

Hawaii MARINE

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Force Recon brothers reunite at MCB Hawaii

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

There is a family out there that has brothers from every culture, background and ethnicity that have been through conflicts far worse than anything that could go on in a regular household.

Some of these brothers are lawyers, bankers, bikers, truckers and even generals in the U.S. Marine Corps.



The Force Reconnaissance Association has a mission. It transcends the generations of reconnaissance Marines from World War II, until the present, to keep their coveted brotherhood alive.

Next week, several retired, civilian and veteran Marines who earned the title of a reconnaissance Marine will come from all over the United States to MCB Hawaii, Kaneohe Bay, to unite once again as a brotherhood, share their pastimes, and talk about their lives as reconnaissance Marines.

"This is a way to keep those who served in our reconnaissance family together," said Staff Sgt. Jose Tablada, vice president of the FRA. "There are only a few of us, and we want to keep our common bond of brotherhood strong."

The Marines are going to have an interesting week as they reunite. Their first day together will be spent relaxing and sharing stories while they enjoy the Hawaiian scenery playing golf and going scuba diving.

"I look forward to meeting and getting a chance to learn from the reconnaissance Marines that have come before me and have been there and done that," said Lance Cpl. Jason Dumlao, a Marine in the Reconnaissance Indoctrination Platoon aboard MCB Hawaii. "I think it will motivate me to be able to hear their stories and learn how they accomplished the training missions."

The association's second day will be spent touring the Provost Marshal's Office and meeting the working dogs that sniff out danger and keep our base safe. The brotherhood will get hands-on experience at the Indoor Simulated Marksmanship Trainer

See RECON, A-4

Marines help save whales



Sgt. Joseph A. Lee

Hawaii Marines Sgt. Michael Sloan (left) and Staff Sgt. Frank Benevente, both with Base Motors, Headquarters Bn., MCB Hawaii, assist in the recovery of one of two melon head whales stranded along the shore near Hau'ula State Park on the windward coast of Oahu. Marines also provided transportation to the University of Hawaii Marine Mammal Research Center aboard K-Bay, where the whales are recovering. See full story on page B-1.

American-Samoan sergeants major say 'aloha'

Lance Cpl. **Monroe F. Seigle**
Combat Correspondent

It was a day of rejoicing and sorrow for many Marines and Sailors on Oahu when three sergeants major retired from active duty.

Sergeants Maj. Filipino Ilaoa, Tunu Tupuola and Tusipasi Suiaunoa had a combined total of 90 years of honorable service and sacrifices as their careers came to an end Aug. 15 during a post and relief and retirement ceremony at Dewey Square aboard MCB Hawaii, Kaneohe Bay.

During the post and relief ceremony,

Ilaoa relinquished duties as the base sergeant major to Sgt. Maj. Anthony Franks, the incoming sergeant major for MCB Hawaii.

Before enlisting in the Marine Corps, Ilaoa, Tupuola and Suiaunoa were friends in high school while they lived in American Samoa.

They joined the Corps together, and on Oct. 23, 1973, they began their military lives when they went to recruit training at Marine Corps Recruit Depot, San Diego, Calif.

Each of the sergeants major has had numerous accomplishments in his career.

Ilaoa earned the title "Recruiter of the Year" in 1981 and was meritoriously promoted to gunnery sergeant on June 2, 1981. He also deployed to Somalia in support of Operation Restore Hope while serving as the sergeant major of 3rd Bn., 11th Marines, out of 29 Palms, Calif.

Ilaoa's personal decorations include the Legion of Merit, Meritorious Service Medal, Navy Commendation Medal with one gold star, Navy Achievement Medal and a Combat Action Ribbon.

"Always think about the three Corps values you have in your heart — honor, courage and commitment," said Ilaoa to

hundreds of Marines at the ceremony.

Tupuola served as a drill instructor at MCRD, Parris Island, S.C., and earned the rank of gunnery sergeant meritoriously upon serving as a drill instructor, senior drill instructor, chief drill instructor and drill master.

Tupuola also served as sergeant major of the 1st Combat Engineer Bn. when he deployed to Operation Desert Storm.

His personal decorations include the Legion of Merit, Meritorious Service Medal, Navy and Marine Corps Achievement Medal with a Gold Star,

See SGTSMJ, A-4

New VADS can I.D. engine problems for Motor T

Marines from CSSG-3 gain valuable exposure to the new system as they check a vehicle for possible malfunctions that could have occurred with recent usage.



Lance Cpl. Monroe F. Seigle

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

When vehicles have a malfunction, sometimes the hardest part of getting them to work again is correctly identifying exactly what is wrong so the malfunctions can be repaired.

The new Vehicle Automated Diagnostic System, or VADS, which was developed by the U.S. Army, has the capability to locate and identify a malfunction in

military vehicles to include helicopters and tanks.

The VADS system recently became available to the Marines aboard MCB Hawaii to replace the Simplified Test Equipment / Internal Combustion System.

With the simple hookup of one connection and the use of a laptop computer, which comes with the system, any problem in the vehicle that is electrical, air-pressure, oil or fuel-related will be spelled out on the screen.

"This system will tremendously cut down on time and troubleshooting," said Staff Sgt. Scott Franklin, motor transport maintenance instructor with the Logistics Operation School out of Camp Johnson, N.C. "We needed new equipment that is user friendly. With this new technology in the Marine Corps, we will be able to test entire systems of many vehicles for malfunctions."

"This is going to save the

See VADS, A-4

MCBH News Briefs

VOLUNTEERS SOUGHT FOR KAPA’A QUARRY ROAD CLEANUP

Another Kapa’a Quarry Road cleanup has been scheduled for Saturday, Aug. 30. During the past five months, nearly 100,000 pounds of stuff has been removed from the off-road areas alongside approximately half of the length of the road. Still more dumping needs to be removed from the overgrown bushes.

Volunteers are needed to support clean up efforts along a 2.6 mile stretch. Teams of 10 - 12 people are wanted to go into the bushes and pull out trash — from furniture to burnt-out cars. Equipment will be available for items too big or heavy for volunteers.

Interested individuals are asked to arrive at Le Jardin Academy at 7:30 a.m. Team assignments will be handed out at this staging area and volunteers will receive a safety brief. Lunch will be served at 11:30 a.m.

Volunteers should wear closed-toe shoes, a hat and lightweight, long-sleeved shirts. The affinity group that finishes first will win a pau hana pupu party at Pinky’s Pupu Bar & Grill in Kailua.

For more information, contact Shannon or Jim Wood at 263-6001 or 223-5535.

ANDERSON HALL MAKES REPAIRS

To serve you better, Anderson Hall’s main mess deck will be undergoing repairs to the air conditioning system starting Monday for approximately three weeks. During this period, the main mess deck operations will be moved to the newly renovated snack line.

The snack line was recently renovated to replace the ceiling and lighting, and to add air conditioning. However, the deli line will remain open and will continue to serve a variety of submarine sandwiches and fast food items, hot dogs, hamburgers, etc.

Signs will be posted to make this transition as smooth as possible.

IMPORTANT NUMBERS

On-Base Emergencies 257-9111
Military Police 257-7114

Hawaii MARINE

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U.S., R.O.K. forces combine

Cpl. Luis R. Agostini
Marine Forces Pacific

PALAN, Republic of Korea — Ulchi Focus Lens, the world’s largest computerized command and control exercise combining Republic of Korea and U.S. forces, began here Monday.

Lieutenant Gen. Wallace G. Gregson assumed command of Combined Marine Forces Command Sunday evening, participating in his first exercise since assuming command of Marine Forces Pacific.

Lieutenant Gen. Gregson’s R.O.K. counter-

part for the exercise is Lt. Gen. Kim In Sik, commandant of the R.O.K. Marine Corps.

Ulchi Focus Lens 03 will exercise the higher headquarters’ staffs of the U.S. and R.O.K. military services through computer-driven gaming scenarios, providing the CMFC and R.O.K. staffs the ability to maneuver armies, corps and Marine Expeditionary Forces on the computer-simulated battlefield.

The staffs are participating in various locations throughout the Korean peninsula, with the majori-

ty of activity at the Korean Marine Corps Headquarters.

“It gives both of our Corps an opportunity to build mutual cooperation, friendship and skills,” said Lt. Col. David Maxwell, G-4, Marine Forces Korea.

Although translators for the exercise are readily available, Marines often find themselves communicating directly with their R.O.K. counterparts.

“Their English is really better than some would give them credit for,” said Sgt. Sarah Myszka, aviation planner, Aviation Logistics

Division, CMFC. “The [R.O.K.] officers are really good; the enlisted sometimes seem a little wary, because of the rank structure.”

This year’s exercise differs from last year’s, calling for more Marine Corps participation this time around.

“Our participation increased by fifty percent,” said Lt. Col. Robert Pinder, staff judge advocate, CMFC.

“Last year, we only participated in the second half of the exercise. This year, we are participating in the full exercise.”

3rd Rad. Bn. eases language barrier

Cpl. Luis R. Agostini
Marine Forces Pacific

PALAN, Republic of Korea — One day, every warfighter will be equipped with the technology to translate a foreign language in a distant land at the touch of a button, or the command of a voice. Until that day arrives, however, the Corps will continue to turn to its Marines for language translation, as was done for Ulchi Focus Lens 2003.

Sergeant Andrew Nevitt, a Korean cryptologic linguist from Marine Forces Pacific’s 3rd Radio Bn., MCB Hawaii, Kaneohe Bay, is one of several translators brought aboard UFL-03 to assist Marines and Sailors in communicating with their Republic of Korea Marine counterparts.

“I talked to my platoon command-



Cpl. Luis R. Agostini

Nevitt (center) assists in translating dialogue between Master Sgt. Joe Orozco (left) and Republic of Korea Marine Maj. Joo during UFL-03.

er for possible deployments,” said Nevitt. He told me UFL was a good opportunity, and he submitted my name to MarForPac.”

Sergeant Nevitt’s journey toward supporting Marine Corps operations through Korean translation began after graduating from the 16-month long course at the Defense Language

Aloha Tavern offers fine field dining

Sgt. Reina Barnett
Marine Forces Pacific

CAMP PALAN, Republic of Korea — Just in time for Ulchi Focus Lens 2003, the Aloha Tavern has opened its doors to the Marines and Sailors here.

In an era of fatty fast food and every Marine’s favorite — the nutritious meals ready to eat (MRE), the Aloha Tavern offers not only something different, but also offers a cure to homesickness as well, dishing up all-American cuisine, pleasing the palate of the hard-working Marines and Sailors billeted here. The long lines tell the story.

Built to withstand the great outdoors, the Aloha Tavern has a rustic decor, specializing in hot, home-cooked meals.

Executive chefs Sgt. Aubrey Evans from 1st Bn., 12th Marines, and Cpl. James Owen of Marine Corps Air Facility, both units located at MCB Hawaii, Kaneohe Bay, are among the seven Marines who feed those aboard Camp Palan.

“I like to see the smiles on people’s faces when they come through the line,” said Evans. “We do the best we can.”

When asked about his first food service experience at UFL, Owen said, “Cooks are more appreciat-



Sgt. Reina Barnett

A soldier participating in UFL-03 receives hot chow from a Marine at Aloha Tavern at Camp Palan, Republic of Korea.

ed in the field. They [patrons] appreciate us when they are hungry.”

“The service is awesome,” remarked Cmdr. Jeff Rhodes, deputy force chaplain, Marine Forces Pacific.

For breakfast, Marines enjoy omelettes, cooked just the way you like it, or a couple of scoops of scrambled eggs. Alongside the eggs are several choices of select meats, as well as waffles with savory fruit toppings or rich maple syrup. A variety of breads, fruit, coffee and juices can also be found at the tavern, or in any of its adjacent dining areas.

For dinner, the tavern offers the same great service, serving up specialties such as chili with rice, lasagna and baked chicken. Salad, assorted fruits and select desserts are also available. The beverage list here has more than six choices.

Petty Officer First Class Shannon Fisher, religious program specialist for MarForPac, said, “The chicken is very good. However, coffee is paramount.”

“They’ve got to keep the coffee full.”

Master Sgt. Gwynn Sadlier, Pacific Command staff noncommissioned

officer-in-charge, praised the baked chicken, saying, “It was good. But there’s no ice cream here. You’ve got to have ice cream!”

There are two softly lighted indoor dining rooms directly across the tavern, which offer ample seating. With bistro-style seating behind the tavern, Marines can also enjoy the beauty of Palan Lake while savoring their meal.

Proper dress attire is required; wearing physical training (PT) gear is not allowed.

The Aloha Tavern is a “can’t miss” for patrons of fine Marine Corps field dining.

• **Getting It Straight:** The author of the article entitled “Surviving family members qualify for aid” on page B-9 of the Aug. 15 issue was incorrectly identified. The author is 1st Lt. Christopher Winchell, the legal assistance officer at the Legal Assistance Center, MCB Hawaii, Kaneohe Bay.

All photos from U.S.M.C. Pless Archives



Left — The 821-foot SS Stephen W. Pless is part of the Navy’s maritime prepositioned fleet normally located in the Mediterranean Sea, where she prepositions equipment and supplies for the Marine Corps.

Below — The Medal of Honor is America’s highest and most-revered medal.



Gone, but not forgotten by Marines

Family of Medal of Honor recipient visits Pless Hall — named for him

Sgt. Joe Lindsay
Community Relations Chief

The annals of Marine Corps history are filled with many heroes, and though it would perhaps be unwise to compare their valor and sacrifice, it would be safe to say that Maj. Stephen W. Pless, the first and only Marine aviator to receive the Medal of Honor in Vietnam, was as brave as they come.

Pless, a Newnan, Ga., native who survived 780 combat helicopter missions in Vietnam, was tragically killed in a motorcycle accident in Pensacola, Fla., on July 20, 1969, just six months after being presented with the Medal of Honor by President Lyndon Baines Johnson at a White House ceremony.

Pless was survived by his pregnant wife, Jo Ann, (who had their fourth child two months after his death); mother, Nancy; and older brother Travis. Also surviving Pless was his first cousin, Ken Ray, who was more like a brother than a cousin to Pless, as the two were often raised together in the same house.

Recently, Ray, a native of Decatur, Ga., and his wife, Dina, a native of Lake Jackson, Texas, visited MCB Hawaii, Kaneohe Bay, to see the installation where Pless was once stationed. They especially were interested in visiting Pless Hall, the building named for Ray’s cousin, which now serves as home to the Base Thrift Shop.



Photos courtesy of Pless Family

Above — Nancy Pless, mother of aviator Maj. Stephen W. Pless, still remains in close contact with the Corps.
Left — Ken Ray, first cousin of Pless, and his wife Dina pose in front of Pless Hall during their recent visit to MCB Hawaii, Kaneohe Bay.

“It means an awful lot for me to visit here,” said Ray, who now, along with his wife, calls Jackson, Miss., home. “Stephen and I grew up together, and it has always been a dream of mine to visit Kaneohe Bay and see the hall named after him. His memory is very special to our entire family.”

That memory is especially strong to Ray’s aunt Nancy (Pless’s mother). She requested that her nephew come back home with photos of the hall.

“Ever since Stephen’s death, the Marine Corps has stayed in touch with Nancy,” said Ray.



“It just shows that when the Marine Corps says things like ‘Once a Marine, Always a Marine,’ and ‘Semper Fi,’ that these are not just catch phrases, but that there is real meaning and merit behind the words.”

“The Marine Corps is like a family, and they don’t forget their own. That has meant so much to our family over the years.”

The Rays recently had twin sons, the oldest (albeit by two

minutes) they named Aidan Stephen.

“I never knew Steve, but I’ve heard so much about him,” said Dina, her voice drifting off into tears. “Now that we have a child named after him, his legacy means so much personally to me now.”

“I want my sons to know all about him, and what he did for his country,” she said.

One place where little Aidan Stephen could learn more about



Stephen (left) and his brother, Travis, salute the camera in this 1942 photo. Both boys went on to join the military as young men.

his famous cousin when he gets older would simply be from asking any Marine he might run into, as Pless remains one of Corps’ greatest legends.

“In boot camp, we learn about all the heroes of the Marine Corps,” said Cpl. Steven Jenkins, a Headquarters Bn., MCB Hawaii, administrative clerk. “Of course, Chesty Puller, Dan Daly and Smedley

See PLESS, A-5

Word on the Street

Where would you go on deployment if you had a choice?



“...To Thailand, because a bunch of my friends went there, and they said they had a great time.”
Lance Cpl. Michael Cramer
CG Administrative clerk
Headquarters Bn.,
MCB Hawaii



“I would go to Australia because I know I would have a good time there.”
Lance Cpl. Michael Cramer
CG Administrative clerk
Headquarters Bn.,
MCB Hawaii



“I would go to Australia, which is good because I am going there in a week.”
Lance Cpl. Jacob Chescheir
Diesel mechanic
3rd Marine Regiment



“...To Corfu, Greece, because it is a beautiful island off the coast and has some great scenery.”
Petty Officer 1st Class David Dibble
Administrative leading petty officer
HSL-37



“I would go anywhere in Europe because there are few Marines out there to represent the Marine Corps.”
Master Gunnery Sgt. Garry Laws
S-6 Chief
3rd Marine Regiment

21st Dental cleans, brightens smiles

Lance Cpl. Monroe F. Seigle
Combat Correspondent

If you don't brush your teeth twice a day and floss at least once, there is a possibility you can develop cavities and even loose a tooth from the build up of sugars and acids that eat away at the delicate enamel on your teeth.

The good news is that the 21st Dental Co. aboard MCB Hawaii, Kaneohe Bay, does not want that to happen to anyone. Several qualified dentists are trained and available at the 21st Dental Co., to catch the smallest amount of any kind of bacteria that can do any possible damage to your teeth.

When many Marines and Sailors think of the dentist, they associate the thoughts with the sound of the grinding drill going into their mouths and a wide-eyed dentist leering over them as he or she prepares to perform a painful surgery.

"Dental hygiene can be quite simple," said Dr. Dave Pruskowskia, a general dentist with 21st Dental. "They key to a healthy mouth and a bright smile is to brush your teeth twice a day and floss at least once a day."

Pruskowski, along with the other certified dentists at the 21st Dental Co. can perform a number of services such as cleanings, fillings, and placing crowns and bridges — and on rare occasions, implants.

Cleanings are the most common service performed. During a cleaning, the



Lance Cpl. Monroe F. Seigle

Diane Hopkins, a dental hygienist with 21st Dental aboard MCB Hawaii, Kaneohe Bay, performs a "quad scale" on Senior Chief Petty Officer Mike Gregory, an air traffic controller with Marine Corps Air Facility, during one of his regular checkups.

patient is allowed to comfortably lean back in a chair and have his or her teeth cleaned with an ultrasonic scaler that has a vibrating tip, which sprays water and in turn loosens all the tartar and plaque that have built up on the teeth.

Along with cleanings, a dental exam should be performed every year, so the teeth, gums and all tissues in the mouth can be checked for infections and possi-

bly cancer. Exams can determine whether the patient will be considered in a 1st, 2nd, 3rd or 4th class dental category.

A 4th class dental category means the patient has not been to the dentist in over a year and needs to be checked for any kinds of problems that could have aroused.

Third class identifies patients that

have an urgent issue, and if not taken care of, could seriously effect the patient's ability to perform regular duties. An example of a 3rd class dental patient is one that has an infection in the mouth or needs to have a tooth pulled.

Second class is not as serious as 3rd, but the patient still needs to visit the dentist before the problem progresses into a 3rd class problem. A prime example is someone who needs a filling in his or her teeth or even a cleaning.

A 1st class patient is one who is considered to have no dental problems and has had a checkup in the last year.

"Many Marines and Sailors fail to realize that what they eat and drink can cause cavities, which are caused from bacteria that has gotten hold of some form of sugar and turned into acid," said Dr. Diane Hopkins, also a general dentist at the 21st Dental Co. "Soft drinks probably do the most damage on your teeth because they are full of sugar, and acid as well."

"They should be consumed in moderation and teeth should be brushed after consuming any food or drink high in sugar."

"The biggest problem we have on this base is getting Marines and Sailors in here so we can keep an update on their dental health," said Pruskowskia. "If we can just get them in here, we can correct any potential dental problems before they get any worse."

To make a dental appointment., call 257-3100, ext. 257.

RECON, From A-1

Center, and the veteran Marines will get a first-hand look at new Force Recon warfighting equipment.

The third and fourth day will be spent shopping at several locations around the island, and includes a guided tour of Naval Station Pearl Harbor, to learn the history of the USS Arizona, USS Bowfin and the USS Missouri.

That same night, FRA will experience a luau at the Paradise Cove.

The fifth day will be spent at the Polynesian Cultural Center and during the sixth, the veterans will hold a scholarship auction to raise money to support the education of reconnaissance Marines and their families.

Before the FRA says goodbye to new friends and brothers, the association will enjoy a farewell brunch.

"Our organization is interesting because there are four commandants within our family along with Marines who served in Vietnam and got out as a corporal," said Tablada. "Several of our brothers are disabled. They represent almost every walk of life you can imagine."

"When we come together, we are family — regardless of who you are or what rank you were or currently are."

"We are brothers of the same blood."

SGTSMAJ, From A-1

Good Conduct Medal with one silver star and two bronze stars.

Suiaunoa served as a drill instructor, too, at MCRD, San Diego. He was the first sergeant of Delta Co., 1st Bn., 4th Marines, when he deployed to Operation Desert Shield.

Suiaunoa's personal decorations include the Legion of Merit, Meritorious Service Medal, Navy and Marine Corps Commendation Medal, three Navy/ Marine Corps

Achievement Medals and a Combat Action Ribbon.

During the ceremony, the Samoan trio spoke of their experiences in the Corps and what they have learned.

Each has now retired from the Marine Corps the same way they came into the Marine Corps — side by side.

"May God bless each and every one of you Marines in your careers, and Semper Fidelis," said Ilaoa during the closing remarks of the retirement ceremony.



Lance Cpl. Monroe F. Seigle

Brigadier Gen. Jerry McAbee, commanding general for MCB Hawaii, congratulates the sergeants major after each receives the Legion of Merit during retirement.

VADS, From A-1

motor transport Marines' time — and the Marine Corps a lot of money."

Once the problem has been identified by the new equipment, VADS can also identify any parts that need to be bought and replaced, along with their price.

Another advantage to the new Vehicle Automated Diagnostic System is with the passing of time. The equipment is easy to upgrade and test new vehicles; it's also waterproof and can tolerate falls up to 12 feet.

"This is the future of all testing equipment for the Marine Corps," said Staff Sgt. Michael Hayden, Maintenance Integrated Management Systems chief for Combat Service Support Group 3. "If there are Marines broken down on the side of the road, they can easily find out what is wrong with the vehicle, even if they have no mechanical experience."

All photos from U.S.M.C. Pless Archives



(Left to Right) Lance Cpl. John Phelps, Pless, Capt. Rupert Fairfield, and Gunnery Sgt. Leroy Poulson, pose for a photo in Da Nang, Vietnam, following their daring rescue mission. Pless was awarded the Medal of Honor for his actions. All other members of his crew received the Navy Cross.

PLESS, From A-3

Butler always jump to a Marine’s mind, but Major Stephen Pless is one Marine that always stands out for me. “For one, he basically went on a suicide mission to save those men in Vietnam,” Jenkins explained. “He had to know there was probably no way he was going to survive, but he refused to leave American fighting men behind.

“Somehow he survived and got them all to safety. That’s why Marines fight so hard, because they know there are men like Major Pless who’ve got their backs. That’s why Marines are called a brotherhood.

“Major Pless is the poster of

what you would want a Marine to be.”

Indeed, Pless had a storied military career, Medal of Honor notwithstanding. When he was promoted to the rank of major, Pless became the youngest Marine officer of that rank in the Marine Corps. Among his medals and ribbons — which are far too numerous to mention in their entirety — are the Silver Star, Distinguished Flying Cross, Bronze Star, Navy Commendation Medal with Combat V and the Purple Heart.

“Stephen started out as an enlisted man, and had great aspirations,” said Ray. “He had it in his mind that he was going to be commandant some day. There were no selfish motives behind his dream, he was just a goal setter. He was an inspiration.



PLESS



President Lyndon B. Johnson presents the Medal of Honor to Pless during a White House ceremony. Pless was the first, and only, Marine aviator to receive the medal for service during the war in Vietnam.

“God uses ordinary people to do extraordinary things, and I think Stephen was an example of that,” added Ray. “He was my hero long before he became a hero in the war. He always will be.”

Skinny Dragons wrap in Malaysia

Lt. j.g. Joshua Calloway
Patrol Squadron 4

KUANTAN, Malaysia — Patrol Squadron 4 participated in the final Combined Afloat Readiness and Training (CARAT) exercise this week with the Malaysian military in Kuantan on the Malaysian Peninsula. The aircrew and maintenance personnel of VP-4, led by Lt. Cmdr. David Hauth, demonstrated the capabilities and characteristics of the P-3C Orion to the Malaysian Air Force.

The crew flew the maritime patrol aircraft in a series of Anti-Submarine Warfare (ASW) operations in the South China Sea. The flights, conducted over a span of three days, were flown with the Malaysian Air Force and also included U.S. and Malaysian surface vessels in a joint ASW coordinated exercise.

During a static display of the crew’s aircraft, Navy Lt. Eric Cyre, commander, was impressed with the high level of interest the Malaysian pilots showed in the P-3.

Professional exchange and cooperation were enjoyed by both Malaysian and U.S. Navy air crews. While on station, the crew demonstrated the aircraft’s ability to shut down and then later restart one of its engines at very low altitudes for fuel efficiency, as well as its ASW capability to localize, track and conduct attacks upon enemy submarines.

The Malaysians witnessed the crew conduct a prosecution while coordinating with the other surface ships to track the sub surface contact. It was a superb demonstration of friendship and international spirit between the two militaries.

The aircrew and maintenance personnel representing VP-4 were proud to have the opportunity to represent their country, and help promote the cultural awareness of the U.S., while achieving a new understanding of the Malaysian people.

“I really discovered quite a bit about Malaysia and their military, and hope they learned something about the maritime operations of the United States Navy,” said Lt. j.g. Jerrod Konowal, the crew’s navigator.

Petty Officer 2nd Class Spencer Gatewood, an aviation electronics technician and the crew’s inflight technician, commented that he enjoyed showing the Malaysian military personnel the full capabilities of the P-3C. He said he “made some memorable acquaintances.”

The CARAT 2003 exercises were a huge success for VP-4, the 7th Fleet and foreign military participants. The continued participation of the U.S. Navy in exercises such as this will continue to strengthen its working relationship with allied countries in the 7th Fleet theater of operations, ultimately allowing them to operate as a cohesive force in times of peace or war.

LIFESTYLES

Hawaii Marine B Section

August 22, 2003



Above — Dr. Robert Braun oversees Marines and volunteers lifting one of the 400-plus-pound whales into a utility truck using a giant stretcher at Hau'ula Beach Park.

Below — Upon arrival to the Marine Corps Base's holding tank, Braun weighs the animals before letting them swim free inside the tank. The two had a combined weight of more than 800 pounds.



Above — Braun (far right) and Sgt. Michael Sloan (left) approach the first of the two whales to be rescued. The whales were accompanied by local citizens while rescue workers made their way to the scene.

Left — Marlee Breese, animal care specialist with the University of Hawaii's Marine Mammal Research Program, helps Cpl. Steven Sparks, a motor transport operator at MCB Hawaii, prepare the whales to be off-loaded into a holding tank at the installation.

Marines help aid beached whales

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

Marines from Headquarters Bn., MCB Hawaii, Kaneohe Bay, assisted in the rescue of two apparently injured or sick whales attempting to beach themselves at Hau'ula Beach Park Tuesday.

The two adult, male, melon-head whales were transported by the Marines with lights and sirens blazing along the Kamehameha Highway in a convoy of cargo trucks, with veterinarians and marine biologists following closely behind.

"The whales needed to be stabilized," said veterinarian Dr. Robert Braun, "The faster we can get these whales into an isolated area, the faster we can do some blood tests to figure out what is wrong with them."

Upon arrival at the Hau'ula Beach Park, the Headquarters Bn. Marines met up with local volunteers and veterinarians, who worked quickly together with the Marines to load the whales into a truck and transport them back to the base.

"One of the whales was particularly worse off than the other," said Braun. "They could have both had something wrong with them initially, or perhaps the weaker one became ill or injured, and the second whale is exhausted from helping the other cope."

"There are many possibilities, and we won't really know



Three major players in the whales' rescue (from close to far) were volunteer Dera Look; Brad Ryon, National Marine Fisheries Service liaison; and Dr. Braun. Look and Ryon are bringing the whales face to face for the first time since their rescue, after entry into the tank.

what's wrong with them until we get the blood test results back."

Braun, also the president of the Hawaiian Islands Stranding Response Group, coordinated the volunteers' efforts on the beach while keeping the growing and concerned audience informed during the rescue of the two whales.

"These whales normally live 10 to 15 miles off the coast, so it is unlikely that they just wandered in to shore," said Braun to the gathered crowd. "One possible explanation is that there is

something wrong with one or both of the whales, and the problem doesn't seem to be on the exterior, so testing will need to be conducted to determine the best course of action to take once we get them to the research center."

Staff Sgt. Frank Benevente, the road master for Base Motors, escorted the convoy to and from Hau'ula Beach Park, and was quick to jump in the water on-scene to help lift the 400-pound whales from the sea.

"Being a part of saving animals' lives is very gratifying,"

said Benevente. "When an opportunity like this comes along, it is our responsibility as Marines to help out in any and every way we can. I'm glad my Marines could be there for this."

Volunteer Dera Look rode in the back of the truck with the whales to assist in keeping them moist with a spray hose.

"It is really important to keep their fins [particularly the tail] wet at all times," said Look, "because that's where the whale can lose most of its body temperature, because it has no blubber insulation there."

When the convoy crossed the gates of Kaneohe Bay, military police were in position to continue the escort to an on-base, University of Hawaii, Marine Mammal Research Program holding tank — where the whales were stabilized and blood samples were taken.

"We have to keep in mind the best interest of both the whales and the fishery services at the same time," said Brad Ryon, protected resource management liaison with the National Marine Fishery Service. "While it is unfortunate to see these creatures ill or injured, the safety and health of other whales in the region must also be protected by determining the cause of these whales' attempted stranding, and taking whatever course best suits the individual whales and the rest of the species in the region at the same time."

The marine biologists, local citizens and the Marines on-scene were very happy to see the whales reach the Marine Corps base safely.

"The whales really didn't seem to be doing all that well out there at the beach, but looked a lot better once they got into the holding tank," said Sgt. Michael Sloan, motor vehicle operator with Base Motors.

"I was really impressed with the concern the local public and the Marine Corps had in saving the lives of these whales," he continued. "It makes be proud to be a Marine stationed here in Hawaii."

MCCS

MARINE CORPS COMMUNITY SERVICES

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POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

AUGUST

22 / Today

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.

23 / Saturday

International Venus Swimsuit Model Search — Saunter over to Kahuna's at 9:30 p.m. and help the judges choose the girls in the running for the next group of Venus Beauties. There will be a \$5 cover after

7 p.m. and a DJ dance party following the contest until 2 a.m. **Officers' Club Escoffier Dinner Tickets** — Fine dining has grown to be a favorite pas-time 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 the Elvis dinner show starring Elvis-impersonator Jay Barnes. Cost is \$30 for members, \$40 for nonmembers and \$70 for couples. The show begins at 6 p.m. and reservations are strongly recommended. Call 254-0841 for more information.

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, and you can complete your weekend with stunning views of the Pacific Ocean and an elegant dining ambiance, while you're enjoying the assortment of palate-pleasing cuisine.

24 / Sunday

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, call 254-7650.

25 / Monday

Officers' Club Right Hand Man Lunch — Call it a working lunch or just show your appreciation and invite your "right hand man" to the Officers' Club for lunch. Pay grades E6 and above are welcome every Monday from 11 a.m. – 1:30 p.m.

26 / Tuesday

KOSC Aloha Coffee Membership Drive — From 7 – 9 p.m., the Kaneohe Officers' Spouse Club invites all officers' spouses to a coffee hour in the Lanai Ballroom of the Officers' Club. When you attend you'll learn loads of information about on- and off-base businesses and services, as well as the KOSC and how to become a member of this great network of individuals. For more information, e-mail kosc@hawaii.rr.com.

28 / Thursday

Bargain Thursdays at the Base Theater — Are you look-

ing 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, too. Call 254-7642 for the movie schedule and times.

30 / Saturday

"Lan Slam Lock-In" — Calling all players to the X-Box Tournament and Lan Gaming from 12 p.m., Saturday until 10 a.m., Sunday at Kahuna's Ballroom. The grill will be open until 1 a.m. and the bar until 3 a.m. A breakfast buffet will be served at 7 a.m. For more information and to preregister, go to www.lanvission.net.

Youth Activities Piano Lessons — Get the youngsters involved in extracurricular activities by signing them up for piano lessons. Thirty-minute classes are available for children 9 years and older. Classes are \$19 for a month of classes once per week on Tuesdays or Thursdays. To sign up, call 254-7610.

SM&SP



All events are open to single, active duty military, E-5 and below. The SM&SP Office is located in Bldg. 219. Call 254-7593 for more details.

Upcoming Activities

Sept. 13: From noon until 5 p.m., you're invited to come on down to Pyramid Rock Beach for the Single Marine & Sailor Beach Bash. This event is free to single Marines and Sailors as well as their guests. Part of the "101 Days of Summer Campaign," units will get points by helping to set-up and by participating at this event. The beach bash includes a volleyball tournament, surfing lessons, a sand sculpture contest, food, refreshments and entertainment with prizes and guaranteed fun. Mahalo to AT&T In-Room Service for making this event possible.

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

SM&SP Goes Online

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

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following: •You can get into the swing of things with free tennis lessons Thursdays from 11 a.m. – 12 p.m. Call 258-8081 for reservations.

NAPS

Featurettes

Life is full of challenges around school time. From waking up early to make the kids' lunches to racing to a soccer game after a sales meeting, the reality is that the back-to-school season affects both parents and children. In order for kids to be successful in school and in life, good family communication is key. Maria Bailey, Office Depot's family organization expert, offers innovative tips for families to stay on track throughout the school year.

Five Tips for Getting Kids Organized

Tip #1: Establish a routine. Whether your child is going to school for the first time or moving up a grade, it's important for parents to review their child's school and extracurricular commitments early for the upcoming year. Plan out a weekly schedule and try to stick to it. **Tip #2:** Get organized early. Last-minute book reports and science fair project deadlines can be trouble-free if you have all the school supplies you'll need ahead of time. Whether you are a stay-at-home or working parent, be sure to "take a day off" to get the family organized, now at the beginning of the school year, and again after the holidays. Many retailers let you buy in bulk and save on the basics such as pens, notebooks and construction paper.

Tip #3: Create a "Family Communication Station." A new school year means new schedules, project deadlines and time requirements for the entire family. Avoid missed deadlines and morning chaos by



Lance Cpl. Monroe F. Seigle

Christal Bennett, an eighth grader at Kailua Intermediate School, prepares herself to go back to school, as she decides which school supplies will best suit her needs for the new year.

creating this station, which keeps students and parents on the same page. For under \$50, you can easily assemble the station by hanging a large cork bulletin board, small dry erase board or monthly calendar in a high traffic area of your home, such as the kitchen. Keep this item updated with activities and deadlines for each child.

Tip #4: Make kid-friendly in/out boxes. How many times has your child lost a permission slip before you got a chance to sign it? Assemble in/out boxes for the constant flow of papers and permission slips that

you must review and sign. Have each child decorate their own personalized box with stickers, markers and glitter. **Tip #5:** Try to keep some consistency in your child's schedule. Be sure to leave one night free for the whole family to dine together. Talk with your kids about how they are balancing homework and extracurricular activities and listen carefully to what they say. Not only will this bring you closer, but knowing what the kids are up to can keep you even more organized.

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.

Terminator 3 (R)	Today at 7:15 p.m.
Charlie's Angels (PG 13)	Today at 9:45 p.m.
Legally Blonde 2 (PG 13)	Saturday at 7:15 p.m.
Terminator 3 (R)	Saturday at 9:45 p.m.
Sinbad: Legend of the 7 (PG)	Sunday at 3:30 p.m.
Legally Blonde 2 (PG 13)	Sunday at 7:15 p.m.
How to Deal (PG 13)	Wednesday at 7:15 p.m.
Terminator 3 (R)	Thursday at 7:15 p.m.
The League of XG (PG 13)	Aug. 29 at 7:15 p.m.
Legally Blonde 2 (PG 13)	Aug. 29 at 9:45 p.m.

Elvis impersonator to entertain, raise funds for AESC scholarships

Lance Cpl. Monroe F. Seigle
Combat Correspondent

The All Enlisted Spouses Club aboard MCB Hawaii, Kaneohe Bay, will be hosting an Elvis Presley dinner show at Kahuna’s Sports Bar & Grill Saturday at 6 p.m. to raise money for the AESC College Scholarship Fund.

In the last year, the AESC raised and gave away more than \$8,000 in college scholarships to spouses and family members of Marines and Sailors aboard MCB Hawaii.

Jay Barnes, an Elvis impersonator and pastor of the Jacksonville New River of Life Four Square Church in Jacksonville, N.C., has performed in many concerts and for the United Service Organizations.

Barnes now performs “Elvis Memories” concerts to honor the “King of Rock and Roll” and to give Elvis fans a chance to relive the king’s great moments.

“Jay Barnes is not just another Elvis impersonator,” said Mary Pratt, president of the AESC and manager of the Thrift Shop aboard K-Bay. “This is going to be a great night of entertainment, and I hope that Marines and Sailors will support this event so we can raise money for the AESC college funds.

“All the money we raise is going right back to support the Marines and Sailors and their family members’ education.”

Barnes will be performing numerous hits throughout the show while fans enjoy a delicious steak and chicken dinner with plenty of sides and drinks, according to the AESC.

The cost for admission for members of the AESC is \$30 and nonmembers,



BARNES AKA “ELVIS”

\$40. The admission for couples will be \$75.

“This is going to be a great night for all those that decide to come and support the AESC,” said Pratt. “Jay Barnes is an astronomical person, and he is going out of his way to help our military community.

“He is not earning anything for this performance.”

For more information on the Elvis dinner show, or about AESC scholarships or other activities, call Mary Pratt at 254-0841 or 282-7894.

Biking to the chili cookoff

The Staff NCO Club aboard MCB Hawaii, Kaneohe Bay, hosted a motorcycle show and chili cook-off Saturday that attracted motorcycle enthusiasts and chili lovers from around the island to a day of outdoor fun and food. Live music, custom cycles, games and entertainment for the kids animated the club parking lot for the entire afternoon.



Photos by Cpl. Jason E. Miller



Instant messages can pose instant menaces

(Editor’s Note: Marine Corps Base Hawaii users are reminded to run scans of their computers at least once a week, and to keep their virus definition files updated.)

NAPS Featurettes

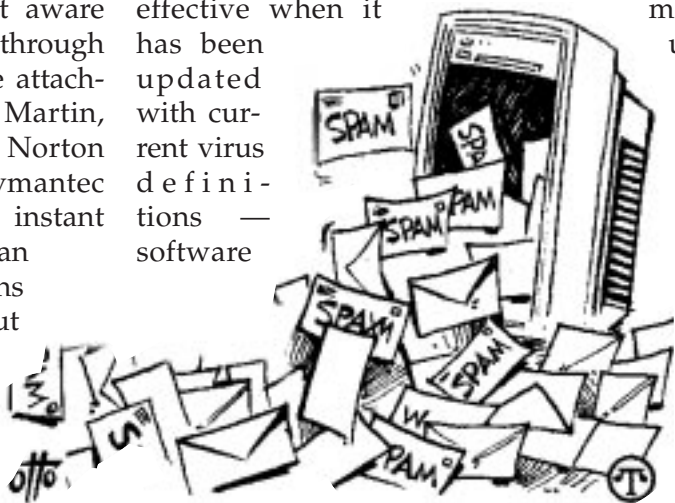
If you know someone who owns a computer, he or she is likely using this feature. You may even be using the feature yourself. “Instant messaging” programs let millions of personal computer users all over the world use the Internet to communicate any hour of the day. E-mail has generally been the tool of choice for electronically

sending longer communications and documents, but instant messaging applications are ideal for quick “real-time” communications-like e-mail on steroids. The appeal of instant messaging lies in its ability to let users send and receive messages as fast as they can type and read. Although developed primarily for personal use, instant messaging applications are making their way into business because they provide lightning fast communications at the desktop. However, many users don’t know that instant messages can pose a computer security risk because of their ability to spread so-called computer

viruses, worms or other “malicious” programs. “Most people are aware that you can pick up a computer virus or worm through e-mail attachments or software downloads, but many aren’t aware that they can also come through instant messages as file attachments,” says Kelly Martin, product manager for Norton AntiVirus 2003 at Symantec Corp. “People using instant messaging can receive an attached file that contains a worm that can wipe out their files, steal personal information or generally just wreak havoc on their computer.”

What’s the best way to combat these threats? The first step is an antivirus program that automatically protects against infected files, says Martin. Antivirus software is most effective when it has been updated with current virus definitions — software

updates that allow the application to identify and fix the newest viruses based on a digital “description” contained in the definition. “Norton AntiVirus 2003 automatically retrieves the updates when you are online, so you don’t have to remember to go out and get your updates,” Martin says. “It’s perfect for people who love instant messaging because it lets them focus on chatting with their friends, without compromising their safety and security,” he explained.



Paying bills online saves many consumers the monthly hassle

NAPS Featurettes

Here’s an idea to think about: Instead of spending hours hunched over a desk writing out paper checks each month, what if there were a better way to pay your bills quickly and easily? And, what if it that method was as close as your own PC? Would the pie sweeten if the method was easier, quicker, and more convenient, and you could use it at one Web site — anywhere, any time, and with payments to anyone? This better way is called online bill payment, and it offers you an easier way to pay your bills safely and

securely from one Web site — typically your bank’s. There are many ways to pay your bills electronically, but only online bill payment at your bank’s Web site offers you the convenience, control, and flexibility you want and need when managing your finances. Now, don’t be confused. Online bill payment is not when a biller that may automatically take money out of your checking account every month. When a biller takes money out of your checking account, they may call it online bill payment, but it is really an automatic debit. Online bill payment also is not when a biller automatically charges your credit or debit card each month to settle your bill. This is called a recurring payment. With online bill payment, you visit a single Web site, such as your bank’s, where you can pay all of your bills. It eliminates the need for you to remember multiple logins, I.D.s and passwords or visit multiple Web sites. Many times, you can conduct other transactions from this site as well, such as checking your balances, reviewing your transaction history, and transferring money between your accounts. With online bill payment, you have complete control of your payments, and only you can access your funds and deposit account information.

Unlike other automated payments, such as an automatic debit, which give billers access to the account information you provide when you enroll, online bill payment keeps the control over payments firmly in your hands. A recent Vision Report published by Jupiter Research found that consumers prefer to pay their bills through a single location, such as their bank’s Web site, rather than make individual payments at each biller’s Web site. The majority of those surveyed cited various key benefits of this method, including saving time, better control over their finances, and the ability to pay anyone from one source. Online bill payment offers you the ease and convenience of 24-hour access. You also enjoy the speed and enhanced control of the point-and-click process to pay all your bills. You can even get an online payment history, and you save money by not having to buy stamps, envelopes, and checks. Many services let you enroll and set up online bill payment on their Web site. In most cases, you can begin paying bills immediately, and many banks will provide help over the phone if you need it. To find out more about online bill payment, contact your bank about its service.



NAPS

With online bill payment that your financial institution may offer, no one has access to your funds and information but you.

Does your e-mail traffic use trendy ‘IM netiquette’

NAPS Featurettes

Instant messaging, “IM,” is an instantaneous alternative to e-mail and great for quick questions, timely responses, casual chats and short dialogues. With its growing popularity, IM is developing its own set of etiquette rules. Unfortunately, many people are unfamiliar with proper online communication etiquette, known as “netiquette,” and are unaware that they are committing IM gaffes. You can test your own IM netiquette by answering five questions.

IM Netiquette Quiz

- True or False* 1) In instant messaging, there is no difference between using ALL CAPITAL LETTERS and using all lowercase letters.
- True or False* 2) If you are going to state your opinion, it’s a good idea to begin your message with IMHO.
- True or False* 3) It is acceptable, even encouraged, to use “emoticons” (smiley faces, wink faces, etc.) in IM correspondence.
- True or False* 4) If you wanted to be flirtatious, you might send a message that includes ;-)
- True or False* 5) Displaying “Idle” next to your I.D. is the best way to let people know you are not available on IM.
- (Editor’s Note: Stumped? See below right for answers to the IM Netiquette Quiz.)*

Some Popular IM Language

- | | |
|-----------------------|-----------------------|
| ATB all the best | LOL laugh out loud |
| B4N bye for now | OTL out to lunch |
| BIL boss is listening | OTP on the phone |
| BTW by the way | PLZ please |
| CYA see ya | PRL parents listening |
| GR8 great | THNQ thank you |
| GTG got to go | W8N waiting |
| L8R later | XLNT excellent |
- KISS keep it simple stupid
ROFL rolling on the floor laughing

IM Netiquette Tips

Keep e-mail messages short, wait for a reply before writing a series of rambling messages, use emoticons, and when away from your desk, change your status option — AFK (away from keyboard), BRB (be right back), etc. — to be netiquette savvy.

Answers to IM Netiquette Quiz

- 1) *False.* USING ALL CAPITAL LETTERS IS like SHOUTING. Using

- all lowercase letters is very casual and best used between friends.
- If you are IMing in a business setting, err on the side of tradition and write in proper sentences.
- 2) *True.* IMHO stands for “In my humble opinion.”
- 3) *True.* Emoticons add personality to your correspondence and communicate sentiments.
- 4) *True.* This is a sideways “wink.”
- 5) *False.* With IM you can cus-

- tomize your availability status and let your friends know exactly why you’re unavailable: OTL, etc.
- Score Your IM Netiquette**
- 0-2 — Time to brush up on your IM.
- 3-4 — You’re okay but, IMHO could benefit from tips.
- 5-7 — GR8, but more IM language will boost your IM speak.
- 8 — XLNT!

WORD TO PASS

Waianae Hosts Shakespeare Play

“Much Ado About Nothing,” a Children’s Renaissance Faire production, part of the the Shakespeare Festival, plays today and Saturday in the Kahumana community of Waianae, beginning at 4 p.m., with showtime at 7 p.m., both days.

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 Museum will celebrate the milestone with “Mars Madness,” Wednesday 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.Bishop Museum.org](http://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.

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.

Women’s Conference Begins Oct. 17

The ninth annual Joint Women’s Conference will gather 500 women from the military community to share their military life experiences.

This year’s conference will take place at the Hickam Air Force Base Officers’ Club, Oct. 17 - 18 and offer more than 50 workshops, in addition to keynote speakers.

Women who register to participate will enjoy a variety of workshops designed to educate, motivate, enlighten and strengthen their personal roles as spouses or military members.

Registration begins Sept. 2, and forms will be available at Oahu military exchanges, commissaries, libraries, thrift shops, chapels and support centers. Applicants may also download a registration form at www.JointWomensConference.org.

All forms must be postmarked by Sept. 30.

The cost to attend this event is \$25 for both days and \$15 for Friday or Saturday only. The fee includes workshops, keynote presentations, continental breakfasts, lunches and complimentary

See WORD TO PASS, B-7

RECIPE CORNER

A smart diet helps prevent diabetes

NAPS

Featurettes

Olives can a) make meals more delicious, b) be a healthy part of a weight loss diet, or c) all of the above? The answer is “c,” and that’s important health information because losing weight may help reduce a person’s risk of type 2 diabetes, which the U.S. Centers for Disease Control and Prevention says affects 17 million Americans.

Some smart diet choices may help you reduce weight and your risk of diabetes. Use healthy types of dietary fats, such as monounsaturated fats and omega-3 fatty acids; avoid excessive saturated and hydrogenated fatty acids; eat more whole grains, beans and legumes and less refined carbohydrates; and develop meals that are moderate in calories and appropriate in portion sizes to maintain or reduce weight in a healthy manner.

This mouthwatering recipe shows how black, ripe olives can add healthy flavor. The recipe is suitable for diabetics.



Grilled Chicken Skewers

Grilled Chicken, Fennel & Ripe Olive Skewers

- 1/3 cup each of olive oil, lemon juice and chopped oregano
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 pounds boneless skinless chicken breasts, cut into pieces
- 1 fennel bulb, wedged and blanched in boiling water
- 1 1/2 cups gold potatoes, quartered and blanched
- 1 red onion, cut into 1-inch chunks
- 1 1/3 cups ripe olives, whole, drained
- 1 cup nonfat, plain yogurt
- 1 teaspoon lemon zest
- 1 tablespoon chopped chives
- bamboo skewers

In a large bowl, whisk together the olive oil, lemon juice, oregano, salt and 1/4 teaspoon pepper. Add next four ingredients and toss gently to coat. Cover and refrigerate 1 hour.

Set aside 36 ripe olives. Place remaining olives in bowl of food processor; add yogurt, lemon zest and remaining pepper; and pulse until combined. Stir in chives, cover and refrigerate.

Soak skewers in water 15 minutes. Make kebabs by threading skewers with olives, chicken, fennel, onion, potato, and repeating to fill skewer. Grill over medium-high heat for 3 - 5 minutes per side.

Serve with yogurt olive dipping sauce.

Makes six servings of two skewers per serving.

ON THE MENU

Anderson Hall will serve the following this week:



Today

Lunch

- Seafood Platter
- Fried Fish Nuggets
- Fried Shrimp
- Fried Scallops
- Breaded Oysters
- Lasagna
- Baked Ravioli
- Macaroni & Cheese
- Chewey Nut Bar
- Yellow Cake Layer w/ Butter Cream Frosting
- Asst. Fruit Pies

Dinner

- Roast Pork Loin
- Barbecued Chicken
- Mashed Potatoes
- Steamed Rice
- Chewey Nut Bar
- Yellow Layer Cake w/ Butter Cream Frosting
- Asst. Fruit Pies

Specialty Bar

(Lunch & Dinner)

Pasta Bar

Saturday

Dinner/Brunch

- Rock Cornish Hens
- Grilled Strip Loin Steak
- Rice Pilaf
- Mashed Potatoes
- Chocolate Chip Cookies
- Asst. Fruit Pies

Sunday

Dinner/Brunch

Yankee Pot Roast

- Baked Ham
- Mashed Potatoes
- Candied Sweet Potatoes
- Chocolate Layered Cake w/ Chocolate Cream Frosting
- Asst. Fruit Pies

Monday

Lunch

- Meatloaf
- Creole Pork Chops
- Mashed Potatoes
- Pork Fried Rice
- Apple Crisp
- Chocolate Chip Cookies
- Asst. Fruit Pies

Dinner

- Baked Turkey & Noodles
- Baked Fresh Fish
- Rice Pilaf
- Apple Crisp
- Chocolate Chip Cookies
- Asst. Fruit Pies

Specialty Bar

(Lunch & Dinner)

Pasta Bar

Tuesday

Lunch

- Beef Sukiyaki
- Pork Chop Suey
- Egg Foo Young
- Chinese Fried Egg Roll
- Steamed Rice
- Pork Fried Rice
- Chocolate Pudding
- Asst. Fruit Pies

Dinner

- Creole Macaroni
- Baked Fish Fillet
- Mashed Potatoes
- Noodles Jefferson
- Chocolate Pudding
- Asst. Fruit Pies

Specialty Bar

(Lunch & Dinner)

Taco Bar



Wednesday

Lunch

- Barbecue Spareribs
- Country Style Steak
- Steamed Rice
- Mashed Potatoes
- Oatmeal Cookies
- Asst. Fruit Pies

Dinner

- Baked Chicken
- Beef Pot Pie
- Boiled Egg Noodles
- Mashed Potatoes
- Brownies
- Asst. Fruit Pies

Specialty Bar

(Lunch & Dinner)

Country Bar

Thursday

Lunch

- Baked Lasagna
- Chicken Parmesan
- Asst. Pizza Slices
- Garlic Toast
- Brownies
- Asst. Fruit Pies

Dinner

- Chicken Vega
- Simmered Corned Beef
- Parsley Buttered Potatoes
- Steamed Rice
- Apple Pie
- Oatmeal Cookies
- Asst. Fruit Pies

Specialty Bar

(Lunch & Dinner)

Taco Bar

Did You Know?



NAPS

“Row, row, row your boat!” If you want to be fit, take up rowing because it burns up 180 calories every 20 minutes.

WORD TO PASS, From B-5

conference tote bags. Seating is limited to the first 500 applicants, so mark your calendar to register Sept. 2. Participants should arrange for daycare, as there will be none at the conference. For more details, consult the Web site or contact Rae-Anna at 455-1744.

Thrift Store Now Open at Camp H. M. Smith

Patrons are invited to browse and/or make donations to the

new Military Spouses’ Club Thrift Store, in Bldg. 366 at Camp H. M. Smith. Located by the old stables, the 1,280-square foot facility is open for business Mondays, Tuesdays, Thursdays and Fridays from 11 a.m. to 5 p.m. All items at the thrift store are acquired by consignments and donations. Items include books, men’s and women’s clothing, toys, furniture, and a great deal more. Pickup of your donations may also be possible. Proceeds received by the thrift store benefit numerous charitable or nonprofit organi-

zations. For more, call Denna Muncy, manager at 429-5755, or the 24-hour hotline at 271-9789.

Hale Koa Hotel Lists Events

Fort DeRussy’s Armed Forces Recreation Center, the Hale Koa Hotel in Waikiki, will provide patrons a summer jam-packed with exciting, relaxing or adventurous activities — whatever’s your pleasure. Call the Activities Desk at 955-0555, ext. 546, to find out more details on this events.

- Monday:* Tickets go on sale

for Oktoberfest, happening Sept. 24 - 28. The traditional German event celebrates authentic food, drink, music and dancing. Admission will be \$8 per ticket, and the menu will be ala carte.

- Tuesdays:* Beginning at 6 p.m. in the Banyan Tree Showroom, military members and their families can treat themselves to mystery, fantasy and refreshing comedy, as the Hale Koa Hotel has opened a new Magic in Paradise show. Your evening will start with a bountiful all-you-can-eat buffet, and then it’s show time with

one of Hawaii’s hottest magicians. Tickets cost \$20.95 for adults and \$12.95 for kids under 12, plus a 10 percent gratuity.

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

Word to Pass Receives Faxes

Fax items of interest to the military community to the Hawaii Marine at 257-1289.

Hawaii MARINE SPORTS

Hawaii Marine C Section

August 22, 2003

Cheerios honors five military athletes on box

Headquarters Marine Corps
Press Release

ALEXANDRIA, Va. — The Armed Forces Sports Office, with corporate partner General Mills, announced today that the Armed Forces Sports program and five armed forces athletes will be honored on a 2003 commemorative Cheerios box this fall.

While quantities last, the special boxes will be sold exclusively in military commissaries worldwide starting Thursday. They will feature a star athlete from the Army, Marine Corps, Navy, Air Force and Coast Guard, recognizing their accomplishments as both military members and armed forces athletes.

"This box is an exciting partnership for the Armed Forces Sports Program," said Suba Saty, Armed Forces Sports secretariat. "The box recognizes more than the five athletes on the box; it recognizes the accomplishment of all armed forces athletes!"

The concept of an armed forces sports commemorative box started in 1997, when the Armed Forces Sports Program worked with General Mills to feature the Armed Forces Naval Pentathlon Team on a Team Cheerios box, but the project never was completed.

"One of my main goals of it was to bring visibility to the Armed Forces Sports Program and the accomplishments of our athletes," said Rob Hans-gen, Armed Forces Sports. "The release of the box was supposed to coincide with a delegation of approximately 150 athletes preparing to compete in the 3rd Military World Games, but due to administrative and planning purposes, the games were cancelled for the September timeframe." Hansgen explained.

The Five Athletes

Marine 1st Sergeant, Douglas Marocco a senior enlisted advisor at MCB, Quantico, Va. Marocco is a former armed forces and two-time Marine Corps Athlete of the Year.

Navy Lt. j.g. Henry Nuzum, a Tomahawk missile Officer and who recently served aboard the USS John S. McCain, who competed in the 2000 Olympic Games in the sport of rowing. He is now focused on making the 2004 Olympic team.

Air Force 2nd Lt. Kristy Kuhlman is a contracting officer at the Space and Missile Command. Kuhlman currently holds numerous Air Force Academy women's soccer records. She was named most valuable player at the 2002 World Military Women's Soccer Championship, and is the 2002 reigning Female Athlete of the Year for the Air Force.

Coast Guard Aviation Maintenance Technician Steven Mlujeak is one of the armed force's top cyclists, placing first among military competitors in the 2000 Olympic trials. He currently is training for the 2004 Olympic trials.

Army Sgt Dremiel Byers a supply specialist, was crowned the 2002 Greco Roman Wrestling champion. Byers also won the 2003 Hungarian Grand Prix. He is now training to make the 2004 Olympic team.

"The men and women that participate in the Armed Forces Sports Program, while still maintaining a full-time military career, should be an inspiration to us all," said Mike Goetzmann, senior Development manager for General Mills. "Their enthusiasm, perseverance and dedication are qualities that General Mills is proud to be associated with."

First Sgt. Douglas W. Marocco is one of five armed forces athletes who will be honored on the 2003 commemorative Cheerios box this fall. Marocco is the senior enlisted advisor at the Basic School, in Quantico, Va. He's a former two-time armed forces Athlete of the Year.



Official USMC Photo



Lance Cpl. Monroe F. Seigle

Children in different age groups participated in the Keiki Triathlon hosted by Marine Corps Air Facility aboard MCB Hawaii, Kaneohe Bay, Saturday. More than 70 kids pushed themselves through the series of running, biking and swimming events to test their mettle. Joshua Schretenthaler, 11, placed first.

Keiki compete in triathlon

Lance Cpl. Monroe F. Seigle
Combat Correspondent

When children participate in any kind of sporting event, they always perform better when their families support them during the competition.

That was what happened Aug. 15 when Marines from Marine Corps Air Facility aboard MCB Hawaii, Kaneohe Bay, and Marine Corps Community Services, assembled a triathlon for all the young people here with competitive spirits.

The MCAF Keiki Triathlon was divided into two age groups and followed the "Iron Kids" format.

The 7 - 10 year olds participated in a 100-meter swim at the base pool. They it continued on in a bike race that began at the base pool looped around Dewey Square and then entered the flightline at Hanger 101. From there the bike race went to Hangar 105 and

turned right onto the Alpha Taxiway, to up to Mokapu Road, and finishing at Dewey Square.

The 11 - 14 year olds had the same format except they swam 200 meters and rode the bike route two times.

"It was great for my child to have a chance to participate in the Keiki Triathlon," said parent Felice Geoghegan. "The best part of this event was the fact that children, regardless of their ability, were able to complete the event and feel they accomplished something."

More than 70 children were present along with their families and loved ones for the competition.

During the race, Marines from MCAF were staged along the bicycle and run routes to provide water and encouragement for the children as they gave their best to reach the finish line.

The \$15 registration fee included a T-shirt for all the children who participated. Children also

received a certificate of participation with their names and the time they finished the race, presented to them by MCCS volunteers. All proceeds from the race will support future events supported by MCAF.

"The bottom line is that this was not just for the kids, it was for them and their families," said Steve Kalnasy, sports coordinator for MCCS. "All the parents were here to cheer the kids and that was what made this a real family-orientated event. All these children were able to walk away with a sense of accomplishment. They were all winners."

"I was glad that my parents were able to bring me to this and let me participate," said Joshua Schretenthaler, 11, and 1st overall champion in the 11 - 14 year-old age group. "All the kids were able to finish the race, and I know that made them all feel good about themselves."

Teenagers learn PT tips to stay fit

Sgt. Joseph A. Lee
Combat Correspondent

Twelve students graduated Aug. 15 at the base marina from a Semper Fit program designed to introduce teens to healthy nutrition and exercise programs they can do in their free time.

Teen Fit, a program developed and coordinated by Terry Snider, a personal trainer for Semper Fit, is a five-week program that includes an introduction to proper nutrition and all types of weight and aerobic workouts, including basketball, volleyball, yoga and even kayaking. "The program is doing real well," said Snider. "This is the second group of teens we've had run through the program, and every single person that participated improved their scores in every single event."

At the start of the five-week program, the students take an initial evaluation of their overall fitness and flexibility, according to Snider.

"The students are tested on the first and last



Sgt. Joseph A. Lee

Alex Smith (left) received his trophy as "most improved" from Terry Snider during graduation from the five-week Teen Fit program Aug. 15.

day of the program on pushups, sit-ups, bicep strength, flexibility and a one-mile run," said Snider. "All of the students' scores were so close; I think they all deserved a trophy for their accomplishments."

Though all the students received a certificate of graduation from the program, only two were recognized as the "most improved."

Students Alex Smith and Mark Samonte received trophies for their improvements during the five weeks of training.

"It's like having your own personal trainer," said Eryn Daugherty, a 10th grader at Kalago High School. "The program helped me out a lot, because it taught us how to use a lot of the equipment that I didn't know how to use before."

Eighth grader Kaela Ashton from Kailua Intermediate agreed with her friend.

"It was totally worth the time and effort because we learned discipline, good eating habits and how to take care of our bodies overall,"

added Ashton. "I'm definitely going to keep up with the workouts because it's the most healthy thing you can do!"

The program, which was previously split into two classes meeting on separate days of the week, will be combined into one class for the next session according to Snider.

"Our next program will start on September eighth, and will last for eight weeks," said Snider. "We are coordinating the Teen Fit program to match with the times for our Beginner Fit program which will meet during the same time period on Mondays and Fridays from 3 p.m. to 4:30 p.m. That way parents can attend classes at the same time with their children and both get accustomed to working out together."

The programs will be accepting sign-ups until Sept. 8, when the programs begin.

For more information on the Teen Fit or Beginner Fit programs, contact Semper Fit at 254-7597.

BASE SPORTS

Edward Hanlon V
MCCS Marketing

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 at Camp H. M. Smith.

The Camp Smith fitness center is under restoration and an interim gym is now open for business in Bldg. 2C, on the basement level. Patrons can enter from Elrod Street, closest to Gate 13.

For further information, call 477-0498.

Golf Tourney Coming

Headquarters Bn, MCB Hawaii will host a 4-man scramble with blind draw format. Teams will consist of A,B,C D, players: A player is 0-9 handicap, B is 10-15 C is 16-23 and D is 24. All names will be

put in a can and drawn prior to tee off. Those who don't have a handicap will be placed in a separate can and drawn at the end, or once names from the A - D category have been exhausted.

Prizes will be awarded for the longest drive and closest to the pin. A \$10,000 prize awaits a whole in one by the first command. Prizes will also be awarded for 1st, 2nd and 3rd place, and a set of clubs will be raffled off.

There is a fee for admission; E-5 and below \$25; E-6 - O-3 \$32; and O-4 and above, \$34. The fee for civilians is \$48; MCB Hawaii DoD employees, \$38; and non MCB Hawaii DoD and house guests, \$40.

All players must check-in prior to 11:45 a.m. on the lanai, so teams can be arranged. Tee off is at 12:30 p.m. For more information, contact Patrick Clark at 257-5738.

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 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. Plan to stay a while 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 Oct. 12 - 18 at Marine Corps Reserve Support Command Kansas City. The Armed Forces Rugby Championships will be 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, call 254-7590.

MCCS Seeks Male and Female Boxers

Marine Corps Community Services is now recruiting male and female boxers.

Resumes are being accepted for the All-Marine Boxing Trials at MCB Camp Lejeune, N.C., Nov. 17 - 22.

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

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

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

Kahuna's Brings Tsunami Surf Saturdays

Surf's up at Hawaii's only indoor surf meet from 10 p.m. - 2 a.m. Saturdays at Kahuna's Sports Bar & Grill.

Catch a big one on the surf simulator, and win a brand new surfboard from Local Motion.

Call 254-7660 for more details.

Youth Activities Presents New Ice Hockey Program

Youth Activities is beginning a new Ice Hockey Program for the children of MCB Hawaii. Registration is now in progress at 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 times at the rink.

For more information, call 254-7610.

Spend a Day on the Bay

Enjoy a day of sailing and sightseeing in one of the sailboats, powerboats — or — for larger parties — 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 can enjoy a day on the bay at the base marina.

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.

K-Bay Lanes Offers Big Time Bowling Fun

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 tomorrow 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 tomorrow.



Lance Cpl. Monroe F. Seigle

Base All Stars

NAME: Joshua Schretenthaler

AGE: 11 years old

GRADE: Third

SCHOOL: Mokapu Elementary

SPORT: Triathlon Competitor

•Schretenthaler was the overall champion in the 11 - 14 year old bracket in the Keiki Triathlon hosted by Marine Corps Air Facility.

•He participated in the North Shore swim series.

• He has competed in the "Turkey Swim" at Ala Moana for the last four years.

"Triathlons make you feel good about yourself and also make you feel like you can do anything. I always like how I feel after a triathlon."

COMMUNITY SPORTS

USO Hawaii Race Goes Sunday

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 Race Sunday at 7 a.m. aboard Hickam Air Force Base at Hangar 7.

The registration fee is \$18 for individuals; however, teams of 5 to 10 runners are also welcome.

Late entries will be accepted Saturday at "The Running Room," 819 Kapahulu Ave., or on Sunday 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, which is sponsored by Outrigger Hotels Resorts and Ohana hotels of Hawaii will help the nonprofit, nongovernmental USO organization continue its mission.

Participants may enter either the 10K or 5K event. Awards will be presented to the top finishers in a wide variety of categories, for both individual and team competition.

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, and mixed teams must have at least one male and one female finisher among the top five runners.

Call Doug at 735-9120 or Steve at 656-0096, for more details.

HTMC Hikes La'ie Pools

Join the Hawaiian Trail and Mountain Club on a five-mile hike tomorrow at 8 a.m. Trek on dusty roads and thread through tight tunnels of guava trees to reach a gem of a waterfall, with a splash pool, which is truly the heart of La'ie Pools.

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 John Hall at 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 items of interest to the Department of Defense community to 257-2511.

Call the *Hawaii Marine* staff at 257-8836 or 257-8837 with questions or concerns. The *Hawaii Marine* is located in Bldg. 216 aboard MCB Hawaii, K-Bay.

SPORTS AROUND THE CORPS

MCAS Iwakuni runners battle Fuji terrain

Cpl. Jeff Zaccaro
MCAS Iwakuni

MARINE CORPS AIR STATION IWAKUNI, Japan — A portion of the Marine Corps Physical Fitness Test is a three-mile run, and although it is usually on a flat, closed-course track, it can be enough to buckle over some of the most seasoned warriors.

For service members such as Dave Sasek and Darrin Bellows, the semianual PFT is just a walk in the park compared to the run to the top of Mount Fuji, July 25.

Starting at the Fuji Yoshita Government Building, 12 miles from the summit of the majestic mountain, Sasek and Bellows stepped off with six other service members and nearly 3,000 runners from around the world.

"When climbers go up the mountain they usually start at the fifth station, about three miles from the top. We started about eight miles below that," he said. "When the race was about to start, I had no idea what I was getting into."

What Sasek and the others were getting into was a strenuous journey through narrow trails, rocky terrain and

the constant presence of altitude changes.

"I really started getting tired about seven miles up the mountain when the terrain started getting rocky and steep," said Sasek, who runs more than 17 miles every weekend. "The elevation made it really hard to breathe and the trails got so narrow and crowded that at points you had no choice but to walk."

Bellows, who is also an avid runner, said he to endured some of the hardships Sasek faced.

"The first nine miles were basically a gradual 14-percent increase in grade," he said. "After that, the elevation offered a very big challenge, and the terrain turned into loose, slippery lava rock at about a 24-percent grade.

"The last half hour of the run was the most difficult, because I didn't know where I was at or how far I had to go. I could hear the Japanese runners start to

talk, and although I didn't know what they were saying, I knew we were getting close," said Sasek. "When I finally reached the top I was very happy to be

there." "I was relieved and excited when I got to the top," Bellows explained. "The experience was well worth it."



Cpl. Jeff Zaccaro

Mount Fuji runners come out of a switch back into rocky terrain while on a run up the mountain July 25. More than 3,000 participated in the run.

Pentathlon hopefuls train hard for USA Masters



Army Spc. Melissa Walther

Major Ray McFall, 1st MEF future operations planner, practices throwing a javelin Aug. 8, while training for the Pentathlon National Championships.

Army Spc. Melissa Walther
1 Marine Expeditionary Force

CAMP BABYLON, Iraq — In the oppressive heat of Iraq, two men here are training for a grueling test of endurance, speed and power.

Army Sgt. 1st Class James Barr, an information operations officer with the 11th Psychological Operations Battalion (Tactical), based in Washington, D.C., and Maj. Ray McFall, 1 Marine Expeditionary Force, future operations planner, have begun a training program for the USA Masters' pentathlon event.

"I didn't know there was a Masters competition program until we got to talking about running in the office," said McFall, a resident of San Diego. "I looked into it a little, and it sounded like something I wanted to do. I used to run track in college and I still run cross coun-

try." Barr, a resident of Arlington, Va., also got his start running track in school. Now a two-time National Outdoor Master Pentathlon winner, Barr is planning to try out for the Olympic javelin team when he returns home to Arlington.

Barr won his second national pentathlon title at the 2002 USA Masters Outdoor Track and Field Championships last year in Maine. Events of the pentathlon vary for indoors and outdoors competitions.

Both McFall and Barr have plans to compete in both events.

"Training here actually hasn't been that bad," McFall said. "It took some time to get acclimated, but we try to pick the cooler parts of the day to train."

It's not just the heat the duo has had to deal with while training. Some of the events such as the shot put, javelin and discus require spe-

cial equipment that they just don't have.

"We've got to improvise a lot of the equipment out here," Barr said. "We were throwing an engineer stake as a javelin, for a while. The only problem was it was just too heavy."

Training for more than two months now, McFall and Barr have seen noticeable improvement, according to McFall. For example, marks on a wall that record their vertical jump has climbed two feet compared to their first markings.

Using an exercise plan, McFall and Barr cycle through the five main areas needed for the strenuous contest: speed, endurance, power, strength and technique.

"There are very few guys who can do it all," Barr said. "You've got to have technique. You've got people with raw speed and power, but without the right technique, it's all lost."



spotlight on health

High blood pressure is still the ‘silent killer’

NAPS
Featurettes

Every day millions of patients and their doctors struggle with treating high blood pressure effectively. Blood pressure is the force of blood against the artery walls. High blood pressure, also called hypertension, occurs when the force is above normal range, causing the heart to work harder to get vital oxygen to the body's cells. High blood pressure affects about one in four American adults and raises the risk of heart attack, stroke, congestive heart failure and kidney failure. For people who are overweight, smoke, or who have high blood

cholesterol levels or diabetes, their risk of heart attack or stroke is even greater. Statistics show that 60 percent of patients require multiple medications to reach their blood pressure treatment goals. "One of the challenges in treating patients with hypertension is the use of multiple medications. There are a number of treatment options available to help us manage high blood pressure effectively along with diet and exercise," said Dr. Mark Houston, Associate Clinical Professor of Medicine, Vanderbilt University School of Medicine. "The need for multiple medications reminds us that aggressive treatment is key in reducing high blood pressure in many patients."

There are no symptoms of high blood pressure and many people have it for years without knowing it. For this reason, high blood pressure is often called the "silent killer." The only way to tell if you have high blood pressure is to have your blood pressure checked. If you already take medication to lower your blood pressure, talk to your doctor about what else you can do to lower your risk for heart disease and stroke. Do not stop taking medication without first talking to your doctor. To learn more about high blood pressure and ways it can be treated, talk to your doctor or log on to www.americanheart.org.



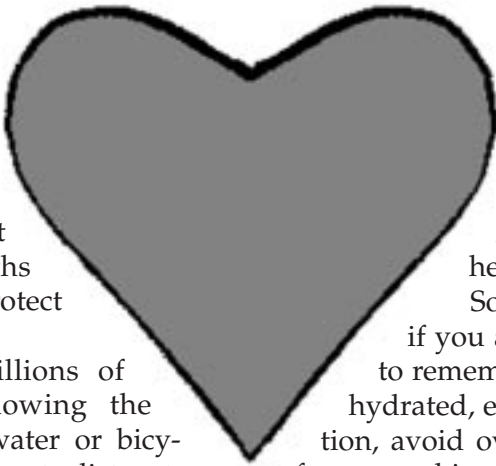
Sgt. Joseph A. Lee

Petty Officer 3rd Class Sussette Welzant, hospital corpsman with the Branch Medical Clinic here, takes the blood pressure of Staff Sgt. Chris Deering, storage chief at Base Ordnance.

Many factors increase the risk of heart attacks

NAPS
Featurettes

The weather is hot, and baseball, golf and tennis are in full swing. You may be more active during than you've been all winter, so it's important to remember that overexertion during summertime activities can be dangerous for people who have had a heart attack — putting them at increased risk for another heart attack. Sudden, strenuous activity may tax the heart muscle. If you have suffered a heart attack, summer months mean that you have to protect yourself. As you join the millions of Americans outdoors mowing the lawn, splashing in the water or bicycling, you must remember to listen to your body. Moderate physical activity and awareness of your physical limitations are key to good heart health during this season. While being active is important and has many benefits, overdoing it may increase the risk of another heart attack. These activities combined with extreme temperatures and air pollution may trigger a heart attack in people who have already had one.



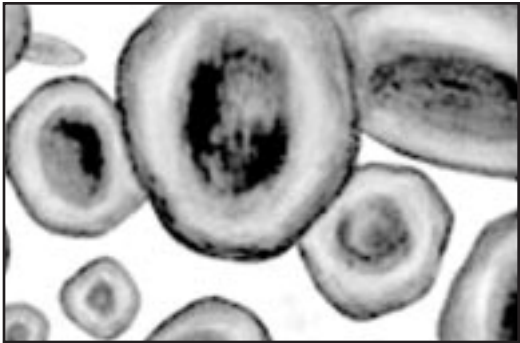
Each year over one million people in the U.S. will experience a heart attack. What's more, within six years of having a first heart attack, a second one occurs in approximately one in five men and one in three women. Having a heart attack also increases the risk of having a stroke. Risk factors for heart attack include these enemies: high blood pressure, high cholesterol levels, smoking, lack of physical activity, obesity, diabetes, and a family history of heart disease. So what can you do if you are at risk? Things to remember include to stay hydrated, exercise in moderation, avoid overexertion, refrain from smoking and eat a heart healthy diet. Also, take medications you have been prescribed exactly as your doctor has directed. Dr. Jeffrey Moses, chief, Interventional Cardiology, Lenox Hill Hospital, New York City suggests working closely with your doctor to develop a heart-health plan that is best suited to your needs. Treating yourself right and listening to your doctor are two important "summertime lifeguards" for your heart.

Treating anemia may reduce the risk of heart disease

NAPS
Featurettes

Some people face a greater risk of developing certain diseases than others. For example, African Americans are approximately four times more likely (than members of other groups) to develop a number of health conditions including diabetes and chronic kidney disease (CKD). Patients suffering from CKD are, in turn, at a higher risk than the general population for heart disease and death. Anemia, a common complication of CKD, often develops in the early stages of the disease and worsens as the disease progresses. Fortunately, anemia is easy to diagnose and is more responsive to treatment than some other cardiovascular risk factors. In patients with CKD, anemia is a serious risk factor for heart disease, like high blood pressure, diabetes and high cholesterol, and should be treated just as aggressively. Characterized by a decrease in the body's total number of red blood cells, anemia occurs when there are not enough red blood cells to carry energy-fueling oxygen to the body's tissues and organs. With anemia, the heart is forced to work harder to deliver oxygen-rich blood, yet does not receive enough oxygen to support the body's normal functions, resulting in extensive tissue damage and death. Treating anemia is not only vital to

prevent the development of severe, possibly life-threatening complications, but to improve a patient's quality of life. Patients with serious illnesses such as CKD, diabetes, cancer, heart disease and rheumatoid arthritis are at the greatest risk for developing anemia. Anemia can be easily corrected with existing prescription medications, and people who are treated for their anemia feel better and may be more likely to continue taking medications for their underlying conditions. The latest therapies or treatments require patients to receive a shot as infrequently as twice a month. Finding information about anemia is also easier than ever before. The Anemia LifeLine program, developed by Amgen in collaboration with key national organizations, helps improve the lives of millions of Americans with common, chronic diseases. For more information on anemia, visit www.anemia.com or call toll-free 1-888-722-4407. **Anemia itself is not a disease but a sign or symptom of an underlying disease or condition. It is important to find the cause of the anemia as well as to determine the type of anemia.**



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Asthma sufferers breath sigh of relief

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More than 17 million people in the U.S have asthma--more people than live in the state of Florida.

Asthma is also the most common chronic disease among children, affecting five million in the U.S. alone. It is the leading cause of school absences due to a chronic disease among children ages 5 to 17, causing more than 10 million absences each year. Asthma also accounts for more hospitalizations than any other childhood disease. Children with asthma spend an estimated 7.3 million days per year restricted to bed.

Some asthma symptoms include exercise-induced coughing, frequent shortness of breath, wheezing sounds when breathing, or tightness in the chest.

According to the Chronic Disease Directors (CDD), a Washington, D.C.-based public health association, it is important for people to see a doctor if they have any asthma symptoms.

Asthma can be life-threatening if not properly managed, but it can be controlled by avoiding triggers that cause attacks and by using fast-acting inhalers and other medications to treat acute attacks and maintain long-term control. It is important for people with asthma to use their inhalers and other medications exactly as prescribed.

Asthma triggers, such as cigarette smoke, dust mites, molds, some gases and other airborne particles, are everywhere--indoors and outdoors. It is important for those with asthma to learn what specific triggers may cause an attack for them.

Avoiding asthma triggers, learning to recognize the symptoms of an asthma attack, and using appropriate treatments can allow those with asthma to enjoy an active lifestyle, prevent emergency room visits and reduce the number of school absences.

Free asthma screenings are offered; to find a free screening, contact the chronic disease unit of the state health department.

The Chronic Disease Directors is a Washington, D.C.-based public health organization comprised of chronic disease program directors of each state and U.S. Territory. CDD works to reduce the impact of chronic diseases on the American population. Since its founding in 1988, CDD has made impressive strides in mobilizing national efforts to reduce chronic diseases and the associated risk factors.

To learn more visit www.ChronicDisease.org.

Eye exams are important part of back-to-school routine

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Parents want their children to succeed in school, and most will do whatever they can to help--seeking out the necessary supplies, packing nutritious lunches, carefully checking homework. But have you thought about checking your child's eyes? As kids head back to school, consider taking yours to see an eyecare professional for a comprehensive eye exam.

Why? Your child's vision is a critical tool when it comes to learning. In fact, 80 percent of learning is achieved visually. However, Prevent Blindness America reports that one in four school-age children has some form of vision problem that can hinder academic performance. And while many schools offer basic vision screenings, they are not a substitute for a thorough eye exam.

"Children can suffer from vision problems without showing any outward symptoms," says Dr. Jeff Smith, vice president of professional services at Pearle Vision. "Even if a child checks out 20/20 on the eye chart, they may still have a vision problem that needs correction. Many conditions such as nearsightedness, farsightedness, amblyopia and astigmatism can be treated successfully if caught early."

Left undetected, vision problems can not only lead to difficulties in learning, but also result in behavioral, physical and emotional problems. Many kids who suffer from vision problems are frequently misdiagnosed with learning disabilities.



Sgt. Joseph A. Lee

Lieutenant Christine Johannesen, optometrist with the Medical Service Corps, performs a routine eye examination on Cpl. Stan Tavenner, maintenance administration specialist with Marine Helicopter Training Squadron 301.

The American Optometric Association recommends that children be examined by a doctor of optometry or an ophthalmologist before entering kindergarten, and routinely throughout their school years to detect potential problems. If your child requires glasses or contacts, they should be seen every 12 months, since prescriptions frequently change as vision matures along with your child.

As a parent, be alert for symptoms that indicate poor vision. If your child uses a finger to follow along when reading, holds reading materials too close, squints, rubs their eyes frequently, sits

too close to the TV, complains of headaches--or if they're receiving lower grades than usual--their vision may need correction.

Glasses are cool

The American Optometric Association reports that approximately 58.8 million children in the United States wear corrective lenses. So if your child needs glasses, he or she will be in good company. And these days, there are so many great styles for kids to choose from.

These days, retail outlets carry a variety of frames geared toward kids, including styles from Candies, Converse and StrideRite. The extremely popular Nickelodeon line features SpongeBob SquarePants, Blue's Clues and the Wild Thornberrys--with each frame capturing the personality of a favorite Nick cartoon character.

Outlets also carry frames created especially for teens looking for a fun, modern look.

Technological advances that have been used in adult frames are now available in children's frames, including flex titanium. Also look for frames made from the newest flexible frame material designed to withstand much of the stress children and teens put on their eyewear.

To keep eyes safe, shatter-resistant polycarbonate lenses are the best choice for kids, along with UV protection. Lightweight, scratch-resistant polycarbonate lenses help protect your child's eyes at home, in the classroom and at play.

A good night's sleep now found easier

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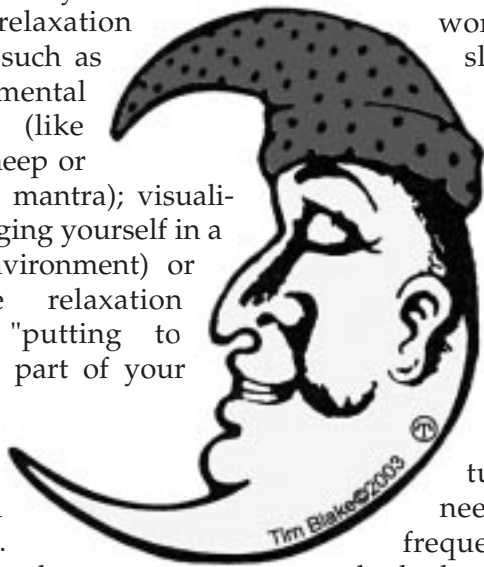
Getting a good night's sleep can be hard, reports the National Multiple Sclerosis Society. An estimated 60 percent of adult Americans suffer from sleep disorders and the percentage is even higher for those who have multiple sclerosis (MS).

Every night people lie awake, gripped by anxiety and plagued by physical symptoms. The following tips from the National Multiple Sclerosis Society's new "Sleep Disorders" brochure can help people get the rest they need, whether or not they have MS:

- Make sound sleeping a habit. Create a bedtime routine to set the stage for falling

and staying asleep. Stick to a set bedtime.

- Exercise daily.
- Try relaxation techniques such as repetitive mental exercise (like counting sheep or repeating a mantra); visualization (imaging yourself in a tranquil environment) or progressive relaxation (mentally "putting to sleep" each part of your body).
- Limit caffeine, alcohol and tobacco use.
- Avoid long naps.
- If slumber is still elusive after about 10 minutes, find something quietly active to do, like reading, writing or



puzzles to tire yourself out.

- The best habits and behavioral remedies won't help if sleep disruptions are caused by physical problems such as P L M S (periodic involuntary limb movements), nocturia (the need to make frequent trips to the bathroom), pain or sleep apnea (temporary pauses in breathing accompanied by gasping, choking and snoring). However, effective medical treatments are avail-

able for each of these conditions, so talk to your doctor about getting to the root about what is keeping you awake.

- If sleeplessness persists, ask your physician for a referral to a sleep specialist. Keep a sleep journal to gather information for your consultation.

The National MS Society funds more multiple sclerosis research, offers more services for people with MS and provides more professional education programs than any other MS organization in the world.

To learn more about living with MS or to receive a copy of "Sleeping Disorders and MS: The Basic Facts" visit www.nationalmssociety.org or call 1-800-FIGHT-MS.