

# Hawaii MARINE

## INSIDE

CG's Mailbox	A-2
TRAP Training	A-3
Tarawa Veteran	A-4
DUIs	A-6
Stained Glass Windows	A-7
Sunset on the Beach	B-1
MCCS & SM&SP	B-2
PCS Moves	B-3
Menu	B-6
Word to Pass	B-8
MAG-24 Triathlon	C-1
Sports Briefs	C-2
The Bottom Line	C-3

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## Summer safety urged



Pfc. Rich Mattingly

Base fire fighters "rescue" a Marine who portrayed a victim in a simulated drunk driving accident here on Wednesday.

**Lance Cpl. Megan L. Stiner**  
*Combat Correspondent*

A Memorial Day Safety Stand Down was held here Wednesday morning for more than 500 base residents to encourage safe decisions regarding drinking and driving.

"Don't Drink and Drive" is a slogan so often used by advertising that the words may have little impact — possibly going "in one ear and out the other."

According to Mario R. Diprete, safety specialist with the Base Safety Center, the safety stand down kicked off Kaneohe Bay's "101 Days of Summer" campaign, which runs from Memorial Day to Labor Day. The program is used to help prevent summer accidents and encourage positive activities throughout the Marine Corps.

"This is the time of year that people want to get out, relax and drink a little," said Diprete. "That's all in good fun, but the problem is when they get into the driver's seat after consuming alcohol."

Diprete said a great deal of time and work went into the safety stand down this year, as the center wanted to provide a visual scenario that would remain engraved in the minds of service members throughout their

See *STAND DOWN*, A-4

## Local leaders head to D.C.

Three from Hawaii to meet with national defense leadership

**MCB Hawaii**  
*Public Affairs Office*

Three local community leaders have accepted the invitation of the Secretary of Defense to participate in the June and September sessions of the Department of Defense's Joint Civilian Orientation Conference.

Patrick T. Brent and T. Michael May, both of Honolulu, will participate in the JCOC 67 program, which will be held June 6 - 12. Michael J. Fisch, also of Honolulu, will participate in the JCOC 68 program, from Sept. 19 - 26. Both programs will

provide these JCOC participants an opportunity to learn firsthand about U.S. military personnel, their equipment and its capabilities, and national defense strategies.

Initiated in 1948 by Defense Secretary James V. Forrestal, the JCOC is DoD's premier civic leader program. For each group, 50 U.S. citizens are selected from hundreds of candidates nominated by military commands worldwide.

JCOC participants pay all of their own expenses, including travel to and from the conference, lodging and meals.

JCOC 67 and 68 participants will visit Marine Corps, Navy, Army, Air Force, and Coast Guard military bases. Participants will fly on military aircraft, experience aircraft landings and launches from Navy ships, and

observe amphibious landings, urban area combat techniques, special operations assaults and other demonstrations.

Each of the JCOC programs begin in Washington, D.C., where participants meet and are briefed by DoD leaders including Defense Secretary Donald H. Rumsfeld, Joint Chiefs of Staff Chairman Gen. Richard B. Myers, and other senior military and civilian officials.

After the Washington, D.C., orientation, the JCOC 67 team will travel by military aircraft to the U.S. European Command Headquarters in Germany where participants will meet the European Command's leadership for an update on current operations.

The JCOC 68 team will travel by military aircraft, to U.S. Pacific Command Headquarters aboard MCB Hawaii,

See *JCOC*, A-5

## Memorial Day serves as reminder

**Navy Lt. Winnie J. Walmsley**  
*Base Chaplain, MCB Hawaii*

By Public Law 106-579, Congress established the White House Commission on Remembrance to promote the values of Memorial Day with specific acts of remembrance throughout the year.

Today, the National Moment of Remembrance (NMR) is a major program of the commission, and its goal is that all Americans pause to remember — wherever they are at 3 p.m. on Memorial Day — to honor those who made the ultimate sacrifice for our freedoms.

A recent Gallup Poll indicated that only 28 percent of Americans know the true meaning of Memorial Day. Most view the holiday as a "day off" rather than a day to connect with U.S. history and virtues. The NMR has become a national campaign to put the "memorial" back in Memorial Day.

NMR is now helping to educate and encourage present and future generations of Americans to remember the sacrifices and costs in human life made to preserve our liberties and to instill in them an understanding of what it means to be an "American."

However, the National Moment of Remembrance does not replace any traditionally planned ceremonies. The observance is an act of national unity in which all Americans are encouraged to participate.

In keeping with the commission's intent, Marine Corps Base Hawaii will host a base wide remembrance at the Pacific War Memorial, Monday at 3 p.m. Military, family members and base patrons are asked to arrive by 2:50 p.m. A base representative will precede the minutes of reflection with a brief introduction to the event, and "Taps" will accompany the observance on the base public address system. A base chaplain will conclude the event with prayer. Anyone who cannot attend the ceremony, is asked to pause wherever he or she is, and observe the National Moment of Remembrance.

## New boat parking policy goes into effect Tuesday

**Pfc. Rich Mattingly**  
*Sports Editor*

Effective Tuesday, changes to the Base Regulation and Family Housing Management Order will require that boats, jet skis or other watercraft and associated trailers be stored away from residential areas.

To allow for a smooth transition, base residents who have previously been approved to park watercraft at their home are allowed to continue that arrangement until they permanently change duty stations and residents living in the barracks that currently have watercraft will be allowed to park them at the base marina at no cost.

Currently, more than 20 boats and various watercraft are parked in on-base residential areas. Base Safety believes this constitutes a significant

safety risk.

"I think the changes will help us provide a safer environment throughout base housing," said Danny Tolentino, deputy director of Base Safety. "A lot of kids run around the area, and trailers aren't always properly secured. The trailers also often interfere with drivers' line of sight while driving in housing areas."

Tolentino said he also believes the new changes will mean accidents involving trailers being hauled across base to the marina should be eliminated and the overall safety for all residents should improve.

In the future, residents who fail to comply with the new regulations may find their watercraft ticketed for being illegally parked, and risk having their craft towed and impounded by the Provost Marshals Office.

Additional storage is available at the



Pfc. Rich Mattingly

New policies, effective Tuesday, will eliminate watercraft parking at officer and enlisted bachelor quarters.

Pearl Harbor Marina. They can be contacted at 473-0284.

For more information about relocating watercraft to the base marina, call 254-7666.



# MCBH News Briefs

## Talk Radio to Air Memorial Day Tribute, Today

A Memorial Day tribute will be presented from 8 to 9 a.m. today on KHNR's "live" talk show "Flashpoint Hawaii" (650 AM). Callers and veterans are invited to call in to memorialize and pay tribute to family members and friends who have lost their lives in any war in which Americans have fought, or to share personal stories or testimonies at 524-6565.

Retired Marine Lt. Gen. Henry C. "Hank" Stackpole, president of the Asia-Pacific Center for Security Studies in Hawaii and a former commander of Marine Forces Pacific, will be the program's featured guest. Stackpole retired following a 36-year career with the Corps. FlashPoint Hawaii focuses on local news and how national and international events affect residents of the Aloha State.

## NPS Alumni to Meet

Junior and senior Naval officers are invited to a gathering hosted by the Superintendent of the Naval Postgraduate School (NPS), Rear Adm. Pat Dunne, today from 5:30 – 7:30 p.m. at Sam Snead's Tavern, 943 Valkenburgh St., in the Pearl Harbor area.

Dunne will address alumni regarding the NPS, its graduates, and distance learning. Wardroom participation is strongly encouraged, and light refreshments and beverages will be provided. Attendees should RSVP to afmurphy@nps.edu or jmmathie@nps.edu.

## Special Olympics Seeks Volunteers

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

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

## State Alert to Sound Tuesday

The State Civil Defense monthly test of sirens and the Emergency Alert System will be held Tuesday at 11:45 a.m.

# Hawaii MARINE

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# IN THE CG'S MAILBOX



BRIG. GEN.  
MCABEE

Sir,

I am writing with a concern about the Annual Hawaii Food Bank (FB) Donation program that was conducted on April 24. This year, a local TV station stated that all military commissaries would be involved as drop off sites for items. This was on the 22nd.

I noticed that "The Honolulu Advertiser" omitted the military in their publication on the 23rd. I took up the gauntlet and wrote them an article, which they published in the editorial section on the 24th. I stung them a bit for omitting thousands of potential donors and our generosity.

On the 24th, I expressly visited our commissary to shop/donate items (as I do every year) for the FB. To my chagrin, there was no donation site. The two managers that I talked to were unaware and stated that they usually were involved.

Later, after buying my items, I approached one of the managers and asked if this site could be established. She stated that it was all right, but the FB would have to bring a box. She suggested that I call the FB.

I called. They were receptive; yet, they were not sure why the site was not established. They suggested in the meantime that I drop off my goods to the nearest fire station. I tried ours first; they were clueless. I later found out, after two more attempts out in town, that the stations ended their collections on the 21st.

Points to Ponder  
One, our PR and/or community officer(s) should be on top of this.  
• Know about it in advance, as it

is a super program. It clearly benefits all concerned and happens every year.

- Publish (two weeks in advance) this info in our base paper.
- Ensure the commissary/food bank are coordinated (I should not be making the call) on this — to include a "walk by" on the actual day to ensure compliance.
- Post the info on the sign by TLA (the temporary lodging allowance office).
- Ensure large banners are posted at the fire station/commissary/PX (post or base exchange).
- Involve the units on base. Maybe a 72-hour pass (for example), for the military unit that provides the most (donations). The other tenant units can be awarded a letter of appreciation by the CG.

Two, we should be proactive, not reactive. We Marines are famous for our "can do" and "will do" mentality and our generosity. If the FB forgot to set us up, we could have overcome and adapted w/o any heartache.

Thank you for your time and consideration to this. I do realize that important matters are at hand and/or forthcoming. But I believe we can make this happen at little time/expense, so that some people (especially children) will have something to eat.

Semper Fidelis,  
Mr. Casler



Dear Mr. Casler,  
  
The commanding general asked me to respond to your e-mail of

April 26 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.

First, I'd like to thank you for bringing this issue to our attention. Marine Corps Base Hawaii has been and continues to be an ardent supporter of the Hawaii Food Bank. In the past, our commissary managers have worked closely with our base volunteers to establish drop-off sites and coordinate deliveries during annual food drives.

With regard to the most recent food drive, I contacted representatives at the Hawaii Food Bank, the MCBH commissary, as well as active duty personnel who have been responsible for coordinating previous Hawaii Food Bank activities aboard Kaneohe Bay and Camp H. M. Smith.

Unfortunately, in this instance, there was a coordination problem between Hawaii Food Bank personnel, the "Military Coalition Leader" at Camp Smith and our local representatives here at Kaneohe Bay. Base personnel involved with the Hawaii Food Bank have been made aware of the issue and have assured me that we'll do a better job of coordinating with our partners on future food drives.

We appreciate your thoughtful comments and concerns. If I can be of any further assistance, please feel free to contact me at 257-8821, and again, thank you for taking the time to participate in the "CG Mail" program.

Sincerely,  
Mr. Kent Murata  
Assistant Chief of Staff, G-4  
(Installations and Logistics)

(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.

# COMMENTARY

## Day should reflect selfless actions



BELL

Sgt. Maj.  
**Wayne R. Bell**  
1st Marine Division

CAMP BLUE DIAMOND, Iraq —  
Seventy-two. There are 72 reasons why this Memorial

Day is a little more sacred this year, a little more solemn.

Seventy-two is the number of Marines, soldiers and Sailors assigned to the 1st Marine Division who were killed in action during combat operations in Iraq. Seventy-two patriots upheld our Corps' values of honor, courage and commitment. Seventy-two are to whom we owe our pride, our dignity and our gratitude.

For most, Memorial Day is a day off from work. For most Americans, backyard barbecues, time with family and the kick-off to summer mark this day. But most Americans aren't familiar with the sacrifices of our Marines, soldiers and Sailors. Most don't know about Cpl. Jason

L. Dunham, the 22-year-old Marine who dove on top of a grenade to save the lives of his Marines. But Marines do. Marines know that our Corps' legacy is built upon such men who selflessly give their lives for their fellow Marines. Memorial Day is a day to honor those who have paid the ultimate sacrifice like Cpl. Dunham. Lance Cpl. William J. Wiscowiche was killed in Ramadi, Iraq, trying to search out improvised explosive devices. He died trying to keep other Marines safe. We have no greater heroes than Marines like Wiscowiche. Memorial Day is Wiscowiche's day.

As he fired away at the enemy shooting at his Marines, Lance Cpl. Elias L. Torrez III used one hand for the steering wheel and the other for his weapon. While his foot was propping open the door to his Humvee, he emptied two magazines on the enemy before the enemy killed him. We should remember Torrez on Memorial Day.

Cpl. Daniel R. Amaya always told his Marines he would be there, leading them. He was leading his Marines from the front when he was killed in fighting in Fallujah. That's how he died, fulfilling his promise to

his Marines. Amaya's day is Memorial Day.

Right now, there are 72 reasons why this day, this year, is more bitter-sweet than the rest.

I've stood at the foot of memorials here in Iraq. A single inverted rifle with identification tags and helmet honors our fallen comrades. But Memorial Day is a day that we honor the sacrifices of all Marines, all soldiers, all Sailors, all airmen and all civilian warriors who fought and died in Iraq in 2003 and 2004, and in Kuwait in 1991.

We honor military and civilians who were killed in Beirut in 1983. We honor those killed in Vietnam and Korea. We remember the sacrifices of those who forged our legacy in the swamps of Guadalcanal and the beaches of Iwo Jima.

All these sacrifices made us the Corps, the Army, the Navy, the Air Force, and the nation we are today. The sacrifices of the 72 killed in action in Iraq during this war on terror is forging that legacy of selfless brotherhood, of one American laying down his life for another.



# Sea Stallion Down

Marines secure helo against aggressors in simulated crash

Story and Photos by  
**Lance Cpl. Michelle M. Dickson**  
*Combat Correspondent*

**KALAELOA** — The Marines of 1st Battalion, 3rd Marine Regiment, completed a successful Tactical Recovery of Aircraft and Personnel scenario here, May 21, at what was formerly Naval Air Station, Barber’s Point.

Their mission fulfilled one of 29 tasks required for the unit to ready itself for duty with the 31st Marine Expeditionary Unit in Okinawa, Japan.

In the scenario, a CH-53D Sea Stallion helicopter crashed in a foreign city. Its crew of three needed rescue, but the responding 1/3 unit was told to expect resistance.

A small “red cell” of aggressors from 3rd Battalion, 3rd Marine Regiment, arrived on the scene. The cell tried to detour the 1/3 rescue, as the aggressors wanted to secure the Sea Stallion’s airframe and possibly some American hostages.

The main concern of Combined Anti-Armor Team 2 from Heavy Weapons Co., 1/3, was to get to the helo before the aggressors, in order to get the aircrew to safety.

“These Marines knew they had to be faster and stronger than the opposing forces, and that’s what they did,” said Staff Sgt. William Hornsby, battalion assistant operations chief for, 1/3, and a Pensacola, Fla. native. “They had mobility over the enemy and an increased amount of firepower to deal with.”

A variety of factors required the Marines to be flexible and make on-the-scene decisions in order to achieve success.

“The Marines rolled with the punches and made it happen,” said Hornsby. “They were competent and responded well to all orders that were given to them. They showed good leadership qualities throughout the mission,” he explained, adding that the most difficult part for Marines was determining who was and wasn’t the enemy.

“In a different country, a lot of the times you aren’t going to know who is going to fire at you. The Marines have to take the time to make the correct decisions in situations like these.”

Gunshots rang out. The Marines of 1/3 continued to push through to complete the task at hand, and its corpsmen provided medical attention to simulated casualties.

Lance Cpl. Adam Brantley, rifleman for Kilo Co., 3/3 and a Seymour, Tenn. native, was an aggressor who trained the entire week to help 1/3 prepare for the MEU.

“This mission ended up going at such a fast pace,” said Brantley. “They flanked us and it was all over. They performed really well.”

According to Hornsby, the weeklong training evolution is the final training requirement. Hawaii-based training has provided the unit a huge leap forward in comparison to units forced to only train in Okinawa.

The 1/3 Marines will continue to train when they arrive in Okinawa, where they will collaborate with other Marine units and Navy counterparts.



Marines from 1/3 simulated the rescue of three fellow Lava Dogs during a weeklong training evolution preparing for duty with the 31st Marine Expeditionary Unit.

## Word on the Street

*What national monument or landmark have you always wanted to visit?*



“The Washington Monument. I’ve always wanted to see it.”

Sgt. Cruz Arredondo,  
Electronics chief  
3rd Marine Regiment



“The Iwo Jima monument because it’s so famous. It’d be cool to see the original one.”

Lance Cpl. Ricardo  
Tijerina  
Supply clerk  
CSSG-3



“The Eiffel Tower, because it’s so popular, and it’s in a beautiful country.”

Jessica Byrd  
Family member



“The Grand Canyon. I’ve wanted to go there ever since I was little.”

Cpl. Cynthia Barnum  
Cook  
Anderson Hall



"The Iwo Jima memorial because it shows the long history of the hospital corps."

Petty Officer 2nd Class  
Valentino Salazar  
Corpsman  
3rd Marine Regiment



# Veteran searches for lost comrades

**Sgt. Joseph A. Lee**  
*Combat Correspondent*

Recently, a Marine veteran of Guadalcanal, Tarawa, Tinian and Saipan visited Marine Corps Base Hawaii, Kaneohe Bay, to reminisce on the island while providing clues that may uncover the possibility of missing-in-action Marines he feels may still be buried on the island of Tarawa.

Robert L. George, author of the book “Tarawa: Too Young to Vote,” is a former sergeant of Marines who firmly believes that the remains of some of his fallen friends and comrades may not have been recovered from the island of Betio in the Tarawa Atoll after the battle there just more than 60 years ago.

“I’m absolutely certain there are Marines still buried at Tarawa,” said George, while conducting a videotaped interview at the Combat Visual Information Center here. “I don’t know exactly where they are, but I know they are there. I hope they look for these boys; most of them were my friends.”

George served with Alpha Company, 1st Battalion, 10th Marine Regiment, 1st

Marine Division. During the interview with Alice T. Clark, chairperson of the Pacific War Memorial Association, Inc., he recalled events that took place shortly after D-Day, in an effort to piece together how Marines could have been lost in an unmarked mass grave, buried beneath what may now be a highway or part of an airport.

From information George learned through correspondence with other Marines who were there, he believes that the mass grave “may have been turned into a road because the area was used as a roadway shortly after [the division] left.”

After recording George’s account of his time in Tarawa, the group (which included his wife, Shirley Ann, and family friend Maryemma Buttler) visited with Johnie Webb, the senior advisor at the Joint POW/MIA Accounting Command (JPAC) at Hickam Air Force Base, to see if he could shed some light on the possibility of recovering these Marines’ remains.

Upon arrival at JPAC, Webb and World War II analyst and historian Dr. Chris McDermott greeted the group

with utmost interest.

“If you can get us close, we’ll take it from there,” said Webb, as he listened to George’s account of the burial.

George described the mass grave as an eight-by-75 foot trench in which they buried at least 1,262 dog tags, and the Marines to whom they belonged. After George explained the dimensions of the grave, McDermott helped shed some light on what could have happened to the lost grave.

“During the war, there was a shortage of qualified grave registration personnel to follow the campaign across the Pacific,” said McDermott.

Because of this shortage, McDermott explained, many of these sites were visited months, even years later, only to discover that the grave markers did not lie above actual burial sites. Many searches were conducted for these mass graves, and many were discovered.

“The remains of several thousand Marines were, in fact, discovered in similar mass graves in the years following the war in the Pacific,” said McDermott.

According to McDermott, these remains would have been transported either to Manila, Philippines, or to Schofield Barracks here on Oahu.

“There are several thousand Marines’ remains buried at Punchbowl, which were brought back from Pacific battle sites on carrier ships to Schofield Barracks,” said Webb. “These unknowns could very well include the Marines that had originally been buried in mass graves..”

Though the possibility exists that the grave George remembers was indeed



Sgt. Joseph A. Lee

**Veteran Robert George believes Marines are still buried on island of Betio.**

discovered, Webb and McDermott assured the Marine veteran that they would follow every lead, and make every effort, to follow through on his account.

“It’s just as important to the Marines of today, for them to know that we will make every effort to find them should they fall on foreign soil,” said Webb. “We’re doing everything we can to bring our heroes home.”

*(Editor’s Note: Marines can purchase a copy of George’s book at the reduced cost of \$10 by calling 1-800-954-9161, toll free.)*

If you know of a family member who is from the maternal blood-line of an unaccounted-for serviceperson, please ask them to contact military services to provide a blood sample.

U.S. Army	1-800-892-2490
U.S. Air Force	1-800-531-5501
U.S. Navy	1-800-443-9298
U.S. Marine Corps	1-800-847-1597

## STAND DOWN, From A-1

Memorial Day weekend and the rest of the summer. Although safety presentations are typical, none have been quite as elaborate as Wednesday’s, he explained. Before the main event, which featured a drunk driving scenario, speakers from the Provost Marshals Office, lifeguards from Marine Corps Community Services, and the Headquarters Battalion Substance Abuse Control Counselor’s Office shared important safety precau-

tions military and family members need to keep in mind this summer as they go out to have a good time. “We attempted to create the most realistic scenario possible, using real cars, fake blood and volunteer victims,” said Diprete, explaining the Base Safety Center’s simulation of a realistic drunk driving accident. The event entailed crashed cars, an appearance by the Federal Fire Department here, a Jaws of Life demon-



stration, an arrest by PMO, the simulated fatality of an innocent passenger, and response by Emergency Medical Services. In the car accident scenario, a vehicle full of intoxicated Marines collided with another transporting a husband, wife and baby. The accident resulted in the death of the mother, who also happened to be a Marine. Emphasizing the reality of a personal loss, an honor guard gave a 21-gun salute and played “Taps.”

Post-presentation activities featured a safe motorcycling demonstration for skilled and would-be motorcyclists. “The most important thing that we want K-Bay residents to take home from the stand down is the reality of their actions — how one bad mistake can result in a life-changing event for so many individuals,” explained Diprete. “One night and too many drinks can result in one accident and an innocent death, which would create dozens of affected individuals.

# JCOC: Brent, Fisch and May honored as Hawaii’s participants



**Patrick T. Brent, Chairman, Baldwin Forrester & Company (Honolulu)**  
**Primary Owner/Manager, Bradford Adams & Co. (Palo Alto)**

Mr. Brent’s career experiences have ranged from computer programmer to founder of multi-million dollar businesses. His accomplishments have included pioneering work in computer systems for airline/travel industries in data communication, reservations and accounting, and in payroll

tax reporting and trust fund processing. A Waikiki hotel property owner, he regularly hosts awards for service members; his military service was performed with 2nd Bn., 24th Marines, 4th Marine Division. A trustee for Camp Pendleton’s “Devil Pups” youth summer camp (and a former Marine Corps Command and Staff College and Marine Corps University trustee), Brent served as a civilian war correspondent during Operation Iraqi Freedom and was chosen as a Marine Corps Combat Correspondent’s Association Life Member.



**Michael J. Fisch, President & Publisher “The Honolulu Advertiser” (since 1998)**

Mr. Fisch was previously president/CEO of an independent daily newspaper in California. He has also held executive positions with newspaper organizations in Connecticut, Wisconsin and Minnesota. Active throughout his career in community-based organizations, Fisch’s current activities here in Hawaii include: President, Historic Hawaii Foundation; Director/VP Admin., Aloha

Council of Boy Scouts; Vice Chairman, Enterprise Honolulu; member, Hawaii Business Roundtable; member, Hui of Grantmakers; Capital Campaign, USS Missouri Memorial Association; member, Hawaii Pacific University Communications Advisory Board; member, The Hawaii Chamber of Commerce Military Affairs Committee; Board Member, Rotary Club of Honolulu and Rotary District 500; Board Member, Japan-American Society; Business Team Chair, Aloha United Way; and Board Member, Hawaii.com joint venture.



**T. Michael May, President & CEO Hawaiian Electric Company, Inc. (HECO)**

Mr. May is also Advisory Board of Directors Chairman for Maui Electric Company, Ltd. and Hawaii Electric Light Company, Inc. Prior to joining HECO in 1992, he founded a management-consulting firm (Management Assets Group) and served as President/Vice President of Finance of the independent power production and industrial gas turbine manufacturing sub-

sidiaries, respectively, of Caterpillar, Inc. His community and professional associations include: member, Boy Scouts Aloha Council Executive Board, The Hawaii Chamber of Commerce-Military Affairs Council, and Hawaii Business Roundtable; Trustee, Academy of the Pacific Board; Director of Blood Bank of Hawaii, Edison Electric Institute (EEI), and the Electric Power Research Institute (EPRI). In 2002, he and his wife, Carol Ai May, co-chaired the Oahu County Aloha United Way campaign.

From A-1

Camp Smith, where they will receive the Pacific Command’s current operations update. Participants will also visit various Oahu-based military commands, including MCB Hawaii, Kaneohe Bay, then fly via military aircraft to Korea to meet with the leadership of the United Nations Command/Combined Forces Command U.S. Forces/Korea and the Korean Ministry of National Defense/Joint Chiefs of Staff.

The group will stop in Japan to meet with the Commander Naval Forces Japan/Commander Seventh Fleet and tour the USS Kitty Hawk, before returning to Hawaii.

Due to a refocusing of military resources in the United States for Operation Iraqi Freedom, the conference adjusted what has been a U.S.-based agenda to one focused on the key command centers engaged in winning the global war on terrorism.

In addition to seeing Marines, Sailors, soldiers, airmen and coast guardsmen in action, the JCOC groups will learn about everything from conducting military operations to day-to-day service member activities.

## MEMORIAL DAY, From A-2

I am truly honored to have served with and continue to serve with some of the finest human beings on the face of the earth, the U.S. Marines. I am humbled to stand in the shadow of these warriors who gave their lives for freedom. Their contributions enable this great nation of ours to enjoy the freedom that no other nation can. It is because of the sacrifices of Marines like those

who’ve fought and died for our country and Corps that I continue to proudly serve. Although we do not have some of the basic comforts here we are normally used to when at home, we remain modest and determined to carry out all orders to their fullest, led by our non-commissioned officers, supervised by our staff NCOs and fully supported by the officers who issue those orders. We continue to risk our lives daily in

order to complete this mission to enable a country and its people to enjoy the freedom that we have enjoyed all of our lives. Throughout the year, the sacrifices of our Marines are easily forgotten by most. But as a national holiday, Memorial Day serves as reminder to all to honor men and women who gave their lives in order to secure ours. It is the perfect time to thank those who answered their call to duty.

From my cover to yours, I salute these proud Americans on Memorial Day. Will you join me?

“ quotable ”

It is foolish and wrong to mourn the men who died. Rather, we should thank God that such men lived.

— Gen. George S. Patton, Jr.



# Walking the line



Cpl. Jessica M. Mills

Honor graduate Cpl. Mark D. Rynders (left) of 1st Bn., 12 Marine Regiment, waits with his fellow Marines to receive their graduation certificates and awards during the Corporals Course Class 6-04 graduation ceremony May 19, at the base theater here.

## SALUTES

Corporals Course 6-04

### Honor Graduate

Cpl. Mark D. Rynders  
1st Battalion, 12th Marine Regiment

### Second Place

Cpl. Edward L. Beebe  
1st Battalion, 12th Marine Regiment

### Third Place

Cpl. Rufino Xavier  
Combat Service Support Group 3

### Gung Ho Award

Cpl. Efren Casas Jr.  
1st Battalion, 12th Marine Regiment

### Certificate of Superoir

### Physical Performance

Cpl. Kevin L. Graving  
3rd Marine Regiment

Cpl. Cesar J. Leel  
Marine Heavy Helicopter Squadron 363

# DUIs are career killers



(Editor’s Note: Per the commanding general of MCB Hawaii, those convicted of driving under the influence [DUI], driving while intoxicated or drug-related offenses shall be publicized in the Hawaii Marine newspaper.)

## You drink & drive. YOU LOSE.

The Military Police Department has added the following names to the DUI roster, suspended the license of the driver, and removed his or her vehicle and its DoD decal from the installation.

•May 4, Cpl. Darrell A. Rhea of Headquarters Bn., MCB Hawaii, Kaneohe Bay, for driving under the influence with a blood alcohol content of .111 percent.

•May 6, Petty Officer 3rd Class Calvin C. Franklin III of Patrol Squadron 9, for DUI and hit and run with a BAC of .150 percent.

•May 6, Lance Cpl. Daniel Petrone of 3rd Battalion, 3rd Marine Regiment, for DUI and driving without a license with a BAC of .200 percent.

•May 9, Laura S. Garrison of 1312 Molehu Dr., Honolulu, for DUI, driving without insurance and fraudulent use of a DoD decal with a BAC of .160 percent.

•May 14, Lance Cpl. Timothy E. Coyle of 1st Battalion, 3rd

Marine Regiment, for DUI and reckless driving with a BAC of .173 percent.

•May 14, Lance Cpl. Joseph R. Geist of Kilo Co., 3rd Battalion, 3rd Marine Regiment, for DUI with a BAC of .138 percent.

•May 15, Sgt. James R. Campana of Charlie Co., 1/3, for DUI with a BAC of .129 percent.

•May 15, Sgt. Syneca G. Witherington of Marine Corps Air Facility, for DUI after refusing a BAC test.

•May 15, Lance Cpl. Craig B. Haneline of Charlie Co., 1/3, for DUI with a BAC of .104 percent.

•May 15, Lance Cpl. Jesse L. Randall of Headquarters Co., 3rd Marines, for DUI with a BAC of .136 percent.

# Chapel windows to shed light on spirituality

History, culture to be reflected in new stained glass designs

**Pfc. Rich Mattingly**  
*Sports Editor*

It’s a scene easily imagined by anyone who has spent time in a church. Like the invisible hand of God, daybreak touches the glass of chapel windows and refracts into fingers of colored light. Some colors glance off at odd angles, while others reach through, bathing the sanctuary with the soft, colorful glow of a Hawaiian Sunday morning.

This will be a regular sight aboard Marine Corps Base Hawaii when the new base chapel opens next year. Its new look will feature five uniquely designed stained glass windows, which will illuminate not only the holy mission of the chapel, but also the spirit of those

who have worshiped on the island of Oahu for generations.

According to the design concept, the stained glass windows will capture the harmonious relationship that the State of Hawaii and the U.S. Marine Corps have enjoyed during the past 60 years. The goal is not to depict a war or battle scene, but to illustrate this relationship in scenes capturing the natural beauty of Hawaii, as well as the spirit of aloha that has been displayed toward Marines in Hawaii.

Artists Nidia and Michael Mezalick of Mezalick Design Studios in Philadelphia have designed four of the windows, and interpreted a fifth from sketches by an Oahu-based artist. According to the Mezalicks, their luminous images will pay homage to the Marine Corps and Hawaii’s religious roots.

Their windows will interpret various scriptures such as the right and left dormer windows that depict columns of fire and water,

respectively. The pillar of fire represents the fire that led the Israelites out of Egypt; the pillar of water represents spiritual cleansing. The dormer windows will portray the fire of Hawaii’s volcanoes and the beauty of the water surrounding the islands.

Another Mezalick window, which will grace the entrance to the new Religious Education Facility at the chapel, is dedicated to the “Chosin Few,” the Marines who fought in the Korean War. As the battlefield legend holds, the men fighting near the Chosin Reservoir prayed for a star to shine in the night, as a clear, starry night would mean a clear morning and corresponding air support to help them win the fight. Mezalick’s window will show the star and campaign ribbons from the Korean War.

The design of the main entrance window will be a kukui tree, the state tree of Hawaii. Overlaid by a grid and with etchings of military scenes at the bottom, the window further

depicts the positive relationship between the United States Marine Corps and Hawaii.

The altar window will be the centerpiece of the chapel, and it is Mezalick’s interpretation of a design created by local Manoa artist Duane Preble.

“Hawaiians see nature as sacred and inseparable from worship,” said Preble, an artist, painter, and retired University of Hawaii professor. “They see themselves as a part of nature.”

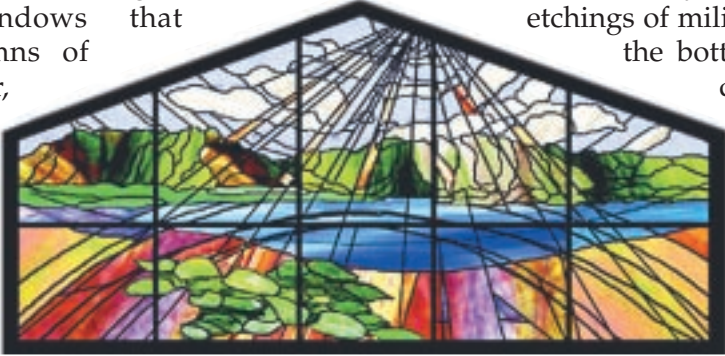
The altar window will also depict sunlight scattering over the Koolau mountain range, onto a foreground covered with the leaves of the taro plant (kalo).

“The taro plant was heavily relied upon in the past here, and modern Hawaiians use it as a figurative link to their heritage,” Mezalick added. “We wanted to honor that.”

Mezalick Studios hope to have the windows completed by this fall and ready for installation. For more information about the studios and stained glass project, visit [www.mezalick.com](http://www.mezalick.com).



The left dormer represents water. The spiritual interpretation relates to the refreshing of souls, and the cleansing of spirit (Ezekiel 36:25). The naturalist view relates to the water that surrounds the islands.



Starting with the original design supplied by Duane Preble, the altar window is an interpreted idea of what his design might look like in stained glass. There are elements of nature, such as leaves of the taro plant and the Koolau Mountains, presented in modern style.



The right dormer represents fire. It represents being tested like gold in the fire, purified. (Zechariah 13:9) The window also represents the idea that God led the Israelites out of Egypt at night with a pillar of fire (Numbers 14:14).

Did You Know?

One of the oldest known examples of multiple pieces of colored glass used in a window was unearthed at St. Paul's Monastery in Jarrow, England.





Locals and tourists alike flock to chill out and enjoy the city's Sunset on the Beach program where popular movies are shown on a 30-foot screen in Waikiki, every weekend.

# Sunset on the Beach draws thousands

Story and Photos by  
**Lance Cpl. Megan L. Stiner**  
*Combat Correspondent*

WAIKIKI — An area also referred to as “the strip,” is a well-known neighborhood for night owls, food aficionados and big spenders alike here. As well, many military and family members spend weekends indulging in and exploring the various activities and events that occur in the stores, hotels, clubs and restaurants that make up the strip.

Almost two-and-a-half years ago, Mayor Jeremy Harris decided to encourage kamaaina, local Hawaii residents, to rediscover Waikiki, which had become predominantly populated with tourists. And thus was born “one of the most innovative programs in Hawaii,” according to City and County of Honolulu officials. The Sunset on the Beach series “gives local residents and visitors an opportunity to enjoy the beautiful Hawaiian sunset from world-famous Waikiki beach.”

City officials say that Sunset is “a great way to relax with a cool beverage, pupus [appetizers], and live entertainment,” as well as enjoy great movies shown on a 30-foot screen in a beach setting of lawn chairs and blankets, every Saturday and Sunday at Queen's Surf Beach here, just across the street from the Honolulu Zoo.

“The amount of people varies with special events like holidays,” said Deroy Lavatai, sound engineer for Sunset on the Beach. “The movie that we are showing also plays a part in the crowd size.”

Lavatai said, at first the crowds were small and

vendors wondered whether Sunset would be a profitable venture, but now that the word is out about the all-inclusive Sunset, between 2,000 and 6,000 people flock to the beach, weekly, to watch and indulge in the movies and food. Private sponsors continue to donate funds to keep the shows running and each week a different organization sponsors the event.

Activities begin around 4 p.m. as local musicians entertain the crowds with a variety of music. Disc jockeys take over the stage at 5 p.m., to hold contests and give away prizes. Vendors provide everything from pizza to smoothies available for purchase throughout the evening. Then, when the sun is setting on the ocean, the movie begins, around 7 p.m.

After the show too, there are plenty of other options. Queen's Surf Beach is just across the street from some of the busiest hot spots on the strip so that kamaaina and tourists can make the most of their night out on the town.



Be sure to arrive early as the sands at Queen's Beach quickly become prime real estate when the sun begins to set and the throng settles in for the night's featured movie.



## Upcoming Movies Schedule

May 29	Pirates of the Caribbean	(PG-13)
May 30	Something's Gotta Give	(PG-13)
June 5	Bend it Like Beckham	(PG-13)
June 6	Scary Movie 3	(PG-13)
June 12	Master and Commander: The Far Side of the World	(PG-13)
June 13	Along Came Polly	(PG-13)

Beginning at 4 p.m., restaurants set up tents to provide food (right), musicians provide entertainment (above, far right) and Mother Nature provides a breathtaking sunset across the ocean (far right), a magnificent segue into the main event. The movie shown on a huge screen is located just meters from the shore.





MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

May

28 / Today

**Military Appreciation** — Information, Tickets and Tours, as well as other local attractions, are thanking military and family members with special discounts on favorite island activities. For example, today through May 31, enjoy steep discounts at Atlantis Submarine, Navatek, Sea Life Park and Germaine’s Luau. Also, Magic of Polynesia, Ali Kai Sunset Buffet and the Star of Honolulu are extending offers from today through June 31. Don’t miss these great discounts; get your tickets today. For more info, call 254-7563.

**Subway** — Hungry for a healthier breakfast? The Subway located near the main gate now offers five new breakfast sandwiches from 6:30 to 11 a.m. on weekdays and from 9 to 11 a.m. on weekends. The breakfast menu will feature ham, bacon and cheese; bacon, egg and cheese; sausage, egg and cheese; western egg and cheese; and steak, egg and cheese sandwiches.

June

1 / Tuesday

**7-Day Store** — The 7-Day Store, located on Lawrence Road here, will be open 24 hours beginning Tuesday; however, alcohol will not be sold between 12 and 6 a.m.



**Talent Show** — If you consider yourself a superstar, then be a part of the “Best of the Best Armed Forces Talent Show” at Kahuna’s. Open to all who are 18 years and older (in ranks E-5 and below, and equivalent DoD civilians and sponsored guests), auditions for comedians, musicians, singers and dancers will go Tuesday at 7 p.m. in the Kahuna’s Ballroom. The final show is June 5 at 8 p.m. in the Kahuna’s Sports Bar & Grill. Costs are \$5 for auditions and \$5 for admission on the evening of the show.

9 / Wednesday

**Summer Adventure** — The Youth Activities’ Summer Adventure program is open to all members beginning June 9 through August 20. The program will include weekly field trips to local points of interest, indoor and outdoor games and activities, swimming, arts and crafts, and sports clinics. The program also provides an adventure T-shirt, afternoon snacks and admission fees to all field trips. Enrollment is limited and fees are based on total family income, per published DoD fee guidelines. For more information, call 254-7610.

10 / Thursday

**Seafood Buffet** — Enjoy an all-you-can-eat seafood buffet

every second Thursday of each month at the Officers’ Club from 6 to 8 p.m. The buffet features prime rib, snow crab legs, peel-and-eat shrimp, ahi poke, calamari, fresh manila clams, fresh catch-of-the-day, an assortment of salads and deserts, and much more. The regular menu will not be offered, although patrons may order the salad bar. Reservations are recommended by calling 254-7650.

12 / Saturday

**Battle of The Bands** — Star 101.9 and Kahuna’s Sports Bar & Grill will be rockin’ out to some of the island’s most talented rock and roll bands on June 12 at 10 p.m. The winner will go on to compete in the final battle competition at the Wave Waikiki on June 26 for a chance to open up for Liz Phair at BayFest on Friday, July 2. Look for details and the names of competing bands in upcoming issues of the *Hawaii Marine*.

**B-Day Bash** — The Staff NCO Club is celebrating its birthday with a Beach Party Birthday Bash at 6:30 p.m. Don’t miss the fun and entertainment including contests such as the limbo, the belly flop and karaoke. Also enjoy live musical entertainment and door prizes. Call 254-5481 for more info.

16 / Wednesday

**Summer Reading** — The McDonald’s Summer Reading Program will kick off at the base theater June 16 at 12:30 p.m. with a special appearance and show by Ronald McDonald. Children of all ages are encour-

aged to read books all summer and earn special awards. For more information, contact the base library at 254-7624. **Marriage Skills** — If you’re thinking about marriage, get in the know and attend the next Marriage Skills Workshop, June 16 – 17. You’ll learn more about becoming a successful military family, couples’ communication, budgeting and finances, and get other resources available to make your relationship a success. Call 257-7780 or 257-7781 to register.

19 / Saturday

**Kahuna’s Texas Hold’em** — It’s your turn to buy in. Kahuna’s is hosting a Texas Hold’em Tournament for all E-5 and below at 7 p.m. The tournament is limited to the first 50 people and the entry fee is \$5 for all players. The top three players will go on to compete in a base wide Texas Hold’em Tournament at Fairways. Prizes and a chance for bragging rights are all at stake so bring on your best game! More dealers are needed; call 254-7660 for more information.

20 / Sunday

**Father’s Day Brunch** — Let Marine Corps Community Services do the cooking and find your way to dad’s heart with a delectable brunch at the Staff NCO Club or at the Officers’ Club. You don’t have to travel far or spend a lot to show dad how much you appreciate him. Reservations are required so call the Staff NCO Club at 254-5481 or the O’Club at 254-7650.

23 / Wednesday

**NCO Appreciation** — Invite your noncommissioned officers to the Rocker Room from 4:30 to 6:30 p.m. for 25-cent wings, cool beverages and a bit of camaraderie. **24 / Thursday** **O’Club Block Party** — Celebrate summer and the new scenery at the Officers’ Club, now that the new porte cochere and landscaping are finished. Plan for this summer evening of music, merriment and munchies beginning at 5 p.m.

Ongoing

**Family Child Care** — Family Child Care is a home setting child care service provider operated by the Marine and Family Services Division of Marine Corps Community Services, with certified providers trained in child development, nutrition, guidance and more. Family Child Care provides a flexible schedule, including evenings, weekends and overnight care. To find a Family Child Care provider, call the Children, Youth and Teen Programs officer at 257-7430. To become a Family Child Care provider at Marine Corps Base Hawaii, call the FCC Office at 257-7030. **Lava Java** — Get your morning started on the right track with a brew from the Starbucks location by the base theater. A variety of your favorite espresso drinks, coffees and pastries are now being served Monday through Friday from 6 to 11:30 a.m.

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

**TBD:** The SM&SP is looking for folks who are interested in a scuba diving certification course. Call the office now, and help make this idea a reality. Let your voice be heard by calling 254-7593.

Volunteer Opportunities

Marines and Sailors are needed to help support various activities and events, including the following: •*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.

Son Caribe to heat up staff club

Bobbie Brock  
MCCS Public Relations

Fire up your weekend with Son Caribe at the Staff NCO Club, Saturday from 8:30 p.m. to 12:30 a.m., when hot Latin music, contemporary and Top 40 will get you moving your feet and shaking your hips all night long. Performing an eclectic blend of Latin music, the sounds of Son Caribe will move you to learn and dance the salsa, merengue, bachata, the cha cha and more, as this fiery, polished ensemble of good friends knows how to entertain. The group has performed throughout the islands for the past two years, with its most notable performance in July 2002, as the opening act for international Latin music recording artist Celia Cruz. It was also invited to perform at newly-elected Governor Linda Lingle’s beach celebration, and in January 2003 and 2004, Son Caribe represented Hawaii at the Annual “Salsa In Paradise” International Convention in Waikiki. You can catch Son Caribe every Sunday night at the Esprit Night Club in the Sheraton Waikiki Hotel. The band also plays at Rumors in the Ala Moana Hotel,



Photo Courtesy of Son Caribe

Catch the eclectic blend of Latin music that is the sound of the Son Caribe band at the Staff NCO Club this Saturday from 8:30 p.m. to 12:30 a.m.

Zanzibar in Waikiki, and Kapono’s in Aloha Tower. Don’t miss Son Caribe this Saturday at the Staff NCO Club. This event is open to all E-6s through E-9s, equivalent DoD civilians and their sponsored guests. For more information and to be placed on the guest list, call 254-5481.

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.

The Whole Ten Yards (R)	Today at 7:15 p.m.
The Passion of the Christ (R)	Today at 9:45 p.m.
Walking Tall (PG-13)	Saturday at 7:15 p.m.
The Prince and Me (PG)	Saturday at 9:45 p.m.
Home on the Range (PG)	Sunday at 3:30 p.m.
The Passion of the Christ (R)	Sunday at 7:15 p.m.
Walking Tall (PG-13)	Wednesday at 7:15 p.m.
Home on the Range (PG)	Thursday at 7:15 p.m.
Hellboy (PG-13)	June 4 at 7:15 p.m.
Walking Tall (PG-13)	June 4 at 9:45 p.m.



# Base services help reduce stress of moving

Service members advised to begin moving plans four months ahead

**Cpl. Jessica M. Mills**  
*Combat Correspondent*

With the summer months upon us and rotation dates more prevalent, base services here offer helpful tips and information to remove unneeded stress and ease the transition.

According to Marie Calvo-Jesus, Relocation Assistance Program manager, service members need to plan at least three to four months ahead to have an efficient and successful move.

“As soon as the members know they are rotating, they should research their next destination, and close out any personal or business matters, like letting schools and creditors know they are leaving,” said Calvo-Jesus. “That way two months before their rotation, members will ideally have their orders and begin executing their move.”

For a smooth transition between your current tour and the next, the following should take place:

**Marine and Family Services Division**



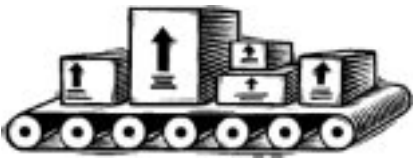
- Attend the Permanent Change of Station Move Workshop.

The Family Housing Depart-

ment and the Traffic Management Office both advise service members to attend the PCS Move Workshop. The Marine and Family Services Division offers the workshop, twice a month from March through August, and once a month between September and February.

The workshop provides an overview of steps to ensure a smooth transition between housing, TMO and temporary lodging allowance, as well as a realistic timeline to complete the requirements for each entity.

**Traffic Management Office**



- Attend the TMO brief.
- Separate belongings into household goods shipment, unaccompanied baggage shipment and airplane luggage.

The Traffic Management Office suggests the service member make an appointment for its mandatory TMO brief at least two months prior to the projected moving date. All members are required to attend the TMO brief, but they must make the appointment in person, as the office will not make appointments over the phone.

Also, PCS or separation orders are required before setting up the TMO shipment, which must be scheduled a minimum of 15 days after the brief.

During the TMO brief, service members will receive a moving packet and all the pertinent information needed for each of their shipments, including authorized shipping items (see B-5 for a list of unauthorized shipping items), unaccompa-

nied baggage limits and temporary storage.

Members are required to bring five copies of their orders for each shipment, to include the privately owned vehicle shipment.

The household goods move is the main body of the shipment. This includes all furniture, kitchen items, toys and other household items. This is usually the last shipment that is sent off, making it easier for service members during their last few days at a location.

The unaccompanied baggage move is an express shipment, usually consisting of seasonal clothing, pots and pans, and other necessity items service members will require before they leave or upon arrival at their destination.

“The unaccompanied baggage shipment is for the convenience of the service member,” said Sgt. Kenyada Fore, non-commissioned officer of household goods at TMO. “Service members have to decide whether they want convenience here in Hawaii, or at their destination. They can either hold back these items until the last minute, so that they can use them, or they can send the shipment ahead of time so that they are at their destination when they arrive. It is a matter of choice.

“But what they have to keep in mind is that there is a restriction on the amount of baggage allowed on an airplane and the weight of bags. At the moment, the restriction is two bags per person at 50 pounds each,” Fore explained. “But there is a waiver to go up to 70 pounds, if the service member is on orders and carrying military bags, depending on the airline.”

When setting up shipments, service members have the

option of requesting two moving companies; however, it’s not a guarantee. If the carrier is not available, TMO will schedule the shipments with the next available carrier.

The household goods move must be completed before service members clear their quarters; otherwise, they will incur the costs of storage. There is no temporary storage available for any service members leaving Hawaii.

**Family Housing Department**



- File an “Intent to Vacate Quarters” form.
- Attend the housing brief.
- Schedule a pre-termination inspection.
- Schedule a final inspection.

At the same time service members are coordinating with TMO, they also must communicate with the Family Housing Department. Service members should visit the housing office to complete an “Intent to Vacate Quarters” form at least 60 days prior to the member’s rotation.

Once the form is filed, service members attend a housing brief that details all the instructions needed for cleaning and inspection of the home.

“Each case is different; the more notice service members give, the better we are able to assist them with their move,” said Gayla Talaesea, a housing management assistant here. “It is usually easier to make an appointment, but we have a counselor dedicated to walk-ins daily, so it all depends on them.”

Once the notice to vacate housing is filed, the housing counselor will schedule a pre-termination inspection 45 to 60 days prior to the service member’s move. At the inspection, the service member or spouse will meet with a housing representative.

The representative will tell them exactly what must be accomplished prior to clearing quarters. If they are authorized government contract cleaning, they may choose to pay a fee of \$58 in lieu of performing the minimal cleaning requirements.

A final inspection must be scheduled at least 30 days prior to moving out. At this point, orders are required as well as the date for the household goods shipment.

Flight itineraries are not required to schedule the final inspection; therefore, housing will schedule the final inspection based on the date it is told the service member is departing.

Housing will clear the military family from their quarters as close to their departure date as possible.

**Temporary Lodging Allowance**



- Coordinate the final inspection date with flight details and temporary lodging plans.

Temporary lodging allowance is provided to partially reimburse a member for more than normal expenses incurred while occupying temporary lodging,

*See MOVING, B-5*



# DeCA program makes money grow on trees

**Carrie Williams**

*Defense Commissary Agency*

FORT LEE, Va. — Mom and dad were right when they said, “Money doesn’t grow on trees,” but thanks to the Scholarships for Military Children program, it does for 500 diligent students. That’s figuratively speaking, of course.

In May, the color green is bursting forth everywhere, but for these students it’s not just the “garden variety” chlorophyll green found in the back yard. It’s more like Federal Reserve green in the form of \$1,500 to apply toward their college tuition this fall.

“We’re thrilled to report that the scholarship program is an enormous success in helping military families defray the costs of education,” said Defense Commissary Agency Director



“I plan to use the scholarship to further my education at Occidental College in Los Angeles, Ca.”

— Jennifer Manuzak,  
MCB Hawaii,  
Kaneohe Bay, winner

Maj. Gen. Michael P. Wiedemer. “We’re proud to be associated with a program that has awarded more than \$3 million to nearly 2,000 students since its inception in 2001.”

See *DECA*, B-5



Lance Cpl. Michelle M. Dickson

## Christmas in May

Recipients of \$16,000 worth of grants and donations from the All Enlisted Spouses Club, stand with Sgt. Maj. Anthony Franks (center), the base sergeant major here, and AESC President Mary Pratt (far right), during the Scholarships and Awards Ceremony, May 19.



MOVING, From B-3

for instance, if a member is cleared from quarters a day or two before his or her flight.

“TLA is based on a case-to-case basis. Everyone’s situation is different,” said Chief Warrant Officer 4 5Peter Swainson, the officer in charge of the Base Personnel Administration Center. “There are three factors that are taken into consideration ... the number of days it takes to pack out your home, the final inspection date from housing, and your detachment and flight date from Hawaii.”

According to Swainson, it is imperative service members synchronize all these events as close together as possible. Members should also use reverse planning to schedule these events as soon as they receive their orders.

The average amount of temporary lodging allowance granted is two days. If there are situations beyond the service member’s control, such as flight



Cpl. Jessica M. Mills

To avoid storage costs, the household goods move should be scheduled before service members clear their quarters.

unavailability, then the TLA office will further assist.

Excess temporary lodging allowance will not be granted to those service members who would like to spend extra time in Hawaii for vacation or personal reasons. If service or family members wish to extend

their stay or change their flight date, then it will be at their expense, not the government’s.

Service members must plan ahead because TLA is always reimbursed after travel, not before, just like processing a claim. Members turn in their receipts during checkout, and

### Hazardous Materials list

The following is a short list of materials not allowed in shipments and luggage. For a complete list, contact the Traffic Management Office at 257-5567.

• <b>Combustible Liquids</b>	-adhesives (glues, cements)
-alcoholic beverages	-cleaning fluids
-alcohol	• <b>Compressed gases</b>
-antifreeze compounds	-engine starting fluids
• <b>Corrosive Liquids</b>	-fire extinguishers
-disinfectants	-scuba diving tanks
-dyes	• <b>Aerosol cans</b>
-paint-related materials	(containing flammable gas and liquid, toxic substance)
• <b>Explosives</b>	• <b>Chlorinated Hydrocarbons in decorative lamps</b>
-ammunition	• <b>Other regulated material termed combustible, corrosive, or flammable</b>
-fuse lighters	
-toy propellants	
• <b>Flammables</b>	
-acetone	

once those receipts are verified, they are paid within an average of 72 to 96 hours.

Service members and their families are not required to stay in the temporary lodging facility on base here; they may choose to stay anywhere.

However, service members must keep in mind that TLA will only authorize a set amount of reimbursement. Members are responsible for any extra costs incurred.

For more information, call TMO at 257-5567.

DECA, From B-4

Scholarship Managers, a professional scholarship firm, selects the winners based on academic merit, participation in extracurricular and volunteer activities, and the quality of their essays.

Recipients are notified by letter. A list of scholarship recipients is posted online at [www.militaryscholar.org](http://www.militaryscholar.org).

More than 7,000 applicants “shook the money tree” when they applied to the program last fall for an increase of 500 from the previous year.

According to Edna Hoogewind, DeCA’s program liaison, the grade point average of the scholarship recipients is 3.8 – 3.9, and nearly all are members of the National Honor Society, an organization that recognizes students who demonstrate academic excellence, leadership, character and a willingness to serve others.

The Scholarships for Military Children program is funded by the manufacturers and suppliers that provide support for commissaries worldwide and administered by Fisher House Foundation. The foundation bears all costs of the program so that every dollar donated goes for scholarships.



# Anderson Hall hosts heritage luncheon

**Cpl. Jessica M. Mills**  
*Combat Correspondent*

In honor of Asian and Pacific cultures, the Anderson Hall dining facility here hosted the MCB Hawaii Asian Pacific American Heritage Month Luncheon, May 21.

Numerous equal opportunity representatives and the Asian Pacific American Heritage Committee were on hand to assist.

To set the ambience for the luncheon, food service specialists prepared a special menu consisting of various Asian dishes such as yakisoba, Chinese fried cabbage, sweet and sour chicken, and vegetable stir-fry.

They dressed the facility in a Hawaiian-themed decor and created beautifully carved ice sculptures depicting icons of the Hawaiian-Pacific culture.



Cpl. Jessica M. Mills

**Musician Zanuck Lindsey entertained Anderson Hall patrons on his guitar in recognition of Asian Pacific American Heritage Month.**

“What we are trying to do here is capture the many different nationalities and cultures in the world, and recognize them for their contributions,” said Staff Sgt. Khalif Ahmad, chief

cook for Anderson Hall. “Each month we recognize a different culture; since this month is Asian Pacific American Heritage Month, it was an easy choice — not to mention enjoyable.”

The Heritage Committee invited Mr. Zanuck K. Lindsey, a professional musician and guitarist, to perform a cultural overview of Hawaiian music from past and present eras. He began with what he called authentic Hawaiian jazz mele, then proceeded to journey through the eras, playing classic favorites from Don Ho’s “Tiny Bubbles” to Elvis Presley’s famous “Blue Hawaii.”

Retired Master Gunnery Sgt. Orland Perez, the career/placement coordinator for the Hawaii National Guard Youth Challenge Academy, served as a guest speaker for the occasion.

“You can change your name and you can change your religion, but you can’t change your cultural heritage,” said Perez. “That is something that you should always be proud of and

honor,” he said as he explained how his diverse cultural background of Malaysian, Polynesian and Asian cultures affected his way of life and shaped his adventures.

Master Sgt. Milton White, the master of ceremonies, presented Perez with a replica of a “lei o mano,” an ancient Hawaiian dagger. The Hawaiian name is translated as “shark’s lei.” The lei o mano was engraved with Perez’s full name and special thanks from MCB Hawaii for sharing his story.

“Each ethnic group brings another piece to the whole pie, and each culture and person is another piece to the puzzle of our world,” said Petty Officer 2nd Class George Stowe, administrative clerk from Special Projects Patrol Squadron Two, reflecting upon the occasion.

## 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  
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**  
Brunch/Dinner  
Baked Turkey & Noodles  
Baked Fresh Fish  
Rice Pilaf  
Apple Crisp  
Chocolate Chip Cookies  
Asst. Fruit Pies

**Tuesday**  
Lunch  
Beef Sukiyaki  
Pork Chop Suey  
Egg Foo Young  
Chinese Fried Egg Roll  
Steamed Rice  
Pork Fried Rice  
Chocolate Pudding  
Asst. Fruit Pies

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

Specialty Bar  
Taco Bar

**Wednesday**  
Lunch  
Barbecue Spareribs  
Country Style Steak  
Steamed Rice  
Mashed Potatoes  
Oatmeal Cookies  
Asst. Fruit Pies

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

Specialty Bar  
Hot Dog Bar



**Thursday**  
Lunch  
Baked Lasagna  
Chicken Parmesan  
Asst. Pizza 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  
Taco Bar



Commentary

Island

Flavors

Jim Williams

christopher.j.willli2@navy.mil



# Ricardo’s offers extensive menu of authentic fare

AIEA — Having been lucky enough to live in Italy and fall in love with its cuisine, I now find myself in constant search of good Italian restaurants. My exploration recently introduced me to a little “mom-and-pop” place called “Ricardo’s,” the focus of this “Island Flavors.”

When you enter Ricardo’s, located at the Pearl Kai Shopping Center, the fragrance of herbs, garlic and bread welcomes you like a warm embrace.

Simply decorated and romantically lit, this 13-year-old restaurant exudes comfort and calm. More importantly, chef and owner Richard Qin (the former owner of “Satino”) knows how to put the right touch on his dishes with high-quality ingredients, displays a healthy respect for pastas and meats, and exhibits a flair for making simple dishes shine.

While many of the dishes are more Italian-American (versus traditional Italian), I discovered an extensive menu, a friendly and helpful staff, and innovative and delicious selections.

After discussing the menu with the waitress, who I found refreshingly honest and beneficial, I decided to try the “Pollo alla Asparagus,” sliced chicken breast served with fresh asparagus, prosciutto (ham), garlic and oil tossed with linguini (\$8.50 for lunch, \$10.90 for dinner).

My wife scored with “Pollo alla Broccoli,” penne with chicken breast, broccoli, mushrooms and bacon in a creamy tomato sauce (\$8.90, \$11.90). She requested to have the tomato sauce spiced up a bit, so it was more like Ricardo’s’ Arrabbiata (slightly spicy) sauce, and was happily accommodated. Both were delicious.

One thing I really like about Ricardo’s is the fact that the chef prepares and cooks each plate from scratch after selections are ordered. Complimented by some deliciously warm bread and dessert (I ordered the tiramisu and my wife got the cannoli with chocolate, both \$3.50), lunch portions are more than satisfactory.

Ricardo’s imports 95 percent of its ingredients. Many of the wines come straight from Italy.

My wife and I returned to Ricardo’s a week later (I always like to make sure a good meal is not just a lucky fluke) and confirmed that good food is a regular occurrence.

We were tempted by appetizers like pan-fried eggplant with mozzarella cheese (\$5.90), Calamari Fritti with marinara sauce (\$7.90) and mozzarella and tomatoes in olive oil and basil (\$4.50), but my wife decided on one of Ricardo’s’ top sellers: the Chicken Saltimbocca (also served with veal) chicken breast, topped with fresh eggplant and mozzarella

and served with mushrooms, prosciutto and Marsala wine butter sauce (veal \$11.50 or \$14.50; chicken \$10.50 or \$12.90).

I tried one of the specials not listed on the regular menu called “Chicken alla Ricardo,” linguini topped with chicken, mushrooms and onions in a butter-wine sauce. Ricardo’s added what the chef would only call his “secret ingredient,” and the dish came out bursting with flavor.

The Ricardo’s menu also offers some familiar main courses like meat or vegetarian lasagna (\$9.90), Fettuccine Alfredo (\$7.90 and \$8.90), and a meatball sandwich (\$5.90), as well as more creative dishes like the “Italian Salad”; Romaine lettuce with salami, roasted peppers, olives and cheese (\$3.90); and “Shrimp Sorrentino,” shrimp

## Ricardo’s Italian Restaurant

Pearl Kai Shopping Center  
98-199 Kamehameha Hwy.  
Aiea  
484-0215

served with eggplant, mozzarella, mushrooms in a Marasala-wine butter sauce (\$9.90 and \$12.90).

This time my wife and I split a piece of cheesecake for dessert (\$2.75).

Overall, I find Ricardo’s offers an extensive collection of dishes, as well as a few more creative ones, all well placed together with strong, authentic ingredients.

You’ll find a relaxing ambience, fast and friendly service, and the bread alone is worth the



Ricardo’s Italian Restaurant’s Chicken alla Ricardo

trip.

And though the restaurant was expanded just over a year ago, it remains rather small and

cozy; thus, manager Barbara Hokama suggests reservations, especially for dinner and weekends.



# WORD TO PASS

## Saturday, Base Bikers to Hold Memorial Ride

All motorcycle riders are invited to join the Memorial Day Ride tomorrow. Bikers will gather, bright and early 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 west-bound 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 invited to break bread at a free barbeque at Ala Moana Regional Park. The event, hosted by the Coalition, a motorcycling club, will provide food, drinks and music. Donations are welcome. For more details, call Tim Chrockrem at 257-0509, ext. 8313.

## HMAM Wraps This Weekend

Military and ohana (families) are heartily invited to enjoy several activities and events that will round out this year’s celebration of Hawaii Military Appreciation Month, sponsored by the Military Affairs Council of the Chamber of Commerce of Hawaii, as well as Hawaii’s business community:

*Saturday:* 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 picnic filled with games, entertainment, food, and lots and lots of fun. Lingle will talk story, take photos and share her deep appreciation for the military. Community members will join in paying special tribute to the spouses of all deployed troops.

*Monday:* The public is invited to join the governor and Hawaii’s military community in honoring the nation’s lost veterans during the Memorial Day Ceremony at the Hawaii State Veteran’s Cemetery in Kaneohe starting at 1 p.m. Ms. Cynthia Stine, commander of the American Legion, will speak on the tradition of the Blue Star banner.

*Monday:* Enjoy “Military Appreciation Day” at the 50th State Fair from noon to midnight, with lots of foods, games, rides and entertainment. Admission is free for all active and retired military and their families. A valid military ID is required.

Ride wristbands cost \$15 and are good for six hours of unlimited rides, either between noon and 6 p.m. or between 6 p.m. and midnight.

•*Today* — *Monday:* Military personnel can enjoy free pet microchipping at the Hawaiian Humane Society, with the presentation of a valid ID card. For more information, call 946-2187.

•*Today* — *Monday:* Catch specials at the Battleship Missouri Memorial on Ford Island (50 percent discounts), at Atlantis Adventures in Waikiki, at Sea Life Park in Waimanalo, 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.

**WAA Seeks Volunteers for Monday**  
The Windward Ahupuaa Alliance will hold its “Great Kapaa Quarry Road Cleanup/out” on the Memorial Day holiday, Monday. Volunteers are needed to support various projects, and they will be treated to a continental breakfast as well as lunch.

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.

## Wednesday’s ‘Wildest Show’ to Benefit Zoo

All of Oahu is invited to the 2004 AT&T Wildest Show — any Wednesday in June — where they can help support the Honolulu Zoo and enjoy entertainment provided by the following popular entertainers:

- Wednesday:* Kapena (Contemporary Hawaiian)
- June 9:* Gabe Baltazar & Friends

(Jazz)  
•*June 16:* ‘Ike Pono (Contemporary Hawaiian)  
•*June 23:* Maunalua (Hawaiian)  
•*June 30:* Pacific Fleet Big Band  
Gates will open at 4:35 p.m., and shows will run from 6 to 7 p.m. on the stage lawn. A dollar donation is requested to benefit the zoo. Call the Honolulu Zoological Society at 926-3191 for more details.

**June 2 – 4, NFCU Wants Clothes**  
The United Cerebral Palsy Association and the Navy Federal Credit Union want “the shirt off your back,” along with all other clothing you can donate. With

See *WTP*, B-9



WTP, From B-8

summer quickly approaching, the UCPA and NFCU have teamed to sponsor a 72-hour clothing drive to benefit cerebral palsy research.

Drop off your donations at the NFCU in Aikahi Shopping Center (in Kailua, outside the back gate of Kaneohe Bay), Wednesday and Thursday between 8:30 a.m. and 4:30 p.m., and Friday until 6 p.m.

Donors will receive a tax deduction receipt, as well as a \$5 gift certificate for Savers Stores.

**June 4, Bishop Museum Exhibits ‘Scream Machines’**

Set to loop, spin and free fall, catch Bishop Museum’s latest exhibit, “Scream Machines: the Science of Roller Coasters,” June 4. The 5,000-square-foot interactive exhibit will bring visitors face-to-face with unruly, invisible G-Forces and a whole lot more.

Admission for military, youth (4-12) and seniors is \$11.95; regular, \$14.95; and kids under 4 and museum members are free.

**June 5, KBAC Hosts ‘Stream Walk’**

Windward Oahu is invited to “get to know” Waianu and Waiahole streams, June 5 from 9 a.m. till noon when the Kailua Bay Advisory Committee hosts its next “Community Stream Walk,” free and open to the public. RSVP by Thursday to Mike McMahon, KBAC’s community coordinator, at

342-4548 or e-mail mcmahon1@hawaii.rr.com. Meet at the Waiahole Poi Factory, 48-140 Kamehameha Highway, and be sure to wear walking shoes, and bring sunscreen and bug repellent. Refreshments will be provided.

**June 11 – 13, Waikiki Hosts Festival**

The 25th Annual Pan-Pacific Festival (held in conjunction with King Kamehameha Day celebrations in Hawaii) will take place in Honolulu, June 11 – 13, with drums, dance and parades. Organizers say this year’s festival is guaranteed to be the most exciting ever, as thousands of entertainers will arrive from Japan to help promote intercultural friendship.

Festival highlights will include participation by famous sumo wrestler Konishiki; a Waikiki street party, or hoolaulea, Friday, June 11, complete with live entertainment, craft and activity booths, and ethnic foods; a colorful and eclectic parade, Sunday, June 13, on Kalakaua Avenue; and various cultural performances and demonstrations throughout the weekend at the Royal Hawaiian Shopping Center’s Fountain Courtyard, as well as at Ala Moana Shopping Center’s Centerstage.

For more details, visit [www.pan-pacific-festival.com](http://www.pan-pacific-festival.com).

**June 19, ‘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, call Mary Pratt at 282-7894, or the Thrift Shop at 254-7894.

**Pets Sought for Petwalk & Calendar**

•Set aside Father’s Day, June 20, for Petwalk 2004, when more than 1,500 hairy and feathered animals are expected to gather at Magic Island in Honolulu for a once-a-year fundraiser in support of the Hawaiian Humane Society. Owners and pets are invited to stroll the two-mile course about Ala Moana Park that starts with the pledge drop off at 7 a.m., followed by the walk at 8 a.m.

•Do you have a pet with “pin-up” potential? If so, the Hawaiian Humane Society is accepting pet photograph entries for its 2005 “Pets in Paradise” calendar through July 30. A judging panel will select the top 12 picks from color, horizontal submissions of animals only. The entry fee is \$15.

• For more details about the above, surf the “News and Events Section” at [www.HawaiianHumane.org](http://www.HawaiianHumane.org).



# Hawaii MARINE SPORTS

Hawaii Marine C Section

May 28, 2004

## Triathlon triple-dog dares racers

**Lance Cpl. Michelle M. Dickson**  
*Combat Correspondent*

More than 280 participants competed in the 8th Annual Marine Aircraft Group 24 Sprint Triathlon here Saturday morning.

"The feedback I've received is that the race this year was by far the best one in comparison to the others," said Steve Kalnasy, varsity sports coordinator. "I attribute it to the hard work of the Marines and Sailors of MALS-24 [Marine Aviation Logistics Squadron 24] and the people of MCCS [Marine Corps Community Services] Semper

Fit."

The three-leg race tested the strength and endurance of all who took part. It consisted of a 500-meter swim and an 11.1-mile bike ride, and finished up with a 5-kilometer race to the finish. Competitors decided whether to complete the course on their own or participate in relay teams where each member completed one leg.

The race tested each competitor differently.

"My biggest concern was the run," said Capt. Gary Humphries, commanding officer of Engineer Company, Combat Service Support Group 3. "It's

the last event in the race, and you're just so worn out by then."

The race started at 7:30 a.m. with the first place competitor, Tim Marr, coming across the finish less than an hour later in a time of 57 minutes and 8 seconds.

Hundreds of spectators cheered on the racers and offered water and support along the way.

"It was a first time for me running the race," said 1st Lt. Eric Demsky, future operations officer of the Tactical Logistics Operations Center, CSSG-3.

See TRIATHLON, C-4



Photo Courtesy of KC Humphries

**Eric Demsky leads a pack of dripping runners after they complete the first stage of the MAG-24 Sprint Triathlon.**

## Youth wrestlers body slam Semper Fit

**Pfc. Rich Mattingly**  
*Sports Editor*

The Kaneohe Bay Wrestling Club hosted the first wrestling tournament here in more than seven years at the Semper Fit Center, Saturday. In affiliation with USA Wrestling Hawaii, Marine Corps Community Services' Youth Activities rolled out the red and gold mats to welcome eight wrestling clubs from around Oahu.

The idea to host a wrestling tournament came to Clark Abbey, MCCS Youth Sports coordinator, after USA Wrestling Hawaii issued a call for sites interested in hosting a tournament.

"We've participated in USA Wrestling as a youth program for four years," said Abbey, excited by the large turnout. "It's exciting, it creates another venue for USA Wrestling, and it shows we can host this kind of event here."

The tournament followed a round robin format, with point values determined by the matches won by particular wrestlers. The team with the most points won the tournament.

While wrestling is not a sport associated with youth as often as soccer or basketball, John Schmidtke, president of the Hawaii USA Amateur Wrestling Association, said wrestling is the perfect youth sport.

"Besides just being another sport to keep them busy, wrestling requires a tremendous amount of discipline, said Schmidtke. "It teaches the values of hard work and dedication."

Schmidtke went on to say that Hawaii has long been a breeding ground for great wrestlers, especially women. More Hawaiian women were represented at this year's Olympic trials than women from any other state. And most got their start at a USA Wrestling club, he said.

"We train all ages and skill levels. It's a great activity for the kids and adults too," said Eric Fiset, wrestling coach for the Kaneohe Bay Wrestling Club.

For more information on participating in wrestling call 257-2109.

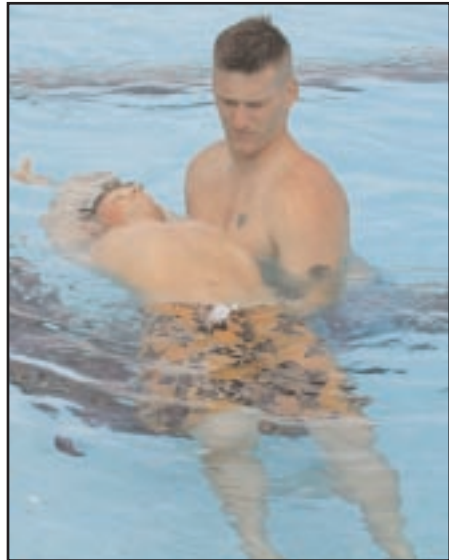


Pfc. Rich Mattingly

**Amethyst Toston, 7, a wrestler with the Tropic Lighting Wrestling Club from Schofield Barracks, tries to take K-Bay wrestler Tristan Baldwin, 7, to the mat during their bout at the Kaneohe Bay Wrestling Tournament, Saturday.**

## MCCS summer swim lessons get underway

**Edward Hanlon V**  
*MCCS Public Relations*



Lance Cpl. Megan L. Stiner

**Classes for swimmers of all levels are available at two base pools.**

Are you not that familiar with the water? Do you want to enjoy the pools and beautiful beaches that surround our base, but just aren't comfortable with your swimming ability? Taking swim lessons with the Aquatics section of Marine Corps Community Services can boost your confidence in the water, and may even save your life.

Swim programs and classes are available for all ages and abilities, beginning with the "Water Babies" classes for ages 6 - 36 months all the way to adult lessons. Other swim programs include preschool, primary skills, water exploration, stroke readiness, development and refinement, and skill proficiency. In addition to the numerous swim lessons are junior lifeguard programs,

springboard diving and even surfing lessons.

Summer swim lessons are right around the corner, and the pools are now taking registration applications. Classes are offered at the Kaneohe Bay and Manana Housing area base pools. All classes consist of eight lessons per session, which begin in June and run throughout August.

Students can select from a number of available classes at both pools, and pick times and dates that best fit their needs. Swim lessons begin around 9 a.m. and are offered until 5 p.m. Prices vary, as lessons are available for individuals and groups. Family discounts are also offered.

Register your children at either pool location and teach them to be confident and healthy in the water with this summer program.

Call 254-7655 for more information.

## Paddlers to battle it out at surf contest

**Morale, Welfare and Recreation Department,  
Navy Region**  
*Press Release*

**KALAELOA** — Fledgling or expert surf paddlers will get the opportunity to showcase their skills at the Surf Aloha Kayak Surfing Competition, June 12 - 13 at White Plains Beach here in what was formerly called Naval Air Station Barber's Point.

Catch the perfect conditions as Oahu's only annual surf paddling event — co-sponsored by the Navy Region Hawaii Morale, Welfare and Recreation Division and Hui Waa Kaukahi Kayak Club — provides classes for every type of surf kayak: "sit on top" recreational kayaks, closed deck kayaks, wave skis and even double kayaks.

Whether you are a big wave expert or not doesn't matter. Classes will equip novice and expert, male and female, military and civilian, and age groups from kids (ages 11 to 17) to master's (age 50 plus) levels. Even if you've never competed before, come on out, try out your skills, meet some fellow surf kayakers, learn and enjoy the fun.

Paddlers are encouraged to bring friends to compete against them, and cameras to document the carnage. Trophies will be awarded for the top three finishers in each category, and drawings will be held for multiple prizes including two kayaks, roof racks, paddles, and other gear.

Just for competing, paddlers will get two chances to win a kayak and a T-shirt.

While you are having "fun in the sun," you can be comfortable knowing that any profit from your participation will go to a great cause. Profits will be donated to Hui Waa Kaukahi, a nonprofit kayak club working towards ocean educa-

See KAYAK, C-4



# BASE SPORTS

**Edward Hanlon V**  
MCCS Public Relations

## May 30 / Sunday

**NASCAR Sundays** — Watch the excitement of NASCAR at Kahuna’s Sports Bar & Grill. The club will open at 8 a.m. for breakfast and allow a pit stop for lunch too. Wear your favorite race driver’s gear and receive \$1 off wings (dine-in only).

All E-5 and below are welcome to stick around until closing at 8 p.m. Security will be enforced.

## 1 / 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.



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

**Okinawa Kenpo Karate** — Every Tuesday and Thursday, join MCCS Youth Activities for Okinawa Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Bldg. 1391.

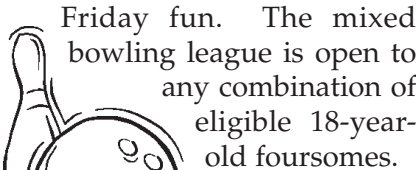
Adults and children are welcome, and classes cost only \$35 for adults, \$25 for children and an additional \$20 for other family members.

Call Youth Activities for more details at 254-7610.

**Mixed Bowling League** — Every Tuesday, K-Bay Lanes is hosting the Friends of K-Bay Mixed Bowling League, open to all authorized patrons and their guests, which begins at 6 p.m. Call 254-7664 for more.

## 4 / Friday

**Pau Hana Pin Party** — K-Bay Lanes is the place to be for



Friday fun. The mixed bowling league is open to any combination of eligible 18-year-old foursomes.

There is a one-time sanction fee for all. The weekly cost is only \$10, which includes three games, awards and a banquet ceremony.

Call K-Bay Lanes at 254-7664 for more information.

## Ongoing

**Massage Therapy** — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program helps to 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.

**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.

**Pool Plunge** — Wet your feet and beat the heat at any one of four MCCS pools: the K-Bay main pool, Bldg. 981; Hilltop pool, Bldg. 502; the Officers' Club, for members only; the Camp Smith pool, Bldg. 125; and the Manana Housing pool, Bldg. 840.

**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.

**Parents for Fitness** — This cooperative baby-sitting effort is available at the Semper Fit Center, and is open for children ages 6 weeks and older. All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month. Call 235-6585 for more info.

## Intramural Volleyball Standings

	Wins	Losses
3/3 BAS #1	7	0
CSSG- 3	5	2
VP-4	4	3
HSL-37	3	4
3/3 BAS #2	3	4
HQBN	2	5
3rd Marines	0	6

*Intramural Volleyball standings are current as of May. 21.*

## Intramural Softball Standings

	Wins	Losses
MAG-24	7	1
3rd Radio Bn.	6	1
HQBN	4	1
HSL-37 Easy Riders	6	2
3rd Marines PSC	5	2
CSSG-3 Supply	5	3
CSSG-3 Electronics	4	3
Mess Hall	3	3
CPRW-2	3	3
VPU-2	3	3
Band Stinger	2	4
One Flew East	2	4
Dental Young Guns	3	5
CAC Hickerbillies	1	3
VP-4	1	5
MCAF	0	6

*Intramural Softball standings are current as of May 21.*



Photo Courtesy of KC Humphries

# Base All Star

**NAME:** Gary Humphries

**SPORTS:** Swimming, biking and running

• **Humphries, 34, was a first-time triathlete at the MAG-24 Sprint Triathlon, Saturday, here.**

• **The Darlington, SC. , native trained for the event by running about 12 miles a week and swimming 1,000 meters twice a week.**

• **He trained in Shaolin Ji-kun Don while in high school, and rode in long distance and BMX biking competitions**

*“When we first got there, I felt like ‘that guy,’ the one that just gets in all the cool guys’ way. Now I’m hooked. I had a great time”*

# COMMUNITY SPORTS

## Saturday, HTMC Hikes Waimano Tunnels

Intermediate hikers should bring their flashlight or headlamp for this mini adventure underground, Saturday at 8 a.m. One tunnel is long and straight, the other short and curvy. The hike also includes a valley stroll and a short stretch along the ridge trail.

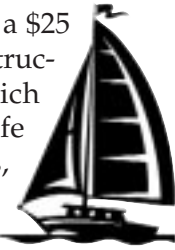
To join the Hawaii Trail and Mountain Club for this five-mile trek, register with coordinator Dayle Turner at 384-4821, or e-mail turner@hawaii.edu.

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.

## ‘Boat Smart’ Sets Sail June 5 and 19

The Honolulu Sail and Power Squadron will offer a “Boat Smart” course on two Saturday mornings from 8 a.m. till noon at the Waikiki Yacht Club, June 5 and 19.

The classes are free, but a \$25 fee will be collected for instructional materials, which include techniques of safe handling of sails and crafts, anchoring, basic knots, chart reading, the



mariners compass, piloting and more. You don’t have to own a boat to attend.

Both would-be skippers and experienced captains, whether men, women or teenagers are invited, but the 20-seat capacity boardroom fills quickly, so registration is advised at 846-9000.

The club is located at Ala Moana Beach Park, at the foot of Atkinson Drive.

## Ironman Qualifier Goes 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).

Anyone can participate; however, only residents of three-plus years are eligible for qualifying slots that move on to October's Ironman.

Register by calling 326-7820 or e-mail

jvidgen@current-events.com.

## 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.)

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

•Sundays at 8:30 a.m. History Tours by Bike: 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 on this tour.

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

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

•Wednesdays at 6:30 a.m., Bikram's

Yoga: Gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.

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

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

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

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

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

## Hawaii Marine Accepts Briefs

Advertise sports and recreational activities by e-mailing items to editor@hawaiimarine.com or by calling 257-8836 or 257-8837.





# 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](mailto:lindsayjb@mcbh.usmc.mil), or Capt. Robbins at [robbinskd@13meu.usmc.mil](mailto:robbinskd@13meu.usmc.mil). Remember, "If you don't speak up, you won't be heard!")

## Who will win the 2004 Stanley Cup?

**Capt K. D. Robbins**  
*The Professor*

The date: June 9, 2001. The location: Denver. The scene: Game seven of the 2001 National Hockey League Stanley Cup Finals.

Ray Bourque skates his way into history. The Hall of Fame defenseman hoists Lord Stanley's Cup high above his head after 22 seasons in the NHL.

Fast forward. The date: June 7, 2004. The location: Tampa Bay. The scene: Game seven of the 2004 NHL Stanley Cup Finals.

Dave Andreychuk skates his way into history. After 22 seasons and 1,597 regular season games, he too will hoist the cup.

There is no doubt that this year's NHL "Super Bowl" will hurt for television ratings. Any market north of the border is a tough sell to the American public. Furthermore, any market in the

state of Florida that doesn't involve the Hurricanes, Bobby Bowden or Jon Gruden is an even tougher sell. That is a pity.

The Tampa Bay Lightning and the Calgary Flames will provide the hockey purists, all 200 of them, with what will certainly go down as one of the most competitive cup finals in the history of the game.

Tampa Bay is loaded with stars; yet, no one knows who they are.

At 5-9, 181, what Martin St. Louis lacks in size, he makes up for in speed and production. His 94 points and 35 +/- led the NHL this year.

Add Cory Stillman (80 points/18 +/-) and Brad Richards (79 points/14 +/-) and the Lightning boasts three of the NHL's top 10 scorers.

To deny Jerome Iginla his due as a top NHL scorer is criminal.

See **PROFESSOR**, C-4

**Sgt. Joe Lindsay**  
*The Goat*

It's as if Kenny, the poor kid from South Park, Colo., got all the best Christmas presents, and his friend Eric Cartman finally found out that Santa Claus really does know who's been naughty or nice. Call it TiMmY's revenge.

The NHL's Calgary Flames are proving that good things happen to those who wait — just don't expect them to wait any longer for their first Stanley Cup title since 1989.

Not since the 1980 U.S. Olympic hockey team's miracle on ice at Lake Placid, N.Y., has a team seemed so destined for hockey immortality as the 2004 Flames.

Before this year's magical run, Calgary hadn't won so much as a playoff round since '89, and hadn't even been to the playoffs for

seven seasons. In fact, they didn't even clinch a playoff berth this year until the final week of the season.

None of that matters now, though, because, like Terrence and Phillip, the Flames are on fire.

After victories over three division winners who were all 100+ point teams — the Vancouver Canucks, the Detroit Red Wings and the San Jose Sharks — the Flames find themselves poised to bring the Stanley Cup back to the land of strange brew.

Led by their captain, Jarome Iginla, and the remaining top line of Craig Conroy and Martin Gelinas, the Flames are a hard-nosed, blue-collar team that plays to win.

Their main weakness is on special teams, where the Flames

See **GOAT**, C-4

## Readers Strike Back

“ ... ‘Rocky IV’ was more than just a sports movie. It was a movie about America overcoming the odds.”

Dear “Bottom Line,”

I have to agree with both of you gentlemen for listing “Rocky” on your greatest sports movies of all-time list (“What is the greatest sports movie?” May 21, page C-3). However, I believe it deserved to be higher than The Goat ranking it fourth and The Professor ranking it fifth.

My favorite movie of all time is “Rocky IV.” “Rocky” is a close second, but “Rocky IV” was more than just a sports movie. It was a movie

about America overcoming the odds.

I was disappointed that The Goat gave a little jab to “Rocky IV” and “Rocky V.” I think he needs to watch “Rocky IV” again. It is a true inspiration and reminds us of a time when Americans were defending our way of life against the Soviets, to include athletic competition.

More young people who are not from that generation would be well served by renting it. I never saw The Goat's top pick, “The Fish That Saved Pittsburgh,” but I will rent it.

I have, like everyone else, seen The

Professor's favorite movie, “Field of Dreams.” That was a good movie, but it was more like a clever, witty drama with sports as its underlying theme.

Next on my sports movie to watch list is “Miracle.” I saw our Olympic hockey team win the gold when I was a kid, and I have high hopes for “Miracle” moving to the top of my personal, sports-favorite movies list.

— **John M Gollner II**  
*Honolulu, Hawaii*



PROFESSOR, From C-3

However, Calgary doesn't win with scoring. They rode a strangling defense through three 100-point regular season teams (Vancouver, Detroit and San Jose) straight into the cup finals.

With NHL goals against average goalie Miikka Kiprusoff and defenseman Jordan Leopold and Robyn Regehr, they hope to do the same to the Lightning offense.

**Bottom Line:** Watch this Stanley Cup Final! You may not love the cities or know the players, but the play itself promises to please. If offense wins fans and defense wins championships, the 2004 Stanley Cup Final will prove otherwise.

Calgary's defense held off three of the top scoring teams in the NHL. It is just too much to ask them to hold off a fourth.

The erratic play of Miikka Kipursoff in net and the sheer destiny that awaits Dave Andreychuk will ensure that lightning will not only strike twice, but four times.

Tampa Bay will win the series, 4-3.

GOAT, From C-3

have scored on only two of their last 32 power play opportunities.

That Achilles heel isn't enough to bring out the gimp walk in the Flames, though, as goalie Miikka Kiprusoff can handle the pressure. He proved that by allowing only three goals in Calgary's three-series clinching wins. There is, quite simply, nobody better.

Forget about the home ice advantage. The NHL is not the NBA. Calgary is an amazing 8-2 in road games during the playoffs, and if Rasheed Wallace were a Flames hockey player, he would at least have some educated reasoning to back up playoff road victory guarantees.

**Bottom Line:** The Goat don't care if you print it on the front page, the back page, or the middle page. Tampa Bay will not win the Stanley Cup.

"But there is little question the Tampa Bay Lightning deserve to be in the Stanley Cup Finals, eh?" Tampa Bay will not win the Stanley Cup.

"But they've got the league's No. 3 offense, eh?" Tampa Bay will not win the Stanley Cup.

"But they beat Calgary in their only regular season meeting 6-2, eh?" Tampa Bay will not win the Stanley Cup.

TRIATHLON, From C-1

"I wasn't nervous about it; it wasn't my concern to place because no matter what it was, it was my personal best."

For true triathlon enthusiasts, the annual Ironman Triathlon World Championship, considered the ultimate test of physical and mental toughness, will take place on the island of Hawaii, Oct. 16.

Humphries said that triathlons are "fun" and competitors don't necessarily compete against others in the race, but instead gain personal gratification for completing the strenuous endurance contest, while meeting others who are accomplishing the same thing.

Since the first triathlon on Sept. 25, 1974, in Mission Bay, San Diego, athletes have participated in the Sprint, the Olympic and, of course, the longest triathlon, the Ironman. To date, the grueling competition continually proves it doesn't lack competitors wherever contests are held.

KAYAK, From C-1

tion, safety, awareness, and the preservation of Hawaii's ocean environment.

For entry forms and information, call Go Bananas Kayaks (737-9514), visit a Go Bananas store (locations at 799 Kapahulu in Honolulu or 98-390 Kamehameha Highway in Aiea, next to Dixie Grill), visit the Web site at [www.go-bananaskayaks.com](http://www.go-bananaskayaks.com), or visit the Outdoor Adventure Center located at Naval Station Pearl Harbor in the Bloch Arena Complex. Entries are due by Monday, so register today.

More volunteers are needed to assist with this event; call 677-3481 to see how you can help.



Gunnery Sgt. Rhys A. Evans

Fore!

Nicholas A. Randolph, with 3rd Radio Bn., attempts to power a 9 iron onto the par 3 fourth hole from 143 yards out during the MCCS Spring Intramural Golf Tournament, May 21 at the Kaneohe Klipper Golf Course here. The tournament kicked off the "101 Days of Summer" drug and alcohol prevention campaign, which promotes participation in athletic activities and sportsmanship, offers healthy lifestyle alternatives, and encourages awareness of substance issues to personnel and family members at MCB Hawaii.

MCCS Spring Intramural Golf Tournament

Command	Patron	Tourney Place
CSSG-3	4	0
MAG-24	4	0
HQBN	14	A Flight: 1, 2 & 3 B Flight 1, 2 & 3 C Flight: 1 & 3 D Flight: 1
3rd Marines	5	0
3rd Radio Bn.	3	0
MALS-24	5	0
MCAF	6	D Flight: 2 & 3

“ quotable ”

He makes a July's day short as December.  
— William Shakespeare



## SPORTS AROUND THE CORPS

# Far East bases to host athletic tournaments

**Marine Corps  
Community Services**  
*Press Release*

**CAMP BUTLER, OKINAWA, Japan** — Marine Corps Community Services’ Semper Fit at Camp Foster is hosting a softball tournament from July 1 – 5, and the 9th Annual Far East Bodybuilding Competition, Aug. 15, both here at Camp Butler.

**Far East Softball Tournament**  
The Far East Softball Tournament will run at the Camp Foster Sports Complex, and the tournament is limited to 24 men’s teams and 12 women’s teams. The tournament will consist of round robin play followed by a double elimination championship, composed of the top three teams from each round robin division.

The team fee is \$225 for all teams. Off-island teams must register and make entry fee payment to the MCCS Accounting Management Office by June 18. Send checks payable to MCCS; Attn: AMO-Foster Athletics; Unit 35023; MCB Camp S. D. Butler; FPO AP 96373-5023.

On-island teams must register and make entry fee payment at any MCCS athletic facility by June 23.

Team entry into this tournament will be predicated on the acceptance of payment at the time of registration. A team will not be confirmed for participation until payment is made. A stand-by list will be maintained in the event that all entry positions are filled and vacancies become available. A full refund will be issued to a team that is unable to participate prior to the start of the tournament. Refunds will not be issued once the tournament starts.

Team size is limited to 15 players, plus a coach. A coach who participates as a player will count against the 15-player limit.

A coaches meeting will be held at the Camp Foster Community Center, Bldg. 5908, June 30 at 6 p.m. Attendance is required for team participation.

A skills competition will be conducted on Camp Foster’s Field #1 immediately following the coaches meeting. The competition will include a relay-throw, base running and home run hitting contests.

An awards ceremony will follow the softball championship game on July 5, and awards will be presented to the top four teams for both male and female teams. Individual awards and T-shirts will not exceed 16 per team.

For billeting at Camp Foster, team rosters must be submitted by June 18. Coaches are responsible for their team members’ conduct while in billeting.

**Far East Bodybuilding Competition**  
The 9th Annual Far East Bodybuilding Competition is open to all bodybuilders in the Pacific, and the event will consist of mandatory weigh-ins at the theater here, Aug. 15 at

8 a.m., followed by prejudging at 10 a.m. and the finals at 6 p.m. However, all competitors must also attend the competitors’ briefing and turn in their music selections on Aug. 14 at the Camp Foster Community Center, Bldg. 5908, between 10 a.m. and noon.

The entry fee is \$15 for all competitors who register and make payment prior to Aug. 14. The late entry fee is \$20 for all competitors who register on-site at the competitors’ briefing. There will be no registration the day of the event.

Preregister at any MCCS athletic facility by Aug. 12. After this date, participants must register and make payment at Camp Foster’s Gunners Gym.

Awards will be presented to the top five competitors in each weight class in both male and female divisions.

For billeting, arrangements must be made by Aug. 1.

**Billeting**  
Billeting is available at Camp Foster on a space-available basis for both events above. The daily room fee is \$10 per day, and payment may be made by a purchase order or on an individual basis. Full payment must be made prior to check out.

For billeting, competitors must submit their entry form and payment to Camp Foster Athletics by fax to 645-3901 DSN, or 011-81-611-745-3901 commercial toll charge, or e-mail Robert Shadley at Shadleyr@okinawa.usmc-mccs.org.

For more details about either event, call 645-4866/3985/2235 (DSN) or 011-81-611-745-4866 /3985/2235 (commercial toll charge).

# CJTF-Haiti slam dunks locals, 54-37, in friendly competition

**Sgt. Ryan S. Scranton**  
*Public Affairs Office  
Camp Lejeune, N.C.*

**PORT-AU-PRINCE, Haiti** — Recently, the Combined Joint Task Force-Haiti played a friendly but competitive game of hoops between personnel and members of the local community here to bridge the gap between the Multinational Interim Force-Haiti and the Haitian populace.

“This was a way for us to let our hair down and let the community know we are not just a gun-toting force,” said Col. Mario LaPaix, special advisor to CJTF-Haiti’s commander. “The Haitians had a talented team, but basketball is an American sport ... so we had an edge.”

The 13-man CJTF team triumphed, 54-37, but the victory wasn’t necessarily because of the team’s talent, according to LaPaix, but because of its experience and organization.

The basketball game followed on the footsteps of a soccer defeat a few weeks prior, so the CJTF wanted the opportunity to compete in an American sport.

The task force wasn’t exactly stacking the deck when it put together a team to face off with the community’s ballers, LaPaix said, who is a Haitian-American himself.

“Nothing special was done,” he explained. “We just put the word out that we were going to play the community, and those that volunteered got to play. We had some good players and some not-so-good players,” he rationalized of the loss.

The game, played on a cement court just a few hundred meters from the CJTF compound’s front gate, att-



Sgt. Ryan S. Scranton

**A Marine with CJTF-Haiti takes a leaping shot during a basketball game between personnel from CJTF-Haiti and members of the local Haitian community.**

racted approximately 2,000 spectators from the local community, who came to show their support and satisfy their curiosity.

“The fact that we had so many people show up says a lot about the community,” LaPaix said. “It shows how much they respect us. The community as a whole has been extremely responsive to us. They have provided our external security,” he contin-

ued, citing a recent problem with thieves stealing the barbed wire from the outskirts of the compound before community members helped catch the criminals.

“The game definitely accomplished the mission, which was to reach out to the people. They are talking about the game all throughout Haiti, and that is significant because we have a marriage with the community.”



HEALTH & FITNESS

# 15 minutes could save your life

**NAPS**  
*Featurettes*

Each year about 700,000 people have a stroke. About 500,000 are first-time attacks.

A recent poll showed less than 42 percent of people in the U.S. know one of the five warning signs. Yet, 15 minutes spent learning about the risk factors for strokes and their warning signs could save your life or the life of someone you love.

- 15-Minute List**
- In 15 minutes you could accomplish a number of things that could increase your knowledge:
- Go with your loved ones to get their or your blood pressure checked. If the reading is 140/90 or higher, help get it under control. Optimal blood pressure is less than 120/80. Ask your healthcare provider for guidance.
  - Get involved with “Train To End Stroke,” the American Stroke Association's half- and full-marathon training program. You can complete a

life-changing event on behalf of your family member while raising funds for stroke research.

- Sit down and write a letter to your senator and/or representative to support the STOP Stroke Act. This legislation would authorize a grant program to help states get access to quality stroke prevention, treatment and rehabilitation services.
- Take the “Learn and Live Quiz,” by answering 15 questions that may help identify cardiovascular health concerns at [americanheart.org](http://americanheart.org), or call 1-888-AHA-CARES.

- Signs of a Stroke**
- Time is crucial when dealing with stroke. The sooner you recognize the warning signs, the better the chance of survival. The signs include the following:
- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body;
  - Sudden confusion, trouble speaking or understanding;
  - Sudden trouble seeing in one or both

eyes;

- Sudden trouble walking, dizziness, loss of balance or coordination; and
- Sudden severe headache with no known cause.

- Stroke Questions**
- Learn if someone you love is at risk for stroke by considering the following questions:
- Do they have high blood pressure (140/90 or higher)?
  - Do they smoke?
  - Are they overweight or obese?
  - Are they physically inactive (less than 30 minutes of physical activity on most days)?
  - Does anyone have diabetes?
  - Is there a family history of stroke?

Risk for stroke increases as people age, but high blood pressure, smoking, physical inactivity, obesity or high cholesterol levels can be controlled or eliminated.

Simply spending 15 minutes could make a huge difference. For information, visit [strokeassociation.org](http://strokeassociation.org) or call 1-888-4-STROKE for more information.



Lance Cpl. Megan L. Stiner

**Wes Phillips (left), operations officer with Fleet Logistics Support Squadron 51, gets his blood pressure checked by David Hargreaves, corpsman with Patrol Squadron 4, during a medical check-up.**

## Vitamin D can optimize health

**NAPS**  
*Featurettes*

Known as the sunshine vitamin, vitamin D is an essential nutrient that the body naturally makes when skin is exposed to sunlight. However, many children and adults have limited exposure to the sun, or they use sunscreen to protect against sunburns. Consequently, natural exposure to vitamin D is greatly limited, so many must rely on fortified foods to ensure adequate levels.

Vitamin D's primary function is to help with the absorption of calcium and promote bone mineralization, both of which are needed for proper bone growth and maintenance. When the body lacks vitamin D, bone strength is compromised and the incidence of breaks or malformation increases.

In children, severe lack of vitamin D causes rickets, a bone thinning, crippling disease. Once an epidemic, rickets was virtually eradicated in the 1930s when the United States began fortifying milk with vitamin D. Now, seventy years later, rickets is making a comeback.



- Why now? While many factors contribute to nutrient deficiencies, one common cause of inadequate intake of vitamin D may be the switch from drinking milk to soda and fruit drinks. Those who drink soft drinks and fruit-flavored drinks may not be getting enough vitamin D or calcium in their diets and are increasing their chance of developing weak bones.
- Parents can help their children increase bone mass by making sure children get enough vitamin D as well as calcium. Milk, cereals, grain bars and juices fortified with vitamin D are good sources. For instance, one eight-ounce glass of vitamin D-fortified milk contains approximately 50 percent of the daily requirement for vitamin D for most people.
- Beyond bones, research shows that vitamin D may help the following:
- Reduce blood pressure in hypertensive patients;
  - Improve blood glucose levels in diabetics; and
  - Improve symptoms of rheumatoid arthritis and multiple sclerosis.

## When you’ve got an itch, don't scratch!

**NAPS**  
*Featurettes*

Unfortunately, it's always the season for dry itchy skin. Whether caused by cold weather, harsh chlorine or sunburn, dry skin can trigger an itch that most can't resist scratching.

Though the quickest form of relief may be to scratch, usually that only irritates the skin, making it itchier than before. The vicious cycle of itching and scratching that ensues can make the situation intolerable.

Why is the relief from scratching short-lived? Scratching provides instant gratification but only masks the damage it's causing. It irritates the skin's natural protective barrier.

Once this barrier is “broken” the skin is vulnerable to moisture loss, which causes very dry, chapped skin and ultimately more relentless itching. The best way to prevent itchy skin is to address the most common cause: dry skin.

- Thankfully, you can minimize dry, itchy skin with these helpful hints:
- Don't Scratch! Reach for products with instant itch-relief ingredients like hydrocortisone or menthol, or even oral antihistamines.
  - Soak and Seal. Moisturize within two minutes of bathing, when skin is still damp. It's best to use lukewarm water and limit showers to once a day.
  - Twice a day, moisturize to soothe the skin.
  - Protect your children by keeping fingernails short and using fragrance-free soaps, shampoos, sunscreens and moisturizers.
  - See your dermatologist. Your chapped, itchy skin could be a flare up of eczema and a prescription may be needed to control the problem.
- Finding the right moisturizer is a simple and good first step to calm and prevent itchy, dry skin. You'll not only keep skin healthy and looking its best, but the frustrating itch-scratch will be kept at bay.





Cpl. Jessica M. Mills

Parents play an important role in getting their children active, like MCB Hawaii's 76ers youth basketball team.

# Parents need a game plan to get children moving

**NAPS**  
*Featurettes*

Many parents are discovering new activity options that their children might not have tried such as ultimate Frisbee or BMX biking. How can parents win when they're searching for physical activities to get their children moving? Experts offer three easy steps to success.

**Step One**  
Start by talking with your child. Parents should talk with their child to determine his or her interest in physical activities. Children don't always understand what attracts them to a new activity, so parents can help kids discover which ones best fit their personalities and skill levels. Children that are more social might enjoy being part of a large team, while other kids might enjoy practicing skills alone and then playing with a friend.

Kids can visit [www.VERBnow.com](http://www.VERBnow.com) and take the Activity Personality Quiz, which computes their personality profile and suggests matching activities.

**Step Two**  
Actively research your child's activity choices. If a child wants to participate in a sports or activity program, parents should research the program's philosophy before signing their child up to participate. Solid programs will explain their approach with policies addressing these questions:

- Do all children get to participate, regardless of ability?
- Will the program develop fair play, teamwork and sportsmanship?
- Is there an emphasis on having fun?
- How does the program address communication between coaches, officials, parents and participants?

Helpful recommendations for researching formal activity programs are available to parents in a Youth Sports Coalition brochure, located at [www.aahperd.org/naspe/resourcechoosing.pdf](http://www.aahperd.org/naspe/resourcechoosing.pdf).

**Step Three**  
Use local sports organizations and activities. The Centers for Disease Control and Prevention's VERB campaign is a great resource for new activity ideas. Parents can log on to [www.VERBparents.com](http://www.VERBparents.com) to use the Activity Finder to quickly locate local sports and activity organizations. For instance if you're looking for soccer teams, parents can scroll through the finder and select U.S. Youth Soccer Association (USYS). Clicking on the name takes parents directly to the USYS Web site directory where they can find their state association. Taking these three easy steps empowers parents to create a positive atmosphere for communicating with their children about getting active for 60 minutes every day.

# You “mite” be surprised by who's sleeping in your bed?

**NAPS**  
*Featurettes*

Snuggled into your pillow, you sleep, blissfully unaware that a colony of living creatures exists right under your nose. Like it or not, you share your bed with microscopic bugs called dust mites. These spider-like bugs are too small to be seen, but they can have a big effect on your life if you suffer from allergies or asthma. Dust mites sleep with us because they feed off the dead skin cells we shed. Their feces and body parts contain substances that trigger allergic reactions ranging from eye irritation to allergies, asthma and other respiratory problems. Mites also cause skin rashes and itching. “Pillows and bedding are prime dust mite territory,” says Dr. Sean P. Abbott, a specialist in microbiology of indoor environments. Abbott has written more than 30 publications on microbiology and indoor-air quality topics.



“Bedding should be laundered in water that is at least 130 to 140 degrees Fahrenheit to kill dust mites,” he said. “Washable pillows that can hold up to the rigorous processes of high-temperature washing and drying also make it possible to reduce the buildup of mites, bacteria and fungi, all of which can affect human respiratory health.” Is there an “ideal” pillow for everyone? Yes. Obviously, comfort is very important, but a pillow should also provide proper neck and back support, proper spinal alignment, and be washable. However, people who purchase popular foam and feather support pillows for the benefit of back and neck support are often unpleasantly surprised to find that many of these pillows cannot be laundered. Also, be forewarned that even “anti-allergy” and “mite proof” covers are not as effective as washable pillows in guarding against mites, so prefer washable pillows.

# Biking to find a cure

The Tour de Cure raises funds for diabetes research

**NAPS**  
*Featurettes*

If you were told that something as fun as riding your bike could possibly help prevent or cure a disease that's reached epidemic proportions, while improving the lives of millions, would you want to know more? That's the question being asked by the American Diabetes Association as they challenge cyclists to join them for their annual Tour de Cure, to help raise money for diabetes. Tour de Cure is the biggest cycling event for diabetes in the country, it takes place from April through June at more than 100 sites nationally. Whether you're a casual biker or an avid cyclist this event is for you. The reward comes in knowing that every mile pedaled and every dollar raised puts the Association one step closer to its goal of finding a cure.

The American Diabetes Association's mission is to prevent and cure diabetes, as well as improve the lives of those already affected by it. If left untreated, diabetes can lead to devastating complications, including heart disease and stroke, blindness, kidney disease, and amputations. Participation in Tour de Cure will help to raise much-needed funds for diabetes research, community-based programs that help people with the disease lead healthier lives, and the Association's advocacy and outreach efforts. Every dollar raised will help people with the disease lead healthier lives and will help to get us one step closer to a cure. To learn how to participate in your area, call the American Diabetes Association at 1-888-DIABETES (342-2383) or register online at [www.diabetes.org/tour](http://www.diabetes.org/tour).