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December 5, 2003 Volume 33, Number 48 www.mcbh.usmc.mil

Waterfront Ops saves couple

Sgt. Joseph A. Lee Combat Correspondent

Two students from the University of Hawaii were rescued Saturday from Kaneohe Bay by MCB Hawaii Waterfront Operations, after their 20foot sailboat capsized near Sampan Channel.

According to one of the first responders on-scene, Petty Officer 3rd Class Brandon Yenor, a boatsmate with Waterfront Ops, a call came in from the U.S. Coast Guard at approximately 11:30 a.m., identifying a bleeding woman clinging to boat wreckage near Marker 4 in Kaneohe Bay.

"After we made our notifications to local emergency response units, we sent out a small craft to Marker 4, which is within eyesight from the shore," said Yenor.

Less than five minutes from the time the call came in, Waterfront Ops provided a boat on-scene to evacuate the woman to an awaiting ambulance onshore.

"She was cut up pretty

See BOATING, A-2



Tt's been 62 years almost to the day since America was catapulted into World War II. On Dec. 7, 1941, Japan Llaunched a surprise attack on U.S. military bases in Hawaii. That Sunday morning, military personnel and their families awoke to machinegun fire and bombs, as two waves of Japanese planes swooped down on Oahu bases, destroying hundreds of planes, disabling 18 warships, and killing 2,403 people, including 18 civilians.

Marine Corps Base Hawaii, Kaneohe Bay, will commemorate the attack during the Commanding General's morning colors ceremony. The national ensign flies high mere yards from the Kaneohe Klipper Monument that is dedicated to the 18 Sailors and one civilian who lost their lives during the two waves that barraged Mokapu Peninsula.

The commemoration will begin at 8 a.m.

Right — A USS Arizona Memorial Association historical photograph depicts the view down Battleship Row of the USS California and the USS Maryland next to the capsized USS Oklahoma during that fateful day.



'101 Days of Summer' celebrates safe, healthy lives

Marine Aviation Logistics Squadron 24 comes out on top

Kristin Herrick Sports Editor

In its first year of implementation, the "101 Days of Summer" program showed promising results in helping Marines and Sailors aboard MCB Hawaii live safe and healthy lives.

The program, which was led by the

Single Marine & Program Sailor along with Drug Demand Reduction and Health Promotions coordina-

tors from Marine Corps Community Services, put together a number of activities, both fun and educational. The main focus of the program was to educate Marines and Sailors on the consequences associated with illegal drug use, to promote responsible alcohol consumption and to provide healthy alternatives.

Drug played a key role in the success of the program and fac-

tored into the total unit scores; units with more members tested received more points. Attending substance abuse training also earned unit points. Based on the overall numbers, a 24 percent reduction in positive tests was recorded in the months during the 101 Days of Summer Program com-

pared with the same months during 2002.

Units were awarded points based on their participation in a variety of athletic activities such as BayFest 2003 competitions, flag football, the Swamp Romp and soccer, and swimming and softball tournaments from June through September. Points were also earned for volunteering at the MCCS Aloha Fair

Bash. More than 300 participants came out for the fair and the Beach Bash drew 257. The Swamp Romp had the highest num-

and for attending the SM&SP Beach

See 101 DAYS OF SUMMER, A-2

Dewey Square will be the location of Sunday's **Christmas Tree** Lighting Ceremony at 6:15 p.m.



Holiday concert to be held Sunday

testing

MCB Hawaii Staff

Press Release

The Christmas season is here and the commanding general of MCB Hawaii will host the 5th Annual MCB Hawaii Holiday Concert to ring in the yuletide season in merry tradition, at the Kaneohe Bay base theater, Sunday at 5 p.m. The concert will feature the Marine Forces Pacific Band, and will be followed by the Christmas Tree Lighting Ceremony at Dewey Square at approximately 6:15 p.m.

At the concert, the MarForPac Band will

entertain guests with traditional holiday melodies. Afterwards Brig. Gen. Jerry C. McAbee along with a group of special needs children will "flip the switch" that lights up the large pine tree in Dewey Square.

For the last five years, the base has elaborately decorated the Christmas icon and the community has gathered 'round to kick-off celebrations proclaiming the joyous season.

The holiday concert and tree lighting is freeof-charge and open to all military and civilian personnel, their family members and the local community.

Hawaii Marine readers, enjoy the Military Sun Press Dec. 19 – Jan. 2.

MCBH News Briefs

MSG Team Seeks U.S. Embassy Security Guards

You're invited to join an elite team and become a member of Marine Security Guard Battalion. Marines assigned to "B" billet duties with MSG Bn. will guard U.S. embassies around the world, providing security for the embassy and its personnel.

This special duty assignment provides many benefits in addition to worldwide travel, such as extra pay, accelerated promotion opportunities and the chance to experience foreign cultures.

The MSG Screening Team will give an overview of job opportunities and answer your questions in the Conference Room of the Kaneohe Bay Bachelor Officers Ouarters on Dec. 10 and 11 at 8 a.m.

For additional information, contact your career planner or visit the MSG Web site at www.msgbn.usmc.mil.

K-Bay Chapel to Host Several Christmas Season Events

The MCB Hawaii community is invited to the following events at the base chapel, Bldg. 1090. For more info, call 257-3552.

•Saturday, 8:45 a.m. until noon: Join the MCB Hawaii community for "The Challenges of Advent," a time for personal reflection followed by lunch. Make reservations at 254-2148. Advent activities will be provided for children ages 4-plus.

•Sunday, 2- 4 p.m.: All branches of the military are invited to the Special Needs Children's Worship Service, a special time for disabled people and their families. In addition to the service, enjoy the petting zoo, face painting and special music.

•Monday at 11:45 a.m. & 6 p.m.: Roman Catholics will celebrate Holy Day, Immaculate Conception.

• Dec. 14 at 3 p.m.: Mark your calendars now for the Ecumenical Children's Program and Party.

• Dec. 17 at 7 p.m.: Roman Catholics will hold a Penance Service.

• Dec. 24 at 6 p.m.: Protestants will celebrate Christmas with a Candlelight Service.

•Dec. 24 at 7:30 p.m. & 11:30 p.m.: Roman Catholics will celebrate Christmas with Mass.

• Dec. 25 at 9:30 a.m.: Roman Catholics will celebrate Christmas with Mass.

Hawaii

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Electronic W-2s debut next year

1st Lt. Joshua P. Bahr Finance Officer, MCB Hawaii

"MyPay", formerly known as E/MSS, offers enhanced services, security, accessibility and reliability to all customers of the Defense Finance and Accounting Services (DFAS) worldwide. It uses strong encryption and secures socket layer technology with your social security number and your personal identification number (PIN) to safeguard your information from any unauthorized

The myPay system allows users to take control of their personal finances through the capabilities of viewing and printing LESs, W-2s and travel

vouchers, amending tax withhold- ble for all tax purposes and will ings, managing bonds and allotments, controlling Thrift Savings Plan allocations, as well as updating electronic funds transfer and address information. All these tools allow you, the member, to take control of your personal finances and become an effective financial manager.

Next year, myPay is taking another step forward in its services through the electronic delivery of W-2s. All civilian employees and military members, who have obtained a PIN for access to the myPay system, will only receive an electronic copy of their W-2. No hardcopies will be sent to members with access to the system. The electronic W-2 is compatiremain available on the system for the entire year.

If you have forgotten or misplaced your PIN, all military and civilian personnel may receive a new PIN via the MCB Hawaii Finance Office. The process only takes a few moments, and all that is required is a personal identification card.

"myPay" enhanced designs help you find the information and complete the transactions you want in just three simple clicks. The system is available around the clock and eliminates the hassle of waiting in lines or holding on the phone.

Surf www.dfas.mil/myPay/ for more details.

Reservists will now reap their commissary benefits regardless of active duty status

Cpl. Luis R. Agostini Marine Forces Pacific

CAMP H. M. SMITH — Thanks to the National Defense Authorization Act for fiscal year 2004, Marine reservists can kiss their commissary privilege cards goodbye.

The card, which granted 24 commissary shopping days per calendar year, has been replaced with full commissary benefits for members of the ready reserve (which includes members of the selected reserve and individual ready reserve), members of the retired reserve who possess a Uniformed Services ID card and their family members, according to a Headquarters Marine Corps press release dated Nov. 24.

That means more than 50 reservists currently mobilized by Commander, U.S. Marine Corps Forces Pacific Headquarters will be able to return home and shop at commissaries on the mainland, in the islands, and around the world, once they complete their obligated tour of

One Marine reservist, Cpl. Cedric Smith, a service record book clerk for Headquarters and Service Bn., MarForPac, is in the process of departing Hawaii. He looks forward to the benefits awaiting him.

sary] a lot more now," said Smith, a ident. "I don't even know where the Vallejo, Calif., resident. "Travis Air closest commissary is back home."

Force Base is only 15 minutes away from where I live, so now I'll get to go weekly, or whenever I want, instead of once a month."

Fortunately, commissary privileges haven't been a problem for many Marine reservists, especially the hundreds who have been activated since post-Sept. 11, 2001.

"I've been on [reserve] orders for two years already," said Cpl. with Headquarters and Service Bn. Here. "I might extend after January, so I really haven't needed the commissary card, since I've been able to go for a while."

For others, like Staff Sgt. Tanya Longbine, the staff noncommissioned officer in charge for the MarForPac security branch, commissary privileges have not been an issue.

"I've been on orders ever since I "I'll definitely use it [the commis- got out," said the Rochester, N.Y., res-



Cpl. Luis R. Agostin

Reservists are no longer required to present commissary privilege cards, as they now receive full benefits and privileges as commissary shoppers, courtesy of the National Defense Authorization Act for fiscal year 2004.

Either the Defense way, Commissary Agency plans on immediately making the shopping experience more convenient for all service Medehania Baheta, also an SRB clerk members: active duty, reserve and retired, and their family members.

> "Instructions have gone out to all continental U.S. stores informing them that reservists now have unlimited shopping, and telling store managers how to welcome members of the National Guard and Reserve to the full use of the commissary benefit," said Patrick Nixon, deputy director of DECA. "Commissary shoppers will begin to see banners saying 'Welcome Guard and Reserve to Full Time Savings,' along with other events recognizing these new fulltime shoppers."

101 DAYS OF SUMMER: Program was a success

From A-1

ber of participants with more than 1,000 Marines and Sailors taking part in the run.

Reduction Quentin Redmon. "A few teams were really close in points, and they became very involved and engaged in the program."

With 6,220 points, Marine today at 8 a.m.

Aviation Logistics Squadron 24 came in first place and was awarded \$1,000 for its unit recreation fund. Marine Corps Air Facility came in second "We had a lot of people out place with 5,700 points and for the events and they had a lot received \$750. Third place and of fun," said Drug Demand \$500 went to Headquarters Bn., Coordinator MCB Hawaii, with 5,667 total points.

> The 101 Days of Summer winners will be honored at the base flagpole as part of the Morning Colors Ceremony,



Two Marines attack each other during the sumo wrestling competition at the McKenna Motors Bay Fest 2003 aboard MCB Hawaii.

BOATING, From A-1

bad," said Yenor. "There were some really deep lacerations on her legs and on her back. She was wearing her life vest, and it's a good thing, because with the injuries she sustained, I'm confident that the life vest alone saved her life."

Throughout the rescue, the woman cried out for her boyfriend, according to Yenor, asking if he had been found yet.

"When we found out there was another person still missing, the U.S. Coast Guard dispatched a helicopter, and we sent another boat out to assist in locating him," said Yenor.

Found clinging to a buoy at Sampan Channel, the boyfriend was ejected from the boat as it capsized. He could not catch the wreckage and his girlfriend as the current quickly swept them into Kaneohe Bay.

"He said that he tried swimming after her, but when he realized he was not gaining on the wreckage, he turned back to the nearest floating object, a buoy at Sampan Channel, at the southern mouth of Kaneohe Bay, about 2,400 yards from where his girlfriend and the boat's wreckage were pulled from the water."

Though small craft and high surf advisories had been posted by the U.S. Coast Guard, the two made a fateful decision to sail anyway, which nearly cost them their lives.

"Why people go against the advise of the U.S. Coast Guard, we'll never know," said Dino Leonard, assistant aquatics manager for MCB Hawaii, "but you should always listen to weather forecasts and advisories warning of dangerous conditions.

"The water can be an extremely dangerous place, especially in stormy conditions like we had last weekend."

Information on maritime safety can be located at www.uscgboating.org or www.safeboatingcouncil.org. To find out the current local weather conditions and posted surf advisories, call 973-4382.



No one's blood can be considered safe. Anyone — even people you know and trust — can have infected blood, and it should be considered dangerous."

> Staff Sgt. Caleb Eames, NBC staff NCO in charge Combat Service Support Group 3

Outbreak!

Hotel staff trained by NBC Marine

Story and Photos by Lance Cpl. Monroe F. Seigle Combat Correspondent

A clean hotel room with a freshly made bed can be a warm and welcoming site to a tourist weary from traveling many miles. However, Staff Sgt. Caleb Eames, the nuclear, biological and chemical staff noncommissioned officer in charge with Combat Service Support Group 3 aboard MCB Hawaii, Kaneohe Bay, knows that same welcoming room can be hoarding numerous blood-borne pathogens invisible to the human eye.

Giliw Abenes, the Sheraton Hotels and Resorts human resources manager, Risk Management, contacted Eames, and she asked if he could give a presentation to hotel workers in accordance with the hotel's annual regulation. Eames was more than eager to assist in the presentation.

During the Nov. 25 class, Eames explained to several workers how to prevent the transfer of the deadly infections such as hepatitis and acquired immune deficiency syndrome at the Sheraton Princess Kaiulani Hotel in Waikiki. explained that they are the first line of defense against these harmful pathogens.

We are required to educate our workers on the dangers of dealing with the public regarding possible exposure to blood-borne pathogens," said Abenes. "I wanted to make the presentation interesting, but I also wanted to be able to stress to them the importance of being cautious."

"I knew that if a Marine were to give the presentation, it would definitely be interesting enough to capture the audience's attention and stress the seriousness of what could happen if they are in an environment where they're exposed to pathogens,"

Eames explained.

After he entered the classroom wearing mission-orientated, protective posture (MOPP) gear, Eames explained to the workers that although they are not equipped with MOPP gear, they could still protect their body with the use of gloves and by constantly washing their hands.

"No one's blood

can be considered safe," said Eames. "Anyone — even people you know and trust — can have infected blood, and it should be considered dangerous. These pathogens can be anywhere, and when you are cleaning or working in areas where these pathogens are likely to exist, you can never be too careful."

The workers also learned how the pathogens could enter the blood-



Staff Sgt. Caleb Eames dons full MOPP gear into the presentation.

stream. Eames explained that something as simple as a bandage could have blood on it, the harmful pathogens could live for up to five days in the open air.

He again stressed the importance of washing their hands and not putting them anywhere near the mouth.

"This training was designed to provide a basic understanding of blood-borne pathogens

and common routes of entry into the blood stream," said Eames. "I am glad they found my class interesting because it's a serious matter when an individual comes in contact with pathogens such as hepatitis and AIDS.

"They learned methods of prevention and a wealth of information that is pertinent to dealing with these lifethreatening diseases."



Staff Sgt. Caleb Eames, the nuclear, biological and chemical NCOIC with CSSG-3, explains the ins and outs of the M40 series protective mask to an engineer at the Sheraton Princess Kaiulani Hotel.

M40/42Chemical/Biological Protective Mask

Primary function: Provides respiratory, eye, and face protection against field concentrations of chemical and biological agents.

Protects against: Chemical and biological agent vapors, aerosols, toxins and radiological fallout particles.

Protection probabilities:

- •95% against 5,000 mg-min/m3
- •75% against 20,000 mg-min/m3
- •50% minimum probability of achieving no more than .002 % penetration of Bacillus globigii.

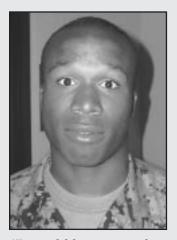
Features: The M40/42 mask consists of a silicone rubber face piece with an in-turned peripheral face seal and binocular rigid lens system. A face-mounted canister (gas and aerosol filter) can withstand a maximum of 15 nerve-, choking-, and blister-agent attacks. It will also withstand a maximum of two blood agent attacks providing the user with unobstructed forward vision. Corrective lenses are available. The mask permits intelligible speech, hearing and allows drinking during wear. Because of these features, the mask can be worn continuously for eight to 12 hours.



Eames begins to remove his MOPP gear, while Giliw Abenes, the Sheraton Hotels and Resorts human resources manager, Risk Management, introduces him to the hotel staff.

Mord on the Street

"With all the recent rains, how would you prepare for a flood?"



"I would buy canned goods, drinking water and flashlights."

Pfc. Tashiem Curtis Radio operator 3rd Marine Regiment



"I would stock up on batteries, food and invest in a good radio."

Ash Dotta Program coordinator Chaminade University



"I would find routes to work and the nearest hospital that would not accumulate much water in case of emergency."

Petty Officer 2nd Class David Moscarello Air traffic controller **MCAF**



"I would buy plenty of food and freeze it, and also put my car in the garage."

Jarred Lauzon, 10 Fifth grader Lanikai Elementary School



"I would sandbag areas of the house where water can enter."

Cpl. Dale Hopkins Avionics electrician HMH-363

A-4 • December 5, 2003 Hawaii Marine

Camp Smith Marines head for Tarawa

Pfc. Bernadette Ainsworth

Marine Forces Pacific

ABOARD THE USS HOPPER — Fifteen Camp H. M. Smith Marines and three from Camp Lejeune, N.C., deployed aboard the U.S.S. Hopper Nov. 13 for the 60th anniversary ceremony of the landing at Tarawa.

For most of the Marines, this is their first deployment aboard a naval vessel, and life aboard ship for the first time is proving to be an eye-opening experience

"Every Marine should experience a

deployment aboard a ship," said Lance Cpl. Brian Daniels, a color guard rifleman with 2nd Marine Division. "We are part of the Navy, and being aboard ship follows those Naval traditions."

"I've always dreamed of going on a ship," said Pfc. Robert Baker, a warehouse clerk and part of the rifle detail with Headquarters and Service Battalion, U.S. Marine Corps Forces Pacific. "Everyone should go on a ship if they get the chance. Marines tend to stereotype Sailors; [however,] being on a ship gives us a chance to find out if those stereotypes are true."

Days can be long for Marines on ship, but the monotony is broken up by various daily activities.

"We practice everyday for the ceremony, participate in [physical training], square away our uniforms, have classes on Marine Corps knowledge and history, and basically get ready for the ceremony," said Daniels.

After their daily routine, when the Marines are secured before chow every evening, there are several amenities that the Hopper offers during their off time.

There are two computer rooms, one with Internet access and one for gaming.

Two libraries offer a wide selection of paperback books, along with several televisions with VHS and DVD players.

"On my free time I watch movies, write e-mail home and play board games," said Lance Cpl. Scott Gibson, MarForPac manpower statistician clerk and a color guard rifleman.

With daily routines to keep them busy and active during their sea deployment, these Marines will not only experience Naval life firsthand, but also witness and log still other memorable experiences at the ceremony that awaits them on Tarawa Atoll.

Marines stormed beaches taking Tarawa in three days of 1943

Marines participate in 60th anniversary ceremony of the landing at Tarawa

Pfc. Bernadette Ainsworth
Marine Forces Pacific

BETIO, Tarawa Atoll — Sixty years after one of the bloodiest battles in the Pacific during World War II, Marines from U.S. Marine Corps Forces Pacific and the 2nd Marine Division returned to Tarawa to honor more than 1,000 killed.

The ceremony began at the Battle of Tarawa Memorial, which was dedicated to the Marines and Sailors wounded and killed, during the 76-hour attack on Nov. 20-23, 1943. That battle changed the

face of amphibious warfare forever — and the impact of words iterated by the Imperial Marine Japanese commander in charge of the defense of Tarawa, Rear Adm. Keiji Shibasaki. He had haughtily predicted, "A million men cannot take Tarawa in 100 years."

It took about 4,000 Marines and Sailors three days.

"The Japanese enemy was tough, but we were tougher," said Harry Jackson, a Tarawa veteran, who was one of the first 1,500 Marines to storm the beaches of Tarawa.

Jackson was one of many prestigious guests that attended and spoke at the ceremony.

During his speech, Jackson recalled the U.S. entering the war in 1941, continuing through the

See TARAWA, A-6



Pfc. Bernadette Ainswo

The Marine firing detail from Camp H. M. Smith marches from the Battle of Tarawa War Memorial in Betio to Red Beach 2, one of the three beaches that the first wave of 1,500 Marines from the 2nd Marine Division landed on, Nov. 20, 1943.

USS Hopper remembers Tarawa

Lt. j.g. Tiffany Hill **USS Hopper Public Affairs**

ABOARD THE USS HOPPER — On Nov. 20, 1943, U.S. Marines landed on the island of Betio in the Tarawa Atoll, seizing it from the Japanese after 76 hours of intense and grueling battle. Once the smoke had cleared, 3,301 Americans had been killed, wounded or injured. On Nov. 20, 2003, exactly 60 years later, Sailors from the USS Hopper (DDG 70), 15 Marines from Marine Forces Pacific and three Marines from the 2nd Marine Division Color Guard, Camp Lejeune, N. C., participated in a commemorative ceremony there.

The ceremony was held at the U.S. Marines War Memorial in Prince Philip Park in Betio and

on Red Beach 2, where the 2nd Battalion of the 2nd Marine RCT landed. Once again, the American flag flew tall and proud on the same beach where Marines shed blood, tears and sweat on 60 years ago.

The trip made by the Marines and the crew of the Hopper was filled with mixed emotions. The excitement of traveling to a new place and the pride of participating in a ceremony in the remembrance of a battle that was extremely significant in the lives of all Americans and the world 60 years ago was, at times, overcome by sadness for the lives lost there.

The USS Hopper arrived the evening of Nov. 19, much anticipated by the people of Tarawa. Many of the local people were awed at the sight

See HOPPER, A-6



Marines and Sailors deployed on the U.S.S. Hopper commemorated the Battle of Tarawa at the U.S. Marines War Memorial in Prince Philip Park in Betio and on Red Beach 2.

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HOPPER, From A-5

of the Hopper anchored at the entrance of the channel. The harbor landing was crowded by hundreds of locals, as the first boat came ashore, attesting to the locals' excitement.

At sunrise on Nov. 20, both Sailors and Marines attended the memorial ceremony coordinated by the U.S. Peace Corps. In attendance was the President of the Republic of Kiribati, his Excellency Anote Tong, and the U.S. Ambassador to Kiribati, Mr. David Lyon.

The first part of the ceremony was elegant in its simplicity. All regional Peace Corps volunteers of the Tarawa Atoll, young trainees of the Marine Training Center of Kiribati, the Betio police band, government officials, numerous locals and the Hopper's crew attended the cer-

A dedication and remembrance was paid to all those that fought 60 years prior. Ambassador Lyon and President Tong each spoke about the importance of the battle and placed wreaths at the foot of the U.S. Marines War Memorial.

The Marines, sharp and unwavering,

proudly displayed the American Flag and the U.S. Marine Corps flag while honoring those Sailors and Marines who had gone before them with a 21-gun salute.

The ceremony then moved to Red Beach 2, one of the three designated landing beaches assaulted by Marines. The ceremony then took a more personal turn for some of the ceremony's par-

Also in attendance were two veterans of the battle, Mr. Harry Jackson and Mr. Joe Sobol. Jackson spoke about his experience exactly 60 years earlier. The memory, clear and concise, detailed the horrors of the battle, the valor displayed by both sides and the relief felt when ultimate victory was achieved.

Jackson and Sobol then walked sideby-side and laid a wreath on the seawall of the beach that they stormed more than a half-century ago. The wreath accompanied one that was presented earlier by Cmdr. Michael Selby, commanding officer of the Hopper. Chief Gas Turbine Systems Electrician (SW) Jerry Hunt best summarized the morning's events.



This portrait, "Tarawa, South Pacific, 1943" by Sergeant Tom Lovell, is part of the Marine Corps Combat Art Collection and is a lifelike rendering of the event.

and military, that we would travel such a great distance to show other countries our dedication to honoring the memory of those who sacrificed before us for the freedom we now enjoy," said Hunt.

Although the USS Hopper's stay was "It says something for our country brief, it was beneficial for many of her

crewmembers. Petty Officer 3rd Class Genea Sonner noted the educational value of the trip by emphasizing that these events increase the cohesiveness and teamwork of the military by bringing members together to reflect on triumphs of those who have passed before.

TARAWA, From A-4

Pacific island-hopping campaign, and most importantly, fighting for the Tarawa Atoll.

Because of the way in which the Japanese were dug in, the air support provided before the attack did very little to disrupt the 4,700 Japanese defenders.

That problem was compounded by a low tide, which made it impossible for the Higgins boats to get over the coral reef.

Stuck on the reef, Marines became an easy target for Japanese machineguns and mortars as they waded to shore.

That's when the Marines employed hundreds of the newly introduced Amtracs. The Japanese were expecting the vehicles to get stuck on the reef, just like the Higgins boats. They were surprised when the tracked vehicles rolled right over it. Although the vehicles made it over, Japanese bullets pierced the lightly armored vehicles.

As he spoke of the battle, Jackson recalled the ferocity of the Japanese enemy, never giving up, even when their battle was lost.

In the end, the Marines won, and Betio, the southernmost island in the Tarawa atoll, was officially declared secure at 1:10 p.m., Nov. 23, 1943. The island, which was used for a landing strip soon after, was bought with the blood of more than 1,000 Marines and Sailors killed and 3,000 wounded.

A Marine firing squad honored the courageous Marines with a 21-gun salute.

"We are here today to honor our fallen Marines, [both] United States Marines and Japanese Marines. They were a great enemy," said Jackson.

Dedicating our time



From left — Cpl. Michael McClain, a military police officer with the Military Police Co., Lance Cpl. Bernabe Hernandez, supply clerk with Marine Corps Air Facility and Cpl. Jeff R. DeGuzman, personnel clerk for Marine Forces Pacific, were recognized for their superior work performance and contributions to the community through volunteer work by the Young Men's **Christian Association** Nov. 28 at the Ohana Outrigger East in Waikiki.

Environmental asks all to better manage waste

Lance Cpl. Michelle M. Dickson

Combat Correspondent

With November trade winds blowing hard across MCB Hawaii, containment of landfill garbage is difficult. However, the consequences of not containing the rubbish can be crippling.

The landfill aboard Kaneohe Bay opened in 1978, and "Subtitle D," the 1994 regulation that governs landfills, provides that all garbage be contained within landfill confines. Further, an MCB Hawaii directive states that all garbage must be bagged and tied before being thrown into a dumpster.

Not bagging and tying loose garbage leaves trash to easily blow out into the ocean and throughout base areas. Wind and perimeter fences barricade a vast majority of garbage from getting into the environment, but the fences can't catch all of the rubbish.

A fine can be levied when individuals and units do not follow the base order — up to \$25,000 a day, or the landfill can be closed permanently. Because the base landfill saves people more than a million dollars a year, closing the landfill would be a distressing action.

Thanks to support by Marine Corps Air Facility, weather information allows the landfill operator to plan for high wind conditions that can close the landfill due to

There are recycling bins for paper and aluminum cans throughout areas of the installation, but there may be individuals or units not using them. Entire bags of paper and cans are

excessive blowing rubbish.



Cpl. Jessica M. Mills

Base Facilities unloads trash from dumpsters into the K-Bay landfill each week.

sometimes thrown into giant garbage dumpsters because individuals don't want to take the couple of extra steps to recycle waste to its correct destination, explained George Lingle, environmental protection specialist and solid waste manager at MCB Hawaii, Kaneohe Bay.

Before individual unit dumpsters are emptied, the Base Facilities truck driver inspects each one to see if there are untied bags, recyclables, wood, metal or hazardous waste that should have been separated from the rubbish. If there are any of these items in the trash, the driver will not empty the dumpster until the

items are removed. The information is then logged onto a dumpster report that goes to the logistics officer assigned to that dumpster. All dumpsters are labeled with these prohibited items.

Environmental claims that there are too many of these instances coming up.

"People don't bother taking the extra steps to bag their garbage and others suffer the consequences of having to dumpster dive," said Lingle. "The garbage blown out of the landfill not only looks terrible; it is also very harmful to the wildlife living here. Animals can ingest the garbage, and many can get stuck on six-pack rings from soda cans. These situations are causing needless deaths to many living things, and there is no need for this to be occurring."

To further educate Marines and Sailors about recycling awareness and proper disposal of waste, the Environmental Compliance and Protection Department provides a quarterly course.

The course covers 11 topics that range from environmental training and hazardous waste disposal, to archaeology and storm water drainage. The two-day class also includes a bus tour that travels to environmental sites aboard base, including the base landfill.

There is only one other landfill on the island of Oahu, and it is located approximately 50 miles away from Kaneohe Bay.

"If the K-Bay location is closed down, there won't be an easy alternative," said Lingle.

It is up to the Department of Health and the State Environmental Regulator to decide whether or not fines will be levied or closure will result for noncompliance with rubbish and landfill policies. It is up to MCB Hawaii to ensure neither penalty are imposed by disposing of trash and recyclables in a responsible manner.

A-8 • December 5, 2003 Hawaii Marine



SALUTES

MCB Hawaii

Certificate of Commendation Sgt. Joseph A. Lee Sgt. Alexis R. Mulero

Promotion to Lance Corporal Michelle M. Dickson

Headquarters Bn. Marine Helicopter Training Squadron 301

> Promotion to Lance Corporal Richard F. Ness III Clayton A. Pressley Wesley Smith Joseph M. Timmins

(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.)

• Lance Cpl. Benjamin Crossman of the Military Police

Co., MCB Hawaii, refused a blood alcohol content test when pulled over on Nov. 24. He was taken into custody for driving under the influence. His license was suspended, his decal was removed and the vehicle was taken off base on the same day.



DUIs are career killers

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

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

You drink & drive. YOU LOSE!

TO DO LIST

Before any activity that involves alcohol:

- •Plan ahead.
- •Choose a sober designated driver.
- •Take mass transit or a taxicab, or ask a friend to drive you home if you didn't plan in advance.
- •Spend the night where the activity is being held.
- •Celebrate responsibly.
- •Report impaired drivers to law enforcement.

MARINE MARINE LIFESTYLES

Hawaii Marine B Section December 5, 2003



Lisa Jacobs quietly concentrates on creating her own unique serving platter at Kailua's Paint It Pottery studio.

All Fired up

Do-it-yourselfers enjoy easy pottery

Story and Photos by <u>Kristin Herrick</u> Sports Editor

A pottery craze has been sweeping the nation, and Hawaii residents are getting in on the action. Shops are popping up all around the island offering customers the opportunity to paint ready-made ceramics and not worry about getting supplies or firing their own pieces.

"Paint it Pottery" is a quaint shop located in the Kailua Village Shops strip mall where plain ceramics go from drab to fabulous in a few easy steps. Colorful tables and décor drum up creativity and fun for clients who want to create a personal masterpiece.

The process is simple: first a figure is chosen from a wide selection of unfinished arranges

ished ceramics, then it's painted using the shop's glazes and brushes. When finished, the Paint it Pottery staff will clear glaze and fire your work so it can be picked up in about five days.

Paint-your-own pottery parties are perfect for bridal showers and birthdays, but the hobby can also be a relaxing pastime performed in solitude.

"It really is a tension reliever," said Paint it Pottery owner Doreen Emerson. "You need to come here with a clear mind; you can't be thinking about work or anything."

The cost of ceramic figures ranges from \$7-\$80, depending on size and intricacy. Included in the price are the item, paint, clear overglazing and kiln firing.

Paint it Pottery also has a location in the Pearlridge Center, Aiea. Other similar studios located around Oahu are Fire it Up, near Diamond Head, and Color Me Mine, an international

chain, in the Ward Center, Honolulu. For those who want to really get their hands dirty, Windward Community College hosts noncredit pottery classes for children and adults.

Students create art from a block of clay and follow the process through glazing and firing. This class gives participants the opportunity to not only paint, but also design their own piece.

"Play in Clay" is an adult class offered at WCC. The beginners' course instructs students on hand building, wheel throwing, glazing and firing. The cost is \$100, plus a \$20 lab fee.

Special classes for children and teens are also offered. These courses teach many of the same skills as the adult class, but with more focus on fun. A "Parent/Child Play in Clay" program allows families to work together on ceramics projects. Youth and family courses are \$60, plus \$10 lab fees.

Whether shaped from a lump of clay or just painted, unique art is being created all over Oahu, thanks to studios open to originality.

The santa ornament (above), snake (left) and shark box (right) are just three examples of fun ceramic pieces you can choose from.

Express

Follow these six easy steps to create your own masterpiece at your choice of pottery painting stores around town.



Select a piece to paint. There's a wide range of choices so don't be shy about looking around for your perfect piece.



Choose your glaze colors.
The tiles beneath the bottles show what the paint will look like once it is fired.



Get comfortable. After you've found your piece and gathered your painting supplies, find a place to sit and paint.



Paint away!
Clear your mind and don't be too critical on your design. The key is to relax and have fun.



Glaze and fire.
When you're
done painting,
hand your masterpiece to a
store employee
to glaze and fire.



Enjoy! It takes a few days for the glazing and firing process so expect a return trip to pick up your finished work of art.

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

Possibilities in Paradise –

By Bobbie Brock, MCCS Public Relations

DECEMBER

5 / Friday

Christmas Trees — Fresh Christmas trees are on sale in the parking lot across from the Marine Corps Exchange Annex. Regular lot hours are Monday -Friday from 11 a.m. - 7 p.m., and Saturday and Sunday from 10 a.m. - 6 p.m.

KOSC Tour of Homes — The lights are strung and the stockings are hanging, so join the Kaneohe Officers' Spouses Club and tour the decorated homes of Kaneohe Bay. Tickets are \$7 in advance and \$10 at the door, and this event is open to all hands.

The tour will begin at the Officers' Club with an optional

SM&SP

& SAILOR

PROGRAM

All events are open to

The SM&SP Office is

located in Bldg. 219. Call

SM&SP is relocating!

will be inside the Kahuna's Recreation Center, sched-

uled to open soon in the Enlisted Club facility. Come by and check out the

activities and events available to all active duty Marines and Sailors aboard

MCB Hawaii, Kaneohe Bay and Camp H. M. Smith.

The Recreation Center

at Kaneohe Bay

opening date for your new, nonalcoholic club for active duty members of all ranks and their sponsored guests.

Stay tuned for the grand

The facility will be locat-

ed inside the Enlisted Club, Bldg. 1629, and will show-

case a variety of activities

to include Internet comput-

er workstations, a mini-

theater, consul gaming

with PS2 and XBox, private

television viewing areas,

table and board games

such as air hockey, pool

tables, darts, SM&SP and

on December 17 at 10 a.m.

for the grand opening and

enjoy free cake and

Volunteer Opportunities

needed to help support the

Marines and Sailors are

• Dec. 13, 9 a.m. – 4 p.m.:

Starbuck's coffee.

following events:

Stop by the new center

off-base info, and more!

The new SM&SP office

254-7593 for more info.

single, active duty military,

E-5 and below.

Mongolian barbecue dinner at 5 impressive artists of our day. p.m.

For more information or to purchase tickets, call 253-0054.

Gift Wrapping at the Mall — The Message Center currently offers gift wrapping services weekdays from 11 a.m. – 2 p.m. and 5 – 8 p.m., Saturdays from noon – 8:30 p.m., and Sundays from 10 a.m. - 7 p.m. The service will be offered until Dec. 23.

Auto Skills Center Car **Auction** — The Auto Skills Center will be accepting sealed bids on the below vehicles through Monday.

Year	Model	Minin	num Bic
′ 89	Nissan S	Sentra	\$450
′ 89	Nissan 2	240SX	\$850
'93	Ford Pro	be	\$550
'88	Acura L	egend	\$1,000
' 91	Ford Esc	cort	\$500
(3 T		-	

(Note: All the above vehicles are running; however, some need body work.)

Camp Smith Sunset Lanai — Get the gang together and relax at the Camp Smith Sunset Lanai. After a hectic day enjoy panoramic views of the Leeward Coast, free pool and darts and free pupus.

The club is open to all ranks Mondays, Wednesdays and Fridays at 4 p.m.

6 / Saturday

Main Exchange — Be inspired by a world famous marine life artist at the Main Exchange from 11 a.m. – noon. Wyland is coming to Kaneohe Bay to share his vision and creativity of the underwater world.

Purchase Christmas gifts for family members and friends and also have your favorite piece signed by one of the most

O-HOST BAR

DOOR PRIZES

A Crafty Christmas — Children and parents are invited to a fun-filled hour of holiday stories, ornament-making crafts and treats. Yes, you can celebrate the holidays at your base library at 1 p.m.

Embroidery Services -Personalize that special gift at Taylour Made Embroidery, located in Mokapu Mall aboard K-Bay. Purchase any item from the Main Exchange and have it personalized by the professionals Mondays through Saturdays from 10 a.m. – 6 p.m., or Sundays from 11 a.m. – 4 p.m.

Holiday Bowling Sale — Check off your holiday list at the K-Bay Lanes Pro Shop. Find the perfect gift for the bowling enthusiast in your life.

All bowling balls, bags and shoes will be 10 percent off retail price, not to include previously marked-down items.

7 / Sunday

Brunch with Santa — Bring the family to the Officers' Club for Sunday brunch and a visit with Santa. Brunch will be served from 10 a.m. – 1 p.m.

For reservations and information, call 254-7650.

8 / Monday

ASYMCA Playmornings — Parents, day care providers and children under 5 years are invited to the Armed Services YMCA Playmornings, Monday – Friday from 9 – 11 a.m. The program is a free parent/child interactive playgroup where learning is active, sharing is cooperation practiced, encouraged, social skills blos-

som, confidence is created and fun is mandatory.

For more information, call 254-4719.

All Hands Lunch — Looking for something different for lunch? The Staff NCO Club restaurant is now open to all hands for lunch, Mondays -Fridays from 11:30 a.m. – 1 p.m.

Also, let someone else do the cooking this weekend and head to the Staff Club for its breakfast buffet served from 9 a.m. - 1 p.m. Cost is \$11.95 for members and \$5.95 for children.

For more information or to make reservations, call 254-

13 / Saturday

Santa's Arrival — Watch for Santa in your neighborhood Saturday morning, and pay a visit to him in the Kahuna's Ballroom from 9 a.m. – 1 p.m. The Marine Forces Pacific Band will be performing from 9 until 10 a.m., so arrive early and catch some Christmas classics.

Patrons will also enjoy a hula show, Christmas crafts, prize drawings, and most importantly, a free picture with Santa (picture taking opportunities are limited).

Services invites you to share in the holiday spirit and help with Santa's Village on Dec. 13.

To lend a helping hand, call 257-7786.

14 / Sunday

Breakfast With Santa — All hands are invited to breakfast with Santa at the Fairways from 9 a.m. – 1 p.m. Bring the little ones and your camera, and capture the moment on film.

22 / Monday

Winter Adventure Program - Children in grades kindergarten through sixth are invited to the Youth Activities Winter Adventure Program underway from Dec. 22 through Jan. 2, 2004. The camp will be held from 7 a.m. to 5:30 p.m. at the Youth Activities Center, Bldg.

Children will enjoy arts and crafts, games, sports, field trips and much more.

The cost for this program is based upon family income and a maximum of 30 children may participate.

Call 254-7610, today, to secure

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

Leisure travel is open Mondays – Fridays from 10 a.m. – 6 p.m.

For more information, call 254-7413.

Job Hunting — Marine Santa's Village — Personal Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel Office, located in Bldg. 219, to get a job or career that suits your skills, schedule and style.

> Call the MCCS office at 254-7619 or visit www.mccs hawaii.com/jobs_ listings.html to find the position that's perfect for you.

> > Check

online

before

buying

NAPS

Featurettes

ing for a toy, or a travel

deal, doing your holiday

shopping on the Internet

can be fun, easy and prac-

tical. At the same time,

viewing a product on the

screen can present differ-

ent challenges than see-

from an online retailer or

ing it in the store.

Whether you're look-

retailers

Feasting on thankfulness

Fortunately for hundreds of single Marines and Sailors aboard MCB Hawaii, Thanksgiving did not have to be time spent alone. Thanks to the Single Marine & Sailor Program's Holiday Bash, held Nov. 26 at the Enlisted Club Ballroom, more than 350 patrons enjoyed a traditional Thanksgiving feast. The highlight of the evening was the Comics on Duty World Tour comedians that captured the audience from the very first joke. In addition, participants went home with giveaways compliments of many generous sponsors.

an auction Web site, the See **SHOPPING**, B-5

When you're buying

Movie Time —

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for "R"-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your I.D. at the box office. Call 254-7642 for recorded information.

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

Kill Bill Vol. 1 (R)

Beyond Borders (R)

Lost in Translation (R)

Good Boy (PG)

Kill Bill Vol. 1 (R)

Mystic River (R)

Today at 7:15 p.m. Today at 9:45 p.m.

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.

Runaway Jury (PG 13)

Finding Nemo (G)

Runaway Jury (PG 13)

Lost in Translation (R)

Dec. 12 at 7:15 p.m.

Dec. 12 at 9:45 p.m.

At Santa's Village at the Enlisted Club, with set up and tear down. •Dec. 13 at varied times

from 2:30 to 11 p.m.: At the Special Olympics Jingle Bell Run, with set up and tear down, security.

• Feb. 5 - 8, 2004: At the Pro Bowl's halftime show.

Bikers, Santa & Sparky to collect toys in Housing

Get your camera and listen up, so onto Yarnell Road you can walk outside your front door and donate to needy children. When MCB Hawaii Motorcycle Association joins the Marine Corps Air Facility, Santa and "Sparky the Fire Safety Dog" when they all travel through Kaneohe Bay's military family housing neighborhoods in search of new, unwrapped toys for this year's Toys for Tots program.

Listen for sirens beginning at 8:30, Saturday morning.

As an alternative, you can go to the Marine Corps Annex where the bikers, Santa and Sparky will end their charity ride and rally to receive more donations at 2 p.m.

Listen for sirens along the following streets en route to the annex:

•Starting from B Street, north to Mokapu Road (by the flight line)

•Left onto Reed Road, then left press releases.)

- Yarnell to Nimitz Road
- Nimitz to Reeves Road
- Reeves to Manning Street
- •Left on Lawrence Road (at the golf
- Right onto South Lawrence Road
- •Left back to Lawrence Road
- •Lawrence to Bancroft Drive
- Pond Road (small portion) to Daly Road
 - Daly right onto Middaugh Street
 - Middaugh left to Harris Avenue
 - Harris left to Phillips Street
 - Phillips to Moses Street
- Moses back to Mokapu Road (by the service station)
- Mokapu left to Harris Avenue
- Harris to right on Selden Street
- •Ends at the Annex, Bldg. 1090.

(Editor's Note: Story compiled from

Santa's Village invites one and all to a fun-filled holiday event

Ed Hanlon V MCCS Public Relations

'Twas a fortnight before Christmas, and all through the base, not a creature was stirring, for they were at Santa's Village, for a pre-Christmas taste.

Mark your calendars, for Santa is making an early pit stop aboard MCB Hawaii, Saturday, Dec. 13 to satisfy your Christmas wishes.

Santa will make his grand appearance at the Enlisted Club Ballroom from 9 a.m. - 1 p.m. The base community is invited to receive a free photo with Santa. However, picture opportunities will be limited, so arrive early.

Children are welcome to participate in the 12 of Christmas Crafting, from face painting to ornament making, children will have numerous activities to keep them busy and in the holiday spirit.

Additional entertainment will include performances by the puka'ika puaokalani hula halau, a bouncy house, prize drawings, and a special performance by the Marine Forces Pacific Band from 9 to 10 a.m.

Last, but not least, everyone is welcome to enter the door prize drawing for the opportunity to take home great prizes including a 27-inch color TV from Salt Lake Self-Storage, Game boys from United Benefit Financial Services, \$50

> gift certificates to Baci Bistro, dinner sails aboard the Ali'i Kai Catamaran, Paradise Cove Luau passes, a onenight stay at the Hawaiian Monarch Hotel and more. There will also be a Book Fair presented by Us Borne Books.

Mahalo to all of the Santa's Village sponsors. For more information about the event, call MCCS Personal Services at 257-7786.

B-4 • December 5, 2003

WORD TO PASS

'Festival of Trees' Begins Today

The Queen's Medical Center Auxiliary 49th Annual Festival of Trees holiday bazaar will feature thousands of unique, handmade gifts and quality art, today through Sunday. Notable local personalities will decorate miniature Christmas trees to be auctioned off in a silent auction fundraiser.

Located on the second floor of the Ward Warehouse, in the Kakaako and Kewalo Rooms, this year's fundraiser will support the purchase of new Neuroscience Unit equipment. A \$1 donation is requested of patrons; children 12 and under are free. For more details, call 547-4397.

Kailua High to Hold 'Santa Fair,' **Tomorrow**

The Friends of Kailua High School, a support group comprised of parents, students, administrators, teachers and community members, will hold their 20th Annual Breakfast, Santa Fair and Craft Sale at the high school, Saturday. Breakfast (scrambled eggs, fried rice, sausages, juice and coffee) will be served from 7 – 10:30 hour and give passengers many

a.m., and the craft fair will begin at chances to see the sites that played 11 a.m. Be on the lookout for Santa, who will make an appearance during the event with goodies.

Admission is free to the craft fair, and costs are \$3.50/adult and \$2.50/children under 12 for break-

Kailua H.S. is located at 451 Ulumanu Dr. Call 266-7900 for more details.

Kaneohe Welcomes Christmas, Saturday

"All Creatures Great and Small" (this year's theme) are welcome to the Kaneohe Christmas Parade, tomorrow beginning at 9 a.m. from Windward Mall and traveling along Kamehameha Highway to Castle High School on Kaneohe Bay Drive.

USS Arizona Hosts Tours, Sunday

You're invited to travel through time when the USS Arizona Memorial hosts special interpretive tours around historic Ford Island, Sunday at 10 a.m., 11:30 a.m. and 1 p.m. The tours will last about an

a significant role in the 1941 attack on Pearl Harbor. Further, National Park Service rangers will take time to honor the USS Utah, as well as conduct regular movie and shuttle tours of the USS Arizona from 10 a.m. to 3 p.m.

Tours are free; however, reservations are recommended by noon, today at 422-2771, ext. 128. Reservations will be taken on a first come, first-served basis, and guests are encouraged to arrive 30 minutes prior to scheduled departure. No bags are allowed in the Visitor Center due to heightened security.

'Sunset' Returns to Kapolei

The Kapolei Fairgrounds will be the place to be, Dec 13 and 14 from 11 a.m. until 10 p.m. for "Sunset on the Planes." This event will commemorate aviation and feature an air show, aircraft displays, food booths, crafts, keiki games, a health expo, plus a blockbuster movie.

Admission is free and \$1 parking will be available at the fairgrounds, located at the corner of Fort Barrette Road and Farrington Highway.

Tis the season to spend within your budget

NAPS Featurettes

There's no reason that making merry during the holiday season should leave you with a financial hangover. There are many ways you can stay out of debt and even save — this holiday season. The experts at Novadebt, a national nonprofit social service agency dedicated to helping consumers regain financial stability, suggest the following tips.

Purchase gifts with cash rather than

on credit so you are not trapped into six more months of bills.

•Give gifts of your time and talent these are worth more than anything that can be bought at the store. Consider a certificate of free baby-sitting for someone with small children or driving or cooking for the elderly.

•Decide in advance how much you can spend and stick to it. Make a list of whom you need to buy gifts for and how much you will spend on each gift.

•Homemade gifts such as baked

goods or knitted items make unique gifts bills came and post it on the fridge. that cost little and are something that money can't buy.

• Have a plan to pay off all holiday credit card purchases by April 30 of the following year.

•Go to wholesale stores for food items for holiday parties.

•Have your children make holiday decorations (string popcorn, cut out snowflakes) rather than buying them.

•If you overspent in past years, write down how you felt in January when the

Look at it before you go shopping.

•Use unique, cost-effective material such as sheets and tablecloths to make beautiful, reusable gift bags.

•Buy next year's wrapping paper, cards and decorations after the holidays when they go on sale. Make gift cards out of last year's holiday cards.

•If money is tight and you will be spending less, explain to your children. They will be more likely to understand than you might imagine.

SHOPPING, From B-2

Federal Trade Commission (FTC) — the nation's consumer protection agency — wants you to keep the following tips in mind.

Internet Shopping Tips

1) Know who you're dealing with. Confirm the online seller's physical address and phone number so you can contact it if you have questions or problems. If you've never heard of the seller, check its reputation with the Better Business Bureau or the state attorney general

where the company is located.

2) Know exactly what you're buying. Read the seller's description of the product closely, especially the fine print. Words like "vintage," "refurbished," "close out," "discontinued," or "off-brand" may indicate that a product is in lessthan-mint condition. Some name-brand items with "too good to be true" prices may even be counterfeits.

3) Comparison-shop. Check out Web sites that offer price comparisons on similar items from different manufacturers or different Web sites. Some price

comparison sites favor their advertisers' products, so it's a good idea to look at more than one. And remember to compare "apples to apples."

4) Check the privacy policy. The company's privacy policy should let you know what personal information it is collecting, why, and how it's going to be used.

5) Pay with a credit card, as it offers you the most protection as a consumer. Don't send cash.

6) Use a secure browser. Look for an unbroken key or Web browser window to ensure

that your transmission is protected. Buy only from Web vendors that protect your financial information.

7) Remember to factor in the shipping and handling costs and choose the delivery option that best meets your needs and budget.

8) Print records of your online transactions. Save the product description and price, the online receipt and copies of every e-mail you send or receive from the seller.

9) Understand the return polpadlock at the bottom of your icy before you buy. If necessary, can you return the item for a full

refund? If you return it, are you required to pay shipping costs or a restocking fee?

10) Check delivery dates. An FTC rule requires sellers to ship items when they say they will or within 30 days after the order date, when no specific date is promised. If the vendor can't ship the goods within the promised or 30-day deadline, it must notify you, give you a chance to cancel your order and provide a full refund if you've chosen to cancel.

If you feel you've been misled or deceived, file a complaint online at www.ftc.gov.

Treat your holiday guests to dressed up fare

NAPS Featurettes

Planning for holiday parties can sometimes be overwhelming — especially if you want to be sure your guests aren't bored by the same old fare. These tips can help you plan the right mix.

First, consider how much time you want to spend on food preparation. Do you want to prepare everything yourself? If so, identify your "signature" dishes — the items that friends and family expect, the party staples — such as a spinach or crab dip, or a special salad. Use

dishes to these begin your planning, and add additional items from

If you don't have the time or desire to prepare anything from scratch, start with some substantial prepackaged favorites like frozen chicken wings or the new refrigerated appetizers in microwavable tubs.

Another trick is to take a favorite item and dress it up a bit. For example, start with Hillshire Farm Lit'l Smokies, but rather than serve them in barbecue sauce, use them in a





NAPS

kebob with colorful vegetables.

dishes or main

tional items like chips, dips,

vegetables and sweets to com-

Lit'l Smokies Kebobs

1 red or green pepper,

1-pound Hillshire Farms Lit'l

cleaned and chopped into one-

Anderson Hall

plete the table.

inch squares

1 can pineapple chunks, Once you have drained signature

3-dozen cherry tomatoes (optional)

and cut into two-inch pieces

1 bottle prepared sweet-andsour sauce

Toothpicks

Skewer one piece each of pepper (squared), Lit'l Smokie, asparagus, pineapple tomato per toothpick.

Place on baking tray and, with a pastry brush, apply sweet-and-sour sauce.

Bake at 350 degrees for 15 1 pound asparagus, cleaned minutes.

*Assorted Fruit Pies will be served daily, except on Sunday

Today <u>Lunch</u> Pepper Steak Southern Fried Catfish

Rice Pilaf Potatoes Au Gratin Black-Eyed Peas Sugar Cookies

Dinner Beef Pot Pie Roast Turkey Paprika Butter Potatoes Steamed Rice Sugar Cookies

Specialty Bar

Brunch/Dinner Baked Lasagna Chicken Parmesan Pizza Slices Garlic Bread

Sunday Brunch/Dinner Barbecue Beef Cubes Baked Turkey & Noodles Steamed Rice

Ginger Molasses Cookies Spice Cake w/Frosting

THE MENU AT

Monday <u>Lunch</u> Meatloaf Pork Ham Roast Steamed Rice Mashed Potatoes Chocolate Chip Cookies

Dinner Beef Brogul Baked Cajun Fish Mashed Potatoes Steamed Rice

Chocolate Chip Cookies

Specialty Bar Pasta Bar

Tuesday <u>Lunch</u> Simmered Corned Beef Cornish Hens Egg Noodles

<u>Dinner</u> Turkey Pot Pie Steamed Rice Parsley Buttered Potatoes

Peanut Butter Cake

Specialty Bar Taco Bar

Wednesday Lunch Pork Adobo Beef Yakisoba Steamed Rice Pork Fried Rice Oatmeal Cookies Strawberry Shortcake

Dinner Steak w/Onions Southern Fried Catfish Mashed Potatoes Steamed Rice Oatmeal Cookies Strawberry Shortcake

Thursday <u>Lunch</u> Turkey A La King Beef Porcupines Mashed Potatoes

Boiled Egg Noodles Marble Cake w/Frosting Pineapple Cake

<u>Dinner</u> Liver w/Onions El Rancho Stew Honey Ginger Chicken Steamed Rice Boiled Egg Noodles Marble Cake w/Frosting Pineapple Cake

Taco Bar

Pasta Bar Saturday

Marble Cake w/Frosting

Parsley Buttered Potatoes Peanut Butter Cake

Sweet & Sour Pork

Specialty Bar Hot Dog

Specialty Bar

Hawaii Marine C Section **December 5, 2003**



Courtesy of Special Olympics Hawaii

More than 800 athletes from 65 delegations will be participating in the Special Olympics Hawaii Holiday Classic. Opening ceremonies will be held at Hickam Air Force Base tonight with events running all weekend at Hickam and at Marine Corps Base Hawaii, Kaneohe Bay.

Special Olympics arrives at K-Bay

Kristin Herrick Sports Editor

Special Olympics athletes have been busy Tournament. After competing at the local level in schools or clubs, participants will come together this weekend to face athletes islands.

"This is a very important event for the athletes," said Special Olympics Hawaii volun-

teer coordinator Diana Hart. "From here, it ing is possible for them to advance to the international games."

More than 800 athletes from 65 delegapreparing for the 2003 Holiday Classic State tions will be participating in the statewide event, which began Thursday and runs through Sunday. Opening ceremonies will be held tonight at Hickam Air Force Base from all over Oahu as well as neighbor Hangar 7 at 7:15. The opening ceremonies consist of the parade of athletes, color guard ceremony and the torch lighting. Events taking place throughout the weekend include bowling, basketball, bocce and speed skat-

'We encourage military families to attend the opening ceremonies and the competitions," said Special Olympics Hawaii public relations director Noreen Conlin. "It really is a great experience for everyone."

Gold, silver and bronze medals will be presented in true Olympic style to the top finishers in each sport. One highlight of the weekend is the Victory Dance to be held at the Enlisted Club Ballroom aboard MCB Hawaii, Kaneohe Bay. Athletes will get out their dancing shoes and party to music.

A change in lifestyle gives Marine new focus

Steven Kalnasy

Special to Hawaii Marine

Last year, Zack Hunziker of the Marine Corps Air Facility's Air Traffic Control section decided to make some changes in his life. Working rotating shifts, he didn't have time to train for his favorite sport of wrestling, so he decided to give running a

Figuring that running wasn't "a real sport," he thought it wouldn't take up too much of his time. "Boy, was I wrong," he said. Starting slowly, Hunziker began running short distances — a mile, five kilometers, 10 and so on.

"Before I knew it, I was running over 20 miles, and enjoying it," he said. "Before I took up running, I hadn't run six miles in my whole life. Now I do that in one training session."

In fact, Hunziker now runs up to 40 miles each week.

"I love the endorphin rush I get when I run long distances, and I love the way I look and feel. I'll be doing this for the rest of my life."

Hunziker said he's ready for the Honolulu Marathon.

"My body is like a machine now. I'm not sure how I will finish, but I know I will cross the finish line."

When Hunziker started, his goal was to run the Great Aloha Run in under 50 minutes. Today that goal has changed to one of maintaining his new

See RUNNER, C-8



Sergeant Jamie Cortez, a quality assurance technician with Marine Aviation Logistics Squadron 24 passes the exercise ball to Petty Officer 2nd Class Erika Childs, a corpsman with Combat Service Support Group 3, during a Gut Cut session Wednesday.

Gut Cut comes to rescue during the holiday season

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

During the holiday season, many of us will notice our pants fitting a little tighter and a few extra pounds registering on the scale, no thanks to that extra turkey we had or the second piece of pumpkin pie we snuck. Although nobody can make those extra pounds

magically disappear, the Semper Fit Center does offer Gut Cut, a half an hour worth of strict abdominal and lower back exercises guaranteed to make you sweat.

"Gut Cut is great for both men and women to get that six-pack they all desire," said Regina Reiche, an aerobic

See GUT CUT, C-8

Bench press weighs in at K-Bay

Edward Hanlon V MCCS Public Relations

It is going to be a Herculean happening at the Semper Fit Center aboard Kaneohe Bay, Dec. 13 at 9 a.m., when Headquarters Bn., MCB Hawaii, hosts Holiday Bench Press Classic and Challenge.

The event is open to all authorized patrons.

Active duty, family members, reservists, retirees and DoD civilians must weigh-in Dec. 12, from 8 a.m. to 4 p.m. or Dec. 13, from 7:15 to 8:15 a.m. The rules brief for the challenge will take place on Dec. 13 at 8:45 a.m.

Shorts, a tank top or Tshirt, and shoes are required equipment, so do not wear wrist straps, sweatshirts, belts, or bench-press shirts (that are not authorized for the contest).

Trophies will awarded to the top three places in each weight division, as well as in the team division. Further, trophies will be awarded for "Monster Lift" and "Overall Lifter" (highest weight/bench press differential).

The weight divisions will be Men's Open, Men's Masters, Women's Open and Women's Contact the Masters. Marine Corps Community Services Semper Fit Center at 254-7597 for weight breakdown.

The entry fee for this event is \$20 per lifter. The entry deadline is Dec. 5. All registered entrants will receive an event Tshirt.

Mark your calendars and prepare to show participants and crowds what you're really made of at the Headquarters Bn. Holiday Bench Press Classic and Challenge.

Mahalo also to Red Bull and the Nutri-Fit Center for sponsoring this event.

Call 254-7597 for more information.



BASE SPORTS =

Edward Hanlon V MCCS Marketing

DECEMBER

5 / Today

Base Pool — The MCB Hawaii Kaneohe Bay base pool is currently closed for electrical repairs. Marine Corps Community Services appreciates your patience and support for the duration of the repairs.

If you have questions, contact Aquatics at 254-7655.

Cross-Country Deadline — Athletics seeks Marines interested in competing on the All-Marine Cross-Country Trials, to be held Feb. 5 - 9 in Indianapolis, Ind. Marines who qualify for the Team will advance to the CISM World Military Cross-Country. Those interested must submit resumes

to MCCS Athletics by today. For more information, call Steve Kalnasy at 254-7590.

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

Spend your day with family and friends off the coast of windward Oahu catching some of the ocean's most exotic and tasty fish. Dive charters are also available in the crystal clear waters surrounding the base.

Call 254-7667 for more info.

6 / Saturday

Doubles Tennis — All active duty members and their spouses are invited to the Intramural Doubles Tennis Tournament & Fast Serve Contest, beginning at 9 a.m. There is no entry fee for this event, and awards include 7650. racquets and other prizes, as

well as Commanding General Fitness Series points.

Call 258-8081 or 254-7597 for more details.

Pro Bowl Tickets — Pro Bowl tickets will be available at the Information Tickets and Tours location at Mokapu Mall. Sideline seats are \$87.50 and end zone tickets only \$32.50.

Call 254-7563 for more info.

Army-Navy Game Tailgate the military's favorite football game at the Officers' Club. Enjoy a light continental breakfast at 10 a.m. and a barbecue at 11:30 a.m. including fajita bar cuisine, chicken wings, burgers and more.

Tickets are \$12 per person and may be purchased from your unit representative or the Officers' Club.

For more details, call 254-

7 / Sunday

Sunday Morning Football — Catch your team live on Direct TV featuring "NFL Ticket" at all three of the clubs aboard MCB Hawaii, Kaneohe Bay: Kahuna's Sports Bar & Grill, the Staff NCO Club Rocker Room and the Officers' Club.

Get the big-screen treatment and enjoy breakfast in a comfortable and fun atmosphere.

8 / Monday

Monday Night Football is **Here** — Watch the St. Loius Rams take on the Cleveland Browns Monday at 6:30 p.m. at your favorite K-Bay club.

Adventure Training Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to

regular unit workouts. Learn different water sports and complete your 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, call the base marina at 254-7667 for more details.

Inexpensive and **Entertainment** — Mondays through Thursdays, all E-5 and below can receive free rental shoes and discounted games at the K-Bay Lanes bowling alley for only \$1.50 per game. The discount is good for open play, and does not qualify for tournaments, leagues or unit functions.

Call 254-7693 for more info.

Beginner Fitness Program — The Semper Fit Center offers eight-week sessions that meet twice-a-week with a certified

personal trainer, to assist those wanting to learn how to exercise the correct and smart way. Call 254-7597 for details.

Parents for Fitness Program This cooperative baby-sitting

effort is available at the Semper Fit Center, K-Bay, for all activeduty service members and their families. Open to children ages 6 weeks and older, PFFP participants are required to volunteer baby-sit three times per month.

For more info, call 235-6585.

12 / Friday

Hawaii Bowl — Everyone is invited to the equivalent of the Intramural All-Star Game: the Hawaiian Bowl Intramural Invitational Championship.

Cheer on MCB Hawaii and intramural football's finest as they play against MCB 29 Palms for the intramural champi-

The game will begin at 6 p.m. at the Pop Warner Field, so get there early, secure a seat, and catch the passes, the touchdowns and the katooshes.

Call 254-7591 for more infor-

mation.

Base All Star



Name: Regina Reiche

- At the Semper Fit Center she teaches step aerobics, kickboxing, Gut Cut, Butt Cut, and several unit PT sessions.
- •She is a certified instructor through the **Aerobics Fitness Association of** America and is CPR certified.
- She is also a personal trainer at Semper Fit.
- About 10 years ago she started taking aerobics classes and it did a lot for her so she wanted to be an instructor and help others lose weight.
- She has been an aerobics instructor for seven years.

"In aerobics you can exercise for an hour and not even realize it because it is fun, there is music and lots of people. It makes it different."

2003 Winter Softball Standings

<i>TEAM</i>	WINS	LOSSES
VP-9	15	1
3rd Radio Bn.	13	2
HQBN	8	3
MCAF	9	4
Dental	8	4
1/12	9	7
CSSG Supply	8	7
Raggamuffins	7	8
Band	5	6
ETD	7	10
CPRW-2	4	11
CSSG EMP	3	9
MALS-24	3	11
Mess Hall	4	1

Commander's Cup Point Standings

UNIT	<i>INTRAMURAL</i>	CG SERIES	TOTAL
HQBN	3,660	4,620	8,280
MAG-24	2,790	4,850	7,640
CSSG-3	3,205	3,510	6,715
MCAF	1,300	3,450	4,750
3rd Radio Bn.	1,285	4,550	5,835
1/12	1,120	3,620	4,740
Camp Smith	1,410	3,200	4,610
3rd Marines	1,275	3,550	4,825
CPRW-2	2,315	2,170	4,485

COMMUNITY SPORTS

Holiday Classic Seeks Volunteers

The Special Olympics Hawaii 2003 Holiday Classic needs your support during the remaining days of the statewide classic that ends Sunday and includes competition in basketball, bowling, bocce and speed skating for athletes with mental retardation and closely related developmental disabilities,.

Volunteers are the backbone of Special Olympics, and volunteers are needed to fill a variety of positions — from bowling lane officials to water and ice carriers, to handing out lunches and setting up equipment or awarding medals when athletes and coaches stay, eat and compete in events at MCB Hawaii, Kaneohe Bay, at Hickam Air Force Base, and at the Ice Palace in Honolulu's skating events.

Make good use of your time and effort, and make a difference in the lives of others. You will receive an incredibly rewarding experience in return.

If you are interested in volunteering, contact Diana Hart, volunteer coordinator for Special Olympics Hawaii, at 943-8808, ext. 30, or e-mail her at volunteers@specialolympicshawaii.org.

State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education 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 Dec. 12 yen for adventure are invited to hike the

from 5:45 - 10:15 p.m. and Dec. 13 from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture ID is required for entry to the sessions.

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

Marines and Sailors Get in Shape with ShipShape

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

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

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

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

HTMC Hikes Saturday & Sunday

Grab your sunglasses, sunscreen and hat for a shoreline hike, for novice trailblazers, to Ka'ena Point, Saturday beginning at 8 a.m. Bring plenty of water, your camera and bathing suit as the tidal pools at Oahu's most western point are very inviting. You might even see whales or albatross as a bonus!

Also, intermediate trailblazers with a

Manana Ditch, Sunday at 8 a.m. The Hotel — your armed forces recreation many ups and downs of this trail always come as a surprise, and may just quickly reduce your energy level to zero. However, midway through the loop, you'll find a second wind and emerge triumphant from the Pacific Palisade, when the Hawaiian Trail and Mountain Club takes this eight-mile hike.

A \$2 donation is requested for each nonmember, on all HTMC hikes, for ages 18 or over. A responsible adult must accompany children under 18.

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

For more information on the HTMC or to join in on these hikes, contact coordinator Phil Booth at 488-1161 regarding Saturday's hike, or Steve Brown at 247-8845 regarding Sunday's.

Hale Koa Boasts Premier Fitness Facility

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

For those who want to be pampered, make an appointment for a massage, facial or body spa service. Or, if the outdoors is your fancy, enjoy the oceanside racquetball and sand volleyball courts, tennis courts and jogging path marked by VitaCourse 2000 fitness stations.

Members also enjoy access to the Maile pool and Jacuzzi, which is usually reserved for in-house guests.

To find out more about membership or activities scheduled at the Hale Koa

center — call 955-9155.

Bellows Hosts Outdoor Recreation

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

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

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

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

Bellows Sponsors Camping

Bellows offers a great climate for yearround camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to one of the best beaches on Oahu.

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

Hawaii Marine Accepts **Sports and Recreation Faxes**

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

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



THE BOTTOM LINE

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

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

Is tennis a man's or woman's sport?

Capt. K. D. Robbins The Professor

The problem with clowns like The Goat is that they convince themselves that by posting a non-sexism disclaimer on their opinion, they excuse themselves from making any point on an issue of substance.

Take men's and women's tennis for example: Who plays the better tennis isn't determined by how many aces a player blasts past his or her opponent, and it certainly isn't determined by short skirts vs. bandanas and shorts.

The issue is that here in the United States, the professional sports Mecca of the world, we no longer harbor the big guns of the tennis world. There are no Connors, no McEnroes, no Sampras'.

But, before we cry into our tennis towels, all hope is not lost. Andy Roddick is here, and he's armed with a 140-mile-per-hour serve and a pop star girlfriend.

Just like Tiger Woods and his power have transformed the game of golf into "Tiger-proofed" courses and black-market bootleg clubs designed to equalize the distance of the world's premier player, tennis has become a power game.

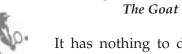
Accusing players of no longer enjoying the long rally is silly at best.

It wasn't that long ago that Pete Sampras dominated the tennis world with his power serve-and-volley game. Even Pete's old foe, at the ripe age of 33, finished 2003 ranked #4 in the world. Andre Agassi has the agility, the hand-eye coordination, and oh yes, not the strongest serve in the game. He too was ranked #1 in the world in his heyday.

What about the women? Williams sisters, Venus and Serena, have taken the tennis world by storm — not with good looks and short skirts, but with power serve-and-volley games. Still, women's tennis still doesn't enjoy the fan base it once did.

Because the Williams sisters are focusing more on multimillion dollar cosmetic and apparel endorsement deals rather than refining their tennis

Bottom Line: Men's and women's tennis face the same popularity problem — a shortage of American stars. It has nothing to do with the transformation of the game from wooden rackets to titanium swords. But, with Roddick vs. Federer, and Ferrero and the Williams sisters vs. Henin-Hardenne and Clijsters, "The U.S. vs. The World" will make for some great tennis with or without the long rally.



It has nothing to do with sexism, chauvinism, acting machismo or having caveman-like tendencies. Men's sports are better than women's sports. No man would rather watch women's sports than men's sports — unless we are talking about women's tennis, that is.

Sgt. Joe Lindsay

Gone are the days of Bjorn Borg, Jimmy Connors and McEnroe. Throw Ilie Nastase and his infamous temper tantrums, that made even Johnny Mac look like a choirboy, in for good meas-

There is no denying the late 70s/early 80s was the heyday for men's tennis and the intense rivalries they spawned. The aforementioned legends played with passion, grit, emotion and — wooden rackets.

Today, professional men's tennis is a bore. Watching Roger Federer and Andy Roddick knock 140mile-per-hour serves with their graphite rackets on their way to 50 aces in a match is impressive from a pure, raw, power standpoint, but it makes for a dull afternoon from a spectator's standpoint.

Not so with women's tennis. It

is far and away the better sport, and women are the better players.

Obviously we're not talking head-to-head match-ups because nobody in their right mind believes Serena Williams is going to beat Andre Agassi (ala Billie Jean King vs. Bobby Riggs), but from a "for love of the game perspective," women are the only ones who still play the sport as it was intended.

Of course, there are some sickos out there (The Goat included) who also greatly prefer watching the Williams sisters in their latest outfits of the day. Visual stimulation, however, cannot be considered a viable argument and has no place in a sports column. Besides, for every Anna Kournikova there are five Amelie Mauresom's (see Martina Navratilova).

Bottom Line: Men's tennis is nothing more than a serving contest promulgated by technological advancements in graphic rackets.

The women still play the game. The women still rally, still hit the backhand and forehand, and, most importantly, the women have turned shot placement back into an art form.

Plus, they look good in skirts.

EADERS STRIKE BACK

'Cancel my Subscription'

First off, thanks to the Goat for exposing NASCAR as the Confederate flag-waving sport that it is ("Is NASCAR the hottest sport on wheels?

Nov. 28, page C-3). And also for letting the world know of Jesse Jackson and NASCAR's pact with the devil.

The only reason NASCAR doesn't get bad press, even though it has no minority drivers (err — one black driver), is because the same people who love it also love bass fishing, raccoon hunting and the WWF.

last week's "Readers Strike Back" and you might since it seems you fear your ping-pong? No, err, it was NASCAR. tion to the Hawaii Marine. Same sorry difference.

Get back on the football, baseball and basketball bandwagon so the rest of us can come along for the ride.

If you actually do write a "Bottom

I think it's sorry you both caved to Line" lacrosse article, which I'm afraid wasted a week on lacrosse, or was it readers, you can cancel my subscrip-

> Steven Jenkins Orlando, FL

Marine Corps calls all ballers, checkmate callers

From b-ball to chess, Corps seeks athletes for 2004 Armed Forces Championships

Cpl. Luis R. Agostini Marine Forces Pacific

The Marines are looking for a few good men, women and anyone who can lay down the checkmate.

Several trial camps for All-Marine teams, ranging from chess to men's and women's volleyball, will be held at various bases throughout the Marine Corps in March and April 2004 so that service members can compete in different armed forces championships.

For women aspiring to make the All-Marine Basketball squad, the trial camp will be held

from March 13 to April 1 at Marine Corps Air Station Miramar, Calif. The Armed Forces Women's Basketball Championship will also be held at MCAS Miramar, from April 2 - 10. The championship will be used to select the Armed Forces Team that will compete at the Women's National Championship from April 21 - 25 in Las Vegas, Nev.

For the guys who can serve

a volleyball like nobody's business, the All-Marine Men's Volleyball Trial Camp will be held April 24 - May 16 at MCAS Cherry Point, N.C. Armed Forces Men's Volleyball Championship will be held May 17 - 22 at Ft. Lewis, Wash. The championship will be used to select the team that will compete at the Conseil International du Sport Militaire (International Military Sports Council) in Kingston, Canada, from June 4 - 14.

For the Mia Hamms of the Marine Corps, the All-Marine Women's Soccer Team Trial Camp will be held April 17 - May 7 at MCB Quantico, The Armed Forces Women's Soccer 254-7591.

Championship will be held from May 8 - 16 at Naval Station Norfolk, Va. That championship will be used to select the team that will compete at the CISM Soccer Championship May 27 - June 6 at Ft. Eustis, Va.

The All-Marine Women's Volleyball Trial Camp will be held April 24 at MCB 29 Palms, Calif. The Armed Forces Women's Volleyball Championship will be held May 17 - 22 at Ft. Lewis, Wash. The championship will be used to select the team that competes at the CISM Volleyball Championship, June 4 - 14 in Kingston, Canada.

The All-Marine Chess Team qualifier will be

held April 25 - May 1 at MCB Quantico, Va. The top six individual finishers from the qualifier will be selected to the All-Marine Chess Team to compete in the Interservice Chess Tournament, June 20 -26 at Keesler Air Force Base, Biloxi, Miss. Six players and a team captain will represent the United States in the International Military Chess Tournament in Rijswijk,

Netherlands, from Aug. 8 - 13.

According to the All-Marine Administrative Messages regarding resumé submissions for the All-Marine Teams, resumés must contain a command endorsement stating that the Marine will be made available to attend all events if they are selected. Marines stationed at a command with a local Marine Corps Community Services Semper Fit Program must also send their resumés through the Semper Fit athletic director for endorsement.

All dates are subject to change. For any further questions contact, Semper Fit Athletics at



The All-Marine Basketball Team talks strategy for the second half of its match in the tournament. Neither of the Marine teams progressed in the tournament to the finals, but their presence was felt by the other teams and spectators alike.

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spotlight on health

New steroid designed to be undetectable

THG is an illegal drug for all service members and athletes

Lance Cpl. Michelle M. Dickson

Combat Correspondent

Consumers may not know that some over-the-counter or dietary supplements can cause more harm than good. In particular, a new form of steroid has become available to many trying to bulk up their size. This new steroid cannot be detected through urine testing, but is just as dangerous as older versions.

Tetrahydrogstrenone, or THG, has been designed for the sole purpose of beating the military urinalysis test, which is randomly administered to service members in response to the military's "zero tolerance" policies.

However, the THG steroid was originally used to treat

muscle deficiency.

Assistant Chief of Physical Medicine and Rehabilitation Service at the Tripler Army Medical Center Shelton A. Davis said the THG anabolic steroid has been available since July and was designed by the Bay Area Laboratory Cooperative. Already, there are cases of professional athletes using the steroid.

The drugs use was first discovered when the Food and Drug Administration received an anonymous call from a coach who informed the agency that many athletes were using it.

Since the tip-off, some athletes have come forward, admitting to taking the bodybuilding steroid, which is extremely similar to the steroid Trenbolone, a steroid used to bulk up cattle.

The drug can be either injected or ingested and is usually taken in cycles of four to six weeks on the steroid and four to six weeks off. The drug works by creating a new protein in the body that increases muscle mass.

The steroid has been so elusive partly because body heat destabilizes the steroid, making it difficult to find through urinalysis testing.

There are many side effects contributed to the use of THG.

"As with any other steroid, the potential risk for health problems outweigh the benefits," said Davis.

Problems such as masculinity in women, infertility and impotence in men, aggression, kidney and liver damage, acne, breast development, and others, are all potential problems while the using this steroid.

"I think there is a very limited use for this steroid from a therapeutic standpoint," Davis emphasized. "I believe, from what I've seen, there is

not even a medical need to use this steroid."

Davis also said the FDA is working on a new test that will screen for THG. Canada, Great Britain and France are already implementing a test that will screen for the steroid.

Gunnery Sgt. Jonathan W. Barkley, with the Substance Abuse Counseling Office of Headquarters Bn., MCB Hawaii, gives the urinalysis test to screen

The new anabolic steroid THG is currently undetectable, but improved tests will soon be able to determine whether or not athletes or service members — who are prohibited from using the drug — are using it.

Marines for the illegal use of drugs.

"A Marine who uses any illegal substances, regardless of what it is, falls under the, 'zero tolerance' policy," he said. "They are then held accountable under the Uniform Code of Military Justice, just as if they had shown positive for cocaine or any other illegal drug."

Some service members may get confused with what is and isn't illegal, especially with over-thecounter or dietary sup-However, plements. Barkley said that MCB Hawaii keeps Marines and Sailors informed on what is and isn't illegal by holding professional military education training and putting the latest information in newsletters that are distributed around MCB Hawaii. Marines and Sailors can also find information on the Internet and at the

medical clinic about these products.

"My advice is to do your research and talk to a doctor before taking any dietary or health supplements," said Barkley.

There are plenty of over-the-counter supplements that are legal and natural. The consumer should be aware that even though one may not be illegal, it could in time be found to be dangerous.

Shots take the sting out of influenza



Lance Cpl. Monroe F. Seigle Keeping the flu bug away may be easier with the help of

a topical anesthetic that makes injections easier to take.

NAPS Featurettes

Now is the time to fight the flu. The flu (influenza) is a viral illness that can cause fever, cough, chills, sore throat, headache and muscle aches. Symptoms are usually mild to moderate in most people, but can be more severe in very young children, or the elderly, causing thousands of deaths each year.

According to the Centers for Disease Control and Prevention (CDC), flu and its complications are the sixth leading cause of death among children 4 years and younger. However, much of the illness and death caused by the flu request the use of a topical anescan be prevented by a yearly flu shot. The CDC recommends both children and parents get vaccinated to ensure protection for the entire

Protection begins about two weeks after an inoculation, according to the CDC, so plan to get flu shots at least two weeks before the start of flu season, which in the U.S. is typically November to March or April. You can still immunize your child later in the season, but getting the shot early will offer maximum protection.

injections for you and your child,

thetic, before getting the flu shot. Just before the injection, a doctor or nurse can spray the product directly on the skin, cooling and numbing the area, then he or she swabs the target area with antiseptic and quickly performs the injection.

This eases anxiety for both parent and child; there will be no bad memories of painful shots or anxiety over the next inoculation. The anesthetic effect wears off in about a minute with virtually no side

For more information about mak-To take the sting out of vaccine ing shots less scary, call 1-800-321-9348.

Naval Medical Clinic Immunization Hours

Makalapa Monday, Tuesday, Wednesday & Friday 7:30 - 11:30 a.m. & 1 - 4 p.m. Thursday 7:30 - 11:30 a.m.

Phone: 473-1880 ext. 323

Kaneohe Branch Medical Clinic Immunization Hours

Kaneohe Monday, Tuesday, Wednesday & Friday 7:30 - 11:30 a.m. & 1 - 3:30 p.m. Thursday 7:30 - 11:30 a.m.

Phone: 257-3365 ext. 318

C-8 • December 5, 2003

RUNNER, From C-1

runner's lifestyle, which includes eating six meals per day, and sleeping less than six hours each night.

"I'm more focused, and in tune with my body. I

feel great," he explained.
On Dec. 14, Hunziker will join thousands of other runners at Kapiolani Park, at the finish of the 26.2-mile run. For Hunziker, the challenge of competing in the event is his reward for all the hard work, and dedication during the past year.

"No matter how I finish, it's been worth it."



Courtesy of Steve Kalnasy

Zack Hunziker works to maintain his new runner's lifestyle, which includes eating six meals per day, and sleeping less than six hours each night.

Upcoming Marathons and 1/2 Marathons

Dec. 14 Honolulu Marathon

Feb. 28-29, 2004 Oahu Perimeter Relay

March 21
Big Island Marathon

June 19 Kona Marathon and 1/2 Marathon

July 31 Kilauea Volcano Wilderness Run

Sept. 19Maui Marathon and 1\2 Marathon

Nov. 2 Volcano 1/2 Wilderness Run



Hawaii Marine

Marines, Sailors and civilians alike work their gut during a modified crunch session at the Semper Fit Center Wednesday.

GUT CUT, From C-1

coordinator and trainer for the Semper Fit Center. "It is geared to improve their abdominals and core body strength."

During the class, exercises like crunches alone or with an exercise ball, bicycle crunches, leg lifts and planks are used to work the abdominal muscles and eventually increase their strength.

"Don't be intimidated by this class," said Reiche. "Anyone can do it. It is for every fitness level. The class is intense but low-level exercises are offered as alternatives as we go."

According to Reiche, the class has helped many active duty members improve their Physical Fitness Test scores and have really helped postpartum mothers get back into shape, and it can help anyone who is willing to give it a try.

"This class is tough, but it realize it."

really gives you a work out," said John Kolb, a technical representative for Navy Marine Corps Intranet aboard Camp H.M. Smith. "I challenge anybody to take this class, if they think it is too easy then hats off to them. I have been doing this for almost six months and I still ache afterwards."

Gut Cut is offered Monday, Wednesday and Friday from 11:45 a.m. - 12:45 p.m. and is free to active duty military, and costs \$2 for family members and civilians. The gym also offers a similar program called Butt Cut on Tuesday and Thursdays from 11:45 a.m. - 12:15 p.m., for those of us who gain weight in other places.

"This is a fun way to take the boredom out of an every day workout," said Reiche. "We have lots of people there and play good music. Sometimes you can work out for a half hour and not even