

Hawaii MARINE

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CSSG-3 tested in HCAX



Lance Cpl. Michelle M. Dickson

Lance Cpl. Sam Floyd, supply clerk for CSSG-3, fires the M249 SAW on the range during training at the Hawaii Combined Arms Exercise on the Big Island of Hawaii.

Lance Cpl.
Michelle M. Dickson
Combat Correspondent

POHAKULOA TRAINING AREA — Combat Service Support Group 3 is broken up into different areas of training, as exercises get underway here on the Big Island of Hawaii. The machinegun team, comprised of Marines from five different companies, has been firing a series of weapons to prepare itself for potential battle.

The machinegun team has practiced honing its firing skills in extreme conditions. Each member is undertaking a two-week course before shooting at PTA. Each will be taught how to field fire the M249 Squad Automatic Weapon, the M250 and the MK19. Each Marine will qualify with the M240 Gulf on Range 12.

Lance Cpl. Nicholas R. Devoe, a bulk fuel specialist with Engineer Company, CSSG-3, said the hardest thing to deal with at the range is the

cold weather; however, all his fellow Marines qualified.

"Pretty much everyone has their ups and downs out here, but you can really tell that everyone is putting out and trying their hardest," said Devoe. "I'm so happy I got to do this because I'll be able to teach my Marines the same thing one day."

Gunnery Sgt. William Chambliss, the Rear Area Operations Center

See HCAX, A-5

Tax Center makes sense of '03 credits

Lance Cpl. Rich Mattingly
Combat Correspondent

From the number of tax professionals that advertise their services this time of year, it's easy to be intimidated by the thought of having to not only prepare your tax return, but also wade through the new and complicated changes that occur each year.

The Tax Center at MCB Hawaii, Kaneohe Bay, can help, but it's important to understand the basics of the biggest tax change that's affecting service members: the child tax credit.

According to the officer in charge of the base Tax Center, the child tax credit was increased to \$1,000 in 2003, an increase of \$400 from the previous year's credit. The government sent taxpayers a check for the \$400 difference per child, based on the number of children claimed on the taxpayer's 2002 tax return.

Marines and Sailors who qualified for the credit, but did not receive the advance check, can take advantage of the full \$1,000 credit on this year's tax return.

"The money that's coming back to taxpayers works first as a credit against what you owe in taxes," said 1st Lt. Christopher Winchell, officer in charge, base Tax Center.

Winchell continued, saying that the government decided to send checks for the difference if a taxpayer owed less money than the tax credit.

The Tax Center can determine whether or not you qualify for the child tax credit. Winchell said the main reason service members didn't receive advance checks is that they moved or changed duty stations without notifying the post office or IRS.

The Tax Center can also help determine if Marines or Sailors should receive extra credit for errors in previous years' returns.

Winchell said the Tax Center can now also print service members' W-2 forms if they are having difficulty with the MyPay Web site.

The Tax Center is open Monday through Friday, 8 a.m. to 4 p.m., except Wednesday when the hours are 9 a.m. to 6 p.m.

Appointments can be made by calling 257-1534, and all walk-ins are welcome.

The Tax Center is located next to the Seven Day Store.



Lance Cpl. Michelle M. Dickson

The Herald C. Clinger travels year-round to bring supplies and equipment to PTA, such as these Humvees that are about to be off-loaded, for both Marine Corps and Army exercises.

Clinger outfits PTA

Lance Cpl. Michelle M. Dickson
Combat Correspondent

POHAKULOA TRAINING AREA — Transporting training cargo to the Hawaii Combined Arms Exercise is something that cannot just be completed by putting gear on planes or helicopters. High mobility multi-purpose wheeled vehicles, also known as humvees, and other heavy equipment, need to be transported as well, so this movement

happens by using a Logistics Support Vessel.

The Herald C. Clinger, an LSV originally built in 1988, can hold 7,500 square feet and 2,500 tons of tied cargo at a time. The vessel is 272 feet long and 60 feet wide, but only carries a total of 32 people as a crew on any given shipment. It was the second LSV built out of a current six; a seventh has been built for the reserves, but it is not currently in the

See CLINGER, A-5

Band sets the tone from Outback

Gunnery Sgt.
S. D. Richardson
Marine Forces Pacific

BALLARAT, Australia — The Marine Corps Forces Pacific Band shined from down under recently during the 6th Annual Australian Federation Tattoo here.

The band performed three nights over the Australia Day weekend, sharing the line up with musicians, dancers and bands from New Zealand, the United States and all over Australia.

This year's overall theme was "Scotland the Brave," a celebration of the Scottish clans.

The band performed a number of tunes during the two-and-one-half-hour show that began at sunset each evening, on an open field with a castle-like backdrop and a multitude of lighting effects.

"The idea was to have a variety of performances for this year's show," said Stephen Cole, Tattoo producer. "... Something colorful and memorable."

"It was quite an experience for us all," said Staff Sgt. Gary Gilbert, saxophonist. "The fact that it was an international Tattoo, where we met and played with foreign bands, made it even more memorable for everyone."

Cole said the diversity of this year's show has always been his intent over the past years, but something always fell through.

"We were scheduled to perform in last year's Tattoo but lost our transportation at the last minute due to operational needs," said Gunnery Sgt. Richard Bean, Marine Forces Pacific Band Master.

But this year, things worked in the band's favor, and it landed a

See MARFORPAC, A-5

Chapel to break ground for new K-Bay location

Lance Cpl. Megan L. Stiner
Combat Correspondent

The Marine Corps Base Hawaii, Kaneohe Bay, base chapel is holding a groundbreaking ceremony for the new religious ministry facility. The event is scheduled for today on Craig Street, adjacent to the post office, at Bldg. 6644.

Brigadier Gen. Jerry C. McAbee, commanding general of MCB Hawaii, will host the official ceremony beginning at 10 a.m. at the new site. Festivities will include the Marine Forces Pacific Band playing music before the ceremony at 9:45 a.m. Chaplain (Capt.) Joseph W. Estabrook, command chaplain at MCB Hawaii, will welcome guests and kick off

the ceremony. Then a Hawaiian blessing will be performed for the new building as the final step before the official groundbreaking.

The MarForPac Band will end festivities with music around 11 a.m., followed by complimentary refreshments for guests.

Contact the base chapel at 257-3552.

MCBH NEWS BRIEFS

TAX CENTER NOW OPEN

Service members, retirees and family members can make appointments to complete their 2003 federal and state tax forms at the MCB Hawaii Tax Center.

Walk-in appointments will also be available at the Center, which will be open from 8 a.m. to 4 p.m., Mondays, Tuesdays, Thursdays and Fridays. Wednesday hours of operation will be 9 a.m. - 6 p.m.

The Tax Center is located next to the 7-Day Store, Bldg. 455, on Lawrence Road.

Be sure to bring your W-2 forms, bank account routing and checking/savings account numbers, a copy of your 2002 tax returns, and any other forms that will be required for your tax application(s).

To schedule, call 257-1534 or visit www.mcbh.usmc.mil/sja/sjntax.htm.

BASE CHAPEL TO HOST MINISTRY WORKSHOP FEB. 7-11

Vince Ambrosetti, a mission director, will be performing a ministry workshop Saturday through Wednesday at the MCB Hawaii, Kaneohe Bay, base chapel. A series of events are planned, which follow:

• *Saturday, 10 a.m. to 3 p.m.:* Ministry Workshop

At 5 p.m.: Mass: Music and Homely Reflections

• *Sunday, 9:30 a.m.:* Mass of Music and Homely Reflections

At 4 p.m.: Concert

At 5:30 p.m.: Cookout and potluck

• *Monday, 7 p.m.:* Service of Light

• *Tuesday, 7 p.m.:* Resting on God's Presence: Reconciliation and Light

• *Wednesday, 7 p.m.:* Gathering at the Banquet Table, The Mass of Thanksgiving.

PRAYER BREAKFAST SCHEDULED

Marine Corps Base Hawaii will observe the annual National Prayer Breakfast, Feb. 26 at the Anderson Hall dining facility aboard Kaneohe Bay, Bldg. 1089. Colonel Jeffrey Patterson, commanding officer of 3rd Marine Regiment, will be the guest speaker for this event.

The cost for the prayer breakfast is \$1.70. Anderson Hall will open at 6 a.m., and the program will start at 7 a.m.

Hawaii MARINE

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To contact the MCB Hawaii Public Affairs Office use the following addresses:

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IN THE CG'S MAIL BOX



BRIG. GEN.
MCABEE

Comment submitted by Mrs. Snider

"Earlier this year a sign was posted restricting traffic from Makapu Point. Military police accordingly — and rightfully — chase people away who venture past the sign."

Last year, I spent numerous hours up near the rifle range watching whales. It was one of the most awe-inspiring events of my stay here on Oahu and at MCB Hawaii. The whale traffic passing past Makapu Point is astounding.

Earlier this year, however, a sign was posted restricting traffic from Makapu Point. Military police accordingly — and rightfully — chase people away who venture past the sign.

In the March 8, 2002, article "Watching for the Whales: Lookout's Your Best Viewing Option," by Michael Tsai of the "Honolulu Advertiser," Makapu Point aboard MCB Hawaii is listed as the second best place on Oahu for watching whales. Nowhere else aboard base is there such an ideal place to watch whales. The location is easily accessible and provides a spectacular, elevated viewing position close to whale migration routes.

I don't recall seeing any article in the base paper announcing the closure of the route—and understand that I am not necessarily entitled to an explanation. I also understand safety concerns during the week when Marines and Sailors are firing weapons on the range.

I would like to offer, however,

that weekends and early evenings are opportune times for my family and I to watch whales. Can access be modified to only include specified hours, such as 5 to 8 p.m. during the week, and no restriction during the weekend? This would allow for ample whale watching time at one of the finest points on the island.

Thank you for your time,
Mrs. Snider

Dear Mrs. Snider,

The commanding general asked me to respond to your e-mail of Dec. 26, 2003, because your concern falls within my area of responsibility. The commanding general appreciates that you took the time to participate in the "CG Mail" program.

The Fort Hase Beach fishing/whale watching area — adjacent to the rifle range road — was closed to the public due to recent explosive safety inspections. It was determined the area is within an explosive safety zone.

As a result, MCB Hawaii restricted access to unauthorized personnel. Subsequent to the findings, MCB Hawaii submitted a waiver to Headquarters Marine Corps requesting that this area be reopened for recreational use. We

expect a decision within six months.

During the period, this area of Fort Hase Beach is closed; certain areas are open to the public. Even within these areas, conditions and restrictions still exist. These measures were carefully selected and designated to provide our Marines, Sailors and family members recreational enjoyment while assuring safety and environmental compliance.

We understand that the closure of this popular whale-watching site represents an inconvenience to many service members and local residents; however, safety is our paramount concern, and MCB Hawaii simply cannot reopen this area until the proper waiver has been granted and access permitted for public use.

We appreciate your thoughtful comments and concerns. If you have additional questions or concerns, please feel free to contact me at 257-8900, or Mr. Harold Sharrer at 257-1830.

Again, thank you for taking the time to participate in the "CG Mail" program.

Sincerely,
Mr. Bo M. Irvine
Director, Safety Office
MCB Hawaii

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

TRICARE simplifies steps for care at civilian hospitals

American Forces Press Service Press Release

WASHINGTON — People covered by the TRICARE Standard military health care plan no longer need approval from their military treatment facility to seek inpatient care at civilian hospitals.

The need to get a nonavailability statement before seeking civilian inpatient care expired Dec. 28 under a provision of the 2002 National Defense Authorization Act. A nonavailability statement indicates that care is not available from the military facility and authorizes care at a civilian facility.

An exception in the law continues the requirement for TRICARE Standard beneficiaries to get a nonavailability statement before seeking nonemergency, inpatient mental health care services. However, officials said, this applies only to beneficiaries who use TRICARE Standard or Extra, who are not Medicare eligible, and who have no other health insurance that is primary to TRICARE. The Defense Department does not require preauthorization for TRICARE beneficiary inpatient mental health care when Medicare is the primary payer.

"With this change in policy, beneficiaries now have the freedom to choose a military treatment facility or a civilian facility, without any extra paperwork," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "However, I urge TRICARE beneficiaries to still look to the military health system as their first choice for health care because I believe the services we offer are second to none."

A military treatment facility may request a departmental waiver of the new policy in certain specific, but limited, circumstances. But those requests don't apply to maternity services, unless the affected beneficiary began her first prenatal visit before Dec. 28, officials said.

Any military treatment facility granted a waiver must publish a notice in the Federal Register that a nonavailability statement is required for a certain procedure; the treatment facility, the services and the TRICARE Management Activity will notify the affected beneficiaries if this occurs, officials said.

Maternity patients should check with their local military treatment facility to compare maternity services there with those available in civilian facilities, Military Health System officials said.

officials said.

A recently implemented "Family-Centered Care" program offers enhanced services and recognizes the unique needs of military families in today's climate of increasing deployments and high operations tempo, officials said.

Beneficiaries can review the enhanced military treatment facility maternity services online and with their military medical care provider.

Beneficiaries can check the TRICARE Web site if they are seeking an inpatient service and want to know if their nearby military treatment facility applied for a nonavailability statement waiver.

They also may contact the beneficiary counseling and assistance coordinator or health benefits adviser at their nearest treatment facility, officials said.

Before seeking care at a civilian facility, military health system officials urge beneficiaries to check with their nearby military treatment facility to compare services and ask questions. Even if the facility could not provide the needed services in the past, the facility's staffing levels and capabilities may have changed, and they might now be available, officials said.



Sergeants and below who dare to become Combat Correspondents and who would pride themselves in telling the Marine Corps story can seize the opportunity with a lateral move into the 4341 occupational field. Contact Gunnery Sgt. Rhys Evans at the Public Affairs Office, 257-8840, for complete details.

MPs wrestle with issues



Sgt. Joseph R. Chenelly, Kandahar, Afghanistan

Throughout the Corps, military police provide support in diverse ways such as protecting personnel, equipment and assets, and investigating criminal matters. They keep abreast of their skills with constant training and real-world scenarios.



Sgt. Allan J. Grdovich, Camp Fox, Kuwait



Cpl. Jason E. Miller, MCB Hawaii, Kaneohe Bay

Provost Marshals from around the Corps gather at K-Bay

Lance Corporal Megan L. Stiner
Combat Correspondent

Provost Marshal Office representatives from military installations ranging from Camp H. M. Smith to Marine Corps Air Station Iwakuni Japan came together at Marine Corps Base Hawaii, Kaneohe Bay, for the 2004 Military Police and Corrections Conference, Jan. 26-30. The conference is an annual event hosted at different Marine Corps bases each year, and the main objective of the gathering is for military police to discuss problems and share new, helpful information with the rest of the Marine Corps.

"These conferences are a great way for military police members to discuss issues and solve problems, country-wide," said Maj. Thomas E. Little, provost marshal of Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.

Lieutenant Col. Christopher B. Martin, provost marshal of MCB Hawaii, welcomed the visiting Marines Jan. 26 during the first of almost 20 briefs the groups would receive throughout their time here. Each day representatives discussed important, military police specific issues such as military working dogs, physical security and overall manpower throughout the Corps.

This year's conference, however, was slightly different than in previous years. "We've opened the conference up to more people that we deal with on a daily basis," said Maj. Stephen J. Macklin,



Members of the Naval Criminal Investigation Service attended the conference and discussed everything from increasing NCIS manpower to returning home from Baghdad.

"We try to identify ways to become more versatile and relevant to the needs of the Marine Corps," said Macklin.

Each year similar issues return from previous years, and the 2004 conference was no exception. Better support forces, brig manpower and overall reorganization of forces were a few of the recurring topics.

Many new issues debuted this year too, most notably Iraq issues, deployments and terrorism awareness.

"It's a dynamic world with things changing every year. There are constantly new issues to discuss," said Maj. John M. Manson, Camp Smith force protection officer.

The conference provided the opportunity for officials to present and discuss portable, closed circuit television and cameras — similar to portable surveillance cameras and equipment — to the group. This equipment could prove very useful in the future.

"It would be very useful on Presidential support trips. It would help to keep the immediate area secure," said Macklin. "It is not too difficult to secure a base, but a portable unit would be extremely helpful."

See MPs, A-4

Marine reservist earns Hawaii 'Top Cop' award

Cpl. Monroe F. Seigle
Community Relations Clerk

HONOLULU — The son of a San Francisco police officer, Staff Sgt. Patrick Sterling, a reconnaissance Marine with the 4th Force Reconnaissance Company aboard MCB Hawaii, Kaneohe Bay, knew before he graduated from El Camino High School in San Francisco, Calif., that he wanted to be a police officer just like his father.

He also knew that by joining the Marine Corps, he could better himself in many different ways before accomplishing his dream of being a law enforcement officer.

Full of motivation to get his life on the road and begin a bright future, Sterling enlisted in the Corps in 1988, only a few days after graduating from high school.

"The four years I served in the Marine Corps, I was stationed in Hawaii," recalls the hard-charging police officer.

"They instilled the values in me that all good policemen should have, such as integrity, respect and having pride in the uniform you wear."

After leaving the active duty ranks in 1992 as a corporal, Sterling found himself at the police academy training to be a Honolulu police officer, less than a month later. And although Sterling said he was excited to begin his new career in law enforcement, he decided to continue to serve his country in the Marine Corps Reserve.

Sterling quickly established himself as being a top-notch police officer that strived for the best in every task at hand — just like all good Marines do. He became a member of the Specialized Service Division, working mostly in downtown Honolulu.

Working in the SRD gave Sterling the chance to distinguish himself as an elite police officer by being one of the officers that are first on the scene to dangerous

situations, resolving them using special weapons and tactics.

Sterling continued to serve in the Marine Corps Reserve, as a husband and as a father to five children, now ranging in ages from seven months to 13 years old. In early 2003, Sterling was recalled to active duty, along with many Marines from the 4th Force Recon, to deploy to Iraq and fight the war against terror in support of Operation Iraqi Freedom.

"I knew there was always a chance that I would get deployed to fight in combat, and so did all the other guys in the unit," said Sterling. "We knew beforehand that there was a pretty good chance we would have to go, so when the time came, we were not too disappointed."

"We knew we were going to face danger. It was all around us, just like it was the first time I went to fight in Operation

See TOP COP, A-4



Courtesy of Staff Sgt. Patrick Sterling

Sterling earned the title "Top Cop" of the Honolulu Police Department during the annual competition in November.

Word on the Street

"To what extent do you think equality exists in this country?"



"There are always going to be problems, but I think we have improved over the years."

Staff Sgt. Larry Tyler
Quality assurance
VMFA-212,
MCAS Iwakuni, Japan



"Sometimes there is a double standard, depending on what you're dealing with."

Petty Officer 1st Class Thomas Brewer
Aviation electronic
technician
CPRW-2



"We have improved some, but if you watch the news, you would know that problems still exist and are getting worse."

Jacquetta Ahmad
Family member



"Equality has a double standard now. Not everyone is allowed to do everything."

Sgt. Carlos Mena
Squad leader
Kilo Co., 3/3



"I think it has improved greatly. The leaders have learned more about how to deal with such issues."

Doreen Seaton
Family member

Joint service re-up honors Mighty Mo

**USS Missouri
Memorial Association**
Press Release

PEARL HARBOR — The U.S. was more than three years into World War II when it launched its last battleship, the USS Missouri, from Brooklyn Naval Shipyards on Jan. 29, 1944. Sixty years later to the day, more than 50 soldiers, Sailors, airmen and Coast Guardsmen stood on her deck at 7:05 a.m. to reaffirm their commitment to the U.S. armed forces in one of the largest reenlistment ceremonies held on board a naval vessel.

The mass re-enlistment date also marks the 5th anniversary of the Missouri's opening as a memorial in Pearl Harbor.

Admiral Thomas Fargo, commander, U.S. Pacific Command, presided over the ceremony while the re-enlistees' friends, family and fellow service members looked on. As the senior U.S. military commander in the Pacific and Indian Ocean areas, Admiral Fargo leads the largest of the unified commands and directs Army, Navy, Marine Corps and Air Force operations across more than 100 million square miles. He is responsible to the President and the Secretary of Defense through the Chairman, Joint Chiefs of Staff. He is the U.S. military representative for collective defense arrangements in the Pacific.

As part of the ceremony, re-enlistees restated the "Oath of Enlistment" beneath the Missouri's trademark 16-inch guns. The memorial has offered re-



Courtesy of the USS Missouri Memorial Association

Admiral Thomas Fargo, commander, U.S. Pacific Command, presided over a mass re-enlistment, which took place exactly 60 years to the day after the USS Missouri was christened and launched from Brooklyn Naval Shipyards on Jan. 29, 1944.

enlistment ceremonies to U.S. military personnel at no charge since it opened in 1999, but rarely in numbers as great as this. It has hosted approximately 3,000 military re-enlistments since opening.

The USS Missouri proudly launched

onto water for the first time as it slid into New York's East River on Jan. 29, 1944, at 1:05 p.m. More than 20,000 admirers and patriots surrounded the Missouri as Mary Margaret Truman, the daughter of then U.S. Senator (and soon-to-be

President) Harry S. Truman, christened the ship with a magnum of champagne made from Missouri-grown grapes.

The Missouri was the last battleship completed for the U.S. Navy and held 90 miles of piping, 15,000 valves, 900 electric motors, 844 doors, 852 manholes and 161 hatches within her majestic hull.

The USS Missouri would later earn worldwide attention on Sept. 2, 1945, when Gen. Douglas MacArthur and representatives of 10 nations assembled on her deck in Tokyo Bay, Japan, to sign the surrender documents that brought World War II to an end.

The Battleship Missouri Memorial opened to visitors exactly five years ago on Jan. 29, 1999, and now serves as a national icon and unique Hawaii experience that stands as a lasting tribute to the ship's proud history, crew and the American Spirit.

However, the continuing restoration of the 60-year-old battleship is a monumental task, and the association relies on the generosity of donors and volunteers to supplement the costs of renovation and maintenance for the 887-foot vessel.

The memorial is also supported by admissions, retail, concession sales and grants. It is not supported with government funding.

The nonprofit association was formed in 1994 and includes a cross-section of leaders from Hawaii's business, civic, political and retired military communities. Former President George Herbert Walker Bush is the memorial's honorary chairman of the board.

TOP COP, From A-3

Desert Storm. Going back out there gave me a chance to once again appreciate all the things we take for granted in life."

Not long after Sterling returned from serving in combat, he was presented with the chance to distinguish himself as the "Top Cop" on the Honolulu Police Department for the third year in a row.

The Top Cop competition challenges police officers in a variety of law enforcement competition skills, including firearms, arrest and control tactics, and the proper deployment of baton strikes and vascular neck restraints.

During the firearms competition, the police officers challenged each other in their marksmanship skills while firing 40-caliber hand pistols at numerous targets.

Sterling showed off his ability to handcuff, employ knee strikes and use oleoresin capicum, commonly known as "pepper spray." Sterling also demonstrated how to restrain and physically disable unruly suspects with a police baton and vascular neck restraints.

The final challenges were the 300-yard sprint, push-ups and sit-ups. Sterling completed 86 push-ups in a one-minute time limit, along with 81 sit-ups in a one-minute time limit — all before running a 300-yard sprint in 42 seconds. His scores surpassed 53 of his fellow HPD officers, earning him the title "Top Cop" for the third year in a row.

"The competition started right after I got home from Iraq," said Sterling. "I did not think I would do as good as I did in the past two years, because I gained 15 pounds

while eating [Meals Ready to Eat] out in OIF. I did what the Marines taught me to do — my best at everything."



Courtesy of Staff Sgt. Patrick Sterling

Sterling (center) has received the "Top Cop" honor three years in a row from HPD.

MPs, From A-3

When the conference came to a close, attendees said the information they gained gave them a "heads up" on problems and new technology, and it increased their knowledge.

Down the road, the provost marshals hope the conferences will help them to perform their jobs more efficiently in the military police career field.

"Everyone comes away with something," said Manson. "The value of the conference cannot be underestimated."

CLINGER, From A-1

water. The Clinger travels year-round to bring supplies to PTA, not only for Marines, but also for the Army.

Chief Warrant Officer 2 Larry Kraus, the third mate aboard the vessel, said the ship will travel to a variety of locations and assist with hurricane relief and locating sunken vessels as well.

"You call; we haul," explained Kraus, "whatever the mission dictates."

So that time can pass a little easier during trips, below the deck, there is a weight room for physical training and an area for basketball and boxing.

"Sometimes, it could be 30 days between ports," said Kraus. "We try to always have something to do."

Upon the end of their training at PTA, HCAX leathernecks will return to Marine Corps Base Hawaii, Kaneohe Bay, with their heavy equipment, which will be the end of the line for Marines participating in this year's



Lance Cpl. Michelle M. Dickson

It took approximately one hour to drive all of the humvees off of the Clinger's deck.

HCAX. The Herald C. Clinger, however, will turn away from port to make another trip, in support of still other exercises, training and operations that need heavy equipment transport.

HCAX, From A-1

chief for CSSG-3, said the point of the whole training revolution is to build confidence and improve basic skills with a machinegun.

"It's good to get everyone behind any one of these and get them to hit their target, said Chambliss. "You can see them get more confident and

skilled with their firing."

After the team concludes on the range, it will return to the main camp at PTA for the remainder of the Hawaii Combined Arms Exercise.

The CSSG-3 Marines will resume their duties as before, but be much more capable of defending this country and/or global missions if that time should arise.

MARFORPAC, From A-1

two-day flight to Melbourne, Australia, on a Marine Corps C-130.

Although it was a long flight, the band members agreed it was worth it.

"It was great! It wasn't anything like the shows we do at home, said Cpl. Renee Wheeler, flutist. "I didn't expect it [Tattoo] to have so much interest, and have such a nice setting."

"This opportunity to perform has been immeasurable," said Chief Warrant Officer 3 Lauren LaVine, MarForPac Band Officer. "Music builds bonds and leaves a more personal, more pleasant

memory."

While in Australia, the band also performed downtown Melbourne at Federation Square, a public meeting place in the city's central business district, and on the grounds of Ballarat Grammar School, where the Tattoo was held, during a Sunday morning Celtic Festival.

Cole said he'd always wanted an American military band in his show but had been unsuccessful until this year.

"Finally getting the Marines here to perform was a dream come true for me."

The three-day Tattoo attracted an estimated 10,000 people.



Gunnery Sgt. S. D. Richardson

Leathernecks from Marine Corps Forces Pacific captivated the audience as they simulated the raising of the American Flag on Mount Suribachi as the MarForPac Band played "Apotheosis," the prelude to "The Marines Hymn," behind them.

In honor of

BLACK HISTORY Month



Photos Courtesy of Harry Cutting



Photo Courtesy of Petty Officer 1st Class Ted Banks

The end of segregation in the armed forces strengthened the military by allowing it to draw from the greater diversity and variety of its service members. Above, Marines and Sailors from the 13th Marine Expeditionary Unit and Expeditionary Strike Group 1 take a well-earned break from live-fire training exercises at the Central Command Area of Responsibility.

Cpl. Jason E. Miller
Combat Correspondent

February is Black History Month, a time of appreciation set aside by the federal government to honor the advancements and achievements of African Americans throughout the course of U.S. history. This year, the military is observing the theme of "Brown vs. the Board of Education" in its celebration of diversity and ethnic advancements.

2004 marks the 50th anniversary of the famed Supreme Court ruling on *Brown v. the Board of Education of Topeka, Kansas*. The decision allowed a young African-American girl to attend an all-white school at a time when such a thing was unheard of, and marked a major turning point for the U.S., as public schools could no longer be segregated under state or federal law.

"Just as the ruling marked the end of segregation in our public schools,

it also marked the end of segregation of all organizations, including the military," said Master Sgt. Milton White, equal opportunity advisor for Marine Corps Base Hawaii, Kaneohe Bay. "As I observe the diversity and variety of today's Marine Corps, I am elated at the results that the ruling yielded."



Photo Courtesy of About.com

This picture was taken at a school in Fort Myer, Va., shortly after the school was desegregated under the mandate of *Brown v. Board of Education of Topeka, Sept. 8, 1954*.



Photo Courtesy of Library of Congress

Today the Marine Corps is completely integrated with every race under the sun, and is widely recognized for drawing strength from its diversity to better accomplish its warfighting missions. Blacks, whites, Asians, Hispanics, Native Americans and other races have significantly contributed to the American experience, as well as fought side by side in defense of freedoms during the course of our history.

Marine Corps Base Hawaii has scheduled several events in celebration of Black History Month to commemorate African-American culture and achievements.



In 1943, Rome, Georgia, a sign at the Greyhound bus station directs African Americans to a separate waiting room.



In September 1962, a federal court ordered the University of Mississippi to accept James Meredith, an Air Force veteran. After days of violence and rioting by whites, Meredith, accompanied by federal officials, enrolled on Oct. 1, 1962.



The NAACP and its Legal Defense Fund attorneys worked on school desegregation cases originating from South Carolina, Delaware, Virginia, Kansas and the District of Columbia under the collective title *Brown v. Board of Education of Topeka*. In this 1954 photograph, (from left) George E. C. Hayes, Thurgood Marshall and James M. Nabrit, congratulate each other following the Supreme Court decision.

Historical Photos Courtesy of Library of Congress

Timeline of events leading to *Brown v. Board of Education*

1857

Dred Scott v. Sanford

Supreme Court denied citizenship to Blacks, setting the stage for treatment as second-class citizens.

1865

Bureau of Refugees, Freedmen, and Abandoned Lands

Set up first African-American schools, among them Howard University.

Black Codes

Beginning of segregation: laws barred voting, jury duty, work in some occupations, testifying against Whites.

1866

Civil Rights Act

Gave basic economic rights to contract, sue, own property to all persons.

1868

14th Amendment to the Constitution

Overruled *Dred Scott*; said all born in the U.S. are citizens with rights to life, liberty, property, equal protection of the law.

1875

Civil Rights Act

Prohibited discrimination in public places.

1883

Civil Rights Act

Court overturned Civil Rights Act of 1875, paving way for segregation.

1887

Jim Crow

Racial segregation is practiced.

1896

Plessy v. Ferguson

Established the "separate but equal" doctrine.

1908

Berea College v. Commonwealth of Kentucky

Court upheld Kentucky law forbidding interracial instruction.

1909

NAACP

National Association for the Advancement of Colored People was founded to eliminate lynching and racial and social injustice.

1938

Gaines v. Canada

Precedent case for states to "equalize" Black schools, rather than integrate them.

1948

Sipuel v. Board of Regents of University of Oklahoma

Court ruled race-based denials to state law school unconstitutional.

1951

Feb. 28

Brown v. Board of Education

Filed in federal district court in Kansas.

1952

October bundling of cases

Court agreed to hear all five pending desegregation cases, showing that injustice was a national issue, not just a southern one.

1954

May 17

Court overturned Plessy v. Ferguson

Declared racial segregation in public schools violated the Equal Protection clause of the 14th Amendment; *Bolling v. Sharpe* is overturned based on Due Process of 5th Amendment for D.C. public schools. Alabama, Georgia, Mississippi, South Carolina and Virginia declared the Court's decision to be "null, void, and no effect."

Schedule of Events

Feb. 1 - 29

- Heritage displays, artwork and artifacts will be placed around MCB Hawaii, Kaneohe Bay and Camp H. M. Smith.

- Mega Video will offer discounted prices on all movie rentals that highlight African-American culture, struggles and artists.

Feb. 17, 6 - 7 p.m.

Feb. 19, 10:30 - 11:30 a.m.

Feb. 21, 1 - 2 p.m.

- Cultural readings for children under 10 years old at the base library.

Feb. 20,

11:30 a.m. - 12:30 p.m.

- Black History Month Luncheon and guest speaker presentation at the Anderson Hall dining facility.

Stay tuned for more:

- Guest appearances by Pro Bowl football players at Kaneohe Bay.

- Comedy show featuring local talent at the K-Bay enlisted club.

- The K-Bay base theater presents "Boycott," a dramatization of the historic mid-50s, public bus boycott that played a pivotal role in the civil rights movement.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

February

6 / Today

Staff NCO Newlywed Game — Find out how well you know your mate by attending the Staff NCO Club's Newlywed Game, today. All contestants will receive prizes, and the grand-prize winner will receive a Valentine's dinner for two at the Staff NCO restaurant. For more information, call 254-5481.

K-Bay Clubs — Marine Corps Base Hawaii boasts three newly renovated clubs with the below hours of operation.

•At Kahuna's Sports Bar & Grill:
(For E-5 and below, DoD civilians and sponsored guests)
Monday – Wednesday,
6 p.m. – 12 a.m.
Thursday, 6 p.m. – 1 a.m.

Friday, 6 p.m. – 2 a.m.
Saturday, 6 p.m. – 1 a.m.

•Lunch at Kahuna's:
Monday – Friday,
11 a.m. – 1:30 p.m.

•At the Staff NCO Club Rocker Room:
(For E-6 through E-9, DoD civilians and sponsored guests)
Monday & Tuesday, Closed
Wednesday, 4:30 – 10 p.m.
Thursday, 4:30 – 8 p.m.
Friday, 4:30 p.m. – 2 a.m.
Saturday, 6 p.m. – 2 a.m.

•At the Staff NCO Club Restaurant:
Monday – Friday,
11 a.m. – 1 p.m.
Sunday, 8 – 11 a.m.

•At the Officers' Club Koa Lounge:
Wednesday – Thursday,
4 – 9 p.m.
Friday, 3 – 11 p.m.
Saturday, 5 – 8 p.m.

•Lunch at the Officers' Club:
Monday – Friday,
Buffet from 11 a.m. to 1 p.m.
Monday – Friday, À la carte
from 11 a.m. to 1:30 p.m.

•At the Officers' Club Main Dining Room:
Thursday – Saturday,
5:30 – 8 p.m.
Sunday Brunch,
10 a.m. – 1 p.m.

7 / Saturday

Sweet Treats — The base library invites children and parents to a pre-Valentine's Day celebration at 1 p.m. Hear sweet stories, make a lovely Valentine and enjoy a tasty treat. For more information, call 254-7624.

11 / Wednesday

Bosses' Night — Treat the boss right; bring him or her to the Staff NCO Rocker Room

from 5 to 7 p.m. for refreshments, pupus and live entertainment by mainland jazz group Kenney Polson.

Base Library — Bring the children to learn about Black History Month at the base library. Listen to stories, learn about African-American culture, make crafts and enjoy treats. The festivities will begin at 6 p.m.

For more info, call 254-7624.

12 / Thursday

Kahuna's Karaoke — Take your singing from the shower to the club. Kahuna's Karaoke Contest preliminaries will be held Thursday, Feb. 19 and 26, and March 4 and 11 at 9 p.m. The finalists from each preliminary will compete in the final contest on March 18.

The cost to enter this event is \$5. For more info, call 254-7660.

14 / Saturday

Base Theater — Tell us about your worst first date, and you will have a chance to win a Marine Corps Community Services gift certificate valued at \$50.

Draft a one-page essay and drop it off at Bldg. 244 or the base theater. Essays must be turned in by Friday, Feb. 13.

Also, come to the showing of "50 First Dates" on Feb. 14 at 2:30 p.m., and find out if your experience was the worst. For more information, call 254-7639.

Decadent Dinner — The Staff NCO Club is hosting a steak and shrimp Valentine's Dinner complete with four courses and champagne, followed by dancing.

The cost is \$19.95 for members and \$24.95 for nonmembers. For reservations, call 254-5481.

Sweetheart Dinner — The

Officers' Club Valentine's Dinner will be a four-course dinner starting with champagne and topped off with a heart-shaped strawberry shortcake filled with a special strawberry shortcake dessert.

The cost is \$70 per couple. Reservations are required; call 254-7650.

Eight Minute Dating — Kahuna's Sports Bar & Grill is setting you up. Meet that special someone in eight minutes flat! It's fast, fun, safe and set in a comfortable atmosphere. Preregister online at 8minute Dating.com.

Activities will heat up at 7:30 p.m. for two age groups: 18 – 25 and 26 – 35. Cost is \$27 per person, and raffle prizes, free pupus and a DJ will follow.

For more info, call 254-7660.

15 / Sunday

"The Lord of the Rings" Marathon — Is the weather not treating you right? Head on over to the base theater for the showing of the "Lord of the Rings" trilogy. The marathon will begin with "The Lord of the Rings: The Fellowship of the Ring" at 1 p.m., followed by "The Lord of the Rings: The Two Towers" at 5 p.m., and ending with "The Lord of the Rings: The Return of the King" at 8 p.m.

All movies are rated PG 13. For more information and to purchase tickets, call 254-7641 or 254-7642.

16 / Monday

LINKS Workshops — All military spouses are invited to get to know more about the Lifestyle Insights, Networking and Knowledge Skills program and network with other military spouses Feb. 16 – 18 from 5:30 to 9 p.m. Attendees will learn about the military lifestyle and services that MCB Hawaii

offers.

For more information, call 257-2368.

18 / Wednesday

Kahuna's Bosses' Day — Bring your "head honcho" to the club for lunch from 11 a.m. to 1:30 p.m., then for a cold one and pupus after work from 4:30 to 6:30 p.m.

Marriage Skills Workshop — Thinking about marriage? Get in the know and attend the Marriage Skills Workshop where you'll learn more about becoming a successful military family, couples' communication, budgeting and finances, and other resources available to make your relationship a success.

This workshop will run Feb. 18 and 19. Call 257-7780 or 257-7781 to register.

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. 220 from 11:35 a.m. – 12:45 p.m. Chaminade, Embry-Riddle, Hawaii Pacific and Wayland Baptist Universities also have on-base offices in Bldg. 220.

Civilians are welcome. For more info, call 257-2158.

Job Search — 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 in Bldg. 219 to get a job or career that suits your skills, schedule and style. You can also 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. 1629. Call 254-7593 for more info.

SM&SP Online

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

Upcoming Events

Your SM&SP continues to deliver quality activities such as the below:

•**Saturday:** Make plans to go deep-sea fishing tomorrow from 6:30 a.m. until noon. All E-5 and below, single, active duty members should meet SM&SP at the base marina. Cost is \$50 per person and includes lunch. Call 254-7636 or 254-7593 for more details.

•**Feb. 14-16:** Mark your calendars for a Kauai island trip during the holiday weekend, which includes airfare, hotel and ground transportation to the airport and back, as well as rental vans on Kauai. The cost for this trip is only \$350 per person, with a \$100 deposit due by Sunday. Call 254-7636 or 254-7593 to register.

•**March 12-15:** Reserve these days for a trip to Las Vegas.

Inflatable Game Rentals

Sumo suits, the Gladiator Joust and the Big Bouncy boxing ring are all available for your unit functions on MCB Hawaii, for \$100 per game.

Volunteer Opportunities

Marines and Sailors are needed to help support various activities and events. To get involved, contact SM&SP now.

Kahuna's rocks with free live music

Lance Cpl. Rich Mattingly
Combat Correspondent

Want to go out and have a good time this Friday night? Don't want to spend a lot of money or worry about going out to Waikiki or Honolulu? Why not stop by Kahuna's Sports Bar & Grill at Kaneohe Bay for a free show every Friday night?

Kahuna's is quickly becoming known as the best place to catch a show on the Windward side of Oahu.

"If you don't feel like going over the mountain, or spending a ton of money out in Waikiki, then Kahuna's is the place," said Alexis Swenson, general club manager of Kahuna's.

Since its opening last year, Kahuna's has become well known for its quality food and relaxed atmosphere. It's become more of a destination than just a spot to hang out until Marines and Sailors find a way to get off base, said Swenson.

With a better reputation and higher

attendance, Kahuna's has started to attract the same caliber of bands that play in the clubs and bars around Waikiki and Honolulu.

"The free shows every Friday

make it an awesome place to hang out with your friends,"

said Lance Cpl. Carlos Suarez, base motor transport dispatcher.

"The bands are actually pretty well known, and Latin Night is the bomb."

Every third Friday of the month is "Latin Night" at Kahuna's, featuring El Conjunto



Lance Cpl. Rich Mattingly

One World Tribe entertained patrons of Kaneohe Bay's enlisted club, Kahuna's Sports Bar & Grill Friday. The band plays original funk and roots reggae classics like Bob Marley's "Redemption Song" and "Johnny Too Bad." Kahuna's features live bands every Friday and there is no cover charge.

Tropical, an eight-piece salsa and merengue band.

See **LIVE MUSIC**, B-3

MOVIE TIME

Prices: Adults (12 and older) \$3; children 6 to 11, \$1.50; and children, 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for "R"-rated movies in person at the box office for children 16 years old and younger. 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.

Stuck on You (PG-13)	Today at 7:15 p.m.
The Human Stain (R)	Today at 9:45 p.m.
Something's Gotta Give (PG-13)	Saturday at 7:15 p.m.
The Missing (R)	Saturday at 9:45 p.m.
Paycheck (PG-13)	Sunday at 3:30 p.m.
The Last Samurai (R)	Sunday at 7:15 p.m.
Something's Gotta Give (PG-13)	Wednesday at 7:15 p.m.
Stuck on You (PG-13)	Thursday at 7:15 p.m.
Shattered Glass (PG-13)	Feb. 13 at 7:15 p.m.
Paycheck (PG-13)	Feb. 13 at 9:45 p.m.

Magician melds magic with humor

Lance Cpl. Megan L. Stiner
Combat Correspondent

WAIKIKI — Throughout history, magicians like Harry Houdini and David Copperfield have invented thousands of new and exciting tricks to amaze magic showgoers. Yet, the Hale Koa Hotel's Magic in Paradise show has come up with another interesting twist to keep audiences entertained.

Mark Allen Mauricio, magician at the Hale Koa Hotel, not only uses modern day music and illusions in his magic act, he has also incorporated his own style of humor to keep spectators amused.

"I enjoy making people laugh," said Mauricio. "Being able to amaze people is nice, but hearing them laugh is the best part of my job."

Mauricio has performed magic for 28 years. He began his magic career at 5 years old, by showing his tricks to friends and family as a hobby. Since then he has performed in front of crowds with as many as 1,600

people at Japanese Conventions in Las Vegas, Nev.

Mauricio came to work at the Hale Koa in June 2003. The show he performs combines famous illusions, unique special effects and humor for all ages. In addition to performing, Mauricio teaches his passion for magic to local children.

He competes in many local and international competitions, winning many awards such as Magician of the Year, Most Outrageous Magician, Most Entertaining Magician, International Magic Champion and the Award of Excellence, in addition to being the first-ever champion of the "Laugh-Off" at the Laugh Factory.

Preshow festivities at

Mark Mauricio holds up a white dove that seemingly materializes out of thin air. Many of his magic tricks are created through illusions that make objects appear and disappear.

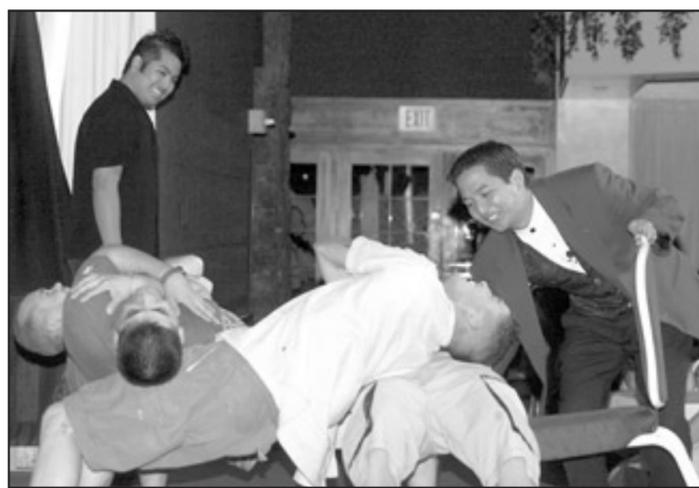


the Hale Koa begin with a full, all-you-can-eat dinner buffet including beverages and desserts. The seating starts at 6 p.m. in the Banyan Tree Showroom at the hotel.

"This show is very different from the previous one at the Hale Koa," explained Mauricio. "It has taken more than nine years to put together."

Trial-and-error efforts have progressed Mauricio to the level of performance he has achieved. He said it is an ongoing challenge to continuously keep audiences at the edge of their seats with new tricks and jokes.

"The show is still



Photos by Lance Cpl. Megan L. Stiner

During a balancing trick, Mauricio attempts to steady Cpl. Ryan K. Martel, military working dog handler, who attended the show and volunteered to participate on stage.

changing and improving; it gets better all the time," he said.

The Hale Koa Hotel is excited about the new show and wants to spread the word that the Magic in Paradise event is very different than the previous magic demonstration performed at the hotel, said Lucinda K. Aina Moss, marketing coordinator for the Hale

Koa Hotel.

Shows are performed every Tuesday night. Tickets and information are available at the Hale Koa Activities Desk, military ticket outlets and over the telephone at 955-0555.

"Don't come to the magic show to be fooled," Mauricio advises. "Come to be entertained."

Fathers invited to escort their daughters to dance

Edward Hanlon V
MCCS Public Relations

On March 13 from 5 to 8 p.m., fathers are invited to share a very special evening with their daughters at the Armed Services YMCA's 5th Annual Father-Daughter Dance.

This formal evening of father-daughter bonding will be held at the Officers' Club, inside the Lanai Ballroom. The evening's affairs include a buffet dinner, door prizes and entertainment throughout the night.

"We take great pride by being able to provide a very special evening for our service member fathers and their

daughters," said Nicole Ferguson, ASYMCA outreach director. "Moments like these are especially important in times such as these, when increased and extended deployments remind us to cherish time with our families," she added.

Fathers' attire is military dress or black tie for the dance; daughters should wear either formal or party dress.

Tickets are on sale now through March 5, and can be ordered by calling the ASYMCA at 254-4719. Costs are \$7 for daughters 4 years and younger, \$14 for girls ages 5-11, and \$16 for girls 12 and older, as well as for fathers.



Photo Courtesy of ASYMCA

Fathers and daughters shared a very special evening as they danced the night away during last year's Armed Services YMCA's 4th Annual Father-Daughter Sweetheart Dance, aboard MCB Hawaii, Kaneohe Bay's Officers' Club.

Author shares how to avoid life's major mistakes

NewsUSA
Featurettes



Your tassel has long been turned and your diploma's in hand. Now, author J.R. Parrish has one message for you: Learn from the mistakes of others, because you can't afford to make them all yourself.

In his book "If I'd Known Then What I Know Now," Parrish shows the reader how this advice rings true — whether you're a grade school student, a recent graduate or well into retirement.

According to Parrish, there are three keys to success and contentment in life.

1) Know that the greatest need of everyone after food, clothing and shelter is the need to feel important. Eighty percent of failure is inability to deal effec-

tively with people, not inability to do the job. If you make other people feel important, success will follow.

2) Accept the "Better World Theory," which says if you want a better life for yourself, it's up to you to make it happen. By acknowledging this fact, you stop blaming others and realize that you are where you are in life because of your own choices.

Your motto should become "If it's to be, it's up to me." When you eliminate blame from your life, you also eliminate anger, because all anger distills down to blame.

3) Realize that your success or failure is determined largely by your habits. Bad habits invite failure, but good habits unlock the door to success and happiness.

A milkman turned millionaire who retired at age 55, Parrish attributes his success to following the good advice of

his mentors. Compiled from his own life experiences and the knowledge he gained from listening to others, Parrish's book is filled with common sense advice on topics such as finance ("It's not how much you make, but how much you keep."); success ("Overnight success usually takes about 15 years."); and marriage ("Marry your best friend.").

The lessons in the book are divided by age group and cover life's most important subjects including family, school, relationships, career, health, parenting and aging.

Parrish believes that human relations are the "fourth R" and should be taught in school curriculums alongside spelling and math. In doing so, he says, we have the ability to help society become happier and less violent in one generation.

"If I'd Known Then What I Know Now" is available in bookstores and online, and has a cover price of \$12.95. For more information, log on to www.learnfromanother.com.

LIVE MUSIC, From B-2

Bands playing Kahuna's range in style from reggae to rock to roots, and all E-5s and below are welcome.

The club observes an 18 and older policy.

For details about upcoming shows, Kahuna's can be reached at 254-7661.

PLAY LIST

Feb. 6 — 8mm Overdose slams Kahuna's with a unique take on hard rock tonight. Three other bands fill out the bill.

Feb. 13 — Slug will be jinxing and jamming away on Friday the 13th.

Feb. 20 — Latin Night, El Conjunto Tropical adds a swing to salsa that will get your body moving.

Feb. 27 — The alternative rock of Sugah Daddy hits Kahuna's. Don't miss this band! Last year the "Daddy" won the Hard Rock Café Challenge and even played K-Bay's own BayFest.

Mavro expresses passion for food

HONOLULU — This week's "Island Flavors" takes you to an intimate little place perfect for that special occasion like Valentine's Day, an anniversary dinner or a romantic, special date.

Nestled in Honolulu at the intersection of King Street and McCully (across from Jack in the Box) is Chef Mavro.

While prices are high (but comparable to other local fine dining establishments), you'll find masterfully prepared cuisine featuring a fusion of French and Hawaiian flavors served in a soft-lit dining room.

From the moment I walked in, I found the service quick, but unobtrusive. The servers are happy to describe the dishes in detail and quick to recommend a matching wine.

While they do offer an "à la carte" menu, I would recommend trying one of the special "degustation" or tasting menus (selected by the proprietor and Chef George Mavrothalassitis, "Mavro" for short).

These menus come with the option of getting perfectly paired wines with each course. The wines have been selected after a special tasting by the restaurant staff and other special guests. The tasting menus offer the choice of three courses (\$56, \$76 with wines), four courses (\$65, \$95 with wines) or six courses (\$93, \$132 with

wines).

My wife and I decided to order two different tasting menus, so we could sample more dishes.

We began with the roasted Kahuku prawns served on Quinoa salad with basil and a curry vinaigrette dressing (\$17 on the à la carte menu) and sautéed foie gras served with Hirabara Farm baby spinach, Maui onions, Poha berries (gooseberries) in a warm apple-balsamic vinegar dressing (\$19).

The next course of delectable dishes were the Yukon Potato-Crusted Opakapaka, served on bacon-braised chiffonade of baby Romaine lettuce and fennel shavings (\$35), and (my personal favorite) an incredible Keahole lobster served over an asparagus risotto, flavored with truffle oil and crustacean coulis (\$39).

After finishing this, as if on cue, the main course was served. My wife enjoyed a roasted Maple Leaf Farms duck in a five-spice citrus sauce. The breast is sliced into medallions, and the leg minced in a mango and frisée endive salad (\$32). I had the Prime Strip Loin cruste with pancetta. It came with North Shore sweet corn, young spinach and an anchovy-tarragon tomato sauce (\$37).

Eventually, this meal had to come to an end. But what an ending.



Yukon Potato-Crusted Opakapaka

I took pleasure in a slice of Vanilla Cheesecake, topped with a sour apple filling (\$8), and my wife sampled Mavro's famous Lilikoi Malasadas, with pineapple-coconut ice cream in a guava coulis (\$10).

If during your meal you are lucky enough to meet Mavro, you will quickly realize preparing food is more than just a job. It is his passion. He will tell you all about the ingredients and flavors, his favorite wines, and both Hawaii and France — with a big, contagious smile.

Born and raised in Marseilles, Mavro is of both Greek and French descent.

Trained in Roanne and Paris,

France, he owned two award-winning restaurants in his home country before moving to the United States.

In 1988 he came to Hawaii where he worked as chef of the acclaimed restaurant La Mer. There, he earned the restaurant the coveted AAA five-diamond rating (the only one in Hawaii). He also worked at the Four Seasons on Maui before opening his own restaurant in 1998.

He soon gained more recognition along with such chefs as Sam Choy, Roy Yamaguchi and Alan Wong, as one of the originators of "Hawaiian Regional Cuisine," a movement that promotes and uses fresh local

Chef Mavro

1969 S. King St.
Honolulu, HI
944-4714

ingredients in cooking.

Mavro earned national recognition in "Bon Appetit," "Gourmet," "Esquire" and travel and leisure magazines, as well as has made dozens of television appearances on CNN, the Food Channel, and the PBS series "Great Chefs in America."

Most recently, he won the 2003 James Beard "Best Chef" award (in the Northwest/Hawaii region). This was his third nomination in the awards often referred to as the "Oscars" of the nation's culinary profession. But these are just accolades. The proof, as they say, is in the pudding (or malasadas in this case).

Chef Mavro's boasts an incomparable menu featuring some of the most innovative food I've tried in Hawaii.

In the hands of a very capable chef, the French/Hawaiian cuisine is well worth the price.

(Editor's Note: Chef Mavro changes his menu regularly; dishes listed in this article may have changed.)

ON THE MENU

AT ANDERSON HALL

Today

Lunch

Seafood Platter
• Fried Fish Nuggets
• Fried Shrimp
• Fried Scallops
• Breaded Oysters
Lasagna
Baked Ravioli
Macaroni & Cheese
Chewy Nut Bar
Yellow Layered Cake
w/Butter Cream Frosting
Asst. Fruit Pies

Dinner

Roast Pork Loin
Barbecued Chicken
Mashed Potatoes
Steamed Rice
Chewy Nut Bar
Yellow Layered Cake
w/Butter Cream Frosting
Asst. Fruit Pies

Specialty Bar

(Lunch & Dinner)
Pasta Bar

Saturday

Brunch/Dinner

Herbed 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 Layered Cake
w/Chocolate Cream 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 & Noodles
Baked Fresh Fish
Rice Pilaf
Apple Crisp
Chocolate Chip Cookies
Asst. Fruit Pies

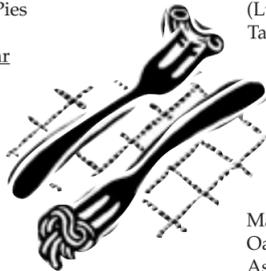
Specialty Bar

(Lunch & Dinner)
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

(Lunch & Dinner)
Taco Bar

Wednesday

Lunch

Barbecued 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

(Lunch & Dinner)
Hot Dog Bar

Thursday

Lunch

Baked Lasagna
Chicken Parmesan
Asst. Pizza Slices
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

(Lunch & Dinner)
Taco Bar

Key Volunteer graduates contribute to readiness



Edward Hanlon V

Col. Roten, guest speaker at Key Volunteer Network's graduation, complimented Key Volunteers for their tireless contributions to the families of service members.

Edward Hanlon V
MCCS Public Relations

"When I was deployed, people asked me what they could do for me. They asked me what I needed and what I wanted. I responded, 'Ask my spouse what she needs,'" quoted Col. Richard C. Roten, deputy commander of Marine Corps Base Hawaii, at the Key Volunteer Network graduation, Jan. 28.

The Key Volunteer Network is designed to help give deployed service members peace of mind — knowing that their families are well taken care of. Key Volunteers contribute to family readiness by keeping family members informed about the missions and tasks of their spouse's unit while they are deployed. Key Volunteers are also empowered to refer families to a wide range of services and organizations and

they assist families with any challenges that may arise.

"The contributions you tirelessly make, greatly contribute to readiness," said Roten, complimenting the graduates. Readiness is a not necessarily a term only attributed to active duty personnel, explained Roten.

Ten graduates accepted their certificates from Roten, including Andrea Fulling, Lindsay McNabb, Chandler DeOrtiz, Amanda Nation, Sandi Moser, Isha Everly, Tess Mayer, Michael Lupient, Christina Shockey and Donna Murphy, during a ceremony held at the KVN office located aboard Kaneohe Bay.

Misty Stelly is the Key Volunteer trainer/program manager at K-Bay, and she may be contacted at 257-2410 for more information about the Key Volunteer Network.



Reunions can help loved ones remain close despite distance

NAPS
Featurettes

Because families connect us to our history, our culture and our community, family reunions are more popular than ever, according to a recent survey sponsored by the American Society of Travel Agents and Vacation.com. Many families separated by miles and mountains find they can reinforce their connections by gathering in one place. Family reunions can also let more distant relatives keep up with family events.

Here are some tips to help make your family reunion a success:

- Start early. A large reunion can be complicated. Experts recommend planning as far as two years in advance.

- Give guests advance notice. Family members may need advance notice to take time off work or make other

arrangements.

- Be prepared for guests with special needs. Allow time to plan to accommodate health problems and other issues.

- Consult your travel agent. A travel agent can suggest dates, destinations and activities as well as help you manage things like accommodations, car rentals and emergency travel arrangements — and family contention, by being a neutral party.

- Choose a date that will work for as many people as possible. Avoid obvious busy times of the year.

- Don't change the date in mid-stream. People may plan other activities — and time off — around the scheduled date immediately.

- Have one person coordinate RSVPs and contact information. This minimizes the potential for miscommunication.

For more advice and tips, go to www.astanet.com/travel.

Spouse support



Photo Courtesy of Master Sgt. Kelly Pratt

The All Enlisted Spouses Club recently donated three redwood picnic tables to the Armed Services YMCA. Mary Pratt, the club's president, said, "We are here to support several organizations aboard the base. The AESC thought it would be nice for everyone who uses the ASYMCA to have picnic tables to sit at while visiting the ASYMCA." If you would like more information regarding the All Enlisted Spouses Club, call the AESC Thrift Shop at 254-0841, or for information about the ASYMCA, call 254-4719. The AESC members (from left) Jenny Nauta, Lindsey Sandvol, Nichole Ferguson and Mary Pratt, are standing between two of three recently donated picnic tables.

WORD TO PASS

Commissary Gives Reminders

• *Scholarships for Military Children Due Feb. 18*

There's still time to apply for Scholarships for Military Children money. Applications for the \$1,500 scholarships are due at the nearest commissary by close of business Feb. 18. At least one scholarship will be awarded at every commissary location with qualified applicants.

The application can be downloaded through a link at www.commissaries.com. Copies of the application are also available at commissaries worldwide.

• *DECA Becomes Cupid's Headquarters for Valentine's Day*

Commissaries have just oodles of Valentine's treats for shoppers playing Cupid. If chocolate is your passion, commissaries have got you covered with solid milk chocolate hearts and roses. If your sweetheart is watching his or her sugar intake, then give the gift of flowers instead.

Perhaps your Valentine likes eating healthy. A fruit basket might be just the answer! What's even sweeter is that many commissaries will create fruit baskets for you upon request.

Further, something sweet and special can always be found in the commissary bakery, or down the health and beauty products aisle, which boasts a large assortment of fragrant hand lotions and moisturizers, make-up and other beauty enhancers — all priced to suit your budget.

• *Promotions Abound at Commissaries*

This month commissary shoppers can check out the promotions area under the Shopping link at www.commissaries.com for opportunities to win shopping sprees, a trip for two to Aspen and more through manufacturer's special events.

American Legion Offers Scholarship Opportunity

• To say "thank you" in a very meaningful way to the nation's children who have lost a parent in the world's enduring struggle against the evil of terrorism, the American Legion has established the American Legacy Scholarship. Children of U.S. active duty military members, and of federalized Guard and Reserve personnel, killed on or after Sept. 11, 2001, are eligible.

To obtain an application, visit the Legion's Web site at www.legion.org and click on "community."

The public may contribute to the American Legacy Scholarship fund by sending donations to The American Legacy Scholarship Fund, The American

Legion, P.O. Box 1055, Indianapolis, IN 46206.



FRA Announces Priority Legislation, Scholarship Criteria

• The Fleet Reserve Association, the oldest and largest professional military association representing sea service concerns, has announced that it will be working with Congress and the DoD regarding funding for the Defense Health Program, access and funding for TRICARE, reform of the Survivor Benefit Plan and full-funding of military retired pay and VA disability compensation. The FRA also continues to press for pay increases to help close the gap between the military and the private sector, and opposes changes to the commissary benefit.

For more legislative priorities, visit www.fra.org.

• The FRA is accepting applications for its 2004 scholarship program, which includes 10 separate awards of \$5,000 and still others for college degrees.

The competitive FRA-funded scholarships are based on financial need, academic standing, character and leadership qualities. Preference is provided to FRA members and their families, and applications are due by April 15.

Get an application form (with a revision date beyond Oct. 1) at www.fra.org.

Voting Guide Outlines State Elections

Because election laws vary from state to state, service members and their families should consult the recently distributed 2004/2005 Voting Assistance Guide for procedures to register or request an absentee ballot in local, state or federal elections. The Guide is available online at www.fvap.gov, and absentee voting materials may also be obtained through unit voting assistance officers.



BISHOP MUSEUM

Chinese Art, Dinosaurs Play at Bishop Museum

Located at 1525 Bernice Street, Bishop Museum is now hosting the following

exhibits:

• Through Feb. 15: "Flying the Child's Hope," a Chinese children's art exhibit at the Hall of Discovery, features various works of art that express concern for the environment, targeted for American kids ages 5-13, as well as the general public.

• Through April 15: "Savage Ancient Seas" transports guests to a North America of 70 million years ago, when the last of the great dinosaurs roamed the Earth. The 8,000-square-foot exhibit also features fossil skeletons suspended from the ceilings. Enjoy displays in Castle Hall.

• Bishop Museum is open daily from 9 a.m. to 5 p.m. Admission is \$14.95 for adults, and \$11.95 for military and youth from 4-12 years old. Children under 4 are free. For more details, call 847-3511 or visit www.BishopMuseum.org.

Boutiki Seeks Donation Requests

The Boutiki Gift Shop is now accepting donation request letters from organizations seeking monies to help fund various programs or supplies. Nonprofit organizations that are directly involved in quality-of-life issues for military families may send in a request letter to the Boutiki Gift Shop, ATTN: Donation Request, Box 10, Naval Station Pearl Harbor, HI 96860. Letters must be post-marked by Feb. 17, and should include the name, address and telephone number of your organization, and specific details about what your donation will be used for.

The not-for-profit Boutiki retail store sells handcrafted Hawaiian, Americana and seasonal décor. Its all-volunteer staff is comprised of spouses from all branches of the military. Profits from the store go to organizations located on Oahu who have a direct impact on the military or their families such as the Navy Marine Corps Relief Society, the American Red Cross and the Armed Services YMCA, to name just a few.

Store hours are Mondays, Fridays, and Saturdays from 9 a.m. to 1 p.m. and Wednesdays from 3 to 7 p.m. For more details, contact Mary Nishioka, Boutiki publicity, at 623-0736 or 422-6662.

WAA Hosts Stewardship Days

The Windward Ahupuaa Alliance has established a new way of communicating its activities and events by setting up a separate page on the "Koolau News" Web site at www.koolaunews.com/waa. Look for more information about the following upcoming events:

• Saturday from 8 a.m. to noon, participate in the Waikalua Loko Fishpond

Community Stewardship Day.

• Feb. 21 from 8 a.m. to noon, get involved in the quarterly Great Kapaa Quarry Road Cleanup/out Community Stewardship Day.

For more information, contact Shannon Wood at 263-6001.

Friends of Heeia Post Upcoming Events

• Sunday, you are invited to the Heeia State Park "Open Market" from 9 a.m. to 3 p.m. Enjoy the beauty of the park while shopping for arts, crafts, fruits, veggies, plants and more.

• Mark your calendar for "In the Garden," Feb. 14, March 13 and April 10, a series of Hawaiian gardening workshops with experts in the field. Discover the best techniques for pruning, mulching, transplanting and more, to pot and propagate plants for your own backyard.

• Need a meeting place for your organization? Call 247-3156 for details about renting the hall on Fridays, Saturdays or Sundays.

Hawaii Prince Hotel to Host Free Microsoft Seminar

Information technology professionals are invited to attend the Microsoft Security Strategies Roadshow, an educational seminar, that will discuss how enterprise IT professionals can secure servers, apply security best practices, learn the benefits of intrusion protection and implement security patch management.

The seminar will take place Feb. 13 from 9 a.m. until 4:30 p.m. (breakfast and registration run from 8 to 9 a.m.) at the Hawaii Prince Hotel Waikiki and Golf Club, at 100 Holomoana St. in Honolulu. There is no cost for attending this full-day event.

For more information or to register for the seminar, visit or call Dave Bernard at 970-663-4700. Preregistration is recommended, but not required.

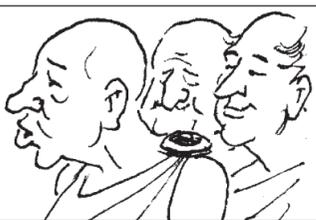
Entertainment Abounds at Local Theaters

• At the Kennedy Theatre: Today, Saturday and Feb. 12 - 14 at 8 p.m., Feb. 15 at 2 p.m., "Betty's Summer Vacation." It's a rollercoaster ride that starts off seeming relatively normal, but almost immediately reveals that things are not as they seem. The play explores reality TV characters that perform extreme atrocities. Tickets are on sale at \$15 regular, \$12 military, \$10 non-UH students, \$3 UH students. Call 956-7655 for more information.

Did You Know?



HOW DO YOU LIKE YOUR NEW NAME?



The Roman emperor Augustus was born Gaius Octavius. "Augustus" was a title, bestowed upon him by the Roman senate in 27 B.C., meaning "exalted, sacred."

quotable

You can observe a lot just by watching.

— Yogi Berra

Pint-sized racers

Right — Gunnery Sgt. Matt Torres prepares to begin the Annual Pinewood Derby Races, Saturday at Mokapu Elementary. The Cub Scouts-sponsored race has been an ongoing tradition since 1953 and was first created as an event to foster a closer father-son relationship for boys too young for soap box racing.

Photos Courtesy of Amy Roberts



Above — Pack champions, from left, Carter Hall, 7th place; Paulo Dabu, 6th place; Seth Wall, 1st place; Daniel Dabu, 2nd place; Michael Garrett, 3rd place; Gerard Dabu, 4th place; and Dakota Burch, 5th place, pose for a keepsake photo. The top four winners will compete in the island-wide finals in March.

Left — Imaginative car designs spanned the gamut, from snails to space shuttles.



Procrastination wastes time and life

NewsUSA

Featuring

"Someday, I will organize my closet."

"Tomorrow, I will start my diet."

"I'll wash the dishes later."

"I have plenty of time to study for that exam."

These are all words you might hear from a procrastinator. But putting off inevitable tasks is a behavior that wastes your time and your life, according to BestSteps.com, an online self-help resource. No matter how big or small your impending projects are, if you procrastinate, your life may not be as fulfill-

ing as you'd ultimately like it to be.

If your life is full of things to do "someday" or "later," here are a few motivational tips to help you get them done, from the experts at BestSteps.com:

- Take a moment to think about everything you are putting off. Then, assign a priority to each task. Within 15 minutes of doing this, take action on the top priority. Do something, no matter how small, to begin working toward your goal.

- Divide large, intimidating projects into smaller, easier segments. Finishing these smaller tasks will give you the sat-

isfaction and confidence to continue.

- Start with something you enjoy. The first step is the hardest, so it should be something you find pleasant and easy to accomplish in 15 minutes or less.

- Set small deadlines. Focus on a series of small, realistic goals for finishing parts of a project, instead of one final date for the entire project.

- Start now. Don't wait until you think you will have a block of time to do the project in one sitting. Even if you only work on it for a few minutes, you will be that much closer to completion.

- Reward yourself for each accomplishment. Having something to look

forward to when you finish a chore is a great way to get things done.

- Think about how relieved you will be when your task is completed. Use that thought as a motivator to keep moving forward with your project.

For more advice, subscribe to BestSteps.com, an online collection of mini-seminars containing practical advice about success, relationships, communication, health and more.

The Web site contains a wide selection of motivational materials from leading self-help authors, with specific steps you can take to help achieve your personal and professional goals.

Cupid matches mates at the O-Club

Edward Hanlon V
MCCS Public Relations

inquiries of three ladies who were looking for a few good men.

January 30, Cupid made some friendly fire of a different kind, and got a taste of the Corps at the Officers' Club MatchMate game.

Captain Joe Silvio, 1st Lt. Ben Lubin and 2nd Lt. Nick Ludwig all sat down and answered questions from bachelorettes, as the three gentlemen did on the syndicated "Dating Game." Questions such as "If you were a fruit, what type of fruit would you be and why?" and "If you had \$20 to spend on a date, where would you go?" were some of the more abstract

Marcella Cisneros, Marianne Kuhr and Stacy Erler were the bachelorettes on the blind side of the screen who hailed from MCB Hawaii. Each contestant took time weeding through each of the bachelor's answers to find the perfect match.

The lucky winner of the evening was undeniably Silvio, the aide de camp. He received the winning vote from both Cisneros and Erler, and went home with two complimentary Valentine's Day dinners from the Officers' Club.



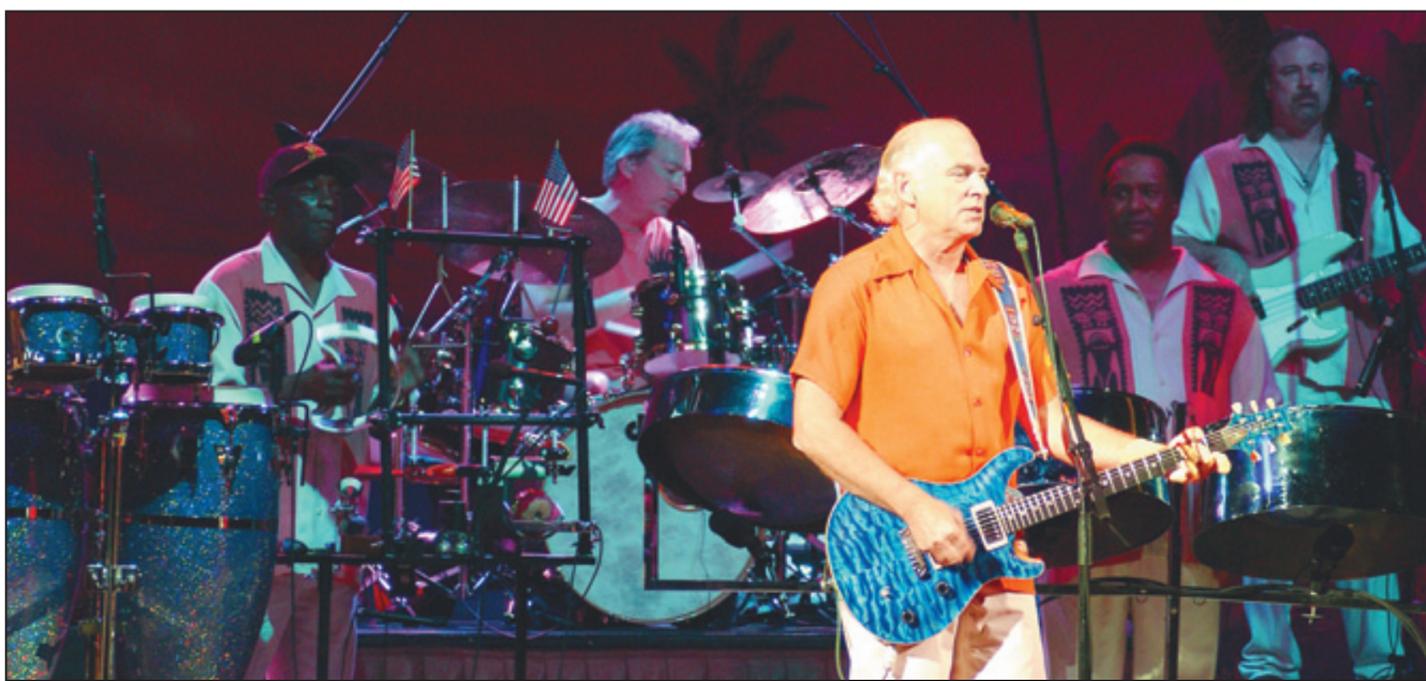
Edward Hanlon V

Marcella Cisneros, one of three bachelorettes who participated in the Officers' Club's version of the "Dating Game," questions the bachelors, hoping to find a right match.



Edward Hanlon V

(From left) Captain Joe Silvio, 2nd Lt. Nick Ludwig and 1st Lt. Ben Lubin joked their way through the Matchmate game at the O-Club recently. Silvio was the big winner, leaving with two complimentary Valentine's Day dinners from the Officers' Club.



Lance Cpl. Rich Mattingly

It's Buffett time!

Jimmy Buffet and the Coral Reefer Band brought their blend of Caribbean-infused folk music to the Waikiki Shell Jan. 28 during their "Cheeseburgers in Paradise" show. The band was cheered through its popular songs by a sold-out crowd. Buffett invited several members of the armed forces to join him during the show as a salute to the military in Hawaii.

Hawaii MARINE SPORTS

Hawaii Marine C Section

February 6, 2004

Terrell Owens visits K-Bay

Sgt. Joseph A. Lee
Combat Correspondent

Marine and Sailor football fans were in a frenzy Tuesday for the chance to get an autograph and picture with a football superstar who took the time out of his Pro Bowl trip to visit the Marines and Sailors aboard MCB Hawaii, Kaneohe Bay.

San Francisco 49er wide receiver, and now free agent, Terrell Owens visited several locations here where he was greeted by dozens of eager fans, beginning with some intramural football league players at the Pacific War Memorial.

"I think it's a good thing that he took the time to come out and visit all the Marines out here," said Lance Cpl. Steven Annichiarico, a training clerk with Marine Aircraft Group 24. "I think more professional athletes should do it."

Owens, whose contract ended last year with the 49ers, may be looking around the league for a new place to call home. According to Owens, Atlanta is one of the possibilities he is exploring.

"I have lived in Atlanta during the off-season, and I enjoy the area," he said. "I also think Mike Vick just needs someone to throw to; that could be why he runs the ball so much," Owens explained.

As for now, Owens is enjoying his time here in Hawaii and enjoying the off-season. After his visit with the football players near the front gate, he continued his tour with a stop by the command headquarters of 3rd Radio Bn., where



Sgt. Joseph A. Lee

Terrell Owens, free agent wide receiver, had a chance to experience firing a M240G on his trip to the 3rd Marines ISMT Tuesday, where he participated with Marines against a simulated arctic assault.

Sgt. Maj. Robert Roberts presented Owens with a unit coin as a reminder of his visit.

Continuing on from 3rd Radio Bn., Owens and the escorting Marines hopped in the van and drove off — just as a Sailor passed by the van in his automobile, screaming and waving a jersey out the window. As the crew arrived at the 3rd Marine Regiment's Indoor Simulated Marksmanship Trainer, so did the screaming Sailor and another entourage of Marines.

Petty Officer 3rd Class Ivan Parker caught Owens as he headed into the ISMT to ask for an autograph and quick picture.

"I heard Owens was on base, so I just got up and left to search for Owens for the past 15 minutes," said Parker, obviously excited to meet the star. "I've been a die-hard Niner fan since they beat the Bengals in the Super Bowl years back. That game is the game that got me into football in the first place, and I've been on that bandwagon ever since."

Inside the ISMT, Owens took the opportunity to join a squad of Marines in the prone position for a simulated arctic assault, manning an M249 squad automatic weapon and a M240G medium machinegun.

"I thought [the ISMT] was dope," said Owens after playing on the simulator for about 30 minutes. "You've got to have some strong elbows to handle all that."

After the ISMT training experience, Owens and crew stopped by the Anderson Hall dining facility to enjoy lunch before departing the base, as his tour had come to an end.

"I really enjoyed coming out here," said Owens as he departed. "With all that's going on right now in the world,

I'm really happy I could stop by and see some of the fans on base, and see how they live. It actually reminded me a lot of college."

Owens was selected to go to the Pro Bowl, which kicks off 2:30 p.m. Sunday at Aloha Stadium, but will have to stand on the sidelines due to injury.



Photo Courtesy of NFL

"T.O." takes off down the field after making a reception while with the San Francisco 49ers.



Chief Warrant Officer 2 William D. Crow

Terrell Owens (back row, center) met up with K-Bay's finest intramural football players during his trip here. Owens also took time to visit other fans, 3rd Radio Bn., the ISMT and Anderson Hall.

QuickSilver triumphs, 35-5

Hawaii Marine Staff
Public Affairs Office

QuickSilver Point Guard Darnell Rivers, 7, scored eight points and handed out numerous dishes and assists in Youth Basketball action aboard Marine Corps Base Hawaii, Saturday, as QuickSilver defeated the Sharks, 35-5, in the Semper Fit Center.

Early competition was fierce. The Sharks battled the Silver's crushing defense and taller rebounders. Sharks guard Kyle Murphy, 8, effectively moved the ball into and out of the defense, but the Sharks came up a little short putting the ball in the net, falling behind early.

"The kids all played so hard," said Nell Carson, one of the parents attending the game. "This is a great

See SILVERS, C-6



Photo Courtesy of Tennessee Titans

Tennessee Titans cheerleaders check out the crowd at a recent NFL Football game. The cheerleaders will visit K-Bay Thursday.

Titans squad to cheer here

Edward Hanlon V
MCCS Public Relations

Give me a K! Give me a B!
Give me an A! Give me a Y!
What does that spell?
...Nothing but F-U-N when the Tennessee Titans Cheerleaders come to Kaneohe Bay, Thursday.

With numerous events planned while they are aboard, everyone will have the opportunity to see a professional show, get an autograph or even join the Titans

cheerleaders for a cheerleading clinic.

From 11:30 a.m. until 12:30 p.m., Anderson Hall dining facility patrons will get the chance to meet and greet the cheerleaders and enjoy an autograph session. Then head on over to the Marine Corps Exchange at 1 p.m. for another autograph session where everyone's invited.

When the kids get out of school, you can bring them

See TITANS, C-6

BASE SPORTS

Edward Hanlon V
MCCS Public Relations

FEBRUARY

6 / Today

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

7 / Saturday

Inexpensive and Fun Entertainment — Look no further for economical entertainment! 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 at 254-7693.

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 your fishing objective. Spend your day with family and friends off the coast of windward Oahu, catching some of the ocean's most exotic and tasty fish.

Dive charters are available in the crystal clear waters surrounding Kaneohe Bay. Call 254-7667 for more information.

Pool Plunge — Wet your feet and beat the heat at any one of the Marine Corps Community Services pools. With four locations to serve your swimming demands, there's sure to be one nearby. Pool locations are at the Kaneohe Bay main pool, Bldg. 981; Hilltop pool, Bldg. 502; the Officers' Club, for members only; at Camp Smith pool, Bldg. 125; and at Manana Housing pool, Bldg. 840.

8 / Sunday

Pro Bowl 2004 — Watch the Pro Bowl on a mini theater movie screen with surround sound at the Kahuna's

Recreation Center, where you can lounge in comfortable leather chairs and sofas, and enjoy beverages from Starbucks.

Kick-off time is at 2:30 p.m., and the recreation center is open to all E-5 and below, their spouses, family members, DoD civilians and sponsored guests.

9 / Monday

Scratch Tournament — Active duty Marine Corps bowlers are invited to the Hawaii Marine Corps Scratch Tournament, to be held Feb. 9 through 12, from 6 to 9 p.m. The K-Bay Lanes, Bldg. 1666, will host the event, and bowlers will compete for the opportunity to play in the Hawaii All-Military Scratch Tournament in April.

Register today at K-Bay Lanes. Fees are \$30 for American Bowling Congress or Women's International Bowling Congress members; nonmembers must pay an additional fee to qualify for high-score recognition.

Strut your stuff on the lanes and show your fellow Marines what pin action really is. For

more details, call K-Bay Lanes at 254-7664.

Intramural Basketball — If you're not rocking the court, stop by the Semper Fit Center on Mondays, Tuesdays and Wednesdays to cheer on your unit's team. Games begin at 6, 7 and 8 p.m. For sign-up information, call MCCS Intramural Sports at 254-7591.

Intramural Baseball — Take a swing by Reiseley Field on Mondays, Tuesdays, Wednesdays or Fridays at 6:30 p.m. to root for your team.

Adventure Training — 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 PT at the same time. Classes are offered in scuba, kayaking, power boating and water skiing.

Adventure Training is offered

at no charge to all MCB Hawaii units. Training NCOs and staff NCOs should call the base marina at 254-7667 for more details.

11 / Wednesday

Color Pin Special — 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. If you make the play, you win!

12 / Thursday

Titans Cheerleaders — The Tennessee Titans cheerleaders will be visiting several establishments aboard MCB Hawaii, so get out and meet them to get an autograph.

The cheerleaders will be at the Anderson Hall dining facility at 11:30 a.m., the Kaneohe Bay Main Exchange at 1 p.m., the Semper Fit Center at 3:30 p.m., Kahuna's Sports Bar & Grill at 7 p.m. and at Kahuna's Recreation Center at 8:30 p.m.

Intramural Basketball Standings

	Wins	Losses
MAG-24 Bulldogs	2	0
Mess Hall	1	0
3rd Marines	1	0
HMH-363 Red Lions	1	0
Monsters	1	0
VP-4 Topside Dragons	1	0
1/12	0	0
VP-4 Skinny Dragons	1	1
CPRW-2	0	1
MALS-24 Warriors	0	1
MCAF	0	1
HQBN Second2None	0	1
SNCO Academy	0	2
MALS-24 Supply	0	2

(Intramural Basketball standings are current as of Jan. 28.)

Intramural Baseball Standings

	Wins	Losses
VP-4	1	0
HQBN	1	0
1/12	0	0
MAG-24	1	1
VP-9	0	1
3/3	0	1

(Intramural Baseball standings are current as of Jan. 28.)

Base All Star

NAME: William Krepps

UNIT: Headquarters Bn.,
MCB Hawaii, Kaneohe Bay

BILLET: PMO Patrolman

SPORT: Intramural Baseball

TEAM: HQBN Titans

POSITION: Centerfield

• Krepps has been playing baseball for 18 years.

• He had three RBIs in Monday night's intramural baseball game.

• He played varsity baseball all four years of high school.



Cpl. Jessica M. Mills

"Success depends on love of the game and concentration on fundamentals."

COMMUNITY SPORTS

Hawaii Trail and Mountain Club Hikes Makapuu Point, Sunday

The HTMC will travel the big loop high up along ridges and deep down into valleys of the Tantalus Trail, Sunday at 8 a.m. Intermediate hikers are invited to meander through bamboo forests, rock-hop across streams, traipse waterfalls and wander among ancient stonewalls.

If you're interested in tagging along, call coordinator Doug Klein at 235-8330 for more information.

A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18.

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

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs. For more information, call Turtle Cove at 259-4121 anytime between 8 a.m. - 8 p.m. (Bring bottled water and sunscreen for outdoor activities.)

• History Tours by Van, Saturdays at 1 p.m.: Learn about and see significant historical landmarks on Bellows Air Force Station.

• History Tours by Bike, Sundays at 8:30 a.m.: Ride into off-limits areas on mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Day rental of bikes and helmets is included; however, wear closed-toe shoes.

• Hike to Makapuu, Mondays at 8:30 a.m.: Take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse and stunning vistas. Wear closed-toe shoes.

• Lei Making, Tuesdays and Thursdays at 10 a.m.: Pick your own flowers to use in making beautiful lei and enjoy ancient Hawaiian folk tales and stories while making your keepsake.

• Bikram's Yoga, Wednesdays at 6:30 a.m.: Gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.

• Beach 101, Thursdays at 9 a.m.: The whole family can attend this fun class.

• Bodyboarding Lessons: Fridays at 1 p.m. Learn how to catch and ride the waves. Free day rental of boogie board is included.

• Snorkeling Tour, Wednesdays and Fridays at 8:30 a.m.: Discover the magnificent underwater world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are included.

• Kayaking Lessons, Wednesdays and Thursdays at 1 p.m.: Master ocean-kayaking skills including deep-water recovery, navigation, water safety and efficient paddling techniques in this two-hour class.

• Morning Paddle, Saturdays at 8 a.m.: Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Advanced skill level is required.

Sports Cars to Race Sunday

The Hawaii Region of the Sports Car Club of America will host five major races in 2004 and Solo II/Autocross races on both Oahu and Maui.

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

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

Points acquired throughout the year accumulate for prizes and trophies by year's end. Minimum participation in more than half of the year's races is

required to be in the running for points and the run-off championship.

Races are scheduled as follows: Sunday, March 7, April 4, May 2, June 6, July 4, Aug. 1, Oct. 3, Nov. 7 and Dec. 5. For more details, call Curtis Lee at 262-5987.

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

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

Future races will be on the following dates: Feb. 29, May 31, July 5, Sept. 6 and Nov. 13. For more information, call Ed Kemper at 524-0330.

• For details about Maui Raceway Park action, contact Ed Mentor at (808) 984-5009.

Hawaii Marine Accepts Sports and Recreation Faxes

Advertise sports and recreational activities of general interest to the DoD community in the *Hawaii Marine*.

Fax items to 257-1289, or call the *Hawaii Marine* staff at 257-8836.



THE BOTTOM LINE

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

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!"

Is Hawaii Warrior basketball for real?

Capt. K. D. Robbins
The Professor

June Jones' efforts to transform the once less-than-intimidating Hawaii "Rainbows" into "Warriors" has worked. However, Jones' gridiron giants are not the only Warriors whose threat extends beyond the confines of the island of Oahu and the Western Athletic Conference.

Riley Wallace has a group of young men who are doing one thing: winning.

So, as Wallace and his Warriors basketball team made some noise, "The Bottom Line" hit the road and attacked the Bible Belt to give our readers The Professor's and The Goat's takes on these Hawaiian hard-court heroes.

As you enter the Donald W. Reynolds Center in icy cold Tulsa, Okla., your "ears to echoes" of Tubby Smith, Bill Self and the ghosts of Golden Hurricane past remind you that this isn't just a small conference program. Tulsa makes a living not only qualifying for the NCAA tournament, but also by finding a way to crack the Sweet 16, breaking the hearts of would-be Final Four teams along the way.

The skeptic walks into this arena and says, "The Warriors will choke on the road, just like the football team." Well, the skeptic is wrong.

Wallace has a group of kids who look more like a construction crew than a basketball team. But, that is the beauty of this squad. They pass the ball well. Wallace's motion offense frustrates opponents, as nearly every Warrior gets an open look at the basket. They play solid defense and their front line is competitive with any team in the country. Best of all, they have confidence, the look of a team that believes they will win.

The only kink in the armor is shooting guard Michael Kuebler. Like The Goat of old, he cannot find a shot anywhere on the court that he doesn't like. Minus Kuebler's turnovers, erratic shots and weak defense, this team is solid. This team is a winner.

Bottom Line: A double overtime win on the road, against a team like Tulsa, is something to build on. The Warriors are now 16-4 and 7-2 in conference to lead the WAC at the end of the first half of conference play. That is something to build on.

If Kuebler develops any consistency with his wide array of shots and Wallace can find a way to hide him defensively, that is something to win on. Hey, UH fans, June Jones may have brought you the Warriors, but Riley Wallace is bringing you something even better — winners!

Sgt. Joe Lindsay
The Goat

The Goat ain't no Himalayan mountain goat. He don't like the cold. Still, the Goat was jealous that The Professor got to sit in on the game of the year at the Reynold's Center in Tulsa, where the Hawaii Warrior basketball team showed that there are more sports stories coming out of the islands than just teenage girls — golfing, getting their arms bit off by sharks, and falling off hotel balconies — by way of their epic 73-71 double overtime victory over the Golden Hurricanes, Jan. 31.

Despite losing last year's team MVP (Carl English) to who knows what overseas league after his NBA dreams got cut by the Indiana Pacers, the Warriors are showing the mainland that the hottest ticket in town this weekend is not to the Pro Bowl, but rather to Saturday's game against San Jose State at the Stan Sheriff Center. A win over the Spartans will help solidify Hawaii's spot atop the WAC, and is crucial to them ever getting in another "Bottom Line" article again.

The way things are going, it's hard not to pick Hawaii to take WAC title this year, and thus gain the conference's automatic bid to the NCAA tournament. Riley Wallace can make Bobby Knight look like a choir

boy at times, and his brand of masterful Xs and Os coupled with his Marine Corps drill instructor motivation techniques has a team of cast-aways and junior college transfers playing like champions.

Taking over English's spot as the "star" of the team this year is feisty gunner Michael Kuebler, who in the tradition of all great scorers is a defensive liability, to say the least. It is not uncommon to see Kuebler stick three Js in a row, only to be benched by Wallace for letting his man score three in a row too. Still, he fills it, and has a confidence that seems to say, "I've hit four in a row. I'm hot. Give me the ball," just as easily as "I missed four in row. I'm due to make one. Give me the ball."

Bottom Line: Hawaii is not going to get it done this year on the back of Kuebler. Does he need to average 20 a game for the Warriors to win? Probably. But he is not the key.

The key for Hawaii to do anything outside the WAC this year is the play of Julian Sensley, Phil Martin, and Jeff Blakett. Blakett sometimes gets lost in the shuffle, but has shown flashes of brilliance, and has been the surprise player the Warriors so desperately needed. Sensley and Martin are flat out workhorses who don't back down from anyone. Just like their coach.

READERS STRIKE BACK

'To me, the Goat is a wimp.'

I used to have big respect for the Goat, but no more. To me, the Goat is a wimp. He might write better articles than the Professor and use more bigger words, but at least the Professor is a man and not a mouse.

I was disgusted when I got to the bottom of the

"Bottom Line" to see the Goat's Super Bowl prediction, and low and behold he didn't even have the guts to pick a score. Sure the Goat was right by picking New England, and everything he said turned out to right too, but he was playing it safe by not putting it on the line.

To me, I have more respect for somebody like the Professor, even if it seems he does write the same article every week but just changes the names and the sport. At least the Professor is a man and can look

himself in the mirror.

I would rather share a cold beer with the Professor than a Shirley Temple with the Goat. What a puss. Here's my Super Bowl XXXVIII prediction: Pittsburgh 50, Dallas 0.

See Goat, even if I'm wrong, at least I took a stand.

— James Wilfrom
representing Pitt

SPORTS AROUND THE CORPS

Marines tested at All-Star Challenge

Staff Sgt. Marc Ayalin

Marine Corps Recruiting Command

HOUSTON — The United States Marine Corps participated in the 2004 Capital One College All-Star Challenge held at NASA's Johnson Space Center here, Jan. 30.

The event attracted approximately 2,500 fans and spectators who witnessed some of the nation's top players in college football compete in a unique skills competition.

This is the second year in a row the Marine Corps has interactively participated in the competition. This year, the Marine Corps held an oath of enlistment for 35 applicants, showcased a static display of Amphibious Assault Vehicles and High Mobility Multi-Purpose Wheeled Vehicles, displayed Marine banner advertisements throughout the playing field and presented the colors at the opening ceremony.

"Having the Marines involved this year has taken this event to a higher level," said Charles N. Besser, president and CEO of Intersport, producers of the annual College Football All-Star Challenge. "Football is an absolute American sport and having the Marines here, especially this year, is just the right thing to do. This is the second year the Marines have participated, and the equipment display added excitement to the event."

For the Marines who supported this year's challenge, it was a great opportunity to be involved in such a high-profile event.

"This is one of the better events we've supported," said Staff Sgt. Jacob Whitley, an AAV Mechanic, with Bravo Company, 4th Amphibious Assault Battalion, 4th Marine Division. "It's also a joy for us to show the public some of our equipment. This is stuff they hardly ever get to see."

For Carly Rohrig, an attendee, the Marines made an impression on her.

"I think what Marines do is honorable and necessary," Rohrig said. "I'm glad that there are people willing to fight for our country. I don't know what I'd do if I were put in a combat situation."

For the competition, the athletes divided into four teams of two. They included University of Pittsburgh's Rod Rutherford and Notre Dame's Julius Jones; Kentucky's Jared Lorenzen and Washington's Reggie Williams; Tennessee's Casey Clausen and Texas' Roy Williams; and Michigan's Chris Perry and Michigan State's Jeff Smoker.

The first of four challenges of the competition was the Aerial Assault in which players made six attempts to throw a football at moving and stationary targets, each containing a red circle worth specific points.

The second challenge was the Marine's Obstacle Rush. Here, players



Staff Sgt. Marc Ayalin

Doug Hurley, NASA astronaut, conducts a run through the Marine's Obstacle Rush, one of four challenge courses featured during the 2004 College Football All-Star Challenge held January 30, at NASA's Johnson Space Center in Houston, Texas.

ran through a series of obstacles and raced against the clock for the fastest time.

The third challenge, the Landing Zone, tested each quarterback to determine who could throw the furthest.

The final test was the Quick Delivery, which harnessed the skill of both teammates by challenging the receiver to negotiate through a series of obstacles while his quarterback threw him passes.

Pittsburgh's Rod Rutherford and Notre Dame's Julius Jones won the competition to become this year's champions.

"This whole event has been a highlight for me," said Jones, a running back. "Being out here with the country's top players has been a great experience."

With the disaster of Space Shuttle

See ALL-STAR, C-6



spotlight on health

Preparation takes pain out of dental visits

Navy Lt. David Prusakowski
21st Dental Company

February marks the annual observance of National Children's Dental Health Month, which first began as a one-day event in Cleveland, Ohio, on Feb. 3, 1941. It was extended to a weeklong event in '55, and then became a month-long celebration in '81, according to the American Dental Association.

"An estimated 35,000 dental professionals are mobilizing to provide underserved children with the nation's largest, free dental education, screening and care event on Feb 6, known as 'Give Kids a Smile/National Children's Dental Access Day,'" explains the ADA Web site at www.ada.org.

Locally, the 21st Dental Company encourages military families to take actions now to help prevent oral health diseases, and is taking the opportunity to increase awareness of dental health issues. In this first of a four-part series, 21st Dental outlines the most frequently asked questions about your child's first dental visit.

When should my child first see a dentist and why?

The ideal time is when your child's (primary) teeth come in, typically between 18 and 24 months of age. As a general recommendation, wait no longer than age 2. This 18 to 24-month-age window is an ideal time for the dentist to carefully examine the development of your child's mouth. Because dental problems often start early, the sooner you schedule the visit, the better. To safe-

guard against problems such as baby bottle tooth decay, teeth irritations, gum disease and prolonged thumb sucking, the dentist can provide or recommend special preventive care.

How do I prepare my child and myself for the visit?

Before the visit, ask the dentist about the procedures of the first appointment, so that there are no surprises. Plan a course of action for either reaction your child may exhibit — cooperative or non-cooperative.

Very young children may be fussy and not sit still.

Talk to your child about what to expect, and build excitement as well as understanding about the upcoming visit. Bring with you to the appointment any records of your child's complete medical history.

What will happen on the first visit?

Many first visits are nothing more than introductory ice-breakers to acquaint your child with the dentist and the practice. If the child is frightened, uncomfortable or non-cooperative, a rescheduling may be necessary. Patience and calm on the part of the parent, and reassuring communication with your child, are very important in these instances.

Short, successive visits are meant to build the child's trust in the dentist and the dental office, and can prove invaluable if your child needs to be treated later for any dental problem. Appointments for children should always be scheduled earlier in the day, when your child is alert and fresh. For children under 24-36 months, the parent may need to sit in the

chair and hold the child during the examination. Also, parents may be asked to wait in the reception area so a relationship can be established between your child and the dentist.

If the child is compliant, the first session often lasts between 15-30 minutes, and may include the following, depending on age: a gentle but thorough examination of the teeth, jaw, bite, gums and oral tissues to monitor growth and development and observe any problem areas; if indicated, a gentle cleaning, which includes polishing teeth and removing any plaque, tartar build-up and stains; X-rays; a demonstration of proper home cleaning; and assessment of the need for fluoride.

The dentist should be able to answer any questions you have and try to make you and your child feel comfortable throughout the visit. The entire dental team and the office should provide a relaxed, non-threatening environment for your child.

When should the next visit be?

Children, like adults, should see the dentist every six months. Some dentists may schedule interim visits for every three months when the child is very young, to build up a comfort and confidence level, or to



Photo Courtesy of 21st Dental Company

Lieutenant Sepehr Rajaei, a dental technician with CSSG-3's 21st Dental Company, examines a child's teeth during Children's Dental Health Month 2003. It is very important that children, as well as adults, brush their teeth twice each day.

treat a developing problem.

How do I find a dentist for my child?

Many general dentists treat children. If yours does not, ask for a referral to a good dentist in

your area. A word-of-mouth recommendation from a friend or family member can also yield the name of a quality dentist.

(Editor's Note: Next week, look for information on dental sealants.)

21st Dental Company, MCB Hawaii, Kaneohe Bay

**Hours of Operation:
Monday - Friday
6:30 a.m. - 6 p.m.**

**To schedule an appointment,
call 257-3100, ext. 1**

February is Healthy Heart Month

**Navy Lt. King Anderson and
Wendee Kukuwich**
Naval Medical Clinic, Pearl Harbor

PEARL HARBOR — The Naval Medical Clinic here can help you prevent the consequences of heart disease with these simple steps for a satisfying "Recipe for a Healthy Heart." However, these habits and behaviors take time to develop, so you can't expect changes overnight. You should start by working on one part of the "recipe" at a time. You can expect a healthier heart in the near future!

Recipe For a Healthy Heart

*(Preparation time: Depends on you
Level of difficulty: Easy to moderate)*

Ingredients:

- 1 ounce of prevention
- 1 or more motivated individuals
- pounds of healthy weight (more lean muscle mass & less body fat)
- well-balanced nutrition (fresh produce, lean proteins & whole grains)
- 4-6 servings of physical exercise per week
- blood pressure management (below 140/80)
- less than 200 milligrams cholesterol/day
- controlled blood sugar (glucose), if diabetic
- a pinch of stress management
- moderate alcohol consumption
- cessation of tobacco products (for best results)

Instructions:

1) Get motivated to prevent heart disease. To prepare for a healthy heart, ask your Primary Care Manager (PCM) at either the Branch Medical Clinic Makalapa or Kaneohe Bay if you

have risk factors for heart disease.

2) Maintain a healthy weight. Nutrition classes are held monthly at BMCs Makalapa and Kaneohe. General recommendations for nutrition based on the Food Guide Pyramid include a variety of fresh produce, whole grains and lean proteins.

3) Move your body. Strive to exercise 4-6 days a week for at least 30 minutes. Studies reveal even 10-minute exercise bouts three times a day lower heart disease risk.

4) Take your medications. If you have been diagnosed with hypertension (high blood pressure), hyperlipidemia (high cholesterol) or diabetes (high blood sugar), your PCM may also prescribe medication in conjunction with a nutrition and exercise regimen.

5) Manage stress, anger and pessimism. Healthy ways to reduce stress include practicing relaxation techniques (i.e., deep breathing), eating regular, well-balanced meals, obtaining adequate sleep and maintaining supportive relationships.

6) Muster the will power to limit alcohol. Restrict intake to one drink a day and don't use tobacco, which constricts and damages blood vessels.

The Health Promotion Department at the Naval Medical Clinic, Pearl Harbor, will feature a "Topic of the Month Booth" from 10 a.m. to noon on Thursday at BMC Makalapa, and on Feb. 19 at BMC Kaneohe. Healthy Heart classes are offered monthly at BMCs Makalapa and Kaneohe.

For more information, stop by the BMC Wellness Center or contact the Health Promotion Department at 471-9355. To register for classes, call Central Appointments at Makalapa (473-0247) or Kaneohe (257-2131).

Risk Factors of Heart Disease

Family history of heart disease
(Men over 45 &
Women over 55)
Tobacco use
Overweight/obese
Sedentary lifestyle
High blood pressure
Diabetes
High cholesterol

(Some risk factors such as family history cannot be changed, but many others such as tobacco use, physical inactivity and high cholesterol can be modified.)



Healthy Heart Classes

A variety of health education services and classes are offered monthly at the Branch Medical Clinics at Makalapa and Kaneohe Bay.

- Healthy Heart
- Tobacco Cessation
- Nutrition/Weight Management
- ShipShape.
- Asthma Education
- Self Care

(Information and referrals about services and classes can be obtained by calling the Health Promotion Department at 471-WELL [471-9355].)



Sgt. Joe Lindsay

Jolynn Farakish, Cardio-Kick boxing participant, throws a one-two-punch combination during a class at the Semper Fit Center. Regular exercise can help defend against heart disease.



Sgt. Joseph A. Lee

Darnell Rivers, 7, wrenches the ball from the Sharks' Bingham in Saturday's game.

SILVERS, From C-1

experience for all of them, regardless of who wins or loses," she added.

A large crowd of family and friends witnessed Saturday's Youth Basketball action aboard the base.

Silver center Evan Ingalls, 8, and power forward Abby Hughes, 8, proved too much for the Sharks underneath, as they rebounded and snatched up just about every loose ball in the paint. They converted many of these into easy baskets as QuickSilver built a commanding first half-lead of 20-0.

The second half proved to be more of the same as the two-team rotation of QuickSilver ensured fresh legs were on the court at all times. To their credit, the Sharks never quit and got five points on the board prior to the game's conclusion.

"We had an awesome game," said Hughes, after the win. "We have a really good team, and we always give it our best."

The undefeated Quick-

Silver face the undefeated '76er's in Youth Basketball tomorrow at 11 a.m.

The Semper Fit Center hosts the busy schedule of Youth Basketball on Saturdays. All are encouraged to come out and support the kids.

TITANS, From C-1

over to the Semper Fit Center at 3:30 p.m., where they can participate in a real cheerleading sports clinic. There will be both female and male instruction, and youth can register the day of the event. Plus, materials will be provided, so don't let that stop you from showing your own team's colors.

Experience the energy of a professional cheerleading performance at 4:30 p.m., in the main gym of the Semper Fit Center, when the Titans cheerleaders will fill the gym to the brim with spirit.

Staff NCO Club members will have the opportunity to spend some time with the squad at 6 p.m. at the club. The cheerleaders will be enjoying the senior enlisted company and mingling until 6:45 p.m.

The final stops on the squad's MCB Hawaii tour will be at the Kahuna's Sports Bar & Grill and at Kahuna's Recreation Center from 7 to 9 p.m. Patrons can watch a mini show, get autographs and mingle.

Marine Corps Community Services and the Single Marine & Sailor Program are hosting these events. For more details, call SM&SP at 254-7593.

Titans Cheerleaders Schedule Thursday, Feb. 12

11:30 a.m. - 12:30 p.m.

Autograph Session
Anderson Hall dining facility

1 - 2:30 p.m.

MC Exchange Visit & Autograph Session

3:30 - 4:30 p.m.

Cheerleading Clinic & Autograph Session
Main Gym, Semper Fit Center

4:30 - 5:45 p.m.

Professional Show
Main Gym, Semper Fit Center

6 - 6:45 p.m.

Dinner, Autograph Session
Staff NCO Club

7 - 9 p.m.

Mini Show & Autograph Session
Kahuna's Sports Bar & Grill &
Kahuna's Recreation Center

ALL-STAR, From C-3

Columbia still etched in Americans' minds, the College All-Star Challenge was a change of pace.

The space center director, retired Lt. Gen. Jefferson D. Howell Jr., conducted the opening ceremony, thanking all participants who were responsible for making the event possible. He also shared his feelings on the timing of the event (the All-Star Challenge took place nearly a year after the disaster).

"The NFL has shown extreme kindness to the families of the Columbia," Howell Jr. said. "The event here today allows our employees who have also been grieving for a year, to get out and enjoy a fun event."

"We felt that since the NFL has been so good to our people and the Johnson Space Center that we would love to host this event. It was an uplifting activity for our folks, and the space center made a great backdrop for the event."