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Volume 34, Number 9 www.mcbh.usmc.mil March 5, 2004

1/3 humps, hikes to victory

Lance Cpl. Michelle M. Dickson Combat Correspondent

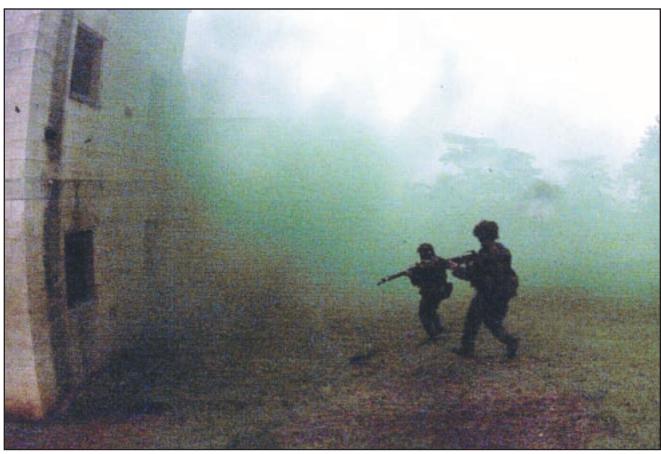
The annual Super Squad Competition between the battalions that constitute 3rd Marine Regiment at MCB Hawaii, Kaneohe Bay, has come to a close with 1st Battalion, 3rd Marine Regiment, coming out victorious.

The five-day competition involved humps, swims, obstacle courses, shooting, tactical fighting and a variety of other difficult activities.

Day one began at 3 a.m. Monday, with a 12-mile hump. Marines were equipped with full gear. At the ninth mile, they jumped off a pier and continued the competition with a 250meter swim — complete with their gear — before emerging from the water to hike the remaining four miles of the contest to the ranges on K-Bay.

Sergeant Nicholes J. Lentz, squad leader for Lima Co., 3rd Battalion, 3rd Marines, said the wear and tear on Marines is what made things the most difficult throughout the competition.

"The lack of sleep for such an extended period of time, with



Marines from 3rd Marine Regiment run through the effects of a smoke grenade and prepare to enter a building during the MOUT portion of the 2004 Super Squad Competition.

constant training, is what was the most costly to the Marines," he said. "They had such heart and determination, though, that even that could not hold them back."

After the rifle range, the competition moved to the Kahuku during every phase at Kahu-

Training Area, where squads kus," said Lentz. "Their defencompeted in multiple missions. Some of the many exercises involved patrolling, offensive attacks and defensive position-

"All of them did very well

sive tactics were definitely the strong point of being out there."

The squads then moved to Schofield Barracks where they participated in Military Operations on Urbanized Terrain (MOUT) training. The main

objective during the exercise was to clear all the rooms in the buildings, and to maintain security of the sectors and town. Since today's wars are bringing a majority of battlefields directly into cities, this portion of the squad competition tested the Marines' skills and abilities required to be successful in an urbanized environment.

During the MOUT phase of the contest, Marines equipped with Multiple Integrated Laser Engagement System Gear signaled when another Marine got "shot," which brought a greater sense of reality to the scenario.

"I really liked playing that part," said Lance Cpl. Thomas A. McManus, an aggressor for the MOUT training with 3/3. "You get to experience the situation from the other side, for once, and do more than just defend yourself."

The competition was a first for Lance Cpl. Kristopher W. Phillips, a team leader with 3/3.

"It was so physically demanding. I think it was the best training I've gotten yet in the Marine Corps," he said. "You really test yourself the entire time on how far you're willing

See SUPER SQUAD, A-6

CSSG-3 readies for deployment

Combat Correspondent

A detachment of Marines and Sailors from Combat Service Support Group 3 are preparing for another deployment — this time to Freedom Banner, destination: Republic of Korea.

Combat Service Support Detachment 77 is the first detachment from the Group to directly support infantry units during this

"With CSSG-3 being the lead unit of support this year, we are proving that we are capable of supporting a regiment in Korea, instead of relying on Okinawa," said 1st Sgt. Carlos A. Perez, the detachment's first sergeant. "This is kind of like a test for the Hawaii Marines."

There are approximately 240 Marines deploying to Korea for the six-week train-

Lance Cpl. Michelle M. Dickson ing evolution, and they will take part in a being out here in the weather, but it's nothvariety of training. Marines will have the ing that they can't handle and overcome. I opportunity to see how Maritime Prepositional Force shipping works, as well as take part in mountain warfare training, live-fire ranges and urban assault training.

The Group is being tested on all aspects of its training, while supporting the regiment and itself in a totally different environment. This time of year, the weather in Korea is extremely cold, which differs greatly from the Group's other training that has taken place in the warmer climates of Australia and the Kingdom of Thailand.

"We have been really successful with our past deployments, but there is always room for improvement," said Perez. "The Marines will experience some heartaches

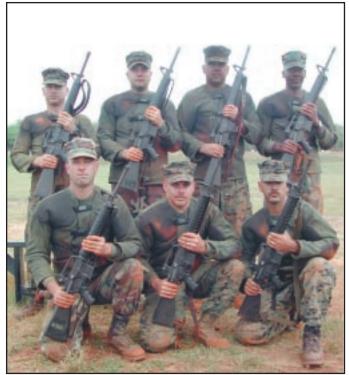
think they'll perform the same as in the past because it's in their blood, and they're very motivated to work."

> The Marines of CSSD-77 will be responsible for offloading and transporting to the regiment heavy equipment, including High Mobility Multipurpose Wheeled Vehicles, tanks and generators. They will also be responsible for maintaining the basic necessities

of water, electricity, food, engineering and transport services.

"The Marines have to be able to support the regiment, while maintaining care for themselves as well," Perez said. "It's so important that they can do that and defend

See **CSSG-3**, A-5



The top seven PacDiv rifle shooters were (left to right, back row) Capt. Chris J. Crimi, Staff Sgt. Jason Benedict, Gunnery Sgt. Ken Lynch, Chief Warrant Officer 3 Darryl L. Hicks, (in front row) Staff Sgt. Mike Hicks, Cpl. Dan Brumley and Sgt. Ricardo Fernandez.

Headquarters Bn. wins gold at PacDiv

Sgt. Joseph A. Lee Combat Correspondent

PUULOA TRAINING FACILITY

 Headquarters Battalion Marines were well represented in this year's Pacific Division Matches, winning nearly half of the medals at the rifle and pistol meet that concluded at Puuloa Rifle Range, Feb. 25.

During the last four weeks, competitors have fired competition rifle that consists of 20 rounds standing, slow fire, at 200 yards; 10 rounds sitting, rapid fire, at 200 yards; 10 rounds, prone, rapid fire at 300 yards; and 20 rounds, prone, slow fire, at 500 yards.

The pistol competition consisted of one-handed shooting from 25 yards.

The first stage consisted of 10 rounds in 10 minutes of slow fire. The second stage consisted of 10 rounds of timed fire using two magazines with 20 seconds per string. The third stage consisted of 10 rounds of rapid fire using two magazines with 10 seconds per

According to Master Gunnery Sgt. Kenneth M. Roxburgh, staff noncommissioned officer in charge of Marine Corps shooting teams, the competitors — which included retired and active duty Marines, civilian police, airmen, Sailors, and even a few Coast Guardsmen — spent the majority of the four weeks training for the actual two-day shooting event.

See PACDIV, A-3

MCEC to host parent, educator workshops

Sarah Fry **Deputy Director** Public Affairs Office, MCB Hawaii

Issues faced by military-connected K-12 students are the focus of a series of Oahu events during the week of March 15 -19. Schoolteachers, principals, psychologists and counselors who work with military-connected students are invited to attend the Transition Counselor Institute (TCI). Also, parents of military-connected students are invited to attend one of three Parent Workshops.

The Military Child Education Coalition (MCEC) is hosting

these events as part of its "Transition Study and Program for Military Youth in Hawaii" for U.S. Pacific

Command. (More information is available at the MCEC Web site www.MilitaryChild.org.)

Transition Counselor Institute

The TCI training will be held from 8 a.m. to 4:30 p.m., March 15 and March 16 at the Nehelani Banquet Conference Center at Schofield Barracks. Participants are also invited to attend a special TCI

See MCEC, A-6

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Hawaii Marine

MCBH News Briefs

DEFY Needs Mentors

What is DEFY? Drug Education for Youth is a unique, comprehensive, oneyear program for youth 9 to 12 years old, to help reduce risk factors linked to adolescent alcohol and drug abuse, school failure, delinquency and violence. The program delivers leadership and life skills training by teaching team building, conflict resolution, age-appropriate goal setting and self-confidence skills.

The DEFY program is looking for nine military or civilian men or women to sign up as mentors by May 14. Call Daryl Picadura, program coordinator, at 257-8559, or Sgt. Steven Schram at 257-1230, ext. 242, if you're interested.

SPECIAL FORCES WANTS MARINES

The Army's Special Forces is looking for professional enlisted Marines who are up to the challenge of a lifetime, and who are willing to submit an application to go to Special Forces Assessment and Selection, and the Special Forces Qualification Course, then serve a three-year contract.

Are you about to transition from the Corps? Are you in pay grade E-4 through E-7, with a GT score of 100 or higher? Are you a person who can accomplish the mission when others can't or won't? Then Special Forces may be for you.

Attend a briefing any Tuesday at 10 a.m. or 2 p.m. at Schofield Barracks, in Trailer 9 on Duncan Street, or contact Sgt. 1st Class Robert Hughes, station commander, Special Forces Recruiting Team Hawaii, at 624-1035.

WINDWARD DISTRICT NEEDS VOLUNTEERS

Approximately 175 preschoolers, ages 3-5, will be participating in the annual Preschool Play Days for special education students and their peers, March 18-19 at Kaneohe District Park, located adjacent Windward Community College on Keaahala Road. Activities will engage motor (such as running and jumping)and manipulative skills (throwing and catching); however, volunteers are needed to help make the event a success. Call Sandra Oda at 233-5717, ext. 253, to lend support.

Hawaii

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LRC offers online courses

Service members get training with MarineNet site

Lance Cpl. Rich Mattingly Combat Correspondent

Rows of slowly fading screens are blinking in the Learning Resource Center (LRC) aboard MCB Hawaii, Kaneohe Bay, as a network analyst at the LRC gets the room ready for the Marines that will train there.

Soon, Marines will be hard at work with online Marine Corps Institute Professional Military Education courses, Internet technology training and general business courses. All of these courses are offered online through the use of the center's 40-seat computer lab and the MarineNet online learning management system.

MarineNet is the Marine Corps network that delivers online, computer-based training and testing such as MCI courses.

"MarineNet truly makes the training any time, anywhere," said Steve A. Brown, director of customer outreach for the College of Continuing Education, which currently manages MarineNet. "A lot of Marines are finding that using MarineNet is preferable to the classic 'red books' of

back to their offices or unit."

Brown continued, saying MarineNet brings flexibility, speed and alternatives to the Marine Corps' training and education programs.

these programs include many more options than MCIs. Marines are able to

access MarineNet courses from computer stations available in their offices now, as well as through the computers

in the LRC. After logging in, a Marine can easily click on the desired course and begin to learn, or even take the test associated with the course. With the aid of a high-speed Internet connection, Marines can even complete coursework at home.

Unit training managers can receive a proctor password once they have participated in a unit training manager training session at the LRC. Otherwise, Marines must visit the LRC in order to take the test associated with an MCI or other MarineNet course.

At a recent unit training manager training session, Maj. Tom Wright, systems officer with the CCE, instructed Marines involved in their units' training on the use of MarineNet.

"We've had more than 50,000 the MCI. Sometimes results are post- enrollments at MarineNet since we ed on the total force system and cred- launched," said Wright. "We expect high-speed digital medium.

ited before the Marines can even get the number of enrollments to double by next year."

Wright emphasized the ways in which using MarineNet could continue to push responsibility for training

> to the individual Marine, rather than having the unit sacrifice force readiness by shutting down normal operations to accommodate training.

"With MarineNet, Marines can access courses any time and really improve themselves with Marine Corps-related

subjects, earn promotion points with MCIs or even get basic training requirements like the Marine Corps Common Task Training [Basic Skills Test] out of the way," said Maj. Larry Smith, assistant operations officer with MarineNet.

According to a Marine Corps White Paper, or guidance, on the MarineNet LMS, "When a registered user logs into MarineNet he/she is provided the ability to view all of the courses offered by the system and can request enrollment in any distance learning course.

"The MarineNet system takes into MarineNet learning management account the mobility of Marines and provides the ability for users to interact with the MarineNet system regardless of location."

> With MarineNet, Marine training remains as constant it has always been, even as it shifts into a modern,

Center hopes students make use of free services

Lance Cpl. Megan L. Stiner Combat Correspondent

The Learning Resource Center (LRC), should be the heart of education information resources for active duty, retired military and Department of Defense members, but the lack of knowledge of the center's existence is preventing the facility from gaining popularity.

"Anyone on base can take advantage of the facility," said Adam J. Wazzan, senior network analyst at the LRC, located in Room 108 of Bldg. 221 aboard MCB Hawaii, Kaneohe Bay. "We have so much to offer, but it is hard to get the word out. It is one of the Marine Corps' best kept secrets."

The center offers 40 different workstations that provide service members

access to MarineNet and Marine Corps Institute programs, which enable users to complete MCIs online without going through the hassle of ordering them by mail. Once an MCI is completed online, it posts to the Marine's Marine Corps Total Force System record in 24 hours or less.

All the training provided through the programs is tree of charge. Some available programs include business writing, customer service, business law and leadership. Other useful tools that are provided at the center include Excel, PowerPoint, Word, free Internet access and printing capabilities.

"Using this facility is a quick way for Marines to move up in rank by completing MCIs online, without having to wait for them in the mail," said Wazzan.



Lance Cpl. Rich Mattingly

Lance Cpl. Megan Humes (foreground) and Cpl. Genevieve Bruff, formal schools training clerks with 3rd Radio Bn., learn how to get online with MarineNet from Maj. Tom Wright, MarineNet learning management system officer.

According to Brig. Gen. Jerry C. McAbee, commanding general, MCB Hawaii, the College of Continuing Education's satellite campus aboard MCB Hawaii is a dynamic institution that brings together an extraordinarily varied group of adjunct faculty staff and a highly qualified military student body from a broad range of backgrounds and perspectives.

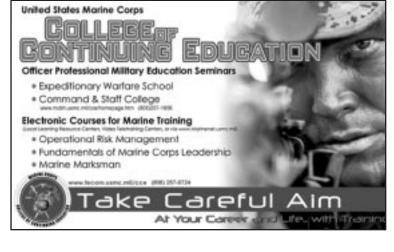
The programs provided are a direct result of the joint professional military education program, a plan set up by the Chairman of the Joint Chiefs of Staff. Credits acquired through these online programs can com.us c.mil/LRC.

also be used towards furthering an education in a traditional college setting.

Wazzan explained the biggest issue regarding the facility is attendance. Service members are unaware of everything they have available to them.

"The center offers so many free programs anyone on base can and should take advantage of," said Wazzan. "It is a great facility that is here to help further education opportunities; we just have to get the word out."

For more information, contact the LRC at 257-8724, or visit at www.te

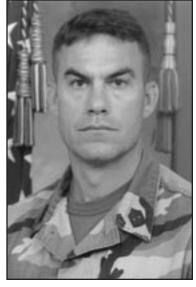


CAMACHO

Sergeant Maj. Juan G. Camacho assumed duty as Marine Heavy Helicopter Squadron 363 sergeant major from Sgt. Maj. Scott M. Chambers during a post and relief ceremony at Hangar 101 at 10 a.m. Camacho transferred here from Headquarters Bn., Camp Fuji, Japan. Chambers will transfer to Marine Aircraft Group 24 to serve as the special projects staff noncomissioned officer.

Red Lions

change leadership



CHAMBERS

3rd Radio Battalion says goodbyes



Lieutenant Gen. Wallace C. Gregson, commander of U.S. **Marine Corps** Forces, Pacific, talks to members of 3rd Radio Bn. just before their departure for Iraq, Monday. Right — Marines

and Sailors board

buses for Hickam

Air Force Base.

They will be join-

ing others for the

start of Operation

Iraqi Freedom II.

Above —



Unit heads out for six-toeight-month deployment

Pfc. Bernadette L. **Ainsworth** U.S. Marine Corps Forces, Pacific

Having loaded their gear and prepared for another deployment to Iraq, 3rd Radio Battalion Marines said goodbye to family and friends for the third time in two years.

Approximately 150 Marines gathered Monday at the Marine Corps Exchange Annex parking lot to say farewell. Their deployment Operation Iraqi Freedom II will last approximately six to eight months.

For about 50 of the Marines, to include the battalion commanding officer, Lt. Col. Mark Aycock, the deployment is their third with Rad. Bn, formerly designated as 1st Radio Battalion.

Some of the Marines who are going to Iraq are first timers, with mixed feelings of excitement and apprehension.

"This is my first big deployment," said Cpl. Laurie M. Johnson, a signals intelligence operator, whose husband is deployed with the 31st Marine Expeditionary Unit (Special Operations Capable).

"He is very supportive, because he knows this is what I want to do," said Johnson. "I want to get the bad guys."

Johnson is one of about six females deploying with 3rd

"I don't think there should be too many problems. I think sometimes females can do a better job because we keep a cool head about things," she said.

> Lance Aaron A. Kohl, signals intelli-

gence operator, is leaving a girlfriend behind. "My girlfriend and parents are supportive," said Kohl, a Worcester, Mass., native. "My mom is a little nervous, but she knows this is something I want

Lieutenant Gen. Wallace C. Gregson, commander of U. S. Marine Corps Forces Pacific, wished the departing Marines "fair winds and following

to do."

"Your deployment today is at least as important as what we fought in World War II or the Cold War," said Gregson.

PACDIV, From A-1

"The actual competition started on February 23, with a preliminary day of fire, which determines which target and on what relay the competitors will shoot from," said Roxburgh. "From there, the two days of scores are combined for an aggregate total score. The top ten percent of the competitors will receive medals."

This year, four medals were awarded, along with recognition to the first runner up, known as the "first leather," who receives a leather sling for his efforts, and the "high tyro," which is the highest shooter who has never shot in a division match before.

For a Marine to be recognized as a "distinguished shooter," he must accumulate 30 total match points, according to Roxburgh, the Marine Corps' oldest active duty, distinguished Marine. Roxburgh was distinguished as a rifle shooter in 1978, and in 1985 with the pis-

"Every division match medal a Marine earns brings him that much closer to distinguished status," according to

Roxburgh. "A gold medal is worth ten points, a silver is worth eight, and a bronze medal is worth six. Our top rifle shooter this year is already distinguished, and cannot win any more medals."

Staff Sgt. Jason Benedict of 1st Battalion, 3rd Marine Regiment, outshot every competitor with a total rifle score of 583, and 37 "V" shots. He received a distinguished certificate from

> the Commandant of the Marine Corps in lieu of 1st Gold for this match.

in 1997, and he became distinguished with the rifle in 2002.

The "1st Gold" medal in the rifle competition went to Cpl. Dan M. Brumley, an armorer with Headquarters Battalion, MCB Hawaii. Brumley shot a total score of

568, and 25 Vs. "I felt like I was shooting pretty good," said Brumley, after being informed of his win. "I didn't think I was going to win a medal, but I definitely knew I was doing well."

This match was Brumley's second. He

received 3rd Bronze and "high tyro" honors in last year's Pacific Division Matches; he hopes to continue on to eventually become distinguished with the rifle.

"I'd really like to do better and win something with the pistol," said Brumley. "I'm doing alright, but obviously not good enough."

Placing first with the pistol, and winning 1st Gold with a score of 562, and 10 Xs, was another Headquarters Battalion armorer, Sgt. Ricardo Fernandez.

"I came out here with the mindset that Benedict's first division match I was coming home with a medal," said was the Eastern Division Matches Fernandez. "That combined with 110percent concentration put me on top. I'd love to come out here every year, if I could, to become distinguished some

> The two overall winners, Fernandez and Benedict, were both awarded a Secretary of the Navy M1 Garand trophy rifle at an awards ceremony at the base theater here Feb. 27.

> Weeks of training and a couple days of intense competition fire paid off for the MCB Hawaii Marines, who look forward to another friendly competition next year at Puuloa Rifle Range.

Rifle Medals

1st Gold: Cpl. Dan M. Brumley, Headquarters Battalion, MCB Hawaii

1st Silver: Staff Sgt. Mike Hicks, Combat Service Support Group 3

1st Bronze: Sgt. Ricardo Fernandez, Headquarters Battalion, MCB Hawaii

2nd Bronze: Gunnery Sgt. Ken J. Lynch, Headquarters Battalion, MCB Hawaii

Pistol Medals

1st Gold: Sgt. Ricardo Fernandez, Headquarters Battalion, MCB Hawaii

1st Silver: Cpl. Taylor M. Eaton, 1st Battalion, 3rd Marine Regiment

1st Bronze: Staff Sgt. Mike Hicks,

CSSG-3

2nd Bronze: Gunnery Sgt Ken J. Lynch, Headquarters Battalion, MCB

ord on the Street

"What fad did you pick up that you were most proud of?"



"I spiked my hair. My dad was a barber, and I was the first one in school to spike my hair. I was a trendsetter."

Capt. Kevin Navas Commanding officer Combat Assault Co., 3rd Marines



"I always just bought baggy jeans."

Muhammad Lo Art vendor



"My friends and I used to make friendship bracelets and give them to each other."

Melaine Burns Customer service Mega Video, MCCS



"I dress trendy to go to clubs and bars here in Hawaii."

Cpl. Caleb W. Perkins Arabic linguist 3rd Radio Bn.

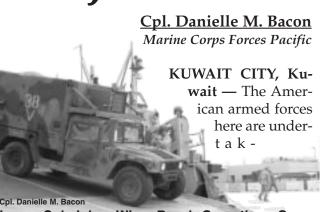


"Growing sideburns was the biggest trend I participated in."

Sgt. Nate Rymill **Trombonist** MarForPac Band

A-4 • March 5, 2004 Hawaii Marine

Major OIF II logistical ops get underway



Lance Cpl. Johan Winn, Beach Operations Group, Brigade Service Support Group 1 drives off a port and one major airport." Landing Craft Air Cushioned in Kuwait City, Feb 19.

ing a massive reception, staging, onward movement and integration logistical operation in support of Operation Iraqi Freedom II.

"It is like watching a dance of ships maneuvering in and out," said Lt. Col. William C. Boden, assistant chief of staff for logistics, U.S. Marine Corps Forces, Central Command. "The movement of 300,000 military personnel is unbelievable considering we are only using one main naval

Coordinating the replacement of

personnel and equipment is proceeding relatively smoothly, Boden added.

"Ship schedules were very erratic last time. You never knew what you were going to get. This time we know what ships we are getting when, and they are coming in on time, said Col. Phillip N. Yff, assistant chief of staff for logistics, U.S. Marine Corps Forces, Pacific. "It is much more deliberate."

At one end of the shipping port, dozens of shrink-wrapped helicopters and thousands of clean vehicles — all belonging to the Army — wait to embark Afloat Prepositioning Force ships. At the same time, in another area of the port, Marines offload vehicles from Maritime Prepositioning Force ships.

"Everything is coming off and manifesting the way it should," said 1st Lt. Nicholas J. Lozar, the officer in charge of Beach Operations Group, Brigade Service Support Group 1. "It went well because of the Marines I have. They do their job and they do it

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

All service members taken into custody for driving under the influence have had their licenses suspended and, if they are the responsible owner of the vehicle, their decals and vehicles were removed from base.

• Staff Sgt. Jeremy M. Pettet of Marine Heavy Helicpoter into custody Feb. 25 for DUI with a BAC of 0.120 percent.

Squadron 463, was taken into custody Feb. 29 for DUI with a blood alcohol content of 0.130 percent.

- •Sgt. Escobar F. Martinez of 1st Bn., 3rd Marine Regiment, was taken into custody Feb. 25 for DUI with a BAC of 0.107 percent.
- •Cpl. Joseph M. Nicosia of 1st Bn., 12th Marine Regiment was taken into custody Feb. 29 for DUI with a BAC of 0.110 percent.
 - Airman Michael L. Blevins of MALS-24, was taken
- •Lance Cpl. Garey L. Davis of MALS-24, was taken into custody Feb. 29 for DUI with a BAC of 0.100 percent. His license was suspended Feb. 29.
- Lance Cpl. Nicholas R. Hinsey of 1st Bn., 3rd Marine Regiment, was taken into custody Feb. 29 for DUI with a BAC of 0.095 percent.
- •Pfc. Roland R. Ivan of 1st Bn., 3rd Marine Regiment, was taken into custody Feb. 29 for DUI, underage consumption and driving on suspension. He refused a BAC

You drink. You drive. You lose.



DUIs are career killers

reminds that impaired driving is not merely a traffic offense. Don't be fooled. Impaired driving is no accident, nor is it a victimless crime.

Too many people still don't understand that alco-

The National Highway Traffic Safety Administration hol, drugs and driving don't mix. If you also find this too hard to figure out when you've had too many drinks to drive, don't risk it. If you're feeling "buzzed," you are most likely impaired. If you drive impaired, law enforcement will arrest you.

TO DO LIST

With any activity that involves alcohol:

Plan ahead.

Choose a sober designated

driver.

•Take mass transit or a taxicab, or ask a friend to drive

you home if you didn't plan in advance.

Spend the night where the activity is being held.

Celebrate responsibly.

Report impaired drivers to law enforcement.

Navy Medical Corps celebrates 133 years of service

Doris M. Ryan Bureau of Medicine & Surgery Public Affairs

WASHINGTON — More than 4,000 Navy physicians around the world celebrated the Navy Medical Corps birthday Wednesday.

Uniformed physicians, both active duty and reserve, are part of a unique health care organization where they practice medicine in military treatment

facilities, or MTFs, in the field, aboard ships, on submarines and with aircraft squadrons. They focus on maintaining the health and readiness of active duty Sailors and Marines and, at the same time, provide health care to family members and military retirees.

"Navy physicians, by volunteering for the Medical Corps, are dedicating part of their medical career to serving those who serve this nation," said Rear Adm. Donald C. Arthur, chief of the Medical Corps and commanding officer of National Naval Medical Center, Bethesda, "Naval medicine provides the best health care in the world."

Navy physicians meet the challenge of balancing the health care needs of a diverse population of beneficiaries and meeting military medical missions.

"We are masters of the unexpected," said Arthur. "Our doctors can work under the most austere conditions. They practice medicine in garrison with the Marines — at sea and in combat, where they are faced with injuries of incredible severity and complexity.

"Because of the part

they play in Naval medicine, it is vital to maintain professional qualifications and readiness to support Sea Power 21 and the Commandant's Guidance."

The Navy Medical Corps includes more than 47 specialties and nearly 200 subspecialties.

"Physicians in the Navy fill many roles," said Capt. Michael P. Malanoski, the Medical Corps career planner at the Bureau of Medicine and Surgery. "The most recognizable are the practicing cli-

nicians in the hospitals and clinics, and those assigned to the operational forces, like general medical officers, flight surgeons and undersea/diving medical officers. There is also a small cadre of physicians involved in basic and clinical research focused on military-specific areas, like infectious diseases, biological warfare, blood banking and advanced trauma care. Also, many physicians fill positions in executive medicine as leaders in the Navy, either at the MTFs or in

the field."

"This birthday is a celebration. We recognize the accumulation of professionalism in Naval Medicine," said Arthur. "We are not just celebrating a particular Corps, because the Medical Corps is inextricable from all the other corps in the Medical Department.

"We are a team. The doctors, nurses, corpsmen, dentists, technicians and Medical Service Corps members work

CSSG-3:

Unit to lead six-week evolution

From A-1

themselves in a combat situation."

According to Perez, it is important for the Group to continue training exercises like this, which readies Marines and Sailors for those issues facing the world today.

"With Operation Iraqi Freedom, it really motivates the Marines to get out there and be active. They feel like they're doing their part now and remaining prepared for whatever may come in the future," said Perez.

"This is the first time the CSSD-77 Marines get to do an offload. We hope that in the future we can continue to rotate and perform other operations like this to further train the Marines.

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MCEC, From A-1

out brief on March 16 from 2 to 3:30 p.m. at the same location.

Phase I of the TCI is entitled "Understanding the Military Culture: Transitional Issue Awareness for Education Professionals." Phase II is called "Understanding the Social and Emotional Issues Facing Transitioning Students" (with Phase I as a prerequisite for attendance).

Both phases of TCI are designed to establish partnerships and provide networking and training for school and military staffs. The purpose is to establish support systems and develop processes that address transition and other educational issues related to the military child, and to provide solutions, where needed.

Each phase of TCI is packaged in a two-day conference, and participants must attend both days of each phase. Conference registration includes two continental breakfasts, two lunches and conference materials. However, no registration fee will be charged for the conference.

Upon successful completion of TCI, participants have the option to receive a Certificate of Completion for 1.2 continuing education units, underwritten by a branch of Texas A & M University (the university fee is \$75). One graduate credit is also available (the university fee is \$175).

Get TCI registration forms from Ms. Kristina Noriega-Artis at 655-2264. The deadline for applications is today.

Parent Workshops

Parent Workshops, presented by MCEC's executive director Dr. Mary Keller, will provide practical resources for parents, students and educators. They are designed as informationexchange activities for parents who want to know how to be effective advocates for their children, transitioning, both from school to school and from grade to grade.

The deadline for registration for the three Parent Workshops is Wednesday. Registration forms are available from the school liaison officers

listed below:

•March 15, 6-8 p.m., Schofield Barracks (Nehelani): Kristina Noriega-Artis at 655-2264 or noriegakm@schofield.army.mi

•March 17, 10 a.m. noon, Pearl Harbor (Fleet and Family Support Center): Kevin McGee at 473-4222, ext. 277 or Kevin.L.McGee@na vy.mil.

•March 18, 9-11 a.m., Marine Corps Base Hawaii Officers' Club: Sarah Fry at 257-8832, 257-8840 or fryse@mc bh.usmc.mil.



Lance Cpl. Michelle M. Dickson

Lance Cpl. Micheal Berte, of 3rd Bn., 3rd Marines looks through the sights of his M16A2 service rifle for any enemy movement in the distance.

SUPER SQUAD, From A-1

to go to succeed."

After all the hardships and training, Lentz still recommends this training to any NCO thinking about the super squad competition.

"You can learn so much during this competition and really sharpen your leadership skills," said Lentz. "I can also say that during this competition, I have worked with some of the most outstanding Marines I ever could have."

Staff Sgt. Jacob M. Murdock, Alpha Co., 1/3 platoon commander, had confidence that his squad would come out successful from the beginning of the super squad competition.

"Since returning from deployment, all the Marines worked long and hard to train for this event," said Murdock. "I think what really got us through was the dedication and teamwork of the Marines, along with great leadership from the NCOs.

Murdock said for next year's competition, the Marines will train even harder to provide an even better performance.

As victors, 1/3 will fly to Washington, D.C., to receive the gold medal from the Commandant of the Marine Corps at Marine Barracks 8th and I.

I ARIN

Hawaii Marine B Section March 5, 2004



Guides attack fear of sharks

Galapagos

Scalloped

Reef Blacktip

Tiger Shark

Hammerhead

Shark

Gray Reef

Shark

Blacktip Shark

Shark

Whitetip

Sandbar Shark

Shark

Shark

Lance Cpl. Megan L. Stiner

Combat Correspondent

HALEIWA — For hundreds of years, sharks have struck fear into the hearts of millions of people. That's why two men have dedicated their lives to reversing the notion that sharks are to be feared, by showing residents and visitors of Hawaii that sharks are no more dangerous than our minds lead us to believe.

The duo is comprised of the captains of the Kainani, a boat that launches from historic Haleiwa Harbor and takes the adventurous out into shark-infested waters, then drops them into the middle of between 15 to 20 sharks. The tour reveals what beautiful creatures sharks really are.

The team of Chris Lolley and Jimmy Hall make up the most experienced shark-sighting team in Hawaii. Combined, they have more expertise when it comes to sharks than any other competitor Hawaii has to offer.

Lolley has guided more shark dives than any one in the state. As a certified scuba diving instructor, he has taught hundreds of people how to dive. Hall, on the other hand, is an adventurer who enjoys surfing,

paragliding, skydiving and base jumping. He is an experienced ocean guru who has made a living from the ocean for nearly 20 years.

See SHARK, B-10

The two met as captains of two different shark diving boats, and then became good friends. Two years ago, they decided to create Hawaii Shark Encounters.

The three-mile trip on the Kainani to the shark site is only 15 minutes. After a short brief about the shark cage, a lesson on how to use a snorkel, and a reminder that animal cookies are provided to all after the experience, then the fun begins.

A cage of Plexiglas windows is dropped into the deep ocean waters, so the venturesome feel as though they are right in the water with the sharks. Aggressive to humans

Identification: Short vertical bars on side, fading with age to tan or dark gray; broad, blunt snout Length: 18 feet or more; averages 12-13 feet

Habitat: Deep coastal waters during daylight, nearshore waters at night

Aggressive to humans

Identification: Large first dorsal fin with nearly vertical rear edge **Length:** Up to 10-12 feet

Habitat: Outer reef to deep water, occasionally inshore areas near drop offs

Aggressive to humans Identification: Front margin of head has four shal-

Length: Averages 5-7 feet but can reach 15 feet Habitat: Inshore and far at sea; more common in shallow waters during spring and summer

Aggressive to humans

Identification: Pelvic and caudal fins have dark margins, second dorsal and anal fins dark, pectoral fin tips dark Length: Up to 7 feet; averages 3-5 feet

Habitat: Deeper waters on outer edge of the reef

Not aggressive to humans

Identification: Fins dark at tips, conspicuous white band extends forward from anal fin into gray area

Length: Up to 8 feet

Habitat: Open ocean and coastal waters

Not aggressive to humans

Identification: First dorsal fin with large black blotch at tip and cream-colored band below, other fins with black tips, caudal fin with black margin, conspicuous white band extends forward from anal fin into tan area on side

Length: Usually less than 4 feet; maximum of 6 feet Habitat: Shallow waters

Not aggressive to humans

Identification: Conspicuous white tip on first dorsal fin and upper lobe of caudal fin, second dorsal fin and lower caudal lobe sometimes white-tipped Length: Up to 6 feet; averages 2-3 feet Habitat: Shoreline; shallow reefs

Not aggressive to humans Identification: Large erect dorsal fin set forward on body, sloping forehead

Length: Up to 5-6 feet Habitat: Shoreline, harbors and bays

Compiled and used with permission from www.aloha.com.

Shark bites

• Hawaii is home to nearly 40 species of sharks. The size difference between the largest and smallest shark is almost 50 feet.

•The smallest known shark in Hawaiian waters is the pygmy shark, which is about 8 inches long and is found in deep waters. •The largest is the whale shark, which can grow to nearly 50 feet long. It is also the largest fish in the world.

•The most commonly seen sharks are the sandbar, reef tip, scalloped hammerhead

•There are a few sharks that have been known to attack

roster of the most common

whitetip, reef blacktip, blackand tiger sharks.

and be aggressive to humans.

See the chart at far right for a inshore sharks in Hawaii.

The art of the shark encounter

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

"Well, this is not a boat accident. It wasn't a propeller, it wasn't any coral reef, and it wasn't Jack the Ripper. It was a shark!"

> — Richard Dreyfuss, as Hooper, an ichthyologist, in the movie "JAWS"

HALEIWA — When sitting on the beach one day, we thought it would be extremely fun to have a shark encounter, because, honestly, what were the chances that we would get our legs eaten like the late Robert Shaw, who played Quint the shark hunter in the always

Cpls. Michelle Dickson (left) and Megan Stiner find time to commune with some of the ocean's more infamous residents.

memorable, always scary, "JAWS"?

We looked around and decided the most wondrous place to go would be

Hawaii Shark Encounters, located in the historic town of Haleiwa. headed out, in search of excitement, in search of danger, in

search of sharks! Once we reached our destination, our

captains invited us aboard the shark boat "The Kainani," and we were in good spirits that the boat wasn't called "The Orca."

We took a 15-minute boat ride out into the dark blue waters of the North Shore, and almost instantaneously, sharks emerged from the deep, circling the boat,

waiting for bloody chum to be tossed into the water. Also at that very moment, our shark cage was lowered into the depths, and it was time for us to climb in.

One cannot really describe what it feels like to be lowered down into the ocean in a shark cage. We weren't really nervous, but it was a weird situation to have roughly 20 sharks racing around and fighting over chum about us. We were right in the middle of it all!

Naturally, as we're sure any shark enthusiast would do, we proceeded to

See ENCOUNTER, B-10

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

Possibilities in Paradise -

By Bobbie Brock, MCCS Public Relations

March

5 / Today

Father Daughter Dance -All fathers, today is your last chance to purchase your tickets to the 5th Annual ASYMCA Father Daughter Dance, which will be held in the Lanai Ballroom of the Officers' Club from 5 to 8 p.m. on Saturday, March 13. Ticket cost for dads is \$16. Tickets for daughters 4 and under is \$7; daughters 5 – 11, \$14; and daughters 12 and older, \$16.

Dads or accompanying adults must wear military dress or black tie. Girls or daughters should wear formal or party dress. For more information or to purchase tickets, call the Armed Services YMCA at 254-4719.

Ladies' Night — All ladies are welcome to the Staff NCO Club for Pau Hana Friday. Enjoy thirst-quenching beverages and free pupus.

Admission is free and so is the fun! For more information, call 254-5481.

Las Vegas — Got your attention? The radio station KPOI is giving away a Las Vegas trip to

SM&SP

PROGRAM

All events are open to

The SM&SP Office is

located in Bldg. 1629. Call

SM&SP Online

www.MCCSHawaii.com

under the "Semper Fit-

Upcoming Events

to deliver quality activities

23: Save these dates for the

Golf Clinic, which is every

Tuesday in March. The

SM&SP is hosting the clin-

from swing fundamentals

to etiquette, and practice

up for the Shank & Slice

Tournament, which will be

on March 24 for the Shank & Slice Golf Tournament. Best-ball action will begin

at 12:30 p.m., and costs only \$25 for E-5 and below,

and \$33 for E-6 and above. Players can bring their boss

(one boss per player, and

sponsor must play with

Register by March 17 at

the Semper Fit Center or at

SM&SP, Bldg. 1629. Mega

mahalo is extended to the

Windward Community

Federal Credit Union for

helping to sponsor this

•March 24: Join SM&SP

held March 24.

guest).

tourney.

Come learn everything

ics for \$40 per person.

such as the below:

Your SM&SP continues

•Tuesday, and March 16 &

Get more on SM&SP at

254-7593 for more info.

single, active duty military,

E-5 and below.

ness" icon.

hear Metallica and Godsmack in concert.

Tonight, jam with 97.5 KPOI, live from 9 to 11 p.m. When KPOI plays two songs back to back by Metallica or Godsmack, be the ninth caller and qualify for the drawing at Kahuna's Sports Bar & Grill.

For more information, call 254-7660.

Auto Auction — The Auto Skills Center holds an auto auction on cars that they acquire and fix up to working condition. Interested parties can inspect the vehicles and place their bid in the ballot box inside the Auto Skills Center.

The next time you are on the market for a new vehicle, don't pay those high prices until you first visit the Auto Skills Center to see if it has what you are looking for.

There are currently no vehicles for auction, but to find out when the next bidding session will be, call the shop at 254-7675.

6 / Saturday

One Source — The MCCS One Source Web site provides active duty and their families, reservists, sister services and service delivery staff with information and resources that can help improve many areas of life.

From relocation to education needs, family support to health and wellness, financial matters to everyday issues, MCCS One Source is your one-stop resource to finding information, guidance and answers.

By using credentialed consultants, patrons have confidential access to prepaid educational materials and other reference resources 24-hours a day, seven days a week.

Registration is easy for MCCS One Source. To create your own personal profile, log onto the MCCSOneSource.com Web site, and enter "Marines" as your user name. Enter "Semper Fi" as your password.

assistance, call a One Source consultant at 800-433-6868 in the continental United States, or at 800-237-42374 for OCONUS Universal Free Phone. Call OCONUS collect at 484-530-5908.

Staff NCO Saturdays — Every Saturday night in the Staff NCO Rocker Room join your buddies for karaoke and pool tournaments. The club opens at 6 p.m.

For more information, call 254-5481.

Family Child Care — Family Child Care is a home setting child care service provider operated by MCCS' Personal with Services 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 MCB Hawaii, call the FCC Office at 257-7030.

10 / Wednesday

Bosses' Night — Move the workplace to the club and bring the best of the best to the Rocker Room for a beverage, pupus and 25-cent wings from 4:30 to 6:30 p.m.

For more info, call 254-5481.

Mongolian Barbecue If you want more interactive Don't feel like cooking dinner? Head out to the Officers' Club for Mongolian Barbecue and leave the work to the professionals. Buffet-style, select your favorite veggies and meat including chicken, shrimp, pork and beef. Pile your bowl high, and kick it up a notch with a sauce of your choice. watch the grill masters flip, sauté and grill your dinner to perfection.

> Mongolian Barbecue is served every Wednesday and Friday. Call 254-7649 for more details.

11 / Thursday

Right Hand Man Night — Calling all officers! Invite your staff noncommissioned officers to the club and show them your appreciation. Enjoy the Corps, camaraderie and chow, all at your Officers' Club from 4:30 to 6:30 p.m.

Kahuna's Karaoke — Take your singing from the shower to the club. Kahuna's Karaoke Contest preliminaries will be held Thursday at 9 p.m. The finalists from each preliminary

will compete in the contest on March 18.

The entry cost is \$5, and Dream Cruises Hawaii, Walter's Karaoke Shop, Subway at MCB Hawaii and the Hale Koa Hotel will provide great prize giveaways.

For more info, call 254-7660.

Story Time — Venture to Bldg. 219 every Thursday at 10 a.m., when children and parents are invited to a fun-filled hour of stories, activities and special events. Come down and spend some quality educational time with your children.

For more information, call the base library at 254-7624.

17 / Tuesday

Marriage Skills Workshop

 Thinking about marriage? Get in the know and attend the next Marriage Skills Workshop, March 17 and 18. You'll learn more about becoming a successful military family, couples' communication, budgeting and finances, and other resources available to make your relationship a success.

Call 257-7780 or 257-7781 to register.

St. Patrick's Day — All three clubs (Kahuna's Sports Bar & Grill, the Staff NCO Club Rocker Room and the Officers' Club) are hosting St. Patrick's Day celebrations. Show your spirit, put on your green, and head to your favorite watering hole for food and beverage specials. Look for details in next week's paper.

Aloha Fair to showcase services

Bobbie Brock

MCCS Public Relations

Marine Corps Community Services will continue to support the readiness of Marines, Sailors and their family members at MCB Hawaii with the Community Aloha Fair on Tuesday, March 16. Residents, new and seasoned, are invited to the Kahuna's Ballroom from 5:30 to 7:30 p.m., to explore the activities and services offered aboard base and in the surrounding community.

"The Aloha Fair provides a wonderful opportunity for base residents to familiarize themselves with the abundance of services offered to them right out their back door, " said Debbie Bookatz, sponsorship coordinator.

Numerous businesses from MCB Hawaii and the community will be available to provide information and answer questions about the services they offer. Attendees will enjoy free pupus and exciting prize giveaways, including two nights at the Waikiki Royal Suites, compliments of Marc Resorts, as well as a Pleasant Island



Community Aloha Fair patrons visit with Mahalo, the Marine Corps Community Services mascot, during last year's fair.

and car package!

Kicking things up a bit, the Dance Movement Academy will entertain fair-goers from 6 to 6:15 p.m. Other participating

Beauty Consultant; dent Gretchen Simpkins; Mary Kay Cosmetics; Vanpool Hawaii; Dr. Jeffrey Sonson, D.D.S.; Taco Bell and Pizza Hut; the University of

Holidays neighbor island room organizations include Indepen- Phoenix; Hale Koa Hotel; and Ocean Concepts Scuba.

> For more information, call the Marine Corps Community Services' Marketing Department at 254-7679.

> > Today at 7:15 p.m.

Today at 9:45 p.m.

Movie Time ____

Prices: Adults (12 and older) \$3; children 6 to 11, \$1.50; and children, 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for "R"-rated movies in person at the box office for children 16 years old and younger. 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 at the box office. Call 254-7642 for recorded information.

* "Advanced Screening" Policy: Call 254-7642 for the movie title. 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.

House of Sand and Fog (R) Chasing Liberty (PG-13) The Butterfly Effect (R) Cheaper By the Dozen (PG-13) Teacher's Pet (PG) Torque (PG-13) House of Sand and Fog (R) Torque (PG-13) Along Came Polly (PG-13) House of Sand and Fog (R)

Saturday at 7:15 p.m. Saturday at 9:45 p.m. Sunday at 3:30 p.m. Sunday at 7:15 p.m. Wednesday at 7:15 p.m. Thursday at 7:15 p.m. March 12 at 7:15 p.m. March 12 at 9:45 p.m.

Base library operates in spite of damage

Lance Cpl.

<u>Megan L. Stiner</u>

Combat Correspondent

The base library aboard MCB Hawaii, Kaneohe Bay, is patiently awaiting roof damage repair from January's high windstorms that caused the base nearly \$3.6 million in damage. Library staff members, however, are doing their best to provide the base with as many of the same services they offered before the storm.

Nearly 90 percent of the library is currently closed off for patrons' safety due to the possible disturbance of asbestos from its damaged roof. The other 10 percent that is still available to library patrons consists primarily of periodicals: newspapers and magazines. As well, audiolanguage cassettes, Internet access, a typewriter and a new copier are available to patrons. Further, any materials that are stocked at other bases can be



Despite closing 90 percent of its collection, base library patrons still have access to more than 4,500 periodicals, and some books.

shipped to K-Bay for patrons.

"If we don't have a book that someone needs, we can check our database to see if another base has it. We can get it sent here in less than two weeks," said Lori Zuttermeister, library technician. "It works just like a regular book check out. They keep it for the three-week loan period, free of charge, then we

just ship it back."

Although the base library's main collection of books can't be reached right now, some materials from the now-closed section will become available.

"There were some books that were checked out when the storm hit," explained Zuttermeister. "When those materials are brought back, they will be set in a temporary area for other people to check out."

She explained that not a lot of people are aware of how extensive the magazine selection is at the library. Although it is a shame that the main collection is off limits, said Zuttermeister, there are still more than 4,500 magazines to choose from.

"We carry everything from military and sports, to fashion and home decorating," she emphasized. "We also hold all our magazines for at least six months."

Zuttermeister said that although the restriction of materials is a major issue for the library, it hasn't kept staff members from performing their routine activities. Every week the library holds Story Time for children, to help emphasize the importance of reading. The staff also provides special treats to children on holidays and during special events, such as bringing

in foods from different countries to help teach kids about cultural awareness.

Still, librarians are concerned because the group that is being affected the most by the restricted materials is the children, but there is no set date as to when repairs to the damaged roof will begin.

"We hope everything can be re-opened by the children's Summer Reading Program," said Zuttermeister.

Even with their lack of resources, the base library staff are keeping their spirits high, and have been very impressed with the cooperation of library users.

"We are thankful of how understanding everyone has been about our situation, and we look forward to being able to provide the community with the full amount of resources once everything is back to normal," Zuttermeister added.

Students consider future in military

Cpl. Monroe F. Seigle Community Relations Clerk

Several freshmen participating in the Junior Pacific Century Fellows Program from Farrington High School in Kalihi came aboard MCB Hawaii, Kaneohe Bay, Feb. 26, to get a first-hand look at what future service in the armed forces could offer them.

The JCPF was founded in Washington, D.C., and is designed to expose promising students to all forms of government work such as corrections, military, education and health care, to name a few

The students talked with academy representatives from all five branches of the armed forces and discussed what qualifications they must have to be accepted into the prestigious academies, during a luncheon at the Officers' Club.

"We wanted to show these promising students what the military has to offer them as far as an education and a career," said Navy Capt. Alma Grocki, area coordinator for Gold and Blue Officers with the U.S. Naval Academy in Annapolis, Md. "These students have a lot to offer regardless of what they decide to do in life."



In the strictest sense, the word cognac describes a brandy distilled from wine that comes from the area in and around the French village of Cognac.

B-4 • March 5, 2004 Hawaii Marine

Big Kahuna's proves to be a delicious lunchtime getaway

From the time I arrived in Hawaii, a co-worker raved on and on about a little "hole-in-the-wall" called Big Kahuna's Pizza-n-Stuffs that he claimed was the island's best-kept secret.

I decided quickly this was something I needed to investigate for the column. From the outside, the simple green building at 833 Puuloa Road, off of Nimitz Highway, blends in to its surroundings. In fact, if it weren't for the sign, surfboards and packed parking lot,

But when you step inside, see the place filled with people, and sample the food, you won't overlook it again.

you could easily look right over it.

Serving a wide selection of pizzas and sandwiches, this is a must-stop for anyone looking for a terrific (and big) meal at a reasonable price.

First opened nine years ago by Kelly Suchotzki, Big Kahuna's has combined

several styles of pizza, including New York and Chicago deep-dish, creating what it refers to as a "local-style" pizza, found nowhere else on Oahu.

Its most popular pizza is the "Da Sumo" special (around \$6 for a six-inch, personal size, and about \$17 for the large, 12-inch one) piled high with pepperoni, ham, Italian sausage, Kalua pork, Portuguese sausage, bacon, onions, olives, mushrooms and chopped fresh tomato.

The slightly cheaper Kalua pork or "Kanaka" pizza comes in a close second, bursting with spicy flavor, fresh oven-roasted Kalua pork in a sweet barbeque sauce, and green onions on a thick crust.

For the seafood lover, there is the scampi delite pizza, topped with fresh shrimp in garlic lemonbutter, chopped tomatoes, black olives and cheese. Cheese lovers can try the white pizza, which blends Ricotta, mozzarella, Monterey Jack, cheddar, Romano and Parmesan, and Kahuna's tops it with basil, oregano, garlic, parsley and chopped tomato.

For the health conscious, there is the vegetarian pizza, overflowing with fresh tomatoes, onions, green pepper, black olives and mushrooms.

Though Big Kahuna's namesake is pizza (justifiably so, as it is some of the best in our area), it also offers "stuffs" (\$6.35), or sandwiches, which are just as popular.

According to manager Glen Kanahele, the Kalua pork sandwich, offering moist, shredded pork piled between two thick delicious pieces of bread, is one of Kahuna's best sellers.

Another popular sandwich is the Surfer Sub Combo/Grinder with your choice of two meats (ham, pastrami, corned beef, roast beef or turkey), Monterey Jack and cheddar cheese, finely cut cabbage, tomatoes, mild red onions, mayo and mustard, drizzled with an olive oil vinaigrette.

The one drawback I found with Big Kahuna's is its small dining area. There are only six tables — which are difficult to get during the lunch rush — so, I would recommend that you order your food to take out. In fact, since everything is made to order, I suggest you call or fax in

your order in advance and have it waiting for you when you arrive.

I also highly recommend the garlic cheese balls, my wife's favorite menu item, as an appetizer. It's a dozen hot bread rounds, topped with butter, garlic

Island Flavors

Jim Williams

Commentary

Flavors

christopher.j.willi2@navy.mil



and a melted layer of five cheeses.

Big Kahuna's also offers a few desserts, but I've found it difficult to fit in dessert after a pizza or sandwich because as some put it so well, "Da' 'buggahs are loaded!"

Big Kahuna's Pizza-n-Stuffs 833 Puuloa Road, Honolulu

Voice: 833-5588; Fax: 833-5098

Overall, I find that Big Kahuna's Pizza-n-Stuffs offers great food, low prices and friendly service. It's a relaxing atmosphere that provides a real lunchtime getaway (if you can get a table), or a great pick up for dinner when you don't feel like cooking.

Also, how could I forget this, Big Kahuna's offers all newcomers a free order of garlic cheese balls, when you say it's your first time to visit.

(Editor's Note: If you have a recommendation for "Island Flavors," e-mail christopher.j.willi2@navy.mil with the name of the food establishment, what you think makes it good and your favorite dish.)

Organic fruits, veggies gain in popularity

Elizabeth Pivonka, Ph.D., R.D., NAPS Featurettes

More and more people are buying organic fruits and vegetables every day in stores across the country. But until recently, there was no clear understanding of what was really meant by organic, and rules and regulations varied throughout the nation.

The U.S. Department of Agriculture has recently issued National Organic Standards. This marks the beginning of consistent certification and labeling of organic products. The USDA developed these strict labeling rules to apply to raw, fresh and processed foods that contain organic ingredients. Before any product can be labeled organic, a government-approved certifier inspects the farm where the food is grown to ensure the grower is following all rules.

Companies that handle or process organic food also must be certified. The USDA defines "organic" food as

food grown and processed without using most conventional pesticides, without fertilizers made with synthetic ingredients or sewage sludge, and without biotechnology and ionizing radiation.

The Produce for Better Health Foundation has a simple way to choose five to nine colorful servings of fruits and vegetables every day, called The Color Way.

Foods are divided into five color groups — blue/purple, green, white, yellow/orange and red. Choose an item from each group to fulfill your daily intake of fruits and vegetables.

For more about Five A Day and The Color Way Guide, visit www.5aday .org and www.about produce.com.

Chef Martin Yan's Chinatown Broccoli & Cauliflower Medley

1 ½ teaspoons cooking oil
1 medium organic carrot,
thinly sliced diagonally
1 organic red bell pepper,
seeded and cut into bitesized pieces
½ organic yellow onion,
cut into 1-inch pieces
2 ounces baby corn
¼ cup organic broccoli
florets
½ cup organic
cauliflower florets
½ cup snow peas

Sauce

1/4 cup vegetable broth
 1 tablespoon dark soy sauce
 1 tablespoon oyster-flavored sauce
 1 teaspoon sesame oil

Combine sauce ingredients in a bowl. Then place a wok or wide frying pan over high heat until hot. Add oil, swirling to coat sides.

Add vegetables and stir-fry for one minute. Add sauce and bring to a boil. Reduce heat to medium-high; cover and cook for three minutes.

Recipe serves four and totals 67 calories, 3.2 grams of total fat, .4 grams of saturated fat.

There are countless ways to include colorful organic fruits and vegetables in your daily diet. Try a fruit smoothie with organic bananas, mangoes, and kiwi fruit in the morning or try a salad with organic leaf lettuce, carrots, grape tomatoes and cucumbers for lunch.

ON THE MENU



AT ANDERSON HALL

Lunch
Seafood Platter
-Fried Fish Nuggets
-Fried Shrimp
-Fried Scallops
-Breaded Oysters

-Breaded Oysters
Lasagna
Baked Ravioli
Macaroni & Cheese
Chewy Nut Bar
Yellow Cake
w/Butter Frosting
Asst. Fruit Pies

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

<u>Specialty Bar</u> Pasta Bar Saturday
Brunch/Dinner
Herbed Rock Cornish
Hens
Grilled Strip Loin
Steak
Rice Pilaf

Rice Pilaf Mashed Potatoes Chocolate Chip Cookies Asst. Fruit Pies

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

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

Dinner
Baked Turkey &
Noodles
Baked Fresh Fish
Rice Pilaf
Apple Crisp
Chocolate Chip
Cookies

<u>Specialty Bar</u> Pasta Bar

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

<u>Dinner</u> Creole Macaroni Baked Fish Fillet Mashed Potatoes Noodles Jefferson Chocolate Pudding

Asst. Fruit Pies

<u>Specialty Bar</u> Taco Bar



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

<u>Dinner</u> 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

<u>Specialty Bar</u> Taco Bar B-6 • March 5, 2004 HAWAII MARINE

Association builds rolling brotherhood

Cpl. Jessica M. Mills News Editor

Many bikers stand by the belief that riding a motorcycle is more than a fact or a hobby, but a way of life. So when the MCB Hawaii Motorcycle Association was created two years ago, it was fitting that the members quickly bonded as a closeknit group of motorcycling enthusi-

Besides the social benefits, the motorcycle association has a much more important goal in mind. Its own mission statement declares that it wants to establish and maintain a spirit of camaraderie and "esprit de corps" that will enhance the prestige of all riders on MCB Hawaii. In layman's terms, this means the association wants riders to be safe, have proficient riding skills and still look good riding.

"The association has built that camaraderie that we talk about. We are friends," said Gunnery Sgt. Douglas Peercy, company gunnery sergeant Headquarters for Battalion, MCB Hawaii, and vice president of the association. "We have also gotten the bullet-riders off the streets, and onto the track where it is legal and safe [to race]."

The association promotes motorcycle awareness, safety and ongoing rider education and skills development without forgetting that "the ride" is most important.

So far, the association is the proud parent of 158 members, military and civilian. "Joining our association is no way near mandatory," said Peercy, "but the more people that are involved, the easier it is to spread the word about coming events or changes in base orders."

Every last Thursday of the month at 3 p.m., the association has a meeting that lasts about an hour to discuss any upcoming issues, projects or events it is involved with. The group also uses meeting time to pass along useful information from people's experiences in the hope that it will educate members.

The most recent meeting on Feb. 26 spotlighted guest speaker Rod Carr, avid cyclist and president of Carr's Insurance Agency in Honolulu. Carr shared his motorcycling knowledge with the audience and discussed different aspects of motorcycle insurance.

For those interested in riding, he explained that in Hawaii you need to purchase motorcycle insurance for your bike before a driving permit can be issued. However, before the insurance company will issue a policy, proof of enrollment in a state-approved motorcycle safety course must be verified. Recently, Carr worked with the legislature to have the state recognize the base safety course as one of the approved courses.

He also explained the importance of "shopping around" and finding an insurance company that fits the motorcyclist's needs best. He mentioned the importance of looking



Members of MCB Hawaii Motorcycle Association get together for casual rides as well as organized charity events such as the annual Marine's Toys for Tots ride.

into "stacked insurance" coverage offered within the state of Hawaii, after the meeting.

Stacked coverage means that in the event of a covered, uninsured motorist (UM) or underinsured motorist (UIM) loss, your total coverage will be the sum of the UM or UIM coverage limits for all autos covered under your policy (even though only one covered auto was involved in an accident).

It also means that the individual is covered no matter what vehicle the individual is driving, whether it's a rental or a motorcycle borrowed from a friend in the event of

an accident.

Stacked UM and/or UIM coverage can be purchased if you insure more than one auto under your policy.

Personally, Carr loves and has been riding motorcycles for most of his life. "There is no better way to tour than on the back of a motorcycle." But on a more serious note, he stressed that motorcycles, though a great way of life, can be dangerous.

"Take it serious because it is serious and I'd like to see less people hurt. We lose an average of six mil-

See ASSOCIATION, B-10

Courses teach safety to riders

Lance Cpl. Michelle M. Dickson Combat Correspondent

With the increased interest in motorcycles, the National Highway Traffic Safety Adminiswants tration motorists to be safety conscious. The Base Safety Center aboard MCB Hawaii walks in step with NHTSA's goals by offering two certified motorcycle courses at Kaneohe Bay.

The Base Safety Center gives courses on motorcycle skills and safety to help buck the rising trend of motorcycle fatalities.

One course offered is Basic Rider's Course (BRC), a twoday class that evaluates a rider's ability to handle a motorcycle in a safe, successful manner.

Safety Specialist and Motorcycle Safety Rider coach Mario Diprete has been riding since he was 13 years old. He's been teaching course at K-Bay since September, and tries to make it as laid back as possible, while keeping it interactive.

Riders who take the class must acquire five hours of classroom time and 10 hours of riding to successfully complete the course. A 50question test at the end of the course evaluates the knowledge that riders have gained.

"You owe it to your relatives and friends to ride as well as they think you can," explained Diprete. "Choosing to ride safely is the motorcyclist's

See COURSES, B-10

Money management

Improving finances begins with planning

line and more.

NAPS Featurettes

Each year, millions of Americans vow to improve their financial habits. And, often, this resolve slips.

"Making a firm plan is a good way to bring discipline to our best intentions," said Liam McGee, president, Bank of America Consumer Bank. "It jump-starts a process that inevitably leads us to decisions and actions that improve our financial well-being."

Here are examples of nonintimidating steps toward improved financial habits.

Take an inventory

According to financial planners at Bank of America, there is an easy, two-step process for taking a financial inventory.

Develop four lists:

- 1) What you have (savings, investments, assets).
- 2) What you make (all sources of income wages, interest, dividends, pensions).
- 3) What you spend (every item you spend money on). Translate this into monthly line items; you may want to carry a notebook around for several weeks to gauge what your daily expenses are.
- 4) What you owe (all loans, credit card balances, debts).

Look at what these lists reveal to you. First, are you making more money than you are spending? Second, look at the lists to see what three to five financial goals you need to set for yourself for the year.

Contain your spending

Make sure that your level of spending is within your personal means. Consider the following to help you do so.

Create a budget. Use the list of your actual monthly spending (from your financial inventory) to develop what you want to be spending each month. This will yield your 2004 monthly budget. Be sure to figure in the money you'll need each month to meet your saving, investing and/or debt management goals.

Try on financial responsibilities. If you are thinking of financing \$3,000 at a rate of 15 percent, it might be helpful to know that it will take you approximately 24 payments of \$152 per month to pay off the principal and the interest.

Update your money management skills

Homeowners can use their homes to manage money. A home equity line of credit can fund home improvements, help pay credit card debt, pay for school tuitions, and much more. In most cases, the interest you pay can be tax-deductible.

Also, check your credit history for inaccuracies. Contact the three major reporting agencies.

Save for the unexpected and the expected

It's important to resolve to save for life's unexpected emergencies such as loss of a job, health emergencies and use of medical and auto insurance deductibles.

Consider the updated

a planning
guideline of saving six months of expens-

It's also important to save for the expected or the inevitable such as retirement. With retirement, it's never too early to start to save.

es, and don't forget to plan for the small-

er items that also add up: groceries, gaso-

If at age 35, you start saving \$100 per month at 6 percent interest, you will have saved \$101,000 by age 65. In contrast, waiting until age 40 will yield \$32,000 less — \$69,000 by age 65. Inflation only compounds the situation; in 10 years, a purchase that now costs \$1,000 will cost \$1,410.

Having good credit is key to achieving financial stability

NAPS Featurettes

In order to get credit where credit is due, it can help to follow this simple rule about money: Money rules.

The following tips can help you build, maintain and repair your credit:

- 1) Build good credit. Getting credit, depends on your track record of handling money, and your ability to repay your debts on time.
- 2) Develop a financial plan and stick to it. Get an accurate picture of your finances by making a budget.
- 3) You could be heading toward hot water if you are having difficulty, to make even minimum payments on what you owe; making payments late;

and/or borrowing from credit cards or other lenders to make ends meet.

- 4) If you find yourself in financial hot water for any reason too much debt, loss or change of job, divorce, military deployment, etc., contact your creditors before you miss a payment and before they contact you.
- 5) There are a number of ways to put your finances in order, including modified loan terms, home equity loans, debt consolidation loans and assistance with financial counseling.
- 6) Don't get scammed. Don't pay to have your bad credit rating erased. It can't be done!

To learn more about how to handle credit issues, visit www.Americas CommunityBankers.com.

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Ratings, descriptors help parents make informed decisions

NAPS
Featurettes

Computer and video games make great gifts, but how can you be sure which games are right for your family? Here's one easy way — check the rating!

Almost every game sold today is independently rated by the Entertainment Software Rating Board (ESRB). Game ratings have two parts: rating symbols, which suggest what age group the game is best for, and content descriptors, which tell consumers about content elements that may be of interest or concern, and help explain why a game received a particular rating.

There are five rating symbols, one of which is always found on the front of the game box.

1) EC, or Early Child-hood, means the game may be suitable for children ages 3 and older,

2) E, or Everyone, means the game may be right for kids 6 and older,

3) T, or Teen, is for ages 13 and up,

4) M, or Mature, means the game is intended for mature audiences and may be appropriate for players 17 and over, and

5) Finally, an AO, or Adults Only, rating means the game is not appropriate for children or teens. It's intended only for audiences 18 and older.

These rating categories provide quick insight into the age-appropriateness of individual games. But to take full advantage of the rating system, the ESRB recommends that parents turn the box over and examine the content descriptors — the short, standardized phrases printed on the back.

Content descriptors provide detailed information about what's in the game and fall into several categories including educational content, violence, sexual themes and bad language.

The Entertainment Software Rating Board recently changed the way content descriptors are displayed on game boxes to increase their visibility



and ensure that consumers can't miss the important information they convey.

Now, content descriptors appear alongside the rating symbol on the back of the game box, illustrating how rating symbols and content descriptors work together to help parents and other consumers make informed purchasing decisions.

"The best advice for parents is to check both the rating symbol and the content descriptors every time they're shopping for computer and video games," said Patricia Vance, president of the Entertainment Software Rating Board.

The ESRB has created an interactive Web site (www.esrb.org) where parents can check the ratings of specific game titles before they go shopping.

The Entertainment Software Rating Board is a self-regulatory body established in 1994 by the Entertainment Software Association.

WORD TO PASS

Windward Youth at Risk Seeks Mentors

Mentors are needed for a 10-month-long Windward program starting this month. The Breakthroughs for Youth at Risk program, which helps turn around troubled high school teens who could be expelled from or drop out of school, will run March 12 – 14. Orientation meetings are scheduled for Monday and Thursday at 7 p.m. in Room 37 of Castle High School in Kaneohe.

Breakthroughs for Youth at Risk dates back to the '80s and has been called one of the most effective programs in turning around troubled youth. Teens participate in an intensive camp, which aims to change their negative attitudes, fears and anger — to guide them in creating new goals for their lives. Youth then are matched with volunteers who mentor them for the 10-month period.

Breakthroughs for Youth at Risk is volunteer intensive, but a cadre of coaches support volunteers. If you'd like to commit as a mentor, call Breakthroughs at 235-2547.

"Red, White and Mew" to Honor Military

On March 13, the Hawaii All Breed Cat Club will be sponsoring a cat show titled "Red, White and Mew — Hawaii's Cats Honor our Military Forces." Military families statewide are encouraged to either enter their cats in the show, or just support the cat

fancy by being a spectator.

As an added incentive to participate in this event, the club has received two roundtrip, inter-island airfares, donated by Aloha Airlines, which will be awarded by raffle to a military family.

The show will be held at the Ala Wai Golf Course Clubhouse in the second floor ballroom from 9:30 a.m. to 4:30 p.m.

For more information on entering the show, call Dr. Jennifer Brundage at 261-4473, or e-mail jbrundage@hawaii .rr.com.

Three Tech Shows Planned in March

All are welcome to attend Hawaii IT 2004, which will showcase demos of the latest in technology, Tuesday at the Hickam Air Force Base Officers' Club, Wednesday at Camp H. M. Smith's Pollock Theatre in Bldg. 4, and Thursday at Pearl Harbor's Banyans Club. All times are from 10 a.m. to 2 p.m., with free, on-site registration.

Be sure to talk to knowledgeable industry reps who will be on hand, plus enjoy extensive catering. For more details, call 1-888-282-2262 or visit www.atc-expo.com/shows.

Mokapu to Host March Book Fair

The Mokapu Elementary School PTA will host a Book Fair in the school library on the following dates:

•March 13 from 10 a.m. to 2 p.m.

•March 15, 16, 18 and 19 from 8 a.m.

See WTP, B-9



NAPS Featurettes

With concerns about children's safety and privacy, parents find they have to say "no" to many things children want to do online.

Fortunately, Disney has a 3D online game site for families at www.toontown.com.

To learn more about Internet safety visit Wired Safety at www. WiredSafety.org.

WORD TO PASS

WTP, From B-8

to 3 p.m.

•March 17 from 8 a.m. to 2 p.m.

April 1 is Due Date for KOSC Scholarships

The Kaneohe Officers' Spouses Club is serving the military community once again by offering an educational scholarqualifying candidates.

Applications are available to family members of active duty, retired or deceased officers of the U.S. armed forces whose present or final duty station is/was MCB Hawaii (Kaneohe Bay or Camp H. M. Smith).

All applicants must have been accepted by, or currently enrolled in, an accredited college, university or technical/vocational school. And certain other qualifications must be met, including essay and letter submissions. For more information or to obtain an application, contact the KOSC office at 254-2491, e-mail kosc_ scholar@hotmail.com.

The KOSC application deadline is April 1.

Aloha Chapter Needs Scholarships by April 30

This spring, the Aloha Chapter of the Military Officers Association of America (MOAA) will award one \$1,000 scholarship for the inaugural 2004 - 2005 academic year. Any Hawaii service or family member under 24 may apply, and forms may be obtained by calling 488-7013, e-mailing takyosh@aol.com, mailing a request to Aloha Chapter MOAA; ATTN: Scholarship Fund; P.O. Box 19267; Honolulu, HI 96817-0267.

Applications must be received by April 30, and will be judged on the basis of financial need, scholastic ability or potential, and character qualities.

The MOAA is a nonprofit dedicated to the well being of all military and their families.

JWC to Sponsor Chili Cook-off

Are you the best chili chef on Oahu, or do you boast the best recipe? The Joint Women's Conference is sponsoring a chili cook-off from 4 to 7 p.m. on Saturday, May 8, at the Makalapa Sports Complex on Pearl Harbor to crown the ultimate chilimaking champion. Save the date so your taste buds can voice who makes the best armed forces chili.

The challenge extended to culinary specialists to demonstrate their talents in this friendly interservice rivalry.

All participants are encouraged to proclaim their unit and service affiliation with signs and banners. Additionally, they should make 50, 4ounce servings of chili, and decorate their own 8foot table with a Cinco de Mayo theme. As the complex has limit-Enter this cook-off by Tuesday, March ed access to electricity, teams should prepare their brand of chili beforeservice, unit and contact informa-

hand, and use a chafing dish to keep it hot.

A panel of chefs will judge all entries, and trophies will be awarded for the following categories: best chili, the people's choice and the best presentation.

20, by sending your name, branch of

tion to Joint Women's Conference; P.O. Box 854; Aiea, HI 96701.

Call Darcy Collins at 422-4498, Nicole Antoine at 255-2216, or e-mail NicolePAntoine@aol.com for more details.

Voting Guide Outlines State Elections

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

B-10 • March 5, 2004 Hawaii Marine



Chris Lolley and Jimmy Hall conduct shark tours to help people see what beautiful creatures sharks are, and that the danger a shark represents is mostly in our minds.

SHARK, From B-1

To lure more sharks closer to the cage, the crew drops bits of bloody fish into the ocean. Galapagos and Sandbar sharks usually arrive for the freebie meal.

"They are both unafraid of the boat and will swim right up to the glass," said Lolley. "It is a good experience for people who are afraid of the sharks."

Lolley explained that his goal is to turn the notoriety of sharks being ferocious, people-eating monsters into something positive.

According to Lolley, the more afraid people are when they get into the cage, the better they are in the long run.

"I have never had a customer say they were still frightened once they had been down in the water with the sharks," he

The cage is big enough to submerge four people at one time; so, a family of four can see the sharks all together. The Kainani limits tours to 12 people at a time, so

everybody will have plenty of time to experience the sharks. When the fun ends, a hot water shower awaits customers, to get the salt off.

Water and juice arrive to sip on, and animal cookies appear to indulge palettes on the way back to the docks. "Everyone I have ever taken out ends

up with a totally different perspective once the day is over," Lolley explained. "People that hated and feared sharks end up wanting to go back down in the cage. It is a great eye-opener for them."

ENCOUNTER, From B-1

take some of the chum into the cage with us. After all, there's no harm in having sharks bump the cage, right? We let the chum float out.

No more than three seconds passed before a shark raced up to grab his meal.

Incredibly, in the midst of all this excitement and fun, we heard humpback whales. They were nearby, singing to each other and playing joyously in the water.

It gave us a wondrous experience, a feeling of being in tune with nature, that kind of "Gorillas in the Mist" feeling. Not, of course, the machete scenes, but the scene when Sigourney Weaver (who in saying, "Hey, they will probably plays the anthropologist Dian Fossey) sits peacefully among the gorillas in the

Congo of Africa, which is breathtaking.

When all was said and done with humpback whales, then we returned to the shark boat. We realized we had, had one of the greatest experiences of a lifetime. We got to encounter some amazing creatures. And, yes, we both still had our legs!

People will always be afraid of sharks; that cannot be helped. But we surely recommend swimming with them, to help get over the fear of sharks.

Granted, there could always be that freak incident when a giant shark comes up, eats the boat, eats the captain, and eventually eats everyone else on board.

But then one can always find comfort make a movie about me one day, and I like that."

ASSOCIATION, From B-6

itary [personnel] a year. Don't start out on a 1000cc motorcycle. They're not for inexperienced riders. They have to work their way up to it." Carr strongly emphasized that riders must have respect, and proper instruction to ride safely. Once the details have been taken care of, riders should take advantage of Hawaii's beautiful weather year-round and be active in the many clubs around the island.

The association has many different projects on the horizon including plans for a trip to the island of Hawaii motorcycles and all. There's the possibility that BayFest 2004 will debut a bike show too. The association also makes frequent trips to Campbell Raceway

Park, to watch the bike races, and sometimes members "let it rip" themselves.

"Realistically, we want the public and base to realize we are the good guys," said Peercy.
"If we all wear the proper PPE [personal protective equipment], including gloves,

helmets and reflective gear, without it interfering with the wear of our uniforms, then that is one less thing to complain about.

"And that goes for at all times! What is required on base is also required off base," said Peercy. "You don't step out of regulation's realm just because you are off base."

Get more details on the association at http://forums.delphiforums.com/ MCBHMA/start, or contact Peercy at peercydm@mcbh.usmc.mil, or call 257-

COURSES, From B-6

decision alone; no one can make that final decision except yourself."

Nationwide, accident reports often state that the motorcycle rider is traveling "too fast for conditions." This happens when the rider attempts to exceed his or her own skill level — often resulting in tragic endings.

"The BRC is ... for people just starting out on motorcycles [who] need basic skills to be safe," said Diprete. "For the more experienced rider, we also offer the Experienced Rider's Course."

The ERC is a half-day course with no classroom time, and all riding time. It is a class comprised of nine exercises designed to elevate the skill level of rid-

"The more background knowledge you have when entering this course, the better," explained Diprete. "Even I learn a lot throughout these classes because everyone shares their experiences and knowledge that they've learned over time."

Diprete said it's good to see people who have been riding for years come to the course for a refresher. Over time, riders can fall into old habits and develop problems with their riding, which the course can correct.

All motorcyclists registered at MCB Hawaii must complete either the BRC or the ERC. After successful completion of a course on base, riders are issued a certificate of completion card that is good for one year, and which may provide discounts on insurance premiums.

Department of Defense employees, however, must also renew their certification by taking a refresher course, every

"I think there has been kind of an awakening since the recent fatalities [on Oahu] dealing with motorcycles," said Diprete. "We usually run two classes a month for each course, but last month we had to bump it up."



During a rider's course, an instructor aboard MCB Hawaii demonstrates the proper technique for turning.

Hawaii Marine C Section March 5, 2004

War Pigs run the perimeter

Lance Cpl. Michelle M. Dickson

Combat Correspondent

"Pain is weakness leaving the body" is a quote used by many Marines.

This weekend, six Combat Service Support Group 3 Marines and one Staff NCO Academy Marine truly felt that saying at the 33rd Annual Oahu Perimeter

"This run is definitely not for the weak; that's for sure," said Robert W. Moffitt, a combat engineer with Engineer Company, CSSG-3, who began the 134-mile relay with the 6.7-mile first leg.

Each member of the relay teams of seven was required to run three legs within the race. However, members couldn't run two legs consecutively, but could have run up to roughly 10 miles in just one leg.

The Perimeter Run is the longest race on the island of Oahu, as it tracks all the

island.

For a team from MCB Hawaii, Kaneohe Bay, known as the "Angry War Pigs," the race tested their endurance and ability to improve last year's time.

"I had an awesome time last year," said Moffitt. "We had four new members on the team this year, but the camaraderie was still the same."

Daniel Leu, a heavy equipment operator, also with Engineer Co., was one of the first-time runners.

"Moffitt told me about it, and it sounded really interesting," said Leu. "I started out as being an alternate, but then they ended up needing me to actually run the

Leu prepared for the race by stretching a lot, to get his body relaxed, and by running and eating healthy.

"Before the race began, I was really

way around the entire coastal line of the nervous; I didn't know what to expect," explained Leu. "I'm really proud now that I've made it. I've never done anything like this before, and honestly didn't know if I ever could."

During the race, team supporters handed out water and cheered for exhausted runners, keeping them motivated.

"I would shout, 'Go Pigs!' when they would all run by; I liked to cheer them all on," said 7-year-old Derrick Robinson, the son of runner Lyle D. Robinson, instructor at the Staff NCO Academy.

At the close of the race, the team ended up a little bit short on its time, compared to last year's.

"Most of us were deployed and only just got back. There was no time to make up for missed training,"said athlete Robinson.

See **PERIMETER**, C-6



Lance Cpl. Michelle M. Dickson

Robert W. Moffitt, combat engineer, Engineer Company, CSSG-3, gives everything he has at the race's end.

All-Marine seeks athletes, coach

Kristin Herrick Sports Editor

Kaneohe Bay athletes looking to try out for All-Marine Women's Basketball, Women's Volleyball, Men's Volleyball or the MCB Hawaii Varsity Softball teams should get practicing.

Tryouts for the varsity softball team are open to active duty Hawaii Marines and Navy personnel assigned to MCB Hawaii. Annex Field will host the tryouts Monday through March 19, from 6 to 9 p.m.

All Marine Women's Basketball Trials are set for March 13 - April 1 at MCAS Miramar, San Diego. Members of the team will play in the Armed Forces Women's Basketball Championships April 2 - 10.

Trials for All-Marine Volleyball will be held April 24 - May 16. Women's trials will take place at 29 Palms, while men's trials are to be held at MCAS Cherry Point, N.C., and chosen Marines will play in the championships May 17-24. Championships will be held at Ft. Lewis, Wash.

A coach is also being sought for the All-Marine Women's Volleyball Team. The coach must be an active duty Marine available April 15 - June

Athletes and coaches must get command authorization and submit a resume to MCCS Athletics to attend the All-Marine Trials. Proper resume format is posted at www.usmc-mccs.org, or contact Steve Kalnasy at 254-7590 or 254-7591.

QuickSilver clinches championship



Kamyn Paolino, 76er forward drives into the paint after stealing the ball from Evan Ingalls, QuickSilver forward.

Cpl. Jessica M. Mills **News Editor**

The undefeated 76ers stared down their QuickSilver opponents with a contemptuous sneer as they awaited the tipoff signaling the beginning of the MCB Hawaii Youth Basketball Championship for the 6 to 9-year-old Mighty Mite Division at the Semper Fit Center Saturday.

Although no other team this season could touch the 76ers, QuickSilver drew up all its strength, heart and determination to finally show the 76ers "the agony of defeat." QuickSilver took the championship, 21-19.

At the beginning of the first half, it looked as if the 76ers would remain undefeated. Within the first few minutes, they made their first sweep and landed 7 points while QuickSilver trailed behind with only 2 The QuickSilver coaches began biting their nails, but they had no need to worry; their junior Jordans were only biding time.

Evan Ingalls, a QuickSilver forward, made the first move towards victory when he stole control of the ball from 76er Kamyn Paolino and scored. Paolino was impressed and retaliated with a layup of his own, leaving the score at 9-4. This set the tone

for the rest of the game, causing the score to slowly, but evenly, rise.

Both teams' defenses did not let up. For a short period, no one could score. Then, out of the blue, Abby Hughes, a QuickSilver forward, broke the rut with a picture-perfect layup that began closing the gap, 9 -6.

Control of the ball went back and forth as each team countered each others' shots. QuickSilver took the lead shortly after when Hughes made a half-court pass to Darnell Rivers, who took it to the hole and scored, 12-11.

The 76ers fumed at the sight of the scoreboard and reacted with a vengeance. attempted to complete a fullcourt press, but QuickSilver fouled them. The 76ers took the lead, nevertheless, when they swiped two free throws, 13-12, ending the first half.

Perhaps the short halftime show, complete with sparkling dance uniforms and popular, edgy dance numbers, provided by the Mokapu Elementary Dance Team, equally calmed players and spectators. The junior athletes returned seemingly refreshed and began the second half with a sense of urgency. At that moment, it could have been anyone's

See QUICKSILVER, C-6

Red Lions hold on to beat Dirty Third, 48-46

Lance Cpl. Rich Mattingly Combat Correspondent

Demoralizing three-pointers and defensive turnovers were the key to the Red Lions' 48 - 46 victory over the firstplace Dirty Third in intramural basketball action Monday night, giving the Red Lions a chance to salvage their sea-

Displaying solid fundamentals, Chris Watkins, center, and his Red Lion teammates, double-timed end line-to-end line, capitalizing on poor early shooting by their opponents to go up 6-0.

But those envisioning a blow-out at the Semper Fit Center quickly changed their minds, as Dirty Third didn't take long to find a rhythm of its own. Behind strong defensive stands and forced turnovers, the score quickly evened.

Dirty Third guard Estraisand Dasilva easily penetrated an otherwise effective Red Lion defense that was quick to double team. Dasilva, who was sharp from the line all

See **RED LIONS**, C-6



Dirty Third center Tony Rogers pulls up, jukeing Red Lions' Chris Watkins and Ron Maldon, on his way to tie the score at the end of regulation play. Rogers' physical play helped keep his team in the game despite a close loss.

BASE SPORTS =

Edward Hanlon V MCCS Public Relations

March 5 / Today

Youth Activities Coaches — Do you enjoy helping the youth aboard the base community? If you do, Marine Corps Community Services' Youth Activities is looking for people interested in coaching youth Tball or volleyball.

Call YA at 254-7610 for more details.

Massage Therapy Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone.

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

7 / Sunday

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

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

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

8 / Monday

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

The discount is good for open play, and does not qualify for tournaments, leagues or unit functions. Call K-Bay Lanes now to get the spin at 254-7693.

Intramural Basketball — If you're not rocking the court, stop by the Semper Fit Center on Mondays, Tuesdays and Wednesdays to cheer on your unit's team.

Games begin at 6, 7 and 8 and begins at 6 p.m.

For sign-up information, call MCCS Intramural Sports at 254-

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

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 information.

9 / Tuesday

Mixed Bowling League -Every Tuesday, K-Bay Lanes is hosting the Friends of K-Mixed Bowling League. The league is open to all authorized patrons and their guests

Don't split; call 254-7664 for more information.

Karate Classes — Every Tuesday and Thursday, join MCCS Youth Activities' newest contractor for Okinawa Kenpo Karate Kobudo. Classes are held from 6 to 7:30 p.m. in Bldg. 1391, located behind the 7-day Store.

Adults and children are welcome. and class costs are only \$35 for adults and \$25 for children. Additional family members cost \$20.

Call YA for more information at 254-7610.

Golf Clinic — Every Tuesday in March, from 5 to 6 p.m., the Single Marine & Sailor Program is hosting golf clinics for \$40 per person. Learn everything from swing fundamentals to etiquette, and practice up for the Shank & Slice Tournament on March 24.

Call SM&SP for more details, at 254-7593.

11 / Thursday

Spring Softball Tournament Deadline — This tournament, which will be played March 13 -14, will follow ASA rules. For Class C and D players, the tournament will be in double elimination format. The entry fee is \$175 per team, and the entry deadline is Thursday.

This event is open to the public. For more information, contact Steve Kalnasy at 254-7590.

Lifestyles & Weight **Management** — Semper Fit has added a new weapon to its arsenal of fitness management, the Life-styles Weight Management Program, designed to help patrons reach a healthy weight through lifestyle changes.

Personal trainers will assist you with six one-on-one counseling sessions that emphasize good nutrition and exercise.

Call the Semper Fit Center now to make an appointment,

Intramural Basketball Standings

	Wins	Losses
1/12	2	0
3rd Marine Dirty Third	6	1
MAG 24 Bulldogs	5	1
Mess Hall	5	1
ETD Monsters	4	2
MALS 24 Supply	4	3 *
MCAF	4	3
MALS 24 Warriors	3	3
CPRW-2	3	3 *
HMH 363 Red Lions	3	3 *
VP-4 Topside Dragons	1	5 *
HQBN Second2None	2	4
VP-4 Skinny Dragons	2	4
SNCO Academy	0	7

(Intramural Basketball standings are current as of March 1. *Records changed because of forfeit.)

Base All Star

NAME: Michael Reed

SPORT: Youth Basketball

TEAM: Bulldogs

- Reed, 10, a fourth grader at Mokapu Elementary School, has been playing basketball since he was 5 years old.
- •He won "Most Sportsmanlike Player" and "Most Valuable Player" last year for tackle football at Andrews Air Force Base.
- During his final game of the season, he was the high scorer of the game with 10 of the 22 winning points. Sinking four buckets and two free throws, he only fouled once that game.

"To play well ... you need to practice; especially with your family. They know how to teach you well."

Intramural Baseball Standings

	Wins	Losses	Ties	
MAG-24	5	1		
VP-4	4	2	2	
1/12	1	0	1	
HQBN	2	3	1	
VP-9	2	3		
3/3	2	4		

(Intramural Baseball standings are current as of March 1.)

COMMUNITY SPORTS

HTMC to Hold Barbecue, Tomorrow

•Come early for a dip and then join the Hawaii Trail and Mountain Club for the Clubhouse Barbecue and Slide Show, Saturday beginning at 4:30 p.m. Either bring a dish or pay \$7 towards food; nonmembers pay an extra \$2. Call Bev Valentino at 595-6363 for more details.

•Intermediate hikers can join HTMC for a 12-mile trek in Laie, Sunday at 8 a.m. Hikers will intersect Kahuku Ridge and hike the Koolau Summit Trail where they will choose either the exquisite North Shore or elegant Windward Shore view for lunch. To complete the loop, hikers will descend Malaekahana Ridge, eventually returning to their starting point. If you're interested in this trek, contact coordinator Wil Kawano at 373-1492 or Jay Feldman at 842-9596.

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

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

Sports Cars to Race, Sunday

The Hawaii Region of the Sports Car Club of America will host four more regional/Solo I races and several Solo II/Autocross races on both Oahu and Maui.

•Solo II or Autocross is held at the Kemper at 524-0330. Hawaii Raceway Park at the Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars normally compete, from stock vehicles to race cars. The event is purely amateur; anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins. Points acquired throughout the year accumulate for prizes and trophies by year's end. Minimum participation in more than half of the year's races is required to be in the running for points and the run-off championship.

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

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

ply with a number of safety features before they are permitted race entry.

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

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

State Offers Free Recreation

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

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

The next two-day session is March 12 from 5:45 to 10:15 p.m. and March 13 from 7:45 a.m. to 4 p.m. at the Nimitz business Center, Room A-212A. (The classroom is the first room on the right.) A picture ID is required for entry to the

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

Women's Basic Sailing Class Offered

Registration for the next "Wet Hens" Women's Basic Sailing Course will go from 8 to 8:30 a.m. on March 18 at Hickam Harbor. Class size is limited, so come early to ensure a spot.

The 10-week course will be held on Thursdays from 9 a.m. to noon; however, sessions will break during the public school Spring Break week. Cost is \$80, and the program is open to women affiliated with the military, either active duty, retired or family members.

The first session will include a swim test and capsize recovery; therefore, be sure to dress accordingly with swimsuit and sneakers.

For more information, call Skipper Amy Cawvey at 421-1008, or 1st Mate Katie Lee at 499-3403.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or are just visiting for the day, check out any of Bellows' Outdoor Adventures programs including snorkeling, tours, yoga and ocean sports.

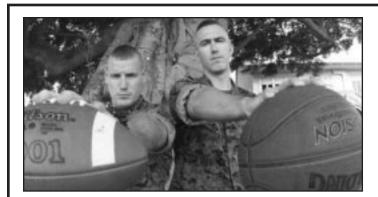
For more information, call Turtle Cove at 259-4121, anytime between 8 a.m. and 8 p.m.

Hawaii Marine Accepts **Sports and Recreation Briefs**

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

E-mail items to editor@hawaii marine.com, or call the Hawaii Marine staff at 257-8836 or 257-8837.

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HE BOTTOM LI

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

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

Are steroids tainting Major League Baseball?

Capt. Kent Robbins The Professor

OK. The "BALCO Bandit" has sold out his former customers: the Giants' Barry Bonds and Yankees' Jason Giambi and Gary Sheffield, to name a few. Oh, wait a minute. These so-called "personal trainers" have "clients." Only drug dealers have "customers."

The question is, where do we go from here.

Do we suspend these "superstars" for illegal drug use? Do we erase the record books? Do we institute mandatory drug testing? The answer is "none of the above."

The stink of it is that the most powerful union in the world — not the Teamsters, the Major League Baseball Player's Union — is going to march on to its ludicrous drum.

There are rules in Major League Baseball. You can't play without a hat. You can't play with a corked

bat. You can't yell at the umpire. Unfortunately, there is a rule missing: You can use performanceenhancing drugs.

Why? Major League Baseball doesn't test its players.

Why? Because we, the baseball fans, allow this league to march on to its ludicrous drum. We don't hold the athletes accountable for their integrity — more appropriately, lack there of.

We don't do a darn thing.

We don't want to believe that our "heroes" are really frauds. We don't want the posters that decorate our children's walls to display nothing more than drug users in fancy uniforms, vice orange jump suits.

So, is it time to give up on America's pastime? Has "Elvis" left the building and is he headed up the river for 10 to 20 on drug

See PROFESSOR, C-6



Sgt. Joe Lindsay

The Goat

In 1692, in the sleepy little town of Salem, Mass., the Reverend Samuel Parris' daughter and niece got sick. The conventional wisdom at the time called for bleeding them.

When the two girls still didn't get better, the good Dr. William Griggs finally pronounced that he couldn't cure them because, of course, they had been bewitched.

That diagnosis led to the executions of 19 men and women by hanging, and another by crushing. Hundreds of others faced accusations of witchcraft, rotting in jail without trials until the Puritan hysteria subsided.

In 2001, in the "city by the bay," a baseball player named Barry Bonds hit 73 home runs in a single season, an all-time record. The conventional wisdom at the time called for walking him. When opposing

pitchers still couldn't figure out how to stop him over the next few years, Colorado pitcher Turk Wendell finally pronounced that they couldn't strike him out because he was juiced up on steroids.

That diagnosis has led to the media vilification of three of the games greatest players — Bonds, Jason Giambi and Gary Sheffield. Hundreds of others face accusations of steroid use, rotting in their own private prisons without bars until the BALCO hysteria subsides.

Not much has changed in 312 years. All it really takes — then and now — is an accusation and you're done.

People are calling Barry Bonds a cheater, saying that an asterisk should be placed by all his records. Just because his childhood friend personal trainer, Greg Anderson, is involved in the steroid

See GOAT, C-6



Dear Sirs,

'What they lack in substance, they surely make up for with bravado'

I must say I find your articles quite entertaining. What they lack in substance, they surely make up for with bravado. I must agree with your opening caveat, or should I more aptly say, warning, that "Chances are you'll either agree with one of their takes or disagree with both." Truer words were never spoken, and I must say, I tend to disagree with both gentlemen. Never the

matter, I am always captivated by these two scribes. What I find even more interesting than the articles, however, are the "astute" observations of your readers. Perhaps Neanderthals would be a better description. Therefore intrepidly I type these words, for fear of being cast with their lot. It has been said sports is the lowest common denominator that transcends all backgrounds and economic circumstances. That, my friends, used to hold true.

The Bottom Line seems to have irrevocably reversed that notion, as your "Readers Strike Back" has shown time and time again that sports "aficionados" is really nothing more than a polite way of saying dregs. There I have said it. Your readers are the dregs of society. I shudder to think where that leaves me.

> — Michael Doyle Bangkok

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spotlight on health

Concern over osteoporosis grows

NAPS Featurettes

More than 10 million women in the United States are suffering from osteoporosis. Even though it is preventable, 50 percent of American women are at risk of developing the debilitating bone disease in their lifetime.

New research suggests that women know that calcium is important to their health, but they often don't take steps necessary to protect themselves from osteoporo-

According to the National Calcium IQ Survey of 1,000 women ages 30 – 60, sponsored by the National Women's Health Resource Center (NWHRC), more than half of the women surveyed (53 percent) suspect that they are not getting enough. They are right. What's worse is that one-third of women (32 percent) fail to take any proactive steps to ward off the disease.

"Even though we've been reminded time and again about its importance, many women still

don't get enough calcium from diet alone to help prevent bone loss," explained Miriam Nelson, Ph.D., nutritionist and fitness expert, and author of the best-selling "Strong Women" book series. "A healthy diet, weight-bearing exercises and a calcium supplement, preferably calcium citrate that can be taken at any time of day, can go a long way to help protect bone mass."

To underscore the importance of exercise and calcium to prevent osteoporosis, tennis legend Chris Evert, winner of 18 Grand Slam titles, is helping the NWHRC to launch the Web site Calcium-IQ.com. This online resource will feature expert tips and practical health news, including details of a recent study that found that calcium citrate in combination with weight-bearing exercises helps to significantly prevent bone loss and actually rebuild bone.

"As a professional athlete, I grew up with the benefit of constant health and fitness coaching, and whether I was going through motherhood or competing on the courts,

my diet and exercise habits have served me well," said Evert. "Even though I no longer play tennis competitively, I know that good nutrition improves my performance. I am proactive about getting enough calcium."

The survey shows 38 percent of women take calcium supplements every day, an encouraging sign of calcium awareness.

"However, it also shows confusion about the differences among calcium supplements," said Dr. Nelson. "Most calcium supplements contain calcium carbonate, calcium citrate, or calcium phosphate — all of which are very different and do not offer the same benefits. One of the primary reasons women stop taking supplements is fear of gas and bloating, but few know that calcium citrate does not generally cause gas or bloating."

For more on the benefits of calcium, visit www.calciumig.com.

The NWHRC is a nonprofit organization dedicated to helping women make healthy decisions.



Lance Cpl. Heather L. Medlock, administrative clerk, HQBN, MCB Hawaii takes seriously the importance of drinking milk to fend off osteoporosis.

Staying physically fit is key to agile joints

NAPS Featurettes

For the millions of Americans living with osteoarthritis (OA) of the knee, an increase in activity can result in pain and stiffness, which may hinder mobili-

Now is a good time to learn how exercise and proper treatment options. Both may help minimize the pain associated with OA of the knee, and may ensure that active days are less painful.

According to Dr. Nicholas DiNubile, an orthopaedic sur-

geon from the University of healthier and more active life." Pennsylvania, "Physical fitness can play an important role in maintaining good joint health. Exercises that improve strength and range-of-motion can help improve mobility and flexibility in arthritic joints, and help those with OA of the knee to lead a

DiNubile recommends the following tips to help those with OA of the knee:

•Stretch! Stretching 10 to 15 minutes before and after participating in strenuous activity is important. Remember to warm up slowly before the initial stretch.

> Regular stretching keeps joints flexible, increases range-of-motion, and helps prevent stiffness and injuries. Gentle yoga may help improve

flexibility.

• Build Muscle! Activities that strengthen the muscles around the joints can help those who have OA Stronger muscles provide more shock absorption and support to arthritic joints and may help ease the pain associated with everyday tasks.

Speak with a doctor or physical therapist about an appropriate strength-training program.

•Keep Fit! Water exercise, riding a stationary bike and walking are excellent, low jointimpact ways to stay healthy and prevent excess weight from putting extra stress on joints.

The Atkins bubble may soon burst

<u>**Iennifer Grossman**</u> NewsUSA Featurettes

At a time when beer, chips and candies are going low-carb, predicting the beginning of the end of the Atkins craze might seem more than a little premature. After all, even Wal-Mart is making obeisance to the Atkins altar, and fast food menus now sport the trademark scarlet "A."

"You don't have to compromise your health to lose weight."

Jennifer Grossman Director Dole Nutrition Institute

So why am I an Atkins "bear" in the middle of a low-carb bull market? Just as during the heyday of some of the more implausible Internet initial public offerings, sooner or later we'll wake up to find there is no magical formula for losing pounds any more than there was for down to counting calories, or dollars, and keeping an eye on the bottom line.

Sanity was once defined as "the ability to keep one's head when everyone around you is losing theirs." The people who lacked this ability during the height of the Internet stock bubble lost money. The people who lack this ability during the current Atkins bubble may or may not lose weight.

Unfortunately, former Atkins dieters most likely will find themselves gaining it all back in the end. By indiscriminately overloading the body with fats and proteins, but frowning on many fruits and vegetables, the diet promises to cheat metabolism but ultimately only cheats health.

The report that Dr. Robert C. Atkins himself was obese and had a history of heart failure and hypertension at the time of his death provides the most explicit proof yet of the health risks of such a diet.

There are many reasons why so many Atkins veterans are starting to sober up,

making money. In the end, it comes with osteoporosis, diminished athletic recognize the negative health risks of ability, bad breath, kidney stones and even depression among them. Most

alarming is that a diet that neglects the important cancer-fighting antioxidant compounds that only fruits and vegetables can provide will weaken the foundations of your long-term health.

> After an unpleasant session with your bathroom scale or full-length mirror, your long-term health may not be first and foremost in your mind. You want to

lose weight and you want to lose weight now. Well, how about going on a dirt diet? You'd certainly drop the pounds. But you would also make yourself very sick in the process.

My point is not to suggest that eating a diet of eggs, butter, bacon and beef is akin to eating dirt. But no diet should fail to

over-consuming certain foods while neglecting others.

You don't have to compromise your health to lose weight. Instead of jeopardizing one to serve the other, why not lose weight and improve your nutritional health at the same time?

As a teenager, I began eating plenty of fruits and vegetables because they made me full and helped me stay slim. As I get older, it's nice to know that the same foods that are keeping me in my junior high jeans are also helping me ward off disease, maintain healthy eyesight and strengthen my bones and internal organs, making my life a long one.

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QUICKSILVER, From C-1

The 76ers managed to tie the score, but Elijah Eriksson swiped the rebound and flew down the court striking a pose as he scored. Yet again, the 76ers retaliated. Jamaz grabbed the rebound down the court and raised the score, 15-15.

ly. Both teams were forced to take time-outs to save their players from a sticky defense

and re-strategize.

Up until 30 seconds before the buzzer, both teams played head-to-head, but they could not shake each other. Finally, QuickSilver made a last attempt, three seconds before the end of the game. The ball circled around the rim; every one stopped and watched.

Just as the buzzer rang, the ball dropped The game continued on in that fashion for through the net, and QuickSilver became more than 10 minutes; the score rose steading of only the first team to defeat the 76ers, but also champions of the Mighty Mite Division.



Cpl. Jessica M. Mills

Members of the Mokapu Elementary Dance Team entertain the crowd during halftime of the Mighty Mite Youth Basketball Championship.

RED LIONS, From C-1

night, gave Dirty Third its first lead by banging down twin foul shots.

Spurred by the lost lead, Watkins answered immediately with a bucket from beyond the arc. But Dasilva knocked down a three-pointer of his own less than 30 seconds later. The scoring run was capped by Red Lion point guard Jesse Ching, who put his team up by three at the half.

The first few minutes of the second half was a low-scoring affair as both the Red Lions and Dirty Third put on a defensive showcase, forcing turnovers and quickly grabbing defensive rebounds.

The score remained locked at 30 for both teams until Watkins and the Red Lions seemed to gain a second wind, going on a seven-point unanswered run to pull away from Dirty Third.

Never to be outdone, the b-ballers of Third battled back, tying the score with eight seconds remaining. Regulation ended with the teams locked at 40 points each after a sweet pull-up jumper by Dirty Third center Tony Rogers.

Overtime seemed to be an exercise in trading fouls, as both teams got the majority of their points from the line.

As time expired again, the Red Lions held on to the lead, 48-46.

"They played us hard on defense," said Watkins after the game. "I had to take more shots on the perimeter, and their pressure kept us off balance. They played well, and they're one of the best teams out here, so winning feels good."

"It's disappointing to lose," said Dasilva, "but I was happy with the way we played tonight. We'll get them next time."

Dirty Third remains on top of the intramural standings.

Lance Cpl. Rich Mattingly Red Lions point guard Jesse Ching (center) looks for an opening down the lane during Monday's contest with Dirty Third.

PROFESSOR, From C-3

charges?

Baseball will survive. It is up to us to force Major League Baseball to restore the integrity of the game. It's baseball. It's apple pie. It's American.

Bottom Line: The above-referenced players aren't the only ones who have compromised the integrity of baseball. Ty Cobb and Babe Ruth used performance-enhancing drugs too. Only, their drug, alcohol, came in a glass, vice a needle.

However, the problem isn't the players. We, the baseball fans, are the problem. We are truly pathetic.

GOAT, From C-3

probe of the Bay Area "nutritional" company BALCO, Bonds must be guilty.

Just because authorities found \$60,000 in cash and a bunch of "medicine" bottles in his buddy's house, Bonds must be guilty. Just because Bonds introduced Giambi and Sheffield to BALCO, Bonds must be guilty. Just because Bonds put on 50 pounds of lean muscle mass in a short amount of time, Bonds must be guilty.

OK, OK, it looks bad. Bonds probably is guilty, but of what?

Bottom Line: Even if Barry Bonds and his allstar counterparts did use steroids in the past, there was no rule against it in baseball at the time. There was no testing and no penalties. By not banning steroids, MLB for all intensive purposes made them "legal."

Bonds is a complete freak who can hit a baseball better that any man who ever lived. Whether he ate spinach or 'roids doesn't change that fact.

We know that the authentic, yet we buy the players cheat, but we still buy tickets and go to the jerseys. the games. We know that We are the one's on the physical specimens trial, baseball fans. What

baseball cards and wear

admire are not do we do?

PERIMETER, From C-1

Although they were held back from reaching their goal, K-Bay's Marines said they were very pleased with the on," said Leu. "It's one of the greatest outcome of the race. The Pigs said they

will be back next year. Not all the same athletes may compete, but several will take up the challenge.

"I want to continue this to carry it things I've done in a long time."