

Hawaii MARINE

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Sgt. Reina A. Barnett

Lieutenant Gen. Earl B. Hailston, outgoing commander of Marine Forces Pacific, thanked his Marines and Sailors of Headquarters and Service Bn., MarForPac, for their hard work and support over the past two years.

Pacific CG bids troops farewell

Pfc. Bernadette L. Ainsworth
Marine Forces Pacific

CAMP H. M. SMITH — Nearly a week before his change of command ceremony, Lt. Gen. Earl B. Hailston, commander, Marine Forces Pacific, addressed the Marines and Sailors of Headquarters and Service Bn., MarForPac, July 24 in front of the headquarters building.

Lieutenant Gen. Hailston took an informal approach during his farewell speech to the headquarters staff, who have supported him during the past two years, 18 months spent fighting the war on terrorism.

On his way to the parking lot, Lt. Gen. Hailston moved the three regimented platoons of sergeants and below, staff noncommissioned officers and officers into a school circle.

"The most important people in my life is you, the troops. My life is with you," he said.

See HAILSTON, A-4

Force leadership change



Cpl. Jason E. Miller

Against the backdrop of beautiful Kaneohe Bay, a Marine color guard stands by during the Marine Forces Pacific change of command ceremony Wednesday between Lt. Gen. Earl B. Hailston and Lt. Gen. Wallace C. Gregson. Several key officials including the Commandant of the Marine Corps and Hawaii Gov. Linda Lingle attended the ceremony.

OIF/OEF Marine commander to relinquish command of Pacific

Cpl. Luis R. Agostini
Marine Forces Pacific

After two years as commander of the largest field command in the Marine Corps, with nearly 18 months spent leading Marine forces in the war on terrorism, Lt. Gen. Earl B. Hailston, commanding general of Marine Forces Pacific, participated in a change of command ceremony with Lt. Gen. Wallace C. Gregson at MCB Hawaii, Kaneohe Bay, Wednesday.



LT. GEN. HAILSTON

Among those in attendance was Gen. Michael W. Hagee, Commandant of the Marine Corps; Hawaii Gov. Linda Lingle; Lt. Gen. Edward Hanlon, commanding

general of Marine Corps Combat Development Command; Sgt. Maj. John Estrada, sergeant major of the Marine Corps; and several other key officials from throughout the Marine Corps.

While the change of command ceremony took place Wednesday, the actual change of command from Lt. Gen. Hailston to Lt. Gen. Gregson occurs tomorrow.

Lieutenant Gen. Hailston will transition back to the continental U.S. following the change of command.

During the two years he served as commander of MarForPac, Lt. Gen. Hailston led various exercises and operations, including Ulchi Focus Lens 2001 and 2002, Bright Star 2001 and Marine Central Command's involvement during Operation Enduring Freedom and Operation Iraqi Freedom.

Originally a private when he started his Marine Corps career in 1967, Lt. Gen.



LT. GEN. GREGSON

Hailston has been known as a staunch supporter of enlisted Marines.

"These Marines have done great things," said Hailston. "It's because of them that we're able to do the things we are. To them, I say 'Thank you.'"

The incoming commander, Lt. Gen. Gregson, comes from Japan, where he served as the commanding general of III Marine Expeditionary Force; Commander, Marine Corps Bases, Japan; and Commander, Marine Forces Japan.

A 1968 graduate of the U.S. Naval

See MARFORPAC, A-6

III MEF CG gets a firsthand look at PTA locations

Sgt. Joseph A. Lee
Combat Correspondent

POHAKULOA TRAINING AREA — Lieutenant Gen. Robert R. Blackman, 3rd Marine Expeditionary Force commanding general, visited MCB Hawaii, Kaneohe Bay, Monday and Tuesday, to familiarize himself with the base and local training areas in the Hawaiian islands.

Lt. Gen. Blackman, who recently took command of III MEF, began his visit Monday with a tour of the island training areas aboard a CH-53D Sea Stallion helicopter, accompanied by the commanding general of MCB

Hawaii, Brig. Gen. Jerry C. McAbee. The two general officers and their staff flew over Oahu training sites before landing at the Pohakuloa Training Area on the Big Island for a guided, four-wheel-drive tour through to the many range locations.

The convoy's first stop was at Pu'u Pohakuloa, where the officers and staff were introduced to the overall layout of the training area atop the tall hill.

Army Lt. Col. Fred Clarke, PTA commander, and Mr. Steve Troute, PTA operations officer, guided Lt. Gen. Blackman around the training area,

See III MEF, A-6



Sgt. Joseph A. Lee

Major John Claucherty guides Lt. Gen. Robert R. Blackman through an impact area at the Pohakuloa Training Area during the general's visit of MCB Hawaii's training facilities Monday. The tour continued Tuesday along with other military training areas around Hawaii.

MCBH

NEWS BRIEFS

STATE ALERT SOUNDS TUESDAY

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

The siren test is a steady 45-second tone, used to alert the public of any emergency that poses or may pose a threat to life and property. The siren signal alerts the public to turn on any radio or television for emergency information and instructions broadcast by civil defense agencies.

Tests of the State Civil Defense are conducted simultaneously in cooperation with Hawaii's broadcast industry each month. Disaster preparedness information is located in the front section of the white pages of telephone directories in all counties.

MOTORCYCLE TRAINING SET

Headquarters Bn., MCB Hawaii will hold its next quarterly training for all motorcycle, moped and scooter owners, Aug. 8 at 10 a.m. in the battalion classroom, Bldg. 4009. Contact Gunnery Sgt. Peercy at 257-1252 for more details.

POV STORAGE CHANGES

Once a privately owned vehicle (POV) is removed from storage — regardless of whether it was placed in government-provided storage at a Vehicle Processing Center or personally procured storage, service members are not able to return the POV to storage at government expense on the same orders authorizing storage.

This rule also applies if the service member is paying for storage and being reimbursed by the government monthly, quarterly, semiannually or yearly.

If you have any questions or concerns, contact the Traffic Management Office at 257-5567/8/9.

HAIKU STAIRS

REMAIN CLOSED TO PUBLIC

The City and County of Honolulu has closed the gate to the Haiku Stairs while it posts liability and warning signs.

The Honolulu Police Department will greet would-be trespassers who attempt to access the stairs despite the closure.

Hawaii MARINE

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Honoring Korean War veterans



Chuck Little

Gunnery Sgt. Richard Bean (far right), the band master for the Marine Forces Pacific Band, led the band down Kalakaua Avenue in Waikiki during the Korean War Armistice 50th Anniversary Parade July 26. A four-squad formation comprised of Marines from MCB Hawaii, Kaneohe Bay, marched closely behind, following in the footsteps of Marine Corps veterans of the Korean War.

Sponsors are held accountable for guests' actions aboard MCBH

MCB Hawaii Public Affairs

Press Release

Here aboard MCB Hawaii when a sponsored individual is caught breaking the law on base, both the individual and the sponsor will be held accountable for the action.

Recently, when the sponsored child of a base resident was involved in a theft at a base facility, the convening authority went so far as to ban the child from living on base any longer. This meant that the entire family paid for the child's actions by having to move off base.

"When a child or a dependent commits misconduct aboard MCB Hawaii, they are jeopardizing their right to use the facilities on base as well as their parents," said Lt. Col. Laurie Powell, staff judge advocate for MCB Hawaii. "If the offense is egregious enough, the child and the family can be not only barred from using the base facilities, they also can be barred from residing on base. This bar usually lasts up to one year."

According to Base Order 5821.2, the magistrate aboard MCB Hawaii will conduct administrative hearings regarding the alleged misconduct,

allegedly committed by service members, and other military family members including juveniles, to adjudicate the allegation(s) and determine what administrative sanctions, if any, are appropriate.

"When a child commits an offense on base, this brings more of a burden on their sponsors because they are the ones that are ultimately going to pay for the offense in the long run," said Powell. "We try to give children a chance to learn from their mistakes, but we will not tolerate misconduct."

"Parents will be held accountable for their children's actions on base."

JN Chevrolet welcomes home Marines

Sgt. Reina A. Barnett

Marine Forces Pacific

CAMP H. M. SMITH — Marines and their families here enjoyed a welcome home celebration at Bordelon Field Monday, sponsored by JN Chevrolet, a local automobile dealership.

Planned for the sole purpose of recognizing Marines who helped support military Operations Enduring Freedom and Iraqi Freedom, this was the second of three homecoming parties being held by JN Chevrolet and Marine Corps Community Services.

"This is our way of trying to show appreciation," said Ken Stanford, general manager of JN Motors.

Music filled the afternoon air, and a large spread of lasagna, salad, hot dogs, hamburgers and apple pie, greeted the more than 100 hungry attendees.

"It helps Marines know that people are thinking about them," said Cpl. Charles Byers, a Marine stationed at MCB Hawaii.

All children present and adults who possessed winning raffle tickets received door prizes. Prizes won



Sgt. Reina Barrett

A young girl receives her gift from a winning raffle ticket here at the Welcome Home party July 21.

included trips for two to Las Vegas and Reno, portable color TV and radio sets, gift certificates, and more. Local businesses provided all complimentary donations.

One of those lucky winners was Gunnery Sgt. Darryl Atkins, S-3 chief, MarForPac. Atkins said he was very happy with his free trip for two to Las

Vegas, and plans to make his trip a family affair, possibly a birthday gift to himself.

"It's a chance for successful business owners to thank Marines for providing freedoms and rights to conduct business as we do in America," said Jim Bocci, marketing director, MCCA, of the celebration.

Getting it Straight • The name of the new commanding officer of Marine Aviation Logistics Squadron 24 was incorrectly identified on page A-2 of the July 25 issue. She is Lt. Col. Laura Jersey-Sampsel, who assumed command on July 18.



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



Lance Cpl. Monroe F. Seigle

Sergeant Sabine Rademacher, acting section leader with ARFF, gives directions to a pilot aboard an aircraft to inform him where ARFF personnel are working around the aircraft.

ARFF warriors save lives practicing constant drills

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

An aircraft carrying more than 30,000 pounds of highly explosive fuel, along with several innocent lives, encounters a slight problem as it comes to a halt on a landing strip.



Lance Cpl. Monroe F. Seigle

The firefighters at ARFF are trained to fight any emergency involving aircraft and constantly train to keep themselves ready for any situation.

The brake housing system on the aircraft has become engulfed in flames, and soon the wheels will be on fire as well.

The fire can spread rapidly to other parts of the aircraft, and within minutes it can ignite the fuel on board.

Potential emergencies such as this one keep the Marines at the Aircraft Rescue and Fire Fighting detachment aboard MCB Hawaii, Kaneohe Bay, on their toes day and night. They know, at any given moment, they could find themselves suiting up in a flame-resistant firefighting suit and rushing to the scene of a deadly accident.

The sharp-minded Marines at ARFF practiced lifesaving drills July 24 at the ARFF facility, as part of their continuous preparations in case an emergency involving aircraft at MCB Hawaii.

One of the most common emergencies involving aircraft is referred to as "hot brakes." This occurs when the housings on the brake system are put under too much stress from friction, which ignites a fire in the brakes' housing area.

It is up to ARFF personnel watching the runway, from a

tower above and the ground below, to move and communicate effectively and bring the dangerous situation under control.

"The Marines know they must stay calm, despite the fact their adrenaline is rushing and they are under a lot of stress," said Chief Warrant Officer 3 Kevin Jones. "When the Marines hear 'Standby! Standby! Standby!' over the radio, followed with a description of the emergency, they move like lightning. At the same time, [they] remember the procedures on how to handle the emergency.

"They never know when [an emergency] is going to occur, but they are ready nonetheless," added Jones.

The ARFF Marines are trained to ensure the safety of personnel on the aircraft, first and foremost. Additionally, they use firefighting equipment to prevent any further damage to aircraft.

"ARFF has some of the finest Marines the Corps has to offer," said Jones. "We have responded to emergencies with aircraft loaded with explosive ordinance, tons of fuel, valuable equipment and most importantly, human lives."

MarForPac devil dogs sharpen combat skills with weapons live-fire

Cpl. Luis R. Agostini
Marine Forces Pacific

More than 20 Marines from Headquarters and Service Bn., Marine Forces Pacific, sharpened their combat skills at the Range Training Facility at MCB Hawaii, Kaneohe Bay, during a live-fire exercise Tuesday morning.

Originally designed for Marines attached to the battalion's Security Augmentation Force, the invitation to fire the weapons was extended to all Marines stationed at Camp H. M. Smith.

The Marines fired the M16A2 service rifle and the M1014 combat shotgun from a distance of 15 meters, and launched training grenade shells with the M203 grenade launcher up to 225 yards away.

"This is a great training opportunity for the troops," said Master Gunnery Sgt. Dennis Ghiselli, maintenance chief, G-6, MarForPac. "Some of the troops at staff headquarters don't get as many opportunities to fire weapons as much as the infantry."

The two-day training evolution was conducted over four phases.

The first phase, held Monday at Bordelon Field at Camp Smith, covered practical application and weapons handling and safety, assembly and disassembly, technical data and proper employment techniques.

The shooters moved to the Range Training Facility at K-Bay Tuesday for the final three phases.

Marines used the "bullet hole" drill with the M16A2 for the second phase — using the single-action and double-tap shots, as well as the "failure to stop" drill, which consists of two rapid-fire shots to the body of the target and a well-aimed shot to the head.

For the third phase, Marines engaged their targets with the M1014 tactical shotgun.

During the final phase of the live-fire exercise, Marines engaged targets of up to 225 yards away with the M203 grenade launcher.

The transition from Bldg. 1 at Camp Smith to the Range Training Facility was a welcome change of pace for the Marines.

"Everybody's out here to get out of the office and get some good training," said Lance Cpl. Jose Guzman, an administration clerk with the Aviation Logistics Division, MarForPac.

Hundreds of Marines and Sailors from the battalion have served in the Marine Forces Central Command's area of responsibility since early 2002 — many of them crossing the borders of Kuwait and Bahrain into the war zone of Iraq.

"Every Marine is a rifleman, first and foremost," said Capt. Michael McDaniel, MarForPac S-3 training officer. "It is absolutely imperative that all Marines get exposed to infantry small arms and crew-served weapons, regardless of their MOS [military occupational specialty]. It is a guaranteed formula to increase your life expectancy in a combat environment."



Cpl. Luis R. Agostini

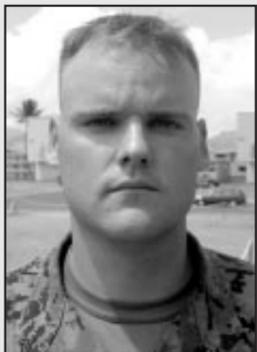
Gunnery Sgt. Darryl Atkins (left) S-3 training chief for Headquarters and Service Bn., MarForPac, monitors the shooting skills of a Marine during the live-fire exercise Monday at the Range Training Facility.

Word on the Street

What is the best advice you have received from a military leader?



"...To be honest and straightforward with your troops and to lead by example."
Army Sgt. Anthony Warren
Supply clerk
29th Support Co.,
29th Infantry Brigade



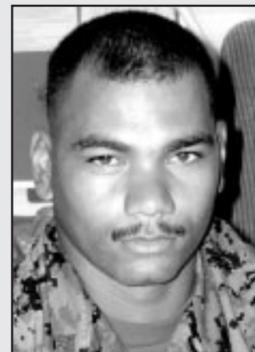
"Do what you are told and obey orders without question while striving for improvement."
Cpl. Clint Little
Radio operator
Charlie Battery, 1/12



"Regardless of rank, always try to act like the rank above you, so when the time comes, you will be ready."
Cpl. Alex Nikiforoff
Guitarist
MarForPac Band



"Stay out of trouble and focus on your assignments."
Seaman Heidi Patterson
Mess specialist
Naval Station Pearl Harbor



"Don't demand anything out of your troops. A good leader is a commander, not a demander."
Cpl. Montrell Coleman
Network technician
Headquarters Bn.,
MCB Hawaii

Tough training in sight for Radio Bn.

Radio Recon launches Radio Reconnaissance Instructional Program in July

Lance Cpl. Monroe F. Seigle
Combat Correspondent

Recently, Marines from the Radio Reconnaissance Platoon, 1st Radio Bn., aboard MCB Hawaii, Kaneohe Bay, launched into the Radio Reconnaissance Instructional Program (RRIP) as part of a building block process in preparation for upcoming deployments with the 11th and the 31st Marine Expeditionary Units.

The two-month long course is broken down into six phases of intense training that require the Marines, who all volunteered, to participate in the course to travel to many different training locations across the island of Oahu.

Each phase consists of detailed instruction in many different military occupational specialty-related tasks that require long hours in a classroom going over the fine details of radio reconnaissance, signal intelligence and medical training.

After each phase, the Marines are tested by a thorough examination to determine their level of proficiency in each phase. The Marines are required to meet a standard of proficiency to be permitted to continue in the course.

"The Marines that volunteered for this course are highly motivated and are giving up a lot of their

free time to participate in this training," said Staff Sgt. Stephen Lawson, platoon sergeant with 1st Radio Bn. "They will be doing [physical training] twice a day and studying after hours to pass the exams that will be administered to them at the end of each phase."

During the first phase of RRIP training, the Marines will learn the basic use of long-range communication radios followed by the second phase of signal intelligence training.

In this phase, the Marines learn to collect intelligence and information using reconnaissance equipment.

The Marines will not have the support of a hospital corpsman when they are conducting reconnaissance missions, so they must learn to collect and care for the wounded in a combat environment during the third phase of training.

The fourth phase of training is known as the "patrolling phase." The Marines will spend day and night pushing themselves to their limits practicing patrolling movements and conducting physical reconnaissance of an enemy target.

During these 10 days of grueling training, Marines get little sleep and must use all the skills they learned in the previous phases to successfully complete the fourth phase.

The fifth phase of training is dedicated to teaching the Marines amphibious skills such as scout-swimmer techniques and performing recon on beaches in enemy territory.

The final phase of training con-



Photos by Cpl. Jessica M. Mills

Above — Marines of Radio Reconnaissance Platoon, 1st Radio Bn., boarded a CH-53D Sea Stallion on their way to Schofield Barracks to perform static line parachute jumps June 26. **Below —** The 13 Marines leapt from the confines of the Sea Stallion at 1,500 feet over Drop Zone Lightning aboard Schofield Barracks.

sists of planning briefs, missions and learning warning orders in urban training, along with marksmanship training with numerous firearms.

"The Marines must know this material in order to survive in combat" said Lawson. "The Marines that just came back from Operation Iraqi Freedom utilized this training in a real-world environment and realized the importance of it. They will be able to attach to the MEUs and begin missions immediately without having to learn the training first."



Remembering Pusan

Robert Talmadge, former Marine and Korean War veteran, explains the significance of the information booth commemorating the 50th anniversary of the Marines' landing at Pusan to shoppers in the Marine Corps Exchange aboard MCB Hawaii, Kaneohe Bay. "We've had an excellent response from visitors to the base and Marines shopping the PX," Talmadge said. "There are so many great stories to tell. We like spreading the information to people who are interested." The booth will remain in the exchange until Monday. Visitors can freely browse the numerous pictures and information, and ask questions of the veterans standing by to help.



Cpl. Jason E. Miller

HAILSTON, From A-1

He praised their efforts during Operations Enduring and Iraqi Freedom.

"You are incredibly phenomenal people," he said, referring to the flexibility of the command and its ability to pack up, move and set up camp more than 500 miles inland from the shores of the Persian Gulf without any major glitches.

"This is the greatest command in the United States," Lt. Gen. Hailston said. "You are the best group of Marines and Sailors."

In closing, Lt. Gen. Hailston thanked his troops for the tremendous efforts and support they had provided for him the last two years.

"It's my turn to say 'thanks an awful lot,'" Lt. Gen. Hailston said. "Thank you very, very much. I salute you."

He will transition back to the continental U.S. in early August.

Marine saves drowning teenager in bay

Staff Sgt. Shay Richardson

Marine Forces Pacific

HONOLULU — After spending months fighting for the lives and freedoms of powerless Iraqis, the only things most service members think about on that long flight or float home is their loved ones, the great American spirit and getting their lives back to normal.

But Cpl. Quentin Gwynn found himself once again in the line of duty, fighting to save the life of yet another helpless victim; 16 year-old Pat Savage.

While at port, with the USS Bonhomme Richard, in Pearl Harbor, which had been on deployment since January in support of Operation Iraqi Freedom, Gwynn and his girlfriend Petty Officer 3rd Class Heather Lenhart decided to go out for some fun, sun and relaxation at Waimea Bay. Or, so they thought.

On July 14, Gwynn, a Cody, Wyo., native, came to the rescue of the local teenager, who became unconscious while underwater in the bay. After the boy was pulled from the water, without hesitation, Gwynn started performing CPR on the limp, lifeless body lying on the ledge before him.

"Before I had time to think about anything I was actually performing lifesaving steps on Pat," said Gwynn. "I learned it awhile ago, but I've never really had to use it on anyone — just a rubber dummy," he said.

"I really just wanted to bring some sense of calm to the onlookers."

Well, the rubber dummy was obviously a great aid. By the time fire-fighters arrived on the scene, the teen was conscious and had a pulse. With the help of 16-year-old lifeguard Adam Smith of Baltimore, Md., the teen had been revived.

As the ambulance left, Gwynn and Lenhart found their way back to where they'd left their belongings, only to find nothing there.

"It was very disheartening. I didn't want to

"We prayed about things last night ... although we were disappointed, we knew in our hearts that we'd done the right thing."

Petty Officer 3rd Class
Heather Lenhart

USS Bonhomme Richard, U.S. Navy

believe it," said Lenhart.

Lenhart's backpack had been stolen. It contained all of the couple's money, identification cards, credit cards and the key to a motorcycle the two had rented.

They fell asleep that night feeling really discouraged. But when the sun rose the following day, so did their spirits.

"We got calls from so many people wanting to help us," said Gwynn.

With the help of the Visitor Aloha Society of Hawaii, Gwynn and Lenhart received an outpour of graciousness from the community.

Their stay at the hotel was paid for, people offered dinners and money, and someone even turned in the key to the

bike they had rented.

"We prayed about things last night before going to sleep because, although we were disappointed, we knew in our hearts that we'd done the right thing," said Lenhart and Gwynn agreeably.

When asked would he do it again given the circumstances — "Of course. It's the right thing to do. The only thing to do," Gwynn said. "The things that were stolen from us could all be replaced, but the life of someone's son cannot."

The two said they were forever grateful for the outcome of things.

"The outpouring spirit of aloha is amazing. It's too bad everyone doesn't get to experience it."



Staff Sgt. Shay Richardson

Corporal Quentin Gwynn gives 19-year-old Adam Smith a tour of the USS Bonhomme Richard at port in Pearl Harbor July 16. Gwynn and his girlfriend came to the rescue of a drowning teenager on July 14.



Sgt. Joseph A. Lee

The formation of MCB Hawaii, Kaneohe Bay and Camp H. M. Smith Marines and Sailors passes by its new commander for the first time. The pass in review is a traditional part of the change of command ceremony that allows the new commander to view his troops in formation.

MARFORPAC, From A-1

Academy, Lt. Gen. Gregson served with the 1st Reconnaissance Bn., 1st Marine Division, in the Republic of Vietnam, from February 1969 to August 1970.

Operational assignments included infantry battalion executive officer, division staff duty, Headquarters Bn. executive officer, operations officer (G-3) of I Marine Expeditionary Force, and assistant operations officer (J-3A) of

Unified Task Force Somalia during Operation Restore Hope.

He has commanded an infantry company; Headquarters Bn., 1st Marine Division; 1st Bn., 5th Marines; 7th Marine Regiment; and 3rd Marine Division.

His professional military education includes the U.S. Army Infantry Officers Advanced Course, Marine Corps Command and Staff College, the Naval War College, and a tour as a mili-

tary fellow with the Council on Foreign Relations.

Lieutenant Gen. Gregson graduated from the U.S. Naval Academy. He earned master's degrees in strategic planning from the Naval War College and in international relations from Salve Regina College.

His personal awards and decorations include the Legion of Merit (3rd award), Defense Meritorious Service Medal, Bronze Star Medal with Combat "V", and the Purple Heart.



Sgt. Joseph A. Lee

The incoming and outgoing commanders of Marine Forces Pacific exchange the color with Sgt. Maj. Royce Coffee, MarForPac sergeant major. The exchange of the color signifies the changing of authority from one commander to the other.

III MEF, From A-1

pointing out various different live-fire ranges from Pu'u Leilani and Pu'u Kailua.

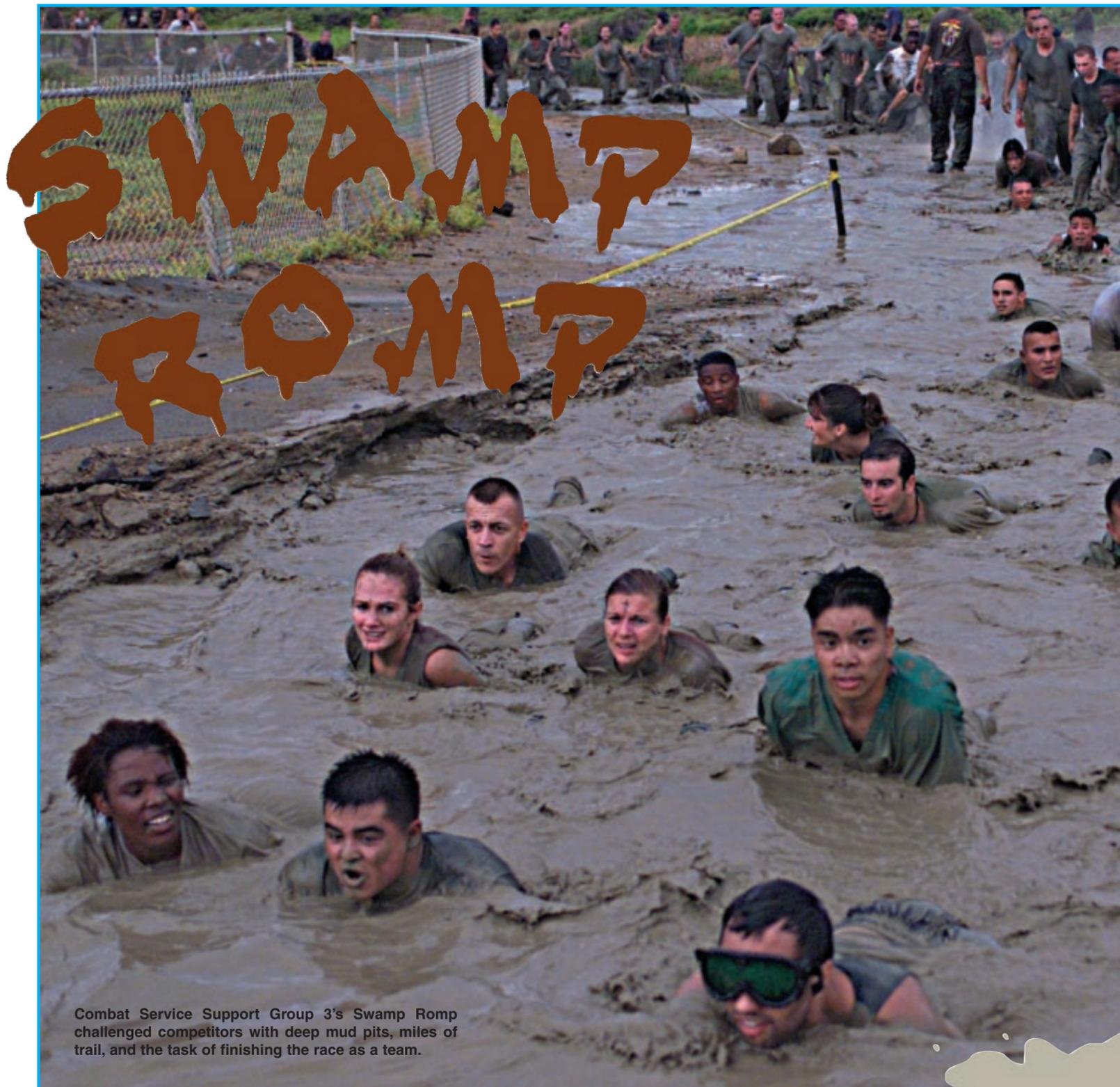
"This is a great range for a platoon to work on," said Lt. Gen. Blackman as he peered off Pu'u Kailua at the multiple ranges grouped underneath.

According to the III MEF sergeant major, Sgt. Maj. Michael W. McClure, Lt. Gen. Blackman hadn't yet seen the Hawaiian training areas, and he was excited to see what types of training opportunities the Marines of the Pacific were receiving at PTA.

After discussing possible upcoming changes and additions to the training area, the PTA staff led the group back to Bradshaw Army Air Field for the return flight to Oahu and MCB Hawaii, Kaneohe Bay.

"I had a great time," said Blackman. "Marines should be getting some good training [at PTA] because these ranges have certain criteria that Twenty-nine Palms' [California] ranges do not, and our Marines can use these different aspects to train with our newer weapons systems."

LIFESTYLES



Combat Service Support Group 3's Swamp Romp challenged competitors with deep mud pits, miles of trail, and the task of finishing the race as a team.



Runners were harassed all morning by course marshalls with high pressured fire hoses. Some appreciated the chance to get washed off by the water.

Hawaii adventurers get down n' dirty

Story and Photos by
Cpl. Jason E. Miller
Press Chief

The 9th Annual Combat Service Support Group 3 Swamp Romp made a muddy splash aboard MCB Hawaii, Kaneohe Bay, Saturday, as more than 1,000 thrill-seeking fitness nuts from around the island came aboard the base to get down and dirty.

After tons of preparation by CSSG-3 personnel, the five-mile mud course, laid

with deep trenches, awaited the competitors' attempts at finishing the race.

Nearly 200 teams registered to compete in the event that took all entrants nearly an hour to complete. Comprised of six-person teams, the Swamp Romp's more than 1,200 competitors trudged through deep sand, mud pits, man-made obstacles and even ocean surf for more than five miles to reach the finish.

The course, while designed for anyone

See SWAMP ROMP, B-10



Above — Runners trudged through swamp-like trails en route to the race's finish. Right — Staying mud-free during the Swamp Romp wasn't an option, so some runners simply dove head-first into the wet dirt to try and get as filthy as possible.



MCCS

MARINE CORPS COMMUNITY SERVICES

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POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

AUGUST

1 / Today

Base Library Summer Reading Program — Through Aug. 9, get in the know with a little summer reading and earn special awards.

Children of all ages are welcome to participate in this program. As always, parents are encouraged to read with their children.

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

Officers' Club Membership Sundays — Every Sunday in August, all nonmembers who apply for a First USA membership will receive \$5 off their Sunday brunch per immediate family member.

For more information, call 254-7650.

Officers' Club Escoffier Dinner Tickets — Fine dining

has grown to be a favorite pastime for many Americans, whether it is the quality of the food, the impeccable service or the luring ambiance of a five-star establishment. There are many reasons diners enjoy the experience.

On Saturday, Aug. 23, the Officers' Club will open its doors to an evening of elegance with Chef Renato's Escoffier Dinner from 6 to 8 p.m.

This seven-course dinner will feature Euro-asian-Pacific Rim cuisine and a complementary wine or champagne served with each course. Also, guests will be pampered with personal tableside service and after-dinner cordials.

Setting the mood for the evening will be sounds of pianist Les Peetz.

Evening dress is required, so add a touch of class and dress in your very best.

Tickets go one sale today and can be purchased at the club, or by calling 254-7650.

Seating is limited so get your tickets now.

Kahuna's NCO Appreciation Night — Bring your right hand man to the club for free food and entertainment by Blue Fuse from 4:30 – 6 p.m.

Hang out until 10 p.m. and catch Sugah Daddy performing live until 2 a.m.

4 / Monday

Officers' Club Right Hand Man Lunch — Call it a working lunch or just show your appreciation and invite your "right hand man" to the Officers' Club for lunch.

Pay grades E6 and above are welcome every Monday from 11 a.m. – 1:30 p.m.

7 / Thursday

New Arrivals Orientation at the Base Theater — New to MCB Hawaii? Attend the New Arrivals Orientation at the base theater hosted by Marine Corps Community Services' Personal Services the first Thursday of each month.

Bryan Driver
Personal and Family Readiness Division,
Headquarters Marine Corps

You may know that you can turn to the Marine Corps Community Services' "One Source" for help with a wide range of questions and issues, but you may not know all of the ways that MCCS One Source can help.

Did you know we can help you find someone to look after your pet during a deployment or field duty, or help you research a new car purchase?

The MCCS One Source site offers a wide range of "life articles" that you can read, or download. Topics include weight manage-

The briefing begins at 8 a.m., and coffee and donuts are provided.

For more information, call 257-7788.

Bargain Thursdays at The Base Theater — Are you looking for something to do Thursday evenings? Well, you're in luck because the base theater is now showing Thursday evening movies.

Admission is \$1 for all ranks. Grab a quick snack and enjoy \$1 hot dogs.

Call 254-7642 for the movie schedule and times.

10 / Sunday

Staff NCO Club Sunday Breakfast Buffet — Kick start your Sundays with the breakfast buffet at the new Staff NCO Club.

A variety of breakfast items are served from 9 a.m. – 1 p.m.

The Staff NCO Club is located behind the Klipper Golf Course.

16 / Saturday

Staff NCO Club Biker Bash and Chili Cook Off — Cruise over to the Staff NCO Club and show off your toys.

There will be contests with prizes, a static display of bikes, a chili cook off and more!

The fun goes from 3 – 8 p.m. Look for more details next week.

Aloha Key and Award — Aloha Key and Award is expanding. Check out its new location at Mokapu Mall.

Just across the hall from its old location, Aloha Key and Award can do it all from engraving to key replication.

For more information, call 254-2909.

Information, Tickets and Tours — School is out and summer is here! This is the perfect time to take that much needed hiatus from excessive work.

Plan an outer-island excursion or take in some of the sites

and activities on Oahu. Whatever your pleasure, Information, Tickets and Tours, and Leisure Travel can help you with reservations.

Stop by the office at Mokapu Mall or call 254-7563.

Joint Education Center — Registration is underway for College 101 classes. Marines and Sailors using tuition assistance for the first time at MCB Hawaii must attend the "College 101" workshop that is available each Wednesday at the Joint Education Center in Bldg. 219 from 11:35 a.m. – 12:45 p.m.

Chaminade, Embry-Riddle, Hawaii Pacific and Wayland Baptist Universities have on-base offices in Bldg. 220.

Civilians are welcome to attend this workshop.

Operation Enduring Freedom — Funds are available for free short-term childcare through certified Family Child Care providers.

The active duty family member must be deployed or working extended hours in support of Operation Enduring Freedom.

For referral and more information, contact the New Parent Support Program at 257-8803 or your Key Volunteer.

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

Family Child Care provides a flexible schedule including evenings, weekends and overnight care.

To find a provider, call the Children, Youth and Teen Programs officer at 257-7430. To become a Family Child Care provider at MCB Hawaii, call 257-7030.

Auto Skills Bargains — The

Auto Skills Center will be accepting sealed bids on the below referenced vehicles starting Monday. Closing bids will be accepted until the close of business on Aug. 11.

| *Model | Minimum Bid |
|---------------------|-------------|
| 92 Nissan Maxima | \$1,800 |
| 95 Mazda B2300P | \$1,700 |
| 95 Mercury Mystique | \$1,600 |
| 91 Grand Prix | \$50 |

(*Note: All above vehicles are in good condition; however, the Pontiac Grand Prix is in fair condition, as it requires electrical trouble shooting.)

The Grand Prix has been online for three months. This is the reason for the minimum bid being so low. If the vehicle is not sold in the bidding process, it will be salvaged out.)

For more information about placing a bid, call the Auto Skills Center at 254-7654.

Mega Video's Weekly Specials — Mega Video has a deal a day, so stop by and get your favorite flick. The friendly staff has an expansive knowledge of movies and is always on hand to help.

• **Mondays:** Rent one new release, get one category movie free.

• **Tuesdays:** Pick five titles for half price. (Sorry, accumulated movie credits are not valid on Tuesdays.)

• **Wednesdays:** Rent three new releases (VHS or DVD) and receive an extra day rental.

• **Thursdays:** Rent one DVD at the regular price and rent the second one for \$1.50.

• **Fridays:** Rent family and children's movies for 50 cents. (Sorry, no new releases on this deal.)

• **Saturdays:** Rent any basic movie at the regular price and rent the second choice movie for \$1. (Sorry, no new releases with this deal.)

• **Sundays:** Rent any Sunday special movie for \$1. (Each week is a different section. See the store calendar for sections.)

Call 254-7560 for more information.

SM&SP



All events are open to single, active duty military, E-5 and below.

The SM&SP Office is located in Bldg. 219. Call 254-7593 for more details.

Upcoming Activities

Today: Enjoy the Shank & Slice Golf Tournament from 12:30 – 6 p.m. Cost is \$22 for E-5 and below, and \$30 for E-6 and above.

Prizes, food and sodas will be supplied.

Aug. 16: From noon until 5 p.m., enjoy the day at the "Beach Bash" at Pyramid Rock Beach. This event is free to single Marines and Sailors as well as their guests.

Aug. 30 - Sep. 1: Sign up now for the Big Island Bash. Fly off Oahu on this interisland, bargain trip and explore the island of Hawaii for only \$300.

SM&SP Goes Online

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

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- At the Kaneohe Klipper Golf Course — Practice your swing with free range balls, club rental at \$5 per set, 9 holes of play at \$5, or 18 holes of play for \$9.

- Get into the swing of things with free tennis lessons Thursdays from 11 a.m. – 12 p.m. Call 258-8081 to reserve your spot.

'One Source' helps with a myriad of needs

ment, relaxation, procrastination, keeping in touch with friends, tips for better Web searching, Internet addiction, coping with the loss of a pet, and much, much more.

You will surely be surprised at the ways MCCS One Source can help. To speak with an MCCS One Source consultant, call (from the U.S.) 1 (800) 433-6868 or (from outside the U.S., where available) 1 (800) 237-42374. Or, you can dial collect to 1 (484) 530-5908.

A real person will answer every time you

make that telephone call to MCCS One Source.

Visit the Web site at www.mccsone.com. Enter userid "Marines" and password "semper fi."

The MCCS One Source site is available at no cost to you. Best of all, it's here for you — any time of day, wherever you are.

The site also has consultants who speak Spanish and offer simultaneous translation into more than 140 other languages. TTY/TDD also available.



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.

| | |
|----------------------------|------------------------|
| 2 Fast 2 Furious (PG 13) | Today at 7:15 p.m. |
| The Italian Job (PG 13) | Today at 9:45 p.m. |
| Hollywood Homicide (PG 13) | Saturday at 7:15 p.m. |
| Dumb and Dumberer (PG 13) | Saturday at 9:45 p.m. |
| Rugrats Go Wild (PG) | Sunday at 3:30 p.m. |
| Dumb and Dumberer (PG 13) | Sunday at 7:15 p.m. |
| Hollywood Homicide (PG 13) | Wednesday at 7:15 p.m. |
| 2 Fast 2 Furious (PG 13) | Thursday at 7:15 p.m. |
| The Hulk (PG 13) | Aug. 8 at 7:15 p.m. |
| Hollywood Homicide (PG 13) | Aug. 8 at 9:45 p.m. |



Courtesy of Steven Kalnasy

Gunnery Sgt. Richard O. Stampp of 4th Force Reconnaissance Co. presents a certificate of appreciation to the "The Manhattans" during the "70s Soul Jam" at the Neal S. Blaisdell Arena in Honolulu, July 20. The Manhattans joined other popular 70's icons in supporting the U.S. Marine Corps Reserve's Toys for Tots program with the concert.



Summer toy drive scores big at Honolulu concert

Steven Kalnasy

Special to the Hawaii Marine

HONOLULU — Marine Corps Base Hawaii's Toys for Tots program achieved another successful toy drive July 20. With the support of local concert promoter Tom Moffatt, the U.S. Marine Corps Reserve's Toys for Tots charity received toys and money as donations during the "70's Soul Jam" concert held at the Neal S. Blaisdell Arena in Honolulu.

Moffatt offered to help organize this year's drive with one of his shows, after the success garnered during last year's promotional — the Journey concert, where nearly 400 toys were collected.

"I'm just glad that I can help out some unfortunate local families," said Moffatt. "Toys for Tots is a good charity."

This time around, concertgoers who made a donation received a chance to participate in the preconcert "meet & greet" with the night's featured entertainers.

In addition to the charity drive, the Marines who volunteered were treated to performances by soul music legends The Stylistics, The Manhattans, The Chi-Lites, and the comedy of actor/comedian Jimmy "J.J." Walker from the 70's TV show "Good Times."

Halfway through their performance, The Manhattans invited the Marines up onstage. The Marines presented the group with a well-deserved certificate of appreciation for their support of the charity.

Finding themselves onstage, in front of more than 5,000 people, the Marines were all smiles.

"The performing groups and their support staff were hospitable to the

Marines, and the Toys for Tots cause," said Gunnery Sgt. Richard O. Stampp, 4th Force Reconnaissance Co. maintenance chief, and Toys for Tots coordinator.

In addition to the Manhattans, the Marines gave certificates to the other groups, Moffatt, and J.J. Walker.

"I wanted them to take something home that would remind them of the Corps' appreciation," said Stampp.

The ovation of the evening was when the audience erupted in applause and cheered the Marines on, showing their support for jobs well done.

"We're proud to be able to support the Marines and the children of Hawaii," said Robert "Squirrel" Lester of The Chi-

Lites.

"We're glad the Marines are here. It's a good cause, and I am honored to help out," added Walker.

When the night was over, volunteers from MCB Hawaii said they were going home joyous. Not only had they supported the many needy children of Hawaii, but they also established good relationships with the local community.

"We were glad we could help," said Alan Arato, assistant to Tom Moffatt. "Tom wants to do more of these events with the Marines; it's a great fit for us."

The next time you go to a concert in Honolulu, look around. You just might see local Marines making life better for those less fortunate.

RECIPE CORNER

Luscious smoothies or floats can cool down the heat of summer

NAPS

Featurettes

At the end of a lazy, hazy summer's day — or whenever the mood strikes you — a tropical-tinged smoothie can be a refreshing way to chill out and relax. Or, if you prefer a more traditional frosty beverage, you might wish to relive the days of the old soda fountain by stirring up your own ice cream float.

Today, there are a lot more soda and ice cream varieties to enjoy in combination. Refresco Goya Sodas, for example, are fizzy fruit-flavored drinks that are just scrumptious when topped with a scoop of ice cream. For the smoothie crowd, they make it easy to be fruitful, gathering the essence of such luscious fruits as mango, guava and papaya.

Mango Smoothie

12 ounces Goya Mango Nectar
1/2 cup vanilla ice cream
3 ice cubes

Combine all ingredients in blender container. Cover and blend on high until smooth. This recipe makes two to three servings.

For variety, use other flavors of Goya nectars in place of mango to add spunk. For example, substitute low-fat ice cream or frozen yogurt for the ice cream.

Ice Cream Float

1 bottle (12 ounces) Refresco
Goya Soda
1 scoop vanilla ice cream

Fill a large glass 1/2 to 2/3's full with soda. Add scoop of ice cream and



NAPS

Cool, fruity beverages like this mango smoothie are a refreshing way to chill out at the end of the day.

stir with a long spoon. Stick in a straw and serve.

Banana Berry Smoothie

1 can (12 fluid ounces)
Carnation Evaporated Milk
1 can (14 ounces) sweetened condensed milk
1 ripe banana, sliced
2 cups frozen strawberries
(about half 16-ounce bag or substitute with 2 cups fresh berries and 1 cup of ice cubes)

Place sweetened condensed milk, evaporated milk, banana and strawberries in blender; cover. Blend until smooth. (Have kids peel the banana, wash the strawberries and add the fruit to blender for a family affair.)

Also, if you don't have bananas or berries available, get creative and look for other fruits you can mix together for a new combination.

This recipe makes 6 servings.

ON THE MENU

Anderson Hall will serve the following this week:

| | | |
|---|---|---|
| Today | Butter Cream Frosting Asst. Fruit Pies | Wednesday |
| Lunch | Monday | Lunch |
| Beef Ball Stroganoff Baked Fish Fillets Macaroni & Cheese Steamed Rice Raisin Drop Cookies Asst. Fruit Pies | Lunch Beef Stew Baked Fish Fillets Macaroni & Cheese Steamed Rice Oatmeal Cookies Asst. Fruit Pies | Chili Macaroni Roast Turkey Grilled Cheese Sandwich Mashed Potatoes Brownies Asst. Fruit Pies |
| Dinner | Dinner | Dinner |
| Ground Beef Tacos Chicken Enchiladas Chili Conquistador Burritos Refried Beans Mexican Rice Mexican Corn Raisin Drop Cookies Asst. Fruit Pies | Italian Veal Steaks Braised Pork Chops Boiled Egg Noodles Steamed Rice Oatmeal Cookies Asst. Fruit Pies | Meatloaf Pork Ham Roast Mashed Potatoes Tossed Green Rice Brownies Asst. Fruit Pies |
| Specialty Bar (Lunch and Dinner) Pasta Bar | Specialty Bar (Lunch and Dinner) Pasta Bar | Specialty Bar (Lunch and Dinner) Hot Dog Bar |
| Saturday | Tuesday | Thursday |
| Dinner/Brunch | Lunch | Lunch |
| Turkey A La King Stuffed Pork Chops Steamed Rice Boiled Egg Noodles Spice Cake w/ Lemon Cream Frosting Sugar Cookies Asst. Fruit Pies | Southern Fried Chicken Beef Ball Stroganoff Buttered Potatoes Boiled Egg Noodles Oatmeal Raisin Cookies Asst. Fruit Pies | Salisbury Steak Barbecue Chicken Rice Pilaf Oven Browned Potatoes White Cake w/ Lemon Cream Frosting Asst. Fruit Pies |
| Sunday | Dinner | Dinner |
| Dinner/Brunch | Braised Beef Cubes Cajun Fish Fillet Boiled Egg Noodles Steamed Rice Oatmeal Raisin Cookies Asst. Fruit Pies | Beef Yakisoba Pork Adobo Steamed Rice Pork Fried Rice White Cake w/ Lemon Cream Frosting Asst. Fruit Pies |
| Swiss Steak w/ Mushroom Gravy Rock Cornish Hens Rice Pilaf Cornbread Dressing Mashed Potatoes Yellow Cake w/ | Specialty Bar (Lunch and Dinner) Taco Bar | Specialty Bar (Lunch and Dinner) Taco Bar |

QUOTABLE: "Character is that which reveals moral purpose, exposing the class of things a man chooses or avoids."
— Aristotle

WORD TO PASS

Hickam Air Force Base to Host Thunderbirds

Hickam Air Force Base will host the Thunderbirds — the U.S. Air Force's supreme aerial demonstration unit — along with entertainment, food booths, static displays and more, Aug. 9 - 10.

To find the exciting details, surf at www2.hickam.af.mil and click on "Friends and Neighbors Weekend."

Haiku Stairs Remain Closed

The City and County of Honolulu is asking the public to be patient and refrain from climbing the newly renovated Haiku Stairs until the facility has reopened.

Officials warn that police will arrest hikers who prematurely enter the popular attraction, which features 3,922 steps that lead to windswept ridge tops and breathtaking, panoramic views of Windward Oahu.

The stairs resemble a series of metal ladders, assembled end-to-end in 500 sections, and attached to the cliffs and ridge tops with long metal spikes.

Ascending these stairs is physically taxing, as hikers will climb roughly 2,400 feet and will be exposed to extremes of heat, wet and wind. The typical ascent can take two to two-and-a-half hours. However, the weather may be unpredictable, the mountains obscured by clouds, and the stairs extremely slippery when wet, adding hours to the climb.

Once the stairs reopen, hikers will again assume all risks of their own free will.

For more information, contact the Public Information Division at 523-4385, or log onto www.co.honolulu.hi.us/newsroom.

MDA Seeks Telethon Volunteers

The Muscular Dystrophy Association is seeking volunteers to participate in the 2003 Jerry Lewis MDA Labor Day Telethon "Catch-a-Cure" program. Volunteers will be collecting funds Aug. 30 - 31 at various locations.

The Catch-a-Cure program will be highlighted during the telethon to raise additional funds to support research, public health education and services for people affected by any more than 40 neuromuscular diseases. The telecast will run from 10 p.m. to midnight, Aug. 31, and 8 a.m. to 5 p.m., Sept. 1 on KITV Channel 4.

To volunteer or for more details, call the MDA office at 548-0588.

Hale Koa Hotel Lists Events

Fort DeRussy's Armed Forces Recreation Center, the Hale Koa Hotel in Waikiki, will provide patrons a summer jam-packed with exciting, relaxing or adventurous activities — whatever's your pleasure.

Call the Activities Desk at 955-0555, ext. 546, to find out more details on this events.

•*Tuesdays*: Beginning at 6 p.m. in the Banyan Tree Showroom, military members and their families can treat themselves to mystery, fantasy and refreshing comedy, as the Hale Koa Hotel has opened a

new Magic in Paradise show. Your evening will start with a bountiful all-you-can-eat buffet, and then it's show time with one of Hawaii's hottest magicians. Tickets cost \$20.95 for adults and \$12.95 for kids under 12, plus a 10 percent gratuity.

•*Tuesday - Aug. 12*: Back to School Magic Shows in the Banyan Tree Showroom will offer mind-boggling illusions by one of Hawaii's favorite musicians and an all-you-can eat buffet complete with fried chicken, pizza and spaghetti for little ones. Doors will open at 6 p.m.; the reduced kids' price is \$9.95 (under 12, excluding infants), adults \$20.95, plus 10 percent gratuities.

•*Aug. 25*: Tickets go on sale for Oktoberfest, happening Sept. 24 - 28. The traditional German event celebrates authentic food, drink, music and dancing. Admission will be \$8 per ticket, and the menu will be ala carte.

•*Daily*: Groups of 20 or more planning to use the park space need to contact Parks & Recreation. Park rules prohibit stakes, tents and tarps; alcoholic beverages or additional grills; bicycles, skate-

boards and rollerblades; and animals.

Hawaii Kai to Celebrate Summer with Festival, Aug. 16

Come celebrate ohana with Koko Marina Center's "Summer Fun Festival," Aug. 16 from 1 - 5 p.m. The center will feature its very own "Taste of Ohana" with foods from around the world, exciting activities and booths, a farmer's market with fresh produce and flowers, and demonstrations, including 808 Skate's infamous half-pipe X-treme demo and stunts.

Also, catch an aloha attire, pet fashion show at 1:30 p.m.; Tae Kwon Do at 2:15 p.m.; keiki yo-yo demonstrations at 3 p.m.; hula at 3:45 p.m.; a cardio class at 4:30 p.m.; and 808 X-treme skating from 1 - 5 p.m.

Attendees may try their luck at the balloon-filled prize cage, spin their fortune at the Spin-n-Win Wheel, and tour the entire center for a chance to win a three-night Las Vegas vacation.

For more details, visit www.KokoMarinaCenter.com. The cen-

ter is located at 7192 Kalaniana'ole Hwy. in Hawaii Kai, and features a variety of water sports activities, shops, fine dining and casual restaurants and an eight-cinema theater.

Theater, Festivals Get Underway

If you want to be entertained, catch a performances at local theaters.

•*Today - Aug. 3 at the Kumu Kahua Theater (46 Merchant St., Honolulu)*: "Aloha Las Vegas," about a land-rich and cash-poor local family that prepares to move from Hawaii to Las Vegas in an out-migration comedy. Tickets range from \$5 - \$16. Call 536-4441 for show-times. Kumu Kahua Theater productions are supported, in part, by the State Foundation on Culture & the Arts and the Mayor's Office of Culture & Arts.

•*Saturday - Aug. 10 at Diamond Head Theater*: "The Wizard of Oz" featuring music and lyrics from the MGM motion picture. Catch performances Saturday at 3 p.m., Sunday at 4 p.m., Thursday at 8

See **WORD TO PASS, B-6**

Dog Park Survey

1) Do you know that we have a Dog Park located on Marine Corps Base Hawaii?

No, I had no idea there was a Dog Park on base.

Yes, I know we have a Dog Park.

a) If yes, have you ever used the Dog Park?

Yes No

b) If yes, how often do you use it?

1-2 times/week 2-5 times/week

2) Now that you know about the Dog Park, do you plan to use it?

Yes No

a) If no, please indicate why.



Courtesy of Facilities Department, MCB Hawaii, Kaneohe Bay

The MCB Hawaii dog park offers owners a chance to allow their dogs to run free and play with other dogs.

Pets can now walk their owners

Public Affairs Office Press Release

In response to a concern addressed in the "CG Mail" column in March of this year, MCB Hawaii reopened a 30-foot by 80-foot dog park along the stream behind Pop Warner Field,

between Alpha Co., 1st Battery, 12 Marine Regiment's Headquarters Building, and Barracks 7005.

At the site, pets can run and play together in the park at the same time, under the supervision of their owners. Also, benches and trash

receptacles are provided for the convenience of patrons using the dog park.

To determine if there is enough interest for the base to install a park in a more convenient location, MCB Hawaii is conducting a survey for dog owners who live on base

regarding the dog park.

Patrons are encouraged to complete and return the survey at left. Drop off the completed survey in the box located outside the Veterinarian Clinic aboard MCB Hawaii, Kaneohe Bay.

Surveys will be tallied and results forthcoming.

WORD TO PASS, From B-5

p.m., Aug. 9 at 3 p.m., Aug. 9 at 8 p.m. and Aug. 10 at 4 p.m. Tickets cost \$10 - \$40 with discounts for military; call 733-0274 for more details.

•Today - Aug. 3 at the Hawaii Theater: "On Dragonfly Wings," an award-winning musical. Shows will go today and Saturday at 7:30 p.m., and Sunday at 4 p.m. Tickets cost \$15 - \$40. Call 528-0506 for more information.

•The Kennedy Theater and the Earle Ernst Lab Theater at the University of Hawaii (1770 East-West Road, Honolulu) announce their 2003 - 2004 season. Keep watch for the following performances that will kick off live theater in October: "The Paper Bag Princess and Other Stories," "Moral" and "Agamemnon." Tickets range from \$3 - \$15, with discounts for military. Call 956-7655 for specifics.

•The Honolulu Theater for Youth offers stimulating and entertaining plays for children of all ages, and adults. Call 839-9885 for further details.

•The Honolulu Symphony provides a diverse schedule of sounds for all musical palates. Call 792-2000 for more about the 2003 season.

Tuition Classes Run on Wednesdays

Marines and Sailors who are using tuition assistance for off duty education for the first time, must attend the College 101 Workshop at the Joint Education Center in Classroom 6 of Bldg. 219.

Workshops are held Wednesdays from 11:35 a.m. to 12:45 p.m. and cover benefits and other educational opportunities. Call 257-2158 for more details, or surf www.mccsha.waii.com/jec.htm.

Military Spouses' Club Thrift Store Now Open at Camp Smith

Patrons are invited to browse and/or make donations to the new Military Spouses' Club Thrift Store, in Bldg. 366 at Camp H. M. Smith. Located by the old stables, the 1,280-square foot facility is open for business Mondays, Tuesdays, Thursdays and Fridays from 11 a.m. to 5 p.m.

All items at the thrift store are acquired by consignments and donations. Items include books, men's and women's clothing, toys, furniture, and a great deal more. Pickup is available.

Proceeds benefit numerous charitable or nonprofit organizations. For more

details, call Denna Muncy, manager, at 429-5755, or the 24-hour thrift store hotline at 271-9789.

Military Widows Give Support

The Society of Military Widows invites widows and widowers to join the organization during any upcoming gathering, which provides informal and friendly fellowship for attendees.

The group meets at 6 p.m., the second Friday of every month, at the Mongolian barbecue held at the MCB Hawaii, Kaneohe Bay Officers' Club. The support group also meets the third Saturday of every month at different locations.

If you're interested in participating, contact Judith Breitwieser at 262-7953.

HBB Talks About Benefits

The "Hawaii Bulletin Board" is a radio talk program that currently airs every Saturday on KWAI, 1080 AM, from 2:05 - 3 p.m.

Many of the topics dis-

cussed include current information regarding benefits and legislative matters of interest to veterans and active duty military.

Listeners are encouraged to call in and respond to matters, or to share information about activities in their community or organizations, of interest to others.

Word to Pass Accepts Faxes

If you would like to announce activities or events of general interest to the military or DoD community, fax them to the *Hawaii Marine* at 257-1289, at least two weeks in advance of the event.

For more details, call the *Hawaii Marine* staff at 257-8836 or 257-8837, or drop by Public Affairs, located in Bldg. 216.

Owners know that a dog is a lifetime commitment

NAPS *Featurettes*

Like the bonds of matrimony, getting a dog is a lifetime commitment. They offer unmatched devotion, loyalty and friendship, but they require more than just food and shelter in return.

They also need healthy doses of exercise, training and — most of all — love and attention.

Steps to a happy and long-lasting relationship with your dog are many and include the following:

•**Find the right dog for you.** Research the breeds to find the one with the right size, energy level, trainability and temperament for your lifestyle.

•**Find a responsible breeder.** Ethical breeders breed for quality, health and temperament, and they want to find loving homes for their puppies with responsible owners who understand the commitment.

•**Identify your dog.** Get an identification tag for your dog's collar and consider a microchip or tattoo. These steps can

help you recover your dog should it become lost.

•**See your vet.** You and your dog should visit the veterinarian regularly, and make sure to keep vaccinations current.

•**Provide regular exercise.** Regular exercise will help ensure continuing good health. Take your dog for a walk, run around in the yard, or play fetch — anything to get it up and moving.

•**Teach basic commands.** Teaching your dog basic commands such as sit, stay and come will not only make your life easier, but they will also fulfill your dog's desire to learn and please you.

•**Socialize your dog.** Expose your dog to different people and settings regularly. The more your



Staff Sgt. Robert Carlson

Prospective pet owners should weigh the responsibilities of owning a pet, as well as their level of commitment, before acquiring any pets.

dog learns of the world, the more comfortable it will be out in it.

•**Supervise play with children.** Children and dogs can be great companions, but they require supervision when

playing together.

•**Spay/neuter your pet.** Breeding should be left to experienced individuals. Have your pet spayed or neutered to avoid unwanted litters.

•**Contact the AKC for help.** For more information on how to be a responsible dog owner, visit www.akc.org which is a great resource for help in selecting a breed, finding a breeder, providing basic care and training, and a whole lot more.

Join the American Kennel Club and hundreds of local AKC-affiliated clubs across the country on Sept. 17 when they will celebrate "Responsible Dog Ownership Day."

Clubs will hold events to educate the public about how to be responsible dog owners.

Visit the Web site www.akc.org to find an event that you can participate in near you.

Attending off duty education *can be* affordable

(Editor's Note: Service members are encouraged to also contact the Joint Education Center, Bldg. 219 aboard MCB Hawaii, Kaneohe Bay, for details about 100 percent tuition assistance. Call the JEC at 257-1232.)

Elizabeth Moore

Navy-Marine Corps Relief Society,
Pearl Harbor

The cost of a college education rises every year. Now, the average in-state school is more than \$3,000 a year, while private or out-of-state schools can be four and five times that amount.

Some feel no dollar should be spared when it comes to getting a college education. And while education is one of the most important investments you make in life, there are ways to save.

The following is a list of tips to help make the college experience more affordable.

•**Start saving early.** Time is your friend. Even \$25 a month begins to add up; after five years you can have saved \$1,500.

Create a sensible budget to determine how much you can set aside for education.

Navy-Marine Corps Relief Society caseworkers can assist in helping you to develop a budget that meets your needs.



•**Pursue scholarships from multiple sources.**

High school guidance counselors can be great assets in this department. Scholarships are offered based on a wide variety of criteria such as financial need, relationship in certain ethnic groups or organizations, past academic success, community service, career goals, and the list goes on.

The NMCRS offers scholarships to military families. Its Vice Admiral Travers Scholarship/Loan Program applications are available to children of Navy and Marine Corps personnel each January for the following school year.

Also available is the Bowfin Memorial Scholarship for Hawaii submariners and their families, and DECA/Commissary Scholarships for children of military personnel.

•**Get Uncle Sam involved.** The government has a variety of programs that

pay for your education if you commit to working in a certain field for a few years after graduation. The military, for example, makes college more affordable. A full tour of active duty service can be worth up to \$65,000 in education benefits.

•**Shop and compare.** Schools compete for students who have been successful in the past. Narrow your selection down to a few schools that closely match your academic desires, interests and budget. Talk to the financial aid offices at those schools about aid packages and scholarships available.

•**Attend a more affordable school at first.**

You can greatly reduce the cost of college by attending a community or junior college for the first two years, then transferring to a four-year institution.

Even if a chunk of your coursework was completed somewhere else, your diploma will be from the institution you are attending when you meet the graduation requirements.



•**Take advantage of work/study programs.** Many colleges and universities have extensive work/study programs available for students to earn money while enabling them to keep focus on their studies.

•**Avoid the pitfalls of plastic.** This is good advice for any occasion, but it can be especially useful for college students. If, however, you find yourself saying "charge it," at least stick to the golden rules.

Read the fine print on credit card offers carefully, and make sure you understand what you are getting into. Reserve credit cards for emergencies and always make at least the minimum payment.

Remember, while credit cards may seem helpful, they can ruin your credit rating if used unwisely, and that can really hurt some future purchase needs.

•**College is an investment — one that can result in awesome returns.** The NMCRS can assist you with free budget services and referrals to other resources. Contact the Kaneohe Bay office at 254-1327, or Pearl Harbor at 423-1314, for an appointment or more details.

Top 10 ways listed to weed through e-mail

Ken Bisconti
NAPS Featurettes

Eighty percent of corporate leaders said they see e-mail as a more valuable means of communications than the telephone, and 74 percent said they would have more difficulty if they lost e-mail access for five days than if they lost phone access, according to a recent META Group survey.

Given these new findings, it's important that we learn to use e-mail effectively, calling a halt to unnecessary and misdirected e-mail. In fact, I often get asked for best practices in handling large volumes of e-mail, so here are my 10 steps to help you get the most out of your e-mail.

Bisconti's Top 10 List

1) Don't use e-mail when other communication tools are more appropriate. Although valuable, there are many instances when e-mail doesn't replace face-to-face communication, phone calls or instant messaging.

2) Don't use your inbox as a catch-all folder. Delete or categorize e-mail in folders. Categorizing messages by group or sender is an easy way to organize your e-mail.

3) Know your audience.



Cpl. Jason E. Miller

Jennifer Yoon, a summer intern at the Public Affairs Office, MCB Hawaii, prepares to access her e-mail and weed through her incoming messages.

Send e-mail only to people who need to see it. Use copying, blind copying and group e-mail addresses appropriately.

4) Use graphics and attachments sparingly. This reduces the amount of disk space on the recipient's server, and relieves the network of heavy e-mail traffic.

5) Use team workspaces, forums and document libraries to reduce long e-mail threads and optimize storage.

6) Change your e-mail default so that not every piece of e-mail is saved and using valuable space.

7) Handle important e-mail first. Use e-mail rules to place important messages in "Hot List" folders and use modern inbox settings like custom colors to flag e-mail from important senders.

8) Get rid of spam using

a server or client-side anti-spam solution to reduce undesirable e-mail.

9) Only keep the last 90 days of e-mail. Delete the rest automatically or use e-mail archiving to store it offline.

10) If you're a traveling user, learn how to use your e-mail program's replication or synchronization settings to limit download time and storage.

We are at the beginning of a new era in personal and workplace collaboration, and the future will depend on how wisely we use all the technology tools that are becoming available to us.

(Editor's Note: Ken Bisconti is the vice president of Messaging & Advanced Collaboration Solutions, Lotus Software, IBM Software Group.)

Training on Training Day



SWAMP ROMP

Race is a dirty success

From B-1

to compete, still offered a huge challenge to even the fittest athlete. Some areas required participants to swim through mud after being drenched with a fire hose.

Teamwork was the main area of focus, though, as the race is not finished until the final member of the team crosses the finish line. Teamwork is also needed to help racers get over several man-made obstacles put on the course.

At the end of the romp, racers were greeted with fresh showers, live music and an awards ceremony to honor the top placers in the event.

"The Swamp Romp is generally held in March or April, but was pushed back due to several deployments and world events this year," said Steve Kalnasy, varsity sports coordinator for Marine Corps Community Services. "Up until a couple weeks ago, we only had about 15 teams registered, and things were looking bleak. But, it really turned out to be a huge success."

This year, more than half of the nearly 200 teams came from places other than MCB Hawaii.

"It gives people a chance to know what it feels like to be in the military; that's really its biggest draw," said Kalnasy. "The Swamp Romp is really a great way for the Corps and the community to come together every year."



Above — Swimming through more than three feet of pure mud, many competitors found themselves immersed and nearly stuck in the wet K-Bay silt.

Left — After completing nearly all five miles of this year's Swamp Romp, some teams found the last bit of the course quite grueling and lost members before the finish. They were penalized for doing so.

Hawaii MARINE SPORTS

Hawaii Marine C Section

August 1, 2003



On the Side

Steve n Kalnasy
Special to the
Hawaii Marine



BayFest champ paddles from Molokai to Oahu

After only three years of competition in paddle boarding, Hawaii's own Anthony Cambra III fulfilled one of his goals by completing the grueling Quicksilver Edition Molokai to Oahu paddleboard race, which was held on July 27.

Cambra finished 2nd in the 30-39 Elite category, and 8th overall with a time of 6:47:40. His time, just under an hour behind 1st place finisher Jaimie Mitchell of Australia, was impressive.

"A lot of the guys around me were dropping out," said Cambra about the competition. "I was resolved to make it all the way to Oahu."

In preparation for Sunday's race, Cambra won his second consecutive BayFest paddleboarding contest (which was held aboard MCB Hawaii the Fourth of July weekend).

"It was a great competition," he said.

Riding a gust of wind toward Coconut Island, he stayed right behind the lead paddler.

"I wanted to keep the pressure on," Cambra explained. "My strategy is to keep on their back until the last minute, and then I spring forward and take the win."

As a lifeguard at Fort DeRussy, Cambra is well suited for competition in the water.

"I began my sporting career in high school, where I was the state champion in the backstroke," he said. "In 1988, I won a trip to the Olympic trials representing Hawaii."

"Although I didn't make the Olympic team, I am very proud that I represented my state."

See **CAMBRA**, C-1

Old School shows off new tricks



Power forward Jeffrey Privott takes his chances with a foul shot during the intramural basketball championships July 25.

Base Facilities falls shy of intramural championship

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

It was a battle of wits and wisdom July 25 at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay, when the "Old School" intramural basketball team clashed with the Base Facilities intramural team in the "30-and-Over" tournament for the intramural championship.

Both teams showed their years of skill and plenty of hard-earned sweat during the two 18-minute-long halves.

Both teams showed what they were really made of during the first half — plenty of skill and guts — as each team traded three-point leads.

Power forward Jeffrey Privott of the Old School went to the hoop seven times and sunk three free throws, making Base Facilities put more coverage on him to cool his red-hot streak of nothing-but-net shots.

With Privott leading Base Facilities in circles trying to defend him, another problem surfaced. Foul shots continued to rack up points on both sides of the scoreboard when both teams had more than six personal fouls.

When the first half came to a close, the Old School boys led 24-21. The game was far from over. With both teams thriving on several doses of adrenaline, the second half proved to be a test of will and determination.

Back on the floor after a short break between halves, the second half came to life with an awesome field goal by Privott, followed by two more points from the free throw after a personal foul.

It appeared the Old School warriors had found the Base Facilities' weakness. Desperate to catch Old School's lead, they made several grave mistakes that proved to be their fate in the final moments of the game.

Leaving Old School's finest weapon unguarded, Privott continued to strut around the Base Facilities' crumbling

See **INTRAMURALS**, C-6

MAG-24 defeats HQBN in soccer finals

Sgt. Joseph A. Lee
Combat Correspondent

The intramural soccer tournament champions, Marine Aircraft Group 24, defeated Headquarters Bn., MCB Hawaii, July 25, with a single goal, scored by Antwan Plunkett in the second half of the championship game.

The defending tournament champions, Headquarters Bn., didn't go down without a fight, as many considered this to be one of the best-matched games of the season.

"It was a tough loss, but you couldn't ask for a better soccer game," said Andy Gasper, coach of Headquarters Bn. "I'm really at a loss for words; our guys gave a hundred percent, but that's just how the ball bounces sometimes."

With a barrage of shots both teams fired throughout the game, it was really a game for the goalkeepers. Though Headquarters Bn. keeper T.J. Byers let one goal trickle by, while MAG-24 keeper Doug McGlothlin was like a brick wall,



Sgt. Joseph A. Lee

Headquarters Bn., MCB Hawaii, keeper T.J. Byers kneels to assist his injured teammate Helder Nunes. Nunes was brought off the field in an ambulance after colliding heads with a member of the opposite team.

defending off several Headquarters Bn., assaults.

"There was steady pressure throughout the game," said McGlothlin. "Both teams want-

ed the win really bad, and the number of shots on goal proved it.

"Our team did a good job, for the most part, in keeping the ball

out of my area," he added.

Headquarters Bn. controlled the first 20 minutes of the game, according to MAG-24 player Don Beck.

"Once we found some holes in their defense, our quick forwards were able to penetrate through on a regular basis, keeping the pressure on their defense," said Beck. "It was only a matter of time before the keeper would let one by."

The second half was more of the same, according to Beck, but because the Headquarters Bn. team still had not adjusted to the speed of the MAG-24 forwards, the assault on its defense continued into the second half until one assault paid off.

In the early minutes of the second half, Ronald Ford, who had several shots on goal, and Plunkett, sprinted downfield to accept a deep pass into Headquarters Bn. territory.

As the MAG-24 sidelines waited for the offside call, it never came. Plunkett finalized the assault as he tapped in a slow-

See **SOCCER**, C-6

BASE SPORTS

Edward Hanlon V MCCS Marketing

Football Season Returns with the '101 Days of Summer'

Prepare yourself for football season today and Saturday with MCCS Health Promotions and the Substance Abuse Counseling Center.

This 101 Days of Summer football tournament is an eight-man per team competition. Games begin at 6, 7 and 8 p.m. today, and at 9 a.m. on Saturday.

The tournament format includes two 16-minute halves, with the last two minutes of each half at regulation clock.

For registration information, contact Quentin Redmon at SACC, at 257-8377.

MCAF and MCCS Lead Nu'upia Ponds Footrace

Runners, walkers and keiki athletes take notice; a fun-filled day of events lies ahead.

On Aug. 16, join MCAF and MCCS Athletics for the Nu'upia Ponds 5-mile footrace, the Volksmarch directly following or enroll the kids in the Keiki Triathlon.

All races are open to the public, so bring the entire family and have a healthy day of fun.

Runners can strut their stuff at the 5-mile footrace that leads around the Nu'upia ponds, located on the Aikahi or back-gate district of the base.

The race begins at 7 a.m. and will kick off at Dewey Square, by the base theater, registration time is set for 6 a.m.

The cost of the race is \$15 for individuals and \$40 for all formations of 10 runners or more. All registered runners will receive an event finisher T-shirt.

Want to race, but with a little more relaxed pace? Check out the Volksmarch, a 5-mile family paced course held immediately following the 5-mile race.

The fee is \$15 for participants, and all patrons receive a commemorative coin as well as a finisher T-shirt. Walking strollers are welcome.

At 9 a.m., starting at the base pool, your favorite little adolescent athletes can participate in the Keiki Triathlon, and event for kids ages 7 through 14 years.

The event includes a 100-meter swim, a 3.1-mile bike

ride, and a .6-mile run for youth ages 7-10.

For athletes ages 11 -14 years the event includes a 200-meter swim, a 6.2-mile bike ride, and a 1.2-mile run to finish.

The cost is \$15, and all participants will receive a finisher T-shirt.

Registration forms for all three events can be picked up at the Semper Fit Center located aboard MCB Hawaii. Kaneohe Bay, or can be found online at www.mccshawaii.com.

Late registrants are not guaranteed a T-shirt on race day. All competitors under the age of 18 years must have a waiver signed by a parent or guardian.

For more information, contact MCCS Athletics at 254-7590 or check us out online.

Camp Smith Gym Open for Business

Marine Corps Base Hawaii has experienced a progression of renovations in the past few years, and they keep on coming.

Yet another MCCS renovation project is in development currently at Camp Smith.

The Camp Smith Fitness

Center is under restoration, and an interim gym will be open for business beginning Monday.

The temporary gym is located in Bldg. 2C on the basement level. Patrons can enter from Elrod Street, closest to Gate 13.

For further information, call 477-0498.

Kahunas Brings Tsunami Surf Saturdays

Surf's up at Hawaii's only indoor surf meet from 10 p.m. - 2 a.m. Saturdays at Kahunas.

Catch a big one on the surf simulator and win a brand new surfboard from Local Motion. Call 254-7660.

Youth Activities Presents New Ice Hockey Program

Youth Activities is beginning a new Ice Hockey Program for the children of MCB Hawaii.

Registration is now in progress at the Youth Activities Bldg. 5082. The league is sponsored by the Hockey Equipment Program in conjunction with the Ice Palace.

Children will be provided free ice hockey gear, skating lessons, and practice/game time at the rink.

For more information, call 254-7610.

August Brings Seasonal Sports from YA

Cheerleading, in-line hockey, and flag football will kick off this August.

Registration has already begun at Youth Activities.

Birth certificates must be provided, and volunteer coaches are needed for all three activities.

For more information, call 254-7610.

Semper Fit Seeks Resumes for All-Marine Rugby Team

The All-Marine Rugby Trials Camp will be held Oct. 12 - 18 at Marine Corps Reserve Support Command Kansas City. The Armed Forces Rugby Championships will be held Oct. 20 - 27 at Naval Station Everett, Wash. Then, an armed forces team will be selected to compete in the Invitational Territorial Tournament Dec. 5 - 7 in Tampa, Fla.

Marines will return to their assigned duty stations upon completion of the Rugby Championships. If selected for the armed forces team, a message will be sent to the Marine's command requesting additional

duty from Dec. 5 - 7.

Interested Marines must submit resumes no later than Sept. 16. Resumes must include the past two year's playing experience and contain command endorsement stating that the Marine will be made available to attend all events if selected.

Rugby resumes can be found at www.usmcmccs.org, and they must be sent through local Semper Fit athletic directors.

For more information contact Steve Kalnasy, varsity sports director, at 254-7590.

MCCS Seeks Male/Female Boxers

Marine Corps Community Services is now recruiting male and female boxers. Resumes are being accepted for the All-Marine Boxing Trials, held at MCB Camp Lejune Nov. 17-22.

Those who make the All-Marine Team will compete in the Armed Forces Boxing Championships, held Dec. 6-12.

Resumes must contain command endorsement stating you will be made available to attend all events if selected.

Resumes are due to MCCS Athletics no later than Sept. 28. If you are interested, contact MCCS Athletics at 254-7590.

Bowling is Back, Big Time!

K-Bay lanes is in a league of its own — well numerous leagues are available.

The Women's League for women ages 18 and over begins Sept. 11 and plays on Thursdays at 6 p.m.

The Youth League is open to bowlers ages 6 - 21 beginning Aug. 23, happening Saturdays at 9 a.m.

There's even a Pee Wee League for the baby bowlers ages 3 - 5, also Saturdays at 9 a.m. starting Aug. 23.

For more information regrading leagues or other services available call 254-7693.

Massage Therapy Offered

Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp Smith.

The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone.

Appointments are available at the Kaneohe Bay Semper Fit Center at 254-7597. Or, contact the staff at Camp Smith at 477-5197.

Base All Stars

NAME: Mitchell Harquail

UNIT: Heavy Marine Helicopter Training Squadron 301

BILLET: Crew Chief

SPORT: Basketball

POSITION: Guard

• Harquail has played basketball for 15 years.

• He was on the Province All Star team in New Brunswick, Canada, where he also won the Province Championship.

• He played point guard with the St. Thomas University basketball team.

• He was on the Maritime All Star team during his college days in Canada.



Cpl. Jessica M. Mills

"Basketball is always a challenge. You can always find someone with more skill to compete with."

COMMUNITY SPORTS

Hale Koa Hotel Sponsors Athletic Events

• Are you between 9 and 15 years of age? Can you swim 200 yards? If the answer is "yes," you could become a junior lifeguard!

The Hale Koa's Junior Lifeguard Program focuses on CPR, preventative lifeguarding, pool and beach lifeguarding, rescues, sea life, snorkeling, surfing and more.

A junior lifeguard T-shirt is included with registration.

The advanced sessions go from Monday until Aug. 8, from 9 a.m. to 2 p.m. The cost is \$70.

All participants need to bring their own goggles, mask, fins, snorkel, swimsuit, sunscreen, towel and lunch.

• The Hale Koa is also offering a tennis camp Monday until Aug. 8, from 10 a.m. to 3 p.m. for ages 12 - 16; its cost is \$225 (which includes lunch).

Solid fundamentals and extensive match play are required. The camp will emphasize point strategy, mental toughness, footwork, fitness and match readiness, advanced drills, and match play.

Enrollment is limited at these events, so sign up today by calling 955-0555, ext. 155.

Hawaii Dragon Boat Festival Calls for Paddlers

The 8th Annual AT&T Hawaii Dragon Boat Festival registration has begun. Teams can sign up now to paddle in the boat races to be held at Ala Moana Beach Park Aug. 9 and 10.

Companies, clubs and team-spirited clans who can round up at least 18 paddlers qualify to compete in the races.

All teams entered in the race will be supplied with boats, paddles and steersmen, and receive approximately three practice sessions.

The races will feature two divisions. The Cup Race Division, held on Aug. 9 at 8 a.m., is designated for teams competing within a specific industry.

The Open Race Division on Aug. 10 at 8 a.m. will consist of a single-elimination competition with teams organized into heats at random.

For more information, call 951-0350.

Military & Civilian Runners/Walkers Invited to USO Hawaii Race

Hawaii citizens traditionally demonstrate their appreciation to the men and women of the United States Armed Services, and there will be another opportunity to show that support on Aug. 24 when USO Hawaii holds its

annual 5K/10K race fundraiser at Hickam Air Force Base.

Funds raised by the race-walk will help the nonprofit, nongovernmental USO organization continue its mission.

The race this year returns for the first time since 1999 to Hickam, where the organization's "Base Race" series began.

Outrigger Hotels & Resorts and Ohana Hotels of Hawaii are continuing their sponsorship of the race, as they have for all five races in the series.

Participants may enter either a 10K or 5K event. Awards will be presented to the top three male and female finishers overall and in age groups in 5-year intervals from 14-and-under to 80-and-over. Participants will be eligible to win dozens of door prizes.

Both timed races will begin at 7 a.m. The registration fee is \$18, but for applications received by Aug. 18, the fee is only \$15.

Late entries will be accepted Aug. 23 at The Running Room, 819 Kapahulu Avenue, or on Aug. 24 at the race site.

Teams of 5 to 10 runners may enter the 10K in one of two divisions -- military or civilian -- and in one of three categories: male, female or mixed. The five best runners times will determine the team's rank.

Mixed teams must have at least one

male and one female finisher among the top five runners.

Hike Oahu with Hawaiian Trail and Mountain Club

Join the Hawaiian Trail and Mountain Club on a 6-mile hike through Kahana Valley Sunday at 8 a.m.

The intermediate hike is a foray into a beautiful lush green valley, crisscrossed with side trails and stream crossings.

Staying dry is not an option. In fact, plan on a refreshing dip.

Hikers must be particularly careful to listen to the coordinator's instructions and markers, or it could be a long day.

A \$2 donation is requested for each non-member, age 18 or over. Children under 18 must be accompanied by a responsible adult.

For hikes, the club meets at Iolani Palace, mountain side, at 8 a.m. unless otherwise noted. They do not provide transportation.

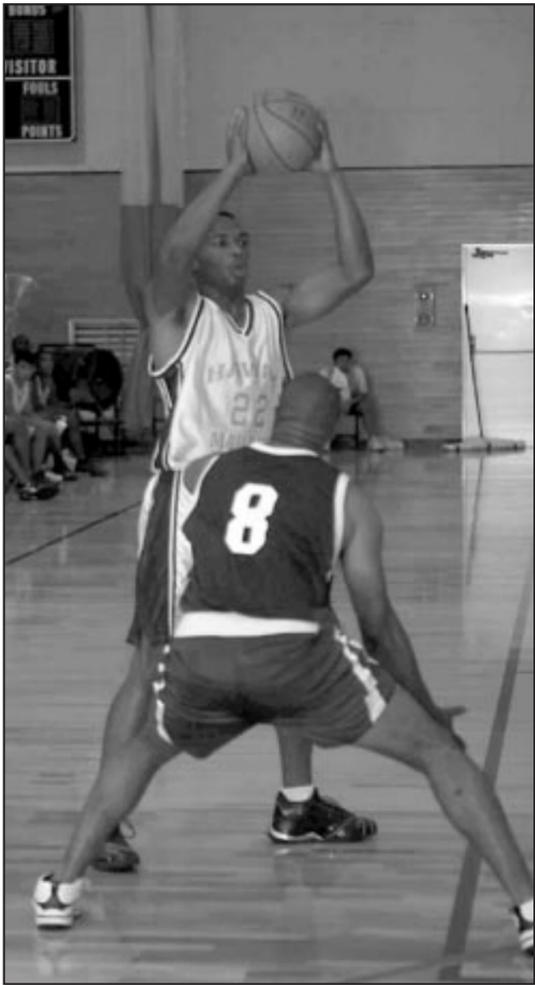
Bring lunch and water on all hikes. Wear sturdy shoes and clothing. You are responsible for yourself at all times.

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

For more information contact Coordinator Mike Mottl at 254-6360 or the Hawaiian Trail and Mountain Club at 674-1459 or 377-5442.

SPORTS AROUND THE CORPS

MCB Hawaii wins MarForPac tourney



Cpl. Michael D. Darbouze

Arnell T. Rivers, forward, Division, plays tough man-to-man defense in an attempt to slow down Monroe Holcomb and the Hawaii fast-paced transition game.

Reigning champions, 3rd Marine Division, finally defeated

Cpl. Michael D. Darbouze
MCB Camp Butler

CAMP KINSER, OKINAWA, Japan — Marine Corps Base Hawaii has done what no other team has been able to do in the past two Marine Forces Pacific Regional Basketball Tournament championship games — defeat 3rd Marine Division/Expeditionary Force, also known as "Division."

The young MCB Hawaii team, with an average age of 21, played like veterans en route to dethroning the two-time champs, 85-75, July 18 here.

Marine Corps Base Hawaii stepped onto the court with complete confidence after beating Division twice during round-robin play.

"I felt real good about this game," said Russ Johnson, point guard, MCB Hawaii, and tournament most valuable player. "We all wanted this, so we came out and did what we knew we had to do."

The game was opened up with MCB Hawaii's fast-paced transition style of play, which helped the team get off to an early 13-2 lead. The team also applied a suffocating full court press that caused Division to

open the game — shooting only 20 percent from the field.

Head Coach Timothy Toney, of Division said MCB Hawaii's press and fast start did not really worry him. He knew his team had the composure to fight that off, but there are some things that cannot be overcome.

"I have the most experienced backcourt in the regional tournament," Toney said. "Layups caused us to lose. They just didn't fall for us. You can't miss as many layups as we did and expect to win."

Division couldn't find its rhythm for the first 15 minutes of play. However, the veterans kept the game close and waited for the chance to make the move.

With 5:55 left in the first period, Norman R. Capers, forward, Division, reigning tournament MVP, ignited his team on a 10-0 run with a ferocious block, and finished off the scoring frenzy with two free throws.

Division was down by one, 32-31, after putting on a 2:05 minute offensive display.

Marine Corps Base Hawaii still managed to go into the half with a five-point cushion (39-34), even after the threatening run by the Division basketball team.

Both teams came out in the second half ready to battle for the title after the halftime rest and the coaches' pep talks.

The MCB Hawaii team came out running and hustling to create a

seven-point lead (59-52).

Again, Division waited patiently, and brought the game within one after Jimmie Lucas Jr. converted a three-point play. Division had a chance to take the lead, but a forced pass led to a turnover and an MCB Hawaii score.

Division would pull within one point for the last time when 1992 All-Marine Paul Davis made a clutch steal and converted it into two points in an attempt to keep his team close.

Nathan McQuirter, forward, MCB Hawaii, and all tournament team selection, answered Division's hustle with a long-range three pointer and a high floating base line layup that sent his team on an 11-5 spurt. This time Division could not find an answer for MCB Hawaii's eight point lead (73-65) with less than four minutes to play.

When the final buzzer sounded Head Coach Greg Mitchell of MCB Hawaii, said he felt relieved to win the game and finally get the monkey off his back.

"We would have won this last year if we didn't make a mistake and let Group [3rd Force Service Support Group] take us out in the semi-finals," said Mitchell. "I let Group slow us down. Division tried to do the same thing this year."

"I made a decision that we weren't slowing down; we were going full throttle. We came back and got what was rightfully ours."

Marine drives on a short path to success

Lance Cpl. Elsa Portillo
MCB Camp Butler

CAMP FOSTER, OKINAWA, Japan — Every Marine has a rifle and is expected to master it. He or she is to know personal settings and adjust for various situations.

Marines learn more with every round they fire.

The Marine Corps gave Nathan Jones this tool for survival, but his father gave him a different tool for his future — a dirt bike.

Jones, a motocross enthusiast, found his love at the age of 14. According to Jones, he had always been an active kid, but that took on a whole new meaning when his father gave him a dirt bike.

His father rode dirt bikes when he was younger and wanted to start riding again, so he decided to make it a father-son event.

"We were both straight beginners when we started," Jones said. "Neither of us had any idea what we were doing."

This lack of knowledge did not stop them from going a step further. At his father's urging, Jones started competing just two weeks after receiving his bike.

"I started as a beginner," Jones recalls. "I barely knew how to shift when I first started competing."

Jones kept racing and learning, which kept him climbing up the competitive ranks. His dedication to the sport paid off in two years. At the age of 17, he was competing in the pro class.

After graduating high school at 18, with his father's guidance, Jones scouted his options for the future and decided to join the Marine Corps.

"I wanted to grow up," Jones said. "I saw people that I knew who were older



Lance Cpl. Elsa Portillo

Nathan Jones, a Marine stationed aboard Camp Foster, Okinawa, Japan, turns a corner and prepares for the next jump on the track. Jones competed in the pro class in the U.S. and is honing his skills in Japan to become even more competitive.

than me, and they weren't where I wanted to be in three years."

Jones went to boot camp and graduated his military occupational specialty school before coming to Okinawa, his first duty station. He said he had to look deep before finding any racing information on island.

"I was here for about two months and didn't even know riding existed," Jones said. "I tried constantly to find people."

It wasn't until Jones was introduced to a man who works at Grit Moto, a bike shop here, who in turn introduced him

to other riders, that Jones was able to find and compete in races on island.

According to Jones, the military has not only introduced him to new people and different cultures, but it has also given him physical and mental direction.

With his newfound direction, Jones has participated in races on island, which he said he has enjoyed.

He took first place in the first of a two-race event and followed with a second-place finish, which made him the overall second place winner. Afterward, he said he realized he needed to train and ride

harder because he wants to compete seriously.

Jones hopes to one day go to mainland Japan and race in a new and bigger arena. It may give him the chance to get a company sponsorship, since mainland Japan boasts larger competitions.

Jones acquired talent for motocross racing before he joined the Marine Corps; however, he has gained discipline and found new terrain to hone his skills.

He is now driven to achieve his dream of becoming a sponsored and successful rider.



spotlight on health

Legal shoots down the marijuana myths

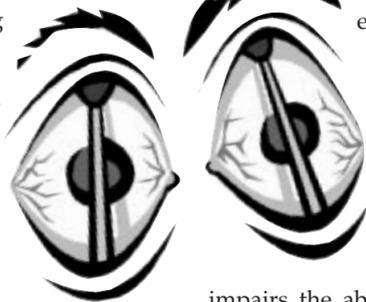
Base Legal Services Center

Press Release

Substance abuse and drug-related crimes are present in every community. Only by knowing the facts about illegal drugs can you make the choice to remain drug free for yourself and your children.

Often there is a movement to legalize certain drugs, especially marijuana. Proponents of this movement support many myths about the use and impact of the drug.

The White House Office of National Drug Control Policy has identified several myths that are commonly held about marijuana and the facts behind them. The following separates the facts from myths.



Myth 1: Marijuana is harmless.

The Facts:

Health Consequences

Smoked marijuana contains 3-5 times more tar and carbon monoxide than comparable amounts of tobacco.

Marijuana use as a cause for emergency room visits has risen 176 percent since 1994, and now surpasses heroin.

Smoking marijuana leads to changes in the brain similar to those caused by the use of cocaine and heroin.

Marijuana affects alertness, concentration, perception, coordination, and reac-

tion time — many of the skills required for safe driving. A roadside check of reckless drivers (not impaired by alcohol) showed that 45 percent tested positive for marijuana.

Marijuana abusers are four times more likely to report symptoms of depression, and have more suicidal thoughts than those who never used the drug.

Social Consequences

Poor performance in school has been associated with marijuana use.

Youths with an average grade of D or below were more than four times as likely to have used marijuana in the past year as youths with an average grade of A.

Heavy marijuana use impairs the ability of young people to concentrate and retain information during their peak learning years.

The drug THC changes the way sensory information gets into and is processed by the part of the brain that is crucial for learning and memory.

Marijuana users in their later teen years are more likely to have an increased risk of delinquency, more friends who exhibit deviant behavior, more sexual partners, and to engage in unsafe sex.

Economic costs

Multiple research reports show mari-



juana levies significant costs to society in the form of lost employee productivity, public health care costs, and accidents.

American drug users spent \$10.6 billion on marijuana purchases in 1999.

Myth 2: Marijuana is not addictive

The Facts:

Marijuana is much stronger and more addictive than it was 30 years ago. Average THC levels rose from less than 1 percent in the late 70s to more than 7 percent in 2001. Sinsemilla potency increased from 6 percent to 13 percent. Levels of THC 20 percent and up to 33 percent have been found in samples of sinsemilla.

Of those who try marijuana at least once, nearly one in ten become dependent.

Myth 3: Marijuana is not associated with violence, like cocaine and heroin. It is the criminalization of marijuana that leads to crime, not the drug itself.

The Facts:

It's not simply the trafficking of drugs that causes crime and terror at home and abroad. It's also the behavior of people

who have drug dependencies that cause crime.

Research shows a link between frequent marijuana use and increased violent behavior.

Youth who use marijuana weekly are nearly four times more likely than non-users to engage in violence

In the Marine Corps, we choose to live in a society that does not tolerate drug use. When considering the facts, it is clear why marijuana should not be used and why everyone must be educated about the myths of drug use.

But, education should not stop with a single article, in support of or against drug use.

Everyone should continue to educate themselves about new drug use and their effects.

Parents must continue their education in order to talk to their children about illegal drugs and their impact on our lives.

Marines must continue their education to combat myths supporting illegal drugs and to identify the negative impact illegal drug use has on Marine society.

More detailed information and additional facts about illegal drugs can be found at www.whitehousedrugpolicy.com.

Only when the facts are known about illegal drugs and their impacts on society can the myths be defeated and communities become drug free.

Everyone's medicine cabinet needs a checkup

NAPS

Featurettes

You aren't the only one who needs a periodic check-up, so does your medicine cabinet. It's good to clean it out at least once a year, pitch out what you don't need and restock supplies that are low or missing.

Out with the Old

If your medicine cabinet includes tubes and bottles that are outdated, the first step is to discard them. Rite Aid Pharmacist Sarah Matunis, R.Ph., points out that all prescription drugs have expiration dates on their labels.

Over-the-counter medications have this information stamped on the package. Throw away any medicines that have expired, changed color, formed residue in the bottle or were not stored according to the manufacturer's recommendations.

The only prescriptions you should have in your medicine cabinet are those you are currently taking.

"Resist the temptation to share leftover prescriptions with anyone, no matter how similar their symptoms. Prescriptions should only be used by the person for whom they were prescribed," said Matunis.

People who self-medicate can build resistance and



mask symptoms. Furthermore, any old medications given to others can cause serious allergic reactions or drug interactions," added Matunis.

If you can't remember what a prescription was for, a "brown bag" session may be in order. Collect the items, put them in a brown bag and take them to a Rite Aid pharmacist who is specially trained to review the medications and answer any questions.

In with the New

According to Matunis, a well-stocked medicine cabinet should have certain staples, like pain relievers, anti-septics, antibiotic ointments, bandages, analgesics and medications for diarrhea, nausea, and constipation. In the event of an accidental poisoning, every home should also have a supply of ipecac syrup available.

Keeping Medications Safe

Your bathroom and kitchen are the worst places in the house to store medications. The heat and humidity in these rooms can quickly degrade medications. All medications should be kept in a cool, dark place, away from sunlight, heat sources and children.

Checkup Reminder

It's important to establish a routine home assessment of your medical supplies to ensure everything is available and hasn't expired.

"Develop some sort of reminder so it becomes a routine annual event," suggests Matunis. "Try writing down the date on a piece of tape and sticking it on an inside shelf. A year later, repeat the 'house cleaning' of your medicine cabinet."

No one delay. Everyone should clean their medicine cabinet today.

You actually can help yourself quit smoking

Cpl. Denyelle D. Spillane

MCLB Albany

MARINE CORPS LOGISTICS BASE, ALBANY, Ga. — Every person is born with one set of lungs for his or her lifetime. The lungs start working before birth and don't stop until the end of that person's life. Most people don't think too much about their lungs and how much they actually work.

Did you know that the average person breathes 18 times every 60 seconds? Most people don't realize the rigorous work their lungs do day in and day out. However, a cold or lung disease might make them think about it a little more.

Two of the major effects of smoking are emphysema and cancer.

Emphysema destroys the lungs' abilities to expand and contract. Once it develops, it can't be fixed. Every breath becomes difficult, and lack of oxygen damages other organs, making even the smallest task difficult.

The second most common disease caused by smoking is cancer.



Cpl. Jason E. Miller

Tripler Army Medical Center and Branch Medical Facility Kaneohe Bay both offer Smoking Cessation classes.

One reason cancer is so deadly is that it can hide for years. In most cases, by the time cancer is detected, it has already spread to the brain, bones or other organs, and it's too late for treatment.

Lung cancer is not the only cancer caused by smoking.

Researchers are finding that smoking is linked with cancers of the mouth, throat, pancreas, cervix, kidney and bladder. Still not convinced that it's time to quit?

What if all of the damage that smoking does on the inside showed on the outside? What if the charcoal look that your lungs get from smoking showed on your skin and face? Then would you be convinced? Or maybe a story of a mother or father losing their child because of their second-hand smoke would help you realize how it affects other people's lives and not just your own.

What is it going to take for you to decide to quit? Will it be when you suffer from one of the diseases listed? Is that when you will decide to quit?

A smoker doesn't have to have a disease to quit.

Now, you may be thinking that it will be hard to quit and that you won't be able to do it. And it will be hard. However, isn't your life and your families' lives worth it?

Services are available at Tripler Army Medical Center and the Branch Medical Facility, Kaneohe Bay, that can help a smoker kick the habit. Classes are offered by medical professionals who can help. The program starts with decid-

ing to quit and registering for the classes.

"A person has to want to quit," said Navy Lt. Vicki Jernigan, Occupational Health Department head. "They need to be serious about quitting."

The first day of the course is mainly an evaluation process. A medical professional will take and record your blood pressure, weight and pulse. This is done so that you can be monitored for health changes.

Information sheets are done to evaluate how much tobacco products you use and how often. They also cover other factors that may affect a smoker trying to quit, such as other smokers in the household or work place, or if you have tried to quit before, and what methods you have already tried.

Then the process begins. You will be educated on why you shouldn't smoke, how to quit and stay a nonsmoker.

The program offers many ways to find support, including the other smokers trying to quit.

Many other smokers who have taken these classes were successful.

Tetanus and diphtheria risk increases when outdoors

Everyone requires booster shots every 10 years for some infectious diseases

NAPS

Featurettes

More Americans are lacing up, digging in and teeing off with outdoor recreational activity than ever before.

However, whether it's softball, gardening or home improvement, each of these activities presents a risk for tetanus infection, according to the National Foundation for Infectious Diseases.

Most people know that stepping on a rusty nail means a trip to the doctor or emergency room for a tetanus shot, but other, simpler injuries can also put people at risk for getting this serious and possibly deadly disease.

Fortunately, a single booster shot once every 10 years can protect against tetanus, and another highly contagious disease found in many common travel spots such as diphtheria.

"Warm weather and softball are core to the natural athlete in me, and I was surprised to learn that tetanus can be caused by something as simple as a splinter from a bench or a scrape sliding

into home plate," says two-time Olympic gold medallist in softball (1996, 2000) Dr. Dot Richardson.

Causes of Tetanus

"Tetanus is caused by a common bacteria in our environment that enters the body through any wound, be it serious or minor," says NFID President Susan Rehm, M.D. "If someone gets a small wound but has forgotten to get a booster shot in the previous 10 years, they could be at risk for an infection."

During a three-year period ending in 1997, 120 cases of tetanus were reported in the U.S., with 93 linked to a specific wound injury. Although half were due to puncture wounds, including things like stepping on nails (rusty or clean), other common injuries were also to blame. Cuts, scrapes, splinters, animal bites, surgery, self-performed tattooing and body piercing also caused tetanus infections.

Both minor and major injuries may put you at risk for tetanus, which is why it is important to be up-to-date on your routine tetanus booster shot.

Activities that increase tetanus risk

For adolescents and adults, some of the most common outdoor activities that pose a potential risk for tetanus infection are bicycling, walking, basketball, roller

sports, soccer, backpacking and baseball or softball. Other activities strongly associated with tetanus risk include gardening or landscaping and yard work around the house.

"Each of these activities is an at-risk situation for tetanus infection, especially to those who are not up to date on their Td booster," adds Dr. Susan Rehm. "With more of us participating in outdoor sports than ever before, it is especially important to stay on guard."

Even a leisurely afternoon in the garden can create the perfect environment for tetanus exposure - imagine nicking yourself with a spade while planting seeds or even puncturing your skin with a rose thorn. The CDC found that 39 percent of the tetanus cases in 2001 were related to farming or gardening.

Diphtheria

Diphtheria is a disease caused by bacteria passed from one person to another that infects the throat and nasal passages. Like tetanus, it can be fatal if left

untreated. Diphtheria is still common in 87 countries, many of them popular travel destinations in the Caribbean, South America, Africa, and even some parts of Europe. Maintaining an up-to-date Td booster is the best way to ensure protection against diphtheria during foreign travel and to keep the disease from recurring in the U.S.

An ounce of "protection"...

Tetanus and diphtheria vaccinations are given to virtually all children in this country. Because protective levels of tetanus and diphtheria antibodies both decline over time, the tetanus and diphtheria boosters are combined into a single "Td" vaccine to be given every 10 years, starting in adolescence and continuing throughout life.

The NFID advises everyone to take advantage of 10 year Td vaccine protection, especially those engaging in outdoor activities or planning international travel. More information is available at www.nfid.org.



Power forward Jeffrey Privott defies gravity while levitating to the goal during the intramural basketball tournament July 25 at the Semper Fit Center.



Facilities guard Brett Hitsman goes over an Old School defender's head at to the net during the 30 and over Intramural Basketball Tournament July 25.

INTRAMURALS: Old School triumphs, 51-47

From C-1

defense with an onslaught of shots from all over the court — with a Kool-Aid grin on his face.

With the final moments of the game approaching, Base Facilities tried its best to mount a comeback, with no avail.

The game came to a close with the final score of 51-47. The Old School boys added

another victory to their wall of glory.

“We had a strong defense, and the boys showed a lot of heart on the court tonight,” said shooting guard and coach James Stanley. “They made every point count. The offense wins the game, and the defense wins championships.”

“We pulled together in the second half as a team, and that was what won the game.”

CAMBRA: He attains his goal

From C-1

Cambra gets his drive and determination toward greatness from his grandfather.

Anthony Cambra Sr. is a retired Army colonel, and a former Marine who served with the 1st Marine Division during World War II.

Because of his family heritage with the U.S. armed services, Cambra has been collecting military memorabilia since he was a teenager. His collection includes a Japanese bayonet that his grandfather recovered during a battle at Guadalcanal, as well as a number of other relics.

Anthony Cambra takes great pride in carrying on the family legacy of patriotism. Already one of the top paddleboarders in the state, Cambra looks to be the best.

“I train with the memory of my mother who died earlier this year,” said the driven athlete. “I always keep my family in the forefront of my goals.”

Cambra’s next goal is to travel to Australia to compete. After watching Cambra paddle, fans have said they wonder who could doubt that he is destined for greatness.

SOCCER: Defending champs put up good fight in intramural tourney

From C-1

roller across the net, which the crawling keeper could not catch up to.

With minutes left in the game, Headquarters Bn. was making every effort to tie the championship when one of its players, Helder Nunes, suffered an injury to his head, and another player was walked off the field shortly after.

Insult was added to injury as time expired.

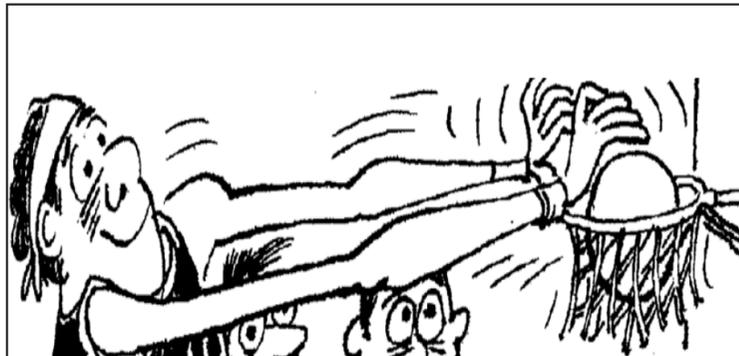
The championship game was over. The MAG 24 soccer team had beaten Headquarters Bn., 1-0.



Sgt. Joseph A. Lee

Antwan Plunkett, MAG-24 striker, leads one of many assaults on Headquarters Bn., MCB Hawaii, and scored the only goal in the game.

Did You Know?



NAPS

The most points scored by a single player in an NBA basketball game is 100, by Wilt Chamberlain of the Philadelphia Warriors, on March 2, 1962.