

Hawaii MARINE

INSIDE

CG's Mail Box	A-2
Environmental Award	A-2
Gas Chamber	A-3
Nuupia Ponds	B-1
MCCS & SM&SP	B-2
Alcohol Awareness	B-3
Menu	B-5
Word to Pass	B-6
Motorcycle Safety	B-7
Intramural Softball	C-1
Sports Briefs	C-2
The Bottom Line	C-3

Volume 34, Number 20

www.mcbh.usmc.mil

May 21, 2004

'Click It or Ticket' returns

Lance Cpl. Michelle M. Dickson
Combat Correspondent

Click It or Ticket, the nationwide law enforcement effort to protect young people and others from a leading risk of traffic accidents, is getting into full gear here, Monday through June 6.

The national safety belt usage rate has jumped to 79 percent in the past year, making it the highest level in the nation's history. Although rates of usage are increasing, holidays, as well as

Memorial Day weekend show an increase of traffic accidents, many of which can be prevented.

Besides the usual ticket resulting in a two-point deduction on a service member's base driving privileges, a new Marine Corps Order published May 9 provides added incentive to take an extra 15 seconds, and buckle up safety belts.

A first offense nets a mandatory seven-day suspension of driving privileges on base, plus attendance at a

Saturday four-hour remedial driving class focused on safety belts. A second offense gives a one-month suspension of driving privileges, and the class and point deductions. A third offense yields a six-month suspension of driving privileges, along with the class and point deductions.

"Over the past year, our Corps has lost an unacceptable number of Marines in preventable mishaps," said the Commandant of the Marine Corps, Gen. M. W. Hagee. "The losses from these

mishaps are as tragic as those suffered from combat, and although the majority of Marines have returned safely from Operation Iraqi Freedom, the risk is even higher now."

According to Mario Diprete, base safety specialist, it's much too easy for today's youth to believe nothing will happen to them. They have to be surrounded with a strong message, unfortunately, that if they won't buckle up to save their life, they should buckle to save themselves from a ticket.

Hands as weapons



Lance Cpl. Michelle M. Dickson

Sergeant Steven Byrnes, martial arts instructor for Headquarters Battalion here, looks on as Pfc. Sean Denson, personnel administration clerk, and Cpl. Nicole Smith, joint education center clerk, both with Headquarters Bn., head a long line of Marines during group push-ups. Since all Marines of Headquarters Bn. must be gray belt qualified by October, martial arts training is a high priority. To qualify, Marines must complete 29 hours of training and at least 90 percent of tan belt remediation.

Base chaplain named bishop

Pfc. Rich Mattingly
Sports Editor

"I received a message to call the apostolic nuncio, the representative of the pope in the United States. ... He said that Pope John Paul II had just appointed me as a bishop for the Archdiocese for the Military Services of the United States. It was a complete shock!"

"I called and ... I said 'Yes, sir!' I don't think anyone had ever called him 'sir' before," said the base command chaplain, before laughing and breaking into his characteristic, comforting smile. The revelation that he was to be installed as a bishop changed everything and nothing for this unassuming man.

Looking around at the mementos festooning the wood-paneled walls of his office, with the phone still to his ear, Navy Chaplain (Capt.) Joseph W. Estabrook command chaplain here, thought first about the troops he serves as chaplain.

Since his ordination as a priest in 1969, Estabrook has had a storied career that has only had one goal: helping others face the challenges of this world while walking the path to God.

When an archbishop friend suggested Estabrook join the Navy early in his career in the Catholic Church, the young priest didn't know what to do. He'd never really considered joining the military, and he didn't even know what a Navy uniform looked like, much less what his job might be like, ministering to Sailors.

"Geez," he thought, "I can't even keep my shoes shined."

As it turns out, shining his shoes would be less of a concern than keeping his seabag at the ready. He quickly began a whirlwind three-year tour, visiting 15-30 ships a year throughout Europe.

When he was asked to again shift gears and start working with the Marine Corps, Estabrook thought it didn't sound like a bad idea at all.

"I kept extending; my three years turned into four and so on

Marines learn combat casualty care tactics

Lance Cpl. Michelle M. Dickson
Combat Correspondent

You are in an unknown field environment. The only sounds engulfing your eardrums are the ringing of unrelenting



Lance Cpl. Michelle M. Dickson

Navy Lt. David Callaway, battalion surgeon for 3rd Radio Bn., pours tomato juice, simulating blood, on Petty Officer 1st Class Ryan Lisec, a corpsman for 3rd Radio Bn.

gunfire in the air, followed by screams of your fellow service members as they rush on, defending the area.

As time passes, one of them falls beside you. The firing doesn't end, but he needs your help. What do you do?

Medical personnel along with multiple Marine units here took part in a course known as Tactical Combat Casualty Care, May 11 - 14. This two-day crash course was designed to give Marines and corpsmen the knowledge to deal with combat situations that could easily arise with today's war on terrorism.

"The guideline for this course is to be able to care for the wounded on the battlefield, until they can get professional attention once removed from it," said Dr. Stephen Giebner, chairman for Tactical Combat Casualty Care.

This was the first time the course had been taught on base. The interest from Marines and the medical department wanting the latest on combat casual care allowed this to happen, said Giebner.

"The main focus is getting the person to know what to do on the battlefield to care for an immediate injury," said Giebner. "In a firefight, these people need to know when to intervene, and what to do once out there."

Among other things, service members learned different ways to stop heavy arterial bleeding, how to secure and control an open airway and how to recognize and treat patients for shock.

"The people in this course now understand how emergency care on the battlefield is different from caring for someone in garrison," said Giebner.

The goal is to incorporate the curriculum into formal medical training for all Marines and corpsmen, said Lt. David Callaway, battalion surgeon for 3rd Radio Battalion. "Right now we are working from the bottom up and teaching a few from different units, so they can spread their knowledge when they go back."

According to Callaway, the military is working feverishly on getting the knowledge out to people because of the war in Iraq.

"Garrison medical practices are used very differently in a tactical environment," said Callaway. "We are no longer in a peacetime situation, and everyone should be prepared to perform in the most proficient manner when needed in the field."

Petty Officer 3rd Class Sheena Dietz, a corpsman with 3rd Radio Bn, will be heading to Iraq in June and feels much more prepared since taking this course.

"Some of the medical practices I have been exposed to are totally new to me," said Dietz. "It is totally different from basic training where you only learn how to apply medical practices in a garrison environment."

"I know it won't prepare me entirely for Iraq, but it will benefit me, I know. I feel more confident now."

See *CHAPLAIN*, A-5

MCBH NEWS BRIEFS

Free Food Gets Distributed, Today

Military individuals and families may be eligible to receive free peaches, pears, pinto beans, tomato sauce, peanut butter and dry potatoes during the Honolulu Community Action Program's food surplus distribution, today from 11:30 a.m. until 2:30 p.m. at the Youth Activities Center, Bldg. 5082.

First-come, first served, patrons need only show their ID card and LES (leave and earnings statement) to receive their allotment of food, based on the following:

Household Size	Annual Income
1	\$16,050
2	\$21,540
3	\$27,030
4	\$32,520

(Note: Add \$5,490 for each additional family member.)

For more details, call Angela Reed at Marine and Family Services at 257-7786.

Base Holds Stand Down, Wednesday

All personnel are reminded to attend the Memorial Day Stand Down this Wednesday, May 26, from 9 until 10:30 a.m. at the field located next to the Base Safety Center, Bldg. 279. Topics to be addressed are water, boating and motorcycle safety, as well as drinking and driving. For more information, call 257-1830.

Special Olympics Seeks Volunteers

Marines and Sailors are needed to help with the Special Olympics State Summer Games, May 28 - 30. Help is needed to support various activities at the University of Hawaii event location.

To volunteer, or for more details, call Daina Hart at 943-8808, ext. 30, or e-mail volunteers@specialolympicshawaii.org.

Important Numbers

On-Base Emergencies	257-9111
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188

Hawaii MARINE

Commanding General Brig. Gen. Jerry C. McAbee
Base Sergeant Major Sgt. Maj. Anthony E. Franks
Deputy Public Affairs Officer Sarah E. Fry
Public Affairs Chief Gunnery Sgt. Rhys Evans
Managing Editor Aiko Brum
Press Chief Staff Sgt. Ronna M. Weyland
Staff Writer Sgt. Joe Lindsay
Staff Writer Sgt. Joseph Lee
Staff Writer Sgt. Jereme Edwards
Staff Writer Sgt. Alexis R. Mulero
Staff Writer Cpl. Jason E. Miller
Staff Writer Cpl. Jessica M. Mills
Staff Writer Cpl. Monroe F. Seigle
Staff Writer Lance Cpl. Michelle M. Dickson
Staff Writer Lance Cpl. Megan L. Stiner
Sports Editor Pfc. Rich E. Mattingly
Lifestyles Editor Susana Choy
News Editor Kristin Herrick

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

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

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

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

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

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

HAWAII MARINE, BOX 63062, BLDG. 216,
MCB HAWAII, KANEOHE BAY, HAWAII 96863
E-MAIL: EDITOR@HAWAIIIMARINE.COM
FAX: 257-2511, PHONE: 257-8840

IN THE CG'S MAIL BOX



BRIG. GEN.
MCABEE

I am a Marine spouse, and I am preparing for a PCS (permanent change of station) move to Hawaii, which we are looking forward to. In my preparations, I am checking into lodging and housing for our arrival.

I have made a reservation with The Lodge; to my understanding, it will be at \$75 per night, which I know will be paid by TLA (temporary lodging allowance) for up to 60 days.

Housing has informed me that there is a two- to four-month wait for our family size and rank. In my Web surfing of the area, I found the Hickam Air Force Base Web site, and their lodging is only \$35 per night.

Maybe a way to better help the family and the PCSing budget is finding a more affordable means for temp lodging to benefit both, if it can be done. I am not sure, but I believe that theirs is done under billeting, and The Lodge is not.

If there is somewhere else for PCSing families to use for temp lodging, this Web page does not inform viewers of that.

Thank you for your time,
Francine Morgan



Dear Mrs. Morgan,
The commanding general asked me to respond to your e-mail because your concern falls within my staff responsibilities. He appreciates that you took the time to par-

ticipate in the "CG Mail" program.

Thank you for visiting our Web page and for making reservations at The Lodge.

There are two types of temporary housing for personnel transitioning to and from Marine Corps Base Hawaii.

Temporary Lodging Facilities (TLF) accommodate personnel transitioning between permanent changes of station, guests of permanently assigned personnel, retirees visiting the area, and other authorized patrons visiting the base who require temporary housing needs.

Transient lodging facilities, on the other hand, accommodate personnel in a temporary duty status aboard our base. While both types of lodging facilities are designed to accommodate personnel requiring temporary quarters, they differ in how they are funded.

Transient lodging facilities are constructed and operated solely from monies generated from the room fees. These are called non-appropriated funds.

Transient lodging is most often constructed with appropriated funds (APF) or taxpayer dollars. Appropriated funds also pays for personnel operating expenses and maintenance fees. This is the reason for the higher TLF room fees.

When setting TLF fees, our goal is to ensure a savings to the government of at least 25 percent from the average temporary lodging allowance (TLA) rate for the area. In Hawaii, TLA reimbursement rates are \$112 per night, and our fee per

night at The Lodge is \$75. The savings equates to \$37 (or 33 percent below the TLA rate for Hawaii).

The facility at Hickam operates primarily as a transient lodging facility for temporary duty travel. Because Hickam's transient lodging facilities are subsidized with APF, they provide these rooms at a lower rate. Families in a PCS status not assigned to Hickam are limited to a three-day length of stay, with day-by-day extensions thereafter.

Marine Corps Base Hawaii also has transient lodging facilities like those found at Hickam with room fees lower than at the TLF. Located at the Staff Noncommissioned Officer Bachelor Enlisted Quarters and at the Bachelor Officers' Quarters, they are available on a space-available basis and can be reserved for two weeks' stay, and weekly extensions are available.

The fee is \$25 per night for the first person and \$6 per night for each additional occupant; however, transient duty personnel have priority for stay in these rooms.

We appreciate your thoughtful comments and concerns. We believe that you will be pleased with the quality of accommodations at The Lodge at Kaneohe Bay.

If I can be of any further assistance, please contact me at 254-7500.

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

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

The commanding general invites input from

the base community via C.G. Mail on the following topics: What are we doing that we shouldn't be doing? What are we not doing that we should be doing? What are we doing that we

should be doing better?

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

MCB Hawaii recognized for environmental conservation

Cpl. Jessica M. Mills
Combat Correspondent

Upholding the bar for continued success, the Secretary of the Navy awarded MCB Hawaii the Natural Resources Conservation Award for small installations, as well as the Environmental Quality Award for nonindustrial installations, May 4, at the Secretary of the Navy Environmental Awards in Washington, D.C.

Since 1982, this base has continuously won environmental awards, recognizing its efforts and accomplishments in protecting natural resources and wildlife, and in preserving historic areas.

"This base has engrained the environmental stewardship ethic into its very core," said Dr. Diane Drigot, senior natural resources management specialist here. "We represent the Marine Corps' conservation ethic by making environmental issues a prior-

ity, and taking the time to make a difference.

"We consistently participate in environmental projects and show a strong community relationship, and that is why we continue to be recognized."

One of the most impressive success stories here has been the completion of a major effort that has spanned more than 22 years. The base has

See ENVIRONMENTAL, A-4



RIECK

VP-9 changes command

Commander Rodney M. Urbano assumed command of Patrol Squadron 9 from Cmdr. Daniel G. Rieck at a change of command ceremony on May 7. Rieck moved on to continue his education at the Naval Post Graduate School in Monterey, Calif. Urbano came here in May 2003 as executive officer.



URBANO

The Chamber



Annual NBC training keeps Marines current

Lance Cpl. Michelle M. Dickson
Combat Correspondent

As a group of Marines enters in a single file, all that can be seen in the center of the chamber is a small, burning can, which at first glance seems absolutely harmless.

As time goes on, the group is asked to complete a series of drills by the instructor walking around them.

The time is soon. In one short moment, they will be instructed to remove the only thing keeping them away from the contents of that small, harmless-looking can. They will be ordered to "break the seal."

These Marines are performing nuclear,

biological and chemical training. They must remove their gas masks in the presence of the canister of O-chlorobenzal-malononitrile — CS gas — before the release of the gas.

When administered, CS gas tends to irritate the skin and cause the person to cough with burning sensations in the nose and throat. Burning in the eyes with excess mucus secretion is also a common factor.

All Marines go through this type of training once every year to remain confident in their NBC skills and to ensure they can survive in a contaminated environment and complete the mission.

"It's important for the Marines to be proficient in acting correctly

and quickly in an NBC environment," said Staff Sgt. Aaron Dobson, the NBC specialist who runs the gas chamber for Headquarters Battalion here. "Equipment and gear changes over time, so if they keep up on their knowledge, when faced with a real situation, they can act accordingly."

After entering the chamber and performing the series of drills to demonstrate their understanding of how to use the mask, Marines perform side-straddle hops and shake their heads around, proving their capability and mobility when wearing the mask.

After all exercises are completed successfully, they then break the mask seal and allow gas to seep in. Only after

everyone has completed this task and provided a thumbs up, are all allowed to don and clear their masks, then walk single-file out of the gas chamber.

Dobson said panicking is the most common mistake Marines make when going through the gas chamber.

"Sometimes, the Marines think they are running out of breath and can't clear their masks correctly," said Dobson. "They forget everything they are taught and continue to take in the gas."

When Marines enter the fresh air and remove their masks, relief is almost instantaneous. The gear is returned, the next group suits up, and the cycle begins anew.

The art of the gas chamber

By Lance Cpls
Michelle M. Dickson and Megan L. Stiner
Combat Correspondents

Yet another brilliant idea landed us in quite an unusual situation. On average, a Marine has to go to the gas chamber once a year for required Marine Corps training. So we figured why not go in a few times, take our masks off and get some solid photos.

Okay, so the gas chamber experience here is no match for the Marine Corps Recruit Depot's, but let's just say, we got our fill of chlorobenzal malononitrile.

It all began the same as any other normal Public Affairs Office morning routine: We left the office, drove to Training Area Boondocker and suited up in Mission Oriented Protective Posture (MOPP) gear. But, unfortunately for us, this is where the similarities ended.

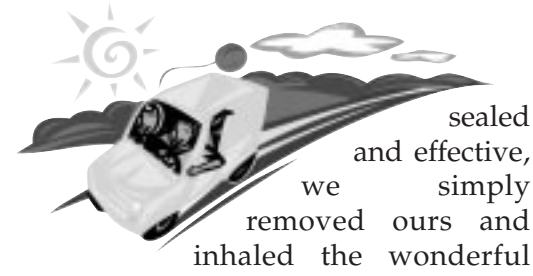
After sitting through the

informative hour-long speech about nuclear, biological and chemical warfare, not to mention current world events, by Staff Sgt. Aaron Dobson, the NBC specialist with Headquarters Battalion here, we had the chance to don and clear our masks a couple times before the fun began.

Adrenaline rushed through our veins as we entered the dreaded chamber, similar to how Indiana Jones must have felt as he cautiously maneuvered his way through the horrifying Temple of Doom. We suddenly had flashbacks of boot camp; we had been through this together once before and had seen visions of drill instructors laughing at our platoon through the small windows surrounding the chamber.

At this point, Marines had begun to enter the small concrete room, and it was time to check the gear. Our first trip through the chamber was strictly professional. After all, we had to perform the annual training as well.

We entered the second time, ready for more, and while the other Marines tested out their masks to be sure they were



sealed and effective, we simply removed ours and inhaled the wonderful nontoxic fumes. By the time the song and dance of the mask testing was over, the air was quite dense with the gas mixture.

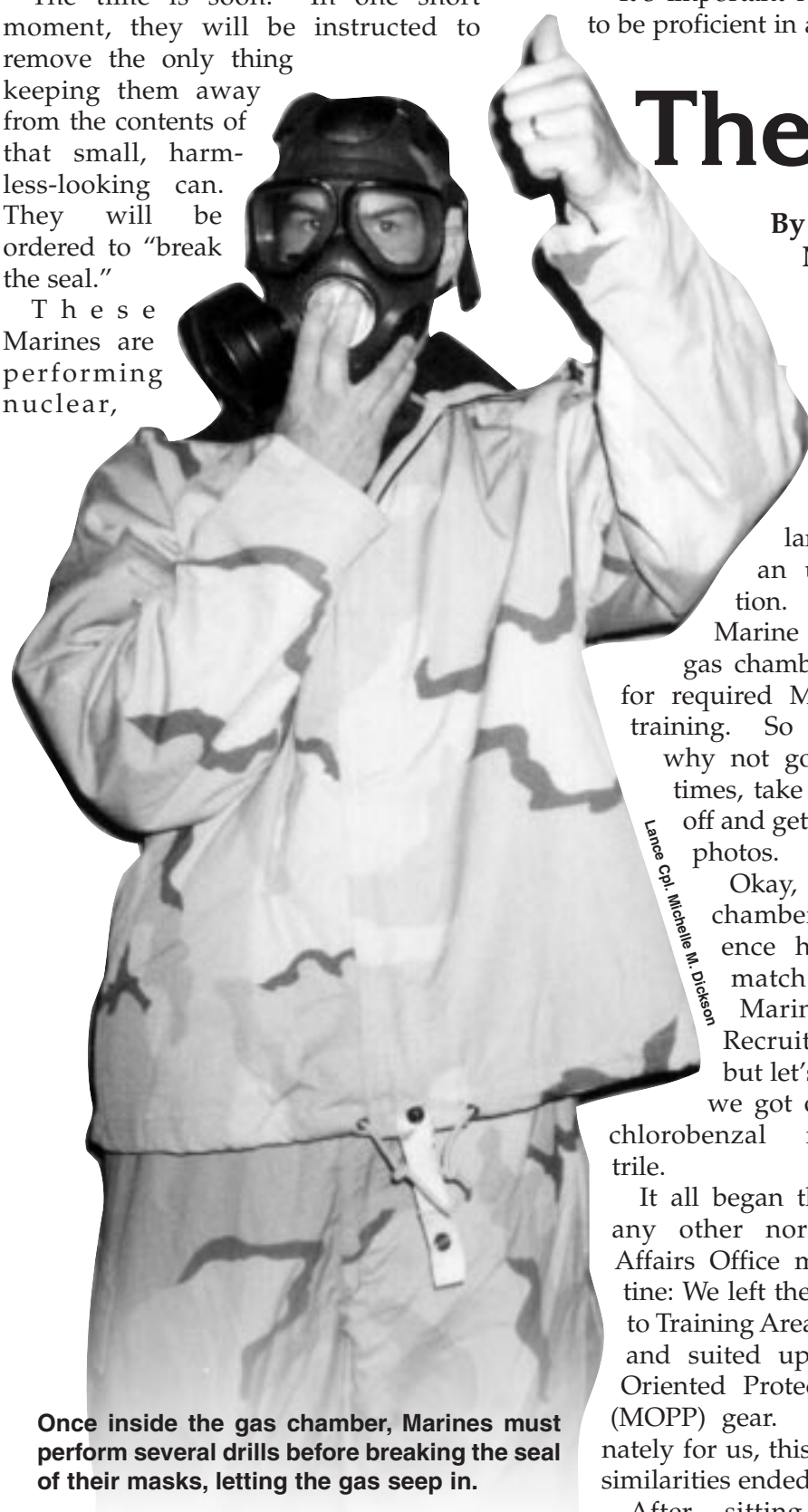
Then came the exciting part, as the fumes danced merrily in our eyes — and by dancing, we don't mean a waltz. It was more like one of those techno rave-like experiences. It was time for the rest of the Marines to, oh jeez, break their seal.

Gasp!

As we all know, if one Marine doesn't feel comfortable with removing his or her mask, we all suffer. Since we were already in pain, we didn't bother with encouraging the insecure devil dogs. We just snapped photos, hoping they were in focus, but unsure due to the burning mixture of teardrops filling our eyes and rolling down our cheeks.

After being relieved from the heat of the room, and knowing the last round would be the strongest with the gas, we of course had to return again.

Right we were! The third time in was by far the worst, but that didn't slow us down. As soon as we entered the room, we took off the masks, opened our eyes and the waterfalls of salty tears immediately began to stream down our faces. After five minutes, an ocean of tears, several odd looks and 12 pictures, all was just a memory — a fun, but kind of demented memory.



Lance Cpl. Michelle M. Dickson

Lance Cpl. Megan L. Stiner

Once inside the gas chamber, Marines must perform several drills before breaking the seal of their masks, letting the gas seep in.

Word on the Street

"What do you do to get yourself going in the morning?"



"I drink a cup of coffee and listen to loud music to wake myself up."

Megan Luis
 Starbucks barista



"I like to PT and take a shower to get myself going."

Sgt. James Johnson
 Chief martial arts instructor
 Regimental Schools



"I like to joke with the guys I work with, so we can all kind of wake up."

Lance Cpl. José Holguincruz
 Engineer
 3rd Radio Bn.



"I like to take a shower and get some coffee."

Aida Fajardo
 Child Development Center



"I just wait for noon. I'm not a morning person at all."

Petty Officer 1st class John Powers
 Individual duty corpsman
 3rd Marines

ENVIRONMENTAL: Base partners with community to achieve success

From A-2

removed 25-plus acres of mangrove from Mokapu Peninsula. The invasive plant species had completely overtaken the peninsula, especially the Nuupia Ponds Wildlife Management Area, and it was destroying many of the native species, plants and animals.

"Hawaii has lost over 25 percent of its wetlands to construction and deterioration; the plants, fish and birds depend on these areas to survive," said Drigot. "Through the efforts of the Marines, and help from the community, we have been

able to make a difference in that statistic and give some of that lost paradise back to the islands."

In 2002, MCB Hawaii implemented an Integrated Natural Resource Management Plan that addressed the base's plans for conserving its natural resources during the next five years. The planned goals, objectives and management actions were designed to help the installation equally meet the challenge of balancing combat readiness, quality of life and conservation activities, all within an \$8 million budget.

Now two years into the plan, MCB

Hawaii has completed 131 actions, 26 of them ahead of schedule. Projects newly or nearly completed include reduced brushfire and erosion risks, state recognition of invasive species removal projects, a doubling of endangered Hawaiian stilts in the MCB Hawaii wetlands within 20 years, as well as collaborative community partnerships, with public schools, environmental staff, Native Hawaiian and civic groups. The list goes on and on, according to Drigot.

"It is a singular achievement to include the community to such an extent in the environmental program," she

explained. "But for us, it is Earth Day in the Marine Corps every day, and we want to share that stewardship viewpoint with the entire community."

MCB Hawaii moved on to compete in the Department of Defense Environmental Awards Ceremony on May 5. The base won a citation for meritorious achievement in natural resources conservation, and environmental officials say they will continue to put their best foot forward and make a difference no matter what.

(Editor's Note: See page B-1 for more on the environmental efforts of MCB Hawaii.)



Photo Courtesy of Craig T. Kojima / Star Bulletin

Navy Chaplain (Capt.) Joseph Estabrook, who has been named a bishop in the Catholic military archdiocese, stands before a stained glass design by artist Duane Preble. Estabrook will retire in June from his current position as base chaplain.

CHAPLAIN, From A-1

and so on. I kept getting offered new jobs. After 12 years in the Navy, I finally bought some furniture and decided to

stay," he said, laughing and gesturing to the more than 30 covers, or hats, from various Navy vessels he has served aboard.

It's really not surprising a man like

Estabrook has never settled into one place or stayed in one parish for any long period of time. When he talks about God and his own personal spirituality, he describes a journey.

"Whether you're religious or not, I think everybody's journey in life is focused on God, whether you know it or not. It doesn't matter to me where your personal beliefs are; I think God will eventually get you.

"The responsibility of the chaplain is to walk the journey with Sailors and Marines at any given moment in time. I try to give them the tools they need to be prepared for the journey."

After having extended again to oversee the completion of the new Marine Corps Base Hawaii chapel at Kaneohe Bay next year, Estabrook was finally ready to retire from the Navy and head back to his home diocese in New York, though his transition out of the military world was not one that he looked forward to.

"I was looking around and thinking how much I was going to miss this

world, and miss working with Marines and Sailors."

Estabrook sees his new position as a bridge between the two worlds. After he retires this year and goes through holy orders on July 3rd to become a bishop in the Catholic Church, he hopes that he'll still be as active as ever in the lives of Sailors and Marines.

"I'm going to go from base to base, and I intend to find out what the service members' spiritual needs are, and I'm going to come up with programs for chaplains and priests that will help them in their ministry and counseling. I hope I can use my experience working with Sailors and Marines to continue doing the same kind of work. It's really exciting."

Estabrook never waivers about how important he thinks spirituality and faith are for the modern-day service member. In June, he will leave Marines and Sailors aboard MCB Hawaii as he moves on to continue providing service members with the best possible spiritual leadership they can get.

Knee-deep at Nuupia Ponds

Young explorers from Puohala Elementary study Nuupia Ponds

Story and Photos by
Cpl. Jessica M. Mills
Combat Correspondent

More than 60 local second graders joyfully left their dry, air-conditioned classrooms May 14, to splash in the humid, muddy foot trails of the Nuupia Ponds Wildlife Management Area here and learn about the watershed's many unique traits and species.

The students from Puohala Elementary School in Kaneohe, began their tour of the ponds at Muli Wai, the trail located adjacent the Lodge guest facilities, led by Dr. Diane Drigot, MCB Hawaii senior natural resources management specialist at Environmental and Marines from the Base Inspectors Office.

As the explorers trekked through the lush green undergrowth of the trail and stared wonderingly at the many forms of wildlife hidden in the trees and



After spotting a large puffer fish (left) near the banks of Nuupia Ponds, excited second graders practically step off the banks to get a better view of the many species of fish living in the watershed.

ponds, Drigot described the Nuupia Ponds of the past, when they were once part of an ancient Hawaiian fish pond.

"There are a total of 50 different species who take refuge on Mokapu, but it is actually preserved for native Hawaiian birds, primarily the Hawaiian Stilt," said Drigot. "But, we taught the students about all the different types of plants and wildlife we have here, including predators that prey on the native species."

As the students were led through the thick bush of the ponds, Drigot continuously pointed out the many types of native plant species that have grown naturally or have been planted in the area. She also invited the students to taste a leaf or two of the pickleweed, an invasive plant species that layers over and crowds out native plants and waterbird species.

The pickleweed, named for the shape and taste of its leaves, is basically a weed, and a troublesome one at that. MCB Hawaii and community volunteers regularly clear pickleweed from the area with great suc-

cess, but the clearing process is a continuous effort.

"While the children learned what these plants are, we also wanted them to know how they can help the native plants by removing these invasive plants, or weeds, like the pickleweed," said Drigot. "We want them to know they can make a difference."

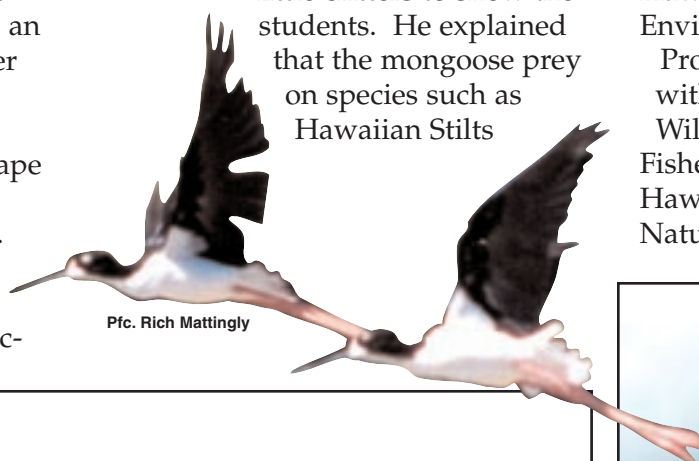
"We invest a lot of time into our teachers and students. They are the ones who will pass on this knowledge to the generations."

Before the students headed for their next stop, they were surprised by one of Mokapu's most notorious predators, the mongoose. Gordan Olayvar, the program manager for conservation law enforcement, safely caught one of the little critters to show the students. He explained that the mongoose prey on species such as Hawaiian Stilts

or Wedge-Tailed Shearwaters, and can pose a great risk to other native birds. He also discussed problems with wild cats on Oahu, and the risks they pose to both birds and humans.

At the final stop on the tour, the students took a short walk down the Nature Trail Bridge behind the pass house, where they learned about the mangrove, another invasive plant species. Many of the students pulled up a mangrove plant to take back to school as a sample. Students learned about the 25 acres of mangrove removal that the base and the community successfully completed during the last 20 years, making Nuupia Ponds what it is today.

The 482-acre ponds are managed as protected wetlands and an endangered Hawaiian waterbird habitat by the base Environmental, Compliance and Protection Department in cooperation with the U.S. Navy, the U.S. Fish and Wildlife Service, the National Marine Fisheries Service, and the State of Hawaii Department of Land and Natural Resources.



Pfc. Rich Mattingly



Master Gunnery Sgt. Juan Rivera, deputy inspector here, speak with students about the mangrove trees at Nuupia Ponds.



Sergeant Pettal Black, the base food service noncommissioned officer for Anderson Hall, joins Puohala students in a taste of pickleweed, an invasive creeping plant which has a tendency to overrun areas used by Hawaiian stilts (above).



Dr. Diane Drigot of Base Environmental shows students a mangrove sapling, another invasive species in the ponds.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

May

21 / Today

Military Appreciation — Information, Tickets and Tours, as well as other local attractions, are thanking our troops and their family members with special discounts on favorite island activities. For example, now through May 31, enjoy steep discounts at Atlantis Submarine, Navatek, Sea Life Park and Germaine's Luau. Also, Magic of Polynesia, Alii Kai Sunset Buffet and the Star of Honolulu are extending offers through June 31.

Don't miss these great discounts; get your tickets today. For more information, call 254-7563.

Auto Auction — The Auto Skills Center holds an auto auction on vehicles it acquires and fixes up to working condition. Interested parties can inspect these cars, trucks or SUVs and place their bids in the ballot box inside the Auto Skills Center.

If you're in the market for a new vehicle, don't pay those

high prices; visit the Auto Skills Center to see if it has just the deal you've been looking for.

Bidding on the vehicles below closes Monday.

Year	Make/Model	Min. Bid
1997	Plymouth Sedan	\$50
Parts car. Motor blown; some body damage and windshield cracked.		
1992	Mazda/MX-6	\$1,600
Runs, but needs windshield.		
1994	Honda Civic	\$1,300
Needs a key made; minor damage to front end and hood.		
1994	Chevy Corsica	\$600
Runs; needs Pulley Tensioner, right wing window and right turn lens replaced.		
1994	Dodge Sedan	\$50
Parts car. Motor blown; body damage.		
1994	Dodge Shadow ES	\$500
Runs; needs key made. Right window track and valve cover gaskets need replacing.		
1994	Ford F-150 XLT	\$2,500
Runs; needs key and rear tire.		
1993	Nissan Sentra	\$150
Needs timing belt and keys made.		
1990	Mitsubishi Mirage	\$50
Runs; needs key made and transmission replaced.		
1990	Nissan Pulsar NX	\$300
Needs key made and timing chain replaced.		
1987	Toyota Tercel	\$200
Runs; needs key made. Struts and water pump need replacing.		

1972 Dodge Dart \$250 available at 1-800-346-9188. Runs; needs starter.

For more information about any of the above vehicles, call the Auto Skills Center at 254-7675.

MCCS One Source — The MCCS One Source Web site provides active duty, their families, reservists, sister services and service delivery staff with information and resources that can help improve many areas of their lives. From relocation to education needs, family support to health and wellness, financial matters to everyday issues, MCCS One Source is your one-stop resource to finding guidance and answers.

By using credentialed consultants, patrons have confidential access to prepaid educational materials and other reference resources, 24 hours a day, seven days a week. Registration is easy too; create your own personal profile by logging onto the MCCSOneSource.com Web site, then enter "Marines" as your user name. Enter "semper fi" as your password.

If you want more interactive assistance, call a One Source consultant at 1-800-433-6868 in the continental United States, at 1-800-237-42374 for the overseas CONUS universal free phone, or at 1-484-530-5908 OCONUS collect. A TTY/TDD access is

Family Child Care — Family Child Care is a home setting child care service provider operated by Marine Corps Community Services' Marine and Family Services Division with certified providers trained in child development, nutrition, guidance and more.

Family Child Care provides a flexible schedule, including evenings, weekends and overnight care. To find a Family Child Care provider, call the Children, Youth and Teen Programs officer at 257-7430. To become a Family Child Care provider at Marine Corps Base Hawaii, call 257-7030.



Lava Java — Get your morning started on the right track with a tasty brew from the new Starbucks location by the base theater. A variety of your favorite espresso drinks, coffee and pastries are now being served Monday through Friday from 6 until 11:30 a.m.

23 / Sunday

Mega Video — Check out these weekly rental specials at Mega Video, located in Mokapu Mall aboard Kaneohe Bay.

•Mondays, rent one new release and get one category

movie free.

•Tuesdays, rent a video game at regular price and rent a second one for \$2.50.

•Wednesdays, rent three new releases (VHS or DVD) and receive an extra day rental.

•Thursdays, rent one DVD at the regular price; rent the second one for \$1.75 (which includes new releases).

•Fridays, rent family and children's movies for 75 cents. Sorry, no new releases with this bargain.

•Saturdays, rent any basic stock movie (sorry, no new releases) for regular price and rent the second stock movie for \$1.25.

•Sundays, rent any Sunday Special movie for \$1. Each week, a different section goes on special; see the store calendar for the selected section.

24 / Monday

A New Do — Still offering the lowest price on Oahu for a regulation haircut, three barber shops aboard MCB Hawaii give patrons their money's worth at \$6.

Service members can have their dos done at the Mokapu Mall barber, in the mall next to the main exchange; at the base theater courtyard, in Bldg. 244, or close to the flight line, in Bldg. 301.

For more info, call 254-6588.

SM&SP



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

Upcoming Events

Saturday: Looking for adventure? Check out sharks up close and personal at SM&SP's "North Shore Shark Cage Adventure." Cost is \$85, and the excursion leaves at 9 a.m. from the Recreation Center. Transportation is provided, and the dives last from 11 a.m. to 1 p.m.

TBD: Do you like to scuba? SM&SP is looking for folks interested in a scuba diving certification course. Call the office now, and help make this idea a reality, by letting your voice be heard.

Volunteer Opportunities

Marines and Sailors are needed to help support various activities and events, including the following (that could also possibly garner volunteers a letter of accolade or appreciation in the process):

•**Fourth of July weekend:** Mark your calendar to assist with a myriad of events at BayFest 2004, which will burst at the seams with all kinds of fun SM&SP events and activities.

Controlling anger is the key to success

Cpl. Jessica M. Mills
Combat Correspondent

In the Hollywood blockbuster "Anger Management" starring Adam Sandler and Jack Nicholson, the topic of anger is comically revealed when character Dave Buznik (played by Sandler) is forced to face his demons and partake in an anger management course. His counselor, Dr. Buddy Rydell (Nicholson), basically makes his life miserable in an effort to teach him how to deal with his own anger.

Granted, the situations in the movie are exaggerated and extreme in the true sense of comedy, but the lessons of the movie are real.

Anger is a normal and healthy emotion that everyone may feel at one time or another, but when it gets out of control and turns destructive, it can lead to problems and can make anyone feel as though he or she is at the mercy of an unpredictable and powerful force.

Understanding and controlling your anger is the key to success, according to counselors at Counseling Services located at the Marine and Family Services Division here. In an effort to assist service and family members with this arduous task, the Counseling Services Center offers "Cage the Rage," a free anger management course, which consists of eight two-hour sessions of counseling in a group atmosphere. Classes are ongoing, but attending classes consecutively isn't required, although it is beneficial to stay on track with the course.

"Our purpose during the course is not to eliminate anger, but to manage it," said John McCarthy, a licensed counselor. "Anger is a catalyst for other emotions such

9 Basic Rules for Anger Management

1. We are all 100 percent responsible for our behavior.
2. Violence is not an acceptable solution to any problem.
3. We do not have control over any other person, but we can control ourselves.
4. When communicating with someone else, we need to express our feelings directly rather than blaming or threatening another person.
5. Increased awareness of inner thoughts, physical anger cues and emotions is essential for progress and improvement.
6. We can always take a "time-out" before reacting.
7. We can't do anything about the past, but we can change the future.
8. Although there are differences between men and women, our needs and rights are fundamentally alike.
9. Counselors cannot make people change — they can only set the stage for change to occur.



as pain, disappointment and agitation, as well as many others. Although anger can cause negative effects, it sometimes can be a step towards positive things."

Many people come to the course because of problems at work or in their personal relationships, and others volunteer for the course as preventative maintenance to get a grip on their anger before they have an incident. Each week, participants sit down together and share their experiences with the rest of the group. Counselors and group members provide input and advice of what they think.

"No one is ever judged here. It is confidential and respectful," said McCarthy. "We ask people's opinion in the group and no one has to be ashamed or scared to speak up. Some of the best advice comes from the

other group members in the session."

Counselors use a variety of approaches to teach the tools and importance of anger management.

"We spend, sometimes, more than an hour listening to others' experiences, relating them to our own experiences, and how we could use our anger management tools in those situations," said McCarthy. "We use classroom teaching, videos and handouts to introduce knowledge to our students. We try to encourage them to use it as their own library."

Cage the Rage begins every Thursday at 1 p.m. and is free to all service and family members. Those interested in this class should call Counseling Services at 257-7780 to register; however, walk-ins are also accepted.

MOVIE TIME

Prices: Adults (12 and older) are \$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 ID card at the box office. Call 254-7642 for recorded information.

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

Never Die Alone (R)	Today at 7:15 p.m.
The Ladykillers (R)	Today at 9:45 p.m.
The Passion of the Christ (R)	Saturday at 7:15 p.m.
Scooby Doo 2 (PG)	Saturday at 9:45 p.m.
Scooby Doo 2 (PG)	Sunday at 3:30 p.m.
Never Die Alone (R)	Sunday at 7:15 p.m.
The Prince and Me (PG)	Wednesday at 7:15 p.m.
Never Die Alone (R)	Thursday at 7:15 p.m.
The Whole Ten Yards (R)	May 28 at 7:15 p.m.
The Passion of the Christ (R)	May 28 at 9:45 p.m.

Impact class re-educates students

Students learn importance of moderation, communication

Pfc. Rich Mattingly
Sports Editor

In the culture of the military, excessive drinking is no longer the false badge of honor it once was.

Statistics collected by Headquarters Marine Corps have indicated alcohol-related incidents as the leading cause of off-duty deaths and injuries among Marines this past fiscal year. The bottom line is alcohol abuse is not tolerated in the Marine Corps.

According to the yearly budget published by HQMC, the Marine Corps spends millions of dollars every year to fund Substance Abuse Counseling Centers at every duty station to combat the effects of alcohol abuse and its negative impact on combat readiness and mission accom-

plishment.

The Alcohol Impact Class, offered every three weeks at the SACC here, is a key tool in the fight to provide Marines and Sailors aboard MCB Hawaii the proper skills to avoid being damaged by alcohol abuse.

"The purpose of the Alcohol Impact Class is, primarily, to assist people in need. When Marines and Sailors are referred to us through their substance abuse control officer, our mission is to help the individuals out with the problems they have and return them to their commands as healthy, functional service members," said Roger O'Guin, the program director of the base SACC.

The class doesn't just provide information about how alcohol can ruin a Marine or Sailor's life, either, according to staff members and counselors who run the program.

"We're not here to line people up against the wall and yell at them about their problems," added Alton Arakaki, lead counselor, base SACC.

O'Guin points out that if Sailors or Marines are having problems with communication in their personal relationships, or if they're having problems at work, then alcohol abuse is just a symptom of them trying to cope with a larger problem.

"If someone is abusing alcohol to compensate for having to deal with this stress in their lives, then we need to take a holistic approach and give the person an overall education and teach them how to deal with the challenges of life without resorting to the abuse of alcohol," said O'Guin.

While this may sound like too tall an order for a 20-hour, three-day class, the counselors of the SACC are just the profes-

sionals to affect a positive change in a limited amount of time.

Boasting multiple master's degrees and decades of combined experience, the counselors teach students in an extremely informal environment where rank is set aside for the purpose of teaching.

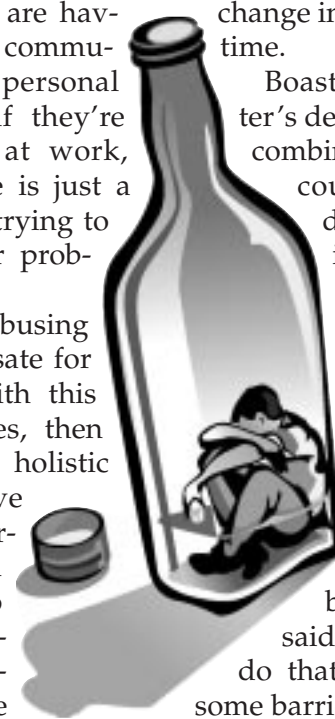
"We try to impart to participants that it's okay to have a lifestyle change, that it's okay not to do what everybody else is doing," said Arakaki, "and we do that by breaking down some barriers that exist to com-

munication in the military."

The program's three days consist largely of learning how to recognize signs and symptoms of alcohol abuse and also how to communicate more effectively at home and at work. Visits by guest speakers round out the training.

Particularly important is the visit by the Mothers against Drunk Driving representative who relates her story of loss and her fight to educate people about how important their attitude toward alcohol can be.

To attend the Alcohol Impact Class, Marines and Sailors who feel they could benefit from the training should consult their substance abuse control officer for a referral.



Did you know?

- Problem drinkers average four times as many days in the hospital as non-drinkers – mostly because of drinking-related injuries.¹
- Traffic crashes are the greatest single cause of death for persons ages 6 – 33. About 45 percent of these fatalities are in alcohol-related crashes.⁵
- In 1999, there were nearly two alcohol-related traffic deaths per hour, 43 per day and 303 per week. That is the equivalent of two jetliners crashing week after week.⁵

¹ Substance Abuse: The Nation's Number One Health Problem, Feb. 2001

⁵ National Highway Traffic Safety Administration

Students, commissary make a winning team

Herb Greene
Defense Commissary Agency

FORT LEE, Va. — It's always good to solve tough problems. It's even better when two tough problems come together to form a great solution.

•Problem No. 1: Young students, especially young adults, who are military family members, want jobs that will give them practical work experience and money for their needs including education expenses.

•Problem No. 2: The Defense Commissary Agency needs smart, hard-working, part-time store workers to help it deliver the commissary benefit in its

274 military grocery stores worldwide.

•The solution: DeCA hires students to work part-time in its commissaries. It's not only the perfect solution, but it's also how DeCA's student hire program came to be.

"We hope that this program exposes the students to opportunities in government work and the benefits that follow," said Jody Poole, a support clerk for the Kaneohe Bay Commissary. "We want to give these students a step up and accomplish our own mission in the process."

"It's worked very well," said Brant Smith, the human resources specialist

See *COMMISSARY*, B-4

COMMISSARY, From B-3

who manages the program from DeCA's headquarters at Fort Lee, Va. "Young adults get real-world experience and learn about the grocery business as well as make a little money. Our agency gets great young people to help out in our stores. DeCA wins; the students win. It doesn't get much better than that!"

It's not just the students who like DeCA's student hiring program. Store directors like it, too.

"The student hire program was initially devised as a way to bring in students to entry level positions so that the commissary could 'grow their own.' This, coupled with the fact that students could be hired at the GS-01 level, seemed to be the perfect marriage for students and the commissary," said Janice Coleman, store director for the Naval Station Everett commissary, which was recently named by the agency as the best large commissary in the United States. "Once on board, we have found some intangible benefits that never occurred to us, namely the enthusiasm and eagerness to do a good job.

"Many of our students are either in college or college-bound. We have explained the opportunities for a career in DeCA and encourage them to take a serious look at us. Because this is usually the first job for many of our student hires, we begin the mentoring process the first day they arrive. Importance of timeliness, customer service, safety and security are all new concepts to them. Having no preconceived ideas — no baggage so to speak — makes it easier to explain to them why these programs are important to them and DeCA.

"Our DeCA student employment programs provide our young adults with a solid introduction to the real world of business," said Ron Smith, store director at the Fort Lee commissary. "When our students are learning, they know they are learning skills they can use in any business. When they are working at the commissary, they know that they are doing real jobs with a real purpose.

"These young folks really enjoy serving our customers," added Smith, "And to tell you the truth, it's hard for us old timers on the job not to get caught up in the energy and excitement our student employees bring to the commissary. They are a super group and America's future!"

The Defense Commissary Agency also has an intern program for employees who are currently working in the commissaries. Graduates of the DeCA intern program benefit from a structured and broad-based program of training and experience that prepares them for future leadership positions.

Information about working at the commissary can be found at www.commissaries.com. Click on "Inside DeCA," select "Human Resources," and click on "Employment Opportunities." Under the "Student Programs" section, you will find links to DeCA's two student employment programs, along with all the information you need to apply.

Students can also visit their nearest commissary and talk with the store director about either student employment program.

"It's a really good job no matter where you are placed," said Krista Mays, a high school junior who finds her job at the Naval Station Everett, Wash., commissary challenging and rewarding. "It is a great reference for future jobs, and the commissary is a happy, friendly place to work!"

English model



Staff Sgt. Jeff Middleton

Rich Golden (left), Pacific Region Coordinator for Staff Noncommissioned Officer Academy English programs and 1st Sgt. Mark Drinkwater, Director of the Staff NCO Academy, recently honored the academy's English instructor Carol Shafer with the "Outstanding Contributions 2003" award for her work toward improving the academy's program.

ON THE MENU AT ANDERSON HALL

Today

Lunch
Pepper Steak
Southern Fried Catfish
Rice Pilaf
Potatoes Au Gratin
Simmered Black-Eyed Peas
Sugar Cookies
Asst. Fruit Pies

Dinner

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

Specialty Bar

Pasta Bar

Saturday

Brunch/Dinner
Baked Lasagna
Chicken Parmesan
Pizza Slices
Garlic Bread
Marble Cake w/
Chocolate Icing
Asst. Fruit Pies

Sunday

Brunch/Dinner
Barbecue Beef Cubes
Baked Turkey & Noodles
Steamed Rice
Ginger Molasses Cookies
Spice Cake w/
Butter Cream Frosting

Monday

Lunch
Meat Loaf

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

Dinner

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

Specialty Bar

Pasta Bar

Tuesday

Lunch
Simmered Corned Beef
w/Mustard Sauce
Honey Glazed Cornish Hens
Parsley Buttered Potatoes

Egg Noodles
Peanut Butter Cake w/
Peanut Butter Frosting
Asst. Fruit Pies

Dinner

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

Specialty Bar

Taco Bar

Wednesday

Lunch
Pork Adobo
Beef Yakisoba
Steamed Rice
Pork Fried Rice

Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Dinner

Steak Smothered w/Onions
Southern Fried Catfish
Mashed Potatoes
Steamed Rice
Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Specialty Bar

Country Bar

Thursday

Lunch
Turkey À La King
Beef Porcupines
Mashed Potatoes
Boiled Egg Noodles
Marble Cake w/

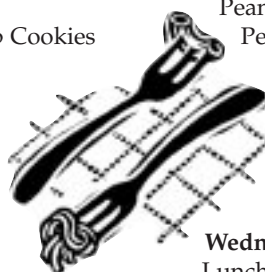
Chocolate Cream Frosting
Pineapple Upside-Down Cake
Asst. Fruit Pies

Dinner

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

Specialty Bar

Taco Bar



WORD TO PASS

Hootie and the Blowfish Give Free Concert Tonight

The multiplatinum-selling band "Hootie and the Blowfish," cheerleaders for the New England Patriots, and still other popular entertainers, are teaming up to present "Operation Pacific Greetings" for all military and DoD personnel, tonight at 7 p.m. aboard Hickam Air Force Base.

As a way to say "thanks" for your dedication to defending our nation's freedom, the entire entourage will perform in concert, free of charge, at the Hickam Tower, behind the headquarters building and base flagpole on O'Malley

Boulevard. Simply go straight after entering at the main gate and follow posted directions.

Parking will be first-come, first served. Food booths will be available as well as lawn/beach chair/blanket seating.

'Aliens on the Reef'

Base residents and patrons are invited to learn more about marine life in the waters surrounding Kaneohe Bay, Thursday from 8 a.m. until 1:30 p.m., at Bldg. 1359, when the Environmental Compliance and

Protection Department presents "Aliens on the Reef," a hands-on class that explores unique fish species, natural coral reefs and other natural habitats.

Participants should bring lunch, bottled water and sunscreen protection, and wear clothing and shoes for walking in the water.

For more details, contact Michele Chang at 257-6920, ext. 241, or e-mail ChangM@mcbh.usmc.mil.

Chamber Posts HMAM Events

The Military Affairs Council of the Chamber of Commerce of Hawaii recognizes the many contributions of the military

and has designated the month of May as "Hawaii Military Appreciation Month 2004." The business community is sponsoring and hosting the following activities to show appreciation for Hawaii's military ohana.

• *Saturday*: Borders stores will

See WTP, B-8

Safety on the road is no accident

NAPS

Featuring

Whether you're riding on two, four or 18 wheels, you can help drive down the accident rate by being alert to your surroundings, say safety experts. The advice may be especially helpful in cutting down the number of motorcycle accidents that occur annually.

Motorists — particularly those who have never driven motorcycles — usually don't look for motorcycles in traffic. As a result, cars and motorcycles often have collisions on the road.

According to the Motorcycle Safety Foundation (MSF), approximately three-quarters of all motorcycle crashes involve another vehicle; in two-thirds of these crashes, the other vehicle violates the motorcyclist's right-of-way.

Drivers involved in crashes with motorcyclists often say they never saw the bike — usually a result of either not looking for motorcyclists or not checking their blind spots.

The MSF encourages car drivers and others to watch for motorcycles on the road and respect their right to be there. In addition, motorists should refrain from tailgating or sharing lanes with motorcyclists. Depending on road and traffic conditions, and for safety reasons, riders need space to maneuver.

The MSF also urges motorcyclists to "Support Our Sport" by following all traffic laws and respecting the rights of other roadway users. The group offers these safety tips to motorcyclists:

- Be a responsible rider.

Wear appropriate protective gear: a Department of Transportation-approved helmet, shatter-resistant eye protection, a jacket, full-fingered gloves, long pants and over-the-ankle boots. Also, know your skill level and ride within it.

Motorcyclists should use the SEE strategy — Search, Evaluate, Execute. SEE helps remind riders to scan ahead, predict or evaluate the traffic situation, then plan and implement a course of action to avoid trouble.

- Assume they don't see you. Most motorcycle crashes involving another vehicle happen in intersections, according to a University of Southern California study. Due to a smaller, narrower silhou-

ette, it's often difficult to gauge the speed and distance of a motorcyclist; as well, motorcyclists can be difficult to spot in traffic, especially if a rider is positioned in the motorist's blind spots.

To reduce the chances of an accident, riders need to approach intersections with caution and not assume other drivers will yield. They should also avoid riding behind large vehicles that prevent other motorists from being aware of their presence, and spend as little time as possible in a vehicle's blind spot.

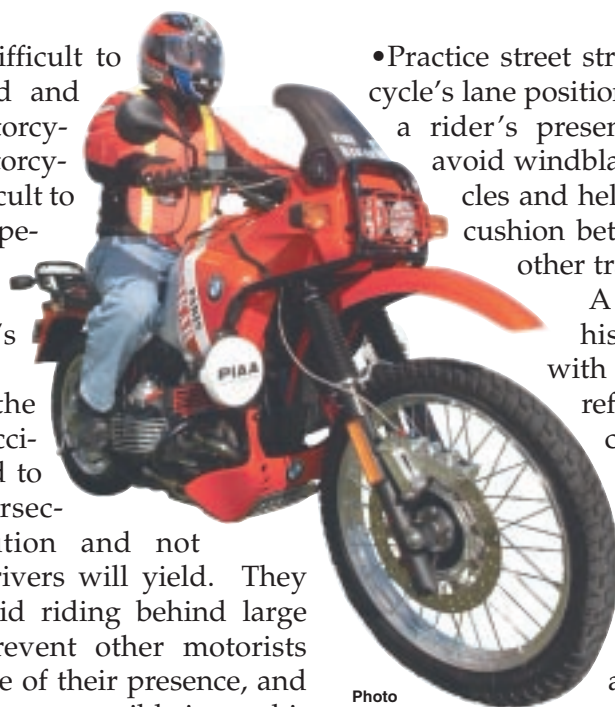


Photo Courtesy of Base Safety

- Practice street strategies. A motorcycle's lane position can communicate a rider's presence and intention, avoid windblast from other vehicles and help maintain a space cushion between the bike and other traffic.

A rider can increase his or her visibility with brightly colored or reflective gear and by clearly signaling all intentions to other drivers. MSF teaches motorcyclists to use their "rider-radar" to scan for hazards ahead.

- Don't ride impaired. Alcohol and other

drugs (prescription, over the counter or otherwise) diminish visual capabilities and alter good judgment. When someone is impaired, it is the responsibility of others to keep that person from getting behind the wheel — or the handlebars.

- Get trained. The Motorcycle Safety Foundation offers rider training for new and experienced riders. The Basic and the Experienced RiderCourses here at Kaneohe Bay are available for free to all active military personnel.

For more information about RiderCourses on base, contact the Base Safety Center at 257-1830. To locate an MSF RiderCourse off base or for more information about motorcycle safety, call 1-800-446-9227 or visit www.msf-usa.org.

(Editor's Note: Susana Choy contributed to this article.)

WTP, From B-6

salute the military with special discounts on most regularly priced items, to include 15-percent off on DVDs and 10-percent off on electronic and video games.

•*May 29:* Governor Linda Lingle will host "Support Operation Ohana" at Sills Field on Schofield Barracks from 10 a.m. to 2 p.m. This will be a good old-fashioned ohana, or family, picnic filled with games, entertainment, food, and lots of fun. Governor Lingle will be on hand to talk story, take photos and share her deep appreciation for the military. Community

members will join the governor's staff in paying tribute to the spouses of all deployed troops.

•*Throughout May:* Military personnel can enjoy free pet microchipping throughout the month of May at the Hawaiian Humane Society, with the presentation of a valid ID card.

For more information, call 946-2187.

•*Throughout May:* Catch specials at the Battleship Missouri Memorial on Ford Island (50 percent discounts), at Atlantis Adventures in Waikiki, and at the Honolulu Academy of Arts. Also, be sure to get your JN Chevrolet Special Discount

Book from a participating Hawaii business, the military exchange or base commissary.

Base Bikers to Hold Memorial Ride, May 29

All motorcycle riders — all brands, makes and models of bikes — are invited to join the Memorial Day Ride on Saturday, May 29, said Petty Officer 1st Class Tim Chrockrem, the president of the Marine Corps Base Hawaii Motorcycle Association.

Bikers will gather at 7:45 a.m. at the base flagpole, in front of Bldg. 216, the general's building. After observing morning colors, riders will mount up and

head out for the Punchbowl (the National Cemetery of the Pacific), stopping by the H-3 westbound lookout at Kaneohe Bay on the way, to pick up stragglers or allow them to catch up with the pack.

Once at Punchbowl, riders will place flags in the center section. (Last year, this activity took approximately one hour.) Afterwards, all riders are free to do as they wish, but remaining riders will more than likely go somewhere for some breakfast and then head out for a ride around the island, he added.

For more information, call Tim Chrockrem at 257-0509, ext. 8313.



Photo Courtesy of Jay Barnes

JAY BARNES

'Elvis' to Perform at Base Theater

Renowned impersonator Jay Barnes, will perform as the one and only Elvis Presley, Saturday, June 19, beginning at 6:30 p.m. at the Kaneohe Bay base theater.

This event, sponsored by the All Enlisted Spouses' Club, is open to all hands at only \$15. All proceeds will benefit AESC scholarships.

Get tickets at the Information, Tickets and Tours office or at the AESC Thrift Shop.

For more details, call Mary Pratt at 282-7894, or the Thrift Shop at 254-7894.

WAA Seeks Volunteers

The Windward Ahupuaa Alliance will hold its "Great Kapaa Quarry Road Cleanup/out" on the Memorial Day holiday, May 31. Volunteers are asked to support this environmental project, which includes a continental breakfast for helpers.

Registration and work assignments will go from 7:45 to 8:15 a.m., cleanup from 8:15 to 11:15 a.m., and lunch from 11:30 a.m. until 12:30 p.m.

Also, volunteers with gas-powered tools or serious machete and scything skills are needed to take on the California grass and other alien plants in Kawai Nui Marsh.

RSVP is requested at 263-6001 or 223-5535, or by sending an e-mail to waa@hoku.com, so organizers can get a food head count as well as determine specific tasks.

Hawaii MARINE SPORTS

Hawaii Marine C Section

May 21, 2004

Volleyball slams Wednesdays

Intramural athletes crash the nets at Semper Fit

Pfc. Rich Mattingly
Sports Editor

In the century since William G. Morgan invented volleyball, the sport has grown from its roots in a game designed for older patrons of Morgan's fitness club, into the second most-played sport in the world.

Volleyball, with its easy-to-learn, difficult-to-master skills, draws some of the biggest interest when its intramural season comes around each year.

Each Wednesday and Friday night, teams send volleyballs flying across the court in an effort to hone their skills and improve their game. Wednesday night featured three match-ups.

Game one was a thriller featuring the undefeated 3rd Battalion, 3rd Marine Regiment Battalion Aid Station Team One versus the twice-defeated team from Helicopter Antisubmarine Squadron Light 37. Both teams possess deep benches and some impressive players who have obviously set and spiked a ball a few times.

Lorch Toloumu and his wife, Melanie, both played a great game for BAS Team One. While HSL-37 showed a lot of improvement under the supervision and guidance of long-time volleyball warrior Chandler Colan, BAS triumphed 2-1 in what turned out to be the most even pairing of the night.

The second match-up was between Headquarters Battalion and 3rd Battalion, 3rd Marine Regiment. Headquarters and 3/3 have both struggled since the start of the season. Both teams were hoping for a win to pull themselves out of their respective slumps.

Unfortunately for 3/3, its improvements haven't been enough, as the battalion picked apart the hapless grunts with solid fundamentals. A final, decisive slam from John Weis closed out Headquarter's 2-0 victory.

Wednesday's final match-up was 3/3 BAS Team Two in a dog fight with Patrol Squadron 4.

Trading points back and forth for the first two games, neither team dominated what proved to be a very close match. The BAS Team Two managed to hold on in the final game to win in a long, 2-1 match.



Drew Blanchard fires the ball just over the net and past a reaching Battalion Aid Station Team Two defender during a match Wednesday night.

Summer sports heat up at Smith

Lance Cpl. Jared Plotts
U.S. Marine Corps
Forces Pacific

CAMP H.M. SMITH — Headquarters and Service Battalion here remains pretty busy with its year-round intramural sports program, especially with summer right around the corner.

Despite its smaller size and considerably fewer personnel than Marine Corps Base Hawaii, Hickam Air Force Base, Naval Station Pearl Harbor and Schofield Barracks — all located on the island of Oahu, Camp Smith maintains sporting events with a consistent amount of interest due to its large fan base.

This season's volleyball league has a record-setting 10 teams, the most Camp Smith has seen in any sport. Service members and civilians stationed here comprise the teams, and games are played Tuesdays and Thursdays at the base gym.

The two-month season ends in June, followed by playoffs and award ceremonies.

So far, four teams have signed up for softball, but there's room for plenty more.

If anyone is interested in any sport at Camp Smith, contact the athletic coordinator's office at 477-0498.

MAG-24 destroys VPU-2 in 13-1 rout

Lance Cpl. Megan L. Stiner
Combat Correspondent

In what may have been the shortest game of the year, the Marines of Marine Aircraft Group 24 battered the Wizards of Patrol Squadron 2, who battled to remain in competition throughout the five-inning game at Reiseley field Monday night. The game ended with a less-than-dramatic final score of 13-1.

The entire game was a blowout for the Wizards, who had yet to score one run to MAG-24's 10 runs by the end of the third inning. If not for VPU-2's Markus Passer, scoring a single, somewhat heartening run during the fourth inning, the game would not have lasted another seven minutes.

The Wizards played their first game of the season with the intensity of a pack of wolves and the coordination of a 2-year-old baby. Needless to say, they looked a bit rusty.

"The VPU-2 team isn't bad," said Paul Matchniff, third year coach of MAG-24. "They just need a lot of work."

The Marines of MAG-24 brought an alliance to the field. They have continuously been top competitors in softball throughout the years. Their experience leading into the fifth inning proved to be too much for the Wizards. At the bottom of the fifth, the game was called and both teams went home at the end of a disappointing night. The Wizards with a loss, the Marines with not enough playing time for a good practice night let alone a real game.

"This year is very different for this team," said Matchniff. "We had a lot more new guys come out that wanted to play."

Three of MAG-24's 17 players also compete on the base softball team.

Trio keeps clients 'semper fit'

Lance Cpl. Megan L. Stiner
Combat Correspondent

A trio of personal trainers is available at the Semper Fit Center to provide assistance to anyone interested in improving their physical condition at a minimal cost. According to management at the center, the vast experience provided by their certified trainers enables them to find the best program to suit individual needs and fitness goals.

The instructor for beginner fitness is Stacey Hertzog.

Hertzog conducts an eight-week course that meets in a group setting twice a week. In each meeting, she discusses nutrition, basic anatomy, flexibility, cardiovascular and strength conditioning. Hertzog also teaches how to properly use all the equipment at the Semper Fit Center and establishes plans for individuals concerned with personal goals, lifestyle factors and medical conditions, as well as their unique fitness needs.

Personal fitness trainer Beth Hornsby instructs the six-week Lifestyle, Weight Management Program for those who are new to fitness and interested in learning the basic components of cardiovascular, muscular and flexibility training. Students meet with



Personal fitness instructor Beth Hornsby helps Jule Saracco conduct a strength fitness exam. Hornsby is one of three personal fitness trainers available at the Semper Fit Center.

Hornsby once a week for one hour and on a one-to-one basis.

"The pace of the program depends on the personal preference of the person involved," she said. "Goals and guidelines are set and worked towards at the rate that the person feels comfortable with."

The third member of the personal trainer trio is Terry Snider who specializes in teen fitness. He runs an eight-week course, which meets in a group environment two times per week. His class focuses on teaching the lifelong benefits of

exercise and good nutrition.

A personalized fitness program is also available for experienced fitness gurus who are interested in learning more about advanced exercises and program design. The 12-week program teams up an individual with a personal trainer to work one-on-one.

"Watch what you think; your thoughts become words. Watch what you say; your words become actions. Watch what you do; your actions become habits," said Hornsby.

BASE SPORTS

Edward Hanlon V
MCCS Public Relations

May

22 / Saturday

Wrestling Club Tournament — Youth and adults are invited to participate in the first-ever USA Wrestling meet at MCB Hawaii, Kaneohe Bay, tomorrow from 8 a.m. to 3 p.m. The meet will be held at the Semper Fit Center gymnasium, and the cost is \$5 for USAW members, and \$35 for nonmembers (includes membership fees).

Prove your skills in this sanctioned meet; call Youth Activities at 254-7611 for registration information.

Annual MAG-24 Sprint Triathlon — Athletes are invited to tackle the 8th Annual MAG-24 Sprint Triathlon tomorrow aboard K-Bay with a 5:30 a.m. check-in time and a race start at 7:30 a.m.

The triathlon will consist of a 500-meter swim, an 11.1-mile bike race and a 3.5-mile run.

Participants may enter individually or in three-man relay teams, where one person can swim, another bike and still another run.

The triathlon is open to military, family members, DoD civilians and the general public. Cost is \$22 for military, \$27 for civilians and \$66 for triathlon teams, to include the race T-shirt. Register at the Semper Fit Center (Bldg. 3037), pick up forms at Island Triathlon & Bike, or print out applications at www.mccshawaii.com.

All participants will be entered into the Island Triathlon & Bike drawing to win a free FELT F80 racing bike, valued at more than \$800. Mega mahalo to Island Triathlon and Bike and Gatorade for making the 8th Annual Sprint Triathlon possible. For more information, call 254-7590.

23 / Sunday

Intramural Golf Tournament — Head over to the Kaneohe Klipper on Sunday for a day away from the office. The tour-

nament shotguns at 1 p.m., but get there early for registration.

Prices are \$5 for E-5 and below, \$8 for E-6 and above, and \$10 for DoD cardholders. (Price includes green fees only.)

Gone Fishin' — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the base marina, the charter contractor now has two boats to accommodate all of your fishing needs, so you can spend your day with family and friends off the coast of Windward Oahu, catching some of the ocean's most exotic and tasty fish.

For more information, call 254-7667.

24 / Monday

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 complete physical training at the same time.

Classes are offered in scuba,

kayaking, power boating and water skiing, and Adventure Training is offered at no charge to all MCB Hawaii units.

Training noncommissioned officers and staff NCOs should call the base marina at 254-7667 for more details.

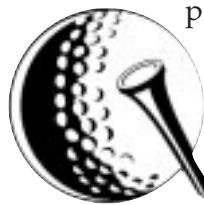
Inexpensive and Fun Entertainment — Look no further for economical entertainment, as Mondays through Thursdays all E-5 and below receive free rental shoes and \$1.50 games at K-Bay Lanes. This discount is good for open play and does not qualify for tournaments, leagues or unit functions.

25 / Tuesday

SM&SP Golf Clinic — Join the Single Marine & Sailor Program every Tuesday

through June 15 for the SM&SP Golf Clinic, designed to help authorized SM&SP patrons to improve all areas of their game, from putting to driving, etiquette to rule understanding, and everything in between.

After registering at SM&SP, head over to the Kaneohe Klipper Golf Course from 5 to 6 p.m. to participate in this clinic at the unbelievable price of only \$40. For more details, call 254-7593.



30 and Over Basketball Coaches — Talk it up before you hoop it up at the Semper Fit Center, Tuesday at 2 p.m. If you are interested in putting a team together or becoming a coach for 30 and Over Intramural Basketball, call MCCS Athletics at 254-7591.

Intramural Volleyball Standings

	Wins	Losses
3/3 BAS #1	5	0
CSSG- 3	5	1
VP-4	3	2
HSL-37	2	3
3/3 BAS #2	2	3
HQBN	1	4
3rd Marines	0	5

Intramural Volleyball standings are current as of May 17.

Intramural Softball Standings

	Wins	Losses
CSSG-3 Supply	4	0
Mess Hall	3	0
MAG-24	3	0
VPU-2	3	0
HSL-37 Easy Riders	3	1
3rd Marines PSC	3	1
3rd Radio Bn	2	1
CPRW-2	2	1
HQBN	1	1
Band Stingers	1	2
CAC Hickerbillies	1	2
One Flew East	1	2
VP-4	0	2
MCAF	0	3
CSSG-3 Electronics	0	3
Dental Young Guns	0	4

Intramural Softball standings are current as of May 12.

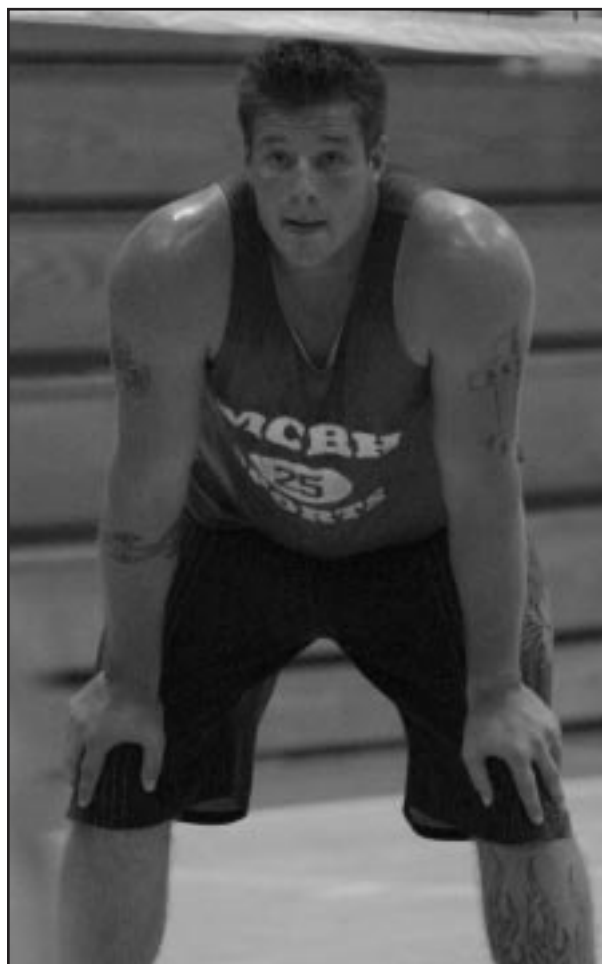
Base All Star

NAME: Drew Blanchard

SPORT: Volleyball

TEAM: Patrol Squadron 4

- **Blanchard, 22, first played volleyball seriously with Fleet Air Reconnaissance Squadron 1**
- **He has been playing for a little more than one and a half years.**
- **The San Pedro, Calif., native loves volleyball because of the all-around athleticism needed to excel in the sport.**



Pfc. Rich Mattingly

"There's really good competition in the intramural league, and it's a great workout. Playing helps me stay active."

COMMUNITY SPORTS

State Offers Free Recreation, Today

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

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

The next two-day session is this evening from 5:45 to 9:45 p.m. and tomorrow from 7:45 a.m. to 4:30 p.m. in Classroom #A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to the classroom, which is the first room on the right.)

A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200.

Arena Football Hosts 'Military Appreciation Night,' Tomorrow

General admission tickets will be 50-percent off — only \$5 — tomorrow at the Islanders Arena Football match against the Central Valley Coyotes. From 4:30 to 6:30 p.m., children can enjoy the "Family Fanfest" sponsored by Meadow Gold Dairies; at the same time, the Islanders

Business Club will host an adult-sized event.

Kickoff for "Military Appreciation Night" will go at 6:30 p.m., and fans can get one of 500 free team posters (sponsored by Taco Bell Hawaii) at the post-game autograph session.

For tickets, which are available for advance and game day purchase, call Ticketmaster at 1-877-750-4400 (including Times Supermarkets); visit the Blaisdell Box Office or surf www.ticketmaster.com.

Boating Sets Sail at Mall, Saturday

Flotilla 1-14 of Kaneohe will be presenting a safe boating display at Windward Mall, tomorrow from 10 a.m. until 4 p.m., in celebration of National Safe Boating Week. For more details about the Flotilla's next safe boating class in June, call Tom at 234-6916.

HTMC Hikes Kaipapau Gulch, Sunday

Intermediate hikers can brave the slippery rocks and crisscross the mountain stream until the waterfall and plunging pool below beckon them to swim in Kaipapau Gulch, Sunday beginning at 8 a.m., when the Hawaii Trail and Mountain Club meets for this eight-mile trek. Register with coordinator Grant

Oka at 674-1459 to tag along.

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 all hikes.

Ironman Qualifier Slated for June 13

Open to Hawaii residents only, the inaugural Honu Triathlon, the official Hawaii Ironman Triathlon World Championship Qualifier, is slated for June 13 on the Kohala Coast of the Big Island. The qualifying race will begin with a 1.5K (2.4-mile) swim start at Hapuna Beach State Park, followed by a 40K (112-mile) bike course encompassing a portion of the Queen Kaahumanu Highway, then wrap with a 10K (26.2-mile) run entirely within the Mauna Lani Resort. The course must be completed in 17 hours (with cutoff times for each segment).

Only 35 qualifying slots will be available for Big Island triathletes, 20 qualifying slots for triathletes from neighboring islands. Anyone can participate; however, only residents of three-plus years are eligible for qualifying slots that move on to October's Ironman Triathlon World Championship.

To register and get more information,

call 326-7820 or e-mail jvidgen@current-events.com.

Sports Racing Posts 2004 Schedule

The Hawaii Region of the Sports Car Club of America will host regional/Solo I and several Solo II/Autocross races.

•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.

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

•Solo II or Autocross will be held at the Hawaii Raceway Park at the Campbell Industrial Park on Oahu and costs \$25 per driver. The event's purely amateur; anybody can participate.

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.

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

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



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, or Capt. Robbins at robbinskd@13meu.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

What is the greatest sports movie?

Capt. K. D. Robbins

The Professor

Between the drawn-out NBA playoffs and the anticlimactic first third of the baseball season, what is a "sports aficionado" to do with all this free time?

What else? Grab some popcorn and a frosty beverage (root beer for The Professor) and fire up the DVD.

It's movie night, as we examine the five greatest sports movies of all time.

1) "Field of Dreams" (1989): Kevin Costner draws a tear from the toughest weekend warrior when he "has a catch" with his father to close the film under the lights in Iowa. Costner and James Earl Jones prove that "if they build it, you will come" to catch this baseball classic.

2) "Hoosiers" (1986): Coach Norman Dale (Gene Hackman)

and his Hickory Huskers pull off the greatest upset in Indiana high school basketball history. From Wilbur "Shooter" Flash's (Dennis Hopper) "Picket Fence" to Jimmy Chipwood's "I'll make it" jumper at the buzzer, Hoosiers is a can't miss, even for a ghetto rat like The Goat.

3) "The Longest Yard" (1974): Burt Reynolds plays Paul Crue, a former NFL quarterback who leads a prison football team, the "Mean Machine," against the prison guards in a true battle of gridiron gladiators.

NFL Hall of Famer Ray Nitschke need not act, as he is cast perfectly as a grungy convict.

4) "Raging Bull" (1980): Robert De Niro plays oft-troubled middleweight champion Jake LaMotta in this cult classic. Martin Scorsese works his usual magic and keeps

See *PROFESSOR*, C-5



Sgt. Joe Lindsay

The Goat

Thank Buddha that Richard Roeper got the job, and that after Gene Siskel's death, there was a relatively smooth transition into television's most-watched movie critic show. Otherwise, we might have had to listen to Ebert & Professor argue the merits of "Chariots of Fire" or "The Bad News Bears Go to Japan" on their greatest sports movies of all time, three-hour Sunday night special.

Let The Goat save you that torture by breaking down "The Bottom Line's" five greatest sports movies of all time.

1) "The Fish That Saved Pittsburgh" (1979): The sports equivalent of a cult classic, this story of a losing basketball team that turns to astrology to turn things around, makes you want to name your firstborn son Moses

Guthrie.

If you have to ask, you wouldn't understand. Dr. J deserved an Oscar.

2) "North Dallas Forty" (1979): This classic starring Nick Nolte is without question the greatest movie about football ever made. Though props have to go out to "The Longest Yard" (1974), nothing really compares to this realistic look at life both on and off the gridiron.

3) "Raging Bull" (1980): This Martin Scorsese-directed film starring Robert De Niro as Jake LaMotta is the definitive sports movie, not just about boxing, but about the life of an athlete.

The violence and human suffering in "Raging Bull" is brutal, and rings of truth, not Hollywood.

4) "Rocky" (1976): This is the

See *GOAT*, C-5

READERS STRIKE BACK

"The Bottom Line' is showing itself to be just like any other sports column"

Dear "Bottom Line,"

I was surprised to see "The Bottom Line" focus on horse racing in the latest edition. It seems they usually only write about baseball, football and basketball. There are a lot of other sports out there that deserve attention.

The Professor and The Goat do not seem to realize this.

I am a big wrestling fan, but have never seen a wrestling article in the paper. A lot of Marines are wrestlers or former wrestlers. Wrestlers are great athletes but do not get any credit.

By ignoring wrestling, "The Bottom Line" is showing itself to be just like any other sports column. From now on, I am only going to

check the headlines, and if I don't see a wrestling article, I will not read the article.

In fact, I am boycotting "The Bottom Line" until a wrestling story is printed.

— *Cpl. Ramon Ortiz*
Phoenix, Ariz.

