

Hawaii MARINE

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Getting some face time



Sgt. Alexis R. Mulero

Lava Dogs from 1st Bn, 3rd Marine Regiment, apprehend and attempt to stabilize an "out-of-control" protester at a noncombatant evacuation exercise during Cobra Gold 2003 in the Kingdom of Thailand. For more Cobra Gold coverage, see pages A-3 and A-4.

PTA no match for Australians

Lance Cpl. Monroe F. Seigle
Combat Correspondent

Pohakuloa Training Area — It gets cold at PTA.

In fact, it gets very cold. Ask the soldiers from Bravo Co., 1st Royal Australian Regiment.

They came to PTA with no idea it could get cold and rain in the Rainbow State.

The soldiers from Bravo Co., 1st RAR, endured the bitter weather at PTA and were able to conduct several tough training missions to include a live-fire exercise June 13 with their ever-present Austeyr F-88 semi-automatic service rifles.

They were also given a chance to become familiar with a training environment the majority have never been exposed to.

With the assistance of Marines from Headquarters Co., 2nd Bn., 3rd Marine Regiment, providing a command operations center, the mission was bound to be a success.

The training was not an easy task for the hard-charging soldiers from Bravo Co., but they accomplished the mission, and the warriors found it amusing to be exposed to the gruesome winds and harsh temperature fluctuations at PTA.

"The terrain here is totally dif-

ferent from what we are accustomed to in Australia," said 1st Sgt. Michael Lally, 1st sergeant for Bravo Co. "There is not a trench system in Australia, and this is the first time many of the soldiers have been able to fight in the trenches."

When the motivated infantryman from B. Co. took to the harsh terrain of PTA to fire live rounds down range, they utilized their war-fighting skills to ambush mock enemy positions during platoon-sized attacks.

"These are the basic infantry skills the soldiers must master in

order to carry out offensive operations," said Lally. "These skills are what they will use when they come face-to-face with the enemy on the battle field."

It was a great site for Lally to see

his soldiers adapt quickly and aggressively to the new environment. It pleased him even more to see his troops work together under the conditions and demonstrate their uncanny ability to destroy enemy positions with some excellent teamwork.

"PTA provided a realistic training environment and a chance for the soldiers to demonstrate their skills in a new environment," said Lally.



Lance Cpl. Monroe F. Seigle

Pvt. Nigel Monaghan, a rifleman with Bravo Co., 1st Royal Australian Army, trained at PTA for the first time during HCAX.

Base welcomes Marines, Sailors

MCCS and J.N. Chevrolet throw party for MCB Hawaii's Marines, Sailors

Cpl. Jessica M. Mills
Editor

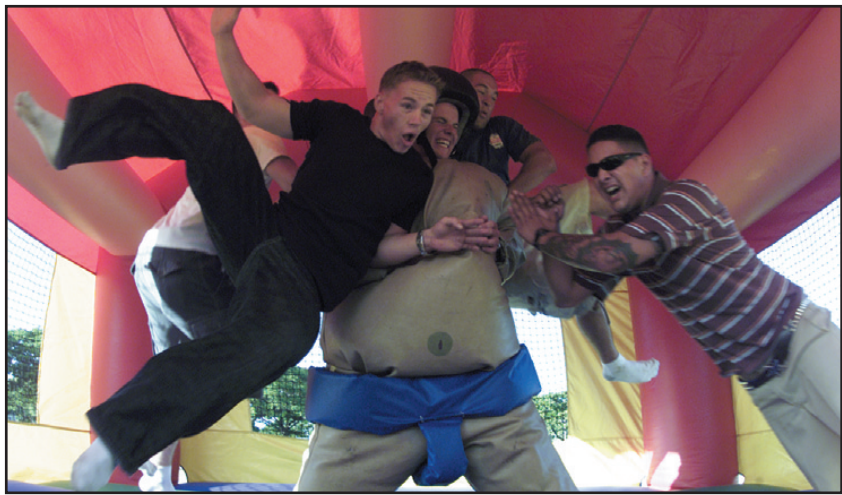
As more and more of the deployed Marines and Sailors from MCB Hawaii return home to excited families and warm homes, Marine Corps Community Services and J.N. Chevrolet have put together an extensive schedule of "Welcome Home" events which began June 16 with a picnic

at Riseley Field aboard MCB Hawaii, Kaneohe Bay.

Invitations were sent in advance to all of the commands aboard MCB Hawaii, welcoming all the Marines and Sailors who recently returned from deployments with Operation Enduring Freedom and Operation Iraqi Freedom to join in the fun.

"We wanted to start out by putting on a low-key picnic for the Marines and Sailors returning home," said Master Gunnery Sgt. Jerald Beauclair, MCCS chief, Headquarters Bn. "But this is only the first in a series of welcome home celebrations

See WELCOME, A-3



Cpl. Jessica M. Mills

Marines from 1st Radio Bn., blew off some steam pummeling sumo wrestler Pfc. Kyle Davis, a Single Marine and Sailor Program volunteer, during the "Welcome Back" party June 16.



Staff Sgt. Robert Carlson

Boy Scouts from Troop 425 finish clearing roots and rocks from the recently-completed running trail Saturday.

Boy Scouts blaze new MCBH running trail

Staff Sgt. Robert Carlson
Media Chief

The Boy Scouts from Troop 425 here proved once again Saturday that their institution not only benefits the young men who participate, but also the communities in which they live.

Cutting through the thick overgrowth near the Hilltop Beach end of the MCB Hawaii, Kaneohe Bay runway, the crew worked for two weekends to blaze a trail nearly three quarters of a mile long from Mokapu Road to the existing trail near Hilltop Beach.

Sgt. Robert Benitez, the lot foreman at CSSG-3's Engineer Support Company, cleared the way with a dozer, and then the young men stepped in with hand

tools to clear the trail and give runners aboard the installation a new path to follow when the flightline is in operation.

"This is part of the base plan to make a running route around the entire installation," said Thomas Roten, a 15-year-old 11th grader at Kalaheo High School.

Roten is a Life Scout on his way to attaining the highest rank — Eagle Scout.

One of the many requirements for Eagle Scout is to complete a service project in which the Eagle candidate plans, develops, and gives leadership.

Roten, who has been involved in various forms of scouting since the 1st grade, said he is proud that his project benefits the Marines and Sailors here.

"The Marines are doing a lot to protect us, and it feels good to do something to help them out," he said.

With the help of nearly a dozen other Boy Scouts from Troop 425, Roten has opened up more acreage to the Marines and Sailors who run on the base, and allowed them safe passage to the beach while keeping them off of the paved roads and away from traffic.

The Eagle Scout board members evaluating Roten's project will likely be impressed with the amount of work Troop 425 was able to accomplish in just two Saturdays, but the people who appreciate the work the most will be the Marines and Sailors who use the new path that is appropriately named Eagle Scout Trail.

The path is open now, and can be accessed from Mokapu Road on the base side of the runway just past the Consolidated Issue Facility, or from the trail that runs along Hilltop Beach.

MCBH News Briefs

TECH EXPO COMES TO K-BAY
The MCB Hawaii Kaneohe Bay Technology Expo is Monday, June 23, from 10 a.m. to 2 p.m. Sponsored by the G-6, the expo will be held at the Enlisted Club. There will be many different exhibitors on hand demonstrating their latest technologies. Complimentary refreshments and free giveaways will be available while supplies last. For more information, please email Leslie Listwak at Listwak@nc-sievents.com.

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, Aug. 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:
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MCB HAWAII, KANEOHE BAY, HAWAII 96863**

IN THE CG's MAIL BOX



BRIG. GEN.
MCABEE

Dear Brig. Gen. McAbee,

I am writing as a part of your CG Mail program, and would like to address the third solicited question: 'What are we doing that we can do better?'

As an automobile owner who chooses to bicycle while on base, and in the surrounding communities, I am quite pleased with the bicycle lane that goes from the front gate to the back gate. As a testament to my satisfaction with the bike lane, I would very much like to see the bike lanes extend throughout the base.

There are several advantages to expanding the bike lanes throughout the base and I would like to take a brief moment to discuss them.

Safety is paramount. We are often told that every Marine is a "safety officer"; as such, no Marine could argue that it is safer to bike or run in a lane designated for automobile traffic. The burgeoning use of bicycles on base would be greater served by a lane designated exclusively to their use. The bike lanes also serve as an excellent route, which Marines could use for running as well. No one who passes the bike lane in the morning would question as to whether or not they would get used.

In times of the year such as now, when units are running PFTs in large numbers for the first half of the calendar year, the lanes can become quite congested. The lanes are sought after by bicycle commuters, units conducting formation runs, as well as Marines running their PFTs.

The children of the community have a fantastic skatepark and now a play facility on base.

Question Submitted by Pvt. Bryan Keller

"Every pedal of the bicycle is an addition to the physical fitness of every Marine."

Extended bike lanes would have those children traveling in a lane where their commute would be safer. Just as we mandate the use of helmets, let's further safeguard their safety by keeping them out of traffic.

The climate of Hawaii is conducive to outdoor recreation, and facilitates the year round use of the bicycle as a viable means of transportation. Every pedal of the bicycle is an addition to the physical fitness of every Marine, and thus, readiness. I am a realist, and recognize that this would be a costly endeavor. However, I feel that the advantages far outweigh the expense.

Thank you very much for your time.

Very respectfully submitted,

Private Bryan Keller

Dear Private Keller,

I have been asked by the commanding general to respond to your e-mail of June 3, as your concern and recommendation fall under my staff's area of responsibility.

The commanding general appreciates that you have taken the time to participate in the 'CG Mail' program.

You are correct in considering safety as the paramount factor for establishing bike lanes, as well as jogging and walking paths, throughout the base.

Marine Corps Base Hawaii has taken diligent steps in integrating these safety and quality of life upgrades in all major infrastructure projects over the past 4-5 years.

The largest obstacle in providing more bike lanes is the physical constraint



Staff Sgt. Robert Carlson

The new Kailua Bay Waterfront Recreation Path offers a glimpse of the kinds of ideas MCB Hawaii is incorporating into new construction projects.

of the width of our roads. Most of the roads on Kaneohe Bay are two lanes with nominal shoulders or curbsings. However, most roads have sidewalks to allow safe transit of pedestrians and bikers, especially around base housing areas, barracks and commercial activities.

There are a number of completed projects, as well as planned projects that address your concerns.

First, a project that already has increased cyclists' ability to safely transit throughout the base is the G Street improvement project completed in 2001.

This project included a new eight foot wide sidewalk, along this busy road, from the E/Club to the Semper Fit Center.

In late 2002, the new 184 unit family housing project included the Kailua Bay Waterfront Recreation Path.

This path begins at the 3d Marine Regiment Motor Pool and ends near Fort Hasse Beach.

A planned project in the near future includes the second phase of the Recreation Path to be completed with the new 212 unit family housing devel-

opment in early 2005.

This path will complete a 2.5 mile loop around the two most recently completed housing developments.

Marine Corps Base Hawaii has made significant advances in providing safe recreational paths over the past several years.

Cycling concerns have been deliberately planned into the design of our new facilities by including covered bicycle storage areas in our new BEQs, and oversized garage areas for additional indoor storage in our housing developments.

We will continue to incorporate pedestrian and cyclist safety concerns and quality of life issues in the planning of all future projects.

We appreciate your thoughtful comments and concerns.

If I can be of any further assistance, please feel free to contact me at 254-8812, and again, thank you for taking the time to participate in the 'CG Mail' program.

Sincerely,
Kent Murata
Assistant Chief
of Staff, G-4



WISDOM

Windwalkers change command



Lieutenant Col. Justin Wisdom, left, assumed command of Marine Heavy Helicopter Training Squadron 301 during a change of command ceremony on the MCB Hawaii flightline Thursday. Wisdom, who previously served as the G-3 plans officer at I MAW in Okinawa, Japan, replaces Lt. Col. Mark Franklin, who will move on to the Army War College in Pennsylvania.



FRANKLIN

Cobra Gold 2003

Thai, U.S. Marines turn up pressure for non-lethal training

Sgt. Alexis R. Mulero
Combat Correspondent

ROYAL THAI MARINE BASE, CAMP SAMAESAN, Kingdom of Thailand — *Lang, Lang, Lang*, is the Thai phrase meaning 'harder' and it was adopted by the 30 Marines from Headquarters and Service Co., 1st Bn., 3rd Marine Regiment, when any of the 50 Royal Thai Marines applied a pressure point control technique while conducting combined non-lethal weapons train-

ing during Operation Cobra Gold 2003 here, May 15-19.

Non-lethal training may be used for a myriad of occasions to include guarding U.S. Embassies or Counsels, during humanitarian assistance or engaging in combat.

It is mostly used during uncontrollable protests, riots, mobs or any large gathering of people that has the propensity to get out of hand.

"You don't want to kill innocent people," said Staff Sgt. Craig

Humphrey, force protection chief, BSSG-3. "Also, it gives the Marine Corps an alternative to the employment of lethal means." "Given that alternative you can incapacitate someone without killing them to calm a potential hostile outcome."

During the five-day event, service members learned hand techniques, which include offensive and defensive techniques and pressure point control techniques.

Once that was covered, the Marines from both countries learned about shield retention, baton techniques, covered formations along with the duties of the personnel within it and crowd dynamic and control techniques.

"The instructions were given to prepare control force personnel to be able to react in the most favorable conditions all the way to the least favorable," said Humphrey.

In addition to the hands techniques, the periods of instruction were also given and demonstrated as in to when and how much

force is necessary to achieve the desired outcome to a given situation.

"That decision that a noncommissioned officer makes or has to make on the spot to protect his own forces as well as other local population personnel and based on the decision he makes can affect not only the immediate situation as well as the policies and host nation relations," said Humphrey.

All in all, the training provided Lava Dogs and Royal Thai Marines with a better understanding of the operational procedures to take during the use of non-lethal weapons handling and fortified the bond between the two military allies.

"This exercise really built camaraderie between the Marine and their Thai counterparts," said Sgt. Michael Clark, non-lethal weapons instructor, BSSG-3. "The two nations were very enthusiastic performing techniques learned and they meshed well during the training. This is a great tool for both militaries to have in their toolbox."



Sgt. Alexis R. Mulero

A crowd of U.S. and Royal Thai Marines gather around to get a better view of Talemтай Pontahang, rifleman, Royal Thai Marines, leading Sgt. Edgardo Martinez-Castro into the upward position during non-lethal weapons training, May 17.

WELCOME: MCCS, J.N. Chevrolet welcome Marines, Sailors home

From A-1

that J.N. Chevrolet and MCCS wants to put out.

As more people return we will put on more events and reach all of them."

A buffet of free food and refreshments, including chili dogs, overstuffed hamburgers, and side dishes, were offered to the picnic-goers as they sat with their families under the brightly decorated tents on Riseley Field.

Music and entertainment was provided by Disc Jockeys from Honolulu radio stations 97.5 K-POI, 102.7 Da Bomb, and 99.5 the Breeze. The radio stations, along with J.N. Chevrolet, sponsored open-door prize drawings, giving away goodie bags full of discount coupons and free passes.

They also awarded other prizes including music CDs, movies and toys for the children.

"An inflatable bouncy house was rented by MCCS to give the kids more entertainment," said Beauclair.

"The Single Marine and Sailor Program volunteered their inflatable jousting ring and sumo wrestling suits to

entertain the 'grown-up kids," he added.

The Marines and Sailors were not shy at all; they stripped off their shoes and jumped into the jousting ring with a vengeance.

A group of Marines from 1st Radio Bn., were even caught bouncing off one another and a sumo wrestler in the bouncy house.

"This is definitely refreshing, it was hard over there," said Lance Cpl. Brian Whit, a motor transport mechanic with 1st Radio Bn. "This takes our minds off the things we've done and shows us a good time.

"And this bouncy house and jousting ring are great stress relievers, Whit added."

Those less adventurous service members spent time with their families and enjoyed the excitement surrounding them, a striking difference from memories of their recent deployments.

"I had no idea this was planned. I never expected them to do all of this for all of us," said 1st Sgt. Doug Power, the Headquarters and Service Co. first sergeant for First Radio Bn.

Marine Corps celebrates 105th Anniversary of Navy Hospital Corps



GEN. HAGEE

On the occasion of your 105th anniversary, I am pleased to extend the Corps' heartfelt congratulations to all members of the U.S. Navy Hospital Corps.

Established by an act of congress on June 17, 1898, the hospital corps has a long and proud history of professionalism, and sacrifice. For 105 years, in times of peace and war, marines have enjoyed a special relationship with their "docs." Over the past year, as it has so many times in the Marine Corps' history, the call "corpsman up!" has echoed over the battlefield. As always, the corpsmen of the United States Navy have answered that call with distinction and valor, resolutely sharing the danger and the hardships of the battlefield. Through your courageous service, corpsmen have established a special bond with Marines born of shared danger and mutual respect.

The Marine Corps is fortunate to be able to consider the fine men and women of the U.S. Navy Hospital Corps among our closest comrades in arms. In times of peace you have looked after our health and the health of our loved ones and in so doing, have contributed immeasurably to the readiness of our Corps and the security of our nation. As the Marine Corps prepares for the challenges ahead we take great comfort in knowing that the corpsman of the U.S. Navy will always be at our side.

Happy birthday, and Semper Fidelis,

M. W. Hagee,
General, U.S. Marine Corps,
Commandant of the Marine Corps

Word on the Street

What do you like best about being a hospital corpsman?



"Taking care of Marines and Sailors... they depend on us."

Petty Officer 3rd Class
Veronica Fries
Corpsman, Branch
Medical Clinic
MCB Hawaii



"Being a part of the distinguished hospital corpsman rating."

Petty Officer 3rd Class
Ruchelle Bedonie
Corpsman, Branch
Medical Clinic
MCB Hawaii



"Having compassion, patience, ability and know-how to utilize the weapons of mercy."

Petty Officer 3rd Class
Javorah Patterson
Corpsman, Branch
Medical Clinic
MCB Hawaii



"Helping people. I am a people person."

Petty Officer 3rd Class
Casey Sase
Corpsman, Branch
Medical Clinic
MCB Hawaii



"Knowing that when people come to you sick or wounded, they leave feeling better."

Petty Officer 3rd Class
Roy Baker
Corpsman, Branch
Medical Clinic
MCB Hawaii

Cobra Gold 2003

U.S., Thai Marines rehearse evacuation operations

Sgt. Alexis R. Mulero
Combat Correspondent

Thai Marine Base Rayong — In the last five years the U.S. has been involved in more than 30 Noncombatant Evacuation Operations worldwide. Of those 30 NEOs, the military has been involved in only two or three of them. According to William M. Bartlett, consul general, New Delhi, India.

“A relatively small portion of NEOs include Marines but when we can no longer handle getting people evacuated safely by non-military means, we call on them,” said Bartlett.

It is reasons like this that more than 150 U.S. and Royal Thai Marines and Sailors conducted a NEO exercise at Royal Thai Marine Base Rayong, May 22-24.

“This training is extremely essential because NEOs are a very fluid situation and the more training we have in them, the better equipped we will be to handle any unusual situation involving them,”

said Sgt. Juan Rodriguez-Chavez, section leader, Motor transport Co., BSSG-3.

During the first day of the three-day evolution, Brigade Service Support Group 3 and Thai service members rehearsed the way they would insert and depart the aircraft during the actual insert on May 23-24.

Afterward, they set up the general purpose tents for the Evacuation Control Center’s receiving section, search/baggage check and administration center.

On the second day, all personnel involved in the operation loaded into aircraft and inserted into the landing zone at Rayong.

The first group of Marines exited the aircraft and secured the immediate area. Afterward, the second group of Marines landed and began unloading the GP tents and heavy equipment needed to construct the evacuation control center.

By the time the third group of service members arrived at the landing zone, the embassy’s ECC was assembled and ready

to operate.

“All the rehearsals really paid off,” said Sgt. Laura Maguire, female searcher, ECC. “We had the whole site set-up in less than one hour and that type of effort saves lives no matter what the circumstances are.”

During the afternoon and evening of that second day, service members checked in and launched off evacuees from the embassy. However, it was not that simple for the ECC members that had to perform their duties while being confronted with various scenarios involving rioting crowds and bomb threats to name a few.

On the last day of the operation, actual Department of State family members role played as the evacuees and were given a not-so-warm welcome by rioting crowds of role players attempting to tip their bus over before arriving at the embassy.

The riot control team immediately reacted to the situation and escorted the bus to the front of the embassy.

Once safe and out of



Photos by Sgt. Alexis R. Mulero

Above — Running to secure a perimeter, The Lava Dogs from 1st Battalion, 3rd Marine Regiment storm the landing zone at Royal Thai Marine Base Rayong, to prevent rioters from disrupting the evacuation of local citizens to a simulated embassy. Below — Local citizens are escorted from the simulated embassy into a CH-53E Super Stallion helicopter for evacuation during a noncombatant evacuation exercise May 23.

harm’s way, thanks to the protection of the ECC members and the riot control team, the evacuees were flown out of the compound and the service members broke down the ECC.

The evolution ended with a debrief led by the commanding officer of BSSG-3, Col. James Harbison, and by Department of State officials.

During the debrief, both parties shared ideas on how to improve a NEO and praised each other about the overall outcome of the exercise.



“State and DoD officials handle situations differently, or have a different way to approach things,” said Bartlett. “The more we learn about each other the better we’ll do and mesh together when real events occur.”

“This training was very

exciting,” said Master Sgt. Suchat Tongpai, Thai interpreter, Combat Service Support Regiment, Royal Thai Marine Corps. “Anything can happen during a NEO, and I’m glad I got the opportunity to be involved in such an operation.”

Anderson Hall ‘Chef of the Quarter’ cook-off makes mouths water

Cpl. Jessica M. Mills
Editor

The mouth watering smells of delectable dishes like southern fried pork chops, barbecue baby back ribs, candied sweet potatoes and pecan pie wafted through the hallways and entrances of the Anderson Hall Dining Facility aboard MCB Hawaii, Kaneohe Bay, June 16.

The sweet smells of Southern cooking led innocent passersby toward the dining room, where one of the finest chefs MCB Hawaii had to offer, Sgt. William Black III, a chef with 2nd Bn., 3rd Marine Regiment, competed and came out victorious with his “down home southern cooking.”

Black’s efforts earned him the bragging rights of being the third quarter Chef of the Quarter.

Every quarter, Marine Corps and Navy food specialists from various units aboard the base gather to compete for the Anderson Hall Dining Facilities’ Chef of the Quarter award.

Over a two-week period, competition hopefuls must pass a written test and a question-answer board to earn a chance to compete in the actual Chef of the Quarter cook-off.

For each quarter, only five chefs are chosen to move forward into the cook-off round. During the cooking competition, the chefs were required to create their own menus, utilizing their own recipes and creativity.

Ingredients for their dishes came from the Anderson Hall stock, but they were



Cpl. Jessica M. Mills

Sgt. William Black III, a chef with 2nd Bn., 3rd Marine Regiment, impressed both the crowd and the judges with his creative and mouth-watering “Down Home Southern Cooking” menu complete with Southern Fried Pork Chops, candied sweet potatoes, pecan pie, and much more, during the third quarter Chef of the Quarter competition.

permitted to spend \$20 of their own collateral on ingredients or garnishes the dining facility does not carry.

For instance, any wine their recipes may have called for or decorations needed for their table presentations.

Once the ingredients were collected and the overnight cooking was finally completed, the judging began.

The five chefs chosen to compete this quarter were Cpl. Theresa Martinez and Sgt. Jennifer Drummonds, both repre-

senting Marine Corps Air Facility; Sgt. Black 2/3; Sgt. Marvin Hutchins, from Headquarters Bn.; and Sgt. Jeff Burley from Combat Service Support Group 3.

Although every chef put out an amazing display of mouth watering entrees and desserts, ranging from fried catfish, lemon-mustard chicken, red velvet cake and sour cream cheesecake, the “down-home southern meal” prepared by Sgt. Black was favored by the judges and chosen as the winner.

Black chose to adorn his table with an array of tantalizing southern tastes and textures.

His menu boasted southern fried pork chops, candied sweet potatoes, collard greens, sweet butter milk corn bread, red velvet cake, pecan and chess pie, and home-made sun brewed peach tea complete with lemon and strawberry slices.

“All the time and effort was definitely worth it,” said Black. “But everybody did their best here today, it all looks so tempting. I wish I could share the victory.”

Black won a trophy and the commanding general’s coin presented to him by Col. Richard Roten, base commander for MCB Hawaii, plus a 96-hour liberty, a certificate of commendation, a garnishing kit, and a dinner cruise for two.

He will continue on to compete in the Chef of the Year competition against other chef of the quarter winners later this year.

“I think it was my variety of desserts that tipped the scale,” said Black. “But just wait until the Chef of the Year, I still have a few tricks up my sleeve.”



BayFest has planned an exciting musical lineup with alternative rock masters Everclear headlining, as well as the "queen of rock n' roll" Joan Jett and honky tonk star Neal McCoy joining in the celebration. Don't miss a minute of the action at BayFest July 4, 5, and 6 aboard MCB Hawaii, Kaneohe Bay.



Everclear headlining BayFest music lineup

Story and photos by
Marine Corps Community Services
Press Release

McKenna Motors BayFest will be booming this year with an abundance of mind-blowing bands screaming music to the heavens. Headlining this exclusive line-up is the multi-platinum rockers Everclear, bringing their own style of aggressive rock to BayFest crowds.

Platinum heartland honky-tonk star Neal McCoy will storm BayFest's opening night, kicking off this massive musical 4th of July weekend celebration. McCoy will take the main stage on July 4 at 9:30 p.m.

There's "No Doubt About It" Neal McCoy will put the twang in your two-step. Named "Entertainer of the Year" by TNN Music City News for two consecutive years, McCoy is sure to be a crowd-pleaser among Country fans and fair-goers alike. He has had his share of platinum albums and chart topping hits including "The City Put The Country Back In Me", "Then You Can Tell Me Goodbye", "The Shake", and "If I Was A Drinking Man".

"When the audience is really into it, it just doesn't get any better. On stage is where I belong," said Neal McCoy. So country fans and the like can count on a stellar performance.

The music is always the constant at BayFest, so come early and check out the Marine Forces Pacific Band. If you think all these guys can do are chin-ups and push-ups, think again. The MARFOR-PAC band is composed of the best musicians in the Marine Corps and you can hear their amazing performance at 4 p.m. as they warm up the main stage.

Don't miss Hawaii's own country sweetheart Dita Holifield at 6:15 p.m., toting her own special twist of country music to BayFest, with a guaranteed boot stomping performance.

Stay tuned to the main stage for SugahDaddy at 7:15 p.m. These local boys have years of production experi-



Prior to the shows, catch the Grucci Brothers fireworks each night of BayFest.

ence and have done shows from Las Vegas to Carnegie Hall.

This truly diverse mix of Adult Contemporary, Surf Rock and Hawaiian will add to the "mixed plate" of live entertainment throughout the evening.

And if that isn't enough to keep your ears ringing, nobody lays down the reggae beat better than Natural Vibrations. These local-raised rasta-rockers have made a name for themselves on the Mainland by being the only Hawaiian band invited to California's Reggae on the River, the premier national reggae festival. Check them out live at 8:15 p.m. on the BayFest main stage.

Not only will you be blasted with live musical entertainment you'll also be blown away by the World famous Grucci Brothers fireworks at 9 p.m.

Have no fear, Everclear is here! The alternative rock veterans Everclear will headline July 5th live on the McKenna Motors' BayFest main stage.

After the release of their 6th album, Slow Motion Daydream, Everclear has been on tour, and will be playing new songs and crowd favorites, only at McKenna Motors' BayFest 2003. Look for new titles such as "Volvo driving Soccer Mom," and classics such as "Father of Mine" and "Everything to Everyone."

"This one is the best record, by far, we've ever done," stated singer Art Alexakis. Critics have hailed their new album as "emotionally complex" as well as "a blend of personal pain and power-chord pleasure," so don't miss your opportunity to see them live.

Opening up the evening will be the Big Island boys of Pepper with new hits from their album "Kona Town."

Everclear takes the stage at 9:30 p.m. following the fireworks set for 9:15 p.m. and Pepper at 8 p.m.

Come early for the Star 101.9 True Music Challenge winning band. These musicians have battled it out with other bands and have earned their claim to

fame on the BayFest Main Stage at 7 p.m. Stay tuned to Star 101.9 to follow the progress of the contest.

Who better to wrap up a weekend of live musical entertainment and American patriotism than the "Queen of Rock and Roll," Joan Jett?

Joan will take the stage July 6th at 9 p.m., immediately following the grand finale of the Grucci Brothers fireworks at 8:30 p.m.

Joan has been referred to as the backbone of today's rock 'n' roll feminist revolution. She has six USO tours under her guitar strap and has worked with the Sex Pistols, the Beach Boys, and Bikini Kill to name a few. Joan Jett and The Blackhearts have a number one hit with "I Love Rock'n'Roll", and numerous Top 40 Hits. It won't be your "Everyday People" at Sunday's BayFest as the crowd can anticipate smashing hits including, "I Hate Myself For Loving You", "Bad Reputation"; and more recently "The Sweet Life", "Science Fiction", "Don't Surrender" and "Androgynous", to name a few.

Warming up the main stage for Joan and The Blackhearts will be Hawaii's own musical celebrities. Getting the crowd into the groove blues band, Blues Fuse will perform at 5:30 p.m., Revolution will kick the beat up a bit at 6:30 p.m. and then local favorite, ska-rock group Go Jimmy Go will groove at 7:30 p.m.

While you enjoy this smashing line-up of musical genius, don't miss Fernandez Events, Inc. carnival rides and midway, an Island Lifestyle Expo with McKenna Motors Humvee giveaway, Nutri-Fit BodySearch Contest, and so much more that adds to this three-day bash on the bay.

The McKenna Motors BayFest is an annual event organized by Marine Corps Community Services (MCCS) and is open to the public. Proceeds from this event enhance the quality of life for the Marines, Sailors and their family members stationed aboard MCB Hawaii.



Crowds at last year's BayFest went wild during the headlining concert by Collective Soul. This years headliners, Everclear, promise to be unforgettable as well. Get there early for the best view.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

JUNE

20 / Today

MCB Hawaii Annual JEMS Job Fair – Going from 9 a.m.-noon at Kahuna’s Ballroom today. 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.

Adult Golf Clinic Begins Today – Drive out to The Klipper for a five-week clinic with Golf Pro Leland Lindsay. Classes meet every Friday 5-6 p.m. The clinic is designed to improve technique and basic

skills for beginner to advanced golfers.

Golfers will learn golf etiquette and rules, as well as skills to improve their long game, short game, pitching and putting. Call 254-3220 for space availability.

21 / Saturday

Kahuna’s transforms into a Roman Empire – You know the saying, “When in Rome, do as the Roman’s do.”

Follow this 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 it’s fall at 2 a.m.

23 / Monday

MCB Hawaii, Kaneohe Bay, Technology Expo – The MCB Hawaii, Kaneohe Bay, Technology Expo is going to be held on Monday June 23 from 10 a.m.-2 p.m. There will be many different exhibitors on hand demonstrating their latest technologies. For more information, email Leslie Listwak at Listwak@ncsievents.com.

24 / 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.

25 / 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.

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.

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.

28 / Saturday

Kahuna’s Presents Hawaii Championship Wrestling – Live fighting action in Kahuna’s Ballroom takes over from 7-9 p.m. Cost is \$8 for military and \$10 for all others.

JULY

3 / Thursday

Bargain Thursdays at The Base Theater – Are you looking for something to do Thursday evenings? Beginning Thursday, July 3 come out to the base theater and catch a movie.

Every Thursday is \$1 admission for all ranks and \$1 hot dogs. Call 254-7642 for the movie schedule and times.

9 / Wednesday

Staff NCO Club Grand Opening Golf Tournament — A 4-man scramble open to all SNCOs of all services, family members and equivalent.

The cost is \$40 for SNCO Club members, \$45 for non-members, \$50 for DoD/Field Grade and \$55 for invited guests.

Included in the fees are greens fees, golf cart, heavy pupus and prizes. For more infor-

mation, call 254-1745/3220.

Staff NCO Club Spouse Sneak Preview — Immediately following the golf tournament, at 5 p.m., spouses are invited to the awards ceremony and their first glimpse at the renovated Rocker Room. Pupus will be provided!

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

SM&SP



SINGLE MARINE & SAILOR PROGRAM

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

July 4, 5, 6: BayFest events sponsored by SM&SP include striker, the Hooter’s dunk tank, sumo wrestling, bull riding, the Strongman Competition, jousting and Big Bouncy Boxing. Enjoy some fun in the sun and meet new people.

July 7-11: Mark your calendars for sailing lessons from 5-7:30 p.m. The cost is \$20 for E-5 and below.

July 25: Enjoy the Shank & Slice Golf Tournament from 12:30-6 p.m. Cost is \$22 for E-5 and below, and \$30 for E-6 and above (priority for singles).

Prizes, food and sodas supplied.

Volunteer Opportunities

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

Kailua July 4th Parade: Volunteers needed to ride on the MCB Hawaii parade float. Dress Blues required.

BayFest July 4-6: The SM&SP has over 50 volunteers who work a variety of different shifts.

Volunteers still welcome to sign up at Bldg. 219 or call 254-7593.

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

Press Release

MCCS

Where else can you see chart-topping mainland entertainment, watch three nights of fireworks, hop on hair raising carnival rides and enjoy an array of military displays and contests for only \$8?

Only at McKenna Motors BayFest, July 4, 5, and 6 aboard MCB Hawaii, Kaneohe Bay!

Beat the lines and get extra value when you purchase your tickets in advance. On sale Monday, June 2, each pre-sale ticket includes one adult admission, three Fernandez Events Inc., carnival rides and two Papa John’s Pizza coupons for \$8, an estimated value of \$33.

Tickets are available at all O’ahu Papa John’s locations. Pre-sale tickets can also be purchased at the Kaneohe Bay Information, Tickets and Tours Office at 808-254-7563, and at the Marine Corps Exchange Cash Office. General admission tickets may also be purchased the days of the event.

BayFest 2003, Oahu’s biggest summer carnival, will be open to the general public. This three-day event features musical performances by Everclear, Pepper, Joan Jett, Neal McCoy and several other top local performers.

Other events of interest include; fireworks each night, Fernandez Events, Inc. Carnival Rides, an Island Lifestyle Expo, a Boxing Challenge, All Hawaii Cruises Coconut Island Boat Rides, Food Booths,



Courtesy of MCCS

If you purchase your tickets in advance, you get three Fernandez Events Inc., carnival rides.

McKenna Motors New Car Show, Hooters’ Dunk Tank, Bathtub Regatta, Paddleboard Competition, Papa John’s Pizza-Eating Contests and countless more.

The McKenna Motors BayFest is an annual event organized by Marine Corps

Community Services that is open to the public.

Proceeds from this event enhance the quality of life for the Marines, Sailors and their family members stationed aboard MCB Hawaii.

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.	Bullet Proof Monk (PG 13)	Today at 7:15 p.m.
	Anger Management (PG 13)	Today at 9:45 p.m.
	Holes (PG)	Saturday at 7:15 p.m.
	Bullet Proof Monk (PG 13)	Saturday at 9:45 p.m.
	Holes (PG)	Sunday at 3:30 p.m.
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.	Anger Management (PG 13)	Sunday at 7:15 p.m.
	It Runs In The Family (PG 13)	Wednesday at 7:15 p.m.
	X2 - X-Men United (PG 13)	June 27 at 7:15 p.m.
Show your I.D. at the box office. Call 254-7642 for recorded info.	Bullet Proof Monk (PG 13)	June 27 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.)

Knowledge helps protect children from abductions

As kids grow more independent, parents can teach their children to stay safe and alert

NAPS
Featurettes

While most parents teach their children not to talk to strangers, safety experts say that's less than half the battle — parents should also be focused on teaching children what to do if a stranger approaches and/or actually grabs them. Studies show once an abduction moves from verbal to physical, the vast majority of children simply don't know what to do.

The news may seem particularly unnerving considering each year, the Department of Justice reports about 69,000 children are abducted — 1,000 of them every month by people who are not family members.

According to child psychologist Arthur H. Brand, empowering children to rescue themselves from abduction scenarios will not only help keep them safe, it could have a positive, anxiety-reducing effect as well. He says, parents should not be concerned that discussing abduction and teaching escape techniques will unduly frighten children.

Dr. Brand works as a consultant for a group that produces a new video and DVD called Give Your Kids A Fighting Chance. The program teaches children age 5 to 18 how to avoid and, if need be, es-

cape from an attacker.

"Somewhere between 'don't talk to strangers' and placing a child's photo on a missing poster, there exists a painful gap," says Paul Stanley, a father who helped create the video after his son was nearly abducted by a stranger. "As a society, we're focused on collecting finger prints and DNA samples, but we've never prepared our children to rescue themselves should they be grabbed by an abductor. And that's what's missing! Parents need to teach their children how to fight back and get away when an abductor approaches and grabs them so we don't have to hang posters and submit prints anymore."

The Fighting Chance method was created by the Israeli military for their citizens and is taught by specialists, Rick Seid and Guy Dar, on the video.

The instructional video enlists several youngsters to teach techniques that empower children to recognize and avoid dangers and for the first time, how to disable an abductor and rescue themselves if need be. It's actually easy and fun to learn.

The New York Times reported that the tactics covered in the video make it possible for a 5-year-old to get away from a full-grown man.

"Our kids are unprepared for what could be the most terrifying experience of their lives," says in-

A Fighting Chance Child Safety Tips

- Always let parents know where you are going, who you'll be with and what time you'll be home.
- Do not answer the door if you are home alone.
- Never open the door to a stranger.
- Never say you are home alone when answering the phone.
- Never play in isolated areas or inside/near deserted buildings.
- Never enter any car unless a parent has said it is OK.
- Never take gifts or candy from strangers.
- Always go with your instincts and go somewhere safe if you feel fearful of someone.
- Never stop fighting back and look for an escape route.

structor Rick Seid. "Should the unthinkable occur, we can instruct the child on how to escape a dangerous situation!"

Parents can download 50 safety tips by visiting the video's Web site at www.kidsfightingchance.com. DVD/VHS copies of Give Your Kids A Fighting Chance can also be purchased on the site.



Petty Officer Donna Liggins

Experts say parents should teach their kids what to do in case of an abduction, and always keep watch.

ON THE MENU

Anderson Hall will serve the following this week:

TODAY	Baked Turkey & Noodles Steamed Rice Ginger Molasses Cookies Spice Cake w/Butter Cream Frosting	Parsley Buttered Potatoes Egg Noodles Peanut Butter cake w/Peanut Butter Frosting Asst Fruit Pie	Potatoes Steamed Rice Oatmeal Cookies Strawberry Shortcake Asst Fruit Pie
LUNCH Pepper Steak Southern Fried Catfish Rice Pilaf Potatoes Au Gratin Sugar Cookies Asst Fruit Pie			
DINNER Beef Pot Pie Roast Turkey Paprika Butter Potatoes Steamed Rice Sugar Cookies Asst fruit Pie	MONDAY LUNCH Meat Loaf Pork Ham Roast Steamed Rice Mashed Potatoes Chocolate Chip Cookies Asst Fruit Pie	DINNER Turkey Pot Pie Sweet & Sour Pork Steamed Rice Parsley Buttered Potatoes Peanut Butter Cake w/Peanut Butter Frosting Asst Fruit Pie	SPECIALTY BAR Hot Dogs
SPECIALTY BAR Pasta Bar	DINNER Beef Brogul Baked Cajun Fish Mashed Potatoes Steamed Rice Chocolate Chip Cookies Asst Fruit Pie	SPECIALTY BAR (LUNCH AND DINNER) Taco Bar	THURSDAY LUNCH Turkey A La King Beef Porcupines Mashed Potatoes Boiled Egg Noodles Marble Cake w/Chocolate Cream Frosting Pineapple Upside Down Cake Asst Fruit Pie
SATURDAY DINNER BRUNCH Baked Lasagna Chicken Parmesan Pizza Slices Garlic Bread Marble Cake W/ chocolate icing Asst Fruit Pie	SPECIALTY BAR Pasta Bar	WEDNESDAY LUNCH Pork Adobo Beef Yakisoba Steamed Rice Pork Fried Rice Oatmeal Cookies Strawberry Shortcake Asst Fruit Pie	DINNER Braised Liver w/Onions El Rancho Stew Honey Ginger Chicken Steamed Rice Boiled Egg Noodles Marble Cake w/Chocolate Cream Frosting Pineapple Upside Down Cake
SUNDAY DINNER BRUNCH Barbecue Beef Cubes	TUESDAY LUNCH Simmered Corned Beef w/Mustard Sauce Honey Glazed Cornish Hens	DINNER Steak Smothered w/Onions Southern Fried Catfish Mashed	



NAPS

Mushrooms gives you full-meal satisfaction without weighing you down.

Mushrooms add a new spin to old chef’s salad

NAPS
Featurettes

When the weather is warm and the idea of cooking leaves you cold, stock your refrigerator with basics for main-dish salads-fresh white mushrooms, crisp cucumbers, sweet red peppers, a variety of greens, and a few ready-to-eat ingredients from the deli.

Chef's Salad Italiano combines sliced white mushrooms, smoked turkey strips, provolone cheese, tomatoes, romaine and other tasty ingredients, giving a new twist to this traditional favorite. Choose from prepared

roasted garlic or Caesar salad dressing to top off this meal-in-a-bowl.

There's a nutritional bonus when you toss mushrooms into a salad. They are great sources of B-vitamins and other essentials such as heart-healthy potassium and the antioxidant selenium.

For more creative salad recipes, send a stamped, self-addressed envelope to: Mushroom Salads, P.O. Box 636, New York, NY 10159-0636.

CHEF'S SALAD ITALIANO

8 cups romaine lettuce in bite-sized

pieces
1 pound fresh white mushrooms, thickly sliced (about 6 cups)

8 ounces sliced smoked turkey, cut in strips

4 ounces sliced provolone cheese, cut in strips

1 medium tomato, cut in 8 wedges1/2 cup thinly sliced red onion

1/2 cup prepared roasted garlic or Caesar dressing

In a large salad bowl, place lettuce, mushrooms, turkey, cheese, tomato and red onion. Add dressing; toss well.

YIELD: 4 one-cup portions

WORD TO PASS

MALS-24 Family Day
Marine Aviation Logistics Squadron 24 will be hosting a MALS-24 Family Day at Riseley Field June 27. The event will kick-off at 11:30 a.m until 3 p.m. All MALS-24 Marines and Sailors are invited to attend.

2003 FBI Recruitment
Are you interested in a career with the FBI as a Special Agent?
Learn about the requirements for applying to the FBI by attending the FBI career seminar on June 27 from 10 a.m to noon at the Prince Kuhio Federal Building, Room 5-208, located at 300 Ala Moana Blvd.
For reservations and additional information on future seminars, contact FBI Special Agent Kal Wong at 566-4488.

Zanzanbar Presents Country Music and Dancing
Willie Nelson’s Old Whiskey River presents country music and dancing at Zanzabar in the Waikiki trade center.
Military members get in free before 9 p.m. Coupon available in all of the military newspapers around Oahu.
Free dance lessons every wednes-

day from 7-10 p.m. \$3 all night parking on seaside.
Hosted by KHCM AM 940’s Charlie Garrett.
Prizes will be available to win throughout the week. Such as free dinner at Longhi’s or a 3-month membership to Golds Gym.

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.
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.



Incorporating learning into kids’ summer fun

NAPS

Featurettes

For children, learning is an ongoing process — one that continues even after the last bell of the school year. Just because families are gearing up for fun, sun and relaxation, that doesn't mean educational activities can't be incorporated into vacation plans.

Educators remind parents that time off from school shouldn't mean a vacation from learning. Research shows that the pre-frontal cortex of the brain is growing during the first 20 years of a child's life- and so the child should always be nurturing, fueling and exercising his or her brain. A lack of learning activities during the summer months could result in lost stimulation during a critical development period.

"It is just as important for children to participate in learning activities that exercise their growing minds as it is to be involved in physical activities that keep their bodies healthy and strong," says Andrea Pastorok, Ph.D., education specialist for Kumon Math and Reading Centers.

Dr. Pastorok recommends the following activities that incorporate learning and engage a child's brain:

Reading and Writing

- Encourage your child to read aloud to a family member each day
- Write letters together and send to grandparents or friends
- Visit the library weekly, inquire about special events

Math

- Build a kite with your child, cut and measure shapes. Take the kite out for a test flight

- Teach your child to keep score. Review batting averages or other statistics from the sports pages

Science

- Help your child plant some flower or



Petty Officer 2nd Class Donna Liggins

Even during the summer months, parents should encourage their children to read.

vegetable seeds and chart their growth

- Take walks in the neighborhood or a park, learn about native plants and animals

History

- Share stories about the history of your family, and work together to draw a family tree

- Research the founders of your town, and visit historical sites

Art

- Tour an art museum or art exhibit at a county fair

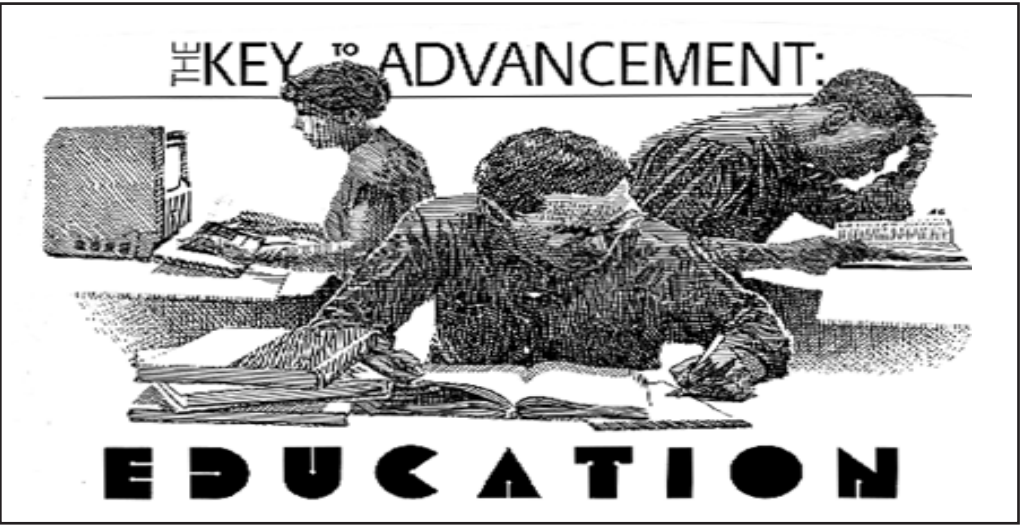
- Encourage your child to draw a picture and give it to a neighbor or friend

Music

- Provide children with household items and let them make their own instruments

- Help them write a song and perform it together

No matter what you do, always find something genuinely positive to say to your child every day.





SALUTES

Marine Corps Air Facility



Air Traffic Controller of the Year

Petty Officer 1st Class Kenneth Patterson, was selected for Air Traffic Controller of the Year and Senior Sailor of the Quarter, 2nd Quarter.

Patterson, assigned to Marine Corps Air Facility, MCB Hawaii, Kaneohe Bay, was recognized for his outstanding professional achievements, superb leadership and dedication to the division as well as the Navy.

Air Traffic Controller of the Quarter

Petty Officer 2nd Class Zachary Hunziker,

was selected for Air Traffic Controller of the Quarter, 2nd Quarter.

Hunziker, assigned to MCAAF, MCB Hawaii, Kaneohe Bay, was recognized for his outstanding duties as an Air Traffic Controller, and professionalism as well as getting fully qualified as a Facility Watch Supervisor.

Junior Sailor of the Quarter

Petty Officer 2nd Class Shawn Mulvaney was selected for Junior Sailor of the Quarter, 2nd Quarter.

Mulvaney, assigned to Air Traffic Control, MCAAF, MCB Hawaii, Kaneohe Bay, was recognized for his distinguished performance as an Air Traffic Controller and his high degree of motivation and personal initiative toward his Air Traffic Control qualifications.

Prepare with proper car care

NAPS Featurettes

Warmer temperatures mean it's time to check your car. According to the Car Care Council, nearly eight out of 10 vehicles on the road need maintenance or repair.

With a little maintenance now, it may be possible to prolong your car's life and prevent costlier repairs down the road. Here are answers to some common vehicle care questions:

Q: I didn't keep up with preventive maintenance during the winter. How will that affect my car in the long term?

A: Winter weather can be particularly taxing on your car. Increased stop-and-go driving can be tough on your motor oil and extreme temperature fluctuations can cause moisture accumulation in your fuel line. Have the car serviced, and consider having it inspected by a qualified repair shop if larger problems are discovered.

Q: How do I prepare my car for spring weather?

A: Some of the routine maintenance you should perform for spring includes inspecting belts and hoses for cracks or leaks; in-



Petty Officer 2nd Class Donna Liggins

Taking care of car maintenance now can prevent problems later on.

specting the air filter; checking tire treads and inflation; and changing windshield wiper blades if they are damaged.

Overheating also becomes a bigger problem in warmer weather, so pay particular attention to your car's radiator fluid level and coolant overflow reservoir.

Q: In cleaning my car, should I keep anything special in mind?

A: While washing your car, don't forget to spray underneath.

Road salts used during the winter may have accumulated under the steel frame, especially behind the rear wheels, and should be washed away before they corrode.

Also, wax your car and check the body for minor scrapes and paint loss. Where necessary, fill them in with touch-up paint so rust doesn't form or spread.

For more information on how to take care of your car, visit www.jiffylube.com.

Stay on the road with car safety

NAPS Featurettes

Today's busy schedules and high-tech vehicles may discourage tinkering, but motorists can still be involved in car care. According to the National Institute for Automotive Service Excellence, good communication can help ensure satisfactory auto service.

Here's a checklist to help:

Before Taking Your Vehicle In For Repairs Or Service

- Read the owner's manual.

- Follow the recommended service schedules.
- Keep a log of all repairs and service.
- Don't ignore warning signals.
- Inspect your car frequently for: unusual sounds, odors, drips, leaks, smoke, warning lights, changes in acceleration, engine performance, gas mileage, fluid levels; worn tires, belts, hoses; problems in handling, braking, steering, note under what conditions the problem occurs.

At The Repair Establishment

- Be prepared to describe the symptoms.
- Bring a list of symptoms.
- Let the technician diagnose and recommend a remedy.
- Don't be embarrassed to request explanations.
- Don't rush the service consultant to make an on-the-spot diagnosis. Ask to be called about the problem before work begins.
- Be sure you understand all shop policies regarding labor rates, guarantees, and acceptable methods of payment.
- Leave a telephone number.

Hawaii MARINE SPORTS

Hawaii Marine C Section

June 20, 2003



Roland Manahan, field manager and Volcano team member, keeps his eyes on the opposing team's station as he sends rounds down the field. Manahan will be joining the Volcanoes at the "Best of the West" tournament in Maui Aug. 9 and 10.

Paintball claims no boundaries



John Schieltz, a member of Team Volcano, is caught overhead by Joshua Whann, the military justice chief at Base Legal aboard MCB Hawaii, while he is aimed in on another Volcano player.

Story and photos by
Cpl. Jessica M. Mills
Editor

It's not often in the game of chess you have a 10-second warning or an umpire sounding "game on! game on!" But not many people consider paintball a game of chess.

"Paintball expands to all age groups, it's diverse. You don't need to be 6 foot and all muscle; all you need is to think. It is a game of chess, you use your mind," said Roland Manahan, the command senior chief for CSSG-3, company chief for 21st Dental Co., and field manager of Paintball Hawaii aboard MCB Hawaii, Kaneohe Bay. "Before you make a move in paintball, you need to look at the other players on the field and communicate with your teammates to capture the objective...in this case the flag."

Manahan, along with a five-man group of other paintball players including civilians, Marines, Navy and Air Force, are

part of the MCB Hawaii, Kaneohe Bay paintball team, the Volcanoes, who are sponsored by the Single Marine and Sailor Program. The Volcanoes are at this moment preparing to compete in the "Best of the West" Paintball Tournament in Maui, Aug. 9 and 10.

"Paintball takes dedication, anyone could come out here and play and anybody can be good," said Manahan. "It's not over powering, there are no boundaries in paintball, it's not about strength."

Paintball, according to Joshua Whann, an avid paintball competitor, Volcano team member and the military justice chief at Base Legal aboard MCB Hawaii, Kaneohe Bay, has been around for about 20 years. The game was started by lumberjacks who used the markers (guns) to mark trees and ranchers who used them to mark cattle.

"These guys somehow decided it would be more fun to go after each other."

See PAINTBALL, C-6

Team Stop-Loss couldn't stop loss to 1st Radio Bn.

Alexis R. Mulero
Combat Correspondent

First Radio Battalion pounded Team Stop-Loss at Riseley Field, June 13, 18-1 and 22-2, to retain its Intramural Softball Championship.

The defending champions were able to avenge their earlier loss suffered to Team Stop-Loss during the championship tournament, June 11.

"Team Stop-Loss beat us once during the tournament," said Jim Murray, coach of 1st Radio Battalion. "They basically awoke a sleeping giant. Everybody on the team came up big throughout both games. We felt we could do no wrong and we were catching all the breaks."

In addition to the 1st Radio Bn. sticks being hot, their pitcher, Jerry Knight pitched a brilliant game by puzzling Team Stop-Loss hitters with an array of pitches and confining them to 3 runs in two games.

"Our pitcher really rose to the situation," said Murray. "He cooled off some really hot bats and was able to shut down Team Stop-Loss's offense."

All in all, it was a great softball season for both the 1st Radio Bn. powerhouse who finished with a record of 19-2 and the disgruntled Stop-Loss team who finished 12-9.

"The core of our team has a lot of experience having played at regional and all-Marine levels," said Murray. "Also, many of us have played together for several years."

Olympic sailor, K-Bay instructor sets her sails high

Lance Cpl. Monroe F. Seigle
Combat Correspondent

When you set your sails high, the winds are bound to take you somewhere.

Ask Molly O'Bryan, a sailing instructor at the Outdoor Recreation Center and Marina and a member of the United States Sailing Team. She has been to many different locations to compete in competitions.

O'Bryan began sailing in San Diego where she was born and raised. The first time she stepped on a sailboat, she was 6 years old. By the age of 10, she had graduated to racing.

"I liked the people that you meet when you sail," recalled O'Bryan as a smile spread across her sun-bleached face. "It's like a big family. We get to travel around the world to have our competitions."

O'Bryan began her sailing career at the San Diego Yacht Club in Naples Sabots and then competed with the University of San Diego High School from 1993 until 1997.

She then came to the University of Hawaii at Manoa where she was a mem-

ber of the Varsity Sailing Team.

In 2002, O'Bryan won the Wayne Night Award from San Diego Yacht Club, an honor given to the best sailor under the age of 30. She also won the Jack Bonham Award from the UH Athletic Department in recognition of her athletic excellence, academic achievement, public service, leadership and character.

"I have won a few awards," said a modest O'Bryan. "I still have my drive to compete. A lot of sailors loose that drive before they turn my age. They go to college and then stop because they think they do not have the time or they can't get sponsored. I love doing it. My drive gets stronger every time I hit the water."

Currently, O'Bryan is able to compete every other weekend and frequently visits locations such as Florida, Texas, California and Spain. Her next stop is a return-trip to Cadiz, Spain, where she will compete in another Olympic competition.

"Many countries sponsor their sailors,

See SAILING, C-6



Lance Cpl. Monroe F. Seigle

Molly O'Bryan (front) and Annelise Moore enjoy a day of sailing. O'Bryan, an MCB Hawaii sailing instructor and United States Sailing Team member, is planning on competing in the Olympic competition in Cadiz, Spain.

BASE SPORTS

Edward Hanlon V MCCS Marketing

MCCS Holds Softball Tournament

Marina Offers Sailing Lessons

MCCS sponsors the ‘101 Days of Summer’ campaign

MCCS and MCB Hawaii is sponsoring the “101 Days of Summer,” a drug and alcohol prevention campaign, from June 21 until Sept. 21.

This campaign is designed to create a summer long program to reduce illegal drug use and to promote responsible use of alcohol, while encouraging participation in healthy alternatives.

Unit registrations are due on or before June 21. Contact Mr. Quentin Redmon, SACC drug demand coordinator, Bldg. 579 or call 254-7636.

Base Pool Hosting Swim Meet

The base pool is hosting a swim meet June 27, as the first event during the 101 days of Summer campaign.

Entry deadline is June 25 by 5 p.m. to Harry Sprague , the water safety advisor at the base pool. For more information call 254-7665.

A softball tournament will be held June 27, 28, and 29 at Riseley Field as the second event of the 101 Days of Summer campaign.

The entry fee is \$100 per team. The deadline is June 24 at 5 p.m.

Bring entries to the Athletic Office at the Semper Fit Center. For more information contact Joe Au, the intramural sports coordinator, at 254-7591.

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 four-week golf clinic, 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 information.

The base marina is now offering introductory sailing lessons.

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 more information.

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 Riseley 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 ei-

ther 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, 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 noncommissioned 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 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.

To make an appointment, 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, appointment only; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

The cost is \$25 per person for all day entry and includes your first air fill, and equipment rental. Cost is only \$10 if you bring your own equipment. Paintballs available for \$50 (2000 rounds.) All day is \$10 after first air fill. Special unit training groups welcome, the cost is \$20 per person(min. 5 people.)

Base All Stars

NAME: Molly O’Bryan

BILLET: Sailing instructor for Marine Corps Community Services

AGE: 24

SPORT: Sailing

- She has traveled to Europe and competed in the Barcelona Olympic Race Week.
- O’Brien was a member of the 1995 Sailing/Rolex junior sailing team.
- She won the Wayne Kight award from the San Diego Yacht Club.



Lance Cpl. Monroe F. Seigle

“Sailing is a sport you have to constantly train for. I love the friendly competition .”

Intramural standings come in

INTRAMURAL SOFTBALL STANDINGS		
	WON	LOSS
1ST RADIO BN	19	1
CHRONICS FACILITIES	17	3
MESS HALL	13	6
HQBN	11	8
MCAF	11	8
1/12	10	9
MAG 24	10	9
CSSG-3 SUPPLY	11	10
CSSG-3 MAINT. CO	10	10
TEAM STOP LOSS	8	10
MFP BAND	5	10
VP-47	4	15
VP-4	2	17
*Standings current as of June 4.		

COMMUNITY SPORTS

HTMC Hosts Hikes and Climbs

Sunday at 8 a.m., the Hawaii Trail and Mountain Club is planning a treasure hunt, and you’re invited.

The club is planning a different kind of event.. There is some hiking involved, along with puzzle solving. Teams will compete to be first to find and solve all the clues..

For more information, call 247-8845

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

Team Marines racing victorious in Kentucky

“Don’t worry, we have the best car”

Motivational words by Team Marine driver Bobby Hamilton Jr. helped rally his team to a victory after the loss of 12 positions during Busch Series Meijer 300

Sgt. Jimmie Perkins
Marine Corps Recruiting Command

SPARTA, Ky. — On June 16, Bobby Hamilton Jr. drove the No. 25 Team Marines Ford Taurus in dominating fashion, winning the Busch Series Meijer 300 at the Kentucky Speedway.

The race was Hamilton’s from the start. On lap one he passed the pole sitter and proceeded to lengthen his lead over the next 66 laps. Following a quick pit stop on lap 67, the team kept the lead until a caution on lap 87. During the ensuing pit stop under caution, Hamilton was ordered to return to the pits because a NASCAR official believed that the lug nuts securing his car’s left front tire were not sufficiently tightened. This delay cost Hamilton 12 positions, but his faith in his team was still sound.

“Don’t worry, we have the best car,” Hamilton radioed to his team.

Methodically he made up the lost ground, working his way back to second place. He overcame the race leader, Jason Keller, with just four laps to go and drove



Sgt. Jimmie Perkins

The No. 25 Team Marines Ford Taurus, seen here in an earlier race this season, dominated the Busch Series Meijer 300 at the Kentucky Speedway.

his way to his second Busch Series victory, the first for this season.

“We had a chance to quit tonight when the trouble hit, but no one gave up and like true Marines we raced back for the win,” said Hamilton. “The car was awesome from the drop of the green flag. I have never had a race car to drive like this one. To all those Marines out there, I told you we’d get one, now we’re going to get some more.”

This race week was successful for

Team Marines Racing. On qualification day, Hamilton secured the second fastest qualifying time to start the race from row one.

The win moves Hamilton up to seventh position in the points race, just 162 points behind leader David Green. The team finished 8th in points last season, the best finish to date for Team Rensi Motorsports and Team Marines.

The partnership with Team Rensi Motorsports and the Marine Corps’ in-

volvement with NASCAR continues to be one of the Marine Corps’ most visible and exciting marketing programs.

“There are similarities between NASCAR and the United States Marine Corps,” explained Capt. Robert Geiger, Marine Corps Recruiting Command. “Both include individuals looking for a challenge, working together as a team to reach an established goal, and giving your best every day to succeed in your chosen profession.”

Sufferers correct flat feet before adolescence

NAPS
Featurettes

Often left untreated, flat feet in children can lead to serious foot conditions later in life, but research shows that surgery performed before adolescence can be highly successful in correcting the deformity, according to the American College of Foot and Ankle Surgeons (ACFAS).

Flat feet are difficult to distinguish in young children until the arch develops between ages six and nine. Some eventually outgrow the condition. Those who don't frequently complain of calf pain, cramping or fatigue, and parents notice collapsed arches and ankles that turn inward. Left untreated, childhood flatfoot can lead to arthritis and other foot problems as adults. There are several treatment options, including shoe modifica-

tions, orthotic inserts, physical therapy, stretching exercises, anti-inflammatory medications and surgery.

A study co-authored by Darryl Haycock, DPM, FACFAS, evaluated 37 pediatric patients for 18 months following surgery to correct flexible flatfoot. The authors assessed structural correction success using x-rays and physical examinations, and also measured patient-satisfaction levels with the Child Health Questionnaire (CHQ), a self-administered survey designed for children five years and older.

"The CHQ offered an in-depth look at physical function and also gauged the patients' psychological and interpersonal relationships with their parents," says Haycock. "Our results show that just four months following surgery, these patients were functioning as well as other children regarding physical function, lack of pain and psychological well being."

Haycock notes that the CHQ findings and the excellent clinical outcomes show that flatfoot surgery is a safe and reliable option for pediatric patients who don't respond to conservative treatment. He advises parents to consult a podiatric foot and ankle surgeon if children persistently complain about leg cramps and pain in the calf, foot or arch, or if parents are concerned about flat feet.

"It shouldn't hurt to grow, so if your child has pain, treatment should be initiated," he says. "Flat feet should be corrected before adolescence to restore normal walking and prevent arthritis and other future complications."

For further information about foot and ankle conditions and to locate a podiatric foot and ankle surgeon, contact ACFAS toll-free at 1-888-THE FEET or at www.acfas.org.

Many are unaware treatment works on arthritic feet

NAPS
Featurettes

Your feet take tremendous abuse. Walking on cement can give each foot a 180-pound jolt with each step. Many people experience arthritis of the feet, but few are aware that this condition can often be successfully treated.

Arthritis is caused by the erosion of cartilage, the connective tissue at the ends of bones which allows bones to glide freely on one another. Walking on a foot with painful arthritis is similar to running an automobile without oil in the engine; the parts can't move smoothly. Eventually they grind on each other.

Other causes of degenerative arthritis are excessive motion in a joint, caused by an unstable foot or by trauma such as sprains and fractures. As arthritis progresses, it may cause pain and stiffness (especially in the morning) and eventually may limit everyday activities.

Although arthritis of the feet and ankles may have different causes, the treatments are often similar. X-rays are required to correctly diagnose arthritis.



Sgt. Jerome Edwards

Taking care of your feet in the early years of your life can limit the possibility of suffering the painful conditions of arthritis.

Conservative (non-surgical) treatments may consist of strappings; arch supports (orthotics); supportive shoes; cortisone injections; and medications and physical therapy to relieve the symptoms.

Surgical treatments may include removal of bone spurs; partial removal of the arthritic joint; fusion of the joint to limit the motion which causes the pain; and joint replacement.

In most cases, reconstructive surgery can bring improvement. Relief of pain is the most common benefit, but others may include an improved ability to move the joint, and an improved appearance. Surgery usually requires only one to two hours and is often completed on an outpa-

tient basis. Surgical treatment will not cure arthritis or completely restore the joint to its natural health, but it will ease pain and make daily activities more manageable.

Podiatrists are foot care specialists who offer state-of-the-art treatment. Your podiatrist will examine your feet, possibly perform tests such as X-rays, and review the different treatments available for each condition. In many cases, the pain associated with arthritic conditions can be alleviated, allowing increased mobility and a healthier lifestyle.

For more information on the available treatments for arthritis call 1-800-FOOTCARE or log onto the Web site www.apma.org.

New studies show you can heat away low back pain

NAPS

Featurettes

According to two recent clinical studies, patients can turn to continuous, low-level heat therapy for effective relief of acute low back pain.

Published in Archives of Physical Medicine and Rehabilitation, the studies showed that patients treated with heat experienced pain relief that lasted for at least two days after treatment was stopped—a first for back pain remedies.

“We’ve always known that

heat makes you feel better, but have never known why or how,” said Deborah J. Steiner, M.D., the principal investigator of the trials and director of clinical research, Research Testing Laboratories, Great Neck, N.Y.

To find out, Dr. Steiner and colleagues evaluated almost 300 patients with acute low back pain in two studies, one conducted during the day and the other during nighttime.

Patients were randomly assigned to receive eight hours of continuous, low-level heat therapy per day for three consecutive days, or nights while sleep-

ing, or oral placebo.

“The daytime study demonstrated that heat therapy not only provided significantly greater (68 percent) pain relief than placebo, but also reduced muscle stiffness and improved flexibility, effects which lasted for at least two days after heat wrap use,” Dr. Steiner said. “In addition, the nighttime study showed that patients wearing heatwraps while sleeping reported effective pain relief that lasted throughout the next day.”

Back pain affects an estimated four out of five Americans, making it the leading cause of

disability for adults under the age of 45.

In most cases, back pain results from some combination of overuse, strain or injury to the muscles and ligaments that support the spine.

While traditional treatments have included increased physical activity and oral non-prescription pain relievers, physicians are increasingly focusing on reducing stress to the spine by using exercise and heat to relax the surrounding back muscles.

“The good news is that the many benefits of heat therapy

are easily accessible to physicians and pain sufferers alike,” added Dr. Steiner.

The air-activated heat wraps are designed to provide at least eight hours of continuous low-level heat therapy, powerful pain relief, and deep muscle relaxation.

Once exposed to air, the heat wraps reach a therapeutic temperature of 104° F within 30 minutes, which increases circulation, thereby enhancing the body’s natural restorative process.

For more information log on to www.thermacare.com.

APF study shows most pain is preventable

NAPS

Featurettes

According to the American Pain Foundation, nine out of 10 Americans report experiencing pain at least monthly; many, more frequently. Many people self-treat minor aches and pains with over-the-counter (OTC) pain relievers. OTC medications make dealing with pain possible without a doctor’s prescription.

Unfortunately, many people neglect to involve their doctors or pharmacists in their self-treating decisions and — since there are serious risks when mixing OTCs with prescription drugs, alcohol

and dietary supplements — consumers may be cooking up a recipe for disaster.

The reality is OTC pain relievers can cause serious complications such as stomach bleeding, liver and kidney problems and ulcers; sometimes without warning. OTC painkillers come in two categories: non-steroidal anti-inflammatory drugs (NSAIDs) and acetaminophen. NSAIDs include many common medicines (aspirin, ibuprofen, naproxen, and the brand-name versions of these).

According to a recent National Consumers League (NCL) survey, NSAIDs are the pain reliever of choice of two-thirds of OTC users. These drugs

work at the site of pain or injury to reduce inflammation and discomfort. The other kind of pain reliever, acetaminophen (Tylenol), does not reduce inflammation. It’s in most cold medications.

Regardless of the medication pain sufferers choose, according to the survey, they often do so without regard to possible side effects and interactions. Almost half of those who use OTC pain relievers knowingly take more than the recommended dose. Many ignore critical label information: 16 percent admit to not reading the label at all. Experts say this behavior is risky but the results pre-

ventable.

“Consumers don’t have to use a blindfold when choosing and using OTC pain medications. Safety information is included on labels for a reason,” says Linda Golodner, NCL president. “It’s critical for consumers to read the label completely and always take the recommended dose or follow a doctor’s instructions.”

For more information, and a brochure, OTC Pain Meds: What Helps, What Hurts, call: 866-216-2316 or visit www.nclnet.org/otc pain.

SAILING, From C-1

but the U.S. does not," explained O'Bryan. "I am not sponsored, so I have to pay for all the competitions myself. That's why when I win an award, I appreciate it much more because I know I truly earned it."

O'Bryan has set some high goals for herself. She is determined to achieve in the top ranking for the U.S. Women's 470 Team by August and represent the United States in the Women's 470 Sailing Class at the 2004 Summer Olympics in Athens, Greece.

"You have to stay determined when you are racing," said O'Bryan. "If you loose your focus for a second in a race, you can loose a lot of distance. You have to constantly practice like you are in an actual race. That's why I like racing so much - it's highly competitive with a friendly, family-like environment."

PAINTBALL, From C-1

er," said Whann. "It ended up becoming paintball."

The players at first used pumps on the markers to fire the paint. Meaning they had to pump their marker once, then fire, then pump again. "It was a slow process, but it got the job done," said Whann.

As technology expanded, the game evolved, and the markers became semi-automatic.

The game split off into two separate forms of the game.

"There are guys who play in the woods, and wear camouflage, playing scenario games that involve planning, missions and commanders," said Whann. "Then there is speed ball, or hyper ball, which is what we play and offer here at Paintball Hawaii."

Speed Ball is played on a small course, usually about 120 by 100 yards. The objective of the game is to acquire the center flag and bring it to the opponents' station.

"What you have to realize is that there are five to seven people coming at you to stop you, it is not that easy," said Whann. "You need the help of your teammates to get by the opposing team."

According to Whann, paintballs can sting and they do have the ability to do permanent injury, but that is why the safety regulations are there.

At Paintball Hawaii the safety regulations are simple:

- * Anywhere near firing, you must

wear a mask.

- * There is no firing in the staging area
- * The markers must be regulated to 285 feet per second for adults and 225 feet per second for children.
- * A barrel sock - a barrel blocking device -must be used in between games in case of accidental discharge.

Paintball Hawaii is open on Fridays by appointment only, usually for unit play. They are open to anyone, including walk-ons, Saturdays from 9 a.m. - 5 p.m. and Sundays 12 p.m. - 5 p.m.

There are three fields available for play, the Wood field, the Tire field and the Lego field. It is the players choice which fields to play.

According to Manahan, complete rental and all day play is \$25, which includes a CT2000 marker, a mask, goggles and the first airfield.

All day air is \$10, and Paintball Hawaii offers either Co2 or compressed air, depending on what the player prefers. Players also have the choice of bringing their own paintballs or purchasing them at the field. Prices vary depending on type.

A group rate is offered for more than five people, which gives each player \$5 off the rental of equipment. Unit functions and birthday parties are welcome.

For more information, contact Paintball Hawaii at 265-4283, or go to its web site www.PaintballHawaii.com.

"This is our golf," said Manahan. "You don't have to be military to enjoy it, it's open to all."



John Schieltz, a member of team Volcano, aims his marker against the opposing players of team Volcano, during a practice game at Paintball Hawaii. Team Volcano will be leaving for Maui to compete in the “Best of the West” tournament Aug. 9 and 10.