

Hawaii MARINE

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November 28, 2003

Rumsfeld approves alert notifications

Department of Defense

Press Release

Consistent with the Nov. 6 announcement about troop rotation, the Secretary of Defense Donald H. Rumsfeld has approved the alert notifications of 4,228 Army, 1,290 Navy and 2,381 Air Force reserve component personnel for the second rotation of Operation Iraqi Freedom (OIF-2). This brings the total

Guard and Reserve personnel that have been alerted for OIF-2 to 66,531.

Yesterday, the secretary of defense also approved the mobilization of 9,900 Army, 1,290 Navy and 3,208 Air Force reserve component personnel for OIF-2. This brings the total Guard and Reserve personnel mobilized for OIF-2 to 56,504.

Further, the secretary of defense has authorized the Marine Corps to deploy an additional three battalions with corre-

sponding combat support and combat service support units for operations in support of OIF-2. These battalions will bring the total number of brigades for OIF-2 to 14. The decision to deploy these additional units is the result of further detail planning for OIF-2.

The secretary of defense also approved the alert notifications of 567



RUMSFELD

Army, 100 Marine Corps and five Air Force reserve component personnel for the fifth rotation of Operation Enduring Freedom (OEF-5).

This brings the total Guard and Reserve personnel that have been alerted for OEF-5 to 4,603.

See DEFENSE, A-7

Protected seabirds need your assistance

Cpl. Jessica M. Mills

News Editor

From November until January, the juvenile Wedge-tailed Shearwater bird (a seabird), protected under the Hawaii Migratory Bird Act, will be in its migratory stage across Oahu. During this time period, the amount of stranded birds cases aboard MCB Hawaii, Kaneohe Bay, will increase significantly, according to MCB Hawaii game wardens.

The Game Warden's Office has issued a warning to base residents, employees and patrons to not have any contact with these birds — no matter where they are found.

"People who come in contact with these birds are touching them and moving them, and it is extremely disruptive to their habitat," said Cpl. Jason Grimes, a game warden. "These are a very fragile species. The ones that we are picking up are in the juvenile stage, which means they are just learning how to fly. So, they will fly until they are exhausted and land wherever they have to."

Most of these birds have been found by the MCB Hawaii flight line and the housing areas adjacent to North Beach. Again, the game warden emphasizes to not touch them, move them or attempt to handle them in any way. The birds should be left where they have landed, because they are exhausted and do not need to move at all.

"Even if the bird is in immediate danger due to the area he landed, do not touch it!" said Sgt. Apollo Fisk, another game warden. "If you need to block traffic to protect it, then do so, and wait for our office to get to the scene. The birds are in

See SEABIRDS, A-8



Cpl. Jessica M. Mills

This two-week old Wedge-tailed Shearwater was found by Marines at Hangar 102 on the flight line aboard MCB Hawaii, Kaneohe Bay. He was rescued by the MCB Hawaii Game Warden's Office.



Lance Cpl. Monroe F. Seigle

Don't forget to tap!

Lance Cpl. Rody Fernandez, assistant multi-channel equipment operator for Headquarters Co., 3rd Marine Regiment, applies a "figure-four variation rear choke" to Lance Cpl. Israel Vega, a field radio operator also with Headquarters Co., 3rd Marines, as part of the unit's qualification requirement to earn the gray belt in the Marine Corps Martial Arts Program, during training aboard Kaneohe Bay, Wednesday.

O'Reilly puts K-Bay in 'No Spin Zone'

Sgt. Joe Lindsay

Community Relations Chief

Arguably the biggest name in broadcast journalism, Bill O'Reilly, turned MCB Hawaii, Kaneohe Bay, into his own private "No Spin Zone" Monday night during a visit to base as part of the Pacific War Memorial Lecture Series.

Bill O'Reilly, anchor/host of the highest-rated program on cable news, "The O'Reilly Factor," brought his unique brand of no-holds barred, shoot-from-the-hip style to a near-capacity crowd of Marines, Sailors and distinguished guests at the base theater. He more than lived up to the hype.

"He was great," said Lance Cpl.

Michael Cramer, a Headquarters Battalion, MCB Hawaii administration clerk, who served as O'Reilly's driver during the visit. "It was a rock-star atmosphere. It doesn't get much bigger than having Bill O'Reilly here. For all that, I couldn't get over how personable and accessible he was.

"The first thing Mr. O'Reilly wanted to do to was go to the video store to rent a copy of 'Finding Nemo' for his kids. That says a lot about what type of person he is."

Indeed, it is O'Reilly's self-styled Irish working-class attitude that has propelled him from humble beginnings growing up

See O'REILLY, A-8



Pfc. Michelle M. Dickson

Bill O'Reilly, the host of FOX's "The O'Reilly Factor," brought his unique viewpoints to MCB Hawaii, Monday night.

Chapel to bring cheer to special needs kids

Marine and Navy families are invited to join in the festivities

Lance Cpl. Monroe F. Seigle

Combat Correspondent

The base chapel aboard MCB Hawaii, Kaneohe Bay, is scheduled to host a Christmas Worship Service for military families with disabled children, Dec. 7, from 2 - 4 p.m.

"This event was scheduled so children with disabilities can celebrate and enjoy Christmas during an interactive worship service," said Petty Officer 3rd Class Joshua Kimble, religious programs coordinator for the base chapel. "In order for this to be successful, however, we need volunteers who are willing to donate their time and assist in various activities for the children's enjoyment."

Volunteers are needed to assist with face painting, food stands, and the live petting zoo. Children will have the opportunity to learn about many animals that include goats, pigs, sheep and dogs.

After the children learn about different animals, a chaplain will share historical accounts about the baby Jesus.

Kids will then be invited to sing "Happy Birthday" during the birthday party for Jesus, complete with cake.

Anyone who is interested in volunteering for this event can call Joshua Kimble at 257-3552, ext. 28.

MCBH News Briefs

BIKERS TO COLLECT TOYS IN BASE HOUSING, DEC. 6

The MCB Hawaii Motorcycle Association will be riding through family housing neighborhoods on the morning of Dec. 6 in hopes of receiving new, unwrapped toys from Kaneohe Bay military or family members who want to participate in this year's Toys-for-Tots program.

All you have to do is look for the motorcycle riders and walk out your front door and hand a new toy to a biker. As an alternative, you can go to the Marine Corps Annex where the bikers will end their charity ride and rally to receive more donations.

Look for more details about the ride route in next week's Hawaii Marine.

SANTA AND SPARKY SEEK TOYS, DEC. 6

Get your camera and listen up for Santa and "Sparky the Fire Safety Dog" on Dec. 6 at 8:30 a.m., when both will tour throughout the MCB Hawaii, Kaneohe Bay, housing area to collect new, unwrapped toys for the Toys for Tots program. Santa and Sparky will greet young and old at the Marine Corps Exchange Annex at 2 p.m.

CHAPEL HOSTS HOLIDAY EVENTS

•Saturday at 5 p.m.: The 3rd Annual God Bless our Youth Day, with special blessings for children, will coincide with Mass.

•Saturday at 6:30 p.m.: A special "Hanging of the Greens" advent worship service will be provided to inaugurate the season. The service will offer fellowship and chats about the origins of traditional Christmas activities (such as poinsettias, bells, evergreens, etc.). Further, participants can help decorate the chapel for the yuletide season and pipe in to Christmas carols. Pupus will follow worship.

•Dec. 6, 8:45 a.m. until noon: Join the MCB Hawaii community for "The Challenges of Advent," a time for personal reflection followed by lunch. Make reservations at 254-2148. Advent activities will be provided for children ages 4-plus.

Hawaii MARINE

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Sgt. Jereme Edwards
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IN THE CG's MAIL BOX



BRIG. GEN.
MCABEE

I am writing about an issue that has hurt me financially and emotionally.

My husband and I are currently both active duty Marines. We have recently had a child and were blessed to be able to have family take care of him his first 2 1/2 months of life.

Our child had been on the Child Development Center [CDC] waiting list since October 2002. Since our family [that was helping out] returned to the mainland, we have had nothing but problems with alternate care while we wait for an opening at the CDC.

Our child spent one month at an uncertified child care provider's house, and we had to quickly remove him from that care for fear of personal injury. I had to take one week leave while my husband was on temporary additional duty/ deployed to find another child care provider.

While looking for another provider, I put our son on the Family Child Care [FCC] list, [supposedly] Category 2 since we are dual active duty. I asked if there was a priority list for the CDC and was told "No," but not told why.

I found other "temporary" uncertified child care for our son, and he spent two weeks there.

After that, I was called with the name of a certified FCC provider who had an opening. I interviewed her and told her that she would be the third child care provider for our son, and let her know that he was a little fussy, but would be fine after he transitioned. [On the second of day of care,] the child care provider called me to say she could not care for our child any more because he was "too fussy."

I have since inter-

viewed the only two open certified FCC providers: one has five other children, and the other has had negative reports about her.

We are now stuck with no daycare for my child, and the only option that I have is to take more leave and/or put him in hourly care; which does not cover an entire workday.

Sir, this situation poses a huge strain on our family and both of our chains of command because of the immediate and unexpected time off. I believe that there should be a priority list for the CDC for single parents, and dual active duty members as well.

Our son is now 4 months old and has gone through a lot because the CDC does not have a priority list.

How many more times do I have to put him with a FCC just to have them quit? Each time we switch daycare providers (whether certified or not) my son suffers because he has to try to get used to a new person and a new environment.

Each time we have to switch daycare providers we lose money because, once they quit, they are not obligated to give us a refund on what we've already paid.

Two weeks ago I contacted Parents and Children Together (PACT) and was given a list of licensed family care providers that are located off base. There were only three available providers, and I interviewed two of them. After interviewing them, I decided I would never take my child to an off-base provider because the living conditions are too cluttered and very unsanitary.

I also contacted each of the other bases' CDCs and they all had the same waiting time. I contacted

Comment submitted by Staff Sgt. Toye M. Hickman, Headquarters Bn., MCB Hawaii

"Are we to put our child in substandard care or pay an ungodly amount of money (\$2,000 per month) to a nanny, just so my husband and I can go to work?"

two off-base CDCs, both of which had no available openings. As a last resort, I contacted a nanny service. The nanny service has nannies available but their fee is \$10 per hour, which is entirely too expensive for an active duty Marine.

These alternatives to FCC and CDC have not proved helpful.

Are we to put our child in substandard care or pay an ungodly amount of money (\$2,000 per month) to a nanny, just so my husband and I can go to work? There has to be another alternative.

Very respectfully
submitted,
Staff Sergeant Toye M.
Hickman

Dear Staff Sgt.
Hickman:

The commanding general asked me to respond to your email of Nov. 8, since your concern falls within my staffs' area of responsibility. The commanding general appreciates that you took the time to participate in the "CG Mail" program.

One of our primary goals aboard Marine Corps Base Hawaii is to provide families with quality, affordable childcare in a certified care environment. I am aware, however, that a need exists to provide more infant care services than what is currently offered. To this end, I have requested construction funding to mitigate this critical shortfall.

In the meantime, we are developing more Family Child Care (FCC) homes. During the last six months, 11 new FCC homes were certified, 30 in all during the past year.

Further, I am happy to inform you that five new providers are currently

undergoing certification, a process that includes carrying liability insurance, background checks, more than 60 hours of training, safety and preventive medicine, Federal Fire Department, and FCC staff monthly inspections.

These requirements help to ensure a safe and secure environment for children. However, this comprehensive process takes time.

I would also like to take this opportunity to explain the difference between the CDC Preference List and the Unmet Demand Waiting List. Many of our parents prefer to have their infants placed in the Child Development Center as their first priority. Due to limited space for infants at the CDC, parents are permitted to place their names on the CDC Preference List prior to the birth of their child.

Your child has been on this list since Oct. 28, 2002, and is currently number 16. When the CDC is unavailable, and all other options have been exhausted, we establish the Unmet Demand list, which is prioritized with single parent, active duty military and dual active duty military comprising the top two priorities.

With the anticipated certification of more FCC homes, I believe the Unmet Demand list will be eliminated.

I appreciate your thoughtful comments and concerns. If I can be of any additional assistance, please feel free to contact me at 254-7540, and again thank you for taking the time to participate in the "CG Mail" program.

Sincerely,
Mr. William B. Lindsey
Assistant Chief of Staff
Marine Corps
Community Services



MATTHEWS

HMH-463 posts new commander



Lieutenant Col. H. Ben Matthews II assumed command of Marine Heavy Helicopter Squadron 463 from Lt. Col Scott E. Kerchner, Nov. 20. Matthews was previously the director of the Iraq Coalition Coordination Center at U.S. Central Command. Kerchner will be the new executive officer for Marine Aircraft Group 24.



KERCHNER



Pfc. Michelle M. Dickson

A Marine from Combat Service Support Group 3 guards the perimeter with his M249 Squad Automatic Weapon during training in the Kahukus.

CSSG-3 seizes control of Kahuku Training Area

Pfc. Michelle M. Dickson
Combat Correspondent

KAHUKU TRAINING AREA — Marines with Maintenance Co., Combat Service Support Group 3, MCB Hawaii, Kaneohe Bay, took part in five days of training here from Nov. 17 - 21. They defended themselves in high-stressed, combat situations and still completed the mission at hand.

The Group Marines responded to situations that required quick decisions while defending their perimeter. Topics covered included training with vehicle checkpoint procedures, security and defending perimeters for combat service support areas (CSSA), and security patrols and maintenance contact team convoy operations.

The first three days of training consisted of classes and practical application. Day one involved land navigation, day two was mainly patrolling, and day three mostly convoy operations and night driving. Days four and five challenged the Marines’ skills with 48 hours of tactical operations. The Group had to pull together everything it had learned. The two-day test of training proved CSSG-3 Marines are prepared for whatever circumstances that could potentially arise.

During the night convoy, Group Marines experienced everything from ambushes and sniper fire, to roadblocks and heavy machinegun fire.

“The Marines responded well to the attacks,” said Maj. Patrick Wall, commanding officer of Maintenance Co. “They performed really well at stopping and returning fire. Keeping communica-



Pfc. Michelle M. Dickson

Marines from CSSG-3 patrol the perimeter while looking for the enemy which was pushing in from all sides of their camp.

tions up was the only thing they started out shaky at.”

During training, the Group’s staff noncommissioned officers played the part of the enemy; therefore, if a Marine wasn’t wearing a flak jacket and a Kevlar, he was dangerous. Wall took part as an enemy; when he attempted to come into the CSSA, he was stopped immediately.

“I was very impressed with how they took me in,” said Wall. “They used their heads and went through the procedures well.”

The Marines handled their hostage with force, but also with respect.

“All they have to do is apply what they’ve learned in real combat situations,” said Gunnery Sgt. Micheal Golden, the company gunnery sergeant. “They got the job done, and still treated the hostage with dignity.”

The five days of training promoted small-unit leadership and allowed the Marines to teach and apply the lessons

they had learned.

“All the Marines did what they had to do and learned the appropriate techniques to be successful out here in the field,” said Golden. “The Marines really love getting out there, since we don’t get a chance to get into the field as much as we would like to. But, you never can get in the field enough.”

The most difficult part of the training, said CSSG-3 Marines, was the fact that they only had five days to cover all topics. Yet, certain subjects are difficult to grasp completely, and especially in such a limited amount of time.

“We obviously hope to always come out more; the Marines learn a lot from training, and they enjoy it too,” said Golden.

The Marines also have future training schedules set up to further prepare them for combat situations. Until the next time, they will apply the training they received in the Kahukus Training Areas, and will add onto it as time goes by.

Fact File

M249 Squad Automatic Weapon

Primary function: Hand-held combat machinegun
Length: 40.87 inches
(103.81 centimeters)

Weight:
With bipod and tools: 15.16 pounds
200-round box magazine: 6.92 pounds
30-round magazine: 1.07 pounds
Bore diameter: 5.56mm (.233 inches)

Maximum effective range: 3281 feet (1000 meters) for an area target
Maximum range: 2.23 miles

Rates of fire:
Cyclic: 725 rounds per minute
Sustained: 85 rounds per minute
Unit Replacement Cost: \$4,087

Features: The Squad Automatic Weapon, or 5.56mm M249, is an individually portable, gas-operated, magazine or disintegrating metallic link-belt fed, light machinegun with fixed head-space and quick change barrel features. The M249 engages point targets out to 800 meters, firing the improved NATO standard 5.56mm cartridge. The SAW forms the basis of firepower for the fire team. The gunner has the option of using 30-round M16 magazines or linked ammunition from pre-loaded 200-round plastic magazines. The gunner’s basic load is 600 rounds of linked ammunition.

Promotion sparks emotion in Camp Smith Marine

Lance Cpl. Jared M. Plotts
Marine Forces Pacific

CAMP H. M. SMITH — On any given day, choices can pass by without us so much as a glance. Some see an opportunity arise and take a chance; others suffer through each workweek blind, looking for meaning in a cup of coffee and horribly shallow e-mails about the opposite sex.

Staff Sgt. Tonya M. Longbine, U.S.

Marine Corps Forces Pacific security staff noncommissioned officer in charge, doesn’t drink coffee, nor does she forward inept e-mails to 10 of her closest work buddies. She saw her chance for an advanced promotion and took it.

According to the Marine Corps Promotion Manual section on accelerated promotions, the program is designed to provide Marine sergeants and staff sergeants, who are below the cutoff for eligibility due to their pay entry base

date or date of rank, consideration for a promotion, based solely on their fitness report input.

Longbine came off active duty in June 2000, after serving three years as a computer tech at MCB Hawaii, Kaneohe Bay. She was assigned to the Inactive Regular Reserve before being called up as an Individual Mobile Augmentee for MarForPac in March 2002.

She was only a sergeant for 2 1/2 years before getting promoted at the

beginning of this month. She is in charge of four Marines and ensures the office runs as smoothly as possible.

“I would characterize her as a self-starter. She is a ‘take-charge’ kind of Marine,” said Mr. Gary K. Hanson, command security manager, MarForPac, “the kind that gets things done before you have to tell her.”

Hanson is Longbine’s officer in

*See **Longbine** A-9*

Word on the Street

“What are your holiday shopping plans?”



“I don’t have plans. My family is in Philadelphia and we had Christmas before I got here.”

Staff Sgt. Robert Gdowik
Operations chief
Charlie Battery, 1/12



“I’m going shopping after Christmas.”

Veronica Wilson
Family member



“...To buy a couple of ooh-rah things and send them home.”

Lance Cpl. Victor Pena
Ordnance technician
HMT-301



“I’ve already done all my holiday shopping.”

Kimberly Peters
Family member



“...To beat the crowds on the day after Thanksgiving.”

Lesley Clemons
Family member

Warfighting solutions

MOUT needs high-tech upgrades

Cpl. Luis R. Agostini
Marine Forces Pacific

Commanders throughout the Marine Corps shared their thoughts, concerns and suggestions on improving Marines’ chances of success in urban maneuver warfare during a conference at the Officers’ Club, MCB Hawaii, Kaneohe Bay, Nov. 18 - 20.

The Marine Forces Pacific Marine Experimentation Center, a group whose vision and focus are to explore Naval warfighting solutions by leveraging the efforts of Department of Defense labs and centers, industry and academia, hosted the conference.

In the urban maneuver workshop, commanders from 1st Marine Division, I Marine Expeditionary Force, 3rd Marine Air Wing, 3rd Marine Division, the Office of Naval Research and the Marine Corps Warfighting Lab discussed some of the challenges in conducting military operations in the urban environment or MOUT.

Participants agreed that one of the major shortfalls of MOUT is that the urban environment reduces the technological advantage, making precision and direct fire even more important in urban warfare.

Subject matter experts explained that the nature of the MOUT environment is in — not on — the terrain. This makes it difficult to allow operational pauses, and negates the U.S. forces’ technological advantage.

Condors unite with Skinny Dragons

Lt. j.g. Justin Hane
Patrol Squadron 4

MISAWA AIR BASE, Japan — Combat Aircrew (CAC) 5 of Patrol Squadron (VP) 64 recently completed a two-week detachment to Misawa Air Base, Japan. The aircrew is the third of six currently scheduled to conduct detachments to the 7th Fleet Area of Responsibility (AOR).

The “Condors” of VP-64 are a Naval Reserve squadron from the Joint Reserve Base, Willow Grove, Penn., and they quickly integrated themselves into the daily schedule. Their detachments augmented the “Skinny Dragons” of VP-4 by flying Task Force (CTF) 72 missions while serving their annual Reserve active duty commitment.

The Condors began their integration with VP-4 in mid-October of 2003. They will rotate six of their 11 crews to Japan on two-week cycles throughout the holiday season. Its CAC-5 made a two-day, 21-hour reposition trip from Willow Grove to Elmendorf, Alaska, continuing on to Misawa with newly updated Block Modification

The top six priority recommendations for improved capabilities were command and control, intelligence, fires, maneuver, force protection and logistics.

Some of the suggested capabilities to improve fighting on the streets of foreign lands included “see-through” technology, including sensors, lightweight helmets with integrated sensors and netted sensor grids, weapons optimized for MOUT, enhanced urban cover and concealment, and decision support and nodal analysis tools.

Another concern was improving communications beyond the line of sight. As it stands right now, the joint tactical radio system wideband network waveform currently used will not pass sufficient data through buildings.

Some recommendations to improve communications in a MOUT environment included wireless, cellular, data capable wire systems and scalable local area network lines.

Constant training in the MOUT environment, whether conducted in the form of war games, simulated rehearsals or training simulations, is paramount in order to enhance decision support tools, agreed the various commanders.

Although all unit commanders shared recommendations for improving capabilities in the MOUT environment, based on personal experiences, the recommendations only implied capability, not requirements, meaning that the recommendations do not translate into new program starts.



Cpl. Zachary A. Crawford

A vehicle crew chief with Charlie Co., 2nd Assault Amphibian Battalion, 2nd Marine Division, takes on operating forces through a doorway during MOUT training in Fort A.P. Hill, Va.

SALUTES

Headquarters Battalion, MCB Hawaii

Navy/Marine Corps Achievement Medals

Sgt. Nathan A. Fisk
Sgt. Frederick D. Henry
Sgt. Lucas E. Lavadour

Corporal's Course 2-04 Gung Ho Award

Cpl. Jeremy T. Jackson
1st Bn., 12th Marine
Regiment

Letter of Appreciation

Sgt. Kaila M. Sparkman

Certificate of Commendation

Sgt. Wayne T. Twaddell

Corporal's Course 2-04 Honor Graduate

Cpl. Robert E. Wren Jr.
3rd Radio Bn.



(Editor's Note: Per the commanding general of MCB Hawaii, those convicted of DUIs or drug-related offenses shall be publicized in the Hawaii Marine newspaper.)

- Lance Cpl. Brandon E. Nagel of Marine Aviation

Logistics Squadron 24 was taken into custody Sunday for driving under the influence with a blood alcohol content of 0.180 percent, when he was using someone else's vehicle. His license was suspended on Monday.



DUIs are career killers

The National Highway Traffic Safety Administration reminds that impaired driving is not merely a traffic offense. Don't be fooled. Impaired driving is no accident nor is it a victimless crime.

Too many people still don't understand that alcohol, drugs and driving don't mix. If you also find this too hard to figure out when you've had too many drinks to drive, don't risk it. If you're feeling "buzzed," you are most likely impaired. And, if you drive impaired, law enforcement will arrest you.

You drink & drive. YOU LOSE

TO DO LIST

Before any activity that involves alcohol:
•Plan ahead.

- Choose a sober designated driver.
- Take mass transit or a taxicab, or ask a friend to drive you home if you didn't plan in advance.

- Spend the night where the activity is being held.
- Celebrate responsibly.
- Report impaired drivers to law enforcement.

COURT MARTIAL



(Editor's Note: The Legal Services Center, MCB Hawaii, Kaneohe Bay, sent notification of the following Marine of punishment awarded in the following court martial.)

- Lance Cpl. Mark A. Mayer of 3rd Marine Regiment was convicted at a Special Court Martial for being in possession of drug paraphernalia and leaving the limits of MCB Hawaii while on pretrial confinement, which was in violation of Article 92 of the Uniform Code of Military Justice; for wrongfully distributing and using some amounts of methamphetamine and for possession of marijuana, which were in violation of Article 112a. Mayer was awarded confinement of 11 months, forfeiture of \$760 pay per month (for 11 months), a reduction to the pay grade of E-1, and a Bad Conduct Discharge.

Holiday season means busier post offices

Pfc.
Michelle M. Dickson
Combat Correspondent

With the Christmas holidays very quickly approaching, many Marines, Sailors and their families aboard MCB Hawaii, may want to send parcels home to their families as they cannot be with them during this festive season.

The Kaneohe Bay post office has some recommendations to ensure timely arrival of items.

Regardless of where your packages are going, the post office recommends that they be sent no later than Dec. 11 to arrive on time. If for some reason that date cannot be met, send parcels by Federal Express before Dec. 19. Express mail, the quickest delivery method, takes about three days to arrive at its final destination from Hawaii.

When packaging any item, use a good paper-board or corrugated fiber-board box. Ensure that there is enough space in the box to add plenty of cushioning so that the item isn't crushed.

If using an old box, make sure to scratch out all old addresses with a black marker or cover them with adhesive labels. Use clear or brown packaging tape, and seal the seams of boxes with at least two-inch wide tape.

As an extra safety precaution, write and provide the "to" address inside your package, to ensure a definite delivery if the package is damaged in shipment.

Speed of delivery is greatly affected by the accuracy of the address on the parcel. Therefore, military addresses should show grade, full name, Personal Services Center number, and unit number or ship name.

Further, ensure that all international mail contains a Customs form, either attached to or inside the package.



Lance Cpl. Monroe F. Seigle

The new post office on Mokapu Rd. was officially opened Wednesday by Congressman Ed Case, Reverend David K. Kaupu, and Brigadier Gen. Jerry C. McAbee and is set for the busy holiday season.

The MCB Hawaii Post Office on Mokapu will begin new holiday hours of operation Dec. 8 through 23. Holiday hours will be Monday thru Friday, 8 a.m. - 7 p.m.; Saturdays, 8 a.m. - 4 p.m.; and Sundays, closed.

Holiday Mail Deadlines

Military mail addressed to:	First Class Mail	Priority Mail	Parcel Airlift Mail	Space Available Mail
APO/FPO, AE, ZIPS 090-099	Dec. 11	Dec. 11	Dec. 4	Nov. 28
APO/FPO, AE, ZIPS 340	Dec. 11	Dec. 11	Dec. 4	Nov. 28
APO/FPO, AE, ZIPS 962-966	Dec. 11	Dec. 11	Dec. 4	Nov. 28

DEFENSE, From A-1

The secretary also approved the mobilization of 2,955 Army, 100 Marines and five Air Force reserve personnel for OEF-5. A total of 6,906 Guard and Reserve personnel have been mobilized for OEF-5.

This announcement is intended to foster the orderly rotation of troops into and out of the Central Command. This rotation is designed to allow for the maximum overlap between forces currently deployed and replacement units. This plan provides the capabilities required for the missions defined by the combatant commander.

The Ready Reserve includes members of both the Reserves and National Guard. Deploying Reserve Component soldiers can expect to be mobilized for up to 18 months and be in theater for up to 12 months. Reserve Component Marines can expect to be mobilized for up to one year and be in theater for up to seven months.

O'REILLY: Journalist gives MCB Hawaii a piece of his own mind

in Long Island to the top of the journalistic world. “He is a man of integrity, principals and moral courage,” said Brig. Gen. Jerry C. McAbee, MCB Hawaii commanding general, as he introduced O’Reilly to the crowd. “The one thing I think says the most about his character is that his best friends are guys he went to first grade with.” During his speaking engagement, O’Reilly touched on a number of topics, including the war in Iraq, terrorism, leadership and of course, politics. He then devoted a significant amount of time to holding a question and answer session, which greatly impressed a number of those in attendance and gave credence to McAbee’s assertion that “he is not afraid to take a position and stick to it.” For his part, O’Reilly said he was impressed with all the Marines and Sailors he came into contact with aboard MCB Hawaii.

BIRDS: Game warden asks for assistance

From A-1

more danger if they are handled.” Also, do not give the Shearwaters any water or food whatsoever; this includes freshwater. These seabirds have special eating habits, and any change in their diet can harm or kill them. Due to the fragile nature of these birds, they can be injured very easily. The State of Hawaii fines anyone who injures the Wedge-tailed Shearwater — no matter what the scenario. “Our base is quite unique,” said Grimes. “Kaneohe Bay has one of the highest populations of protected species on Hawaii, including Shearwaters, Booby Birds, Hawaiian Stilts, Terrens and much more, which is why it is so important that we all practice awareness and protect these species.” Once the game warden picks up the juvenile Shearwaters, they are transferred to Sea Life Park in Waimanalo for rehabilitation, and then released back into the wild. If you do find a Wedge-tailed Shearwater that has landed somewhere in your vicinity, the game warden asks that you positively identify the bird by the picture below and call the Game Wardens’ Office at 257-1821, or the Environmental Protection and Compliance Department at 257-6920.



Cpl. Jessica M. Mills

If you see one of these Wedge-Tailed Shearwaters, do not have contact with it. Call the Game Wardens’ Office.

“My wife was remarking how nice everybody is, and they don’t know her,” commented O’Reilly. “Me, everybody runs in horror and flees; but her, she’s just a regular person and everybody has been wonderful to her. I have a 4-year-old and a little baby, and when the baby cries nobody complains. “It [the base] is a very nice and disciplined atmosphere, and we enjoyed our time here.” O’Reilly also said he had a message he wanted to relay to the Marines and Sailors aboard MCB Hawaii. “I wish all the Marines and Sailors here a Happy Thanksgiving,” said O’Reilly. “Stay safe. We need you guys.”



Cpl. Glenna Dickson

Bill O'Reilly takes a moment to speak with Lt. Gen. Wallace Gregson, commanding general of Marine Forces Pacific, before he takes his place on stage.

VP-64, From A-4

Update Program (BMUP) aircraft. Patrol Squadron 64 has two Update II aircraft and four BMUP aircraft. The BMUP aircraft integrates the latest technology with an airframe that has served as the backbone of maritime surveillance and antisubmarine warfare for more than 40 years.

The last of 10 BMUP aircraft was delivered in late July and boasted complex modern avionics systems, a new acoustic processor, a new digital tactical computer, flat panel displays, touch screen entry panels, enhanced online weapons controls and an upgraded electronic support measures system.

The 7th Fleet AOR is new for many of VP-64’s squadron members. Since the squadron is based on the east coast of the United States, the Condors are usually tasked with operations in the Caribbean for counter narcotic operations. The detachment provides the Condors a great opportunity to see a new operational area and share their east coast perspective. It also allowed the Skinny Dragons” to get acquainted with the new BMUP aircraft.

Typical of many Reserve aircrews, the members of CAC-5 come from all walks of life. Some of them are active reservists who are full-time members of the squadron, officially designated as Full Time Support (FTS), but more commonly known as Training and Administration of Reservists.

Approximately 44 percent of the squadron is comprised of FTS members, while the others are designated

as Selective Reservists, who are part-time reservists that have full-time civilian jobs and participate in squadron drill periods and special detachments, as they are needed.

The squadron is also comprised of personnel with colorful arrays of backgrounds, and from many different states in the North Eastern United States. Home states include Virginia, Pennsylvania, Delaware, New York, Ohio, Washington, D.C., and Maryland.

The wide variety of civilian jobs include commercial airline pilots, members of the Naval Air Systems Command, civilian aviation mechanics, and building contractors, to name a few. And, the commanding officer, Cmdr. Steve R. Speed, is a city council member who works in real estate in addition to his duties as the C.O.

The Condors must maintain all the same currency requirements as their active duty Navy counterparts, as well to their everyday civilian jobs.

Each year, VP-64 aircrews complete two detachments from the squadron (lasting two weeks each), as well as monthly requirements to help maintain currency.

As well as bringing a variety of skills, experiences, and fresh perspectives to the Skinny Dragons when VP-4 served with its sister squadron in Japan, CAC-5 took the opportunity to hone its skills while conducting real-world operations.

The crew showed that not only are they capable as operators, but also they can easily and fully integrate into an active duty squadron — proving Reservists remain a valuable asset to the Navy.



Pfc. Michelle M. Dickson

Stay safe this holiday

During a scheduled traffic checkpoint for the Click It or Ticket Program aboard MCB Hawaii, Kaneohe Bay, 1st Lt. Rodrigo Cantu, the assistant operations officer for the Military Police Dept., issues a ticket to two Marines on Monday for not wearing their safety belts while driving.

Throughout this Thanksgiving weekend, the Commandant of the Marine Corps General M. W. Hagee reminds all military and their family members to ensure that risk management is included in their holiday plans.

That means not only foregoing alcohol when they are driving, but also watching out for irresponsible people who mix drinking and driving.

“Over the past year, our Corps has

lost an unacceptable number of Marines in preventable mishaps,” said the Commandant. “The losses from these mishaps are as tragic as those suffered from combat, and although the majority of Marines have returned safely from Operation Iraqi Freedom, the risk is even higher now.”

According to the general, “statistically, three to six months after returning from deployment, Marines are at almost twice the risk of a vehicle-related death,” and “For many, this Thanksgiving falls in that time frame.”

Across the United States, the “Click It or Ticket” campaign is underway. The Commandant emphasizes that “seat-belt use not only makes good sense in managing risk, it’s the law!”

Longbine, From A-3

charge, stationed at Camp Smith since 1994.

“I have recommended many Marines for accelerated promotions. This is the first time it has worked,” said Hanson.

Longbine’s fitness report was submitted for the reserve promotion board, along with her peers’. The advanced promotion is a one-time shot for the few Marines who get the opportunity.

“They look at my report just like everyone else’s,” said Longbine. “The only difference is for every category evaluated, it has to be justified with comments.”

Longbine credits her work ethic to the way she was raised, and said it has carried over into the Corps.

“I hardly ever leave this office for lunch. I try to be the first one here and the last one gone. That’s just how I’ve always been,” said Longbine.

According to her fellow co-workers, Longbine encompasses everything it takes to be a Marine staff NCO.

“I have worked alongside and under Staff Sergeant Longbine for the past two years,” said Cpl. Jacob A. Isberner, personnel security noncommissioned officer. “She has been a transcendent NCO, and I think she will make a pre-eminent staff NCO. She is also a friend.”

“Anything I expect my Marines to do, I try to do that and more,” said Longbine. “[However, this accelerated promotion] is way above any award. I didn’t expect this at all.”

Still wanting to excel even more, Longbine is not resting on her laurels. Despite having two bad knees, she hopes to put in a package for the rigorous Marine Corps OCS (Officer Candidate School) program.

LIFESTYLES

Hawaii Marine B Section

November 28, 2003

Al Dente

Food service specialists

at Anderson Hall strive for perfection

Corporal Cynthia Brown, food service specialist for Anderson Hall dining facility, makes a final inspection of freshly baked donuts before serving them to the Marines and Sailors.



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

At any given moment, you can walk into the Anderson Hall dining facility aboard MCB Hawaii, Kaneohe Bay, and find a Marine working hard to make sure the next meal is ready when hundreds of troops pour in to be fed.

Ask the food service specialists at Anderson Hall, and they will tell you what it is like to work on weekends and holidays, days and nights.

"We start serving breakfast at 6 a.m.," said Lance Cpl. Joe Compton, a food service specialist at Anderson Hall. "We have to be at work at 4 a.m., to make sure the line is ready when Marines come in."

Long and odd hours are not the only complication for food service specialists. Everyday, approximately 2,000 meals are made to feed Marines and Sailors from all over base. One food service specialist can find himself cooking 250 pieces of poultry at a time, while another makes sure several trays of manicotti are baked just right.

On most days, 900 pounds of various kinds of meat are cooked to perfection, to include beef broguly, chicken teriyaki, beef porcupine or Salisbury steaks.

"After we serve hundreds of troops, we are nowhere near finished," said Cpl. Edwin Collato. "After the doors are closed and the meal is over, we have to clean the entire kitchen to include floors, grills, table tops and the copper tables, which we prepare the food on."

Although food service specialists agree that their job entails hard work, there is satisfaction in knowing that, at the end of the day, Marines come to them for a meal and a chance to unwind after work.

"There is some satisfaction in knowing that you gave several fellow Marines something good to eat at the end of the day, and it really makes your day when some of them come up to you and tell you the food was good," said Collato. "Regardless of how hard we work, we know what we do is important and that Marines need us and the food we make to get through the day."

The Marines who prepare the meals on a daily basis at Anderson Hall are constantly working together to ensure that when their fellow Marines come in for a well-deserved meal, every bit of food to be served is ready. Quite often when a Marine has a few minutes to spare before a meal, he will not take a much-needed break, but will assist another Marine who might have fallen behind in making a dish for the next meal.

"Something I like about my job is the fact that we all work together to make sure everything is ready on time," said Compton. "We know that if one Marine is not done when he needs to be, none of us are done. We often help out other Marines when they fall behind on a task."



Above — Corporal Cory West whips up a pan of brown gravy for the evening meal.



Upper right — Lance Cpl. Jamar Tibbs throws raw pork chops on the grill before cooking them to perfection.



Right — Cafeteria workers (left) wait to serve the many Marines and Sailors navigating through a number of tempting food choices.



At the end of a long, hard day, the chefs at Anderson Hall feel satisfied knowing that their fellow Marines come to them for a meal and the chance to unwind after work.

Pfc. Michelle M. Dickson



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

NOVEMBER

28 / Today

Christmas Trees — Fresh Christmas trees go on sale today in the parking lot across from the Marine Corps Exchange Annex. Opening day hours will be 6 a.m. - 7 p.m. Regular lot hours will be Monday - Friday 11 a.m. - 7 p.m., and Saturday and Sunday, 10 a.m. - 6 p.m.

Auto Auction — The Auto Skills Center will be accepting sealed bids on the below vehicles until Dec. 8.

Year	Model	Minimum Bid
’93	Ford Probe,	\$550
’91	Ford Escort,	\$500
’89	Nissan Sentra,	\$450
’89	Nissan 240SX,	\$850

’88 Acura Legend, \$1,000 (Note: All the above vehicles are running, but need body work.)

29 / Saturday

Staff NCO Latin Night — Bring your hottest dance moves to the club at 4:30 p.m. Enjoy free pupus and entertainment by DJ Drisk. This event is free for members; nonmembers pay \$3.

30 / Sunday

Movie Sale — Time is running out to check out Mega Video’s November blow out sale! Choose any 10 previously viewed VHS tapes that are below the cost of \$9.95 for only \$20. You must purchase 10 tapes. This sale ends Sunday.

Monday, Wednesday and Friday at 4 p.m.

Staff NCO Club — Let someone else do the cooking this weekend and head to the Staff NCO Club for its breakfast buffet, served from 9 a.m. to 1 p.m. Cost is \$11.95 for members and \$5.95 for children. Plus, enjoy the ever-popular “S.O.S.,” a made-to-order omelet station and a continental buffet with all the goodies.

Also, spoil yourself with something different for lunch, as the Staff NCO Club restaurant is now open to all hands for lunch on Wednesdays, Thursdays and Fridays from 11:30 a.m. – 1 p.m.

For more information or for reservations, call 254-5481.

MCCS Leisure Travel — If travel is in your future, look to Information, Tickets and Tours Leisure Travel to book your next trip. Located in Kaneohe Bay’s Mokapu Mall, Leisure Travel can arrange mainland flights, interisland packages and most recently, Norwegian Cruises.

Leisure Travel is open Monday – Friday from 10 a.m. –6 p.m.

For more information, call 254-7413.

A New Do — MCB Hawaii has three conveniently located barber shops and a beauty salon. The Mokapu Mall barber is in the mall next to the Main Exchange. Located right next door is a full-service beauty shop. Or, head over to the base theater courtyard, Bldg. 244, to a smaller, yet equally talented barber, or the flight line barber in Bldg. 301.

For more information, call 254-6588.

Job Hunters — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel Office, located in Bldg. 219. Get a job or career that suits your skills, schedule and style.

Call 254-7619, or visit www.mccshawaii.com/jobs_listings.html, and find the position that’s perfect for you.

4 / Thursday

John Mozo — Meet local photographer John Mozo at the Main Exchange between 2 – 4 p.m. Mozo’s inspirational photographs capture the allure of both Tahiti and Hawaii.

Holiday Craft Fair — Calling all crafters! Camp H. M. Smith’s Holiday Craft Fair is just around the corner — Thursday, to be exact. The fair attracts a large crowd and features items from homemade and holiday crafts to baked goods, so you can complete a good portion of your holiday shopping.

Are you interested in being a seller? If so, call the Camp Smith Information, Tickets and Tours office at 447-5143.

5 / Friday

KOSC Tour of Homes — The lights are strung and the stockings are hanging, so join the Kaneohe Officers’ Spouses Club and tour the decorated homes of Kaneohe Bay. Tickets are \$7 in advance and \$10 at the door.

This tour is open to all hands, and it will begin at the Officers’ Club with an optional Mongolian barbecue dinner at 5 p.m.

For more information or to purchase tickets, call 253-0054.

6 / Saturday

A Crafty Christmas — Children and parents are invited to a fun-filled hour of holiday stories, ornament-making crafts and treats. Yes, you can celebrate the holidays at your base library at 1 p.m.

The Main Exchange — Be inspired by a world-famous marine life artist at the Main Exchange from 11 a.m. – noon, when Wyland comes to Kaneohe Bay to share his vision and creativity of the underwater world. Purchase Christmas gifts for family members or have your favorite piece signed by one of the most impressive artists of our day.

7 / Sunday

Brunch with Santa — Bring your family to the Officers’ Club for Sunday brunch and a visit with Santa. Brunch will be served from 10 a.m. – 1 p.m.

For reservations, call 254-7650.

13 / Thursday

Santa’s Village — Personal Services invites you to share in the holiday spirit, and help with Santa’s Village on Dec. 13. To volunteer, call 257-7786.

Joint Education Center — Marines and Sailors using tuition assistance for the first time at MCB Hawaii must attend the College 101 Workshop that is available each Wednesday at the JEC, Bldg. 219, from 11:35 a.m. – 12:45 p.m. The Universities on base have offices in Bldg. 220.

SM&SP



All events are open to single, active duty military, E-5 and below.

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

SM&SP is relocating!

The new SM&SP office will be inside the Kahuna’s Recreation Center, scheduled to open soon in the Enlisted Club facility. Come by and check out the activities and events available to all single E-5s and below active duty Marines and Sailors aboard MCB Hawaii, Kaneohe Bay and Camp H. M. Smith.

The Recreation Center at Kaneohe Bay

Stay tuned for the grand opening date for your new, nonalcoholic club for active duty members of all ranks and their sponsored guests.

The facility will be located inside the Enlisted Club, Bldg. 1629, and will showcase a variety of activities to include Internet computer workstations, a mini-theater, consul gaming with Sony PS2 and Xbox, private television viewing areas, table and board games such as air hockey, pool tables, darts, a reading lounge, SM&SP and off-base info, and more!

Also, enjoy free cake and Starbuck’s Coffee on opening day.

Upcoming Events

Your SM&SP continues to deliver quality activities such as the below:

- Dec. 25: Sheraton Hawaii Bowl football game tailgate party.
 - Feb. 8: Pro Bowl tailgate party.
 - Feb. 14 – 16: Kauai holiday weekend excursion.
 - March 12 – 15: Las Vegas weekend excursion.
- Plus, stay tuned for Disneyland, deep-sea fishing and more!

DECEMBER

1 / Monday

ASYMCA Playmornings — Parents, daycare providers and children under 5 years are invited to ASYMCA Playmornings, Monday – Friday from 9 – 11 a.m. The program is a free parent/child interactive playgroup where learning is active, sharing is practiced, cooperation is encouraged, social skills blossom, confidence is created and fun is mandatory.

For more info, call 254-4719.

Camp Smith Sunset Lanai — Get the gang together and relax at the Camp Smith Sunset Lanai. After your hectic day, come enjoy panoramic views of the Leeward Coast, free pool, free darts and free pupus. The club is open to all ranks

Program helps groom future Corps leaders

Bobbie Brock
MCCS Public Relations

Pam Chambers surveys the room and smiles. It’s the first day of class, and she’s got a room full of senior MCB Hawaii civilian employees. Even though they come from a wide range of disciplines, they are there to refine a singular skill: public speaking.

Chambers, one of Hawaii’s most in-demand keynote speakers, is able to share a few of her trade secrets with the crowd, compliments of the Civilian Leadership Development (CLD) Program.

The CLD Program is available to civilian federal employees aboard MCB Hawaii who are in grades GS-7 through 15; NF-3 through 5; and supervisory staff NL, NS, WS, and WG-9

and higher.

The program’s goal is to develop civilian leaders for successful futures in the Corps.

A public speaking class like Chambers’ is just the tip of the iceberg. Other courses include Franklin-Covey’s “Seven Habits of Highly Effective People,” mentoring programs and many other opportunities to help civilians build their careers and reach their professional potential.

A good place to start is to take a 360-degree assessment, a survey that provides valuable information regarding an individual’s strengths and areas he or she can focus on for future development.

If you’re interested in enhancing your career, call Jeanne Change at the NAF Personnel Office, 254-7628.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your I.D. at the box office. Call 254-7642 for recorded information.

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.

Intolerable Cruelty (PG 13)	Today at 7:15 p.m.
Cold Creek Manor (R)	Today at 9:45 p.m.
Lost in Translation (R)	Saturday at 7:15 p.m.
Out of Time (PG 13)	Saturday at 9:45 p.m.
Good Boy (PG)	Sunday at 3:30 p.m.
Beyond Borders (R)	Sunday at 7:15 p.m.
Out of Time (PG 13)	Wednesday at 7:15 p.m.
Intolerable Cruelty (PG 13)	Thursday at 7:15 p.m.
Kill Bill Vol. 1 (R)	Dec. 5 at 7:15 p.m.
Beyond Borders (R)	Dec. 5 at 9:45 p.m.

Dressed for the holidays



Cpl. Jessica M. Mills

The commanding general of MCB Hawaii will host the 2003 Holiday Christmas Concert and tree lighting ceremony at Dewey Square, which is adjacent to the base flagpole, Dec. 7 from 5 – 7 p.m. The concert will feature the Marine Forces Pacific Band. The tree lighting ceremony is set to follow the concert.



Stan Wright

Troy Bowditch, 15, was recently awarded the Eagle Scout medal, one of Boy Scouts of America’s top honors.

Bowditch honored with a top Boy Scout medal

Kristin Herrick
Staff Writer

For nearly 100 years, the Boy Scouts of America organization has been improving the lives of the nation’s youth through character development and leadership training.

The BSA also focuses on the citizenship and personal fitness of its members, like Troy Bowditch, 15, who was awarded the Eagle Scout Medal, one of the BSA’s top honors. His scoutmaster, Richard Roten, awarded him the medal in a ceremony at Saint Mark Lutheran Church, Nov. 11.

In order to be considered for Eagle Scout, a Life Scout must fulfill several requirements, including a leadership service project. Bowditch organized his troop and youth group to work together in making improvements to the Saint Mark Lutheran Church and School in Kaneohe.

Some of the improvements included painting the flagpole, storage containers, doors, walls and parking lot curbs. The group also built and painted six new picnic benches and made improvements to the elementary school playground.

Bowditch joined the Cub Scouts when he was in the third grade, thus beginning his scouting career. Since joining Troop 425 (which meets at MCB Hawaii, Kaneohe Bay), he has held many leadership positions such as patrol leader, senior patrol leader and troop guide.

In 2002, Bowditch was inducted into the “Order of the Arrow.” Its purpose is to recognize scout campers who best exemplify the Scout Oath and Law in their daily lives, develop and maintain camping traditions and spirit, promote scout camping, and crystallize the scout habits of helpfulness into a life purpose of leadership in cheerful service to others.

To be inducted, a scout must hold “First Class” rank in his troop, and have spent 15 days and nights camping in the two years prior to his election.

ON THE MENU

AT ANDERSON HALL

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

Dinner
Sauerbraten
Knockwurst w/
Sauerkraut
Boiled Egg Noodles
Cottage Fried Potatoes
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch & Dinner)
Pasta Bar

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

Sunday
Brunch/Dinner
Beef Pot Pie
Baked Fresh Fish
Steamed Rice

Bread Pudding w/
Lemon Sauce
Peanut Butter Cookies

Monday
Lunch
Teriyaki Chicken
Salisbury Steak
Steamed Rice
Mashed Potatoes
Apple Crisp
Asst. Fruit Pies

Dinner
Baked Meatloaf
Oven Roast Beef
Parsley Buttered Potatoes
Pork Fried Rice
Apple Crisp
Asst. Fruit Pies

Specialty Bar
(Lunch & Dinner)
Pasta Bar

Tuesday
Lunch
Barbecue Spareribs
Veal Parmesan
Oven Browned Potatoes
Buttered Egg Noodles
Devil’s Food Cake w/
Butter Cream Frosting
Asst. Fruit Pies

Dinner
Swiss Steak w/
Brown Gravy
Baked Fish Fillets
Lyonnaise Potatoes
Steamed Rice
Devil’s Food Cake w/
Butter Cream Frosting
Asst. Fruit Pies

Specialty Bar
(Lunch & Dinner)
Taco Bar

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

Dinner
Baked Stuffed Pork Chops
Turkey Pot Pie
Mashed Potatoes
Steamed Rice
Bread Pudding w/
Lemon Sauce
Peanut Butter Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch & Dinner)
Country Bar

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

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

Specialty Bar
(Lunch & Dinner)
Taco Bar



Pears can

reduce

risk of

diseases



NAPS
Pear Bistro Salad

Elizabeth Pivonka,
Ph.D., R.D.,
NAPS Featurettes

Fresh American red and green pears are juicy, sweet and colorful. According to our nation’s leading health authorities, eating a colorful variety of fruits and vegetables will help reduce your risk of cancer, heart disease and other chronic diseases.

At “5 A Day,” we think using color is an easy and fun way to ensure variety. We’ve divided fruits

See *RECIPE*, B-8

Wong serves local favorites with a twist

HONOLULU — If you have ever been on the third floor of Macy’s at the Ala Moana Shopping Center downtown, chances are good that you’ve been overwhelmed by the strong, inviting aroma of kalua pork in the air.

This pleasant distraction from shopping lured me to its source recently: Alan Wong’s Pineapple Room restaurant and this month’s island flavor.

Critically acclaimed Chef Alan Wong is well known worldwide for his creative dishes and involvement in the development of the Hawaii Regional Cuisine movement, which takes different blends of ethnic groups and their foods and primarily uses local Hawaiian products in making them.

He won the 1996 James Beard Award for Best Chef in the Pacific/ Northwest, making him one of only three local chefs to ever win this prestigious award.

The Pineapple Room, which will be celebrating its four-year anniversary in September, showcases the



well known chef’s signature style of Hawai’i regional cuisine by offering a variety of different dishes, all with a local twist — using local ingredients like beef from North Shore cattle and shrimp from Kauai.

These personal touches are the work of executive chef Steven Ariel, and his reliable kitchen staff, who have put together the kind of consistently pleasing menu that makes it hard to decide what to try on your first visit — but gives you several options when you return.

Ariel, who has worked with Wong for nine years and helped open Wong’s flagship restaurant on King Street, can be viewed from the dining room preparing the food in an open-air exhibition kitchen featuring a lava-clad wood-burning oven.

The Pineapple Room

Macy’s, third floor
Ala Moana Shopping Center
Honolulu, Hawaii
808.945.6573



The open kitchen is just a small part of The Pineapple Room’s casually elegant, yet contemporary, ambiance. Small touches, like the hand-blown glassfish lights swimming over the bar area, add to the pleasant atmosphere that is surprising for a restaurant found in a shopping mall.

The menu itself offers local favorites with a gourmet twist.

You can begin with appetizers like their trademark “Pineapple Room’s Crab Cakes” (formed into the shape of pineapples, \$10.50), or the “chilled tomato soup” with eggplant puree (\$4.50), before moving on to any number of entrees.

A few of the most popular lunch items are the “kalua pig ‘BLT’ sandwich,” served with a half portion of Caesar salad (\$9.75); the “kalua pig, onion and garlic herb cheese pizza,” with shiitake mushrooms and lomi tomato relish (\$10.50); the “Pineapple Room burger,” with onion rings, bacon, cheddar cheese and avocado salsa (\$10); and “grilled salmon on ochazuke risotto,” with pickled vegetables and green tea (\$16).

The lunch and dinner menus are similar, minus most of the sandwiches at dinner, and the addition a few different entrees like the “kiawe smoked chicken breast and grilled shrimp” (\$20), the “seared pepper ahi” (\$23), and the “pineapple-barbecued baby back ribs” (\$12.50/ lunch, \$19/ dinner).

My wife and I agree that our favorite dish thus far is the “kiawe-grilled kalbi short ribs” (\$15), served on the lunch menu. The kalbi offers one of the best flavors of any I’ve had so far, and the fried rice buried below (which is cooked with Kalua pork) is good enough to be served as an individual dish.

The menu changes slightly every day and the restaurant occasionally hosts “chef samplings” and “wine pairing dinners,” which can be found on the Web site at www.alanwongs.com.

Overall, the service was good, the environment pleasant and the food impeccable. I highly recommend The Pineapple Room the next time you go to Ala Moana Shopping Center.

WORD TO PASS

‘All My Sons’ Ends Thursday
Hawaii Pacific University Theatre continues its presentation of American classics with a drama from one of America’s greatest playwrights and performed by Hawaii’s premier actors. Arthur Miller’s “All My Sons,” which received the Drama Critics Award for the best new American play of 1947, explores the trials faced by a family during wartime — when moral questions become blurred and the smallest decisions can lead to catastrophe.

Show times are today and Saturday at 8 p.m., Sunday at 4 p.m. and Thursday at 7:30 p.m. Cost is \$14 for military, seniors and students; \$18, general admission; and \$3 for HPU students.

Call 375-1282 to make reservations. The theater is located at HPU-Windward, 45-045 Kamehameha Hwy. in Kaneohe (just off the Pali Highway).

Army Playhouse Features Two Classics
The Army Community Theater, at Richardson Theater aboard Fort Shafter, will wrap up the ever-popular “Man of La Mancha,” the classic tale of Don Quixote, today and Saturday at 7:30 p.m. Tickets are available at \$14 and \$17 for adults, \$8 and \$10 for children.

For a change of pace, the audience is invited to sit on stage with actors when they perform “Tobacco Road” — previously a Broadway production that was made into a movie in 1941 — Sunday at

2 p.m. Admission is \$6.

For reservations, call 438-4480 or visit www.SquareOne.org/ACT.

Ala Moana to Host ‘Nutcracker’ Event
Ballet Hawaii invites the public to meet some of its young performers who have been cast in the 2003 production of the “Nutcracker,” Saturday and Sunday at 1:30 p.m. This Thanksgiving weekend festivity will be held on Level 2 of the Ala Moana Center, free-of-charge to the public.

Make sure you’re available when the opportunity arises to win four tickets to the “Nutcracker” production when it plays at the Blaisdell Concert Hall, Dec. 19 – 21. Or, purchase discount coupons at the event.

For more details, call Ballet Hawaii at 521-8600.

2004 JWC to Hold Info Talk
Military wives from all armed services on Oahu are invited to attend an informational meeting at the Pearl Harbor Fleet and Family Support Center on Monday from 9:30 – 11:30 a.m., to plan the 2004 Joint Women’s Conference. The conference — a forum for military wives to enrich, u p l i f t , m o t i v a t e a n d strengthen their roles as women,

wives, mothers, professionals and community leaders — is held in October of every year.

For more information, call 551-9448 or 672-3587. Visit the JWC Web site at www.JointWomensConference.com.

FRA Hosts \$15,000 Essay Contest
The Fleet Reserve Association (FRA) has chosen “What Patriotism Means to Me” as the theme for its 2003 – 2004 Americanism Essay Contest. Open to all students in grades 7 through 12 (including those who are home schooled), the contest awards a grand national prize of \$15,000 and first through third place prizes of \$5,000, \$3,000 and \$2,000 — all in U.S. savings bonds.

Each entrant must be sponsored by an FRA member in good standing or by a chartered FRA branch, essays must not exceed 350 words and the entire packet is due Monday. Visit www.fra.org/branches/index.html or call 1-800-FRA-1924 for more details about the contest or an FRA branch in your community.

The Fleet Reserve

Association is celebrating its 80th anniversary as the oldest and largest professional military association representing the concerns of Navy, Marine Corps and Coast Guard personnel.

‘REAL’ Plans Windward Sessions
Families for REAL (Resources and Early Access to Learning), a support program of the Hawaii State Department of Education, will offer a free-of-charge Winter Session of age specific classes for parents and their infants, toddlers and preschoolers, Dec. 1 through Feb. 20. Also, a free Spring Session is planned for March 15 – May 28, 2004.

Each session will consist of approximately 10 classes, held once a week for 1 1/2 hours, covering topics such as child growth and development, discipline, language, art, motor skills, cooking, stress and much more.

To register, or for more information, call 233-5656.

Children learn pet safety from vet

Pfc. Michelle M. Dickson
Combat Correspondent

Children attending the Child Development Center aboard MCB Hawaii, Kaneohe Bay, received a visit from a four-legged friend and a veterinarian, Nov. 19, as the final event closing out the animal caring and awareness activity at the center.

The preschool students got the chance to learn what it’s like to be a veterinarian while also learning some good ways to care for a pet.

“We like to teach the children some general knowledge about animal health and how a veterinarian is just like a doctor, only for animals,” said Capt. Rebecca Evans, Veterinary Corps officer at the Fort Shafter branch. “An animal is just like us and they need to be cared for just as much.”

Many of the children who attend the CDC have never interacted with animals before this visit, so they were extremely excited for the opportunity. The visit allowed them to experience what having an animal is like, and gave them the opportunity to see the amount of responsibility it takes to actually care for a pet.

Since the children received instructions about dogs and how to interact with them before the visit, very few kids were nervous. Most were extremely happy to see a real dog in their classroom.

“What we mainly try and do for the kids is to teach them animal respect,” said Evans. “Animals need to be approached slowly and quietly, and dealt with as much care as a person would be.”

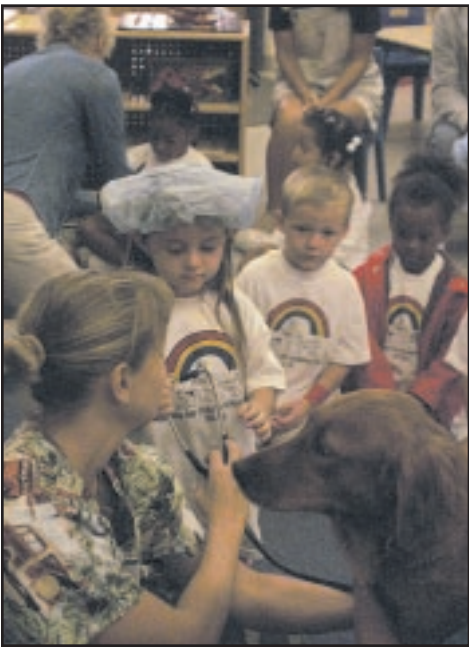
The animal selected to come out and spend time with the kids was a one-year-old golden retriever named Kelu. The vet selected a calm, quiet dog that she knew could deal with the commotion of many children. Kelu did very well as the kids fell in love with her, and Kelu seemed to equally love all the attention.

The children listened to Kelu’s heartbeat, and they also received bandage wrap and other first aid equipment to investigate and play with that entertained all of them to great extents.

“It was so much fun,” said Peyton Sommer, a child at the CDC, “We got to wear blue hats, but I liked listening to the heartbeat the best.”

Evans said she really enjoys the opportunity to host vet visits.

“I think that children



Pfc. Michelle M. Dickson

Preschoolers line up to listen to Kelu's heartbeat during an animal care lesson at the CDC.

should really be educated on certain things like this,” she said. “I think there would be a lot fewer instances of dog bites if children knew about these things and how to act around pets.”

The visit allowed the children to use their five senses and share a bond with “man’s best friend.”

“It’s a neat hands-on experience and a really great way for them to learn about vet care,” said preschool teacher Patty Krueger. “After speaking to the children ahead of time, they all seemed to be really good listeners. They stayed interested the entire time.”

The CDC always tries to give children different learning experiences. The center periodically sponsors field trips to the commissary, post office and other locations.



Pfc. Michelle M. Dickson

Cultural ties

Native Americans from different tribes celebrated their culture by sharing music and dancing with Marines and Sailors aboard MCB Hawaii, Kaneohe Bay, at the Anderson Hall dining facility Tuesday.

RECIPE, From B-4

and vegetables into five color groups: red, yellow/ orange, white, green, and blue/purple. It’s simple; you just choose at least one fruit and/or vegetable from each group daily — the more the better.

Pear Bistro Salad is a lively combination of colors and flavors. The sweet, juicy flavor, firm texture and rich color of the pears, complement the savory blue cheese, tart balsamic vinegar and crunchy walnuts. The addition of tender, white strips of lean chicken breast turns this side dish salad into a light entrée, perfect for lunch or dinner.

Pears are available all year round. Their versatility and easy handling, not to mention their nutritional value, make them very popular with people of all ages. One medium pear has four grams of dietary fiber (16 percent of the daily value, or DV), 210 milligrams potassium, six milligrams vitamin C (10 percent DV) and about 100 calories.

Pears are low in fat and naturally cholesterol- and sodium-free.

They offer a quick source of energy and are ideal for someone trying to reach and maintain a healthful weight.

Pears are one of the few fruits that do not ripen successfully on the tree. They are harvested by hand when fully mature, but before they are ripe. Pears will ripen after they are harvested.

Choose a pear that is bright and fresh looking with no bruises or external damage. For home ripening, place pears in a paper bag or bowl at room temperature for three to five days; they will yield to gentle pressure at the stem end when ripe.

Always wash all fresh fruits and vegetables before eating.

Pears are delicious eaten fresh and are most popular in salads. They are also good baked, poached, sauteed and roasted, made into preserves, jams and chutneys, and used as an ingredient in baked goods.

For more recipes and information about fresh American pears, go to the Web sites www.usapears.com and www.calpear.com.

For more information about “5 A Day The Color Way,” go to www.5aday.org or www.aboutproduce.com.

Pear Bistro Salad

- 1 pound cooked, skinned chicken breast halves
- 8 cups assorted torn mixed salad greens
- 2 fresh pears, cored and sliced
- 2 tablespoons minced shallots or green onions
- 1/3 cup chopped walnuts
- 1/4 cup crumbled blue cheese or other cheese
- 3/4 cup balsamic vinegar

Cut chicken into strips. Line platter with greens and top with pears, cooked chicken, shallots and nuts. Top with cheese.

Drizzle balsamic vinegar to taste over salad. Serve with crusty bread, if desired.

Makes 4 servings.

(Editor’s Note: Dr. Elizabeth Pivonka is president of the Produce for Better Health Foundation.)

Avocados are great sandwich toppers



NAPS

Avocados are a great alternative to mayonnaise.

NAPS

Featurettes

Steak and avocados make an especially tasty combination. Instead of mayonnaise, spread on mashed avocado.

Avocado & Beef Torta

- 1 ripe Hass avocado
- 1 tbsp lime juice
- 1/2 tsp salt, divided
- Pinch of ground red pepper
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1 pound flank steak
- 1 loaf Italian bread
- 1 cup torn salad greens
- 8 thin tomato slices

Preheat broiler. Cut avocado lengthwise around the pit, twist halves to separate, strike pit with a knife blade and pull to remove. Scoop out pulp, place in a small bowl.

Mash avocado, stir in lime juice, 1/4 teaspoon of the salt and the red pepper. Set aside.

Combine cumin, chili powder and remaining 1/4 teaspoon salt, and then rub seasoning mixture over steak and place in a broiler pan. Broil steak until cooked.

Remove and then cut diagonally in thin slices.

Split bread horizontally and spread avocado mixture on top half and layer greens, beef and tomato on bottom of loaf.

Hawaii MARINE SPORTS

Hawaii Marine C Section

November 28, 2003



Mysti Cabasug

Military and family members tackle the Turkey Trot, and the post race Family Fun Run.

Kamehameha student takes 10K Turkey Trot with time of 41:34

Steven Kalnasy
MCCS Varsity Sports

Over a racecourse that combined some of the most changing terrain aboard MCB Hawaii, Kaneohe Bay, 208 competitors accepted the challenge and ran the 6th Annual 3rd Radio Bn. Turkey Trot & Family Fun Run, Saturday.

The race was the last event of 2003's Commanding General's Semper Fit Series.

At the sound of the starter's pistol, the race began on "G" street in front of Pop Warner Field. Winding through Kaneohe's base housing area, the course gave runners a taste of the slowly climbing hills that make up Bancroft, Pond, and Daly roads. Just as they were told in the race briefing, conducted only moments before, runners would not soon forget the challenges awaiting them.

Perhaps after their grueling climb against strong winds blowing off of the Pacific, runners thought the rest of the race was downhill. This would not be the case as they ran toward the off-road portion of the course.

With its beautiful views of the Koolau mountains, and serene Kaneohe Bay as a backdrop, the Nu'upia Ponds bird sanctuary was surely the perfect place for a nature walk. But, as the final leg of a 10-kilometer race, the ponds were just too much for the tired racers.

With hard-packed dirt, loose rocks and an uneven running trail, the Nu'upia Ponds would leave a lasting impression on the day's competitors.

At the conclusion of the race's 6.2 miles, spectators cheered as Kamehameha School's Samuel Belin-Wide finished in first place with the time of 41 minutes, 34 seconds. Third Radio's own Andrew Copeland finished in 41:56, just shy of Belin-Wide.

The race became a spectacle of weary athletes.

Yet, the first woman to cross the finish line was 17-year-old Kamehameha student Jessica Domingo. With a time of 46:25, Domingo finished seventh overall, proving she could hang with the best of the day's competitors.

In addition to the individual categories, the race offered military units the opportunity to run as a formation. In this category, "Team PSC" of 3rd Radio Bn. won the race in 51:18, with "Team One 3D Radio," and Combat Support Co., 3rd Marine Regiment's "Team Packard" in second and third respectively.

When the competition was over, the event took on a family friendly veneer with a one-mile Family Fun Run for parents and children. Families that finished the run received a special finisher's ribbon and goodie bags for their efforts. Additionally, Safeway of Aikahi Park donated 38 turkeys to racers and their families.

By the time that Lt. Col. Mark T. Aycock, commanding officer of 3rd Radio Bn., handed out all the awards, it was obvious that the mornings events proved a huge success.

For more race results, go to www.timersplus.com and click on "road race" results.



Pfc. Michelle Dickson

The Outlaws stack their defense against the Bulldogs during Wednesday night's Championship game.

Outlaws take finals, 7-6

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

The Combat Service Support Group-3 Outlaws got a hard-earned victory against the 1st Battalion, 12th Marine Regiment Bulldogs Tuesday at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay.

The Outlaws took the 2003 Intramural Tackle Football Championship, and after a grueling fight for victory, celebrated with a presentation of trophies by Brig. Gen. Jerry C. McAbee, commanding general for MCB Hawaii.

The Outlaws kicked-off the game, and the Bulldogs attempted to get on the board first, but were stopped by the Outlaw's stingy

defense. Neither team was able to make any offensive advances until the Bulldogs attempted a field goal with four minutes left in the first quarter, only to come up empty-handed.

With both teams at each other's throat and ready to put points on the board, the first quarter came to a close with neither team crossing the goal line.

The second quarter was alive and full of hard-charging action from both teams. The Bulldogs threatened to take the lead first, after a thirty-yard rush. But, the Outlaws' defense was determined to halt them in their tracks and allowed no further gains during the Bulldog drive. After several attempts to gain the first down, the Outlaws turned over possession to

the Bulldogs, who came up just as short as the Outlaws.

With the Outlaws once again in possession of the ball, they tore down the field and broke the end zone, only to get a penalty flag for holding on the play and go right back to the 25-yard line where they started. Disappointed with the penalty, the Outlaws were only able to push to the 10-yard line, before turning over the ball.

Once again in position, the Bulldogs stormed down the field and scored a touchdown on a 30-yard pass down the sideline to wide receiver Dajai Mathis. The extra point was no good and it would prove to be their fate in the long run.

See FOOTBALL, C-8

MCAF leads Jingle Bell Fun Run

Sgt. Jereme Edwards
Sports Editor

More than 100 service and family members came together Nov. 21 for the first Marine Corps Air Facility Toys For Tots Jingle Bell Run.

The run took place at 7:30 a.m. outside Hangar 105, and the course took runners down and around the perimeter of the flight line and over to 4th Force Reconnaissance Co., where runners dropped toys off.

"This the first of what I hope to be an annual MCAF Toys For Tots Jingle Bell Fun Run," said Sgt. Maj. Art Taylor, the MCAF sergeant major. "MCAF traditionally supports Toys For Tots, and the MCAF

Recreation Committee put this event together to kickoff the holiday season and the Toys For Tots drive with a fun event."

Participants arrived decked in decorative Christmas apparel such as elf ears and Santa caps. However, some participants put a little more thought into their running facade.

"We came out to support the Toys-For-Tots fun run and to help raise toys for needy people," said Sgt. Maria Zepeda, a supply clerk with MCAF. "My Marines came up with the idea of dressing up as the reindeer, and having me as the grinch, with the bike

See TOYS, C-8



Sgt. Jereme Edwards

Supply shop and S-1 "reindeer" with MCAF pull their "sleigh" (a bicycle) to rouse the Christmas spirit during the Toys For Tots Jingle Bell Fun Run.

Combat Service Support Group EMP heads into playoffs with win

Kristin Herrick
Staff Writer



Kristin Herrick

Juni Melendez of the EMP softball squad rounds third base and heads home to score in EMP's 18-13 victory over the Admirals.

The Combat Services Support 3's Group Engineering Maintenance Platoon (EMP) beat the Executive Transport Detachment Admirals, 18-13, in five innings Nov. 21 at Reiseley Field aboard MCB Hawaii, Kaneohe Bay.

"This was one of our better games," said EMP head coach Frankie Ortega. "We're finally hitting the ball the way we want to."

Combat Services Support Group

held the Admirals to no runs in the first inning and brought in five runs of its own. But, the Admirals came back in the second, scoring five to EMP's two. A triple by Mike Kicks in the bottom of the inning brought in those two runs for EMP.

With his team down by two, the Admiral's Steve Castro hit a two-run homer to tie things up at the top of the third. CSSG-3 EMP answered with six runs to bring the score to 13-7.

Both teams stepped up in the fourth with big plays. In the top of the fourth, Admirals left fielder Mike Bliss hit a

grand slam to score the teams fours runs of the inning. Five runs were brought in by CSSG EMP to broaden its lead to seven.

The Admirals came up just shy in the fifth, scoring only two runs. Since the Winter Intramural Softball League operates on "mercy rules" and CSSG EMP was up by five, the game came to an end.

November 21 was the last night of regular season softball action.

Single elimination playoffs will begin Monday at Reiseley and Annex fields.

BASE SPORTS

Edward Hanlon V
MCCS Marketing

NOVEMBER

28 / Today

Base Pool — The MCB Hawaii, Kaneohe Bay base pool is currently closed for electrical repairs. Marine Corps Community Services appreciates your patience and support for the duration of the repairs. If you have questions, contact Aquatics at 254-7655.

Winter Softball — Swing by either the Reiseley or Annex Fields and cheer on your unit’s softball team. Step up to the plate and call MCCS Athletics at 254-7591.

Gone Fishin’ — Join Mahalo Kai Fish & Dive Charters for a day beyond the bay. Deep-sea fishing adventures are just a cast away with numerous packages to accommodate your fishing objective off the coast of windward Oahu. Make a date to catch some of

the ocean’s most exotic and tasty fish. Dive charters are also available in the crystal clear waters surrounding K-Bay. Call 254-7667 for more information.

30 / Sunday

Sunday Football — Catch your team live on Direct TV’s “NFL Ticket” at all three of the Kaneohe Bay clubs: Kahuna’s Sports Bar & Grill, the (Staff NCO) Rocker Room and the Officers’ Club. Get the big-screen treatment and enjoy breakfast in a comfortable and fun atmosphere.

DECEMBER

1 / Monday

Monday Night Football — Watch the Titans take on the Jets at 6:30 p.m., Monday night at one of your K-Bay clubs.

Inexpensive and Fun Entertainment — Look no further for your entertainment bargain. Mondays through Thursdays, all E-5 and below

will receive free rental shoes and discounted games at only \$1.50 per game at K-Bay Lanes. The discount is good for open play and does not qualify for tournaments, leagues or unit functions.

Call K-Bay Lanes now to strike with this deal at 254-7693.

Beginner Fitness — The Semper Fit Center hosts eight-week sessions that meet twice a week with a certified personal trainer to assist those wanting to learn how to exercise the correct way and smart way. Find out all the details at 254-7597.

Adventure Training — Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do PT at the same time. Classes are offered in scuba, kayaking, power boating and water ski-

ing. Adventure Training is offered at no charge to all MCB Hawaii units. Training NCOs and staff NCOs should call the base marina at 254-7667 for more details.



Massage Therapy

— Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone. Appointments are available by calling the K-Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center, K-Bay, for all active duty service members and their families. The program is open for children ages 6 weeks and older, and participants are required to volunteer baby-sit three times per month. Call 235-6585 for more info.

3 / Wednesday

All Marine Cross-Country — Athletics seeks Marines interested in competing in the All-Marine Cross-Country Trials, Feb. 5 - 9 in Indianapolis, Ind. Marines who qualify for the Armed Forces Team will advance to the CISM World Military Cross-Country. For more information, contact Steve Kalnasy at MCCS Athletics at 254-7590.

Color Pin Special — Every Wednesday, from 5 - 9 p.m., head over to K-Bay Lanes for a bowling bargain. Roll a strike when a colored pin is in “head-pin” position, and win up to three free games of bowling.

All patrons are welcome to enjoy this deal. The pin will be noticeably different in color, and if you make the play, you win!

6 / Saturday

Doubles Tennis Tourney — All active duty and their spouses are invited to the Intramural Doubles Tennis Tournament &

Fast Serve Contest, beginning at 9 a.m. There is no entry fee for this event, and awards include racquets and other prizes, as well as Commanding General Fitness Series points. Call the Marine Corps Tennis Shop at 258-8081 or 254-7597 for more details.

Pro Bowl Tickets — Beginning Dec. 6, Pro Bowl tickets will be available at the Information Tickets and Tours office at Mokapu Mall, Kaneohe Bay. Sideline seats are \$87.50 and end zone tickets, only \$32.50. For more info, call 254-7563.

Army-Navy Game — Tailgate the military’s favorite football game at the Officers’ Club on Dec. 6. Enjoy a light continental breakfast at 10 a.m. and a barbecue at 11:30 a.m., which includes chicken wings, a fajita bar, burgers and more. Tickets are \$12 per person, and may be purchased from your unit representative or at the Officers’ Club. For more info, call 254-7650.

12 / Friday

Hawaii Bowl — Everyone is invited to the equivalent of the Intramural All-Star Game on Dec. 12, for the Hawaiian Bowl. Cheer on MCB Hawaii’s intramural football’s finest, as they play against MCB 29 Palms, Calif., in the intramural championship. The game begins at 6 p.m. at Pop Warner Field, so get there early to secure a seat. Call 254-7591 for more info.

JANUARY ’04

9 / Friday

Athlete of the Year — The Marine Corps will continue to honor its male and female Athlete of the Year at the Marine Corps Sports Hall of Fame. All submissions are due to Manpower and Reserve Affairs no later than Jan. 9, 2004. Finalists will be announced on Jan. 30, 2004. Photos of athletes should be sent in prior to the release of the Top 10. Your suggestions and comments are encouraged, so call MCCS athletics department at 254-7590.

COMMUNITY SPORTS

Hawaii Trail And Mountain Club Hikes Windward, Saturday

Even novice hikers can make the windward double loop, a pleasant foothill that rambles with an occasional coastal view, when the Hawaiian Trail and Mountain Club takes a four-mile hike Saturday at 8 a.m. at Hau’ula Papali. Trailblazers can also watch for the hogback ridge by the pine trees, a ridge with a sharp summit and steeply sloping slides. A \$2 donation is requested for each nonmember, ages 18 or over. A responsible adult must accompany children under 18. Firearms, pets, radios and other audio devices are prohibited on hikes. For more information on the HTMC or to join in on this hike, contact coordinator Dayle Turner at 384-4821, or at turner@hawaii.edu.

Army vs. Navy to Heat the Ice Palace

There’s still time left for Sailors, Marines and Coast Guard service members to participate in the annual Army vs. Navy ice hockey game to be played on Thursday at the Ice Palace at 4510 Salt Lake Blvd. Doors will open at 6 p.m. with a game start time of 6:45 p.m. Tickets costs \$5 until Wednesday, \$6 at the door. Children 5 years and under are free, and

all proceeds from ticket sales will benefit the Hawaiian Youth Hockey Program. For more information about the Army v. Navy ice hockey competition, call Stacie at 254-3409. If you’re interested in playing on the Navy team, plus have hockey experience and are an active duty member of the Marine Corps, Navy or Coast Guard, contact Mike Stroud at 254-3409 or via e-mail at stroudma@MAG24.1MAW.usmc.mil to see about getting on the team.

Holiday Classic Seeks Volunteers, Dec. 4 - 7

A four-day statewide event that includes competition in basketball, bowling, bocce and speed skating for athletes with mental retardation and closely related developmental disabilities, the Special Olympics Hawaii 2003 Holiday Classic needs your support. Volunteers are the backbone of Special Olympics, and more than 800 volunteers are needed to fill a variety of positions — from bowling lane officials to water and ice carriers, to handing out lunches and setting up equipment or awarding medals — when athletes and coaches stay, eat and compete in events at MCB Hawaii, Kaneohe Bay, at Hickam Air Force Base, and at the Ice Palace in Honolulu for skating events. Special Olympics athletes work hard

to overcome the odds, and they can do it with your help. They deserve the chance to compete, to grow and to lead - both on and off the playing field. Make good use of your time and effort, and make a difference in the lives of others. You will receive an incredibly rewarding experience in return. If you are interested in volunteering, contact Daina Hart, volunteer coordinator for Special Olympics Hawaii, at 943-8808, ext. 30, or e-mail her at volunteers@specialolympicshawaii.org.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu. Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week.

Marines and Sailors Get in Shape with ShipShape

You can win the war on body fat! You may think the best way to lose weight is by deprivation or taking a fat-burning

pill or some quick technique, but it’s not. Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness test, the ShipShape program can help you meet your goal. Achieving and maintaining a healthy and fit lifestyle is often difficult, but skills and tools provided during this program will enable you to meet your goals. The eight-week, action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques. For more information or to sign up for the next ShipShape course, call Pearl Harbor staff at 471-9355.

Bellows Hosts Outdoor Recreation

This summer, you can be awash in outdoor activities at Bellows. You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard. Also, learn ocean kayak skills, including deep-water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental. For more information on what Bellows has to offer, call Bellows staff at 259-8080.



Pfc. Michelle Dickson

Base All Star

NAME: Marvin Walker

UNIT: Combat Service Support Group 3

BILLET: Supply Clerk

SPORT: Football

POSITION: Outside Linebacker

TEAM: Outlaws

- He has been playing football since he was in the ninth grade.
- He was the named the Most Valuable Player in his high school.
- Last year Walker was named the MVP of the MCB Hawaii All Star football team.

“I love football because you have to use teamwork, togetherness and be able to play as one.”



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is our weekly sports commentary in the Hawaii Marine from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll probably either agree with one of their takes, or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

Is NASCAR the hottest sport on wheels?

Capt. K. D. Robbins
The Professor

It ain't your daddy's NASCAR anymore. This sport once dominated by the "old guy" has undergone the same evolution as all professional sports — the youth movement.

Whether you like it or not, NASCAR is arguably the top spectator sport in America. On the heels of a 10-year, \$700 million Nextel contract, the title sponsor is high tech. Never again will fans puff up to a pack of cancer sticks and celebrate the Winston Cup championship.

So, for all you die-hard stock car fans that followed the Richard Pettys, Darrell Waltrips and with all due respect, Bill Elliotts; gone are the days of the "good ole boys."

The 2003 season saw the crowning of yet another whippersnapper Winston Cup champion. This marks the sixth time in the past nine years that the NASCAR champion is under the age of 32. In fact, the top seven finishers in the 2003 Winston Cup standings are all under 33.

It's not just the Winston Cup. In the Busch Series, NASCAR's minor league, six of the Top 10 point leaders are below the age of 33, including a 20-year-old champion.

Is there a reason for this? Yes. These

guys can drive. The traditional NASCAR fan will live and die by the old, wise man driver. But, the fact is that the young bucks get it done. The sponsors love watching young men with attitudes propel the aforementioned "stock car racing" into the new millennium. The fans love these young speed demons too.

NASCAR has never enjoyed the popularity it does today. As hundreds of thousands of fans flock to thriving metropolises like Darlington, Bristol and Talladega, each weekend, to pay tributes and dollars to the fastest sport money can buy, NASCAR is forced to explore new venues and younger audiences by constructing raceways in larger markets to include Las Vegas, L.A. and New York. The reason: The young guys.

Bottom Line: As the "Big 3" sports (baseball, basketball and football) enjoy obnoxious salaries, steroid junkies and continuous run-ins with the law, there is still one sport where the "athletes" are still revered: NASCAR. The only thing these young studs have to worry about is too many speeding tickets.

So, move over Waltrip, Petty and Elliott; there's something leaner, meaner and oh yeah, faster. The young guys are here to stay.

Sgt. Joe Lindsay
The Goat

Sports guru Jim Rome once said that any game you get better at the more you smoke and drink is not a sport. Thus, bowling and billiards cannot be considered sports.

Drinking, smoking and NASCAR driving go well together — if you're sitting in front of the TV, waiting for someone to crash. But, in the history of the automobile, drinking alcohol before driving has never made anyone a better driver. And it certainly wouldn't for individuals making repeated left turns at ridiculously high speeds.

So yes Virginia, NASCAR is a sport, and its drivers are athletes — pretty good ones in fact.

This is especially evident after a fender bender or collision, when drivers jump out of their cars, charge one another, and let the fisticuffs fly. And like all athletes, skills improve, peak and then decline. What was true for Willie Mays will someday be true for Jeff Gordon.

There is no denying the popularity of NASCAR, especially in the South, or of hockey in Canada or soccer in Peru. In fact, NASCAR is

becoming so popular that Nextel just signed a huge marketing contract to sponsor it, usurping the previous biggest sponsor, tobacco giant R.J. Reynolds, which had served as NASCAR's principal sponsor the past three decades.

And it's good to know that NASCAR doesn't have to worry about its drivers being investigated for assaulting female fans (Tony Stewart), or its poster boys (Gordon) being charged with adultery like the NFL, MLB and NBA does. No, not NASCAR.

It's far too concerned about getting exposed on shows like "The O'Reilly Factor" (June 30, 2003, Fox news channel), with the whole "exclusion" debate — which gained headlines when Jesse Jackson said, "We were qualified to play baseball before 1947. We are qualified to race cars now." Soon afterwards, NASCAR began its financial support for Jackson and the criticism stopped.

Bottom Line: NASCAR is big, and its self-promotion is genius. But with only one African-American driver (Bill Lester) in its ranks, the days of the "good ole boys" are surely not gone — no matter what their ages.

READERS STRIKE BACK

'There's more to sports than just football, basketball and baseball'

First off, I would like to say that "The Bottom Line" is the best thing I've seen in any military newspaper. In fact, I think the *Honolulu Advertiser* or

Star Bulletin would be wise to pick it up. It's better than any commentaries they have, too.

I don't know if The Professor and The Goat realize it, but on Fridays in my shop, we instantly go to it and start our own informal trash-talking session. It is pretty much split down the middle on who we dog out most, but it

makes for good, lively discussions, which sometimes carry on all day and make Fridays go faster.

One piece of advice. I've noticed all the articles seem to deal with football, basketball and baseball. There are a lot of other sports out there. How 'bout a lacrosse article or something?

Also, how could you guys leave out

Tom Seaver on your article on the greatest Marine Corps athletes ("Who is the greatest Marine athlete?" Nov. 21, page C-3). Disgraceful.

Thanks anyway and keep "The Bottom Line" coming.

Martin Mooney
Baltimore, Md.



Sgt. Jerome Edwards

Gumaro Mata of Marine Forces Pacific's Cryptological Support Company throws a vicious right at his opponent Chris Hyatt of the Palolo Boxing Club on the island of Oahu, Hawaii, during a Hawaii Regional Championship in Pearl City in late January of this year.

Mata selected for All-Marine Boxing Trials

Kristin Herrick
Staff Writer

At age 22, Gumaro Mata has been boxing more than half of his life, so it's no surprise he was chosen to participate in the All-Marine Boxing Trials this month.

Most nights, Mata can be found at the Kunia Boxing Gym, where he trains for hours to prepare for upcoming matches. Originally from Texas, Mata won the Golden Gloves there once and twice in Louisiana. He also won the Texas State Boxing Championship while in high school.

"It's all about training and competition," said Mata. "When you're

in the ring, it's all on you to win, no one else."

Mata added to his list of accomplishments at BayFest 2003, aboard MCB Hawaii, Kaneohe Bay. He came in second place in the Boxing Challenge held July 5, losing by a close decision in the championship match.

"He really was the more dominant boxer in the competition," said MCB Hawaii Varsity Sports Coordinator Steve Kalnasy.

To be considered for the All-Marine Boxing Trials, an athlete must have two years of competitive boxing experience and superior

performance evaluations from his unit.

In addition to being an exceptional Marine, the boxer must get command authorization to compete.

Mata was eligible to attend the trials the past three years, but his command could not afford to lose him. The trials are held at Camp Lejeune, N.C., every year in late November.

Boxers battle it out for positions on the All-Marine Boxing Team, which then competes against boxers from other military branches in the Armed Forces Championship.



Air Force takes HASAC in 35:29

Steve Kalnasy
MCCS Varsity Sports

On what was a perfect day for a cross-country meet, teams from the Army, Navy, Air Force, and Marine Corps gathered at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay, Saturday for the 2003 Hawaii Armed Services Athletic Counsel (HASAC) Interservice Cross-Country Championships.

The 10-kilometer course that was layed out for the 6th Annual 3rd Radio Bn. Turkey Trot was used for the race, and it proved to be grueling, huge challenge for the 50 runners.

Crossing the finish line first was the Air Force's Robert Dickie with a time of 35 minutes, 29 seconds. Dickie was the odds-on favorite to win the HASAC event.

After winning the Armed Forces Championship at the 2003 Marine Corps Marathon, Dickie proved he deserved to be in first place.

See HASAC, C-8



Mysti Cabasug

Richard Rogers, a food service specialist with Headquarters Bn., MCB Hawaii, Kaneohe Bay, an aspiring Olympic runner, finished fourth overall in his category at the HASAC cross-country meet.

FOOTBALL, From C-1

The Outlaws tried to get on the board in the third quarter but the Bulldogs shut them down once again and quickly regained possession. The Bulldogs were on fire and ready to add to their lead, but failed to do so at the one-yard line. After several turnovers and no breaks in the

end zone, the third quarter came to a close with the Bulldogs clinging to a six-point lead. Five minutes into the final quarter, the Outlaws finally showed what they were made of offensively when tight end Matthew Flores rushed 15 yards for a touchdown to tie the score 6-6. The tie was soon broken when the extra point

made the score 7-6.

The Bulldogs were desperate to reclaim their lead, but failed after coming within field goal range, by missing the target with only five minutes remaining on the clock.

The Outlaws took possession of the ball once again and managed to run the clock out and claim victory with a nar-

row 7-6 win over the Bulldogs.

“We played a good game and we came out on top,” said Outlaw linebacker Marvin Walker.

“We showed great teamwork and did not get discouraged when they took the lead. In the end, we came out on top like we knew we could all along,” said Walker.

HASAC, From C-3

Following Dickie’s impressive performance on the course, were two of the Army’s best, Mike Baskin (37:02) and Jon Welsh (37:03).

Richard Rogers of Headquarters Bn., MCB Hawaii, with a time of 37:22 finished in fourth place.

Other notables during the day’s events were Deirdree Tennant (42:32) who placed first in the Women’s Open division, and 14th overall. Tennant, the wife of Capt. Thomas Tennant of 1st Bn., 3rd Marines, who is coming off of her eighth place finish in the 2003 Ironman World Championships, was the expected women’s victor.

Alan Clyne of Combat Service Support Group 3 took third place in the Men’s Masters (over-35).

When all was said and done, it was the Army who took first place team honors at the annual cross-country event, with a cumulative score of 145 points.

Finishing a distant second place was the Marine Corps, and third place went to the Air Force. The Navy was disqualified for an incomplete team.



Sgt. Jerome Edwards

Lieutenant Col. Michael O’Halloran, the commanding Officer of MCAF, approaches the drop-off point for toys and delivers his donation.

TOYS, From C-1

as our sleigh. I also did this to help them get into the Christmas spirit.”

“Everyone got to truly know how good it feels to give,” said Taylor. “Unselfish runners ran with their toys until they reached the drop-off point. I guarantee they were glad they didn’t have to finish the run with them.

“We always have Friday morning physical training. But this time, everyone got to have a little more fun and give to a worthy cause. It just doesn’t get any better than that,” added Taylor.

The air facility plans to hold more events to help support Toys For Tots as the season progresses. For more information on how to donate toys to the program, contact Gunnery Sgt. Richard Stampp, with 4th Force Reconnaissance at 257-2531, ext. 233.



‘Five Promises’ helps parents to raise youth

NAPS
Featurettes

Helping to nurture the nation’s children may be easier, thanks to a new resource.

America’s Promise, a national non-profit alliance of communities dedicated to building the character and competence of our nation’s youth, recently announced the launch of its “Five Promises Checklist,” an online resource for adults seeking to have a positive impact on a child’s life.

The checklist provides tips, tools, research and resources for fulfilling the “Five Promises” that every child needs in his or her life:

- 1) Ongoing relationships with caring

adults,

- 2) Safe places with structured activities during nonschool hours,
- 3) A healthy start,
- 4) Marketable skills through effective education, and
- 5) Opportunities to serve the community.

The checklist supplies concrete actions and steps for adults to take and fulfill one (or all) of the Five Promises. The actions and resources included are tailored to age-appropriate needs for different stages of youth development. Additionally, the checklist provides a list of organizations and other resources that can help individuals carry out the actions.

“Given the unprecedented challenges

facing young people today, there is a tremendous need for adults to participate actively in their lives,” said Carolyn Berkowitz, senior vice president of community mobilization for America’s Promise. “The Five Promises Checklist is a ‘how-to guide’ through the stages of a child’s development that shows caring adults how, with the same amount of love and time, they can increase significantly the impact they have on a child’s life.”

The checklist is a valuable resource for any caring adult, youth development professional or volunteer working with kids.

“As Girl Scout Councils around the country recruit new volunteers, they’re placing special emphasis on engaging

women 18 to 29 years old to respond to what our adolescent girls tell us they seek in advisors and mentors,” said Dr. Harriet Mosatche, senior director of research and program for the Girl Scouts of the USA. “The Five Promises Checklist can be an important tool for these volunteers by providing them with valuable guidance they can use with the girls they work with.”

Those interested in spearheading a local effort in their community should contact America’s Promise at 1-703-684-4500, or local@americaspromise.org.

The checklist is available free of charge, 24-hours-a-day, seven days a week, just log onto www.americaspromise.org/ checklist, or call 1-800-55-YOUTH.

