

# Hawaii MARINE

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## Bravo, 1/3, Lava Dogs fast rope at Bellows

Recent training will prepare battalion for deployment in spring

**Pfc. Monroe F. Seigle**  
*Combat Correspondent*

Marines from Bravo Co., 1st Bn., 3rd Marine Regiment, went to Marine Corps Training Area Bellows, Nov. 19 to conduct fast roping exercises. They descended from CH-53D Sea Stallion helicopters in a simulated combat environment.

Fast roping is utilized when a helicopter has to insert troops, but does not have enough space to land. It can also be utilized in ship take-downs, when Marines attack an enemy ship and try to seize control of it.

"This was some awesome hands-on training," said Cpl. Lucas Dyer, a squad leader for Bravo Co., 1/3. "We have gotten a lot of new Marines in the last couple months. This is the first hands-on training for a lot of them."

Before engaging in the fast rope exercises, the Marines were given several blocks of instruction on the proper procedures for descending down the rope.

The Marines are taught that there are three points of contact during their descent down the rope. They must make sure the rope is secure with their hands, feet and knees until the moment they hit the ground.

After hitting the ground, they are instructed to immediately move to a secure area. Depending on the situation, they must sometimes set up a defensive perimeter and get accountability of all Marines present.

"This was a confidence builder for a lot of the Marines who haven't done this before," said Capt. John P. Bobo, commanding officer for Bravo Co, 1/3. "I am sure they will have even more confidence the next time they perform this exercise."

The Marines from Bravo Co. are preparing for a deployment to Okinawa in the spring.

## A time for 'heeling'



Pfc. Monroe F. Seigle

**Lance Cpl. Beau D. Brenneis, an accounting technician with the Base Comptroller, introduces the heel of his boot to Sgt. Nivaldo Viera, a pay clerk at Base Disbursing, during their Marine Corp Martial Arts Program training Nov. 21. Both Marines completed their gray belt test and will be training to complete the green belt course to become instructors for their work sections. See the full story on page A-3.**

## 'Click It or Ticket' kicks off on MCBH

**Sgt. Robert Carlson**  
*Combat Correspondent*

Traffic accidents, not combat or training incidents, are the leading cause of death among service members, and the MCB Hawaii Military Police Department is teaming up with the Honolulu Police Department to address the issue.

The Click it or Ticket campaign started Nov. 21, and runs through Monday. Police on and off base are concentrating on enforcing seat belt use and child passenger restraint laws to keep military and civilian drivers safe.

The crackdown in Hawaii is part of a nationwide campaign in which more than 12,000 law enforcement agencies and military installations participate each year.

During fiscal year 2002, 321 service members lost their lives in private vehicle traffic accidents, and the National Safety Council estimates that half of them would have survived if they had been wearing their seat belts.

Military members are typically more likely not to wear seat-belts, according to NSC statistics. Males age 18-34 are the most likely not to wear seat-belts, and since the military services are staffed with an enormous number of individuals who fit that description, the campaign includes military installations across the nation.

"This type of activity heightens awareness about seat belt use, and that's what we're trying to do with the checkpoints here on base," said Danny Tolentino, MCB

Hawaii deputy safety director. "The difference here is that the citations drivers receive on the base will not carry any monetary penalty."

The MCB Hawaii MPD is stepping up enforcement by running random checkpoints around the base to increase awareness. The base invited officers from HPD to accompany the military police at the checkpoints so drivers can hear first-hand what kind of fines they can expect if the same violations occur off base.

Partnering with HPD not only helps increase awareness, it also helps keep Marines and Sailors from violating rules that may hurt them in the pocketbook, or may get them injured or killed, according to Tolentino.



## MCBH fine-tunes fuel spill response measures

**Sgt. Alexis R. Mulero**  
*Combat Correspondent*

Agencies throughout Hawaii gathered to hone their environmental contingency procedures Nov. 20-21, in an effort to improve MCB Hawaii, Kaneohe Bay's ability to respond to fuel spills aboard the base.

The Base Environmental Compliance and Protection Department, in coordination with other base departments, the U. S. Coast Guard, State Department of Health on-scene coordinators, and representatives of the Clean Island Council, performed a Spill Management Team training tabletop exercise to fine-tune the base's Integrated Contingency Plan.

The base's SMTX is a yearly requirement of the Oil Pollution Act of 1990. The act cites a myriad of federal regulations that require the base to develop oil spill contingency plans, notify appropriate authorities and prepare for and respond to oil spills.

"Our location is surrounded with highly sensitive areas," said Rocky Owens, an environmental protection specialist.

"It's a priority of the base to be good neighbors and stewards of the environment."

The first day was filled with realistic spill scenarios that exercised notification procedures, spill response control, containment strategies, the formation of the Incident Command System, logistical and financial procedures, and legal and public affairs issues.

On the following day, an equipment deployment drill was conducted at the Water Front Operations facility for those Spill Management Team members who were interested in viewing the on-water operations part of the oil spill response.

"The level of play is much more sophisticated than in many other areas of the island," said Kim Beasley, general manager of the Clean Islands Council, a non-profit organization that helps the Hawaiian community train, prepare and respond to oil spills.

Immediately following the exercise, base spill management team leaders evaluated the already established plans and procedures, reviewed concerns and identified unresolved issues.

"The base's ability to assess an emergency and develop an effective emergency response gets better every year," said Beasley.



# MCBH NEWS BRIEFS

## K-BAY CONCERT, TREE LIGHTING GOES DEC. 8

The MCB Hawaii community is invited to attend the 2002 MCBH Christmas Concert and Tree Lighting Ceremony, featuring the Marine Forces Pacific Band, Dec. 8 at the Base Theater.

The concert will begin at 5 p.m., and the tree lighting ceremony will follow at Dewey Square, immediately after the concert.

The entire family is invited to bring lawn chairs and blankets and relax and participate in Christmas carolling. Plus, there will be skits and a special guest appearance by someone very special to children.

## MSG SCREENING TEAM VISITS DEC. 11-12

The Headquarters Marine Corps, Marine Security Guard Screening Team, will make a visit to MCB Hawaii Dec 11-12, at the bachelors officers quarters aboard MCB Hawaii, Kaneohe Bay, to conduct a detailed briefing and screen volunteers for possible future assignments in the MSG program.

The brief targets enlisted Marines in the grades of lance corporal through master gunnery sergeant.

The team will be available for individual screening. All Marines who desire to be screened are required to have in their possession their service record book, health records, current BIR/BTR, financial statements and complete commanding officer's screening/interview guide, per MCO 1306.2N.

For more information, contact your unit career retention specialist or Master Sgt. Elisara at 257-7714.

## PARKING GETS ADDRESSED

MCB Hawaii residents are urged to utilize their garage for the parking of vehicles, which would free up street parking for other residents, second vehicles and guests.

Currently, a traffic safety study is being conducted in the Manana Housing area and later, a study of the Hawaii Loa housing area will get underway. Residents and motorists are asked to be patient as the study will require some time to complete.

For more information, consult your Family Housing Resident Handbook, or call Mr. Jones Freeland at 257-2676.

# Hawaii MARINE

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# CG's MAIL BOX

*"I have personally experienced two near misses by drivers using cell phones..."*

Submitted by Mr. Ray Gercas, Business Performance Office



BRIG. GEN. MCABEE

To my knowledge, the base regulations do not address the use of hands-free cell phones aboard MCB Hawaii — only that the use of cell phones is not allowed while operating government vehicles.

Many states are now implementing into law that personnel using a cell phone while driving must be using a device that will allow them to have both hands available, and not to have one hand preoccupied using a cell phone.

I have personally experienced two near misses by drivers using cell phones while PTing (in the middle of day, wearing bright running clothes).

In one case, the car made actual contact by brushing against me as I moved out of the way. In this first case, the person struggled to steer with one hand and was more focused on not dropping the phone. The person was so engrossed in the conversation that she was not even aware of what happened.

In both cases, they were using phones in one hand.

My recommendations:

1. Establish a written policy that prohibits the use of cell phones while driving unless they are using a headset (hands-free).
2. Make the violation be commensurate with the same disciplinary action as one would get with a speeding ticket aboard base (i.e. points deducted).

Ray Gercas  
Business Performance Office

Mr. Gercas:

We have been asked by the commanding general to respond to your



Pfc. Monroe F. Seigle

**Sergeant Paul Johnson, a vehicle inspector for Motor Transport Division, Headquarters Bn., MCB Hawaii, waits until he is stopped and out of the vehicle to use his cell phone. Using phones while driving is dangerous; hands-free devices are recommended while the vehicle is moving.**

CG Mail since your recommendations and concerns fall within our staff responsibilities. The CG appreciates that you've taken the time to participate in the CG Mail program.

As you know, the commanding general has made safety a foremost priority from his first day in command. He also needs your help in this effort.

Although there are no Marine Corps orders, Hawaii state laws or local regulations that prohibit the use of cellular phones while driving privately owned vehicles, your concern is addressed in Hawaii Revised Statutes (HRS) Code 291-12, which allows citations to be written for "inattentive driving."

While not specifically addressing

the use of cellular phones, the HRS authorizes individuals to cite for any activity that inhibits a driver's ability to focus on driving. Examples include, but are not limited to, eating and reading.

Drivers who do not pay attention to their surroundings create an undue safety risk.

Of the 149 traffic accidents reported aboard MCB Hawaii in 2002, approximately half involved simple backing accidents.

While most traffic accidents are a result of inattentive driving of some sort, none have been directly attributed to the use of cellular phones.

Members of the community who witness any case of inattentive driving, including being distracted while using a cellular phone, are encouraged to use the third party citation. A third party citation is a means of reporting traffic violations available through the Provost Marshal's Office.

Any person, who desires to do so, should record as much information about the incident as possible and report personally to the Military Police Desk, where they will be assisted in filling out the appropriate forms.

Complainants should be aware that their presence might be required in traffic court.

A coordinated community policing effort helps maintain the safest environment in which to work and live.

Again, thank you for bringing this concern to light and using the CG Mail Program.

Mr. Bo Irvine  
Director, Base Safety Center and  
Lt. Col. Marc Lambert  
Provost Marshal

*(Editor's Note: Letters of any length may be trimmed and edited in the interest of good taste and brevity.)*

The commanding general invites input from the base community via C.G. Mail on the following topics: What are we doing that we shouldn't be doing? What are we not doing that we should be doing? What are we doing that we should be doing better?

Responses should include a recommendation that will help solve the problem and must include your name and return address so that staff may respond.

For more information about how to send C.G. Mail, see the MCB Hawaii C.G. Mail page at [www.mcbh.usmc.mil/command/cg-mail.htm](http://www.mcbh.usmc.mil/command/cg-mail.htm).

# COMMENTARY

*'We can lower prices at the MCX'*

Sgt. Robert Carlson  
Combat Correspondent

The gas prices on base are consistently higher than what we can get if we go to the stations on Hickam Air Force Base or Naval Station Pearl Harbor. Diapers are significantly cheaper if you buy them at Costco or Wal Mart than at the Wiki Wiki, and you can find a nice set of appropriate civilian attire at the Navy Exchange for less than at the Marine Corps Exchange.

We all hear these kinds of money-saving tips at least two or three times a week, and through the grapevine, the message spreads that the prices at the Marine Corps Community Services facilities on the base may not be the best deals in town.

When I hear someone say they can save a few cents buying socks at the BXtra, I always have the same question — "What is the Army-Air Force Exchange Service doing for you and your family?"

The Joint Education Center here just opened a new computer lab for military and civilian members of the

MCB Hawaii community. The Varsity Sports department of the Semper Fitness Program just finished its first season of tackle football, is scheduled to start a fast-pitch baseball league, and has pledged support for a base rugby league if there's enough interest.

Are those programs funded and managed by the AAFES and Navy MWR activities on the other side of the island? No. Those programs, and all of the other ones provided here for little or no charge, are funded and managed by MCCS. Costco doesn't contribute to the soccer league your children play in, and Sears doesn't pay for the aerobics classes your spouse attends. The financial planning programs that helped you sort out your budget, are NOT paid for by the money you spend at the NEX or Hickam's BX. When you buy at the BX, you're helping a person in the Air Force play in his base flag football league. You're paying for his auto hobby center, not yours. Absolutely none of the money you spend at the Hickam exchange comes back to the Marines, Sailors, civilians and fami-

lies here. It goes to Air Force service members and families. The money you spend at Wal Mart doesn't go into unit funds to help pay for sports days and barbecues.

Is that worth the money you save? If we want to get the best deals on the items and services we need, we should support the MCCS activities on base. I think that if we really thought about all MCCS offers, none of us would be able to remember a day when MCCS didn't contribute to our quality of life in one form or another.

Just like any other business, MCCS needs to make a profit on the goods and services it sells in order to provide the free and reduced rate services here. If more people shopped the Marine Corps Exchange, the economics of quantity would allow better prices. When the Exchange can buy walkmans and computers in higher quantity, it can sell them for less. When the gas station is moving more fuel through the pumps, the per gallon price will drop.

See COMMENTARY, A-6





Cpl. Jason E. Miller

Headquarters Bn., MCB Hawaii, Marines apply proper Marine Corps Martial Arts techniques as they practice for the practical application tests to earn their tan belt qualifications.

# Martial arts training continues

Cpl. Jason E. Miller  
Combat Correspondent

The Marine Corps Martial Arts program has been in effect for well over a year now, but for small units aboard MCB Hawaii, Kaneohe Bay, many Marines remain unqualified because of time and opportunity constraints.

Some units, however, have made time for the training by allowing just a few Marines at a time to train with a prequalified instructor.

Several small shops within Headquarters Bn., MCB Hawaii, recently dedicated several Marines to train for three days. Each became

tan-belt qualified in the MCMAP.

Staff Sgt. Robinson Merchan, a certified black belt instructor and an auditor with the Comptroller department of Headquarters Bn., taught the course.

He helped Marines from several divisions within MCB Hawaii get qualified when their units were too thin to spare more than one person at a time for training.

“I just give the classes because I enjoy the training,” Merchan said. “I am not pushed to put the classes together, but I do feel I should pass on the training that the Marine Corps has given me to those Marines who have not yet received the training.”



Cpl. Jason E. Miller

Staff Sgt. Robinson Merchan, black belt certified, applies a wrist lock on a Marine training for his tan belt.

# ‘Of what benefit is Thanksgiving?’

Navy Chaplain (Capt.)  
Joseph W. Estabrook  
Command Chaplain, MCB Hawaii

Thanksgiving is a holiday that commemorates no hero, celebrates no battlefield.

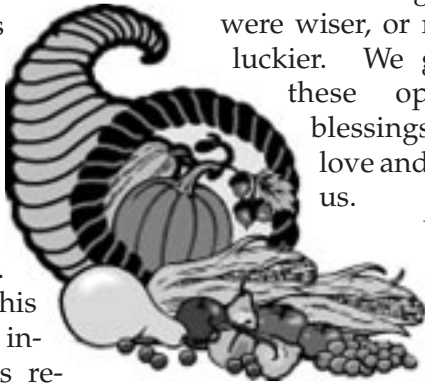
There is no lobby is behind it; no group or sect or party.

It doesn’t even fall on the same date twice. Yet, Christmas cannot dim it, nor July 4th steal its glory.

All America loves this day with a quiet and intense affection that is reserved for no other day of the year.

What makes Thanksgiving different? What makes it beloved? What makes this holiday so very real?

Perhaps the answer is simple:



Thanksgiving is an affirmation. It is the testimony of the heart of a nation to a deeply held conviction — the conviction that these things we call “free” and “decent” and “American” did not just happen to us.

We did not get them because we were wiser, or more clever, or even luckier. We got these freedoms, these opportunities, these blessings because of God’s love and benevolence toward us.

Unashamedly, our founding fathers believed that the God in whom they believed would truly be our God if we would be his people.

They believed that this experiment in democracy, based on our Judeo-Christian traditions and principles,

would enable us to become “the new Jerusalem,” a heaven on earth where people would prosper and God would be glorified.

Our forefathers believed that both gratitude and the dream needed to be irrevocably intertwined, and if we should ever forget to give thanks, we would jeopardize the blessing.

For our forefathers, this day of Thanksgiving was not only appropriate, but also essential.

If we are truly to take the torch from those great Americans who went before us and make the dream come alive, then we must also make sure that this dream and our gratitude to the God who gave it to us remain intertwined.

For us, as for our forefathers, it is not just a good thing to do or a nice day to celebrate. Thanksgiving is in fact — essential.

# ‘Here’s to Thanksgiving, football too!’

Navy Chaplain (Lt.)  
Scott Carlson  
CREDO Hawaii

NFL fans will know the now famous beer commercial that starts off like this: “I love playin’ two-hand touch ... eatin’ way too much ... watchin’ my team win, with the twins ... I love quarterback’s eatin’ dirt...” and I better stop right there.

It appears to be much like an old Tom T. Hall song about what he loved in life.

Country ‘twang’ was never my thing, but I like his lyrics. It starts like this: “I love little baby ducks, old pickup trucks; slow-movin’ trains and rain; I love little country streams; sleep without dreams; Sunday School in May and hay...”

Thanksgiving. The name says it all: a time to give thanks. Yet, having an “attitude of gratitude” is not always the natural thing to do.

To put it another way, instead of asking, “What am I grateful for?” better questions might be: “What do

“Yet, having an ‘attitude of gratitude’ is not always the natural thing to do.”

Navy Chaplain (Lt.) Scott Carlson  
CREDO Hawaii

I love about life? What inspires, uplifts, energizes and motivates me? What carries me through when life is anything but thankful? What brings me meaning and fulfillment?

For Hall and NFL beer drinkers, it seems the simple, tangible, every day experiences — the ones that we so often take for granted as natural and given — are great things worth living for.

I have a friend who volunteers full time with humanitarian causes. When I asked her why she did this without pay, she wisely responded, “I can always find someone who is worse off than I am. By helping them, I help myself.”

In other words, through helping

others we realize how much we have. By getting beyond ourselves and being a positive influence to others, we end up assisting ourselves even more than we could ever “help” someone else.

Thanksgiving invites us to reflect upon the things that are really important.

Have you read Reata Strickland’s “Interview with God?” Perhaps the incredible popularity of this online flash presentation is the voice it gives to what really matters.

For the benefit of those who have not read her words, God asks, “What questions do you have in mind for

See *THANKSGIVING*, A-5

## WORD ON THE STREET

“What are you most thankful for?”



“I give thanks for my family, friends and health.”

Sgt. 1st Class  
Kristen Seelow  
Administrative specialist  
U.S. Army, Fort Shafter

“...My family, my Thanksgiving dinner, and all the support the armed forces have to keep this country safe.”

Petty Officer 3rd  
Class Jason Warren  
Aviation  
machinist mate  
VP-4



“I give thanks for my family and the good Lord above.”

Lance Cpl. Shawn  
Kelly

Squad leader  
India Co., 3/3

“...Having a CD player and a good family.”

Shaun Slaughter  
9-year-old  
family member



“...My son, and that my husband is here for Thanksgiving.”

Sovanna Sayvongsa  
Family member



# Pot may be detected four months, more after quitting illegal usage

Partnership for a Drug-free America  
Press Release

In 2000, about 14 million Americans were using illicit drugs regularly. Of those people, about 59 percent were using marijuana.

Marijuana is a powerful drug that comes from the leaves, flowering tops, and stems of the plant called Cannabis Sativa. The street names for marijuana include: pakalolo, pot, weed, grass, Maui-wowie, reefer, J, ganja, Mary Jane, bomb, doobie, herbs, buds and hay.

Marijuana is usually smoked in a cigarette (joint) or in a pipe, but it also can be eaten. There are more than 421 chemicals in marijuana; the number of chemicals increase to more than 2,000 when the drug is smoked.

The chemical producing the high in marijuana is called Tetrahydrocannabinol. The more THC in marijuana, the stronger the high will be, and the longer it will last.

Marijuana plants grown in Hawaii are known for their especially high THC content. After smoking only one joint, 10 to 20 percent of the drug is still present in body cells at 30 days, and traces of THC can be found up to four-and-a-half months after stopping use of the drug.

Marijuana smoke has 50 percent more carcinogens (cancer-causing chemicals) and tars than tobacco smoke. Marijuana is the most commonly used illicit drug.

**Marijuana in Hawaii:**  
Over the past five years, the Honolulu medical examiner reported 15 to 20 questionable deaths in which marijuana was found in the bodies. The State Department of Health Alcohol and Drug Abuse Division reported that 740 adolescents were treated for marijuana abuse in 2000. In 1998, 636 juveniles were arrested for possession of marijuana, and 649 in 1996 as compared to 307 in 1994.

By the time they graduate, almost half of all the Hawaii high school students have used marijuana at least once in their life. In 2000, 2 percent of 6th graders, 16 percent of 8th graders, 33 percent of 10th graders, and 46 percent of 12th graders reported trying marijuana at some time in their life.

**Effects of Marijuana:**  
•Marijuana interferes with brain processes; impairs perception and judgment of speed and time, motor coordination and short term memory; causes precancerous lesions of the lungs; increases risks of asthma, bronchitis and emphysema; impairs immune function; and increases heart rate, anxiety, panic attacks.

**Symptoms Upon Withdrawal:**



•Withdrawing from marijuana use causes irritability, agitation and insomnia.

**Some Indications of Marijuana Use:**

•Eating binges; blood-shot, glassy eyes; use of eye drops, breath mints and incense; burnt fingertips; the presence of drug paraphernalia; giggles and silliness for no reason; and odor on clothes and/or in the bedroom may suggest marijuana use.

**Legal Issues:**  
Use or distribution of marijuana is a crime under both Hawaii and U.S. law.

At the lowest extreme, possession of less than one ounce of marijuana is

promoting detrimental drugs in the third degree and is a petty misdemeanor that carries a maximum jail term of 30 days or a \$1,000 fine.

At the highest extreme, the possession of 25 pounds or more of marijuana, distribution of five pounds or more of marijuana, or possession of 100 or more marijuana plants, or cultivation of 25 marijuana plants on land owned by another person, is classified as “commercial promotion” of marijuana in the first degree, which is a Class A felony.

The maximum sentence is 20 years in prison or a \$50,000 fine.

Also, the distribution, or possession with the intent to distribute any controlled substance in, on or near schools or school vehicles is a Class C felony.

The maximum penalty is 10 years in prison and/or a \$10,000 fine.

## MP gets 9-11 honors



Staff Sgt. Cindy Fisher

WASHINGTON — Donald Flynn, assistant director of the Office of Protective Operations, U.S. Secret Service, presents Sgt. Justin Stephenson, a military dog handler stationed at MCB Hawaii, with a Director's Citation. More than 90 individuals from the Dignitary Protective Division and supporting personnel were honored at the U.S. Secret Service Awards Ceremony, Monday, for their actions during and after the terrorist attacks at the World Trade Center, Sept. 11, 2001. Stephenson was one of five Marines recognized. He and other handlers had arrived in New York Sept. 10, 2001, as part of an advance party to support U.N. General Assembly 56. They were supposed to assist the Division by searching vehicles for explosives and other contraband. The next day's events changed their mission. Along with others from the Dignitary Protective Division, they were assigned to support the U.N. Coordinating Center in the aftermath of the terrorist attacks at the World Trade Center. Staff Sgt. Anthony Smit, now on recruiting duty; Sgt. Kinnon Ryan, who has since left active duty; Sgt. Christian Blue, stationed at MCB Camp Pendleton, Calif.; and Cpl. Matthew Peter, stationed at MCB Quantico, Va., also received recognition.

# Watchful Navy eyes monitor K-Bay skies

Petty Officer 2nd Class  
**Phil Hasenkamp**  
*COMPACFLT Public Affairs*

In the Air Traffic Control Tower on Marine Corps Base Hawaii, what you see is what you get. And the personnel who work there rarely blink.

“We’re like the pitcher, and [the radar room] is the catcher,” Air Traffic Controller 3rd Class Yeshon Avery said, high up in his workspace overlooking the runways aboard MCBH. “We keep track of a plane until it’s out of sight, and then we pass on the responsibility to the people downstairs,” he added.

Avery, his shipmates, and their ASR-8 short-range radar team together to control all aircraft flying in the five-mile-radius surrounding the tower. “I get a lot of great job satisfaction from this work. I feel fortunate in that respect.”

A lot of satisfaction can be gleaned from the fact that no airplanes have crashed at Kaneohe Bay since December 7th, 1941.

“The only time we hear anything is if something goes wrong,” Air Traffic Controller 2nd Class Aaron McKinney said, covering the microphone on his wireless headset. “Sometimes it will get busy, and we’ll move pretty fast in here. But mostly, it’s just business as usual.”

And business is good. Navy Air Traffic Controllers are some of the most respected professionals in the worldwide aviation industry.

“We get a lot of respect if we’ve worked aboard aircraft carriers,” said Air



Sgt. Robert Carlson

**Petty Officers 2nd Class Vleet Roberts, a ground controller, and Chris Iresabal, a local controller, monitor the traffic at the Marine Corps Air Facility, MCB Hawaii, Kaneohe Bay, airfield, as Navy and Marine aircraft conduct training simultaneously.**

Traffic Controller 1st Class Ken Cavett, a veteran of two tours aboard different carriers. “There’s such a huge volume of high speed traffic with a moving runway, that we’re really respected by civilian [air

traffic controllers],” he added.

But becoming an Air Traffic Controller doesn’t happen over night. It can sometimes take an entire tour to complete all of the qualifications necessary to stand

duty in the tower. “Depending on your work ethic, it can take you a year or 18 months to get qualified on each workstation,” Avery said.

Controllers have three main positions in the tower: communications, flight data, and local control. Before anyone can take on those jobs solo, there needs to be a considerable amount of hands-on training.

“Continuity in this job is essential,” McKinney said. “A new person is usually trained by an outgoing person who has been doing the job for a number of years.”

Pilots and aircrew arriving or departing Kaneohe Bay can depend on one thing: the constant vigilance of air traffic controllers watching their every move.

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## THANKSGIVING, From A-3

me?” The dreamer asks further questions: “What surprises you most about humankind?”

God answers, “That by thinking anxiously about the future, they forget the present, such that they live in neither the present nor the future.

“That they live as if they will never die, and die as if they had never lived.”

The dreamer continues: “As a parent, what are some of life’s lessons you want your children to learn?”

God replies with a smile, “To learn that a rich person is not one who has the most, but is one who needs the least.”

I like especially the last two lines. Our riches consist not in the extent of our wants, but in the limitation of our needs.

Savoring the rich, NFL experiences of life are what it’s all about. But love ultimately happens between people, as the last line of Hall’s tune suggests.

The most important thing is not people’s love of life — but more importantly loving the people in our lives.

Celebrate the gusto of life this Thanksgiving — even after the two minute warning when your team wins.



# Career Day at ARFF



Cpl. Richard W. Holtgraver Jr.

Waipahu senior Devaughn Hall dons a protective helmet while Pfc. Molly R. Gresham, an aircraft rescue firefighter with Marine Corps Air Facility, tells him experiences she’s had in the Marine Corps.

## COMMENTARY, From A-2

We all need to pitch in and make a focused effort to support the organization that supports us. The more we support our Exchange, the better prices and selection will get. The quality of life for the Air Force at Hickam is already good, so let’s stop supporting their programs and facilities, and start working on ours.

If we shop the exchange and other retail outlets more often, and request that they carry the items we need, maybe we can get the other services to start driving over here to use our exchange and help improve OUR quality of life.

# Did You Know?



NAPS

The German Prince Albert, after his marriage to Queen Victoria, brought the custom of decorating a Christmas tree to England. German immigrants brought it to America.

# CSSG-3, Fuels test new CAFS firefighting system

**Pfc. Monroe F. Seigle**  
*Combat Correspondent*

Bulk fuel specialists from Combat Service Support Group 3 and Base Fuels, Headquarters Bn., MCB Hawaii, tested new firefighting equipment recently, as part of their annual refresher training to maintain proficiency in firefighting techniques.

The new Compressed Air Foam System uses a mixture of foam and water and has the capability of extinguishing fires in less than thirty seconds.

“I think it is a really effective piece of equipment,” said Cpl. Bryan C. Sichley, a bulk fuel training noncommissioned officer for CSSG-3. “We needed some new equipment to

fight fires more efficiently.”

The CAFS is diesel powered. It mixes water and foam together in a tank before pumping the mixture through a hose to extinguish fires. The bulk fuel specialists will use it mainly to control fuel fires.

“Water is heavier than fuel. It will go straight to the bottom of the fire, which isn’t very effective,” added Sichley.

During a firefight, the compressed foam cools the fire and removes its energy. As the foam dissolves, water is released and absorbs the heat from the fire, and it turns into steam.

The CAFS system has many benefits over fighting fire with only water. It is relatively lightweight at 1,000 pounds and can easi-

ly be transported to scenes requiring emergency equipment, on the back of small trucks.

It is also easy to use, requiring operators to perform only three steps to produce wet, medium, or dry foam. Further, with the use of foam, the amount of water needed to extinguish a fire is greatly reduced.

“I think this system is going to make firefighting much safer and a lot easier in a firefight,” said Sichley.

Overall, the CAFS makes an excellent first response due to its compact size. Five to 30 times more efficient than water when used in suppressing fire, its lightweight hoses are also easier for firefighters to control.



## The Triple Crown of Surfing



Digitally altered montage by Sgt. Robert Carlson

The Triple Crown of Surfing, with its festivals, parties, concerts and main events on the big waves, is a perfect destination for residents of Oahu and guests to the island.

## World-class surfers converge on Oahu



Sgt. Robert Carlson

Australian Mark Mathews scores points as a wave closes out in the 16th heat of the Hawaiian Pro at Haleiwa Sunday.

**Sgt. Robert Carlson**  
*Combat Correspondent*

It's the biggest event of the year, and it has been drawing world-class athletes from around the world for more than two decades.

It attracts more spectators than high school football, college volleyball, or any other sport on Oahu, and it's televised to more viewers worldwide than the National Football League's Pro Bowl.

Winter in Oahu brings thundering three-story-tall waves to the island, and with them comes the Triple Crown of Surfing, where the world's finest wave-riders duke it out for big cash prizes and the world titles.

In its 20th year, the competition has moved around in the schedule of the world tour lineup, but remains the premiere set of events to prove a surfer's worthiness in the heavy North Shore surf.

To celebrate the anniversary, promoters are paying out record amounts of prize money — more than \$750,000 in all

— and throwing parties all over the island.

The Hawaiian Pro at Haleiwa is the first event of the series, and it's the final qualifying event in the Association of Surfing Professionals international tour. More than 130 surfers signed up; however, the field was whittled down to 96, then to 32, then 16 and so on until one rider was named the winner.

The Hawaiian Pro at Haleiwa-Allii Beach wrapped up Nov. 24, and the second event, the Rip Curl Cup at Sunset Beach, kicks off on Sunday.

The shallow reef and strong currents at Haleiwa make getting a good clean ride difficult, and the competitors had to take risks just to even begin their rides.

For spectators, Sunset Beach promises even more excitement as the pros paddle out into what may be some of the biggest surf in the world.

Rules for the Rip Curl Cup limit the number of entrants to 45 plus two wild-cards, and in addition to being the second event in the Triple Crown series, it's the second to the last in the World

Championship Tour.

The final event in the series, and the last WCT event, the Pipeline Masters starts Dec. 8 and runs to Dec. 20. Pipeline Banzai has been host to this event for 32 years, and it's the longest-running professional surf competition in the world.

Women's events, including the Billabong Pro on Maui, the Roxy Pro at Haleiwa, and the Turtle Bay Resort Women's Pro, have far fewer competitors but promise just as much excitement.

Since the competitions are scheduled for time frames instead of specific dates, it's a good idea to check the Triple Crown of Surfing website at [www.triple-crownofsurfing.com](http://www.triple-crownofsurfing.com), to find out when the contests are underway.

Depending on the condition of the surf, the competitions could last a few days, or up to three weeks.

Parties, concerts, primetime television show tapings and several broadcast network sports shows are drawing attention to the northern parts of the island, and there are events happening nearly every-day over the next six weeks.



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

NOVEMBER

29 / Today

**It's Beginning to Look a Lot Like Christmas** — Bring some holiday cheer into your home with a fresh Christmas tree. The MCCS tree lot is open today at 6 a.m. in the Marine Corps Exchange Annex parking lot. Normal business lot hours are Monday - Friday from 11 a.m. - 7 p.m., while supplies last. For more Christmas tree information, call 254-7616.

**Homecomings & Holidays** — Will this be the year you jet set to an exotic location? How about visiting the homestead? Wherever you choose to ring in the holidays, stop by your local Leisure Travel Information Office , located inside Mokapu Mall, for discounted outer island and mainland airfares. Next to Leisure Travel, your Information, Ticket and Tours office offers many discounts on

local attractions, to include luaus, dinner cruises, museums and much more. For more information, call Leisure Travel at 254-7413 and ITT at 254-7563.

DECEMBER

1 / Sunday

**Do the Pancake Pile-Up** — How many pancakes can you eat? Find out seven days a week during the Fairways' all-you-can-eat pancake special for only \$2.95. Fairways piles up this pancake special Monday - Friday from 6:30 - 10:30 a.m. Get your all-you-can-eat \$1.95 pancake coupon, available on all December club coupons. Visit your club for details, or for more information, call 254-5592.

**5 / Thursday**

**"Tree-mendous" Holiday Gifts** — Add your last minute

entries to your holiday shopping list and head to the Camp H.M. Smith Craft Fair from 7:30 a.m. - 2 p.m. in Bldg. 4, adjacent to the Marine Corps Exchange. Craft-goers will find yuletide treasures from homemade crafts to baked goods, all at bargain prices. For more information, call 477-5143.

**Pupu Party** — Thursdays are "Pupus-O-Plent," at the Officers Club. Every Thursday evening, bring the crowd to the Kauai Room for half price pupus. Every pupu is half-priced from 5 - 9 p.m. with the purchase of any beverage. Call your Officers Club at 254-7650.

**7 / Saturday**

**Santa Visits MCB Hawaii Families** — Over the Koolaus and through the surf, Santa is bound for MCB Hawaii Dec. 7. Santa will make his grand appearance during Santa's Village



from 10 a.m. - 1 p.m. inside the Enlisted Club Ballroom. All base families are invited to visit this winter wonderland complete with tinsel trees and hundreds of twinkling lights. Bring the little elves to meet, greet and receive a free photo with Santa. Once the keiki are satisfied sitting on Santa's lap and reciting their holiday wish lists, children may participate in the 12 Days of Christmas Crafting. Additional entertainment during this holly-day will include performances by Di Rodin's dance classes, a bouncy house and a guest appearance by Mrs. Hawaii 2002, who will sign autographs and read seasonal stories to the children.

All Santa's Village guests may enter a free drawing to win one of three Razor fold and store bicycles. Mahalo to the Santa's Village sponsors: AAA Hawaii, Mary Kay, Princess House, and Creative Memories. For more information, call Personal Services' Jeanne McGuire at 257-7787.

**13 / Friday**

**Bring Your Own Boss** — Bring your "top dog" to Kahuna's Sports Bar & Grill from 4:30 - 6:30 p.m. Guests will enjoy free pupus, beverage specials and bull rides. Who's ready to jet set to the Super Bowl? It could be you. Find out during the Super Bowl drawing to be held at 6 p.m. Entries from all three clubs will be entered into one box. Winners from this drawing will be sent to Headquarters for the final draw. For more details, call Kahuna's at 254-7660.

SM&SP



Mahalo to AT&T In-Room Service for supporting the Single Marine & Sailor Program. 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**  
*Thursdays:* Enjoy free tennis lessons from 11 a.m. - 12:30 p.m. at K-Bay's tennis courts. Call 258-8081 for reservations.  
*Dec. 6:* Participate in the Shank & Slice Golf Tournament at the K-Bay Klipper. Register by Dec. 5 for this event, which is open to all active duty military. All E-5 & below play for \$22, E-6 & above, \$30. The fee covers cart, green fees, pupus and prizes. Prizes will be awarded on blind draw.  
*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.  
*Jan 18:* Mark your calendars now for the following 2003 SM&SP Island Get-Aways:

- Maui, Jan. 18 – 20 & May 24 – 26 at \$270.
- Kauai, Feb. 15 – 17 at \$250.
- The Big Island of Hawaii, Aug. 30 – Sept. 1 at \$270.

Fees cover airfare, transportation and accommodations. See www.MCCS Hawaii.com for more details, under "Semper Fit." (Transportation is provided for all events above.)

Tire pressure checks best made monthly

NAPS

Featurettes

A study by the National Highway Traffic Safety Administration at the U.S. Department of Transportation found that one out of every four passenger cars on U.S. roadways are driving with one or more substantially underinflated tires. The NHTSA estimates that proper tire inflation could help save up to 80 lives and prevent up to 10,000 injuries each year. Yet, some 60 percent of drivers do not know that they should check their tire pressure once a month. Furthermore, half of all drivers don't even know how to find the correct tire pressure for their vehicle. Motorists are advised to practice these safe driving tips before getting underway on the road:

- Check tire pressure in all four tires, at least once a month, with a tire gauge, available for as little as \$3 to \$5 at automobile parts stores. An underinflated tire may not



Sgt. Alexis R. Mulero

**Lance Cpl. Cedric Reid, an administrative clerk with the Personnel Support Center, checks tire pressure on his truck before exploring the many wonders of Oahu.**

be obvious and can't always be detected with a visual check.

- Check your tire pressure when tires are

cool, and use the automaker's recommended tire pressure printed on a placard that usually appears in the vehicle's door-jamb, inside the fuel filler door or on the inside of your glove box lid.

- If the pressure is too high in any of the tires, slowly release air by gently pressing on the tire valve with the edge of your tire gauge until you get to the correct pressure.
- If the pressure is too low, note the difference between the measured tire pressure and the correct tire pressure. At a service station, add the missing pounds to each tire that is underinflated.
- Perform a monthly tread check. Take any penny and put it in the grooves of your tire with Lincoln's head down. As you look at it from the side, if you can see the top of Lincoln's head, you need new tires.
- Don't overload your car; it puts on added stress.

For more information on tire safety tips, visit the following Web site: [www.safetrip.org](http://www.safetrip.org).

New oil needed every 3,000 miles

NAPS

Featurettes

Doing simple things on schedule, such as taking your car in for an oil change and following the service directions found in your owner's manual, can be a good thing. The following are some common questions about the right things to do for your car. The answers can help to keep your car healthy and safe, and they can add a little fun to your driving at the same time.

**Frequently asked Qs & As:**

**Q:** Is there a way to have my car serviced without having to leave it somewhere?

**A:** Most manufacturers

recommend an oil change every 3,000 miles. There are many "fast lube" centers where you can get your car serviced in no time at all, which will check important fluids and make sure your engine is all set without an appointment and in less than 30 minutes.

**Q:** I suddenly have a longer commute. Do you have any ideas about how I could make the best use of the hours I spend traveling?

**A:** Books on tape have become quite popular, and you should have no problem finding them in bookstores and libraries. Also, consider purchasing a hands-free kit for your cellular phone, which will enable you to make calls during your commute without sacrificing safety.

**Q:** My kids are constantly taking their seat belts off. Is this really something I should make a fuss about?

**A:** Wearing safety belts is something you should never compromise. And for new parents, the proper installation of child seats can dramatically reduce the risk of fatal injury to infants and toddlers.

**Q:** My car seems to be running fine except the yellow "check engine" light keeps coming up on the dashboard. How can I find out what is causing it to go on without having to pay big bucks?

**A:** The Auto-Xray(tm) On-Board Computer Diagnostic Service may determine the problem that has caused the "check engine" light to turn on.

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, Bldg. 219. Phone 254-7642 for recorded info, 254-7641 for the theater manager.*

Barbershop (PG13)	Today at 7:15 p.m.
The Tuxedo (PG13)	Today at 9:45 p.m.
<i>*FREE SNEAK PREVIEW of:</i>	
*Analyze That (PG13)	Saturday at 7:15 p.m.
Trapped (R)	Saturday at 9:45 p.m.
<i>*FREE MILITARY APPRECIATION</i>	
<i>MOVIE FOR ACTIVE DUTY FAMILIES:</i>	
*To Be Determined (PG13)	Sunday at 3:30 p.m.
*To Be Determined (PG13)	Sunday at 7:15 p.m.
The Tuxedo (PG13)	Wednesday at 9:45 p.m.
Sweet Home Alabama (PG13)	Dec. 6 at 7:15 p.m.
Red Dragon (R)	Dec. 6 at 9:45 p.m.



RECIPES

Delicious minty desserts  
five-star at the holidays

NAPS  
Featurettes

This holiday season, give yourself a gift with festive peppermint and gingerbread this holiday season.



Gingerbread  
Star Cookies

- 1 18 oz. tube re-frigerated sugar cookie dough
- 1/2 cup dark molasses
- 1 cup flour

1 tbsp. ground ginger

Peppermint Ice Cream  
Colored sugar sprinkles  
Prepared icing

In large bowl, combine cookie dough, molasses, flour and ginger. If dough feels sticky, add more flour to make dough easier to handle. Preheat oven to 375 degrees.

Roll dough 1/8-inch thick on well-floured surface. Cut 24 star shapes with cookie cutters. Place cookies on ungreased baking sheets; sprinkle with colored sugar if desired. Bake 10-12 minutes. Cool on wire rack.

To assemble: While cookies are cooling, remove ice cream from freezer. Lay ice cream container on its side on cutting board. Using a serrated knife, slice 3/4 inch rounds, one at a time, like loaf of bread. Cut ice cream into star shapes with cookie cutter. Place cookie on top and bottom of ice cream to make sandwich.

Make one sandwich at a time to prevent melting and freeze quickly. Remove cookies from freezer and dec-

orate them with icing. Serve immediately or re-freeze. To store longer than two hours, place sandwiches in airtight container or wrap each in plastic. Makes 1 dozen ice cream sandwiches.

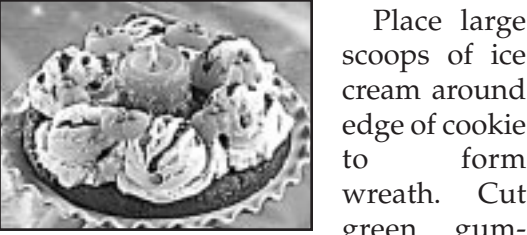
Mint Holiday Wreath

- Chocolate Shortbread Cookie Base
- 3/4 cup butter, softened
- 3/4 cup powdered sugar
- 1/2 tsp. vanilla
- 1 1/4 cups all-purpose flour
- 1/3 cup unsweetened cocoa powder
- Mint Ice Cream & Green gum drops
- Red cinnamon candies or M&M'S

Butter 9-inch round cake pan; dust with cocoa powder. Set aside. Preheat oven to 325 degrees.

Beat butter, powdered sugar and vanilla with electric mixer until light and creamy. Mix flour and cocoa with butter mixture until just combined. Dough will be stiff.

Pat into prepared pan, pressing evenly. Bake 25 minutes. Cool in pan. Run a knife around edge of shortbread and turn out onto a plate that fits in the freezer.



Mint Holiday Wreath

Place large scoops of ice cream around edge of cookie to form wreath. Cut green gum-drops into thin slices.

Arrange three slices for holly leaves and decorate with red candy for berries. Cover with plastic wrap and return to freezer. To serve, cut into wedges with sharp knife. Makes about 8 servings.

On the Menu

Anderson Hall will prepare the following this week:

Today  
Dinner/Brunch  
Oven Roast Beef  
Baked Tuna & Noodles  
Steamed Rice  
Asst.. Fruit Pies  
Chocolate Chip Cookies

Saturday  
Dinner/Brunch  
Grilled Steak  
Pork Chops Mexicana  
Mashed Potatoes  
Spanish Rice  
Fruit Nut Bars  
Asst.. Fruit Pies

Sunday  
Dinner/Brunch  
Beef Pot Pie  
Baked Fresh Fish  
Steamed Rice  
Bread Pudding  
w/ Lemon Sauce  
Peanut Butter Cookies  
Asst.. Fruit Pies

Monday

Lunch  
Teriyaki Chicken  
Salisbury Steak  
Mashed Potatoes  
Steamed Rice  
Apple Crisps  
Fruit Bars  
Asst.. Fruit Pies

Dinner  
Baked Meat Loaf  
Oven Roast Beef  
Pork Fried Rice  
Parsley Buttered Potatoes  
Apple Crisps  
Fruit Bar  
Asst.. Fruit Pies

Specialty Bar

(For Lunch and  
Dinner)  
Pasta Bar

Tuesday

Lunch  
Barbecued Spareribs  
Veal Parmesan  
Oven-Browned Potatoes  
Buttered Egg Noodles  
Devil's Food Cake w/  
Mocha Cream Frosting  
Asst.. Fruit Pies

Dinner  
Swiss Steak  
w/ Brown Gravy  
Baked Fish Filets  
Lyonnaise Potatoes  
Steamed Rice  
Devil's Food Cake w/  
Mocha Cream Frosting  
Asst.. Fruit Pies

Specialty Bar  
(For Lunch and Dinner)  
Taco Bar

Wednesday

Lunch  
Baked Ham  
Chili Macaroni  
Sweet Potatoes  
Grilled Cheese Sandwich  
Peanut Butter Cookies  
Bread Pudding  
w/ Lemon Sauce  
Asst.. Fruit Pies

Dinner  
Stuffed Pork Chops  
Turkey Pot Pie  
Steamed Rice  
Mashed Potatoes  
Peanut Butter Cookies  
Bread Pudding



w/ Lemon  
Sauce  
Asst.. Fruit  
Pies

Specialty Bar  
(For Lunch and

Dinner)  
Country Bar

Thursday

Lunch  
Cantonese Spareribs  
Baked Tuna & Noodles  
Shrimp Fried Rice  
Corn Bread Dressing  
Pineapple Upside-  
Down Cake  
Asst.. Fruit Pies

Dinner  
Swedish Meatballs  
Caribbean Chicken  
Steamed Rice  
O'Brien Potatoes  
Pineapple Upside -  
Down Cake  
Asst.. Fruit Pies

Specialty Bar  
(For Lunch and Dinner)  
Taco Bar

(The Anderson Hall dining facility will run holiday hours Thanksgiving weekend, as follows:  
\*Breakfast/Brunch on Friday, Saturday & Sunday, 8 - 11 a.m.  
\*Dinner/Brunch on Friday, Saturday & Sunday, 4 - 6 p.m.  
\*The Satellite Facility will be closed all three days.  
\*Normal operating hours resume on Monday.)



# A stress-free holiday season is possible

## NAPS Featurettes

Quite often, the holidays are a source of the blues for many people, but everyone can take a break and enjoy this holiday season relaxing with friends, if not family. Stress doesn't have to put a damper on your merriment, if you take steps to heart that can help turn tension into a ghost of Christmas past:

- *Shop early, at one location.*

The sooner you get started on your holiday shopping spree, the better off you'll be. See if you can narrow down the number of stops by finding a diverse, useful store that offers delightful gifts for everyone on your list.

Your local mall, for instance, offers one-stop shop alternatives, where you'll find a variety of gifts to rejuvenate the senses and lift the

spirits.

- *Get organized.*

Make a list of everything that needs to be done, from shopping to entertaining to decorating. Divvy up the work you need to accomplish between family and friends.

There's no need to do everything yourself. In fact, the feeling of being overwhelmed is a major contributor to stress.

- *Have extra holiday gifts on hand.*

When unexpected guests arrive, a simple something can go a long way toward making them feel welcome.

Some suggestions include festive and fragrant candles, pampering personal products and beautifully wrapped soaps and lotions.

- *Pamper yourself-and others.*

Taking time out for yourself is

key to keeping calm during this busy season.

Even the simplest things like comforting your feet after a hard day of holiday shopping or a therapeutic lotion, bath oil, mist or scrub in soothing, relaxing and energizing scents can calm you.

These simple pleasures can provide you or your loved ones an air of happiness.

- *Celebrate life.*

Take some time and treat yourself to a massage or relax and soak in a soothing bath. When you feel fresh and rejuvenated, you're much more likely to appreciate, and revel in the magic of the holiday season.

Do something different this holiday season, for example, try your hand at holiday baking, whip up a unique decorating idea in your home or on those gifts, or create some personalized gifts.



Sgt. Robert Carlson

**Karma Lima, frontline monitor at the Marine Corps Exchange, Kaneohe Bay, adjusts ornaments on one of several Christmas trees set up with ornaments and decorations for the holiday season. Out since October, shoppers are snatching up the items they need early, to avoid stress and the close-to-Christmas shopping rush.**



LEGAL ASSISTANCE

‘Warfighting principles’ apply to consumer issues

**Capt. David J. Fennell**  
*Legal Assistance Officer*

War is a clash between two opposing wills. Warfighting necessitates that, before a commander engages an enemy on the battlefield, he first evaluate the capabilities and weaknesses of that enemy. In this way, the vulnerabilities of the enemy can be attacked with an overwhelming violence of action.

Buying and selling on the open market cannot be compared to the friction, violence and danger of war, but because buying and selling is a clash between two opposing wills, warfighting principles can be applied by the everyday military consumer.

Any significant purchase should include a planning stage followed by the actual purchase. A significant purchase can be approximately defined as the greater of \$500 or 5 percent of a consumer’s monthly take-home pay after taxes.

In planning for a significant purchase, consumers should educate themselves on general consumer protection and consider some questions specific to the purchase.

Marine Corps Base Hawaii’s Legal Assistance Web site at [www.mcbh.usmc.mil/sja/sjadir.htm](http://www.mcbh.usmc.mil/sja/sjadir.htm) helps service members educate themselves on a wide variety of legal issues, including consumer protection. Service members can also seek advice from their command or fellow service members who have made similar purchases from similar sellers in the past.

Armed with a solid background of information, the service member should develop a plan for how to conduct the purchase.

The following are just some of the questions a consumer should consider when planning for a purchase.

***Will I purchase the item in one transaction, or will I finance the purchase?***

Making the purchase in one transaction makes it easier for you to determine if you can afford the transaction, by determining how much money is available to you and how much of that you are willing to use on the purchase.

You should write down a price tag limit from which you will not deviate.

Financing the transaction makes the determination of affordability more complicated.

***What is the seller’s total price?***

Get a concrete figure from the seller including taxes and fees. If you are financing, you should look both at your monthly payments and at the total amount the financing agreement will cost.

***For what price are others selling similar items?***

You should employ comparison shopping. You should compare the total cost of the item as well as terms of any financing agreement.

Never purchase an item on the first visit. You should drive the timing of

the sale.

***If you are financing, how much can you afford to pay?***

You should subtract monthly expenses such as rent, utilities, phone, cable, credit account payments and food from your monthly take-home income after taxes.

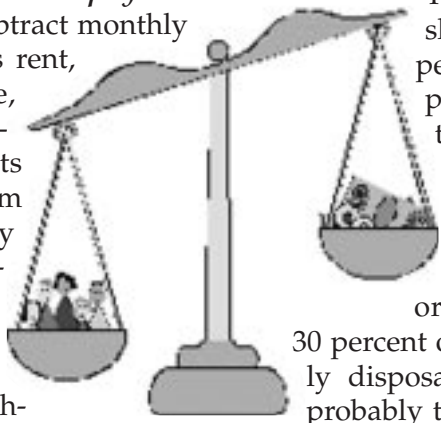
The remaining amount is your disposable monthly income (monthly income minus monthly expenses = disposable income).

Calculate the monthly pay-

ment on the finance agreement as a percentage of the buyer’s monthly disposable income.

The purchase should not exceed too great a percentage of that disposable income.

A monthly car payment that is equal to or greater than 30 percent of your monthly disposable income is probably too great a percentage, considering that insurance, gas and maintenance costs will further increase that percentage.



***What is the annual percentage rate?***

Consider the rates from several lending institutions. Remember, even if you hold poor credit, you may find a bank that will lend money at a lower percentage rate than that offered by the seller.

When conducting your purchases, uncertainty is certain, and the fog of war may confuse or intimidate you. However, if you are secure in your intent and stick to your plan, you will drive the purchase.

You should always have the power to walk away if the seller does not provide what you want, for the price that you

want to pay and with a financing agreement that is acceptable. Otherwise, the only vulnerabilities exposed are those of your own.

You allow yourself no chance to impose your will on the seller.

*(Editor’s Note: Part I of this article considers how a consumer should plan and conduct a significant purchase. However, human factors are always present and no amount of planning will guarantee a fair purchase for the buyer. In Part II titled “Consumer Protection Marine Style,” Capt. Fennell discusses some remedies that are available to service members when a good purchase goes bad.)*



# WORD TO PASS

## Waimanalo Shops Open

Though the state of Hawaii has begun the Makapu‘u rock slide mitigation project, Waimanalo retailers and vendors along Kalaniana‘ole Highway still remain open for business. Shoppers may browse and transact business as usual.

## MCBH Gives Reminders

MCB Hawaii residents and patrons are reminded that the mining or taking of sand and dead coral (or coral rubble, rocks, soil or other marine deposits) seaward from the shoreline is prohibited with few exceptions, per Hawaii State Regulation 171-58.5.

Also, motorists aboard Kaneohe Bay are reminded that the posted speed limit along Kaneohe Bay Drive, as they exit the Mokapu Road back gate changes from 30 mph to 25 mph.

## JWC Holds Meeting

The planning and formation of the 2003 Joint Women’s Conference — a forum for spouses of service members in all armed forces in Hawaii — is about to get underway. Spouses wanting to be involved in the 2003 event are invited to chair or serve on a committee.

If you’re interested, attend the informational meeting Monday at 9:30 a.m. at the Hickam Community Center.

The JWC Conference is an opportunity for spouses to share experiences and learn new skills. Call 421-8025 for more details.

## K-Bay Hosts Tour of Homes

All hands are invited to first dine on Mongolian Barbecue at the Officers Club, Dec. 6 at 5 p.m., then to pick up their driving tour map of decorated

homes in various housing areas aboard Kaneohe Bay at 6:30 p.m. while at the O-Club.

The Kaneohe Officers Spouses Club is sponsoring this Tour of Homes, which totals 10 military residences.

Purchase tickets in advance for \$6 or for \$8 day of the event. All proceeds benefit local charities.

For more details, contact Kara at 254-6115.

## Christmas Events Underway

If you want to be entertained, the holiday season brings with it plenty to do. Mark your calendars for the following events.

•*Today at 7 p.m.:* Several mainland high school bands will join Oahu’s military bands for the fourth annual Waikiki Holiday Parade sponsored by the Doubletree Alana Hotel.

The parade begins on Kalakaua Avenue at 7 p.m., and ends at the Honolulu Zoo. The event

provides students the educational opportunity to learn about America’s history while visiting various Hawaii attractions.

•*Thursday at 6 p.m.:* The 56th annual Kaimuki Christmas Parade begins at Chaminade University, and ends at Koko Head and Waialae avenues. Santa Claus, Governor-elect Linda Lingle and Mayor Jeremy Harris will be among the VIPs attending. Call 732-7733 for more information.

•*Dec. 6 at 7:30 p.m.:* Experience Christmas from all corners of the globe as Hawaii Pacific University’s International Chorale presents “Christmas Around the World,” a free holiday concert, at Kawaiaha‘o Church, 957 Punchbowl St.

•*Dec. 7 at 9 a.m.:* Enjoy the Kaneohe Christmas Parade, the largest community parade in Hawaii, which travels along Kamehameha Highway, beginning at Windward Mall and ending at Castle High School.



# Hawaii MARINE SPORTS

Hawaii Marine C Section

November 29, 2002



Racers dash from the Pop Warner Field starting line in 1st Radio Bn.'s Turkey Trot, Saturday. The contest included a 10-kilometer race and a 1-mile Family Fun Run.

## Radio Bn. race draws hundreds



Overall men's winner Andrew Maixner, a 17-year-old Radford High School student, crosses the finish line with a time of 38:30.

**Story and Photos by  
Sgt. Robert Carlson**  
*Combat Correspondent*

The 5th Annual 1st Radio Bn. Turkey Trot drew more than 230 competitors for a 10 - kilometer race and a 1-mile Family Fun Run Saturday.

The race was the last of the year in the eight event commanding general's Semper Fit Series, which includes the Swamp Romp and the Surf and Turf, among others.

The Turkey Trot, just as in previous years, took the racers on a grueling 10k course which started at Pop Warner Field and wound up Lawrence Road to the top of Daly Road, then back down the hill and out to the Nuu'pia Ponds trail.

With the recent opening of the running trail around the ponds, the course was adjusted slightly.

Racers followed the foot bridge there, through the aircraft static display near the H-3 Gate, and back up Lawrence to the finish line.

The first racer to cross the finish line was 17-year-old Radford High School student Andrew Maixner, who led the race for most of the course, and finished with a time of 38:30.

Maixner was closely followed by second place overall finisher Seth Lewis, a rifleman with Lima Co., 3rd Bn., 3rd Marine Regiment.

"It was a great course and we got a lot



The team from 3rd Marine Regiment's Personnel Support Center was the first 10-person fast formation to cross the finish line.

of motivation running through the woods," said Karl Kirk, director of 3rd Marine Regiment's Personnel Support Center. "We started off quick and were able to maintain a fast pace throughout."

Kirk and his team from 3rd Marine Regiment's PSC, won the 10-person fast formation category with a time of 50:27.

First in the women's overall was Andrea Stover, platoon commander for 1st Radio Bn.'s Electronic Intelligence Platoon.

In all, nine age categories had participants, and each category had a men's

and a women's winner.

In addition to the 10-person fast formation category, in which the first three teams won prizes, a Family Fun Run kept dozens of children and their parents motivated during the Turkey Trot. Everyone in the Fun Run received a participation ribbon and a taste of what it's like to participate in a running race.

The Turkey Trot was the last race of the year, and Marine Corps Community Services is already preparing for the next season of races in the CG's Semper Fit Series.

## Body Blast takes off at Semper Fit Center Fridays

**Pfc. Monroe F. Seigle**  
*Combat Correspondent*

The Semper Fit Center Gym offers an hour-long Body Blast workout every Friday at 5:45 p.m. for both active duty military and their spouses.

Body Blast is a complete and total body workout designed to tone and strengthen the entire body with weights, tubes and workout balls.

"Body Blast is a great physical and cardiovascular workout," said Jennefer Pruett, an aerobics instructor at Semper Fit. "It is a non-stop workout going from one exercise to another."

During the workout, participants listen to fast-paced music while doing a variety of dances and

repetitions with weights to strengthen the body, and bands to strengthen the muscles through endurance.

No experience is required to participate in the Body Blast workout, because Body Blast is designed for all levels of fitness.

"Body Blast is a great way to get in shape in a low-impact environment," said Pruett. "This workout can benefit a person in numerous ways physically."

Classes are \$2 for all participants. Comfortable attire along with proper footwear is recommended.

For more information, call the Semper Fit Gym at 254-7591/7590.



Pfc. Monroe F. Seigle

Participants in the Body Blast workout program get in shape during the hour-long workout class every Friday at 5:45 p.m.



# BASE SPORTS

## Debbie Robbins

MCCS Public Relations

### May the Best Ball Win

It will be fair game on the fairway on December 6, at the Single Marine & Sailor Program’s Shank & Slice Best-Ball Tournament.

This day on the links is open to all active duty military, however there will be a limited number of spaces.

Shank & Slicer’s will begin the tournament with a 12:30 p.m. shotgun start and end with sodas, pupu’s and prizes.

Awards will be presented to the golfer with the longest drive as well as closest to the pin.

Costs are \$22 per person for E5 and below and \$30 per golfer for E6 and above. Included in the price are green fees, cart, prizes, pupus and sodas.

For those interested in participating and spending the day on the spectacular Kaneohe Klipper Golf Course, please call 254-7593. Register early and secure your position at the SM&SP office.

### Semper Fit Seeks Resumes

Semper Fit is accepting resumes for



the following programs:

- Feb.10 - April 9: All-Marine Wrestling Trials will be held at MCB Quantico, Va .

Resumes must include past wrestling experience, weight class, number of matches, and results in past two years; and command authorization to compete at the highest level of competition.

The resumes are due to MCCS Athletics no later than Dec. 10.

- Feb. 13 - 17: All-Marine cross country team. Selectees will compete in the Armed Forces Cross Country Championship in Houston, Texas.

These resumes must include dates, places, and finish times of 5K and 10K

races ran in the past two years; registration with USA track and field; and command authorization to compete at the highest level of competition.

The resumes are due to MCCS Athletics no later than Dec. 6.

- May 9 - 12: Army Invitational/CISM Taekwondo Trials at Fort Indiantown Gap, Pa.

Resumes must include previous taekwondo competition and results from the past two years, Kukkiwan dan certification (black belt), current 2003 U.S. taekwondo union membership card number, and command authorization to compete at the highest level of competition.

These resumes are due to Marine Corps Community Services no later than Dec. 6.

For more information or questions about any of these programs, contact Steve Kalnasy, Varsity Sports coordinator, at 254-7590.

### Paintball Takes Aim

Let your “inner-predator” come out. Spend a day practicing your combat skills with Paintball Hawaii.

The field is open Fridays, by appointment only, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

Private games and birthday parties are welcome. Select Fridays are available for training exercises and unit events.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds.

For unit training, the cost is \$20 per person. Players have the option of bringing their own paint or buying it at the field.

For more details, contact Paintball Hawaii owner Roland Manahan at 265-4283, or Single Marine and Sailor Program at 254-7593.

### Fast Pitch Seeks Players

Intramural Sports Coordinator Joe Au is seeking command interest in fielding intramural baseball teams for January.

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

### Rocker Room Rolls with Pigskins

Cheer on your favorite NFL 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., and plenty of free prizes and pupus will keep you and your gang coming back for more.

A King and a Queen of the Quarter will be crowned and become eligible to win the regal recliner during Super Bowl Sunday.

### Bowlers Strike at K-Bay Lanes

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, intramural and a Wednesday night mixed foursomes are starting.

Also, 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 features bumper bowling for keiki, a hearty snack shop, a pro shop and arcade.

Birthday and private parties are welcome.

For more details, call K-Bay Lanes at 254-7693.

### Single Marine & Sailor Program Offers Golf Discounts

Take advantage of the benefits the Single Marine 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 reserved for the Single Marine and Sailor Program 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 information, contact Leslie Graham, the SM&SP coordinator, at 254-7593.

The SM&SP Office is located inside Bldg. 219 aboard Kaneohe Bay

Its events are open to single, active duty military.

### E’Club Hosts Sports Night

Don’t forget that you can ease back at the E’Club every Monday night during its weekly “Sports Night.”

For more information, call the Enlisted Club at 254-5592.



Sgt. Robert A. Carlson

*“Running is such a simple sport. You don’t need any special equipment, and no one can cheat.”*

# Base All Stars

NAME: 2nd Lt. Andrea Stover

AGE: 25

UNIT: 1st Radio Bn.

BILLET: Platoon Commander, Electronic Intelligence Platoon

SPORT: Running

- This is her first military command after The Basic School.

- She has been running competitively since high school where she competed in the mile, half-mile, and 400 by 400 meter relay.

- The Turkey Trot was Stover’s first military race. She finished the 10K run in 44:47.

# COMMUNITY SPORTS

### Bellows Hosts Outdoor Recreation

Just because summer is over, does not mean you have to be a couch potato. Bellows Recreation (at 259-8080) offers plenty of outdoor activities.

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.

Learn ocean kayak skills, including deep water recovery, navigation, water safety, and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information, call Bellows Recreation at 259-8080.

### 2002 Special Olympics Needs Volunteers

Special Olympics Hawaii is delighted to announce that Hickam Air Force Base and MCB Hawaii, Kaneohe Bay, will co-host the 2002 Holiday Classic on Dec. 6, 7 and 8.

MCB Hawaii will partly provide housing and sports venues for more than 800 Special Olympics athletes from more than 65 delegations throughout Hawaii who have been training and competing locally for the privilege to compete in the 2002 Special Olympics Hawaii’s Holiday Classic.

There is a need for adult volunteers to assist as bowling lane escorts and monitors, basketball scorekeepers and timekeepers, in volunteer hospitality and merchandising, in awards presentation, set-up and breakdown, and on the warehouse crew.

Supervised children are welcome to accompany volunteers to most events and cheer on athletes.

Volunteer briefings will be held Dec. 3 at the Ice Palace and Dec. 6 - 8 at MCB Hawaii, Kaneohe Bay, and at Hickam AFB.

Special Olympics Hawaii has outgrown most facilities on Oahu, and without the support of the military, organizers say they would not be able to open their competitions to every Special Olympics athlete.

The 2002 Holiday Classic serves people with mental retardation or closely related developmental disability.

### Event Schedule MCB Hawaii & Hickam AFB

- Tuesday, Dec. 3  
Speed skating competitions:  
Ice Palace, 9 a.m. - 1 p.m.

- Friday, Dec. 6  
Basketball competitions:  
Semper Fit Center, K-Bay, from 12 - 6:30 p.m.  
Hickam Gym and Youth Center from 12 - 6 p.m.  
Bowling competitions:  
K-Bay Lanes, 12 - 3 p.m.  
Hickam Lanes from 11:30 a.m. - 5:30 p.m.

- Saturday, Dec. 7  
Basketball competitions:  
Semper Fit Center, K-Bay, from 9 a.m. - 5 p.m.  
Hickam Gym and Youth Center from 9 a.m. - 5 p.m.  
Bowling competitions:  
K-Bay Lanes, 8:30 - 11:30 a.m.  
Hickam Lanes, 8:30 - 11:30 a.m.

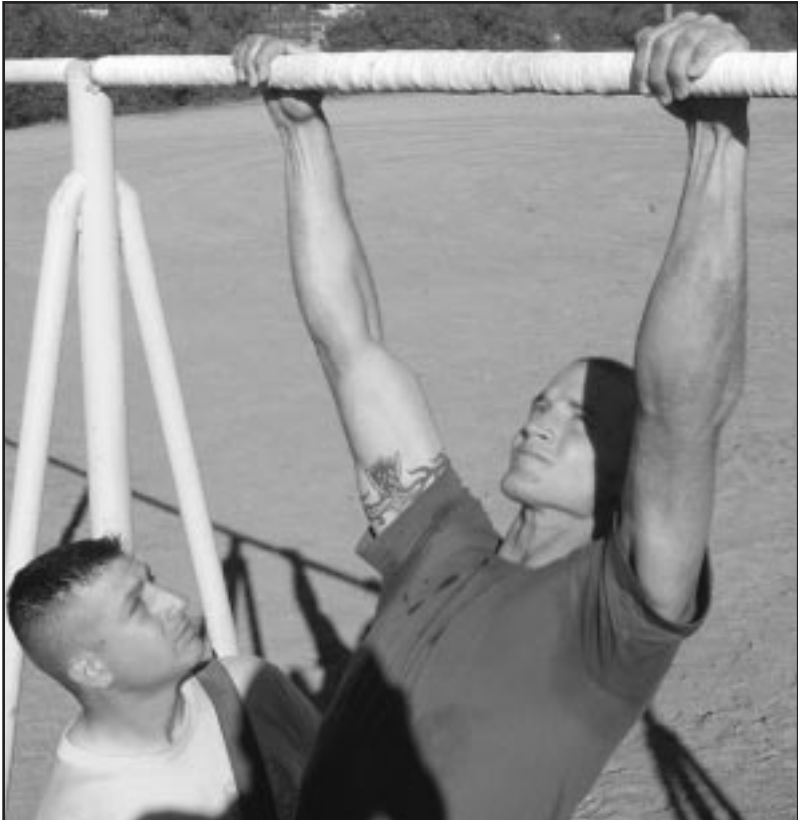
- Sunday, Dec. 8  
Basketball competitions:  
Semper Fit Center, K-Bay, from 8 a.m. - noon

Hickam Gym and Youth Center from 8 - 11 a.m.

Bowling competitions:  
K-Bay Lanes, 8:30-11:30 a.m.

Hickam Lanes, 8:30-11:30 a.m.

## Break the record



Cpl. Ethan E. Rooke

Lance Cpl. Seth F. Redford, Platoon 2117, Echo Co., broke the Marine Corps Recruit Depot record for “pull-ups done by a recruit” when he did 76 during the company’s final physical fitness test Nov. 15.



SPORTS AROUND THE CORPS

Boxers square off in USMC boxing trials

Hawaii Marine defeated by Lejeune boxer

Sgt. Allan J. Grdovich  
Camp Lejeune Public Affairs

CAMP LEJEUNE, N.C. — The Marine Corps Boxing preliminaries Nov. 20 at the Geottege Memorial Field House aboard Camp Lejeune.

The 11-bout fight card was highlighted with an enlisted/officer duel in the final bout when Lejeune-based boxers Sgt. Ruebenn Woodruff and 1st Lt. Adam Rickenbach squared off in the 201-plus weight class.

Woodruff ended the match after knocking down the intimidating Rickenbach with a body shot, which sent the young lieutenant to the deck for the second time in round two of the fight.

The Results

Sergeant Joseph DeValle, 125, from 2nd Marine Division, Camp Lejeune, out pointed fellow Lejeune Marine Lance Cpl. Edward Mable, 125.

Private First Class Eric Canales, 141, with Marine Corps Air Ground Task Force Training Center, Twentynine Palms, Calif., defeated Lejeune’s Sgt. Thomas Jensen, 141.

Marine Corps Base Camp Pendleton, Calif.’s, Cpl. Roy Aviles, 141, bested



Sgt. Allan J. Grdovich

Second Marine Division’s Lance Cpl. Javier Fuentes, left, and 2nd Force Service Support Group’s Cpl. Anthony Doughty, trade jabs at the Nov. 20 boxing trials.

Marine Corps Air Station Cherry Point’s Cpl. James Brown.

Nationally ranked Sgt. Anthony Little, 152, from Twentynine Palms, out pointed 2nd Marine Division’s Cpl. Ariel Ovaless, 152.

Lejeune’s Lance Cpl. Christopher Govan, 152, defeated MCB Hawaii,

Kaneohe Bay’s, Pvt. Amaury Torres.

Pendleton’s Cpl. Roderick Prevost, 165, out pointed Cherry Point’s Lance Cpl. Jason Aronson, 165.

Marine Corps Air Station Yuma, Ariz.’s Cpl. Arturo DelaMora, 165, out pointed Lance Cpl. Franki Bentancourt, 165, from Okinawa, Japan.



Sgt. Allan J. Grdovich

Super heavyweight Sgt. Ruebenn Woodruff refreshes between rounds during the second night of the Marine Corps Boxing Team preliminaries Nov. 20.

Corporal Anthony Doughty, 178, with 2nd Force Service Support Group, Camp Lejeune, out pointed 2nd Marine Division’s Lance Cpl. Javier Fuentes, 178.

Corporal Ward Wright, 178, from Cherry Point knocked out Sgt. Brian Clooky, 178, with II Marine Expeditionary Force, in the first round.

Lance Cpl. Jimmy Owensby, 201, from Okinawa, Japan, defeated 2nd Marine Division’s Cpl. Joseph Laster, 201, after the referee stopped the fight in fourth round.

Sergeant Ruebenn Woodruff, 201, from II MEF, knocked out 1st Lt. Adam Rickenbach in the 2nd round.



# Did You Know?

Keeping in the swim can really keep you fit. You can burn up 240 calories every 20 minutes by swimming.



**Worth Repeating:** “If you don’t run your own life, somebody else will.” — **John Atkinson**



# Some diets blur vital facts

**NAPS**  
*Featurettes*

When it comes to the “Battle of the Bulge,” Americans have plenty of diets from which to choose.

Arguably, diet fads grabbing the most attention of late are high-fat, low-carbohydrate diets. These diets promote weight-loss strategies ranging from severe calorie restriction to eliminating an entire food group.

While these diets promise a trimmer waistline, the verdict about long-term health effects is still out.

There have been no long-term studies of the high-fat, low-carbohydrate diets to determine whether they are a safe way to lose weight. On the other hand, there is growing evidence that high-carbohydrate diets, including recommended allowances of grain foods, are a safe, healthful way to regulate weight.

A June 2002 U.S. Department of Agriculture study that compared low-carbohydrate vs. high-carbohydrate diets showed adults who ate high-carbohydrate diets were more likely to be in the normal weight range, with the lowest average body mass index.

Because high-fat, low-carbohydrate diets severely limit or eliminate certain foods rich in complex carbohydrates, dieters often lack several vital nutrients, such as B vitamins and antioxidants. These compounds, which are found in grain foods such as breads, rolls, crackers and bagels, have been shown to alter risk factors for chronic diseases such as certain cancers, heart disease and diabetes.

When it comes to weight control, it is not what is eaten, but how much. Studies like the USDA Healthy Eating Index show Americans already eat plenty of higher-calorie proteins and fats, but fall short of meeting the recommended dietary goals for the bottom half of the Food Guide Pyramid.

“While many of the current diets offer a magic-bullet solution to weight loss, the healthiest way is to eat smaller portions, cut calories, increase physical activity, and consume a low-fat, high-carbohydrate diet rich in grains, fruits, and vegetables,” said Georgia Kostas, M.P.H., R.D., L.D., author and director of nutrition at the Dallas-based Cooper Clinic. “While this approach may lead to slower weight loss than some diet plans, it is

*See DIETING, C-6*





# ‘Do you have nutrition IQ?’

NAPS  
*Featurettes*

Food myths abound, so consumers have to stay ahead of the game with up-to-date information on nutrition. Test your nutrition IQ by circling the right answers.

1. Although it’s classified as a nutrient, vitamin D is actually \_\_\_\_\_.  
a) a mineral, b) a protein, c) a hormone, e) all of the above.
2. True or False: Latte isn’t as nutritious as traditional coffee drinks because steaming robs milk of calcium and B vitamins.
3. Compared to the real thing, carob, a chocolate substitute found in health-food stores, is \_\_\_\_\_.  
a) lower in calories, b) lower in fat, c) nutritionally superior, d) none of the above.
4. Garlic has been proven to \_\_\_\_\_.  
a) lower cholesterol, b) lower blood pressure, c) prevent certain cancers, including stomach and colon cancer, d) none of the above.
5. True or False: To be labeled “fat-free,” a product must contain absolutely no fat.

**Answers:**

1. C — *Vitamin D is actually a hormone and like other hormones is manufactured by the body. Found naturally in very few foods, it’s produced by skin cells in response to sunlight.*
2. B — *False, as milk heated up to 10 minutes still contains 80 to 100 percent of its nutrients.*
3. D — *One tablespoon of carob chips contains more calories and saturated fat than the same amount of chocolate, with no nutritional advantage.*
4. D — *Hundreds of studies have failed to find any health benefits for garlic, despite claims of its benefits.*
5. B — *False, as fat-free products can contain up to half a gram of fat per serving.*



*(Editor’s Note: Obtained from Wellness Foods A to Z [Rebus, 2002]. Written by UC Berkeley nutrition expert Sheldon Margen, M.D., and other editors of the UC Berkeley Wellness Letter.)*

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## DIETING, From C-5

healthier and more likely to last.”  
Studies show this works.

Researchers at the University of Colorado studied 3,000 individuals, most of whom achieved long-term weight loss success by eating a low-fat, high-carbohydrate diet and daily exercise.  
“At any given time, 45 percent of women and 25 percent of men are trying to lose weight, but only one out of five are using sound, healthy weight-loss principles that will work for life, and are recommended by the U.S. Dietary Guidelines for Americans and the Food Guide Pyramid,” added Kostas. “Consumers need to know the facts so they can make healthy lifestyle choices.”