

Hawaii MARINE

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August 29, 2003

Check your water use!

U.S. Pacific Command
Press Release

CAMP H.M. SMITH
— The U.S. Pacific Command, in partnership with the Honolulu Board of Water Supply, is calling for the assistance of all military people on Oahu to conserve water.

"I ask each of you to implement all practical water conservation measures at your activities," wrote Admiral Thomas B. Fargo, Commander, U.S. Pacific



Command, in a letter to facility directors. "While rainfall has replenished the island's aquifer, the dry seasons, for the past five years, have taken their toll, and we are yet to fully recover.

"As we head into the peak summer months, rainfall is expected to decrease while usage increases.

"The Honolulu Board of Water Supply will be asking all Oahu citizens to conserve water as much as possible during the

months ahead," Fargo wrote.

According to a Honolulu Board of Water Supply press release, it has requested residents to voluntarily restrict irrigation and limiting lawn and landscape watering to Sundays, Tuesdays and Thursdays, and asks residents to not water between 10 a.m. and 6 p.m. These guidelines took effect Aug. 3.

Water conservation is voluntary now, but could become mandatory for

See WATER, A-2

Facilities Dept. gives water usage tips



Cpl. Jessica M. Mills

David Graves (in back), 14, and Bryan Koester, 7, comply with the Honolulu Board of Water Supply and restrict their water usage to early evening hours.

Sgt. Estuardo J. Caceres
Energy Management, Base Facilities Department

Summer is here, and water resources need to be used wisely. Washing cars, watering lawns, and similar outdoor activities, can contribute to the wasteful usage of our limited supply of water on Oahu. The island has received less rainfall than in previous years.

Not conserving now means the island of Oahu could be forced to go on mandatory water rationing. For now, we are only being asked to use water

See TIPS, A-2

2/3 on the prowl



Lance Cpl. Monroe F. Seigle

Lance Cpl. Jared Shaver, a scout sniper with Weapons Co., 2nd Bn., 3rd Marine Regiment, prepares to enter the field though enemy forces lurk all about. Using scout sniper tactics and techniques, Shaver blends himself in to the natural surroundings. See full story on page A-3.

'Spirit of Hope' award goes to former Oahu Marine

Sgt. Joseph A. Lee
Combat Correspondent

The former staff noncommissioned officer in charge of Personal Services Division here is scheduled to receive the Spirit of Hope award for his local volunteer involvement in both base and community events.

Gunnery Sgt. Guss Lee Alexander Jr., a former substance abuse and addictions



ALEXANDER

counselor with the SACC, was named the winner of this prestigious award in an Aug. 18 letter from the Commandant of the Marine Corps to Mrs. Dolores Hope, spouse of comedian Bob Hope.

According to Marine administrative message 112/01, the "Spirit of Hope" award is presented to individuals who embody the values of the men and women of the military: duty, honor, courage, loyalty, commitment and integrity.

It states that the award is the highest and most prestigious award sponsored by the USO [United Service Organizations], which brings to mind Mr. Bob Hope who gave generously to

the military men and women for five decades.

The annual award, presented by the Marine Corps, is awarded to active duty, reserve, veteran, civilian Marines, and even individuals from the civilian sector who embody the values of the Corps.

"This is by far my greatest accomplishment," said Alexander after reading the message. "I am truly honored to receive the same recognition as people like Senator Strom Thurman, Walter Cronkite and Senator John Glenn.

"Though I haven't achieved what they have, it is an incredible honor to even be mentioned in the same breath of those outstanding individuals."

According to the commandant's letter, Alexander coordinated events for MCB Hawaii's 2002 BayFest event, securing the services of more than 60 volunteers and personally serving countless hours during this milestone event.

Alexander also served as the MCB Hawaii coordinator for the Hawaii Food Bank during its 13th annual food drive, and headed the Santa's Village program that provided holiday activities for more than 1,500 military family members during an especially tough holiday season.

Alexander, who is permanently changing duty stations to Camp Lejeune, N.C., is scheduled to receive the Spirit of Hope award Sept. 17 in Quantico, Va.

Special Olympics extends 'mahalo' to MCB Hawaii

Sgt. Joseph A. Lee
Combat Correspondent

Marine Corps Base Hawaii was recognized and awarded Sunday at the Ala Moana Hotel in Honolulu, by Special Olympics Hawaii staff, for outstanding volunteerism throughout the past year.

Corporal Dominic T. Overton, 1st Bn., 12th Marines, legal chief, accepted the Outstanding Volunteer Organization of the Year Award on behalf of the base, at the Special Olympics Annual Leadership Awards Banquet.

The award is presented to a unique group, club or business whose efforts have significantly improved Special Olympics athletes' experiences on a local, area-wide or state level.

The base was cited as the group that provides more than 2,000 volunteers each year to support Special Olympics.

Marine Corps Base Hawaii supervised athletes at area events, coached and served on the area management team, and helped with logistics at the summer games at the University of Hawaii, and also hosted the Holiday Classic in December.

"Volunteers are essential in the success of the Special Olympics program," said Maj. Pete Hart, budget officer at Marine Forces Pacific, Camp H. M. Smith. "The Marines pull off amazing logistics wizardry every year to provide support for the program by way of trucks, supplies and manpower."

Overton, a frequent volunteer for MCB Hawaii, was chosen to accept the award for his active participation in the

Special Olympics and other community projects. He was presented with a plaque and lei from the staff of Special Olympics, and was personally praised for Marines' helpful participation.

"I feel honored accepting this award for the base," said Overton. "It feels great knowing that an organization I represent is so well appreciated for what they do.

"You know you have really helped someone out when you see them thank you face to face."

Many other special Olympians were awarded for their performance, and one was inducted into the Special Olympics Hawaii Hall of Fame.

To volunteer, contact Deanna Donaldson at 375-3726 or Staff Sgt. Brian Donaldson at 779-6300, coordinators for Windward Oahu operations.



Sgt. Joseph A. Lee

Corporal Dominic T. Overton, 1st Bn., 12th Marines, accepts the Outstanding Volunteer Organization of the Year award at the banquet Sunday.

MCBH News Briefs

STATE ALERT SOUNDS TUESDAY

The State Civil Defense monthly test of sirens and the Emergency Alert System will be held Tuesday at 11:45 a.m.

The siren test is a steady 45-second tone, used to alert the public of any emergency that poses or may pose a threat to life and property. The siren signal alerts the public to turn on any radio or television for emergency information and instructions broadcast by civil defense agencies.

State Civil Defense tests are conducted simultaneously in cooperation with Hawaii's broadcast industry each month. Disaster preparedness information is located in the front section of the white pages of telephone directories in all counties.

VOLUNTEERS SOUGHT FOR KAPA'A QUARRY ROAD CLEANUP

Another Kapa'a Quarry Road clean-up has been scheduled for Saturday. 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 and a safety brief will be delivered then. 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.

IMPORTANT NUMBERS

On-Base Emergencies	911
Military Police	257-7114

Hawaii MARINE

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

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FAX: 257-2511, PHONE: 257-8840

The Base Recycling Center seeks 'supercharged' patrons

Karen Balabis

Engineer, Environmental Protection and Compliance Department

The MCB Hawaii Recycling Center installed a new "super baler" during the week of Aug. 3, designed to produce export-sized bales of cardboard in less time with less work.

According to Jim Sibert, Recycling Center manager, this new equipment creates a more efficient, cost-effective Recycling Center. Customers can now expect to spend less time waiting to drop-off their recyclable material.

The new baler allows the Recycling Center to use the old cardboard baler to process white paper exclusively, assisting the Recycling Center in saving MCB Hawaii hundreds of thousands of dollars a year in transportation and landfill disposal costs.

"Purchasing new equipment like this shows the commitment MCBH has in the recycling program and the environment," said Sibert.

Participation in the recycling program makes sense, not only for the environment, but economically. Ensuring that units and departments are diverting recyclable material out of the trash goes a long way in assisting the Recycling Center with its efforts.



Photos provided by Mr. Jim Sibert

Marines are now using the Recycling Center's new "super baler," that produces export-sized bales of cardboard in less time with less work than their old baler. The new equipment is expected to increase productivity in the recycling center.

Residents of the base are encouraged to pitch in and collect cardboard, white paper, newspaper, aluminum cans, glass and plastic. Everyone working together can make a difference in the world.

For assistance in establishing a recycling program within your unit or department, contact Mr. Jim Sibert at the Recycling Center at 257-4300, or e-mail him at sibertj@mcbh.usmc.mil.

WATER: Board of Water Supply hopes to decrease demand by 10%

From A-1

Oahu residents if projected water levels aren't reached soon, according to the Honolulu Board of Water Supply.

Water conservation is an important issue for all island residents. It is a matter of concern for both commands and residents.

"We need the help of every single customer -

large and small to bring these numbers back down to reasonable levels, and to keep our aquifers healthy," said Clifford Jamile, the Honolulu Board of Water Supply Manager and Chief Engineer.

"Our goal is to reduce overall daily demand by 10 percent," said Jamile. "We are asking all water users to help us voluntarily reduce their consumption.

Cutting back on overall water demand will allow our wells to build up storage again.

"This hot summer season, combined with a prolonged drought and relatively dry winters, have taken a toll on our island's groundwater aquifers," he continued.

"Levels at key production sites such as Kaimuki, Beretania, Kalihi, Moana-

lua, Halawa, Kalauao and Punalu'u are cause for concern," said Jamile. "All of these wells are down by almost two feet since May of last year."

For more about water conservation, visit the Board of Water Supply Web site at www.hbws.org or the Department of the Interior's U.S. Geological Survey Web site at <http://water.usgs.gov/>.

TIPS: Residents must restrict watering to early morning or evening hours

From A-1

wisely, and not to waste it.

Therefore, when watering lawns — be wise. Watering a lawn during the daytime is the worst time. From 10 a.m. to 2 p.m., the sun is at its highest and hottest; it is very potent and can burn grass and may waste water.

It is a better idea to water lawns during the evening hours or early in the morning so the water is absorbed into the ground and not evaporated.

Also, lawns don't need water every day. Your grass can give an indication of when it needs water, when the blades of grass are pushed down and they don't spring back up.

People also usually wash their vehicles on the weekend. The wise way to use water doing this chore is by using an automatic shut-off, adjustable nozzle at the end of the hose to prevent overspray and excess usage.

Another option is to use the Marine Corps Community Services' car wash facility (located just off "E" Street, near the Auto Skills Center). Water-use efficiency is built into the car wash facility.

Lastly, when planning a unit car wash on base, follow the advice above.

For more information about water usage and other energy-related topics, see Base Order 11300.13, "Utilities and Energy Conservation."



Cpl. Jessica M. Mills

Lance Cpl. Adam Barrett, a team leader with Echo Co., 2nd Bn., 3rd Marine Regiment, washes his gear at the base car wash. Residents are encouraged to use the base car wash for their vehicles and gear, rather than using their hoses at home.



Sergeants and below who dare to become Combat Correspondents and who would pride themselves in telling the Marine Corps story can seize the opportunity with a lateral move into the 4341 occupational field. Contact Gunnery Sgt. Rhys Evans at the Public Affairs Office, 257-8840, for complete details.

Weapons Co., 2/3, snipers dig in deep

“One shot, one kill” is the sniper’s mantra when he shoots, moves and communicates

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

The Marine Corps sniper has covered his face with paint that resembles the natural surroundings about him, and he is covered with grass from the field in which he is hiding.

Less than 300 yards away is an enemy considered to be armed and dangerous. The sniper must get even closer to him to get the perfect shot and eliminate the threat the enemy poses.

“One shot, one kill,” he repeats in his mind as he zeros his sights in on the unsuspecting enemy.

Similarly, scout snipers with Weapons Co., 2nd Bn., 3rd Marine Regiment, aboard MCB Hawaii, Kaneohe Bay, could be within 50 yards of you, and you would never know — until it was too late.

They have endured countless treacherous realms of training in which they have had to lay dormant for hours on end battling the natural forces of blistering heat, creepy insects and sharpened thorns as they prove themselves worthy of the title “scout sniper.”

August 20, these scout snipers from Weapons Co., 2/3, found themselves on the Waipia Peninsula conducting stalking exercises in an effort to keep their skills sharp and to give Marines coming from line companies the chance to have a first-hand look at the life of a scout sniper before they begin



Lance Cpl. Jared Shaver, a scout sniper with Weapons Co., 2/3, keeps a low profile and moves slowly across a field as he attempts to move in close to the observers in order to fire off one deadly shot.



(Left) Sgt. Gerald Eggers, platoon sergeant for Weapons Co., 2/3, searches a field in front of him with binoculars for any possible snipers attempting to enter the area.

(Right) Lance Cpl. Jared Shaver, a scout sniper with Weapons Co., 2/3, knows how to disguise himself and blend in with his surroundings as he demonstrates the proper use of camouflage paint.

the Scout Sniper School.

As the Hawaiian sun pounded furiously on the ground below, the Weapons Co., 2/3, scout snipers worked hand in hand with the trainees. They

demonstrated the proper way to approach enemy undetected.

Their enemy in the situation was another scout sniper who was playing the role of an observer. His eyes are trained

to catch the slightest unnatural disturbance in the environment around him.

Snipers moved within 200 yards of the observer’s position and fired off one blank round

without being detected. After the sniper fired the round, the observer held up a miscellaneous object. It was identified by the sniper hidden on the ground below. His shot proved he could have actually taken a clear and focused aim on the trainee.

“We must conduct training like we did today at least once a month, and sometimes more than that, in order to keep the Marines’ stalking skills sharp,” said 1st Lt. Colby Barrett, scout sniper platoon commander with Weapons Co., 2/3. “We are also trying to get the Marines who are preparing to go to Scout Sniper School ready for what lies ahead. They are learning today that being able to stalk the enemy and go undetected is the hardest part of the training.”

The following day, Aug. 21, the Marines’ training continued as they divided into offensive and defensive teams. The defense sat in still positions and located offensive teams as they approached.

The defensive teams could not move, but they possessed two advantages in their favor — two observers who were looking over the area in which they were hiding.

The only way the offense could claim victory was if it could shoot both observers or locate the defensive teams and destroy them.

The defense had to locate the offensive team as it approached, or allow the offensive team’s four-hour time limit to expire.

“This is even better training because they will not know the positions of any teams as they search the area for them,” said Sgt. Gerald Eggers, platoon sergeant with Scout Sniper Platoon, Weapons Co., 2/3. “This is a challenge intended to sharpen their skills as snipers.”

Troops urged to attend to legal affairs before deploying

Gerry J. Gilmore
American Forces Press Service

WASHINGTON — American service members have deployed to locales across the globe for months at a time since the advent of the war against global terrorism.

Therefore, it’s important military members vigilantly ensure a constant state of legal readiness, Capt. Brian K. Keller, a Marine Corps lawyer, asserted during an interview with American

Forces Press Service.

Keller is the officer in charge of the Marine legal assistance office at Henderson Hall, Va. He maintains that service members should “take some time,” long before a deployment becomes a possibility, to consult a military attorney for evaluation of their legal readiness, including the usual suspects — wills and powers of attorney — but also the laundry list of other issues.

Military legal assistance attorneys can help service members complete that list,

but once deployment comes into view, Keller noted, it often is too late to attend to the myriad of appointments, paperwork and actions needed to ensure legal readiness.

The military provides free legal assistance to service members and their dependents, Keller pointed out. Legal assistance attorneys handle traditional transactions like arranging wills and powers of attorney. They can also counsel service members on a wide range of topics, including insurance matters, con-

sumer and civil law issues, court hearings and child support obligations.

Powers of attorney, Keller noted, are powerful legal documents that authorize a designated representative to conduct specific transactions in the name of the absentee.

Yet, a general power of attorney without limits, he cautioned, may give holders “unlimited powers to do whatever they wanted to with your assets.”

See LEGAL, A-8

Word on the Street

If you could change one thing in the world, what would it be?



“I would get rid of the hereditary cancer strain in my family.”
Lance Cpl. Jamie Taylor
TMO Clerk,
Headquarters Bn.,
MCB Hawaii



“I would have finished school and become an officer.”
Lance Cpl. Iniobong Ubiam
Anderson Messhall
Headquarters Bn.,
MCB Hawaii



“I would make it so we only had a four-day work week.”
Petty Officer 3rd Class David Martinez
Airframer,
HSL-37



“I would pursue my academic career more seriously instead of waiting till now.”
Sgt. Bryan Sichley
Base Fuels
Headquarters Bn.,
MCB Hawaii



“I would make it so in order to lose weight you would eat more and exercise less.”
Sgt. Jennifer Drummonds
Anderson Mess Hall
Headquarters Bn.,
MCB Hawaii

Patrol keeps UFL safe

Cpl. Luis R. Agostini
Marine Forces Pacific

PALAN, Republic of Korea — Marines take care of their own. Whether at Camp Smith, Kaneohe Bay, or even the Republic of Korea, Leathernecks from Marine Corps Base Hawaii Military Police Company take every step to ensure the safety and discipline of Hawaii-based Marines, home and abroad.

Coinciding with the beginning of Ulchi Focus Lens 2003, Marine MPs activated the shore patrol, and rotating teams of seven military policemen are now patrolling the streets of Osan, a favorite liberty destination for service members stationed in the Republic of Korea.

Osan Air Base provides military law enforcement in the town of Osan. The Osan AB Security Force has jurisdiction over service members staying within Osan AB's area of responsibility.

"Technically, we can't do anything," said Sgt. Steven Daniels, a military policeman with the shore patrol. "We are here to provide a presence and to ensure the safety and protection of our Marines and Sailors."

What a presence it has been.

"We walk into bars, and you see Airmen put down their drinks and sit rigidly," said Sgt. Steven Daniels, a military policeman with the shore patrol. "Even in the streets, they see our digital cammies, and the expression on their faces says it all."

Despite the difference in authority between the Shore Patrol and Security Forces, the two law enforcement groups have worked together very well, sharing information and even patrolling the streets together.

"There's been really good cooperation between us," said Daniels. "They've shown us the spots where we should be keeping Marines out of, helping us take care of them."

CFC commander lauds CMFC's performance during UFL-03

Cpl. Luis R. Agostini
Marine Forces Pacific

PALAN, Republic of Korea — Army Gen. Leon J. LaPorte, commanding general, Combined Forces Command, visited the Marines and Sailors of Combined Marine Forces Command here Aug. 24.

Accompanied by Lt. Gen. Wallace C. Gregson, commander, CMFC, and Republic of Korea Marine Lt. Gen. Kim In Sik, commandant of the R.O.K. Marine Corps, Gen. LaPorte made his way through the various CMFC sections, praising the efforts of the combined Ulchi Focus Lens-03 staff for their hard work.

"I am very impressed with CMFC and III MEF's brilliant efforts over the past year," said Gen. LaPorte.

Combined Forces Command had the confidence that Marines from Okinawa could get on high-speed vessels and engage in conflict early on, if conflict ever occurred, said Gen. LaPorte.

"[Lt.] Gen. Gregson and [Lt.] Gen. Kim provided the basis for that capability to deploy the U.S. and R.O.K. Marines on very short notice," said Gen. LaPorte.

Marines serving in the Combined Marine Force Command's area of responsibility can expect to see Korea a lot more than a couple months out of the year.

"We are going to try to have Marine training here every quarter," revealed Gen. LaPorte. "We don't know at what level, but there will be a Marine training event every three months."

Ulchi Focus Lens-03 exercised the higher headquarters' staffs of the U.S. and R.O.K. military services through computer-driven gaming scenarios, providing the CMFC and



Courtesy of Republic of Korea Marine Corps

Army Gen. Leon J. LaPorte, commanding general, Combined Forces Command, met Combined Marine Forces Command staff during a visit to the Republic of Korea Marine headquarters here Aug. 24.

R.O.K. staffs the ability to maneuver armies, corps, and Marine Expeditionary Forces on the computer-simulated battlefield.

The annual combined exercise took place in several locations across South Korea, including Seoul, CP Tango, Taegu, Pohang, Osan, Chinhae and here.

Combined Forces Command, the organi-

zation responsible for the overall direction and operation of UFL, reflects the mutual commitment of the Republic of Korea and the United States to maintain peace and security, and the willingness and capability to take that commitment into battle, if the need arises, according to www.korea.army.mil/cfc.htm, CFC's official web page.

MARCENT wisdom helps prepare for UFL

Cpl. Luis R. Agostini
Marine Forces Pacific

PALAN, Republic of Korea — It took several long, hard months of continuous preparation for the Marines of Marine Forces Pacific for the unexpected Operation Enduring Freedom, as well as Operation Iraqi Freedom.

Over the span of those 18-plus months, the men and women who served with Marine Central Command in Bahrain achieved victories, sacrificed losses, made mistakes and as a result learned many valuable lessons in preparing for future operations and exercises.

That wartime experience made the preparation process

for Ulchi Focus Lens 2003 flow a little more smoothly for many Marines and Sailors. From the operational level, in planning logistical support and unit movements, down to the tactical level, knowing what and how to pack expediently, the MARCENT experience made the OEF/OIF Marines and Sailors wiser.

Noncommissioned officers who deployed in support of OIF/OEF had a chance to work in a command staff environment, as well as gain valuable leadership experience.

"My time in MARCENT helped me develop a better understanding of what a general and his staff must do to ensure a war has favorable results," said Sgt. Sarah Myszka,

aviation planner, aviation logistics division, Combined Marine Forces Command.

The different duties required of a noncommissioned officer during the campaign varied, from multimedia support to enhanced job proficiency.

"I developed the confidence I needed to brief the general, and learned what my roles as an aviation logistician were in wartime," said Myszka.

The success of the insertion, or "embedding," of the mainstream media during Operation Iraqi Freedom broke new ground in the relationship between the military and the media. With the coordination of public affairs officers and commanders, members of the media were able to relay streaming images and reports to millions of Americans watching their television set.

In planning and

executing UFL, Col. Michael Daily, Marine Forces Pacific public affairs officer, commented on the value of the embedding process and the valuable lessons learned.

"The embedding lessons of OIF provided valuable discussion points and procedures for the R.O.K. Marine public affairs department," said Col. Daily. "The R.O.K. Marines are very curious to learn about our experiences with this process."

For many Marines, the absolute key to success for any deployment is the support of their friends, families and fellow devil dogs.

"We need to learn to understand and appreciate those around us, and also ensure that our young families are ready to be on their own while their Marine is away," said Myszka. "If Marines are not worrying about things back home, they'll be able to clearly focus on the mission at hand."

Mortars blast through Australian training

Sgt. Valerie A. Martinez
MCAS Iwakuni

MARINE CORPS AIR STATION IWAKUNI, Japan — A small detachment of Camp Lejeune, N.C.-based Marines returned from Australia recently after supporting Southern Frontier 2003.

The 3d Battalion, 8th Marines, 2nd Marine Division unit, which is currently on an extended Unit Deployment Program in Okinawa, Japan, supported the second phase of the Marine Aircraft Group 12 exercise.

During their stay at Royal Australian Air Force Base Darwin, Australia, the 19 Marines and one Sailor detachment provided critical support to Marine Fighter Attack Squadron 242 pilots as they conducted air-to-ground core competency training and close air support over the Delamere Range Facility.

Captain Geoffrey T. Tetterton, AV-8B pilot and detachment officer-in-charge, said his Marines provided air liaison to land forces and for the terminal control of aircraft while working as the Tactical Air Control Party.

With their 81 mm mortar high explosive and illumination rounds, the TACP Marines suppressed designated targets while F/A-18D Hornet pilots flew in for coordinated attacks.

“We mark the targets with illumination rounds so the pilots can easily find where they need to drop their bombs,”



Capt. Geoffery T. Tetterton

Sgt. Christopher Rosetti covers his ears as Pfc. Derek Schwartz backs away after dropping an 81 mm mortar at the Delamere Range Facility in Australia during Southern Frontier 2003. Both Marines are with 3rd Bn., 8th Marines, and worked as the Tactical Air Control Party.

said Lance Cpl. Robert S. Smith, 3d Bn., 8th Marines, fire direction control coordinator. “At the same time we suppress notional enemy anti-air defense batteries on the ground so they don’t shoot the jets as they fly over.”

In between CAS missions each day, Tetterton said his Marines “have gotten

in a lot of their own training.”

“It is very important for us to keep our proficiency up as a mortar team,” said Staff Sgt. Alterreck K. Rainey, 3d Bn., 8th Marines, section leader, especially since there are not many places in the Western Pacific that this type of training can be done.

“We can do true combined arms here which is really great,” said Tetterton. “At a lot of the places we train the pilots can simulate close air support, but we can’t do it for real. Because of Australia’s wide open spaces it is one of the few places we can do true CAS.”

Australia’s ranges also offered both the pilots and ground support Marines the opportunity to work with high explosive bombs, something that gave both parties a greater feeling of realism.

“All the rounds go off differently, and they all have a different effect on the target” said Smith. “It is more realistic when you see the real thing, because if you have never seen a 500 or 1,000-pound bomb explode, you don’t know how you are going to react.”

Similar training can be done with simulation rounds, added Tetterton, “but there is a greater feeling of satisfaction knowing it is the real thing. It also gives you a better idea of what the bomb can do and how it will affect the enemy.”

Corporal Curtis R. O’Neal, 3d Bn., 8th Marines, forward observer, said this exercise “has been a great opportunity to work with the air wing. It has given everyone involved the opportunity to see the whole picture instead of only knowing what happens on their end.”

The detachment was replaced by 1st Bn., 25th Marines, and is currently supporting Marine Fighter Attack Squadron 212 during the third phase of Southern Frontier 2003.

All Hail to the Chief!

A young girl with an American flag in her hair sits above the crowd on the shoulders of a service member proudly displaying her patriotism during the president’s visit to Marine Corps Air Station, Miramar, Calif., Aug. 14.



All combat art illustrations by Sgt. Jack M. Carrillo, combat artist, Marine Corps Historical Division



COMBAT ART



Gifted and creative artists — from combat photographers and illustrators to print and broadcast journalists, as well as the individual leatherneck, whether in or out of uniform — help to tell the Marine Corps story to all generations



Depot's combat artist illustrates Marine Corps' historical legacy

Cpl. Ethan E. Rocke
MCRD San Diego

MARINE CORPS RECRUITING DEPOT, San Diego — Without the aid of any camera or high-tech broadcast equipment, one Marine completed a very unique mission during Operation Iraqi Freedom — telling the Marine Corps' story with nothing more than a sketch pad, pencils, some charcoal and a very deep love for art.

In America's most recent war, Sgt. Jack M. Carrillo, combat artist, Marine Corps Historical Division, was the first enlisted Marine assigned to the region with the specific mission of creating combat art.

"It was a huge honor to be selected for this mission," said Carrillo. "It was a dream come true to be able to use my art and ability to tell the Marine Corps' story and be a part of something that's bigger than me."

Carrillo, formerly assigned to the depot's Combat Visual Information Center, was



Cpl. Ethan E. Rocke

Sergeant Jack M. Carrillo, combat artist, works on an Operation Iraqi Freedom watercolor project for the Marine Corps Historical Division.

augmented by Historical Division, Headquarters Marine Corps, for the distinctive mission in January, not long after becoming the first enlisted Marine to design Marine Corps uniform

plates. Carrillo made a name for himself within the small community of Marine combat illustrators after rendering the paintings of Marines wearing the Corps' new

combat utility uniforms.

He headed to Kuwait in January anxious to let the inspiration flow and do what he says he does best: create art.

"It's like a nervous twitch," said the 32-year-old, brown-eyed Marine. "Some people tap their fingers or chew on pencils; I have to draw. It's something inside me that always has to get out. Any time, any place, any situation, I'll throw down [art]."

Prior to departing for Kuwait, Jack Dyer, curator of art, Historical



See ART, A-7

ART, From A-6

Division, briefed Carrillo on the expectations of his mission.

“Jack told me he would not tell me what, how or when to draw, only that I was to be a hustler, get as close to the action as possible and document through art, the climate of any given situation. With those simple instructions, I set out to do exactly that,” Carrillo said.

He arrived in Kuwait to find he was operating very much on his own. His mission became one of adaptation and improvisation as he slowly found the connections and resources needed to accomplish his mission.

By the time the war began, Carrillo had joined a team of Marine ‘storytellers,’ who fell under the same command as he did. A fairly well-equipped crew of Marine videographers quickly adopted Carrillo and formed a small combat visual information team.

The CVI team, still needing a parent unit to fall under, found itself attached to Delta Co., 1st Tank Bn., 7th Marine Regiment, for the operation to liberate Iraq.

It didn’t take long for Carrillo to find himself completely absorbed in the front lines of the war with a constant barrage of inspiring images to “throw down.”

“I tried to capture anything I thought was historically significant or things I just connected with as an artist,” he said. “If I thought something had a good story, I tried to capture it and tell the story.”

Carrillo said there were times when he became frustrated because he couldn’t capture certain aspects of his surroundings, such as the smell of burning palms and twisted metal, or the sound of stray Iraqi dogs barking throughout the night.

Carrillo, whose art experience includes a lot of work in graffiti art, said he found himself driven by the fast-paced nature of



Photo courtesy of Sgt. Jack M. Carrillo

Once a street artist painting graffiti murals as a specialty, Carrillo gets back to his roots during Operation Iraqi Freedom by taking a moment to tag a wall.

his mission and environment and related it to the spirit of graffiti art.

“The spirit of street art inspired me,” he said. “It’s fast-paced, in-your-face, create-it-and-go art,” he said. “Any graffiti artist has the potential to be a great combat artist. I love that spirit.”

Carrillo channeled that spirit consistently, throwing down his art in various locations throughout Iraq. From Kuwait to Baghdad, and eventually further than that, he created more than 150 sketches of everything from female mechanics working to Iraqi prisoners to tank battles.

Like everyone else, Carrillo experienced the constant challenges combat presents. On the second day of the war, the Humvee carrying his equipment drove into a swamp and overturned during a fire fight in Al Basrah. The majority of his art supplies and equipment was damaged beyond salvation, but Carrillo overcame the mishap and carried on with five sketch pads, some pencils, graphite and charcoal.

“All my watercolors and paints were trashed, but in a way, it simplified the way I executed my mission,” said the 6-foot Marine. “You have to adapt and overcome in that environment. That’s just something we as Marines have ingrained

in us. We accomplish the mission no matter what it takes.”

While he was accomplishing his mission, Carrillo found himself establishing strong bonds and friendships with the Marines he was serving alongside. It didn’t take long for Carrillo to translate those bonds into his artwork.

“Marine tankers are a very tough crew to run around with,” Carrillo said. “Those Marines became my brothers. We fought, served, prayed, sweated and stank together.”

Despite the chaotic environment Carrillo was enduring, he stayed motivated and excited about his mission, and his true nature as an artist and instinct as a Marine first drove him to stay in Iraq as long as he could.

“When division finally caught up with me, I didn’t want to leave,” said the energetic Marine. “I wanted to keep drawing and doing what I love.”

Carrillo eventually left Iraq for Kuwait and then headed back home to San Diego. Since then, he has been assigned temporary additional duty to 1st Marine Expeditionary Force.

He is currently completing his pioneering combat art mission by finishing 10 paintings for the Marine Corps Historical Division to supplement the 150 sketches he already rendered in the war, and according to Historical Division officials, they are pleased with his efforts.

“Sgt. Carrillo is a talented, vigorous and productive combat artist,” said retired Capt. Charles Grow, assistant curator of art, Historical Division, and former combat artist. “He is a good Marine, and I think he’s going to do good things for the Marine Corps combat art collection.”

Carrillo’s artwork will tell the Marine Corps story for decades to come, and those who observe it can hear Carrillo speaking to them through the art that served as his voice during Operation Iraqi Freedom.

“Art is everywhere at any time. It’s something I have to do. It’s a man’s creative voice,” Carrillo said. “Art is how I cope in life, and to be a part of the combat art legacy is an amazing feeling.”



Drinking & Driving Doesn’t Pay

Cpl. Roderick Allen of 2nd Battalion, 3rd Marine Regiment was arrested for driving under the influence with a blood alcohol level content of .125%. His License was suspended Aug. 16, his decal was removed from his vehicle, which was removed from base Aug. 18.

Lance Cpl. Miguel Castillo of Headquarters Co., 3rd Marine Regiment was arrested for driving under the influence while under age with a blood alcohol level content of .145%. His License was suspended Aug. 16, his decal was removed from his vehicle, which was removed from base Aug. 18.

The “Golden Eagles” give DEFY a lift



Courtesy of VP-9

A DEFY member gets a hand from a member of Patrol Squadron 9 as he tries to overcome the obstacle course aboard MCB Hawaii.

Lt.j.g. Lauren Ihrig
Patrol Squadron 9

The “Golden Eagles” of Patrol Squadron Nine are proud to have some of its sailors participating as mentors in the Marine Corps Base Hawaii’s DEFY Program.

The Drug Education for Youth Program provides military dependents between the ages of nine and 12 with life and leadership skills to deter the use of illegal substances.

Goal setting, team building, conflict resolution, and decision-making are all taught through various lessons and activities to instill a positive focus within the children.

One of the “Golden Eagle” volunteers, Petty Officer 2nd

Class John Goo, is not only a DEFY mentor, but also the DEFY Camp Director aboard MCB Hawaii.

He first became involved with the program while stationed in Point Mugu, California. Goo was absolutely impressed with the program and its impact on children.

At present, he has become one of the program’s biggest advocates, encouraging others to lend their time as well.

This year, there are 44 children enrolled in DEFY at MCB Hawaii.

Throughout the year, the children will be engaged in a two-phase process. Included in Phase I are multiple field trips, as well as the President’s Fitness Challenge.

Phase II, which occurs during the school year, is comprised of workshops and mentoring sessions.

According to the Golden Eagle mentors, DEFY is hard work, but extremely rewarding.

They build and strengthen relationships all year long and are most pleased when the children begin using the DEFY skills on their own.

“DEFY is such a great program. It gives the next generation the necessary tools needed to live an effective and meaningful life,” said Goo. “I believe in this program and I’m grateful for all the support our command has provided for us to meet the high demands of DEFY’s curriculum.”

Recruiters truckin’ to meet yearly quotas

Sgt. Cheryl A. Mann
12th Marine Corps District

RECRUITING STATION ORANGE, Calif. — The Marines’ newest drill team rolled in and flanked the competitors in a larger than life display. Two Marine Corps wrapped tractor-trailers commanded the attention and awe of those in attendance.

“These are great — this is a brand new truck,” said Sgt. Wesley Michalk, recruiter, Recruiting Substation Redondo Beach, Recruiting Station Orange. “This is better than a billboard; these can go everywhere.”

The trucks appeared at the West Coast National JROTC Drill Competition in El Segundo, Calif. The meet in Redondo Beach, Calif., was held at the Raytheon facility and was attended by teams from 36 California high schools.

This year, in addition to the aircraft and tactical vehicle displays, the Marines had the added benefit of a few good trucks, as the backdrop for their recruiting booth.

Currently there are 50 trucks wrapped with the images of the Marine Corps drill team on one side, the Mamaluke sword on the other, cruising the roadways of Orange and Los Angeles coun-

ties in California.

According to Tom Flynn, owner and operator of Y3K Grafix, Inc., GI Trucking of Torrance, Calif., provided two of their 13 wrapped trucks for the event.

The concept for the rolling billboards was born out of an initiative to wrap the tour buses for the Marines of Marine Barracks 8th & I, Washington, D.C.

Since the birth of the concept, Flynn has devoted most of his efforts to bringing the Corps’ vision to fruition.

“It’s been pretty consuming,” Flynn admits. But he says it’s a passion born of his conviction that he’s providing a great asset to America’s fighting forces. Since the project’s inception, he’s committed himself to everything from reviewing applications from trucking companies who want to participate, to analyzing the routes traveled to ensure the Corps is getting maximum exposure.

As a member of the American Trucking Association, his experience has provided him the expertise to ensure that the Marine Corps’ reputation for quality is evident in the selection of companies to carry their message.

“I’m the one they’re depending one to produce and install the wraps, and contract with the trucking companies. I only want the best quality — any rust on a



Staff Sgt. Cheryl A. Mann

The Marine Corps’ truck wrap program is a coast-to-coast advertising blitz. Two of the newly wrapped trucks made their debut appearance at the West Coast National JROTC Drill Competition in El Segundo, Calif.

truck means their application won’t be accepted,” Flynn explained.

There seems to be no shortage of trucks — they’re lining up to be one of the few and the proud.

“It’s a win-win situation; they love the exposure,” he said of the trucking companies and their drivers. He tells several stories of drivers actually being asked to stop so someone could get a picture with the giant Marine display.

Although he says this project has pretty much consumed his business flow,

Flynn says he wouldn’t have it any other way. His belief in what he’s doing is reaffirmed each time he sees his handiwork driving by.

“It’s the right thing to do,” Flynn says of his devotion and sacrifice. “My fulfillment comes from them being used. They’ve been great for the Marines.”

With 275 trucks already completed nationwide and 640 more scheduled for completion in May, his goal of 1,000 wrapped trucks cruising across the country is almost a reality.

LEGAL, From A-3

Depending on the situation, authorizing general powers of attorney can “be a terrible thing to do,” Keller pointed out. Instances of misuse of powers of attorney, he noted, have been known to occur during and after deployments. Therefore, he recommended that powers of attorney should be limited “to about a one-year time span,” and should be given sparingly and only to trustworthy and financially responsible individuals.

When deployed overseas, Keller noted that service members will find it’s difficult to

revoke powers of attorney. To effectively revoke powers of attorney, he explained, “You not only have to give the revocation to the holder,” but also to anyone that may rely on the power of attorney such as businesses, banks or mortgage lenders.

To mitigate possible misuse of powers of attorney, Keller said it’s a good idea “to have a special power of attorney that’s limited to a certain amount of time” and that spells out exactly what the holder is authorized to do.

For example, he noted, powers of attorney can be written to only authorize the issuance of checks in specific amounts and

to pay specific bills.

A will, Keller noted, is another important legal document that service members should periodically review and update as needed, typically due to circumstances such as new members to the family, divorce, changes in assets and other factors.

Divorced or separated service members with child support payments, or other financial obligations, should ensure that such monies continue to be provided to the appropriate agency or person, to include during periods of deployment, he added.

If child support obligations

will become exceedingly financially burdensome or impossible to meet during deployment, service members must request a decrease of the court-ordered amount well before deployment, Keller pointed out. Waiting too long, he noted, may waive any possibility of a decrease.

All in all, keeping up with legal affairs — especially before being deployed — benefits both individual service members and military readiness, Keller emphasized.

Service members with their legal affairs in disarray, and hard pressed to effectively tackle those problems, often become

overwhelmed and consequently “can’t do their jobs appropriately,” Keller noted.

And in the long run, “they’ll incur more financial damage,” Keller pointed out, “if they don’t set up preventative [legal] measures beforehand.”

The need for service members to attend to legal readiness issues is no less important than carrying the proper homeowner’s or automobile insurance policies, Keller said.

Because “there’s no way the military can verify each service member’s legal readiness,” he pointed out, “the onus of [legal] preparedness” falls on the individual [service member].

COOK OFF

Anderson Hall chefs compete for culinary crown

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

Top food preparation specialists at the Anderson Hall dining facility competed Thursday in a culinary exhibition to designate one Marine as the Chef of the Quarter.

Guest of honor Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii, presented the top chef at the competition — Lance Cpl. Brian S. Hopkins of Headquarters Co., 3rd Marine Regiment — with an abundance of prizes for winning the culinary battle.

“I assumed the winner would receive a trophy, but I was amazed when the gifts kept coming,” said Hopkins.

The gifts Hopkins received included multiple culinary knife sets, dinner for four, a dinner cruise for two, as well as a plaque and an apron.

Though the five competing cooks all provided excellent dishes, according to Brig. Gen. McAbee, the point totals at the end declared a single winner — a Southern-inspired dinner course prepared by Hopkins.

Hopkins, who also provided the largest variety of dishes, offered his meal of K.C.-style barbecue ribs, slow-simmered sweet corn, southern-style collard greens, barbecue-smoked baked beans, oven-browned potato skins, sweet golden brown rolls, fresh-tossed green salad

on the side, and a lemon pie dessert.

“I think the ribs and the collard greens were the key element,” said Hopkins. “The ribs were slow-cooked for four-and-a-half to five hours, so they were quite tender. My grandma’s recipe for collard greens was prepared perfectly, and they are what I grew up on, and I’ve always loved them.”

The panel of judges, which included Sgt. Wilfred Castillo, of 1st Bn., 12th Marines, agreed that the competition was very hard to judge.

“It was extremely close,” said Castillo. “Some of the Marines offered mediocre presentations while others went all-out in their presentation.

“Hopkins provided a good combination of both style and taste that we found to hit the spot.”

A chef since the young age of 15, Hopkins has cooked for the past eight years in various places, to include the Cordon Bleu Culinary School in Texas.

“This type of competition is a little different, because you are cooking your



Above — Lance Cpl. Brian S. Hopkins presents his meal, complete with K.C. style barbecue ribs, sweet corn, potato skins, collard greens and baked beans.

Right — Lance Cpl. Rafael Collins, with 2nd Battalion, 3rd Marine Regiment, assists with the presentation of Lance Cpl. Brandon Gonzalez's Mongolian barbecue dish.

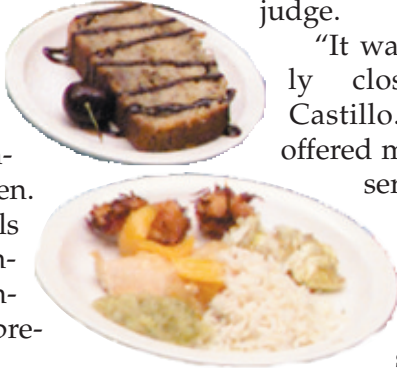
dishes right next to everyone else, so they can see what you are preparing,” said Hopkins. “Of course, every Marine wants to one-up the next guy, so it turns into an all-night event.”

Like most of the other chefs in the competition, Hopkins began preparing his meal approximately 20 hours before the event and worked through the night to ensure everything was prepared perfectly. According to Anderson Hall food services administrator Gunnery Sgt. Laura White, the culinary exhibition was the final stage of a three-step process conducted every quarter to determine the Chef of the Quarter.



“The competing Marines are given a 50-question written exam and are exposed to an oral exam based around current events, military knowledge, as well as food services knowledge to determine the top five competitors who will compete in the exhibition,” said White. “At the end of the year, all of the Chefs of the Quarter will compete for the title of Chef of the Year.”

According to White, all bases in the Marine Corps do not regularly hold a Chef of the Quarter competition, and she believes it is an event more bases should initiate to give recognition to their top culinary professionals.





Veterinarians and volunteers guide the whales into the open water rehabilitation facility at Marine Corps Base Hawaii, Kaneohe Bay. After one whale's condition deteriorated and it was euthanized, the other whale was transferred into a smaller tank for further rehabilitation.

Researchers learn key lessons from euthanized whale, try to save second

Vets: "With a weak heart, it was just the whale's time to go."

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

During the past two weeks, volunteers from the University of Hawaii Marine Mammal Research Program, and tenants of the base, have been caring for and monitoring two whales that were found stranded at the Hau'ula Beach Park Aug. 16.

After transferring the whales into a larger open-water rehabilitation facility late last week, one of the melon-headed whales — the weaker of the two known as the number two whale — didn't cope so well after the transfer. The weaker of the two whales was euthanized Sunday, after a determination by the attending veterinarian that the animal was suffering.

"Midday Sunday, the animal began having a hard time supporting himself and began sinking to the bottom," said Marlee Breese, animal care specialist with the Marine Mammal Research Program. "The veterinarians and other care personnel agreed that it was in the animal's best interest to end the suffering."

According to Breese, any time an animal strands, the long-term chances of survival are very poor.



Dr. Paul Nachtigall, director of the Marine Mammal Research Program, Hawaii Institute of Marine Biology, University of Hawaii, guides the first of the two whales out of the holding tank with the use of a U.S. Marine Corps crane. The whales were moved into a larger open water rehabilitation facility for further observation.

A necropsy, or animal autopsy, was performed on the animal in an attempt to learn as much as possible about what could have caused the whales to strand themselves.

"We learned that the animal had a weak

heart, which is something that is very hard for any creature to overcome," said Breese. "It was just his time to go."

After the number two whale was put down, the number one whale was moved back into the smaller holding tank for closer observation, and where more intensive care could be provided.

"The combination of heat and radical tides in the open-water facility was not helping our care situation, so we moved the animal back to the smaller pool," said Breese.

The caretakers have been feeding and medicating the number one whale, while observing his internal functions using new information learned from the necropsy of the other whale.

"The size of the bladder, and course of the intestinal tract, help us determine whether the other animal is well hydrated and is processing food properly," said Breese. "Hydration is very important in the animal's survival."

According to Breese, the number one whale has not shown any difference in behavior since the loss of his counterpart. Animal care specialists will continue to do everything they can for the survival of the remaining whale.



Brad Ryon, protected resources management liaison with the National Marine Fishery Service, guides the two whales around their new temporary home, an open water rehabilitation facility much larger than the holding tank the whales were previously held in.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

AUGUST

30 / Saturday

“Lan Slam Lock-In” — Calling all players to the X-Box tournament and LAN gaming from noon, Saturday, until 10 a.m., Sunday, at the Kahuna’s Sports Bar & Grill 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. To preregister or for more information, go to www.lan.vision.net.

31 / Sunday

Officers’ Club Membership Sundays — Be one of the elite and sign up for Officers’ Club membership. This is your last chance to receive \$5 off Sunday Brunch (per immediate family member)

when you sign up for a First USA membership. For more information, call 254-7650.

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.

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.

5 / Friday

Joe Budden Live in Concert — Check out Def Jam Records’ quickest rising star at Kahuna’s ballroom. Tickets are on on sale at the Information, Tickets and Tours office. The concert kicks off at 9 p.m.

8 / Monday

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.

Fix it Yourself at the Auto Skills Center — Want to do a little work on your prized vehicle, but don’t have the space or tools to get the job done? Cruise on over to the Auto Skills Center located in Bldg. 3097, next to the 24-hour car wash, and get your baby back in top form. Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m., and weekends and holidays from 9 a.m. to 3 p.m. Keep an eye out for a deal at the sealed bid auto auction, which the Auto Skills Center

hosts from time to time. Call 254-7674 for more shop information.

Need a New Do? — Marine Corps Base Hawaii has three conveniently located barber shops and a beauty salon. The Mokapu Mall barber is in the mall next to the Main Exchange. Located right next door is a full-service beauty shop. If you find the lines a bit long, head over to the base theater courtyard, Bldg. 244, to a smaller yet equally talented barber. For those of you who work closer to the flightline, a shop is located in Bldg. 301. For more information, call 254-6588.

Looking for a Job? — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel office located in Bldg. 219 to get a job or career that suits your skills, schedule and style. Call 254-7619 or visit www.mccshawaii.com/jobs_listings.html, and find the position that’s just perfectly suited for you.

Officers’ Club and Staff NCO Club Membership Benefits — You’ve paid your dues and now you’re a member. So, what do you get by joining your club? All Officer’s and Staff NCO Club members are privy to reciprocal club benefits, Marine Corps-wide check cashing privileges, quarterly “members only” events, a free birthday

meal, discounted food and pupus. Other benefits include a monthly newsletter/calendar, monthly coupons, advanced sales for events, priority seating for events and discounted banquet room rentals. Officers’ Club members also have reciprocal privileges with the Hickam Air Force Base Officers’ Club. For more information, call 254-7650.

17 / Wednesday

MCB Hawaii Annual JEMS Job Fair — Catch this job fair at 11 a.m. until 3 p.m. in the Banyans Club at Pearl Harbor. The job fair is open to all military and DoD/Coast Guard I.D. card holders with base access, including spouses and family members, active duty personnel, retirees and reservists. This is a great opportunity for those seeking local or federal employment to network with employers and other job seekers. Bring your resumes and dress accordingly. Children will not be admitted. For more information, call 257-7790 or 473-0190.

Information, Tickets and Tours — This is the perfect time to take that much-needed hiatus from excessive work. Plan an outer-island excursion or take in some of the sites and activities on Oahu. Whatever your pleasure, Information, Tickets and Tours, and Leisure Travel can help you with reservations. Stop by the office at Mokapu Mall or call 254-7563 for info.

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: Fly out of here with SM&SP’s 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

SEPTEMBER

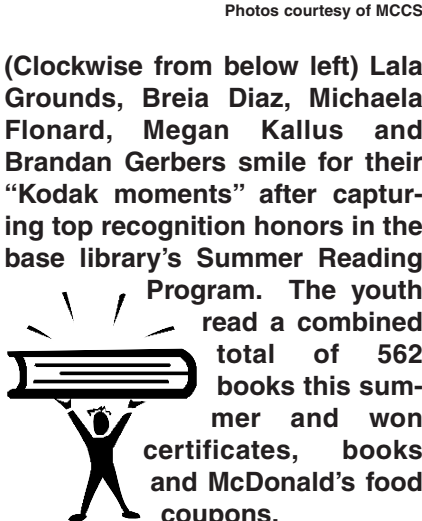
1 / Monday

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.

4 / Thursday

Staff NCO Karaoke Thursdays — Are you the next Sinatra? Let your buddies be the judges. Check out karaoke night in the Rocker Room every Thursday evening. The Club opens at 4:30 p.m. and closes at 8 p.m.

Bargain Thursdays at the Base Theater — Are you looking for something to do Thursday evenings? Well,



Photos courtesy of MCCS

(Clockwise from below left) Lala Grounds, Breia Diaz, Michaela Flonard, Megan Kallus and Brandon Gerbers smile for their “Kodak moments” after capturing top recognition honors in the base library’s Summer Reading Program. The youth read a combined total of 562 books this summer and won certificates, books and McDonald’s food coupons.

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.

- The League of XG (PG 13)

Legally Blonde 2 (PG 13)

Johnny English (PG)

How to Deal (PG 13)

How to Deal (PG 13)

The League of XG (PG 13)

Johnny English (PG)

The League of XG (PG 13)

Pirates of the Caribbean (PG 13)

Legally Blonde 2 (PG 13)

- Today at 7:15 p.m.

Today at 9:45 p.m.

Saturday at 7:15 p.m.

Saturday at 9:45 p.m.

Sunday at 3:30 p.m.

Sunday at 7:15 p.m.

Wednesday at 7:15 p.m.

Thursday at 7:15 p.m.

Sept. 5 at 7:15 p.m.

Sept. 5 at 9:45 p.m.

READING, From B-2

A total of 111 children participated in five different age categories: 0 to 3 years, 4 to 6, 7 to 9, 10 to 12 years, and 13 and older.

Parents took a very active role in the program reading to younger children.

The total number of books read was 4,547.

This year, special recognition was given to the top reader in each age category. In the 0 to 3 age category, Lala Grounds was the top reader with 375 picture books read; Michaela Flonard read 71 chapter books for the 5 to 6 year olds.

The 7 to 9 top reader was Megan Kallus with 72 chapter books; Brandan Gerbers read 24 chapter books for the 10 - 12 category; and in the 13 years and older group, Breia Diaz won top reader recognition having read 20 chapter books.

All five top readers received an additional special certificate and McDonald’s coupons, and books to keep.

McDonald’s of Hawaii and generous individuals who donate books to the base library supported the Summer Reading Program.

Marine Corps Community Services and the base library extend a big “mahalo” to all supporters.

A more beautiful Fort Hase beach



Marines and Sailors with Medical Co., Marine Aircraft Group 24, 1st Marine Aircraft Wing, worked together Aug. 21 as they spent the day picking up litter along the shores of Ft. Hase Beach aboard MCB Hawaii, Kaneohe Bay. Approximately 10 large trash bags full of debris were removed from the beach’s shores. Units as well as other concerned individuals aboard the installation, periodically police the grounds of all the beach areas at K-Bay, to ensure the environment and landscape reflects the beauty that all have come to expect in the Hawaiian islands.

Lance Cpl. Monroe F. Seigle

A helping of safety will be vital during Labor Day barbecues

NAPS
Featurettes

Families across the country will continue to fire up the grill even after summer’s close. Luckily, cooks can protect their outdoor meals by sticking to a few easy food handling and preparation steps.

“Consider your grill, tailgate party and picnic basket an extension of your kitchen,” said Carolyn O’Neil, registered dietitian and national spokesperson for the ADA/ConAgra Foods Home Safety program. “Remember to apply the same home food safety techniques whether eating meals inside or out.”

When it comes to safely preparing foods for outdoor dining and/or the grill, a recent survey (Impulse Research, 2003) by the American Dietetic Association and ConAgra Foods found that while a few play it safe, most of us are striking out. For example, a majority of respondents (56 percent) don’t know what temperature favorites like hamburgers and chicken should be cooked to for safe eating. And, when it comes to leftovers, one-third report leaving foods out unrefrigerated for more than an hour in hot weather (90 degrees or above) — an environment that allows harmful bacteria to quickly multiply.

Following these simple home food safety tips from ADA and ConAgra Foods will help guard your grill and protect your picnics.

Outdoor Grilling Tips

- Suds up the barbecue.* Be sure to scrub the grill, outdoor utensils, coolers and other containers with hot soapy water before cooking or packing up your favorite outdoor dining foods, and your hands too.
- Prop with purpose.* Make home food safety a topic of conversation at your outdoor celebrations by incorporating colorful, thematic coolers, cutting boards, plates and aprons that not only fit the party theme, but also serve an important safety purpose for your guests.
- Separate treats for backyard feasts.* Keep raw meats and ready-to-eat foods separate. Pack extra plates — always use a separate plate for raw foods and another for cooked foods to prevent cross-contamination. This holds true for your refrigerator, too; store raw meats on lower shelves to prevent raw juices from running onto other foods.
- Stay in tune with temps.* Favorite outdoor eats can be harmful if not fully cooked. Use a meat thermometer to make sure hamburgers are cooked to 160 degrees, chicken to 170 degrees and hot dogs reheated to 160 degrees. Never partially grill meat or poultry to finish cooking later.
- Get it made in the shade.* Stock coolers with plenty of ice and/or ice packs to keep foods refrigerated at temperatures below 40 degrees. Drop a refrigerator thermometer in your cooler to make sure foods are stored at a proper temperature. Transport foods in the back seat of your air-conditioned car instead of the hot trunk. Once at your outdoor dining destination, try to keep foods out of direct sunlight. Set up camp in the shade to make sure your food and guests stay cool.



ON THE MENU

Anderson Hall will serve the following this week:

Today	Monday	Wednesday
<u>Lunch</u> Beef Balls Stroganoff Baked Fish Fillets Macaroni & Cheese Steamed Rice Raisin Drop Cookies Asst. Fruit Pies	<u>Lunch</u> Beef Stew Baked Fish Fillets Baked Macaroni & Cheese Steamed Rice Oatmeal Cookies Asst.Fruit Pies	<u>Lunch</u> Chili Macaroni Roast Turkey Grilled Cheese Sandwich Mashed Potatoes Brownies Asst. Fruit Pies
<u>Dinner</u> Tacos Chicken Enchiladas Chili Conquistador Burritos Refried Beans Mexican Rice Raisin Drop Cookies Asst. Fruit Pies	<u>Dinner</u> Italian Veal Steaks Braised Pork Chops Boiled Egg Noodles Steamed Rice Oatmeal Cookies Asst. Fruit Pies	<u>Dinner</u> Meatloaf Pork Ham Roast Mashed Potatoes Tossed Green Rice Brownies Asst. Fruit Pies
<u>Specialty Bar</u> (Lunch and Dinner) Pasta Bar	<u>Specialty Bar</u> (Lunch and Dinner) Pasta Bar	<u>Specialty Bar</u> (Lunch and Dinner) Hot Dog Bar
Saturday	Tuesday	Thursday
<u>Dinner/Brunch</u> Turkey A La King Baked Stuffed Pork Chops Steamed Rice Boiled Egg Noodles Spice Cake w/ Lemon Cream Frosting Sugar Cookies Asst. Fruit Pies	<u>Lunch</u> Southern Fried Chicken Beef Ball Stroganoff Parsley Buttered Potatoes Boiled Egg Noodles Oatmeal Raisin Cookies Asst. Fruit Pies	<u>Lunch</u> Salisbury Steak Barbecue Chicken Rice Pilaf Oven Browned Potatoes White Cake w/ Lemon Cream Frosting Asst. Fruit Pies
<u>Sunday</u> <u>Dinner/Brunch</u> Swiss Steak w/ Mushroom Gravy Rock Cornish Hens Rice Pilaf Cornbread Dressing Mashed Potatoes Yellow Cake w/	<u>Dinner</u> Braised Beef Cubes Cajun Fish Fillet Boiled Egg Noodles Steamed Rice Oatmeal Raisin Cookies Asst. Fruit Pies	<u>Dinner</u> Beef Yakisoba Pork Adobo Steamed Rice Pork Fried Rice White Cake w/ Lemon Cream Frosting Asst. Fruit Pies
	<u>Specialty Bar</u> (Lunch and Dinner) Taco Bar	<u>Specialty Bar</u> (Lunch and Dinner) Taco Bar

QUOTABLE: “The best way to enhance freedom in other lands is to demonstrate here that our democratic system is worthy of emulation.”
— **President Jimmy Carter**

WORD TO PASS

MDA Seeks Labor Day Weekend 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 Saturday and Sunday 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, Sunday, and 8 a.m. to 5 p.m., Monday on KITV Channel 4.

To volunteer or for more details, call the MDA office at 548-0588. Military participants should wear civilian attire.

Mighty Mo to Commemorate World War II 58th Anniversary

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, Tuesday 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 atten-

tion, 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.

Windward Hoolalea Happens Sept. 6

Windward Oahu’s block party, called a “Hoolalea” in Hawaiian, is scheduled for Sept. 6 from 10 a.m. to 10 p.m. on “The Great Lawn” at the Windward Community College.

The public is invited to the festivities, which will feature two entertainment stages, arts and crafts, food vendors, displays, exhibits and much more. Plus, the public is invited to view the many new additions to the campus.

Opportunities still exist for volunteer support. Call the Kaneohe Business Group co-chairs for more details: Ms. Ogumat 261-1740 or Mr. Machado at 845-4111.

Aloha Festivals are Upcoming

Mark your calendars to enjoy the following Aloha Festival events that celebrate Hawaii’s art and culture. (The Marine Forces Pacific Band, stationed at MCB Hawaii, Kaneohe Bay, will participate in the Floral Parade.)

•Sept. 12 at 6:30 p.m.: Downtown Hoolalea (block party)

•Sept. 13 at 9 a.m.: Floral Parade at Moana Beach Park to Kapiolani Park in Waikiki

•Sept. 19 at 7 p.m.: Waikiki Hoolalea on Kalakaua Avenue

Hale Koa Plans Oktoberfest

Germany’s favorite party comes alive at the Hale Koa Hotel from Sept. 24 - 28, when staff will turn the Banyan Tree Showroom into an old-world tavern high in the Bavarian Alps.

Executive Chef Rolf Walter’s own home-country sauerbraten, knaokwurst, eisbein and black forest cake; an impressive selection of German spirits; popular sing-alongs, including polka and chicken & snake dances; contests; and much more will entertain guests.

Admission is \$6; call the Activities Desk at 955-0555, ext. 546, for more details, or visit www.HaleKoa.com.

The Hale Koa Hotel is open to active, retired, reserve, National Guard, DoD and family members.

Joint Women’s Conference Scheduled for Oct. 17

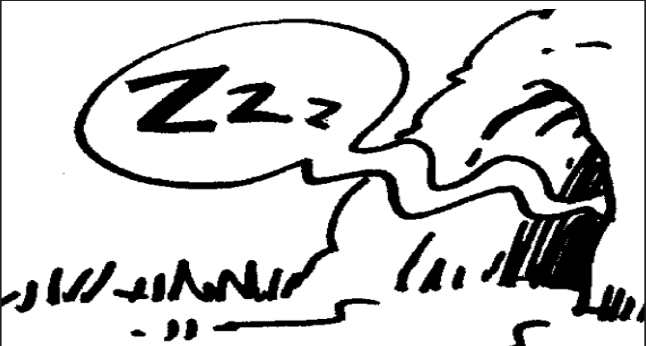
The ninth annual Joint Women’s Conference will gather 500 women from the military community to share their military life experiences.

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 Tuesday and ends Sept. 30; apply at www.JointWomensConference.org.

Catching some z's



NAPS

The opening to the cave in which a bear hibernates is always on the north slope.

Hawaii MARINE SPORTS

Hawaii Marine C Section

August 29, 2003

1/12 pounds VP-47 in ‘101 Days of Summer’

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

For those who witnessed the onslaught of the 1st Bn., 12th Marine Regiment basketball team when it mopped the courts with Patrol Squadron 47 during the “101 Days of Summer” Basketball Tournament, they would probably agree it was not a pretty sight.

The tournament took place Aug. 22 at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay, and was sponsored by the Substance Abuse Counseling Center aboard MCB Hawaii.

The SACC sponsored the tournament with the goal in mind to give the Marines and Sailors a positive recreational activity to engage in during the summer months, which did not include the use and abuse of alcohol and illegal, mind-destroying substances.

For those Marines and Sailors that participated, they all agreed the competitive tournament was a far reach better than any use of drugs and alcohol.

The game started off with 1/12 warriors showing no mercy to VP-47. Forward Nathan McQuirter with 1/12

took to the hoops for the first basket of the game when he sunk a silent three-pointer that still managed to echo all throughout the gym.

Within minutes, the red-hot dominators of the court had a 12-point lead over the already battered players from VP-47. McQuirter continued to pound the defense with his basketball skills as he set the net on fire with five, three-point shots, and a slam-dunk that just added insult to injury.

McQuirter was not the only one who in the first half brought endless amounts of pain and suffering to the defenseless VP-47. Point guard Ian Manongdo with 1/12 had a few tricks up his sleeve, as well, as he took the ball to the hoop five times in the first 16-minute half.

When the first half came to a

close, 1/12 was in total control with a 34-9 lead over VP-47.

During halftime, VP-47 made an attempt to regroup and come up with some sort of strategy to

combat the skilled and determined 1/12 warriors. Whatever it was, it did not seem to bring any justice as McQuirter continued to attack

the VP-47 defense with yet another entourage of three-point shots.

See B-BALL, C-8



Lance Cpl. Monroe F. Seigle

1/12 defender Tony Rogers, shows the VP-47 defenders how to do a lay-up during the ‘101 Days of Summer’ Basketball Tournament at the Semper Fit Center Aug. 22 as the 1/12 warriors continuously out skilled and eventually defeated VP-47 with a final score of 63-27.

Blue Crush ends season with perfect 7-0 record

Cpl. Jessica M. Mills
Combat Correspondent

In the final game of the Hawaii Youth Soccer League season Aug. 23, the undefeated Kaneohe Bay Blue Crush overpowered Pearl Harbor Green Goblins, 7-1, at the Post Office Field aboard MCB Hawaii, Kaneohe Bay.

At the beginning of the first quarter, Blue Crush beamed a low shot towards the Goblins' goal, but goalkeeper Ryan Wiest, 12, quickly fell to the ground and blocked the shot.

Minutes later, Blue Crush player Victor DeMarco, 12, stole the ball out from underneath the Goblins and attempted a high long shot from outside the goal box, but it flew over the net.

The quarter continued with both teams crowding the ball moving up and down the field, but the Goblins could not break through Blue Crush's defense to score.

Blue Crush player Blake Grasso, 12, broke free from the Goblins' offense seconds before the end of the first quarter.

He shot for the goal, but Wiest was able to block it again. The first quarter ended, 0-0.

As soon as the second quarter started, Britney DeMarco, 12, took control of the ball and sprinted up the field. As she reached the goal she passed it to Brandon Connor, 12, who sent the ball flying past the goal to the outside right corner.

Finally, with the help of his fellow Blue Crush teammates, Shane McDougal, 12, managed to

See SOCCER, C-8



Cpl. Jessica M. Mills

Blue Crush breaks through the Green Goblins' defense and slams in their seventh goal during the fourth quarter of the final game of the Hawaii Youth Soccer League, Aug. 23, aboard MCB Hawaii, Kaneohe Bay.

Kaneohe Bay children learn basics of baseball

Lance Cpl. Monroe F. Seigle
Combat Correspondent

"All we want is for these boys and girls to do is have some fun and learn the basics of playing All-American baseball," said Head Coach Gino Voutour with the Mariners Rookie League Baseball League aboard MCB Hawaii, Kaneohe Bay.

Have fun is exactly what almost 20 children did Aug. 23 at the “C” Street Field when the Mariners and the Giants came together to play ball and have fun in the sun.

The children were all smiles during the game, and their parents were as well. The children showed off what they had learned during the entire season of baseball.

The Mariners stepped to the plate first and threatened to get on the board first when shortstop Luciano Voutour hit the first base hit of the game. His little brother, Killian Voutour, followed in his big brothers footsteps and lined another base hit to advance his brother to second base. Before the inning was over, the Mariners loaded the bases, but they were unable to break the Giants defense and get on the board.

The Giants came to the plate in the bottom of the first, and the Mariners would not let them get past first base. Luciano Voutour made sure of that as he properly fielded two of the three hits by the Giants.

In the second inning, the Mariners played like the pros. Alex Phillips and Logan Simms both hit, a base hit and then Killian Voutour loaded the bases with yet another base hit.

With the bases loaded and the pressure on both the defense and the offense, Cody Jerome came to the plate and drove in the first run of the game to put the Mariners on the board first, 1-0.

The inning was still far from over. Luciano Voutour came to the plate again and drove in two runs off only



Lance Cpl. Monroe F. Seigle

Mariners player Alex Phillips shows all kinds of motivation as he cracks out a base hit during the Rookie League Baseball Game Aug. 23.

one hit to bring the inning to a close with the Mariners up 3-0.

In the bottom of the second the Giants once again threatened to get on the board, but the Mariners would not let this happen. When the Giants loaded the bases, the Mariner defense refused to break and left them stranded.

In the final inning, the Mariners decided to come to the plate and add a few insurance runs to their lead. Shelby Tillery and Alex Phillips pulled off back-to-back base hits and Killian Voutour drove in another run with his line drive to bring the score to 4-0.

When Luciano Voutour made another appearance at the plate, he drove in another run and waited for Phillips to come to the plate to bring him home from first base after he hit a line drive.

See BASEBALL, C-8

BASE SPORTS

Edward Hanlon V
MCCS Marketing

Golf Tourney Coming
Headquarters Bn., MCB Hawaii, will host a 4-man scramble with blind draw format today. Teams will consist of A, B, C and 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.

Intramural Tackle Football Hits K-Bay

The passing of summer and the arrival of autumn signals a notable and meaningful change in many Marines' lives — intramural tackle football season is back!

Every Monday, Wednesday and Thursday beginning Sept. 8, prepare to see Pop Warner Field exploding with action, as the teams seize the field and the fans hit the stands. Games begin at 6 p.m. each game day.

The teams representing major commands include 3rd Radio Bn., CSSG-3, Camp Smith, MAG-24, Headquarters 3rd Marines; 1/12 and Headquarters Bn., MCB Hawaii.

"We should have an exciting brand of football, this year, because we've had one year of experience to back it up," said Joe Au, intramural sports coordinator for Marine Corps Community Services. "We will also be playing with nine players versus eight, which adds another eligible receiver on the field."

The season lasts until mid-November, when all teams compete in a playoff tournament.

Next time you see the field lights on at Pop Warner Field, stop by for a game and cheer on your favorite warrior or team.

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. Call 254-7590 for more details.

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, waterskiing, 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.

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.

Base All Stars

NAME: Luciano Voutour

AGE: 7 years old

SPORT: Baseball

Position: Shortstop

Team: MCB Hawaii Mariners

•Voutour leads his team in base hits this season.

•He has dreams of playing shortstop for the Seattle Mariners one day.

•He has played baseball since he was three years old.



Lance Cpl. Monroe F. Seigle

"I am going to play for the Mariners one day. I like practicing because I keep getting better and better."

COMMUNITY SPORTS

HTMC Hikes Wai'anae Kai

Join the Hawaiian Trail and Mountain Club on a six-mile hike Sunday at 8 a.m. This loop hike is a great combination of rambles, uphill and downhill, with many native flora and beautifully spectacular views along the way. Participants are reminded to stay alert at key junctions to avoid going off the trail.

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.

All hikers are reminded to bring lunch and water on all hikes. Wear sturdy shoes and clothing.

Firearms, pets, radios and other audio devices are prohibited on hikes.

For more information, contact coordinator Steve Poor at 638-8387.

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.

Marines and Sailors

Get in Shape with ShipShape

You can win the war on body-fat! You may think the best 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 eight-week, action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques.

For more information regarding the Ship Shape program, or to register to attend the next orientation, contact Health Promotion Naval Medical Clinic Pearl Harbor at 471-9355.

Oceanic Time Warner Scores With Animated Virtual Technology

Oceanic Time Warner Cable will start the new season of live Oahu Interscholastic Association Football broadcasts on Channel 16 with a virtual technology system that will create a variety of new enhancements for OIA games.

Using the same technology that appears on NFL and national college football broadcasts, Oceanic will bring the virtual 10-yard chalk line, graphics and video overlays to OIA football viewers starting with the live broad-

cast of Kahuku vs. Waianae from Aloha Stadium on today.

The new innovative technology is designed to turn Oceanic's broadcasts of live OIA sports into an original, exciting experience by enhancing live and instant replay videos with tied-to-the-field commentary, animation, Jumotron screens and banners.

While fans in the stadium will only see the action on the actual football field, viewers at home will see the new virtual effects on their television screens.

Oceanic will broadcast OIA football live every Friday night throughout the season on Channel 16.

For more information on the new additions to OIA football, call 625-8100 to speak to a customer representative, or log onto the Web site at www.oceanic.com.

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.

SPORTS AROUND THE CORPS

Mud makes the volleyball go round-n-round

Staff Sgt. Jonathan E. Agee
1st Marine Corps District

MARINE CORPS RECRUITING SUBSTATION HARTFORD, Conn. — When it comes to playing sports and getting dirty, no one does it better than the Marines. That's why Recruiting Substation Hartford Marines jumped at the opportunity to participate in the 17th Annual Mud Volleyball Tournament, at Zoar's Pond in Middletown, Aug. 16.

The event was hosted by local rock station WCCC and drew more than 100 teams who participated in the fun.

Hartford Marines prepared for the event by duct taping their shoes to their legs and taking off any and all apparel they did not want to get destroyed.

"The strategy is to win. That's it. That's all we can do," said Sgt. Jason Auger, Hartford recruiter.

"The competition looks pretty good. You have teams that recruit people to come out and play, and then you've got scrubs. The Marines will do what we can, do our best and come out on top like usual."

The Marines had one advantage over their competitors. Hartford's noncommissioned officer-in-charge, Staff Sgt. David L. Miller, once played for the All-Marine Volleyball team. Although the mud would limit the full ability of his skills, he still had more experience in the sport than most people in the competition.

"Some people out here take this seriously, but the Marines are just going to go out there and have fun," said Miller. "We will probably end up in the top 10. Mud volleyball is different than regular volleyball. The strategy is just to hit it on the other side and hope they mess it up. And that's basically what we are going to do."

The Marines' first match-up was against the WCCC All-Stars. The Hartford Marines showed no mercy to their opponents and held them scoreless throughout most of the game. When the buzzer sounded, ending the time limit for the game, the Marines had defeated the All-Stars, 34-2.

"We are the best at everything we do, so I feel we will fair pretty well today," said Sgt. Patrick McIntyre. "I think the teamwork that we have definitely helps out, knowing each other and knowing how we play and obviously having 100 percent effort all the time."

"They are Marines ... for one thing they have discipline and determination, unlike the WCCC interns," said Steve Gagne, WCCC intern. "I think they will do very well. They are very competitive, and they will go far in this tournament."

For the next three games, the Marines dominated each team they played and made it into the playoffs where they faced the Mud Hippies. Ironically, the Mud Hippies wiped the floor with the Marines, defeating them, 34-7, and ultimately eliminating them from the competition.

Despite losing in the playoffs, the Marines of RSS Hartford had a great time and look forward to participating in this event for years to come.



Staff Sgt. Jonathan Agee

Aaron Schaffer (left) and Clinton Stone, RSS Hartford recruiters, hit the ball over the net during their first match against the WCCC All-Stars.

A mild case of chickenpox can occur after vaccination

NAPS
Featurettes

Current pediatric health guidelines call for vaccinating children against chickenpox at age 12 months and older. In addition, it is recommended that appropriate susceptible older children, adolescents, and adults be vaccinated.

Chickenpox vaccination is recommended because it can help prevent serious cases of the disease. A severe case of chickenpox may be associated with complications such as bacterial superinfection, pneumonia, encephalitis (swelling of the brain), hospitalization, and, in rare cases, death.

Sometimes, children vaccinated against chickenpox may develop a mild case following exposure to "natural" or "wild-type" disease. This is known as "breakthrough" disease; individuals developing breakthrough disease generally experience fewer than 50 lesions.

Some wonder if breakthrough disease indicates the chickenpox vaccine is not effective. Below are common questions about breakthrough disease.

Q: I've heard of children getting chickenpox after being vaccinated. What is this called?

A: When an individual develops chickenpox after receiving the vaccine, it is called breakthrough disease. Breakthrough disease is "wild-type" or "natural" chickenpox that develops in a child six weeks or more after having been vaccinated following close contact with a person with chickenpox.

Q: Can I tell if my child will get breakthrough disease?

A: Doctors can't predict which children will be among the few who might develop breakthrough disease after being vaccinated and then exposed to wild-type virus in the community. However, in addition to experiencing milder disease, most children who develop chickenpox after being vaccinat-

ed are also at a lower risk for serious complications that can develop with natural chickenpox disease.

It should be noted, however, that vaccination may not result in protection of all healthy susceptible children, adolescents, and adults. Moreover, the chickenpox vaccine is not for everyone. For example, it is contracted in persons with a history of hypersensitivity to any component of the vaccine, including gelatin.

Q: If my child does develop breakthrough disease, should I worry?

A: Breakthrough disease is generally mild. The few children who develop breakthrough will typically have mild symptoms with a few lesions (usually less than 50).

Q: If vaccinated children can get breakthrough, doesn't that mean natural chickenpox disease provides better immunity?

A: Not necessarily. Vaccination may be the best way to protect against severe cases of the disease; severe cases of chickenpox may be associated with life-threatening complications. Parents should talk to their healthcare provider about whether vaccination is right for their child.

Q: Should I wait to get my child vaccinated?

A: There is no need to wait to get your child vaccinated against chickenpox. Children may receive the chickenpox vaccine at 12 months or older. Postponing your child's vaccination may increase the likelihood that he or she could be exposed to the virus and develop the disease, with potentially serious consequences.

Adverse reactions that have been reported with the use of the chickenpox vaccine include fever, injection site complaints and rash. For more information about the side effects associated with the vaccine, talk to your primary care manager.



spotlight on health

Cancer: On the road to recovery

NAPS
Featurettes

As successful treatments for cancer are improving survival rates, patients need to be proactive and involved in their overall wellness. A healthy lifestyle is crucial for all cancer patients, which includes the health of their bones. Dr. Linda Vahdat of Weill Cornell Medical Center answers questions about cancer's impact on bone health.

What impact does cancer have on a patient's bones?

Most cancer patients don't think about how cancer can affect the health of their bones. However, cancer and its treatments can affect bones in two ways.

Firstly, hormone therapies, which are commonly used to treat breast and prostate cancers, may increase the risk of osteoporosis, even in men.

Secondly, sometimes cancer can spread or metastasize from its original site to the bone, resulting in weak and unstable bones.

How do patients know

that they have bone complications caused by cancer?

Like osteoporosis, complications like bone metastases can occur without symptoms. When symptoms do occur, pain is usually one of the earliest.

Of what should cancer patients be aware?

The bottom line for cancer patients is body awareness. Cancer patients must alert their physicians to any pain they may feel as soon as possible. You are the expert on you. If you feel pain in your bones that doesn't go away, don't ignore it; let your health-care provider know. Early detection can help decrease the chances of later complications.

Where can patients find more information on caring for bones during cancer?

Cancer Care has developed an incredibly informative program about caring for bones during cancer, to provide cancer patients and their families with accurate information. Visit Cancer Care.org for more details.



(From left to right) Pfc. Kevin Vonier, awards clerk, Cpl. Gwendolynn Williams, a security clerk; and Cpl. Jennifer DiGuglielmo, the base adjutant noncommissioned officer in charge, all with Headquarters Bn., MCB Hawaii.

‘Would you know what to do if someone has a stroke?’

NAPS
Featurettes

In treating a stroke, every minute counts. Knowing the symptoms of a stroke and getting to the hospital quickly is key. A clot-busting drug can reverse the effects of a stroke by dissolving blood clots that obstruct blood flow to the brain.

"The sooner the stroke is recognized and the patient begins receiving treatment, the better are the chances for a complete recovery," said John R. Marler, M.D., associate director for clinical trials at the National Institute of Neurological Disorders and Stroke. "Stroke is an unmistakable event. Few other medical conditions come on so suddenly or are so noticeable to a bystander."

A stroke occurs when blood flow

to the brain is interrupted. Brain cells die when deprived of oxygen and nutrients provided by blood.

Because stroke injures the brain, a person having the stroke may not realize what is happening. But, to a bystander, the signs of a stroke are distinct:

- Sudden numbness or weakness of the face, arm or leg (especially on one side of the body),
- Sudden confusion, trouble speaking or understanding speech,
- Sudden trouble seeing in one or both eyes,
- Sudden trouble walking, dizziness or loss of balance or coordination, and
- Sudden severe headache with no known cause.

Each year more than 600,000 Americans suffer a stroke. It is the third leading cause of death and long-term disability in the U.S. yet

many Americans do not know the symptoms of a stroke or what to do when they witness someone having a stroke.

The National Institutes of Neurological and Communicative Disorders and Stroke, part of the National Institutes of Health, has developed an informational campaign called "Know Stroke: Know the Signs. Act in Time" to educate Americans about the symptoms of stroke. Free campaign materials may help more people understand stroke and be able to take action if they suffer from or witness someone having a stroke.

"It is really worth the effort it takes to call 911," said Dr. Marler. "Treating stroke as an emergency pays back in terms of going home and living your life."

Log onto www.ninds.nih.gov for more information on strokes.

Diabetes can be controlled with proper education

NAPS
Featurettes

What do Dizzy Gillespie, Elvis Presley and Ernest Hemingway all have in common? They had diabetes. So do Halle Berry, George Lucas, Elizabeth Taylor and 17 million other Americans, a third of whom are undiagnosed.

There are two forms of diabetes: type 1 and type 2. Type 1 diabetes, commonly known as juvenile-onset diabetes, is the most serious and least preventable form, requiring daily insulin injections. Both can result in blindness, gangrene, heart disease and premature death.

Type 2 diabetes, or adult-onset diabetes, can often be prevented or controlled by diet and exercise. Age, family history and race/ethnicity are definite risk factors that are cause for extra vigilance. This is particu-

larly true for those of American Indian, Native Alaskan, Hispanic/Latino American or African-American heritage.

Additionally, here are some steps to dramatically decrease those risk factors that are within your control:

If you're overweight or obese — like more than 80 percent of diagnosed diabetics — take the weight off with a well-balanced diet that reduces fat intake to less than 25 percent of your diet. According to the National Institute of Health, even a seven percent weight loss can significantly lower your risk.

Exercise moderately for 30 minutes, five days a week; try walking, jogging,

swimming and bicycling. Choose something enjoyable and consider varying your routine to prevent boredom.

Consider including a chromium supplement in your diet. The body requires chromium for proper insulin function, as well as normal protein, fat and carbohydrate metabolism, yet

the United States Dairy Association reports that nine out of 10 people don't get enough of it in their diets, so a supplement may be the most practical solution.

In choosing a chromium supplement, it is important to recognize that they aren't all equal. The two most important factors

are safety and bioavailability (the extent to which a substance can be used by the body). Researchers have shown that chromium polynicotinate (niacin-bound chromium) is the safest and most potent form of chromium.

For more information log onto www.diabetes.org.

BASEBALL, From C-1

With a 6-0 lead over the Giants, the Mariners went back to the field to finish up the game.

In the bottom of the third, the Mariners were in high confidence and put the Giants down in order and went home with a 6-0 victory.

After the game, the children all shook hands and told each other they enjoyed the game. They all showed great sportsmanship to one another.

"All the kids played a great game," said Gino Voutour. "I don't think they care if they win or loose the game; they just want to have fun and that is what they all did."



Lance Cpl. Monroe F. Seigle

The warriors from 1/12 had possession of the ball for the majority of the ‘101 Days of Summer’ Basketball Tournament when they annihilated VP-47 Aug. 22 at the Semper Fit Center with a final score of 63-27.

B-BALL: 1/12 takes VP-47 to the hoop

From C-1

Combined with another lethal dose of skill from guard Takarron Perry, who came to life in the second half of defense, VP-47 stood no chance. Takarron rallied 12 points.

In the last 10 minutes of the game, VP-47 was down more than 25 points and decided to call a time out and try to once again formulate a plan to slow down

1/12. This plan did not work either.

When the game finally came to a close, 1/12 had more than taken a victory with a final score of 63-27 over the devastated VP-47.

"We just went out there to play some ball and give it all we had," said 1/12 Head Coach Guy Woodard. "We got on the board first and took control, and that just set the tone for the whole game.

"Once you get these boys going, they don't stop or show any mercy."

"This tournament was a chance to give something back to the Marines and Sailors on MCB Hawaii," said Drug Demand Reduction Coordinator Quentin Redmond with the Substance Abuse Counseling Center aboard MCB Hawaii. "They had fun and they were able to do something positive. That is all that really matters here.

"We just want these guys to have something else to do to occupy their time besides drugs and alcohol."

SOCCKER, From C-1

maneuver into the goal box, receiving a pass from the left wing and slamming the first goal to the inside left of the net. Blue Crush took the lead, 1-0.

In response, the Green Goblins doubled their efforts and left wing Kaila Marion, 10, used her small stature to sneak past Blue Crush's defense and slide a shot under the goalkeeper's nose, evening the score out 1-1.

Blue Crush tried to regain its lead when full-back Oran Domingue, 11, used impressive footwork to dodge through the Goblins' defense and pass it to McDougal whom was waiting at the goal box. But McDougal's shot was too slow and was knocked out by the Goblins' goalkeeper.

The second quarter ended with the teams tied, 1-1.

As the third quarter progressed, the Green Goblins became more and more aggressive, desperately trying to keep the ball under their control. As the Goblins fought to clear the ball from their goal box, the ball accidentally bounced off of one of the Goblins' players into the goal, awarding Blue Crush another point.

This slight setback did not discourage the Goblins. Unlike the first half of the game, most of the ball play was centered on the Blue

Crush goal box. The Goblins made numerous attempts to score, but they were unable to get past goalkeeper Blake Grasso.

Blue Crush player Brandon Connor took the ball back down the field and passed it on to McDougal who took the stolen moments of play to shoot the ball straight over the head of Wiest, raising Blue Crush's lead, 3-1, and ending the third quarter.

In response to Blue Crush's lead, Goblins forward Richard McGuffie, 10, and left wing Marion, hammered down the field passing control until they were practically on top of the goalkeeper. McGuffie swiped the ball towards the goal, but Grasso showed no fear and landed on the ball directly in front of McGuffie's foot.

For the last quarter of the game, Blue Crush pounded the Goblins defense with veracity. With the help of Domingue, McDougal, and Britney DeMarco, Grasso slammed another shot to the left of the goalkeeper. With only minute's left in the final game, Blue Crush led, 5-1.

Back to back, Britney DeMarco snuck a shot into the left corner of the goal and Domingue followed up with a well-earned goal of his own, ending the game, 7-1. Blue Crush finished victorious and ended the season undefeated in the Hawaii Youth Soccer League.