

Hawaii MARINE

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June 13, 2003

Secretary of Defense initiates BRAC

Lance Cpl. Monroe F. Seigle
Combat Correspondent

The Secretary of Defense, the Honorable Donald H. Rumsfeld, has recently directed the process begin for the Base Realignment and Closure for 2005.

Base realignment and closure is intended to achieve several goals to include eliminating ex-

cess infrastructure and reshaping our military to make joint-operations more efficient. It is also intended to optimize military readiness and establish a significant savings within the Department of Defense.

The BRAC process is governed by law and can potentially effect military bases all around the world. The process begins with a threat assessment

of the future national security environment followed by the development of a force structure plan and basing requirements to meet these threats. The DoD will then establish selection criteria to determine which installations to recommend for realignment or closure. Afterward, the Secretary of Defense will publish a report containing the realignment and

closure recommendations and send them to an independent commission selected by the president.

The commission will have the authority to change the DoD's recommendations and make further recommendations to better suit the criteria set for by the force structure plan and selection criteria. The commission will then forward the recom-

mendations to the president for review and approval, who will then forward the recommendations to Congress for final approval. The DoD is changing now that new defense strategies call for the transformation of the United States defense establishment. In order to successfully transform, it will be necessary to

See BRAC, A-7

1st Radio Bn. greeted by family and friends



Sergeant Donald Bartlett, a food services specialist with Headquarters and Services Co., 1st Radio Bn., greets his wife Jennifer on the flightline at MCB Hawaii, Kaneohe Bay, upon his return home from Operation Iraqi Freedom.

Cpl. Luis R. Agostini
MarForPac

After four months of their deployment to Kuwait and Iraq in support of Operation Iraqi Freedom, approximately 120 Marines from 1st Radio Battalion returned to their family and friends on Oahu when their flight landed Monday afternoon outside Hangar 105 MCB Hawaii, Kaneohe Bay.

After countless "Is that it? Is that the plane?" inquiries from friends and family members, the Marine Corps-chartered Hawaiian Airlines 767 landed at around 3 p.m.

As the commercial liner taxied toward Hangar 105, 1st Radio Bn.'s commanding officer, Lt. Col. Mark Aycock, proudly waved the Marine Corps colors from the cockpit window, much to the delight of the welcoming crowd.

Among the returning

OIF vets was Maj. Donald Thieme, G-5 Central Command planner, Marine Forces Pacific. Thieme was greeted by his wife, Lilly, and his children, Matthew, Samuel and Sarah. He also met his youngest son, David, who was born just three weeks ago.

"If I had to describe my wife in one word, it would be perseverance," said Thieme, describing his wife's solo efforts during his deployment.

After what seemed like an eternity to Jennifer Bartlett, Sgt. Donald Bartlett, a food services specialist with Headquarters and Service Co., 1st Radio Bn., donning black shades and an M16A2 slung over his right shoulder, stepped off the plane and into the arms of his wife, Jennifer.

"It's great to have him home," said Mrs. Bartlett.

See RETURN, A-6

Okinawan representatives visit MCB Hawaii

Lance Cpl. Monroe F. Seigle
Combat Correspondent

Political representatives from the island of Okinawa, Japan came to MCB Hawaii, Kaneohe Bay, Tuesday to get an understanding of the role of the U.S. military in maintaining peace and stability in East Asia and the Pacific.

The representatives were provided valuable information on the type of training conducted in Hawaii by Unit Deployment Programs and the follow-on training conducted in Okinawa, as well as the positive relationship between MCB Hawaii and the local communities.

The main objectives of the visit were to educate the representatives on how

Hawaii is responding to economic challenges posed by today's international security and to strengthen understanding of the importance of the U.S.-Japan security alliance in promoting regional security.

During the guided tour of MCB Hawaii, the representatives first arrived at the Officer's Club and were greeted by

the Col. Richard Roten, commander, MCB Hawaii, and were briefed on the operational forces of 2nd Battalion, 3rd Marine Regiment.

The representatives then proceeded to the Ieda Marker on base to see the famous impact site of a Japanese Zero near

See OKINAWA, A-7

War on terrorism is 'Toughest Challenge' yet

Gerry J. Gilmore
American Forces Press Service

WASHINGTON, — The war on global terrorism, the U.S. military's top officer told National Defense University graduates here June 10, is the most difficult national security challenge he's experienced in his career.

It is, indeed, "a remarkable time" in American history, Air Force Gen. Richard B. Myers, the chairman of the Joint Chiefs of Staff, said to the university's Class of 2003.

"In my view, it's certainly the toughest challenge, these last couple of years, that I've ever faced in my 38 years in uniform," Gen. Myers, the event's featured speaker, asserted.

General Myers first paid a tribute

to the institution's outgoing president, Navy Vice Adm. Paul G. Gaffney II.

The admiral's two years of leadership at NDU "has been vigorous," Gen. Myers remarked, noting that Gaffney's perseverance, dedication and professionalism at the university have contributed "to make it responsive to the security challenges that we face in the future."

And today's global security environment, shaped by the Sept. 11, 2001, terrorist attacks on the United States, Gen. Myers noted to the 515 graduates, presents new and previously unheard of challenges for U.S. defense planners and diplomats alike.

In the aftermath of the terror at-

See WAR, A-7

Diplomats tour base.



Lance Cpl. Monroe F. Seigle

Admiral Viktor Fedorov, commander of the Russian Federation Navy Pacific Fleet admires a formation of Marines from 2nd Bn., 3rd Marine Regiment at Hangar 105 during his visit to Kaneohe Bay. Admiral Fedorov came to MCB Hawaii, as part of a counterpart visit to gain exposure and knowledge of the U.S. Military operations in Hawaii.

MCBH News Briefs

COCONUT ISLAND BEACH CLEAN-UP

Volunteers are needed for the Coconut Island Beach Clean-up on Saturday, June 14., from 8:30 a.m. to 3 p.m.. Showtime is 8:15 a.m. at the base marina. Boat transportation, lunches and drinks are provided free for volunteers. The day will not be all work, and volunteers will have time to relax and enjoy the beauty of Coconut Island. For more information, contact Jim Lakey at 782-6150, or e-mail: lakey@hawaii.edu.

3 TALK

Residents of City Council District 3 are invited to meet face to face with Council member Barbara Marshall and her staff in a community forum to discuss concerns and issues relating to city government and services. Any resident of District 3 is welcome at any of these forums, which will be held monthly in either Kaneohe, Kailua or Waimanalo June 24, at 7 p.m. in the Kaneohe Community and Senior Center located at 45-613 Puohala Street, July 9, at 7 p.m. in St. John Lutheran Church located at 1004 Kailua Road, August 20, at 7 p.m. in the Waimanalo Public Library located at 41-1320 Kalaniaaole Hwy. in Waimanalo For more infomation, 547-7003.

CREDO RETREATS AVAILABLE FOR MILITARY, DoD

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. For more details, call 257-0662.

IMPORTANT NUMBERS

On-Base Emergencies	257-9111
Military Police	257-7114
Crisis Hotline	521-4555
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852

Hawaii MARINE

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To contact the MCB Hawaii Public Affairs Office use the following addresses:

HAWAII MARINE, BOX 63062, BLDG. 216,
MCB HAWAII, KANEOHE BAY, HAWAII 96863

CCE brightens future for officers

Lance Cpl. Monroe F. Seigle
Combat Correspondent

Many would agree that education is the key to success and a bright future. With this in mind, 65 officers stationed on the island of Oahu managed to complete their prescribed Professional Military Education this year and were awarded diplomas by Brig. Gen. Thomas J. Nicholson, vice commander, Marine Forces Pacific, in a ceremony at the Base Theater aboard MCB Hawaii, Kaneohe Bay, June 6. Twenty-six of the officers, including one Army officer and one Navy officer, managed to complete the intermediate-level Command and Staff College Distance Education Program. The other 37 officers and two non-commissioned officers, completed the career-level Amphibious Warfare School Distance Education Program.

Although they were all announced at the graduation ceremony, several of the officers were not present because they were deployed on Unit deployment Programs or sent to various locations across the world in support of the nation. "The number of CSCDEP graduates is smaller than last year's class, which graduated 42, but it is remarkable given the majority of the officers spent a considerable amount of time deployed to Southwest Asia in support of Operation Iraqi Freedom, or deployed elsewhere in support of our country," said retired Col. Bill



Lance Cpl. Monroe F. Seigle

More than 65 officers stationed on the island of Oahu completed several courses in Professional Military Education and received their diplomas at a graduation ceremony June 6 at the Base Theater.

Peoples, regional coordinator for the College of Continuing Education in Hawaii. "It is good that many are still here to attend the ceremony and get their diplomas they worked so hard to earn." In addition to the officers who successfully graduated June 6, another 74 officers recently completed the first half of the AWSDEP. Unfortunately, many of the officers had to put the course on hold to carry out opera-

tional demands. During the ceremony, Brig Gen. Nicholson emphasized the importance of a strong military education in an officer's career and spoke briefly on how the officer's career will be positively effected after completing the difficult courses. He also stressed the courses are important to professional development.

See EDUCATION, A-6



Courtesy of KRSOC

Students decided to show their support for the military by creating banners and writing personal letters to the KRSOC senior leadership.

School students show KRSOC gratitude

Seaman Apprentice
Pedro Aviles
KRSOC Public Affairs Office

KUNIA, HAWAII — Students from Coral Springs Charter School (CSCS) in Coral Springs, Fla., surprised Capt. Sandy K. Brooks and the entire Kunia Regional Security Operations Center (KR-SOC) with "Banners of Appreciation" and letters. Why the KRSOC? Kristen Rine, the journalism teacher at the school and her students followed the events of the Global War on Terrorism. During

class discussions, she discovered that a large number of students had family and friends who were directly involved with the war. Rine also has family members currently serving in the armed forces. So, the class decided to do something to show support for the military. Through correspondence with Sgt. Rosalind Eaton, a member of the KRSOC as well as an alumnus of CSCS, the students were provided with some insight about the military services. Thanks to her, the students were enlightened on

the ongoing mission of the KRSOC and their role in combating the global war on terrorism. The class decided to show its support for the military by creating banners and writing personal letters to the KRSOC senior leadership. The KRSOC immediately responded with its own show of appreciation. Brooks, the KRSOC commander, rallied the multi-service command to return the gesture with various group photographs in front of the tunnel complex along with a personal invitation

to the journalism students for a tunnel tour and visit. "What the school did for us makes us proud that we chose the military for a career and it shows high school students appreciate what we do," said Brooks. "That they would take the time to create those letters and banners is absolutely heart warming." The students' support reassured the KRSOC that their efforts are truly appreciated, And that, some of these students may decide to choos a military career as their profession one day.



Official USMC Photo

Marines serving on Marine Security Guard duty choose this position for a variety of reasons, including career enhancement possibilities. But perhaps the most common reason given by Marines for picking this B-Billet is the chance for adventure and to see the world. The Marines pictured here are part of the MSG detachment at the United States Embassy in Bishkek, Kyrgyzstan, one of the youngest countries which were formally part of the Soviet Union.

MSG duty offers world-wide adventure

Sgt. Joe Lindsay
Combat Correspondent

(Editor’s Note: This is Part Three in a three-part series on B-Billets, terms or 36-month assignment that Marines serve outside of their Military Occupational Specialty, and a position that is often vital for promotion in the Corps. This story focuses on Marine Security Guard Duty.)

In addition to wanting to meet and overcome the challenges, physical and mental, of earning the title “Marine,” one reason Marines give for joining the Corps is a chance for travel and adventure. Perhaps no other billet in the Marines, or any service, can live up to this desire more than Marine Security Guard duty. “Prestige, excitement, pride, worldwide travel, adventure and

challenge,” said Gunnery Sgt. Tony Stewart, a Marine Corps career planner.” You name it, MSG duty has got it.” Marine Security Guards, lance corporal through sergeant, are responsible for providing security at more than 120 U.S. embassies and consulates around the world, and generally serve two 15-month tours at two posts, one of which will likely be a hardship post in a third world country. Sergeants and below cannot be married. Staff noncommissioned officers may be married and accompanied, and serve two 18-month tours, according to Stewart. “No matter what rank you hold, you might not ever get a chance to hold such a high level of responsibility as when you serve on embassy duty,” said Stewart. Those on MSG duty are primari-

ly responsible for embassies’ interior or security, normally the lobby or main entrance. Guards are trained to react to terrorist acts as well as a variety of emergencies such as fires, riots, demonstrations and evacuations. “The sense of responsibility and the confidence instilled upon each individual Marine far outweigh anything else an enlisted Marine could experience,” said Gunnery Sgt. Craig Elliott, who served on MSG duty at the U.S. embassies in Riyadh, Saudi Arabia, and Quito, Ecuador. Representatives for MSG duty generally make yearly visits to Marine Corps installations. For more information on MSG duty, contact your career planner. “The worse part about MSG duty for me,” said Elliott, “was the conclusion of my tour.”



Official USMC Photo

Serving on Marine Security Guard duty is one of the most highly respected positions a Marine can hold, and promotions often follow a successful tour.

Word on the Street

What is the most important part of being a good father?



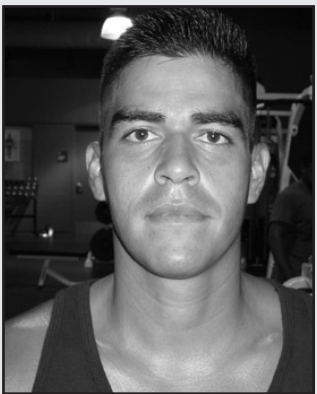
“Taking care of family and supporting them always.”
Master GySgt. Raul Barrett
Food Technician
Mess Hall,
Headquarters Bn.
MCB Hawaii



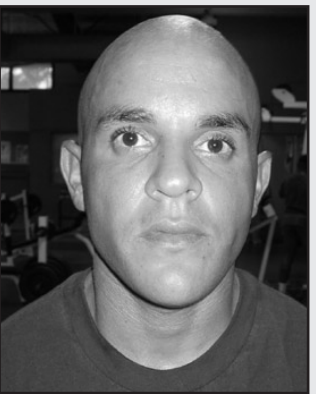
“Being dedicated to family at all times.”
Nicholas Eason
Store Employee
MCB Hawaii
Commisary



“Being firm and not letting children get away with too much.”
Lance Cpl. Matthew James
Pass House Clerk
MP Co.
Headquarters Bn.
MCB Hawaii



“Having an open mind and supporting the children’s goals.”
Staff Sgt. Bobby Rodriguez
Platoon Sgt.
Weapons Co. 2/3



“Giving children the right kind of guidance and then letting them make decisions.”
Staff Sgt. Elias Sanchez
Platoon Sgt.
Weapons Co. 2/3



Several weeds, bushes, and small trees had to be removed before the residents of MCB Hawaii could have access from the path to North Beach.



Eagle Scouts give to community, earn merit badges

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

The fact that a boy is an Eagle Scout has always had a special significance, not only in Eagle Scouting but also as the scout enters higher education, business or industry and community service.

Eagle Scout Troop 425 aboard MCB Hawaii, Kaneohe Bay, set out June 6 to earn their Merit Badges by assisting in the completion of a foot path along the flight line on base. The path will make it possible for the Marines and residents to access North Beach when the flight line is in use.

Merit Badges signify the mastery of certain Scoutcraft skills, as well as helping the boys increase their skills in an area of personal interest. One of the badges that must be earned is

citizenship in the community.

The Scouts set out with a variety of tools to clear the path that was cluttered with bushes, small trees, grass and dead vegetation and worked non-stop to make the path safe for base residents.

“There are a lot of thick trees out there and the kids had to plan amongst themselves how they were going to remove all the debris,” said Master Sgt. Juan Rivera, operations planning team chief for MCB Hawaii. “After they have constructed the path, people will no longer have to wait for the flight line to open up so they can walk or run to North Beach.”

The Eagle Scouts in Troop 425 contacted officials in Headquarters Bn. and asked if they could donate their time to pay back the base community, which sponsors them. When the response came back about the need for a foot path to access North Beach,

the boys were eager to come together and go to work.

“This is a two-fold project,” said Col. Richard Roten, deputy commander for MCB Hawaii, and scout master for Troop 425. “This gives them a chance to give back to the community and earn their Merit Badges. The older scouts showed a lot of leadership in coordinating this project. This will be a lasting project that they can come back five years from now and remember how hard they worked to complete it.”

The path is approximately 3/4 of a mile long and is scheduled to be completed within two weeks from the time they started.

“This is a fun project because we don’t get the opportunity to do work like this,” said Eagle Scout Tenderfoot Daniel Cummins, age 12. “I am glad the whole base will get to use this trail.”



(Top and Above) Eagle Scouts from Troop 425 spent a weekend afternoon clearing a footpath for the Marines, Sailors and residents aboard MCB Hawaii. The path will make access to North Beach possible when the flight line is in use.

EDUCATION: CCE graduates

Command and Staff College Distance Education Program

Maj. Robert J. Allen, USMC, 3rd Bn, 3rd MARINES
Maj. Paul E. Anslow, USMC, HMH 363, MAG 24
Major Christopher P. Bazin, USMCR, HQSVCBN, MFP
Lt. Col. Conrad S. Belnap, US Army, Tripler Army Medical Center
Maj. Lance S. Bookless, USMCR, JICPAC
Maj. David P. Bradney, USMC, 2nd Bn, 3rd MARINES
Capt. Mark H. Clingan, USMC, 3rd Bn, 3rd MARINES
Maj. Ronald S. Colwell, USMCR, HQSVCBN, MFP
Maj. Warren D. Deeds, USMCR, HQSVCBN, MFP
LtCol Jonathan T. Elliott, USMCR, HQSVCBN, MFP
Capt. Adolfo Garcia, Jr., USMC, 1st Bn, 12th Marines
Maj. John W. Hatala, USMC, US Naval Academy
Maj. Timothy J. Hiel, USMC, HQ BN, MCBH
Maj. Mark A. House, USMC, I&I, 4th Force Recon
Lt. Col. Joel B. Hummel, USMCR, HQSVCBN, MFP
Maj. Eric L. Litchfield,

USMC, HQSVCBN, MFP
Maj. Michael C. McGhee, USMC, HMH 362, MAG 24
Maj. Michael D. Mori, USMC, HQ BN, MCBH
Capt. Jason S. Perry, USMC, 2nd Bn, 3rd MARINES
Cmdr. Jeffrey E. Rhodes, US Navy, HQSVCBN, MFP
Maj. Mark W. Shellabarger, USMC, HQSVCBN, MFP
Maj. Marshall L. Swor, USMCR, HQSVCBN, MFP
Capt. Javier A. Torres, USMC, HQCO 3D MAR
Maj. Salvatore Viscuso III, USMC, 3rd Bn, 3rd MARINES
Maj. Daniel R. Westphal, USMC, MALS 24, MAG 24
Maj. Steven M. Wolf, USMC, 3rd Bn, 3rd MARINES

Amphibious Warfare School Distance Education Program

Capt. Michelle E. Akers, USMC, CSSG-3
Staff Sgt Jose J. Alvarez Jr, USMC, 2D BN, 3D MARINES
Capt. Mark J. Broekhuizen, USMC, CSSG-3
Capt. Ashley K. Burch, USMC, CSSG-3
Capt. Michael R. Challgren,

USMC, Naval Security Group
Capt. Nathan D. Chamberlain, USMC, CILHI
Capt. Patrick B. Collins, USMC, 2D BN, 3D MARINES
Maj. Edith W. Cordery, USMC, HQSVCBN, MFP
Capt. Alison L. Daly, USMC, HQ BN, MCBH
1st Lt. Eric W. Demsky, USMC, CSSG-3
Capt. Jeremy G. Deveau, USMC, HMH 362, MAG 24
Capt. Nathaniel T. Earles, USMC, 2D BN, 3D MARINES
1st Lt. Bryan A. Eovito, USMC, 1ST BN 12TH MARINES
Capt. Ryan M. Finn, USMC, MALS 24, MAG 24
Captain Ronald E. Gaines, USMC, 2D BN, 3D MARINES
1st Lt. Justin A. Garris, USMC, 3D BN 3D MARINES
1st Lt. Damon R. Harris, USMC, 3D BN, 3D MARINES
Capt. Edward B. Hastings, USMC, HMH 362, MAG 24
Capt. Christopher W. Huff, USMC, HQ BN, MCBH
Capt. Herbert G. Jones, USMC, HMT 301, MAG 24
1st Lt. Thomas R. McGoldrick, USMC, HQSVCBN, MFP
1st Lt. Patrick A. McKinley, USMC, 3D BN, 3D MARINES

Capt. Kenneth C. Musial, USMC, PACIFIC COM-MAND
1st Lt. Kevin D. Navas, USMC, 3D MARINES
Capt. Kathy L. Novack, USMCR, HQSVCBN, MFP
1st Lt. Gregory J. Novak, USMC, 3D BN, 3D MARINES
Capt. Eric R. Olson, USMC, HMH 463, MAG 24
Capt. Jennifer L. Peeters, USMC, HQSVCBN, MFP
1st Lt. Matthew L. Phillips, USMC, 2D BN, 3D MARINES
1st Lt. Sean M. Pieja, USMC, 3D BN, 3D MARINES
1st Lt. Joshua J. Randall, USMC, 1ST BN, 12TH MARINES
1st Lt. John B. Rogers, Jr., USMC, 2D BN 3D MARINES
Capt. Justin B. Stodghill, USMC, HMT 301, MAG 24
1st Lt. Mark W. Strom, USMC, MALS 24, MAG 24
1st Lt. Daniel J. Thomas, USMC, 2D BN, 3D MARINES
Capt. Gary W. Thomason, USMC, HMH 362, MAG 24
Sgt Stanley A. Titus, USMC, 3D MARINES
Capt. Thomas D. Wood, USMC, 3D MARINES
Capt. Alexander E. Zuchman, USMC, 2D BN, 3D MARINES



Staff Sgt. Robert Carlson

Radion Bn. Marines flew the National and Marine Corps colors as they taxied into MCB Hawaii

RETURN, From A-1

1st Radio Battalion’s mission is to provide communications support for Marine Corps intelligence organizations and to conduct electronic warfare.

During OIF, 1st Radio Bn. supported forces in both Kuwait and Iraq, and half of the unit deployed in direct support of the ground attack.

Approximately 250 1st Radio Bn. Marines deployed February, to Kuwait and into Iraq in support of OIF. Forty Radio Battalion Marines returned May 19. 70 Marines will remain behind in the Central Command area until later this summer in support of ongoing operations.

BRAC, From A-1

establish changes in many important areas such as the budgeting, acquisition, personnel and management systems. These systems must be able to operate in a world that changes rapidly. Without these necessary changes, the current defense program will only become more expensive in the future.

The 2005 BRAC process will help find innovative ways to consolidate, realign or find alternative uses for current facilities to ensure that the United States continues to employ the best-prepared and best-equipped mili-

tary in the world. BRAC will also enable the American military to better match its facilities with its forces and meet the threats and challenges of the new century while making the wisest use of the limited defense dollars.

As of now, the BRAC 2005 process is in the beginning stages and it is too early to determine which bases or installations will be closed and there are no specific numbers or target areas.

The DoD must complete a comprehensive review before it can determine which military installations should be realigned or closed.

OKINAWA, From A-1

Kansas Tower. They were also able to visit Waterfront Operations, and spoke with Chief Warrant Officer 2 Matthew Santos, officer in charge, who briefed the representatives on the different missions and training conducted by the Sailors there.

The tour came to an end when the representatives went to the Kaneohe Bay Range Training Facility and were given a brief by range officers on the range and the many different weapons employed there.

After the tour, the representatives asked follow-up questions while they had lunch with the Civilian-Military Council at the Officer’s Club. The members of the CMC introduced themselves to the representatives and each gave a brief description of what their job is and how they positively interact with MCB Hawaii.

WAR, From A-1

tacks on New York City, the Pentagon, and the airliner crash in Pennsylvania, Myers remarked, the U.S. and other nations quickly formed an alliance “to fight terrorists and those that would harbor terrorists and provide them safe haven.”

NDU graduates, he pointed out, “have had the opportunity to study and to debate the world’s response to this war on terrorism.”

Because of the global scope of the war on terrorism, the general suggested that NDU graduates should recognize the importance of the international students among them.

“The ties that you have

formed over this year are going to hold for years to come as we wrestle with new and unforeseen challenges to peace and prosperity,” Gen. Myers explained.

More than 60 countries “have contributed in meaningful ways” in partnership with the United States in prosecuting the war on terrorism, he noted.

“And it must continue to be an international team effort if we’re going to be successful,” Gen. Myers said.

The JCS chairman also had a message to NDU’s international student graduates, whom he noted have acquired “an expanded understanding of national security, including the complex interactions required to im-

plement that strategy.”

“The lessons you’ve learned here apply to your countries, as well,” he noted.

The war against global terrorism continues, Myers pointed out, noting, “there are still terrorists out there who want to do us harm.”

Terrorists, the general emphasized, “will use violence against the innocent.” In recent weeks, he pointed out, more than 50 people, including Muslims, Christians and Jews were killed in terror attacks against civilians in Saudi Arabia, Morocco and Israel.

“We shouldn’t let our successes lull us into a sense of complacency the war on terrorism is far from over,” said Gen. Meyers.

LIFESTYLES

Hawaii Marine B Section

June 13, 2003



Bay Fest promises to bring more good times to K-Bay



Lance Cpl. Monroe F. Seigle
Combat Correspondent

It won't be long until MCB Hawaii, Kaneohe Bay, opens its doors again for the 14th annual Bay Fest event with a theme of "Celebrating America's Heroes" July 4-6.

July 4 will be a busy day of bull riding, dunk tanks, boat rides and an exotic car show along with live music and fire works.

Other attractions include apple pie-eating contests and truck-pull strong-man competitions.

July 5 is scheduled to be a day of surprises as well.

Starting the day off and continuing all throughout are boat rides around Coconut Island sponsored by All Hawaii Cruises.

There will also be a dunk tank and a joust contest to help kick the day off.

After a boat ride, one can still have more water-related activities as there

will be a paddleboard contest at 1 p.m.

Shortly afterward a Papa John's Pizza Eating Contest followed by an ice cream-eating contest are scheduled for those with sumo-sized appetites.

From 4:30 to 8 p.m., there will be a body-search competition and a boxing challenge along with the announcement of the Bay Fest Contest winner sponsored by Star 101.9.

To bring the night to a close, attendees are bound to be marveled with a fireworks show and a live show by the hit pop-rock band "Everclear."

The final day of events will have many of the previously-featured activities along with another live presentation of "Go Jimmy Go," and Joan Jett and the Blackhearts.

A fest-tent party will go until 12 a.m. bringing the festival to a close.

The schedule is subject to change. For the current schedule of events, visit the Bay Fest website at <http://www.bayfeshawaii.com/schs un.htm>.

Tickets on sale now



July 4-6



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

JUNE
Today

Staff NCO Beach Party BBQ – Head over to Fairways Ballroom and back lanai for a Beach Party BBQ at 4:30 - 6 p. m. Free for members, \$2 for non-members. BBQ starts at 6 p.m. with the DJ spinning at 8 p.m. Kick up the excitement and participate in the watermelon eating contest and belly flop contest. There'll be fun for all! For more information, call 254-5592.

Mongolian Barbecue at the Officers' Club – Don't feel like cooking dinner? Head out to the Officers' Club for Mongolian Barbecue and leave the work to the professionals.

Buffet style, select your favorite veggies and meat including chicken, shrimp, pork and beef; pile your bowl high, and kick it up a notch with a sauce of your choice. Then watch the grill masters flip, sautee and

grill your dinner to perfection. Mongolian Barbecue is served every Wednesday and Friday from 5:30 to 8 p.m. For more, call 254-7649.

Sunday

Club Father's Day Brunch – He wears many hats; employee, handyman, yard service, auto mechanic, parent and protector are among the few. This Fathers' Day, show him how much you appreciate him with a special Sunday Champagne Brunch at the Officers' Club. Brunch will be served from 10:00 a.m. – 1:00 p.m. Reservations are required and can be made by calling 254-7560/7649.

Monday

Kids Night at Kahuna's – At Kahuna's Bar & Grill, 6 - 8 p.m. For every kids' meal purchased, receive 50 percent off one adult meal. Enter to win a Sesame Street Live family four pack giveaway. 254-7661.

Tuesday

Kids Splash Day at the Officers' Club Pool – School is out and summer is heating up! Headquarters Bn. will sponsor games and races for the kids to enjoy from 10 a.m. to 4 p.m.!

Kids' Splash Day will be hosted every Tuesday until the end of the Summer.

Wednesday

Thinking About Marriage? – Get in the know and attend the marriage skills workshop. You'll learn more about becoming a successful military family, couples' communication, budgeting and finances, and other resources available to make your relationship a success. Call 257-7780/7781 to register.

20 / Friday

MCB Hawaii Annual JEMS Job Fair – 9 a.m. noon at Kahuna's Ballroom. The job fair is open to all military and DoD/Coast Guard identification card holders with base access, this includes spouses and family members, active duty personnel, retirees and reservists. This is a great opportunity for those seeking local or federal employment to network with employers and other job seekers. Bring your resumes and dress accordingly. Children will not be admitted. For more information, call 257-7790.

21 / Saturday

Kahuna's transforms into a Roman Empire– You know the saying, "When in Rome do as the Roman's do." Follow this

simple rule – wear your toga to Kahuna's and receive 50 percent off of your food bill. Kahuna's toga party will begin at 9 p.m. until its fall at 2 a.m.

27 / Friday

O'Club Kids Pool Party – Cool the kids down at the Officers' Club pool from 1 - 5 p.m. Free snacks for the kids and exciting entertainment. For more information, call 254-7650.

Youth Activities Piano Lessons – Hone your children's musical talent or involve them in extra-curricular activities with piano lessons for youth ages 6-17 years old.

Lessons are limited to 30-minute classes once per week, either Tuesday or Thursday between 2 and 6 p.m.

The cost for the lesson is \$24. For more information, call 254-7610.

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, or contact Family Child Care at 257-7030.

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

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) buffet from 11 a.m. to 1 p.m.; a la carte from 11 a.m. to 1: 30 p.m.; dinner Thursdays through Saturdays from 5:30 - 8 p.m.

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

Saturday: 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 golf tourney; stay tuned for more info.

SM&SP Bargains

•Score at K-Bay Bowling Lanes with free shoes and \$1.50 games, Mondays through Thursdays for all E-5s and below.

•Drive over to the Klipper Golf Course and practice your swing. All E-5s and below receive free range balls. Rent clubs for \$5 per set, and golf 18-holes for \$9 or 9-holes for \$5.

•The base marina offers a free Adventure Training Program (unit sanctioned) with classes in scuba, kayaking, power boating and water skiing.

•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.

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

SUMMER SAFETY TIPS



• WATCH YOUR SPEED, SCHOOL IS OUT, CHILDREN AT PLAY.



• SECURE ALL VALUABLE ITEMS, DON'T GIVE CRIME A CHANCE.



• SUMMER CURFEW FOR AGES 15 AND UNDER IS 10 P.M. OR 30 MINUTES AFTER A SCHEDULED EVENT.



Sponsored by the
Provost Marshal's Office

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 info.

Phone Booth (R)
Malibu's Most Wanted (PG 13)
What A Girl Wants (PG)
Phone Booth (R)
What A Girl Wants (PG)
Malibu's Most Wanted (PG 13)
Anger Management (PG 13)
Bullet Proof Monk (PG 13)
Anger Management (PG 13)

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.
June 20 at 7:15 p.m.
June 20 at 9:45 p.m.

MCCS
MISSION

The MCCS Mission: To uplift the spirits of the Marine Corps and Navy families and to support Marine Corps and Navy readiness and retention through customer-owned and driven MCCS programs, goods and services — in garrison and deployed environments. (For up-to-the-minute news about MCCS, logon to www.mccshawaii.com.)

Teaching children their financial ABCs

NAPS

Featurettes

Teaching children about saving, budgeting and managing money may really add up later in their financial future.

Good financial habits start early and studies show that many kids don't learn the fundamentals of money management skills either at school or at home.

To help, the American Bankers Association Education Foundation (ABAEF) created the Teach Children to Save program where bankers go into local schools to teach children "real life" lessons about the value of money. The association wants to make savings day "every day," by encouraging parents to teach their children about money. Here are some simple suggestions to teach your kids money skills that will last a lifetime:



- Teach your child the importance of saving. To make their savings visible and real, have them build up savings in a piggy bank.
- Help them open up their own savings account and make deposits regularly. Many banks offer low or no-fee savings accounts with no minimum balance required. If your bank doesn't offer this feature, ask if special arrangements can be made.
- Make going to the bank a fun activity. Some banks have kids clubs where members get newsletters in the mail or receive prizes like balloons when they make a deposit. If your bank doesn't offer this, use another positive reward such as an ice cream cone or a trip to the park.
- Kids love to get mail, so keep an eye out for their monthly statement. This will help them see the

gradual effect of interest on their balance.

- Involve children in spending decisions and talk about savings in your family. This gives them practical experience in the buying and saving process.
- While many children know that money doesn't grow on trees, they may think it comes out of a wall. Show them how an ATM works and help them understand that to take money out of the bank you must first put it in.
- Give your kids positive feedback. As they get older and their allowance increases, give them responsibility for spending their money on "needs." Who knows — even you might learn a trick or two.

For more information, visit www.aba.com and click on Consumer Connection.

McDonalds of Hawaii donates \$8,700 to Red Cross

Sheila M. Sanders
Press Release

HONOLULU — McDonald’s Restaurants of Hawaii is donating more than \$8,700 to the American Red Cross for the victims of December’s devastating typhoon in Guam. The funds were raised at all 78 McDonald’s restaurants statewide in January from the canisters normally used to collect funds for Ronald

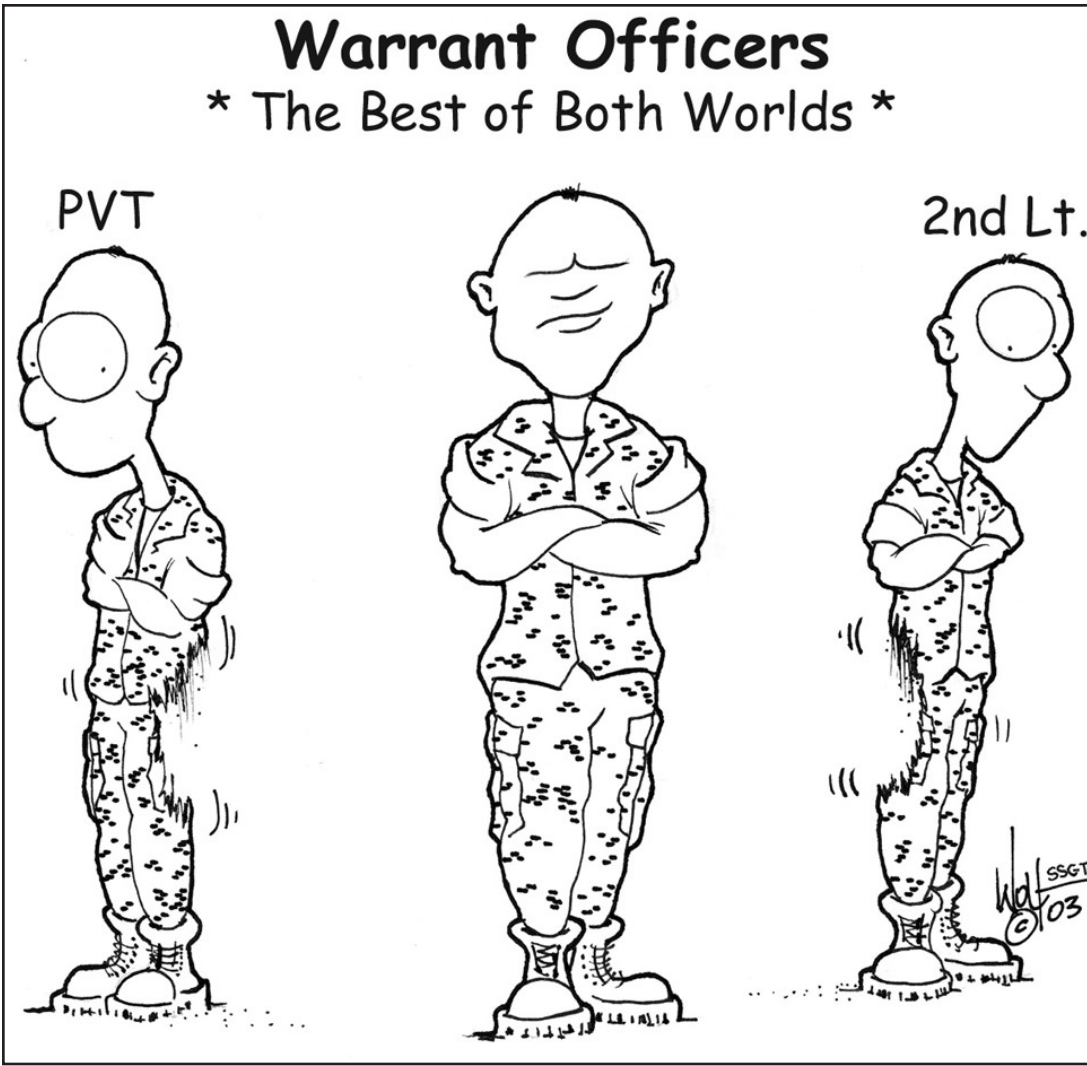


Courtesy of McDonalds and Red Cross

McDonalds of Hawaii presented the American Red Cross with a check for 8,769 to help aide the typhoon victims in Guam.

McDonald House Charities of Hawaii. A check of \$8,769.44 was presented to Stan Lum, director of financial development for the American Red Cross - Hawaii Chapter. “We are grateful to our many customers and crew members who gave generously to help on the families in Guam,” said Glenn Waki, president, Golden Arches Merchants Association. “This gift from the patrons and employees of McDonald’s in Hawaii will help tremendously in aiding those whose lives the typhoon turned upside down on Guam,” added Lum. “Representatives from the American Red Cross have been going to Guam over the past few months to assist them as they try to rebuild their lives.”

McDonald’s is the leading global foodservice retailer, with more than 29,000 restaurants serving nearly 45 million people each day in 121 countries. McDonald’s has 88 restaurants and more than 3,500 employees in Hawaii, Guam and Saipan.



ON THE MENU

Anderson Hall will serve the following this week:

Today	Salisbury Steak Steamed Rice Mashed Potatoes Apple Crisp Asst Fruit Pie	Wednesday
Lunch Oven Roast Beef Baked Tuna & Noodles Steamed Rice Chocolate Chip Cookies Asst Fruit Pie	Dinner Baked Meat Loaf Oven Roast Beef Parsley Buttered Potatoes Pork Fried Rice Apple Crisp Asst Fruit Pie	Lunch Baked Ham Chili Macaroni Candied Sweet Potatoes Grilled Cheese Sandwich Bread Pudding w/ Lemon Sauce Peanut Butter Cookies Asst Fruit Pie
Dinner Sauerbraten Knockwurst w/ Sauerkraut Boiled Egg Noodles Cottage Fried Potatoes Chocolate Chip Cookies Asst Fruit Pie	<i>Specialty Bar</i> <i>Lunch and Dinner</i> Pasta Bar	Dinner Baked Stuffed Pork Chops Turkey Pot Pie Mashed Potatoes Steamed Rice Bread Pudding w/ Lemon Sauce Peanut Butter Cookies Asst Fruit Pie
<i>Specialty Bar</i> <i>Lunch and Dinner</i> Pasta Bar	Tuesday	<i>Specialty Bar</i> <i>Lunch and Dinner</i> Country Bar
Saturday	Lunch Barbecue Spareribs Veal Parmesan Oven Browned Potatoes Buttered Egg Noodles Devils Food Cake w/ Mocha Butter Cream Frosting Asst Fruit Pie	Thursday
Dinner Brunch Grilled Steak Pork Chop Mexicana Mashed Potatoes Spanish Rice Fruit Nut Bars Asstd Fruit Pie	Dinner Swiss Steak w/Brown Gravy Baked Fish Fillets Lyonnaise Potatoes Steamed Rice Devils Food Cake w/Mocha Buttercream Frosting Asst Fruit Pie	Lunch Cantonese Spareribs Baked Tuna and Noodles Shrimp Fried Rice Corn Bread Dressing Pineapple Upside Down Cake Asst Fruit Pie
Sunday		Dinner Swedish Meatballs Caribbean Chicken Steamed Rice O' Brien Potatoes Pineapple Upside Down Cake Assorted Fruit Pie
Dinner Brunch Beef Pot Pie Baked Fresh Fish Steamed Rice Bread Pudding w/Lemon Sauce Peanut Butter Cookies	<i>Specialty Bar</i> <i>Lunch and Dinner</i> Taco Bar	<i>Specialty Bar</i> <i>Lunch and Dinner</i> Taco Bar
Monday		
Lunch Teriyaki Chicken		

WORD TO PASS

‘Mom’s Life/Kid’s Life’ Debuts at Chapel

Join the next meeting of the Christian ministry “Mom’s Life/Kid’s Life” at the base chapel aboard MCB Hawaii, Kaneohe Bay, any second or fourth Thursday from 9:30 - 11:30 a.m.

The ministry is based on the principles of Titus 2: 3-5. While moms are enjoying their time of fellowship, inspiration and refreshment, children are involved in supervised, positive, social activities.

All women and their children are welcome to attend. Child care and refreshments are provided; however, please call in advance and state how many and what ages are your children.

For more details, call Susie Bailey at 254-2660.

Girl Scouts Now Accepting Applications

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 address: jareilly@girlscoutshawaii.org.

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

Hawaii MARINE SPORTS

Hawaii Marine C Section

June 13, 2003



Lance Cpl. Monroe F. Seigle

Second Baseman Ed Anderson takes a hefty swing and aims for the fence during the third inning of a game in the HASAC softball tournament at Hickam Air Force Base.

Marines meet their match at Hickam HASAC

Lance Cpl. Monroe F. Seigle
Combat Correspondent

Although the MCB Hawaii Softball Team showed some guts during the Hickam Armed Services Athletic Counsel Tournament against the Hickam Air Force Base Flyers, it turned into an all-out onslaught in the second half of the game with the Flyers pounding out run after run and defeating the Marines 28-16.

The Flyers started the game strong with a string of singles and a home run putting seven points on the board in the top half of the first inning leaving the Marines stunned by their awesome and powerful offense.

Although stunned, the Marines came back with some fury and tenacity in the bottom of the first to show the Flyers they had some of the same guts they showed in the top of the

first. After two base hits and a triple making the score 7-3 with the Flyers still in the lead, third-baseman Wil Castillo came to the plate and hit a three-run homer to cut the Flyer lead by one point. The Marines were not done with their vicious comeback yet. Pitcher Todd Crumley came to the plate and lined in two more runs to put the Marines on top 8-7 and brought the first inning to a close.

The Flyers rebounded in the second inning with a two-run homer to take the lead 9-8. They threatened to add more after loading the bases, but Crumley



Lance Cpl. Monroe F. Seigle

Pitcher Todd Crumley aims for a strike during the HASAC baseball tournament at Hickam Air Force Base.

and the awesome defense sent them back to the dugout leaving the three runners stranded at

the bases.

The Marines seemed to lose their spark in the bottom of the second managing to come up with two base hits but could not send them around the bases and the second inning came to a close with the Flyers still on top 9-8.

The Flyers followed suit in losing a spark in the third inning with a fly-out, a strike out and a pop-up, failing to add any more points to the board in the third inning.

In the bottom of the third, the Marines let their offense rear its ugly head again and warmed up the bats to score two runs when Crumley smacked a line drive into right field bringing in two runners to tie the score 9-8. Two base hits later, the Marines threatened to take the lead but failed after two pop-ups that produced no runs.

The fourth inning was proba-

bly the quietest inning of the game when only one run crossed the plate after a Flyer hit a solo home run to bring the Flyers back into the lead 10-9.

It wasn't until the fifth inning that the Air Force seemingly unleashed some weapons of mass destruction when their bats and batters came alive with two home runs and five base hits scoring seven runs and silencing the Marines with their brutal comeback. The fifth inning came to a close with the Flyers in total control of a 17-10 lead over the Marines.

The sixth inning was the last time the Marines were going to break the Flyer's defense. The Marines put up a fight for their life with two home runs and three base hits but still couldn't take the lead. The sixth inning came to a close with the Flyer's

See HASAC, C-8

9-year-old becomes sports fanatic, champion



Staff Sgt. Jesus A. Lora

Timothy Castillo, a 9-year-old, competitive swimmer dives in head first, as he warms up for another day of training in preparation for the Kihei Aquatic swim competition.

SSgt Jesus A. Lora
Training/Operations Chief

When one thinks of leisure time with children they think of play station games, Spiderman, friends, and cartoons.

But for 9-year-old Timothy Castillo, the sight and sounds are too familiar with his way of life.

At Yokota Air base, Japan, when he swam with a team known as

the String Rays and won his first competition with them two years ago.

"It all started in Yokota, Japan" said Chief Warrant Officer 2 Joe Castillo, accounting officer, Comptroller Office, MCB Hawaii, Kaneohe Bay. "He has no fear of the water, loves to be outdoors and has the competitiveness of a team player and winner."

Timothy now trains three to four times a

week with the Pool Hawks, MCB Hawaii, Kaneohe Bay, and has been with the team for the last two years.

His latest achievement was placing first in the Punahou Aquatics Swim Competition this month.

"This competition was tough," said Castillo. He had to swim the 50, 100-meter breaststroke and beat the following times of 50:94, and 1:53:99.

Timothy came in with a time of 49:84 for the 50-meter, and 1:48:18 for the 100-meter. He was really proud."

This competition qualifies him for a swim meet in the Kihei Aquatic Center in Kihei, Maui, later this month.

"He will give his best and do just fine," said Judith Castillo, Timothy's mother. "I will support him and stand by his side as long as he loves what he is doing."

Marines clench glory for the Corps at armed forces meet

Marine Corps Community Services
Press Release

MCB QUANTICO, VA — In May, Marine athletes represented the Corps at numerous Armed Forces, national, and international sporting events on the wrestling mat, weightlifting platform, skeet range, cycling courses, racquetball court and in the boxing ring.

The Marine Corps wrestling team competed at the U.S. Open National Championships in Las Vegas, Nev., May 8-10. Seven Marine wrestlers earned All-American status by placing in the top eight in their respective weight classes. Sergeant Deon Hicks and LCpl. Jake Clark earned bronze medals in their weights and a spot on the U.S. national team.

The boxing team traveled to

Halifax, Nova Scotia, to do battle with Canada's Nova Scotia Elite Boxing Club May 27 to June 2. The boxing team's performance was led by Sgt. Ariel Ovalles second round knockout of Canada's Jahmal Richardson, and LCpl. Eric Canales being named outstanding boxer of the May 31 fights.

Corporal Justin Devereux, from the Navy and Marine Corps Appellate Review

Activity, Washington Navy Yard, clenched seventh place in the 2003 USA Weightlifting National championships, held in Chattanooga, Tennessee, May 16-19. Devereux competed in the 77 KG weight class, and performed a 107.5 KG "Snatch," and a 145 KG "Clean and Jerk" for a total lift of 252.5 KG.

Major S. Simpson (MCB Camp Pendleton), Sgt. Maj. C. F. Kreuser (MCRD Parris Island),

and Gunnery Sgt. B. Cotter (MCB Quantico) led the Marine Corps at the Armed Forces Skeet Association's National Championships in Phoenix, Az, May 12-16. The Marine Corps clenched the Inter-Service five-man team event in the .410 gauge and placed second behind the Army in the 28 gauge, 20 gauge, and 12 gauge events.

See GLORY, C-8

BASE SPORTS

Edward Hanlon V MCCS Marketing

Klipper Hosts Adult Golf Clinic

Need to work on the game a little? Join Leland Lindsay, a member of the Professional Golf Association, at the Kaneohe Klipper for a five-week golf clinic, beginning today and following every Friday from 5 to 6 p.m. Learn more about your swing, from long and short game, pitching, putting, golf etiquette and even the rules. The class is limited to 25, and costs \$80. Call 254-3220 for more.

MCCS Hosts Youth Surf Clinic

The clinic will be held at Pyramid Rock Beach. Military family members ages 9-14 & 15-17 years of age can learn to surf with Marine Corps Community Services’s Youth Activities on Saturday, from 9 a.m. to noon. Certain requirements are necessary for registration including a swim test. The swim test is

scheduled for today, at 5 p.m. This is a great opportunity for youth to get supervised and qualified instruction for Hawaii’s favorite pastime. Call 254-7610 for more registration information.

Marina Offers Sailing Lessons

The base marina is now offering introductory lessons to sailing. Upon completion of the five-class course, patrons will be able to put their 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 details.

Intramural Leagues Battle

The Intramural Sports Teams are still battling every week to decide who’s best. Softball goes every Monday, Tuesday and Wednesday at 6, 7, and 8 p.m. at

the Annex or Risley field. Intramural volleyball goes every Thursday and Friday starting at 6 and 7 p.m. Intramural 30 and over basketball goes every Monday and Thursday at 6 and 7 p.m. For more information on either softball, basketball or volleyball, call 254-7591 or 447-0498 at Camp H.M. Smith.

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.

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

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 more information or to have ask questions on aqua aerobics, call the Kaneohe Bay base pool at 254-7655.

Semper Fit Offers Massages

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.

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. To find out 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 the child care offered, call Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.

Intramural standings come in

SOFTBALL STANDINGS		
	WON	LOSS
1ST RADIO BN	17	0
CHRONICS FACILITIES	15	2
MESS HALL	12	6
HQBN	9	7
MCAF	9	7
1/12	9	8
MAG 24	9	8
CSSG-3 MAINT. CO	8	10
TEAM STOP LOSS	6	10
MFP BAND	5	10
VP-47	3	14
VP-4	2	15
*Standing current as of 28 May, 2003		
VOLLEYBALL STANDINGS		
	WIN	LOSS
MALS 24 SHAW	8	0
HQBN	5	2
MALS 24 AV-1	3	3
CSSG-3	3	3
1/12 – 1	0	5
*Standings current as of 2 June, 2003		

Base All Stars

NAME: Timothy Castillo

AGE: 9

SPORT: Swimming, Baseball and Soccer

SCHOOL: Mokapu Elementary School.

- Most recently competed and placed first in the Punahou Aquatics Swim Competiton, at the base pool aboard MCB Hawaii, Kaneohe Bay.
- He is currently training to compete in the Kihei Aquatic Center swim competition this month in Kehei, Maui.



Staff Sgt. Robert A. Carlson

“I really like swimming and being in the water, plus I really like how warm it is here. It’s better than Okinawa.”

COMMUNITY SPORTS

HTMC Hosts Hikes and Climbs

Saturday at 6:30 p.m., the Hawaii Trail and Mountain Club is taking a trip to Ka’Iwa Ridge, and you’re invited. The club will ascend the ridge on a broad dusty road by moon light, sing love songs at the top, and enjoy the captivating ocean veiws silhouetted against the night skies. For more information, call 596-4864.

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 enjoy the outdoors — not just hunters. The next two-day session is today, from 5:45 - 10:15 p.m. and Saturday, 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.) For more information on the class, call 587-0200.

UH to Sponsor 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 Presents 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 pollu-

tion. 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 information on Adopt-A-Stream, call 527-5669.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu. Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

SPORTS AROUND THE CORPS

Marine Recruit Depot welcomes marathoners

Cpl. Anthony D. Pike
MCRD San Diego

MCRD SAN DIEGO, Calif — Roughly 21,000 new recruits arrive at Marine Corps Recruit Depot, San Diego, every year and spend three months or more working toward their dream of walking across the parade deck as Marines. On June 1, it took mere hours for the same amount of people to realize their dreams of completing a marathon as they ran across the parade deck and crossed the finish line of the sixth annual Suzuki Rock ‘N’ Roll Marathon.

This is the third year the Depot

served as finish line for the Suzuki Rock ‘N’ Roll Marathon. The course began at the intersection of Sixth Avenue and Laurel Street in downtown San Diego.

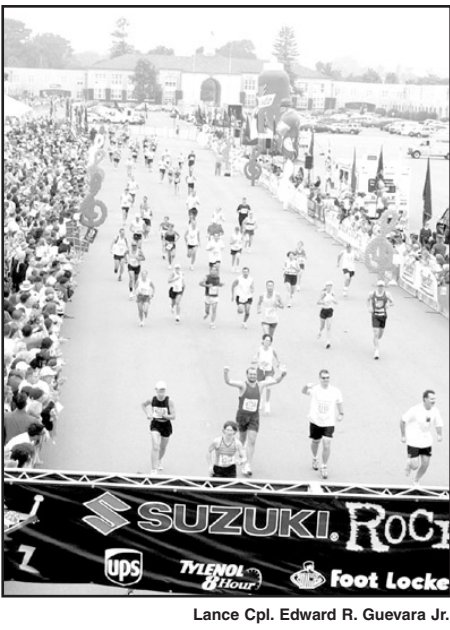
Marines played a bigger role this year. In addition to opening the Depot to the public, Marines could be seen passing out water to the runners along the course, rousing patriotism at the starting line through music, and beginning the race as the official race starter.

First Sergeant Bruce H. Cole, company first sergeant, 2nd Bn, 5th Marine Regiment, just returned from Operation Iraqi Freedom and was selected as the official race

starter. After Cole started the race, he made his way to the Depot to talk to recruits about his experiences in Iraq.

This year’s race attracted athletes from all over the world, bringing out the best runners. Kenyan male runners dominated the race this year as nine of the top ten finishers hailed from the African nation. Ondoro Osoro was the first male racer to cross the finish line at 2:09:38, only two seconds ahead of runner-up Peter Chebet. Joseph Kahugu finished out the top three at 2:10:06. All three runners come from

See RUNNERS, C-8



Marine Corps Recruit Depot, San Diego, was taken over June 1 as the finish line and finishing mile in the Rock ‘n Roll Marathon. The parade deck was transformed into a place of celebration for marathon runners.

Lance Cpl. Edward R. Guevara Jr.

Americans realize road to good health, weight loss is long

NAPS
Featurettes

A recent Gallup survey shows 75 percent of Americans realize high-protein, low-carbohydrate diets may offer short-term results, but acknowledge weight-loss results from these diets are difficult to maintain long term. Additionally, 70 percent understand depriving themselves of foods rich in carbohydrates is not healthy.

While 63 percent of consumers agree complex carbohydrates are good for them and grain foods can help with weight control, more than half think bread and pasta-which are complex carbohydrates and grain foods-are fattening, when they are not.

In addition, according to the survey, more than 68 percent recognize the health benefits that bread and grain foods provide, including the fact they may help prevent heart disease, cancer, diabetes, and birth defects, as well as increase energy.



Lance Cpl. Monroe F. Seigle

Running is a proven way to increase cardio vascular fitness. Here Marines from Weapons Co., 1st Bn., 3rd Marine Regiment, participate in the recent 3rd Marines 10k run.

“Americans are confused about basic nutrition, especially the benefits of grain foods,” said Dr. Holly Wyatt, assistant professor of medicine with the Center for Human Nutrition at the University of Colorado Health Sciences Center. “Consumers need to know the facts about food staples, such as grains, and the integral role they play in a healthful

diet.”

Researchers at the University of Colorado, including Dr. Wyatt, collecting data for the National Weight Control Registry (NWCR) found most members achieved long-term weight loss success by fol-

lowing a low-fat, high-carbohydrate diet, including a variety of grain foods and reducing caloric intake, as well as exercising regularly. Another study, recently released by the U.S. Department of Agriculture (USDA) comparing low-carbohydrate and high-carbohydrate diets also found those who followed a high-carbohydrate diet were more likely to be in the normal weight range and consume more key vitamins and minerals.

“The research shows grain foods are a key part of the solution to long-term weight management,” said Judi Adams, M.S., R.D., president of the Wheat Foods Council. “It is important for Americans to learn the truth about grains and other healthful foods so they can stay on track for a long, healthful life.”

Weight loss plan that loves your body

NAPS
Featurettes

When it comes to losing weight and keeping it off, the science is clear: take the easy way! Make easy changes that you can live with and sustain over the long term.

Reaching a healthy weight is about lifestyle and the everyday, sustainable habits that make up that lifestyle. The numbers on the bathroom scale can be a barometer of your progress, but they should not define it, advises Anne Fletcher, author of *Thin for Life*, a book that details how hundreds of people have lost weight and kept it off for more than a decade.

“It’s important for people to start their efforts by setting a ‘comfortable’ weight goal for themselves,” says Fletcher. “One in which you feel good physically and emotionally; one in which you do not have any medical problems (like high blood pressure) that are caused by your weight; and one where you don’t have to starve or exercise fanatically to get there and stay there.”

Once you have that weight in mind, the next step is to employ the everyday habits that will make a difference. The National Weight Control Registry (NWCR), which, like Fletcher, has tracked people who have lost weight and kept it off, has found they have similar habits.

- They are on the move. Many experts agree that physical activity is pivotal. In fact, some would argue that you cannot be healthy or reach a healthy weight without it. Studies show that simply taking the stairs

instead of the elevator and parking at the far end of the parking lot can significantly increase calories burned. For example, walking up 10 flights of stairs for one work week will expend 250 calories—that’s nearly four pounds lost over the course of one year. This is a change that is easy and can be started today!

- Breakfast is big. Eighty percent of people in the NWCR — those who are most successful at losing weight and keeping it off — eat breakfast every day of the week. Ninety percent have it four or more days a week. And of the study participants who eat breakfast, 60 percent said they “always” or “usually” eat a bowl of cereal. In addition, women who frequently eat cereal also weigh nine pounds less, on average, than those who do not.

A recent study also shows that you could lose more weight by adding more calcium to your weight loss plan. Getting enough calcium in your diet seems to trigger the body to burn more fat and make it harder for new fat cells to form. It’s smart to get at least the recommended intake of 1,000 mg of calcium per day from low-fat dairy products, calcium-containing plant foods and calcium-fortified foods and cereals like whole-grain Total.

- Fat is very much a part of the picture. The controversy over whether a high protein diet or a carbohydrate-rich one is better for weight loss has taken the focus off of fat. But, according to both Fletcher’s group and those in the NWCR, fat is very much a piece of the



Staff Sgt. Robert Carlson

Petty Officer 2nd Class Jesse Rivas, right, and Petty Officer 1st Class Mark Morrison, both structural mechanics at Executive Transport Detachment, Commander Patrol and Reconnaissance Forces, U.S. Pacific Fleet, use the treadmills at the MCB Hawaii Semper Fitness Center as part of their program to stay in shape.

weight loss puzzle. Eating less of it is cited as one of the most important factors in keeping weight down. Part of the reason may be the sheer number of calories in fat compared to that of protein or carbohydrates (ounce for ounce fat has more than twice as much).

A Great Start Toward Total Nutrition-Stay motivated by keeping tabs on how you feel. Once you adopt these everyday habits, write down all the good things that are a result of them, such as more energy, better sleep and a better sense of self.

MWR, Corps select Rookie of the Year

MCCS
Press Release

MCB QUANTICO, VA — Dean Weidman, the Athletic Director at Camp Hanson, Okinawa, has been selected as the 2002 Marine Corps recipient of the Irving Rubenstein Memorial Award, formally known as the MWR Rookie of the Year Award. The award was established to memorialize the example set by its namesake, Irv Rubenstein. The award provides an incentive for young managers to aspire to great achievement in military MWR early in their careers. According to Steven Rowland, Chief of Semper Fit, MCCS Okinawa, Japan. “Dean has surpassed all expectations of his performance and is a superb asset to the organization. He has quickly progressed from a new manager to a seasoned managerial veteran and will undoubtedly continue his high level of performance and initiative.” Award winners from all the Services were honored at the IMCEA awards banquet

GLORY, From C-1

The skeet team finished second in the High Over All event, which is a compilation of the entire week’s scores.

Maj. Kent Wheeler (MCB Quantico) and Major Jon Law (4th MAW), competed at the Armed Forces Cycling championships held in conjunction with the Elite Nationals in Spring City, Pa., and the Somerville Road Race, in Somerville, N.J., May 21-25. Wheeler took sixth for the military and 44th overall in the Elite

Nationals and Military time trials. At the Somerville Road Race, Wheeler finished 20th overall and was the top military rider. Law took seventh for the military and 47th overall in the Elite Nationals and Military time trials.

The U.S. Racquetball Association held their National Open Championship in Houston, Texas, May 21-26. Gunnery Sgt. Timothy Kirk (MCRSC Ft Worth) won the Gold in the Men’s ‘C’ Division, while Maj. James Kostal (MCRSC Kansas City) did not place. USA Wrestling announced that

Maj. Jay Antonelli (HQMC) will be this year’s assistant coach for the US Greco Roman Wrestling team. Antonelli will be leading the US Team to the World Championships in Creteil, France, this October.

Each month, Marine athletes throughout the globe continue to represent the Marine Corps in the athletic arena. Often the amount of training behind the competition is unseen by most. Marines are fine tuning their bodies and skills in order to perform their best in hopes of wearing the “Eagle Globe and Anchor” on an Olympic podium.

RUNNERS, From C-3

Kenya. On the female side, nationality was not as dominant as in the men’s race. Six countries were represented in the top ten finishers. Irina Bogacheva of Ukraine crossed the finish line at 2:29:52 followed by Fatuma Roba of Ethiopia at 2:30:26 and Svetlana Demidenko at 2:30:34. America was not represented in any top 10 female finishers.

The top three finishers for males and females were awarded with Suzuki merchandise and

prize money for their efforts.

Several Depot Marines also competed in this year’s Suzuki Rock ‘N’ Roll Marathon. Master Sgt. Jeffrey Burnham, Depot equal opportunity advisor, completed his second Rock ‘N’ Roll marathon at 4:37:52 almost mirroring his run time from last year.

“It was a good day to run,” said Burnham. “I knew the course and knew what to expect. I was better prepared this year.”

Race organizers agreed that it was a good day to

run, and also to watch.

“This year’s race was outstanding,” said Susan Reid, public relations, Suzuki Rock ‘N’ Roll Marathon. “It keeps getting better. We probably had more spectators this year than ever before.”

Some runners view the marathon as a life long goal. For others, it’s a test of how far one can push themselves.

“I am an endurance nut,” said Burnham. “I like to see how far I can push myself. I also run to stay in shape, being a Marine and all, we have that high standard.”

HASAC, From C-1

confidence high and the Marines frowning at being one run behind their powerful hitting opponents.

The Flyers finished the game strong putting 11 more runs on the board and dancing all over the Marines defense. It wasn’t a pretty site at all. Nine base hits and two doubles made the bases look like a revolving door at a department store two days before christmas as the Flyers finished the game with an amazing 28-16 win over the Marines.