

Hawaii MARINE

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Environmental warriors



Cpl. Jason E. Miller

Gordon Olayvar, a natural resources technician, with the Environmental Compliance and Protection Department at MCB Hawaii, examines a wedge-tailed sheerwater chick during one of his survey trips of the perimeter of K-Bay. Wedge tails are one of many species of birds that nest on MCB Hawaii, Kaneohe Bay. See page A-3 for more on how the environmental department protects local habitats and base residents.

III MEF CG visits Hawaii commands

Sgt. Alexis R. Mulero
Combat Correspondent

The commanding general of III Marine Expeditionary Force, Lt. Gen. Wallace Gregson, was here at MCB Hawaii, Kaneohe Bay, on Monday to visit his Marines, tour the base and discuss the direction III MEF is going.

During his visit, Lt. Gen. Gregson received a tour of the facilities at Marine Aircraft Group 24, 3rd Marine Regiment, Combat Service Support Group 3 and 1st Radio Bn.

In addition, he was able to spend time shaking hands with junior Marines and listening to them talk about their jobs.

"It really inspires Marines when they see their upper leadership interested in their everyday operations," said Cpl. Clinton Schwarz, a nuclear, biological, chemical specialist with CSSG-3.

At the end of the day, the general attended a social gathering at the Officers Club where all III MEF officers were invited.

Although the general will depart K-Bay sometime this weekend, he is taking with him a favorable impression of the facilities, its leaders, and the direction his units are heading.

"K-Bay is a significant part of III MEF," said Lt. Gen. Gregson. "The Marines here are key players in the transformation of our Corps and are doing a tremendous job supporting III MEF, the Pacific region and this country's war on terrorism."



LT. GEN. GREGSON

MCBH remembers prisoners of war, missing

Sgt. Alexis R. Mulero
Combat Correspondent

Throughout history, American patriots have risen to answer the call for freedom when enemy nations have jeopardized the world's liberties.

Our military history is replete with heroes who put love of country above their own well-being.

In answering the call to defend this nation's ideals, generations of Americans have left home and family to protect this homeland and other nations.

Some never returned.

Until 1979, no commemoration was held to honor America's Prisoners of War and those still

Missing in Action. Today, more than 22 years later, the service members who returned, and those who are still missing and unaccounted for, are commemorated annually on the third Friday in September.

More than 100 active duty and retired service members, their families, and others, paid tribute to these patriots during the POW/MIA Recognition Day ceremony Sept. 13 at the base flagpole aboard MCB Hawaii, Kaneohe Bay.

The Marine Forces Pacific Band provided both rousing and subdued patriotic music that stirred a sense of pride within and behind the gleaming eyes of guests at the ceremony.

In addition, retired Navy Capt.

Gerald Coffee, a former POW who spent seven years incarcerated in the infamous Hanoi Hilton, spoke about the time he spent as a POW.

The MCB Hawaii POW/MIA Recognition Day ceremony helped ensure America remembers its responsibility to stand behind those who serve this nation, and to do everything possible to account for those who still have not returned.

"The prisoners of war, missing in action and killed in action paid the ultimate sacrifice," said retired Master Gunnery Sgt. Robert E. Talmadge, vice president of the Aloha Chapter of the Chosin Few. "The least we can do is remember them and not let them or their deeds be forgotten."



Sgt. Alexis Mulero

Active duty service members, veterans and other community members honor America's POWs and MIAs.

Lifeguard hours extended at K-Bay beaches, for safety

Cpl. Jason E. Miller
Combat Correspondent

The waters off of MCB Hawaii, Kaneohe Bay, are a great benefit to anyone stationed aboard the base. However, as with any outdoor recreation, a day at the beach can turn hazardous.

Lifeguard stations, which are located at Pyramid Rock and North Beach, will now be open longer hours each weekend, to help keep service members and their families safe while enjoying the ocean.

Originally, lifeguards were on duty at the beach seven days a week, from 11 a.m. until 5:30 p.m., but the new hours will allow for safer conditions, by putting trained lifeguards on the two beaches during peak hours: from 8 a.m. to 6 p.m. on weekends, holidays and liberty periods, and 11 a.m. to 5:30 p.m. on weekdays.

"Our goal is basically to just have a set

of eyes out here when there are more people at the beach," said Sam Mench, a six-year veteran lifeguard who watches over base beaches. "Most people want to come to the beach on the weekends to spend time with their families, and we just want to make sure everyone can enjoy the beach without having an incident."

According to beach lifeguards, most accidents occur with people who are inexperienced with the ocean. Also, problems often arise when lifeguards are not



Cpl. Jason E. Miller

Lifeguard Shane Railsback, also a lance corporal with Combat Service Support Group 3, watches out over Pyramid Rock beach for oceangoers showing signs of distress.

around to prevent them, such as in the early morning on the weekends.

"Most of the local guys and surfers can tell from the water conditions, whether or not to enter the water," explained

Mench. "On a base where you get a lot of people from all over the country — some from where there may not be an ocean — people tend not to know what to expect from the water."

Flags signifying water conditions fly every day at the beach to give patrons an idea of what to expect. The different, colored flags cue beachgoers about water conditions. The beaches aboard the base are open 24 hours a day, seven days a week.

Lifeguards at the beach also have a 100 percent contact rule, which means they will take time to talk with everyone who enters the beach area about water conditions.

"Taking the time to talk with people can really improve their chances of having a good time without incident at the beach. We practice proactive lifeguarding here," Mench said.

"That means stopping an accident before it happens."

MCBH NEWS BRIEFS

MMEA VISITS K-BAY

The Manpower Management Enlisted Assignments team from Headquarters Marine Corps is scheduled to visit MCB Hawaii, Kaneohe Bay, Oct. 15 and 16 at the Bachelor Officer Quarters conference room.

The team will give several briefs, including one for senior enlisted, one for career Marines, and one for first-term Marines. Team members will also be available for individual sessions.

Watch future editions of the *Hawaii Marine* for more details.

BASE MAIL NEEDS ZIP+ 4

Family housing residents, as well as units aboard MCB Hawaii, need to use the 4-digit zip code add-on when mailing letters and packages.

Zip+4 helps the U.S. Postal Service direct mail more efficiently and accurately. It also helps reduces handling and can significantly decrease the potential for human error and misdelivery. Zip+4 may also lead to better control over USPS costs and, in turn, postage rate stability.

Unfortunately, not all of the housing areas on base have the same Zip+4. However, anyone can lookup their Zip+4 number on the USPS Web site at www.USPS.COM/zip4/ by simply typing a housing address.

Base residents without access to the Web site can call the Base Post Office at 257-2008 for assistance.

NAVY AUCTIONS VEHICLES, TOMORROW

Saturday from 8 a.m. to 2 p.m., 120 seized or abandoned vehicles will be sold "as is" to the highest bidder at a huge, one-time event, open to the general public.

For this closed-bid auction, there is a \$50 minimum bid on all vehicles. Children under 16 will not be admitted on the sale lot.

Military and Department of Defense personnel can access the sale lot from the Pearl Harbor Nimitz gate, by proceeding on South Avenue approximately one mile to the Abandoned Vehicle Lot. Follow posted "Event Parking" signs.

Review the vehicle inventory list online at www.mwrph.navy.mil. For more information, call the Auto Skills Center at 422-2975.

Hawaii MARINE

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CG's MAIL BOX

"It seems the commissary on this base would be open longer..."

Submitted by Petty Officer 1st Class Cynthia L. Seitz, VPU-2

"I have a couple questions:
1. It's a known fact that the Marines work longer hours, and more weekends/nights than the rest of us, but their commissary is the only one on the island that is closed one day a week.
It seems the commissary on this base would be open longer, and open everyday.
2. I have noticed lately that the gas prices on this base are higher than the other bases. Why is this?
Thank you for your time."

Very Respectfully,
Petty Officer 1st Class
Cynthia L. Seitz



Aiko M. Brum

Petty Officer 1st Class Seitz:

I have been asked by the commanding general to respond to your email of Aug. 19, since both of your recommendations and concerns fall within my staff responsibilities. He appreciates that you've taken the time to participate in the "CG Mail" program.

In reference to gas prices, the revenues generated by the gas lanes go to support MCB Hawaii's Marine Corps Community Services programs such as the Single Marine and Sailor Program, hourly child care, youth activities, the library, the Semper Fit Center, club operations, and improvements to the gas lanes, to name a few.

Marine Corps Community Services conducts weekly price comparison surveys of gas stations in the local off-base shopping area to ensure we afford significant savings over off-base gas prices to our military patrons.

While MCCS may not always be able to match prices at other military gas operations on Oahu, we will when possible.

We do, however, offer savings over off-base gasoline prices at Windward locations, as well as other locations on Oahu.

In reference to the commissary, effective Oct. 21, the commissary will operate seven days a week.

We will provide full details in an upcoming *Hawaii Marine* article.

Again, thank you for taking the

Ensign Robert Fry, a quality assurance officer at the Pacific Missile Range Facility, stocks up at the MCB Hawaii, Kaneohe Bay, commissary.

time to express your concern via the CG Mail Program.

William B. Lindsey
Assistant Chief of Staff, MCCS
and
Lt. Cmdr. Bob Frank
Supply Officer, MCB Hawaii

"I would like to take this opportunity to thank you and your MP [military police] Marines for the assistance that they gave me today.

I lost my cousin Christine A. Snyder in the September 11th attacks. She was aboard United Airlines Flight 93 when it went down in Pennsylvania.

I called the Pass House and spoke to a female Marine that was working and explained that I wanted to lay a picture and lei at the Iwo Jima memorial in remembrance of her. She directed me to call a Cpl. Byers who called me back and wanted to know in detail why I wanted to do this.

I informed him that Christine had worked for the Outdoor Circle in Kailua and has done some of the work on Kaneohe Bay. I explained that my husband, a staff sergeant with HMH [Marine Heavy Helicopter Squadron]-362, is a Marine deployed in Iwakuni, Japan, and that some dear friends of ours

have either been or are in Bahrain now.

Since our Marines are fighting for our freedom rights, and the Iwo Jima memorial represents the fight for freedom, I thought that it would be fitting that her picture and a lei be laid at the memorial site for the services that were to occur Sept. 11.

Corporal Byers — and all the other Marines at the Pass House, front gate and at the MP station — was kind enough to give me this permission.

A staff sergeant even walked me to the gate and had one of the gate Marines, dressed in deltas, walk me to the memorial. This also meant a lot to me, and my family.

I will be picking up the lei that was left there and placing it in the sea (a Hawaiian custom). However, the kindness that all the Marines displayed is above and beyond the call, and I just wanted to say thank you.

While in the Pass House, I believe his name is Despico (?) showed the greatest respect by standing up to shake my hand, when he was told why I was there.

These Marines are heroes and showed the greatest respect. I am proud to be a Marine wife.

Oorah!"

Sincerely,
Nani Ann Clark



O'HALLORAN

MCAF welcomes new commander



Lieutenant Col. Michael A. O'Halloran (left) replaced Lt. Col. Aaron E. Aldridge as the commanding officer of Marine Corps Air Facility aboard MCB Hawaii, Kaneohe Bay. O'Halloran previously served as deputy commander for MCB Hawaii. Aldridge is scheduled to serve as chief of staff for MCB Hawaii.



ALDRIDGE

BEST IN THE MARINE CORPS



Courtesy of Gunnery Sgt. Tamara L. Fode

Progressing through the Competition in Arms Program since January, Gunnery Sgt. Tamara L. Fode, legal chief at MCB Hawaii’s Legal Services Center, distinguished herself as the women’s national champion.

Hawaii has top woman shooter

Pfc. Monroe F. Seigle
Combat Correspondent

Every Marine is a rifleman first, and from Day One of basic training, recruits are instructed in the hall-mark skill of the Corps — marksmanship.

Marines are held to higher standards than any other branch of the armed forces, and from their ranks come those who can excel far beyond minimal standards.

Gunnery Sgt. Tamara L. Fode, the legal chief at the Legal Services Center, Headquarters Bn., MCB Hawaii, Kaneohe Bay, exceeded her own expectations when she won several distinguishing awards during the Competition In Arms Program that began in January.

The CIAP is a program that provides Marines the opportunity to enhance marksmanship training skills beyond the regular annual known distance course requalification training.

In order to qualify for the CIAP, a Marine must have at least a sharpshooter qualification, no court-martial convictions in the last six months, and an end of active service date no earlier than September of the year of the competition. There is no minimum rank requirement to compete in the CIAP.

At the intramural competition, Fode won the rifle portion. Next, she

Fode’s Honors

- Intramural Competition**
 - Won rifle portion
- Pacific Division Matches**
 - Won gold medal w/M16A2
 - Won bronze w/M9 pistol
- Marine Corps Matches**
 - Invited, augmented to Marine Corps Rifle Team
- Interservice Matches**
 - Won Annie Oakley Award
 - Placed 4th of 80 competitors
 - Named Interservice Women’s Champion
 - Won her 3rd silver medal
- National Matches**
 - Placed 15th of 1,268 competitors
 - Named Women’s National Champion
 - Won her 2nd gold medal
- President’s Hundred**
 - Placed 27th of 1,309 competitors

won a gold medal with the M16A2 service rifle and a bronze medal with the M-9 service pistol during the Pacific Division Matches.

The top 10 percent who place in all of the Marine Corps’ division matches are invited to compete in the Marine Corps Matches. Although Fode did not place at the Marine Corps Matches, the Marine Corps Rifle Team invited her (along with several other Hawaii Marines) to augment and compete with them

during the summer until the National Matches.

“I’ve wanted a chance to compete again since 1993, when I was a member of the Parris Island Rifle and Pistol team,” said Fode. “I knew I had the skills to place. I just needed a little more time.”

Fode’s wish finally came true when she became a member of the Marine Corps Rifle Team and won the Annie Oakley Award and distinguished herself as the Interservice Women’s Champion.

“I really surprised myself; I feel that I exceeded my own expectations,” said Fode. “Most of the time I didn’t realize how well I was doing. We are trained to shoot one shot at a time and not to worry about our scores.”

Fode didn’t stop there. She continued on to the National Matches and distinguished herself as the Women’s National Champion with the service rifle.

One of the most prestigious awards a marksman can earn, Fode placed 27th out of 1,309 competitors in the President’s Hundred, which determines the individual military championship of the United States.

“Shooting on the Marines Corps Rifle Team has been the most self rewarding opportunity of my military career,” said Fode. “I’ve learned a lot about myself and what I can really achieve.”

Local policy protects wildlife, tenants

“We know the mission of the Marines, and that has to be met, but our goal is to help meet the mission while allowing the wildlife here to remain unharmed...”

— Gordon Olayvar, Environmental Compliance and Protection Department

Cpl. Jason E. Miller
Combat Correspondent

With several species of endangered, threatened and even potentially dangerous wildlife on and around MCB Hawaii, Kaneohe Bay, key steps have been taken to ensure the safety of the residents of the base, and the animals themselves.

The Environmental Compliance and Protection Department and the Provost Marshal’s Office both have personnel working to keep the wildlife on base in a healthy environment, while still allowing a place for Marines to accomplish their daily missions of training for combat.

Environmental employs the base natural resources technician, while PMO appoints Marines to act as game wardens on the base. The two often work together on wildlife matters.

“Myself, and the game warden Marines from PMO, are basically here to ensure the safety of the



Cpl. Jason E. Miller

Olayvar works near the Nu’upia Ponds on base to ensure that wildlife living here will always have a place to thrive.

plants and animals on and around the base,” said Gordon Olayvar, natural

resources technician. “We know the mission of the Marines, and that

has to be met, but our goal is to help meet the mission while allowing the wildlife here to remain unharmed during any kind of training or through daily contact with base residents who may be in a sensitive area.”

The game wardens are often the first individuals called when there is any kind of incident regarding wildlife. They are also responsible for enforcing all regulations involving fishing and netting on and around MCB Hawaii, Kaneohe Bay.

Common calls for the game wardens and wildlife tech include shark sightings, injured animals and violations of specific base orders designed to protect wildlife.

Several species of seabirds call Kaneohe Bay home, including the red-footed booby bird and the wedge-tailed sheerwater, which are both protected by state and federal laws. Some bird species mi-

See WILDLIFE, A-6

WORD ON THE STREET

“What makes you proud about your Hispanic heritage?”



“Hispanic families always look out after each other.”

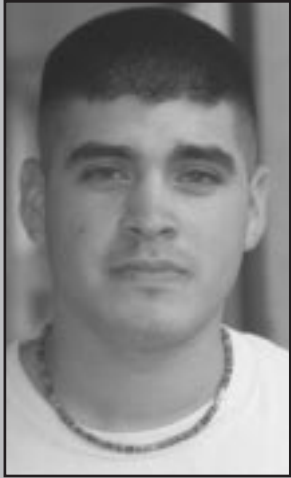
Cpl. Viola Delgado

Disbursing clerk
Headquarters Bn.,
MCB Hawaii

“I like the traditions that are passed down from generation to generation.”

Sgt. Jimmy R. Sumaya

Consolidated memorandum report chief
Base Property,
Headquarters Bn.,
MCB Hawaii



“I like the fact that we have our own language.”

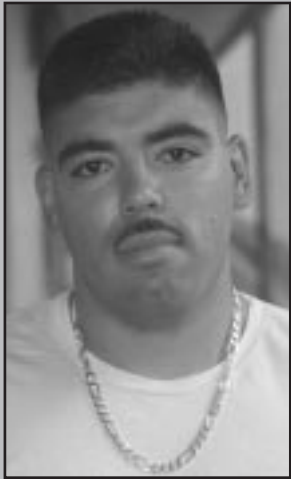
Pfc. Eric J. Moreno

Protocol clerk
Headquarters Bn.,
MCB Hawaii

“We have very close families.”

Lance Cpl. Paul Zamudio

Service record book clerk
Headquarters Bn.,
MCB Hawaii



“I have a lot of pride in where I come from.”

Pfc. Stephen R. Rodriguez

Ammunition supply clerk
Headquarters Bn.,
MCB Hawaii

Marine survives crash near front gate, on H-3

Proper safety gear saved him from death

Story and Photos by
Sgt. Robert Carlson
Press Chief

A Hawaii Marine is recovering from a motorcycle accident on the H-3 highway that left him permanently disfigured, but alive nonetheless.

Lance Cpl. John O. Jolley, formerly an armory custodian with Echo Co., 2nd Bn., 3rd Marine Regiment, is on convalescent leave and said he feels lucky to be alive after his crash Aug. 7.

Jolley said he was heading out to Kailua to see a friend at about 5:30 p.m.

As he went out the front gate of MCB Hawaii, Kaneohe Bay, he looked around to see where his buddy was. When he looked back to the front, he was close to the right side of the road, where he got into some gravel.

His bike went down.

“I remember seeing the sky, then the road, then the sky, road, sky, road, and when I stopped, I was sitting up,” he said. “I was looking at my bike, and my bike was looking at me.

“I remember feeling a lot of pain in my ankle. I noticed the tip of my shoe was missing and bone was sticking out of where my toes used to be, but most of the pain was in my ankle.”

Jolley’s left ankle was severely broken, and repairs required eight pins and a plate. His left foot was pinned under the motorcycle as it made contact with the pavement, and half of his big toe and the two center toes were severed.

Other injuries included a cracked rib, cracked shoulder, and a bad case of road rash.

“There were a bunch of people at the scene all of the sudden, and they were all trying to help in their own way,” he remembered. “An ambulance arrived pretty quick, and since they were treating me as a trauma patient, they took me to Queens Medical Center.”

The helmet Jolley was wearing shows damage that a human skull could not



“I noticed the tip of my shoe was missing and bone was sticking out of where my toes used to be, but most of the pain was in my ankle.”

Lance Cpl. John O. Jolley
India Co., 3rd Bn., 3rd Marines



Above — The heavy shoes Jolley wore conformed to base regulations, but they were still not enough to save the front of his foot. Fortunately, he wasn’t wearing tennis shoes, which would have provided less protection.

Below — Jolley’s gloves and watch show damage caused by the sandpaper-like asphalt.



have endured. His motorcycle racing gloves also sustained scrapes his knuckles would not have withstood.

Almost an eighth of an inch of the plastic wore off of his watch, which was protected until the leather on his gloves wore through.

“The helmet and the gloves saved my life, I think, and I wish I would have had my jacket and a pair of boots on,” he said. “I was going to buy a set of boots on the 15th.

“My buddy just bought a set, and he said I could borrow them anytime. Since



Jolley had owned his 2001 Yamaha R-1 motorcycle for a little more than nine months, but he has been riding motorcycles for more than six years.

they were new, I wanted to let him break them in. Now, we both wish that I would have borrowed them.”

An experienced rider, Jolley wears all of the required safety equipment, and even had the required above-the-ankle shoes specified in the MCB Hawaii base order. He attended the motorcycle rider safety course here in Hawaii, and is very familiar with the roads on Oahu.

He just had an accident.

Left behind when his battalion deployed to Okinawa for the Unit Deployment Program, Jolley is now part of India Co., 3rd Bn., 3rd Marine Regiment.

“I’ve lived and worked with those guys for three years, and now they’re over there and I’m back here,” he said. “Now I’ll probably be stuck picking up trash with a pick on the bottom of my crutches.”

Jolley spent nine days in the hospital and racked up a bill of more than

\$39,000. He had surgery on his ankle, but the doctors were unable to reattach his toes.

Awaiting the results of a medical board now, Jolley is unsure of his future in the Marine Corps.

“The doctors haven’t really given me a clear answer, yet, on the extent of the injury,” he explained. “Hopefully I’ll be able to do a lateral move into another MOS and stay in the Marine Corps.”

While he may not be able to serve in a Marine Corps infantry battalion, his injuries were not fatal, and he said he and his family are happy about that.

“He’s very fortunate he had the proper safety gear on when he crashed,” said Bo Irvine, director of the Base Safety Center, MCB Hawaii. “There are two types of motorcyclists in the world: those who have fallen, and those who are going to fall. Having his safety gear on when his time came probably saved this young man’s life.”

Mokapu remembers 9/11

Brigadier Gen. Jerry C. McAbee, commanding general of MCB Hawaii, spoke to students at Mokapu Elementary School Sept. 11 about the impact the terrorist attacks of last year had upon the people of America and the U.S. military. During the remembrance ceremony, the general also recognized the outstanding services of outgoing Mokapu Principal Amy Arakaki. Arakaki served as principal for six years, and she is succeeded by Larry Biggs.



Photos by Pfc. Monroe F. Seigle

EVERY CLIME AND PLACE

11th MEU artillery breaks out the big guns

Sgt. Brian J. Griffin
11th MEU Public Affairs

CENTRAL COMMAND AREA OF OPERATIONS — “Firing mission! Grid coordinates, one-five-niner!” crackles over the radio. Marines sitting under camouflage netting in the vast landscape of the desert surrounding them, yell the words, repeating the message, an instant later.

The Marines instinctively leap from their shade-covered seats and position themselves at their appointed location. As the section chief yells, “Load! Load! Load!” they hurry to place the round in the barrel of their M198 Towed Howitzer.

Training thousands of miles away from home, the dust-covered cannoneers of Gun Team Four, Charlie Battery, Battalion Landing Team 3/1, 11th Marine Expeditionary Unit (Special Operations Capable), test their ability to perform in an environment unfamiliar to them. For many Charlie Battery Marines, this is the first time they have fired on ranges other than those in Camp Pendleton and 29 Palms, Calif.

“It’s great sustainment training for

us,” said 1st Lt. Spencer Speer, executive officer, Charlie Battery. “It’s a different type of environment, and it’s good for us to be able to train somewhere most of these Marines have never been before.”

Despite the unfamiliar surroundings, the cannoneers respond without hesitation when the call for fire is heard. As one Marine places the loading tray at the base of the barrel, another uses a ramming rod to push the round into place, followed by a powder bag to add the ‘oomph’ to send the round down range.

Making the final preparations on the gun by adding the primer to the firing mechanism that will detonate the powder when triggered, one cannoneer attaches a lanyard to the trigger and waits for the command to fire.

Maintaining their skills by training in unfamiliar terrain is essential for 11th MEU (SOC) Marines throughout their six-month deployment. As a crisis-response force, they must always be prepared for the call from higher headquarters to conduct real-world missions.

“The training is good to make Marines remember things and to keep them up to speed with the equipment and prepared



Sgt. Brian J. Griffin

Loading a round, Marines from Gun Team Two, Charlie Battery, BLT 3/1, 11th MEU (SOC), prepare to fire at targets down-range during artillery fire training.

for any mission we are called upon to execute,” said Sgt. Wilfrido Valenzuela, section chief, Gun Four, Charlie Battery. “You never know what the mission is go-

ing to require us to do. We have to be ready.”

And ready they are when the call “Fire at will!” comes over the radio. Immediately, the section chief yells “Fire!” and the cannoneers react.

With a quick tug on the lanyard, the primer is ignited. The powder detonates and the howitzer comes alive, showing its fierce power as the King of Battle. The weapon cocks back with a thunderous blast that shakes everything, sending a monstrous dust cloud into the surrounding area.

Hurling effortlessly down range, the round whizzes through the air only seconds before arriving on target. Exploding on impact, the round makes a boom that echoes throughout the desert.

Amazingly, before the first round even becomes airborne, the cannoneers of Gun Four are already standing by with another round ready to be loaded. As this process continues and more rounds are sent down range to annihilate their intended target, the radio crackles again — “End of mission!” — signaling to the cannoneers that another firing mission is complete.

‘Let’s roll’



Chief Petty Officer Steven Cooke

ABOARD THE USS BELLEAU WOOD AT SEA — More than 500 Marines and Sailors with the 11th Marine Expeditionary Unit (Special Operations Capable) and USS Belleau Wood (LHA-3) commemorated the one-year anniversary of the Sept. 11, 2001, terrorist attacks by spelling out the now famous quote from Todd Beamer, “Let’s roll,” on the flight deck of the ship Sept. 6. Beamer was one of the heroic passengers on United Flight 93, which crashed in a western Pennsylvania field after he and several other passengers attempted to regain control of the plane from terrorist hijackers. “Let’s roll,” an expression often used by Beamer, was the last statement heard from him by the GTE Airfone operator before the crash.

WILDLIFE: Environmental, PMO tackle base concerns

From A-3

grate to Mokapu Peninsula each year from as far away as Alaska, Canada and even Siberia, according to Olayvar. These birds return here annually to nest and rear their young. The environmental department and the MP game wardens help to keep these species safe and protected from such threats as human encroachment and mortality by feral predators.

Along with the responsibilities of keeping the birds safe from human dangers comes the equally difficult task of managing the wildlife so it does not interfere with daily base operations. The airfield on base must be kept clear of birds to ensure the safety of the animals, pilots and aircraft that frequent the runways. Likewise, ground units must be advised of when, where and how to train so they do not interfere with or destroy natural wildlife.

“We know we have a really great program going here,” Olayvar said. “We end up doing so well that wildlife pro-

tection agencies can expect good things from MCB Hawaii. This base is a great place for natural wildlife.”



Olayvar checks the wedge-tailed sheer-water chic for any injury.

SALUTES

Marine Corps Air Facility

Promotions

Master Gunnery Sgt. Debra L. Silva
Master Sgt. Christopher W. Edwards
Sgt. Joel R. Eberth
Cpl. Warren N. Anderson
Cpl. Kevin W. Fitzgerald
Lance Cpl. David Garcia
Lance Cpl. Thomas J. Jochum
Lance Cpl. Scott A. Murry



Petty Officer First
Class Owen E.
Cameron

**Good Conduct
Medal**
Master Sgt. John J.
Menken

Cpl. Erik J. Klueber
Lance Cpl. George A. Mellone III
Lance Cpl. Nathan A. Peterson

Certificate of Commendation
Sgt. Johnnie M. Finnell Jr.
Cpl. Richard Anaya

Meritorious Mast
Lance Cpl. Fernando N. Ruiz Jr.

**Navy & Marine Corps
Commendation Medal**
Capt. Matthew J. Caffrey
Master Sgt. Mark C. Patton

**Navy & Marine Corps
Achievement Medal**
Gunnery Sgt. Vu T. Tran

Moving on up



Courtesy of VP-4

Commander Tyrone Payton (right), commanding officer of Patrol Squadron 4, and Master Chief Petty Officer Tony Ford, command master chief, promoted Lt. j.g. Heidi Davis to her present rank Aug. 19. Davis serves as the squadron's maintenance training and administrative officer. The squadron recently returned from a highly successful deployment in support of Operation Enduring Freedom.

Windward celebrates aloha

Marines, Sailors join kama'aina to share in the spirit of the festivals

Story and Photos by
Sgt. Richard W.
Holtgraver Jr.
Combat Correspondent

KANEOHE

Thousands of people and several dozen Marines from MCB Hawaii took the opportunity to get more familiar with one another Sept. 7 during the Windward Ho'olaule'a, part of Aloha Festivals Hawaii month on the islands.

More than 20 leather-necks from 3rd Marine Regiment displayed their weapons and gear so residents could see what Marines use when they go into combat.

Young and old alike approached Marines in the parking lot of Windward Mall, to see what the fabled Devil Dogs were all about.

"So far, everyone who has approached us has expressed their appreciation for the job we do," said 1st Lt. Robert Neeson, anti-armor platoon commander for 1st Bn., 3rd Marine Regiment. "The public has been very supportive of our presence. They enjoyed getting the chance to get hands-on experience with our gear."

Many of the Marines were dressed in utility uniforms with their faces covered in camouflage paint, while others wore sniper gillie suits.

On display was a vast assortment of Marine weaponry ranging from M40A1 sniper rifles to Tube-launched, Optically-tracked, Wire-guided missile systems.

Nearby, the sounds of the Marine Forces Pacific Band could be heard at one of the three stages. The thousands in attendance enjoyed continuous musical and dance entertainment from several local performers.

The Marine Forces Pacific Band gave residents a double dose of motivation by performing two sets for the Ho'olaule'a attendees.

The Marines showed residents from the Windward community that despite their worldwide reputation as "Devil Dogs" they were easily approachable and fun to talk to.

The Marines were proud to be a part of the Aloha Festivals. They are Hawaii's premiere cultural showcase celebrating

Hawaiian music, dance and history, and intended to preserve the unique island traditions.

The Aloha Festivals are the largest and



Corporal David C. Carrier, a squad leader for Weapons Co., 1/3, assists 9-year-old Maki Somera in looking through the sites of a Tube-launched, Optically-tracked, Wire-guided missile system mounted on top of a High Mobility Multi-Purpose Wheeled Vehicle.

WINDWARD HO'OLAULE'A



During the first song of their set, the brass section of the Marine Forces Pacific Band blew the crowd away during their performance.



Displays of several antique and custom cars delighted thousands of people who attended the Ho'olaule'a.



While Cpl. Christopher J. Biello, a machinegun section leader with Charlie Co., 1/3, holds up a mirror for her, Britnee Fujimori, a 12-year-old at Kapalama Elementary School, smiles as she examines her newly camouflaged face.



A ho'olaule'a wouldn't be complete without hula. Local performers demonstrated the skill and the art of the dance.

only statewide cultural celebration in the United States.

Windward's Ho'olaule'a lasted most of the day and continued well into the evening. The time span allowed Marines to reflect upon their impact at the event, and for many of the young Devil Dogs, the day instilled a deeper sense of pride.

"A gentleman came up to me today — after seeing us and our gear — and said, 'I'm glad you're on our side,'" said Pfc. Skyler T. Adams, an anti-tank assaultman with Weapons Co., 1st Bn., 3rd Marine Regiment. Adams beamed as he recalled the moment.



The Aloha Festival Royal Court made its way through the Windward Mall parking lot to the interior stage of the mall.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

SEPTEMBER

21 / Saturday

Enlisted Club Bull — The only mechanical riding bull on the island is stationed at the Enlisted Club, and it’s ready to be tamed every Wednesday and Saturday night during the E-Club’s “Hot Country Nights.” The riding bull is available only to members of the Armed Forces. For more information call 254-7661.

Back to School Teen Dance — All base teens are invited to the Back to School Dance in the Family Gym from 6 – 9:30 p.m. Call Youth Activities for fees and details at 254-7610.

23 / Monday

Double Coupon Day — It’s time to save big during this money Monday craze. You can double your coupon savings all day long at both the Main

Exchange Plantation Store (254-3890) and the MCX Annex Wiki Wiki Market (254-7587). Some restrictions may apply. Visit your favorite convenience store for details.

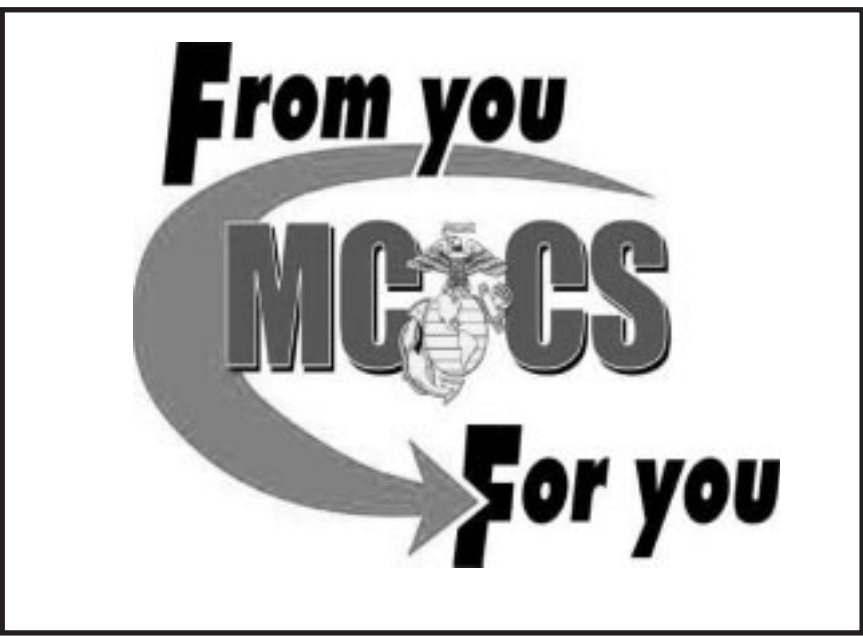
A Classy Move — Register now for the upcoming on-base college semester. Representatives from the Joint Education Center are accepting college applications for the Oct. 7 - Dec. 18 term. To get the classes you want, register early. Discover the many college benefits, including 100 percent tuition assistance for military personnel. Call the Joint Education Center at 257-2158, or stop by Bldg. 219.

24 / Tuesday

Key Volunteer Training – If you’re a military spouse who has some extra time and would like to get involved within your mate’s military unit, you may be an ideal Key Volunteer. Serving as the “personal link” between the unit and families, Key Volunteers help develop and strengthen listening and leadership skills. Interested? The next KV Network training session goes Tuesday - Thursday in Bldg. 3022 from 5:30 – 9 a.m. Spouses should make reservations by calling Toni Spofford at 257-2410.

25 / Wednesday

Catch the Entertainment



Lure with ITT — Chances are, you’re not in Hawaii for just a week or two, you’re stationed here for a year, two or three. Well, congratulations! Make the most of your time in paradise, and see the island, experience a luau, a dinner cruise and perhaps a little whale watching. It’s possible to accomplish all of this without demolishing your bank account, if you swing by the Information, Ticket and Tours Office, which has two locations: one at Kaneohe Bay and the other at Camp H.M. Smith. Representatives from ITT can assist you with discount tickets to the Polynesian Cultural Center, dinner shows, various museum tours, water parks and cruises. Go ahead. Live a little aloha. For more information, call the K-Bay ITT at 254-7563, Camp Smith’s at 477-5143.

26 / Thursday

Storytime — Have you met “Auntie Lori”? She will introduce your child to the literary world and make it fun during the Base Library’s weekly Thursday event, Storytime, which is held from 10 – 11 a.m. Parents and their preschool-aged children are invited to listen to Auntie Lori’s far away tales and dive into a craft project. No reservations are needed. For more information, contact the Base Library at 254-7624.

Family Night at Mega Video — Buy yourself a little peace and quiet each Thursday night at Mega Video. Every Thursday, all family and children’s movies (no new releases) are available for 50 cents. Classics and cartoons are stocked to enhance your family time at bargain

prices. Mega Video features blockbuster specials each night of the week. Patrons may also rent digital video discs and video cassette players, as well as PlayStation and Nintendo 64 systems. After every twelfth video rental, you’ll receive the next one free. Mega Video is located at the Mokapu Mall courtyard, and it’s open daily from 10 a.m. – 10 p.m., and Friday and Saturday from 10 a.m. – 11 p.m. For more details, call Mega Video at 254-7560.

OCTOBER

9 / Wednesday

Chicken Soup for the PCS-Bound Soul — Start spreading the news. Is your family about to leave the island? Did you receive your permanent change of station orders? With so much to do, where does one begin? Let the professionals at the Relocation Assistance Program help guide you in the right direction during its PCS Moves Workshop in Bldg. 3096 from 8 a.m. – noon. Topics to be discussed include departure temporary lodging allowance, medical, transportation and more. Spouses are welcome and orders are not required. However, spaces are limited and reservations are recommended. Call 257-7790 for details.

SM&SP

All events are open to single, active duty military. The SM&SP Office is located in Bldg. 219. Call 254-7593, for more information on any program or activity.

Program Review

Saturdays: Oceanside Paintball lets your “inner-predator” come out to play from 9 a.m. – 4 p.m., and Sundays from noon – 5 p.m. Call SM&SP for information on equipment rental fees.

Sept. 28: Participate in the softball tournament. Call Leslie Graham for more details.

Nov. 21: Volunteers are needed for the Thanksgiving Dinner Party holiday bash.

Dec. 7: Don’t forget to take advantage of Santa’s Village at the Enlisted Club. Volunteers are also needed to support this event. Call 254-7593.

SM&SP Benefits

Single Marines and Sailors enjoy these:

- At the Klipper Golf Course, get free range balls, club rental at \$5 and 18 holes of play for \$8.
- At K-Bay Lanes, get games at \$1.50 each and free shoe rental, Mondays - Thursdays.

We Got It Goin’ On

Have your voice heard. Make a difference. Get involved. Grow and have a blast with SM&SP.

Club Week gets going Oct. 4 at Kaneohe Bay

Ed Hanlon V
MCCS Marketing

With renovations nearing completion, grand openings of the three main clubs on base: the Officers Club, the Enlisted Club (Kahuna’s) and the Staff NCO Rocker Room are set to launch during “K-Bay Club Week,” Oct. 4 – 11. After a significant makeover, the Officers Club will kick off Club Week Oct. 4. Festivities will begin with the blessing, followed by a 5:30 p.m. reception and tours of the new facility, and round out with complimentary pupus and live music. Officers and their guests are invited. On Oct. 5, the Officers Club will host a Club Open House. A complimentary poolside barbecue, Hawaiian music and more tours of the facility are scheduled for members, family members, and especially retirees. The Enlisted Club is going to commence its opening on Oct. 9. Promotions include: door prizes such as a digital video disc player, a 27-inch television and more. Enjoy live music from Kapena, free pupus, extreme games and the initiation of the island’s only mechanical bull. The food and fun will start at 4:30 p.m., and the first 250 E-5s and below will receive free Kahuna’s caps. Last, but not least, the Staff NCO Club will host its grand opening and open its new lanai Oct. 11. Rock & roll band “The Kingpins” are tentatively booked for the evening’s entertainment. Guests will enjoy free pupus and outdoor games.

Grand re-opening



Sgt. Alexis R. Mulero

(Left to right) Mari Rollins, president of the All-Enlisted Spouses Club Thrift Store; Sgt. Maj. Filipino Ilaoa, base sergeant major; Margaret and Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii; Vaisa Ilaoa; and Navy Chaplain (Capt.) Joseph W. Estabrook, the command chaplain, all participated in the ribbon cutting and blessing of the AESC Thrift Store Sept. 13. The store’s open from 10 a.m. to 6 p.m., Monday through Saturday.

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 and \$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. Please show your ID at the box office. Phone 254-7642 for recorded info.

8 Legged Freaks (PG13) Mr. Deeds (PG13) Road to Perdition (R) K-19 Widowmaker (PG13) Stuart Little 2 (PG) Crocodile Hunter (PG) The Country Bears (G) Austin Powers Goldmember (PG13) Road to Perdition (R) Blood Work (R) 8 Legged Freaks (PG13) The Country Bears (G) Austin Powers Goldmember (PG13) Pluto Nash (PG13)	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. Sept. 27 at 7:15 p.m. Sept. 27 at 9:45 p.m. Sept. 28 at 7:15 p.m. Sept. 28 at 9:45 p.m. Sept. 29 at 3:30 p.m. Sept. 29 at 7:15 p.m. Oct. 2 at 7:15 p.m.
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For up-to-the-minute news about MCCS, log onto www.mccshawaii.com.

Kunia blood donors exceed Tripler’s goals

Petty Officer 3rd Class Candace W. Antwine
Kunia Regional Security Operations Center

HONOLULU — Donating blood isn’t a problem for the members of the Kunia Regional Security Operations Center. Showing their commitment in grand fashion, 91 members recently signed up to donate to Tripler Army Medical Center’s blood bank.

“This is the biggest response Tripler’s gotten since Sept. 11,” said Petty Officer 2nd Class Richard Loza, the blood drive’s coordinator.

Like with many other areas, Tripler is experiencing a blood shortage. Although their bank goes to supply strictly military and qualified Department of Defense personnel, Tripler is responsible for the entire Pacific region, making it difficult to satisfy the demand.

In addition, the process of donating and curing blood is incredibly complicated. One stipulation is eliminating possible contaminated blood. For example, many members were turned away if they had been in Europe or parts of North Korea during a particular time frame.

Another factor is time. According to Loza, from the first drop donated, lab technicians only have four hours to get the blood to the lab for further testing. Other complications included having to throw blood away for various reasons.

“It costs Tripler \$500 per pint when they get blood from the civilian blood bank,” said Loza.

Kunia’s turnout was so impressive that Tripler is already making plans to return there in early October.

Giving the gift of life



Sgt. Robert Carlson

Specialist Delories Houchens, a lab technician with Tripler Army Medical Center, draws blood from donor Staff Sgt. Robinson V. Merchan, an inspector-trainer at the Comptroller’s Office, MCB Hawaii, Kaneohe Bay. Merchan said he donates blood to help his fellow Marines since they have always been there for him. Tripler is holding a blood drive at Marine Aircraft Group 24, in Bldg. 301 aboard K-Bay, today from 7:45 a.m. till 1 p.m. Third Marine Regiment and 1st Radio Bn. will host a blood drive, all day Sept. 27, at the Boondocker.

New child safety restraint laws in effect, this month

Department of Transportation
Press Release

Since Sept. 1, the U. S. Department of Transportation’s National Highway Traffic Safety Administration began requiring new child safety seats to have a specialized way of attaching to a vehicle seat.

Lower Anchors and Tethers for Children is a restraint system designed to work independently of the vehicle seat belt system, to simplify child safety seat installation and reduce misuse.

Since Sept. 1, 2000, all vehicle manufacturers have been required to install a top tether anchor in their vehicles. In addition, vehicle manufacturers were required to begin installing lower anchors in at least two rear seating positions in nearly all new passenger vehicles.

All new passenger vehicles manufactured after Sept. 1 will have the LATCH system.

Also since Sept. 1, most child safety

seats are required to have a lower set of attachments that fasten to these vehicle anchors. Most forward-facing child safety seats also have a top strap (top tether) that attaches to a tether anchor in the vehicle. Together, they make up the LATCH system.

“LATCH is an important innovation in child restraint and vehicle design. Used properly, the system is expected to save up to 50 lives a year and prevent close to 3,000 injuries in a crash,” said NHTSA Administrator Dr. Jeffrey W. Runge.

“This new technology will help us move forward in our effort to further reduce death and injury among our youngest passengers.”

The NHTSA estimates that as many as 80 percent of child safety seats are incorrectly used. The agency also estimates that the LATCH system will eliminate as much as half of the misuse associated with the improper installation of child safety seats.

Child safety seats without LATCH

technology are still effective in protecting children — as long as they are correctly installed in accordance with the manufacturer’s instructions.

“The LATCH restraint system will make child restraints easier to use, simpler and more secure,” said Runge. “It will be easier for parents to do the right thing to protect their children.”

Although the LATCH system will help resolve installation misuse, parents and drivers must still be sure to:

- Place their children in an appropriate safety seat. Make sure that the child is the appropriate height, weight and/or age for the child safety seat.
- Place children in the back seat. The back seat is the safest place for children.
- Never place a rear-facing child restraint in the front seat with an air bag.
- Install the child safety seat properly in the vehicle.
- Check that the child safety seat harness straps are tight.

- Place children in a booster seat once they reach 40 pounds.
- Do not prematurely move children to an adult seat belt system. Children should continue to ride in a booster seat, in the back seat, if they are under 4 feet, 9 inches tall.
- Stay informed as to whether their child safety seat has been recalled.

Consumers can have their child passenger safety questions answered by calling NHTSA’s Auto Safety Hotline at 1-888-327-4236. More information about the LATCH child safety seat system is also available on NHTSA’s Web site at www.nhtsa.gov.

To arrange a child safety seat inspection, visit www.seatcheck.org or call 1-866-SEATCHECK.

(Editor’s Note: The MCB Hawaii Base Safety Center works with the Keiki Injury Prevention Coalition in Hawaii to provide child safety seat inspections regularly. Call 257-2096 to find out about the next event.)

safetyCHALLENGE

Reducing scooter injuries calls for adult supervision

NAPS
Featurettes

Children have enjoyed foot-propelled scooters for decades, and today’s scooters with their sleek designs and fast wheels have made a comeback in popularity.

But these so-called “toys” are not as harmless as they may seem.

“Today’s scooters go very fast, so the possibility of a child losing control greatly increases,” said Greg Walker, M.D., of the American College of Emergency Physicians. “Any sort of device that puts children on wheels and allows them to move quickly sets them up for injury.”

Each year, thousands of children under age 15 are rushed into the emergency wards with scooter-related injuries. The numbers are on the rise.

The good news is that the majority of these injuries are preventable, if safety measures are followed.

The ACEP provides the following tips on scooter safety to help prevent serious injury to your child:



- flaws before allowing a child to ride.
- Scooter riders should wear a helmet along with knee and elbow pads.
 - Children are advised not to wear wrist guards because they may impair their ability to steer the scooter sufficiently.
 - Only allow children to ride scooters after they have demonstrated good judgment, strength and coordination.
 - Children younger than age 8 should only ride scooters when supervised by an adult. This age group accounts for one-fourth of all scooter-related injuries.
 - Scooters should only be ridden on smooth, paved surfaces and away from any traffic. Avoid streets and surfaces with water, sand, gravel or dirt.
 - Scooters should only be ridden during daylight hours.

Adults or parents wanting more information on health and safety topics, can visit the American College of Emergency Physicians’ Web site at www.ACEP.org.

Booster seats are required for many children, says NHTSA

NAPS
Featurettes

Millions of babies and small children are strapped into car seats every day, helping to protect them from injury should a crash occur.

However, studies show older children — those ages 4 to 8 years old, weighing



NAPS

Children who have outgrown traditional child safety seats should be secured in booster seats when riding in a vehicle.

between 40 and 80 pounds and up to 4 feet, 9 inches tall — are rarely restrained properly in the car.

That’s significant because traffic crashes are the number one cause of death for children.

Booster seats are necessary to lift older kids up to a height that allows the vehicle’s shoulder and lap belts to fit properly and safely.

Less than 10 percent of children who should be in booster seats are actually belted in properly, according to the National Highway Traffic Safety Administration. To help combat this alarming trend, the National Automobile Dealers Association has joined with NHTSA in a national campaign to raise public awareness of the importance of booster seat use.

“Proper booster seat use can save lives,” says NADA Chairman H. Carter Myers, III. “We are committed to helping parents hear that message.”

Visit the following Web site for more details on the proper use and other interesting facts about booster seats: www.nhtsa.gov/people/injury/childps/booster_seat/page1.html for.

Worth Repeating — “Education: Being able to differentiate between what you do know and what you don’t. It’s knowing where to go to find out what you need to know and it’s knowing how to use the information once you get it.”

— William Feather, author

Democracy in action makes a great first impression

NAPS

Featurettes

The hope of the “Take Your Kids to Vote” campaign — an effort of the Council for Excellence in Government, the Partnership for Trust in Government and dozens of nonprofit, corporate, labor and nongovernmental



partners — is to help make voting a family tradition and turn around the declining voter turnout of recent years.

A recent study by the Council showed that parents have an amazing influence on their children’s future voting habits. Twice as many young adults who grew up with political discussion in their homes believe voting is important as those who did not.

The “Take Your Kids to Vote” campaign has several tips to help adults make the connection between their communities and their elected officials:

- Take your kids with you when you register to vote.
- Pick an issue that is important to your family (the environment or education, for example) and follow it through the campaign. Ask your kids where the candidates stand on this issue. Do they agree?
- Take a walk around your neighborhood and see how many campaign signs and bumper stickers they can spot. What messages do they convey?
- Encourage kids to talk to other adults and find out about the first time they voted.
- If kids have a specific question for a candidate, help them to write a letter or send an e-mail.
- Watch the news and political debates together as a family and talk about it afterwards.

For more information, including games and links to important election resources and kid-friendly sites, log on to www.takeyourkidstovote.org.

(Editor’s Note: Election Day 2002 is Tuesday, Nov. 5. See your Voting Assistance Officer for absentee ballots and dates of state primary elections.)



NAPS

Money doesn't grow on trees, nor does your nest egg accumulate wealth without some minimal savings effort.

Investing's a long term deal

NAPS
Featurettes

Even in today's uncertain stock market, reaping a good return on your money may be easier than you think. However, the experts say building a nice nest egg for retirement time requires investing in stocks and mutual funds-for the long term.

A recent study by a nationally known research firm confirms that common stocks and mutual funds have continually outperformed the majority of other investment options.

Over the past 75 years, large- and small-cap stocks and mutual funds provided an average annual investment return of about 12 percent.

Compare that return on your money to other investment options such as long-term government bonds (8 percent return), treasury bills (7 percent), money market or CD accounts (4 percent) or bank sav-



ings accounts (2 percent). And don't forget inflation. The average inflation rate in America has been about 3 percent. That means, to keep your money growing over time, you must gain an investment return of 3 percent or better each year.

Plus, before you get started on building your nest egg, know that whether the market is running *with* the bears or *from* the bulls, analysts also say there is one other key to successful investing that never changes: research.

Even modest investors should avoid taking stock tips as "gospel," always do your own homework before risking your money in any investment option.

To learn how to start a long-term investment program, order your free investor kit by calling toll-free 1-877-275-6242, or by visiting www.better-investing.org. Remember that accumulating wealth takes long term effort.

On the Menu

Anderson Hall will prepare the following this week:

Today	Candied Sweet Potatoes Chocolate Layer Cake w/Chocolate Cream Frosting Asst. Fruit Pies	<u>Specialty Bar</u> (For Lunch and Dinner) Taco Bar
Lunch Seafood Platter Fried Fish Nuggets Fried Shrimp Fried Scallops Breaded Oysters Lasagna Baked Ravioli Macaroni and Cheese Chewy Nut Bar Yellow Cake Layer w/Butter Cream Frosting Asst. Fruit Pies	Monday	Wednesday
<u>Dinner</u> Roast Pork Loin Barbecued Chicken Mashed Potatoes Steamed Rice Chewy Nut Bar Yellow Layer Cake w/Butter Cream Frosting Asst. Fruit Pies	<u>Lunch</u> Meatloaf Creole Pork Chops Mashed Potatoes Pork Fried Rice Apple Crisp Asst. Fruit Pies Chocolate Chip Cookies	<u>Lunch</u> Barbecue Spareribs Country Style Steak Steamed Rice Mashed Potatoes Asst. Fruit Pies Oatmeal Cookies
<u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar	<u>Dinner</u> Baked Turkey and Noodles Baked Fresh Fish Rice Pilaf Apple Crisp Asst Fruit Pies Chocolate Chip Cookies	<u>Dinner</u> Baked Chicken Beef Pot Pie Boiled Egg Noodles Mashed Potatoes Brownies Asst. Fruit Pies
Saturday	<u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar	<u>Specialty Bar</u> (For Lunch and Dinner) Country Bar
<u>Dinner/Brunch</u> Herbed Rock Cornish Hen Grilled Strip Loin Steak Rice Pilaf Mashed Potatoes Asst. Fruit Pies Chocolate Chip Cookies	Tuesday	Thursday
Sunday	<u>Lunch</u> Beef Sukiyaki Pork Chop Suey Egg Foo Young Chinese Fried Egg Rolls Steamed Rice Pork Fried Rice Asst Fruit Pies Chocolate Pudding	<u>Lunch</u> Chicken Parmesan Baked Lasagna Baked Potatoes Strawberry Shortcake Peach Pie Banana Cream Pie
<u>Dinner/Brunch</u> Yankee Pot Roast Baked Ham Mashed Potatoes	<u>Dinner</u> Creole Macaroni Baked Fish Filet Mashed Potatoes Noodles Jefferson Asst. Fruit Pies Chocolate Pudding	<u>Dinner</u> Chicken Vega Simmered Corned Beef Parsley Butter Potatoes Steamed Rice Apple Pie Oatmeal Cookies Asst. Fruit Pies
		<u>Specialty Bar</u> (For Lunch and Dinner) Taco Bar

RECIPE

Veggie stews perk up to mushrooms

NAPS
Featurettes



NAPS

It’s not easy to improve on ratatouille (rah-ta-too-ee): the garlicky French medley of tomatoes, zucchini and other fresh vegetables. Yet, mushrooms bring something new to the table, when sliced and simmered with the other ingredients.

For a double helping of mushroom goodness, serve mushroom ratatouille in a grilled portabella cap. It’s also delicious tossed with hot pasta, tucked inside an omelet or served at room temperature with grilled or roasted chicken.

Mushroom Ratatouille

- 1

pound fresh white mushrooms
- 2

large onions
- 1

medium eggplant (1 pound)
- 2

medium zucchini (1 pound)
- 1

large sweet red bell pepper
- 2

large ripe tomatoes (1 pound)
- 2

tablespoons olive oil
- 4

teaspoons chopped garlic
- 1

teaspoon Italian seasoning
- 3/4

teaspoon salt
- 1/2

teaspoon ground black pepper

Cut mushrooms in thick slices; slice onions in wedges; cut eggplant, zucchini, red bell pepper and tomatoes in 1-inch cubes.

In a large (12-inch) skillet (preferably nonstick), heat oil over medium heat. Add onions and garlic; cook and stir until lightly browned, about 4 minutes. Add mushrooms and eggplant; cook and stir until lightly browned, about 4 minutes. Add zucchini, bell pepper, tomatoes, Italian seasoning, salt and black pepper.

Cover and cook, stirring occasionally, until vegetables are tender, about 10 minutes. Yields 8 cups.

WORD TO PASS

Hispanics Celebrate, Saturday

All are invited to the Marine Forces Pacific and MCB Hawaii Joint Hispanic Heritage Block Party and Dance, tomorrow (Sept. 21) from 3 - 6 p.m. at the Enlisted Club aboard K-Bay. Come celebrate Hispanic culture with Loteria (Latin bingo), bouncy houses, sack races, the pinata, balloon man and more.

Afterward, all ranks are invited to the 2002 Hispanic Dance featuring a live Spanish band, a disc jockey and food to order. The dance will run from 7 p.m. to 12 a.m., and no cover charge will be assessed at the door.

For more details on either event, contact Master Sgt. Rivera at 257-8872, or your Equal Opportunity representative.

Tripler Fisher House Holds Charity Sale, Today & Saturday

All are invited to help support the Tripler Fisher House, which aids military families in need, at its fundraiser taking today and Saturday from 10 a.m. to 6 p.m.

Attendees can purchase unique armoires, tables, baskets, cabinets, chairs, benches and more, first come, first served.

The Tripler Fisher House is located beyond the V.A. Medical Center and parking garage. Make a right turn on Krukowski Rd., and go up the hill, just past Dental.

For more details, call 433-1291, ext. 28.

Women Host K-Bay Conference, Oct. 18 - 19

Choose from more than 50 dynamic workshops covering topics such as health and career enhancement when you register to attend the 8th Annual Joint Women’s Conference, Oct. 18 - 19 at the MCB Hawaii Officers Club. The event will feature innovative and powerful information for women associated with the military lifestyle.

Speakers include award-winning chef *Sam Choy*, who will demonstrate locally flavored

gourmet cuisine at the Oct. 18 workshop, from 11 a.m. - 12 p.m.

Syndicated columnist *Heloise* of “Hints from Heloise” fame will speak about her life as a military child during the Oct. 19 workshop from 11 a.m. - 12 p.m.

The cost is \$25 for both days or \$15 Friday only, or \$15 for Saturday only. The fee includes the workshops, two continental breakfasts, two lunches and conference tote bags.

Seating is limited to 500, so get your registrations in early. All forms must be postmarked by Oct. 1, and can be picked up at military exchanges, commissaries, support centers, thrift shops and chapels.

The conference Web site is up and running at www.jointwomen-conference.com. Review conference and workshop information and print the registration form on-line.

See WORD TO PASS, B-8

“Have you seen the Joint Women’s Conference banner?”

If you are a spouse attached to MCB Hawaii and have spotted the Joint Women’s Conference banner anywhere aboard MCB Hawaii, note the location of the banner on the four dates below, and bring the form to the conference.

Nico Duncan will collect the forms, and the JWC director will pull a name from all correct entries received.

A winner will be announced in the Oct. 25 edition of the *Hawaii Marine’s* “Word to Pass” column and receive a small “mahalo” gift for participating.

Name: _____ **Phone #:** _____

Date spotted: _____ **Location of banner:** _____

Sept. 20: _____
Sept. 27: _____
Oct. 4: _____
Oct. 11: _____

Note: Contest participants must be attached to MCB Hawaii and have registered for the 8th Annual Joint Women’s Conference.

WORD TO PASS, From B-7

Contact Nico Duncan at 254-6198 for more conference information.

HCDC to Provide JWC 2002 Child Care

The Joint Women’s Conference and the Hourly Child Development Center have joined forces to make child care available to JWC 2002 participants.

However, you should register early, as now reservations are only open at the HCDC on Oct. 18 and 19 to registered JWC participants, but on Tuesday child care will be opened to all HCDC patrons (in addition to conference participants).

The CDC registration fee can be waived for those attending the conference.

Contact Kelli Allen for more regarding JWC 2002 childcare at 257-8354.

NMCRS Provides Aid

The Navy-Marine Corps Relief Society is available to assist service members and their families with financial emergencies. To inquire, contact NMCRS’ Kaneohe Bay office (in Bldg. 216, the “general’s building”) at 254-1327 or the Pearl Harbor office (1514 Makalapa Drive, across from the Makalapa Branch Medical Clinic) at 423-1314.

Aquarium Hosts Tours

Each summer, the Waikiki Aquarium offers educational field trips, activities and special events for the community. Call 923-9741 to enjoy one of the following:

- Oct. 11, 7 - 9 p.m.: Find out if fish snooze or lobsters sleep. Join staff for an after-dark, flashlight tour and informative presentation of night ecology. The minimum age is five years old, and youngsters must be accompanied by an adult. Preregistration is required at \$7 for adults, \$6 for children.
- Oct. 1 - Nov. 9: Attend the free, six-week training program to become a docent.

Government Jobs Become Available

- The Hawaii State Judiciary is seeking qualified court interpreters to serve as independent contract court interpreters for state courts. Individuals able to interpret fluently in both English and a second language are invited to register. All languages are wanted; however, those who are fluent in American sign language, Filipino and Chinese dialects, Micronesian, Samoan and Tongan are especially needed. Pick up registration packets and the brochure that answers frequently-asked questions at either the Judiciary Personnel Office, 417 South King St.; the District Court Information Center, 1111 Alakea St.; or at the Circuit Court Concierge, 777 Punchbowl St. For more information, call 539-4860.
- The Federal Detention Center in Honolulu, part of the Federal Bureau of Prisons, is accepting employment applications online at [\[cruit.html\]\(#\). Employees enjoy generous health, group life insurance, retirement and thrift savings benefits. For more information,](http://www.bop.gov/re-</div><div data-bbox=)

call 1-800-347-7744.

- If you’re interested in a career as a special agent,

attend the FBI’s next seminar, Sept. 23 from 10 a.m. - 12 p.m. at the U.S. Coast

Guard Base, Sand Island, Work-Life Center. Call 566-4488 for more details.

Hawaii MARINE SPORTS

Hawaii Marine C Section

September 20, 2002

1st Radio Battalion raided by 1/3

Cpl. Jason E. Miller
Combat Correspondent

A very fast and stingy defense, coupled with a speedy and accurate air assault, put down the Red Raiders of 1st Radio Bn., when they faced off against the 1st Bn., 3rd Marine Regiment Raiders in their season opening loss at Pop Warner Field.

The 1/3 Raiders triumphed 19-12 in the low-scoring, yet brutally exciting affair.

The game began with a big kick return by Radio Bn.'s Jason Bailey, who brought the ball about 50 yards on the opening kickoff. The play was the lone highlight for Radio Bn. in the first quarter.

Suppressed by a stingy 1/3 defense, 1st Radio went three and out on their first possession. Once 1/3 got the ball, the chains began to move, but at the end of the first quarter, both teams were scoreless.

On the second play from scrimmage in the second quarter, 1/3 Raiders quarterback Austin Smith hit wide receiver Jeremiah Palmer for a 40-yard touchdown pass to put the team ahead 6-0. They failed to capitalize off of the two-point conversion.

On the ensuing kickoff, the Red Raiders' special teams' play began to shine again, as cornerback Gerald Proctor returned the kick 67 yards to inside the 1/3 five yard line.

Threatening to score, Radio Bn. made several attempts to cross the goal line, but was stuffed on every run play.

With the pressure from the 1/3 defense, they couldn't complete a pass. A break came for the Red Raiders when 1/3 was called for pass interference.

Radio Bn. then had the ball, first and goal on the 1/3 one yard line.

Two plays later, Red Raiders running back Corey Williams scrambled two yards to put Radio Bn. on the board and tie the score at 6-6 with 7:58 left in the second quarter. The super-fast 1/3 defense blocked the extra point attempt and kept the score tied.

The ball shuffled back and forth between the two teams, but with 1:07 left in the half, 1/3 linebacker Ronald Harvey picked off a Bailey pass and gave the Raiders one more chance to score.

Raiders quarterback Dwayne Adams rushed 19 yards for a touchdown on an option play and put 1/3 back ahead with 53 seconds on the clock. After the extra point, 1/3 led 13-6.

The Raiders of 1/3 mounted several drives in the first half, but only managed 13 points. Turnovers and penalties were hindering both teams, but plaguing Radio Bn. to the point that

See FOOTBALL, C-3



Cpl. Jason E. Miller

1st Radio Bn. Red Raiders' wide receiver Nicholas Johnson makes a leaping catch in the first quarter that resulted in a 25-yard gain for the Red Raiders.

Hawaii Marines fall short of goal

Pfc. Monroe F. Seigle
Combat Correspondent

The Varsity Soccer team from MCB Hawaii, Kaneohe Bay, took a hard loss in the Hawaii Armed Forces Services Athletic Council's soccer championship game against the Hawaii Force Soccer Team Friday aboard Hickam Air Force Base.

Even though it was a close game to the bitter end, the Force, composed mostly of Army soldiers, civilians and family members, got on the scoreboard quickly. Forward Richard Pena scored first edging by the Marine goalie, to bring the score to 1-0 in the first three minutes of the game.

Ten minutes later, the Force's offense struck again when forward Chad Penner bounced the ball off his head and into the goal to double the Force's lead.

The Marines struck back late in the first half when midfielder Mario Morales fired a shot past goalie Contantin Nicolet to make the score 2-1 before the intermission.

Although neither team scored again, the Marines made the Force earn the narrow victory with several goal attempts throughout the second half of the game, the majority coming from Morales.

See SOCCER, C-3

SM&SP Shank and Slice drives it up

Sgt. Alexis R. Mulero
Combat Correspondent

They may not pay out the six-figure prizes earned by Tiger Woods, but the MCB Hawaii, Kaneohe Bay, Single Marine and Sailor Program offered base golfers the opportuni-

ty to enjoy an afternoon of competitive sport and the possibility to win prizes Sept 13.

The 91 Marines and Sailors who participated broke up into 23 different four-man teams, regardless of rank, and played some spirited rounds of best-ball scramble.



Sgt. Alexis R. Mulero

Cody Perry, a field wireman with Headquarters Co., 3rd Marine Regiment, tries to drive his team closer to the green.

"This type of tournament encourages service members to participate and build camaraderie regardless of ability or handicap," said Louie Lee, assistant professional at Kaneohe Klipper Golf Course.

Although the tournament was not officially considered competitive, the winning team finished the day with a 12-under-par 60. The winning team included James Caldwell, administration chief with Combat Service Support Group 3, Joe Ruiz, reparable issue point staff noncommissioned officer in charge, CSSG-3; Kevin Fitzgerald, supply clerk with Marine Corps Air Facility; and Jimmy R. Sumaya, a warehouse chief with Headquarters Bn.

After concluding their rounds, golfers enjoyed pupus and refreshments at the Kaneohe Klipper lanai.

Additionally, they had the opportunity to win prizes such as free food coupons, golf equipment,

See GOLFERS, C-3

SPORTS BRIEFS

Debbie Robbins MCCS Public Relations

Cheerleading Coaches Wanted

Youth Activities is seeking volunteer cheerleading coaches for the upcoming flag football season. Those interested can call Youth Activities at 254-7611.

Fast Pitch Baseball Seeks Interest

Varsity Sports Coordinator Joe Au is seeking command interest in fielding an intramural baseball team for January 2003. This will be a fast-pitch baseball league. Interested military members should contact their sports representative, and the reps should e-mail Joe at Joe.Au@usmc-mccs.org

Flag Football Graces Camp Smith

All persons attached to Camp H. M. Smith may now look forward to the upcoming flag football season. Sports Coordinator Angela Pittman is currently reserv- ing spots. For more details, call 477-0498.

Resumes Accepted for World Skeet Championship

The World Skeet Championship is being held Oct. 11 - 19 in San Antonio, Texas. Marines interested in being considered for competi- tion must be a National Skeet Shooting Association member and should submit a resume to the Marine Corps Community Services Athletics Office. Resumes should include an average based on a min- imum of 500 targets in each gauge (12, 20, 28 gauge and .410 bore), as well as a current classification of “A” class or higher, and a copy of an NSSA classification card. For more, contact the Athletics Office at 254-7590.

SM&SP Offers Discounts at the Klipper

Take advantage of the benefits the Single Marines and Sailor Program has to offer. The Kaneohe Klipper has discounted prices for E-5 and below. The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set. Two tee times on Saturdays and Sundays are re- served for SM&SP only. The deadline for the Saturday tee-off is Thursday at 5 p.m., and Sunday’s deadline is Friday at 5 p.m. For more details, contact Leslie Graham at 254-7593.

Oceanside Paintball Takes Aim

Let your “inner-predator” come out. Spend a day practicing your combat skills with Oceanside Paintball. The field is open Saturdays, 9 a.m. - 4 p.m., and Sundays noon - 5 p.m. Select Fridays are available for training exercises and unit events, upon request. The cost is \$10 per person, including mask and paint- ball marker. Players have the option of bringing their own paint or buying it at the field. For more information, times and locations, contact owner Robert Brumley at 254-7593.

Rocker Room Brings Regal Pigskins and Pupus

Cheer on your favorite football team every Monday night at the Staff NCO Rocker Room’s Monday Night Football pigskin and pupu party. Doors open at 4:30 p.m. Plenty of free prizes and pu- pus will keep your gang coming back for more. Each week the Rocker Room will feature a guest bar-

tender. Also, a King and a Queen of the Quarter will be crowned. Every King and Queen becomes eligible to win the regal recliner during Super Bowl Sunday. Also, don’t forget that you can ease back at the E- Club every Monday night during its weekly “Sports Night.” For more details, call 254-5592.

K-Bay Lanes Throws Out a Strike

Bowling is back, and back “with attitude!” Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes. Bowling leagues for youth, women’s, intramural and a Wednesday night mixed foursomes are starting. All bowling levels are welcome to participate. Check out Semper Extreme Bowling Fridays 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m.- 1 a.m.; and Sundays, 6 - 9 p.m. The K-Bay Lanes also features bumper bowling for keiki, a hearty snack shop, a pro shop and arcade. For more information, call K-Bay Lanes at 254-7693.



Marriott Links to Literacy Golf Tournament

Tee off at Marriott Links to Literacy, a benefit for the Hawaii Library Foundation Sept. 20 at the Ko Olina Golf Club, one of Oahu’s premier courses. The format at the 9th annual tournament includes 18 holes and three-person modified scramble. Registration begins at 9 a.m., and a shotgun start is at 11:30 a.m. An awards banquet, live auction and prize drawings will follow at 6:30 p.m. at the J.W. Marriott Ihilani Resort and Spa. All players will be eligible to win one of two grand prizes during the awards banquet: A five-night, six-day trip to Napa Valley with accommodations at the Renaissance Lodge at Sonoma and golf at the Silverado Resort; or a six-night, seven-day trip to Vancouver, Canada, with accommodations at the Marriott Residence Inn at Whistler. Air transportation will be provided by Aloha Airlines for both trips. Corporate sponsorships are welcomed and encour- aged. Individual participation will be accepted on a space available basis only. For more information and registration, call the Hawaii Library Foundation at 837-8069.

5K “Race for the Cure” Deadlines Today

Applications are available now for the 8th Annual Susan G. Komen Hawaii Race for the Cure, Sept. 29 at Kapiolani Park. The race is being held to raise funds for the fight against breast cancer. The “event with a mission” fea- tures a 5k race at 7:30 a.m, followed by a one-mile walk at 7:45 a.m. Registration is \$18, if postmarked by today. The cost is \$25 for applications thereafter. Groups of five or more mailed together are \$15 per participant. There will be no official registration on race day. Entry forms with complete details are available in *Hawaii Race Magazine*, at Chevron stations, Safeway lo- cations, or by calling the information line at 973-5967. Online registration can be accomplished at www.race-forthecurehawaii.org.

Ko’olau Challenge Golf Tournament Benefits Special Olympics Hawaii

Ed Wary, owner of Auntie Pasto’s, Dixie Grill and Eddie’s Burgers & Frozen Custard, is sponsoring the Ko’olau Challenge Golf Tournament Sept. 30, as a ben- efit for Special Olympics Hawaii. Entry is \$65 per person or \$240 for a four-person team at the event, which begins at 11 a.m. with check-in and shotgun start at noon at the Ko’olau Golf course. Registration is available for the four-person, best-ball scramble by calling Melissa Blake at Special Olympics Hawaii, 943-8808, ext. 69.

Boating Classes Begin Monday

The Honolulu Sail and Power Squadron alerts boaters to it’s seven session evening course in safe boat- ing, Monday at 7 p.m., at the Waikiki Yacht Club. The course is designed for skippers and would-be skippers, and is open to both adults and teens. Classes will be held at the Waikiki Yacht Club, locat- ed at the entrance to Ala Moana Park across from Atkinson Drive. These classes are free except for a nom- inal charge for instruction materials. For more information or registration, call 846-9000.

Hale Koa Offers Tennis Tournament

•The Hale Koa Hotel is hosting the Hale Koa Junior Open Tennis Tournament Oct. 4 - 6. The event is open to both boys and girls, ages 12 - 18, playing singles or doubles. The deadline to enter the tournament is Sept. 30. The cost is \$18 for singles and \$26 for doubles. Entry forms are available at the POiNT Health Club. •The Hale Koa Hotel is also offering a tennis doubles classic Nov. 15 - 17. There will be a men’s and women’s division (3.0 - 4.5). As well as a combination mix (6.0 - 9.0). The cost is \$30 per team, and entry forms are avail- able at the POiNT Health Club. For either event, make checks payable to the Hale Koa Hotel and mail to: D. Conroy, Hale Koa Hotel Tennis 2055 Kalia Road Honolulu, HI 96815

Hawaii Professional Rodeo Returns to Oahu

Cowboys and cowgirls from across Hawaii are sad- dling up for two days of bucking broncs, bull riding, and malassadas. The Hawaii Council on Portugese Heritage presents “Hawaii Professional Rodeo” at New Town & Country Stables in Windward Oahu, Oct. 4 and 5. The rodeo will feature local and national cowboy tal- ent as well as authentic Portugese food. Professional talent from Hawaii and the mainland is slated for participation in a full array of riding, roping and racing events to include bareback bronc riding, sad- dle bronc riding, bull riding, team roping, double mug- ging, barrel racing, steer undecorating and match bar- rel racing. Rodeo events and entertainment will be held as fol- lows:

Oct. 4 5 p.m. 5:30 - 6:30 p.m. 6:30 - 7 p.m. 7 - 9:30 p.m.	Gates open Live country music Frank De Lima Rodeo events
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Oct. 5 2 p.m. 2:30 - 3:30 p.m. 3:30 - 4 p.m. 4 p.m. - 6:30 p.m.	Gates open Live country music Frank De Lima Rodeo events
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Interested participants should call New Town & Country Stables at 259-9941 by Sept. 23. For those who would rather watch from a safe dis- tance, admission is \$10, if purchased in advance, or \$12 at the gate. Children four and younger will be admit- ted free of charge. For more information, call the Hawaii Council on Portugese Heritage at 845-1616. To purchase tickets, call Ticket Plus at 526-4400, or visit any Ticket Plus outlet. Order online at www.TicketplusHawaii.com.

Bellows AFS Brings Outdoor Recreation

Just because summer is over, does not mean you have to be a couch potato. Bellows Air Force Station offers plenty of outdoor recreation for active duty, family members and guests. For the ocean lover, Bellows offers many acquatic courses for beginners and pros. For example, 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. Or, learn ocean kayak skills, including deep water re- covery, navigation, water safety, and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost of the class is \$14 for adults. The price in- cludes kayak rental for time of instruction.. Pay for classes and pick up your equipment at Equipment Check Out. For more information, call 259-8080.



Pfc. Monroe F. Seigle

Base All Stars

NAME: Staff Sgt. Mario R. Morales

**BILLET: Aviation administrator
SNCOIC**

UNIT: HMH-363

SPORT: Varsity Soccer

**TEAM: MCB Hawaii Varsity Soccer
Team**

POSITION: Midfielder

**• Morales has been playing soccer
for more than 20 years.**

**• In 1999, he played in the second
military games held in Croatia.**

**• Morales was also one of six
Marines to represent the U.S. in
the *Conseil International du Sport
Militaire* games held in Canada.**

*“Soccer is my passion ... I love the competition
and comraderie amongst the players.”*



Cpl. Jason E. Miller

Red Raiders’ running back Corey Williams is taken down by 1/3’s defense after a short gain in the second quarter of Radio Bn.’s loss to 1/3 Sept. 10.

FOOTBALL: 1/3 Raiders take the intramural win

From C-1

they had very little positive yardage in the first two quarters of play. The 1/3 defense dominated the pace of the game and hampered any drives attempted by Radio Bn. The score remained 13-6 at the half.

The third quarter began just as the second had ended, with 1/3 taking the ball away from 1st Radio and controlling the field.

The Raiders’ final touchdown of the game came when Ronald Harvey recovered a fumble in the end zone and added six more points to the 1/3 total, with 10 seconds left in the third quarter. The extra point attempt was missed, but 1/3 extended its lead to 13 points.

First Radio Bn. spent all of the fourth quarter trying to mount a

comeback drive. The defense finally took a stand against the 1/3 passing game, and with just over a minute to play, got the ball back for one last chance.

The Red Raiders put together an impressive 50-yard drive that was capped by a one-yard touchdown run by offensive position Nicholas Johnson with 17 seconds left in the game, bringing the score to 19-12.

After a failed two-point conversion attempt, the Red Raiders went for an onside kick in hopes for one more possession to win the game, but 1/3 was quick to recover and run out the clock to victory.

The Raiders of 1/3 defeated the Red Raiders of 1st Radio Bn 19-12, and the game ball went to Raiders’ linebacker Brian Heimer who kept pressure on 1st Radio the entire game and registered several tackles and quarterback sacks.



Sgt. Alexis R. Mulero

Bryan Booth, a training cadre with 1st Radio Bn., prepares to putt a 12-footer.

GOLFERS: Marines, Sailors slice up links

From C-1

long distance phone cards, and other items provided by tournament sponsors: AT&T In-room Service, Bank of Hawaii, Maui Tacos, Windward Federal Credit Union, Hawaiian Water Adventures Park, Taco Bell, Pizza Hut and the University of Phoenix.

“All prizes, except closest to the pin and long drive, were awarded via random draw, ensuring all teams an equal chance to

win, regardless of score,” said Lee.

Proceeds from the tournament benefit programs provided by the Single Marine and Sailor Program.

“We would like to thank those sponsors who donated prizes and made the tournament a complete success,” said Lee.

For more regarding Shank and Slice or other Single Marine & Sailor Program activities, call Leslie Graham, the SM&SP coordinator, at 254-7593.



Pfc. Monroe F. Seigle

Mario Morales races past a force defender during the championship.

SOC CER, From C-1

“The Marines are a very physical team,” said Army coach Augie Mendez. “The smaller fields benefit the more physical teams.”

“I’m very proud of the team as a whole,” said Ian Brooks, head coach for the MCB Hawaii Varsity Soccer Team. “We had a strong de-

fensive play and we did an outstanding job for a new team.”

The K-Bay warriors fought hard and finished with a record of 3-1-1. Unfortunately, they will have to wait until next year to prove whether they are the best military soccer players on the island.

“We plan on doing a lot of training until next year,” said Collins. “We need more experience as a team, so we can take it all.”

SPORTS AROUND THE CORPS

Station hits grand slam with Japanese

Pfc. Jeff Zaccaro
MCAS Iwakuni

MARINE CORPS AIR STATION IWAKUNI, Japan — The Marine Corps’ number one priority is mission accomplishment, and one of Marine Corps Air Station Iwakuni’s main missions is keeping a good relationship with our host nation.

The Station has developed many ways to keep a good relationship with those outside the gate, such as participants in the Japanese and American Goodwill Softball Tournament held at the Penny Lake fields, Sept. 8.

The ninth annual tournament featured American and Japanese teams and gave them the opportunity to compete against each other in a sport known around the world, while at the same time giving them the opportunity to interact in a recreational environment.

“The main focus behind the tournament is to enhance the community relations that we have with the Japanese,” said Bobby Brown, Marine Corps Community Services athletic director. “Activities and tournaments like this help to create a stronger bond between everyone involved.”

With the help of Makoto “T-san” Tsunekuni, MCCS recreational specialist, the Station was able to coordinate 11 Japanese teams and one American team in the tournament.

According to Tsunekuni, he worked with the official Iwakuni Softball Society

and contacted the teams that were interested in the tournament.

Shortly after all the coordinating was complete it was time to play ball in the single elimination tournament with team hopes of walking away with the first place trophy.

With the games underway, the competition level was already on the rise between the 12 teams, according to Daniel Montemayor, Motley Crue team member.

“The Japanese are really competitive and love this sport,” said Montemayor. “Major league baseball can really learn a lot from them. They play for the love of the sport, not the money, so there will be no strikes.”

With the games underway, the Japanese team, Team Gator, took the first victory of the day by beating Renkon B.

After two victories, the Motley Crue faced Team Gator in the fifth round and was determined to win.

“The Americans won last year, and we are going to win this year,” said Tom Neeley, Motley Crue team member.

With the whole team feeling as determined as Neeley, Motley Crue played a fierce fifth round game and finished up



Pfc. Jeff Zaccaro

Motley Crue team members Daniel Montemayor and Tom Neeley practice before their first game of the 9th Annual Japanese and American Goodwill Softball Tournament at the Penny Lake Fields Sunday. Neeley and Montemayor were part of the only American team in the tournament, and hoped to claim victory, like the Americans had the year before, but were eliminated in round five.

by tying with Team Gator at the end of the game.

Motley Crue got a quick lesson in Japanese softball rules when they took to the field to break the tie in extra innings and then found themselves playing an intense game of rock, paper, scissors to advance into the final round.

Although in disbelief, Motley Crue gave rock, paper, scissors their all, but

couldn’t pull off the win.

With Motley Crue conquered, the only thing that stood between Team Gator and a victory was Atago Nine.

Motivated with their recent victory in rock, paper, scissors, Team Gator was able to beat Atago Nine in the final round, making them the 9th Annual Japanese and American Goodwill Softball Tournament winners.

HEALTH & FITNESS

Tennis elbow can be treated

NAPS
Featurettes

Many tennis players, golfers and other weekend and professional athletes are raising a racket about the possibility of better ways to treat lateral epicondylitis, commonly known as “tennis elbow.”

The condition is usually caused by overstress of the tendon that attaches to the bone at the outside of the elbow.

The generally accepted treatments for this kind of repetitive stress disorder include:

- RICE, that is rest, ice, compression and elevation plus activity modification
- Braces, splints (forearm sleeve) and/or orthotics
- Non-steroidal, anti-inflammatory drugs (e.g., Nap-rosyn, Advil, Motrin, Nuprin, Alleve, aspirin, etc.) Or Cox inhibitors (Celebrex, etc.)
- Physiotherapy, rehabilitation, conditioning and general fitness
- Steroid injections or local anesthesia.
- Surgery

There are also specific training techniques and equipment factors such as correcting backhand technique or modifying the racquet grip, head size or string tension.

Now, however, the U.S. Food and Drug Administration approved the application of a new extracorporeal shock wave therapy system. This is an innovative, non-



Sgt. Alexis R. Mulero

First Lieutenant Tony Priddy, G-6 operations officer, winces in pain while experiencing the effects of tennis elbow.

invasive way to treat localized musculoskeletal pain.

During a treatment with this system, the articulating head of the device is placed onto the area where the patient experiences pain. The machine then administers a preset number of pulses, or shockwaves, at a low energy level, allowing for anesthesia-free treatment.

“We found that these treatments improved functional outcomes in most patients, while offering no significant side effects,” said Dr. David Covall, an orthopedic surgeon. Other advantages to the treatment noted by Covall are that

“it is office-based, requires no anesthesia, and is non-invasive.

“This means that the treatment will be more accessible to the patient and more cost effective. I believe that this form of non-surgical treatment could revolutionize the treatment of pain associated with tennis elbow.”

Those interested in learning more can go online to the Siemens Medical Website at www.SiemensMedical.com/sonocur.

Did You Know?



NAPS

In 1964, golfer Norman Manley achieved consecutive holes-in-one on a course in Saugus, Calif., and both holes were par-4s.



Pain can be stopped by playing it safe

NAPS

Featurettes

Throughout the year, such leisure-time activities as softball, gardening, running and tennis can be great ways to get or stay in shape. Unfortunately, the pain resulting from injuries can sometimes overshadow the enjoyment of participating in these common activities.

Here are a few tips that may help prevent injury and pain:

•**Softball:** Participating in softball or baseball leagues is one of the most popular recreational activities in the U.S. To minimize the risk of injury to the shoulder or elbow occurring as a result of excess pitching, try not to throw more than 80 to 100 pitches during a game and 30 to 40 pitches in a practice.

•**Gardening:** Many people don’t know that gardening can cause injuries and pain. However, the upper legs, shoulders, wrists and back all may be impacted. Performing simple warm-up and cool-down stretches before and after gardening may help alleviate injuries, pain and stiffness in these areas. Kneeling, rather than bending at the waist also may be helpful.

•**Running:** While running can be an excellent form of exercise, injuries to the lower back, hips, knees, ankles and feet are common. A brief warm-up before run-

ning, and stretching both before and following the run, may help minimize the risk of injury.

•**Tennis:** Tennis is an activity that offers enjoyment while simultaneously providing an aerobic workout. Stretching before a game may prevent injuries to the legs and loosen up muscles.

Wearing proper shoes with good support may help prevent ankle injuries. To lessen the chance of lower back injury, avoid playing on hard surface courts with no “give.”

Despite your best efforts, injuries can occur, and may lead to persistent pain. If you experience pain, speak with your physician for help in determining a pain management program that is appropriate for you.

While treatment programs will vary, based on the individual and the type and intensity of the pain experienced, a program that includes both non-drug treatments and medication is often recommended.

Non-drug treatments may include heat, cold/ice,



Sgt. Alexis R. Mulero

Cpl. Kirk Pusey, a food service specialist with 3/3 stretches in the Semper Fit Center Parking lot.

massage, acupuncture and physical therapy. The most common types of pain medications are aspirin, acetaminophen and non-steroidal anti-inflammatory drugs.

For additional information about pain management, consult with your doctor or a pain specialist.