

Hawaii MARINE

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Sergeant Wilfred Castillo waits for world-renowned chef Sam Choy to announce "Lights, Camera, Action!" prior to taping his cooking show.

Sgt. Alexis R. Mulero

Camp Smith BEQs get the new home feel

Cpl. Luis R. Agostini
Marine Forces Pacific

CAMP H. M. SMITH — Marine Corps Base Hawaii, Camp H. M. Smith, bachelor enlisted quarters built in 1970 are more than halfway near complete interior renovation.

The BEQ, consisting of four barracks buildings, is home to more than 120 Marines and Sailors.

The Honolulu-based construction company, Ocean House Builders, was awarded the \$5.2 million contract in August 2001.

The decision to renovate rather than demolish the current barracks buildings and build new ones was based on budgetary factors, said Edmund Urabe, general engineer with Marine Forces Pacific's Headquarters and Service Bn.

"We looked at the value of the barracks, and took into consideration the costs of repair and renovation versus the costs of building new barracks," said Urabe. "Also, the barracks at Marine Corps Base Hawaii, Kaneohe Bay, were 20 years older than the ones here. That's why those barracks were rebuilt."

The barracks renovation involves two projects: Bldgs. 401 and 402 repairs, and Bldgs. 403 and 404 repairs.

Building 404 was completed in August 2002. Work on Bldg. 403 began immediately after 404 completed, and was completed in January.

Currently, the contractor is working in Bldg. 401.

Building 402 has an estimated completion date of November 2003.

The original project for the repairs was conceived in February 1997, and the scope of work only involved replacing the windows and up-

See BEQs, A-2

A top chef meets a top cook

Sgt. Alexis R. Mulero
Combat Correspondent

HONOLULU — The 2002 Chef of the Year for MCB Hawaii, Kaneohe Bay, Sgt. Wilfred Castillo, showed off his many food prepping talents at the taping of the "Sam Choy Cooking Show," Feb. 20.

World-renowned chef Sam Choy offered Castillo the opportunity after the talented Marine won K-Bay's distinguished competition, Dec. 19. "Military personnel are our

peacekeepers," said the humorous host of the show. "I always like to support the young men and women defending our country."

For the show, Castillo prepared what he calls a seven-layer Marine Corps party dip. The dip included homemade refried beans, cream cheese, mayonnaise, taco sauce, diced chilies, olives tomatoes and green onions.

He displayed the entree on a plate with chips and drizzled salsa.

To get ready for the televised

show, the native of New York City worked closely with Chef Renato of the Officers Club at Kaneohe Bay. Renato assisted Castillo during practices with food prepping and timing on five occasions in the last two weeks, for approximately two hours.

"It was a privilege and a high honor to represent the Marine Corps and the Marines from Anderson Hall dining facility in this once-in-a-

See CHOY, A-6

Motorcyclists talk safety before ride to North Shore

Staff Sgt. Robert Carlson
Press Chief

The MCB Hawaii Motorcycle Safety Association met at the Kaneohe Bay Lookout on the H-3, Feb. 21, for its monthly club meeting and ride.

After the association meeting, the motorcyclists headed up the Leeward side of the island to Kaena State Park.

Taking its meetings to places like the Kaneohe Bay Lookout, the association is working to increase interest and involvement by varying the settings from the

usual classroom-style venues.

"With HCAX [Hawaii Combined Arms Exercise] and so many other deployments going on right now, it's hard to get a big turnout for the meetings," said Staff Sgt. Shawn Marshall, Motorcycle Safety Association president. "We still had a productive meeting and a great ride."

The MCB Hawaii Motorcycle Safety Association is a group dedicated to keeping motorcyclists safe and promoting the motorcycling culture. Meetings include discussions about recent

accidents, future events, and the regulations that effect motorcyclists aboard the base.

There have been three motorcyclist fatalities since October 2002 in the Marine Corps, and none were caused by rider error. Discussions about these accidents are beneficial because other riders can learn about avoiding situations where they could be injured or killed by motorists.

In addition to discussing safety issues and better ways to keep Marines and Sailors safe, the association started planning its next event.

A Poker run is scheduled for the last week in March or the first week in April, and fundraisers are planned in conjunction with the run, which will benefit one or more local charities.

More than 70 members strong, the association offers motorcyclists a way to get involved in shaping the rules and regulations imposed on riders, and participating in the association and the discussions is much more productive than simply complaining, according to Marshall.

"To most of us, riding motorcycles is a culture-based hobby," he said. "When we get together and ride as an association, we now have an opportunity to share some of our riding experiences with each other."

"Almost all of us who have been riding for a long time have been involved in an accident, have had a near miss, or know someone who has been hurt on a motorcycle."

Talking about those incidents, he added, may prevent a fellow

See MOTORCYCLISTS, A-6

K-Bay Marines leave for Hawaii Combined Arms Exercise

Capt. Jeffrey S Green
Special to the Hawaii Marine

POHAKULOA TRAINING AREA — Once again, Marines and Sailors from MCB Hawaii, Kaneohe Bay, have deployed to the Pohakuloa Training Area on the Big Island of Hawaii, to conduct realistic combined arms training.

The Special Purpose Marine Air Ground Task Force 3 is comprised of the four elements that form a MAGTF.

The command element is 3rd Marine Regiment's Headquarters Co. and Combat Support Company. Attached to the Command Element is artillery support from 1st Bn., 12th Marine Regiment.

The second element of the MAGTF is the ground combat element, which consists of 1st Bn., 3rd Marine Regiment, and 3rd Bn., 3rd Marine Regiment.

The third element of the MAGTF is the

air combat element, made up of units from Marine Aircraft Group 24, and the fourth element is the combat support element provided by Combat Service Support Detachment 79.

The main focus for this monthlong deployment is to effectively train the SPMAGTF to fight the enemy and win anytime, anywhere, while engaged in maneuver warfare.

This mission is accomplished through detailed command and control exercises, unit live-fire ranges, close air support, and extensive logistics



Photo Courtesy of 3rd Marine Regiment

Marines from 1/3 and 3/3 make up the Ground Combat Element for the SPMAGTF-3, which is conducting live-fire training at the HCAX on the Big Island of Hawaii.

support, and maneuver warfare training.

All unit training will culminate with a MAGTF-level combined arms exercise

MAGTF get called to deploy, you can bet they'll be ready to answer the call."

MCBH NEWS BRIEFS

PWM CLOSSES UNTIL MAY

The Pacific War Memorial aboard MCB Hawaii, Kaneohe Bay, will be closed to all ceremonies, parades and visitors until late May, due to construction.

Improvements include seeding the turf, building a parking lot, and improving the irrigation system.

Questions regarding use of the Pacific War Memorial should be directed to Master Sgt. Willie Curry, G-3 chief, MCB Hawaii, at 257-8811.

BLACK HISTORY MONTH DINNER SCHEDULED; TONIGHT AT FAIRWAYS

Join the Black History Month Committee for dinner and dancing at the Fairways Club, tonight at 7 p.m. The party is open to all ranks, and the cost is \$15 per person.

Navy Chaplain (Cmdr.) Jeffery Rhodes will be the guest speaker, and DJ Wil will spin the tunes. Semiformal attire is appropriate.

ASH WEDNESDAY GETS CELEBRATED THIS WEEK

"Soup and Stations" are every Friday during Lent at 5 p.m.

Wednesday evenings, enjoy "Great Adventure Journey Through the Bible," and on Friday mornings at 10:30, take part in an Ecumenical discussion group for spouses.

On Wednesday, Roman Catholic Ash Wednesday services in the large chapel are at 11:45 a.m. and at 6 p.m..

Protestant Ash Wednesday services will be at noon in the small chapel.

For more information, call the Base Chapel at 257-3552.

IMPORTANT NUMBERS

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

Hawaii MARINE

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New SMART facility opens

Sgt. Alexis R. Mulero
Combat Correspondent

Athletes on base will receive better and faster medical treatment aboard MCB Hawaii, Kaneohe Bay, due to the opening of its new Sports Medicine and Physical Therapy facility at building 221, adjacent to the Base Theatre and swimming pool, March 11.

The new Sports Medicine and Reconditioning Team Center is a project that has been in the works for the last four months and was funded by Naval Medical Clinic Pearl Harbor and MCB Hawaii.

The moving, renovation, additional equipment and furniture for the clinic will cost approximately more than \$100,000.

One of the reasons for creating a SMART Center aboard base is that it usually takes active duty Marines and Sailors anywhere from two to three weeks to get into physical therapy appointments and sometimes longer depending on staffing.

"What the SMART concept brings is enough trained staff, ample space to rehabilitate the athletes, and right team members to basically get the athletes into therapy and sports medicine within a day or two from the injury," said Cdr. Robert Towle, Physical Therapist and future Director of SMART Center.

Another important fact is that the new SMART Center and its staff convey a different type of concept than its predecessor.

"We want to avoid referring to our customers as "patient" because they're not sick," said Towle. "We recognize that they're athletes and they need reconditioning/rehabilitation for these injuries as quickly as possible and with the SMART concept we intend on speeding up the rehabilitative care."

Although this is a new clinic with new concepts, all active duty athletes who suffer injuries still have to follow the procedure of being evaluated at their unit Battalion Aid Station or BMC Kaneohe Bay.

If the unit corpsman or primary care manager deems it necessary for the athlete to attend the SMART Center, a referral will be submitted. The latter is true for family members as well. Appointments will be scheduled for family members, and retired patients. All active duty members referred to the SMART Center will be



Sgt. Alexis R. Mulero

Petty Officer 1st Class John Pura, a physical therapy technician, works on a patient at the new SMART clinic.



Sgt. Alexis R. Mulero

Petty Officer 2nd Class Samuel Johnson, also a physical therapy technician, examines the patient's knee.

able to be seen on a walk-in basis between the hours of 0730-0930 Monday - Friday, or 1300-1400 on Monday, Tuesday, Wednesday or Friday. Thursday afternoons are designated training afternoons.

Additionally, the new clinic is utilizing corpsman from both BMC and BAS throughout the base and training them in Sports Medicine. More specifically in the evaluation and treatment of the athletic injuries.

"This is the first time any SMART Center has cooperated in sharing with BMC and BAS," said Towle. "We want to make the BAS corpsman better at dealing with these injuries," said Towle. "Specially when out in the

field. This will speed up the care for the injuries."

MCB Hawaii BMC is moving in the direction of other Marine Corps installations around the globe to better serve the active duty warrior athlete said Towle.

The projected grand opening celebration of the clinic is March 31st.

The SMART Center opens its doors Monday through Friday at 7:30 a.m. and closes at 4 p.m. except Thursday when it closes at 11:30 due to staff training.

For further information on the new SMART clinic please call the BMC Physical Therapy at 257-3365 ext. 200 or 186.

Wolfowitz says buildup will continue

Jim Garamone
American Forces Press
Service

WASHINGTON — U.N. inspections weren't imposed on Saddam Hussein so he could "dribble out little pieces of the weapons program that he claims he doesn't have in the first place.

The purpose was for him to disarm and he's clearly not," Deputy Defense Secretary Paul Wolfowitz said Feb. 26.

Wolfowitz told Fox Network's Brit Hume that the U.S. military buildup in the Middle East will continue. "It's the only reason that anything is happening on the inspection regime at all," he said.

He would not hazard a guess as to what the U.N. Security Council will do. He also would not theorize on U.N. inspections chief

Hans Blix's demand that Iraq destroy its al Samoud 2 missiles. Blix has determined the missiles violate agreements Iraq signed in the early 1990s.

"With or without movement on the al Samoud, Saddam Hussein is in blatant violation of Resolution 1441 and 16 previous resolutions," Wolfowitz said.

"And it is a test for the United Nations whether it's going to stand up and be prepared to say that Ö it meant what it said back in November when we passed that resolution."

The United States has

spent the time well since the U.N. Security Council resolution passed Nov. 8, he said.

President Bush has put together a large coalition against Hussein. Reports that the United States is acting unilaterally are wrong.

"Many members of our coalition are coming to us quietly and saying don't leave us hanging out there for too long," he said.

They say, 'Don't wait for France, we need your help.'"

Wolfowitz said the United States hopes Turkey will allow U.S. military personnel access to its border with Iraq.

In the event of war, U.S. troops could attack from the north. Without Turkish

help, the coalition could still do the job, the deputy secretary said, but it might take longer.

The deputy secretary also spoke about charges that a war in Iraq would be a war for oil. "This is not a war about oil," he said. "If we have to use force, it's going to be to liberate Iraq, not to occupy Iraq. The oil resources belong to the Iraqi people. It is Saddam Hussein who's taken it from them."

The deputy said the United States is prepared to help the Iraqi people install new leaders and forms of government. "But our goal would be to transition as rapidly as we can to Iraqi responsibility for Iraq's own future," he said.

BEQs from A-1

grading the electrical system to meet current codes, said Urabe.

However, with input from the tenants, and after reviewing the maintenance requirements for the barracks, the scope was expanded to include replacing the walkway railings, gutting and renovating the bathrooms, replacing the toilets, retiling the living area floors and shower stalls, and concealing all the conduits for electrical, television, and telephone cables

behind new drywall and ceilings.

The old jalousie windows have been replaced with awning-type windows, with tinted glass as well.

The added features to the barracks have been accepted with open arms from residents.

"It's nice to have drywall now, instead of bricks," said Pfc. Steve Seby, press operator, base reproduction, Marine Forces Pacific. "The bathrooms are also much better."

Even the barracks sergeant at Camp Smith agrees.

"The living conditions are much better," said Sgt. Kelly Persich, embarking noncommissioned officer with Headquarters and Service Bn.'s S-4., who also serves as Camp Smith's BEQ sergeant. "There are more electrical outlets, better toilets, windows, doors, etc. Everything that is supposed to work, works."

"The end product will be four barracks buildings that are neat, modernized and will improve the quality of life for single Marines stationed here," said Urabe.

Remembering Iwo Jima



Lance Cpl. Monroe F. Seigle

Captain Justin Stodghill, assistant maintenance officer for HMT-301, plays the bagpipes as Marines from HMT-301 march up the hill leading to the Range Training Facility.

HMT-301 leads the way ahead

Lance Cpl. Monroe F. Seigle
Combat Correspondent

Reigns of heavy fire belted the coastline as the amphibious warriors attacked the beach where the enemy fighters had strategically positioned themselves.

After hundreds of the brave warriors had given their lives in the brutal battle, a few remaining marched to the highest point of the enemy territory and planted our cherished

stars and stripes in the war-torn soil.

This is the battle of Iwo Jima. It will be forever etched in the pages of history as one of the most furious battles the Marine Corps has successfully fought.

Warriors from Marine Helicopter Training Squadron 301 celebrated the 58th anniversary of the attack on Iwo Jima with a 12K hump across MCB Hawaii, Kaneohe Bay, Feb. 21.

The hump began at the Marine Aircraft Group 24 armory near the

flightline and went up to the Range Training Facility. Right before reaching the gates of the range, Capt. Justin Stodghill, assistant maintenance officer for HMT-301, began playing the spine-tingling tunes of the "Marines Hymn."

At the range, the Marines from received a block of instruction about the attacks of Wake Island and Iwo Jima.

They learned how the battles unfolded into the pages of history and were allowed to ask questions on the details of the attacks as well as the importance of the battles in World War II.

"I believe in the total Marine concept, said Lt. Col. Mark D. Franklin, commanding officer of HMT-301. "We aren't just wrench turners on the helicopters. We all wear the eagle, globe and anchor and are issued battle gear and should train with it."

Although the hump was in memory of the battle of Iwo Jima, this was also a chance for HMT-301 to practice small-unit leadership, as well as inspecting and taking care of Marines in a field environment.

"We are the number-one squadron in MAG-24," said Franklin. "We can out-fly and out-fight anyone, anywhere."



Lance Cpl. Monroe F. Seigle

Staff Sgt. Shannon Malone, maintenance staff noncommissioned-in-charge, HMT-301, gives his Marines a block of instruction on the battle of Wake Island.

Devil dog helps students find their way

'Nice' Marine teaches land navigation to Aliamanu Middle School

Sgt. Joe Lindsay
Combat Correspondent

HONOLULU — The old adage, "You're not lost if you don't care where you're going," has never really seemed to fit with the Marine Corps, where knowing your way from point A to point B can be the difference between life or death.

The stakes weren't quite as high at Aliamanu Middle School in Honolulu Feb. 21, but the students in Mr. Alan Takehara's eighth grade geography class definitely learned the difference between North, South, East and West, thanks to an MCB Hawaii, Kaneohe Bay, Marine who gave a Land Navigation class there as part of the base's

Adopt-A-School program.

Staff Sgt. Jesus Lora, Public Affairs operations/training chief, Headquarters Bn., MCB Hawaii, and a native of Bridgeport, Calif., descended upon the class with maps, protractors and compasses while decked in cammies and donning full-face paint.

"Whoa!" gasped Antonea Payan, a 13-year-old Aliamanu student from Sacramento, Calif., when Lora took center stage. "Cool."

That kind of reaction was exactly what Takehara, said he wanted.

"The staff sergeant really got the children's attention right off the bat, and he kept their attention throughout the class," said Takehara, a native of Wahiawa, Hawaii. "That's not always easy to do as a guest speaker, but the Marines don't seem to have a problem. The kids really listen to them, and when they're listening, they're learning."

And there was definite-



Sgt. Joe Lindsay

Staff Sgt. Jesus Lora of Headquarters Bn., MCB Hawaii, gives instructions during a Land Navigation class at Aliamanu Middle School in Honolulu Feb. 21.

ly plenty of learning going on during the hour-long class.

"The kids were amazing," said Lora, a former Security Forces Marine. "Most of them had never been exposed to land navigation before, but within an hour they were using lensatic compasses and correctly finding locations using eight-digit grid coordinates. I was pretty impressed."

But not as impressed, it seems, as the students

were with Lora.

"Having a real-life Marine teach us land navigation was great," said Shantae Thornton, a 13-year-old Aliamanu student from Long Beach, Calif. "He was giving us hands-on training, not just book-type stuff, and it was really interesting."

"I learned how to use a compass and find my way on a map. I learned how not to get lost," said

See LANDNAV, A-6

WORD ON THE STREET

"How well have women integrated into the military?"



"They have been given the chance and succeeded in accomplishing goals some male Marines have not been able to."

Staff Sgt.
James Lawless

Asst. Intel chief,
Headquarters Bn.,
MCB Hawaii

"Their potential has been recognized, and they have been able to excel in the rank structure."

Sgt. Keonekeabha
Fatiaki

Primary marksman-
ship instructor
Range Training
Facility,
Headquarters Bn.,
MCB Hawaii



"They are able to fill positions they have never been able to fill."

Lance Cpl.
David Garcia

Supply clerk
Marine Corps
Air Facility

"Women can now become pilots. This is a really big step."

Capt. Maura
Hennigan

S-4 officer
Marine Corps
Air Facility



"They are able to fill positions they have always been able to fill."

Airman
Scott Paquette

Parachute rigger
Patrol Squadron 47

'Should we call it Black History or African-American?'

Rudi Williams

American Forces Press Service

WASHINGTON — Some people call February Black History Month. Others call it African-American History Month.

That's not a problem, because the names are interchangeable, according to Barbara Dunn of the Association for the Study of African-American Life and History in Silver Spring, Md.

"We don't have a problem with either," said Dunn, executive assistant to association Director Irena L. Webster. "We call it Black History Month, and we have a committee that decides on the theme every year. This year, we selected 'The Souls of Black Folks: Centennial Reflections.'"

The theme ties with the 100th anniversary of the 1903 book, "The Souls of Black Folk: Essays and Sketches," by William Edward Burghardt Du Bois (Feb. 23, 1868 - Aug. 27, 1963). More widely known as W.E.B. Du Bois, he was an African-American educator, sociologist, author and a founder of the National Association for the Advancement of Colored People -- NAACP -- in 1910.

Dunn said Du Bois often worked with Carter G. Woodson, the "Father of Black History," who started Black History Week in 1926. She noted that Woodson (1875-1950), an author, editor, publisher and historian, published works by people who couldn't otherwise get published.

Woodson chose the second week of February because two persons he felt had dramatically affected the lives of black Americans, Abraham Lincoln and Frederick Douglass, were born during the month. The observance became a month-long event in 1976.

"Initiating Negro History Week was probably the most powerful thing that has ever been done by one person to help people come together," Dunn said. "Dr. Woodson's whole idea was not just

bringing attention to one race. He felt that bringing attention to Negro and American history would help people who had a problem with race relations see the significance of what we as a people have contributed to American history. Then it would help them to stop seeing us as unequal."

Each year, the Department of Defense uses the association's theme for its African-American History Month celebration. This year's DoD observance, an exposition and luncheon, is slated for Feb. 26 and 27 at Tougaloo College in Jackson, Miss. Tougaloo is one of the nation's 118 historically black colleges and universities.

Dunn said the Rev. Jesse Jackson in the 1980s introduced the term "African-American" because it connected blacks to the continent of Africa just as Chinese Americans are connected with China. Jackson, founder and president of the Rainbow/PUSH Coalition, is one of America's foremost civil rights, religious and political figures.

Dunn noted that the presidential proclamation reads "African-American History Month." Most federal agencies use the same term. On the other hand, she said, "some people don't know what to call us nowadays."

Dunn said when the term "African-American" is used, "sometimes some of

MCB Hawaii celebrates culinary culture with meal

Lance Cpl. Monroe F. Seigle
Combat Correspondent

African-Americans have made several outstanding contributions to our Armed Forces — as well as the American society — for hundreds of years and continue to make contributions today.

The Anderson Hall dining facility aboard MCB Hawaii, Kaneohe Bay, celebrated African-American History Month Feb. 19, with a delicious lunch menu to include a variety of traditional, southern-cooked, soul food dishes complimented with several savory fixings.

The menu included barbecued pork ribs, fried catfish, fried chicken and country-style steak as the main courses and corn-on-the-

cobb, black-eyed peas, candied yams and macaroni and cheese as side dishes.

"It was absolutely delicious," said Dee Lewis, chairman of volunteers at Navy Marine Corps Relief Society. "It reminded me of the real southern cooking my grandma used to make."

The Marines from the Anderson Hall dining facility came up with the menu and were able to create the traditional dishes for the festive lunch.

"Black history shouldn't just be celebrated in one month," said Chief Warrant Officer 2 Derrick Kimbrough, food service officer for Anderson Hall dining facility. "We should celebrate it throughout the year, and other ethnic groups should celebrate their own personal history."



Lance Cpl. Monroe F. Seigle

Dee Lewis, chairman of volunteers at the Navy Marine Corps Relief Society, and Kathleen Johnson, a volunteer at Mokapu Elementary School's PTA program, enjoy some traditional, southern-style soul food at the African American History Month luncheon at the Anderson Hall dining facility.

our other 'colored' brothers and sisters, such as those in the Caribbean, feel like we're excluding them.

When we use 'black,' we're talking about people of color inclusively. 'African-American'

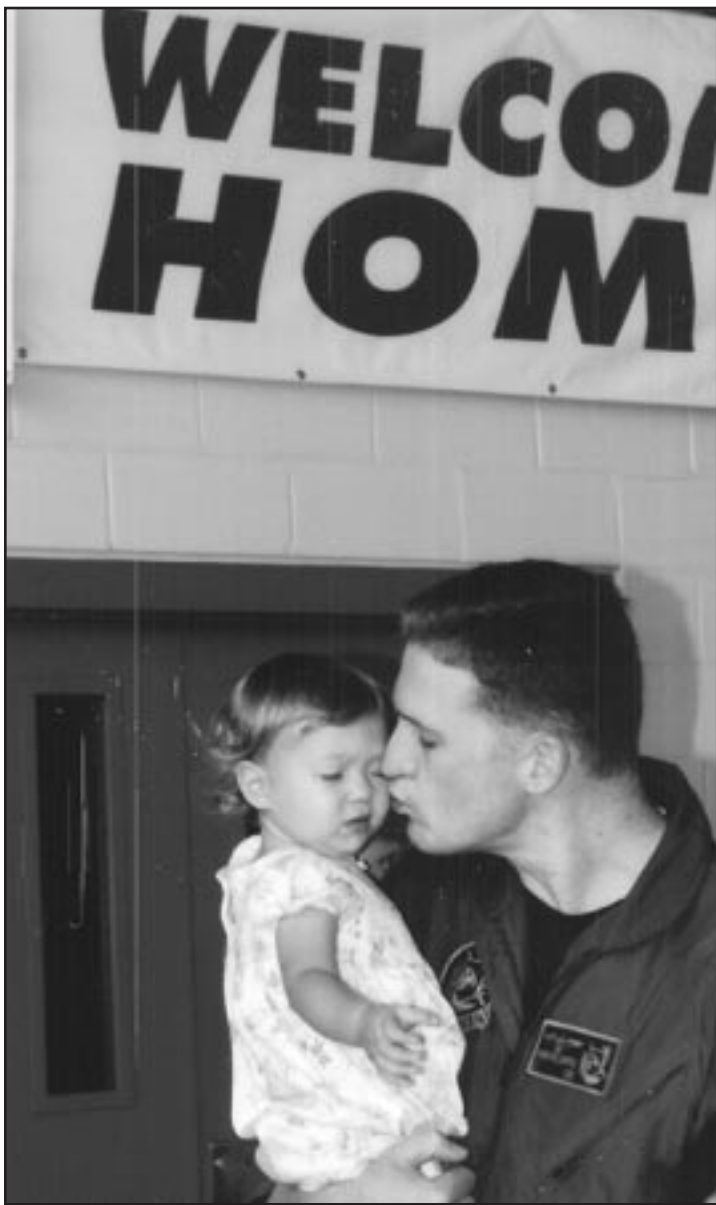
really doesn't exclude them, but sometimes people feel that way.

So we use both names to show people that both of them are fine."

In 2001 the association renamed its

See BLACK HISTORY, A-5

VP-47's 'Golden Swordsmen' return to K-Bay



Navy Lt. Kelly Curran

Navy Lt. Chad Holzzapfel of VP-47 meets with his daughter Caroline after returning home recently.

Navy Lt. Kelly Curran, *Patrol Squadron 47*

On a chilly Sunday evening in Misawa, Japan, Combat Aircrew Two, along with Executive Officer, Cmdr. Jay Lisenby, are warm with anticipation as they preflight for this next ten-hour mission. This mission is different from any other they have flown in the past six months. This is a mission that will land them in Kaneohe Bay, Hawaii, to the open arms of their families.

Combat Aircrew 2 has the honor of being the first crew back from this long deployment, recently leading the remaining 10 aircrews and ground personnel.

Patrol Squadron 47 spent the past six months participating in various training missions including Combined Afloat Readiness And Training (CARAT) 2002 which took place in Malaysia, Singapore, Thailand, and the Republic of Philippines.

Various aircrews also participated in multi-lateral annual training exercises with Japan and South Korea. While working with other communities, platforms, and countries, VP-47 demonstrated the ability to conduct the full array of Maritime Patrol aviation missions both overseas and overland. At the same time, VP-47 aircrewmembers had the opportunity to interact with

members of foreign services to learn how they work and what life is like in their military.

This meeting of P-3 pilots and Naval Flight Officers culminated in a Dining-In held in Misawa Japan with members of two Japanese Maritime Self Defense Force (JMSDF) squadrons.

It was a night that began with a briefing on the US P-3 and was followed by dinner and an exchange of memorabilia along with a tour of an American Aircraft Improvement Program (AIP) P-3.

While there was limited time for fun and learning, the Golden Swordsmen continually had aircrews operating on station participating in Operation Enduring Freedom and helping fight the War on Terrorism.

Combat aircrews were flying missions in the Republic of Philippines as well as overland Afghanistan. While aircrews were flying the missions, it was the immense efforts of the maintenance department that allowed the aircraft to stay mission capable. In six months time, VP-47 flew over 6000 hours requiring over 104,000 maintenance man-hours.

The maintenance department performed 29 major unscheduled maintenance actions, including changing nine engines, eight propellers, twelve reduction gearboxes

and twenty propeller valve housing units. The men and women of the maintenance team worked hard so that the aircrews could conduct their missions effectively and safely.

The reward for all the hard work and effort put forth by the Golden Swordsmen during the six-month deployment is the ultimate reward in reuniting with our families and friends. It is pulling up to Hangar 104 and seeing the smiling faces of family and loved ones waiting to give a hug and a welcome home. NC1 Vernon Fish, VP-47 Career Counselor summed it up best, "It has been a good deployment but it's time to go home."



Navy Lt. Kelly Curran

Holzzapfel's family awaits his return to MCB Hawaii.

BLACK HISTORY, *From A-4*

publications to remove the word "Negro." "Not because it was anything derogatory; that's the history of the names we've been called," Dunn said. "It was done to bring our publications up to date with what we call ourselves today."

For example, the Journal of Negro History was changed to the Journal of African-American History and the Negro History Bulletin was changed to Black History Bulletin.

"They both (Du Bois and Woodson) said something about participation of African-Americans in the armed forces," Dunn noted.

Consequently, she said, the association is trying to continue to express and celebrate a Du Bois concept. "He said there was a double consciousness or 'twoness' confronting African-Americans," she said. "It was two souls, two thoughts, two unreconciled strivings, two warring ideals in one dark body whose dogged strength alone keeps it from being torn apart."

Dunn said the concept includes the struggle African-Americans have had in the military.

"We could fight the wars, but when we come home we really weren't celebrated," she said.

Dunn said Woodson's three-story Victorian row house in northwest Washington was designated a National Historic Landmark on May 11, 1976, for its significance in African-American cultural heritage.

"The association has a bill before Congress to declare it a historical site," she noted.

"The National Park Service just completed a study that says it's worthy of being a historical site. Money is being raised to restore the home. When it's completed, the association will move into it and use it as its offices."

Sgt. Wilfred Castillo, Chef of the Year at MCB Hawaii, Kaneohe Bay, and world-famous Chef Sam Choy work together to prepare Castillo's mouth-watering seven layer Marine Corps party dip. The two also clowned around, just a bit, in the spirit of the show.



CHOY, From A-1

lifetime opportunity," said Castillo.

Afterward, the always joyful Choy fried

some oyster cakes in praise of the contributions to the show by Castillo and the commanding general of MCB Hawaii, Brig. Gen. Jerry C. McAbee.

"Thank you for sharing Sergeant Castillo with the people of Hawaii," Choy said to Brig. Gen. McAbee.

"You don't know how much this means to our military personnel," replied Brig. Gen. McAbee. "This was very special; you are a true American."

Brigadier Gen. McAbee displayed his appreciation to Choy by presenting him with a Marine K-Bar, which Choy used for food prepping during the show.

A fun experience for K-Bay's top Marine chef, the opportunity allowed both to swap some favorite recipes.

MOTORCYCLISTS, From A-1

rider from having to learn the same lesson the hard way.

Meeting people from other units, making friends, and making motorcycling more enjoyable, are just a few of the benefits of the Motorcycle Safety Association, according to Marshall.

Keeping everyone safe through awareness and mentoring, though, is what will pay the biggest dividends down the line.

LANDNAV From A-3

Thornton.

"I might want to join the Marines some day now," added Lante Vance, a 13-year-old Aliamanu student from St. Louis. "Everybody knows how tough Marines are, but now I know they are smart too."

That is something Takehara said he has known for a long time.

"The Marines from the base at Kaneohe Bay having been helping us out for many years," said Takehara. "And there is a reason we keep asking them back - the Marines know what they are talking about. Land navigation isn't just something Marines talk about, they actually live it."

Kaori Hubbard, a 13-year-old Aliamanu student from Yokohama, Japan, said she couldn't agree more.

"They teach us through real-life situations, not just from books," said Hubbard. "Everybody pays attention in class when the Marines come. Maybe the kids are a little scared of Marines and that's why they listen so good, but I don't know. I thought he was nice."

"It was an honor to have you on the show," said Choy. "I don't think I'll ever be able to eat party dip my style again — now that I have tasted yours. It was very good."



Castillo was a recent guest on the "Sam Choy Cooking Show," which will air later this month.

LIFESTYLES



Stephanie Fish, 5, practically floats above the dance floor as her father Petty Officer 1st Class Vernon Fish, command career counselor at Patrol Squadron 47, leads her around the room to the last slow song of the night, "Butterfly Kisses."



Left — (From left to right) Brooke Wickham, 8; Jordan Reiche, 10; and Carlie Priddy, 9, dance in unison, to the delight of everyone. Below — Navy Chaplain (Lt.) Cartus Thornton follows the "blessing of the dance" with some "getting down" of his own, as his daughter, Lizzie, 11, follows his lead.

Daddy's little girl



The dance floor was filled with fathers, daughters and even a few mothers, as they all boogied away the night.

Fathers and daughters share special night to remember

Story and Photos by
Cpl. Jessica M. Mills
Sports Editor

Maybe, there's nothing more exciting than the hours before a dance — whether it be a homecoming, the prom or Marine Corps Ball.

For many of us, it may seem like only yesterday when we were preparing our dresses and suits, fixing our hair perfectly, and waiting to arrive with our date at the long-awaited event.

When that moment finally arrived and we walked airily onto the dance floor, maybe it was as if time stopped, and a magical feeling overtook us all.

Reminiscent of these youthful days, when anything seemed possible, the Armed Services YMCA held its fourth annual Father Daughter

Sweetheart Dance at the Officers' Club Lanai Ballroom, Saturday.

More than 200 fathers and daughters walked arm-in-arm into the ballroom, dressed to the hilt in their best.

The young girls looked like princesses, with their fathers playing the role of their long-awaited prince.

"It's like their version of the Marine Corps Ball that they see Mommy go to every year with daddy. Now it's their turn to get dressed up and be Daddy's date," said Julie Shirley of ASYMCA.

When the guests first walked into the ballroom — beautifully decorated with lights and balloons — they were offered professional photographs, to mark the occasion. Then, prior to the dinner, Combat Service Support Group 3 provided the colors ceremony, and Navy Chaplain (Lt.) Cartus Thornton of the MCB Hawaii Base Chapel blessed the meal.

Fathers and daughters excitedly filed through the buffet, fathers lovingly serving their



Adriana Guerrero, 11, (foreground left) and her sister Audra (center) dance with their father, Petty Officer 1st Class Chad Guerrero, a leading petty officer with Analysis Division with CPRFP.

daughters anything their little hearts desired.

But, perhaps, the excitement really began when the disc jockeys started up the lights and music, and fathers and daughters took to the dance floor.

"This night is really awesome, especially the music and dancing, and the food — everything!" said Lizzie Thornton, 11.

Throughout the rest of the evening, fathers tried to keep up with their young, energized daughters during fast-paced modern music and golden oldies of the 60's and 70's. They held their little angels close during the slow dances.

"Like I told my wife, my girls are four and five, and for them to be

able to go on their first date with their father is more memorable — and means more to me, than anything else in the entire world," said Cpl. David Weekley, an accounting noncommissioned officer with the Comptrollers Office, Headquarters Bn, MCB Hawaii.

To add to the excitement, throughout the evening there were prize drawings, based on ticket numbers, from places such as Jungle River Mini Golf, Kentucky Fried Chicken, Planet Hollywood, Wallace Theater Corp., Pinky's Pupu Bar and Grill, Germaine's Luau, and many more.

The night ended with a heartfelt slow dance to the hit "Butterfly Kisses" by the country artist John Carlisle, which tells the story of a father watching his only daughter grow into a woman. The moment seemed to tear at the hearts of everyone.

"It was going to make me cry," said Amanda Harris, ASYMCA office manager. "You could see the fathers holding onto their daughters tighter than ever."

According to Andrea Besgrove, outreach director, ASYMCA, this year's dance was the largest turnout yet, including Marine

See DANCE, B-2

A whole lot of dancin' going on...

Staff Sgt. Derrick Hancock, a warehouse chief with Headquarters and Service Co., 3rd Bn., 3rd Marines, holds his six-year-old daughter Ceyara closely during the night's last slow song.



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins and Edward Hanlon V, MCCS Marketing

FEBRUARY



28 / Today

LINKS Seeks Team Leader — Are you a self-starter? Are you comfortable in social settings? Are you a natural leader? If so, LINKS is looking for you.

This position is volunteer, and the incumbent agrees to serve a one-year term. This mentoring program introduces many new spouses into the unique military lifestyle.

Designed as a networking setting, many members make lasting friendships. The LINKS

Team Leader is responsible for running the day-to-day program operations and manning the volunteer team.

All interested parties should contact Chief Warrant Officer 2 Robert Dempsey at 257-7782.

All applications must be turned in by today.

MARCH

1 / Saturday

Seven Habits of Highly Effective Families — Ever wonder how some families seem to get along so well? How do parents of today get their teenagers to communicate openly with them?

It's not luck and it's not easy. More than ever, military families need to possess the skills necessary to function and thrive in a family setting, and the Personal Services Department is assisting families to do just that.

All authorized military patrons are invited to attend the next free "Seven Habits of Highly Effective Families" seminar, March 1 from 8 a.m. – 4 p.m. at the CREDO Compound.

Brown bag lunches are preferred, and childcare may be available, if requested when placing your reservation.

This free brief will help family members move from a "me" attitude to a "we" attitude.

Spaces are limited, so call 257-7780 without delay.

6 / Thursday

Storytime at the Base Library — Every Thursday from now until June 5, the Base Library, located in Bldg. 219, will host Storytime, at 10 a.m.

Children and parents are invited to a fun-filled hour of stories, activities and special events. Parents can come down and spend some quality educational time with their children.

For more information, call the Base Library at 254-7624.

Free Showing of "Tears of the Sun" — What's better than a night at the movies — a night at a free movie, of course!

The Base Theater and Helicopter Anti-Submarine Squadron Light 37 will proudly host a free showing of Bruce Willis' "Tears of the Sun," his latest film shot here in tropical Hawaii.

This movie is rated "R" and is open to all hands. Doors open at 7:15 p.m., and the show will begin at 8 p.m.

7 / Friday

"Beads & Beverages" — The Rocker Room will host Mardi Gras beginning at 4:30 p.m. Free for members and all nonmembers, get into this gala for just \$2.

For more Mardi Gras information, call the Rocker Room at 254-5592.

18 / Tuesday

Ready for an Affair? — All base families are invited to the free MCCS Aloha Fair inside the Windward Enlisted Club Ballroom, from 5:30 – 7:30 p.m.

Several base and community business will be on-site to offer guests product samples, resources and services. The Aloha Fair is the ideal information expo for all new base families.

All guests will experience a lei greeting and ample opportunity to win many door prizes, and free pupus and beverages will be served.

Meet your new neighbors. Meet some new friends. Start living aloha at the Aloha Fair.

Mahalo to the MCCS Aloha Fair sponsors: AAA Hawaii, GEICO, Creative Memories, Mary Kay Cosmetics, Taco Bell and Pizza Hut.

Look for your personalized, mailed invitation. For more details, call 254-7679.

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, E-5 and below.

The SM&SP Office is located in Bldg. 219. Call 254-7593 for more details 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.

March 8: Take a free "Stairway to Heaven" hike. Gather at the Kahuna's Sports Bar & Grill parking lot for a 7 a.m. departure. Bring water, sunscreen and a hat.

March 21: The next Shank & Slice Golf Tournery will be a Best Ball with a shotgun start at 12:30 p.m. at the Kaneohe Klipper.

March 23: Take the "Shark Cage/Hummer Island Excursion" to cruise around Oahu in a Hummer and get in the cage and experience a shark's world.

This trip is limited to five people; the cost is \$140.

April 12: Catch the next Paintball contest. Cost is \$50 per three-person team and includes all day air, equipment and field fees. Register by April 9; call 265-4283 for more details.

April 19: Save this date for the Hawaiian Water Park Day Trip at \$25.

MCX lowers Star Card interest rate

Service members deployed to certain areas may be eligible for the rate

Marine Corps Community Services
Press Release

The Marine Corps Exchange is offering a helping hand to Marines who are deployed to contingency areas, such as the Persian Gulf, where imminent danger pay is authorized. The MCX is helping by reducing or waving interest fees for Military Star credit cards.

To qualify for the program, Marines must be assigned to a contingency area for at least 90

consecutive days, and their accounts must not be in a collection status. Routine or scheduled deployments do not qualify for the program.

There are two options available.

•Option 1: Has a reduced interest rate of 6 percent, the ability to continue using the account during the deployment period, and no payments required during the deployment period.

•Option 2: Has an interest rate of 0 percent, no use of the

account during the deployment period, and no payments required during the deployment period. Interest will revert to the normal rate when the deployment ends or 90 days has passed.

To apply for the lower interest rates, the cardholder's command — *not the individual card holder* — must notify the Military Star Credit Card Contact Center of the member's deployment status. Commands should submit a request that includes a list identifying all eligi-

ble Marines, copies of deployment orders, or certification that the deployment location is listed in the DoD Financial Management Regulation, Volume 7A, Chapter 10, to the Military Star credit card contact center.

If the deployment is extended, the command will again need to notify the center.

Requests from individual cardholders will not be processed.

Requests may be faxed to (214) 312-4326 or DSN 967-4326. E-mail requests to deployment@aafes.com or send letter requests to the Exchange Customer Contact Center, P.O. Box 650524, Dallas, TX 75265-0524.



'Newman's Own' award seeking grant hopefuls

Marine Corps Community Services
Press Release

For the fourth consecutive year, Newman's Own, Fisher House, and the Military Times Media Group are sponsoring the Newman's Own Award for Military Community Excellence. Volunteer organizations are invited to compete for a share of \$50,000 in grants.

If you are part of a group striving to improve the quality of life for military personnel and their families, then you need to go to www.fisherhouse.org to submit your innovative plan or idea.

The submission deemed most outstanding will receive a \$10,000 grant. The remaining \$40,000 will be allocated to other organizations by the judges.

Keep in mind that the judges are looking for good ideas that capture the spirit of volunteerism. Organizations should primarily be those with volunteers, rather than paid professional staffs.

Parent Teacher Organizations, student classes, Boy Scouts, Girl Scouts, Spouses Clubs, and others that qualify, are invited to enter, if they have projects supporting the military community that need financial support.

Specific eligibility rules apply. Visit www.fisherhouse.org or call toll free 1-888-294-8560.

All entries must be received by April 30, 2003.

The Newman's Own Award for Military Community Excellence is jointly funded through the sale of Newman's Own products at military commissaries worldwide, Fisher House Foundation and Military Times Media Group.

A World War II veteran, actor Paul Newman donates all profits from the sale of his Newman's Own products to charitable and educational causes.

Since 1982, he has donated more than \$125 million to thousands of charities. Every purchase of a Newman's Own product at your local commissary benefits Fisher House and programs like the Newman's Own Award.

DANCE: ASYMCA hosts special event



Army Maj. Shawn Budke of the Joint Inter Agency Coordination Group for Combating Terrorism, Camp H. M. Smith, dances to a fast '70's song with his six-year-old daughter Hailey.

From B-1

Corps, Navy, Army and even some Air Force attendees.

"This is not a money-making project," said Besgrove. "It's just a treat for families to improve their quality of life, so that fathers can do something special with their daughters — just the two of them."

MOVIE TIME

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

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

Show your I.D. at the box office, Bldg. 219. Phone 254-7642 for record-info, 254-7641 for the theater manager.

The Wild Thornberry's (PG)	Today at 7:15 p.m.
Two Weeks Notice (PG13)	Today at 9:45 p.m.
Lord of the Rings: Two Towers (PG-13)	Saturday at 6 p.m.
Solaris (PG13)	Saturday at 9:45 p.m.
Lord of the Rings: Two Towers (PG-13)	Sunday at 3:30 p.m.
Solaris (PG13)	Sunday at 7:15 p.m.
Lord of the Rings: Two Towers (PG-13)	Wednesday at 6:30 p.m.
Catch Me if You Can (PG-13)	March 7 at 7:15 p.m.
Antoine Fisher (PG13)	March 7 at 9:45 p.m.
Pinocchio (G)	March 8 at 7:15 p.m.
Catch Me if You Can (PG-13)	March 8 at 9:45 p.m.
Pinocchio (G)	March 9 at 3:30 p.m.

COLA survey now online

Pacific Command urges all Hawaii's military to complete their cost of living allowance survey; results will affect rates through 2006

**U.S. Pacific Command
Public Affairs
Press Release**

CAMP H.M. SMITH — U.S. Pacific Command is encouraging all uniformed military service members stationed in Hawaii to participate in a Cost of Living Allowance Living Pattern survey to help establish

a new COLA rate.

The Living Pattern survey, which is conducted every three years as required by the Department of Defense, is available online now through March 31 at www.persdiem.osd.mil/oscولا/lps/hawaii.

The Living Pattern survey seeks information on where service members shop and dine, and how much they buy from off-base retailers.

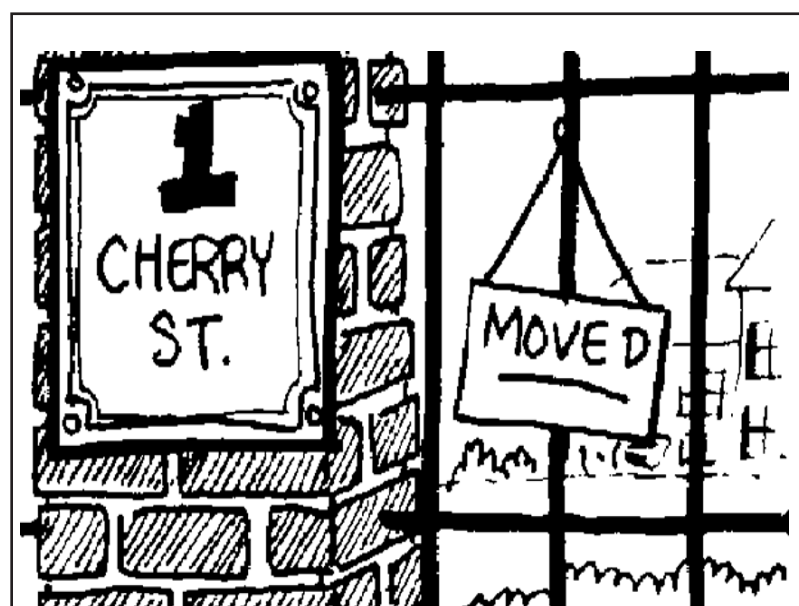
The cost of living allowance is an allowance paid to service members stationed in high-cost areas overseas. Its purpose is to compensate members for differences in the cost of living between the continental United States and their assigned loca-

tion outside of the continental United States.

"The last COLA survey conducted in Hawaii was in 1999, and only 150 service members responded out of the nearly 43,000 eligible personnel stationed here," said Eddie Fowler, a personnel policy analyst with U.S. Pacific Command's Manpower, Personnel, and Administration Directorate. "It's in all the eligible service members' interest to complete the survey, to ensure the results accurately reflect the cost of living here in Hawaii."

The survey results will affect new cost of living allowance rates for the calendar years 2003-2006.

Did You Know?



NAPS

The first presidential mansion was at No. 1 Cherry Street in New York City — the first U.S. capital in 1789-1790.

RECIPE CORNER

Burger tastes great in a biscuit stew

NAPS
Featurettes

Dress up your hamburger dinner and surprise your loved ones with this tasty Biscuit-Topped Hamburger Stew. The hearty meal is easy to make and calls for familiar ingredients that are already favorites and will be sure to please.

Biscuit-Topped Hamburger Stew

- 1 pound lean ground beef
- 1/2 cup coarsely chopped onion
- 1 (14.5-oz.) can diced tomatoes, undrained
- 1 (12-oz.) jar homestyle beef gravy
- 1 1/2 cups diced peeled potatoes
- 1 cup carrot strips (1x1/4x1/4-inch)
- 1 cup frozen cut green beans
- 1/4 teaspoon pepper
- 1 (6-oz.) can refrigerated buttermilk biscuits

Heat oven to 375 degrees, and spray large skillet with nonstick cooking spray. Heat skillet over medium-high heat until hot, then add ground beef and onion; cook and stir until beef is thoroughly cooked. Drain.

Add all remaining ingredients except biscuits; mix well. Bring to a boil, then reduce heat to medium-low; cover and cook 10 to 15 minutes, or until vegetables are tender, stirring occasionally.

Spoon into ungreased 8-inch square (2-quart) or oval (2 1/2-quart) baking dish.

Separate dough into five biscuits; cut each in half. Arrange, cut side down, around outside edge of hot mixture.

Bake at 375 degrees for 20 minutes, or until casserole is bubbly and biscuits are deep golden brown to make four servings.



Biscuit-Topped Hamburger Stew

ON THE MENU

Anderson Hall will serve the following this week:

Today

Lunch

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

Dinner

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

Specialty Bar

(For Lunch and Dinner)
Pasta Bar

Saturday

Dinner/Brunch

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

Sunday

Dinner/Brunch

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

Monday

Lunch

Meat Loaf

Pork Ham Roast

Steamed Rice
Mashed Potatoes
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner

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

Specialty Bar

(For Lunch and Dinner)
Pasta Bar

Tuesday

Lunch

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

Dinner

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

Specialty Bar

(For Lunch and Dinner)
Taco Bar

Wednesday

Lunch

Pork Adobo

Beef Yakisoba
Steamed Rice
Pork Fried Rice
Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Dinner

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

Specialty Bar

(For Lunch and Dinner)
Country Bar

Thursday

Lunch

Turkey A La King
Beef Porcupines
Mashed Potatoes
Boiled Egg Noodles
Marble Cake
w/Chocolate Cream Frosting
Pineapple Upside-Down Cake
Asst. Fruit Pies

Dinner

Braised Liver w/Onions
El Rancho Stew
Honey Ginger Chicken
Steamed Rice
Boiled Egg Noodles
Marble Cake
w/Chocolate Cream Frosting
Pineapple Upside-Down Cake
Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Taco Bar

QUOTABLE: "A man without ambition is dead." — Pearl Bailey

ARC spearheads new family preparedness ad campaign

American Red Cross
Press Release

The American Red Cross today announced the launch of a national initiative to provide America's families with information and suggested activities to help them prepare for both man-made and natural emergencies.

Today's announcement followed a call made yesterday by U.S. Secretary of Homeland Security Tom Ridge for all Americans to take action to help assure their safety.

The new national program, "Together We Prepare Safe Families," includes the distribution of family safety guidebooks through Red Cross chapters in many major cities, beginning March 6. An online version of the guidebook is available for download today at the Red Cross Web site (www.redcross.org).

"Together We Prepare Safe Families" is an extension of the Red Cross' overall national brand and awareness campaign unveiled today, "Together We Prepare." The new campaign features compelling broadcast and print advertising to remind people of the important role they play when, with the Red Cross, they help others in need. "Together We Prepare" is also intended to raise national awareness of the need for preparedness.

New Study Finds Most Americans Unprepared

A new survey found that 72 percent of Americans do not have a disaster plan in place, and 74 percent do not have a disaster supplies kit stored safely in their home. The "Preparedness" survey was conducted by phone among 1,021 adults across the nation on Dec. 19 - 22, 2002. The survey, conducted by Harris Interactive, has a three percent margin of error.

Simple emergency preparedness kits and other safety and security items can be purchased online at www.safetyandsecurity-center.com.

"We know from our research that American families simply are not adequately prepared to deal with emergencies," said Marsha J. Evans, president and CEO of the American Red Cross. "While this reality has always been an area of concern, today's environment makes it a call to action.

"The new program that the Red Cross has announced today is an example of the type of partnership that is needed if we hope to make true national preparedness a reality," Evans continued.

The Family Safety Guide

At the cornerstone of the educational campaign is an all-new guide, "Together We Can Become Safe Families." This comprehensive workbook outlines the critical steps every family should follow to be prepared for all types of emergencies.

The guidebook addresses preparedness from a general perspective to have the greatest effect on helping keep America's families safe.

"To be better prepared for emergencies, families need to start with the basics," said Evans.

About the American Red Cross

Governed by volunteers and supported by community donations, the American Red Cross is a nationwide network of

nearly 1,000 chapters and Blood Services regions dedicated to saving lives and helping people prevent, prepare for and respond to emergencies.

Led by 1.2 million volunteers and 30,000 employees, the Red Cross annually mobilizes relief to families affected by more than 67,000 disasters, trains almost 12 million people in lifesaving skills and exchanges more than a million emergency messages for U.S. military service personnel and their families. The Red Cross is the largest supplier of blood and blood products to more than 3,000 hospitals across the nation, and also assists victims of international disasters and conflicts at locations worldwide.

About the Safety and Security Center

The Safety and Security Center, based in Carlsbad Calif., was founded in 1990 to provide consumers with unique and effective safety and security products for home, family, office and business. You can browse their catalog of safety and security products at: <http://www.safetyandsecuritycenter.com>.

All Enlisted Spouses Club scholarship applications available

MCB Hawaii Public Affairs
Press Release

It is scholarship time once again, and the All Enlisted Spouses Club will be rewarding several to family members of enlisted active duty, retired or deceased service personnel of the Armed Forces who are presently stationed at or retired from MCB Hawaii.

You can pick up an application form at the All Enlisted Spouses Club Thrift Shop, or at the Base Education Center, Bldg. 219. Applications must be delivered, or postmarked, no later than April 15 to be considered.

In other exciting news, the All Enlisted Spouses Club is having a Logo Contest.

The AESC is looking for some-

one to design a logo that represents the organization and what it stands for.

Lastly, patrons are reminded that the newly improved All Enlisted Spouses Club Thrift Shop is open for business.

The Thrift Shop accepts donations and consignments from patrons, and its hours of operation are Mondays and Fridays from 10 a.m. - 4 p.m., Tuesdays and Thursdays from 1 p.m. to 7 p.m., and all Saturdays following paydays from 10 a.m. to 2 p.m.

The AESC Thrift Shop is always in need of volunteers. If you would like to provide an assist, call or drop by the All Enlisted Spouses Club. Contact AESC at 254-0841, for more details regarding the scholarship, Logo Contest or volunteering.

Tax checklist simplifies filing, maximizes return

NAPS
Featurettes

We've all got a vested interest in doing our taxes the right way, the first time. This step-by-step list can make the task less taxing.

The 123's of Simplifying Taxes

1) **Get Serious.** Schedule a time to get to work and commit to it.

2) **Get Started.** My father reminds me of the old proverb, "A trip of a thousand miles begins with a traffic jam." Get in that "jam," and your tax return will

begin to gel.

3) **Get Organized.** Get your W-2s together to report wages, your 1099s to report interest and dividends, your 1099Bs for reporting stock and bond sales, and your 1098s for deducting your interest and taxes. The Internal Revenue Service and your accountant both want final numbers.

4) **Get Informed.** Learn about changes to 2002's tax law. If you're tax savvy, do your own return after learning all the new rules. If you're tax "simple," Web sites such as the Internal Revenue Service and Microsoft Network Money can actually do the return for you.

5) **Get Help.** Don't hesitate to ask for help; it's deductible. But, call for an appointment now.

6) **Get Status.** Decide how you're going to file. The lowest rates are with joint returns, but if there are potential high medical or miscellaneous deductions, Married Filing Separate may yield a lower total tax. Alternatively, a single mother may qualify for the Head of Household rates, which are better than the rates for filing Single. There are other options too. You need to know the rules.

7) **Get Adjusted.** "Above The Line" deductions are allowed whether you itemize or not. They range from interest on stu-

dent loans to alimony.

8) **Get Itemized.** The chart next to line 36 on your 1040 tax form lists your standard deduction. Compare this amount to your total allowable itemized deductions. Take the higher amount.

9) **Get Exemptions.** For 2002, you get to deduct as much as \$3,000 from your income for each qualified exemption you have.

10) **Get credit.** A credit is the best expense to have. It's a dollar-for-dollar reduction in your taxes. A deduction reduces your tax by your marginal rate.

11) **Get Cash.** Decide how you're going to file. That's go-

ing to effect how quickly you're going to get that refund. For example, if you e-file, you get your money back faster.

12) **Get Filed.** You've done the hard work, now get it off your desk. Or file for an extension.

13) **Get Receipts.** If you filed on paper, get a receipt. I always mail my returns certified, return receipt requested.

14) **Get Planning.** Start your 2003 planning now. Don't put it off; people don't plan to fail, they merely fail to plan.

15) **Get Real.** Do your best but don't obsess. Remember, it's the new, friendly IRS but, it charges interest and penalties.

To-do list aides taxpayers this year

NAPS
Featurettes

Making your money work harder for you may be easier with some advice from tax professionals.

1) Take a very good look at your W-2 form. Mistakes can delay your tax return or even reduce your Social Security benefits when you retire. Make sure the name on your form matches the name on your Social Security card.

You should get a W-2 from every employer you have worked for. If you worked multiple jobs, you

may have paid more than you should in Social Security taxes and may be able to get some of that money back.

2) For Tax Season 2003, federal and military employers can provide employees with electronic access to their Forms W-2. This can let many get a head start on tax return preparation and filing as well as avoid the possibility of the form getting lost. Most Tax Service locations opened Jan. 2 to assist customers through their tax preparation process.

3) The definition of earned income has changed and, as a result,

more people may qualify for more money.

This may be of particular advantage to military personnel, since military housing and combat pay are no longer counted.

Earned income will consist of only what is reported as wages by an employer or the net profit from the firm of a self-employed individual.

It's also easier to qualify a child for an earned income credit. Children now include a son, daughter, stepson, stepdaughter or a lineal descendent of any relative.

The same can now also apply to the taxpayers' brother, sister, stepbrother, step-sister or a lineal descendent of such relative.

Earned income credit can even apply to eligible foster or adopted children, even if the adoption is not final.

Considered good news is that the maximum earned income credit for tax year 2003 has increased to \$2,506 for one qualifying child, \$4,140 for two qualifying children and a \$376 credit for taxpayers with no children.



Lance Cpl. Monroe F. Seigle

Sergeant Tarama Fuatagavi, a 4th Force Reconnaissance Company parachute rigger, files his taxes with the assistance of Lance Cpl. James Harrison, a tax preparer for the Base Tax Center at MCB Hawaii, Kaneohe Bay.

Refund Central



Lance Cpl. Monroe F. Seigle

The Tax Center is located in Bldg. 455, adjacent to the 7-Day Store. The center is open 9 a.m. to 7 p.m., Mondays through Thursdays, and also 9 a.m. to 4 p.m., Fridays. Walk-in service is available for all MCB Hawaii service members, their families & retirees. The tax service is free of charge and allows income tax returns to be directly deposited into accounts. To make an appointment, call 257-1026.

WORD TO PASS

Aloha United Way Launches Online

Hawaii's Aloha United Way has launched a new Web site that provides current information for people searching for ways to become involved with non-profits in the state.

The charitable organization invited 4,000 nonprofits to post their listings, free of charge, on its "211 Hot! List."

Categories include "Job Openings," "Donate Goods & Services," "Volunteer Opportunities," "Classes/Workshops," and "Free Events," with additional drop down menus under those categories.

"The spirit of aloha is strong in Hawaii — people truly want to help the less fortunate," explained Irving Lauber, president of the Aloha United Way.

To use the service, log onto www.auw.org.

Beaumont Foundation Seeks Grant Applications for Computers

Headquartered in Jefferson County, Texas, the Beaumont Foundation of America has kicked off efforts to provide free computer technology to qualifying nonprofits, faith-based and community organizations, libraries, schools and individuals in need in Hawaii.

The \$350 million foundation has begun accepting applications for its first grant

cycle, which ends March 31, to award \$330,000 in Hawaii for brand new computers. The foundation's core purpose is to provide state-of-the-art, Internet-enabled, wireless computer hardware to Americans who do not have access to the vast global network.

The foundation was funded as part of an historic, class action lawsuit, which allows unclaimed portions of the class action recovery to meet social needs — and hopefully give rise to a new form of American philanthropy.

To apply, and for more information, surf www.bmtfoundation.com, or call toll free 1-866-505-COMP (2667).

FBI Recruits at K-Bay, Monday

Interested in a career with the FBI? Learn about requirements for applying by attending the FBI career seminar Monday at MCB Hawaii, Kaneohe Bay's Bldg. 267, Classroom 2, from 10 - 11 a.m.

For more information, call 257-7790.

Big Brothers, Sisters Wanted

Volunteers are needed to enroll as Big Brothers and Big Sisters, then to spend one hour per week with their assigned Little Brother or Little Sister.

The main focus of this program is to build a friendship and serve as an adult

role model for a child who doesn't have a mother or father role model.

Typically, volunteers help kids work on class assignments, enjoy activities, play board games, or simply converse about what's on their mind.

Little Brothers and Sisters are between the ages of 5 and 12 years and selected by their teachers and school counselors.

If you'd like to get involved and make a difference in a child's life, call Eva Garcia, a case manager at the Big Brothers Big Sisters of Honolulu, at 521-3811, ext. 234.

'Iolani Palace Hosts Kama'aina Sunday

Local residents and active duty military families can walk in the footsteps of kings and queens at any free tour of 'Iolani Palace, offered the first Sunday of each month, with presentation of military I.D.

Located at 364 South King St. in the heart of downtown Honolulu, the 'Iolani Palace is the majestic symbol of Hawaii's monarchy era, and the staff has enhanced the tour selection with a new comprehensive, 90-minute, guided Grand Tour and a shorter, 30-minute, self-guided tour, both of which include the Palace video and Galleries.

See WORD TO PASS, B-8

Base Chapel

Catholic Services

Sunday Mass	9:30 a.m.
Holy Days of Obligation	11:45 a.m. and 6 p.m.
Daily Mass	11:45 a.m. (Tuesdays - Fridays)
Adult Choir Rehearsal	6 p.m., Tuesdays
Saturday Mass	5 p.m.

Protestant Services

Liturgical Worship	8 a.m., Sundays
Children's Sunday School	9:30 a.m.
Adult Sunday School	9:30 a.m.
Contemporary Worship	11 a.m., Sundays
Adult Choir Rehearsal	7 p.m., Tuesdays

For more on Protestant Adult Sunday School, contact Chaplain Thornton at 257-3552, ext. 5.

All Catholic and Protestant services are located at the Base Chapel, Bldg. 1090, behind Dunkin' Donuts.

Religious education programs are held in the new Religious Education Facility.

Contact the Base Chapel at 257-3552.

QUOTABLE:
"Wisdom begins in wonder." — Socrates

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"



WORD TO PASS,
From B-7

Kama'aina and active duty military families may enjoy discounted admission during regular Palace hours. Call 522-0832 to make reservations or for more information.

**Military Widows
Provide Needed Support**

The Society of Military Widows invites widows and widowers to join the organization during any upcoming gathering, which provides informal and friendly fellowship.

The group meets at 6 p.m., the second Friday of every month at the Mongolian barbecue held at the Kaneohe Bay Officers' Club. It also meets the third Saturday of every month at different locations.

If you're interested in participating, contact Judith Breitwieser at 262-7953.

**Word to Pass Receives
Faxes from Groups**

If you have Word to Pass items you would like published, which are of general interest to the military or Department of Defense community, fax them to the *Hawaii Marine* at 257-2511, at least two weeks prior to the date of your event. For more details, call 257-8836.

Hawaii MARINE SPORTS

Hawaii Marine C Section

February 28, 2003

Marauders slay VP-4's Skinny Dragons, 20-2

Sgt. Jereme Edwards
Combat Correspondent

The Marine Air Group 24 Marauders trounced the Patrol Squadron 4 Skinny Dragons, 20-2, in baseball action at Risely Field Saturday evening.

The game started out as any other — with the bright field lights beaming down on the lush, green grass and fertile, red clay of the diamond, as the umpire yelled "Play ball."

The Marauders pitcher started out a little slow in the top of the first inning, throwing five balls and giving up two walks. But, due to the Marauders' always alert basemen and fielders, the Skinny Dragons were unable to capitalize on the two free bases.

In the bottom of the first, the batting prowess of the Marauders proved to be increasingly overwhelming for the Skinny Dragons, as pitch after pitch by Tony Frigalle was sent into the outfield where most of the hits were dropped by the outfielders.

This type of performance gave the Marauders a 17-2 lead by the top of the 4th inning, and eventually the 20-2 lead at the game's end.

This has been the standard scene for our games throughout the season, said J. R. Williams, the Skinny Dragons player/coach. "We have two or three players who actually come out to play competitive ball; the rest just show up to do."

"When you play a competitive team like the Marauders, the score board shows the results.

"I've got a lot of good players on this team, and the only thing holding us back from being a very competitive team is

See
BASEBALL, C-3



Sgt. Jereme Edwards

Marauder Casey Brey takes a heavy swing at a pitch from Skinny Dragons pitcher Tony Frigalle during the second inning of the game Feb. 21.



Sgt. Jereme Edwards

Frigalle winds back for a pitch during the warm-up at the beginning of the game.



Perimeter Run



Above — As they pass the front of the Aloha Tower Marketplace during the 32nd Annual Oahu Perimeter Run, Caleb Eames passes on running duties to Thomas Rios.

Left — Lance Cpl Rich Rogers, a food service specialist at Anderson Hall dining facility, ran the last leg of the race for the unofficial race winner "Team 20," which was composed of Marines and Sailors from aboard MCB Hawaii.

Marine athletes take on Oahu's around the island run of 130+ miles

Story and Photos by
Sgt. Alexis R. Mulero
Combat Correspondent

When most Marines aboard base want to take a scenic tour of Oahu's coastal landscape, they usually hop aboard their vehicles and explore the island via windshield tour.

A team of seven Marines from Engineer Company, Combat Service Support Group 3, decided to challenge themselves by performing a perimeter tour in their "go-fasters," finishing with an unofficial time of 17 hours, 4 minutes at the 32nd Annual Oahu Perimeter Run, Saturday and Sunday.

"We like to keep our personal standards higher than the average Marine, and we wanted to represent the Engineer Company and the Marine Corps in this challenging race," said Caleb Eames, the team's co-captain.

Lyle D. Robinson, the team's captain; Stephen R. Tennes; Thomas G. Rios; Robert W. Moffitt; Randy J. Laso; and Patrick I. Brooks-Kenney rounded out the team, which began practicing three weeks prior to the event.

During their first two weeks of practice, they averaged 4.3 miles each, and during the last week, 5.5 miles.

"During the three weeks prior to this event, we ran in groups of two, to push each other to the max," said Robinson. "This training prepared us for this race, but if we could do it again, we'd like to start training sooner."

The perimeter run, sponsored by the Mid-Pacific Road Runners Club, covered more than 130 miles. The team split the race distance between its



Lyle D. Robinson of CSSG-3 runs through the streets of Waikiki during the Oahu Perimeter Run.

seven runners, some running up to 24 miles, others approximately 15, depending upon their individual abilities.

"I think we performed way above our expectation," said Robinson. "We pulled together as a group, and we even overcame a 20-minute detour on Friday."

Although the distance of the race is challenging enough, the teams still had to overcome other factors to complete the race in a respectable time.

"A combination of sleep deprivation, fatigue and Mother Nature made the course even more demanding than it already is," said Moffitt. "The heat of the sun and the hills really took it to us on the second day."

The challenging race managed to bring an already close team, closer still, said Moffitt.

"This type of event really builds unit camaraderie," he added.

The group plans on taxing itself with the race again next year, and it vows to improve on this year's time and placement.

Engineer Company deserves some of the credit for the team's success, having sponsored the group. Five other Marines and a Sailor from the company supported the team during the event with food, water, transportation and road guard sup-

See PERIMETER RUN, C-3

Youth basketball wraps with underdog as victor

Sgt. Jereme Edwards
Combat Correspondent

The Pee Wee Basketball Championship game was a true Cinderella story as the Lakers who were winless the entire season won their first game in the first round of the championship games, defeating the number one seated Twisters, and in the final game, defeating the number two seated team the Magic Friday at Saturday at the Semper Fitness Center.

The four team, double elimination, round robin youth basketball season came to an end Saturday with the White Tigers and Twisters competing for third place and the Magic and

the under dog Lakers facing off for the title of season champs.

During the first game, the White Tigers had a hard time making crucial shots and rebounding on defense, and allowed the Twisters to start with the lead and march clear into halftime with a five point lead at 7-2.

At the start of the second 20 minute half, White Tiger players Chad Weiss and Kevin Waterman came out taking control of the game and rallying their team to tie the game at 9-9 with 7:20 left on the clock. For the next five and a half minutes, the teams ran neck and neck until a crucial foul line shot gave the White Tigers a one point ad-

vantage which lead to their 13-12 victory to take third place overall in the season.

"I told them to go out there and get every rebound and try to make each shot count, but most of all have fun. All of the coaches really wanted to teach them the fundamentals of the game, and to promote good sportsmanship overall," said Chris Gonzales, White Tigers coach.

"The team did great in the first half of the game, but the momentum changed sides in the second half," said Greg Daniels, coach of the Twisters. "I told my team that they played well and I meant it. Without a doubt, if I had the same team

next year we would definitely win."

"To go from losing every game in the regular season to becoming the champs is very sweet." James Granlund said gleefully. "I told my team throughout the season that the first six games don't mean much because it is a round robin, but we do have to learn a lesson from each game and work on our weakness during practice so when we face them at the end of the season we'll be ready for them."

"Most importantly I told them it's all about having fun. Win or loose, keep your head high and always use good sportsmanship."



Sgt. Jereme Edwards

Zachery Thaler blows by his defenders on a fast break during the final half of the game.

BASE SPORTS

Edward Hanlon V MCCS Marketing

MCCS Seeks Surfers

Show your worth in the surf at the Pyramid Beach All-Military Surf Showdown. The meet hits the beach tomorrow, from 7 a.m. - 5 p.m., and is open to military and family members only.

The competitions include youth surfing and bodyboarding for family members ages 14 years and under, as well as contestants 15-19 years old.

Amateur military surfers can battle it out in the Men's division (18-30 years), Men's Masters (31 and up), the Women's Open (all ages), the Men's Longboard Division (all ages), and the Women's Longboard Division (all ages).

The entry fee is \$20; however, day-of-event entries will be charged an additional \$10. Each participating surfer will receive a T-shirt.

Entry forms can be found at the base pool as well as the beaches. Forms may be dropped off at the pool, as well as at the Aquatics Office, Bldg. 274.

SM&SP Wants the Best Ball to Win

It will be a fair game on the fairway, March 21, at the Single Marine & Sailor Program's Shank & Slice Best Ball Tournament.

This day on the links is open to all single active duty military; however, junior enlisted may bring their superiors as guests.

Shank & Slicers will begin the tournament with a 12:30 p.m. shotgun start and end with sodas, pupus and prizes.

There will also be prizes awarded by blind draw giveaways.

Costs are \$22 per person for E-5 and below and \$30 per golfer E-6 and above. Included in the price are green fees, carts, prizes, pupus and sodas.

For those interested in participating and spending the day on the spectacular Kaneohe Klipper Golf Course, call 254-7593.

Register by March 20 at the SM&SP Office, Bldg. 219, or at the Semper Fit Center, Bldg. 5037.

Space is limited, so register now.

Semper Fit Calls All Women

Do you have what it takes to be All-Marine? If so, Marine Corps Community Services' Semper Fit is actively seeking resumes for the All-Marine Women's Basketball team and the All-Marine Women's Soccer Team.

•The All-Marine Basketball Trial Camp will be held from March 23 - April 10 at MCB Camp Pendleton, Calif.

•The Armed Forces Women's Basketball Championship will be held

from April 11 - 18 at Naval Station Everett, Wash., and will determine the Armed Forces team to compete at the Women's National Championship held April 23 - 27 in Las Vegas, Nev.

•The All-Marine Soccer Trial Camp will be held from April 20 - May 10 at MCB Camp Lejeune, N.C.

•The Armed Forces Women's Soccer Championship will be held from May 10 - 18 at Fort Eustis, Va., and will determine the Armed Forces team to compete in the Regional Soccer Championship from May 26 - June 5 in Warendorf, Germany.

Marines interested in competing can print a resume application at www.usmc-mccs.org. Registration forms are also located in the Semper Fit Center's Athletic Office.

For more information, call 709-784-9542 or e-mail Medleyje@Manpower.usmc.mil. All major command sports representatives may contact Joe Au at 254-7591.

Aquatics Crews May Splash into Spring

It's springtime, and the living's easy. Join the Aquatics crew for the 2003 Spring Splash at the Kaneohe and Manana Housing base pools.

Events will be held on March 22 aboard Kaneohe Bay, and March 29 aboard Manana Housing, both from noon - 4 p.m. They are free to military, family members, DoD civilians and reservists.

Enjoy music, games and door prizes along with numerous other events. Plus, there will be free Red Cross swim evaluations and lessons for kids, introductory lessons to scuba diving and surfing, a Pool Hawks Swim Team racing challenge and demonstration, Junior Lifeguard registration and information, and even a bouncy house. For more information call the base pool at 254-7655.

Young Chippers can Golf at the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays.

Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and going on now. Children are welcome to bring their own clubs or use clubs provided.

Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

Whether your child strives to be like Tiger Woods or simply is interested in trying something new, the Junior Golf Program is a great place to begin.

For more information, call 254-2107.

Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents of the Fitness Program a cooperative babysitting venture.

Participants must volunteer to babysit three times a month at the fitness center. Children 6 weeks and older may attend.

For more information, contact Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.

ITT Offers Whale Watching Weekend

Get up close and personal with the ocean's gentlest creatures. For a limited time, the Information, Ticket & Tours Office is offering a special military discount for the deluxe whale watch cruise aboard the Star of Honolulu.

The ITT office is located inside Mokapu Mall. For additional details, call 254-7563.

Sharkey's Quick Bite Now Open

Whether at the Base Marina enjoying sports activities or looking for some place different to eat, recharge your midday with a quick meal at the new Sharkey's station near the Base Marina.

Sharkey's serves up hamburgers, hot dogs, chips and soda, Monday - Friday from 10:30 a.m. - 1:30 p.m.

For more details,

call 254-7641.

Bowlers Strike Savings at K-Bay Lanes

Bowling is 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 aboard MCB Hawaii, Kaneohe Bay.

Also, check out Semper Extreme Bowling, Fridays from 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, a snack and Pro Shop and arcade. Organized parties are also welcome.

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



Sgt. Jerome Edwards

Base All Stars

NAME: Henry Navarez

BILLET: Personal Change of Station Chief

UNIT: Headquarters CO. 3rd Marine Regiment

SPORT: Baseball

POSITION: Right fielder

•He is a native of San Bernardino County, Southern California. He has been playing baseball since he was 6 years old (about 16 years experience)

Accomplishments: "Our team is unique, in comparison to other teams, because we are all from different units here. We don't work together so when we come out and play together we learn more about each other which has helped us bond and become a great team."

"Baseball takes a lot of hard work and dedication. If your mind isn't always on the game, you're not going to play well."

COMMUNITY SPORTS

Hike Makapu'u Lighthouse on Mondays

Mondays at 8:30 a.m., you can hike Makapu'u Lighthouse. This two-mile round-trip hike on a steep, paved road takes you way above the lighthouse.

Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. On clear days, the islands of Lanai, Moloka'i and Maui can be seen.

The Makapu'u Lighthouse is also a popular spot for whale watching, so take the opportunity to observe whales during the winter months.

Make sure to bring water, sunscreen, a hat and closed-toe shoes if you participate in this hike.

If you can do Diamond Head, you will be able to make the Lighthouse!

Cost is \$8 for adults and \$5 for youth (children 12 and under).

Sign-up for the Makapu'u Lighthouse hike at Turtle Cove, or call 259-4121 for more information.

Bellows Hosts Outdoor Recreation

Just because winter is upon us does not mean you have to be a couch potato. Bellows Recreation offers plenty of outdoor activities for the entire family.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and

Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information regarding Bellows recreation, call 259-8080.

Pearl Harbor Needs Roller Hockey Players

Roller hockey players are needed on Pearl Harbor's sub base, to help jump start a new league. Experience is not needed; however, players must be at least 15 years of age.

Come down on either Tuesdays or Thursdays at 5 p.m. to play, or any day to sign up. Friday night is pickup night with a \$3 fee; goalies play for free.

For more information, call John after 4 p.m. at 422-4639, or Kehone after 3 p.m. at 473-3295.

Marines and Sailors Invited to Shape Up

Yes, you can win the war on body fat.

You may think the way to lose weight is by deprivation or taking a fat-burning pill or some other quick technique, but it's not.

Whether you are just starting a fitness program, or need to improve your physical fitness standard, the new 2003 ShipShape program can help meet your goal. This eight-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques to ensure winning results that will meet your military standards.

For more details, or to register for the next orientation, contact Health Promotion at the Naval Medical Clinic, Pearl Harbor, at 471-9355.

Free Hunting Class Offered

Hunter education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years of age or older who enjoys the outdoors — not just hunters.

The next two-day class is March 7 at 5:45 - 10:15 p.m. and March 8 at 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A.

To sign up, contact the State's Hunter Education Office at 587-0200 to preregister or for more information.

All students are required to provide a picture I.D. at the door for admission.

Bellows Sponsors Camping Year-Round

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs.

Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

SPORTS COMMENTARY

'Will Roy Jones Jr. triumph over John Ruiz?'

Sgt. Alexis R. Mulero
Combat Correspondent

Not since the 19th century has a middleweight fighter won the heavyweight title. But, on Saturday, former middleweight Roy Jones Jr. will try to do just that, when he challenges John Ruiz for the World Boxing Association's heavyweight title from Las Vegas, Saturday.



MULERO

The fight, dubbed "Hard Road to Glory," symbolizes the impact it probably will have on both these warriors' careers.

On one side of the ring is Jones, the very confident and always flamboyant, undisputed Light Heavyweight Champion of the World, who is attempting to become only the second middleweight to move up in weight and win the heavyweight crown.

Many experts consider him as the best "pound for pound" fighter of this era, and his remarkable 47-1 record, with 38 knockouts, can back that up. The one blemish on Jones' record was a disqualification against light heavyweight Montell Griffin, a fight that he was clearly winning when the referee stopped it

"Realistically, this is Jones' first meaningful fight in a very long time, and he is giving up more than 30 pounds in weight going up against the so-called "other heavyweight champion of the world."

Sgt. Alexis R. Mulero
Headquarters Bn., MCB Hawaii

because of two late blows Jones connected before Griffin hit the canvas.

Since going professional in 1992, Jones has moved up in weight three times and has terrorized all of his opponents with his lightning-quick hand speed, tenacious defense and fancy footwork.

Even though Jones' career has been remarkable, I don't think he's had a meaningful fight since 1998 when he faced former light heavyweight champions Virgil Hill and Lou del Valle. In fact, the toughest fights of Jones' career were probably against undisputed middleweight champion "The Executioner" Bernard Hopkins, who he beat to win his first title in 1993, and in 1994 against former super middleweight champion James "Lights Out" Toney — at the time considered the best fighter in the world.

Realistically, this is Jones' first meaningful fight in a very long time, and he is giving up more than 30 pounds in weight going up against the so-called "other heavyweight champion of the world."

Yes, that's right. Even though John

"The Quietman" Ruiz is a heavyweight champion, he is buried in the heavyweight division between the likes of well-known, prized heavyweight Lennox Lewis; the always-powerful, but problematic crowd favorite, Mike Tyson; and former WBA heavyweight champion Evander "The Real Deal Over-the-Hill Warrior" Holyfield, who Ruiz beat last summer to claim his title.

Although Ruiz's professional boxing record of 38-4-1, with 27 knockouts, is not as impressive as Jones', it does not take away the fact that Jones has never endured the kind of punishment a 230-pound heavyweight like Ruiz can dish out.

On the other hand, Ruiz, who is a former sparring partner of Lennox Lewis, can definitely stand a punch similar to Jones'.

My only question is how many of them can Ruiz stand?

Jones will be looking to stick lightning-quick jabs and combinations throughout the fight, while maintaining his distance.

Jones probably already knows how difficult it's going to be for him to knock out the mammoth-of-a-man Ruiz. My guess is that Jones will just try to outpoint him in the scorecards.

However, Ruiz has to do the total opposite of Jones to win the fight. Ruiz has to keep Jones close, hug him and wear him down by throwing all his weight on him. Ruiz definitely has to bestow his powerful punch early, and he has to rough up the lighter-in-weight Jones. One thing's for sure, Ruiz will never out-box Jones.

All in all, a win in this fight for either boxer will make a huge exclamation point on his career. For Jones, it will be like putting the icing on the cake for his glorious career. On the other hand, Jones has nothing to lose; his greatness will overshadow any embarrassment from a loss.

For Ruiz, it's the opportunity for him to prove he is a true heavyweight combatant worthy of big money fights. The contest will lift his career from the shadows, and maybe then people will start noticing him as a legitimate, undisputed heavyweight contender. One thing is for sure, a victory against Jones will improve Ruiz's stature in the public eye.

While Ruiz is clearly stronger and bigger than Jones, the odds in Vegas have Jones as a 2-1 favorite of winning the fight.

My pick is this: if it goes the distance, Jones will be the new champion. If it doesn't, Lennox Lewis had better be prepared to give Ruiz a title shot.



Above — Assistant team captain Caleb Eames of Engineer Co., CSSG-3, passes some refreshing water to team captain Lyle Robinson, who ran the last leg of the Oahu Perimeter Run, Sunday.

Right — Robinson crosses the finish line at the Oahu Perimeter Run, Sunday. The team ran more than 130 miles over a period of 17 hours.



PERIMETER RUN, From C-1

port.

"This group of supporters was at every place they needed to be — on time and always prepared to assist and encourage the CSSG-3 runners," said Robinson. "Without them we wouldn't have been as successful."

Another team, also composed of Hawaii Marines and Sailors from various units aboard base, was the unofficial winner of the event with a time of 14:54.

BASEBALL, From C-1

simply a lack of focus," added Williams. "The game went very well," said Marauders coach Chuck Dowdle. "Our batting went really well, we played very aggressive on the base pads, and our defense was the best it has been all season.

"Our team strategy is to hit them hard, and to at least have three or four points by the start of the second inning.

"I can't wait until the next time we play 1st Bn., 3rd Marines, or 1st Bn., 12th Marines, 'cause we're ready for them."



spotlight on health



Lance Cpl. Monroe F. Seigle

Petty Officer 1st Class Laura Smith, a temporary duty manager at Fleet Logistics Support Squadron 51, checks the nutrition labels on a canned good before deciding whether to make a purchase.

It pays to read those food labels

NAPS

Featurettes

Research shows that shoppers who read food labels cut about twice the amount of fat from their diet as those who don't read labels. The reason is they're simply more aware of what they are eating.

However, among the reasons cited by Americans for not reading food labels are that they are confusing, and that the act of reading them takes too much time. Yet, cutting saturated fat and cholesterol is an important way to fight heart disease, which is the number one killer of men and women in the United States.

The American Heart Association has developed a label-reading shortcut that identifies low-fat, low-cholesterol foods quickly and reliably. The Association's Food Certification Program and its highly visible red and white heart check mark is on the labels of hundreds of food products.

Products bearing the mark are low in saturated fat and cholesterol and can be part of a heart-healthy diet for all healthy people over the age of two.

All products bearing the heart-check mark meet the organization's nutrition criteria (per serving):

- Fat is less than or equal to 3 grams.
- Saturated fat is less than or equal to 1 gram.
- Cholesterol value is less than or equal to 20 milligrams.
- Sodium value is less than or equal to 480 milligrams for individual foods.
- There's 10 percent of one or more of these nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.

Dietary changes based on selecting foods low in saturated fat and cholesterol can lower blood cholesterol by 10 to 15 percent. That, in turn, can reduce the risk for heart disease by 20 to 30 percent.

The AHA recommends eating a nutritionally balanced diet consisting of a variety of foods, including lean meat, fish or poultry, whole grain cereals and breads, three servings of low-fat or fat-free dairy foods, and seven-to-nine servings of fruit and vegetables a day.

To learn more about reducing the risk of heart disease and stroke, visit the AHA's Web site at www.americanheart.org, or call 1-800-AHA-USA1 (800-242-8721) for your free copy of the "Shop Smart" brochure.

(Editor's Note: If you have a special medical condition, contact your physician or registered dietitian about your diet.)

Three 'Cs' help prevent food-borne illnesses

NAPS

Featurettes

The good news is that fewer people are coming down with what's commonly known as "food poisoning." Yet while the numbers are declining, the U.S. Centers for Disease Control and Prevention still estimates that about 76 million Americans contract foodborne illnesses each year.

Also, a new survey by Consumer Reports magazine found high levels of potentially harmful bacteria in chicken purchased from stores across the country. The survey found either Campylobacter or Salmonella in about half of all chickens tested, down from about 75 percent in 1997.

Although the food industry works to ensure product safety, consumers have got to do their part once they leave the grocery store. Infectious germs can spread quickly if food is not handled, prepared and stored safely after purchase.

The Three "Cs" of Food Safety

Cleaning

- Wash fruits and vegetables, including prepackaged salads and melons, under cool running water, and refrigerate cut produce promptly.
- Wash your hands after handling raw meat, poultry or fish, and use one cutting board for raw meats and another for other foods.
- Wash all food contact surfaces thoroughly after each

use.

- Sanitize your cutting board, countertops and cooking surfaces with a solution of 1-3 tablespoons liquid chlorine bleach, (plain, unscented), per gallon of water. Let this solution stand two minutes; then, rinse and air dry.

- Soak sponges, dishcloths and towels in a stronger solution of 3/4 cup chlorine bleach per gallon of water. Soak them for two minutes, rinse and air dry.

Cooking

- Cook roasts and steaks to at least 145 degrees. Cook ground meat, in which bacteria can spread during grinding, to at least 160 degrees. Whole poultry should be cooked to 180 degrees. Cook fish until it is opaque and flakes easily with a fork.

- Make sure there are no cold spots in food when you microwave it. Cover food, stir and rotate it for even cooking.

- Don't consume anything containing uncooked or unpasteurized eggs.

Chilling

- Don't defrost or marinate on the kitchen counter. Use the refrigerator, cold running water or the microwave instead.

- Refrigerate leftover meat and other perishables within two hours of cooking and serving.

Consumers should remember the three Cs of food safety, because proper storage and handling of food are key steps in preventing foodborne illness.

'Have you met your 2003 dieting resolution?'

NAPS Featurettes

Now that the celebrations of New Year's Eve are a distant memory, you may have also found that those optimistic 2003 resolutions you made in January are melting away just like snow.

Staying committed to goals such as eating right, managing weight and exercising can be difficult, but there are things you can do to stay motivated throughout the year.

As spring approaches, you can rejuvenate your health goals with these simple and easy tips.

Eat Smart

Recent statistics show that 80 percent

of Americans are not getting the recommended five fruits and vegetables per day, which provide essential daily nutrients. Establishing a well-balanced diet is vital in maintaining overall good health and in preventing chronic disease.

Tip: Pack your lunch. Pack your brown bag with nutritious items such as cut fruit, granola, nuts or yogurt.

Having healthy food choices close at hand during the workday makes it easier to avoid the fast-food lunch frenzy.

Tip: Take a multivitamin. Round out your diet with a complete multivitamin, such as one specifically formulated with EGCG, a natural extract of green tea, for men and women when trying to control their weight.

Then, listen to your body. When you're in your 30s, your metabolism can start to slow down, making it easier to gain weight.

It's important to recognize what your body needs based on your age, family health history and lifestyle.

Tip: Keep a health journal. Write down your daily food intake, when and how you exercise and any health issues you may have. Clearly understanding how your body works and how your choices affect your overall health is essential to creating a healthy lifestyle.

Tip: Learn about green tea. EGCG is a natural extract of green tea that has been shown in studies to enhance metabolism.

Tip: Exercise with a friend. To stick to your workout schedule, exercise with a friend. Each of you can inspire the other to reach your exercise goals and not accept any excuses.

Further, let yourself enjoy exercising. According to the American Council on Exercise, people who partake in regular cardiovascular activity, such as walking 30 minutes a day, live longer and healthier lives than those who rarely exercise.

Exercise strengthens the heart and aids in establishing lean muscle mass.

You can recommit to your New Year's resolution with a newfound enthusiasm to make 2003 a smart and healthy year. Exercising, eating right and taking a multivitamin will be key to keeping healthy throughout this year and beyond.

Dieters should verify that online sites offer safest advice for weight control

NAPS Featurettes

Is going online for nutrition and fitness advice a healthy idea?

A new Internet Project report, "Vital Decisions," revealed that every day approximately six million Americans, or five percent of all Internet users, go online to search for health advice, while only five million Americans visit a health-care professional.

Nearly two-thirds of these online health information seekers look for information about nutrition, weight control or exercise.

While there are benefits to surfing for information, nearly 75 percent of online health information seekers do not check the source or timeliness of information or verify what they read.

To help dieters make

safer and more informed decisions, the experts at Weight Watchers.com offer the following tips:

- Beware of an Internet diet site that promises unrealistic results. Any realistic Web site will set an initial weight-loss goal of five to 10 percent of your current body weight, and a rate of weight loss that is not more than an average of two pounds per week.

- Choose a Web site that promotes a healthy weight-loss plan that you can stick with over the long term. It should encourage you to eat a variety of healthy foods and partake in regular physical activity.

- Steer clear of sites that focus on or promote diet pills or weight-loss stimulants.

- Determine if the Web site is professionally managed and whether a panel of experts reviews

the diet plan.

- Read the diet Web site's privacy statements to be sure the personal information you supply will be kept confidential and not sold to third-party vendors, and to ensure that ongoing communications from the site will only be sent to you at your request.

- Before paying for anything, make sure that the site provides you with enough free information about the diet plan, an online tour or access to the message boards to ask questions to determine if the plan is right for you.

- Know the time-tested truism: if something sounds too good to be true, it probably is.

A good rule of thumb is to find a Web site that is part of, or associated with, a company or organization that you already have confidence in.

Doing what it takes to stay fit and trim

Corporal Christopher Lowe, a maintenance administration clerk for Marine Helicopter Training Squadron 301, keeps his heart rate up and stays in shape by regularly exercising on equipment such as the cross country skier at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay. The Semper Fit Center is open seven days a week. Numerous fitness classes, sporting events, personal trainers, massage therapists and state-of-the-art exercise equipment, and much more, are available for use by patrons, including service members, retirees, reservists, family members and Department of Defense civilians.



Lance Cpl. Monroe F. Seigle

SPORTS AROUND THE CORPS

Marines qualify for cross country runs in France

Capt. Chad Walton
Marine Corps
Systems Command

HOUSTON, Texas — Three Marine runners from around the country qualified Feb. 15 - 16 in Houston, Texas, for the Armed Forces World Cross Country Championship. Two men and one woman from three different installations ran well enough to earn a trip to France for the Conseil International Du Sport Militaire Armed Forces World Cross Country Championship.

The first run up for the men was the short-course 4K race, Feb. 15. At the start, large pools of water greeted the runners at the end the opening straight, because they became covered with mud inside a few minutes.

William Lake of Camp Butler, Okinawa, Japan, surged to the front of the field, followed closely by Eric Graham, a Marine reservist from Des Moines, Iowa. Several short, steep hills had tested them, each lap, as the rain continued to come down.

"At the start line, before the gun, I looked at the other Marines with a smile



Official U.S.M.C. Photo

Aaron Nichols of MCAS Yuma, Ariz., runs through a muddy course far different from his normal training runs in dusty Yuma.

and said 'Whatever,'" explained Graham. "On a day like this, with the crazy conditions, I knew anything could happen. When I passed the start-finish area, someone told me I was in third

place. After that, I told myself I just have to hang on."

Graham would finish strong to take the bronze medal in the Armed Forces Championship and earn a spot on the team that will compete in France.

Lake held on to ninth place, after his quick start, to be the other Marine whose time counted in the final scoring.

The women's 8K run was held next, and though the rain had stopped, the race now resembled a swamp more than a course to run on.

Sarah Fullwood of MCB Quantico, Va., stepped in a hole on the second loop of the four-lap course and still continued on, slogging through inches-thick mud that made footing unsure on the uphills and treacherous on the downhills.

Despite the ankle, Fullwood would hold her place in the race and qualify for the Armed Forces World Championship team.

Jennifer Ledford of The Basic School, Quantico, Va., was the next Marine across the line, in ninth for the military women, an excellent finish made all the more amazing by the fact that she spent the early part of the week in the field doing Military Operations in Urban Terrain training.

"I'll bet none of the other runners can say they spent their week climbing through windows and dodging paint pellets," said Ledford, who still had several visible welts from the MOUT train-

ing.

Ginger Beals of the Officer Candidates School was the final scorer for the Marines in the women's race, when the sun finally peeked out over the final laps of the course.

At the end of the day's competitions, the warm sun would serve to dry out the mud covering the athletes, from head to toe, leaving them looking more like mud wrestlers than runners.

Once Sunday morning dawned, so did cold and wind for the Men's Long Course. The 12K race covered six loops of the same course as the previous day's races, but the grassy surfaces had been mashed into muddy paste by seven other events.

Matthew Limbert of MCB Camp Pendleton, and Lake, who was the only Marine to run both days, were the early leaders for the Marines.

Limbert, on his third cross-country team, would run a consistent race to finish as the sixth military athlete and qualify for the world's team. Lake would hold onto second place, earning himself the "Tough Guy Award" for finishing well in both of the weekend races.

Aaron Nichols of Marine Corps Air Station Yuma, Ariz., would place third for the Marines and Delbert Marriot of Camp Lejeune, N.C., would round out the scoring.

The Army took the top place, followed by the Air Force, Marines and Navy.



Sgt. David A. Bryant

Sergeant Justin D. Bakewell (left), of the Color Detachment, leads a group of Cibola H. S. students in a series of "squats."

Battle Color Marines teach PE

Sgt. David A. Bryant
MCAS Yuma, Ariz.

MARINE CORPS AIR STATION YUMA, Ariz. — Members of the Marine Corps Battle Color Detachment joined forces with local Yuma recruiters Feb. 13 to give Cibola High School students a change of pace with their physical education.

The Marines donned their green-on-green physical training gear to coach every PE period throughout the school day, giving students a sample of the Corps' PT program, and stressing the importance of maintaining health by staying in shape.

The detachment consists of the Marine Corps Color Guard, the Drum and Bugle Corps and the Silent Drill Platoon.

"[The students] started off intimidated by us at first," said Lance Cpl. Joseph Garcia, an administrative clerk assigned as permanent personnel with the BCD. "By doing something like this, it gives them a chance to see we're human beings and not just the combat machines they see on TV."