

Hawaii MARINE

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It's 'pau hana' time for the 'Big Kahuna'



ILAOA

Cpl. Jason E. Miller
Press Chief

"I know that I'm leaving the Marine Corps, but the Marine Corps will never leave me."

After serving 30 years in the Marine Corps, Sgt. Maj. Filipino Ilaoa, MCB Hawaii, Kaneohe Bay sergeant major, is retiring.

Since 2000, Sgt. Maj. Ilaoa has been a mainstay of MCB Hawaii, Kaneohe Bay. His appearances at nearly every important event over the last three years have given enlisted Marines from all over the base a representative with whom they can all relate.

"It feels good to be retiring," he said. "When I go, I will not miss the Marine Corps, but I will miss all the people. It's the Marines and the people you meet that really make the Marine Corps what it is."

Sergeant Maj. Ilaoa has served

in many capacities throughout his career in the Corps, however, he cited that his time spent in Somalia, during Operation Restore Hope was the moment that most defined the Marine Corps.

"In Somalia, I saw an artillery battalion perform as an infantry and security battalion as if they were all 0311s. Never had the term 'Every Marines a rifleman' been more true. That was probably the most defining moment in the Marine Corps for me."

Ilaoa also said that during the '90s when all of the services, except the Marine Corps failed to meet their recruiting quotas, it really said a lot for the Marines.

"It showed that we never give up. It showed that we, as Marines, will do whatever it takes to complete the mission. It's what Marines are known for."

While serving as the sergeant major of 9th Recruiting District, Sgt. Maj. Ilaoa also endured one of the most trying times in his career.

"The bombing of the Federal Building in Oklahoma City was a very bad time," he said. "We lost a captain and a sergeant to that, and it really was just a low point."

From the beginning, Sgt. Maj. Ilaoa knew what it took to be a Marine. He was taught respect and leadership at an early age, with his culture playing an important role in the Marine he eventually became.

"My culture played a tremendous role in my Marine Corps career. I grew up in a very family oriented environment, with strong Samoan cultures and customs in which we practiced the

See ILAOA, A-6

Branch Medical Clinic treating infectious disease

Petty Officer 2nd Class
Jamie Paich
*Preventative Medicine,
Branch Medical Clinic*

Recently aboard MCB Hawaii, Kaneohe Bay, several service members who reported to the Branch Medical Clinic here with suspicious lesions on their body were confirmed to have cases of a bacterial infection, related to "staph," according to Cmdr. Julie Miavez, commanding officer of the BMC.

Staphylococcus aureus, commonly referred to as "staph", is a bacteria that lives on the skin or in the nose of healthy people. Infections caused by staph are usually minor, such as boils or pimples. Some infections can be serious causing pneumonia or surgical wound infections. These infections were commonly treated with an antibiotic related to penicillin, though in the past 50 years the staph bacteria have become more

resistant to this course of treatment. The resistant form of these bacteria are called Methicillin-Resistant Staphylococcus Aureus, or MRSA.

Like common staph, MRSA can be found on the skin or in the nose of some people. Infection is more likely in the hospital or health care setting among those who are elderly or very sick. In the community MRSA has been found to be related to recent antibiotic use, sharing contaminated items, having active skin disease, and living in crowded settings.

In the community, it is usually limited to skin infections, though severe illness has been reported. Most transmission in the community seems to be from people with active MRSA skin infections.

Staph and MRSA can be spread from having close

See DISEASE, A-2

Pegasus gives SEALs a lift

Lance Cpl. Monroe F. Seigle
Combat Correspondent

The Navy SEALs (Sea, Air, Land) take their name from the elements in which they operate.

Their stealth and clandestine methods of operation allow them to conduct multiple missions against targets that larger forces cannot approach undetected.

Marines from Marine Heavy Helicopter Squadron 463 aboard MCB Hawaii, had the opportunity to assist the Navy SEALs from Seal Delivery Vehicle Team 1 aboard Pearl Harbor Naval Station Aug. 6.

The SEALs training is very demanding, both mentally and physically, and by far produces the world's best maritime warriors. SEALs are qualified in diving, parachuting, and are experts in combat swimming, navigation, demolition, weapons, and many other skills related to combat.

Although they are experts in attacking from the water around the enemy's territory, they sometimes find themselves in situations where they must conduct a "dry foot" attack. This is where they fly into the enemy territory and are inserted to conduct an attack.

This was the situation when the high-flying Marines from HMH-463 came into play.

The SEALs were practicing insertion and extraction techniques on an undis-

See SEALs, A-6



Lance Cpl. Monroe F. Seigle

Navy SEALs constantly train for dangerous situations like when Navy SEALs from the SEAL Delivery Team 1 practiced removing a fellow SEAL from a danger zone where he was injured aboard Pearl Harbor Aug. 6.



Sgt. Joseph A. Lee

With the incoming Sgt. Maj. David L. Smith looking on, Sgt. Maj. Tunu I. Tupuola remembers his time with 3rd Marine Regiment, as he speaks to the command, family and friends at the post and relief ceremony.

Regiment bids Tupuola 'aloha'

Sgt. Joseph A. Lee
Combat Correspondent

Third Marine Regiment performed a post and relief ceremony for the incoming and outgoing sergeants major Friday, in front of their headquarters building here.

Sergeant Major Tunu I. Tupuola, scheduled to retire tomorrow in a separate ceremony, was bid farewell by his command and troops, as Sgt. Maj. David L. Smith, formerly the sergeant major of 1st Battalion, 12th Marine Regiment, took his seat as the new sergeant major of 3rd

Marine Regiment.

After 30 years of active service in the Marine Corps, Tupuola plans to take life easy.

"I just want to relax and enjoy life after the Marine Corps," said Tupuola. "I came in the corps as a grunt, and I'm leaving as a grunt. I wouldn't have it any other way."

At the ceremony, Tupuola spoke to the Marines about taking care of themselves now for a better life and future tomorrow.

"Too often Marines don't realize that they have really messed up until it is too late," said Tupuola. "I want these guys to be

careful with their lives now, and start planning for a great life instead of recovering from a failed one."

Colonel Jeffery J. Patterson, commander of 3rd Marine Regiment, spoke of the sergeant Major's ability to look after Marines first and foremost.

"When I first came to this unit, I asked a Marine what he thought of his sergeant major," said Patterson. "The Marine told me that the sergeant major, no matter how busy he seemed, would always have the time to

See TUPUOLA, A-6

MCBH News Briefs

K-BAY GAS LANES TO CLOSE, MONDAY - AUG. 22

The Kaneohe Bay Gas Lanes aboard MCB Hawaii will be closed for the replacement of fuel lines and valves from Monday, Aug. 18 through Friday, Aug. 22. To accommodate patrons, the lanes will be open for extended hours Sunday until 9 p.m. The MC Auto and Firestone store will remain open for business and follow normal business hours.

POWER OUTAGE TO IMPACT SOME ON WEDNESDAY

Hilltop Housing residents aboard MCB Hawaii, Kaneohe Bay, should be prepared for power outages scheduled for Wednesday between 7 a.m. and 6 p.m. Outages will also affect the Bachelor Officer Quarters on K-Bay.

LOST AND FOUND ITEMS AVAILABLE AT MPD

If you are missing valuables or other items, contact Lost and Found at the Military Police Department, to see if anyone has turned in the item(s). Lost items on hand include I.D. cards, bicycles, wallets, keys, cell phones and miscellaneous jewelry. An inquiry log is maintained for all item(s) retrieved. Call Sgt. Gordon Scott at 257-2103, ext. 315, for prompt assistance. Also, the Crime Prevention section of MPD is looking for neighborhood watch representatives to get involved in their communities, by taking charge of local neighborhoods. Call 257-2103, ext. 314. or 315.

IMPORTANT NUMBERS

On-Base Emergencies	257-9111
Military Police	257-7114
Crisis Hotline	521-4555
Child Protective Service	832-5300

Hawaii MARINE

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Yard of the Quarter



Lance Cpl. Glenna Dixon

Winners of the Yard of the Quarter gathered at the residence of Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii, Aug. 12, for an awards ceremony after the friendly competition in yard decoration covering the past three months.

Troops are set to assist Liberia

American forces are standing by off the coast on USS Iwo Jima

Kathleen T. Rhem
*American Forces
Press Service*

WASHINGTON — Roughly 200 more American troops could move into the West African nation of Liberia in the coming days, if rebel forces keep their pledge to move out of the country's capital city.

About 100 American service members are currently in Liberia.

Rebel forces from the group Liberians United for Reconciliation and Democracy had pledged to move out of Monrovia's main port Thursday.

Then, military forces from the Economic Community of West African States are expected to request help from American forces working for Joint Task Force Liberia, Pentagon officials said today.

About 2,500 U.S.

Marines are standing by aboard the USS Iwo Jima Amphibious Ready Group off the coast of Liberia. But officials said relatively few of these forces are likely to be called to assist the West African forces, called ECOMIL for "ECOWAS Mission in Liberia."

"Joint Task Force Liberia is in place to assist ECOMIL forces to achieve a stable environment, so that humanitarian assistance can be provided to the people of Liberia and also to facilitate the transition to a U.N.-led international peacekeeping operation," Air Force Lt. Gen. Norton Schwartz said in a Pentagon press briefing today.

Schwartz, operations director for the Joint Staff, explained that such assistance is likely to come in the form of a 150-member ground-based quick reaction force and a port assessment by American military engineers and Navy SEAL divers.

The ECOMIL currently has a 746-man-strong battalion of Nigerian soldiers on the ground in Liberia. These forces are mainly

staged at Monrovia's airport. A second Nigerian battalion is expected to start arriving in country at the end of this week, Schwartz said.

When the second Nigerian battalion is in place, the general explained, the American QRF is expected to move from a ground-based staging area to a sea-based posture.

Even during the short period, this QRF is expected to be in Liberia. Their role will be very limited. The QRF is not there in a security role, Schwartz stressed. They're merely standing by to provide "a reaction capability if something unexpected occurs with regard to an ECOMIL unit, and only to stabilize the tactical situation so that [the ECOMIL forces] can restart their mission."

The first order of business for the ECOMIL troops will be to secure the port to facilitate safe transit of humanitarian goods.

A U.N. World Food Program ship carrying fuel oil and food aid is in the region, Schwartz said.

Any assistance the

Americans provide will solely be to ensure the success of ECOMIL's mission, Acting Assistant Defense Secretary for Public Affairs Lawrence Di Rita said during the briefing with Schwartz.

"The objective is to let the Nigerian forces continue with stabilizing key areas of the city that are needed for the reinstatement of humanitarian operations," Di Rita said.

American forces will likely provide an aerial escort for any large-scale movement of ECOMIL forces from the city's airport to the port. Such an escort could come in the form of fixed-wing aircraft, such as Marine AV-8B Harriers, or helicopters, including UH-1N Hueys and AH-1W Super Cobras, Schwartz said.

The general also noted it's likely that ECOMIL units moving to the port would include U.S. Marines in a liaison capacity. Also, U.S. engineers will conduct a port assessment, and SEALs have already begun a preliminary survey of obstacles in the port's waterway.

'At Ease, Marine!'



Lance Cpl. Monroe F. Seigle

The sign posted before the back gate exit of MCB Hawaii, Kaneohe Bay, serves as a constant reminder to Marines, Sailors and family members that past that point no chanting or yelling is allowed — out of respect for the residents in the community outside the gate.

DISEASE, From A-1

contact with those infected with the bacteria. MRSA is usually spread from direct physical contact though infection may occur from indirect contact by touching contaminated objects. These objects can be anything an infected person has touched such as gym equipment, towels, clothes, sheets, bandages, etc.

The key to preventing infection with MRSA or staph bacteria is to practice good personal hygiene. This includes hand washing with soap and water not just rinsing with water, keeping cuts, scrapes, and abrasions clean and bandaged until healed, and avoiding contact with other people's wounds and bandages.

MRSA and staph infections are treatable with certain antibiotics. If a person is prescribed antibiotics they should always complete the prescribed course of treatment, even if signs and symptoms of infection disappear. If you think you may have MRSA or staph infection please contact your Primary Care Manager.

(Editor's Note: Information for this article was gathered from the Center for Disease Control and Preventions Web site at www.cdc.gov.)

Island Warriors get ready at Schofield

Story and Photos by
Sgt. Joseph A. Lee
Combat Correspondent

Sometimes in the Marine Corps, time at home isn't necessarily time away from training.

Though they are home from Okinawa, Japan, for seven months before their next deployment, 2nd Bn., 3rd Marine Regiment, is taking advantage of every training opportunity to keep its Marines prepared.

Golf Co. returned Aug. 7 from 12 days in Schofield Barracks' East ranges, where the company conducted live-fire and maneuver, crew-served weapons live-fire, and other tactical training that combined the use of a great deal of the battalion's assets.

"We try and get this training done once per month," said Gunnery Sgt. Ryan L. Parker, battalion radio chief. "Because of training like this, we are ready to deploy."

For some Golf Co. Marines, this was their first time in the field with the unit since they arrived from the School of Infantry (SOI) after the Fourth of July weekend.

"I thought the training was fun, especially since the [noncommissioned officers] went the extra mile to make it more enjoyable and better training for all of us," said Lance Cpl. Michael Ferguson, machine gunner with Weapons Co. "I remember one night they woke us up in the middle of the night yelling and screaming. When I heard all the yelling I stood quickly to the sound of Vietnamese shouting outside. I didn't know what the heck was growing on."

It is called a stress drill, according to the noncommissioned officers of Golf Co. Stress drills increase the Marines' ability to function adequately in a stressful environment such as combat.

"I had my shoes on the wrong feet," said Pfc. Chad Winegar, machine gunner with Weapons Co. "But my rounds were going downrange, and that is more important than having my shoes on the right foot. I was just glad to be staying up late and getting dirty, 'cause that's what I joined the Marine Corps for in the first place."

According to the tired and filthy Marine, Golf Co. also spent time in an urban assault course at the grenade house, where the Marines advanced their Military Operations in Urban Terrain (MOUT) skills.

"I enjoyed cross training with the machine gunners, learning more about facial camouflage application, and practicing with live demolition," said Joshua A. Huizar, javelin gunner with Weapons Co. "This was my first experience with actually setting up demo like TNT and shape charges.

"In SOI, we got to learn all about it, but this was my first time hand-holding the demo, and I really learned a lot from the training."



Above Left — Lance Cpl. Michael Ferguson, while mounting the .50 caliber machinegun, keeps a watchful eye on the local environment. His assistant gunner, Pfc. Chad Winegar, scans the perimeter. Both are machinegunners with Weapons Co., 2/3.



Above Right — A mortarman checks and rechecks his equipment under the supervision of Lance Cpl. David Nichols of Golf Co., 2/3. The Golf Co. Marines dug into a plateau for the last night of their training operation at Schofield Barracks.



Lance Cpl. Brandon Hassell, a rifleman with Golf Co., 2/3, digs into his second fox hole of the day on the hilltops overlooking a large ravine. Most of the Marines in Golf Co. were glad to be going home after nearly two weeks, though most also enjoyed their time in the field.



Lance Cpl. Joshua A. Huizar, a javelin gunner with Golf Co., puts to use added training he received on facial camouflage application as he blends into the local environment. Huizar was ecstatic to get some hands-on training with live demolition in the field.

Lance Cpl. David Nichols, a rifleman with Golf Co., sat on a perimeter mortar location and trained with several Marines on advanced operation with the 60 mm weapon.

"The other night we fired on a location at night, using most of the battalion's assets all together," said Nichols. "Because we had excellent illumination and a view of the impact area, it was quite an impressive sight to see all the

damage that we can do together."

Impressive is the ability of a well-trained Marine infantry unit working its companies together in harmony like a well-oiled machine to get the job done.

"The Marines do a tremendous job out

here," said Parker. "They get the training done alongside the other companies so that we can work and communicate effectively in combat."

Word on the Street

Who is your top pick for the 2003 NFL season?



"...The Packers. They've got a great offense this year."
Pfc. Scott Tank
Motor transport operator
Transportation Support Company, CSSG-3



"I've got to say the Broncos and maybe Tampa Bay or the Philadelphia Eagles."
Forest Elbeck
Electronics technician
Commander Patrol and Reconnaissance Force Pacific



"...The Oakland Raiders. Hopefully, they will make it all the way and pull through."
Alan Alexander
Kaneohe Bay Commissary



"...The Buccaneers. They have got a great organization."
Sabrina Howell
Customer service representative
Marine Corps Exchange



"I think the Buccaneers are going to go back again. Their defense is strong. But I want the Packers to win."
Seaman Tyler Watson
Line Corpsmen
Battalion Aid Station 2/3

Green grads throw their weight around

Sgt. Joseph A. Lee
Combat Correspondent

Green Belt Class 7-03 of the Marine Corps Martial Arts Program, which graduated from Regimental Schools July 25, demonstrated its skills for the students’ unit leaders and other audience members at Dewey Square July 24.

The largest green belt class to ever graduate from Hawaii, Class 7-03 demonstrated for the audience what they learned throughout the 15-day course.

“We wanted to let the unit leaders get a feel for what their Marines have gone through, and what they will be bringing back to their units,” said Staff Sgt. Jason Rossman, chief martial arts instructor trainer at Regimental Schools.

The Marines demonstrated body-hardening techniques, followed by a circuit course that included every major group skill from tan belt level through green belt level of martial arts training.

“The 12 different stations in the circuit course allow the students to quickly refresh and constantly train in the areas they have covered over the past two weeks,” said Sgt. James Johnson, lead martial arts instructor trainer at the school.

After the circuit course, the students demonstrated the various different fighting styles and different weapons they trained with. The first bout featured two Marines battling with pugil sticks to demonstrate close combat techniques with a rifle and bayonet. The demonstration went on to include stabbing or jousting techniques, fist fighting, and the final ground-fight to show the students’ abilities in grappling and sustained fighting abilities.

“These students will be guiding and acting as referees in their

units, so their proficiency level needs to be understood by their commanders,” said Johnson.

According to Rossman, the Regimental School here is a satellite school from the main Division School in Okinawa.

“In order to keep our units up to speed with the program here in Hawaii, it is imperative that green belt students can gain their instruction here on island,” said Rossman. “If this school wasn’t here, units would be forced to send students to Okinawa or California for their training.”

The students, ready to test out and graduate the following day, came onto the field highly motivated to show off what they had learned. Some students were surprised at the level of training they had gained throughout the 15 days.

“When the course first started, it was extremely tiring and a bit repetitious,” said Sgt. Jerry Carroll, ammunition chief with Combat Service Support Group 3. “As the course went on, though, my body got used to the pain, and I came out wanting more. The class kept the motivation level high the whole way through, so it wasn’t hard to stay motivated.”

Unlike many other green belt courses, the students of Class 7-03 experienced instructors with various backgrounds that allowed the students to learn extra skills while being trained in very different environments.

“The thing I enjoyed most from the course was the knowledge that our instructors were able to pass onto us. They gave us extra instruction from different fighting styles that provided a variety of counters to moves we learned,” said Sgt. Derrannal McDonald, hygiene noncommissioned officer



Sgt. Joseph A. Lee

First Lt. Michael W. Reinke, officer in charge of Regimental Schools, tests for his green belt with lead martial arts instructor Sgt. James Johnson.

for CSSG-3. “Another advantage to learning from our instructors was their utilization of other training environments like the pool, doing water aerobics. The water instruction was tough, but I think it added a nice touch to the overall training. I think every Marine should take this course.”

The instructors at the Regimental School teach belt advancement and additional training every day at Dewey Square from 6-8 a.m. and 11 a.m. to 1 p.m., for anyone who wishes to work on skills or belt advancement.

“We invite anyone of any rank to come out and train, it will only make you stronger,” said Rossman. “To attend a green belt course, students must be corporal or above, must be qualified to the gray belt level, be screened by a medical officer and have all pay-grade level PME accomplished.”

Marines train in the mat room of 3rd Marine Regiment’s Regimental Schools at K-Bay. The school’s instructors train any Marine who walks through the doors at 6 a.m. and 11 a.m. to increase their belt level on their free time.

SALUTES

GUNG-HO

SERGEANTS COURSE 05-03

Honor Graduate, 96.48

Sergeant B. M. Famer
I Co., Marine Support Bn.

Second Place, 94.25

Sergeant A. F. Dargan
3rd Marine Regiment

Third Place, 94.05

Sergeant N. Viera
Headquarters Bn., MCB Hawaii

Gung Ho Award

Sergeant W. L. Flatt Jr.
3rd Marine Regiment

Certificates of Superior Physical Fitness Performance

(Awarded to Marines who achieve a 285 or above on the physical fitness test.)

Sergeant C. D. Walters III
Marine Aviation Logistics Squadron 24, 293

Sergeant J. L. Patino
Headquarters Bn. MCB Hawaii, 287

Sergeant Major of the Marine Corps Writing Award

First Place

Sergeant R. L. Byrne

Runner Up

Sergeant S. C. Achee

Honorable Mention

Sergeant N. L. Taylor

KILL • A • WATT

CSSG-3 warriors train for the worst attack



Lance Cpl. Monroe F. Seigle

Marines from Echo Co., 2/3, wait in line to decontaminate their tactical equipment, which was hit with a simulated explosion of cesium 137.

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

MARINE CORPS TRAINING AREA, Bellows

— In 1998, terrorists used cesium 137 to produce a bomb to destroy the U.S. embassy in Kenya. The combination of high explosives used was known as a “dirty bomb.”

Five years later, on Aug. 7, Marines from the Combat Service Support Group 3 received a mission.

The mission called for the Group to assist Marines from the 2nd Bn., 3rd Marine Regiment, in decontaminating themselves and equipment as they were evacuated from a combat zone after a “dirty bomb” attack.

Upon being inserted into

Marine Corps Training Area Bellows, by Marines from Marine Aircraft Group 24, CSSG-3 wasted no time getting to work decontaminating the infantrymen.

The “victims” from 2/3 arrived in Mission Orientated Protective Posture level 4 and quickly moved into an eight-station decontamination site. Approximately 75 warriors were in dire need of decontamination.

“This training is of extreme importance,” said Staff Sgt. Caleb Eames, NBC instructor with CSSG-3. “The Marine Corps often trains for chemical attacks, but rarely does it train for radiological attacks such as those involving cesium 137. These kinds of attacks are very likely in the war against terrorism.”

Decontaminating troops is

a thorough process. In the first station, tactical gear is removed, washed and held for reissue, while the protective mask is washed and rinsed with a sponge while still on the Marine’s face in station two.

The “victim” removes his outer protective garments without contaminating the rest of his body in the third station. He does not remove his protective boots and gloves until station four, where he then removes his combat utilities.

All gear is put into the same bag, so it can be reissued after the decontamination process is complete.

While in station five, an ANVDRZ, a radiation detection device, checks the Marines for any signs of radiation or chemicals.

Once the protective mask is removed in station six, it is washed, rinsed and sanitized. Then the Marine is instructed to keep his eyes closed until station seven, where he is reissued all his equipment and re-dresses in station eight.

“It was hot in that suit,” said Pfc. Murfin Barnett, a rifleman for Echo Co., 2/3. “This was realistic training though. All infantrymen know that in the war on terrorism, NBC attacks are always going to be a factor.”

“This is the kind of training where the whole unit has to work together,” said Pfc. Ryan Hudson, an administrative clerk for CSSG-3. “This was my first exposure to this kind of situation.

“We were all motivated and we got the job done.”

CAC-6 tracks diesel submarines in South America

Lt. j.g. Timm S. Heisey
Patrol Squadron 47

ANTOFAGASTA, Chile — Combat Air Crew 6 of Patrol Squadron 47 recently returned from a three-week detachment in Chile. The crew, flying a P-3C, participated in exercise “Teamwork South” with Chilean, French and British navies.

The flight to Antofagasta, Chile took 26 hours with stops in California, Florida and Puerto Rico. The long transit included flying over the Panama Canal and through the Bermuda Triangle on Friday the 13th.

The crew realized how small the world truly is when one of the crew’s

pilots, Lt. Christina Hultin, heard her father on the radio talking to air traffic control as he piloted United Airlines Flight 1735 from New York to Puerto Rico.

In Chile, the aircrew and maintainers joined forces with VP-92 and VP-1 and was typically tasked with six-to-eight-hour missions in support of the exercise multinational force, or “Blue Team.”

The missions involved prosecuting two of Chile’s premier diesel submarines and conducting simulated torpedo and Harpoon attacks against subsurface and surface contacts assigned to the opposing “Orange Team.”

Throughout the exercise, CAC-6 experienced a 100 percent mission success

rate. This was accomplished not only because of the pride and professionalism of the aircrew, but also in big part because of the work performed by the maintainers on the ground.

The maintenance crew kept the plane in full operational status and allowed CAC-6 to fly every assigned mission.

Combat Air Crew 6 relentlessly searched and tracked the Chilean submarines. During the last phase of the exercise, CAC-6 successfully detected and tracked a notoriously quiet and elusive Chilean submarine in a one-on-one, P-3 versus submarine challenge.

After the event, the submarine crew was extremely curious to learn how CAC-6 tracked them, since the submarine crew said it prided itself in elusive maneuvers and quieting techniques. The CAC-6 crew answered that VP-47’s training had prepared them.



Courtesy of VP-47

The commander of the Chilean submarine snapped a periscope photo of the CAC-6 P-3 when it flew over the submarine during exercises.



Courtesy of Ken Ige, Honolulu Star Bulletin

The Ilaoa family — (from left to right) sons Robert and University of Hawaii football player Nate, wife Vaisa, daughters Tai and Lima, and Filipo — have always been close.

ILAOA, From A-1

basics of leadership at a very young age,” he said. “The traits introduced to Marines at recruit training I already had. I was taught to respect my parents and elders. I was taught to respect authority and obey the laws of the land. This made it a very easy transition for me, into the Marine Corps.”

During his time, Ilaoa has seen the Marine Corps change in many ways, but the most significant change, he says, is not the Marines at all.

“The Marine Corps has really begun to follow through with its promise to take care of Marines and their families,” he said. “When a Marine’s family is taken care of, it allows him to give 100% of his attention to

the task at hand. In the end, it just helps with mission accomplishment, and that’s what it’s all about.”

“I would like the Marines to remember me as someone who cared,” said Ilaoa. “I want them to remember me as someone who looked out for their well-being, and I hope that Marines in the future continue to look out for one another.”

After today’s ceremony, Sgt. Maj. Ilaoa hopes to become an even more devoted father, and move on to yet another adventure.

“I plan on spending more time with my family and starting up a new career. I just want to be the best husband and father that I can possibly be, and I want to finish my college education using my G.I. Bill,” said Ilaoa.

TUPUOLA, From A-1

listen to a Marine’s problem and follow through until that Marine’s problem was solved. My only regret is that I didn’t get to work with him longer.”

The posting sergeant major, Smith, also came into the Marine Corps with an infantry unit and, according to Patterson, “earned

his rank the hard way.”

“Sergeant major Smith spent all of his 28 years in the Fleet Marine Force,” said Patterson. “Without special duty assignments, making your rank in the fleet can be tougher sometimes, but that’s where this sergeant major felt he belonged.”

The sergeants major performed the traditional post and

relief ceremony, which included a sword exchange and thanks to the incoming and outgoing sergeants major’s spouses for their support to their husbands and the Marine Corps.

“The Marines I’ve worked with over the past two years here have left me with very good memories that I will remember for years to come,” said Tupuola.

SEALS, From A-1

closed location aboard the island of Oahu. The Marines from HMH-463 were tasked with flying to Pearl Harbor and loading them into a CH-53 D “Sea Stallion” Helicopter and inserting them into a simulated enemy territory.

“This was the first time I was able to meet members of a SEALs team,” said Sgt. Christopher Floyd, an aircraft mechanic with HMH 463. “It was an interesting mission because we got a first hand look at how they operate.”

Once on the ground, the SEALs, swept the area like a storm and quickly set up an offensive perimeter. They were given a task of rescuing an injured SEAL and removing him from the hostile area.

Once the injured SEAL was located, he was



Lance Cpl. Monroe F. Seigle

Navy Seals from SEAL Delivery Team 1 move with urgency as they rescue an injured SEAL and take him out of harm’s way during an attack in a simulated firefight.

placed on a stretcher and carried off to safety as the SEALs set off a yellow-smoke canister to notify the Marines from HMH 463 of their location.

“The nature of our

mission requires men who are physically fit and capable in every environment, especially the water,” said a Navy SEAL who must remain a n o n y m o u s .

“Sometimes we have to

attack with dry feet and get in and set up security. This can happen for many different reasons, but usually it’s because we have no choice but to penetrate the enemy territory from the air.”

LIFESTYLES

Hawaii Marine B Section

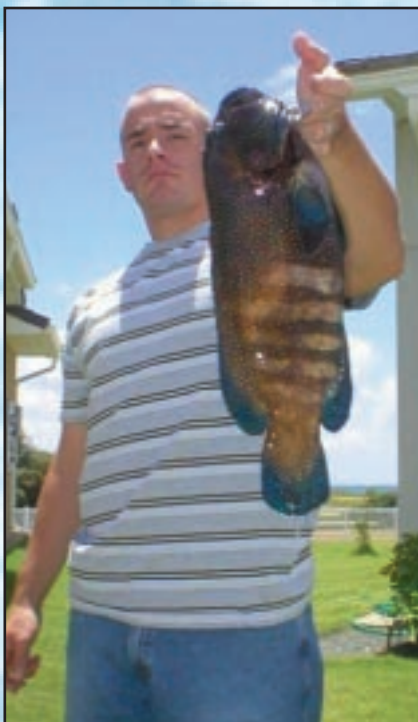
August 15, 2003

Spearfishing



Hunters from the sea score a mighty catch

Sgt. Joe Lindsay
*Community Relations
Chief*



Hugh Powell, a Phoenix native and immunization technician at the Kaneohe Bay Branch Medical Clinic, shows off a grouper he speared in the waters behind his house.

Though they all grew up landlocked, with their visions of the deep sea shaped by images of the movie “Jaws” more than anything else, a group of four service members aboard MCB Hawaii, Kaneohe Bay, have taken to their new ocean surroundings on Oahu quite well. So well, in fact, that they are perhaps as feared now by their prey as they ever were themselves as wide-eyed children looking up at the infamous great white shark of the big screen.

That’s because the four — James Davis, a Marine Aircraft Group 24 network administrator and native of St. Louis; Ben Cobb, a Marine Aviation Logistics Squadron 24 embark chief from Gilbert, Ariz.; Hugh Powell, a Phoenix native and immunization technician at the Kaneohe Bay Branch Medical Clinic; and Casey Sase, a BMC corpsman from Grass Valley, Calif. — have become avid spear fishermen, going into the water almost religiously every weekend to capture the spoils of the sea.

“Growing up in Missouri, I was always into hunting, but I never imagined I would be in a position to do something like spearfishing,” said Davis. “Even though I am a beginner, I am starting to get the hang of it and have been doing O.K.”

Just “doing O.K.” might be the understatement of the year in the spearfishing community, as the ever-humble Davis conveniently failed to mention that he recently landed a monstrous u’hu fish off the Bay’s waters.



Above and Top — Some of the best spearfishing in the world can be found in the waters off Hawaii, as these two catches show.

Below — (From left to right) Casey Sase, Hugh Powell, Ben Cobb and James Davis, all service members stationed aboard MCB Hawaii, have formed a spearfishing club.



The fish that Davis speared was only four pounds shy of the u’hu (parrot fish) world record of 18 pounds.

“It was definitely a monster,” said Powell of Davis’ catch. “It just goes to show that if you put the time into learning something and have the dedication, that you can accomplish anything.”

The group, which has affectionately been dubbed the “Haole Hunters” by many in the local spearfishing community, says one of the best aspects of their new-found-sport has been meeting members of the local Hawaiian community who have been spearfishing for generations.

“Spearfishing has allowed us to

meet people we otherwise probably would never have come into contact with,” said Cobb.

“It has really done a lot to help bridge cultural gaps, and the local spear fishermen have kind of taken us under their wings and taught us some tricks of the trade.”

Those educational sessions in the sea seem to be working, as Davis, Cobb, Powell and Sase routinely emerge from the ocean with their legal limits. But how many fish they spear isn’t really their goal.

“Safety is always our paramount concern,” said Sase. “I used to hunt pigs growing up, but hunting in the sea is a whole different world — literally.

“You don’t have as much control of your surroundings under water. That’s why we never dive alone,” said Sase.

And when the four emerge from the waves together after a successful hunt, they look more

like warriors from the sea today than the scared youth who once feared “Jaws” seeping into their nighttime dreams.

“Oh, don’t get me wrong. I’m still scared of sharks,” said Davis.

“Me, too,” chipped in Powell.

“It’s more of a healthy paranoia than actual fear,” added Cobb.

“Statistically, the chances of actually getting attacked by a shark are remote.”

Whether or not the fear is real or imagined, the four still plan on continuing their forages into the water.

“It’s in our blood now,” said Davis. “Every time we go out into the ocean, it’s like a new adventure.”



Spearfishermen quickly remove their kills and place them on stringers so as not to attract the most feared predator in the ocean — sharks.

All photos courtesy of Hawaii Skin Diver

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

AUGUST

15 / Today

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

For more information, call 254-7650.

Party at Kahuna’s — Kahuna’s Sports Bar & Grill will be partying every weekend in August. Every Friday, join the crew for a “Poi Hana” party from 6 – 10 p.m.

Also, don’t miss Tsunami Surf Saturdays, Hawaii’s only indoor surf meet from 10 p.m. – 2 a.m. Catch a big one on the surf simulator and win a brand new surfboard from Local Motion.

For more information, call 254-7660.

16 / Saturday

Officers’ Club Champagne Sunday Brunch — Treat yourself to a bit of decadence at the Officers’ Club Champagne Sunday Brunch from 10 a.m. – 1 p.m. The Club hosts a buffet that appeals to all senses.

Complete your weekend with stunning views of the Pacific Ocean and an elegant dining ambiance, all while enjoying an assortment of palate pleasing cuisine.

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

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

The fun goes from 3 – 8 p.m.

Look for more details next week.

Kahuna’s Live Hawaii Championship Wrestling — Watch the big guys “take ‘em down” at Kahuna’s Ballroom on Saturday from 7 p.m. - 9 p.m.

Visit with the Coors ambassadors while cheering on the strongest wrestler. The entry fee is \$8 for active duty and \$10 for all others.

For more information, call 254-7661.

18 / Monday

K-Bay Gas Lanes Closure — The Gas Lanes at MCB Hawaii, Kaneohe Bay, will be under renovation the duration of Monday, Aug. 18 through Friday, Aug. 22.

Several gas lanes are being replaced for better efficiency.

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

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

21 / Thursday

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

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

Call 254-7642 for the movie schedule and times.

Kahuna’s Hot Latin Nights — Live “La Vida Loca” at Kahuna’s Sports Bar & Grill when it fires it up with a live performance by El Conjunto Tropical and dancing.

The club will open at 4:30

p.m.; entertainment will start at 10 p.m. For more information, call 254-7661.

23 / Saturday

Officers’ Club Escoffier Dinner Tickets — Fine dining has grown to be a favorite pastime for many Americans. Whether it is the quality of the food, the impeccable service or the luring ambiance of a five-star establishment, there are many reasons diners enjoy the experience.

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

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

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

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

Tickets are on sale now and can be purchased at the club, or by calling 254-7650. Seating is limited, so get your tickets now.

Elvis Dinner Show — If Elvis is “Always on your mind,” then rock and roll over to Kahuna’s ballroom where everyone is invited to an Elvis Dinner Show starring Elvis impersonator Jay Barnes. Costs are \$30 for members, \$40 for non-members and \$70 for couples. The show begins a 6 p.m. and reservations are strongly recommended. Call 254-0841 for more information.

Youth Activities Piano Lessons — Get the youngsters involved in extra-curricular activities and sign them up for piano lessons. Thirty-minute classes are available for children nine years and older. Classes are \$19 for a month of classes once per week on Tuesday or Thursday. To sign up or for more information, call 254-7610.

Fix it Yourself at the Auto Skills Center — Want to do a little work on your prized vehicle, but don’t have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at Building #3097 next to the 24-hour car wash, and get your baby back in top form.

Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m.

Keep an eye out for a deal at the sealed bid auto auction the Auto Skills Center hosts. Call

254-7674 for more shop information.

Job Hunting — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel office located in Bldg. 219.

Get a job or career that suits your skills, schedule and style.

Call 254-7619 or visit www.mccshawaii.com/jobs_listings.html and find the position that’s perfect for you.

Officers’ Club and Staff NCO Club Membership Benefits — You’ve paid your dues and now you’re a member. So, what do you get by joining your club?

All club members are privy to reciprocal club benefits, Marine Corps-wide check cashing privileges, “quarterly members only” events, a free birthday meal, discounted food and pupus.

Other benefits include a monthly newsletter/calendar, monthly coupons, advanced sales for events, priority seating for events and discounted banquet room rentals.

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

Plan an outer-island excursion or take in some of the sites and activities on Oahu. Whatever your pleasure, Information, Tickets and Tours, and Leisure Travel can help you with reservations.

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

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

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

Civilians are welcome to attend this workshop.

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

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

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

Spend a Day on the Bay — Enjoy a day of sailing and sightseeing in one of the sailboats, powerboats; or for larger parties, one of the pontoon boats located at the Base Marina, Bldg. 1698.

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 will enjoy a day on the bay at the base Marina.

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

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

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

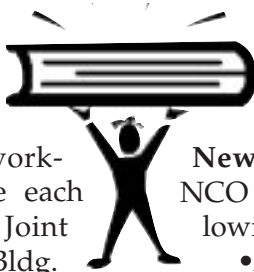
•**Wednesdays:** Rent three new releases (VHS or DVD) and receive an extra day rental.

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

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

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

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



Staff NCO Club’s New Hours — The Staff NCO Club has posted the following hours of operation:

•**Rocker Room**

Sundays: Closed

Mondays: 4:30 - 8 p.m.

Tuesdays: 4:30 - 8 p.m.

Wednesdays: 4:30 - 10 p.m.

Thursdays: 4:30 - 8 p.m.

Fridays: 4:30 p.m. - 2 a.m.

Saturdays: 6 p.m. - 1 a.m.

•**Dining Room**

Sunday Breakfast:

9 a.m. – 1 p.m.

•**Lunch:**

Sunday through Tuesday:

Closed

Wednesday through Friday:

11 a.m. – 1 p.m.

•**Dinner:**

Sunday through Tuesday:

Closed

Wednesday through Friday:

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Show your I.D. at the box office. Call 254-7642 for recorded information.

Charlie’s Angels (PG 13)

Today at 7:15 p.m.

The Hulk (PG 13)

Today at 9:45 p.m.

Rugrats Go Wild (PG)

Saturday at 7:15 p.m.

Alex and Emma (PG 13)

Saturday at 9:45 p.m.

Rugrats Go Wild (PG)

Sunday at 3:30 p.m.

Sinbad: Legend of the 7 (PG)

Sunday at 7:15 p.m.

Sinbad: Legend of the 7 (PG)

Wednesday at 7:15 p.m.

Charlie’s Angels (PG 13)

Thursday at 7:15 p.m.

Terminator 3 (R)

Aug. 22 at 7:15 p.m.

Charlie’s Angels (PG 13)

Aug. 22 at 9:45 p.m.

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

The Honolulu Symphony tunes in all palates

Called the ‘Jewel of the Pacific,’ Hawaii’s orchestra plays the ‘great indoors’

Steven Kalnasy

Special to the Hawaii Marine

With all that Hawaii has to offer, it’s difficult to choose one activity or event to do that will remain in your memory as a defining moment of your tenure here. On a given day, you can surf some of the gnarliest waves on the planet, charter a fishing boat and catch a 1,000-pound Marlin or hike into Waimea Canyon on the island of Kauai to experience the wettest place on earth.

And, if excitement isn’t your cup of tea, you can find a remote stretch of sand and take in the vast beauty of the Pacific Ocean.

Hawaii is truly a place of wonder. So, with all there is to do and see here, some things are bound to be left out, or just plain overlooked.

One experience that is often missed is actually one of the “jewels” of our island state. Honolulu is fast becoming the focal point of class and culture with one of the premier orchestras in the world available for our enjoyment.

Crowds sit in their seats, waiting for the maestro to step on stage, with baton in hand, exuding the authority of a general on a battlefield.

All becomes silent, awaiting the first order to his troops on stage.

With determination, grace and expertise, which can only be accomplished after years of dedicated practice, the individual musicians, the strings, winds and percussion sections are ready for battle. Once their sounds are meshed, a reason for simply being is realized and confirmed.



Courtesy of the Honolulu Symphony

Music director of the Honolulu Symphony, Maestro Samuel Wong, will open his eighth season, Sept. 5 - 7 with Midori, and Oct. 3 - 4 with James Ingram. The symphony offers concerts to suit all ages and musical tastes, often to “standing room only” crowds. Visit www.HonoluluSymphony.com for more details or to subscribe.

The men and women of the Honolulu Symphony are “all present and accounted for.” The musicians are prepared to transform their listeners who fill the Neil S. Blaisdell’s Concert Hall seats to another world — a world of reason, understanding and clarity.

Listeners are treated to a perfection in sound.

After a crippling musicians’ strike in 1986, the

symphony struggled to find its place in the world. In came music director Samuel Wong, who revitalized the orchestra making it what it is today.

From his biography, you can see why. In his eighth season as music director, Wong, who holds a doctorate in Medicine from Harvard University and

a former music director of Harvard’s Bach Society Orchestra, as well as the New York Youth Symphony, has reaffirmed the philosophy of the symphony by paying tribute to Hawaii’s diverse community balancing an East-West theme.

Under its “Halekulani Masterworks” series, Conductor Wong and the Honolulu Symphony will open their 2003-2004 season, Sept. 5 -7, featuring the critically acclaimed violin extraordinaire Midori. This show alone will make the concert hall the place to be this fall.

Following Midori’s breathtaking Brahms concerto, couples are invited to share their love for music and another by witnessing world-renowned piano sensation Vladimir Feltsman in his evening of “Russian Romance,” a moving concerto by Prokofiev.

The “Masterworks” series will continue through the season with such classical superstars as Van Cliburn, Deborah Voigt, Sir James Galway, the dueling Dichters and others.

Add to that the Hawaiian Airlines’ “Pops” series, and you begin to understand why the Honolulu Symphony is recognized the world over as a place to of musical perfection.

Under the guidance of Maestro Matt Catingub, the symphony has emerged as the premier venue for artists like

See SYMPHONY, B-4

RECIPE CORNER



NAPS

Baked or grilled catfish complements a versatile, hearty entree in just under 10 minutes.

Catfish can spice up your supper

NAPS
Featurettes

You can get grilling with one of America’s favorite fish. Known for mild flavor and versatility, U.S. farm-raised catfish is a great choice for a new adventure on the grill. Adaptable to a variety of recipes, catfish takes under 10 minutes to prepare and grill. And, you can celebrate National Catfish Month every August by visiting www.catfishinstitute.com for 200 great recipes, such as this flavorful one.

Herb Catfish

Mix together 5 teaspoons of salt, 1 tablespoon garlic powder, 1 1/2 teaspoons chopped rosemary, 1 1/2 teaspoons basil and 1 teaspoon thyme. Sprinkle 1/4 to 1/2 teaspoon herb mix on six farm-raised catfish fillets, or 6 to 8 ounces, and lightly oil. Place fish on an oiled grill rack. Grill catfish fillets over high heat for 3 1/2 to 4 minutes per side, or until the fish is opaque and flakes when tested with a fork in its thickest part. To bake, place catfish fillets in a preheated 375 degrees oven. Bake for 8 to 10 minutes, or until the fish is opaque and flakes when tested with a fork in its thickest part. This recipe serves six hungry appetites.

SYMPHONY, From B-3

Christopher Cross, Lee Greenwood, Kenny Loggins, Faith Hill, Michael McDonald, and others. The late Rosemary Clooney also performed with the Honolulu Symphony. Premier talent is attracted to Hawaii in part because of our location, but primarily because of Catingub’s ability to accentuate an artist’s music. His understanding and flexibility in performing varying styles of music

from jazz, to country and rock & roll, has put the Honolulu Symphony on the international “A-list” of orchestras. “As a performer, I’ve had a lot of experienced playing music on stage,” said Catingub. “It’s because I understand what they’re doing. Most conductors don’t play or write music.” If you have never seen a contemporary artist or group play with a symphony, you begin to understand what the hype is all about. The experience leaves you with a new understanding

of sound. Although the “Pops” series begins Oct. 3 with the rich, soulful sounds of James Ingram, the preseason concert featuring the rock group Yes promises to be a premier concert event this year. Following their successful Pacific tour, Yes decided to contact the symphony to arrange a performance in Hawaii on Sept. 27. “Our reputation as a flexible, engaged body preceded us,” said Catingub. The 2003-2004 season may

well prove to be the highlight of Maestro Catingub’s six years as leader of the Pops. Such acts as jazz greats David Benoit and Michael Paulo will perform, and Hawaiian legends Cecilio & Kapono will be playing a rare anniversary reunion. The season finale will feature two-time Grammy Award winning artist Toto. The Honolulu Symphony offers something for everyone. Adorned with its superb musical offerings, you are sure to get your money’s worth. Military

personnel and their families receive a discount of 50 percent off normal ticket prices. “We want to recognize the sacrifices of our military community,” said Suzanne Lee, public relations specialist with the Honolulu Symphony. In the words of Maestro Catingub, “You can’t just play classical music, but, you can’t play without it either.” Get your tickets today, and see what you’ve been missing. You may never hear music the same way again.

ON THE MENU

Anderson Hall will serve the following this week:

Today
Lunch
Pepper Steak
Southern Fried Catfish
Rice Pilaf
Potatoes Au Gratin
Sugar Cookies
Asst. Fruit Pies

Dinner
Beef Pot Pie
Roast Turkey
Paprika Butter Potatoes
Steamed Rice
Sugar Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Pasta Bar

Saturday
Dinner/Brunch
Baked Lasagna
Chicken Parmesan
Pizza Slices
Garlic Bread
Marble Cake w/
Chocolate Icing
Asst. Fruit Pies

Sunday
Dinner/Brunch
Barbecue Beef Cubes
Baked Turkey & Noodles
Steamed Rice
Ginger Molasses Cookies
Spice Cake w/
Butter Cream Frosting

Monday
Lunch
Meatloaf
Pork Ham Roast
Steamed Rice
Mashed Potatoes

Chocolate Chip Cookies
Asst. Fruit Pies

Dinner
Beef Brogul
Baked Cajun Fish
Mashed Potatoes
Steamed Rice
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Pasta Bar

Tuesday
Lunch
Simmered Corned Beef w/
Mustard Sauce
Honey Glazed Cornish Hens
Parsley Buttered Potatoes
Egg Noodles
Peanut Butter cake w/
Peanut Butter Frosting
Asst. Fruit Pies

Dinner
Turkey Pot Pie
Sweet & Sour Pork
Steamed Rice
Parsley Buttered Potatoes
Peanut Butter Cake w/
Peanut Butter Frosting
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Taco Bar

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



Strawberry Shortcake
Asst. Fruit Pies

Dinner
Steak Smothered w/Onions
Southern Fried Catfish
Mashed Potatoes
Steamed Rice
Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Hot Dog

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 Pies

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
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Taco Bar



NAPS

Did You Know?

Scholars who believe that “Mother Goose” was a real person have identified her as the Biblical Queen of Sheba, military leader Charlemagne’s mother, Elizabeth Goose, a colonist in Boston.

WORD TO PASS

Sexual Addiction Workshop Scheduled, Thursday

What is sexual addiction? It’s a condition that is marked by a pattern of sexually illicit behavior that has become unmanageable.

Adults may attend this workshop from 1:30 - 4:30 p.m., Thursday at the Religious Education Center, Bldg. 1090 aboard MCB Hawaii, Kaneohe Bay.

If you’ve noticed an escalation in the your use pornography or commercial sexual services, or the intrusion of these behaviors into your lifestyle — in your career, family life or finances — this workshop is for you.

Hawaii Kai’s Summer Festival Happens Tomorrow

Come celebrate ohana with Koko Marina Center’s “Summer Fun Festival,” Saturday from 1 - 5 p.m. The center will feature its very own “Taste of Ohana” with foods from around the world, exciting activities and booths, a

farmer’s market with fresh produce and flowers, and demonstrations, including 808 Skate’s infamous half-pipe X-treme demo and stunts.

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

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

Surf the Web site at www.KokoMarina.Center.com for more details. The center is located at 7192 Kalaniana-ole Hwy. in Hawaii Kai, and features a variety of activities and shops.

Police to Trade Holsters for Aprons, Wednesday

Officers in the Honolulu Police Department will be putting down their

badges and picking up trays to serve customers during the 12th Annual Tip-a-Cop fundraising campaign in support of Special Olympics Hawaii, Wednesday from 11 a.m. to 2 p.m. and 5 - 9 p.m.

You will find these protectors of the peace at multiple Ward Warehouse and Ward Center restaurants for lunch and dinner, including Scoozee’s, the Old Spaghetti Factory, Brew Moon, Sushi Masa, the Yum Yum Tree, Buca di Bepo, Dave & Buster’s and Compadres, to name a few.

You’re invited to enjoy the fun and tip a cop to help a worthy cause.

The Special Olympics provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with developmental disabilities. The games give them opportunities to develop physical fitness, demonstrate courage, experience joy and participate in skills with their families and friends.

For more details, contact Melissa

Kamei at 543-3585.

Waianae Will Host Shakespeare Play

Mark your calendars for the “Much Ado About Nothing” production by the Children’s Renaissance Faire, part of the the Shakespeare Festival, Aug. 22 and 23 in the Kahumana community of Waianae, beginning at 4 p.m., with showtime at 7 p.m.

Games, activities, a town market, puppet shows, dancing, sword fighting, and much more entertainment will be available. Bring your favorite lawn chair for this outdoor production.

A \$5 donation is requested for admission, which includes a feast, green show and the play.

For more details, call 259-7062.

Bishop Museum Readies for ‘Mars’

Mars will be closer to the Earth than it has been in 59,617 years, and Bishop

See WORD TO PASS, B-6

WORD TO PASS,
From B-5

Museum will celebrate the milestone with “Mars Madness,” Aug. 27 from 8 p.m. till midnight.

A special planetarium show (“Red Planet Mars”), star-gazing atop the planetarium observatory and viewing Mars through giant telescopes on the Great Lawn are just part of the fun planned for this once in a lifetime event. Cool demonstrations featuring the Mars Rover and other fascinating gadgets are also scheduled.

Come celebrate “Mars Madness” at the Bishop Museum. Admission is \$3 per person or \$10 for a family of four.

Call 847-3511 or visit www.BishopMuseum.org for more details.

Mighty Mo to Commemorate 58th Anniversary of World War II

As a tribute to the heroism of all U.S. war veterans, the USS Missouri Memorial Association, Inc. — caretaker of the battleship Missouri — will hold a commemoration ceremony marking the 58th anniversary of the end of World War II, Sept. 2 at 8:45 a.m., on the deck of the historic battleship.

The annual commemoration will last approximately one hour and is open to the public.

The ceremony will feature a traditional military salute, patriotic music by the U.S. Pacific Fleet Band, and a keynote speech from the 20th and 23rd captain of the USS Missouri (and the ship’s last commanding officer before its

final decommissioning in March of 1992), Navy Capt. Albert Lee Kaiss.

Free trolley service to the memorial will be provided to the public from 7:45 - 8:45 a.m., Sept. 2.

Affectionately referred to as the “Mighty Mo,” the USS Missouri first captured worldwide attention, Sept. 2, 1945, when 2,000 Marines and Sailors stationed aboard the juggernaut jammed into every possible observation area to watch when representatives of 10 nations — including U.S. Gen. Douglas MacArthur — assembled onto the deck in Tokyo Bay, Japan, to receive surrender documents from Japanese officials.

The USS Missouri Memorial Association was formed in 1994 and includes a cross-section of leaders from Hawaii’s business, civic, political and retired communities. Former President George Bush is the memorial’s honorary Chairman of the Board.

For more details about the commemoration, call 423-2263, or visit the USSMissouri.org Web site.

Big Brothers and Big Sisters Wanted

Volunteers are needed to enroll as Big Brothers and Big Sisters. They will spend a couple of hours per week with their assigned Little Brother or Little Sister.

The main focus of this program is to build a friendship and for the adult to serve as an adult role model for a child who doesn't have a mother or father role model.

Typically, volunteers help kids work on class assignments, enjoy activities, play

board games, or simply converse about what's on their mind. However, the program is very flexible and works around your schedule. In fact, you and your Little Brother or Little Sister can decide when, where and what to do, as long as your plan is cleared with parents or guardians.

Little Brothers and Sisters are between the ages of 5 and 12 years and selected by their teachers and school counselors. Volunteers don’t need to be a parent, teacher, specialist or super hero, though becoming a Big Brother or Big Sister could make you feel like a super hero.

If you'd like to get involved and make a difference in a child's life, call Matt Char, the volunteer coordinator at the Big Brothers Big Sisters of Honolulu, at 521-3811, ext. 232.

MDA Seeks Telethon Volunteers

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

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

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



Lance Cpl. Monroe F. Seigle

Sergeant Rolys Alvino, a dynamic component mechanic with Marine Aviation Logistics Squadron 24, has found he gets better gas mileage by driving efficiently and performing preventative maintenance.

Using just a bit of common sense helps your gas last

NAPS
Featurettes

Any day of the week, individuals and families desire to reduce the cost of a tank of gasoline. Fortunately, common sense and good driving sense can go a long way toward conserving fuel.

Top 10 Gas Savers

- 1) Avoid high speeds and use your cruise control. Increasing your speed uses more fuel.
- 2) Avoid unnecessary idling, it wastes fuel.
- 3) Avoid jackrabbit starts and sudden stops.
- 4) Remove excess weight from

- the trunk. Extra weight decreases gas mileage.
- 5) Keep your tires properly inflated. Under-inflated tires can reduce fuel efficiency.
 - 6) Use overdrive gears if you have them, as their use can reduce engine speed and improve fuel consumption.
 - 7) Use your air conditioner sparingly. Its use increases gasoline consumption.
 - 8) Keep your engine tuned.
 - 9) Check and replace air filters regularly. Clean air filters keep impurities in the air from damaging the engine, and can improve fuel economy.
 - 10) Get gasoline specially formulated to give you better mileage.

Beginning Thursday, motorists must watch for kids

A safe commute to school requires that children follow road and bicycling rules

NAPS
Featurettes

Keeping children safe before and after school can be as easy as A-B-C, if they have proper safety equipment for an injury-free commute to and from school on skates or bicycles, and follow safety guidelines when walking.

“Oftentimes parents may not think to check safety gear for their children who ride bikes or rollerblade to school,” said James

Wells, M.D., president of the American Society of Plastic Surgeons. “[We] treat children injured in bicycle or skating collisions throughout the year. Proper helmet and wrist guard use minimizes soft-tissue injuries of the face and hands such as bruises, scrapes and cuts.”

The Society urges parents to take the following safety precautions this school season, as well as throughout the year.

Making the School Commute

- 1) Make sure children wear safety equipment such as helmets, elbow pads, knee pads and wrist guards.
- 2) Remember, children grow fast. The helmet that fit last year may

now be too small. All helmets, knee pads and wrist guards should fit snug and be worn as described on the equipment’s directions.

3) Caution children to use bicycles, scooters, in-line skates and skateboards only on smooth-paved roads or only where allowed.

4) Teach children how to stop properly.

5) Check park districts and sports stores for classes on safety and proper equipment usage.

6) Know what to do in an emergency situation. Have emergency phone numbers available.

The Society supports child safety with its “Helmets 4 Safety” annual event, distributing helmets to school children in the city that hosts its annual meeting.



Lance Cpl. Monroe F. Seigle

Children of different ages and grades aboard MCB Hawaii, Kaneohe Bay, will return to Mokapu Elementary School for the 2003-2004 school season, Thursday. Motorists should be especially watchful for darting kids.

A maze of student loan programs can assist today’s college-bound

Robert Walker
NAPS Featurettes

The world of student loans can be a confusing maze for parents and students. Yet, while the process may seem overwhelming, there are a number of loan options and resources available to applicants. Familiarizing yourself with the financial terms used by college and university financial aid departments is a great starting place when beginning your search.

FAFSA: Free Application for Federal Student Aid. This application is the starting point for the entire aid process, and the most important piece. Without this, nothing else happens.

All students must send their completed FAFSA to the Department of Education to determine their level of aid eligibili-



ty. (Tip: Using the Web e-application is simple, intuitive and reduces processing time by weeks.)

Stafford Loan: Subsidized (need based) and Unsubsidized (non-need based) loans guaranteed by the government and available to students for education funding. On July 1, Stafford loan rates dropped to a record low of 3.42 percent for loans in repayment.

Perkins Loan: A school-based program, awarded, administered, and collected by the school. At 5 percent, this loan has a low interest

rate and the interest is subsidized while the student is in school.

PLUS: Parent Loans for Undergraduate Students. Federal loans available to parents of dependent, undergraduate students. A great cash flow option, and any excess payments go directly to the principal, quickly lowering repayment amount.

Consolidation Loan: Combining several loans into a single loan, reducing monthly payments and/or extending the repayment period. Many loan companies such as

Nelnet (National Education Loan Network) provide additional interest rate reductions for students, increasing monthly savings.

Disbursements: The release of loan funds to the school for delivery to the borrower.

Deferment: A period when a borrower meeting certain criteria may suspend loan payments.

Forbearance: The lender allows the borrower to temporarily postpone repaying the principal, but interest charges continue to accrue, even on subsidized loans.

(Editor’s Note: Robert Walker is the director of financial aid at Creighton University in Omaha, Neb., and the recipient of the Nelnet Full Circle Award that recognizes excellence in financial aid counselling.)

Parents may first notice learning disabilities in pre-school - 4th grade

NAPS
Featurettes

To make the most of available help, parents and teachers should look out for learning disabilities when kids start school, and all through the year. Ninety percent of kids who get help by first grade can achieve normal reading ability.

The experts at the Coordinated Campaign for Learning Disabilities suggest you watch for several early warning signs.

In Preschool: Late talking; pronunciation problems; slow vocabulary growth or difficulty finding the right word; difficulty making rhymes; trouble learning numbers, alphabet, days of the week, colors and shapes; extremely restless and easily distracted; trouble interacting with peers; and poor ability to follow directions or routines may be warning signs.

In Grades K-4: Slow to learn the connection between letters and sound; confusing basic words (run, eat, want); consistent reading and spelling errors; difficulty learning basic math concepts and signs; slow to recall facts; slow to learn new skills; impulsive, lack of planning; unstable pencil grip; trouble learning about time; and poor coordination may be warning signs.

To learn more about learning disabilities and what to do, visit www.focusonlearning.org.

Teenage drivers need more rigid guidelines

Parents or guardians should establish standards prior to handing over the keys

NAPS
Featurettes

The reason many teens have serious driving accidents can be summed up in one word — inexperience. Whether they are on their way to surf, swim or start school, teens may find themselves in driving situations they are not yet equipped to handle.

Parents can keep teens safer this summer, say officials at GEICO, by helping young drivers develop more experience and limiting certain driving situations for teens until they are better prepared to handle them.

Parents can set several standards:

- Limit night driving. Many teen car crashes take place between 9 p.m. and midnight.
- Restrict passengers. More passengers in the car

increases the chance of greater risk-taking and leads to greater distractions.

- Keep it slow and safe for starters. Teens need to stay away from fast-moving, high volumes of traffic until they feel comfortable in such situations.
- Be firm about safety belt use. Require that your teenagers wear safety belts at all times.
- Discuss realistic consequences of drug and alcohol use and how they are unacceptable while driving.

Parents can also help by anticipating other issues:

- 1) Providing training for bad weather situations. Limit your teen’s driving during periods of bad weather until the teen demonstrates a high level of competence and confidence.
- 2) Supervising as much practice as possible. Take an

active role in your teenager’s driving practice. Make a firm schedule to supervise the future driver and stick to it.

- 3) Restricting cell phones to emergency use only. Provide your young teen with a cell phone in the car for emergency use only.
- 4) Choosing safe vehicles for your children. Proper attention to the vehicle a teen drives is as important as his or her actual driving. Avoid small cars, trucks and sports utility vehicles. Instead, look for automobiles with high safety ratings. Go to hwysafety.org for vehicle safety ratings.
- 5) Serving as a responsible role model. New drivers learn a lot by example, so practice safe driving. Teens with poor driving records often reflect the behavior of parents with poor driving records.



Lance Cpl. Monroe F. Seigle

Parents can make the streets safer by sharing with and giving their teenage drivers — like Sara Weiner, 17, a family member aboard MCB Hawaii — as much supervised driving experience as possible.

Keeping your car out of the hands of prospective thieves is possible

NAPS
Featurettes

If worries about automotive security are robbing you of your rest, there’s a line of products that may help you stay in the fast lane of safety.

The amount of personal property stolen each year is staggering. The annual property theft rate in the United States is roughly \$12 billion.

Auto theft accounts for more than half of that figure; a vehicle is stolen in the U.S. every 25 seconds. In addition, thieves are targeting more and more valuable items such as tools, trailers, ladders, recreational vehicles, bicycles and spare tires.

People are not only concerned about protecting their vehicles, but anything on them, in them, pulled by them or related to them.

Here are some tips to help keep your car in your hands:

- Remove your keys from the ignition after every trip.
- Lock your vehicle, no matter where you are.
- If you must leave your key with a parking attendant, leave only your vehicle’s ignition key. Do not leave anything attached to it with



Lance Cpl. Monroe F. Seigle

If thieves can’t easily steal your vehicle, they won’t. Therefore, motorists should practice anti-theft measures to keep their prized possessions.

your name and address.

- Always park in well-lit, high-traffic areas.
- Always have your keys ready before you reach the car.
- Copy your tag number and vehicle identification number on a card, and keep it with your driver’s license.
- Write your driver’s license number on a business card, and drop it down the window slot to

serve as identification, in case the VIN is removed.

- Consider the use of anti-theft devices such as steering wheel locks and window etchings.

Their are several brands of anti-theft devices for cars and trucks. Several are highly visible, letting potential thieves know your car is protected, and police say a visible security system is the best way to deter auto theft.

Booster seats give kids a lift on life

NAPS
Featurettes

Thousands of children between 4 and 8 years old are killed or injured in car crashes each year, and many of these deaths and injuries could be prevented. The National Highway Traffic Safety Administration (NHTSA) estimates that fewer than 10 percent of these children, who weigh between 40 and 80 pounds and up to 4 feet, 9 inches tall, are properly belted in booster seats.

According to research by the Children’s Hospital of Philadelphia, placing 4 - 8 year olds in car booster seats can reduce their risk of injuries in a crash by about 60 percent.

To urge parents to buckle up their older kids safely in booster seats, the National Automobile Dealers Association has created the “Boost for Safety” public awareness campaign, in partnership with NHTSA. The NHTSA says this age group should be properly restrained in the back set in belot-positioning booster seats, which are designed to raise children up so that a vehicle’s shoulder and lap belts fit correctly and safely.

From birth to at least 1 year and at least 20 pounds should be secured in the back in rear-facing infant seats; kids 1 to 4 and 20 - 40 pounds should be secured in back seats in forward-facing toddler seats. Visit www.nada.org/boostforsafety for more.



Surviving family members qualify for aid

Military Survivor Benefits provide for the well-being of the spouse and children

Capt. David J. Fennel
*Officer in Charge,
Legal Assistance Center*

(Editor's Note: This article's purpose is to provide a basic overview of benefits available.)

The untimely death of a military spouse is devastating to a family. However, in the family's time of need, many benefits are available to surviving family members of active duty personnel.

SGLI (Servicemen's Group Life Insurance)

Life insurance in the amount up to \$250,000 is provided to each service member at a discounted premium rate, unless the member specifically chooses a lesser amount.

Death Gratuity

The death gratuity benefit provides a \$6,000 lump sum payment for the survivors of a member who dies while on active duty, or within 120 days after release, if the death resulted from a disease or injury incurred while on active duty.

Social Security Payments

Social security in a lump sum payment of \$255 is paid to the surviving spouse. Additionally, the surviving spouse and/or family members may be entitled to monthly survivor benefit

payments upon the death of the service member.

A spouse under the age of 60 must be caring for children under 16 to qualify. A spouse who has reached age 60 qualifies for payments based upon the death of the service member.

Children independently qualify for payments if they are under 18.

The amount the family will receive depends on the deceased service member's average lifetime earnings. The higher the earnings, the higher the benefits received.

Military Burial Benefits

All active duty personnel are entitled to be buried in a national cemetery. This entitlement is on a space available basis, but if the service member is eligible, the government will provide a headstone and a grave liner. Additionally, up to \$6,075 is available for the primary and secondary expenses related to the funeral and burial.

Unpaid Pay and Allowances

If no designation is made by the service member, unpaid pay and allowances go to the spouse, then children, then parents and finally to the estate.

Survivor Benefit Plan

The Survivor Benefit Plan is a program designed to provide income protection to spouses, dependent survivors, or former spouses of service members who die in retirement or on active duty.

For those service members who die on active duty, the initial payment to a surviving spouse under the age of 62 is generally equal to 41.25 percent of that deceased member's base

pay. The payments are reduced by the amount of the monthly Dependency and Indemnity Compensation that is paid to the surviving spouse.

For active duty deaths, when the surviving spouse reaches age 62, the payment is reduced to 26.25 percent of the deceased member's base pay. It is paid until the spouse dies, but is suspended upon remarriage before age 55. In such a case, the payments are made in equal shares to eligible children under age 18, or under age 22 if a full-time student.

Should the surviving spouse remarry at age 55 or older, the surviving spouse will continue to receive the monthly payment.

Dependency and Indemnity Compensation (DIC)

The Department of Veteran's Affairs pays a lifetime payment per month for surviving family members of an active duty or retired service member. Presently, the benefit is a flat rate monthly payment of \$948, regardless of rank, to the surviving spouse.

Lesser amounts are paid to the surviving children, depending upon the number of children, if there is no surviving spouse. Payments commence following application to the VA.

Dependent's Educational Assistance (DEA)

If the family qualifies for DIC, the family can also apply for Dependent's Educational Assistance. The VA will pay for up to 45 months of educational benefits for spouses and children under 26, at the rate of \$680 per month for full-time study.

Generally, a spouse has 10 years from the date of death to use the benefit.

For a child, the benefit must be used between the ages of 18-26 years.

GI Bill

The VA will pay a special Montgomery GI Bill death benefit to a designated survivor in the event of the service-connected death of an active duty GI Bill participant.

Veterans' Administration Death Pension

If the service member served at least 90 days during designated periods of war and the surviving family is of limited income, then the family may qualify for this pension. The length of marriage and assets will determine the amount of the pension.

Loans/Grants

The Navy/Marine Corps Relief Society offers qualifying family members financial assistance in the form of interest-free loans or grants during personal and family emergencies. Aid may be received for such purposes as food, rent, utilities, essential car repair and certain medical and dental care.

The assistance is temporary and based on immediate needs.

Housing

If the member's death was in the line-of-duty, family members will be allowed to occupy base housing without charge for a period of 180 days. If the family vacates base housing prior to the expiration of the 180 days, basic allowance for housing will be paid for the unused days.

If the family was not living

on base, BAH or the overseas housing allowance will continue for 180 days after the member's death.

Legal Assistance

Eligible family members may obtain legal advice in connection with settling the estate of the deceased member.

Medical Benefits

Eligible family members may receive inpatient and outpatient care, including pharmacy services at uniformed services medical treatment facilities for a period of three years after their active duty sponsor dies. Coverage ceases upon a remarriage to someone outside the uniformed services.

Commissary and Exchange Privileges

Subject to the installation commander's determination of availability, the unmarried surviving spouse is eligible for commissary and exchange privileges.

State Benefits

Many states have passed laws providing for benefits that can include bonuses, educational assistance, employment opportunities, tax relief, and others. Local government and VA officials should be contacted.

For further information concerning these rights and benefits, contact the MCB Hawaii Legal Assistance Office at 257-4038, ext. 242.

General VA Benefit questions can be answered by visiting the Veteran's Administration Web site at www.va.gov, or by calling 1-800-827-1000.

QUOTABLE: "Too often, the opportunity knocks, but by the time you push back the chain, push back the bolt, unhook the two locks and shut off the burglar alarm, it's too late."
— Rita Coolidge

Hawaii MARINE SPORTS

Hawaii Marine C Section

August 15, 2003

MCAF race goes Saturday

Ed Hanlon V
MCCS Marketing

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

Join Marine Corps Air Facility and Marine Corps Community Services Athletics for the Nu'upia Ponds 5-mile footrace and the Volksmarch directly following, or enroll the kids in the Keiki Triathlon, Saturday at MCB Hawaii, Kaneohe Bay.

All races are open to the public, so bring the entire family for a healthy day of fun, with prize giveaways for all ages.

Runners can strut their stuff at the 5-mile footrace that leads around the Nu'upia Ponds. The race begins at 7 a.m. and will kick off at Dewey Square. Registration time is set for 6 a.m.

Awards will be presented to the top three finishers in each age category of both women's and men's divisions. The cost for the race is \$15 for individuals and \$40 for all formations of 10 runners or more. All registered runners will receive an event finisher T-shirt.

This event is part of the Commanding General's Semper Fit Series which is sponsored by Gatorade.

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

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

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

The event includes a 100-meter swim, a 3.1-mile bike ride, and a .6-mile run for youth ages 7-10. For athletes ages 11 through 14, the event includes a 200-meter swim, a 6.2-mile bike ride, and a 1.2-mile run to finish.

The cost is \$15, and all participants will receive a finisher T-shirt. There will be numerous prize giveaways and goodies for everyone.

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

Late registrants are not guaranteed a T-shirt on Saturday.

All competitors under the age of 18 years must have a waiver signed by a parent or guardian.

For more information, contact MCCS Athletics at 254-7590.



Cpl. Jessica M. Mills

Shayla Malbon (right), 8, tries to take the ball away from one of the Red Dragons' players during the fourth quarter of Saturday's game.

Red Dragons beat White Tigers, 2-0

Cpl. Jessica M. Mills
Combat Correspondent

The Pearl Harbor Red Dragons remained undefeated in the Hawaii Youth Soccer League when they shutout the MCB Hawaii, Kaneohe Bay, White Tigers Saturday at the Kaneohe Bay Post Office Field.

The 7-9 age group soccer division games last for one hour separated into four quarters. Although the league is competi-

tive, the players are still learning the fundamentals of the game.

During the first quarter, both teams crowded around the ball, each player trying to get a piece of it. Possession bounced back and forth continuously, but neither team broke through each other's defenses.

Finally, the Red Dragons broke into the penalty box and attempted to score, but the kick went too far left and the White

Tigers' goal keeper, Collin Reedy, took control.

White Tigers Sean Dingle, and Shayla Malbon, worked together to bring the ball down the field. Feet away from the goal, the Red Dragons managed to maneuver the ball away from them and try to score. But Reedy was ready and lunged forward and wrapped himself around the ball with the Red Dragon player's foot inches from his nose.

Throughout the first and second quarter, most of the ball play was on the Tigers' half of the field, but the Red Dragons did a good job of defending.

Minutes before the end of the second quarter, Red Dragon Oscar McCullough flew towards the penalty box and slammed a shot into the top right corner of the goal, but Reedy again managed to stop

See SOCCER, C-6



Lance Cpl. Monroe F. Seigle

Ready to take his team straight to the top, Warriors Head Coach Shawn Jones attempts to toughen up a Warrior by putting him through an entourage of contact drills.

Warriors and Bandits say they're ready for season

Lance Cpl. Monroe F. Seigle
Combat Correspondent

With the first kick off of this year's Intramural Tackle Football season right around the corner, coaches and players aboard MCB Hawaii, Kaneohe Bay, are on the war path, training for nothing less than victory.

Last year's champions, the hard charging, hard-hitting warriors from Marine Aircraft Group 24, know as

the "Bandits," might encounter some difficulty defending their hard-earned title this year.

"We are going to be a better team this year with nine players," said Headquarters Bn., MCB Hawaii, "Warriors" Head Coach Shawn Jones. "When you have more players, you can attack from different angles and make plays more interesting. From talking with players and fans, we needed to develop

See FOOTBALL, C-6

Camp Smith moves fitness center to 2C

Sgt. Reina A. Barnett
Marine Forces Pacific

CAMP H. M. SMITH — Personnel working aboard Camp Smith may have noticed that there is a new location for the fitness facility as of July 28. The new location is in Bldg. 2C, entrance through Gate 13, directly off Elrod Street.

"The location had been chosen for some time," said Angela Pittman, Marine Corps Community Services athletic director, Marine Forces Pacific. "What helped is that we had to vacate Building 9. We had a deadline of the end of July."

This new facility is a temporary one, at least for the next three years. By 2007, plans are to build a permanent, two-story fitness facility, to include a basketball and racquetball court, a fitness floor and office spaces.

"This will be a big payoff for people here at Camp Smith," said Pittman, who is an American Council on Exercise certified personal trainer.

Pittman plans to offer personal training sessions to help patrons meet their fitness-related and weight management goals, and to help those unfamiliar with fitness. Her goal is to help others stay motivated and on track.

Part of the planning phase included talking with MarForPac representatives to make sure that purchased equipment was user friendly with a good service and support history. Such service and support was found with Icarian, Inc., whose "reputation is great," according to Pittman.

Through MCCS, 19 new pieces of equipment have been purchased for the gym.

Some future ideas for the facility include a sauna, a martial arts training area, an aerobics class and a massage therapist.

"We're trying to set up programs that would benefit patrons here at Camp Smith," said Pittman. "I think this is a positive step in the right direction. It's a nice feeling to do some-

See FITNESS, C-6

BASE SPORTS

Edward Hanlon V
MCCS Marketing

‘101 Days of Summer’ Brings Basketball Tournament
This event will be held Wednesday through Aug. 23 at the Semper Fit Center. The entry deadline is today by 3 p.m. Games will go at 6, 7 and 8 p.m. on Wednesday and Aug. 22 and at 9 a.m. on Aug. 23. The tournament is projected to be double elimination following NCAA rules. There will be a 16-minute running clock used for each half, except for the last two minutes, which will be regulation clock. There will be four timeouts per game, per team. For more information, contact Joe Au, sports coordinator at the Semper Fitness Center at 254-7591.

Camp Smith Gym Open for Business
Marine Corps Base Hawaii has experienced a progression

of renovations in the past few years, and they keep on coming. Yet another Marine Corps Community Services renovation project is in development currently at Camp H.M. Smith. The fitness center is under restoration and an interim gym will be open for business beginning Monday. The temporary gym is located in Bldg. 2C on the basement level. Patrons can enter from Elrod Street, closest to Gate 13. For further information, call 477-0498.

MCB Hawaii Hosts CFC 5K Fun Run/Walk
Marine Corps Base Hawaii, Kaneohe Bay, will be hosting the Combined Federal Campaign’s 5K Fun Run/Walk on Sept. 13 at 8 a.m. The race will start and finish at Risley Field aboard MCB Hawaii, Kaneohe Bay, across the street from the Semper Fit Center. The 5K course distance is approximate. Runners must be in place at

Risley Field for run instructions at 7:30 a.m. The race will start at 8 a.m. sharp, and the finish line will close at 9:30 a.m. But, plan to stay awhile and enjoy the festivities after the race. No headsets or pets will be allowed during the race. Registration entry forms are available now at www.cfc.hawaii.org, or call 257-1026, and leave a message with an e-mail address, and an entry form will be sent to you. The entry fee is \$15 and includes a T-shirt, free barbecue, and entertainment, which will be offered to participants following the race. Commemorative T-shirts are not guaranteed for those signing up after Aug. 27. Parking will be available at the base theater, bowling alley, Enlisted Club, and the grass field adjacent to the Provost Marshal’s Office. Parking is limited, so carpool when possible. For more on the race, call 257-1026.

Semper Fit Seeks Resumes for All-Marine Rugby Team

The All-Marine Rugby Trials Camp will be held Oct. 12 - 18 at Marine Corps Reserve Support Command Kansas City. The Armed Forces Rugby Championships will be held Oct. 20 - 27 at Naval Station Everett, Wash. Then, an armed forces team will be selected to compete in the Invitational Territorial Tournament Dec. 5 - 7 in Tampa, Fla. Marines will return to their assigned duty stations upon completion of the rugby championships. If selected for the armed forces team, a message will be sent to the Marine’s command requesting additional duty from Dec. 5 - 7. Interested Marines must submit resumes no later than Sept. 16. Resumes must include the past two year’s playing experience and contain command endorsement stating that the Marine will be made available to attend all events if selected. Rugby resumes can be found at www.usmcmccs.org, and they must be sent through local Semper Fit athletic directors. For more information, at 254-7590.

the children of MCB Hawaii. Registration is now in progress at Youth Activities, Bldg. 5082. The league is sponsored by the Hockey Equipment Program in conjunction with the Ice Palace. Children will be provided free ice hockey gear, skating lessons, and practice/game time at the rink. For more information, call 254-7610.

August Brings Seasonal Sports from YA
Cheerleading, in-line hockey, and flag football kick off this month. Registration has already begun at Youth Activities. Birth certificates must be provided, and volunteer coaches are needed for all three activities. For more information, call 254-7610.

Bowling is Back, Big Time!
K-Bay Lanes is in a league of its own, but offers numerous leagues for bowlers of all ages. The Women’s League ages 18 and over, begins Sept. 11 and plays on Thursdays at 6 p.m. The Youth League is open to bowlers ages 6 - 21 and begins Aug. 23 at 9 a.m, with play continuing on Saturdays. There’s even a Pee Wee League for baby bowlers ages 3 - 5. It will also run on Saturdays at 9 a.m. starting Aug. 23. For more information regarding leagues, call 254-7693.

Semper Fit Center Runs Beginner Fitness Program
The Beginner Fitness Program is an eight-week session that meets twice a week at the Semper Fit Center with a certified personal trainer to assist those wanting to learn how to exercise the correct and smart way, to fulfill whatever goals they may have set for themselves. For more information on the program, call 254-7597.

Semper Fit Offers Cooperative Childcare
This cooperative baby-sitting effort is available at the Semper Fit Center, aboard MCB Hawaii, Kaneohe Bay, for all active-duty service members and their families. Participants are required to volunteer baby-sit three times per month and is open for children ages 6 weeks and older.



Cpl. Jessica M. Mills

Base All Stars

NAME: Collin Reedy

AGE: 8 years old

GRADE: Third grade

SCHOOL: Kainalu Elementary

SPORT: Soccer

POSITION: Goalkeeper

TEAM: K-Bay White Tigers

•Reedy has played goalkeeper for all three years that he has played soccer.

•He has played in the Hawaii Youth Soccer League for three years — for MCB Hawaii, Kaneohe Bay.

• Besides soccer, Reedy also plays football, basketball and baseball. Baseball is his favorite sport.

• During his last game against Pearl Harbor, Reedy made five saves.

“Soccer is fun, and it’s a good sport. But, you have to help everybody to do well. That is why I like to be goalie.”

COMMUNITY SPORTS

Military & Civilian Runners/Walkers Invited to USO Hawaii Race
Hawaii citizens traditionally demonstrate their appreciation to the men and women of the U.S. armed services, and there will be another opportunity to show that support during the USO Hawaii/Outrigger-Ohana 5K/10K Base Race Aug. 24 at 7 a.m. aboard Hickam Air Force Base (Hangar 7). The registration fee is \$18 for individuals; however, teams of 5 to 10 runners are also welcome. The fee is only \$15 for applications received by Monday. Late entries will be accepted Aug. 23 at “The Running Room,” 819 Kapahulu Ave., or on Aug. 24 at the race site. Registration forms can also be picked up at the Semper Fitness Center aboard Kaneohe Bay. Funds raised by the race/walk will help the nonprofit, nongovernmental USO organization continue its mission. The race this year returns for the first time since 1999 to Hickam AFB, where the organization's "Base Race" series began. Participants may enter either a 10K or 5K event. Awards will be presented to the top three male and female finishers overall, and in age groups in five-year intervals from 14-and-under to 80-and-over. Participants will be eligible to win

dozens of door prizes. Teams of 5 to 10 runners may enter the 10K in one of two divisions — military or civilian — and in one of three categories: male, female or mixed. The five best runners’ times will determine the team’s rank. Mixed teams must have at least one male and one female finisher among the top five runners.

Hike Oahu with Hawaiian Trail and Mountain Club
Join the Hawaiian Trail and Mountain Club on a 6-mile hike Saturday at 8 a.m., climbing the ridge between Kalihi and Kamaikai Valleys, under the watchful eye of Pu’u Lanihuli. A \$2 donation is requested for each nonmember, age 18 or over. Children under 18 must be accompanied by a responsible adult. For hikes, the club meets at Iolani Palace, mountainside, at 8 a.m., unless otherwise noted. It does not provide transportation. Bring lunch and water on all hikes. Wear sturdy shoes and clothing. You are responsible for yourself at all times. Firearms, pets, radios and other audio devices are prohibited on hikes. For more information, contact coordinator Dave Sanford at 488-4419, or the

Hawaiian Trail and Mountain Club at 674-1459 or 377-5442.

Bellows Hosts Outdoor Recreation
This summer, you can be awash in outdoor activities at Bellows. You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard. Also, learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental. For more information, call 259-8080.

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).

Marines and Sailors Get in Shape with ShipShape
You can win the war on body-fat! You may think the way to lose weight is by deprivation or taking a fat-burning pill or some quick technique, but it’s not. Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness standard, the Ship Shape program can help you meet your goal. Achieving and maintaining a healthy and fit lifestyle is often difficult; skills and tools provided during this program will enable you to meet your goals. The 8-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques. To sign up or for more information on the Ship Shape program, call 471-9355.

Fax Us Your Recreation Ads
Advertise sports and recreational activities of general interest in the “Base Sports” or “Community Sports” columns. Fax details to 257-2511. For more details, call 257-8836.

SPORTS AROUND THE CORPS

Miramar's West Coast Regional champs again

Sgt. Joshua Stueve
MCAS Miramar

MARINE CORPS RECRUIT DEPOT, San Diego — Set against the San Diego skyline, with recruits providing cadence, the Miramar softball team successfully defended their title at the West Coast Regionals held at here July 24. Miramar defeated Marine Air Ground Task Force Training Command Twentynine Palms Calif. in a two-game final.

After losing in the first round, the Miramar team had to fight its way through the loser's bracket to make it back to the championship game.

"After we lost the MCRD game we knew it was going to take a lot to make it to the finals. We had to take the low road to the championship," said John "Donkey" Parks, from Blytheville, Ark. "Nobody ever said it was going to be easy. We just had to take it one game at a time, keep our confidence up, and believe in ourselves."

Because of the first round loss, Miramar had to win two in a row against the previously undefeated Twentynine Palms team.

The tension was high going into the fourth inning of the first game. Miramar had managed only three runs, and the offense was looking like it was feeling the effects of playing four games the previous day.

It didn't last long, though, because in the fifth inning Miramar brought out the big guns.

The offense was sparked by Joe Evans' pinch hit RBI double, which opened the flood gates to an eight-run inning.

Tyrone Butler smacked a single, followed by a double by Doug Hall. Manny Marte wiped the bases clean with a single that brought home both Butler and Hall. A double and a single later brought Corey Metelak to the plate, who decided that he was tired of running bases, so he dropped Miramar's second bomb of the afternoon, by sending the first pitch he saw over the left field fence.



Sgt. John Sayas

Above — A Miramar softball player prepares to drive a ball into play during the West Coast Regional Title finals game against Twentynine Palms at Marine Corps Recruit Depot San Diego, July 24. The MCAS Miramar team defeated their opponent twice, 16-5 and 15-10, to take the title.

Right — Members of the Miramar softball team look on as the team cruises to its second straight West Coast Regional Title.

After the ashes and rubble were cleared from the field, officials determined that Miramar was leading 11-3, and Twentynine Palms' chances of winning the game were certifiably dead.

"The rest of the teams in the tournament knew we were the team to beat," said Butler, a native of Pine Bluff, Ark. "Any inning we have the potential to score 10 or 12 runs. Really, it's just a matter of time before we get you."

With the game pretty much in hand, Evans decided it was time to start using some of his utility players, who picked up right where the starters left off.



The players may have changed, but the intensity level remained the same as Miramar got the win with the final score of 16-5.

Slow was the way the second game started, as well, for any way.

Twentynine Palms came out of the dugout wearing their "whites," a uniform in which they had not yet been beaten in. Twentynine Palms wasted no time getting on the board, starting off the top of the first inning

with an RBI single and two-run homer to left field.

Four runs in the second, and one in the third and the fourth, quickly put Miramar down 8-3. But in the bottom half of the fourth, the sleeping giant known as Miramar's offense came to life.

Evans started the rally by hitting a pinch hit double into left field. Then Butler hit a drive homer over left center that was headed for Bob's Barbecue in downtown San Diego.

I think it could smell the sauce.

When it was all said and done, Miramar had put 10 runs on the board and was leading the game 13-10. Twentynine Palms was held scoreless in its next at bat, and then Miramar was at it again.

Butler started the bottom half of the inning off by drilling his second homer of the game, a monstrous shot to left field that landed halfway between home plate and the San Diego International Airport. The ball was hit so hard that Butler never left the batter's box, he just stood there like an artist admiring his masterpiece.

Doug Hall was not to be outdone, so he hit his own solo shot to left field to up the score to 15-10.

Twentynine Palms would score one run the rest of the way, and Miramar would be crowned West Coast Regional champions for the second year in a row.

"When we were down we didn't panic because we've been in that situation before," said Butler. "We have a lot of vets on this team that know how to play this game and come back and win."

Coach Evans felt the same way.

"This is just a great group of guys to be around. They all played a significant role on this team and should be very proud of their efforts," he said. "This is a great tournament to be involved in, and MCRD did a fantastic job of hosting this year."

After the tournament was over, players from Miramar, Twentynine Palms and MCRD gathered around home plate to receive their medals.

An assistant coach from the All-Marine Team attended the tournament to select a few players from each to attend the All-Marine training camp at Marine Corps Air Station Cherry Point, N.C. Todd

Tapper and Tyrone Butler were the two selected as the representatives from MCAS Miramar.

Ladies 'row, row, row' their dragon at Yasaka Lake

Cpl. Jan Bender
Combat Correspondent

YASAKA LAKE, Japan — Ten people, one boat and one drum. One might question what could possibly be accomplished with this combination of items. But, for a group of MCAS Iwakuni residents, it was all that was needed to win.

The Dragon Ladies, a ten-woman team composed of station residents, won 1st place in the woman's division of the 13th Annual Yasaka Lake Sports Festival Dragon Boat races.

The event consisted of an entire team loading up in a dragon-shaped boat and using a combination of teamwork and technique, racing down a 500-meter course marked by buoys in the center of Yasaka Lake.

Eight of the team members were tasked with paddling while one was in

charge of the rudder, and the final team member sat in front of the boat beating out a rhythm on a drum. The purpose of the instrument was to keep all the paddlers in sync with one another.

Dragon boat racing is thought to have originated from China more than 2,000 years ago as a form of worship to the gods to ensure plentiful crops.

Although the Dragon Ladies walked away with a plentiful harvest at the end of the races, they were by no means professionals.

Connie Hudson, Dragon Ladies paddler, said it wasn't due to hours of practice either.

"I don't think anyone on the team has ever competed in something like this before today," said Hudson. "We all just came out here to have some fun and enjoy the weather."

Katrina Adams, Marine All Weather



Cpl. Jan Bender

The Dragon Ladies raise their oars triumphantly following their victory during the 13th Annual Yasaka Lake Sports Festival Dragon Boat Race.

Fighter Attack Squadron 242 operations clerk and Dragon Ladies paddler, was equally surprised by her team's success just after the first race.

"The last time I can remember being in a boat was when I was in the Brownies,"

laughed Adams. "I was kind of shocked when we won the first race. At first, they were ahead, but we all started to get in sync and we made it happen just before

See DRAGON, C-6

spotlight on health

Weight gain can be stopped by small steps



Lance Cpl. Monroe F. Seigle

John Spencer, an armorer with the Sergeants' Course, aboard MCB Hawaii, Kaneohe Bay, takes a nice leisurely stroll down the street after one of his daily PT sessions.

NAPS
Featurettes

A nationwide initiative is taking on a weighty problem by urging people to take a step in the right direction. The initiative is designed to promote active living and healthy eating in order to stop weight gain in America and reduce the many health complications that result from being overweight.

Called "America on the Move", it provides education, support and tools to Americans of all ages and physical limitations on how to get just 2,000 extra steps each day — the equivalent of about one mile — or eat 100 fewer calories a day. According to experts, this allows most people to achieve energy balance--the proper balance between food intake and energy expenditure.

Through the organization's pilot, "Colorado on the Move," researchers found that by setting rea-

sonable, customized goals, people are more likely to succeed at increasing their lifestyle physical activity.

"The power of AOTM is that small changes have huge effects on health and quality of life, if done consistently, said Dr. James Hill, America on the Move founder and director of the Center for Human Nutrition at the University of Colorado. "Nearly everyone can make small changes without turning their life upside-down."

According to the U.S. Health and Human Services Department, America spends \$117 billion a year on obesity-related diseases, and 300,000 Americans die of such diseases annually.

A recent Harris Interactive study found that 70 percent of Americans 13 years and older are trying to lose weight and 81 percent would like to become more active. The survey reported most Americans (89 percent) do not know

weight gain can be stopped by small changes in diet such as eating 100 fewer calories a day.

Individuals, corporations, community groups and others can register through the Web site at www.AmericaOnTheMove.org. The AOTM Web site offers step counters and provides ideas that make it easy to move more and eat less. It also helps participants track their steps and progress while organizations can download materials that provide ways to promote healthy eating and active living for their constituents.

Simple tips for taking extra steps include taking an after-dinner walk, parking farther away from buildings, and challenging others to see who logs the most steps in a week. Reducing 100 calories is as simple as leaving a few bites of food on your plate.

For more information log onto www.AmericaOnTheMove.org.

Stings from insects can be lethal; tips aid allergic people

NAPS
Featurettes

"Bee careful!" Bees and wasps can cause a number of problems for homeowners and pose a threat to safety. Their stings can be painful, even deadly to sensitive individuals.

Experts estimate that 50 to 100 people die annually in the United States as a direct result of bee and wasp stings.

To defend your home and your family from stinging bees and wasps, the National Pest Management Association recommends the following:

- Be aware of stinging insect nesting areas, and use extreme caution when around them.

Bees and wasps can build their nests in attics, crawl-spaces, building corners, soffits, under eaves and gutters, and even in some places you can't see, such as under patio furniture, decks, or even underground.

A pest control professional can assist you with identifying all nesting areas, even hidden ones, and properly removing them.

- Bees and wasps can also build their nests inside structures. It is advisable to seal exterior cracks and crevices to prevent the insects from entering and building their nests.
- Don't try to remove a nest yourself. Bees and wasps sting not only to protect themselves, but to protect their entire colony, including family mem-

bers. That's right, all of the wasps or bees in a colony are related. They have their family's best interest at heart, and that's not good for any homeowner.

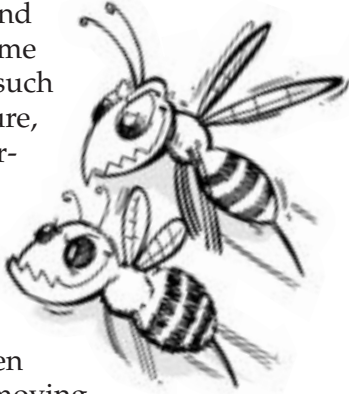
- Stinging insects are also attracted to open garbage cans and exposed food. They are attracted to open soda cans, fruits, snacks, and other items.

Cover all food when outdoors. Be sure to keep tight-fitting lids on garbage cans and empty them regularly.

- When spending time outdoors, avoid excessive use of fragrances, such as those found in shampoos, hair sprays, perfumes, colognes, lotions, and other products. It is wise to opt for fragrance-free varieties of these products since bees and wasps are attracted to these scents.
- If you have an allergic reaction to an insect sting, seek medical attention immediately. Insect stings injure or kill more people every year than all other venomous animals combined.

"All the more reason to make sure you contact a pest control professional when you're trying to rid your house and property of bee and wasp nests and activity," says NPMA public affairs director Cindy Mannes.

For more information log onto www.pestworld.org.



Lance Cpl. Monroe F. Seigle

Marines from the Military Police Co. aboard MCB Hawaii, Kaneohe Bay, stay in shape — as individuals and a unit — by participating in events like the Special Olympics Torch Run in Honolulu in June.

Feet take a pounding some 28,000 times in a marathon

NAPS
Featurettes

Runners know their feet take a lot of punishment, but athletes and weekend warriors are not the only ones who abuse their feet. You probably take about 8,000 steps each day. Ill-fitting shoes, pointed toes, high heels and sweaty shoes subject feet to everyday torture that can contribute to painful health problems.

Foot Health Is Important

When it comes to painful feet, what appears to be minor may grow into a serious issue if left untreated. Seek out a podiatrist if you notice any of the following:

- Blisters, calluses or thickening skin on the foot
- Bumps on the toes
- Peeling skin on heels, sides

of feet or between the toes

- Any wound or sore that resists healing
- Thick, brittle, discolored or flaking toenails
- Warts

Feet are susceptible to fungal infections that can result in itching and burning. Fungal infections under toenails can make walking, standing and wearing shoes miserably painful. Those who experience symptoms should contact a podiatrist to prevent serious discomfort.

10 Steps To Healthy Feet

To keep your feet healthy and comfortable, follow these easy foot tips:

- 1) See your podiatrist and follow his or her directions.
- 2) Wear properly fitting shoes.
- 3) Keep feet cool and dry.

- 4) Wash and thoroughly dry feet daily, even between toes.
- 5) Avoid wearing the same shoes two days in a row.
- 6) Always wear shoes in public areas including hotel rooms and health clubs to avoid contracting an infection.
- 7) Disinfect shoes regularly with a disinfectant spray.
- 8) Clip toenails straight across or have your podiatrist do so.
- 9) Use sterile pedicure instruments.
- 10) Foot pain, itching or ugly toenails should never be ignored. Your feet are feeling the impact of tremendous pressure with each step. If this abuse is causing you discomfort, do not assume it is unimportant-visit a podiatrist.

Remember, foot and toenail infections are contagious. They can be spread on floors, carpets and even the bath or shower.



BUG WORLD'S
LEAST WANTED
CRITTER
BUG #354663



Summer’s sun and heat can be killers

Base Safety Center
Press Release

Many people love the heat of summer — the hotter the better — but if you are working outdoors, or inside without air-conditioning, too much heat can be deadly.

The U.S. Occupational Safety and Health Administration has just released some advice on working in hot weather conditions. It covers everything from the need to protect the skin against harmful sunlight exposure to understanding heat exhaustion and heat stroke, how to prevent them and what to do if they occur.

“Summer is a time to be enjoyed, but it’s also a season that can present unique hazards to those who work outdoors or in very hot environments,” says OSHA administrator John Henshaw. “Our job is to help employers and workers learn how to reduce heat-related illnesses and fatalities.”

Simple precautions can often save lives.”

The combination of heat, humidity and physical labor can be fatal. The two most serious forms of heat-related illnesses are heat exhaustion, resulting primarily from dehydration, and heat stroke, a medical emergency.

Heat Exhaustion

Heat Exhaustion, if not treated, can

lead to heat stroke. Symptoms of heat exhaustion include dizziness or lightheadedness, weakness, confusion, irritability, upset stomach, vomiting, decreased or dark-colored urine, fainting and pale, clammy skin.

A victim should be moved to a cool, shady area and not left alone. If the person is lightheaded or dizzy, place him on his back and raise his legs six to eight inches. If he is experiencing nausea, place him on his side.

You can also Loosen and remove any heavy clothing, and have the person drink cool water (about one glass every 15 minutes). But, this should not be done if the victim is sick to his stomach.

Cool the victim’s body by fanning and spraying it with a cool mist of water, or pressing a cool cloth to the skin.

Call 911 for emergency help, if the person does not feel better within a few minutes.

Heat Stroke

Heat stroke symptoms include dry, pale skin with no sweating, hot and red skin that appears sunburned, irritability and confusion, seizures and unconsciousness.

If these symptoms are present, Have someone call 911 immediately. Move the victim to a cool, shaded area, placing him on his back unless nausea is evident, in which case side placement is advised.



Cpl. Jason E. Miller

Staying hydrated by any means possible will keep outsiders safe during hot summer conditions. These 2003 Swamp Romp competitors stayed cool by the hose.

If seizures or fits are occurring, ensure the area is clear of any objects that could cause injury.

Have the person drink a cup of cool water every 15 minutes, unless the victim has become sick to his stomach. Place ice packs under the armpits and groin area.

Hot Weather Tips

Wear a hat and use a high SPF sunscreen product to coat all exposed skin areas when working outdoors, and perform the most physically demanding

work during the coolest part of the day.

Build up tolerance to heat and work activity slowly, over about two weeks. Also, train workers to recognize heat-induced illness symptoms and have them work in pairs so they can watch out for one another.

Drink a cup of cool water every 15 minutes, but avoid drinks containing caffeine and do not consume alcohol.

Lastly avoid eating heavy meals; wear light, loose-fitting, breathable clothing; and take frequent mini-breaks in cool areas to allow the body to cool down.

Lycopene may protect from skin, bone disease

NAPS
Featurettes

At a recent conference, sponsored by the Center for Food and Nutrition Policy at Virginia Technical Institute, in Washington, D.C., researchers reported that they are finding more health benefits of lycopene, a pigment that gives many fruits and vegetables their red color.

Previous research has found that the benefits of lycopene appear to affect parts of the body where lycopene concentration is highest, such as in the prostate gland. New research suggests a potential benefit for bone and skin health and male infertility.

Lycopene is an antioxidant, which appears to prevent the formation of harmful by-products of metabolism called free

radicals. Free radicals are thought to be responsible for damaging the body’s cells, as well as their genetic makeup, leading to certain chronic diseases.

One researcher at the conference, Dr. Leticia Rao from the University of Toronto, explained that lycopene’s function as an antioxidant prevents free radicals from disrupting the balance of new bone formation with the bone loss that naturally occurs with age. When that balance is thrown off, bone loss exceeds bone formation, causing the brittle bone disease osteoporosis.

Another researcher, Dr. Yoav Sharoni of Ben-Gurion University, reported that oral lycopene had a protective effect against UV skin damage, which suggested a potential inverse connection between lycopene



NAPS

Lycopene-rich foods, such as tomatoes and watermelons, may be a nutritious way to help prevent chronic disease.

and skin cancer. He explained that while sunscreens provide external protection from damaging UV rays, antioxidants like lycopene in the diet might provide internal protection from sunburn.

Dr. Narmada Gupta of the All India Institute of Medicine found low levels of lycopene in the testes of men who showed signs of infertility. Dr. Gupta worked with 30 men to see if supplementation with lycopene would improve fertility. Results indicated reduced levels of free radicals, increased sperm concentration and movement and improved pregnancy rates among the participants.

Lycopene is readily available in tomatoes, tomato sauces, watermelon, and other red fruits and vegetables. Lycopene absorption is enhanced when tomatoes are heated, especially in combination with olive oil or other fats, making processed tomato products like tomato sauce and paste excellent sources of the nutrient. Lycopene is also available as a dietary supplement in a single-

nutrient form and some multivitamins.

Because of the availability and affordability of lycopene-rich foods, lycopene could potentially provide tremendous benefit for Americans. However, 40 percent of Americans do not consume a single tomato product on any given day, according to Rich Forshee at CFNP. In fact, average consumption is low and even more pronounced among African Americans.

Scientists agree more research is needed to determine lycopene’s true preventative potential and to learn whether lycopene works best as a single nutrient, or in synergy with other nutrients naturally found in food. In the meantime, adding lycopene to your diet may help fight free radicals and maintain long-term health.

DRAGON, From C-3

the finish line." While the Dragon Ladies came out of their first race on top, another Station team "Anchors Away" competed in the four knuckle boat races and didn't fair so well. After being eliminated in their first race, the five-man team packed up and headed home, but Tim Tinker, said it was a day well spent. "It was all about timing. We had timing; it was just off," joked Tinker. "But the biggest reason we came out was to have fun and enjoy a bit of the Japanese culture, and that was definitely a success." Taking what they had learned from their first race and from watching their fellow station residents compete, the Dragon Ladies focused on coordination and teamwork going into their final race. "We focused on maintaining a high level of motivation and rhythm," said Sequoia Johnson, "From the time we stepped in the boat, until our final race, we made vast improvements." said Johnson.

FITNESS, From C-1

thing for people that keep us free." "There are long hours and hard work here," said James Lawless, intel chief, for Headquarters Bn., MCB Hawaii, with a smile, "but this [gym] is climate controlled." Hours of operation for the new gym are Monday - Friday, 5:30 a.m. to 8 p.m., and Saturday, 11 a.m. to 4 p.m. The gym is closed on Sundays and holidays.



Sgt. Reina A. Barnett

A Camp H. M. Smith Semper Fit Center patron improves her cardiovascular conditioning on a stationary bike in the newly relocated fitness center.



Lance Cpl. Monroe F. Seigle

Headquarters Bn. "Warriors" Head Coach Shawn Jones gets his team ready for the upcoming season by putting them through some basic preseason training to assess where his team stands as a whole.

FOOTBALL: Players ready for kick off

From C-1

team unity. Once we do that, I think we can go straight to the top." The Warriors split the season down the middle last year with a 3-3 record and took one game in the intramural playoffs. According to Jones, last year's record was only a reflection of the lack of unity on the team, not the skill level of the players. "We are ready for this year's season," continued Jones. "We've got guys on our team that can block like you wouldn't believe and we've got some awesome wide receivers. "Like I said, if we can only work together as a team and no one puts themselves above anyone else, I

have no doubt we can be successful on the field this season. We've got some good return players this year that are ready to pick up where they left off." Although sounding quite ready for anyone who wants to step up to their challenge, the Warriors might encounter a little difficulty from last year's returning champions, the Bandits, who were 7-1 in the regular season last year. They ended up at the top of the food chain, after showing all their skills and guts while breaking all the defensive barriers during the post season last year. "All teams are going to present a challenge this year," said Bandits Head Coach Rick Hargrave. "They have all learned from last year and are going to improve their teams. I

have confidence in my team though. I am sure we can take the post season and once again, be the champs." Hargrave has high hopes that fan participation all across MCB Hawaii will be as high as it was the year prior. Last year, fans made every game interesting by pouring their hearts and souls into cheering on their favorite teams to victory. As for the other five teams who will be putting up a fight in this year's intramural football league, the stakes are going to be high, with a different team structure and more experienced players. The first game of the season is scheduled to kick off Sept. 8 and all teams are looking forward to having large crowds to rally them to victory.

SOCCKER: Pearl Harbor dragons 'de fang' Kaneohe Bay Tigers

From C-1

the shot before it went in. The second quarter ended 0 - 0, with both teams showing fatigue. The third quarter continued in the same fashion — the players passed the ball back and forth, at some points practically running over one another for possession. Halfway through the quarter, Red Dragon Jacob Minyard snuck a shot past the White Tigers goalkeeper to take the lead, 1 - 0. Then another Red Dragon Megan Akers, ran the ball down the field, chased by White Tigers Cameron Barksdale. Barksdale attempted to block Akers' shot, but it was Reedy who again blocked the goal. In the fourth quarter, the Red Dragon attempts to score were shot down two times by Reedy before Red Dragon forward Casey Smith, finally slid one in under his nose. "These kids practice hard and they use teamwork. That is why we get ahead," said Cristy Dammann, assistant coach of the Red

Dragons. "We try to make them understand it is not about winning, but having a good time." The game ended with the Red Dragons ahead, 2-0, staying undefeated in the Hawaii Youth Soccer League. "It's all fun and games. The kids enjoy it," said White Tigers Coach Tim Charles, a warehouse chief with Marine Aviation Logistics Squadron 24. "We lost. It's no big deal. The point is that the kids learned something and had fun." The next game for the Kaneohe Bay White Tigers is tomorrow against Schofield Barracks.



Cpl. Jessica M. Mills

The Pearl Harbor Red Dragons and the K-Bay White Tigers all crowd around the Tigers' goal as they watch Collin Reedy, 8, stop yet another shot during the third quarter.