Keiki Run-Swim-Run. The March 12 race will start with the adults at 7 a.m. and the children at 8:20 a.m.

Athletes can choose between the long course, a 5K run followed by a 1K swim, and the short course, a 2.5K run followed by a 500M swim, along Waikiki's finest beach. Keiki distance course will be a run, swim, run format, with distances varying by age group.

Entry fees are \$18 for individual runners, \$16 for students and \$15 for military. There is no guarantee of a T-shirt for late entries. Pick up a packet is on March 5 from 10 a.m. to 2 p.m., and March 9 from 4 p.m. to 8 p.m. at the Hale Koa Hotel PoINT Health Club.

Register online at www.Active.com or call 955-9151 for more information.

2005 Sports Car Racing Gears Up

The Hawaii Region Sports Car Club of America will host six major races in 2005 and Solo II races on both Oahu and Maui.

Solo II, or Autocross, is held at the Hawaii Raceway Park at Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars, from stock vehicles to race cars, normally compete. The event is purely amateur, but anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins.

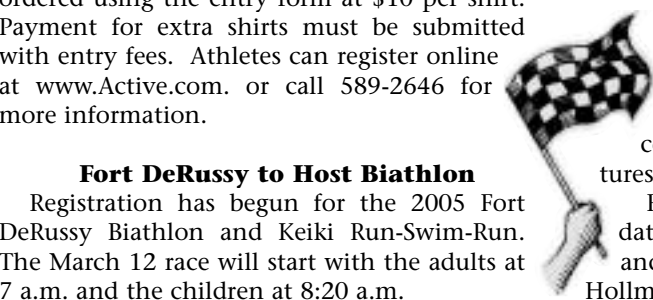
Points accumulated throughout the year accumulate for prizes and trophies presented at year's end. Minimum participation in more than half of the year's races is required to be in the running for points and the run-off championship.

Races are scheduled as follows: March 6, April 3, May 1, June 5, July 3, Aug. 14, Sept. 18, Oct. 2, Nov. 13 and Dec. 26. For more details, call Curtis Lee at 262-5987.

The Wheel-to-Wheel and Solo I racing events are regional sports car races at Hawaii Raceway Park. All drivers must pass a driver's school to obtain a competition license, as the cars are raced at speeds of up to 140 mph, and passing is permitted.

Both the driver and vehicle must comply with a number of safety features before they are granted race entry.

Future races will be on the following dates: March 25, May 15, July 10, Sept. 5 and Nov. 26. For more details, call Ed Hollman at 488-1782.





THE BOTTOM LINE

Editor's Note: "The Bottom Line" is the **Hawaii Marine's** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send "Readers Strike Back" comments to editor@hawaiimarine.com or millie.perera@usmc.mil. Remember, "If you don't speak up, you won't be heard."

Does anybody really care about the NHL?

Sgt. Joe Lindsay

The Goat

"We were somewhere around Barstow on the edge of the desert when the drugs began to take hold."

— Hunter S. Thompson

"I stuck a needle in Mark McGuire's butt. Then he shot me up. I got really buffed. It was cool."

— Jose Canseco

"I have no choice but to cancel the 2004-05 season. This is a sad, regrettable day that all of us wish could have been avoided."

— NHL commissioner Gary Bettman

Let the record show that The Goat implored The Professor to dedicate this week's "Bottom Line" to the legendary life of gonzo journalist and erstwhile ESPN columnist Hunter S. Thompson, who, in his best Ernest Hemingway impression since his early musings in the 1970s, put a gun to his head and blew his brains out somewhere near Aspen, Colo., on Sunday.

But even Thompson's dirt nap wasn't enough to surpass the buzz surrounding the latest sports book to hit the shelves — *Juiced: Wild Times, Rampant 'Roids, Smash Hits and How Baseball Got Big* — by another celebrated author, Jose Canseco. It is sad to realize that Thompson's death isn't enough to push the self-proclaimed

"Godfather of Steroids" out of the news. It seems only the cancellation of the NHL season is enough to usurp Canseco's mesmerizing grip on our sports psyche.

Or is it? In a recent ESPN poll, the question, "Do you consider yourself a hockey fan?" was asked. The results were that 63 percent said, "yes," and 37 percent said, "no." OK, The Goat is tracking. The numbers seem high, but believable. After all, eh, there are a lot of transplanted Calgarians and people from the Minnesota and Wisconsin territories who live in America.

But now, eh, here is where things get weird. The same poll then asked, "Do you care that the NHL season has been canceled?" The answer: 68.4 percent said, "no," and 31.5 percent said, "yes." Some quick math The Goat learned in junior college, however, reveals that only accounts for 99.9 percent of the vote. Where did the other .001 percent go? For argument's sake lets just pretend The Goat voted and round it up to 68.5 percent, "no."

Bottom Line: Which all brings us back, of course, to Hunter S. Thompson, who once wrote, "In a closed society where everybody is guilty, the only crime is getting caught. In a world of thieves, the only final sin is stupidity."

Ah, if only Jose Canseco were a hockey player. Then the universe would be right again.

Capt. K.D. Robbins

The Professor

Epiphanies happen at the strangest times. Sunday. In the midst of watching four-wheeled speeding billboards taking 200 circles at Daytona, the latest epiphany hit. ... Would the checking and brawling of the National Hockey League not offer a stronger Sunday sports fix than the less-than-educated commentary of Darrell Waltrip and the Fox Sports crew? Does anyone miss the NHL? Maybe. The question is, who?

Perhaps it's the thought of the NHL? After all, the self-proclaimed fourth sport of the "Big Four," has everything a sports fan enjoys: Contact. Scoring. Fights. Personalities. Overpaid athletes. Corrupt owners. Celebrity season-ticket holders. So, with all this, how could the NHL fail? Easy, apathetic fans.

Where should hockey fans point the finger? Gary Bettman? The NHL Players Association? The Great One? Mario? No. Point your finger in the mirror NHL fans. You let your sport escalate to this level. You bear the responsibility of a lost season. You drive the boat. Not the players. Not the owners. Not the lawyers. You. What's even more tragic, if you dare call it

that, is that you too will sink the boat. Why? Because, hockey fans have no voice.

If you want to be a member of the "Big Four," you best act like one. NHL fans who think the Molson will continue to pour smooth at the rate the NHL is going will be lucky to sip on a Coors Cutter or a Near Beer.

The fans have the power. When steroid rumors run wild, baseball fans flood the airwaves with jargon. When T.O. pulls out a Sharpie, football fans scream bloody murder. When Kobe does what Kobe does, basketball fans root for LeBron. But, NHL fans sit, quiet as church mice and hope their sport will skate again.

Bottom Line: The NHL isn't to blame for the latest of sports blunders. It's the NHL fans. One must wonder where Bob and Doug McKenzie are right now? Is the Elsinore Brewery doing so well that they lie dormant with no inclination to voice NHL disgust with a simple "Play, you hosers!" Where are Eddie Shore and Charlestown Chiefs' Hanson brothers when the world yearns for "old time hockey?" The fact of the matter is, they are neither seen nor heard from — just like the NHL season.

READERS STRIKE BACK

"I, and anyone who has ever even heard of basketball, know what kind of player he is ..."

Dear Bottom Line,

After reading your article entitled "What kind of man is Karl Malone?" I still find myself wondering. I, and anyone who has ever even heard of basketball, know

what kind of player he is — which your editorial covered quite well. The topic about him supposedly hitting on Kobe's wife was barely more than a brief blurb. I wouldn't consider that hitting on her at all. Anyway though, who could blame

him if he did? She's a beautiful woman. Good write up on Karl Malone the player, but poorly titled.

Christopher D. Carpentier
Albany, NY

“

q u o t a b l e

”

Concentration is the ability to think about absolutely nothing when it is absolutely necessary.

-Ray Knight

TRICARE outlines dental coverage

Press Release

LIFELines Research Staff

On February 1, 1996, United Concordia Companies, Inc. began administering the TRICARE-Active Duty Family Member Dental Plan (FMDP) for 1.8 million family members of active duty Uniformed Services personnel. United Concordia Companies, Inc. was selected by the U.S. Department of Defense and the TRICARE Management Activity (TMA) to administer dental benefits to the military family members in the United States, District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands and Canada. The five-year DOD contract positions United Concordia as one of the country's largest dental insurers overall, with more than 5.7 million members.

The FMDP is a voluntary comprehensive dental benefit plan that incorporates United Concordia's innovative dental management efficiencies, including an extensive customer service department, provider and beneficiary communications and state-of-the-art claims processing administration including electronic claims submission. Under the program, active duty military family members and the government share the cost of monthly premiums for preventive, diagnostic, restorative, orthodontic and other dental benefits.

The following Active Duty FMDP "Fast Facts" Information is provided to you courtesy of the OSD TRICARE Office and United Concordia Companies, Inc.

Overview of Plan Benefits

TRICARE Active Duty Family Member Dental Plan (FMDP) is a voluntary comprehensive dental plan available to all active duty family members of the seven Uniformed Services. This fact sheet highlights FMDP coverage, eligibility, enrollment, and premium costs. For more information about FMDP, please contact your Health Benefit Advisor.

FMDP Coverage:

Diagnostic/Preventive – 100%
 Emergency Care (to relieve pain) – 100%
 Basic Restorative – 80%
 Sealants – 80%
 Endodontics – 60%
 Periodontics – 60%
 Oral Surgery – 60%
 Prosthodontics/Crowns – 50%
 Orthodontics – 50%
 Other Restorative – 50%
 Coverage is subject to certain limitations.

Eligibility and Enrollment

Enrollment in the TRICARE Active Duty

FMPD is voluntary. Spouses and children of all active duty uniformed service members who live in the United States, District of Columbia, Guam, Puerto Rico, U.S. Virgin Islands and Canada are eligible to enroll. Sponsors must be on active duty for at least 30 days and must intend to remain on active duty for at least 24 months in order to enroll their family members. (Note: Only spouses and family members are eligible for this plan.) To avoid eligibility problems, sponsors must ensure that family member information in DEERS is accurate and up-to-date.

Enrollment is for a minimum of 24 months, with the following exceptions: OCONUS returnees and sponsors/family members going PCS outside the service area. Sponsors who are returning with their family members from an overseas permanent duty station, and who will remain on active duty for at least 12 months, can enroll in the FMDP. To enroll, sponsors fill out DD Form 2494 or 2494-1 at their Personnel Office.

Coverage begins the first of the month following the sponsor's enrollment. For example, if the sponsor submits an enrollment form on Feb. 15, enrollees are covered beginning March 1. Please be sure to verify your payroll deductions for the FMDP before making an appointment with a dentist. You can verify the deductions by checking the sponsors Leave and Earnings Statement. Coverage and premiums are for full months only. Partial months are not permitted.

Premium Cost

The cost of the FMDP premium is shared between the sponsor and the sponsors service branch. The sponsor's monthly premium is paid in advance through a payroll deduction.

Coverage

FMDP covers all types of professional dental services. Service families must receive dental treatment in the FMDP service area, which is limited to the United States, District of Columbia, Canada, Guam, Puerto Rico or the U.S. Virgin Islands. The plan has cost shares, maximums, limitations and exclusions similar to typical civilian group dental plans. The amount covered by the plan ranges from 100 percent to 50 percent, depending on the type of dental service. Details of coverage are fully described in the FMDP Benefit Booklet.

Cost Shares

Dental services covered at 100 percent of the allowance require no payment by the family member. Some covered services require a cost share. For example, if a service is covered at 80

percent, the family member is responsible for the remaining 20 percent. FMDP has limits, or maximums, on how much can be paid for any family members dental services. Maximums and choice of dentist can affect the family members total out-of-pocket cost (see Dentist section). Family members should always discuss their cost share with their dentist before agreeing to a plan of treatment.

Annual Maximum — \$1,000 per family member per contract year (8/1 to 7/31) for all non-orthodontic services.

Lifetime Orthodontic Maximum — \$1,200 lifetime per family member for orthodontic services, except for diagnostic services.

Orthodontics

Orthodontic coverage is paid differently from other kinds of dental services because treatment usually extends over many months. The dentist must submit a treatment plan, which includes length of treatment and the dentists charge. Subject to the lifetime orthodontic maximum of \$1,200 and 50 percent cost share, FMDP payments for orthodontic treatment are divided into an initial "banding" or "appliance placement" fee (25 percent of the amount payable by the plan) followed by equal monthly progress payments. Orthodontic benefits are only payable through age 18. If the treatment period is for more than six months, the treatment plan payments will be issued on a monthly basis. United Concordia will send the notice of the treatment plan payment schedule to both the dentist and family member. Payment for orthodontic services will not be made until a banding date has been submitted to United Concordia.

If treatment has been initiated prior to the effective date of this contract, United Concordia's liability will be offset by the amount paid by the prior carrier up to the orthodontic maximum. No initial payment will be made in these instances. However, we will continue making the same monthly payment for the balance of the treatment plan.

Dentists

Enrolled family members may receive dental care from any licensed/authorized dentist of their choice. However, family members will get the greatest value from their FMDP coverage if they receive care from a United Concordia Companies, Inc. participating dentist. When you see a participating dentist, you will save time, paperwork and money.

Advantages of choosing a United Concordia participating dentist:

- United Concordia dentists do not require full payment at the time of service, just the cost share, if any.
- United Concordia dentists will complete

and submit your claim form at no charge.

- United Concordia dentists will accept United Concordia's allowances for covered services and cannot charge the family member for any difference between their fee and United Concordia's allowance.

- United Concordia dentists are monitored to ensure a high level of quality in the services they provide you.

Non-participating dentists may provide care to family members, but are not bound by agreement with United Concordia. This means that if your dentist is not a participating dentist, you may need to pay the dentist the difference between United Concordia's allowance and the dentist's usual charge, and you may have to submit your claim form to United Concordia.

For help in locating a participating dentist in your area, contact your Installation Health Benefits Advisor or United Concordia Customer Service.

If you are uncertain whether a particular procedure will be covered under the FMDP, or if you want an estimate of the amount the plan will pay, your dentist can submit a predetermination request. The predetermination request is a pre-treatment, non-binding written estimate of both plan and patient cost share.

A predetermination is available for any covered procedure and recommended for more complex and expensive procedures, such as crowns, inlays, prosthetic, periodontic and orthodontic services.

A predetermination request is submitted just like a claim, except that the "date of service" is left blank. Once the predetermination is processed, United Concordia will notify both the family member and dentist. When the predetermined service has been provided, the Dental Predetermination Notification and Request for Payment form is returned to United Concordia. A predetermination remains valid for six months from the date of issue.

Here are just some of the things you can expect from your Family Member Dental Plan and your dental administrator, United Concordia:

- Comprehensive dental coverage similar to civilian dental plans;
- No deductibles;
- \$1,000 annual maximum per family member for all services except orthodontics;
- \$1,200 lifetime maximum per family member for orthodontics;
- Choice of dentists;
- Predetermination;
- One mailing and processing center;
- Toll-Free telephone numbers state-of-the-art claims processing and customer service systems; and
- Electronic Claim Submissions--fast turnaround rate and payment.



Marines heat it up in friendly competition

Sgt. Joseph A. Lee

Press Chief

A team of Marines from Marine Corps Base Hawaii succeeded in taking first place in a football competition between the five major services Feb. 11 in Honolulu for the title of 2005 Military Pro Bowl Champion.

The National Football League-sponsored event, which consisted of five regiments, was organized for the purpose of displaying esprit de corps between the services, said coordinator Steve Kalnasy of Marine Corps Community Services Sports.

First up was the team 40-yard dash relay race. The Marines took third in the event, out-matched by the other services.

"It was a pretty cool day," said Kalnasy. "The Marines had a great time, as did the other service members, I'm sure. This is the type of thing we wait all year to get involved with, and everything went off without a hitch."

After the 40-yard dash, one player from each service was chosen to attempt a 30-yard field goal kick. Out of 10 field-goal attempts, Sgt. Richard Caplette hit nine out of 10, taking second place in the event for the Marine team.

"I wasn't surprised that the Marines took the win, but we had a fun time beating the other services, either way," said Caplette. "But of course, the team only won because it had the greatest kicker of all time — me."

The third event was the punting competition that required a player to kick three kicks, each distance added together to determine a total distance kicked. The Marine team came

in second place for the event.

The fourth discipline of the competition was the long snap. Requiring three members of each team to try snapping the ball at different distances, this proved to be the most difficult of the day's events. When this event was complete, the Marines found themselves in second place for the snapping event as well as in second place, overall, for the day's duel.

The final event was the passing competition. This proved to be the jewel of the NFL Military Challenge. All members of the respective teams were required to participate. The objective was for the quarterback to successfully pass as many throws, within one minute, to teammates who were positioned at varied distances. Points were awarded for balls caught within specific zones, each having different values. When the final tally was told, the Marines ended up on top for the win.

"I had a great time out there, and would totally participate next year if it is happening," said Caplette. "I think if more people knew what a good time it was, and that it was actually sponsored by the NFL, we would have had more people competing for positions on the team."

Followed respectively by the Navy, Army, Air Force, and Coast Guard, the Marine team from Hawaii proved why they came into the competition as champions. For their efforts, the Marines received a small rendition of the NFL's Vince Lombardi Trophy, along with official NFL Pro Bowl tote bags, and the right to call themselves 2005 Pro Bowl Military Challenge Champions.



Photo Courtesy of Warrant Officer Kevin L. Martin

Marine football players dominated other services during the 2005 Pro Bowl Military Challenge, Feb. 11.

BASKETBALL, From C-1

was clear emotions had been let loose on the court, as fast play attempts by the Deacons only led to faster turnovers, allowing MCAF to capitalize, spreading their lead a bit, to 21-17 at the half.

With an eight-point streak led by Mitchell late in the game, the Deacons closed the gap and took the lead, 40-39, after trying long and hard to break from deficit.

"We had some key three-pointers, combined with a full-court press, that allowed us to regain the lead and stay in control of the game," said Brown.

After MCAF made an easy bucket to recapture the lead, Mitchell visited the free throw line for two, taking the lead right back. Trailing 42-41, Blunk attempted the three, and was fouled, allowing Blunk some key points from the free-throw line, giving the lead back to MCAF, 44-42.

With less than a minute on the clock, Max snuck inside to add two on, tying the score, and putting the game in the hands of MCAF. But with a travel call on Number 10 MCAF, Headquarters Battalion regained control of the ball and called a time.

"At this point, we were a little worried, and surprised to be in the position we were in," said MCAF guard Jeff Sallette. "We got a little relaxed in the second, which allowed them to give us a game."

With all the time in the world, Mitchell and guard John Barros trimmed some excess fat off the clock before Mitchell made his move up the center for a suspenseful two, taking the lead, 46-44. With only 11 seconds on the clock for MCAF to attempt a comeback.

Debo luckily drew a foul, and sunk a single basket from the line, but was not able to get the second, as it bounced off the rim and out of bounds. With five seconds on the clock, there was time for one shot — Debo took the chance, and missed, handing the win to the Headquarters Battalion Demon Deacons as time expired.

"They are one of the best teams in the league," said Sallette after the game. "We're going to be alright. After that, definitely our best game yet, the base is going to see a whole new MCAF in the tournament."

ALOHA RUN, From C-1

ners filled the bleachers to cool off and enjoy the entertainment.

In the military male category, no military runners placed in the overall top 10 categories; however, Rob Adams, a MCB Hawaii Marine lieutenant, took home the third-place prize of \$250 with a time of 46:03. First place was awarded to Chris Larson, an Army National Guardsman, who ran the race in 44:45, and Antonio J. Eppolito, an airman, won second place with a time of 44:45.

In the military female category, in which all three military runners placed in the top 10 overall, first place was awarded to Cristy D. Pritchard, of the U.S. Navy, with a time of 52:09. Second place was awarded to Sandra Ferreira, of the U.S. Coast Guard, with a time of 52:51, and third place was awarded to Fay C. Flattery, of the U.S. Air Force, with a time of 53:39.

"It was a good run," said Sgt. Daniel V. Villarreal, combat engineer with Combat Assault Company. "It felt good to be a part of such a huge event where I could both display my honor for the Corps and country, and get in an outstanding workout to start off my day."

The Michigan Center, Mich. native highly recommends that anyone who has not participated, give it a shot in 2006.

"It really is a great start to President's Day," said the 22-year-old. "It's all over by eight or nine, and you can enjoy your day, energized and motivated from a truly great run."



Sgt. Joseph A. Lee

Sgt. Alex Nikiforoff (left) and Staff Sgt. Mike Lawrence, both with the MARFORPAC Show Band, wowed the crowds Monday at the 21st Annual Great Aloha Run.



Cpl. Megan L. Stiner

The Great Aloha Run turned out to be a big success for MCB Hawaii, Kaneohe Bay, which took home the award for the biggest turnout by military personnel. The award was an engraved bowl being held by (from left) Cmdr. Daniel B. Linberg, executive officer, Marine Corps Air Facility; Maj. David R. Prislun, executive officer, Headquarters Battalion; Col. Jeffrey J. Patterson, commanding officer, 3rd Marine Regiment; Lt. Col. Henry B. Mathews, commanding officer, Heavy Marine Helicopter Squadron 463; and Col. Steve C. Veach, base chief of staff.

Drill time



Sgt. Joseph A. Lee

Maj. Larry Hilliard, G-6 officer for the base, tosses a pass to 5-year-old Julian Thomas during team practice Tuesday afternoon. Hilliard is the coach of a Mini Might team named Lightning. Their last game of the season will take place Saturday at 9 a.m., in the Family Gym near the Seven Day Store.

BOVO, From C-1

ting your arm raised up in victory after a tough match," said 140-pound Bovo. "I will take first at State this year."

Bovo's coaches set high standards for him and have been pushing him to be better ever since he came to Kalaheo High School as a sophomore.

"Right away we saw his talent, he was a hard worker and he had a natural ability," said Scott Yorimoto, coach. "The program has definitely benefited from having him on the team."

According to his head coach, Alex Sutherland, Bovo's strong point is his aggressiveness.

"He is really good at take downs. He isn't afraid to attack his opponent and get the takedown without hesitation," explained Sutherland. "He will do well at the State meet."

Bovo credits a lot of his success to his coaches and the fact that even though he is a natural athlete, they never let him slack at practice.

"They are constantly yelling at me and pushing me

to do my best," he said. "There is no way I would be as good as I am today without them."

Besides sports, Bovo also plays the ukulele and enjoys writing music and poetry.

"I sing and strum on my ukulele a lot," he said, laughing. "It is relaxing and since I have lived in Hawaii for fourteen years, knowing how to play the ukulele makes sense to me."

Although singing, wrestling and writing poetry don't usually go hand in hand, Bovo seems to be able to do all three and still know what his main priority is.

"There are going to be college scouts at this level of competition, and I aim to impress them," he said confidently. "I see practices and matches as training for college. I hope to continue wrestling until I am either too old or injured to do it. Wrestling is one of those things you have to love to do, and I love it."

The Hawaii state championships will be held at the Neal Blaisdell Arena March 4 and 5.



Hawaii MARINE ON POINT

HAWAII MARINE D SECTION

FEBRUARY 25, 2005



close Inspection

Cadet Sgt. Sara Tellio, 10th grader from Castle High School's Marine Corps Junior Reserve Officers Training Corps program, stands with other cadets for inspection by Marines from Headquarters Battalion.

Castle's JROTC members get sized up by the 'real deal'

**Story and Photos By
Cpl. Michelle M. Dickson**
Combat Correspondent

Ah-ten-shion!!! After that hearing that, 107 Marine Corps Junior Reserve Officers Training Corps cadets snapped to position and mentally prepared themselves for a real Marine Corps uniform inspection.

"I was nervous about the whole thing," admitted Cadet Staff Sgt. Kayla Kawai, a junior at Castle High School. "I was more nervous about my cadets though and how they would do on a first-time inspection."

The 16-year-old Kaneohe native has been in the Marine Corps JROTC program for three years now and is responsible for the 25 cadets who are in her squad.

"As a platoon commander, I'm being held to a higher standard by everyone," said Kawai. "But I love it because it forces me to both gain and earn respect from others and it's interesting to be able to learn so much about the military."

The Marine Corps JROTC has only existed on Oahu since 1995, and it is the only Marine Corps JROTC program in the entire state of Hawaii, said retired Sgt. Maj. John Ah Chick, the senior Marine instructor and founder of the Hawaii program.

Ah Chick retired from the Marine Corps in 1983. In 1984, he began working at the Navy JROTC program at Radford High school near Pearl Harbor before beginning the Marine program.

"Even after retiring from the Marine Corps, I wanted to always remain involved with the military, and especially with the Marines," said the Kailua, Hawaii native. "I've always liked working with people, and I love getting the opportunity to share my experiences with high school kids."

The JROTC program is designed to teach leadership, public service, military subjects, basic knowledge, color guard, drill, reconnaissance, and a variety of other things.

"Basically, everything that is available in the Marine Corps, we try to implement into the program," said Ah Chick. "We even compete in drill meets with other JROTC programs, along with marching in parades and taking part in training activities at Bellows and on K-Bay."

Cadet 2nd Lt. Lambert Brigoli, a senior at Castle High School, has been in the Marine Corps JROTC program here for four years, and is currently awaiting his real boot camp



Hands are inspected for cleanliness during the uniform inspection.

experience as he is in the delayed entry program for the Marine Corps.

"It has always been my life-long dream to become a United States Marine, and now I'll get to do that," said the Hilo, Hawaii native. "I want to become the 'best of the best,' and I'll get to do that when I go to boot camp in July."

Brigoli said he thinks he has a great advantage with his experience and knowledge he's gained since being in the JROTC program.

"I know it's going to be really tough in boot camp, but I'm not worried about it at all," said the 18-year-old. "I've learned so much through the years in this program. I know I'm getting a good head start at it."

The cadets receive important uniform inspections every year by real Marines, said Ah Chick. One year, K-Bay Marines conducted the inspections, while the following year, Marines from 12th Marine Corps District came out to inspect. Everything from ribbon placement to trouser length and the cadets' personal hygiene were subject to inspection during the day. Cadets were even tested to find out how much they knew about the Marine Corps.

"I think it went really well, overall," said Ah Chick. "We have a lot of new kids this year and their only problem is just, pretty much, lack of experience right now."

Ah Chick said the cadets' participation in the inspection was great because all of them are extremely committed to the program. He also felt a debt of gratitude toward the Marines who took time from their busy schedules to inspect the cadets.

"We just can't extend enough thanks to all of the support from Kaneohe Bay," said Ah Chick. "We are so grateful for their continuous support throughout the years."



Cadet Cpl. Rodney Ochimas, sophomore, assists Sgt. Chezarre Reyna, ammunition technician, Headquarters Battalion, during the Marine Corps Junior Reserve Officers Training Corps uniform inspection at Castle High School, Feb. 17.

Below — Sgt. Dain Cole, Headquarters Battalion, checks for proper ribbon placement on a cadet during the inspection.



Everything on the cadets of the Marine Corps JROTC, from ribbon placement to trouser length, was inspected.

