

Serving Marine Forces Pacific, MCB Hawaii, III Marine Expeditionary Forces, Hawaii and 1st Radio Battalion December 15, 1994



More than 400 Island Marines completed the 22nd Annual Honolulu Marathon...See B-1

Tree recycling

Marine Corps Base Hawaii family housing residents can give a gift to the earth this year by recycling their Christmas trees. Kaneohe Bay, Camp H.M. Smith and Manana residents should put their trees by the curb Friday, Dec. 30 or Saturday, Jan. 7. All decorations, tinsel, nails and screws must be removed from the trees. Flocked trees, which cannot be recycled, should be placed next to refuse containers on normal pick-up days. For information, call Eddie Kerr at 257-

Holiday lighting policy for MCBH

Starting tonight holiday decorations may be lit up. Residents of Marine Corps Base Hawaii, Kaneohe Bay will be permitted to display their outdoor decorations form 6:30-10:30 p.m. each evening until Jan. 4 with the exceptions of Christmas and New Year's when the lights may be left on until 1 a.m. Happy holidays and may your season be bright.

Crime prevention and awareness for holiday season

Crime doesn't take a holiday. Protect yourself during this season so that it is a happy time for all. Don't carry around large amounts of cash, and keep all the receipts for the merchandise you have purchased. You can use an engraver to mark all your high priced items, and it would be wise to keep a list of all serial numbers in a safe place. Lock up the house and the car at all times to help prevent theft. Further information for safeguarding your items may be obtained by contacting the Military Police Crime Prevention branch at 257-2103. We hope this a safe and secure season for you and your family. Joy and peace to you and yours.

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Letter from Commanding General, MCB Hawaii, to participants of the 22nd Annual Honolulu Marathon



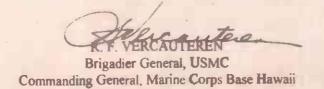
15 December 1994

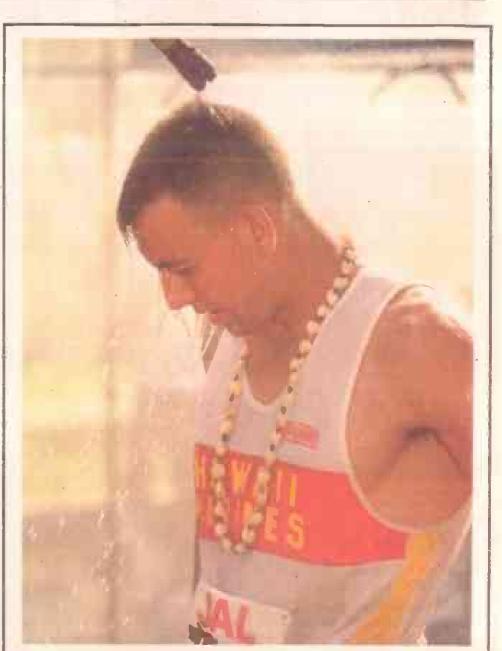
I wish to express my personal congratulations to all MARFORPAC, Marine Corps Base Hawaii, III MEF Forces, and Marine Security Force finishers of the 22nd Annual Honolulu Marathon. Many months ago, you set a personal goal and trained hard in your off-time which enabled you to cross the finish line after running 26 miles and 385 yards. Many of you were first-time runners who will find that this will be an event that you will long remember. Whether your time was less than 3 hours or more than 5, the fact that you crossed the finish line speaks volumes about your physical courage and stamina. Each of you demonstrated to the spectators from around the world the tenacity that is synonomous with the title "Marine."

I was pleased that so many Marines that did not run volunteered their time to be a part of the marathon experience. Nearly 100 Marines from the 3d Marine Regiment staffed the finish line chutes detaching and recording 25,000 bar code tags; Marines from the 1st MAW ASE ensured the safety of wheel chair athletes over the narrowest portion of the road; and Marines from CSSG-3 and HqBn, MCBH assisted MWR in providing a relaxing place for post race recovery.

Again, congratulations to all who participated in the Honolulu Marathon. I know you are richer for the experience and our Corps has gained many new admirers as a result of your efforts. Continue to set high standards for yourself and be justifiably proud of your achievement.

Sincerely,





Cooling Down

Cpl. Mark Cooper, with CSSG-3, Maintenance Company, enjoys a refreshing shower at the finish line of the Honolulu Marathon. Cooper was just one of several hundred Marines who ran in the marathon or volunteered their time to support the race. For more stories and photos see B-1

MP gate house built at MCBH Camp H.M. Smith



Sgt. Marlon J. Martin

The gate keeper — LCpl. Jeanine Moore stands her post at the new gate house at Camp H.M. Smith.

MGySgt. Dave Treadway

Military police assigned to Marine Corps Base Hawaii, Camp H.M. Smith, now work out of a new gate house designed to properly ensure their protection while on duty around the clock.

Totally surrounded by bullet-proof windows, the improved gate house features a closed circuit television system which monitors incoming and outgoing traffic. Another safety feature is a stone wall, located directly in front of the gate house, to protect sentries from injury by oncoming traffic.

The gate house, according to Facilities Manager Tony Brooks, is made of cinderblock and has a stone face to match surrounding architecture. It replaced a structure which was built of wood in April 1956 and was actually temporary, so temporary said Brooks, that it could be picked up and moved if necessary to allow a large vehicle to pass through.

Security of the military police, said Brooks, was the driving force behind the new gate house. "A few years ago a Marine guard was killed at Pearl Harbor's Makalapa Gate and that incident highlighted the need for a more secure structure design to protect the guards," Brooks explained. Guards there appreciate the added

protection. LCpl. Jeanine Moore, a military policewoman from Seattle, Wash., explained, "I feel a lot safer at the new gate. The video and communication equipment contribute to that feeling, but I also appreciate how it is built more sturdy and able to withstand hostile intent too.

"While in school at Ft. McClellan, Ala., at military police school, we stood guard duty in a structure that was very well built, and there is a big difference in a gate like that and one that is temporary like the old gate. Ithink our gate is one of the best in the Marine Corps, and it is a lot cleaner than the old gate. That is also important," she added.

Work began in August and was completed in September at a cost of about \$75,000. It features a state of the art communication system in addition to the video monitoring capability. Brooks said officials would like to replace the gate house at Gate 3, which is used as an alternate entrance to Camp Smith, but money is presently not available.

Be smart, don't ruin the holidays by drinking and driving

Marine installations in

Oahu this year

64 DUIS

21 DWIs

11 refusals to test

•These statistics marked a significant

decrease in violations over 1993

Cpl. Wanda Compton

The thought of spending \$800,000 this holiday season is outrageous to most people, but that's the price we pay, as taxpayers, every time someone dies at the hands of a drunk driver.

Every day — including Christmas, New Year's, and the Fourth of July an average of 100 people die in car crashes. Another 14,000 are injured.

"Take a Stand! Friends Don't let Friends Drive Drunk" is the theme for this December's National Drunk and Drugged Driving (3D) Prevention Month.

A decade of combined efforts by the National Highway Traffic Safety Administration (NHTSA), media, many public and private organiza-

ed that prevention works to reduce impaired driving.

The 3D Month and other strategies are credited with saving lives and

Many still remember the late 1960s and the early 1970s, when the United States routinely reported more than 50,000 traffic deaths annually. In 1972, the figure was 54,589. Over one-half of these

deaths occurred in alcohol-related

Compare this statistic with the estimated 1993 figure as reported by the the problem hits closer to home. In NHTSA. In that year, approximately 1993 there were 108 DUIs (Driving

tions and volunteers has demonstrat- 40,115 persons died in highway crashes, with 17,461 (44 percent) of these alcohol-related.

In the United States today, traffic crashes are the greatest single cause reducing both injury and property of death for every age group between 6 and 33 years — greater

Driving incidents aboard than deaths from other drugs, wars, or disease. Of those crashes, onehalf are caused by someone's excessive consumption of alcohol or other drugs combined with climbing behind the wheel of a

> car, motorcycle, truck, or bus. Aboard Marine Corps Base Hawaii, Kaneohe Bay and Camp H.M. Smith,

Under the Influence), 37 DWIs (Driving While Intoxicated) and 22 refusals (refused to take the test).

This year the incidents are significantly lower. So far this fiscal year there have been 64 DUIs, 21 DWIs, and 11 refusals. The number of incidents may be lower but the problem is still there.

Many drivers and pedestrians, although aware of the safety and legal risks of impairment, do not know that their abilities may be impaired at levels of alcohol consumption lower than those established by states for DUI/DWI conviction...

Many do not recognize that important skills can be diminished before a person reaches illegal alcohol con-

See Driving, A-8

Every clime and place

New CHAMPUS Handbook Available

Service families can obtain the 1994 revised CHAMPUS handbook from their nearest health benefits advisor. The 147-page book has been completely updated with the latest information about standard CHAMPUS programs, benefits, procedures and

eligibility requirements. It also contains a complete list of addresses and phone numbers of CHAMPUS or TRI-CARE contractors who process claims worldwide. Additionally, it explains how the new TRICARE program

The green 1992 handbook and all previous editions of the CHAMPUS handbook are outdated and should be discarded immediately. (MCNEWS MC's Marathon artists

Active and reserve Marines, plus sailors serving with Corps units, are eligible to enter the 20th Marine Corps Marathon poster contest. The marathon is scheduled for Oct. 22.

1995, and the deadline for entries for •It was reported to military police that three Marines were involved in a physical confrontation adjacent the barracks. Two of the suspects departed the area but were later apprehended by the military police. Upon apprehension, the MP detected a strong odor of an alcoholic beverage emitting

from their breath. The suspects

declined medical treatment and were

the poster contest is Feb. 28. The winner will be announced March 15.

Posters must be 18 inches wide by 24 inches deep and include: (1) 20th Marine Corps Marathon; (2) The People's Marathon; (3) For race information call 800-RUN-USMC; (4) Oct. 22, 1995; and (5) the marathon logo.

The Marine Corps emblem may be used in the design, but it is not

released to their unit representatives.

pect for DWI after stopping him at the

H-3 gate during a command autho-

rized armed forces identification card

check. Intoxilyzer results were .050

blood alcohol content. The suspect

was released to his unit representa-

• The driver of a vehicle struck

· Military police apprehended a sus-

required. It is suggested that scarlet and gold be dominate colors because of the 20th anniversary celebration. Interested artists should mail fullsize color artwork to: Marine Corps Marathon, P.O. Box 188, Quantico, Va., 22134-0188. For more details, call Maj. Holbert, marathon public affairs officer, (703) 640-2225, DSN 278. (PAO, Quantico, Va.)

another vehicle's driver's side rear end. The driver of the first vehicle departed the area. Military police apprehended him for DUI. Intoxilyzer results were .102 blood alcohol content. This driver became beligerent and argumentative with the police during processing. He was released to his unit representative. Both vehicles sustained minor damage.

Blotter 66

· Honolulu Police reported that a Marine was arrested for open display of a firearm. The suspect had a .45 caliber magazine with four rounds in it inside his pocket and a Ruger .45

caliber pistol with seven rounds in it on the driver's side floor of his vehicle. suspect was The released. Investigation continues.

· Military police apprehended a suspect for possession of an illegal weapon after being stopped at the H-3 gate during an administrative vehicle inspection. The suspect was released to his unit representatives.

The Hawaii Marine is an unofficial newspaper published every Thursday by RFD Publications, Inc., 45-525 Luluku Road, Kaneohe, HI 96744, by a private firm not connected with the Department of the Navy or the United States Marine Corps. All advertising is provided by RFD Publications, Inc., 235-5881.

The Hawaii Marine is a free publication delivered each week to all family housing units aboard Marine Corps Base Hawaii and to all Hawaii-based Marine Corps commands. Housing carriers are paid only by voluntary contributions from customers who are satisfied with the delivery service. A voluntary contribution of \$1.30 a month may be solicited by these carriers. Housing residents may contact the publisher directly if they wish to stop home delivery. Questions concerning circulation policies and service can be answered by calling the publisher.

The Hawaii Marine welcomes stories and photo

submissions from its readers, but submission is no guarantee of publication.

Please call the MCBH Consolidated Public Affairs Office at 257-2178 for Windward and Leeward activities, FAX 257-5743. Opinions expressed by the publisher and journalists are their own and are not to be considered an official expression of the Department of the Navy or the United States Marine Corps.

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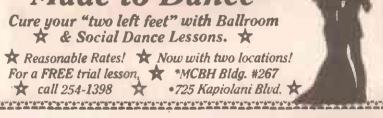
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This week around the world

Vice President Gore visits Russian leaders over Chechnya conflict

Vice President Al Gore arrived in Moscow for three days of economic and political talks. His visit comes during a time when relations between Moscow and Washington are showing signs of strain, and Russia's armed conflict in its breakaway Chechnya republic is intensifying,

In addition to meetings with the Joint Commission on Economic and Technological Cooperation, Gore plans to visit Red Square and the GUM shopping mall, and may also meet with President Boris Yeltsin before departing tomorrow. The commission hopes to reach agreements on space cooperation, oil development and other topics.

In recent weeks, U.S. and Russian officials have sparred over Bosnia and NATO's expansion into Eastern Europe. Russia has criticized the U.S. and NATO for their growing involvement in Bosnia and accused them of trying to isolate Russia on international matters. As well, wire reports say Russia is worried that the new Republican leadership in the U.S. Congress will cut aid and adopt a more confrontational approach to U.S.-Russian relations.



2 U.N. Security Council sion came after months of open dis-

summit cancelled

Unable to agree on problems such as Bosnia and Iraq, the 15 nations of the U.N. Security Council cancelled a summit planned for January. All 15 nations agreed on the cancellation and no new date was set. The deci-

agreement over what to do in Bosnia, when to lift the Iraqi oil embargo, and whether to sanction Russian peacekeeping efforts in former Soviet republics.

The only other Security Council summit was held in January 1992, when President George Bush was joined by 14 other leaders at the "Agenda for Peace" meeting.

3 NATO considering

pullout of Bosnia

The 16-nation North Atlantic Treaty Organization is deciding whether to pull out 45,000 lightly armed peacekeepers in Bosnia, or give them more support, as the Serbs continue to batter, blockade and humiliate the forces, and hold hundreds hostage. Options for toughening the U.N. force include redeploying 24,000 peacekeepers to more secure positions; granting them increased power to return fire if attacked; extending NATO air cover; and creating a fortified supply corridor from Sarajevo to coastal ports.

Islam Summit opens

Foreign ministers of the 52-member Organization of the Islamic Conference were unable to reach full agreement on a summit agenda during three days of preliminary talks earlier this week. Iran, Sudan, Libya and Afghanistan have been accused of sponsoring extremist groups operating under the banner of Islam. Egypt has been rocked by a terror campaign by extremists suspected of having links to Iran. As expected, Iraq objected to a draft resolution referring to its "aggression" toward Kuwait, which was invaded in 1990, and Jordan and the Palestinians couldn't agree on who should control holy sites in Jerusalem. Saudi Arabia's foreign minister said he did not expect any direct meetings between the Iraqis and his delegation and the Kuwaitis.

The summit is intended to heal divisions in the conflict ridden Islamic



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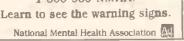
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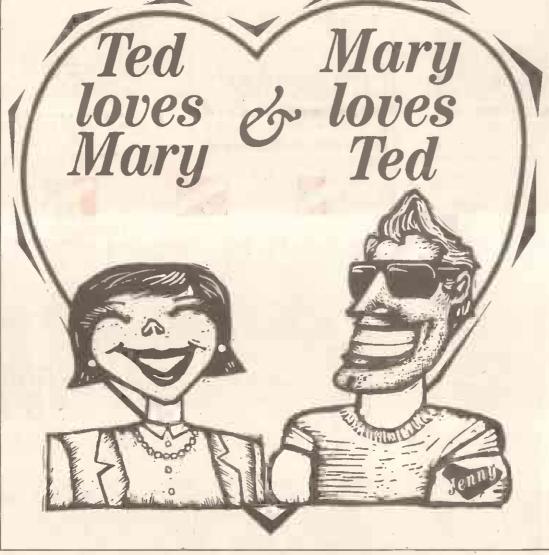




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Suicide knows no boundaries of rank, race or age in the Marine Corps

GySqt. Cynthia Atwood

Suicide doesn't work. Not for the self-imposed victim. Not for the victim's family and friends. And not for the Marine Corps. Past efforts in suicide prevention and awareness education have been vigorous, but they are going to become even more ambitious.

The Marine Corps is redoubling its efforts in suicide prevention through a comprehensive, aggressive prevention and awareness program under development by a team of experts, including Navy chaplains serving with Marine Corps units. Add to this the Commandant's issuance of five All-Marine messages and a White Letter since 1990 - combined with the stand-up of a Headquarters Marine Corps suicide prevention committee and it is obvious that the Corps' most valuable asset - its people won't be needlessly sacrificed.

Marines are not strangers to suicide and its aftermath. It has been the cause of an average of 29 confirmed deaths each year since 1988. For a variety of reasons, some Marines felt that taking their own lives was the. only answer to a host of different problems. Those deaths have the attention of Marine Corps leadership at the highest level.

"We are a family; we do care about each other," said Gen. Carl E. Mundy Jr., Commandant of the Marine Corps. "Every time I see a Marine walking down the street, I feel a kinship with him or her and I hope that he or she does with me when they see me. So it's [suicide] a tremendous loss and we

There is no profile of a Marine by rank or military occupational specialty who may commit suicide.

"We tried to do a profile on the suicides," said Gen. Mundy, "and asked are they all lance corporals, or are they all in the infantry.' But there is no profile. We've had Marines from the most junior grades to captains officers approaching mid-grade in the Corps - who have committed sui-

There are no specific reasons, either. "I do know that at times when people feel particularly motivated in their jobs and doing an important thing, the rate of suicide tends to go down," said Cmdr. Michael Dinneen, staff psychiatrist at the National Naval Medical Center, Bethesda, Md.

"During the Persian Gulf War, when Marines were very clear on their mission and felt that they were doing critically important things, it is fair to say that the rate of suicide decreased.

'The Marine Corps has always been a wonderful place for people to come to get some structure in their lives, get a job that's marketable and learn how to function in a larger organization." said Dinneen. "The Marine Corps also takes on some of the difficulties that people had before they came into the Marine Corps.

"You're dealing with a population now in the United States that has some factors which are predisposing to suicide, maybe a little bit higher rate of depression, a higher rate of alcohol abuse and a higher rate of family disruption," he said. "Those would be things of which people at the platoon and leadership level should be aware."

Awareness of a potential for suicide can come from any level and lead to intervention to head off a potential problem. A Marine's best buddy will probably have the clues that something is wrong before anyone else.

"If you hear someone talking about

wanting to be dead, or that the world would be better off if they were dead, then I think it's time to tell someone else. Don't keep it to yourself. Don't have that as your secret with them. If they do kill themselves, that will end up making you feel terrible.'

The highest single risk factor is someone having attempted and failed a suicide. Once tried, the chances are greater that another attempt will be made. Other risk factors are depression, a family history of depression, suffering a recent loss like breaking up from a girlfriend or boyfriend, having a parent or relative die or losing a good friend to death or to a move.

"Any disruption in a social system that is supportive is going to cause a person to feel more bereft and sometimes consider ending their own life," Dinneen adds.

Unfortunately, a younger Marine would see some losses as more dramatic than someone a little older. He or she may be more impulsive and not see that the disruption is only tempo-

"Steady, stand fast and think about this awhile," Gen. Mundy directs. "Don't do anything now because the sun will be up tomorrow morning. It will be a new day and you're probably going to feel differently than you do right now.

'Most of all, if you feel depressed, don't go out and hit the bottle because the bottle is only going to take you down more," the Commandant added.

"There are, perhaps, signs that we can notice among all of us," Gen. Mundy said. "When someone around you is feeling low, you can usually tell. Friends can say You look kind of down. What's happening today?' That engages them, giving them someone to talk to.

they've broken up with their girlfriend, they're feeling badly, or having money problems - they can't make car payments or can't do the things that they need to do. That's the time for leadership," said Gen. Mundy. "It doesn't have to be the company commander or first sergeant in a counseling session. It's the Marine next to you who can sit down and say, 'Let's talk about this."

Gen. Mundy stressed the importance of seeking help if a Marine feels

"It's okay if you're feeling troubled to go talk to somebody," he said. Someone once made the remark to me that being a Marine is truly a big inferiority complex because we get people who want to prove themselves and want to prove that they're tough and want to prove that they can be the best. That's the mark of what we challenge people to do in the Marine Corps.

"So, all of us instinctively come in and we want to be tough and we want to be without emotion. We never want to show a weakness and that's not human - it's just not what human psychology and human emotion are about."

Marines who need help overcoming depression or other difficulties can turn to a wide range of sources for help. Medical clinics, chaplains and family service centers provide a wide range of resources.

"Usually there are a variety of factors that, all together, lead to a person considering death," said Dinneen.

"Essentially, they [suicide victims] start to view the world as if their options are closing down and the only option that remains viable to relieve their pain is to be dead."

Survivors talking together usually "People begin to talk about how find that each of them knows of a

piece or two of the entire mosaic making up the victim's life. They will often discover that each knew one part of the story and, between them all, a combination of difficulties such as family problems, problems at work, depression, financial problems and alcohol abuse that come to light.

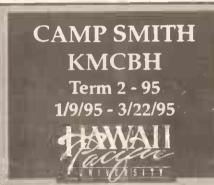
Suicide also significantly impacts the the Marine's unit as a group.

"I've seen it handled most effectively," explained Dinneen, "when the chain of command reinforces the appropriateness of seeking assistance for medical conditions like pneumonia or diabetes and they see that depression, panic and anxiety are medical conditions as well."

Dr. Dinneen is supportive of the approach the Marine Corps is taking and feels it will have a positive impact on the problem.

"This three-pronged approach the Marine Corps is taking: the strong prevention program with education and understanding, an intervention program where people are given the tools to help at the time someone is feeling acutely suicidal, and the postvention program to help those people that lose a friend and fellow Marine to suicide - these are very important things," Dinneen said. "I don't think there are many civilian organizations that are doing this much."

"Suicide is not new throughout the history of our civilization," Gen. Mundy concluded. "But we are a sophisticated organization and are more aware of what makes people tick and what causes people to do things than ever before. We ought to come to grips with figuring this out and be able to, somehow, dampen it. I doubt that we'll ever be able to do away with suicides completely, but we need to get out in front and try."



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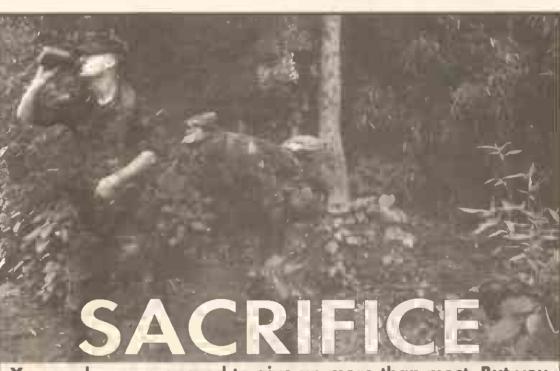
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Front and center

Vietnam Marine remains motivated after 27 years service

Cpl. Robert Berry

In 1967, the Vietnam conflict had intensified and was an issue of national concern. That same year, 20-yearold Joe L. Seymour, now of 1st Radio Battalion, a native of New Orleans. La. — the land of Cajuns and bayous - made a decision that would alter the course of his life forever. He enlisted in the United States Marine Corps.

Dec. 8, 1967, the young man stepped on the yellow footprints at Marine Corps Recruit Depot, San Diego, Calif. Now, 27 years later, the master gunnery sergeant is the last of an elite breed of Vietnam Veterans in the Intelligence Special Communications field (2651).

"All of the Marines that came into the field with me, and went to Vietnam have either retired or gotten out," said Seymour.

Seymour would experience two tours in Vietnam, racism and countless changes in policy and structure before returning to Hawaii for a second tour with 1st Radio Battalion. As well, he would literally see the world on his journey: from Dong Ha, Vietnam, to Okinawa, Japan; from Cyprus,

Camp Lejeune, N.C., to Guantanamo Bay, Cuba.

"I have faced many challenges during my years in the Marine Corps," Seymour commented, "but so far it has been a rewarding career."

Looking back to the start of his career, Seymour recalled some of the challenges he faced.

"We used to refer to Dong Ha as 'Rocket City' because of the rocket attacks everyday," Seymour said. The port city was bombarded by the daily rocket attacks in a compound located only seven miles from the DMZ (demilitarized zone).

In October 1969, following his successful tour in Vietnam with 1st Special Security Communication Team, 3d Marine Division, Seymour went to Okinawa where he quickly volunteered for another tour in Vietnam. On his second tour, in Nov. 1969, he served with the 2nd SSCT in Da Nang.

"It really felt like I was doing something worthwhile," he explained, as the reason for volunteering for a second tour. "With the [intelligence] information we received, it was like we were actually saving lives."

With two successful tours completed, would read anything and everything

8am-8pm

Greece, to Adak, Alaska; and from now Cpl. Seymour continued on from Vietnam to Scotland, Cyprus, Alaska and then back to Pensacola, Fla., for more schooling as a staff sergeant.

> In many cases Seymour was the only African American Marine to be stationed in the areas he served. He said that although he experienced some misunderstandings and racism, for the most part, he was accepted for who he was and the work he accom-

> "It's just stuff I had to deal with," said the father of two. "Instead of taking a bad attitude, I decided to deal with it in a positive manner," he added. As well, Seymour said he decided to show others that he could do anything anyone else could do and maybe even better.

> Following schooling in Florida, Seymour continued to travel throughout the Marine Corps. He has been stationed at Cherry Point N.C., Hawaii, Okinawa, Camp Lejune and Guantanamo Bay, before ending up back here on his current tour.

> Seymour's career field allowed him to take the initiative with his professional education. He used the long hours and peace and quiet of his job to teach himself. While on duty he

that pertained to his job.

"That's the attitude that got me promoted every time, the first time around," he explained.

Seymour said he doesn't have any regrets about being in the Marine Corps for the last 27 years. Now that he has reenlisted for three more years, he is facing mandatory retirement at the end of his current contract.

"Hopefully, in a couple of years something will change to make it optional which would allow me to stay in longer than 30 years," said Seymour, as he thought about the near future.

"I owe a lot of my success in the last ten years to my wife Phyllis and my two children, Joseph and Denisa, for the support they have given me," he

He vows to complete his remaining time - however long it may be with the same enthusiasm that has dominated his career.

"I'm not the kind of person to sit down and tell my people 'you have to go out there and do this,' " he said. You get more out of them when you lead by demonstration, by going out and doing it with them.

"As long as I stay motivated and you stay motivated, our young troops are going to stay motivated."



MGySgt_ Joe Seymour

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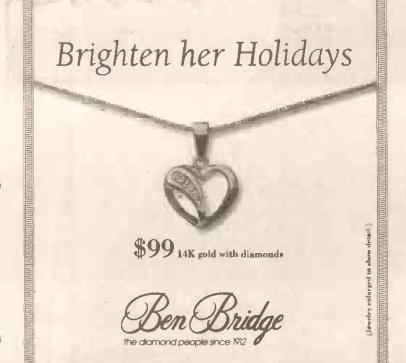
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Dec. 26 Nohelani Cypriano, 2pm

Calender of Events

St. Anthony's School French Choir, 6:30pm Dec. 15 The Sunshine Singers, 7:30pm

Joanie Komatsu, 5pm Dec. 16 The Portuguese Chorale, 7pm Legacy, 11am Dec. 17

King Intermediate Advance Band, 4pm Na Opio O Koolau, 6pm Dec. 18

Zanuck Lindsey & friends, 7pm Dec. 19 Ko'olau Baptist Academy Choir, 12noon Dec. 20 Dec. 21

Halau Hula O Maiki, 7pm Na Kupuna Ko'olau, 7pm Dec. 22 Randy Focht, 8:30pm Dec. 23

Madrigal Chamber Quartet, 8pm Joanne Miles, 1pm

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On the HomeFront

Electricity usage should not be taken "lightly"

Mary Lynne Wolfe K-Bay Family Housing Office

In December, they twinkle and shine. Children "ooh" and "aah" over them, and they bring joy to the hearts of young and old. All year around they keep darkness at bay and help us to feel secure. Where would we be without lights?

As a family housing resident, you probably use the lights in your home without thinking too much about what they cost. But even though you never see a utility bill, every dollar spent on lighting is a dollar that doesn't get spent to maintain or improve your

This is the final article in a series to help you make better decisions about how your housing dollars will be spent. Family housing operates on a fixed budget each year. That budget pays for utilities, maintenance, repairs and services, and occasionally some improvements. When utility companies raise their rates or housing residents use more energy than expected, housing doesn't get any more money to make up for it, which means money that could be going into making your home a little nicer is going to pay the bills.

Fortunately, there's a lot you can do to help lower utility costs. So far we've given you tips for reducing hot water usage and for using ranges, refrigerators, dryers and other appliances more efficiently. This week's article is about lighting.

According to the Hawaiian Electric Company, your household probably uses about 50 to 100 kilowatt hours of electricity a month for lighting. Here are some ways to reduce that figure:

Turn off lights when you leave the room. Turning a light off and on frequently will not use more electricity. Use low wattage bulbs if bright light

isn't needed for reading or safety. bulbs use about 1/4 the energy of incandescent bulbs, and they produce the same amount of brightness.

Keep light bulbs and shades clean. When the amount of light is reduced by dust, most people tend to turn on extra lights to compensate.

Use dimmer controls. The dimmer the light, the less electricity used. Dimmers are appropriate for incandescent lights, but ususally can't be used with fluorescent bulbs.

Don't use light buttons. Light buttons are inserted in a socket before screwing in a light bulb. Although they extend the life of the bulb, they also reduce light output and lower the efficiency of the bulb. Use lower wattage bulbs or fluorescent bulbs instead.

The Family Housing Department wants you to enjoy the holiday season especially the decorative light displays. But when it's over, please follow the tips provided the last few weeks to help bring utility costs under

(Most information for this article was Use fluorescent lights. Fluorescent provided by the Hawaiian Electric Company.)



Rescuing "Old Glory"

Base Utilities uses a bucket truck to save the flag. Because of the recent high winds the bottom clip of the flag detached causing the green environmental flag to fall to the ground. The National Ensign was in danger of following suit as it wildly twisted by one line at the top of the pole. The flags were reattached and properly restored to their position.

sumption limits. Even decisions about the amount of alcohol to be consumed and whether to drive after drinking can be impaired in some people by relatively small amounts of alcohol or other drugs.

Quite simply, operating a motor vehicle efficiently and safely requires full, unimpaired use of several mental and physical abilities acting in harmony and capable of split-second adjustments.

Impaired driving is defined as a reduction in the performance of critialcohol or other drugs or other condi-

A driver over the age of 21 is considered intoxicated if his or her blood alcohol concentration (BAC) is at or above the legal limit in that state (Hawaii's limit is .10 grams/deciliter). In the last decade, encouraging progress has been made in reducing injury and death in motor vehicle crashes involving drivers and pedestrians impaired by alcohol and other drugs. After all, highway crashes involving drivers (and pedestrians) who are impaired by alcohol and other drugs are not "accidents."

For those arrested, the cost is high. Setting aside the humiliation of a night in jail, there are fines, legal cal driving tasks due to the effects of fees, higher insurance costs and, for

the military, possible loss of rank and monies or a discharge from military

However, impaired driving is a problem for all motorists - whether they drink or not. Drive defensively during the holiday season, particularly late in the evening and especially on weekends. If you can, avoid traveling at these times at all.

Be on the lookout for impaired drivers. If you notice the signs of a drinking driver - weaving, erratic behavior, a car going too fast or slow - be cautious, avoid the motorist, and if you have a car phone, report it to the police or the Military Police Department.

For those individuals who do celebrate the holidays with one too many

there is a holiday safe driving cam-

Century Cab is offering a responsible alternative to driving a car for the person who has been drinking. Their Drive Straight and Arrive Alive program offers free taxi service home.

To qualify for the ride, the customer must be going home, and they must turn over their driver's license, car keys, home phone and location where their car is parked. In addition, the management of the establishment where the customer became intoxicated must contact Century Cab at 528-4655 to request the service.

Also, this month organizations nationwide are taking part in the effort to emphasize the consequences of impaired driving and the "call to

action" methods which will significantly reduce the number of alcoholrelated crashes that claim thousands of innocent lives each year.

During the holidays, you can show your opposition to impaired drivers by joining law enforcement, businesses, government agencies and private citizens, in keeping your vehicle headlights on as you drive throughout the day Friday, Dec. 16.

The event is "Lights On for Life" and it's designed to remember persons killed and injured in alcohol-related

Make this season a truly festive one. Don't take risks with your life, or the lives of others. Enjoy yourself, but don't drink and drive, the price is too high for anyone to pay.

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like we polluted theirs.

Civilian in the Spotlight

Principal strives to strengthen curriculum at Mokapu

there are six.

port," he said.

Sgt. Lou Ramirez

With more than two decades of experience in children's education, James Schlosser sits behind the principal's desk at Mokapu Elementary School.

Schlosser uses the experience attained in his 17 years as a teacher to develop better educational programs for the students.

In the three years he has been principal, several educational and physical fitness programs have been estab-

"One of the initiatives to strengthen our curriculum was working with math to incorporate a greater understanding of it, by bringing math into [the students'] daily lives," Schlosser

Another program established recently at Mokapu is the language arts program. It focuses on lower elementary classes and trying to better understand how children learn to read.

Along with developing math and language skills, Schlosser said he had 36 teachers trained in teaching citizenship skills.

"The students are being taught everything from good judgement, new ways to get along, self-discipline and

responsibility," he explained.

School, he encourages

them to attend work-

shops and provides

funding for their train-

he explained.

The programs are supported through recognition, such as the honor roll or individual recognition during assem-

"It strengthens self-confidence and leads them to perform better in the classroom," Schlosser added.

The sincere concern for the welfare of others has been something that Schlosser said he grew up with.

"Many of my uncles had businesses.

"Being supportive of the teachers is

very critical to develop a good school,"

Furthermore, Schlosser said he also

feels it important to increase the

opportunities for children with special

needs. Three years ago when he

arrived at Mokapu, there were only

I grew with up with "The students are taught thing teachers to adjust to serve fellow men," everything from good Schlosser said. Doing whatever he judgement, new ways to Schlosser. cation of teachers at get along, self-discipline can to further the edu-Mokapu Elementary and responsibility."

James Schlosser Principal of Mokapu Elementary

and go. I tell them this gives them an opportunity to touch the lives of more children than other teachers do," Schlosser said.

two special education teachers, now

More than that, Schlosser explained

that the teachers at Mokapu have a

very important job, because they are

"On many occasions when either par-

ent is deployed, the teacher must be

there to provide the additional sup-

Often military children move around

have to adjust

to, according to

I have a won-

They are very

skilled at work-

ing with chil-

dren who come

staff.

derful

during the middle of the school year.

teachers of military children.

In order to provide the students with a stable base and an opportunity for a better school, Schlosser said he plans to stay as principal at Mokapu for an extended period of time.

"I want to do whatever I can to improve the school," he said.

Working to improve his abilities in education, Schlosser is enrolled in a doctorate program at Brigham Young University.

Schlosser has received a master's degree in education from the University of Hawaii and a bachelor's degree in English from California State University.

Although he was born and raised in Los Angeles, Schlosser moved to Hawaii after marrying his wife Myrtle, a "local girl."

Upon arrival in Hawaii, Schlosser taught English at Kailua High School and then at Kalaheo High School.

Following Kalaheo High School, he went through administrative training. Upon completion of this training he was the vice principal at Kailua Intermediate School.

He first served as a principal at Sunset Beach Elementary School and was then transferred to Mokapu Elementary School.

His extensive education, years of experience and extreme concern for the students' welfare are what makes Schlosser not only a principal but a role model for which the children can pattern their lives.



Courtesy James Schlosse

James Schlosser



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On your mark — Marines from CSSG-3 and students from Kailua Intermediate School wait for the 1994 Kailua Intermediate P.E. Fun Run to start.

Courtesy Kailua Intermediate School

CSSG-3 recognized for their partnership

Cpl. Robert Berry

For the past several years, Combat Service Support Group -3 and Kailua Intermediate School have been enrolled as Partners in Education, commonly referred to as the Adopt-a-School program. The successful venture, which matches local schools with military units from the base, has been an ongoing partnership for the last several years.

This year Kailua applied for national recognition and received the Windward District nomination for the Blue Ribbon School Award. Two other schools from Hawaii are also being considered for the award which recognizes outstanding schools from around the nation.

According to the application submitted with the award package, parents believe the school's partnership with the military is one of its most valuable associations.

The Partners in Education program has been a win-win situation. Military participants have said they feel positive about giving back to their new community, often learning something new and making acquaintances.

The students, teachers, staff, parents and community have been touched by CSSG-3's efforts as well.

CSSG-3 Marines and sailors impressed the students by running with and encouraging them during their three mile P.E. run and basket-They spoke to games. students during the Wellness Fair and Career Day about what motivated them to remain school, and about how to obtain their dreams. Hundreds of additional hours were

spent on campus beautification, painting several buildings and helping with "spring cleaning" of many storerooms and campus clutter. CSSG-3 Marines and sailors also helped rearrange rooms with their expertise and manpower, and participated in various other projects such as color guards.

Installation of the school's Local Area Network was a very unique donation by CSSG-3, which saved the school tens of thousands of dollars. Kailua Intermediate exclaimed it was extremely grateful for the special knowledge that the unit provided, as well as their labor. In turn, CSSG-3 Marines and sailors commented they were grateful for the learning experience it provided them.

In the last two years alone, nearly a hundred men and women have graciously given thousands of hours of



Courtesy Kailua Intermediate School

My job - CSSG-3 Marines show off their gear to Kailua Intermediate School students during Career Day.

dents and families of Kailua education to not only benefit them-Intermediate School.

In the years ahead, the two have said their time each year to help the stu-they will continue to be partners in the community as well.

selves, but to also enhance the relationship between the base and

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Adopt-A-School makes Marines and students partners

Cpl. Robert Berry

Since 1983, Marines from Marine Corps Base Hawaii, Kaneohe Bay, have been actively involved in a special program with youth from elementary schools in the Windward District Public Schools. The program, which helps to form partnerships between military units and schools within the community, is called Partners in Education. It is also known as the Adopt-A-School program.

Currently 15 units from MCB Hawaii, Kaneohe Bay, have adopted schools and formed partnerships. These partnerships have evolved into a regular part of there everyday lives. Each partnership is an individualized program that is tailored according to the mutual needs and resources of the participating school and unit.

"I'm always looking for more people," said Cathy Watson, the Department of Education's Windward District Military Liaison at MCB Hawaii,

Kaneohe Bay.

"Several of the schools have had partners and have lost them. They in particular know the potential of this program and are looking very hard for a new partner," she continued.

Some of the other schools that are looking for partners have heard about the programs available from other schools and through the newspaper,

"There would be more schools if I started making phone calls," she said. But right now there are not enough units in the program to support the demand for partnerships.

The partnership between the participants is a unique bond of mutual responsibilities. The partnership is based on equal giving from both participants.

Once the year-long partnership is formed, the schools act as the primary monitors of student progress toward meeting joint goals. It develops assessment plans and reports progress to the unit point of contact:

slightly differently," Watson said.

During the length of the program, schools also agree to assist in ongoing orientation and training of volunteers who participate in the program.

One of the reasons the program is so unique is because of what the students contribute to it. The students can contribute in a variety of ways to include supporting their unit volunteers with cards and sending pen pal letters while their unit is deployed.

The most important thing the Marines provide is a positive role model for the children. As well, the students get the time and expertise of the Marines.

Other mutual benefits include increased numbers of young people better qualified to enter the work force, reinforced citizenship values and improved community harmony and good will.

Even though the current partnerships are very successful, the program is still looking for units to support

"Every school works the program schools that want to be in the pro-

"I know when we take qualified experts from the base and give them to the classroom teacher, they've got to be helping," Watson added.

"The kids, too, when they see someone really cares for them and thinks they're special, that to me is what is really great about the program.

"I can see what it's doing is showing the community that the Marines really do want to be active participants in their community," she said.

"It's a real win-win situation," she continued. "I hear all the time that the Marines love it. They say they get as much as they give.

"If there is anyone else that is interested I sure would like to hear from them," Watson said.

For more information on the Partners in Education program, you can contact Cathy Watson in the Student Information Placement Center, building 220, MCB Hawaii, Kaneohe Bay, or call 254-5634.



Solid partnership — Marines and local schools have been actively working together since 1983.



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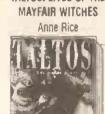
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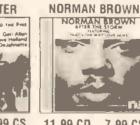












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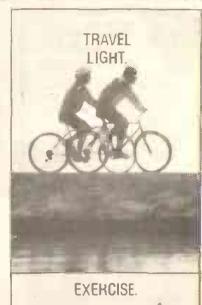
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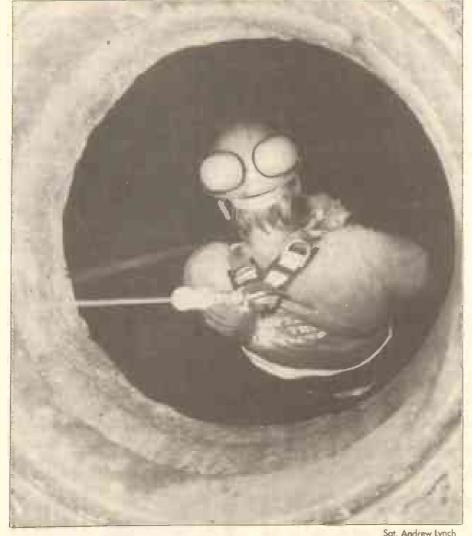
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MCBH Safety Center conducts first confined space training



Is that a snake? — Jerry Haggadone, facilities deportment, checks out a space to ensure it is safe to work in.

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An Arthritis Foundation survey shows that many of the 37 million Americans with arthritis enjoy gardening more than any other activity. However, arthritis pain and limited joint mobility often make

You can use a variety of adaptations and tools to help make gardening easier and more productive. The Arthritis Foundation recom-

mends these simple changes: To reduce stress on joints, sit on a small stool instead of kneeling; · Plant in small raised garden beds or planting containers for less

bending and stretching;

small hand tools;

time periods;

gardening, including:

Wear an apron with pockets to carry trowels. clippers and other

· Avoid gripping or grasping tightly for very long periods. Divide work into smaller segments over longer

Use the strongest or largest joint possible to do the work.

Many tools are available to help people with arthritis protect joints and conserve their energy while

· Basic gardening tools, such as a trowel or hoe, with extension

 Swivel-handle attachments for shovels and two-hand attachments

for rakes, hoes and pushbrooms to

thritis Foundation chapter for a free

copy of "Using Your Joints Wisely." For general information

and a free "Basic Facts" brochure,

handles to reduce bending;

help prevent back strain. To learn more ask your local ArSgt. Andrew Lynch

Most people will enter a room with not so much as a second thought of any possible danger present. But can the same be done in a confined space? For the 25 people who completed the first confined space training held at the Base Safety Center onboard Marine Corps Base Hawaii, Kaneohe Bay, recently, the answer would be no.

A confined space means a space that: (1) Is large enough and so configured that an employee can bodily enter and perform assigned work; (2) Has limited or restricted means for entry or exit (for example, tanks, vessels, silos, storage bins and any other space that may have limited means of entry); and (3) Is not designed for continuous employee occupancy.

Confined space training is federally mandated. The Base Safety Center has a two-day course designed to help protect anyone required to occupy a confined space in the performance of his or her duties.

"In April 1993, training became required by federal law to help prevent some of the hundreds of deaths that occur each year when people are tragically killed in confined spaces by such hazards as electrocution and asphyxiation," said MSgt. Louis Rowe, deputy director of the Base Safety Center.

The training required \$15,000 worth of equipment, to include hoists, winch-

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es and gas monitoring devices.

Students attending the course learned various procedures and techniques such as how to test for oxygen and explosive gases and how to use personal protective equipment.

For the estimated 200 people onboard MCB Hawaii who need this training, it will become an annual requirement.

"As of right now the training will be conducted monthly until we catch up with requirements. We are hoping to send other Marines to an instructor

course conducted by a Navy mobile training team to expand our instructor base," explained Rowe, who received his two-week instructor training in April 1994.

By MCB Hawaii having its own instructors and equipment, the Base Safety Office estimates that it is saving the Marine Corps \$120,000 a year, the cost of having 200 people instruct-

Hence, confined space training is meeting not one, but two missions: saving lives and saving money.

ed by private contractors.



CAR ALARM!

Just hanging out with the guys — Jerry Haggadone, facilities department, is lowered into an electrical space by MSqt. Louis Rowe, deputy director, Base Safety Center during MCB Hawaii's first class on confined space training.

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FRI Evangelistic Service 7 pm SAT Prayer Meeting 10 am

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Briefs

TAMP

Transition Assistance Management Program will be offering the following classes in the month of December:

Sponsorship training - This training is mandatory for all those assigned as sponsors to inbound Marines and sailors. The class will be held Dec. 23 from 2-3 p.m. at TAVSC, classroom 2.

Financial planning - Subjects covered in this workshop include time value of money, retirement planning, funding methods, investment strategies and goal setting. The class will be held Dec. 21 from 9-11 a.m. at TAVSC, classroom 2.

For more information or to register for any of the above classes, contact the TAMP office at 257-3135.

ASYMCA

To sign up for any of the following programs/classes, or for more information, call 254-4719 or 254-4965. The Armed Services YMCA helps pay for child care while you attend classes.

Playmorning - Greet our new teachers Miss Nel and her helper Miss Jackie. Playmorning is held weekday mornings from 9-11 a.m. at the following locations: Monday, 2460 Cochran Street; Tuesday, Harris Street and Elrod Street; Wednesday, Cochran Street and Dodson Street; and Thursday, Daly Road and Daly Place. There will be no Playmorning the last two weeks of December.

Plus size ladies aerobics class -If you are a size 14 or more, this program takes your special needs into consideration. Classes begin on the

first of each month from 7:30-8:30 p.m. on Mondays, Wednesdays and Fridays. The fee is \$22 for the full month or \$2 per class.

Dog Obedience - This six-week class is offered Sundays from 4-5 p.m. behind the Veterinary's Office. The

Baby and Me - If you are expecting or have a new infant, this support group may be for you. We meet bimonthly on Mondays at 10 a.m. CPR for baby, baby massage, nutrition, toy safety and home safety are already on the agenda as topics. Join our group and add your own concerns and interests to our topic list. It's an excellent opportunity for parent networking. A "Strollers Stroll" meets every Tuesday morning at 8 a.m.

Children's Hula Class - Sign ups are being taken for the January class. The class will meet every Saturday from 8-10 a.m. at the FSC conference

Twins Club - The next scheduled meeting will be Friday at 6:30 p.m. Moms will have a "cookie exchange." Each family will need to bring a dozen cookies and six more to share. Join the fun.

Toys for Tots - Please donate a new toy to brighten up a child's Christmas morning! Toys will be distributed at "Santa's Workshop" at your Armed Services YMCA, Dec. 16. This year's chair, Belinda Garcia, asks that toys be donated to the "Y" office or at the Marine Corps Exchange. She will also pick up your donations if you call her at 254-2134.

Parents support

The New Parents Support Program provides a variety of education and support services to Marine families on Oahu and Navy families stationed at MCB Hawaii. Please call 257-0485 for any additional information, schedules or to register for any of the following: Expectant parenting

Expecting a new baby? Overwhelmed with the thought of becoming a parent? The "Expectant Parent Classes" are just for you. Learn information to help you through pregnancy, labor and delivery and postpartum time. We also provide basic baby information to help you become the best parent you can be. Six-week classes are held from 6-7:30 p.m., Tuesday evenings at the Branch Medical Clinic conference room. Please call 257-0485 for class information and to register.

Parenting education and support group — The group meets every Tuesday from 6-7:30 p.m. at the Child Development Center, building 579, on Reed Road. Free child care is available with a copy of your child's up-todate shot record. Child care will not be provided without one. Parents with children of all ages are invited to attend to discuss topics such as child development, discipline, stress management, communication and family interaction. Please call 257-0485 for class information and to register.

Pregnancy Support Group Lunch-time support group which provides pregnant women the opportunity to come together for information sharing, communication, bonding and support purposes. The group is held every first and third Wednesday of the month from 11:30 a.m. to 1 p.m. in the ASYMCA activity room. Bring a brown bag lunch. Call 257-0485 to

Home Visitor — We provide home visiting services to Navy and Marine families with children 5 years or younger. The specialized professional staff can offer support, education, parenting tips, prenatal information and a helping hand to any families in need. Call 257-0485 for more infor-

K-Bay FSC

Healing your inner child - A weekly support group will be held on Mondays from 4:30-6 p.m. to help people who have had painful childhood experiences that they wish to confront. Participants must call for a screening appointment.

Adult children of troubled families - This two-part educational class will focus on how your family affected you. If you are looking for answers as to why your life isn't working out the way you expected, you must look back to your childhood. Classes are held on Tuesdays from 2-4 p.m., with week one's sessions on the first and third Tuesdays of the month and week two's sessions on the second and fourth Tuesdays of the month.

For information on any of the above classes or reservations, call 257-3655.

USO needs

The USO is in constant need of supplies during the holidays, and now their needs are at a critical stage. The USO, located at the Honolulu Airport, is in need of coffee, paper goods such as napkins, cups and plates, sugar, Sweet and Low, and creamer. Other special needs include cookies of all kinds, pies and other forms of holiday foods. MCB Hawaii has established unit collection points. Contact Bobbie at 254-4618 or Ruth at 254-6796 to coordinate pickups.

CREDO open group

Anyone who has attended a CREDO Personal Growth Retreat anywhere in the world is welcome and encouraged to attend the next open group today beginning at 6:15 p.m. in building 1368 at the CREDO site in the former NOSC compound. Those who are interested in becoming facilitators are urged to attend as part of their training and personal growth.

Auditors wanted

Are you considering either getting out of the Marine Corps or making a lateral move? The Marine Corps Non-Appropriated Fund Audit Service (MCNAFAS) is looking for prospective Marines who meet the basic qualifications for MOS 3441. If you are a sergeant or above with some college education in accounting, finance, business, computers or other related field, and are interested in auditing, see your Career Planner, or contact GySgt. Newman or SSgt. Alltop at 257-2610 or 257-6220.

Red Cross volunteers

The American Red Cross is looking for volunteers in all areas. Volunteers are needed in Honorary Chairman of Volunteers and Dental Chairman leadership positions. The following clinics are requesting volunteers: Legal, Medical, Red Cross Office, Chapel, Craft Shop, Library and the Marina. The American Red Cross is operated by people who are willing to dedicate their time in helping others. For information about any of the classes or to volunteer call 257-3150. The hours of operation are 7:30 a.m. to 3:30 p.m., Monday-Friday. Check ins/out are 7:30 a.m. to noon, Monday-Friday. For emergencies call 257-3150 or 471-3155.

Education

A writing course for leaders and a reading enhancement course are scheduled to begin Jan. 3, 1995. Both of these classes are held Monday through Thursday from 8 a.m. to 11 a.m. for five weeks.

Registration for the above course is being held at the Joint Education Center through Dec. 28.

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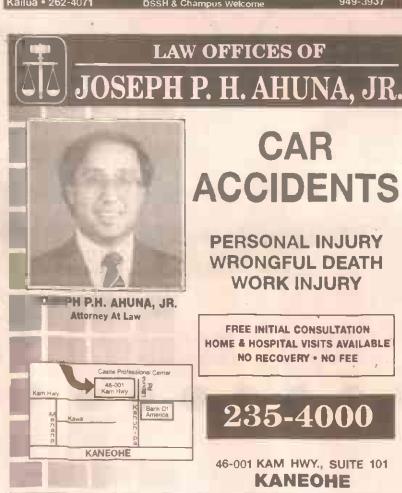
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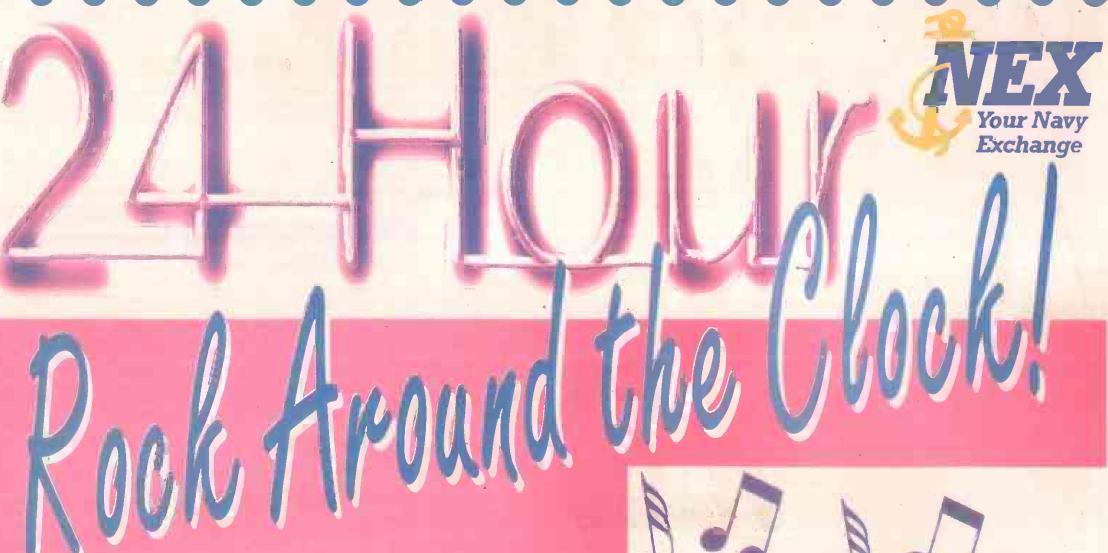












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John's running buddy



From the Cheap Seats

John Magnus

Many of you have trained hard and ate properly all in preparation for the recent Honolulu Marathon. The articles in this paper were extremely informative and beneficial. But one of my buddies, Billy Schmeltzer, had his own game

You see, Billy is one of those guys who thinks that everything is easy. He sees a championship boxing match and says, "Heck, if I trained for six months, I could beat George Foreman." He sees Michael Jordan playing baseball and says, "Heck, I played baseball in high school too, and I'm only 30. If I trained for six months, I could play professional baseball." You get the picture? For anything that anybody has ever done in the history of mankind, Billy Schmeltzer thinks he can do

So, last March we were sitting in our usual seats, at our usual hang out, having our usual beverages, when the topic of running came up. We talked of everything from sprinters, to hurdlers, to running backs, to marathoners. And sure enough, for every type of running that someone could think of, good old Schmeltzy would say that he could do that, if he had six months

Well, being a person that likes to bait people so they either put up or shut up, I proposed to Schmeltzy that he try to run the Honolulu Marathon. I told him that he would not have only six months to train, but nine. As I expected, Schmeltzy hesitated, started mumbling something about being out of the country in December, and proved that he was full of it. When I told him that he was indeed full of it, he retorted, "Am Not!" To which I maturely responded, "Are Too!"

After that intellectual debate was over, I had Schmeltzy so angry that he agreed to enter the Honolulu Marathon. Note, I said he agreed to enter the race; getting him to run it would be a different challenge altogether. But being a fair person, I told Schmeltzy I'd lay out the entrance fee for him. Of course he had no idea how much it cost to run a race, so I told him it would cost \$100.00. This way he would feel a little more obligated to run the race. If I told him it was really only

So, Schmeltzy breaks full on in to training. He reads magazines to get ideas on the types of workouts and diets he needs. He only drinks water while sitting in his usual seat, at our usual hangout, and he goes home early to get some rest. He even bought new running shoes, socks and shorts. I'm beginning to think he really is going to do it.

\$2.00, I knew he'd blow it off.

It's race day! Billy Schmeltzer is going to run the Honolulu Marathon. I see him at the start and tell him I'll see him at the finish line in a few hours. I go to the finish and wait. And wait. And wait. And wait. I was waiting so long that the race organizers were breaking down the finish area and city cleaning crews were cleaning up. Where was Schmeltzy?

I go back to my usual hangout to give a report and who is there? You guessed it, Schmeltzy. He had been there for hours. He told everyone he finished the race in under five hours. They were all buying him drinks. I had to drop the manhole cover on him. BLAM!

He eventually admitted to running only part of the race. It seems he prepositioned a car at the eight mile mark and left. But I must say, I was glad to see him try, and even happier to prove my point and watch him suffer for only \$2.00.

MARATHON FEVER!!

Marines and sailors from MCBH embark on 26.2 mile trek through the streets of Oahu



The first lady — Lillian Rodriguez was the first female finisher for the Marine Corps. Her time was 3:43:19 which placed her 136th among all women and 139th in the overall military finishers division.

Marathon is a major endeavor

Aaron Martin

What has 64,000 legs, requires more than 35,000 apples, 75,000 sponges and drinks more than 1,800,000 cups of beverage within a matter of hours? The 22nd Annual Honolulu Marathon.

The marathon has grown from 162 entrants in the first race in 1973 to the third largest marathon field in the world (behind only the New York and Boston Marathons) with more than 32,000 entrants in 1994.

People from 32 countries around the world entered the race with the largest contingency of runners from Japan, approximately 19,634. Hawaiian residents and military personnel, which accounted for 8,875 of the runners were able to participate in the race at the cost of the 1973 entry fee

Of those who participated in this year's race almost 19,000 were first time runners in ages ranging from under 10 years old up to 12 participants who were in the 80-89 years-old category.

Among the supplies necessary to meet the needs of the race were:

109,200 pounds of ice cubes which equals 54.6 tons,9,360 two liter bottles of Coca-Cola, 8.3 acres of tents equivalent to 373,500 square feet, 3,000 feet of television cables, 12,550 feet of rope and plastic barriers, 1,200 feet of flagging tape, 410 portable toilets, 3,500 rolls of toilet paper, eight thousand 33-gallon trash bags, 150,000 small safety pins, 8,700 feet of red nylon fencing, 1 balloon arch with 500 huge balloons, 50 vans and trucks, 600 eight-foot tables, 400 folding chairs, 225 off-duty police officers, 35 solo motorcycle riders, 60 telephones, 12 fax machines, 170 medical cots, 10,000 square feet of plastic sheeting, 3,500 rolls of film, 36 exposures each, 100 packs of video film, (Get

Despite the massive equipment and supplies required to conduct the race, the two most important elements were the competitors and the spectators who lined the 26.2 mile course cheering the competitors on to Kapiolani Park. As always the Spirit of Aloha prevailed throughout the race with fans and runners alike.



Hard chargin' volunteer — Tony Bershabea was just one of the many Marines who volunteered their day in assisting in the 22nd Annual Honolulu Marathon.

Despite strong gusting winds, approximately 32,804 runners, both civilian and military, embarked on a 26.2 mile trek through the streets of Oahu for the 22nd Annual Honolulu Marathon, Sunday.

The running field was one of the largest in the world, behind the Boston and New York Marathons and 723 active duty Marines from Oahu and the mainland registered for the race as representatives of the Marine

Michael Rhodes was the first Marine to cross the finish line with a time of 2:52:45. The first Hawaii-based Marine to cross the finish line was John Sedor with a time of 2:56:37 (5th in the military division). The first female Marine runner was Lillian Rodriguez at 3:43:19 (136th in the women's division and 139th in the overall military division).

The Marines claimed five of the top ten places in the military finishers division with Rhodes, Sedor, Christopher Pagdilao, Frank Hoffman and Chris Cortez all finishing in three hours or less.

Prior to the start of the race, Navy Capt. R.K. Flath, military liaison and marathon trainer for many of the Marines and sailors in Oahu, knew the wind would play a big factor in the

"To run in this type of wind, a runner will expend 10-12 percent more energy battling the winds. The ideal is to follow a group of runners so that they form as a buffer from the winds," Flath explained.

This strategy paid off for many of the runners including the overall winner, Benson Masya of Kenya, who ran with a group of runners until the 19-mile mark and then with the wind to his back, took command of the race and finished in 2:15:04 beating the second place finisher, Thabisco Moqhali, by one minute and 48 seconds.

For two of the Marine Corps' top runners on the island the marathon day winds had minimal effect.

"The wind didn't seem to be a big factor to me," said Rodriguez. "Although my time this year was not as good as last vear's."

For Marine Rick Jones, an experienced distance runner and world class triathlete, the marathon is one of the better running events in the world.

"The support for this race is every-

where, from start to finish," said Jones, who finished in just over three hours. "The wind didn't affect my time much because I ran with a pack."

Another top finisher was Don White, a dental technician at MCB Hawaii, who took on the marathon with a different approach. White donned a hula skirt throughout the race and wore a T-shirt which said "Go hula or go home." But despite his unique outfit, White finished with an impressive 3:11:28.

Of the 723 Marines registered for the race, 401 finished the race — a 55.5 percent completion rate, the highest of all the military services. The Army had 1,225 runners with 582 finishers. The Navy had 555 runners with 273 finishers. The Air Force had 368 runners with 116 finishers and the Coast Guard had 128 runners with 38 finishers. A total of 2,979 military runners competed with 1,410 finishing the

Though all the results will not be completed for two more weeks, the marathon will be profitable to the quality of life for Marines and sailors aboard Marine Corps Base Hawaii. Already the Marine Corps has earned \$6,024 and could receive more money once results are announced.

For many of the Marines, this was the first marathon they had ever run. Jose Chavez found his own source of motivation during the race.

"I would just look for the Marine shirts and I would try to catch them or keep up with them," Chavez said. "This was a really great race. I would definitely do it again."

BGen. R.F. Vercauteren, commanding general Marine Corps Base, Hawaii, also participated in the marathon this year despite a busy schedule of off-island engagements.

"I had the opportunity to run a little when I was in D.C., but I am still pleased with my personal results (3:48:05)," the general said. "It was long but it was a very nice race."

Following the race runners received an attractive finisher's T-shirt, food and drinks, and a courtesy massage for those willing to wait in line.

For all those who participated, each deserved a gentle pat on the back for a job well done. Throughout the race course many of the spectators shouted words of encouragement and played music or held up signs to the often weary runners but the one sign which truly reflected the spirit of the runners of this annual event was "You are all



Skirting the run — Don White took on a very Hawaiian approach to the Marathon with a hula skirt which he wore throughout the race.

Sports briefs



Aerobics

Semper Fit Aerobics classes, including the STEP program, are offered everyday at the Main Gym. Classes are \$2.50 for dependents and 50 cents for active duty personnel. Monthly passes are \$25 for dependents and \$10 for active duty personnel. Contact the Athletic Office at 254-2516 for more information.

Rod and Gun Club

Kaneohe Rod and Gun Club meetings are held the first and third Wednesday of each month at the Bachelor Officers' Quarters conference room. Contact Mike Dunlap at 254-4964 for more information.

Motorcycle Safety Course at MCBH

The Marine Corps Base Hawaii Safety Center offers free courses for beginning and experienced riders on motorcycle safety and operations. The courses are registered through the Motorcycle Safety Foundation and provide insurance discounts for motorcycle riders. Contact Sgt. Demetrius Hannah at 257-3408 for more informa-

Motorcycle club

Anyone interested in riding with the Kaneohe Marines Motorcycle Riders Club should contact Sgt. Demetrius Hannah. The club is comprised of active duty and DoD motorcycle riders throughout Oahu, and meets monthly for an excursion to various points of interest on the island. For more information, contact Sgt. Demetrius Hannah at 257-3408.

Jazzercise

Get fit with Jazzercise on Monday, Wednesday and Friday mornings at 8:30 a.m. at the Main Gym, and Tuesday and Thursday evenings at 6:15 p.m. in building 1036. If anyone has questions contact Jean Hamilton at 254-4112.

Boxing referee

Free training will be provided for anyone interested in becoming an amateur boxing referee or judge. For more information, contact CWO-2 Duchesne at 257-2216 or 254-3485.

Rugby

A rugby team is being formed consisting of active duty personnel at Camp H.M. Smith and Kaneohe Bay. The team is being sponsored by MWR. All experience levels are welcome. Practice begins as soon as possible. For more information, contact 1stLt. J. Dale at 257-1285 or 254-3589 and leave a message.

Recreational pistol shooting at K-Bay

Recreational shooting is scheduled for the first and third Saturdays of each month at the Base Range. It is for pistol shooting only. Your weapons must be registered with the State of Hawaii and the base. Please bring your registration, ammunition, paper targets and appropriate safety gear. It is open from 8 a.m. to 2 p.m. and free of charge. For more information, call John H. Magnus, 254-1651

Volunteers are needed to help operate the recreational shooting program. Those interested must be available

every first and third Saturday of each month, and they must go through a range safety brief. Additionally, experience as a shooting instructor and in weapons and range safety regulations is desirable. Please contact John H. Magnus at 254-1651 to sign up.

Wrestling team

The Hawaii Marine wrestling team is now working out Mondays, Wednesdays and Fridays at 5:30 p.m. in building 1035, on the second floor. Building 1035 is located next to the Anderson Hall dining facility. Any Marines or sailors stationed on MCB Hawaii and interested in participating should contact 1stLt. Mark Smith at 257-1325.

Sports announcers

Chic Hearns, Harry Carey, Al Michaels, John Madden. Do you think you have what it takes to be the next great announcer? Take advantage of an opportunity to get behind the microphone and showcase your talents. Contact the Athletic Office at

Sports volunteers

The K-Bay Athletic Office is looking for volunteers to help with its expanding sports requirements. If you have a favorite sport or would just like to learn about the sports programs, contact the Athletic Office at 254-2458.

Field reservations

Attention all units! If a unit desires to use a ball field for any reason, please contact the Athletic Office. Reservations may be made up to 10 days in advance and a unit may only have one reservation at a time. Reservations can be made Monday through Friday between 8 a.m. and 4 p.m. at the Athletic Office.

Parachute jump benefits Toys for Tots program

Sgt. Lou Ramirez

Seeing a child's face light up during the holidays when they receive a present is a large part of what Christmas is all about. But when a child has to do without, organizations and programs such as the Marine Corps Reserve Toys for Tots campaign are there to help.

Last weekend, Toys for Tots received support from skydivers and Santa as they parachuted in at Dillingham Air Field on the North Shore.

Organized by Claire Foss, administrator of Pacific International Skydiving Center, and SSgt. Greg Gillispie, operations and training chief of 4th Force Reconnaissance Company, the function received a large turn out and was considered a success by the skydiving community.

"The drive was held at the request of the parents of Staff Sergeant Larry Medina who recently passed away in a tragic skydiving accident," said Foss.

Local venders donated merchandise

and services to be awarded as prizes in a drawing for those individuals who dropped off toys, and food was also available for those who attended.

Santa and four of his elves parachuted into the drop zone, to the delight of children and adults. Also, 4th Force Recon provided HMMWV rides and

information on recruiting. At the end of the festivities, Gillispie presented a Letter of Appreciation to Foss and Pacific International Skydiving Center for their support of Toys for Tots on behalf of the Marine Force Reserve.

"Everyone at Pacific International has always embraced the Marine Corps skydiving community, and this is our way of saying their efforts do not go unnoticed," said Gillispie, who has been skydiving since 1985.

During this season of goodwill, it's nice to know that with the help of organizations like the Marine Corps Reserve and Pacific International Skydiving Center, there can also be a little goodwill toward children.



Agahhh!

Jose Chavez takes his socks off to cool his feet after completing the Honolulu Marathon Sunday. Chavez further discusses his running strategy with Miles Okamura, MCB Hawaii, Kaneohe Bay athletic director.



11:45 a.m. (Monday-Friday)

3:45-4:30 p.m. (Monday)

3:45-4:30 p.m. (Monday)

6:00 p.m.

7:30 a.m.

9:30 a.m.

"Sounds of Freedom" division to highlight the Great Aloha Run

Sgt. Marlon J. Martin

Thousands of runners will kick off the 11th Annual Great Aloha Run when the gun sounds at sunrise, Feb. 20. The 8.2-mile race will start at Aloha tower in downtown Honolulu, wind its way past the historic harbor along Nimitz Highway, and finish at Aloha Stadium.

The regular military entry rate is \$15. However, a special entry fee of \$12 is offered to military participants in the "Sounds of Freedom" division of the annual run.

As in the past, organizers expect the "Sounds of Freedom" division to again

highlight the Great Aloha Run. Platoon-sized groups of military runners from each of the armed services will vie for honors.

"The Great Aloha Run," said Vera Ross, run project officer, "is a great community relations event between the military and the local community. It is a unique race in that it is the only race in Hawaii where military participants can run in formation.

The Great Aloha Run will also feature a "Speed Team" category for runners who want to zip through the relatively level course. Speed teams will be limited to six runners who must start and finish the race at the same time. When applying, these runners must identify themselves as a Speed Team on the "Sounds of Freedom" entry form.

Applicants who wish to avoid a late entry fee must submit their entry forms no later than Jan. 17. The late entry fee is \$20 for all entries postmarked after Jan. 17 but no later than Feb. 1. The first 5,000 entrants will receive a special "In-Training T-shirt."

Last year, 30,405 runners entered the 10th Annual Great Aloha Run.

Comparing the Great Aloha Run to other inter-island races, Ross said more than 95 percent of the participants are local military members and civilians. She also added that all proceeds generated are for local charities.

Religion //

MCBH Kaneohe Bay Chapel

Catholic Weekday Mass Saturday Mass Sunday Mass **Sunday Mass** CCD Preschool CCD Kindergarten CCD Grades 1-12

Protestant Lit. Communion Sunday School Adult Bible Study Non-lit. Worship

services, call 257-3552.

Kaleidoscope

6-7:15 p.m. (Mondays at Mokapu Elem.) 8:30 a.m. (Sunday) 9:30-10:30 a.m. (at Preschool Center) 9:30-10:30 a.m. (Sunday) 11:00 a. m. (Sunday)

1:30 p.m. (Wednesday. An after-school program for elementary age children)

Sunday School 11:30 a.m. Sunday Worship 7:00 p.m. (Tuesday at the Base Chapel) Bible Study

For more information about the MCBH Kaneohe Bay Base Chapel religious

Gospel of Holiness Fellowship at the Boondocker Theater

MCBH Camp H.M. Smith Chapel

Catholic Mass 8:00 a.m. (Sunday) Prot. Sunday School 8:30 a.m 9:30 a.m. (Sunday) Protestant Worship Gospel Choir/Service 11:00 a.m. (Sunday) For more information about the MCBH Camp H.M. Smith Chapel religious services, call 477-5098.

Aloha Jewish Chapel at Naval Base Pearl Harbor

7:30 p.m. (Friday) For more information about Jewish services, call 471-3971.

Houston at Kansas City New York Giants at Philadelphia Los Angeles Raiders at Seattle

Monday, Dec. 19 Dallas at New Orleans

Nesmith's Pick of the Week: The New England Patriots at Buffalo.

Buffalo is down to the wire, they've got to cut the mustard or they're out. I pick Buffalo for the win.

Okamura's Pick of the Week: Cleveland Browns at Pittsburgh. Pittsburgh has home field advantage. Two very good teams, but Cleveland has to fold sometime. Don't they always? Pittsburgh by three.

Athletic director deteats EEC

CPAO

The Regular season of the NFL is just about over with only two weeks left before the playoffs. However, there are still several wildcard spots up for grabs making it a guessing game as to who will actually make the

Looking at last week's games there were some big upsets on the field starting Saturday with Cleveland's big defeat of Dallas. Last week's commentators fared pretty well in the face of several upsets.

Last week's guest commentator,

SSgt. Eileen Osterhout, and Miles Okamura were tied heading into Monday night's game after each picked seven of the winners. But following Miami's win over Kansas City, it was Miles who once again emerged victorious coming out just a little over 50 percent for the weekend.

This week's guest commentator is familiar with the picking procedures of Okamura. Al Nesmith, the intramural sports director with Morale Welfare and Recreation, has challenged Okamura and puts his athletic knowledge to the test.

As is the practice of this paper, Okamura's picks will be in bold while

Nesmith's will be underlined. If Nesmith's picks match with co-worker Okamura's, they will be italicized. Week 16 in NFL

Saturday, Dec. 17 Minnesota at Detroit Denver at San Francisco

Sunday, Dec. 18 Atlanta vs Green Bay Cleveland at Pittsburgh Los Angeles Rams at Chicago Miami at Indianapolis New England at Buffalo San Diego at New York Jets Tampa Bay at Washington Cincinnati at Arizona



CARRIERS SEEK VOLUNTARY PAYMENT

Beginning December 16th through December 25th, your Hawaii Marine newspaper carrier will be visiting you to ask for a voluntary payment of \$1.30 for the four-weeks' delivery service from December 16th through January 12th.

If you enjoy reading the Hawaii Marine and delivery service is satisfactory, your \$1.30 voluntary payment will reward your carrier for a job well done.

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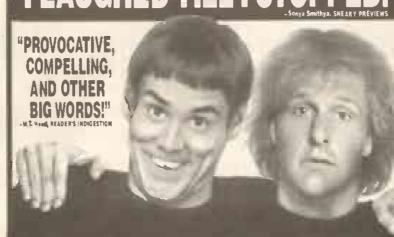
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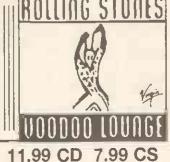
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Ride like the wind over the waters of Hawaii



Wind to my back — Windsurfing is very popular in the Kailua area with Kailua Beach Park and Lanikai providing both incredible conditions and scenic beauty for watersport enthusiast.



Surfsailing - Windsurfers at Diamond Head Beach go airborne on some of the waves

at the popular windsurfers area located just east of Waikiki.

Sgt. Andrew Lynch

For some people, sailing on a clear blue ocean and skimming along its surface at 20 mph would seem an easy task - if they were piloting a goodsized sailboat. But try skimming along the ocean while standing on nothing but a 24 inch wide board and holding on to a sail no bigger than a bed sheet. If it sounds challenging, it is, but that's what windsurfing is all about.

Windsurfing is a sport that has a fairly recent history. A combination of surfing and sailing, it takes the best of both these popular local activities and creates a completely new challenge for any water sport enthusiast.

To most spectators, watching windsurfing may appear easy; however, attempting the most simplistic maneuver can be difficult without the proper training and instruction.

"The basics of windsurfing can usually be taught in a two hour lesson," said Joe Green, qualified surfing and windsurfing instructor and owner of Surf-N-Sea, a surf and dive store on Oahu's North Shore.

When learning to windsurf a few things to keep in mind are: (1) The calmer the water the easier it is to learn. Heavy waves can make for a rough ride and create an unstable base; (2) Sail a wide board, approximately 36 inches, and a small sail. Again a wide board makes for a stable platform and a small sail is easier to control; and (3) Find a beach that has a crosswind (wind that runs parallel with the shoreline). Winds that run perpendicular can cause the board to either be pushed ashore or carried out

After learning the basics such as how to maintain balance on the board, another necessary skill is the ability to make the board tack into the wind (to move in the direction of the wind by moving side to side).

After learning the basic skills in this unusual hybrid sport, beginners should not be compelled to push their skill level if they are in unknown waters. Hawaii is known for its large surf and an inexperienced windsurfer can easily find themselves in a potentially dangerous situation.

"Windsurfers who have been in the sport for a while, and have reached a higher skill level, usually gravitate towards surfsailing (windsurfing on a wave]," said Green, who has been of the woters near the Mokapu Peninsula.

involved in windsurfing for more than 15 years.

As the sport has become more and more competitive, so have the size and construction of the boards themselves. To increase speed, boards that were once heavy and bulky are now constructed of lightweight materials and reduced in size, with the board having a width as narrow as 12 inches.

For anyone wishing to try the sport and who enjoys it enough to want to purchase their own board, Joe Green suggests testing several boards before purchasing one. Since certain boards can cost more than \$1,000, the buyer should purchase one they are happy

The Outdoor Recreation and Equipment Center located at the marina onboard Marine Corps Base Hawaii, Kaneohe Bay, currently offers an introductory five hour windsurfing lesson for the modest price of \$35.00. Equipment may also be rented at various prices depending on the amount of time used. For more information about windsurfing on base call 254-

Living in Hawaii surrounded by water provides the perfect opportunity to learn how to sail. But those who might want to try something a little different should try windsurfing. It might change your whole point of view on what sailing's all about.



Sport for all — On a windy day, men and women alike are taking on the challenges

Hawaii Marines defeated by Hickam in roundball action

Marines lose defensive battle to Air Force, 80-74, but set their sights on the upcoming HASAC tournament

Sgt. Andrew Lynch

If you think basketball is not a contact sport, attend one of the Hawaii Marines' games. They're like an ice hockey game on hardwood.

The Marines went head to head against the Hickam Air Force team, Dec. 6, in their second game this season against the Air Force. Both played a physically defensive game, though neither capitalized on the other's turnovers.

Leading the attack during the first half, guard Lawrence Harper made several key plays that kept the Marines to within two points at the end of the half with Air Force leading

the game the players came out a little apprehensive because they have never played these guys [Air Force] on their home court," explained Frank White, head coach for the Hawaii Marines basketball team.

The fans were equally hopeful of a Marines comeback.

"The Marines played really well in the first half and they should be able to make a comeback in the second," said Lashree McKee, Marine fan and fiance to Harper.

At the beginning of the second half, the Marines immediately went on the defensive and produced the turnovers necessary to score against Air Force. One eye-catcher was when Derik Patterson landed a 180 degree jump shot and showcased his ability to profit from a rebound by scoring under the with 10:25 left on the clock, the Air Force made best use of its possessions with solid teamwork and quick passes.

Determined not to be beaten by the physical Marine team, Air Force methodically scored points and maintained a lead over the Marines throughout the rest of the game, defeating them, 80-74.

"The [Marine] team has done an excellent job this year considering most of their games have been on the road," said White.

Currently, the Hawaii Marines have had what might be called an average season with a record of four wins and five losses. With their final home game Friday against Schofield Barracks at 7:30 p.m., they're hoping to turn things around and set a winning pace like their football counter-



Flyin' high — Bennie Jones, while being double-teamed by the Air Force, takes the outside shot in the second half of the interservice confrontation between the Marines and the Air Force. The Air Force won the game 80-74.



In the key — Curtis Brooks scores with a fading jump shot against the Air Force.

Space A travel from Hickam AFB is made easier for service members

SSgt. Aiko Brum

December is the best time to visit Australia; however, you might want to plan that whirlwind shopping spree to South Korea in May. Possibly anytime is the right time to travel to the mainland to see faraway family and friends, but no matter where you want to travel, plan on catching a flight during non-peak periods.

All these destinations and more can be yours for free, when you sign up for a Space Available flight at the Air Mobility Command terminal at Hickam Air Force Base. Active duty and retired military members and their families, plus some Department of Defense employees, are eligible to travel on all DoD owned or controlled aircraft.

The benefit is available as a by-product of DoD's primary mission: to move space required cargo and passengers. Once this requirement is met, seats are opened for space available travel-DoD doesn't, however, make reservations or guarantee seats, provide round-trip travel, nor promise to pick you up at one destination and deliver you to your final destination.

Nonetheless, some 512,000 people discover the merits of Space A travel annually. Now, not only has the previous \$10 charge been deleted, but also new features like one-time sign-up and facsimile sign-up have been added.

Active duty members must be in an authorized leave status to use their Space A privilege. Their spouse and children must travel with them on all but Environmental Morale Leave flights and loco parentis emergency leave orders, by presenting an Armed Forces I.D. card and any necessary passports, visas and immunization records required by the visiting coun-

"When you're 'hopping' with dependents, you also have to remember that dependents are not allowed to travel with active duty members within the continental United States. That means our flights that only go from Hickam to Travis [near San Francisco] are as far as they are able to go with dependents," explained Senior Airman

terminal representative. "If we post two destinations for that flight, say it goes from Hickam to Travis to McChord, Wash., then you can go all the way to Washington, as long as it's the originating flight."

Register for any departing flight by accomplishing the following:

· Sign-up in person at the AMC terminal with your leave papers, or fax a copy of your leave papers to the terminal. Be sure to note if a spouse or children will be accompanying you.

· Complete a self sign-up form and get it "clocked" in. This paperwork assigns you a transportation category, a date and time of sign-up, and a "country code" which specifies where you are going. The AMC representative immediately "clocks" in all faxed leave papers.

• Next, show up for what is called the posted "show time" or "roll call," which is normally two to three hours before the flight you want to catch. Larson recommends occasional phone calls to the terminal to determine if the show time has changed. During show time you will compete for available seats based upon your transportation category, sign-up time and date. Passenger agents and monitors in the terminal, and flight recording telephone messages, can inform you of arriving and departing flights, usually for the next two to three days.

"Within your category, no one is going to get ahead of you. Everyone who signs up after you, in your category, is going to be behind you," said Larson. "We are rank blind; we are service blind."

New to Space A travel is the one-time sign up. It allows a passenger to declare a final destination on one-way travel, then transit through several AMC terminals with their initial signup time and date. The passenger, however, must still sign-up at each terminal enroute. The service is not intended for people to use any part of their leave at an enroute sign-up location: doing so is an abuse of the onetime sign-up privilege. For example, a passenger cannot leave from Hawaii then spend a week visiting a friend in San Francisco, then continue on to their final destination of Scott AFB in

must make a concerted effort to show up for roll calls.

Another relatively new feature of Space A travel is no military uniform. All armed forces branches except the Marine Corps allow their members to travel in civilian clothes. However, Marines are authorized to travel in civilian clothes on military-chartered civilian flights. Hickam has one which leaves each week to Travis on Friday mornings. The AMC terminal is not a policing agent, though. Terminal agents will only remind passengers of the clothing policy.

Space A travel can be tricky. You must always stay one step ahead, keeping informed and asking plenty of questions. Despite basic registration procedures, the seasoned Space A traveler knows all sorts of "kinks" and "glitches" may prevent a smooth process.

For instance, because current regulations allow everyone to fax their leave authorization to AMC terminals, you are literally competing with people who sign up for particular flights from all around the world.

"Let's say you want to do the hopping within the continental United States, You want to go somewhere maybe farther east. You can fax your paperwork [your leave papers, etc.] to Travis. You can fax your paperwork to Kelly [in San Antoniol. You can fax your paperwork anywhere else you want, as long as you're on leave and you're travelling one way," Larson explained.
Though every AMC terminal lists

arrival and departure flights, everything is subject to change, due to cancelled or redirected missions, aircraft malfunctions, the type of cargo onboard, etc. "It may be a last minute cargo decision ... a lot of times there are some extra crew members [who decrease the number of available seats]," said Larson.

"All the flights that come out of here [Hickam] are military cargo flights, with the exception of a few DC-8s. It depends on how much cargo is on the flight for how many seats we get released," she explained.

It is always best to keep updated about last minute, unscheduled arrivals and departures. Larson rec-

Melissa Larson, an AMC passenger Illinois, explained Larson. Passengers ommends staying in the terminal once you have been selected for a flight, since everything is subject to change. As well, know that any costs expended for billeting, meals or commercial transportation needed due to expiring leave time, are borne by the traveler.

> Still, even though you may get a seat on the flight you want, you can be "bumped" enroute to that mission's final destination. You could be "bumped" if the number of space required passengers or cargo exceeds available seats at any particular stop enroute, or due to any aircraft changes prior to reaching the final destination.

If the passenger representatives must reduce the number of seats available, they start "bumping" passengers with the lowest priority, explained Larson. "We bump the last passengers we put on," she said.

However, outside this circumstance, all passengers will normally travel from their flight departure point to its final destination without having to give up a seat to another Space A traveler, in their category, with an earlier sign-up time.

Passengers remain on the Space A register for the duration of their leave period, or 60 days, whichever occurs first. The registration process must begin anew beyond 60 days.

You can travel in any direction, to points all around the world, when flying Space A. Simply keep in mind that circuits outside Hickam's routine destinations may require more leave time and patience. Travelers must know what they're doing and be flexible.

The Hickam AMC terminal routinely flies to Travis AFB near San Franciso, oftentimes a flight departs each day. Also, Anderson AFB, Guam; Kadena Air Base, Okinawa, Japan; Yokota AB, Japan; and Osan AB, Korea are regular destinations. Two flights depart weekly for Australia, and one goes to New Zealand each week. Occasionally, Hickam aircraft go from Travis on to McChord AFB in Washington state or March AFB near Riverside and Los Angeles, Calif. Not too many departing aircraft go to Texas; however, military travelling without dependents in CONUS can always "hop" again at their next location, which may have more destinations available, according

to Larson. Christmas and summer are peak travel times, as well as spring break and the Thanksgiving holiday.

You may find that it's not hard to remember that you are travelling on military aircraft. Some planes like the C-130 are very noisy especially for young children, and may require all passengers to sit with the cargo in cargo seats. Other planes like the C-5 are more powerful, speedy and comfortable. Military aircraft can also be quite cold, so shorts attire may not be very cozy. High-heeled and open-toed shoes are not allowed on military aircraft due to safety reasons.

Only two checked bags totalling 140 lbs., or 70 lbs., each, are allowed per person, and one hand-carried bag which fits into an airline box is allowed onboard. Families may share their baggage allowance, allowing one or more individual members to exceed their limit, as long as the family doesn't exceed its maximum poundage. Federal regulations require strict adherence to cargo and passenger weights.

There are a couple potential charges on a Space A flight. Passengers wanting a box meal or hot dinner must pay \$2.30 for in-flight meals, \$1.15 for snack meals. Passengers may also bring along their own snacks, though some destinations have agricultural restrictions on fresh fruit and meat. As well, some flights departing or arriving at commercial international airports may assess a required minimal customs processing fee.

AMC terminal representatives have limited knowledge of other than their own aircraft's flight schedules. However, phones are available at the terminal to call specific AMC locations and ask information questions about their flights. Representatives can also give you travelling tips.

Your final destination could be but a couple "hops" away on Space A travel. With patience, time and flexibility, even places like Rota, Spain, could be a viable vacation spot.

For more details call 449-1515. Each armed forces branch also has a liaison office at the terminal. Call 449-1854 or 448-8013 for the prerecorded flight schedules, 24 hours a day, fax paperwork for Space A sign-up to 448-1503.

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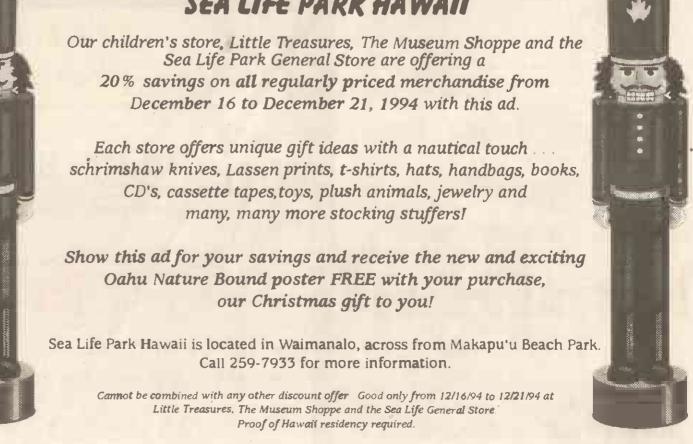
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Holiday 3 Day Sidewalk Sale Friday-Sunday

All Santa's helpers will be at Pearlridge Center this weekend for our big Center-wide "It's in the Bag" Holiday Sale 170 fabulous and festive stores with super bargains to light up your Christmas giving. Free Holiday shopping bags while supplies last, Phase I and II Community Booths. Photos and visits with Santa in our giant fantasyland, "Santa's Magical Toyland."

Shop Saturday til midnight. Christmas? It's in the bag!





Extended Holiday Hours: Monday-Sunday, IOAM to 9PM/ Starting Dec 16, 9AM to 10PM/Shop Saturday Dec 17 til Midnight 170 Stores/Entertainment/16 Theatres/45 Places to Eat

MWR offerings

Debra Bray

Lunch Time Concerts

"Just hear those sleigh bells jingling, ring-ting-tingling"... courtesy of the MarForPac Band. From 11:30 a.m. -12:30 p.m., December 16 and 17, 'the band will perform Christmas concerts throughout the Main Exchange at Kaneohe Bay. Stop by the MCX and lift your spirits with holiday music to shop by.

Holiday Bowling Hours

The K-Bay Lanes will be open for the holidays with special hours of operation. Bowl from 11:00 a.m. - 5:00 p.m. on Christmas Eve, Dec. 24, and from 5:30-11:30 p.m. on Christmas, Dec. 25. The bowling alley will also be open the following Monday, Dec. 26, from 11:00 a.m. - 10:30 p.m. If you're looking for bowling fun on New Year's, you're in luck! Bowling hours New Year's Eve will be from 11:00 a.m. -5:00 p.m.; New Year's Day from 5:30-10:30 p.m.; and Monday Jan. 2 from 11:00 a.m.-10:30 p.m. Happy Holidays from the staff at K-Bay Lanes!

Guest Bartender Tuesday Support your unit at the K-Bay Staff NCO Club "Guest Bartender Night", Tuesday, Dec. 20. SgtMaj. DeLeon and 1stSgt. Bowling will be pouring drinks for Marine Corps Base Hawaii Night. It's also free movie night! So, drop by for the first-run movie, have some popcorn, order your favorite drink and enjoy!

Rugby Players Wanted

If you enjoy contact sports, rugby is the game for you! Organizers of the MCBH rugby program are looking for interested players for the August -May season. Test your stamina and endurance. If you're interested in participating, call Maj. Hamilton at 257-2911 or 1stLt. Dale at 257-1285.

- Happy New Year!

Looking for a fun place to ring in the New Year? Well, look no further ... K-Bay is the place to be! Each of the base clubs at Kaneohe Bay are planning exciting festivities for New Year's Eve, Saturday, Dec. 31. Rock in the new year with live alternative music from 8:00 p.m. - 2:00 a.m. at the Enlisted Club. The cost is only \$5 at the door so bring your friends by for pupus and party favors. For more information, call 254-4648.

Celebrate New Year's Eve at the K-Bay Staff NCO Club "Casino Night". The fun begins at 9:00 p.m. and goes on until who knows when! This extravaganza will be full of different sights and sounds. Play the card tables or take a chance with a roll of the dice. You just might find yourself at the redemption center picking up your prizes, and awards! But that's not all. Enjoy live entertainment all night long featuring Tahitian dancers, a magician, D.J. sounds and more. You can look forward to a champagne toast, free pupus, party favors and breakfast. The cost is \$25 per person and includes \$100 in casino scripts. Call 254-5481 to place your reserva-

Back by popular demand, the fabulous variety band "Fresh" will be helping you to ring in the new year at the Officers' Club. The New Year's Eve package includes dancing, heavy pupus and party favors. Champagne will be served at midnight and a breakfast buffet will be open from 12:30-2:00 a.m. The cost is \$26 for Officers' Club members. Non-members are \$28. For planning purposes, please put your reservations in early by calling 254-4785 or 254-5166.

Silent Warrior Karate

Want to know the "secrets" of how to get in shape, lose weight & look good? Join the new Karate I martial arts classes being offered for children and adults. Current classes are held on Monday, Wednesday and Friday from 6:00-9:00 p.m. If you've always wanted to try karate, do it now! Call 254-2963 for more details and take advantage of the great specials being offered for a limited time.

Mid-Day Aerobics

Is that extra helping of Thanksgiving pumpkin pie beginning to show? Work it off with Mid-Day Step Class! Working is no excuse for a lack of exercise. This 45-minute full workout is geared to working and busy people and is open to beginning and intermediate steppers. Use your lunch break to get in shape and get energized for the rest of your busy day. This step class is held Monday, Wednesday and Friday from 1:00 - 1:45 p.m., at the Main Gym Aerobics Room. Cost is \$20/month for active duty personnel and \$25/month for civilians. An hour of step is equivalent to jogging three miles and burns more fat. Call 254-2516 and enroll now.

Jazzercise Classes

Music and body movement go handin-hand with Jazzercise! Classes are now being offered at K-Bay using high impact exercise and floor exercises with weights. Child care is also available for busy moms. Enroll in two-day or three-day sessions. The Monday, Wednesday and Friday class is held from 8:30 - 9:30 a.m. at the Main Gym. Tuesday/Thursday classes are offered from 6:15 - 7:15 p.m. at building 1036. All classes are taught by a certified Jazzercise instructor. Right now you can sign up for a package of eight classes for \$20, or 16 classes for \$40. Classes for these packages must be used within a two-month period. For more information, call instructor Jean Hamilton at 254-4112.

Tickets @

The MWR Ticket Office offers tickets and information on how to get them at special military rates. The office also takes reservations for events and attractions around the island. Call the Entertainment Hotline at 254-3304 or stop by the Marine Corps Exchange for information and reservations. The office is located at building 1090 and is open Monday through Friday, 10 a.m. to 5 p.m., and Saturday, 10 a.m. to 2 p.m.

This week's offerings include: Consolidated Theatres

Tickets on sale for \$4.75 and are good until June 8, 1995. Wallace Theatres - Tickets on

sale for \$4.75 and are good at any Wallace theatre on Oahu.

Sea Life Park/Waimea Valley -Discounted tickets are on sale at ITT. Adult \$8.50, Junior (6-12yrs) \$5.75, Child (4-5yrs) \$2.50.

Entertainment '95 Books — This book is packed with great discounts on fine and casual dining, movies, entertainment, hotel, travel, and much more. On sale for \$38.

Jeep Eagle Aloha Bowl Game -The Aloha Bowl will feature Boston College vs. Kansas State at 10:30 a.m. Sunday, Dec. 25 at Aloha Stadium. ITT has sideline tickets on the 50 and 40 yard lines. Tickets on sale for \$17.50.

Bishop Museum Ohana Annual Pass - On sale for \$32 and are good for unlimited free admission to the museum and planetarium for an entire year. Pass holders will also

receive bimonthly issues of their newsletter Ka' Elele informing them of current exhibits, events and programs at the museum.

Pro Bowl Tickets - Tickets are now on sale. Sideline tickets are \$31. Come in early for the best tickets. The game will be Feb. 5, 1995, at 1 p.m.

Hula Bowl - Tickets are on sale for \$9.50 and \$13.50. Come in early for the best tickets. The game will be Jan. 22, 1995, at 3 p.m.

Scrooge - For the fifth and final year, Diamond Head Theater presents Frank Delima in the role of Scrooge with special guest star James K. Seibel. Performing now through Dec. 18. Performances are Sunday through Thursday. Friday or Saturday performances.

United Airlines Hawaiian Open - Practice round coupons are \$8 for Monday and Tuesday. Tournament coupons are \$10 each, for Wednesday's Pro-Am tournament or Thursday through Sunday for the PGA Tournament. A book of 10 coupons is \$90. The Hawaiian Open is held at the Waialae Country Club on Jan. 9-15, 1995.

Stocking stuffers - An ideal Christmas gift for that special teacher, family member or friend could be movie tickets, Sea Life/Waimea tickets, Entertainment '95, Aloha Diners Club, the Aloha Bowl or the Pro Bowl tickets.

The staff of ITT would like to wish you a Merry Christmas and a Happy New Year.



Movies 🕼



All movies shown at the Base Theater, building 219, begin at 7:15 p.m., unless otherwise noted. Call 254-2113 for more information. Movies are subject to change due to circumstances beyond the theater's

minutes; plays Friday. Johnny Depp. Martin Landau and Bill Murray star in this stranger than fiction life story of weird Ed Wood, who churned out some real classic movie stinkers!

"Love Affair" (Romance) PG-13: 105 minutes: plays Saturday. Warren Beatty and Annette Bening fall in

OFFER EXPIRES

December 23, 1994

love, even though engaged to others and promise to meet three months later atop the Empire State building.

"Exit to Eden" (Comedy) R: 113 minutes; plays Sunday. Dan Aykroyd and Rosie O'Donnell are cops going undercover at a fantasy sex resort run by Dana Delany.



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Family Service Center



Striving for better relationships

Kirsten Villanueva BYUH Student Intern

Having a good relationship is most everyone's desire. However, more and more relationships are being torn apart and often end in divorce.

The frustration in our relationships comes from lack of understanding the differences between men and women. We need to remember we are supposed to be different! These differences come from factors such as, biological differences, familial upbringing, education and cultural ideals. If we can learn and understand these differences, we will spend less time trying to change our partners and more time enjoying them.

From the moment we are born, males and females are given a set of behavior expectations or norms of how they ought to behave. These gender roles begin in childhood and shape our concepts of what men and women should be like. Boys strive for independence, while girls strive for interdependence. In conversation, men focus on tasks, women on relationships. Talk binds women together. From the earliest relationships in childhood, little girls

share secrets and like to agree with each other. On the other side, boys have less talking and focus more on competition. For boys, status is measured by who is giving orders.

Communication is a key factor in a successful relationship, so differences in this area are crucial to establish in a relationship. In everyday conversation it has been found that men are generally more powerful, talk assertively, interrupt, and smile less. Most women are more indirect, interrupt less, are more polite, and are more sensitive. Women also like to have eye contact and face each other when speaking. Men find this to be challenging and often look away.

Another communication blunder often made is that we tend to pay more attention to our own utterances than to the person that we are supposed to be listening to. Active listening is an important part of effective communication. Often in conversation we do not listen to what is being said, rather our thoughts are on our response and what we are going to say next. We need to truly try to listen to what our partner is saying before going on to our own thoughts. Having the ability to restate, by paraphrasing, our partner's perceptions will increase our understanding and decrease the likelihood of arguments.

So how are you supposed to learn all of the differences between men and women and improve your communication skills? Many books, seminars, and programs are offered which can be of great help. However, the biggest factor is desire.

Both partners need to actively participate in building effective communication skills, step-by-step.

Whatever you and your partner decide to do, remember that the biggest mistake you can make is believing that there is only one right way to listen, talk, have a conversation or a relationship. Making an effort to discover the style of communication your partner has will help close the gap between you and your partner and will lead you to the loving relationship. Remember men and women are supposed to be different, but of equal importance.

The Family Service Center offers a six-week program for couples who wish to improve their communication skills: "Fighting for Your Marriage." If interested, call 257-3655.

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"Alcohol rehab taught me a lot about alcohol, but now I know why I drank. I no longer need that crutch. I want to enjoy my family and make them proud of me."

If you did not define yourself solely in terms of your job or pay grade, who would people see? People come to CREDO retreats for a variety of reasons, but everyone leaves with a glimpse of what life can be like when they like themselves and are accepting of others. It is truly amazing how different people can be in an atmosphere of unconditional accep-

tance and positive regard - no need for the masks and games, but rather an opportunity to show the real you.

Others exert a great deal of energy keeping secrets from years ago secrets that tyranize and prevent people from being who they would prefer to be. Still others regularly beat themselves up over old situations, many of which were not even

their fault. Come to a Personal Growth Retreat (PGR): shed the secrets, dump the guilt and discover the real you. It can be the most exciting and rewarding thing you have ever done for yourself.

Retreats are open to all active duty, authorized family members and DoD civilians. Only one member of a family may attend any particular retreat so individuals may feel free to be open and honest. Meals, lodging and transportation will be provided.

The next PGR is scheduled for January 6-9. Reservations fill quickly, so call 257-1675/1843 for a space or further information.

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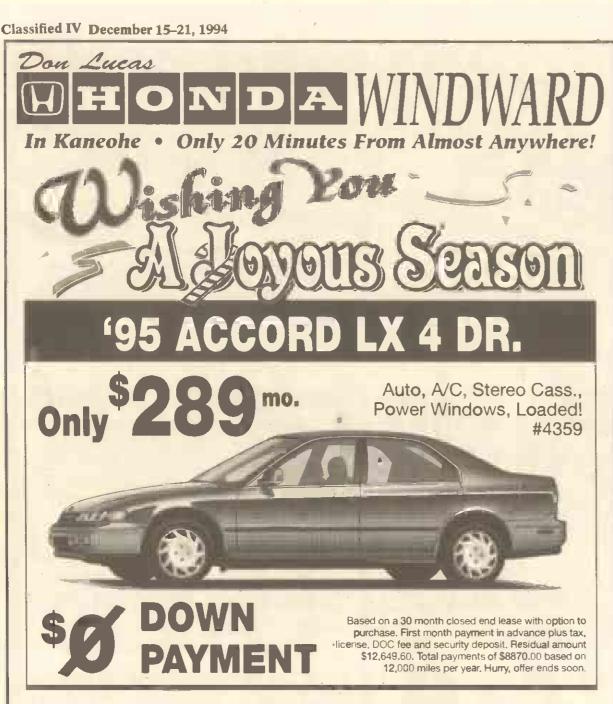
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