

Hawaii MARINE

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Photo montage by Cpl. Jessica M. Mills

Reflections on another year

Hawaii Marine Staff

MCB Hawaii Public Affairs

This week the Hawaii Marine looks back at 2003, recognizing both it's fall-backs and accomplishments.

Through-out the year, countless events have taken place to mold the timeless memories which make up the banner year, 2003.

While we are not able to include all of the events and images captured last year, here are a few moments that colored 2003.

Readers can browse the Hawaii Marine archives to review detailed stories at www.mcbh.usmc.mil.

MCB Hawaii

Improvements for the year 2003 aboard Marine Corps Base Hawaii, Kaneohe Bay, have been primarily geared towards the safety, comfort and well-being of Marines and families stationed here.

The first major improvement of 2003 was the installation of a new playground facility at Reiseley Field on Mokapu Road. The construction began at the end of January and was completed in the spring.

Funding to replace the almost 65-year-old post office finally became available this year and the grand opening for the

new building, located adjacent to McDonalds on Mokapu Road, was celebrated Nov. 26.

Features of the new Post Office include more sales windows, advanced computer systems, a state-of-the-art security system, as well as being a much larger facility overall.

The needs of members enrolled in the Exceptional Family Member Program were addressed with the creation of the Military Committee for Persons with Disabilities.

To help improve services for special needs family members, stickers were placed on the entrances of their homes to ensure service members, who are

responding to an emergency call, are aware of possible special needs situations.

The installment of new street signs has also improved the safety awareness level toward families with special needs members. The new signs will inform drivers and pedestrians to be more cautious and pay special attention to what is happening around the homes of special needs families.

More improvements towards special needs youth activities are slated for upcoming years.

BayFest 2003 was a very successful

See YEAR IN REVIEW, A-4

Tax Center offers free services

1st Lt. C. M. Winchell

MCB Hawaii Tax Center

As the new year begins, Marines and Sailors eagerly await their W-2s and look forward to any refund they may receive. This year Marines and Sailors can download their W-2s at the DFAS <https://mypay.dfas.mil/mypay.aspx> web-site.

Defense Finance and Accounting Service will make the W-2s available sometime between Jan. 13 - 21 for Marines and Jan. 16 - 26 for Navy personnel.

The MCB Hawaii Tax Center is scheduled to open for business Jan. 26.

Before rushing off base for some quick cash at a local tax preparation company prior to the Tax Center opening, Marines and Sailors should consider the costs involved in filing their taxes off base,

See TAXES, A-8

Shoplifting is not worth the price

Cpl. Monroe F. Seigle

Combat Correspondent

The Marine Corps Community Services, along with the base magistrate and the base inspector, want to send out a message to the residents of MCB Hawaii, Kaneohe Bay, about shoplifting.

They simply want to say, "don't even think about it."

It has become an all-too-familiar, and embarrassing scene recently when a service member has to go down to the Provost Marshall's office aboard MCB Hawaii because

he or she received a call from a military police officer stating a family member was apprehended for shoplifting aboard the base.

After the offender is released from custody, they can look forward to being on the blotter, and being presented with a stiff fine. Since service members are financially responsible for their families, it is their responsibility to make sure any imposed fines are paid.

"There are a number of things that can be done as far as punishing a

See SHOPLIFTING, A-8



Cpl. Monroe F. Seigle

The Marine Corps Exchange is equipped with state-of-the-art security equipment to catch any miscreants in the act.

MCB Hawaii mourns for those lost

Chaplain (Capt.) Joseph W. Estabrook

Base Chapel

Bad things do not stop happening during the holidays! All kinds of problems, sickness and even death, will often follow us into what should be our most joyous celebrations.

The deaths of three very important people in the life of this base occurred

this past holiday season and spread a blanket of sadness on all of us.

Corporal Corey West, 3rd Battalion, 3rd Marine Regiment and temporarily assigned to Headquarters Bn. at Anderson Hall, died tragically Dec. 27 while visiting his family in Michigan when the car in which he was a passenger overturned. His funeral was Jan. 1 in Conklin, Mich., and his memorial service was Wednesday, at

the MCB Hawaii Base Chapel. West's many friends will not forget what he has brought to our lives here.

Shari Lavine, the spouse of CWO2 Lauren Lavine, died of Leukemia Dec. 26. Chief Warrant Officer 2 Lavine is the Band Officer for the Marine Corps Forces Pacific Band and his wife Shari was a dynamic and involved member

See MOURNS, A-7

MCBH News Briefs

Marines requested to complete customer survey by Thursday

The Public Affairs office requests that all Marines and civilian Marines throughout the Marine Corps complete the online public affairs customer survey necessary to provide research data for the strategic planning process.

Please answer the questions with serious and relevant answers to the best of your ability. All information given will be treated as confidential and will only be viewed by an independent contractor. The research data will then be compiled for use in the USMC public affairs strategic planning process.

The survey can be accessed at www.usmc.mil/plansurvey. For help with or to report online problems, please contact Master Sgt. James Bower at 703-614-1494, or e-mail bowerjd@hqmc.usmc.mil for assistance.

Neighborhood Watch Volunteers Sought

The Crime Prevention section of the Military Police Department is looking for neighborhood watch representatives to get involved in their communities by taking charge of local neighborhoods.

For more information or to volunteer, call 257-1148.

Lost & Found Items Collected at MPD

If you are missing valuables or other items, contact Lost and Found at the Military Police Department, to see if anyone has turned in the item(s).

Lost items on hand include ID cards, bicycles, wallets, keys, cell phones and miscellaneous jewelry. An inquiry log is maintained for all item(s) retrieved.

Call Sgt. Gordon Scott at 257-8556, ext. 315, for prompt assistance.

Important Numbers

On-Base Emergencies	911
Military Police	257-7114

Hawaii MARINE

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IN THE CG's MAIL BOX



BRIG. GEN.
MCABEE

There is a matter that has become very upsetting to me as well as other parents of children who attend the Head Start Program on MCB Hawaii.

During the past few months, the staff of Mokapu/Head Start have been trying to figure out a way to get their classroom back in working order and create a safe environment.

The previous location behind the housing office was no longer an option for the classrooms, so at the end of the summer, the Head Start classrooms were moved to the Child Development Center's hourly building.

This was a positive move in the sense that the students at Head Start gained air-conditioned classrooms and a beautiful view.

However, there have been some negative sides to the move. The Head Start signs are not posted at all, so if you are driving by, you cannot tell if it is Head Start or just hourly daycare. The playground is home to centipedes, ants, and scorpions. The phone lines still have not been installed after many months now.

So if anything happens to a child, the parents cannot be contacted in a timely fashion. The teachers and or aids have been using their own personal cell phones to get in contact with the parents. However, some of the cell phones don't have caller ID so parents do not know who called if they are not home.

Parents are stuck in a bind because of the poor communication situation. Hourly CDC refuses to offer use of the phone lines and the way they treat their new neighbor is not with much "Aloha."

This whole process can be very frustrating to the parents as well as to the teachers and staff trying to do their jobs.

If you are able to offer any positive advisement on this dilemma it would be greatly appreciated by both parents, teachers and the students.

(Editor's Note: Letters of any length may be trimmed and edited in the interest of good taste and brevity.)
The commanding general invites input from the base community via C.G. Mail on the following topics: What are we doing that we shouldn't be doing? What are we not doing that we should be doing? What are we doing that we should be doing better?
All responses should include a recommendation that will help solve the problem and must include your name and return address so that staff may respond.

Comment submitted by Mrs. Darcy Segobia

"The Head Start signs are not posted at all, so if you are driving by, you cannot tell if it is Head Start or just hourly day-care. [And] the playground is home to centipedes, ants, and scorpions."

Thank you for your time and support,
Mrs. Darcy Segobia

Dear Mrs. Segobia,

I have been asked by the commanding general to research and respond to your e-mail of Dec. 17, 2003 since your questions fall under my staff's responsibility. The CG appreciates that you have taken the time to participate in the "CG Mail" program.

You have expressed concerns about the Marine Corps Community services support of the Head Start program. While Head Start is administered by the Hawaii Department of Education rather than MCCS, we do perform liaison services for them. Those services include renovating the space they are currently occupying.

I agree that the new space is superior to their previous location. Head Start is a great program and we are fortunate that they are located on MCB Hawaii.

Three other great programs, the Hourly Child Development Center, LINKS, and the Key Volunteer Program, are located in the same complex with Head Start. These programs all have large signs and banners since they continually have customers that are new to the base for the services offered.

Though Head Start does not generally have new customers after the session begins, there is a sign located at the Head Start entrance gate. Since this sign may be difficult to spot among the other larger ones, a new large banner for Head Start will be placed on the fence adjacent to the Head Start classroom before the start of the new session.

Prior to the relocation of Head Start to the new facility, Head Start representatives and the Hourly CDC personnel entered into an agreement to establish guidelines for the facility's usage. This agree-

ment specified the sharing of a number of common areas such as the staff lounge, playground, and parking areas. Head Start assumed responsibility for their telephone installation and we have been informed that their telephones should be operable by Jan. 15.

Of course, Head Start personnel are welcome to use the Hourly CDC phones whenever needed. I apologize that this information had not been communicated to you and the other parents prior to your CG Mail.

A healthy and safe environment for our children is a high priority within MCCS. We take great care to insure that our shared playground at the Hourly CDC is treated for pests regularly and safely. An experienced Pest Control Specialist visits the facility and the playground every other week. Additionally, the building is specially treated inside and outside when the Hourly CDC and Head Start are closed for holidays. These procedures are effective.

During the three years that Hourly CDC has been open, no child has been injured by a centipede or a scorpion while using the playground, Head Start or the Hourly CDC.

It is our intention to continue the collaborative effort with organizations like Head Start to create quality programs for all children on MCB Hawaii. Involved parents like yourself are key to great Children, Youth and Teen programs.

Marine Corps Community Services will strive to keep you and other parents informed on all relevant issues.

Again, I appreciate your interest and participation in the Head Start program and thank you for using the CG Mail program.

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

Marines obliged to say "no"

Legal Services Center MCB Hawaii

All Marines, regardless of rank or time in service, are fully aware of the Marine Corps' position on illegal drugs.

From the moment we sign our enlistment documents, we become obliged to follow, and are often reminded of, the simple order not to use, possess, distribute, or manufacture illegal drugs. For most of us, commitment to the oath, self-discipline, self-worth, concern for others, and a regard for the law provides sufficient motivation to stave off any interest in participating in any activity involving illegal drugs.

However, for a very few of our fellow Marines, the phrase "Zero Tolerance" is nothing more than the immediate response to the question, "What is the Marine Corps policy on drugs?" For these very few who choose not to follow the simple order

to refrain, military justice provides ex post facto motivation in the form of harsh and exacting retribution.

An increasingly common avenue of enforcing the zero tolerance policy in the Marine Corps is trial by court-martial. Military law provides strict penalties for service members convicted of drug use, possession, and distribution. The article following explains federal, and state punishments for typical drug offenses.

Uniform Code of Military Justice

Article 112a of the Uniform Code of Military Justice states, "Any person subject to this chapter who wrongfully uses, possesses, manufactures, distributes, imports into the customs territory of the United States, exports from the United States, or introduces into an installation, vessel, vehicle, or aircraft used by or under the control of the armed forces [an illegal drug described in this Article] shall be punished as a

court martial may direct."

Punishment authorized by the UCMJ for violation of Article 112a for the wrongful use, possession, manufacture, or introduction of amphetamine, cocaine, heroin, LSD, marijuana (30 grams or more), methamphetamine, opium, phencyclidine, secobarbital, and Schedule I, II, and III controlled substances is a Dishonorable Discharge, five years confinement, total forfeiture of all pay and allowances, reduction to pay grade E-1, and a letter of reprimand.

For the wrongful use, possession, manufacture, or introduction of Schedule IV and V controlled substances, marijuana (less than 30 grams) and Phenobarbital, the punishment is a Dishonorable Discharge, two years confinement, total forfeiture of all pay and allowances, reduction to pay grade E-1, and a letter of reprimand.

You’ve Got Mail!

US Postmaster General praises new Post Office

Lance Cpl Megan L. Stiner
Combat Correspondent

It took John E. Potter, postmaster general of the United States, two-and-a-half years to make it out to Hawaii since he achieved the position in 2001. Marine Corps Base Hawaii, Kaneohe Bay, made sure his trip here was worth the plane ride over.

“I wish all the post offices in America looked like this one,” said Potter, after his visit to the new Base Post Office on Mokapu Road.

Potter arrived on Oahu on Dec. 27 with meetings and appearances scheduled at several different locations before his departure on Jan. 2. He had a meeting with the management at the main post office in Honolulu, introduced a new stamp, helped dedicate the King Kalakaua Building, and in the midst of all that, still made time to visit Kaneohe Bay.

Potter’s job requires him to make scheduled stops to post offices throughout the country, but he admits that is the part of his job he looks for-

ward to the most. “I like talking with the workers when I visit plants. It is a friendly way to figure out what needs to be done to improve the postal system,” he said.

Potter spent more than thirty minutes touring the post office and visiting with the Marines working there. He was very impressed with the new facility and its employees and wanted service members here to know that he intends to make sure the U.S. Postal Service remains committed to serving its customers.

He is very proud and honored to be involved with delivering mail all over the world, especially to those serving their country overseas. He believes they are the first priority when the mail is being delivered. He believes military post offices are some of the more impressive facilities that he gets to tour and the post office aboard MCB Hawaii, Kaneohe Bay is no exception.

“It is a beautiful building, in a fantastic location,” said Potter. “The service runs smoothly here and the Marines are very friendly. I am more than impressed.”



Lance Cpl. Megan L. Stiner

Postmaster General John Potter (center), Richard Krekel, the G-1 chief of staff for MCB Hawaii, and two Marines from the post office, discuss the state-of-the-art improvements of the new post office building aboard MCB Hawaii, Kaneohe Bay.

Manana residents are top housing priority

Major improvements planned for Manana Housing community

Cpl. Luis R. Agostini
Marine Forces Pacific

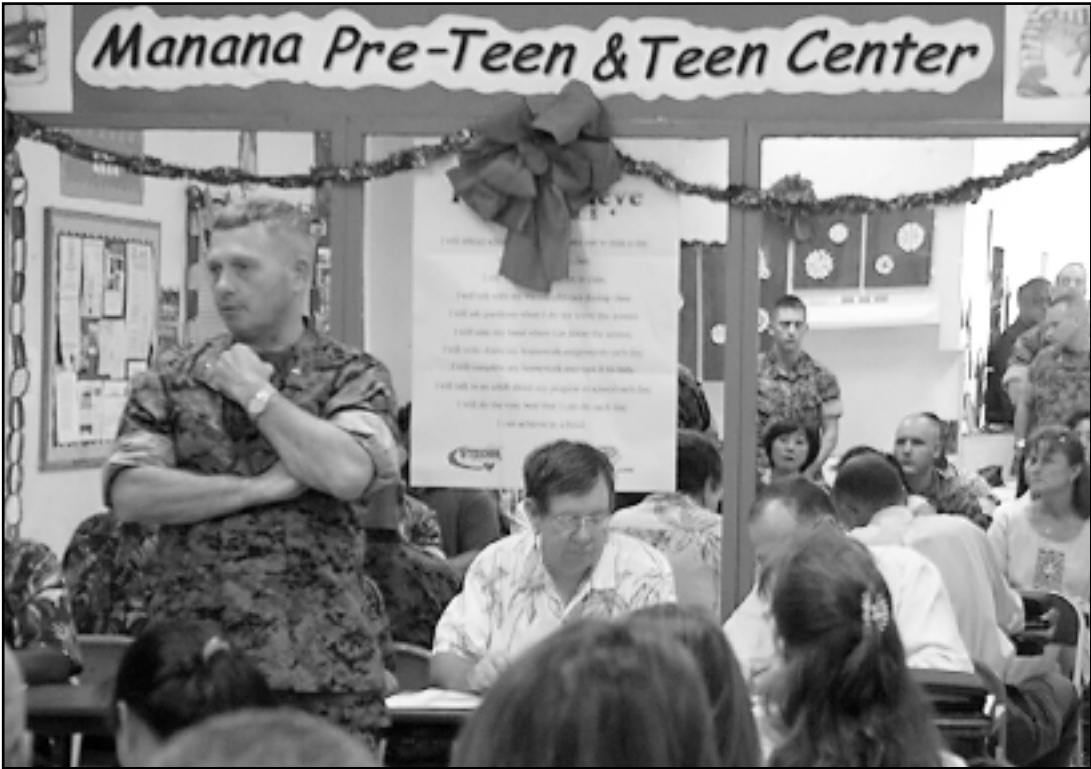
MCB HAWAII, MANANA HOUSING, PEARL CITY — Manana Housing residents should expect major improvements to the quality of life within the next two years, some of which were explained during the Manana Housing Town Hall meeting Dec. 10.

“Manana is the base’s number one priority for housing right now,” said Jo Park, MCB Hawaii housing director.

Attendees and speakers during the meeting included Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii and representatives from the MCB Hawaii Provost Marshal’s Office, MCB Hawaii Family Housing Department and Marine Corps Community Services.

The plans call for a Public-Private Venture to revamp Manana Housing within three years. The contract will be awarded in fiscal year 2005 with construction starting Oct. 1, 2005. Floor plans have already been designed for the new family quarters.

Some of the other new features expect-



Cpl. Luis R. Agostini

Brigadier Gen. Jerry C. McAbee, commanding general, Marine Corps Base Hawaii, stressed the importance of families working together in resolving issues aboard Manana Housing at a town hall meeting Dec. 10.

ed aboard the Manana community include a new gas station with two gas pumps and an expanded 7-Day Store. The Manana 7-Day Store will increase by 40 percent, up to 20,000 square feet.

In the April town hall meeting, some residents questioned whether Manana housing units would be considered

“substandard.”

During the 1970s, under a special authorization by the United States Congress, some military family housing units were designated as “substandard.” The residents of these quarters were provided with partial basic allowance for housing to make up for the substandard

Improvements expected for Manana Housing

- A Public-Private Venture to revamp Manana Housing within three years.
- The contract will be awarded in fiscal year 2005 with construction starting Oct. 1, 2005.
- A new gas station with two gas pumps.
- The Manana 7-Day Store will increase by 40 percent, up to 20,000 square feet.

living conditions. There have been no new additions to the designated sub-standard government housing list since the authorization.

There are a large number of houses around the Department of Defense equal to or worse than Manana, said Park. “[Manana] Houses are equal to what’s available in the local community when all of the amenities are included,” explained Park.

Other issues addressed by residents and speakers: the services provided by MCCS OneSource, housing maintenance, child supervision, driving regulations and housing security and safety aboard Manana.

Word on the Street

“What was your impression of the new SM&SP Recreation Center?”



“Wow! This is outstanding. In the 31 years I’ve been in the Corps we have made tremendous changes toward Marines.”

Lt. Col. Danny Strand
Anti-terrorism officer
Headquarters Bn.



“I really like it. I think the gaming and Starbucks will be the most popular things.”

Petty Officer 2nd Class Travis Powell
Parachute rigger
MALS-24 Paraloft



“It’s a really great place set up for all different interests. The video games are great, there are different types for every one.”

John Morita
Operations assistant
Recreation Center



“It is very nice. The movie theater is real comfortable. It is a good atmosphere and the sound system is awesome.”

Cpl. Juan Aprendonon
Administration Clerk
MAG 24



“I think it is a state-of-the-art facility. Something Marines will be able to enjoy for years to come.”

Adam J. Barrow
Former Marine



Cpl. Jessica M. Mills

Two years to the day after the Sept. 11 attacks, Marines paid tribute to the victims in a morning ceremony at the Pacific War Memorial aboard Marine Corps Base Hawaii, Kaneohe Bay.

Lava Dogs from 1st Bn., 3rd Marine Regiment, apprehend and attempt to stabilize an “out-of-control” protester at a noncombatant evacuation exercise during Cobra Gold 2003 in the Kingdom of Thailand. The Marines learned riot control techniques during a combined exercise with the Royal Thai Marines.



Sgt. Alexis R. Mulero



Sgt. Alexis R. Mulero

Marines from Headquarters and Service Co., 1/3, don their riot control gear and form themselves up for non-lethal formation drills during combined non-lethal weapons training May 15-19 while at Cobra Gold 2003.



Cpl. Monroe F. Seigle

Lance Cpl. Jared Shaver, a scout sniper with Weapons Co., 2/3, keeps a low profile and moves slowly across a field at the Waipia Peninsula as he attempts to move in close to the observers to fire off one deadly shot.

The Year in Review

From A-1

event with musical performances by Everclear, Joan Jett and The Blackhearts and Pepper.

Marines, Sailors and family members welcomed the public on base to enjoy three days of relaxation and fun in July.

The most recent improvement of 2003 was the new alcohol-free Enlisted Club Recreation Center. The grand opening of the facility was on Dec. 17.

Located jointly with Kahuna’s Sports Bar and Grill, the center is fully equipped with many recreational amenities including Starbucks Coffee, a theatre and computers with full Internet access.

The year has drawn to a close but sketches implementing more improvements for next year are already underway.

The atmosphere here at MCB Hawaii, Kaneohe Bay is one of constant change toward a more positive environment.

Marine Corps Forces Pacific

Marine Corps Forces Pacific has been through a lot in the last year — from a change of command to Marines returning from Iraq.

After two years as commander of the largest field command in the Marine Corps, with nearly 18 months spent leading Marine Forces in the war on terrorism, Lt. Gen. Earl B. Hailston ceremonially passed the MarForPac colors to Lt. Gen. Wallace C. Gregson.

A change of command was not the only thing going on at Camp H. M. Smith.

Camp Smith Marines were involved with Ulchi Focus Lens, one of a series of exercises involving forces from the U.S. and the Republic of Korea.

Although many Marines from Camp Smith were on deployment, Headquarters and Service Bn. kept the home front torches burning with many community events.

One hundred and forty-nine service members and civilians met for the Seventh Annual Camp H. M. Smith 5k Grueler at the Sunset Lanai and Bordelon Field Oct. 15.

Later that month, Gen. Gregson visited Korea to watch more than 300 Okinawa Marines and 100 California Sailors offload 11,000 items from maritime preposition ships, enhancing the Corps’ ability to improve rapid emergency response.

The service members transferred 680 combat vehicles, tanks, amphibious assault vehicles and 260 containers with ammunition, tools and spare parts between the ships, starting Oct 26.

In November, Camp Smith Marines once again embarked aboard a ship, this time headed for Tarawa. Marines from Camp Smith and Camp Lejeune deployed Nov. 13 aboard the USS Hopper for the 60th anniversary ceremony of the landing at Tarawa.

3rd Marine Regiment

Third Marine Expeditionary Force’s ground combat element in Hawaii, 3rd Marine Regiment, continued constant training in 2003 under conditions as close to combat as possible.

Comprised of three infantry battalions, a combat support company and a headquarters company, the Regiment also became an integral contributor to the war on terrorism with their activities in the Philippines.

Elements of the Regiment were sent to the South Pacific island nation to combat terrorism — part military assistance and part humanitarian assistance — and to prevent the island nation from becoming a haven for Al Qaeda members.

The number of training exercises for the Regiment and its elements stretched from the islands of Hawaii all the way to the Western Pacific.

From Hawaii Combined Arms Exercises (HCAX) on the “Big Island” to Marine Tactical Warfighting Scenarios in the Philippines and Sri Lanka, the regiment projected its warfighting capabilities throughout the year and demonstrated combat readiness.

CSC

The Combat Support Company (CSC) of 3rd Marine Regiment supported training exercises in Hawaii and abroad throughout calendar year 2003.

After assisting with HCAX, the Marines from CSC, 3rd Marine Regiment, helped the endangered Hawaiian Stilt reform their nesting habitats for the pre-nesting season with the assistance of their Amphibious Assault Vehicle platoon.

The AAV platoon was deployed with 3/3 to serve as the AAV platoon for the 31st MEU and elements of the AAV platoon were also augmented with Marines in California this year.

1/3

The Lava Dogs of 1st Bn., 3rd Marine Regiment kicked-off their year of combat training by participating in HCAX 1-03 before deploying to Japan with the 4th Marine Regiment.

There, they spent the majority of the year training with their sister command under 3rd Marine Division where they were able to utilize the Okinawan training environments to enhance their jungle warfare fighting skills.

2/3

The Island Warriors of 2nd Bn., 3rd Marines returned from deployment overseas just in time to cross-train with Bravo Co., 1st Royal Australian Regiment during exercise Gold Eagle in preparation for HCAX 2-03 in June.

In September, the Island Warriors visited Australia to train on the Aussie’s turf during exercise Crocodile 2003.

Currently deployed in Okinawa, Japan, the Marines of 2nd Bn., 3rd Marines are serving as the Battalion Landing Team for the 31st Marine Expeditionary Unit.

3/3

After participating in Hawaii Combined Arms Exercises 1-03 in February and March, 3rd Bn., 3rd Marine Regiment participated in training aboard the USS Nimitz on its way to assist in Operation Iraqi Freedom.

After conducting regeneration and reconstitution training in the spring, the battalion was deployed — with short notice — to Okinawa, Japan to serve as the Battalion Landing Team for the 31st Marine Expeditionary Unit (MEU).

1st Bn., 12th Marine Regiment

Early in 2003, 1st Bn., 12th Marines were on the move transferring units back and forth as part of the Unit Deployment Package to Okinawa, Japan, as Alpha Battery deployed and Charlie Battery returned to Hawaii in time to participate in the first HCAX of the year on the Big Island in February.

The deployed Marines took part in live-fire exercises at Camp Fuji, Japan, while the Marines at home prepared for upcoming deployments to Thailand in support of exercise Jagged Thrust and to Australia for Crocodile ’03.

In May, 1/12 trained with the Army at Schofield Barracks during a joint-fire



Cpl. Monroe F. Seigle

Above — Marines from Fox Co., 2/3, board a CH-53D "Sea Stallion" helicopter after rescuing a downed pilot in an enemy territory during a training mission at HCAX.

Bottom — Island Warriors from 2/3 submerge into the waters of the base pool in the Modular Amphibious Egress Trainer during a training exercise designed to improve the chances of survival in a water crash.



Cpl. Monroe F. Seigle



Cpl. Jason E. Miller

Lance Cpl. Mike Ackerman and Cpl. Nelson Santiago from Charlie Battery, 1/12, load a 155mm live round into an M198 Towed Howitzer while at the combined arms live fire exercise during Exercise Crocodile 2003 in Shoalwater Bay Training Area, Queensland, Australia.



Sgt. Jerome Edwards

Above — Corporal Frank Prinea, a member of 4th Force Reconnaissance Co. returning home from Operation Iraqi Freedom, holds daughter KaceyLine and gives an interview Sept. 16 during the welcome home celebration.

Below — The new post office aboard MCB Hawaii, Kaneohe Bay, officially opened on Nov. 26. It is designed to serve more customers than ever, and remain open longer, including Saturday.



Lance Cpl. Michelle M. Dickson

exercise, and continued annual training during HCAX 2-03 in June.

The warriors of 1/12 recently completed K-Fires training at the Pohakuloa Training Area and are ready to kick off the 2004 calendar year.

MAG-24

Many occurrences over the past 12 months have made 2003 a memorable year for MCB Hawaii's Marine Aircraft Group 24.

Service members have busied themselves with everything from participating in triathlons to earning medals in support of Operation Iraqi Freedom.

At the beginning of February, MAG-24 set out to PTA for a month-long deployment to conduct combined arms training with other Hawaii-based units.

Together, they formed Special Purpose Marine Air Ground Task Force 3. Their mission was to conduct training that exemplified fighting the enemy while engaged in maneuver warfare.

To accomplish this, they underwent command and control exercises, conducted unit live-fire ranges, worked on close air support and extensive logistics support, and completed drills in maneuver warfare training.

During April, Marines and Sailors of MAG-24 came together for a battle of vigor. The annual MAG-24 Olympics took place on the 25th, with both land and water events.

The games, which included golfing, a pull-up competition, tug-of-war, and relay events, turned squadron against squadron in a challenge to beat the competition.

In the end, Marine Heavy Helicopter Squadron 463 came out victorious and was recognized as the overall champions.

May brought the Seventh Annual MAG-24 Triathlon to Kaneohe Bay. More than 250 service members and civilians participated in the challenge.

The triathletes began the competition with a 500-meter swim in Kaneohe Bay before paddling 11 miles around the



Cpl. Monroe F. Seigle

Lance Cpl. Jonathan Spangler, a motor transport operator for CSSG-3 uses a Chemical Agent Monitor to check Staff Sgt. Christopher Menning,platoon sergeant for CSSG-3, for contaminants.



Cpl. Monore F. Seigle

Sergeant James Wildman, police sergeant for Fox Co., 2nd Bn., 3rd Marines, demonstrates to soldiers in the Australian Royal Army the proper way to fast rope.

base, and ending with a three-mile run across the flightline to the marina.

In May, Marines at MAG-24 traveled to Thailand to participate in Operation Cobra Gold as the Air Combat Element.

Marines combined with all four services as well as Singaporean and Royal Thai Forces in this annual joint/combined multilateral exercise. One purpose of the training is to promote a positive relationship between the different nations.

Cobra Gold is one of the Pacific's largest peacetime exercise that the United States military participates in.

Captain John E. Marshall, fragmentation officer for MAG-24, said one of the biggest events this year was when Headquarters and HMH-363 worked with all the other services while acting as the ACE in Operation Cobra Gold.

Another positive achievement that took place for MAG-24 was the recognition of Capt. Anthony Muralt, administrative officer for Marine Helicopter Training Squadron 301, who was awarded the Navy and Marine Corps Achievement Medal with a Combat Distinguishing Device for his actions in Operation Iraqi Freedom.

Muralt was deployed in January with 1st Tank Battalion, Twentynine Palms, Calif. to Basra, Iraq.

Muralt and his unit were trying to protect a bridge — their only means of traffic to and from the city — when he got word that an attack by enemy soldiers was underway. He radioed that they were in need of close air support and without the help of grid coordinates, gave their position using only visual prominent terrain features.

Forty-five minutes later, after four AH-1W Super Cobra helicopters answered the call, Muralt's unit, along with British soldiers, had a stronghold on Basra.

The end of the year brought a sense of accomplishment to MAG-24 because it was the unit's tenth consecutive year without a major mishap on the flightline.

A major mishap means damage to government property in excess of \$1 million and/or death, dismemberment or serious incapacitation of a military member. Nothing of that magnitude has occurred at Kaneohe Bay since 1994.

Another positive year filled with

accomplishments has expectations rising to uphold the successful operations in upcoming years for the Marines and Sailors at MAG-24, Kaneohe Bay, Hawaii.

CSSG-3

When the Training and Exercise Employment Plan (TEEP) for Fiscal Year 2003 was put together, no one at the Combat Services Support Group 3 thought it would be as challenging or rewarding as it turned out to be.

In a typical year, CSSG-3 provides support for the two HCAX conducted by 3rd Marine Regiment and 1/12. Additionally, they might add on a field exercise or two to be completed as a group at Marine Corps Training Area Bellows or the Kahuku Training Area.

This year, however, the group was much more ambitious. In Hawaii, they supported the two HCAX's — MCB Hawaii and Fleet Marine Forces — and conducted a group level exercise in Kaneohe Bay.

In addition to their duties at home and overseas, they supported III Marine Expeditionary Brigade (III MEB) at Cobra Gold 2003 in the Royal Kingdom of Thailand and Crocodile 2003 in Australia.

In January, CSSG-3 was well into the planning phase for Cobra Gold and HCAX 03-1. Group personnel were Thailand conducting site surveys and attending planning conferences.

After a short workup phase, Combat Service Support Detachment 79 stood up for HCAX 03-1 and deployed to the "Big Island" from Feb. 7 - Mar. 21. Combat Service Support Detachment 79 was comprised of 225 Marines and Sailors who worked and billeted in an area that became affectionately known as "The Dust Bowl," Firing Point 303.

The mission was to provide combat service support to Special Purpose Marine Air Ground Task Force 3 while exercising Navy and Marine Corps Intranet and Common Logistics Command and Control System in a deployed environment. The CLC2S is an experimental logistics command and control system that CSSG-3 has been testing in conjunction with the Marine Experiment Center in the Fleet Marine

Forces. Hawaii Combined Arms Exercise 03-1 proved to be a success for both testing and support.

By the time personnel returned from the "Big Island," Brigade Service Support Group 3, headed by Col. James Harbison, had already stood up for Cobra Gold 03.

Equipment heading to Thailand had to be prepared earlier than usual to accommodate the three-week shipping time and to meet the rigorous inspection process for all incoming shipments.

The BSSG-3 was comprised of 450 Marines and Sailors from Hawaii and Okinawa, which left only 300 Marines and Sailors with CSSG-3 back in Hawaii to conduct HCAX 03-2 and provide limited support to MCB Hawaii.

Cobra Gold was considered the pinnacle exercise conducted by CSSG-3 in 2003 because of the functions the unit provided to III MEB, and the force they brought to Thailand.

They deployed more than 50 percent of CSSG-3's personnel strength and combined them with select augments from Okinawa. They were able to test the reorganization that had been in effect for just about a year when this exercise was conducted. Supply and maintenance companies were combined to give the supported units a one-stop shop where they could get fixed and resupplied simultaneously. Transportation support and engineer companies were also combined for efficient employment due to similar assets.

While BSSG-3 was supporting Cobra Gold, CSSD-79 headed out once again to support HCAX 03-2. The detachment was only marginally smaller than the original detachment with 165 Marines and Sailors because of the organic functions of Combat Service Support going with the BSSG-3 instead.

The mission of CSSD-79 during this HCAX was to serve as a bridge between the first HCAX and Crocodile '03, which occurred less than two months after the

See YEAR IN REVIEW, A-6



Cpl. Monroe F. Seigle

Corporal Brian Perez, an aviation supply clerk with Marine Aviation Logistics Squadron 24, swings a pick while breaking the soil to lay the foundation of the ramp at Kainalu Elementary School in Kailua, part of the unit's adopt-a-school partnership.

YEAR IN REVIEW, From A-5

return of the personnel and gear to MCB Hawaii.

Then in November, while CSSD-79 was standing down, CSSD-75 stood up to head out to K-Fires in support of 12th Marine Regiment at PTA. Ninety-eight Marines went out with CSSD-75 to provide combat service support to 12th Marines.

While CSSD-75 was deployed, they took advantage of the training available and conducted live-fire training on the ranges. They continued the tradition of supporting units from out in the field, not the base camp.

With the frequency that Marines and Sailors deploy to the fields of PTA, operating out in that environment has become second nature for CSSG-3.

At the end of the year, there was still no sign of slowing down even though it was the holiday leave period. Planning is well under way for the next HCAX, HCAX 04-1. Roughly 350 Marines and Sailors are getting ready to deploy to the Big Island as soon as today.

2003 has been an extremely busy year for CSSG-3, but it was rewarding every step of the way.

The CSSG-3 Marines and Sailors can honestly say that they are living up to the guidance of their commanding officer, Col. James Harbison. They have met the mission for every exercise and supported operations outside of their area of responsibility.

Most importantly, they have brought everyone home safely.

3rd Radio Bn.

The 3rd Radio Battalion aboard MCB Hawaii, Kaneohe Bay, has marched

through another year with flying colors.

Though they battled with an operational tempo that very few Marines had encountered, they continued to meet the demanding missions that the Marine Corps has set for them without ever missing a step.

The Battalion is staffed with more than 500 Marines that, at any given time, can be deployed any place in the world to fulfill any obligation with their special skills.

This year, the battalion was renamed 3rd Radio Bn. as part of a larger initiative to make way for a new radio battalion; this will enable the Marine Corps to provide a radio signal battalion to each of the Marine Expeditionary Forces.

Third Radio Bn. provided signals intelligence and electronic warfare to warfighters of the Marine Air Ground Task Forces — the Marines on the front lines.

The biggest mission the battalion underwent this year was their support of I MEF during their deployment in support of Operation Iraqi Freedom. A contingent of 250 to 300 Marines deployed to Kuwait in support of I MEF’s attack on Iraq and 1st Marine Division’s march into Baghdad, Iraq.

The Battalion has had a great number of its Marines on deployment supporting OIF, but it has also continued to support other operational commitments. It currently has a detachment of Marines supporting the 13th Marine Expeditionary Unit (Special Operations Capable) out of California and a detachment that is in the process of linking up with the 11th MEU to start their work up.

“We had a detachment with 15th MEU that supported OIF and we also had detachments with both the Alpha and



Sgt. Joseph A. Lee

Two Marines with Combat Service Support Group 3 execute the proper way to shoot a M240-Golf during a training exercise.

Bravo companies of the 31st MEU,” said Lt. Col. Mark Aycock, commanding officer of 3rd Radio Bn. “We also provided detachments to support the CAX in Twenty-Nine Palms, Calif.

“We also sent a detachment to the Weapons Tactics Instructions in Yuma, Ariz. To support III MEF and Marine Forces Korea during exercise Ulchi Focus Lense in Korea, and throughout the year, we sent a few of our Russian linguist Marines up to the Northern Pacific to ride Maritime Patrol boats to train with the U.S. Coast Guard as they monitor the Russian fishing fleet as they encroach on our fishing waters off the coast of Alaska.

“I say this battalion has a revolving door, because there are always Marines going out in support of something or returning from supporting something, and it is not unusual for a Marine to return from a major deployment and in

30 to 60 days go back out on another commitment. That was a big issue for us this year because we had Marines return from an eight-month deployment in support of OIF and in about 40 days go to Okinawa on a six-month deployment.”

The high operational tempo was just as tough on the support Marines that were left behind because they had to fix all the gear that was broken in the field.

Radio battalions have specialty gear that is only found in those battalions that have to be fixed and ready to be deployed relatively quickly.

Third Radio Bn. has accomplished each mission that they have been tasked with precision and poise. Its work ethic and devotion to duty have been evident in the unit’s accomplishments this year. Even with such a high-paced operational tempo, and it will certainly carry Third Radio Bn. into another great year of accomplishments.

(Editor’s Note: Per the commanding general of MCB Hawaii, those convicted of DUIs or drug-related offenses shall be publicized in the Hawaii Marine newspaper.)

•Pfc. Maximiliano A. Ruiz-Bricco of Maintenance Co., CSSG-3, was taken into custody Dec. 26 for operating a motor vehicle after consuming a measurable amount of alcohol with a blood alcohol content of 0.06 percent and committing underage drinking. His license was suspend-

ed Dec. 26, and his vehicle and decal were removed from base Dec. 29.

•Pvt. James E. Navarro of Lima Co., 3rd Bn., 3rd Marine Regiment, was taken into custody Dec. 28 for driving under the influence while using someone else’s vehicle. The subject refused a blood alcohol level check, and was driving under a suspended license. His license was suspended once again on Dec. 28.



DUIs are career killers

The National Highway Traffic Safety Administration reminds that impaired driving is not merely a traffic offense. Don’t be fooled. Impaired driving is no accident nor is it a victimless crime.

Too many people still don’t understand that alcohol, drugs and driving don’t mix. If you also find this too hard to figure out when you’ve had too many drinks to drive, don’t risk it. If you’re feeling “buzzed,” you are most likely impaired. And, if you drive impaired, law enforcement will arrest you.

You drink & drive. YOU LOSE

TO DO LIST

Before any activity that involves alcohol:

- Plan ahead.
- Choose a sober designated driver.
- Take mass transit or a

taxicab, or ask a friend to drive you home if you didn’t plan in advance or spend the night where the

- activity is being held.
- Celebrate responsibly.
- Report impaired drivers to law enforcement.

SALUTES
Marine Aircraft Group 24



Navy Commendation Medal
Master Sgt. Johnny E. McCray

Navy/Marine Corps Achievement Medal
Gunnery Sgt. Chad A. Southard
Chief Petty Officer Crispin Montalla
Petty Officer 1st Class Alex Littlecreek
Sgt. Gerald I. Ibardaloza
Cpl. Christopher Czumak

DRUGS, From A-2

Possession of drug paraphernalia is also prohibited conduct. Drug paraphernalia is defined as “All equipment, products, and materials of any kind that are used, intended for use, or designed for use, in planting, propagating, cultivating, growing, harvesting, manufacturing, compounding, converting, producing, processing, preparing, testing, analyzing, packaging, repackaging, storing, containing, concealing, injecting, ingesting, inhaling or otherwise introducing into the human body controlled substance.”

Possession of drug paraphernalia may result in a Dishonorable Discharge, two years confinement, total forfeiture of all pay and allowances, reduction to pay grade E-1, and a letter of reprimand.

As an example, suppose Lance Cpl. X goes to Waikiki and gets two ecstasy pills from a girl he meets at a nightclub. He takes one pill at the club and saves the other for later. When he returns to the barracks, he tells his roommate about the ecstasy. Having never used ecstasy, Lance Cpl. X’s roommate asks if he could try the other pill. Lance Cpl. X gives the second pill to his roommate.

In a resulting court martial, Lance Cpl. X could be convicted of all of the following: drug use (taking ecstasy), introduction of drugs on a military base (for bringing the second pill on base), and distribution of ecstasy (giving the pill to his roommate) totaling fifteen years confinement, forfeiture of all pay and allowances, reduction to E-1, and a Dishonorable Discharge.

The roommate, in this scenario, could also be charged with a 112a violation. His use could result in a five year term of imprisonment, forfeiture of all pay and allowances, reduction to E-1, and a Dishonorable Discharge. Also, if either Lance Cpl. X or his roommate were in possession of drug paraphernalia, an additional two years could be added to their sentence.

Because MCB Hawaii

shares concurrent legal jurisdiction with the State of Hawaii, Sailors and Marines aboard MCB Hawaii are subject to military, federal, and state laws.

Federal Law

In certain circumstances, a service member can be prosecuted in a federal district court for misconduct involving illegal drugs. Federal law requires mandatory minimum sentences for violations involving illegal drugs. A first offense for possession requires a minimum fine of \$1,000 and up to one year in federal prison. For second offenders, the penalty increases to a minimum fine of \$2,500 and imprisoned for a minimum of 15 days and a maximum of two years. Third time drug offenders will be imprisoned for a minimum of 90 days and pay a minimum fine of \$5,000. Subsequent offenders and larger volumes of drugs are subject to greater penalties.

Drug distributors face fines up to a maximum of \$250,000 and five years imprisonment. Federal offenses may include probation, asset forfeiture, and supervised release from imprisonment.

If the Marines are convicted in a federal district court, Lance Cpl. X’s punishment would be a minimum \$1,000 fine and one year in prison for possession of ecstasy and up to \$250,000 and five years in prison for distribution, totaling six years imprisonment, and a \$251,000 fine, plus a term of supervised release and/or probation.

State Law

Under certain circumstances, the state may charge a Marine with violations of its laws. If the state elects to

prosecute a Marine, the Hawaii Revised Code sets forth the state’s penalties for drug offenses.

Both possession and distribution of controlled substances is a felony in the State of Hawaii. They are punishable by a maximum of five years confinement and a fine of \$10,000. Possession of drug paraphernalia is a felony, punishable by five years imprisonment and a fine of \$10,000.

Under Hawaii state law, the crimes in the previous example would subject Lance Cpl. X to five years confinement and a \$10,000 fine for possession of ecstasy and an additional five years confinement and \$10,000 fine for giving the drug to his roommate. The total penalty for Lance Cpl. X’s misconduct would be 10 years confinement and a \$20,000 fine.

Administrative Measures

The Marine Corps also requires mandatory administrative processing for all drug-related offenses. Again using the example above, if Lance Cpl. X was prosecuted by the State, the State cannot award Lance Cpl. X a Bad Conduct Discharge. Instead, either before or after his state trial, the Marine can expect to be processed for separation and receive an Other Than Honorable Discharge from the Corps.

One Simple Instruction

The order to refrain from conduct involving illegal drugs is a simple instruction. For those Marines who fail to follow this simple order, military, federal and state laws provide harsh penalties for noncompliance. Are you motivated yet?

MOURNS, From A-1

of our base community. She was able to celebrate the season until her condition took a sudden and unexpected turn for the worse on Christmas Day. Shari’s Memorial Service will be held at 10 a.m. today at the Base Chapel. Shari’s life-giving spirit will most certainly live on in those of us who knew her.

Lieutenant Col. John James, G-2 base intelligence officer, died Dec. 31 after a year-long struggle with cancer. James, a vibrant and energetic leader, was a tremendous inspiration and mentor to many Marines and aviators. While his death is a tremendous loss, his continual zest for life has been a cause of transformation for the many friends who walked with him on his heroic journey. James’ funeral will be held today at 3 p.m. at the Base Chapel. Colonel James will be interred at Arlington National Cemetery in Washington, D. C.

While suffering and death, anxieties and problems do not take a holiday, neither must we take a holiday on our vigilance. Evils in life are powerfully present and ready to erupt at any time. It’s especially sad when they could have been avoided.

One of the ways evil triumphs is whenever any of us think that we are not that significant or what we have to say or do is not that important. Sometimes the smallest action or slightest word can bring great healing.

It’s important that those who suffer and grieve know that they are not alone. We all need to know that there is strength and hope that will outlast and outweigh the evils of the day — even when they surprise us on holidays.

SHOPLIFTING, From A-1

shoplifter,” said Lt. Col. Laulie Powell, staff judge advocate and base magistrate for MCB Hawaii, Kaneohe Bay. “We can ultimately restrict the individual’s base privileges and even possibly evict them from housing.

“If and when the shoplifter is under the age of 18, we can ask the state to prosecute the minor whereas adults, who are not subject to the (Uniformed Code of Military Justice), can be prosecuted in a federal court by a military lawyer who is appointed as a special assistant U.S. attorney.”

The majority of the individuals apprehended for shoplifting were caught because they were seen committing the act on one of the many high-tech cameras and sensor devices placed throughout the Marine Corps Exchange.

“The cameras are very effective and state-of-the-art,” said Ken Lum, director of Management and Control Security. “The cameras have the ability to read the price on each item and ensure the correct amount is being paid at the registers.”

According to Powell, the majority of the individuals caught shoplifting are service members’ children who are under the age of 18. Along with possible prosecution in state family court, the child can also find him or herself spending time on the weekend doing community service aboard base.

“When a child is given community service by the SJA, they will spend their weekends collecting trash and cleaning beaches, camp grounds, annex and PX parking lots and several other areas aboard the base used by the MCB Hawaii community,” said Master Sgt. Juan Rivera, deputy base inspector for MCB Hawaii. “We stress the fact that the crime was committed on base, therefore, the restitution must be completed on base.”

If a child fails to complete his or her community service or does not complete the tasks given, he or she will go before the base magistrate once again.

“The bottom line here is the shoplifting has to stop,” said Powell. “It is embarrassing for the families and it is a burden for all involved. It’s just not worth it.”

TAXES, From A-1

including the exorbitant interest and fees charged for refund anticipation loans. The fees could vary depending upon individual circumstances.

A refund anticipation loan is a loan made by a bank for all or a portion of the taxpayer’s anticipated IRS tax refund. The loan process begins after the tax preparation company has electronically filed the tax return with the IRS, and it has been accepted, the company notifies the designated bank and the bank then lends the taxpayer all or part of the refund amount, minus cost of fees.

This process usually takes one to two days. The taxpayer then agrees to have the IRS forward the refund directly to the bank to pay off the loan. The bank usually receives the IRS refund within seven-14 days and the loan is paid off. The tax preparation company then receives a fee for processing the loan.

The annual percentage rates for these “fast” refund loans can range from 97.4 percent to over 2000 percent according to a 2003 report issued by Consumer Federation of America and the National Consumer Law Center.

These interest rates are paid by Marines and Sailors for loans only lasting seven-14 days. If you wouldn’t pay 97.4 percent — 2000 percent interest for a car loan or on a credit card, you shouldn’t pay it for a “fast” refund.

Unfortunately, many times these costly fees and interest charges are not fully explained to consumers who are not aware of other alternatives.

Instead of wasting a significant portion of your refund on these exorbitant fees and interest charges, you have an option. Military person-

nel, dependents, and retirees have the great opportunity to have their taxes prepared electronically on base, free of charge, with the full refund deposited directly into their bank account in as little as seven days.

Last year, the MCB Hawaii Tax Center helped more than 5,099 Marines, Sailors, retirees and family members with their taxes. Tax Center personnel electronically filed more than 8,000 federal and state returns free of charge.

This service facilitated the refund of more than \$5,450,000 to Marines, Sailors, retirees and family members, right here in Hawaii. The total value of these services last year was more than \$700,675.

All active duty and family members are welcome at the Tax Center. Retirees and their family members are also welcome. Reserve military on active duty for more than 30 days, along with their family members, can also use these valuable services.

The Tax Center welcomes walk-ins during office hours. The office hours are Monday, Tuesday, Thursday and Friday from 8 a.m - 4 p.m., and on Wednesday 9 a.m. - 6 p.m. The Tax Center can also make individual and unit appointments. Call the Tax Center clerk starting Jan. 26 at 257-1534 for details.

The Tax Center is located in Building 455, next to the 7-Day Store. You should bring all relevant information with you, including last years returns, income statements (W-2, 1099, interest paid on bank accounts, etc.), credit information (child care, etc.), and bank account numbers, including routing numbers. Also, remember to bring your military identification.

Don’t forget to use these valuable services this tax season. Tell your friends and family members. The MCBH Tax Center is here to serve you and save you money!

LIFESTYLES

Hawaii Marine B Section

January 9, 2004



Two pool tables, Xbox and Playstation 2 consoles, TVs and computers are available in this one room. The theater, computers, and more TVs, are located downstairs.

Recreation Center is the ticket to great entertainment



Above — Lance Cpl. Mark A. Belliston, intelligence analyst with S-2 3rd Marine Regiment, lines up a shot during a game of pool at the new Recreation Center. Below — There is one large and two small theater rooms available for playing DVDs. Marines and Sailors can either bring their own DVDs to watch or choose from the Recreation Center's collection.



Story and photos by
LCpl. Michelle M. Dickson
Combat Correspondent

The new Recreation Center aboard MCB Hawaii, Kaneohe Bay, offers Marines and Sailors great entertainment and relaxation. And the best part about the whole situation? It's absolutely free.

"The Rec Center is really kind of like a home away from home for the Marines and Sailors," said Leslie Graham, coordinator for the Single Marine and Sailor Program. "It gives them a place to get away for a while and not have to worry about the everyday issues that would occur in a barracks setting."

The major difference between the Recreation Center and the enlisted club is that the center is an alcohol-free zone.

"We wanted to create a whole different atmosphere with the Rec Center, one that would allow everyone to be comfortable and not have to deal with anyone who may be under the influence of alcohol."

The center is open to enlisted members ranked E-5 and below, but is not just set for singles.

"If you're married, you are still more than welcome to the center, or even if you are not within the rank allowed in, you can be signed in by someone who is," said Graham.

Now, this doesn't mean that you may sign someone in and leave. While they're there they are your responsibility and they should be at least 18 years of age.

The entertainment and services included in the center have cost approximately \$450,000 and took approximately three months to complete.

Located inside are pool tables, computers with Internet access, Xbox and Playstation 2 systems, telephones, DVDs, personal TV set ups, and even a large screen



The new alcohol-free entertainment zone is close and absolutely free.

theater in a separate room.

Lance Cpl. Daniel L. Collier, bulk fuel specialist with CSSG-3, loves the new center because it's free and so close to the barracks.

"I used to have to walk all the way across base just to get Internet access. Now, I have that and so much more right next to me."

The center also houses a Starbucks Coffee that anyone can partake in and the cost is roughly half of what it would cost if it were purchased off base.

There are plans to set up special nights and programs at the Recreation Center in the near future. They will cover everything from pool and chess competitions, to movie and game nights.

The center is open from 10 a.m. until 10 p.m. Monday through Thursday, and is open from 10 a.m. until 2 a.m. on Friday and Saturday.

So much is offered at the new Recreation Center and all of the entertainment is free. If you're not sure what to do one evening, it's definitely worth checking out.



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

JANUARY

10 / Saturday

Old School Jams — The SNCO Club is taking you back in time with an Old School Jams party. Listen to all your favorites from the 70s, 80s and 90s. Free for members, \$3 for non-members.

14 / Wednesday

SNCO Bosses’ Night — Bring the boss to the Rocker Room for a beverage and pupus from 5 – 7 p.m.

16 / Friday

Kahuna’s Latin Night — Live La Vida Loca at Kahuna’s with a live performance by El

Conjunto Tropical and dancing. The club opens at 4:30 p.m. and entertainment starts at 10 p.m. For more info, call 254-7661.

20 / Tuesday

L.I.N.K.S Session — Learn to manage the demands of Marine Corps life; learn about local MCB Hawaii services, enjoy great food; while networking with other spouses. The session runs through the Thursday from 9 a.m. to 12:30 p.m. Free on-site childcare is provided. Call Shawna Wentlandt at 257-2368 for more information.

22 / Thursday

Back In The Saddle — The holidays are over and it’s time to get back to the grind. Take a break and head to the Officers’ Club to relax with live entertainment and free pupus at 4:30 p.m. For more information, call 254-7650.

24/ Saturday

Hypnosis Show — Live Hypnosis Show with Casey St. Jones in Kahuna’s Ballroom at 10:00 p.m. Open to all ranks. For more information, call 254-7660.

31 / Saturday

KOSC Art Auction — All hands are invited to the Kaneohe Officers’ Spouse Club Art Auction from 6 – 10 p.m. Tickets are \$9 in advance and \$12 at the door. Artwork is provided by Pictures Plus and proceeds go toward KOSC scholarships and charities. Call 234-5662 or see your KOSC unit representative.

Pro Bowl Tickets — Pro Bowl tickets are still available at the Information Tickets and Tours location at Mokapu Mall. Get choice sideline seats for \$87.50. Make a pass by I.T.T. for more information or call 254-7563 while supplies last.

Staff NCO Restaurant — Make it your 19th hole. After a challenging game, head to the Club for a refreshing beverage and a delicious meal. The Staff NCO restaurant is open to all hands for lunch Monday through Friday from 11:00 a.m. – 1:00 p.m.

Embroidery Services — Personalize that special gift at Taylour Made Embroidery located in Mokapu Mall. Purchase any item from the Main Exchange and have it personalized by the professionals. They’re open Monday – Saturday from 10 a.m. – 6 p.m., and Sunday 11 a.m. – 4 p.m.

Joint Education Center — The Defense Commissary Agency’s scholarship program awards \$1500 in scholarships to children of military parents. Applications are being accepted now and are available online at www.militaryscholar.org or at any commissary worldwide. The deadline for submission is Feb. 18.

ASYMCA Playmornings — Parents, day care providers and children under five years are invited to ASYMCA Playmornings, Monday – Friday from 9 – 11 a.m. The program is a free parent/child interactive playgroup where learning is active, sharing is practiced, cooperation is encouraged, social skills blos-

som, confidence is created and fun is mandatory. For more information, call 254-4719.

Auto Skills Center Car Auction – Sealed bids are still being accepted for the below vehicles.

Year	Make	Model	Min Bid
’89	Nissan	Sentra	\$450
Condition:	Running		
’93	Ford	Probe	\$550
Condition:	Running, body work		
’88	Acura	Legend	\$1000
Condition:	Running, body work		
’91	Ford	Escort	\$500
Condition:	Running, body work		

Camp Smith Sunset Lanai — Get the gang together and relax at the Camp Smith Sunset Lanai. After a hectic day, enjoy panoramic views of the Leeward Coast, free pool and darts and free pupus. The Club is open to all ranks Monday, Wednesday and Friday at 4 p.m.

Staff NCO Club Sunday Breakfast — Let someone else do the cooking this weekend and head to the Staff Club for their breakfast buffet served from 9 a.m. – 1 p.m. Enjoy the ever popular S.O.S., a made-to-order omelet station and a continental buffet with all the goodies. Cost is \$11.95 for members and \$5.95 for children. For more information or for reservations, call 254-5481.

MCCS Leisure Travel — If travel is in your future, look to Information, Tickets and Tours Leisure Travel to book your next trip. Located in Mokapu Mall, Leisure Travel can arrange mainland flights, interisland packages and most recently,

Norwegian Cruises. Leisure travel is open Monday – Friday from 10 a.m. – 6 p.m. For more information, call 254-7413.

Need a New Do? — MCB Hawaii has three conveniently located barber shops and a beauty salon. The Mokapu Mall Barber is in the mall next to the Main Exchange. Located right next door is a full service beauty shop. If you find the lines a bit long, head over to the Base Theater courtyard, Bldg. 244 to a smaller yet equally talented barber. For those of you that work closer to the flightline, a shop is located in Bldg. 301. For more info, call 254-6588.

Joint Education Center — Marines and Sailors using tuition assistance for the first time at MCB Hawaii must attend the “College 101” workshop that is available each Wednesday at the Joint Education Center in Bldg. 219 from 11:35 a.m. – 12:45 p.m. Chaminade, Embry-Riddle, Hawaii Pacific and Wayland Baptist Universities have on-base offices in Bldg. 220. Civilians are welcome.

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 located in building #219 to get a job or career that suits your skills, schedule and style. Call 254-7619 or visit www.mccshawaii.com/jobs_listings.html and find the position that’s perfect for you.

SM&SP



All events are open to single, active duty military, E-5 and below. The SM&SP Office is located in Bldg. 219. Call 254-7593 for more info.

SM&SP Online

Get more on SM&SP at www.MCCSHawaii.com under the “Semper Fitness” icon.

SM&SP has relocated!

The new office is inside the Kahuna’s Recreation Center, recently opened in the Enlisted Club facility. Come by and check out the activities and events available to all active duty Marines and Sailors aboard MCB Hawaii and Camp Smith.

Upcoming Events

- Feb. 8: Pro Bowl tailgate party.
- Join the SM&SP for some all-star football fun. Pro Bowl tailgate tickets are \$40 each and include food, transportation and admission to the game. This all-day event begins at 7:30 a.m. and lasts until 4:30 p.m. There are only 50 tickets, so call today to reserve yours! Active duty only; single and E5 and below are first priority. Call 254-7593.
- Feb. 14 – 16: Kauai holiday weekend excursion.
- March 12 – 15: Las Vegas weekend excursion.

Inflatable Game Rentals Available

Sumo Suits, Gladiator Joust, Big Bouncy Boxing Ring are available for your unit functions on MCB Hawaii for \$100 per game.

Volunteer Opportunities

- Feb. 5 – 8: At the Pro Bowl’s halftime show.

Auto Skills Center implements changes

Karen Balabis

Environmental Protection Specialist, Environmental Compliance and Protection Department

As of Jan. 2, all Auto Skills Center customers must use Oil Eater boxes when changing oil in their vehicles. Customers must estimate the amount of used oil that will be drained from their vehicles and use the appropriate number of Oil Eater boxes. Customers can bring their own Oil Eater boxes or purchase them from the Auto Skills Center. Each Oil Eater box will absorb up to five quarts of oil. Customers must use two Oil Eater boxes for larger vehicles that may hold more than five quarts of oil. The benefits of Oil Eater boxes include: 1) Oil Eater boxes minimize spill potential associated with storing used oil in a tank. 2) Oil Eater boxes can be burned at H-Power for energy recovery. 3) Auto Skills Center employees will spend less time processing waste. Also, all Auto Skills Center customers must read and sign a Stall Rental Agreement acknowledging that customers are aware of the Center’s waste disposal procedures.



LCpl. Michelle M. Dickson

Lt. Brian W. Wick, P3 Orion pilot for VP-4 Skinny Dragons, drains oil from a Cherokee 4x4 at the Auto Skills Center.

The agreement reminds customers that they should never mix wastes together, to let liquid wastes drain onto the stall floors or use chlorinated solvents, that Oil Eater boxes must be used, and that all spills must be quickly and thoroughly cleaned. These changes are being made because

those at the Center strive to be good environmental stewards. They have always complied with federal and state laws and Marine Corps Orders, but they want to go one step further and implement environmentally friendly, cost saving initiatives. Their goals are to minimize waste to the maximum extent possible, recycle whenever they can, and properly dispose of any waste that cannot be avoided or recycled. The Auto Skills Center and the MCBH Environmental Compliance and Protection Department would like to remind everyone that there are only two places on base where you can change the oil in your POV: 1) Auto Skills Center — Do-it-yourself. 2) Firestone — Pay them to do it for you. As stated in the Family Housing Resident Handbook, changing oil is prohibited in housing areas. Also, Base Order 911000.2A strictly forbids residents from changing their oil at unaccompanied personnel housing areas. Because of these rules, the Auto Skills Center will not take used oil or Oil Eater boxes from anyone except for their customers who change their oil in one of their stalls. For more information, call Carl Cabrera at the Auto Skills Center at 257-7675 or Karen Balabis at 257-6920 ext. 239.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your I.D. at the box office. 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.

Looney Tunes: Back in Action (PG)	Today at 7:15 p.m.
Scary Movie 3 (PG 13)	Today at 9:45 p.m.
The Haunted Mansion (PG)	Saturday at 7:15 p.m.
Love Actually (R)	Saturday at 9:45 p.m.
Looney Tunes: Back in Action (PG)	Sunday at 3:30 p.m.
The Cat in the Hat (PG)	Sunday at 7:15 p.m.
Timeline (PG 13)	Wednesday at 7:15 p.m.
The Haunted Mansion (PG)	Thursday at 7:15 p.m.
Gothika (R)	Jan. 16 at 7:15 p.m.
Timeline (PG 13)	Jan. 16 at 9:45 p.m.

Jimmy Buffett to salute Hawaii’s Armed Forces

Buffett’s concert will call attention to military personnel and their families

Steven Kalnasy

Special to Hawaii Marine

Legendary entertainer Jimmy Buffett, and local promoter Tom Moffatt will pay tribute to Hawaii’s military personnel during Buffett’s concert at the Waikiki Shell, Jan. 28.

When Moffatt heard about the free concert given by Buffett for the military at Guantanamo Bay, Cuba in December of 2002, he suggested doing something to recognize Hawaii’s troops. “We want to invite a couple of service members from each service to the concert and have Jimmy recognize them during the show. The theme of the concert will be “Jimmy Buffett salutes the Armed Forces,” said



Steve Kalnasy

Tom Moffatt, holding a photo of Buffett’s last visit to Hawaii, reminisces about Buffett’s last concert in Hawaii.

Moffatt.

During the Guantanamo Bay show, Buffett and Coral Reefer Band percussionist Ralph McDonald played a special unplugged gig for more than 1000 military personnel at the

base. Wanting to show his support for the sacrifices being made by America’s fighting men and women, Buffett said the free concert was “... A way to return a favor and to show his appreciation to the military

for defending the United States and its ideals.”

The show at Guantanamo Bay made a huge impact on the troops assigned to the base, and also touched Buffett and McDonald personally. “I was never in the military, but my brother was a Marine,” said McDonald. “When we went down there, it was great to hang out with the Devil Dogs. After seeing what they go through every day, I have a newfound respect for what they do. I was real happy that Jimmy and I got to go and do that for the soldiers who give up so much of their lives, their time and their families for us.”

Last year Moffatt helped Buffett fulfill a long time dream of playing on the beach in Waikiki when Buffett gave an impromptu performance at Duke’s Bar & Grill. Buffett even managed to pair up with legendary Hawaiian crooner Don Ho for a duet of Ho’s trademark song “Tiny Bubbles.” The show

was a huge hit.

“After the success of that event, Jimmy and I began working on this show. Jimmy loves coming here and wanted to do a big concert for his Hawaii fans,” added Moffatt.

A long time supporter of America’s military himself, Moffatt has worked closely with the Marine Corps Reserve’s Toys for Tots charity during numerous shows he’s produced. “You’ve got to support the troops,” he said. “Anything I can do to build their morale is small compared with what they do for us.”

After receiving a framed American flag that was flown over the gate separating the U.S. base at Guantanamo Bay and Communist Cuba from Joint Task Force Guantanamo Bay commander Maj. Gen. Geoffrey Miller, Buffett said he wanted to show his appreciation for a job well done. “I love my fans and I don’t mind paying them back.”

WORD TO PASS

“World of Puppets” Return to Kennedy Theatre

The University of Hawaii at Manoa presents “Jim Gamble and his Puppets: The Wonderful World of Puppets” for one show Saturday at 7 p.m.

Master puppeteer Gamble’s unique style and imaginative marionettes create fun and mischief as they interact with the audience and “magically” transform into other characters. Perfect for families with children ages three and up.

Tickets are \$10 regular, \$9 seniors, military, \$7 non-UHM students & children, \$3 UHM students w/validated UHM photo ID and may be purchased at the box office or charged-by-phone at 956-7655 (v/t).

For more information, call the box office at 956-7655 (v/t).

FBI Seeks Agents

If you’re interested in a career with the FBI, attend the FBI career seminar, Tuesday from 1 – 2 p.m. at the Hickam Family Support Center in Bldg. 1105.

Entry-level salary is \$45,060 (GS 10). Call 449-0300 for more information about the seminar or call Kal Wong at 566-4488 for information on future seminars.

Chiropractor Offers Wellness Workshop

Dr. Chip Abbadessa will lead a number of free workshops geared to teach you how to reach your optimal health naturally every Tuesday from 6:15 – 6:45 p.m. in room 420 of the Castle Professional Center in

Kaneohe.

The Castle Professional Center is located at 46-001 Kamehameha Hwy. For more information, call Nadine Almeida at 234-5535.

Kennedy Theatre to Present “Ghost Sonata”

Kennedy Theatre brings the stylizations of Japanese theatre to explore the darker side of beauty and peak behind the masks people wear in this classic August Strindberg play.

Tickets are \$10 regular, \$9 seniors, military, \$7 non-UHM students & children, \$3 UHM students w/validated UHM photo ID and may be purchased at the box office or charged-by-phone at 956-7655 (v/t).

For more information, call the box office at 956-7655 (v/t).

Bishop Museum Focuses on Photographic Exhibits

A stunning photographic collection of Hawaii’s native species from acclaimed wildlife photographers David Littschwager and Susan Middleton will be on display Jan. 17 through Apr. 11 in Bishop Museum’s Hall of Discovery.

The exhibit documents some of Hawaii’s vibrant wildlife and calls to attention their possible extinction in hopes that a solution can be found to prevent it.

The Bishop Museum is located at 1525 Bernice St., and admission is \$14.95 for adults, \$11.95 for youth 4 – 12, and free for kids under 4. Military dis-

counts are also available.

GSA to Close for Inventory

The GSA Global Supply Center at Hickam Air Force Base will be closed Jan. 26-30 for inventory. The Schofield Barracks store will be closed Feb. 2-6.

For more information, call Teresa Demello at 448-8937 or Mike Martin at 655-0280.

Commissaries to Award Scholarships

Children of active duty, reserve/guard or retired military personnel may apply for the “Defense Commissary Agency/Fisher House Foundation Scholars” scholarship through Feb. 18.

Applications can be downloaded at www.militaryscholar.org and need to be turned into a commissary customer service/cashier’s office by Feb. 18. Mailed applications that are not delivered to the store by the deadline date is not acceptable regardless of the postmark date. The results will be posted at the scholarship Web site on or about May 3.

Questions should be directed to scholarship managers at 856-573-9400 or e-mailed to scholarshipmanagers@militaryscholar.org.

The scholarship program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community.

FRA Kicks Off 2004 Scholarship Program

The Fleet Reserve Association (FRA) is accepting applications for its 2004 scholarship program. Applications for the 12 scholarships to be awarded must be postmarked no later than Apr. 15.

FRA members in good standing and their dependents are eligible and will automatically be considered provided that the applicant meets the eligibility requirements and the application has been completed correctly.

The program is competitive and selection is based on financial need, academic standing, character, and leadership qualities. Preference is given to dependents of FRA members.

Applications can be requested by calling 1-800-626-9071 or 1-800-FRA-1924 or downloaded from FRA’s FAQ section of their Web site at www.fra.org. It is important to use a FRA application with a revision date of 10/01 or later. All prior applications are obsolete and will eliminate the applicant from consideration.

Waikiki Aquarium Seeks Volunteers

The Waikiki Aquarium is looking for volunteers for its “Edge of the Reef” interactive program profiling habitats found along the Hawaiian shoreline.

After receiving extensive, hands-on training and continuing education about Hawaiian

marine life, volunteers will work two-hour shifts to help visitors learn about rare species and the ocean ecosystem in Hawaii, and how to conserve today’s marine life for tomorrow’s generations. Volunteers must be 18 years or older and willing to make a six-month commitment.

The aquarium has planned special activities to celebrate its 100th anniversary so volunteering in 2004 will be especially rewarding. Volunteer benefits include complimentary Friends of the Waikiki Aquarium membership and free admission, gift shop and program discounts, a quarterly newsletter, and special event notices.

For more info or to volunteer, call Volunteer Coordinator Joan Kafenzis at 440-9020 or Education Program Assistant Dean Spencer at 440-9009.

Reunion for Mustang Association Scheduled

The Marine Corps Mustang Association will hold its annual reunion Sept. 13-17 at the Day’s Inn at the Falls, 443 Main St., Niagara Falls, NY.

Membership is open to present, retired and former Marine officers, warrant and commissioned, who after serving on active duty in the USMC or USMCR, in an enlisted status, earned appointment to officer status in the USMC or USMCR.

For more information, call Bill Max at 800-321-8762 or e-mail him at topmustang@aol.com.

Sampling a culinary education

A meal that makes me want to go back to school. That’s the best way to describe this week’s Island Flavors.

On a recent visit to the campus of Kapiolani Community College, next to Diamond Head, I discovered a treasure of a dining experience.

The Ka Ikena dining room — operated completely by culinary arts students under the watchful eyes of instructors — boasts an excellent fine dining experience that could put some of the other area restaurants I’ve tried out of business. Best of all, since it is all being done for the sake of education, it is very affordable.

The meal selection process is simple. Patrons begin by choosing an entrée off the menu. At lunch, that selection will include a soup or salad, dessert, beverage and usually runs between \$14 and \$16. At dinner, it includes an appetizer, soup or salad, dessert, beverage and usually runs between \$22 and \$37.

Since the waiters are also students, there is no tipping, except for a donation box outside the dining room, which goes to help with restaurant expenses.

One big plus for the diner is the fact that since every entrée is being graded and every server being watched closely, the details of the flavors and food arrangements are exquisite and the service, impeccable. While they are still learning some basics of the business, I don’t think I’ve observed such a polite wait staff in some time. Our server Lance



Roast Carved Rack of Lamb

was both courteous and very informative about the menu.

Another plus of Ka`Ikena is that the menu is constantly changing as the classes and students change. This means there is always something new and exciting to check out on the menu.

At a recent lunch, after searching the student lot for parking, my wife and I made our way into the Ka`Ikena dining room where the host quickly seated us beside the window — which, I might add, presents an extraordinary view overlooking the ocean, similar to that found on Diamond Head.

After discussing the menu in depth with Lance, we finally selected our dishes.

My wife began with a duck confit, watercress and pear salad coated with an orange vinaigrette, which she really enjoyed. I elected to try a traditional

**Ka ‘Ikena
‘Ohelo Building
Kapiolani Community
College
734-9499**

Vichyssoise, or chilled potato soup, which was very refreshing after coming in out of a hot, sunny day.

Moving on to the entrées, I chose an appetizing roast carved rack of lamb in a Cumberland Sauce, made with red currants, citrus fruits and red wine, and served with Boulangere-style potatoes and a vegetable ensemble. The lamb came with an interesting fruit chutney on the side that skillfully mixed sweet and spicy, perfectly accompanying the meat’s flavor.

Though I enjoyed the lamb, my wife picked the winner of the day — a Napoleon-style pastry filled shrimp and scallops, covered in an unbelievable lobster ‘bisque-style’ sauce with sun-dried tomatoes. It was served with Lyonnaise-style potatoes and vegetables.

A few of the enticing entrées I saw on previous menus were “Fisherman’s Stew” made with fish, shrimp, lobster, clams and scallops, braised in a saffron broth, and served with fennel red potatoes and hot rouille (a spicy Provençal sauce). There was also a Beef Wellington with truffle sauce, Gratin Dauphinoise (a variation of potato gratin) and vegetables.

Finally, after seeing the dessert cart pass us by one too many times, I decided to conclude my meal with a traditional style Crème Brûlée and coffee. My wife chose the extravagant flaming Bananas Foster, which is prepared and flambéed at a cart next to your table.

All of the desserts, which range from apple tarts to cappuccino cheesecake, are created by the college’s pastry arts class, which also runs a little bakeshop neighboring the dining room.

Overall it was definitely not bad for a full fine dining experience that cost only around \$30 for both of us.

While I have yet to enjoy dinner there, something I soon plan to remedy, I did observe and jot down a few items of previous dinner menus.

Some of the evening’s entrées that caught my eye were the Panaeng shrimp curry — large shrimp, wok seared with bell peppers, onions, leeks, basil, lemon grass, and kaffir lime leaves — in a classic Thai curry sauce and the “Batayaki” kobe beef — a grilled kobe rib eye, brushed with a soy butter sauce, served with wasabi mashed potato and vegetables.

But like everything good in life, there is one major dilemma: Ka`Ikena is not open every day.

Since it is actually more or less a working classroom, it is only open when the students reach a certain point in their curriculum. This means the restaurant is open for a only few weeks at a time, and then closed for a few. To find out when it is open or to make reservations, visit their website at food.kcc.hawaii.edu or call 734-9499.

Overall, I find Kapiolani Community College’s Ka Ikena dining room well worth the drive and definitely a place I plan on returning to in the near future.

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
Chewy Nut Bar
Yellow Layer Cake
w/ Cream Frosting
Asst. Fruit Pies

Dinner
Roast Pork Loin
Barbecued Chicken
Mashed Potatoes
Steamed Rice

Chewy Nut Bar
Yellow Layer Cake
w/ Cream Frosting
Asst. Fruit Pies

Specialty Bar
Pasta Bar

**Saturday
Brunch/Dinner**
Rock Cornish Hens
Grilled Strip Loin Steak
Rice Pilaf
Mashed Potatoes
Chocolate Chip Cookies
Asst. Fruit Pies

**Sunday
Brunch/Dinner**
Yankee Pot Roast
Baked Ham
Mashed Potatoes
Candied Sweet Potatoes
Chocolate Layer Cake
w/ Chocolate Frosting
Asst. Fruit Pies

**Monday
Lunch**
Meatloaf
Creole Pork Chops
Mashed Potatoes
Pork Fried Rice
Apple Crisp
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner
Baked Turkey and
Noodles
Baked Fresh Fish
Rice Pilaf
Apple Crisp
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar
Pasta Bar

**Tuesday
Lunch**
Beef Sukiyaki
Pork Chop Suey
Egg Foo Young
Chinese Fried Egg Roll
Steamed Rice

Pork Fried Rice
Chocolate Pudding
Asst. Fruit Pies

Dinner
Creole Macaroni
Baked Fish Fillet
Mashed Potatoes
Noodles Jefferson
Chocolate Pudding
Asst. Fruit Pies

Specialty Bar
Taco Bar



**Wednesday
Lunch**
Bar-B-Que Spareribs
Country Style Steak
Steamed Rice
Mashed Potatoes
Oatmeal Cookies
Asst. Fruit Pies

Dinner
Baked Chicken
Beef Pot Pie
Boiled Egg Noodles
Mashed Potatoes
Brownies
Asst. Fruit Pies

Specialty Bar
Hot Dog Bar

**Thursday
Lunch**
Baked Lasagna
Chicken Parmesan
Asst Pizza Slice
Garlic Toast
Brownies
Asst. Fruit Pies

Dinner
Chicken Vega
Simmered Corned Beef
Parsley Buttered Potatoes
Steamed Rice
Apple Pie
Oatmeal Cookies
Asst. Fruit Pies

Specialty Bar
Taco Bar

“ quotable ”

To hold a pen is to be at war.

— Voltaire

Chef of the Year serves up competition

Lance Cpl. Megan Stiner
Combat Correspondent

Cooking meals since he was 9 years old paid off for one contestant at the Chef of the Year cook-off on Dec. 19.

The anticipation was intense for the four contestants who waited with bated breath as their meals were tasted and analyzed until Sgt. Maj. Anthony Franks announced Sgt. William K. Black III, 2nd Battalion, 3rd Marine Regiment, as this year’s winner.

“It was a goal. I didn’t know I could come this far,” Black said.

Celebrating with him in his victory was his wife of four years, Sgt. Pettal Black. Also a cook in the Marine Corps, they met at school at Ft. Lee, Va. in 1998 and are now both stationed here.

The new Chef of the Year has been cooking for the Marine Corps for six years. He joined the service for the challenge and to use his G.I. Bill for college someday, knowing the whole time that all he wanted to do was cook.

As a child growing up in Chicago,



Lance Cpl. Gavin W. Powers

Sergeant William K. Black (center with trophy), a longtime chef, achieved a personal goal when he won the Chef of the Year competition in December.

he used to watch his mother cook and was soon making meals on his own. The first dish he successfully made himself was scrambled eggs with cheese.

He has come a long way since then. The meal he created for the competition included, curried chicken, cook-up rice, fried plantains, Caribbean soup, coconut rum cake and pineapple round cake.

“A lot of people make the same dishes,” said Black. “I like to make something different.”

Black was also the Chef of the Quarter for the third quarter of last year. He plans on continuing his career in the Marine Corps until it’s no longer fun. Then, he wants to pursue culinary arts as a civilian.

He is interested in returning home to attend Chicago’s largest culinary school, The Cooking and Hospitality Institute of Chicago, or possibly venturing to Northern Miami’s Johnson and Wales University in Florida.

For now, Black is content with his achievements. “I think I am done with competition,” said Black. “I’ve gone about as far as I can go right now.”

Simplicity is key to managing finances

NAPS
Featurettes

Simplicity is key to developing a successful financial portfolio. According to Rande Speigelman of the Schwab Center for Investment Research, consumers should focus on the KISS principle — Keep It Simple, Sweetheart. Simplifying finances can save more than time and hassle. It can also save money.

Below are five steps to simplify your finances.

Consolidate Accounts

Too many accounts scattered among banks and brokerage houses creates problems: It’s harder to track investments and you may be paying more in fees. Consolidating investment accounts — even banking services — with a single provider makes managing financial affairs far easier. In addition,

you will be more likely to meet minimum balance requirements and pay less in fees.

Cut Down on Credit Cards

If you have more than one or two major credit cards, in addition to numerous department store and/or gas station cards, you probably have too many. Even if you don’t use them all, a large number of cards can hurt your credit rating because lenders may be wary of all that available credit. If you do use more than one or two cards, you could end up making a handful of minimum payments each month, burying yourself in interest payments.

**Mutual Funds:
Enough is Enough**

Too many funds, particularly in a single asset class style such as large-cap growth, could turn



Many people love the idea of consolidating their finances.

you into a “closet indexer.” You end up paying higher fees for active management when, if you put your mutual funds all together, you’d get pretty much the same thing if you bought an index fund. Even worse, all those different managers could

be buying the same stocks, increasing your risk and exposure. By consolidating your portfolio into fewer funds, you could find your portfolio is both easier to track and less costly.

IRAs: All for One and One for All

There may be estate planning reasons to hold more than one IRA but for most of us, one traditional IRA, one Roth IRA and one employer plan such as a 401(k) should do the trick. If you have more than one traditional IRA, consider consolidating them into a single account. And if you have 401(k) assets with a former employer, consider rolling them over into your traditional IRA. You’ll find it easier to keep track of your investments and you might even end up paying less in fees

overall.

Filter the Noise

With newspapers, magazines, radio, television and the Internet, we have access to more financial news and information than previous generations could ever have imagined. Unfortunately, access to lots of information doesn’t always lead to wise decision-making. Financial goals should be measured in years and decades, so don’t make rash decisions based on day-to-day news. Tune out the clatter and stay on course with long-term goals.

For additional tips on how to simplify your finances, visit www.schwab.com

Prospectuses containing more complete information, including management fees, charges and expenses, are available from Schwab. Read the prospectus carefully before investing or sending money.

Hawaii MARINE SPORTS

Hawaii Marine C Section

January 9, 2004

2003 Sports Year in Review



Photo montage by Kristin Herrick

MCB Hawaii Marine athletes prove their strength, compassion in 2003

Sgt. Joe Lindsay

Community Relations Chief

2003 was a year to remember in the world of MCB Hawaii sports — from the MCB Hawaii, Kaneohe Bay Men’s Varsity Basketball Team winning the highly regarded Marine Forces Pacific Regional Basketball Tournament in Okinawa, to the Combat Service Support Group 3 Outlaws edging out the 12th Marine Regiment Bulldogs, 7-6, in the Intramural Tackle Football Championship.

Of all the year’s highlights though, probably none personified the image of Hawaii as hometown David vs. the outside worlds’ Goliath more than a group of Pee Wee League basketball players known as the Lakers. Despite not having won a regular season game all year, they captured the coveted Youth Basketball crown by coming back from seemingly insurmountable odds in nearly every playoff game. But it’s just that kind of performance and never-say-die

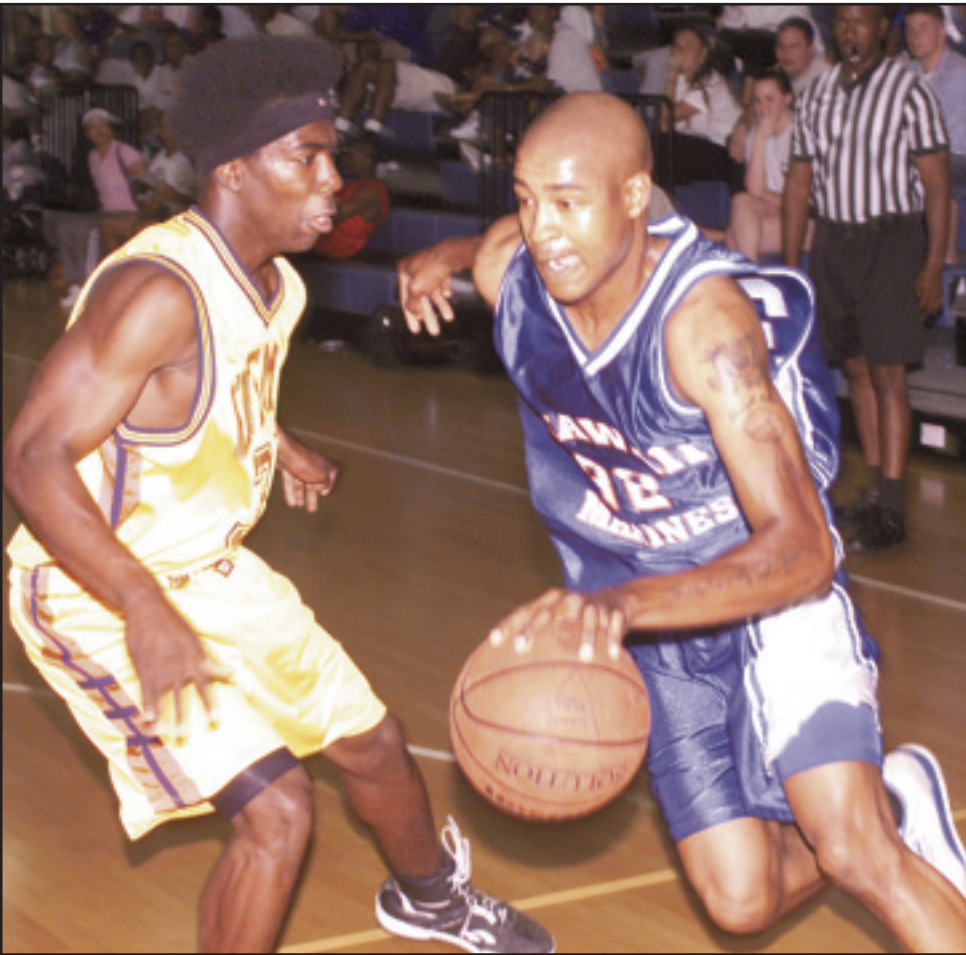
attitude that seems to make MCB Hawaii the kind of place that it is, whether on the sports field or training in the field.

The competitive drive in our athletes was arguably not just for personal or team glory either, as service members seemed to prove by coming in droves to support various charitable runs aboard the base, including the Combined Federal Campaign Kick-Off Run, a 5K race won by aspiring Olympic distance runner Mitch Rodgers in 15:15. Rodgers, a food preparation specialist, also crossed the finish line first in the Surf ‘n Turf 5K fundraiser run with a time of 17:20.

Also of note, Marines from Headquarters Battalion led the way in the Special Olympics Torch Run in Waikiki to help raise funds to support Special Olympics events, including recent competitions held aboard base.

Other highlights in 2003 were the MCB Hawaii’s Varsity Men’s Soccer Team repeating as the MARFORPAC champions in

See SPORTS, C-4



Cpl. Monroe F. Seigle

Forward Nathan McQuirter, right, for MCB Hawaii, flies by a 29 Palms, Calif. defender during the Aloha Basketball Tournament



Kristin Herrick

Frederick Smith, running back for the CSSG-3 Outlaws, eludes the defense of the 1/12 Bulldogs. The Outlaws were crowned 2003 Intramural Tackle Football League champions.



Cpl. Jason E. Miller

Contestants in the Combat Service Support Group 3 "Swamp Romp" swam through more than three feet of pure mud.

BASE SPORTS

Edward Hanlon
MCCS Marketing

January 13 / Tuesday

Intramural Basketball Coaches Meeting — Stop by the Semper Fit Center on Jan. 13 to give MCCS Sports your input. The coaches meeting for Intramural Basketball will be held at 2 p.m.
Call 254-7591 for more information.

Camp Smith Intramural Basketball — Rosters for Camp Smith Intramural Basketball are due Jan. 15.
If you haven't signed up yet, you still have time, so register now by calling 477-0498.

17 / Saturday

3rd Marines 11th annual 10K Run — Runners, burn off those holiday calories at the 11th Annual 3rd Marines 10 Kilometer Run, happening Jan. 17, at 8 a.m. This race is open to the public, and begins and fin-

ishes at Pop-Warner Field. Want to race, but with a little more relaxed pace? Check out the one-mile Family Fun Run to take place after the 10K, at no charge to families.

Costs are \$17 for individual runners, and \$100 per 10-runner formations. Runners will receive a specialty race T-shirt at no extra charge. The top three finishers overall, as well as the top three finishers in each age group and formations will receive awards.

Packet pick-up will occur at the Semper Fit Center between 9 a.m. and 4 p.m. on Jan. 15 and 16.

Registration forms are located at the Semper Fit Center located Kaneohe Bay, or can be found online at www.mccshawaii.com.

This race is part of the Commanding General's Semper Fit Series.

For more information, contact MCCS Athletics at 254-7590.

Hawaii Championship Wrestling at Kahuna's — It's madness. It's chaos. It's the best of the baddest, with Hawaii

Championship Wrestling hitting the ring at Kahuna's on Jan. 17.

Watch Hawaii's top wrestlers make the moves and rock the ring from 7 to 9 p.m., at Kahuna's Community Ballroom.

Tickets are only \$8, so call 254-7661.

Youth Sports Now Registering — MCCS Youth Activities is now accepting registrations for numerous youth sports programs.

If your child is interested in baseball (3 leagues available), volleyball, in-line hockey or ice hockey, call 254-7611.

The Youth Activities building is located behind Mokapu Elementary School in Bldg. 5082.

Massage Special — Throughout the month of January, receive 10percent off a massage from the Semper Fit Center's Massage Therapist, Caitlin Nichols.

Look for the flyer with the coupon in the center, and schedule an appointment with her on

Monday, Wednesday Thursday or Sunday by calling 254-7567.

Swim Lessons Available Now — Join the MCCS Aquatics team for some exercise and a little fun in the sun. Build your water confidence and awareness with Saturday Swim Lessons available at the MCBH Base Pool.

Call 254-7655 for registration information.

Pro Bowl Tickets Are On Sale at I.T.T — ProBowl tickets are now available at Information Tickets and Tours located at Mokapu Mall. Sideline seats are \$87.50.

Make a pass by I.T.T. for more information or call 254-7563 while supplies last.

Color Pin Special at K-Bay Lanes — Roll a strike when a colored pin is in the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. The pin will be noticeably different in color, and if you make the play, you win!

Looking for Inexpensive and Fun Entertainment? — Look no further! Mondays through Thursdays, all E-5 and below receive free rental shoes and discounted games at only \$1.50 a game.

The discount is good for open play, and does not qualify for tournaments, leagues or unit functions.

Call the K-Bay Lanes now to get the spin, 254-7693.

NFL Football Playoff Action at all 3 Clubs! — Catch your team live on Direct TV featuring NFL Ticket at all three of the Clubs, Kahuna's, the Rocker Room and the Officers' Club. Get the big-screen treatment and enjoy breakfast in a comfortable and fun atmosphere.

Gone Fishin' — Join Mahalo Kai Fish & Dive Charters for a day beyond the bay. Deep-sea fishing adventures are just a cast away with numerous packages to accommodate needs.

Spend your day off the coast of Windward Oahu catching some of the ocean's most tasty fish. Dive charters are also available.

Call 254-7667 for more information.

Take the Plunge! — Wet your feet and beat the heat at any one of the MCCS pools. With four locations to serve your swimming demands, there's sure to be one nearby. Pool locations are K-Bay main pool (Bldg. 981), Hilltop Pool (Bldg. 502 O' Club members only), Camp Smith Pool (Bldg. 125), and Manana Housing Pool (Bldg. 840).

Beginner Fitness Program — Semper Fit Center — 8-week session meets twice a week with a Certified Personal Trainer to assist those wanting to learn how to exercise the correct and smart way.
Call 254-7597 for more info.

The Parents for Fitness Program (PFFP) — This cooperative baby-sitting effort is available at the Semper Fit Center, MCBH for all active-duty service members and their families. The PFFP participants are required to volunteer baby-sit three times per month and is open for children ages 6 weeks and older.

Call 235-6585 for more information.

Adventure Training Program — Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do P.T. at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing. Adventure Training is offered at no charge to all Marine Corps Base Hawaii units.

Training NCOs and SNCOs should call the Base Marina at 254-7667 for more information.

Massage Therapy — Massage therapy, by certified therapists, is available at both Kaneohe Bay and Camp Smith.

The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone.

Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.



Courtesy of George Stowe

Base All Star

NAME: George Stowe

UNIT: Special Project Patrol Squadron VPU-2

BILLET: Aviation Administration

• Stowe placed first in his weight class, winning the team trophy and overall competition as well as the "Best Poser" title at the Mr. DoD competition.

• He received the "Best Poser" title at the Paradise Cup in Waikiki in addition to placing second in the light heavyweight class.

• In the Armed Forces Invitational, Stowe placed first in the heavy-weight class.

"Often times, 'gym life' spills over into the work environment to further enhance one's character."

COMMUNITY SPORTS

Hawaii Trail and Mountain Club Hikes Sunday

Are you ready to get in shape for the new year? If so, get your hiking boots out of the closet and join in the Mt. Olympus 6 mi. trek through beautiful St. Louis Height. This is an intermediate ridge hike so bring plenty of water and sunscreen.

This favorite "Honolulu Hike" starts from Wa'ahila State Park. Great views open up and since there are no power lines to get in the way they only get better towards the Ko'olau Summit.

A \$2 donation is requested from each non-member ages 18 and over. A responsible adult must accompany children under 18.

Firearms, pets, radios and other audio devices are prohibited on hikes.

Call coordinator Peter Kempf at 384-2221 or 735-2220 for more information about this hike and the HTMC.

State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education classes. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the

outdoors — not just hunters.

The next two-day session is today from 5:45 - 10:15 p.m. and Saturday from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture ID is required for entry to the sessions.

The second two-day session is Dec. 19 - 20 at the same location and times.

For more information about outdoor education or to sign up for the next available course, call 587-0200.

Marines and Sailors Get in Shape with ShipShape

You can win the war on body fat! You may think the best way to lose weight is by deprivation or taking a fat-burning pill or some quick technique, but it's not.

Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness test, the ShipShape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult, but skills and tools provided during this program will enable you to meet your goals. The eight-week, action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques.

For more information or to sign up for the next ShipShape course, call Pearl Harbor staff at 471-9355.

Hale Koa Boasts Premier Fitness Facility

The Point, the Hale Koa Hotel's full-service health club, offers a wide range of benefits to hotel guests and local members. Located on the lobby level of the Maile Tower, the facility boasts state-of-the-art weight machines, cardiovascular equipment, a sauna, steam room and a vigorous daily class schedule.

For those who want to be pampered, make an appointment for a massage, facial or body spa service.

Or, if the outdoors is your fancy, enjoy the Oceanside racquetball and sand volleyball courts, tennis courts and jogging path marked by VitaCourse 2000 fitness stations.

Members also enjoy access to the Maile pool and Jacuzzi.

To find out more about membership or the many activities and events scheduled at the Hale Koa Hotel — your armed forces recreation center — call 955-9155.

Bellows Hosts Outdoor Recreation

This summer, you can be awash in outdoor activities at Bellows.

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

Also, learn ocean kayak skills, includ-

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

For more information on what Bellows has to offer, call 259-8080.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week.

Hawaii Marine Accepts Sports and Recreation Faxes

Advertise sports and recreational activities of general interest to the Department of Defense community in the "Base Sports" or "Community Sports" columns.

Fax items to 257-1289 or 257-2511. Contact the *Hawaii Marine* staff at 257-8836 or 257-8837 with questions or concerns.



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is our weekly sports commentary in the Hawaii Marine from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll probably either agree with one of their takes, or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers.

Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil.

Remember, "If you don't speak up, you won't be heard!")

Who is the Story of the Year for 2003?

Capt. K. D. Robbins

The Professor

Well, the holidays have come and gone for The Professor and The Goat. In the wake of egg nog and Dick Clark comes The Bottom Line's most significant event of 2003.

If the NBA All-Star voting is any indication, then the adulterous Kobe Bryant takes the taco. Well. ESPN might anoint the Laker Ladies Man with this honor, but I will not. Sorry Kobe... you will just have to keep faking your street cred with your Beverly Hills tattoos and punk attitude.

It is tough to deny Ohio State their due for their incredible BCS (the way it is meant to work) overtime win over the NFL farm club Miami Hurricanes. But, a Nittany Lion will never love a Buckeye. I have nothing but respect for Coach Tressell, he does it the way it should be done. But, in light of Mo Clarrett and his personal test-takers, I mean tutors, the honor goes to someone else.

How about Lance Armstrong? Cancer survivor wins an unprecedented five Tour de Frances in a row. Well. Only unprecedented if your name is not Miguel Indurain. Keep at it Lance. Two more and The Bottom Line will award you with the 2005 honor.

Finally, what can we say about Steve Bartman that has not already been said. The man will live his life in effigy because the Cubs, yes the Cubs, not Steve Bartman blew series and Game 7 leads to the annoying Marlins bunch. Steve needs to take the condo in Florida and start a new life. He does not need The Bottom Line's 2003 gold medal.

So, who does? Who deserves the quintessential award of sports journalism? How about a few clues? Pay-per-view high school games. A Hummer in the school parking lot. A \$90M, yes \$90M Nike deal. The award goes to the latest in first name recognition. The Bottom Line's 2003 Story of the Year is in one word: LeBron.

Bottom Line: LeBron James has single-handedly taken the NBA on his shoulders. He is already the most prolific player to go directly from the prep ranks to the NBA. He sees the floor like Magic, jumps like Michael and he handles himself with the media like Ari Fleisher. Like Rocky in Philly, Russell in Boston and The Babe in New York, Cleveland is LeBron's town. The boy is a man. He is not only the future of the NBA, he is the present. And now, he's The Bottom Line's 2003 Story of the Year.

All hail King James!

Sgt. Joe Lindsay

The Goat

There were many poignant moments in the world of sports in 2003. Among them, perhaps the one that had the most far-reaching impact worldwide was when international soccer sensation David Beckham jumped ship from Manchester United to Real Madrid. That barely eclipsed the drama of Michael Schumacher's record sixth Formula One title, and Lance Armstrong beating cancer to win the Tour de France by a nose. But nothing in 2003 could compare to the camaraderie and sportsmanship shown in the Little League World Series, when the upstart kids from East Boynton, Fla., celebrated alongside the victorious Japanese team by running victory laps around the stadium with one another in a true display of friendship, love and happiness. It was some kind of wonderful.

Guess what kids? You lost. Just like your fathers did before you and your children will probably do after you. You didn't bend it like Beckham. You fielded like Buckner. East Boynton now carries the biggest curse this side of Wrigley Field and Fenway Park. Next time, cork your bats and you might win. It worked for Sammy Sosa.

Don't do performance enhancing drugs like THG, even though without

it you'll never break Barry Bond's single-season home run record. Don't smoke crack before Pop Warner football games, even though LT, the greatest linebacker to ever play, did it constantly in the NFL.

When you get married, don't cheat on your wife with hotel receptionists, you never know what she might say afterwards. If you are good enough to go pro after high school — go pro. You can learn how to spell L-E-B-R-O-N later. Some of the dumbest people you will ever meet are in college. Take the money, buy a Hummer, and go to night school during the summer at Cleveland State to get your degree.

The world of sports is a mirror of the world at large. Both good and bad. 2003 was no different. Sorry if I was tough on you kids from East Boynton. Deal with it.

Bottom Line: If you are going to make it in sports past the Santa Claus stage — you've got to win. It was true in 1903 and it was true in 2003. Just ask the dozen NFL coaches and scores of college coaches who are out of jobs as we enter the New Year. Contrary to what they teach you in youth, not everyone in sports is a winner.

As for Syracuse/San Antonio (basketball), Ohio State/Tampa Bay (football), and Rice/Florida (baseball) — hats off to you all for getting it done in the sports that matter in 2003.

READERS STRIKE BACK — YEAR IN REVIEW

Oct. 31, 2003

"I'll be honest; for a long time I would just scan the Hawaii Marine and not really read it. But now, I have a reason to read, and that's because of 'The Bottom Line.' I go straight to it every week, and I have noticed a disturbing trend. The Professor whines about something every week. It is good that you have The Goat to offsetting the whining by telling it straight up."

- Florencio Bermudez - El Paso, TX

Nov. 14, 2003

"The Professor and Goat are symbols of what is wrong with our society..."

- John Gollner - Honolulu, HI

Dec. 5, 2003

"...cancel my subscription to the Hawaii Marine."

- Steven Jenkins - Orlando, FL

Nov. 28, 2003

"... I would like to say that 'The Bottom Line' is the best thing I've seen in any military newspaper. In fact, I think the Honolulu Advertiser or Star Bulletin would be wise to pick it up. It's better than any commentaries they have, too."

- Martin Mooney - Baltimore, MD

SPORTS AROUND THE CORPS

All-Marines educate young grapplers about the Corps

Sgt. David Salazar

6th Marine Corps District

LANTANA, Fla. — The arena was filled with young fighters, each grappling his way through the seemingly endless gauntlet of battles they needed to endure to be among the victors on their improvised war zone.

Though the warriors possessed honor, discipline and strength -- they were not Marines — they were high school wrestlers.

And the gymnasium at Santaluces High School in Lantana, Fla., was the makeshift battlefield where student grapplers from all over South Florida came to compete in the school's annual Christmas Classic Invitational Wrestling Tournament Dec. 12 - 13.

The tournament was the perfect setting for Marines from RSS West Palm Beach to seek qualified applicants looking to take on another challenge: Marine Corps Recruit Training.

To help further their success, the Recruiting Station Fort Lauderdale gun-slingers brought with them a small contingent of the Corps' own brand of wrestling-mat warriors — four Marines from the All-Marine Wrestling Team.

"I thought it'd be a great idea to bring the team down to give a live demo and clinic since we have wrestlers from 25 different schools here today," explained Staff Sgt. Mauricio Garcia, the staff-non-commissioned officer-in-charge of Recruiting Substation West Palm Beach. "Because of that number of kids out here, it's giving both the Marine Corps and its sports program lots of great exposure."

The team detachment, which consist-

ed of coach Maj. Jay Antonelli, Staff Sgt. Marcel Cooper and Sergeants Jess Hargrave and Deon Hicks, put on a live demonstration of their abilities and respective distinct styles of wrestling during tournament half time.

West Palm Beach recruiters, armed with incentive items, employed the use of a dog tag station and the Marine Corps Pull-up Challenge. The tournament culminated with an awards presentation featuring Staff Sgt. Jason Batson, the school's recruiter.

Together, the wrestler/recruiter team amassed a respectable amount of leads that were age qualified -- and due to the nature of the sport and the moral fiber typical of wrestlers - were physically and mentally qualified as well.

"I think wrestlers naturally have many characteristics that would also make them great Marines," Antonelli said. "They have to be physically fit, they have to have discipline and they have to have honor and courage. The same caliber of person makes up both groups."

Due to those similarities between leathernecks and grapplers, it's also fitting that the Marine Corps Sports Program complements the Corps' recruiting efforts, Antonelli said.

"Because the kids are interested in wrestling, they find us more approachable and sooner or later questions about wrestling turn into questions about the Marine Corps," Antonelli said. "And it's at that point that we realize what an impact the sports program has on recruiting."

Hicks, a four-year member of the wrestling team, supported Antonelli's theory.

"Our purpose here is to inform these students that there is more to the Marine Corps than just the typical military stuff," explained Hicks, a native of Greensboro, N.C. "I'm also helping to offer the same opportunity offered to me when I was younger."

According to Hicks, the Marine Corps Sports Program had tremendous impact on his decision to join the Corps long before he was even eligible.

"This has been my life since the eighth grade - the minute I found out the Corps

had a wrestling team, I did everything to prepare myself for joining. If I could influence someone else the way I was influenced back then, this trip was worth it," Hicks said.

Of more than 200 gross leads that the recruiters walked away with thanks to the team's efforts, 105 were age qualified — and are mere steps away from not only having what it takes to be victorious on the mat, but having the training needed to be victorious on the battlefield as well.



Sgt. David Salazar

Maj. Jay Antonelli, All-Marine Wrestling Team coach, demonstrates a wrestling maneuver on Sgt. Jess Hargrave during a clinic hosted by RSS West Palm Beach.

SPORTS, From C-1

Okinawa, CSSG-3 winning the Intramural Volleyball title, 3rd Radio Battalion retaining the Intramural Softball crown for the fourth straight year, and the Kaneohe Bay Blue Crush Youth Soccer Team capping off an undefeated season by defeating Pearl Harbor for the Hawaii Youth Soccer Championship.

Further memorable moments included the Royal Australian Army playing exhibition soccer and rugby matches against Marines; former NFL legends Franco Harris and Christian Okoye paying visits to our troops; James Wood, a primary marksmanship instructor, winning the Pacific Division Individual Rifle Championship; and Trent Hoffmeister becoming the unlikely hero of BayFest, as the heavy equipment operator with Headquarters Battery 1/12 became an instant crowd favorite when he won the

Mechanical Bull Riding Competition.

On the fairways, the All-Marine Golf Team had the feel of “aloha” as three Hawaii Marines, John Bascuk of CSSG-3, Johnny McCray of MALS-24, and Troy Frazier of 3rd Marine Regiment, represented the Marine Corps at the Armed Forces Golf Championships in Millington, Tenn.

And though there were many sporting memories this past year, not all of which were captured through the camera’s lens or held in front of cheering crowds, one thing seems certain: the memories of hardships endured and overcome, of victories and defeats, of pain and jubilation and the camaraderie forged by it, will live on in the hearts and minds of MCB Hawaii athletes long after the snapshots and old newspaper clippings from 2003 have turned yellow and faded.



Cpl. Monroe F. Seigle

James Baughman of the Legal Services Center at MCB Hawaii, Kaneohe Bay, squares off against Pearl Harbor Naval Base's Tim Kuno during the Hawaii Armed Services Counsel racquetball tournament at the Army's Schofield Barracks.



Cpl. Jessica M. Mills

Roland Manahan, Paintaball Facility field manager and Volcano team member, keeps his eyes on the opposing team’s station as he sends rounds down the field.



Cpl. Jason E. Miller

Runners in the Combat Service Support Group 3 "Swamp Romp," July 26, were harassed all morning by course marshals with high pressured fire hoses.



Sgt. Jerome Edwards

Laker forward Zachery Thaler goes for a layup on a fast break during the 2003 Youth Basketball League championship game.



Kristin Herrick

Bandit quarterback Keino “Smoke” Thomas attempts to break away from a CSSG-3 Outlaw defender. After dominating all season, the Bandits were defeated by the 1st. Bn., 12th Marine Regiment Bulldogs in the semi-finals of the 2003 Intramural Tackle League.



Sgt. Jereme Edwards

The Marine Aircraft Group 24 Marauders took on the Patrol Squadron 4 Skinny Dragons during the 2003 Intramural Baseball League. MAG-24 went on to win the regular season, but was defeated by 1st Bn., 3rd Marine Regiment for the championship title.



Courtesy of George Stowe

Since picking up the sport of weightlifting in 1985, Petty Officer 2nd Class George Stowe has placed in numerous competitions around the globe including first place finishes in Mr. Venice Beach (1991), Mr. Atsugi (1997), Mr. DoD (2003) and the Armed Forces Invitational (2003).

K-Bay Sailor takes his body and spirituality to whole new levels

Cpl. Jason E. Miller
Combat Correspondent

In sports, as in today's U.S. military, an athlete's or service member's life revolves around competition when it comes to advancement. Rising above mediocrity is essential in getting ahead.

Special Project Patrol Squadron 2's Petty Officer 2nd Class George Stowe knows what it takes to keep moving to the next level. As a part-time bodybuilder, he is constantly working to improve his body and mind to advance in the field he loves.

"People automatically look at you in a different way," said Stowe. "Whether it's just out on the street or at work, people expect something more of you when they can see you physically have a certain amount of discipline. You're looked at immediately to step forward as a leader."

Looking like a shorter version of Evander Holyfield but sounding more like Mike Tyson, Stowe seems remarkably unassuming in his blue work coveralls, but once he's on the topic of his iron-pumping alter-ego, he's quick to show off the pictures of his ripped body in competition.

"I had a really good year," Stowe

said, remarking on his placing in several competitions on the island of Oahu in 2003.

"Of course, I give all credit to God, because he's blessed me with the ability to do what I've done. Sometimes I'll be at a competition and I won't come out on top and my heart will just sink, but then I think, 'why should I win all the time?' So I'm just thankful for what I get when I get it."

Working in the Navy, he also gives credit to his command at VPU-2 for allowing him to work hard at his hobby.

"The skipper lets me do whatever I need. It's a pretty great deal when you think about it."

Stowe's workout regimen almost always keeps him aboard military installations on Oahu because they're some of the most well managed and easiest to use. He utilizes tons of different weights and machines, and also spends time outdoors running and working on his cardiovascular fitness since posing in bodybuilding competitions requires quite a bit of stamina.

"You have to mix it up. You can't just be really strong in one area and weak in another or else your competition is going to take advantage of that. You know in competition

that these guys are looking at what you're doing, just like you're looking at them."

His time in the gym isn't limited to just hammering away on weights either. Stowe is also a certified personal trainer who uses his talent and experience to help others achieve their fitness goals.

Stowe claims that his diet is pretty basic other than the amounts of food that he ingests when training. In fact, Anderson Hall currently supplies Stowe with all that he needs to compete. A display case holding many of his trophies stands tall near the front of the chow hall for Marines and Sailors who eat there to see.

"I think it sends a message to everyone here," said Stowe. "I'm just like one of them, eating the same foods and working on the same base, but I've managed to take it a little further. Hopefully seeing those trophies will influence some of these guys to get motivated."

As for Stowe's future in bodybuilding competition, the sky is the limit.

"Hey, you can go from bodybuilder to governor of California," Stowe said. "Really the possibilities are endless as to what somebody can do."



Courtesy of George Stowe

Above — Petty Officer 2nd Class George Stowe trains year-round for various competitions. When he is not training, he helps others reach their fitness goals by working as a personal trainer.

Below — Stowe shows off his chiseled physique after being named “Best Poser” in 2003 Paradise Cup held at the Sheraton Waikiki Hotel.



Courtesy of George Stowe

Fitness and Health Fair makes its way to MCB Hawaii

Press Release
MCCS Marketing

Make a run for the Fitness and Health Fair to be held at the MCCS Semper Fit Center Monday.

The fun-filled fair begins at 10:30 a.m. and runs until 2 p.m. in the center's gymnasium.

Patrons will be treated to displays and information encompassing all areas of fitness and healthy lifestyles. Bring the children out after school for an educational frenzy.

Displays include: fitness, safety, aquatics,

massage therapy, nutrition, the Klipper Golf Course, Sports Medicine and Rehabilitation Team (SMART) clinic, outdoor recreation and suicide awareness, effects of tobacco use, substance and alcohol abuse prevention, youth activities and STD/HIV prevention and education.

Testing for high blood pressure and cholesterol will also be available.

The Fitness and Health Fair points of contact are Jon Shiota, Fitness Coordinator, at 254-7597 and Dan Dufrene, Health Promotion Coordinator, at 254-7636.



spotlight on health



Lance Cpl. Megan Stiner

Retired Air Force Col. William F. Mattimore chooses a cereal that is high in iron and other nutrients at the MCB Hawaii Commissary.

Keep iron up to reduce fatigue and help save lives

Mindy Hermann, RD

NAPS Featurettes

Helping others can be very gratifying, especially when you could potentially save a life. That's possible when you donate blood.

I got the idea for this week's column when I learned that hospitals across the country are recommending iron-fortified cereal to their blood donors to keep their iron levels up. This is good advice for all of us.

Iron is extremely important to everyone. Your bone marrow uses iron to make hemoglobin, a compound that carries oxygen in your red blood cells. Red blood cells bring oxygen to all cells in your body to enable them to "breathe." Without oxygen, your cells cannot function normally. People who don't have enough iron in their body may feel tired, have trouble breathing, and wear out quickly during exercise.

A shortage of iron, called iron deficiency anemia, can be diagnosed by a doctor. Your doctor may ask you about your diet and about any abnormal bleeding that would cause you to lose iron.

Certain groups of people need to pay special attention to iron. Blood donors lose iron in their donated blood. Women

in their childbearing years require more iron than men do because they lose iron every month during menstruation, although everyone needs iron.

"Iron deficiency anemia is a big problem for kids and teens because they may not eat enough iron-rich foods, leaving them short on iron and possibly hurting their body and brain development," says Elizabeth Ward, R.D., author of *Healthy Food, Healthy Kids*. "Iron-fortified breakfast cereals like Total are a great way to fill in the iron gap. They are convenient, tasty, and relatively inexpensive for the nutrition they provide."

When you donate, a blood bank volunteer will take a small sample of blood and evaluate the health of your red blood cells. If you have too few red blood cells or they contain too little iron, you will not be permitted to donate. People who are rejected for this reason (there are several situations where a donor may be rejected) should eat plenty of iron-containing foods, and try again in a couple of months.

After donating, your body replaces the liquid part of your blood, the plasma, within a few hours, so be sure to drink plenty of fluids. Red blood cells require several weeks to come back to normal levels. A well-balanced diet that

See IRON, C-8

Lactose intolerance should not control breakfast choices

NAPS

Featurettes

If you ask adults skipping breakfast why they avoid a morning meal, you may get a few seemingly logical reasons. Milk and/or dairy products don't agree with me. I'd rather sleep. Who needs the calories? I don't have time.

Here are a few suggestions for breaking down these breakfast barriers.

Milk/dairy doesn't agree with me.

The National Institutes of Health estimates that 30 to 50 million Americans (about 25 percent of the adult population) are lactose intolerant to some degree.

While it may seem that simply avoiding milk is the answer to lactose intolerance, that's neither practical nor nutritionally sound.

Dairy foods provide a wealth of

important nutrients, including calcium and vitamin D.

Instead of milk, try a lactose-free milk alternative, such as Vitamite® 100. It has all the vitamin D and calcium of real milk, but none of the lactose. For extra flavor and nutrition, stir it into a powdered breakfast beverage mix.

I'd rather sleep than eat.

You'll feel more energized from eating a healthy breakfast than you will from getting a few more minutes extra sleep. Overnight, you're deprived of fuel, so your body and mind crave nourishment in the morning.

I can't "afford" the calories.

What you really can't afford is to be hungry first thing in the morning. Research shows that dieters who eat a healthful breakfast lose more weight, more easily than those who skip breakfast altogether.

Not only does breakfast help boost your metabolism from nighttime "starvation mode," it also helps prevent you from getting too hungry and overeating later in the day. The best breakfasts are low in calories and fat and deliver some fiber.

Try a quick smoothie or whole wheat toast topped with reduced fat peanut butter and a glass of milk or Vitamite.

I don't have time.

Take a few minutes before you go to bed to plan what you'll eat in the morning. No time for that? Grab a glass of something to drink before you bolt out the door — anything is better than nothing at all.

To receive a free sample, product coupon and brochure about Vitamite 100, send your name and address to Diehl Specialties, 124 Clinton St., Dept. N-3, Defiance, Ohio 43512.



Lance Cpl. Michelle M. Dickson

The commissary aboard MCB Hawaii stocks many choices of lactose-free milk and soy milk for those looking for a dairy alternative.

Survey shows growth in soccer’s popularity among teenage girls

NAPS
Featurettes

A recent survey, commissioned to gauge American attitudes toward soccer, found that the most memorable single moment in women’s sports came in 1999 — when the U.S. Women’s National Team won the Fédéral Internationale de Football Association Women’s World Cup and kicked American soccer right into the spotlight.

“For me, it was not about that moment alone,” said Brandi Chastain, the U.S. Women’s National Team defender who scored the winning goal and famously removed her shirt and exposed her sports bra in celebration.

“It was about the dedication and teamwork that led up to that final kick.”

The survey, commissioned by Philips Electronics, an official partner of the FIFA Women’s World Cup USA 2003 and U.S. Soccer, found that the overall popularity of women’s soccer in the United States is growing, with much of the credit likely linked to the women’s team. The survey also found the following:

- Soccer is perceived to be the most popular sport for girls under the age of 18.
- A large number of American adults have a soccer ball in their house — overall 41 percent — but among younger adults (18 to 44), nearly half (49 percent)

have a soccer ball. Additionally, two-thirds (66 percent) of those households that have children 18 and younger have a soccer ball in the house.

- Forty-seven percent of Americans most associate the U.S. with women’s soccer, while only 13 percent of Americans associate the U.S. with men’s soccer. Instead, Brazil was chosen as the country most linked to men’s soccer.
- Despite the enthusiasm for the sport, most Americans are still not clear on the elusive “offside” rule in soccer and chose an incorrect description. However, adults surveyed from FIFA Women’s World Cup contender countries Sweden, Germany and France correctly described the rule as referring to when an offensive player without the ball has fewer than two defenders between herself and the end line when the ball is played forward by a teammate.

Americans can test their soccer knowledge and root for the U.S. soccer women as Chastain and her teammates compete in the FIFA Women’s World Cup USA 2004, after placing third in 2003. Fans can also watch, replay and find additional information on the matches online via Philips Matchcast at www.fifa.worldcup.com.

U.S. soccer star Brandi Chastain is actively recruiting fans and young soccer players-especially women.



Cpl. Jason E. Miller

MCB Hawaii’s own Sarah Sorenson sets to drive a soccer ball into the net during one of her weekly practices. With any luck, she will be kicking soccer balls as part of the All-Marine team.

IRON, From C-7

includes lean meat, green vegetables, beans, fruits and whole-grain bread can help.

Memorial Sloan-Kettering Cancer Center in New York City also recommends iron-rich breakfast cereal

to people who donate blood.

Ask Mindy

Q: I don’t eat a lot of red meat. Is it still okay for me to donate blood? Shari, Katonah, New York

A: Sure, just eat plenty of other foods high in

iron. Enjoy foods rich in vitamin C, like orange juice and tomato sauce, with non-meat foods like fortified cereal and pasta. An interesting little-known fact is that vitamin C helps boost iron absorption.

Iron Rich Food Sources		
Food	U.S. Recommended Daily Value	
Red meat, 3 oz., cooked	14%	
Dark meat poultry, 3 oz., cooked	6%	
Grain products, 1/2 cup, cooked	4%	
Green leafy vegetables, 1/2 cup, cooked	3%	
Fortified breakfast cereal, 3/4 cup	100%	