

Hawaii MARINE

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Click It or Ticket' resumes on and off base



Base Safety Center
Press Release

Military combat isn't the only threat to the safety of U.S. service men and women. Traffic crashes remain the leading killer, and that's why the Provost Marshal's Office aboard MCB Hawaii will partner with more than 12,000 state, county and municipal law enforcement agencies in the nationwide crackdown against seat belt violators.

The enforcement blitz comes as data shows that more men and women in uniform die in traffic crashes than any other cause.

The "Click It or Ticket" blitz will start today and continue through the Memorial Day holiday.

Deaths among military personnel occurring in private motor vehicle crashes are up 35 percent from 2001. In fiscal year 2002, 321 military personnel across all services lost their lives in traffic crashes. Tragically, nearly half of those young service members who failed to wear seat belts could have survived if they had buckled up.

Military personnel, by virtue of age and gender, typically epitomize the low belt user: males, ages 18 - 34.

That is why teens and young adults will continue to be a key target of Click It or Ticket. Fatality rates for teens are twice that of older drivers, and the risk of crashes for teens is four times that of older drivers.

According to new data from the National Highway Traffic Safety Administration, 7,772 teens, ages 16 - 20, died in traffic crashes in 2002 — nearly a six percent increase from 2001 — and thousands more were injured.

The two-week enforcement wave that runs from May 19 through the Memorial Day holiday, will be supported by more than \$20 million in state and national advertising. It is based on a proven public health model to increase belt use called "high visibility enforcement."

During the national Click It or Ticket mobi-

See SEAT BELTS, A-6

Governor to visit MCBH, Wednesday

Cpl. Jason E. Miller
Press Chief

In a show of patriotism and thanks, Hawaii Governor Linda Lingle is slated to board MCB Hawaii, Kaneohe Bay, Wednesday, for a tour of the installation and a visit with

Hawaii's Marines and Sailors.

Governor Lingle, who last year was voted into office as the first female governor of Hawaii, and the first Republican governor in more than 40 years, will be greeted by the commanding general and other key officials.

Brigadier Gen. Jerry C.

McAbee, commanding general of MCB Hawaii, and Gov. Lingle will address Marines and Sailors between Hangars 103 and 104.

Afterward, Gov. Lingle will be treated to a static display of weapons and equip-



LINGLE

ment by devil dogs with the 3rd Marine Regiment, as well as an aircraft display by Marines and Sailors with Marine Corps Air Facility, Marine Aircraft Group 24, and Commander Patrol Reconnaissance Force Pacific.

'Uncle! Uncle!'



Lance Cpl. Monroe F. Seigle

Captain Jeremy Deveau, a flight officer with Marine Heavy Helicopter Squadron 362, executes a leg sweep on Capt. Carroll Lane, an S-1 officer with HMH-362, during a Marine Corps Martial Arts Program training course, to complete their tan belt level of training. Several squadron Marines completed the training May 6 aboard MCB Hawaii, Kaneohe Bay.

Issues, needs of disabled here, voiced to HQMC

Lance Cpl. Monroe F. Seigle
Combat Correspondent

The Military Committee for Persons with Disabilities, along with other key personnel aboard MCB Hawaii, Kaneohe Bay, gathered March 30 to further discuss pressing issues involving special needs family members who reside on base.

Currently, more than 250 disabled individuals reside here and 60 percent are under the age of 18. Although much has been accomplished to accommodate these individuals, a growing concern of the family members is the desire for their loved ones with special needs to be allowed to participate in extracurricular activities.

Ed Josiah, exceptional family member coordinator at MCB Hawaii, is currently working with Headquarters Marine Corps, seeking guidance on several family requests to allow their children with special needs to participate in all youth-related activities on MCB Hawaii. Josiah is also researching how to provide reasonable accommodations at no additional costs to the supporting family members.

Currently, children with special needs will be accepted into Children, Youth and Teen Programs that can be accommodated to meet their needs. Acceptance into programs is determined by a Special Needs Evaluation Review Team, once identified as a special needs request.

A complete listing of special needs resources is now available for checkout at the base library, to include resources available at the inter-library exchange. The titles are cataloged according to specific

See SPECIAL NEEDS, A-6

Bravo, 1/12, reclaims coveted 'Top Gun' honors

Cpl. Jason E. Miller
Press Chief

Not three sleepless nights, nor rough terrain, nor an aggressive title defender could stop the Marines of Bravo Battery, 1st Bn., 12th Marine Regiment, from reclaiming the title of "Top Gun."

The Marines from Howitzer, Gun Section Four, were recognized May 2, in front of the Third Marine Regiment headquarters aboard MCB Hawaii, Kaneohe Bay.

Section Leader Sgt. Jose Galvan received a Navy Achievement medal, while the rest of the firing section was presented with certificates of commendation from the commanding officer and sergeant major of 1/12.

Facing off against last year's winners of the Top Gun — Charlie Battery, 1/12 — and led by Galvan, the Bravo Battery

Marines overcame several difficult tasks before commanding attention as the Top Gun section in the regiment.

The winner of the competition is always the gun team that hits the most targets, sends rounds downrange in a most efficient time, conducts movements in the fastest time, and answers the most in a series of artillery knowledge questions.

"This is not an easy competition to win," said Sgt. Maj. David Smith, 1/12 sergeant major. "These guys did a great job, so it's really good for them to be recognized like this. They all should be very proud."

Working in eight-man teams, each cannoneer has a job that is essential to mission accomplishment. Without every person doing his job, a gun crew would be hard pressed to win the competition and earn the right to be called Top Gun.

Everyone on the team must be synchronized and well trained to the order in which things work on each particular cannon.

"Even when my guys were really lacking sleep, they per-

formed like they were well rested and ready to go," said Galvan. "It feels really great to win. There's no way we could have done it without everyone in the section giving 110 percent."



Cpl. Jason E. Miller

Marines from Bravo Battery, 1st Bn., 12th Marines, pose in front of their newly awarded plaque at the 3rd Marine Regiment headquarters. The Top Gun winners were recognized May 2.

MCBH News Briefs

LEE UNIVERSITY SINGERS TO SHARE HARMONY, TUESDAY

Spirits are sure to be uplifted when the melodious harmony of voice and instrument come together during performances by the Lee University Singers at the base theater Tuesday at 7:30 p.m.

The Lee University Singers are a group of 60 vocalists and instrumentalists whose repertoire ranges from choral classics to gospel favorites. In its 38-year history, the singers have been featured guest performers on national and regional television programs.

The group has also performed in countless concerts in nearly every state in America.

For more information on the performance of the Lee University Singers, call Chaplain Thornton at 257-3552.

ASIAN PACIFIC HERITAGE TO BE CELEBRATED, MAY 17

In honor of Asian Pacific Heritage Month, MCB Hawaii will host a craft fair at the Kaneohe Bay Marine Corps Exchange, May 17 from 12 - 3 p.m. Plenty of activities are scheduled for kids and adults, including the bouncy house, food tastings, guest speakers and musical entertainment.

Miss Hawaii will also be in attendance and available to take photographs with service members and their families.

SUNSET CEREMONY SCHEDULED MAY 23 AT PWM

Marine Corps Base Hawaii, Kaneohe Bay, will host a Sunset Ceremony at the Pacific War Memorial on May 23 at 6:30 p.m. Open to the public, the event will feature marching and concert performances by the Marine Forces Pacific Band and remarks from Commanding General Brig. Gen. Jerry C. McAbee.

Guests are invited to bring blankets or small lawn chairs and enjoy the evening ceremony. Limited parking will be available; however, a shuttle service will be operational. Call 257-8840 for more details.

See BRIEFS, A-5

Hawaii MARINE

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Haley Grace of the Puamana Hula Studio performs a traditional Hawaiian hula dance during the Spirit of America Volunteer Celebration aboard MCB Hawaii, Kaneohe Bay, May 2.

MCBH salutes its volunteers

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

The Marine Corps has proven itself one of the world's finest fighting forces, continually winning battles and accomplishing missions while ever present around the world.

Behind the scenes, there are many fine Americans who show their patriotism by giving up their spare time to ensure the Corps is mission ready and capable of accomplishing the next

mission — wherever that mission may be.

To show appreciation to all the volunteers here who have made many sacrifices for service members who proudly serve in the military aboard MCB Hawaii, an assembly with the theme "Celebrate Volunteers: The Spirit of America" was held at the base theater, May 2.

During the assembly, 28 honored organizations of volunteers received awards for their outstanding contributions over the years.

The assembly began at 3 p.m. with opening selection "Battle Cry of Freedom" performed by the Marine Forces Pacific Band. A line-up of motivating and patriotic tunes followed such as "God Bless the USA" and the "Stars and Stripes Forever."

Brigadier Gen. Jerry C. McAbee, commanding general of MCB Hawaii, spoke about the vast and astounding contributions volunteers have made here, before awards were

See VOLUNTEERS, A-5

VP-9 mentors Japan-based students

Navy Lt. Jesse Howell
Patrol Squadron Nine

MISAWA AIR BASE, Japan — "It's a great program and opportunity to help the students. It's the best 45 minutes of my week."

Those were the words of Petty Officer 3rd Class Crystal Adling, an aviation electronics technician, referring to her part-time tutoring role with her squadron's Personal Excellence Partnership program.

Adling, a native of Riverside, Calif., is one of 28 volunteers with Patrol Squadron 9's Golden Eagles who spends from 45 minutes to several hours each week helping students in after-school tutoring programs aimed at boosting a variety of skills and providing vocational guidance.

The English poet and philosopher John Donne noted the interrelationship of all things. Although we are all individuals, we also are inextricably linked to



PH2 Elizabeth Burke

Petty Officer 3rd Class Crystal Adling of VP-9 tutors math at a Misawa high school every Tuesday. She enjoys working with children and aspires to one day become a teacher.

each other, he explained.

Donne penned, "No man is an island, entire of itself; every man is a piece of the continent, a part of the main."

The Golden Eagles have applied this idea in developing a community service outreach partnership with two Misawa Air Base schools: Edgren High School and Sollars

Elementary School. The squadron implemented the tutoring and mentoring program building on the Navy's policy of joint Navy and community youth education and enrichment.

Tutors and students meet twice weekly, in personal sessions, to build on a variety of skills that teachers and counselors have identified as the students' weak

points.

The elementary school has had more than 135 students attend tutoring sessions. The tutors primarily focus on math, reading, geography and spelling. Thursday sessions focus more on spelling, to prepare the students for their Friday tests.

See VP-9, A-5



RACOOSIN

'Skinny Dragons' welcome new CO



Commander Robert Racoonin (left) replaced Cmdr. Tyrone Payton as the 53rd commanding officer of Patrol Squadron 4 aboard MCB Hawaii, Kaneohe Bay, April 11. Racoonin previously served as the squadron executive officer. Payton is scheduled to report to the Naval War College in Washington, D.C.



PAYTON

1/3 families wage ‘Pillowcase Crusade’



Above — Maureen Segon, a family member, attaches a “Hey Hollyweird” transfer onto a pillowcase.

Below Left — Charlie Daniels’ speech, renamed “Hey Hollyweird,” was sent to many of the single Marines.

Below Right — A married Marine will get this pillowcase from his wife on Father’s Day.



Story and Photos by
Cpl. Jessica M. Mills
Editor

While some Americans sit back and quietly pray for our deployed Marines and Sailors, and others go to rallies, the family members of 1st Bn., 3rd Marine Regiment, have come up with a novel idea to say “we are thinking of you” — pillowcases.

The families of 1/3 wanted to send out a care package that would be more personal than just toothpaste and cookies, so in a brilliant moment three months ago, Sharon Kostic, a 1/3 Key Wives Network Volunteer coordinator, came up with the idea to transpose family pictures onto pillowcases.

"I sent my husband one for Valentine's Day, with my daughter's face on it. He loved it," said Kostic. "And I got this idea, wouldn't it be great if we did this for all the Marines and Sailors?"

When Kostic sat down and actually figured the logistics for the project, she realized she was going to need some support. There are 937 Marines in 1/3 and they wanted to send a pillowcase to all of them — married and single.

"I don't think when I started this, I knew what 937 pillowcases looked like," said Kostic. "I didn't realize the logistics and enormity of the project, or what it was going to take to get it done."

"People wanted to help. They wanted to do something, even if all they could do was donate money or supplies," said Kostic. "I enlisted a lot of help from spouses and Americans on the Internet. Most of the Internet companies I contacted



Avery Kostic, 4, draws a picture for her “daddy” on a banner that is being sent to the deployed 1/3 Marines.

were more than willing to help out."

The program, aptly named the "Pillowcase Crusade," received more than 2,000 pillowcases.

Linen's N' Things donated 800 pillowcases to the program and American Linens — a hotel supply chain — donated 900. Family members and patriotic Americans on the Internet also donated pillowcases and other various supplies.

More than 2,000 stickers were donated, 1,000 iron-on transfers, about 10 ink cartridges, and many monetary donations, all from family members, faceless Americans, and Internet companies.

Country music icon Charlie Daniels gave Kostic the copyrights to two of his motivational speeches, one of them his famous "Open Letter to the Hollywood Bunch," which Kostic labeled “Hey Hollyweird.”

Daniels also donated an undisclosed monetary sum to the project.

Once all the fund-raising was complete and supplies were collected, the spouses began the enormous task of making the pillowcases.

First the volunteers had to wash all 2,000 pillowcases before they could iron on the designs. Then, once that was completed, they col-

lected photos from all the families through either e-mails or hard copies and printed them out onto the iron-on transfers.

They also printed out hundreds of copies of a motivational photo and Charlie Daniels’ speech for the single Marines' pillowcases.

"Many of the single Marines’ families sent us photos, as well, pictures of their brothers and sisters, even nieces and nephews," said Kostic. "Anything to let them know we are all missing them."

The volunteers also had videos of the families made pro-bono by a professional videographer during a potluck on Sunday, when they viewed the finished product.

"It's awesome that our wives and families are coming together and getting this done," said Mary Holmes, a Key Wives Network Volunteer coordinator for 1/3. "This project is creating a bond that will make the deployment much better for all of us."

The videos will be put into the care packages, which will also include the pillowcases, banners made by the children, popcorn and other tokens.

"This opportunity is an amazing blessing. It's a way to touch my husband's heart and let him know we miss him," said Kimberly Rose, a family member. "And it's nice to see everyone come together and work so hard and so long towards one goal."

The care packages will be sent out in time for Father's Day, going to places like Camp Hansen, Okinawa, Japan, and the Persian Gulf and the Philippines.

"This is going to be a great Father's Day gift, so it's a surprise," said Kostic. "And the single Marines will enjoy it, too, because they will know we are thinking of them."

Local Marine honored for promoting diversity

Lance Cpl. Monroe F. Seigle
Combat Correspondent

A master sergeant with Headquarters Bn., MCB Hawaii, Kaneohe Bay, was recently awarded the Asian Pacific American Council Meritorious Award for his outstanding accomplishments while serving in the United States Marine Corps.

Master Sgt. Iosefa Elisara, the battalion's career retention specialist noncommissioned officer in charge, was determined to be the best candidate for the prestigious award. He has more than 24 years of selfless service to the Corps.

Elisara, a native of American Samoa, enlisted in the Marine Corps in August of 1978 and has since served at bases located throughout the world, and also in Operation Desert Shield and Desert Storm during Task Force Ripper.

Since coming to MCB Hawaii in July of 2001, Elisara has demonstrated a remarkable ability to assist Marines in making the decision to continue their life in the Marine Corps, and possesses a wealth of knowledge in DoD and Marine Corps policies.

During his climb through the rank structure, Elisara has strived to achieve a harmonic environment between the military and the Asian Pacific American civilian community, with several noteworthy accomplishments.

He recently ventured to New Zealand, Western Samoa and American Samoa, where he spoke with countless civilians. Through his astounding ability to effec-



ELISARA

tively communicate, he encouraged many Americans abroad to consider enlisting in the U.S. military.

A devoted husband and father of seven, Elisara has been recognized as a valuable public relations figure in the Pacific Region. He is often called upon for guidance, and is viewed as having strong leadership that is emulated by his subordinates and service members of other branches of the

armed forces. Elisara often devotes his personal time volunteering at events that promote the cultural tapestry of the Asian and Pacific Islander, as well as promoting the Marine Corps to all walks of life.

"I was born in American Samoa, and

I'm proud of my ethnic background," said Elisara. "I joined the Marine Corps to better myself, and I am here to tell any individual, regardless of where they come from or their ethnic background, that they can make something of themselves in this diverse fighting force."

Although quite modest about his accomplishments, Elisara is a highly decorated Marine who was awarded a Bronze Star with the "V" device, the Meritorious Service Medal with one gold star, the Navy Marine Corps Achievement Medal and the Combat Action Ribbon.

"I do what I think is right and take pride in being an American Somoan as well as a United States Marine," said Elisara. "I want to make the Corps a better place for everyone, and make them want to stay in through promoting diversity and a harmony of the many ethnic backgrounds within our ranks."

Word on the Street

What are you doing for Mother’s Day?



"I'll send her a card and a necklace."

Sgt. Roy Sanchez
Systems analyst,
HMH-463



"I'll send my mom a Mother's Day card and a little money to buy herself something nice."

Luisa Gonzalez
Barber, Bldg. 244
MCCS



"I am going to order my mom a traditional Irish gift off the Internet."

Lance Cpl. Chris Carpentier
Administrative clerk,
Headquarters Bn.,
MCB Hawaii



"I am going to make my mama a flower and a heart out of Play-Doh."

Monique Coyaso
1st grader,
Mokapu
Elementary School



"I am going to send my mom some money. I guess that is the least I can do for her."

Petty Officer 3rd Class Lorenzo Mitchell
Aviation electrician,
VP-47

Marine fights alongside the Coast Guard

Lance Cpl. Monroe F. Seigle
Combat Correspondent

As war rages in the Middle East, a war of the same caliber is being fought on the streets of America, in all its major cities and towns, both big and small.

This war claims the lives of many innocent people, destroys families and effects millions of people a day, regardless of their background or location.

This is the war on drugs.

Some believe America is losing the battle. But, despite the size of the effort, strides forward are readily evident.

One meteorological oceanographic observer with Marine Corps Air Facility, aboard MCB Hawaii, Kaneohe Bay, linked up with Coast Guard Cutter Rush, Jan. 2 through March 14, to help patrol the Pacific waters around Mexico, Costa Rica and Nicaragua, and to assist the cutter in controlling the flow of drugs from Latin America into the United States.

Lance Cpl. Ruth Corrigeux was selected to integrate with the Coast Guard when insufficient numbers of female per-



CORRIGEUX

sonnel were available in the Coast Guard's meteorological field to fill critical positions.

With ability to speak fluent Spanish, Corrigeux became a valuable asset to the mission about to take place.

"Working with the Coast Guard was a gratifying experience," said Corriveau. "I was able to assist with the mission in many different ways because Spanish is my first language and because I am good at my job as a meteorologist."

Corrigeux's daily routine involved gathering data for weather reports in the morning and afternoon. Every evening she briefed the captain of the cutter and made navigation through the rugged waves of the sea possible.

These were not Corrigeux's only responsibilities. Although Spanish lin-

guists were present on the ship, they were not able to communicate as well as Corrigeux could with her native tongue. Therefore, she also translated medical problems into Spanish when crews sought care at Spanish-speaking hospitals and translated messages when foreign nationals were questioned for information that might lead to a drug lord's whereabouts.

Corrigeux discovered that the Coast Guard and corpsmen really appreciated having her onboard.

During one mission off the coast of Nicaragua, the Coast Guard raided a ship with several Colombian drug smugglers who were under surveillance and suspected of transporting mass quantities of cocaine.

Corrigeux proved to be an extremely valuable asset to the mission because she translated the dialectical Spanish being intercepted over the radio, which led to the raid.

Although the suspects set the boat ablaze right before the Coast Guard moved in to make an arrest, the Coast

Guard still confiscated a massive amount of cocaine.

Once the suspects were in custody of the Coast Guard and aboard the cutter, Corrigieux translated for the detainees.

"I am grateful I had the opportunity to be a part of such an important mission," she said. "I learned a lot about the Coast Guard mission, and to appreciate a lot of things I take for granted on a daily basis."

Corrigeux's performance impressed many of the officers onboard the ship. Coast Guard Capt. Patrick H Stadt, captain of the Coast Guard Cutter Rush, awarded her a letter of appreciation for her dedication to the missions.

"I never imagined that my ability to speak Spanish would be so important while I was in the Marine Corps," said Corrigeux. "It proves that the Marine Corps is a great place to be, regardless of your background and whether or not you are a minority.

"The Marine Corps is a powerful organization because of the diversity within it."

== SALUTES ==



Marine Heavy Helicopter Squadron 24

Promotions

Sergeant Allen D Bolton Jr.
Sergeant Robert G Winnes III
Corporal Ryan A Beers
Corporal Chad A Cremer
Lance Corporal Omar A. Longoria

Success in numbers



Fourth Force Reconnaissance Co. Marines pose for a group picture at Camp Commando, Iraq, after successful combat operations as part of Task Force Tarawa. The Marines of 4th Force Recon were shipped out on deployment to Iraq in February of this year.

Courtesy of 4th Force Reconnaissance Co.

BRIEFS, From A-2

CREDO RETREATS AVAILABLE FOR MILITARY, CIVILIANS, FAMILY MEMBERS

The Chaplain’s Religious Enrichment Development Operations, or CREDO, is offering both marriage enrichment retreats and personal growth retreats to service members aboard MCB Hawaii who may be returning from deployments such as Operation Iraqi Freedom and service members who are desiring to improve their relationships with others, feel good about themselves, grow personally and spiritually, and live a more harmonious life.

The next CREDO marriage enrichment retreat is slated for July 11 - 13; the next personal growth retreat is July 24 - 27.

Also, Marine Corps Community Services will be providing courses for returning, formerly deployed service members. Return and reunion briefs are scheduled for May 16 at 6 p.m., May 22 at 12:30 p.m., May 29 at 6 p.m., and June 5 at 12:30 p.m. All return and reunion briefs will be held at the Religious Education Center, Bldg. 1090. For more details, call 257-0662.

‘STAIRWAY TO HEAVEN’ REMAINS UNOPENED TO PUBLIC

The Haiku Stairs, or “Stairway to Heaven “ outside of Kaneohe, are currently still not open to the public. Hikers who risk trespassing on the private land housing the stairway may be subject to arrest or criminal prosecution by civilian authorities.



VOLUNTEER, From A-2

presented to the 28 on and off base volunteer organizations.

Before the evening



Far Left — Colonel Bruce Grathwohl (right), commanding officer of Headquarters and Service Bn., Marine Forces Pacific, receives a unit community volunteer award from Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii, at the Spirit of America volunteer celebration.

Left — Dancers from Puamana Hula Studio perform a traditional Hawaiian Dance.

closed with a benediction, Puamana Hula Studio entertained with diverse selections of traditional Hawaiian music and the graceful dancers delighted the audience

with hula performances. Volunteers adjourned to the base theater courtyard for refreshments and many more personal, heartfelt “thank yous” from attendees for their

support that makes MCB Hawaii a better place to live and work.

“These volunteers have the true spirit of a patriotic American,” said Brig. Gen. McAbee.

VP-9, From A-2

Currently, 43 of the high school’s students are involved in extracurricular tutoring.

“You have an awesome group of folks. I was very impressed,” wrote Missy Gingrich, the high

school’s program coordinator. “I love win-win-win situations: the students, tutors and coaches.”

The Golden Eagles of Patrol Squadron 9 operate P-3C Orion aircraft — a land-based, long-range, anti-submarine warfare and maritime reconnaissance patrol air-

craft.

The squadron is based at MCB Hawaii, Kaneohe Bay, and is currently on its regularly scheduled six-month deployment to the western Pacific, conducting missions in support of Operation Enduring Freedom.

SEAT BELTS, From A-1

lization, military police will intensify enforcement of child passenger safety laws, seat belt laws and impaired driving laws, by more closely monitoring drivers at strategic checkpoints. Drivers failing to restrain themselves and their child passengers will be ticketed according to the law.

Click It or Ticket high visibility enforcement relies on periods of intense enforcement of seat belt laws coupled with aggressive advertising and media outreach to let people know about the enforcement. For many non-seat belt users, and especially young people, the threat of a ticket has proven to be a greater inducement to buckling up than the threat of injury or death.

The mobilization is conducted twice yearly by the Air Bag & Seat Belt Safety Campaign of the National Safety Council, in conjunction with law enforcement agencies, state highway safety offices, NHTSA and the National Transportation Safety Board. The mobilization is also part of “Buckle Up America,” an ongoing NHTSA initiative to increase belt use and save lives.

Marine Corps Base Hawaii participates in the mobilizations because they work.

The U.S. Department of Transportation reported recently that child fatalities from traffic crashes have declined by 20 percent since 1997, when the mobilizations began. The DOT has credited the mobilizations for significantly contributing to this decline and for dramatically increasing child restraint use.



Lance Cpl. Monroe F. Seigle

Members of key organizations aboard MCB Hawaii, Kaneohe Bay, discuss new developments in the ongoing aim to make life easier for exceptional family members at various base locations and in diverse activities.

SPECIAL NEEDS, From A-1

topics and grouped under “Special Needs,” according to Murray Visser, the supervisor at the base library.

Sergio Pablo of the Base Safety Center updated the committee on the progress of playgrounds under construction aboard base. The playgrounds are 90 percent complete and have a target date of June to open.

“We want every family member to know that, no matter what happens, we are here to help them through it,” said Josiah. “Our goal is to make MCB Hawaii a better place for all residents to live.”

LIFESTYLES

Hawaii Marine B Section

May 9, 2003



Performers with the Polynesian Cultural Center delighted crowds with a traditional Tahitian dance during "Sunset on the Plains" in Kapolei. Numerous other sponsors helped the City and County of Honolulu to honor Hawaii's military with a full offering of entertainment, food, crafts, activities big screen movies, and much more, Saturday and Sunday.

West Oahu salutes Hawaii's military

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

With the variety of entertainment available, something was bound to enlighten any age, and put a warm smile on his or her face, Saturday and Sunday. West Oahu, the City and County of Honolulu, as well as other sponsors, hosted Sunset on the Plains at the Kapolei Fairgrounds.

Service members from all branches of the armed forces, and their families, continually mustered to the celebration which honored them throughout the sunny weekend.

Children enjoyed bouncy houses and a variety of treats, popcorn and cotton candy stands, along with their opportunity to skateboard, roller blade and positively interact with other youth during the melange of structured activities.

Highlights of the first night included live music from several local bands and performances by the Polynesian Cultural Center. Capping off the evening, a dazzling display of fireworks marveled the crowds just before the feature movie "Blue Crush" appeared on large screen.

The second day of quality entertainment was just as spectacular as the first.

At 10:15 a.m., the Manutahi Tahitian Dance Group stepped on-stage and gave a memorable performance of a Tahitian

dance in traditional clothing. Afterward, the Capoeira Hawaii at Ewa organization demonstrated Brazilian Capoeira, which is a form of martial arts practiced in South America.

Before Sunday's final event wrapped a perfectly pleasant weekend, the pensive tunes of Celtic pipes and drums filled the air. Silence hushed over the crowds which stood in awe.

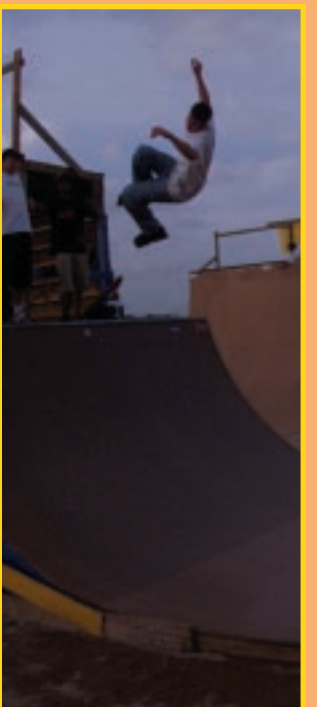
The final event was indeed spine-tingling too, as the Honolulu Symphony Orchestra roused all with spirited renditions of "America the Beautiful" and "God Bless the USA."

Once again, as the sun set on the fairgrounds, a hit movie, "The Lord of the Rings," commanded attention before closing out the week-

end.

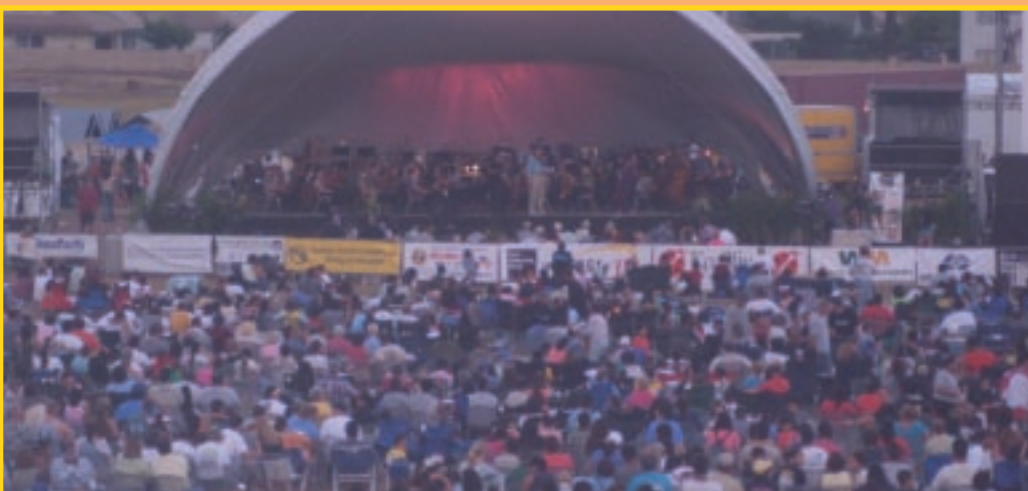
"This was the highlight of my vacation here in Hawaii," said retired Master Sgt. Henry Arbano, who now lives in San Juan Capistrano, Calif. "I was stationed here in 1983, and a lot has changed since then.

"I was really pleased that they took the time to salute the service members stationed on the island. It's a great feeling to know that we are appreciated for the sacrifices we make."

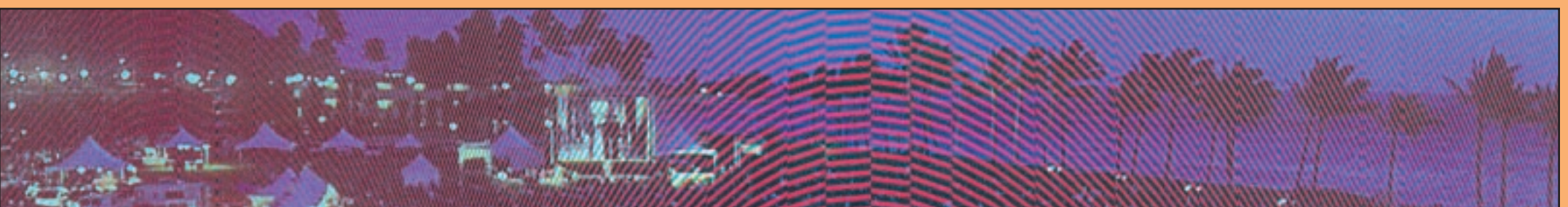


Many skateboarders took the opportunity to strut their stuff on the half-pipe at Sunset on the Plains.

Left — Crowds flocked to center stage when the Tahitian performer from the Polynesian Cultural Center danced with fire sticks at Sunset on the Plains.



Thousands of people converged at Kapolei in West Oahu, Saturday and Sunday, for the first ever "Sunset on the Plains," which paid special tribute to Hawaii's military community.



Sunset on the Plains

MCCS
MARINE CORPS COMMUNITY SERVICES

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

MAY

9 / Today

Military Spouse Appreciation Day — All spouses who visit the following locations and show valid I.D. cards will receive special discounts in honor of Military Spouse Appreciation Day.

•*At the Officers’ Club:* Join us for lunch and receive a free dessert with the purchase of a lunch entrée, or stop by after work and enjoy half-price pupus.

•*At Fairways:* Enjoy breakfast at Fairways with \$1.95 all-you-can-eat chocolate chip pancakes.

•*At Kahuna’s:* Head to Kahuna’s for dinner and receive a 50 percent discount on your meal.

•*At The Lodge at Kaneohe Bay:* Leave the kids behind and enjoy a relaxing evening at the serene Lodge. Enjoy a bed turndown and complimentary chocolates.

•*At the Kaneohe Bay Klipper Golf Course:* Drive out to the Klipper where all spouses will receive free range balls.

•*At the Base Theater:* Enjoy a free medium soft drink with any menu item purchase.

•*At K-Bay Bowling Lanes:* Roll over to the bowling lanes for an evening of bowling where all spouses will receive free shoe rental.

Brushing Up on Cultures — Find out just how “cultured” you are, anytime between now and Thursday.

A new exhibit at the Base Library aboard MCB Hawaii, Kaneohe Bay, called “The Marshall Plan: Cooperating to Rebuild Europe,” provided courtesy of the Hawaii Council for the Humanities, allows patrons to enjoy an Asian Pacific American Heritage display, and books about or written by famous Asian Pacific Americans.

Browse the cultural exhibit and catch up on your reading at the same time. Call 254-7624 for more details.

11 / Sunday

Mother’s Day Brunch at The Officers’ Club – Show Mom how special she is at the Champagne Sunday Brunch. Leis will be given to all of the special ladies. Reservations are required and can be made by calling 254-7650.

14 / Wednesday

Stress Reliever — Every

Wednesday from 1 – 2:30 p.m., eliminate stress and anxiety with help from Personal Services.

Catch the “Thought Field Therapy Workshop,” in Bldg. 216, to learn some exciting new stress-relieving techniques that work with people of all ages. To register, call 257-7780.

15 / Thursday

Library Storytime — Every Thursday from now until June 5, the Base Library, Bldg. 219, will host a delightful Storytime at 10 a.m.

Children and parents are invited to have a fun-filled hour of stories, activities and special events.

Come on down and spend some quality educational time with your children.

For more Storytime information, call 254-7624.

Helping Children Learn and Grow with Family Child Care — Family Child Care is a home setting child care service provider operated by the Marine Corps Community Services’ 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 Family Child Care provider, call the Children, Youth and Teen Programs officer at 257-7430. Contact Family

Child Care at 257-7030..

New Hours at the Officers’ Club — Off duty hours are for relaxing, so stop by the Officers’ Club and enjoy fantastic food and panoramic views of the Pacific during these hours:

•“Champagne Sunday” Brunch from 10 a.m. to 1 p.m., for \$18, or without champagne at \$15.

•“Right Hand Man Monday” lunch buffet from 11 a.m. to 1 p.m., with a la carte from 11 a.m. to 1:30 p.m.

•Daily (Mondays – Fridays) lunch buffet from 11 a.m. to 1 p.m.; a la carte from 11 a.m. to 1:30 p.m.; dinner on Thursdays through Saturdays from 5:30 - 8 p.m.

•Koa Bar on Wednesdays and Thursday from 4 - 9 p.m.; Fridays from 3 - 11 p.m.; and Saturdays from 5 - 8 p.m.

New Hours at Kahuna’s — You’ve got the same awesome club, with even better hours. The Kahuna’s Sports Bar and Grill will now be open as follows for your enjoyment:

Sundays: Closed
Mondays: 6 p.m. - 12 a.m.
Tuesdays: 6 p.m. - 12 a.m.
Wednesdays: 6 p.m. - 1 a.m.
Thursdays: 6 p.m. - 12 a.m.
Fridays: 4:30 p.m. - 2 a.m.
Saturdays: 6 p.m. - 2 a.m.

New Hours at the Staff NCO Rocker Room — The Rocker Room is getting a facelift, so until renovations are complete, make a note that new hours of

operation are in effect. (The renovation completion date has yet to be determined.)

Sundays through
Tuesdays: Closed
Wednesdays: 4:30 - 8:30 p.m.
Thursdays: Closed
Fridays: 4:30 p.m. - 2 a.m.
Saturdays: Closed

18 / Sunday

Free Sneak Preview of “Bruce Almighty” — Stop by the Base Theater for a free showing of “Bruce Almighty” starring Jim Carey. The show will begin at 7:15 p.m., so get there early and grab a seat.

20 / Tuesday

Officers’ Club Member Appreciation Night — Poolside, live performance by the KingPins. FREE food and beverages for members only. Sponsored by First USA. For more information, call 254-7650.

21 / Saturday

Marriage Skills Workshop — Before taking the big plunge, make sure you are well equipped with the knowledge and skills to create a healthy and successful marriage.

Attend the next Marriage Skills Workshop in Bldg. 216 to learn more about becoming a successful military family, couples’ communication, budgeting and finances, as well as other topics, complete with resource 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

Thursdays: Enjoy free tennis lessons from 11 a.m. - 12:30 p.m. at K-Bay’s tennis courts. Call 258-8081 for reservations.

May 17: Bring your buddies for a Saturday filled with fun at the Barefoot Splash Snorkel Cruise. For \$38, you can go sailing and snorkeling, and explore the underwater beauty of Hawaii.

May 24 - 26: Take advantage of the weekend excursion to Maui. Cost is only \$270.

June 7: Spend your Saturday at Kualoa Ranch on a horseback riding excursion. Cost is \$38.

June 14: Stay tuned for more exciting details of Sandbar Beach Day.

June 27: Mark your calendars for a Friday golf tournament. Keep posted with SM&SP for more information.

Volunteer Opportunities

Make a difference by lending a helping hand. The Single Marine & Sailor Program is actively looking for volunteers for the following events:

Continuing: For Youth Sports and tutors at Mokapu Elementary School.

May 18: For the Windward Marathon, from 4:30 to 9:30 a.m. Call Bill Stone at 261-0808.

Free child care available for military assigned to Op Enduring Freedom

Up to five hours will be authorized per child, weekly, by base agencies

Bobbie Brock
MCCS Public Relations

Funding is available from Headquarters Marine Corps to offer free, respite child care for families with an active duty member working in support of Operation Enduring Freedom.

The active duty service member must be deployed in support of OEF or have incurred additional responsibilities and work hours due to OEF. The respite child care will be provided by certified family child care providers.

The free, respite child care is limited to five hours per week, per child, and is offered in selected Family Child Care homes here on base. Families are referred to and authorized free child care by a base agency. They include, but are not limited to, the New Parent Support Program, Personal Services

Counseling Services, the Key Volunteer Network (via the Key Volunteer coordinator) and chaplains.

Base agencies will give parents an authorization form for free child care and a special list of certified family child care providers who offer free child care for Operation Enduring Freedom. Parents need to call the FCC provider to set up an appointment for child care. Each FCC provider has different availability.

When a family selects an FCC provider, it will need to register with that provider prior to receiving free child care. At a minimum, the family will need a current immunization record, annual health assessment (physical or well baby check up), and a TB test (or PPD) within the last 12 months.

On the day of child care, families must give the FCC provider the authorization form in order to receive free child care. Parents will be asked to sign their child in and out.

For more information, contact the Children, Youth and Teens program at 257-7430.

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, Bldg. 219. Phone 254-7642 for recorded info, 254-7641 for the theater manager.

Deliver Us from Eva (R)
Cradle 2 The Grave (R)
Agent Cody Banks (PG)
Pool Hall Junkies (R)
Agent Cody Banks (PG)
Deliver Us from Eva (R)
*Free showing of:
*Cradle 2 The Grave (R)
Chicago (PG13)
Pool Hall Junkies (R)

Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 7:15 p.m.
Saturday at 9:45 p.m.
Sunday at 3:30 p.m.
Sunday at 7:15 p.m.

Wednesday at 7:15 p.m.
May 16 at 7:15 p.m.
May 16 at 9:45 p.m.

**This movie is a free showing in honor of Asian History Month.*

For up-to-the-minute news about MCCS, log onto
www.mccshawaii.com.

Entries wanted!



Courtesy of Blake Bishop

Children in K-6 can help the community prepare for hurricane season by participating in the 2003 Hurricane Awareness Poster Contest. The season runs from June through November, but kids need to submit their 8.5 x 11-inch, color artwork entries no later than May 29. Similar to last year’s contest — won by Blake Bishop, 8, a second grader at Mokapu Elementary School — artwork must depict ways to prepare and be safe during hurricane season. Youth should place their name, grade, age, address, phone number or e-mail where a parent can be reached, parent’s name, branch of service and rank on the back of each entry. Submit posters to Personal Services, Bldg. 216. The winning poster will be used during the campaign, and the winner will receive a certificate. Call Ms. Linda Read or Staff Sgt. Luis Valdespino at 257-7786 or 7787 for more details.

Humane Society extends help to deployed pet owners

Staff Sgt. Robert Carlson
Public Affairs Chief

Marines and Sailors deploying from MCB Hawaii, Kaneohe Bay, have plenty of time to plan for regularly-scheduled deployments, but when they receive orders on short notice — as many did for Operation Iraqi Freedom — the Hawaiian Humane Society has a new program to alleviate worries about pet care.

The “Pets of Patriots” program, a new outreach program sponsored by the Humane Society, connects deploying Marines and Sailors with volunteers in the community who can foster the animals until the end of the deployment.

“What inspired us to start this program was seeing people called up to deploy suddenly,” said K.T. Ha’ase, publications coordinator at the Hawaiian Humane Society. “Many were turning their animals in to us to be adopted by someone else.”

The new Pets of Patriots program has volunteers offering care for animals in their homes, Ha’ase said, and all the deploying service member needs to do is provide for food and medical attention. In addition to saving the cost of boarding the pet in a kennel, deploying Marines and Sailors who leave their pets with a Humane Society volunteer can rest assured their animal is getting the care and love it needs.

“The Pets of Patriots program is similar to our Paws program, where volunteers offer to care for animals in the pet owner’s home,” Ha’ase explained. “The difference is that since the owner is deployed, the pet is cared for in the volunteer’s home.”

These same volunteers help the Humane Society when animals come in

that are too young to be adopted. They care for puppies and kittens at home, and bring them back to the Humane Society once they’re old enough to be adopted by someone else.

Pets of Patriots is a welcome option for many service members who deploy, Ha’ase said, because for someone who doesn’t have any place to leave an animal for six or seven months, the only other option is to bring it back to the Humane Society to be adopted by someone else.

“There are quite a few volunteers ready to foster animals of service mem-

See HUMANE SOCIETY, B-7



Staff Sgt. Robert Carlson

The Hawaiian Humane Society offers several programs for military members, including free microchip installation throughout the month of May — which is Hawaii Military Appreciation Month — and the “Pets of Patriots,” a new foster service for pets of deployed military.

Hawaii Military Appreciation Month

(Editor’s Note: In recognition of the U.S. military’s contributions to America and the free world, the Chamber of Commerce sets aside the month of May, each year, to pay tribute to service members and their families. Local businesses are providing the following.)

► **Throughout May:** For military and their families, the Battleship Missouri Memorial will offer special rates of \$8 for adults and \$4 for children under 12. Military in uniform are admitted free.

► **Sundays:** The Honolulu Academy of Arts will offer free admission to military on the first Sunday of each month . Military I.D. is required. Free admission also includes May 17.

► **May 16 and 17:** The Polynesian Cultural Center will host Military Appreciation Night. Military will be treated to a 50 percent discount from normal ticket prices, to include on admission, the center’s island shows, IMAX theater showing, dinner buffet and its evening show. A special feature will be the annual Fire Knife Dance competitions, with finals on May 17. Obtain tickets from Information, Tickets and Tours offices.

► **May 17:** AT&T Hawaii, with its team from AT&T Wireless and AT&T Government Services, will once again host the Combined Military Band Concert at the historic Hawaii Theater at 7 p.m. The concert will feature top musicians from Navy, Army, Marine Corps, Air Force, Coast Guard and Hawaii National Guard bands. Attendees can enjoy music from Broadway musicals to military marches to pop songs at this free concert.

Tickets will be available at the Hawaii Theater Box Office and the Chamber of Commerce of Hawaii beginning May 2. However, seating is on first come, first-served basis, with doors opening at 6:45 p.m.

► **May 17:** The U.S. Army Museum of Hawaii will host 200 years of military history when it presents “Living History Day” from 10 a.m. to 3 p.m. at Ft. DeRussy. Free of charge, this event is presented for the education and enjoyment of the public.

► **Through May 31:** Be sure to review local newspaper advertisements for more HMAM events and activities, which are made possible by the generous cash sponsorships received from numerous commercial sponsors.

WORD TO PASS

FBI Recruits at Pearl Harbor
Interested in a career with the FBI? Learn about requirements for applying by attending the FBI career seminar, today, at the Pearl Harbor Family Services Center, Bldg. 193, Room 205, from 10:30 - 11:30 a.m. To make a reservation, call 473-4222.

‘Ask An Attorney’ Debuts, May 28 at Kaneohe Bay
All active duty service members, their families and retirees are invited to attend a new question and answer session, designed to work as an efficient means of disseminating general legal information, beginning May 28 at the Legal Assistance Office aboard MCB Hawaii, Kaneohe Bay, Bldg. 215. Attendees are limited to asking one or two simple, legal questions that should require an answer of no more than 5 - 10 minutes. Questions cannot refer to actual people or places, and no attorney-client relationship will be formed between individual attendees ask-

ing questions and attorneys who answer questions.

Girl Scouts Accept Applications for ‘Summer Fun’
Girls entering the first through 12th grade this fall are invited to participate in the Girl Scouts’ “Summer Fun” activities, in and around their neighborhoods, including within military family housing areas. Scheduled activities are designed to help girls explore and discover their abilities, make new friends, and become a self confident young lady. Activities will be scheduled at various locations, times and days, but generally on weekends or in the early evening. Girls who are not Girl Scouts can join for the summer at \$7. Prices of activities range from \$3 to \$25; however, spaces are limited. To receive information, send your name, address and phone number to the following e-mail jareilly@girlscoutshawaii.org.

Mail correspondence to Summer Fun, Girl Scout Council of Hawaii, 420 Wyllie St., Honolulu HI 96817.

American Legion Responds to Public Concerns
The American Legion has unveiled its Web site that answers the question, “How can I support our men and women in uniform. Log onto www.legion.org and surf “Support Out Troops” for details.

Gallery Sets Wedding Contest
Aloha Bridal Gallery will salute the military with its new contest “Operation Hawaii Wed.” Engaged service members who are forward deployed in support of Operation Iraqi Freedom, or their fiancées, may participate and win a dream wedding and honeymoon with all the trimmings. See www.AlohaBridalGallery.com.

WTP Receives Faxes
Fax Word to Pass items of interest to the military to 257-1289, two weeks prior to the planned event.

CFC 2003 Poster Contest

Guidelines:

- Design must include “2003 Combined Federal Campaign”
- Posters are to be no larger than 18"x24"
- Computer artwork is to be saved as a .jpg at 200 dpi.
- Freehand artwork is open to all media.
- Entries must include age, name, address and phone number.
- Create your own slogan.
- The drop off point will be at the Public Affairs Office in building 216.
- Contest will run from May 9th - May 27th.
- Members of the CFC Planning Committee and their families are not eligible.

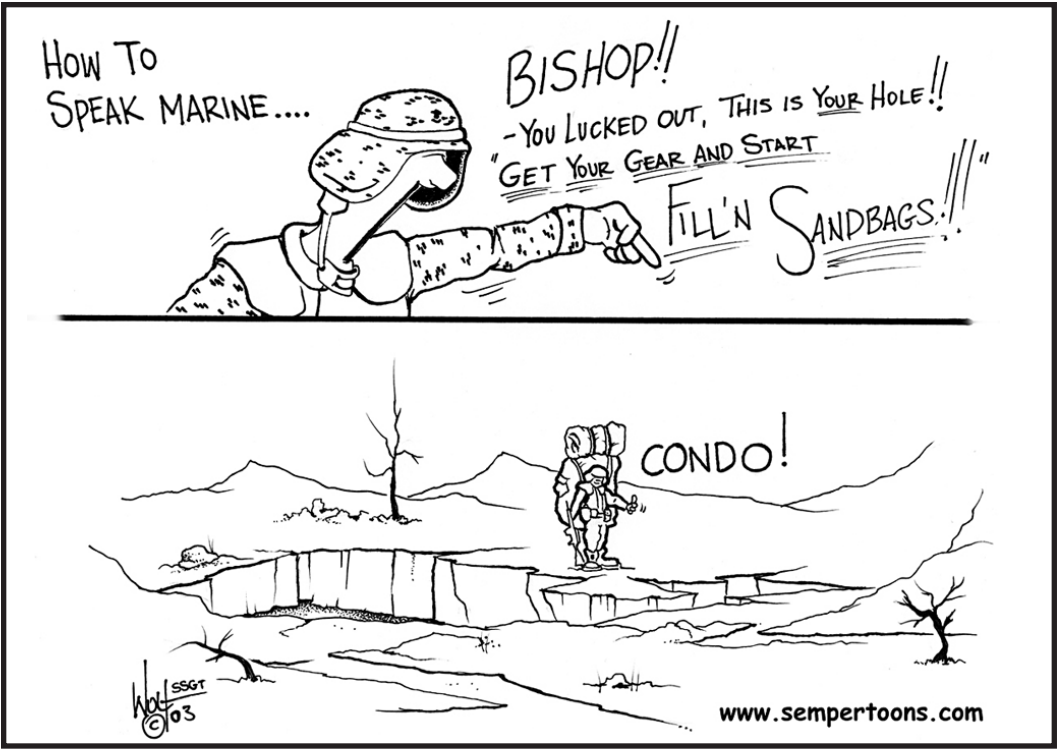
Prizes:

- 1st place-\$30 gift certificate to the exchange
- 2nd place-\$20 gift certificate to the exchange
- 3rd place-\$10 gift certificate to the exchange

Combined Federal Campaign artistry

Entries will be accepted for the 2003 CFC Poster Contest, today through May 27. Contestants must submit poster artwork, no larger than 18x24 inches, along with a slogan to the drop-off point, the Public Affairs Office in Bldg. 216 aboard MCB Hawaii, Kaneohe Bay. The design must include the words “2003 Combined Federal Campaign.” Also, computer artwork must be saved as a “.jpg” file at 200 dpi. Freehand artwork is open to all media. Contestants must include their name, age, address and phone number on entries. Marine Corps Exchange gift certificates will be awarded for first through third place. The CFC is the annual fundraising drive conducted by federal employees and military personnel to benefit thousands of nonprofit charities.

Courtesy of the Combined Federal Campaign



**HUMANE SOCIETY,
From B-3**

bers ready to deploy,” Ha’ase said. “And as long as we have volunteers for this program, we will continue to provide the service.” Deploying service members can contact the Hawaiian Humane Soci-

ety’s Pets of Patriots program by calling Kelli Morimatsu at 946-2187, ext. 217. Volunteers interested in providing homes for pets of deployed Marines and Sailors can call the same number to participate. The Society offers several other programs for members of the military.

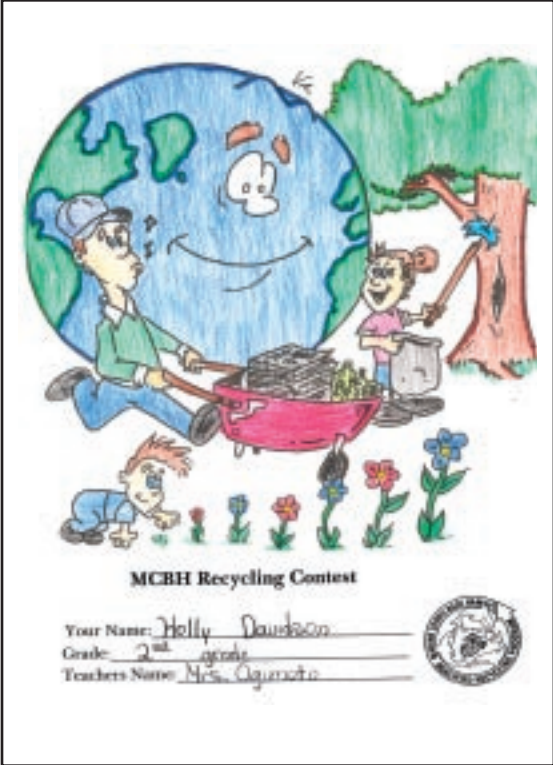
During May, in support of Hawaii Military Appreciation Month, military members can get their pets microchipped for free. Visit www.hawaiian-humane.org for more information about the services available at the Hawaiian Humane Society.

ON THE MENU

Anderson Hall will serve the following this week:

Today	Asst. Fruit Pies	Wednesday
Lunch Beef Ball Stroganoff Baked Fish Fillets Macaroni & Cheese Steamed Rice Raisin Drop Cookies Asst. Fruit Pies	Monday Lunch Beef Stew Baked Fish Fillets Macaroni & Cheese Steamed Rice Oatmeal Cookies Asst. Fruit Pies	Lunch Chili Macaroni Roast Turkey Grilled Cheese Sandwich Mashed Potatoes Brownies Asst. Fruit Pies
Dinner Ground Beef Tacos Chicken Enchiladas Chili Conquistador Burritos Refried Beans Mexican Rice Raisin Drop Cookies Asst. Fruit Pies	Dinner Italian Veal Steaks Braised Pork Chops Boiled Egg Noodles Steamed Rice Oatmeal Cookies Asst. Fruit Pies	Dinner Meatloaf Pork Ham Roast Mashed Potatoes Tossed Green Rice Brownies Asst. Fruit Pies
Specialty Bar (For Lunch and Dinner) Pasta Bar	Specialty Bar (For Lunch and Dinner) Pasta Bar	Specialty Bar (For Lunch and Dinner) Country Bar
Tuesday	Thursday	
Lunch Southern Fried Chicken Beef Ball Stroganoff Parsley Buttered Potatoes Boiled Egg Noodles Oatmeal Raisin Cookies Asst. Fruit Pies	Lunch Salisbury Steak Barbecue Chicken Rice Pilaf Oven-Browned Potatoes White Cake Asst. Fruit Pies	
Dinner Braised Beef Cubes Cajun Fish Fillet Boiled Egg Noodles Steamed Rice Oatmeal Raisin Cookies Asst. Fruit Pies	Dinner Beef Yakisoba Pork Adobo Steamed Rice Pork Fried Rice White Cake Asst. Fruit Pies	
Specialty Bar (For Lunch and Dinner) Taco Bar	Specialty Bar (For Lunch and Dinner) Taco Bar	

Award-winning poster



In celebration of Earth Day (April 22 - 27), the MCB Hawaii Recycling Center sponsored a coloring contest at Mokapu Elementary School aboard MCB Hawaii, Kaneohe Bay. Out of more than 600 entries, second grader Holly Davidson took top honors and won a certificate, a pizza party for her entire class and a recycling material prize pack. Her artwork is now on display at the Environmental Compliance and Protection Department and will be forwarded to Headquarters Marine Corps, in Arlington, Va., for use during upcoming events.

Courtesy of Holly Davidson

Hawaii MARINE SPORTS

Hawaii Marine C Section

May 9, 2003

Power lifters flex in Bench Press Classic

Cpl. Jason E. Miller
Press Chief

Nearly 50 muscle-bound competitors flocked to MCB Hawaii, Kaneohe Bay, Saturday, to participate in the annual Headquarters Bn., MCB Hawaii, Bench Press Classic at the Semper Fit Center.

As power lifters gathered in the center of the gym, spectators filled the stands around the bench press to watch the competition unfold before their very eyes. Athletes from all over the island came to participate in the event that would decide the most powerful lifter on the base.

Organizers divided competitors into several different weight and gender specific classes. Competitors faced off against one another in their specific classes, and against the entire field of lifters by matching the lifted weight against their own body weight. Lifters who managed the greatest gap between the two weights were awarded the highest scores.

The biggest lift of the day, and the lift with the most weight difference between the competitor and the weights lifted, would also be awarded after the competition.

Class after weight class made rotations past the bench press, with some athletes completing lifts, while others failed. The

crowd cheered each on in every attempt. Each lifter received three chances to lift the most weight possible.

At the end of the day, Paul Riffle of Hickam Air Force Base had logged the biggest bench press competing in the 215

pound and above weight class, seemed to easily bench 420 pounds of iron as an awestruck crowd looked on.

Jose Asuacion and Amy Mueller of Headquarters Bn., MCB Hawaii, were awarded the overall lifter titles for the com-

petition. Asuncion managed to lift 385 pounds, more than 200 over his own body weight. Mueller managed just over 50 pounds beyond her own weight.

Many MCB Hawaii members also fared well in the competition and were awards.



Cpl. Jason E. Miller

Arthur Johnson of 3rd Marines attempts a lift during Saturday's Bench Press Classic. Competitors from several units on base formed teams to work together during the competition.

Competition Winners

WOMEN

Under 115:

(1st) Claire Hamilton

116-140:

(1st) Amy Mueller

(2nd) Tisa Marie Canlas

140 and Over:

(1st) Carolyn Wilding

MEN

155 and Under:

(1st) Donald Ramil

(2nd) Richard Nelson

156-170:

(1st) Emiliano Gallegos

(2nd) David Fennel

171-186:

(1st) Jose Asuncion

(2nd) Aaron Dixon

187- 199:

(1st) Claude Jenkins

(2nd) Jeff Baumgart

Johnson

200-215:

(1st) Kevin Parker

(2nd) Robert Gumina

215 and above:

(1st) Paul Riffle

(2nd) Justin Bravo

TEAM

(1st) Base Legal

(2nd) 3rd Marines

Monster Lift

(Men) Paul Riffle

(Women) Amy Mueller

Overall Lifter

(Men) Jose Asuncion

(Women) Amy Mueller

Tripler AMC slams Pearl Harbor on the courts



Above — A Pearl Harbor team member slam dunks the ball in the second half to try and keep the lead against Tripler Army Medical Center.

Right — Daniel Rahn, a U.S. Naval officer with Joint Intelligence Center Pacific aboard Pearl Harbor, tries to get by the Tripler team.

Story and Photos by
Cpl. Jessica M. Mills
Editor

After two days of fierce competition, the Tripler Army Medical Center's intramural basketball team sustained its championship title against Pearl Harbor, 73-60, during the final match-up of the Interservice Intramural Basketball Tournament, April 29, hosted by the MCB Hawaii, Kaneohe Bay, Semper

Fit Center.

During the two-day competition, Pearl Harbor; 1st Bn., 12th Marine Regiment; 21st Dental Co.; and Tripler Army Medical Center competed for the top spot. Both 1/12 and Dental Co. lost their place in the championships April 28. Tripler AMC defeated 1/12's team 71-59, and Dental Co. lost to Pearl Harbor by a close 50-47.

Tripler AMC stayed in the top running for the championship

throughout the challenge, similar to an impressive performance during the recent Hickam Air Force Base Interservice Intramural Tournament where they took the championship.

"Versatility is our weapon," said Tripler AMC coach Chris Banmally, a pharmacy technician. "Each player brings something different to our team, so our communication is good and we recognize what the floor is laying out."

Tripler AMC seemed confident as the game began, but Pearl Harbor seemed bound and determined to put up a strong fight.

By 10 minutes into the first half, the game was already in full swing, with the Navy ahead 19-12.

Pearl Harbor continued to dominate the entire first half of the game, using good communication and ball handling skills. At one point, Pearl Harbor passed the ball to four different players in a span of less than 15 seconds, preceding two back-to-back shots. The score was 25-14.

As the game moved forward, Pearl Harbor was continuously called on contact fouls, giving Tripler AMC a chance to score 6 penalty shots.

Once the scores came closer together, Tripler AMC gathered up all its strength and managed to score three more shots before halftime, putting Tripler right behind Pearl Harbor, 27 to 24.

Just as the buzzer sounded signaling the end of the first half, Tripler AMC took one last shot and



See **BASKETBALL**, C-6

BASE SPORTS

Edward Hanlon V MCCS Marketing

30 & Over Coaches Meeting Goes Thursday

All ball players 30 and over are welcome to attend the organizational coaches meeting at the Semper Fit Center Thursday at 2 p.m..

The meeting will be a great forum to get in on basketball action, express your interest and voice comments, questions or concerns.

For more information, call 254-7591.

Youth Activities Hosts Fun & Fitness Day, May 17

Skate over to the MCB Hawaii, Kaneohe Bay, Skate Park on May 17, from noon till 3 p.m. for the 4th Annual 808Skate, Skateboard Competition. The street competition has two divisions: 15 years of age and over, and 14 years of age and under.

Spectators will also have the chance to watch an exhibition by the 808 Skate Team Riders.

For more information, call 254-7610.

MAG-24 Sprint Triathlon Comes to K-Bay, May 17

Hardcore athletes take notice: The 7th Annual Marine Aircraft Group 24 Sprint Triathlon is right around the corner.

The event will be held aboard MCB Hawaii, Kaneohe Bay, May 17 at 7:30 a.m.; check-in will go at 5:30 a.m.

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

All participants will be entered into a drawing to win a FELT F65 racing bike, with Shimano 105 components valued at more than \$1,000.

This event is made possible by Island Triathlon and Bike, Gatorade, FELT and Marine Corps Community Services.

Registration forms can be printed from the www.mcs-hawaii.com Web site, or picked up at the Semper Fit Center.

For more information on the MAG-24 Sprint Triathlon, call 254-7597.

Marina Offers Sailing Lessons

The base marina will be offering introductory lessons to sailing, beginning May 19. Upon completion of the five-class course, you will be able to put your skills to work with one of the numerous sailboats on hand at the base marina.

The classes are designed for patrons who work during the day and are offered from 5 to 7:30 p.m.

Costs range from \$69 to \$99, depending on pay-grade.

Call 254-7667 for more information.

Marina Offers Equipment and Rentals

Spring into water sports at the base marina. Enjoy a day of sailing and sightseeing in one of its sailboats, powerboats — or for larger parties — one of the pontoon boats.

Rentals are available for sailing, water-skiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level

and for boat owners.

Two boat launch ramps are provided, as well as boat storage at the marina pier.

Everyone can enjoy a day by the bay at the base marina.

For more information, call 254-7667.

Massage Away Pain with Semper Fit

Massage therapy, by certified massage therapists, is now available aboard MCB Hawaii.

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

For more information or to make an appointment to massage your pain away, call the Semper Fit Center at 254-7597, or 477-5197 at Camp H.M. Smith.

Adventure Training Makes PT Fun

“Adventure Training” is designed to promote unit cohesiveness and enhance confidence in the water. It is a fun alternative to regular unit workouts.

Learn different water sports and do PT at the same time.

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

Training noncommissioned officers and staff noncommissioned officers should call 254-7667 for more information.

Water Aerobics Makes Waves at Base Pool

For a change of pace, enjoy exercise with Water Aerobics offered at the Base Pool. At only \$2 per class, it’s a cost effective exercise program. Or, buy a book of 10 class coupons for only \$15.

Classes are offered on Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m., Tuesday evenings from 5 to 6 p.m. or Saturdays from 10 to 11 a.m.

To get in on aqua aerobics, call 254-7655.

Paintball Takes Aim

Let your “inner-predator” come out to play. Spend a day practicing your combat skills with Paintball Hawaii.

The paintball field is open Fridays, 1 - 5 p.m.; Saturdays, 9

a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds. For unit training, the cost is \$20 per person.

For more, call 265-4283.

Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents for Fitness program, a cooperative baby-sitting venture.

Participants must volunteer to baby-sit three times a month at the fitness center, and children 6 weeks and older may attend.

For more information about child care offered, call Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.



Young Chippers can Golf at the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays. Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and going on now. Children are welcome to bring their own clubs or use clubs provided. Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

For more information on the young chippers at the Klipper, call 254-2107.

Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with attitude!"

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes aboard MCB Hawaii, Kaneohe Bay.

Also, check out Semper Extreme Bowling, Fridays.

For more, call 254-7693.

Base All Stars

NAME: Jeff Baumgart

UNIT: 15th Security Force Squadron,
Hickam Air Force Base

BILLET: Section Commander

SPORT: Competitive Lifting

•He has been powerlifting for more than 14 years.

•He was a five-time Alabama State Champion powerlifter.

•He set four National Junior World records.

•He won the 1995 Junior National and Junior World powerlifting championships.



Cpl. Jason E. Miller

“I’m really in it for the competition. Competitive lifting is a way to push myself, to see how far I can go.”

COMMUNITY SPORTS

HTMC Hosts Hikes and Climbs

Sunday at 8 a.m., the Hawaii Trail and Mountain Club will take a 7-mile trip in Kealia, and you are invited.

The steep cliffs above Dillingham Airfield will appear impossible to climb, but a switchback trail will take you gradually to the top, where dirt roads will lead to the rim of Makua Valley, and reward you with great views of the opposite coastline.

A \$2 donation is requested for all non-members. For more information call, 638-7268.

Charity Event to Benefit Special Olympics

The Troy Barboza “Torch Run” will take place May 29 at 7:30 a.m. The event is a noncompetitive 5K fun run that is open to all MCB Hawaii personnel and their family members.

The torch run starts and ends in front of Provost Marshal’s Office, Bldg. 1096 aboard Kaneohe Bay. Registration forms are available at PMO.

With a donation of \$20, each participant will receive an event T-shirt.

For more information, call Gunnery Sgt. Thomas Whelan training chief, at 257-1146 or 257-1230.

State Offers Free Recreation Classes

Education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

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

The next two-day session is May 23, from 5:45 - 10:15 p.m. and May 25, from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture I.D. is required for entry to the sessions.

For more information about outdoor education, call 587-0200.

University of Hawaii to Sponsor Baseball Camps for Youth

Future baseball players from 8 to 18 can attend the University of Hawaii baseball team’s annual summer baseball camps, which are conducted by UH coaches and players, as well as other college and area high school coaches.

“I would like to invite you to our Rainbow Baseball Camp,” said Mike

Trapasso, head baseball coach. “It is a great opportunity to improve your skills in all phases of the game. The instruction will be in depth.”

The June 23 - 27 Day Camp will cover all aspects of the game; the June 28 and 29 Pitching or Catching Camps and the July 5 and 6 Hitting Camp will focus only on those aspects of baseball.

Cost is \$175 for the Day Camp and \$110 each for the Pitching, Catching or Hitting Camps. The location of the camps is the Les Murakami Stadium on UH, and sessions will run from 9 a.m. to 4 p.m.

Camps are limited to 200 applicants, and each camper will need proper clothing (shorts may be worn): a hat, baseball glove for pitching and day camps, a bat for hitting and day camps, and catcher’s gear for catching and day camps. Campers must provide their own lunch.

For more information, call 956-6247.

Bellows Hosts Outdoor Recreation

This spring you can be awash in outdoor activities at Bellows.

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

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

For more details, call 259-8080.

City to Present ‘Adopt a Stream’ Program

Interested community groups, local businesses, schools and churches are invited to become part of the “solution to pollution” by becoming community stewards through the City and County of Honolulu’s “Adopt a Stream” program.

The program is intended to promote environmental awareness and understanding about non-point source pollution.

Under the guidance of the Department of Facility Maintenance, interested groups that want to help make a difference in improving the water quality in the Ko’olaupoko area can receive certification to adopt their own section of stream and keep it free from litter and other pollutants.

Each approved group will get a sign displaying the organization’s name, for posting by its section of the stream.

For more details, call 527-5669.

SPORTS AROUND THE CORPS

Team Marines finish 18th on California Speedway

Cpl. Robert W. Wynkoop
MCAS Miramar

FONTANA, Calif. — Team Marines NASCAR driver Bobby Hamilton Jr. finished 18th overall in the 1-800-PITSHOP.COM 300 at the California Speedway. The commander of Marine Corps Air Bases Western Area, Brig. Gen. Jon A. Gallinetti, was a special guest of the team for

the race. All eyes were on the aviator as he took his spot behind the Team Marines number 25 Ford Taurus. As the national anthem played, television cameras took note of the general’s sharp Marine Corps salute. Brig. Gen. Gallinetti donned a team headset and took a seat on pit row to enjoy the race. The speedway rumbled as each dri-

ver started his engine. Hamilton started his Ford Taurus in the 13th spot. Early on, an accident on lap three sent the first caution flag of the day. Once racing resumed on lap nine, Hamilton was determined to put his car in the top 10. By lap 40, 80 miles into the race, Hamilton had moved into seventh position. Two laps later, he followed the race leaders in-

to pit road for service. The Team Marines crew attacked his red race car, quickly switching four tires, making an air pressure adjustment and filling it full of fuel. Due to the quickness of the Team Marines crew, Hamilton remained in seventh position after the stop. Hamilton continued to whittle away the leader’s margin, pushing his car into the fourth

spot just before another caution came out on lap 58. Hamilton radioed to his crew chief, Fred Wanke, that his car was tight in the center, off in the corner. Wanke instructed his driver to sacrifice the track position to correct the problem and allow him to make a run for the leader position. He restarted the race on lap 63

See NASCAR, C-4



spotlight on health

Cyclists, skateboarders need the right helmet

NAPS
Featurettes

Today, bicyclists don't just ride — they fly.

Freestyle BMX riding, known for its high-flying mid-air stunts, is a high-growth sport in the world of cycling. In fact, sales of BMX bikes have jumped nearly 50 percent since 1995.

As BMX riding expands outside the action sports arenas, pros like Dave Mirra, an 11-time X Games BMX champion, offer up advice to noncompetitive riders on choosing the right helmet for action sports.

"A lot of guys think that just because they're not competing in the big events, they don't need to wear a helmet," said Mirra. "No matter where you're riding, the ground doesn't get any softer. A BMX type of helmet, with more coverage area on the sides and back of the head, can mean the difference between walking away from a crash and not walking at all."

Mirra now consults with Bell helmets designers, crash impact testers and biomechanics experts on helmet shapes and features for BMX and other action sports.

In 1975, Bell developed the first protective cycling helmet made of expanded polystyrene — now the in-

dustry standard for bike and skateboard helmets. Since then, organizations such as the Consumer Product Safety Commission and ASTM International have developed helmet performance standards for cycling and skating respectively.

In stores, helmets that can be used for cycling and skateboarding are called "multisport" or "BMX" helmets. The CPSC and ASTM certification stickers — inside the helmets — indicate that they can be used for bicycling and other nonmotorized wheeled sports.

Dr. Sylvain Palmer, a neurosurgeon with Children's Hospital at Mission Viejo, Calif., encourages competitive and recreational athletes to use certified helmets that meet the demands of the sport.

"Even minor accidents can cause lifelong brain injuries resulting in sleeping disorders, loss of smell and taste, and many other conditions that affect a person's quality of life," said Palmer.

While major competitive events like the XGames require athletes to wear helmets, Mirra says he'd wear one anyway.

"BMX is more than just a sport; it's a lifestyle," said Mirra. "You give up way too much if you get injured. It's just not worth it to take that chance."



Cpl. Chad Simon

Members of the Marine Corps Cross Country Mountain Bike team at MCB Quantico, Va., ride up Mt. Snow in practice for a recent race.

Time invested in fitting a helmet pays off in end

Lifelines
Featurettes

Getting the right fit for a bicycle helmet can be a time-consuming task, but by following a few simple steps the job can be made a great deal easier.

Get Snug, Level, Stable

You want the helmet to be comfortably touching the head all the way around, level and stable enough to resist even violent shakes or hard blows and to stay in place. It should be as low on the head as possible, to maximize side coverage, and held level on the head with the strap comfortably snug.

Be Prepared for the Worst

Heads come in many sizes and shapes. You should be prepared for the possibility that the helmet you are trying to fit may not be compatible with this particular head. And unfortunately, you should expect to spend 10 to 15 minutes to get your helmet properly fitted.

Adjust the Fit Pads or Ring

Most helmets come with extra foam fitting pads of different thicknesses to customize the fit. Fitting pads are too squishy to help manage energy in a crash. Their only function is to make the helmet fit better.

For starters, you can usually remove the top pad entirely or use the thinnest ones. This lowers the helmet on the head, bringing its protection down further on the sides.

It may reduce the flow of cooling air,

but probably not enough to notice.

Adjust the side fit pads by using thicker pads if your head is narrow and there is a space. Add thicker pads in the back for shorter heads. You may also move pads around, particularly on the "corners" in the front and rear; leaving some gaps will improve air flow.

The pads should touch your head evenly all the way around, without making the fit too tight. The pads may compress slightly over time, but not much, so do not count on that to loosen the fit.

The helmet should sit level on the head, with the front just above the eyebrows, or if the rider uses glasses, just above the frame of the glasses.

If you walk into a wall, the helmet should hit before your nose does.

There are also helmets on the market that use a fitting ring rather than side pads for adjustment. With these one-size-fits-all models you begin by adjusting the size of the ring.

Some of them may require the ring so tight, for real stability on your head, that they feel binding. Loosening the ring can produce a sloppy fit, indicating that the helmet is not for you.

Adjust the Straps

Now put the helmet on and fasten the buckle. Be sure the front is in front. You

want to adjust it to the "eye-ear-mouth" test developed by the Bicycle Coalition of Maine.

When you look upward, the front rim should be barely visible to your eye. The Y of the side straps should meet just below your ear. The chin strap should be snug against the chin, so that when you open your mouth very wide, you feel the helmet pull down a little bit.

With the helmet in position on your head, adjust the length of the rear (nape) straps, then the length of the front straps, to locate the Y fitting where the straps come together just under your ear. That may involve sliding the straps across the top of the helmet to get the length even on both sides.

Adjust the length of the chin strap so it is comfortably snug. If it cuts into the chin and is not comfortable, it is too tight.

Now pay attention to the rear stabilizer, if the helmet has one. It can keep the helmet from jiggling in normal use and make it feel more stable, but only a well-adjusted strap can keep it on in a crash.

When you think the straps are about right, shake your head around violently. Then put your palm under the front edge and push up and back.

Can you move the helmet more than

an inch or so from level, exposing your bare forehead? Then you need to tighten the strap in front of your ear, and perhaps loosen the rear nape strap behind your ear. Again, the two straps should meet just below your ear.

Now reach back and grab the back edge. Pull up. Can you move the helmet more than an inch? If so, tighten the nape strap.

For a final check, look in a mirror or look at the wearer whose helmet you are fitting. Move the helmet side to side and front to back, watching the skin around the eyebrows. It should move slightly with the helmet. If it does not, the fit pads are probably too thin in front or back.

When you are done, your helmet should be level, feel solid on your head and be comfortable. It should not bump on your glasses (if it does, tighten the nape strap).

It should pass the eye-ear-mouth test. You should forget you are wearing it most of the time, just like a seat belt or a good pair of shoes.

If it still does not fit that way, keep working with the straps and pads, or try another helmet.

(Editor's Note: With a helmet that fits well on a child, you must be sure the child removes the helmet before climbing trees and playing on playground equipment. Otherwise, there is a risk of catching the helmet and being strangled. That doesn't happen in normal bike riding, even in crashes, but it can happen while climbing trees or monkey bars.)

The Team Marines Ford Taurus sits parked moments before the start of the 2003 1-800-PITSHOP.COM 300 at California Speedway in Fontana, Calif. Team driver Bobby Hamilton Jr. was among the top competitors for most of the race, but a caution flag sent Team Marines one lap behind, resulting in an 18th overall finish.



Cpl. Robert W. Wynkoop

NASCAR, From C-3

and was busy making up his lost position. He regained the 12th spot when oil on the track caused another caution.

Following the caution, the driver told Wanke through his headset, that the car was still very tight. On the next stop the problem would be corrected, but not before Hamilton would fall back to the 14th position on lap 88.

At the 100 lap mark the leaders again pulled in to pit road. Hamilton, took his service on lap 102, receiving four fresh tires, fuel and a wedge adjust-

ment.

The Marines team resumed its position in spot 26, but quickly regained three spots in four laps.

Another caution came out on lap 116 before many of the leaders had made their pit stops. Hamilton, having already made a stop, was put a lap down.

The team opted to pit one final time. Fresh tires and fuel were going to be key in finishing as high as possible.

Hamilton re-entered the race on lap 122 in 23rd place. He made up five spots before the checkered flag fell on lap 150, finishing 18th overall.



Sgt. Joe Lindsay

Jolynn Farakish, a Cardio-Kick boxing participant, delivers a high-kick during the recently created class at MCB Hawaii, Kaneohe Bay's Semper Fit Center. Kicking and punching are mainstays of the Cardio-Kick program which runs Monday-Wednesday from 5:45-6:45 p.m.

Fitness trends lower stress

NAPS Featurettes

Bye-bye supersize. Ditto for skyrocketing obesity rates, high-stress workplaces and — believe it or not — unhealthy airline food.

In five to 10 years, these will all be things of the past, according to Barbara Harris, editor in chief of *Shape*, the leading active lifestyle magazine for young women.

Harris says a host of current trends and statistics in the health and fitness industry, not to mention President Bush's recently unveiled "HealthierUS" fitness initiative, will spur the masses to increased em-

phasis on wellness in the next decade.

"Ten years from now, we'll finally get what it means to be fit," says Harris, who's been at the helm of *Shape* for more than 14 years and was one of the few fitness experts invited to the "HealthierUS" launch at the White House. "More than having money, we'll value living the good life, which will be defined by having a healthy, fit body, enjoying rich relationships and pursuing a soul-nurturing and adventure-filled life."

In the next five to 10 years, Harris expects to see the following:

•*Celebrities glamoriz-*

ing a fitness lifestyle. Currently, fitness enthusiasts like Madonna, Jennifer Lopez and Halle Berry prove to be healthy role models for staying fit, eating right and living an active lifestyle.

•*Healthier dining.* Healthful foods will be increasingly available in restaurants and cafés in every city in the country, including airport cafés and, yes, even on airplanes.

•*Mind over muscle.* Gyms will become centers for the soul as well as the body. Classes on clarifying values, beliefs and how to live a spirit-filled life will be taught next to the usual aerobics and abs classes.

•*Wireless workouts.* Forget about skipping your workout; personal trainers and online programs will prescribe and monitor each fitness session via PDAs, cell phones and handheld computers.

•*Three's not a crowd.*

Group exercise will boom in popularity, thanks to yoga, belly dancing and the latest cardio crazes: strippercize and aeroba-go-go.

•*De-stress at work.* Workplaces will reflect a healthy lifestyle. Employers will offer insurance benefits for those leading a healthy lifestyle, and workplaces will guard against the destructive, high-stress environment.

•*Bye-bye supersize.* Americans will embrace a more European approach to life: restaurant portions will be smaller, we'll take more time off work, and healing environments featuring art, color and plants will flourish in homes and offices.

•*Exercise for kids only.* Fitness programs aimed at kids will increase, and physical education classes will be required for school-age children (K-12), slowing childhood obesity rates.



The Pearl Harbor Intramural Basketball team made many shots during the game, but in the end, it lost to Tripler Army Medical Center, 73-60.

BASKETBALL, From C-1

scored, raising the score 29-26. After halftime, Tripler AMC seemed to get its game back on track and began to even out the scoreboard. At the same time, Pearl Harbor continued to make the most contact fouls during the game, only helping Tripler AMC in its endeavor.

The shot that tipped the scales was actually a penalty shot made by Tripler AMC 7 minutes into the second half, when Pearl Harbor was again called on a contact foul. Pearl Harbor seemed to take it with a grain of salt and took responsibility for its conduct. Tripler took the lead 38-37.

The teams start battling head to head as they sprinted from one side to the other; the lead bounced back and forth. It looked as if it could be anybody's game.

With nine minutes left in the game, Tripler AMC called a time-out to set a final game plan. Tripler dragged behind by only one point, 45-44.

The scoreboard continued to climb as the time winded down, and with five minutes left, the score hung at 53-53.

Pearl Harbor tried to claw its way ahead, but it was to no avail. Before the clock stopped, Tripler AMC scored four three-pointers back to back.

Pearl Harbor was beginning to look spent, the gap getting larger and larger. Pearl Harbor was again called on a contact foul.

After warnings from both referees regarding contact fouls and excessive "talking," the game finally came to an end, with Tripler AMC ahead 73-60, the reigning champions.



Pearl Harbor Coach Eric Bush, a training manager for JICPAC aboard Pearl Harbor, tries to pass the ball behind his back, to his teammates waiting at the net.