Hawaii MARINE

INSIDE

Gear Reimbursement	A-2
1/3 in California	A-3
On the Skyline	A-4
Postcards	A-6
Bishop Museum	B-1
MCCS	B-2
Personality Features	B-3
Movie Reviews	B-4
Menu	B-6
Word to Pass	B-7
Ads	B-8
Lakers Basketball	C-1
Sports Briefs	C-2
The Bottom Line	C-3

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2/3 hands out donations

Marines ask for help, get items to aid Afghan students

Sgt. Robert M. Storm
Combat Correspondent

NANGALAM, Afghanistan — On Oct. 3, Marines and Sailors of 2nd Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, at Camp Blessing handed out more than 600 school outfits to local village children. The Marines and Sailors recently set forth on a campaign to bring clothing, toys and school supplies to the children in the neighboring village of Nangalam.

"I got the idea because I used to run the Toys for Tots in Moscow; I did a tour over there as a Marine security guard," said Sgt. Eric J. Rinda, infantryman, from Centennial, Colo. "I thought about doing it as soon as we arrived, when I saw how poor the kids were."

The Marines and Sailors wrote home to parents and friends asking for help with donations. The objectives of the Marines and Sailors were the same overall as those of the Toys for Tots program — to help the children throughout Nangalam feel the enjoyment of new clothes and toys. Packages arrived from all over the United States almost immediately coming from as far west as California and as far east as New Jersey.

"I even contacted the National Football League, and they sent us boxes of tote bags," said 1st Lt. Matt D. Bartels, officer-in-charge of Camp Blessing, from Minneapolis, Minn. "We have so much stuff that we're running out of room to put it all. We've filled up a quadcon, and we still have more stuff coming."

The school house that teaches more than 600 students is nothing more than an empty building with 10 separate rooms. The school lacks even the most basic amenities. The children do not have heat in the winter or fans in the summer. The school does not contain any restrooms, and the rooms lack windows. After seeing the condition of the school, the Marines attacked the project with a passion. The Marines shared stories about how enthusiastic most families were to contribute, especially when they heard how little the children have in Afghanistan.

"I have a brother that's a school teacher in Pennsylvania, and once he talked to the principal about it, they managed to get boxes for donations put up in every school in the district," said Rinda. "I expect to be receiving packages until the day that we leave Afghanistan."

One of the biggest accomplishments of the drive is the new school outfits for the children. Using donations from families and a collection from the Marines and Sailors of Camp Blessing, new clothes were purchased for each student.

"It was kind of a big deal when we handed out the new outfits. Many of the children haven't had new clothes in over a year," said Bartels.

"We thank the Marines and everyone back in United States who have given. They've done a great thing; it is a great help to our village children," said Muhammad Abas, school principal, Nangalam.



Sgt. Robert M. Storm

Lt. Robert L. Long, commander, Scout Sniper Platoon, from Berkeley Heights, N.J., hands village girls their new school outfits. More than 600 girls were given new clothes to wear to school.

2/3 Warriors guard the edge

Sgt. Robert M. Storm
Combat Correspondent

NANGALAM, Afghanistan — Marines and Sailors assigned to 2nd Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, man Camp Blessing — the most remote and the smallest Marine Corps post in Afghanistan. Camp Blessing is arguably one of the most successful bases in Afghanistan. Marines and Sailors assigned there have confiscated thousands of pounds of enemy munitions and captured numerous suspected anti-coalition militia personnel.

"I think our success is in partly due to our size. We do our best to make ourselves part of the community out here since we're so far away from other bases. We've established such a relationship with the local population that when we get attacked, they get upset," said 1st Lt. Patrick E. Kinser, assault force commander, from Jonesville, Va.

According to the Marines and Sailors of Camp Blessing, much of their success is owed to the way they treat the locals — with respect. Some believe that when villagers come forward at other bases, they may be taken in for questioning, held under guard and, therefore, often don't return to give more information due to the perceived lack of respect. Many villagers who do have information often bypass closer bases and make a longer trip to Blessing to give vital intelligence information because of Camp Blessing's reputation and their high opinion of the Marines there.

"We treat them with courtesy and respect. I can walk out the front gate, and the first fifty people I see know me by name, and I know them and who their families are," said 1st Lt. Matt D. Bartels, camp officer-in-charge, and Minneapolis, Minn. native. "They come to us with medical problems. Farmers who have injured themselves and little kids who are hurt come to us, and our docs patch them up as best they can. We even helped fix up a donkey that fell off a cliff. We did it because it was important to them."

The Marines and Sailors at Camp Blessing recovered 27 weapons

See BLESSING, A-6



Sgt. Robert M. Storm

Marines from Echo Company, 2nd Battalion, 3rd Marine Regiment, quickly man the perimeter during an indirect-fire attack against Camp Blessing. Blessing is the most remotely manned Marine Corps post in Afghanistan and is constantly under enemy fire.

Moving on up

Commander, U.S. Marine Corps Forces Pacific, Lt. Gen. John F. Goodman, frocked Marine Corps Base Hawaii, Kaneohe Bay, Commanding General Brig. Gen. Steven A. Hummer, to his current rank in his quarters on Saturday.
Since Brig. Gen. Hummer is assigned as the commanding general for MCB Hawaii, he was frocked, by authority of the Officer Promotion Manual (MCO P1400.31B), to his current rank of brigadier general, a rank that coincides with the duties and responsibilities of the position.

Sgt. Carl A. Atherton



1/12 teams up with Aikahi Elementary

Chaplain (Lt.) Ronald C. Nordan
1st Battalion, 12th Marine Regiment

KAILUA, Hawaii — Recently, Marines from 1st Battalion, 12th Marine Regiment, participated in two projects with their partnership school Aikahi Elementary over a consecutive three-day period.

"International Walk to School Day" actually took place on Oct. 5, but on Oct. 3, parents and Marines went into the classrooms and shared some basic pedestrian rules and safety information. After an hour of training, groups of two went into the classrooms to teach the children, as well as to encourage them to walk to school.

Gay Jennings was the faculty sponsor of this event that was designed to encourage children to walk to school. "I would estimate that we had at least three times the normal amount of foot traffic today than we would in a normal day." When the children arrived at school, there were various games and activities set up for them to participate in. "The kids just seem to really respond to the Marines whenever they come around. The other thing we love about the Marines is that they show up well ahead of time to help set up and never leave until everything is broken down and put back where it belongs. We could not ask for a better group of guys to have as our partner Marine unit," Jennings said.

The other project called upon the Marines of 1/12 to use another aspect of their Marine training — their muscle.

During the summer, Aikahi Elementary School knew they needed to connect two of their portable classroom buildings at the back of school property to the school's Internet system so the teachers in these rooms could utilize this valuable teaching aid for the benefit of their students. The only problem was how they would accomplish this task. Two different trenches needed to be dug — totaling a length of more than 100 feet — that was at least 1-foot wide and 2-feet deep and crossed under two sidewalks.

"When we began to look into contracting to have this job done, we discovered that it would cost the school well over five thousand dollars to hire someone to do this for us. Being that there are many things that need to be done with little money to do it, we started looking for other ways to accomplish this task. That is when we called our school liaison officer from 1st Battalion, 12th Marines," stated Gay Nall, principal of the school. After a few meetings to work out the details, the work was set for Oct. 4. "I was amazed that in just over four hours, the entire job was done."

Working logistics for projects like these can be a bit of a challenge, but Lance Cpl.

See 1/12, A-6

News Briefs

Hawaii Marine to Post Halloween Goings-On in Next Issue

Trick-or-treating hours aboard Marine Corps Base Hawaii, Kaneohe Bay, are still to be determined. Representatives from the Provost Marshall's Office as well as Base Safety will be patrolling Base Housing during these hours to ensure optimum safety and security for trick-or-treaters.

For more information about upcoming Halloween events and safety tips, along with interesting articles about Halloween, make sure to read the Lifestyles section in the next issue of Hawaii Marine.

Tripler to X-ray Halloween Candy

Trick-or-treaters can stop by Tripler Army Medical Center's Department of Radiology on Halloween and Nov. 1 to have their treats X-rayed. This service is available to eligible military beneficiaries.

The Department of Radiology, on the third floor of the medical center, will be open Oct. 31 from 8 to 11 p.m. for "goblin, princess and clown" family members to stop by and again 1 to 5 p.m. Nov. 1.

Anyone wishing to have their treats examined should report to the X-ray reception area, patients do have priority, so there may be a wait. An adult must accompany children.

Parents are reminded that X-rays will primarily show metallic objects within the candy or the treats. X-rays cannot detect whether other potential harmful substances, such as fine glass, liquids, powders or chemical contaminates have been added to the treats.

Parents are urged to check treats their children receive to guard against tampering.

Main Gate Construction to Delay Traffic

There is construction being done at the Main Gate of Marine Corps Base Hawaii, Kaneohe Bay, that will restrict travel to one lane inbound and one lane outbound.

The construction will cause delays in traffic and is scheduled to last through the month of October.

All personnel with Department of Defense decals on their vehicles are encouraged to use the Mokapu gate in Kailua to access the base during peak traffic hours in the morning and afternoon.

Questions about the construction can be directed to Steve Butala at 257-2727, ext. 258. For questions after working hours, call 257-8467.

Hawaii Marine Accepts Letters

The Hawaii Marine welcomes comments for the "Letters to the Editor" section. Letters should be clear and concise. The Hawaii Marine staff reserves the right to edit letters for clarity and length. Comments must be signed with a full name and a telephone number must be provided.

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Read the Hawaii Marine Online

To access the Hawaii Marine online, log on to www.mcbh.usmc.mil and click on the "Hawaii Marine" link.

HI 5¢ Redemption Site Available

HI 5¢ redemption services are available from 10 a.m. to 5 p.m every Friday in the parking lot across from the PX Annex. Separate glass, cans and plastic and remove lids before redeeming recyclables.

For more information, call Jim Sibert, Base Recycling at 257-4300.

Important Phone Numbers

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380

Hawaii Marine

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Personnel who bought gear can claim reimbursement

Jim Garamone
American Forces Press Service

WASHINGTON — Some service members who bought their own protective gear will get reimbursed for the purchase under a new policy approved Oct. 4.

David S.C. Chu, the undersecretary of Defense for Personnel and Readiness, approved the directive that allows military personnel to be reimbursed "for privately purchased protective, safety or health equipment."

The order covers the period between Sept. 10, 2001, and Aug. 1, 2004. Pentagon officials said "relatively few" service members are affected by the order.

In the early days of the War on Terrorism, there was a shortage of interceptor armor. The services issue body armor to those most in need of it. However, some service members — both active and reserve component — bought their own protection.



Sgt. Clinton Firstbrook

Cpl. Gabriel Trull, 1st Battalion, 3rd Marine Regiment, looks through his rifle's scope while on deployment to Iraq in November 2004. Congress passed legislation stating service members who bought protective gear during the early days of the War on Terrorism will be reimbursed.

Legislation passed by Congress last year authorized the services to reimburse service members for the expenditures. The legislation applies to a specified set of personal protection equipment and can be claimed "by either the member or by another person on behalf of the member for the member's personal use in anticipation of, or during, the member's deployment for operations Noble Eagle, Enduring Freedom or Iraqi Freedom."

Reimbursement is limited to the actual purchase price — plus shipping — of the equipment; receipts are not needed. Under the legislation, those claiming reimbursement must turn in their privately purchased gear. The services will destroy the equipment, as it may not meet government standards. Under the policy, reimbursement cannot exceed $1,100 for any one piece of equipment.

The services can request to add items to the list. The list includes: the complete outer tactical vest or equivalent commercial ballistic vests. The components of the vest — groin protector, throat protector, yoke and collar assembly, collar protector, ballistics inserts and small arms protective inserts — are covered individually. The list also includes the Kevlar helmet, ballistic eye protection and hydration systems.

Thrift Shop asks public to comply with guidelines for donations

Press Release
Thrift Shop

For years, proceeds from the Thrift Shop has been a wonderful source of monetary support for various organizations on base, including the Mokapu Elementary School, the Fallen Hero Fund and the New Parent Support Program. However, sometimes the Thrift Shop receives damaged furniture and goods that cannot be re-sold and they end up throwing the goods away themselves.

"All of our workers are volunteers and we try to take unusable goods off base for disposal, but being volunteers, sometimes it's difficult," says Suzie Thompson, of the Thrift Shop.

Common "unusable" items left at the thrift shop include torn or soiled mattresses or furniture, barbeque grills, lawnmowers and broken electronics. The Thrift Shop has also seen paints and propane tanks left at their doorstep.

"One possible reason why people may be placing broken items is that some thrift stores on island may fix up used goods prior to sale. The thrift store on base doesn't have the same type of resources," says Paulette Ujimori from the Environmental Compliance and Protection Department.

"People also need to be informed that by leaving unusable items outside of the thrift store, it could be considered littering or dumping which is in violation of Chapter 3 of Base Order 5500.15B, 'Litter and Trash Disposal.' Violation of the base order includes maximum penalties of $500 and up to 40 hours of community cleanup service. We hope that by getting the word out, that we can help to minimize these types of 'donations' at the Thrift Shop."

The base is also currently working to put up better signage and limit access to the donation area to store hours.

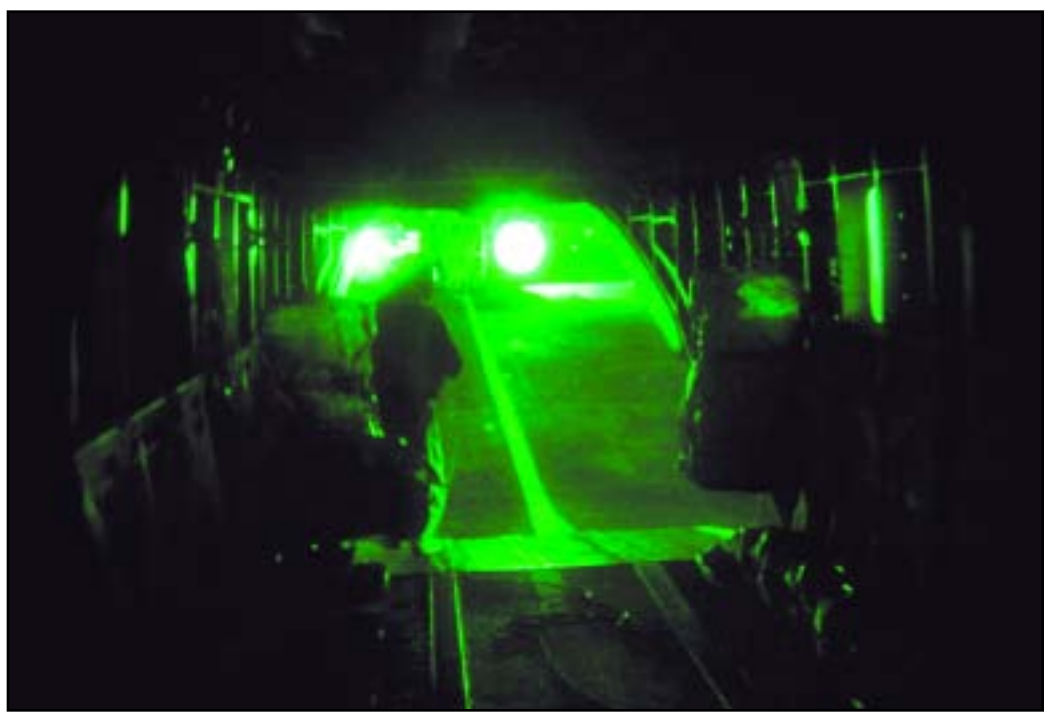
The following are items that the Thrift Shop cannot accept: anything flammable to include propane tanks, household cleaners, paint, paint thinner, solvents, used oil and oils; broken furniture; mattresses and box springs; bed pillows; soiled clothing; broken electronics; lawnmowers; barbecue grills; anything rusty.

So what can the Thrift Shop accept? "We accept pretty much anything that can be resold — that means unbroken furniture and household goods, and unsoiled clothing. We appreciate all of our donations, but kindly ask that people only donate what they think others will buy," said Thompson. "We would also like to remind people not to leave things outside on our doorstep after hours. When they do this, the wind and rain gets to their donations, making them unusable."

Unusable bulky items are picked up from base housing areas bi-weekly as part of regular trash pickup. For bulky item pickup off-base, the City and County of Honolulu provides bulky-item pickup service and should be providing free regularly scheduled pickup up in all areas, beginning in February 2006. Currently, some areas require residents to call to schedule a pickup. For more information regarding bulky-item pickup off base, visit the city's Web site at www.opala.org.

Usable but unwanted hazardous materials such as unused paints, household cleaners, motor oils and propane tanks from base housing residents may be turned in to the Reuse Room located at the Self Help Store located at Building 1505 on the corner of Cushman and Lawrence roads.

Service members or civilians living or working on base that want to use the materials brought to the Reuse Room may go to the room to take any of the items there for free.



Midnight run

Marines assigned to Marine Heavy Helicopter Squadron 363 drop off airman from a CH-53D helicopter after joint military training with nine Air Force members from Hickam Air Force Base and Wheeler Air Force Base. The Marines and airman were involved in a one-night Tactical Recovery of Aircraft or Personnel mission, Oct. 6.

Cpl. Megan L. Stiner

Weekend weather outlook

Today



Day — partly cloudy with scattered rain showers; easterly winds, 10 to 12 mph, gusting to 18 mph; 25 percent chance of rain

Night — partly cloudy with scattered showers; easterly winds, 10 mph; 40 percent chance of rain

High — 82 Low — 75

Saturday



Day — partly cloudy skies with isolated late afternoon rain showers; easterly winds, 10 mph, gusting to 16 mph; 20 percent chance of rain

Night — partly cloudy with scattered showers; easterly winds remain at 10 mph; 30 percent chance of rain

High — 82 Low — 74

Sunday



Day — partly cloudy with isolated showers; easterly winds, 10 mph; 20 percent chance of rain

Night — partly cloudy with isolated showers; easterly winds, 10 mph; 30 percent chance of rain

High — 82 Low — 74

Exercise Mojave Viper



Photos By Lance Cpl. Stephen Kwietniak

Marines from 1st Battalion, 3rd Marine Regiment, fire on targets under the watchful eyes of "coyotes," permanent personnel who ensure safety, during a live-fire platoon hasty attack on Range 410-A at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.

1/3 Lava Dogs build on training at Twentynine Palms

Sgt. Joe Lindsay
Combat Correspondent

MARINE CORPS AIR GROUND COMBAT CENTER, TWENTYNINE PALMS, Calif. — Hitting the halfway point, whether in a task, a career, or even on a long drive, sometimes leads folks to utter the phrase, "It's all down hill from here."

For the Lava Dogs of 1st Battalion, 3rd Marine Regiment, who recently hit the halfway mark in Mojave Viper, an arduous four-week, live-fire training exercise that is taking place in the desert terrain and 100-plus degree temperatures of the Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., it is arguably a safe bet that nobody will hear that statement spoken here.

"We've trained too hard, and have too far to go to even be thinking like that," said 1st Lt. Matt Bronson, an Iraq veteran from Barre, Mass., and the executive officer for 1/3's Headquarters & Service Company. "Every day spent out here training for our upcoming combat deployment to Afghanistan is just as important as the next. We build on the training we conduct. We don't rest on it."

Indeed, Mojave Viper has seemed non-stop for many of the 900-plus 1/3 Marines training here.

"There are never any real breaks," said Lance Cpl. Theodore Gina, a 1/3 legal clerk from Union, N.J., who recently completed a squad automatic weapons gunner course. "It doesn't matter what your MOS (military occupational specialty) is, everybody trains here for combat. I thought the mountain warfare training we did earlier at Bridgeport was tough, but this live-fire exercise is even tougher. The training just continues to get more advanced."

Lance Cpl. Thomas Wolfe, a motor transportation operator and M4 riflemen from Scranton, Pa., said he couldn't agree more.

"It feels like we are in a real combat environment here," said Wolfe. "Everything is done with live rounds. We are conducting assaults using fire team, squad and platoon rushes. We are clearing bunkers, attacking 'enemy' positions, throwing hand grenades, neutralizing IEDs (improvised explosive devices) and securing trenches. If it can happen in combat, we're probably doing it here. There is only one mindset you can have here to be successful and that's a combat mindset."

During Mojave Viper, also known as the Combined Arms Training Course, 1/3 is utilizing not only small arms and larger organic weapons, but also air integration coupled with additional training courses in combat patrols, urban warfare, weapons systems and convoy operations.

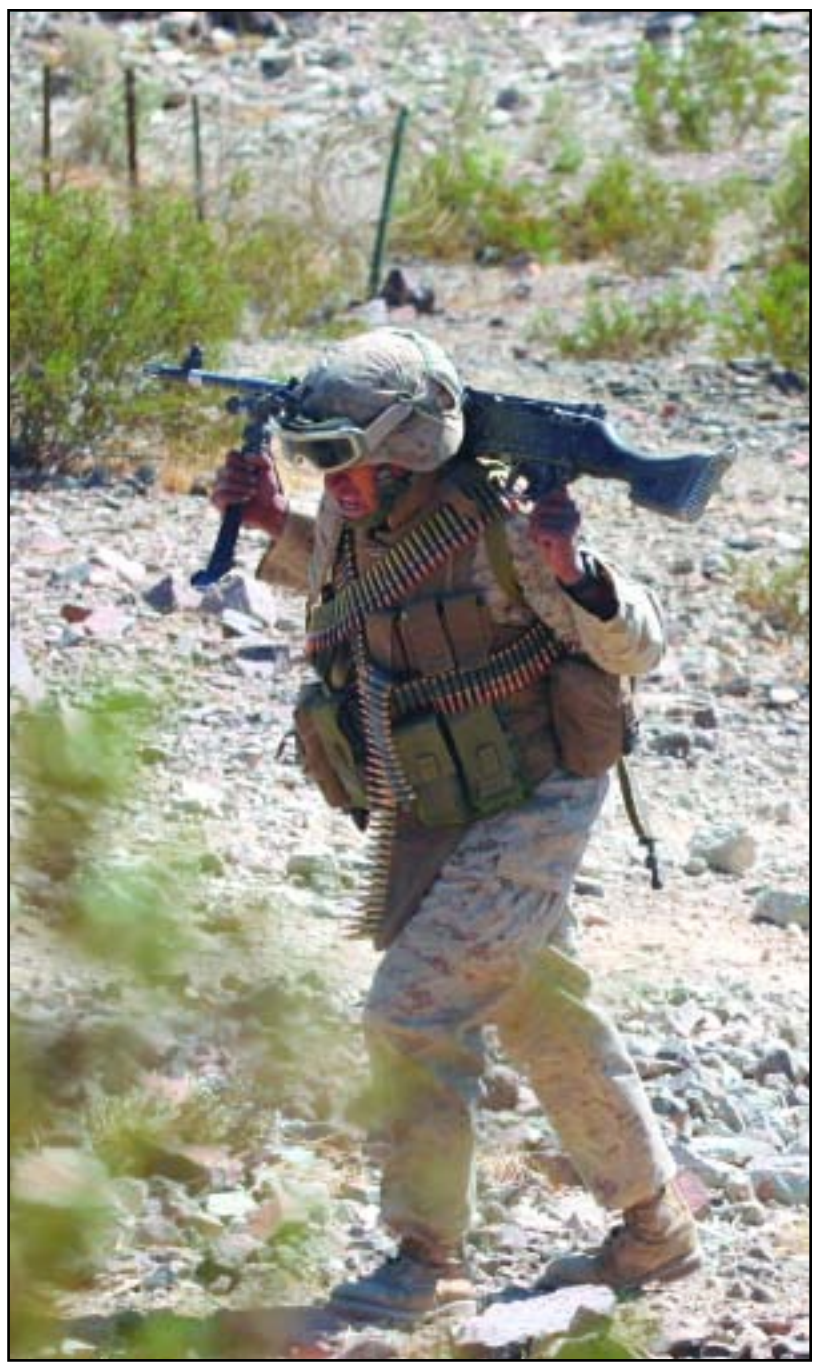
According to Capt. Ty Barger, an Afghanistan veteran from Lincoln, Neb., and the company commander for 1/3's Headquarters & Service Company, all the training conducted during Mojave Viper is as realistic as possible.

"Training out here is comparable to what we're going to encounter in Afghanistan and affords us an opportunity to do some live-fire training that we wouldn't be able to accomplish in Hawaii or most other places," said Barger.

One such exercise, of many, during Mojave Viper is the Convoy Operations Course, which Barger spearheaded.

"During the Convoy Operations Course, the Marines executed IA (immediate action) drills throughout the course of the evolution; they reacted to ambushes in both blocked and unblocked scenarios; they reacted to

See 1/3, A-8





Above — A Marine from 2nd Platoon, Charlie Company, 1st Battalion, 3rd Marine Regiment, quickly moves to a good position for a live-fire platoon hasty attack on Range 410-A at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.

Left — A Marine from 1st Battalion, 3rd Marine Regiment, shouts instructions during a live-fire platoon hasty attack on Range 410-A at Marine Corps Air Ground Combat Center, Twentynine Palms, Cailf.



Marines from Combat Logistics Battalion 7 pass through Range 410-A via convoy at Marine Corps Air Ground Combat Center. Marine of 1/3 are undergoing convoy training as part of Mojave Viper.

On the skyline ... with 1/3

by Sgt. Joe Lindsay



On the Skyline is a weekly column written by Marine Corps Base Hawaii, Kaneohe Bay, Combat Correspondent Sgt. Joe Lindsay. Lindsay is currently deployed with the 1st Battalion, 3rd Marine Regiment to Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., where 1/3 is undergoing training to prepare them for their upcoming deployment to Afghanistan in support of Operation Enduring Freedom.

'Motor T' Marine feels the heat early in Corps career

"Our trucks are like fighter jets, our drivers like pilots. We may not be up high in the sky, but we feel like pilots on the ground."

— Lance Cpl. Carlos Johnson, motor transportation operator

MARINE CORPS AIR GROUND COMBAT CENTER, TWENTYNINE PALMS, Calif. — Many Marines will tell you their "Welcome to the Marine Corps moment" occurred when they took their first perilous steps onto the "yellow footprints" at boot camp in either San Diego or Parris Island, S.C.

For one 1st Battalion, 3rd Marine Regiment Marine, Lance Cpl. Carlos Johnson, a Motor Transportation operator from Atlanta, that moment occurred a little further down the road — but not much further.

"The first day I arrived at K-Bay (Marine Corps Base Hawaii, Kaneohe Bay), my first duty station, I was checking in with one of my staff sergeants, and he said, 'I hope you're ready to see the world Johnson, 'cause you're going to Iraq.' My jaw just kind of dropped," said Johnson. "That's when I realized, 'Yeah, I'm really in the Marine Corps now.' This is what they were talking about in boot camp, at MCT (marine combat training) and MOS (military occupational specialty) school. This is for real."

Soon, it would get a lot more real.

"A little more than a month after graduating from MOS school, I found myself on the USS Juneau in the Gulf, getting ready to debark for Kuwait and then Iraq," said Johnson. "Coming out on the deck, the heat just hit you like a punch. When I hear the Marines talking about the heat here at Twentynine Palms, I just kind of shake my head to myself, 'cause I've seen real heat. The kind heat that you can fry an egg in — I promise you."

While in Iraq, Johnson was a "green" private first class who learned fast. Then again, he really didn't have any other choice.



Lance Cpl. Stephen Kwietniak

Lance Cpl. Carlos Johnson, a 1st Battalion, 3rd Marine Regiment, motor transportation operator from Atlanta, flashes a smile after adjusting the mirror on his 7-ton truck at the Camp Wilson motor pool at the Marine Corps Air Ground Combat Center in Twentynine Palms, Calif.

"For someone basically straight out of MOS school, he was given a lot of responsibility right off the bat, in Fallujah," said Sgt. Kevin Hawkins, a 1/3 motor transportation operator from Cleveland who served alongside Johnson during some of the heaviest fighting the war has seen. "It was his job to get supplies — food, water, weapons and ammo — to the Marines on the front lines. He also had to transport Marines back and forth from the combat zone. Myself, as his NCO (noncommissioned officer), his Staff NCOs and the officers over him had the confidence that he could handle the job, or we wouldn't have put him in that position. He really stepped up to the plate."

For his part, Johnson said his motivating force was taking care of the Marines with whose care he was entrusted.

"Whenever Marines are in the back of my truck, I feel so much responsibility, 'cause if anything happens to them where I could have done something to prevent it, then it's my fault," said Johnson. "The main thing I always thought about when I was over there was, 'It's my fault if these Marines don't come back to their families.' That would be something I don't think I could live with."

Fortunately, despite numerous rounds and mortars whizzing by and countless roadside improvised explosive devices strategically placed to inflict maximum casualties, Johnson and the Marines in his care made it through his transport runs unscathed.

"The Marines of one-three are all about mission accomplishment first — no matter what," said Johnson. "I am proud being a part of this battalion. I like the pressure. The more responsibility they give me, the better. I just want to do the best job possible for myself, my family, and most importantly, the Marines."

That type of selfless attitude had earned Johnson high praise from his superiors and peers.

"As the senior lance corporal in 'Motor T,' he is someone we, as fellow lance corporals, can turn to for advice on how to fix a problem or better accomplish the mission," said Lance Cpl. Jared Neal, a 1/3 administrative clerk and Humvee driver from Tracy, Calif. "He knows his job inside and out and is a motivated Marine. Most importantly, though, he constantly reminds us of the importance of our jobs and keeps us focused on our upcoming deployment to Afghanistan by letting us know that one small mistake from a Motor T operator can cost a lot of Marines their lives. He takes his job seriously and we follow his lead."

According to 2nd Lt. Joseph White, 1/3 Motor Transportation officer and a native of Barstow, Calif., "Lance Corporal Johnson is more than just a hard worker; he is a leader of Marines. A lot of new Motor T Marines just out of MOS school can go down one of two paths — the right one or the wrong one. As an officer, it is important to me that I know I have Marines like Lance Corporal Johnson at that

See JOHNSON, A-8

Corpsmen undergo lifesaving training

Pfc. Edward C. deBree
Combat Correspondent





Left — Seaman Alex B. Rubang, hospital corpsman, 1st Battalion, 3rd Marine Regiment, Headquarters Company, ties up the last suture on a pig's foot, at the Battalion Aid Station at Marine Corps Base Hawaii, Kaneohe Bay. The suturing was one of the tasks that Rubang and other hospital corpsmen had to perform during a weeklong training evolution. The training was offered to corpsmen who recently checked into commands on Kaneohe Bay.
Above — A Navy hospital corpsman practices his suturing technique on a pig's foot.

Imagine being injured and surrounded by the enemy on all sides. Your only hope of survival is a Navy hospital corpsman. Luckily, Marines who find themselves in this situation can relax because the corpsman assigned to their unit receives initial training as well as additional training at the Battalion Aid Station on Marine Corps Base Hawaii.

Recently, nine Navy corpsmen who are newly assigned to units on Marine Corps Base Hawaii, Kaneohe Bay, went through a weeklong training course.

Some of the training that they went through included tending to heat injuries, diseases of the heart, neurological ailments, and ear, nose and throat problems. One of the more hands-on training the corpsmen received involved suturing. Rather than a live patient, the corpsmen used a severed pig's foot.

On Oct. 6, the Navy hospital corpsmen as well as two dental technicians went through a 30-minute lecture during which they were taught how to properly suture a wound. During this lecture, the Sailors were also taught to recognize the different types of instruments they need to become familiar with in order to perform a suture procedure.

"It was difficult to learn all the medical terminology, because I am used to the dental terminology," admitted Petty Officer 3rd Class April C. Kavanaugh, dental technician, 21st Dental Company. "I put in about fifteen extra hours of study to learn everything."

After the Sailors were given instruction on how to conduct the procedure, they were then tasked to suture a pig's foot. They were each given a pig's foot and proper suturing instruments. The students then made small cuts in the pig's foot and awaited further instructions.

After given the go ahead, the Sailors took threaded needles and started to stitch up the cuts they had made in the pig's feet. Carefully, each Sailor weaved their needle in and out and tied off the suture at the end – completing the task assigned.

Some might think that putting together a training exercise like this one might take forever, but, according to the instructor, that is not the case.

"It took about a month to get the slide show together and to gather all the pictures and information," said Senior Chief Roger Hazard, Regimental independent duty hospital corpsman, 3rd Marine Regiment. "There are twenty different classes, so each class has a different presentation and there was about a month of administrative work on top of that to get the people take the training."

The corpsmen were able to take the extra training because they are assigned to 1st Battalion 3rd Marines, and because 1/3's Marines are current deployment to California for training, the hospital corpsmen assigned 1/3 were able to participate in this training, said Hazard.

"When new corpsmen check in, we would like for them to take this training. Sometimes they can't because they usually get too busy," said the 35-year-old, Wayzata, Minn. native. "But since 1/3 is currently deployed, these corpsmen were able to take the training.

"What we are also trying to do is do a bit of cross training with the dental clinic and that's why there are two dental technicians going through this course," he explained.

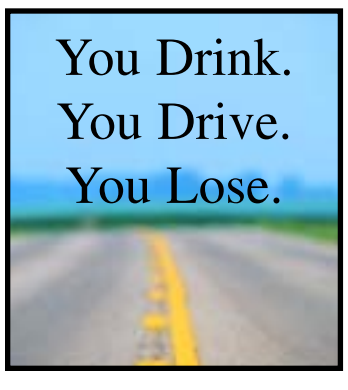
Dental technicians took the course so they would become familiar with medical conditions and procedures, so that in case an emergency, they could help out, according to Hazard.

"Even though my specialty is basically the neck up, if someone came to me with an emergency, I could help them," said Kavanaugh. "I learned a lot through this hands-on training."

Even though Kavanaugh had chosen the dental field when she signed up for the Navy under the delayed entry program, she said she wanted to go through the one-week course.

"I was excited when I found out that I was going to be attending the course, because I am always excited about doing anything in the medical field," said the 22-year-old, Crestline Calif. native.

The Senior Chief Hospital Corpsman said, "We are going to try to start cross training even more with Dental so everyone knows something about each others field."



Postcards from the front

Compiled by Senior Airman Vanessa Walsh

Editor's note: Marines and Sailors of 2nd Battalion, 3rd Marine Regiment, are currently deployed to Afghanistan from their home base at Marine Corps Base Hawaii, Kaneohe Bay. The K-Bay Marines are temporarily based at Camp Blessing, Nangalam, that is in the Konar Province of Afghanistan. Recently, Senior Airman Vanessa Walsh, a U.S. Air Force public affairs specialist assigned to Headquarters Public Affairs at Bagram Airfield, Afghanistan, paid a visit to the Marines at Camp Blessing and took photographs of four of our K-Bay Marines which Hawaii Marine is proud to share.



Lance Cpl. Keith Smith, infantryman, 2nd Battalion, 3rd Marine Regiment, missed the birth of his daughter, Tya, now 2 months old, and will miss his anniversary Tuesday.

A message to his wife:

"Happy anniversary — I can't wait to meet our beautiful daughter!"



Cpl. Josh Basso, machinegunner, 2nd Battalion, 3rd Marine Regiment, says hello to his wife, Sada and children, Sada, 2, and Garret, 1.

"See you soon; I love you!"

1/12, From A-1

Scott Bowles, Chaplain's assistant for 1/12, took it all in stride. From transportation and accountability, to all the necessary tools to get the job done, it seemed to be an easy task for him. Marines from Charlie and Headquarters batteries made up the group of 22 that undertook these projects.

"It was nice to use shovels to dig something other than fighting trenches and filling sand bags," Bowles said in reference to time served in Iraq with Charlie Battery.

"The great thing about this is that everyone wins. The kids seem to love having us around, and we don't mind getting a little break from the day-to-day routine we normally go through. I just wish I could do this more often. It was a lot of fun" said Lance Cpl. Joseph Blake. While at the school during these days, many of the Marines were looking into how they could become math and reading tutors for the students.

To get involved, contact Amy Bevan, school liaison coordinator, at 257-2110, ext. 250.

BLESSING, From A-1

caches in the short four months they have been in country. The laundry list of recovered enemy weapons includes rocket-propelled grenades with launchers, rifles and machineguns with thousands of rounds of ammunition, hundreds of mortar rounds with launching systems, explosives with detonators, and hundreds of other items.

Success does have its price. Being so far from other U.S. military forces takes its toll on the Marines and Sailors — especially the ones who have developed a quirky sense of humor.

They find unique ways to entertain themselves, like having lunch and dinner with the locals so often they are considered family and having Saturday night 'bull-in-the-ring' matches and playing "durka, durka," the name the Marines made up for the volleyball-style game they play with members of the Afghanistan Security Forces.

"We also routinely intercept traffic from enemy radios," said Bartels. "We always invite them to the base for tea. They answer by cursing us in Pashto all the time. We always get a good laugh out of it."

"We're the only Marine-run post in Afghanistan, because we're so isolated," said Gunnery Sgt. James L. Berger, Camp Blessing's gunnery sergeant and Tampa Bay, Fla. native. Berger spoke with pride when he spoke about the Marines and their camp.

"We do everything on our own out here. Our shower facilities and chow may not be as good as other bases, but we're Marines and Sailors, so we're used to making do with less."



Sgt. Robert Storm

1st Lt. Matt D. Bartels, Camp Blessing officer-in-charge, from Minneapolis, Minn., walks with a villager who eats with the Marines and Sailors regularly. Camp Blessing is arguably the most successful Marine Corps base in Afghanistan and attributes its success to the respect and treatment of local villagers.

ECPD stresses proper waste disposal

Press Release

Environmental Compliance and Protection Department

Many people are unaware of the procedures for the proper disposal of bulky items and hazardous waste here on base and in the community. That's why Paulette Ujimori, Solid Waste Compliance manager of Marine Corps Base Hawaii, Kaneohe Bay's, Environmental Compliance and Protection Department, would like to remind residents, and military and civilians working on base about solid-waste disposal procedures.

"Due to restrictions with our landfill permit, we can't accept hazardous wastes or bulky items, but people new to our base or the island sometimes don't know what to do with them," offered Ujimori.

Hazardous waste may include paints, solvents, batteries, fluorescent lamps, antifreeze, used oil, propane tanks, solvents, ammunition, etc. On MCB Hawaii, hazardous waste is separated into two different types: household and industrial.

Residents living in base housing generate household hazardous waste. Base housing residents may bring their usable, unwanted hazardous products such as paints, household cleaners, motor oils and propane tanks to the Reuse Room in the Self-Help Store located in Building 1505 on the corner of Cushman and Lawrence roads.

There, residents are able to swap or pick up products, at no cost, for use in their residence.

Household hazardous waste, which is considered to be products that are no longer usable, is generated from base housing and should be discarded according to the MCB Hawaii Household Hazardous Waste Disposal Chart (see chart at right).

Residents living off base may take their household hazardous waste to one of the City's Drop-Off Convenience Centers.

More information on the City's Convenience Centers may be found at www.opala.org or by calling the City and County of Honolulu at 692-5411.

Military and civilian personnel aboard K-Bay who participate in daily maintenance and repair operations, generate industrial waste.

All industrial hazardous waste, with the exception of ammunition, must be turned in to the Base Hazardous Waste Accumulation Site via work center's authorized Satellite Accumulation Site.

Federal and state governments have established strict regulations for the disposal of industrial hazardous waste. Noncompliance of these regulations can result in potential fines for MCB Hawaii.

The hazardous material/hazardous waste coordinator for each work center's SAS is fully trained in accumulation and turn-in procedures.

Ammunition is also considered a hazardous waste but it should not be removed from the work areas.

Ammunition includes blank and live rounds and any other type of explosive material that may present a potential explosive hazard.

If ammunition is accidentally removed from the work area, it should be returned to amnesty bins located at the range or at the units. At no time should ammunition be disposed of in household trash or dumpsters.

Ammunition that enters the solid waste stream has the potential of injuring refuse collection and disposal workers.

Bulky items also pose a problem with solid-waste disposal because they are not easily compacted or landfilled. Unusable bulky items are picked up from base housing areas bi-weekly as part of regular trash pickup.

For bulky-item pickup off base, the City and County of Honolulu provides bulky-item pickup service and should be providing free regularly scheduled pickup in all areas, beginning in February 2006.

Currently, some areas require residents to call to schedule a pickup. For more information regarding bulky item pickup off base, visit the city's Web site at www.opala.org.

The base thrift shop located at 3rd Street will also accept any usable furniture during work hours. These items should not be left outside of the thrift shop after hours because rain may damage the items making them unusable.

For more information, contact the Thrift Shop at 254-0841. Government generated bulky items should be brought to the Recycling Center for proper disposal.

"We would also like to remind our units and tenants on base that recyclables must be taken to the Recycle Center located at Building 132 at the intersection of 1st and D streets. Recyclables, hazardous wastes, ammunition and bulky items are not allowed in base dumpsters." Ujimori added. "The refuse driver does inspect dumpsters prior to pickup, if any of these materials are found in a dumpster, facilities will tag the dumpster and notify the unit to remove any of these items prior to the dumpster being picked up.

Housing residents also need to be reminded to follow proper solid-waste disposal procedures as well. While no one inspects their trash, the same rules apply to them when it comes to disposal of their solid waste."

MCB Hawaii Household

Hazardous Waste Disposal Chart

Kitchen and Bathroom

- ◗ Aerosol cans
- ◗ Bug sprays
- ◗ Floor care products
- ◗ Furniture polish
- ◗ Medicine (liquids, pills)
- ◗ Nail polish
- ◗ Oven cleaner (lye base)
- ◗ Syringes (sealed in puncture-proof container)
- ♦ Alcohol-based lotions
- ♦ Ammonia-based cleaners
- ♦ Bathroom cleaners
- ♦ Disinfectants
- ♦ Drain cleaners
- ♦ Hair relaxers
- ♦ Laundry bleach
- ♦ Permanent lotions
- ♦ Toilet bowl cleaners
- ♦ Tub and tile cleaners
- ♦ Window cleaners

Garage and Workshop

- ↱ Auto battery
- ◗ Antifreeze
- ◗ Auto repair products
- ◗ Brake fluid
- ◗ Car wax (w/solvent)
- ◗ Cutting oil
- ◗ Diesel fuel
- ◗ Fiberglass epoxy
- ◗ Fuel oil
- ◗ Glue
- ◗ Metal polish (w/solvent)
- ◗ Motor oil
- ◗ Other oils
- ◗ Paints
- ◗ Primer
- ◗ Transmission fluid
- ◗ Varnish
- ☠ Gasoline
- ☠ Kerosene
- ☠ Paint brush cleaner (solvent)
- ☠ Paint stripper
- ☠ Rush remover
- ☠ Turpentine
- ☠ Wood preservatives

Yard and Garden

- ↱ Propane tanks, cylinders
- ◗ Fertilizers
- ☠ Fungicides
- ☠ Herbicides
- ☠ Insecticides
- ☠ Rodent poisons
- ☠ Swimming pool chemicals

Storage Closet

- ◗ Art supplies
- ◗ Household batteries
- ◗ Moth balls
- ◗ Shoe polish
- ☠ Dry cleaning solvents
- ☠ Formaldehyde
- ☠ Gun cleaning solvents
- ☠ Lighter fluid
- ☠ Old smoke detectors
- ☠ Photographic chemicals

♦ **Flush down drain** with plenty of water
◗ **Absorb and trash**
☠ **Take to Housing Self Help** or call city for disposal
↱ **Return to retailer**

For more info, call Karen Balabis at 257-6920, ext. 239.

JOHNSON, From A-4

level to help steer them down the right path. He is a positive influence on his peers."

Sgt. Christopher Rivera, a 1/3 logistic vehicle system operator from Hollywood, Fla., said he couldn't agree more.

"As an NCO, it means a lot when we know we can count on a hard-charging lance corporal to take charge at his level and do the right things for the right reasons," said Rivera, a two-tour Iraq veteran. "If given orders, Lance Corporal Johnson follows them and gets the job done. In the absence of orders, Lance Corporal Johnson makes sound decisions in the aid of mission accomplishment. I have no doubt he will make an outstanding NCO someday."

That may well be true, but for his part, Johnson said he plans on attending college on the Montgomery G.I. Bill when his hitch is up in 2007.

"I love the Marine Corps, and I wouldn't trade the experience for anything, but I think I'm going to stick to my original plans when I first came in and go to college at the University of Georgia back home when my enlistment is up," said Johnson. "Part of the reason is that I come from a real tight-knit family, and I want to be closer to them. After I got back from Iraq, they threw me a party and on the cake was written, 'Happy Thanksgiving, Merry Christmas & Happy Birthday,' since I had missed all three occasions that year.

"The hardest part about being a Marine is definitely being separated from your family, but to me it was all worth it, because I did my part for my country. My mom and my family are proud of me for my service, and I will be proud of being a Marine until the day I die."

1/3, From A-3

IEDs, mine strikes and semi-permissive crowds — where there are some hostiles in and amongst the friendly folk in the 'town' we rolled through — a shoot, no-shoot scenario," said Barger. "The single most important thing for the Marines who took part in this course was to develop a high degree of confidence in their ability to survive a convoy and be able to accomplish the re-supply mission."

According to Sgt. Jason Butler, 1/3 assistant operations chief and a native of Salt Lake City, who is making his eighth appearance at CATC — formerly known as Combined Arms Exercise or CAX — the training here gives 1/3 Marines a chance to exercise their leadership and to see what they, and their Marines, are made of.

"You can't train for misery, it'll come to you out here," said Butler. "But what you can do is stay focused internally. Attention to detail is a common theme — knowing where your muzzle is pointed at all times. There is so much going on here, but it is often the little things that are the difference between life and death or victory and defeat. We are doing a lot of high-speed evolutions out here, but I always try to impress upon the Marines how important it is to stay focused on the little things as well."

For Bronson, who led his Marines from the front on the ground during recent live-fire rushes on the 400 ranges — which many consider to be the most rigorous the Marine Corps has to offer — all the knowledge and training the Marines are receiving compliment the other.

"The common theme in this training is fire and movement," said Bronson. "The big point we're stressing to the Marines is don't move without effective suppressive fire on the enemy, whether it's coming from your buddy who's got your back or from artillery or aircraft. Fire without maneuver is a waste of ammo, and maneuver without fire is suicide."

According to Master Sgt. Darin Robertson, Weapons Company, 1/3, operations chief and a native of Castlewood, S.D., "The things we are doing here in Twentynine Palms, we now know we will also be able to do in Afghanistan, if required."

"The training 1/3 is conducting at Twentynine Palms is invaluable," added Robertson, as he described a recent evolution where fixed-wing aircraft — F-18s, Harriers, and F-14s — and rotary-wing aircraft — Cobras and Hueys — combined along with artillery and 81mm mortars in a combined fire support exercise. "It is our responsibility to ensure that aircraft ordnance, artillery and eighty-one mike mikes (81mm mortars) complement each other. From company commanders calling in air strikes as fire support coordinators on down to lance corporals, pfcs and privates taking part in rushes and ambushes as fire team and squad leaders, the importance of this training is immeasurable."

Mojave Viper, which began when 1/3 arrived, Sept. 28, will continue full steam ahead, culminating in a battalion field exercise to be held Friday through Oct. 24. The 1/3 Marines are scheduled to depart, Oct. 26 through 28, in three waves via March Air Force Base, Calif., for the return trip to their home base of Marine Corps Base Hawaii, Kaneohe Bay.

Read the Hawaii Marine online at www.mcbh.usmc.mil.

Hawaii MARINE
LIFESTYLES

HAWAII MARINE B SECTION — OCTOBER 14, 2005



Lance Cpl. Roger L. Nelson

This 50-foot sperm whale is a "small" part of the Bishop Museum's extensive anthropological collection. A planetarium, interactive displays and crafting demonstrations enhance the museum's static displays.

Museum of the mind

Bishop Museum offers visitors rare glimpse of history, prehistory

Lance Cpl. Roger L. Nelson
Combat Correspondent

HONOLULU — Since 1886 the Bishop Museum has given tourists and locals a place to go to view an extensive collection of Hawaiian artifacts and Hawaiian family heirlooms.

The Bishop Museum was founded by Charles Reed Bishop, who dedicated it to his late wife, Princess Bernice Pauahi Bishop, the last descendant of the royal Kamehameha family. Its primary purpose is to serve and represent the interests of native Hawaiians.

The museum is now home to many artifacts from other cultures found around the world and houses one of the largest specimen collections in the world. It is the biggest museum in the state and is recognized throughout the world for its collections of artifacts from diverse cultures.

Exhibits are a very big part of the museum. Some are on permanent display, like the Polynesian Hall, Natural History Hall, Kahili Room and the Hawaiian Sports Hall of fame.

"We do a lot of exhibits that are only here for a short time," said Joanne Beagan, tour guide for the Bishop Museum. "Currently, we have a 'Baby Dinosaur' exhibit up, that will give visitors a chance to see dinosaurs up close and see what they were like."

The dinosaur display was organized to give the message that play and parental responsibilities are vital to a child's development, according to Beagan.

"My kids loved it at the museum," said Sara Goodrich, a Kailua native. "It's good that I can take them out to have a good time and, at the same time, they're actually getting educated on where they came from and where they live."

The children seemed really impressed by the other children dancing hula. They said it was their favorite part of the museum, said Tim Goodrich, Kailua business owner.

"Our kids are always wanting us to take them to places like the water park, movies, and places like that," said Goodrich. "Sometimes it's nice to have places like the museum to take the kids to get them out of their regular routine."

Aside from exhibiting artifacts, the museum also provides other attractions and many research projects for the surrounding area and for its public educational programs.

The Bishop Museum's planetarium provides visitors with tours that give attendees a chance to see the Hawaiian skies like they can't be seen anywhere else, said Beagen, 36.

"I was stoked when I found out there was a museum near base," said Lance Cpl. Aaron D. Banks, traffic management specialist, Traffic Management Office, Headquarters Battalion, Marine Corps Base Hawaii, Kaneohe Bay. "It's cool — looking at some of the old artifacts from Hawaii and seeing the displays and stuff. Plus, it's something else to do that keeps me busy and isn't expensive."

For more information, call the museum at 847-3511.





Photos Courtesy of Bishop Museum



Center — In addition to the museum's exhibits, visitors can often find entertainers performing on the Great Lawn. Inset, Far Right — Visitors can learn to sculpt a dinosaur at this creativity station, part of the museum's "Baby Dinosaurs: A Prehistoric Playground" exhibit, which will be on display at the Bishop Museum through Dec. 11.



Above — This dinosaur model shows the sound system and aluminum and steel robotic skeleton that is inside each creature. Right — Two Jurassic babies, an apatosaurus (left) and a stegosaurus, stir up a flock of pterosaurs as they embark on an early-infant exploration.

Oktoberfest offers history, flavor

Yibeli Galindo-Baird
Marine Corps Community Services Marketing

For some, one of the two great celebrations without which October would not be the much-anticipated 10th month, is Oktoberfest — the other, of course, is Halloween.

At Marine Corps Base Hawaii, Kaneohe Bay, two Oktoberfest celebrations will take place at the end of the month. The first will take place at Kahuna's Sports Bar & Grill on Oct. 22 from 8 p.m. to 1 a.m. The second will be hosted by The Officers' Club and presented by Headquarters Battalion on Oct. 28 from 4:30 to 7:30 p.m., by the pool.

Kahuna's has long been known for some of the most extravagant and successful parties on base, and its Second Annual Oktoberfest Bier Heim is guaranteed to be no exception.

"We will do this event in the same way as it was done last year," said Kahuna's General Manager Alexis Swenson. "There will be a large selection of German beer samplings and German cuisine under the 'FestTest,' an outdoor tent that will enable a larger crowd to gather for the celebration."

Traditional German music will also be available courtesy of the Wiener Wald Band. They will perform from 8 p.m. until midnight. Admission for this event is $25.

"Yes, the $25 includes everything — all the food and the beverage tasting during the entire event. It is a good deal," Swenson added.

Kahuna's Sports Bar & Grill is open to E-1s through E-5s, equivalent DoD civilians and sponsored guests.

Oktoberfest is one of those events that triggers certain images or expectations. For most folks, it is perceived primarily as a feast of German food and beverage.

The story behind it, however, is far more interesting than might be expected. Major David Prislin, executive officer of Headquarters Battalion, the unit behind the O' Club version of this event, researched the history behind Oktoberfest and shared his findings.



Photo Courtesy of MCCS Marketing

A large "Welcome to Oktoberfest" sign hangs above the entrance of one of the many festivals celebrating this event in Germany. At Marine Corps Base Hawaii, Kaneohe Bay, Oktoberfest will be celebrated at Kahuna's Sports Bar & Grill on Oct. 22 and at The Officers' Club on Oct. 28.

According to Major Prislin, the Munich Oktoberfest starts its annual celebration the same weekend every year — the third full weekend in September. He discovered that Munich holds its Oktoberfest in September "because the original Oktoberfest was held that very weekend in 1810 as a celebration of the marriage of Prince Ludwig I and Princess Therese von Sachsen-Hildburghausen.

"The wedding party was such a success that it was celebrated again in 1812 in commemoration of the royal wedding. The wedding reception blossomed into a two-week, open-air festival that was so well received, it became an annual event," said Prislin.

Each year additional exhibits were added, according to Prislin, until it became the major annual German fall festival that celebrated harvest time and the arrival of the fall season. Traditionally, festivities in Munich begin on the second to last Saturday in September and end the first Sunday in October.

During the 14-day event, more than 7 million visitors drink 14 million liters of beer, according to Prislin's findings.

"They also consume more than three hundred thousand pairs of pork sausages, six hundred thousand roasted chickens and more than sixty-thousand roasted pork knuckles," he added.

"Why have an Oktoberfest at The Officers Club? First off, in the past, there have been no official Oktoberfest-type events aboard the base (for officers). There are a handful of events downtown, but given the expense of a significant cover charge, plus additional cost for food and drink, as well as the distance from K-Bay to downtown Honolulu, we thought it would be a good idea to have an Oktoberfest close to home, and offer it for a fair price," commented Prislin.

When asked why officers at K-Bay or Camp Smith attend this event, Prislin said, "The first reason is that the more officers who attend, the better the event will be. Second is the value: This event is a bargain. Oktoberfest at The Officers' Club offers Marine Corps Base Hawaii units a great opportunity to get together and enjoy some good food and drink, without spending a small fortune.

"German staples such as bratwurst, schnitzel and sauerkraut are included in the ticket price. Plenty of beverages will be available as well, including Oktoberfest-style beer.

"Finally," said Prislin, "the camaraderie: Oktoberfest is all about gathering with friends and countrymen to sample good food and drink in an Oktoberfest atmosphere."

According to event planners, musical entertainment scheduled for this event will evoke a true German festival.

Officers interested in this event can get information through their unit Officer Club Committee representatives or by calling the club. Tickets, priced at $5 for Officers' Club members or $8 for nonmembers, will be provided to unit commanding officers for advance sale within their commands. Tickets are also available directly through the cashier at The Officers' Club and will be available at the door on the afternoon of the event.

For more information on either of these events, call Kahuna's Sports Bar & Grill at 254-760 or The Officers' Club at 254-7650.

Marine Corps Community Services

WWW.MCCSHAWAII.COM

Possibilities in Paradise

Kahuna's Bar & Grill
254-7660/7661

Live entertainment — Make the most of the weekend by kicking it off with live entertainment at the club, tonight.

Raise the roof with Sidekick when the band starts playing at 10 p.m.

Texas Hold 'em — If you can turn the art of bluffing into a science, then you need to be at Kahuna's for another exciting round of Texas Hold 'em, Saturday.

This Poker variation is taking the base by storm, but only one can take the prize — by bluffing!

For a $5 buy in, E-1s through E-5s will be able to play Texas Hold 'em. Also, remember that Kahuna's is always looking for dealers and that these dealers will receive a free meal and a Kahuna's T-shirt for their services.

Doors open at 5:30 p.m. with the games starting at 6 p.m.

Live NFL Games — Kahuna's is now open on Sundays from 7 a.m. to 3 p.m.

Enjoy breakfast, pupus or entrée selections. Play National Trivia Network's QB1, and try to guess the next play.

Bring your friends and foes for a day of gracious rivalry.

Watch Sunday football games on Kahuna's large plasma-screen TV and enjoy DirecTV NFL Sunday Ticket.

Monday Night Football — Get ready to cheer on your favorite team at Kahuna's Monday Night Football.

Starting at 6 p.m., enjoy a special menu. National Trivia Network QB1 will also be available for those of you who are psychic enough to call the next play.

Catch this week's game when the St. Louis Rams take on the Indianapolis Colts.

Hot Country Nights — She's back and better. Dita Holifield & Red Handed are back at Kahuna's making some good ol' country noise like nobody else can. The music begins at 8 p.m., Wednesday

Come ride the mechanical bull. And, if you get there early enough, you can take part in the weekly pool tournament.

Staff NCO Club
254-5481

Free, Fun Bingo — Make plans to come out to the Staff NCO Club for an evening of bingo from 5 to 8 p.m., Saturday.

Free pupus and great prizes are up for grabs. Among them you'll find: Mongolian barbecue for two, lunch at the Fairways Sports Grill, T-shirts, video rentals, and much more. Come and play your evening away!

Sunday Football at the Club — If you are craving a little football action on a screen that is larger than the screen you have at home, come out to the Rocker Room for the Sunday games.

While the club will not be open for business, food from the Fairways Sports Grill can be brought over to the Rocker Room.

Monday Night Football — This is the place to be to get into the football state of mind. Special menus will be available at the Rocker Room with half-price specials for members from 6 to 8:30 p.m. or at the end of the halftime.

In addition to Sticky Man races, you can try to become the King or Queen of the Quarter for the opportunity to sit in the best seat of the house — a plush recliner — for a whole quarter. Ask the staff for details. Sorry, a remote does not come with the recliner.

This week's game features the St. Louis Rams against the Indianapolis Colts.

Officers' Club
254-7650/7649

Officers' Club Pool Hours — The following pool hours are in effect at the club as follows: Wednesdays through Fridays 1 to 5 p.m.; Saturdays and Sundays 11 a.m. to 5 p.m.; and the pool will be closed on Mondays, Tuesdays and holidays so plan accordingly.

Limited poolside menu items can be ordered via the poolside phone for delivery to the pool.

All Hands

MCCS Surveys — Drop by the Base Library, the Klipper Golf Course and The Lodge to share your input, as a customer and an employee in the triennial Customer and Associate Satisfaction Indexes.

Led by Headquarters Marine Corps Community Services, this is a great opportunity to share your ideas, opinions and concerns about the services that these facilities provide.

Evaluations will be sought through Oct. 29.

For more information, contact the Base Library at 254-7624; the Klipper Golf Course at 254-1745; and The Lodge at 254-2806.

Transition Assistance Program — Service members separating from the military within the next six months are required to attend this briefing. Their spouses are also highly encouraged to attend.

The sessions will take place at Building 279 from 8 a.m. to 4 p.m., Monday through Thursday.

For more information, call 257-7790.

L.I.N.K.S. Class — Lifestyles, Insights, Networking, Knowledge and Skills or L.I.N.K.S. is the perfect class for the husbands and wives of service members who are new to the island or the military lifestyle.

L.I.N.K.S. provides basic information necessary to acquaint them with the unique aspects of the Marine Corps and Navy life.

This two-day session, offered once a month, will take place Tuesday and Wednesday from 5:30 to 9:00 p.m. at the L.I.N.K.S. House, Building 3074.

For more information, call 257-2368.

Alcohol Impact Education Class — This class is open to all personnel who desire to stop or control their drinking. A preliminary screening by a Substance Abuse Counselor is required to determine appropriateness to enter this class.

This session takes place Tuesday through Thursday at Building 279, third deck, from 7:30 a.m. to 4:30 p.m. For more information, call 257-8910.

Marriage Skills Workshop — If marriage is in your plans, don't miss the Marriage Skills Workshop offered by the Counseling Services department of Marine and Family Services. Through this workshop, participants will learn more about becoming a successful family, couples communication, budgeting and finances, and resources available.

The first day's session, to be held on Wednesday, runs from 8 a.m. to 2:30 p.m., and the second session, on Thursday, runs from 8 a.m. to noon. Both sessions will take place in Building 216.

For more information or to register, call 257-7780 or 257-7781.

Ongoing

Exhibits at the Base Library — This month, the library features a new exhibit titled "Bonfire of the Liberties," which will run through the end of this month.

It presents a consideration of the history of efforts to censor the humanities from Plato to the present. The exhibit highlights U.S. constitutional and legal guarantees of intellectual freedom and includes examples from children's literature, religious writings, American and world literature, and the history of ideas.

This is one of a series of interpretive exhibits that are provided by the Hawaii Committee for the Humanities.

Also, in honor of Hispanic Heritage Month, the library will also be displaying information on the accomplishments and works of famous Hispanics, past and present. This latter exhibit will run through Oct. 15.

For more details, call 254-7624.

Storytime — Bring your little ones to the library from 10 to 11 a.m. to take part in the weekly Storytime reading. This is a great opportunity for home-schooled children, those who are not yet in school, or for parents who just want to get their children, and themselves, out of the house to have a regular event to attend in which everyone can be educated and entertained.

Parents must accompany children during the session.

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

Exceptional Family Member Program Special Needs Information and Support Network — The EFMP ensures that the needs of the exceptional family member; including physical, emotional, developmental and medical components are taken into consideration during the change of assignment process.

This three-day support group meeting begins the fourth Tuesday of each month at the Lifestyles, Insights, Networking, Knowledge & Skills house in Building 3074.

Child care is provided free of charge.

For more details, call 257-7783.

Safety Inspections available at the Auto Skills Center — Wondering where to go to get a safety inspection that is required for vehicle registration? Look no further than the Auto Skills Center's certified personnel.

This service is available Monday through Friday from noon to 6 p.m. and on Saturdays, Sundays and holidays from 9 a.m. until 3 p.m. or until openings are filled.

For more information, or to make an appointment, call 254-7675.

Swing and Salsa Lessons — If you consider yourself rhythm impaired or want to learn a few new moves, then these classes may be for you. Drop by Kahuna's Community Ballroom, and, for $2, you will be taught the basics of these dances.

Mondays feature swing classes while Tuesdays offer salsa and merengue instruction. After a few of these lessons, you'll be making heads turn on the dance floor.

For more details, call 254-7660.

Kahuna's Shrimp Night — There is nothing like a mouthwatering basket of peel 'n' eat shrimp, and what is even better is that you eat them at the club every Tuesday night. At Kahuna's, not only is the taste great, so is the price.

For 20 cents, you can have a banquet with just your pocket change. Enjoy a classic movie and a variety of beverages to complement your shrimp feast.

For more info, call 254-7660.

Movie Time

Prices: *Adults, 12 and older, $3; children 6 to 11, $1.50 and 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. Sunday evenings, the price is $1 for all patrons. Show your ID card at the box office.*

Call 254-7642 for recorded information.

Sneak Preview Policy: *One hour and 45 minutes prior to the movie, tickets will be issued to first-priority patrons waiting in line, then second- and third-priority patrons.*

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with video or picture taking capability (items will be returned after screening), magnetometer wanding, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For more information, contact the Base Theater at 254- 7641.

March of the Penguins (G)	Today at 7:15 p.m.
Four Brothers (R)	Today at 9:45 p.m.
Red Eye (PG-13)	Saturday at 7:15 p.m.
The 40 Year Old Virgin (R)	Saturday at 9:45 p.m.
March of the Penguins (G)	Sunday at 2 p.m.
Four Brothers (R)	Sunday at 6:30 p.m.
The 40 Year Old Virgin (R)	Wednesday at 6:30 p.m.
The Brothers Grimm (PG-13)	Friday at 7:15 p.m.
Transporter 2 (PG-13)	Friday at 9:45 p.m.

Personality Features

Sniper aims for recruiting duty

Pfc. Edward C. deBree
Combat Correspondent

Training brand new Marine scout snipers is a long, difficult process some instructors might find difficult. But Sgt. Andrew K. Jones does the job as if it were a hobby.

"I love my job," said the 24-year-old Kirkland, Wash. native. "I love teaching these guys and training Marines to become snipers."

A scout sniper instructor for 3rd Marine Regiment School, Jones joined the Marine Corps on Sept. 7, 1999, and began his training to become one of the Marine Corps' scout snipers in 2001.

"My sergeant came in one day and asked me if I wanted to become a scout sniper," said Jones. "And me, being the motivated lance corporal that I was at that time, said I would do it."

Jones said he was training in the field one day when he received word that the United States had just been attacked. That day was Sept. 11, 2001.

Jones was sent to the Philippines to fight the Al Queda chapter located there.

"You don't think of situations like that until they happen," said Jones. "At first, you think that all the training you're doing is kind of boring, but once combat situations like that happen, you realize that all the training works. What I have learned is that in combat situations you also become closer as a unit."

Although Jones is now a Marine, he was originally on his way to becoming a soldier, but his father insisted on him becoming a Marine.

"I knew that I didn't want to go to college, so I was all set on joining the Army," he said. "But when my dad talked to the recruiter, he told the recruiter that he wanted me to join the Marines. So the next day, the Army recruiter took me over to the Marine recruiter to talk to him, and the rest is history."

Jones said that he chose the job of becoming a rifleman because he wanted to have fun and play in the dirt. Now, when Jones is not playing in the dirt, he spends time playing golf.

"It's the only thing I can really do now, since I was married one year and seven months ago," he said. "Golfing helps me relax and relieve my stress."

Already father of a 1-year-old daughter, Jones said he is about to become a father for a second time in February with the birth of his second daughter.

Jones has trained in many schools to become the best he can be. He has been through Airborne Jump school, Urban Sniper training, Urban Reconnaissance Surveillance School, Advance Sniper training, and Scout Sniper Platoon Commander School.

Jones said his next challenge will be becoming a recruiter in April, which he said he had to get a waiver to become.



Pfc. Edward C. deBree

Sgt. Andrew K. Jones, Scout Sniper instructor, takes time out from training Marine scout snipers to pose for the camera at Schofield Barracks.

"I was disqualified for recruiting duty at first," he said. "I was disqualified because you're only allowed two dependents to become a recruiter. And by the time April rolls around, I will have three."

Though Jones will be on recruiting duty next year, he said that his heart will always be out in the field with the Marines he trains with.

"It's always important to stay true to your Marines," he said. "Always trust them in times of need, because it's unbelievable how close you will become in times of death."

Corpsman finds respect working with Marines

Pfc. Edward C. deBree
Combat Correspondent

"The Iraqi conflict was probably the best experience," said Petty Officer 3rd Class Nester Lazo. "It gave me a new meaning of life. It brought people together to become good friends, the kind of friendship only being in a combat situation can bring."

Lazo, corpsman, 3rd Marine Regiment, went into combat operations in Iraq on Oct. 23, 2004. Lazo said that when he first heard word that he was being sent to Iraq his first thoughts were that he was thankful he was finally going.

"We always heard we were going to Iraq but they were always rumors," said the 26-year-old Honolulu native. "We kept on hearing that we were going to leave any month at the time, but it never happened. So we did what we always do, which is train. Then we finally got the word."

Lazo saw combat in Fallujah, Al-Asard, Abu Gradu, Korean Village, and Baghdad. But Iraq wasn't the only deployment this corpsman has been on. Lazo has also been deployed to the Philippines, Australia, Guam, Korea, Malaysia, Thailand, Okinawa, Japan and Kuwait. But Lazo said that the best deployment he has been on was the one in support of Operation Iraqi Freedom.

"When I left Iraq, I was scared on how to act with civilians since I was in combat situations for eight months," said Lazo. "When we came back I missed being in the limelight. We were the battalion that was always on the news."



Pfc. Edward C. deBree

Petty Officer 3rd Class Nester Lazo, a hospital corpsman, stands in front of a Navy logo painted on the Battalion Aid Station aboard Marine Corps Base Hawaii, Kaneohe Bay. Nester said that he has had no regrets about joining the Navy because the training he has received will last him a lifetime.

Lazo first checked into 3rd Battalion 3rd Marine Regiment in 2001 and was transferred to the Regimental Aid Station in 2003.

Lazo joined the Navy in 1998 after graduating Damien Memorial High School. The Navy was an easy choice for him.

"I was going nowhere after high school. So I drove down to the recruiting station to join the military and since the Navy's office was the closest one to the parking lot I walked in," said Lazo. "If I were to have parked on the other side of the building, I would probably have joined the Coast Guard."

Lazo chose the medical job field because of all the occupations and the fact that health care will always be there. He said the training he has received will last him a lifetime because machines can't be relied on to do everything — that a machine can't heal someone who is injured.

Lazo is the eldest child of Lester Sr. and Regina Lazo. He has been married for six years and has two sons, one 4-year-old and a 1-year-old. When Lazo is not working, he spends all the time he can with his family. He said he always is up to playing basketball and paintball, even challenging his children.

Even though Lazo is a Sailor, he said that he loves being a part of the Marine community.

"The military is the best decision I have ever made," said Lazo. "It's easy and being a corpsman is the best job in the Navy especially if you're stationed with Marines. Respect is hard to find at other duty stations, but here, everyone respects you."

Movie Reviews

Editor's Note: In a recent survey, Hawaii Marine readers asked for movie reviews. So, in response to your request, Cpl. Megan L. Stiner, press chief, and Lance Cpl. Roger L. Nelson, combat correspondent, present Movie Reviews.

NOW PLAYING

In Her Shoes



Sisters tell a tale of dysfunction

Diaz substitutes as sleeping pill

Lance Cpl. Roger L. Nelson
Combat Correspondent

Curtis Hanson, director of the hit movie "8 Mile," has a new movie out that is, what I like to call, a "chick-flick."

This romantic comedy portrays Maggie, played by Cameron Diaz, as an immature baby at the age of 30. She has no job and totally lacks any responsibility. On the other hand, there is Maggie's sister, Rose, played by Toni Collette, who is an intelligent lawyer with a good head on her shoulders.

Although Maggie has a drinking problem, it doesn't stop her loving father and sister from caring for her.

But, Maggie is kicked out of her father's house by his controlling wife. She then goes to stay with her sister. Although Maggie is caught stealing money and crashing her car, Rose still lets her live with her.

Well, the love in the house doesn't last very long when Rose walks in on her alcoholic sister who is in bed with her boyfriend. Furious with her sister and boyfriend/boss, Rose quits her job to become a dog walker and boots Maggie out.

Maggie returns to her father's to collect her things. While looking for money going through her father's desk, she finds birthday cards sent to her from a grandmother in Florida whom she knew nothing about.

Maggie goes off to Florida to find her grandmother so she can suck cash out of her, telling her she wants to become an actress in New York City.

Living with grandma, played by Shirley MacLaine, Maggie gets a job working with the elderly.

Grandma Ella begins to wonder about Rose and wants to have a family reunion.

Mysteriously, Rose runs into her old colleague Simon, played by Mark Feuerstein, who she had once been sent on a business trip with when she was a lawyer. Simon takes a liking to Rose and wants to marry her, but the problems still stand with her sister and make it difficult to marry him.

In my opinion, for the guys, other than seeing Diaz in her silkies, stay at home and save the $7.50 you're going to spend buying a ticket to see this movie. This way you'll save money and be sparing your body from the two pounds of butter you would have put on your popcorn.



But for the females out there, this is defiantly a movie that is meant to catch your eye.

'Chick flick' is pleasant surprise

Cpl. Megan L. Stiner
Press Chief

Ever since I began writing movie reviews, I have wanted to watch a simply horrible film, just so I could have a little fun, totally ripping it apart. When I decided to watch the movie "In Her Shoes," starring Cameron Diaz, Shirley MacLaine and Toni Collette, I figured it might just be the sappy, stereotypical "chick flick," love-ever-after storyline I was looking for.

I was pleasantly mistaken.

Although it fit all the aforementioned characteristics, it ended up bringing a lot more to the table than just portraying someone's perfect world getting upset and then ultimately, being set right again.

The movie is an endearing tale of two sister's lives that reflect both a friendly and not-so-friendly sister rivalry.

Maggie, played by Cameron Diaz, is beautiful, but not as educationally gifted as her sister Rose. Maggie has a reputation for being a jobless drunk who entertains her self-confidence by sleeping around, while Rose, Tony Collette's character, depicts a successful, working woman with low self-esteem and an even less existent intimate life.

Rose, the older more responsible sister, is constantly taking care of Maggie.

Maggie continues to be the bad seed, out of the two, as she constantly steals and makes naïve decisions regarding life and love. One such decision breaks her sister's heart and sends Maggie on a cross-country trip in search of her long-lost grandmother and out of Rose's life.

Once Maggie is gone, Rose is free to make decisions based on her own needs instead of her little sister's and her structured life is turned upside down. Maggie's life is doing the same in the opposite manner and she soon finds out her grandmother's tough love may be just what she needed.

While Rose struggles with love and acceptance, Maggie struggles with a lifelong disorder and a newfound career.

The way the story unfolds seems predictable and unoriginal, at first, but as the scenes continue to come together, and the characters reveal secrets as their persona's grow, the movie takes on a comfortable feel that most people can relate to.

It is a film that mixes sappy humor, untimely deaths, and family drama with thoughtful poetry, indefinite love and unjustified lust, into a story of overcoming the past, forgiving the shameless, and taking time to realize the little things in life are the most important.

It was indeed what most individuals would call a chick flick, but this was one that I think many would find amusing and entertaining — not to mention, for the males' benefit, Diaz spends most of the movie in her underwear and bathing suit.

So if the wife, girlfriend or daughter intends on dragging you out to the theater, this may be the film to propose seeing.

Keeping safe

Practicing safety tips can keep you alive, well

Press Release
Provost Marshall's Office

Criminals don't always fit a certain stereotype or appearance; they may be dressed in a business suit and appear to be harmless, law-abiding individuals. Attackers and rapists can be anyone — a stranger, neighbor, boyfriend, co-worker, classmate and even a friend. In many cases, the victim knew their assailant.

Defend yourself against criminals by communicating to them that you are an undesirable target, and they will be met with your resistance. The best defense is to not allow yourself to be caught in a situation that would give the criminal the opportunity to take advantage of you.

Practice the following safety tips to reduce your risk of being a victim:

•Be alert to your surroundings. Know who's around you and what's going on.

•Walk with confidence.

•Stay in well-lit, and on well-traveled streets.

•Wear clothes and shoes that give you freedom of movement.

•Don't walk alone. There is safety in numbers.

•Avoid secluded locations.

•Don't display cash, and avoid isolated ATM machines.

•Trust your instincts. If you think you're being followed, you probably are. Switch directions and seek the nearest place of safety, such as: open store, restaurant or occupied residence.

In your car

•Learn basic car repair, such as how to change a flat tire.

•Make sure your car and tires are in good operating condition and that you have enough gas.

•Park as close to your destination as possible.

•Avoid parking in isolated areas. Take the keys with you — even if you'll be gone for just a minute.

•Check the back seat and interior of your car before entering. Ready your keys so you won't fumble with them.

•If you have car trouble, raise the hood and turn your hazard lights on.

Get back into your vehicle and lock it. If someone stops to assist, ask them to call the police or garage or use a cell phone if you have one.

•Keep your car doors locked, even while driving.

•Hide your valuables.

•If a suspicious vehicle is following you, drive to the nearest well-lit gas or convenience store or nearby police district station.

Taking the bus

•Use well-lighted, busy stops. If your stop has low pedestrian traffic, have a friend or relative meet you.

•Stay alert while waiting for and riding the bus.

•If someone is harassing you, yell loudly, "leave me alone," to draw attention.

•While riding the bus, sit close to or behind the driver.

Being robbed

•Give up your property — it's not worth getting injured or losing your life over!

•Report the crime to police as soon as possible and relay as many details as possible.

Being sexually assaulted

Sexual assault and rape can happen to anyone. Some would-be attackers may give up with little resistance while others may become more enraged and more violent if their victims fight back. Do not allow the attacker to move you to another area. Do whatever it takes to prevent that.

•Try to calm the attacker. Tell him you are pregnant or have a sexually transmitted disease.

•Attempt to discourage the attacker — talk, stall for time, and assess your situation.

•If you're at home, tell the attacker that your husband or boyfriend will be home soon.

•If you are in a physical confrontational phase, try to escape. Be rude, scream, yell, kick, fight and run!

•All attacks should be aimed at the vulnerable parts of the body such as the groin or eyes.

•If the attacker has a knife or handgun do whatever it takes to get away.

Being a victim

•As soon as you are safe, call the police and give your location.

•Preserve all physical evidence. Don't wash, change clothes, douche, throw away clothing or clean up the assault area.

•After the report is taken by the police, an investigator will accompany you to the hospital for an examination and recovery of all evidence.

•Get counseling to help you deal with the attack. Rape is physically and emotionally traumatic.

Identifying the attacker

When describing the suspect, start from the head and scan the person to the feet. Use yourself as a gauge or, if possible, use a fixed object such as a doorway to measure the size of the attacker. Do not focus on secondary features such as clothing because they can be easily changed.

Concentrate on the height, weight, build (muscular, heavy, thin, etc.) approximate age, complexion, race, color of the eyes, hair color, voice and if he has an accent and what type of accent. Most importantly, scars, tattoos and marks such as moles and jewelry are critical ID characteristics as they are not easily removed or too expensive to discard.

If a gun was used, describe it: a revolver or semi-automatic, finish — blue (dark) or stainless steel, etc. What hand did the suspect carry the gun with?

Program cuts waste

Press Release
Energy Office

If there is one most significant factor in improving the energy efficiency of products in the United States and even internationally, it is the Energy Star program of the U.S. government. Launched in 1992 by the Environmental Protection Agency, the program is responsible for setting energy efficiency standards for consumer and commercial products.

Although the first products selected for Energy Star labeling and distinguished by the familiar logo were computers and monitors, the list of covered products has grown significantly. The list of products now includes, in addition to computers and monitors, a host of office equipment such as printers, faxes and plotters, and commercial air conditioning and heating equipment.

The program has been so successful that it is responsible for $8 billion in energy savings every year.

The benefits of the Energy Start program have exceeded all expectations. For those interested in energy efficiency, it provides a uniform, consistent means of evaluating new products. As such, it takes the guesswork out of choosing a product — either for the home or business — such that it will use the least amount of electricity.

Secondly, the selection and use of Energy Star products improves air quality by reducing to a minimum the number of kilowatt-hours required for lighting, space conditioning, and office equipment. No longer do such products have to continue using electricity when not actually in use, because Energy Star products are required to go into "standby" when not actually operating. As a result, less CO_2 is released into the atmosphere and air quality is improved.

Finally, the Energy Star program has become international, providing the same benefits in other countries as in the United States. There are currently successful programs in Australia and Canada, as well as other countries. This is especially important to the issue of global warming, as air emissions know no geographical boundaries, and the excessive burning of fossil fuels to produce electricity affects all countries.

Just as the benefits of using Energy Star products should be very clear, the lessons for those purchasing energy-using products should be equally convincing. For those in government or business making such decisions, the effect on the bottom line is significant. In fact, Federal Acquisition Regulations requires the purchase of Energy Star products where available. But even for those making personal choices in home appliances, choosing Energy Star products is good for both the pocketbook and the environment.

For more information, check out the Web site at www.energystar.gov/.

Commissary marks 14th anniversary, Oct. 1

Press Release
Defense Commissary Agency

FORT LEE, Va. — Fourteen years ago, to improve efficiency and increase taxpayer savings, Congress and the Department of Defense created the Defense Commissary Agency by consolidating the military services' retail grocery operations into one organization. Today, the agency, known as DeCA, continues to save taxpayer dollars while preserving a vital military benefit that is important to the recruiting and retention of military personnel.

While Oct. 1 marks the agency's 14th anniversary, the commissary benefit itself is actually 138 years old. Congress authorized the Army to sell food items at cost to officers and enlisted men beginning July 1, 1867. These sales were authorized at every Army post with a subsistence warehouse. Sales areas consisted of simply a table or counter in the warehouse, and sales were limited to an official stock list of 82 items, but this was the start of the modern commissary benefit.

In the last 14 years, customer savings have increased, store facilities have been upgraded, and more people became eligible to enjoy the benefit. In 1991, commissaries provided average customer savings of 20 percent when compared with local grocery chains; today average savings is more than 30 percent. During those 14 years, to provide military families with a shopping experience comparably pleasant with stores in the civilian sector, the agency opened 88 new stores, remodeled or made major renovations to 64 existing ones, and upgraded and modernized over a hundred more. The number of items stocked by commissaries has also

See DECA, B-7

On the Menu at Anderson Hall

Today
Lunch
Beef Balls Stroganoff
Baked Fish Fillet
Macaroni and Cheese
Garlic Roasted Potato Wedges
Mixed Vegetables
Lyonnaise Carrots
Raisin Drop Cookies
Fruit Pies

Dinner
Ground Beef Tacos
Chicken Enchiladas
Chili Conquistador Burritos
Refried Beans
Mexican Rice
Mexican Corn
Green Beans Creole
Raisin Drop Cookies
Fruit Pies

Saturday
Brunch/Dinner
Roast Turkey
Chicken Cordon Bleu
Mashed Potatoes
Boiled Egg Noodles
Simmered Broccoli
Simmered Succotash
Spice Cake w/Lemon Cream Frosting
Sugar Cookies
Fruit Pies

Sunday
Brunch/Dinner
Swiss Steak w/Mushroom Gravy
Glazed Rock Cornish Hens
Rice Pilaf
Corn Bread Dressing
Mashed Potatoes
Simmered Corn
Southern Style Green Beans
Yellow Cake w/Butter Cream Frosting

Monday
Lunch
Beef Stew
Baked Fish Fillets
Baked Macaroni and Cheese
Steamed Rice
French Fried Okra
Buttered Corn
Oatmeal Cookies
Fruit Pies

Dinner
Italian Veal Steaks
Braised Pork Chops, Bone In
O'Brien Potatoes
Steamed Rice
Peas w/Onions
Mixed Vegetables
Oatmeal Cookies
Fruit Pies

Tuesday
Lunch
Chicken Parmesan
Cajun Fish Fillet
Steamed Rice
Simmered Corn
Boiled Egg Noodles
Simmered Asparagus
Oatmeal Raisin Cookies
Fruit Pies

Dinner
Southern Fried Chicken
Beef Balls Stroganoff
Parsley Butter Potatoes
Boiled Egg Noodles
Simmered Pinto Beans
Club Spinach
Oatmeal Raisin Cookies
Fruit Pies

Wednesday
Lunch
Chili Macaroni
Roast Turkey
Grilled Cheese Sandwich
Mashed Potatoes
Glazed Carrots
Simmered Succotash
Brownies
Fruit Pies

Dinner
Meat Loaf
Pork Ham Roast
Mashed Potatoes
Tossed Green Rice
Cauliflower Combo
Broccoli w/Cheese Sauce
Brownies
Fruit Pies

Thursday
Lunch
Salisbury Steak
Barbecue Chicken
Rice Pilaf
Oven Browned Potatoes
Corn on the Cob
Simmered Peas and Carrots
White Cake w/Lemon Cream Frosting
Fruit Pies

Dinner
Beef Yakisoba
Orange Chicken
Fried Rice
Steamed Rice
Simmered Broccoli
Fried Cabbage w/Bacon
White Cake w/Lemon Cream Frosting
Fruit Pies

WORD TO PASS

Public Invited to Hispanic Heritage Festival

The Hawaii Hispanic Chamber of Commerce and the Hispanic Center of Hawaii, presents the 12th Annual Hispanic Heritage Festival, Saturday from 10 a.m. to 6 p.m. at the Kapiolani Park Bandstand in Waikiki.

There will be live entertainment, food booths, arts, crafts, vendors, specialty products, health agencies, and inflatables for the children. This nonalcoholic event will be free fun for the entire family.

The festival includes live music and numerous dance expositions from local, mainland and international groups.

The special attraction is Ramon Ramos Alayo and Rosie Perez who will showcase two dance routines: a rumba, which features Cuban folklore dance; and a rueda de casino, which features Cuban popular dance. Ayalo, artistic director of the Alayo Dance Company and known throughout San Francisco's Bay Area as a dancer, teacher, choreographer, will be holding dance workshops throughout the week.

For more details, call the Hawaii Hispanic Chamber of Commerce at 398-3084 or Hispanic Center of Hawaii at 941-5216 or 285-0072.

Volunteers Sought to Lighten Childrens' Day

Moopuna Shriners Run is set for Oct. 23. The motorcycle run will be free and so will the food. Only your time with the children is needed!

The group will meet at and depart from Moanalua Gardens at 10 a.m. for a short ride to Shriners hospital.

Spend some time volunteering to help make these childrens' day fun as this is always a big event for them.

This event will offer games with the children, free lunch and the good warm feelings that come from your time spent with the little ones.

For more information, e-mail Mark at road king@hawaii.rr.com.

Hawaii International Film Festival Returns

The Louis Vuitton Hawaii International Film Festival will feature more than 200 films, documentaries, shorts and animations, representing more than 40 countries, from Wednesday through Oct. 29.

2005 marks the 25th anniversary of the Louis Vuitton Hawaii International Film Festival established in 1981.

The Hawaii International Film Festival will conclude its 2005 coming-of-age dramedy "Rounding First" will be making its world premiere at 3:30 p.m. on Closing Night.

Attending the screening will be the World Champion Little League West Oahu baseball team, who have been invited specially.

The story follows 12-year-olds Joe, Tiger and Chris in Allentown, Pa., during the summer of 1980. The boys break out of Little League Baseball Camp to secretly trail Joe's parents, who have lied to Joe about a mysterious trip they're taking. The boys must piece together clues, avoid their parents, dodge the police — and not destroy their friendships in the process — during an adventurous road trip in their last summer before junior high.

Starring in "Rounding First" are: Borish, who co-starred in the CBS television series "Hack;" Fulton, who starred in the mega-budget film "Thunderbirds;" and Sam Semenza, who was featured in the HBO series "The Sopranos." Also starring are John Michael Bolger who stars in the NBC series "Third Watch," and Michael E. Knight, who plays Tad "the Cad" Martin on the daytime series "All My Children."

For more information, visit www.rounding firstmovie.com. Tickets may be purchased in person from 11 a.m. to 6 p.m., seven days a week, or by ordering online at www.hiff.org/, or calling the box office at 528-4433. The box office is at 650 Iwilei Road, ground floor, 102A, across from the Dole Cannery Stadium 18.

The festival is dedicated to advancing understanding and cultural exchange among the peoples of Asia, the Pacific, and North America through the medium of film.

Honolulu Harbor Festival to Set Sail Next Month

The 6th Annual Honolulu Harbor Festival celebrates the rich maritime heritage of Hawaii. Come to the Hawaii Maritime Center and Aloha Tower Marketplace, Honolulu Harbor Piers 7 to 11 and experience what makes the waterfront work through narrated harbor tours, nautical demonstrations and activities, and vessel open houses, Nov. 6 from 9 a.m. to 5 p.m.

Festival-goers will also be treated to a canoe regatta, tugboat hula competition, great food, live entertainment, contests, prizes and interactive harbor-themed booths.

The Honolulu Harbor Festival was created to entertain and inform about the harbor's colorful history, and its vital role today.

The festival is free and open to the public. For more information, call 523-6151.

DECA, From B-6

increased, from about 13,000 in the largest stores in 1991 to 17,000 in the big stores today. More recently, National Guard and Reserve personnel, always key components of the military, have been given full-time commissary benefits.

Commissaries provide a substantial savings, they enable military families to make ends meet in areas where the cost of living is high, and they bring a morale-building "taste of home" by providing familiar American food products in overseas locations. They are highly valued by service families and are a major incentive to reenlistment.

When natural disasters strike military installations, as happened this year when Hurricanes Rita and Katrina damaged several bases, commissaries are crucial to military families in need of emergency food and supplies. Even when stores have been damaged beyond repair, temporary commissary operations bring relief and some sense of normality to a stricken area.

Patrick B. Nixon, DeCA's chief executive officer and acting director, said commissaries have become increasingly important. "There is now recognition of how the commissary benefit helps our people in uniform, wherever they are stationed. When forces deploy, the families left behind depend upon their local community services, including the commissaries, to see them through tough, nervous, lonely times."

With 14 years of experience and 138 years of heritage behind it, the Defense Commissary Agency is ready to continue providing this highly valued military benefit for years to come.

Hawaii MARINE
SPORTS

HAWAII MARINE C SECTION OCTOBER 14, 2005

NBA game honors troops

Lakers, Warriors show appreciation for Hawaii-based service members with exhibition games at UH Manoa

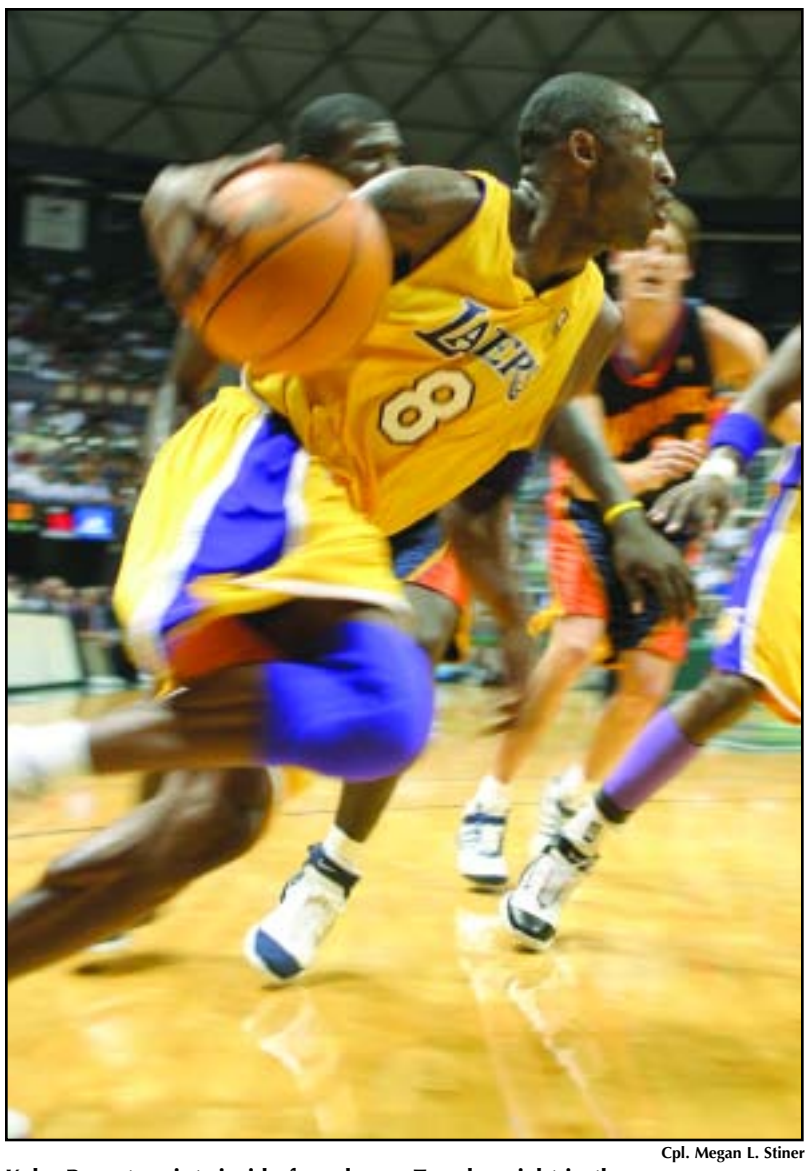
Sgt. Joseph A. Lee
Sports Editor

Two Marines from Marine Corps Base Hawaii, Kaneohe Bay, were honored, Tuesday, in a pre-game ceremony by the Los Angeles Lakers and the Golden State Warriors at the Stan Sheriff Center at the University of Hawaii, for their outstanding achievements alongside representatives from all of the other branches of military service on Oahu.

Recently named Staff Noncommissioned Officer Academy Marine of the Quarter and Operation Iraqi Freedom veteran, Sgt. Gary Goss, and Lance Cpl. Joshua Christian Rowell, of Weapons Company, 3rd Battalion, 3rd Marine Regiment, accepted plaques and a pair of basketball shoes autographed by the entire Lakers team before the exhibition game kicked off.

The Los Angeles Lakers, in honor of the military, put on the two exhibition games Tuesday and Wednesday before holding a training camp in Honolulu throughout the month, according to Eugenia Chow, director of community relations for the Los Angeles Lakers. At the game, retired NBA

See LAKERS, C-5



Cpl. Megan L. Stiner

Kobe Bryant sprints inside for a layup, Tuesday night in the preseason opener against the Golden State Warriors. Bryant scored 11 points to close the second half of the game, bringing the trailing Lakers within one point at halftime. Bryant finished the game with 28 points and didn't even play the fourth quarter.



Cpl. Megan L. Stiner

Bryant hangs from the rim after one of several slam dunks during the pre-season game, Tuesday night, at the University of Hawaii.

Windward blows by K-Bay Hammerheads

Pfc. Edward C. deBree
Combat Correspondent

The K-Bay Hammerheads suffered a loss to the Windward Bantams, 15–3, Oct. 8, at the hockey rink on Marine Corps Base Hawaii, Kaneohe Bay.

As the game got underway, the Hammerheads had a tough time keeping the Bantams out of their goal territory. As the Bantams kept the Hammerheads on their guard within the first minute of the game, Bantam forward Cody Zeiko scored the first goal against the Hammerheads. Within 25 seconds of face-off after the first goal, Bantam forward Micah Vasconcellos rushed through the defense to score.

After being scored on twice, the Hammerhead defense turned up their playing a notch, keeping the Bantams at bay. But Bantam forward, John

See WINDWARD, C-6



Pfc. Edward deBree

Hammerhead goalie Jason Boyce prepares to block a shot attempt from one of the Windward Bantams forwards in the game on Saturday at the hockey rink on Marine Corps Base Hawaii.



Sgt. Joseph A. Lee

Steve Byrnes, Marine Corps Base Hawaii's own rising Mixed Martial Arts superstar, throws a roundhouse kick at his sparring partner. His first Icon Sports Superbrawl fight is approaching, Oct. 28.

Byrnes: 'ready to fight'

Sgt. Joseph A. Lee
Sports Editor

Marine Corps Base Hawaii's own rising Mixed Martial Arts superstar, Steve Byrnes is currently training hard for his first Icon Sports Superbrawl fight at the Blaisdell Arena, Oct. 28 against a 3–6 local fighter named Bob Ostovich. Byrnes will be fighting in the 185-pound Middleweight Division, on the same card with the much-anticipated fight between Falaniko Vitale and Jason "Mayhem" Miller.

According to the Brunswick, Ohio native, this fight is much more important than any that have come before.

"I've taken this fight a lot more seriously," said Byrnes. "I'm making my debut with Icon Sports, and he's on his way out. He's got a lot of experience and is a skilled kickboxer, so I imagine he'll try to keep the fight on his feet. I've been doing a lot of things differently with my training — I've gotten a lot better at stand up, a lot better at striking, and even my strong point, my Jujitsu, has gotten better."

The chief instructor at the Martial Arts Instructors Course at Regimental Schools, Marine Corps Base Hawaii, Kaneohe Bay, has moved on from his previous club, Bullspen, to another local club, Mixed Martial Arts Development in Kailua.

See BYRNES, C-3

Base Sports

Today

Intramural Softball Season to Begin — Swing by the ball field, today, for Intramural Softball.

The league is free to all active duty Marines, Sailors and DoD civilians, and dependents, 18 and older who are stationed and living aboard MCB Hawaii.

"The league has become more competitive," invited Joe Au, MCCS Intramural Sports coordinator. "Instead of two or three teams dominating, there are now six or seven teams that can win the league and tournament title," he added.

In the past few seasons, between 15 and 20 teams signed up. Headquarters Battalion, CSSG-3, VP-9 and 3rd Radio Battalion have all been strong teams in the past, said Au.

Get a team going by calling Joe at 254-7591.

Saturday

Registration Deadline for John F. Kennedy 50-Mile Race — The John F. Kennedy 50-Mile Race will be held Nov. 19 in Hagerstown, Md.

An eight-person team will be selected to compete in the event. The top five finishers for the team count for the cumulative team time.

Marines interested in participating must submit applications, in accordance with Figure 3-4 of Marine Corps Order P1700-29, no later than Saturday.

Resumes must contain: previous JFK 50-mile finishes, if completed; previous race finishes of 50 kilometers or longer within last two years; and any running experience that indicates the Marine's ability to run in this race. Resumes are available at www.usmc-mccs.org/sports. Runners must submit their resumes through the MCCS Semper Fit Athletic office for endorsement.

For more information, call 254-7590 or e-mail david.litkenhus @usmc.mil.

Oct. 15

Youth Basketball League Now Registering — From now until the end of October, register your child for Youth Basketball. The season runs January through February 2006 and hosts leagues for ages 6 through 17.

Practice begins in December.

Registration fee is $50 for Youth Activities members and $60 for non members. A photocopy of a military I.D. or a birth certificate is needed for registration.

For further information, call YA at 254-7610 or 254-7611; or stop by Building 5082, Monday through Friday from 9 a.m. to 5:30 p.m.

Youth Basketball Coaches Needed — Be a youth sports team mentor through Youth Activities sports programs. YA is looking for coaches for the youth basketball season that runs from November to February 2005.

If you are interested, call Youth Activities at 254-7610 or 254-7611.

Youth Activities Manana is also looking for volunteer coaches for their sports, fitness and recreational leagues. To volunteer, call 456-1662.

Oct. 26

SNCO Ghoulish Golf Tournament — All Staff NCOs, DoD civilians and sponsored guests are welcome to show off their swings at the SNCO Ghoulish Golf Tournament, held at the famous Marine Corps Base Hawaii Klipper Golf Course.

If Halloween isn't a good excuse to play golf, then there never is one. The format for the fun is a four-man best-ball scramble. Each team must have an A, B, C, and D handicap level player: Zero to 8, 9 to 17, 18 to 26, 27-plus, respectively.

If you do not have an established handicap, please estimate -- no sandbagging! The costs for the tournament are $43 for all SNCO Club members, $48 for all SNCO nonmembers, $55 for field-grade Officers and DoD civilians and $60 for invited guests. The price includes golf fees, carts, refreshments and prizes.

Prizes for the first-, second-, third- and last-place teams will be awarded as well as prizes for the longest drive and closest-to-the-hole. The tournament begins at noon, but head there early and grab a meal from the Fairway's Bar & Grill. Entrants may contact the Klipper at 254-3220 or Mark Drinkwater at 257-2600.

Oct. 28

Fall Swim Lessons Session 2 — Join the Kaneohe Base Pool for Swim Lessons Session 2, for eight classes, held Tuesday through Friday for two weeks. The class costs $35 and numerous lessons are available for all levels of instruction.

For details, call 254-7655.

Nov. 23

Intramural Turkey Shoot Golf Tournament — Shoot for the Kaneohe Klipper Golf Course, Nov. 23, for the Intramural Turkey Shoot Golf Tournament. Register now at the Semper Fit Center or on the course by 10:30 a.m. on the day of the event, as flights begin at 11 a.m.

The event is open to all active duty and authorized DoD civilians. The fees are $11 for E-1 through E-5, $17 for E-6 through E-9 and for Officers.

For civilians, the price of $24 does not include a golf cart rental. Active duty personnel will earn Commander's Cup points. Call 254-7591 for more information.

Ongoing

Football Hits K-Bay — Intramural Tackle Football Season has kicked off! Games begin at 6 p.m. at Kaneohe Bay's Pop Warner Field and will run throughout the season on Mondays, Wednesdays and Thursdays.

If you're not playing, make a pass by the field and support your unit's team. Game-day concessions are always available. For details, call 254-7591.

Commander's Cup Bowling League — The Commander's Cup Bowling League has kicked off, but it is still not too late to get your team registered.

The league runs Mondays at 6 p.m. until Jan. 9 at K-Bay Lanes. The weekly cost is $8, and a one-time sanction fee of $16 for men and $15 for women applies. For more information, call 254-7693.

Parents for Fitness — This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older. All active duty service members and their families may participate.

For more information, call 291-9131.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Costs for classes are $35 for adults, $25 for children, and $20 for additional family members. For information, call MCCS Youth Activities at 254-7610.

Massage Therapy — Massage therapy, by certified massage therapists, is available at Kaneohe Bay and Camp Smith. Massage therapy will help relieve your mental and physical fatigue and improve overall circulation and body tone. Choose from Shiatsu, Swedish, Lomi, deep-tissue and even hot-rock therapy.

For appointments, call the K-Bay Semper Fit Center at 254-7597 or Camp Smith at 477-5197 during regular business hours, Monday through Friday.

Fishing Charters Available at MCB Hawaii — Spend the day aboard one of Bill Collector's fishing charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Inexpensive, Fun Entertainment — Look no further for economical entertainment Mondays through Thursdays at the K-Bay Lanes where all E-1 to E-5 can receive free rental shoes and discounted games at only $1.50. For more information, call K-Bay Lanes at 254-7693.

Color Pin Special — Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

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

Personal Trainers Available at Semper Fit — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions. For only $5 per workout, a professional trainer will actually work with you to ensure maximum efficiency. Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Campground and Picnic Sites — For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping.

Reservations are required, call 254-7666 for Kaneohe or 477-5143 for Camp Smith.

WEEK 4 NFL PICKS WINNER



Staff Sgt. Petronella R. Williams

Base Inspector Admin Chief

" I usually pick from my gut and not rely on the sportscasters, no offense to PTI. My picks are based on my love and hate for teams. Rivalries are great. Total score for Monday night — **58**"

Staff Sgt. Williams' WEEK 6 PICKS:

Jacksonville @ **Pittsburgh**	Cincinnati @ **Tennessee**
Miami @ Tampa Bay	Washington @ **Kansas City**
Cleveland @ Baltimore	New England @ **Denver**
Atlanta @ New Orleans	**NY Jets** @ Buffalo
Minnesota @ Chicago	**San Diego** @ Oakland
NY Giants @ Dallas	Houston @ **Seattle**
Carolina @ Detroit	St. Louis @ **Indianapolis**

Community Sports

HTMC Plans Kaimuki Hike

At 8 a.m. on Oct. 22, the Hawaiian Trail and Mountain Club will be tackling a 3 Mile intermediate hike along the Nuuanu-Manoa valley-ridge.

If you don't mind getting wet crossing a stream, hiking through a bamboo forest and spending most of the time amongst the shade of trees, this hike may be for you. Although not a super hike, this hike has its own ridge traverse, too! This one starts in Nuuanu Valley and ends up in Manoa Valley after some ups and downs. Contact coordinator Justin Ohara, at 778-8629.



A $2 donation is requested for each nonmember age 18 or older. A responsible adult must accompany children younger than 18. Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets and radios, or other audio devices, are prohibited on hikes.

Check out the HTMC Web site at www.geocities.com/Yosemite/Trails/3660 for more information.

State Offers Outdoor Education

The Hawaii Department of Land and Natural Resources is offering education classes to the public. 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. Classes, open to anyone 10 and older who enjoy the outdoors are ideal for hunters, campers, hikers, and other outdoor enthusiasts.

The next two-day session is Oct. 21 from 5:45 to 10 p.m. and Oct. 22 from 7:45 a.m. to 4 p.m. in Classroom A-212A at the Nimitz Business Center, 1130 North Nimitz Hwy. Drive up the ramp to the classroom, which is the first room on the right. A picture ID is required for entry to the sessions.

For more information about outdoor education, or to sign up for this course, call 587-0200 or visit www.hawaii.gov/dlnr/welcome.html.

Susan G. Komen Race for the Cure

The mission of the Susan G. Komen Breast Cancer Foundation Hawaii Affiliate is to eradicate breast cancer as a life-threatening disease by advancing education, screening, and treatment.

The 11th Annual Komen Hawaii Race for the Cure will take place Oct. 23 at 7.a.m. at Kapiolani Park and will consist of a five-kilometer run or a one-mile run/walk.

Participants can run or walk, individually or as part of a team. Team registration forms must be mailed in together. Individual entry fees, if postmarked by Saturday, are $30 for untimed entries and $35 for timed entries.

All participants will receive an official Komen Hawaii Race for the Cure T-shirt.

Sleep-in entry fees are $25 for those not participating in the run/walk events, but will receive a race T-shirt and pillow case.

More than 500 breast-cancer survivors are expected to attend. There will be a survivor recognition ceremony prior to the race.

Breast-cancer survivors who wish to be recognized may pick up their complimentary pink cap and pink T-shirt at packet pickup.



All participants are invited to recognize special people who have been touched by breast cancer. "In memory of" or "in celebration of" back signs will be available at packet pickup and on race day.

A tribute wall will be available next to the survivor's tent for you to post a picture and record a message to remember those who have lost their battle with breast cancer, or to honor those who continue to fight.

Up to 75 percent of the net proceeds from the race will go to fund local area breast-cancer education, screening and treatment programs and at least 25 percent will help fund the Susan G. Komen Breast Cancer Foundation National Grant Program.

For more information call 754-1817, e-mail race@komenhawaii.org or visit www.komenhawaii.org/race.htm.

Haleiwa Triathlon

The Bikefactory will host the 6th Annual Haleiwa Triathlon, Oct. 30.

Athletes will race their way around the North Shore town by participating in a 400-yard swim inside Puaena Point, a 12-mile bike ride around Haleiwa and a three-mile run, racing one mile on the beach.

Racers can enter the elite division, age group divisions or military division. Relay teams of men, women, or mixed groups will also be allowed to enter.

Entry fees are $70 for individuals or $105 per team. Participants will receive a long-sleeve T-shirt. Entries must be postmarked by Saturday. Entry forms are available at the Bikefactory or online at www.hawaii swim.com. Participants can also register online at www.active.com.



Kailua Beach 10K Run

Boca Hawaii will sponsor an early-morning run in Kailua, Nov. 6 at 6:30 a.m. The Kailua Beach 10K Run is a measured 10-kilometer course that starts at Kailua Beach Park Pavilion parking lot and goes to Lanikai on the bike path. Runners continue twice around the Lanikai Loop, returning to the Kailua Beach Pavilion to finish line. Random prizes to be drawn after the race, so runners should stick around and enjoy some post-race refreshments before heading off to the beach.

Entry fee is $20 by Oct. 27. Participants can get an entry form online at www.bocahawaii.com or register at active.com.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs on their Web site: www.bellowsafs.com.

For information, call the Turtle Cove office at 259-4112 from 8 a.m. to 8 p.m.

•*Saturdays at 8 a.m., Morning Paddle:* Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is $14. Advanced skill level is required.

•*Sundays at 8:30 a.m., History Tours by Bike:* Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows Air Force Station. Wear closed-toe shoes. Cost is $15 for bike and helmet rental.

•*Mondays at 8:30 a.m., Hike to Makapuu:* Take a moderate 2 1/2-mile round-trip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is $8 for adults and $5 for children 12 and younger.

•*Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:* Discover the magnificent underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is $15 for adults and $8 for children 12 and younger.

•*Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:* Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•*Thursdays at 9 a.m., Beach 101:* See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is $8 for adults and $5 for children 12 and younger.

•*Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai:* Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes.

•*Fridays at 1 p.m., Bodyboarding Lessons:* Learn how to catch and ride the waves. Free day rental of boogie board is included in the $5 fee.

Miniature Golf: One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

For more information, log on to their Web site at www.bellowsafs.com.

Driving Range: Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent.

Hawaii Marine Accepts Briefs

To post sports and recreational briefs in the Hawaii Marine, e-mail requests to editor@hawaiimarine.com or call 257-8835.



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both. The Hawaii Marine welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send "Readers Strike Back" comments to editor@hawaiimarine.com. Remember, "If you don't speak up, you won't be heard.")

When do you bench your star QB?

Kristin Herrick
The Cheese

Getting hurt is a part of life. I stubbed my toe the other day and was out of commission for at least two minutes. Had a 275-pound defensive lineman tossed me to the ground — fully padded or not — I'm thinking my recovery would have taken a bit longer.

But the thing is, I don't get paid millions of dollars to get hit by large sweaty men. Quarterbacks like Donovan McNabb and Drew Brees do, which means they should do their job and suck up injuries like a thick shake. The Cheese prefers chocolate.

Coaches also have to consider their other options when deciding if they should use the injured player or not. If McNabb was out, Eagles back-up quarterback Koy Detmer would be in. The big question is: Who would play better, a

See CHEESE, C-7

Sgt. Joseph A. Lee
The Sergeant

Practically every high-paying job has its down side. If you're a doctor, it's the hours; if you're an actor, it's the competition; if you're a football player, it's most definitely the risk of injury. Of course, these guys are out there "sucking it up" the majority of the time, but there are just some injuries — like a hernia — that should sideline a player. Even if he's Donovan McNabb.

Besides passing kidney stones, a hernia is defiantly one of the most painful and delicate sports injuries any pro athlete should be asked to endure, and to even suit up is a testament to how hard McNabb really is. But there's a difference between hard and dumb, and leaving McNabb on the field last week after the game was long over and

See SARGE, C-7

Cheese (2–3)

Jacksonville @ **Pittsburgh**
Miami @ **Tampa Bay**
Cleveland @ Baltimore
Atlanta @ New Orleans
Minnesota @ Chicago
NY Giants @ Dallas
Carolina @ Detroit
Cincinnati @ **Tennessee**
Washington @ **Kansas City**
New England @ Denver
NY Jets @ Buffalo
San Diego @ Oakland
Houston @ **Seattle**
St. Louis @ Indianapolis

With most teams having only two or three wins through week five, few teams are stepping up, making games hard to call. The Cheese may be optimistic for some of these picks. Monday night total score: : **41**

Week Six Picks

To play, clearly circle the teams you think are going to win. Drop your picks off in the ammo can on the Building 216 Duty Desk by Saturday night. The person who has the most correct picks will get to boast in the Hawaii Marine and fill us all in on the following week's predictions. The closest to the total score for Monday Night's game, without going over, will determine the winner in the event of a tie.

Jacksonville @ Pittsburgh
Miami @ Tampa Bay
Cleveland @ Baltimore
Atlanta @ New Orleans
Minnesota @ Chicago
NY Giants @ Dallas
Carolina @ Detroit
Cincinnati @ Tennessee
Washington @ Kansas City
New England @ Denver
NY Jets @ Buffalo
San Diego @ Oakland
Houston @ Seattle
St. Louis @ Indianapolis

Monday Night Tiebreaker (Pittsburgh @ San Diego): _____ points.

NAME:_____ PHONE:_____

Sarge (3–2)

Jacksonville @ Pittsburgh
Miami @ Tampa Bay
Cleveland @ **Baltimore**
Atlanta @ **New Orleans**
Minnesota @ Chicago
NY Giants @ **Dallas**
Carolina @ Detroit
Cincinnati @ Tennessee
Washington @ **Kansas City**
New England @ **Denver**
NY Jets @ **Buffalo**
San Diego @ Oakland
Houston @ **Seattle**
St. Louis @ **Indianapolis**

This is absolutely painful. Choosing against a Bay Area team and siding with the Cowboys? There's obviously something wrong here. And I know it's not the favorite pick, but I figure the Saints are probably pretty pissed: **48**

BYRNES, From C-1

"I've learned a lot in the past few months, and I've gotten myself up to a solid 200 pounds by incorporating more weight lifting into my schedule," said the 26-year-old. I've gotten a lot stronger, changed my diet, and I'm focusing a lot on nutrition. I don't see this fight going past the first round, like all my other fights, but even if he does last past the first round, there won't be much left of him to continue going toe to toe with me."

According to Byrnes, Ostovich is a fighter trying to get back in — back into the sport, and Byrnes is on his way up.

"He's a milestone for me," said Byrnes. "I want to win, and I want to win the way I've been winning. The door is there — I'm knocking on it, and when that door opens up, I'm charging through with fists flying and nobody is going to stop me."

Monster meet to hit North Beach

Ed Hanlon V
MCCS Marketing

To some, the mention of Halloween conjures images of spooky sightings and scary stories. To others, trick-or-treating with costumes and candy. Yet to a particular few, Halloween means monster swells.

The fall and winter season in Hawaii brings with it better surf for the north facing shores of the island, so what better way to welcome winter with a surfing contest worthy of the Holiday?

Marine Corps Community Services will soon host the North Beach Monster Surf Contest, Oct. 29, aboard MCB Hawaii.

This contest will pit the skills and abilities of any active duty service member and DoD civilians assigned to Marine Corps Base Hawaii, Kaneohe Bay, in a monster mash-up of sensational surfing action. All active duty Marines and Sailors will be entered, automatically, into intramurals.

"We will award Commander's Cup points to the different commands for each participant that competes," stated Joe Au, Intramural Sports Coordinator. "The trophy for intramural sports is awarded to a command based on accumulation of points from all of the sports that are played for through out the year," he clarified.

The first session begins at 7 a.m. at

See MEET, C-7

Halftime cheer

Right — Michael Memea (top right) stands with some of his fellow teammates from the West Oahu Little League team for some photographs at halftime with the Laker Girls during the Lakers-Warriors preseason opener Tuesday night.

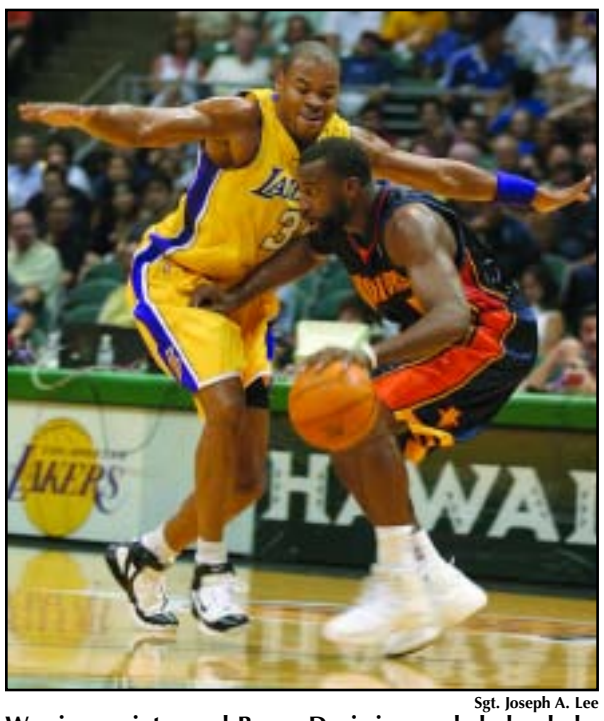
Below — The Laker Girls, who visited Kahuna's Sports Bar & Grill Friday night, jazz it up at the half.



Sgt. Joseph A. Lee



Sgt. Joseph A. Lee



Sgt. Joseph A. Lee

Warriors point guard Baron Davis is guarded closely by Lakers forward Devean George, Tuesday night.

LAKERS, From C-1

guard Scottie Pippen had a few good words for the Marines of K-Bay.

"I'm eating this up," said Pippen of the appreciation for Oahu's military. "I love every minute of it, and I couldn't appreciate what you all do more. Of course I'm never happy to see anyone lose their life, but I'm extremely proud to have the Marines protecting us."

Just passing his first year in retirement, Pippen was said to be in attendance to help out with coaching the Lakers' point guards.

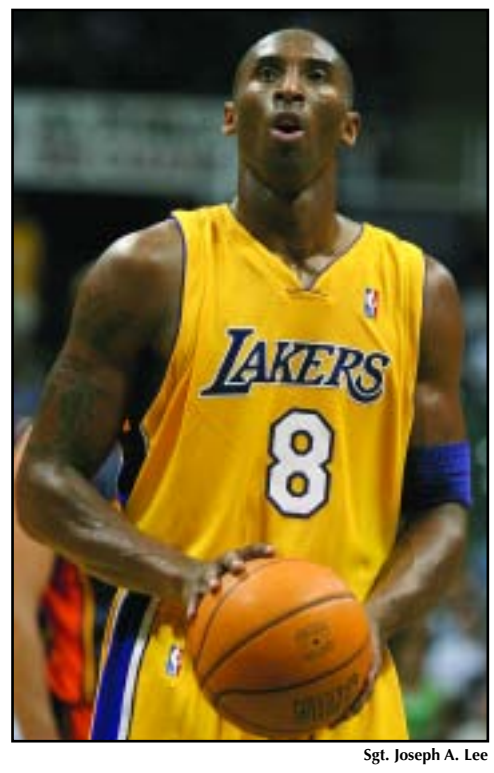
The Laker Girls, who visited Kahuna's Sports Bar & Grill on K-Bay a few days prior, were also very excited to be a part of the appreciation ceremony and exhibition games.

"We had a really great time with all of the Marines," said Laker Girl Shea Forbes. "It's so nice to visit with the Marines, because they work so hard, and are always away. We love the work they are doing, and the Marines have my full support."

Also in attendance while coaching Lakers starting center, Chris Mihm, was Kareem Abdul-Jabbar, the NBA's all-time leading scorer during a 20-year career. Abdul-Jabbar, a special assistant with his former team, also had a few words for the Marines.

"I would really like to see all the Marines come home very soon, and in one piece," said Abdul-Jabbar. "All of us here are very proud of every branch of the military and what they do for our country."

Kobe Bryant scored 28 points before leaving the game for good late in the third quarter, as Phil Jackson's Lakers recovered in the second half from a 16-point deficit to beat the Warriors, 101–93, in the preseason opener for both teams.



Sgt. Joseph A. Lee

Kobe Bryant, Lakers shooting guard, stands ready to shoot a free throw during Tuesday night's pre-season game against the Golden State Warriors. Bryant was essential in bringing together a large point gap late in the second quarter, after the Warriors took the early lead.

WINDWARD, From C-1

Whitty, broke through and made a pass to open forward Tommy Windham to make the score 3–0. Whitty soon repeated his actions but this time assisted George Gotdner.

After assisting his teammates twice, Whitty went in to score one himself. Knowing that they were down, the Hammerheads did the best they could to keep the puck on the other side of the rink. This strategy worked until Hammerhead defenseman Jason Hanson tripped one of the Bantams to make a trip to the penalty box. Shortly after the penalty, Gotdner went in for the goal to make the score 6–0.

Knowing that they were down, the Hammerheads put a little more heat into the offense. The next few minutes were critical for the Hammerheads. They managed to keep the puck in Bantam territory by passing it to any open person they had. Then Hammerhead forward Chris Baus came form around the goal to score the first goal for the Hammerheads. The Hammerheads were able to keep the puck on the other side of the rink with the same tactic until Gotdner was able to break the trend and bring the puck into the Hammerhead defense. Gotdner passed the puck to help assist Bantam Micah Chun score a goal, 8-1. Chun was able to pull of another goal to end the first half, 9-1.

During the half-time, Hammerhead coach, Les Kelly devised a plan to help keep the Bantams on the defensive mode. Kelly told his team that the plays they were doing to keep the puck on the other side of the rink was what they needed, they just didn't realize it.

The Hammerheads were able to pull it off, keeping the defense on their toes. Then Baus took a straight shot at the goal and it flew pass Bantam goalie, Weinreth. But the Bantams retaliated after the face-off with Zeiko scoring a goal. But the Hammerheads retaliated with another goal of their own with Brian Kelly scoring, 10–3.

The Hammerhead offense kept the puck away from their goal until Windward's Alex Casparenas received a pass to score twice within four minutes. Vasconcellos was able to slip by to score another goal, 13–3. As the clock drew within the two-minute mark, Whitty took a shot and made it in the goal. With 10 seconds left on the clock, Zeiko scored the final goal, 15–3, to end the game.

"I think they did really well," said Bantam coach Wade Ho. "They are a young team with a lot of heart, and as the season goes on, they are going to get better and better as a team."

One thing people probably didn't realize is that the Hammerheads had three shot attempts and that they made every shot, said scorekeeper Thomas Gasparenas.

"They were efficient at their attempts," said Gasparenas. "Every shot was a goal."

Ho said that his team played really well considering the fact that some of them play for the Pee Wee team as well.

"These kids played kids that are older than them which makes a big difference," said Ho. "But winning is not the important thing here. Knowing that these kids give one hundred percent when they play makes them all winners."

CHEESE, From C-3

busted-up star or a top-shape back-up? Detmer is awesome at holding the ball for field goals — as most back-ups are — but how efficient would he be in the pocket?

Vinny Testaverde proved he can take the snaps for the Jets in lieu of starter Chad Pennington, but most teams aren't that lucky. Sometimes The Cheese feels a little carpal tunnel syndrome coming on, but that doesn't mean she's going to let The Sarge take over. Players, especially starters, take pride in their work, and I would think they wouldn't want anyone else doing their job for them.

There is always the threat, when playing injured, that the player could really mess up their body to the point of no recovery. That's the only time The Cheese thinks its OK for studly football player, or any other athlete for that matter, to come out of the game.

Bottom Line: Green Bay quarterback Brett Favre played a whole season with a broken thumb. He has started in more than 200 consecutive Packers games, the most of any quarterback — ever. If he can do it, why can't everyone else?

SARGE, From C-3

done with is every bit of the latter.

With a team expected to go to the playoffs, The Sarge thinks there's a bigger picture the Eagles need to be looking at. What happens when the Eagles do make it to the playoffs and McNabb gets put out of the game for good? Is Koy Detmer ready to take the helm? Is it really worth losing your star quarterback for the season just so McNabb can limp around the field for the final two minutes not getting anything accomplished? Makes no sense.

Sure, most of the injured NFL players need to quit their whining and earn their ridiculous paychecks, but on the football field, players like McNabb or Drew Brees are the team's queens in the chess match that is football, and they should be protected at all cost.

Bottom Line: Push your quarterback too hard and his intestines will bust through and end up on the 50-yard line — not a pretty sight.

MEET, From C-4

Kaneohe Bay's hidden gem, North Beach. "With the restrictions lifted at North Beach, there has been an increase in military surfing in the area," stated Harry Sprague IV, Water Safety manager and Kaneohe resident. "This intramural meet is designed to promote a healthy competition within the different services, now able to surf North Beach on a regular basis."

The free event will have different divisions, including long boarding and short boarding, and will include categories for women and military.

Awards will be presented to finishers in the following groups; first through fifth place for long boarding, first through fifth place for short boarding, women's first place for long boarding, women's first for short boarding, top military in short boarding and top military in short boarding.

"The nature of this contest will demand top performances — as both an individual and as a service member of your respected branch. The challenge is there — take it," motivated Sprague. "Picture a sunny variable windy day, add three- to four-foot "old school" consistent glassy sets, then top it off by surfing your heats with only six people in the line up, all day long, at the most primo break of North Beach. Need I say more?"

In the event that the weather does not cooperate on the Oct. 29, the contingency date for the event will be the following weekend, Nov. 5.

If you think you have what it takes to place, or if you would just like to see how you stack up against surfers from the military community, call 429-8664 or 254-7655, or e-mail kauffmanj@usmc-mccs.org or harry.Sprague @usmc-mccs.org.

Hawaii Marine
On Point

Hawaii Marine D Section — October 14, 2005



Sgt. Andrew Jones displays one position a Marine may use while firing a weapon in a combat situation, Friday, at Schofield Barracks, during position-shooting training. Gunnery Sgt. John Trotta, staff noncommissioned officer, officer-in-charge, Scout Sniper Basic Course, looks on.

Silent Scope: Marines move on to position training

Story and Photos By
Lance Cpl. Roger L. Nelson
Combat Correspondent

Part two of four

In a combat situation, a Marine may not always be in a good position to take a shot and may need to use unusual objects to prop up or steady their rifle on in order to accurately obtain the shot they need.

Marines going through the Scout Sniper Basic Course learn how to do this effectively during position-shooting training — training that they undergo during their 10-week-long sniper training.

"Well, this part of the training is to prepare the Marines for the more life-like scenarios they would face in combat," said Sgt. Andrew K. Jones, instructor, Scout Sniper Basic Course. "During combat, the Marines may be in a house or somewhere where the only thing they'll be near is a table or chairs, so we're trying to prepare them for those situations."

During position-shooting training, Friday, each Marine was required to fire his weapon from positions that ranged from standing to sitting, supporting their weapon by using a table, chair, and other objects such as a sandbag and tripod in order to get an accurate shot.

"The type of firing we're doing now is going to be very efficient in a real-life situation," said Lance Cpl. Jeff Kercher, rifleman, 3rd Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay. "In combat, you're usually not going to have things like sandbags and tripods to prop up your rifle.

"This training will help a lot in a situation like if we're in a room and there's nothing around but a chair or table to use to steady the weapon."



Lance Cpl. Nick Peel, rifleman, 1st Battalion, 3rd Marine Regiment, uses two chairs for stability during the Scout Sniper Basic Course's position-shooting training at Schofield Barracks. This training is to better prepare Marines to use anything they can find in order to make a better shot.

"Aside from the different position training, Marines in the course will do a night-firing exercise as well, when the sun goes down," said Jones. "We'll be using a thermal sight in order to see the targets down range."

The thermal sight picks up heat and shows it through the scope. The sight was used to see how accurate the shooters were and helped them to better see the target.

"We get to use a thermal sight that slides onto the end of our scope," said Kercher. "It's nothing like the sight the instructors will be using to see our shots, but it is a lot better than nothing at all."

Cpl. Brandon Witter, rifleman, 3/3, MCB Hawaii, Kaneohe Bay, said that the night fire is somewhat difficult, due to the lack of light and not knowing where exactly the targets is located.

"Compared to the known-distance day firing course the night course has a lot more things working against you," said Witter. "But it isn't the hardest thing we've done or are going to do."

Each Marine was given five rounds to fire at their target during the night-firing course, said Jones, a Kirkland, Wash. native.

"We have little supplies for the night firing so it takes awhile," said Jones. "We can only have one Marine at a time firing because of the thermal sights."

Jones, 24, explained that all of the training the Marines are doing now will help them with their final field-training exercise.

"Everything we're teaching them is to prepare them for the FTX," said Jones. "They will use all the techniques they are taught in the exercise, so they need to pay attention in all areas of training."

As Marines in the Scout Sniper Basic Course get closer to the final field exercise they still must endure weeks of individual stalking, group stalking and patrolling in order to be prepared for the one exercise that will put all of the skills taught by their instructors to work for them.





Far Left — A scout sniper student finds comfort and steadiness in a semi-kneeling position.

Left — An instructor with the Scout Sniper Basic Course looks down range with a thermal sight in order to see the targets students will be shooting at during a night-fire course on Friday at Schofield Barracks.