

Hawaii MARINE

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April 5, 2002

Waterfront Ops makes Bay rescue

Sgt. Robert Carlson
Press Chief

The Sailors at MCB Hawaii's Waterfront Operations assisted the Coast Guard during a rescue operation north of Kaneohe Bay March 26.

The disabled 21-foot vessel was moving close to an area of breaking waves when the crew dropped anchor and called the Coast Guard.

Waterfront Operations received the call for assistance just after 7:30 p.m., and Petty Officer 1st Class Kent Harrington, the duty section leader, immediately dispatched his crew.

Because of the rough seas and lack of light, the crew relied on Global Positioning System coordinates provided by a Coast Guard helicopter crew, which had spotted the vessel.

The Coast Guard aircraft had to leave the area to refuel, but within 30 minutes, the crew from Waterfront Operations had arrived on the scene, made contact with the crew of the disabled boat, and towed the vessel to Heeikiakia Marina.

"We do this type of mission several times a month," said Harrington. "The darkness and rough seas made this particular operation more challenging, but the crew did a great job, and that's not uncommon."

In addition to assisting the Coast Guard in search and rescue operations, Waterfront Operations provides emergency spill response and water-borne security around the clock. Its area of responsibility covers more than 250 square miles.

Waterfront Operations has an agreement with the Coast Guard to assist in operations like this, since the Coast Guard has no boats on the windward side of Oahu.

To improve operational integration with the Coast Guard, Waterfront Ops conducts training two to three times each week, and also works with MCB Hawaii's Water Safety Department and the Federal Fire Department.

Quick React Force takes flight

HPD, 2/3, HMH-363 combined forces to respond to potential terrorist threats

Story and Photos by
Cpl. Jason E. Miller
Combat Correspondent

CENTRAL OAHU — Heightened areas of security have become increasingly familiar across the country, since the terrorist attacks that occurred Sept. 11, and Hawaii is no exception.

In an effort to keep the state of Hawaii and its inhabitants more secure, the Honolulu Police Department and the Department of Defense have recently been developing plans and training employees to work together to cope with possible terrorist threat.

During a training evolution held March 28, HPD and Marines from Fox Co., 2nd Bn., 3rd Marine Regiment, worked together to help protect a communications site at a simulated military communications facility located in central Oahu.

Nearly 40 police officers and 60 Marines headed up the security training evolution for the area.

The scenario for the training involved a ter-

rorist threat aimed at an important communications sight on the island. Two similar sights on neighboring islands had already been attacked and disabled.

The Honolulu Police Department arrived on scene first and set up a perimeter around 7 a.m., until it received support. It also secured buildings on the installation.

The officers were armed with shotguns, bulletproof vests, Kevlar helmets and a variety of other self-defense and enemy restraining equipment.

The 2/3 Marines arrived about three hours later aboard CH-53D Sea Stallion helicopters with Marine Heavy Helicopter Squadron 363 stationed aboard Kaneohe Bay. The Marines,

decked out in full combat gear and camouflage face paint, exited the aircraft and immediately took positions at weak points in the HPD stronghold.

Leaders from both 2/3 and HPD met soon after the insertion of the Marines to create a better plan to defend the area.

Checkpoints were placed strategically

along roads leading into and out of the affected area.

Marines armed with M249 squad automatic weapons entrenched, while other Marines provided them cover with M-16A2 service rifles.

Major William Gulleddge, an HPD officer, headed the command element of the ex-

ercise.

Officers from 2/3 constantly reported new information to HPD and assisted in making command decisions with police officers and also carried out any orders that were issued.

At one point, hikers reported seeing suspicious individuals near the

See QRF, A-5



Private First Class Andres Torres, a rifleman from 2/3 stairs down the barrel of his rifle.

MCBH: 'best' at protecting natural resources

The base received top environmental honors from the Secretary of the Navy, for superior conservation

Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

The Secretary of the Navy awarded MCB Hawaii with the Natural Resources Conservation Award for small installations on

March 2.

For seven years in a row, MCB Hawaii has won environmental awards for its effort to protect its natural resources and wildlife.

The base has a long tradition of winning awards for its efforts to protect the environ-

ment and conserve its resources, and the latest award identifies the base's efforts from fiscal 1999 to 2001.

"The award focuses on how we manage the land and its resources," said Dr. Diane Drigot, senior natural resources management specialist for MCB Hawaii. "What it means is a successful partnership of many different groups of people who are working together to sustain the base's natural resources and balance combat readiness."

By winning the award, MCB Hawaii is qualified to compete in the larger, Secretary of Defense environmental competition that encompasses all U.S. military installations, according to Drigot.

Under a federal mandate, the base was able to complete an Integrated Natural Resource Management Plan that addresses the base's plans for conserving its natural resources over the next five years.

"It's a comprehensive plan, which shows how we are going to manage our natural resources in the future; in such a way, we sus-



Lance Cpl. Lucas A. Dyer

Two Hawaiian Stilts fish for food in a creek aboard MCB Hawaii, Kaneohe Bay, March 2.

See ENVIRONMENTAL, A-5

Three countries are encouraging terrorism, Rumsfeld says

Jim Garamone
American Forces Press Service

WASHINGTON — Defense Secretary Donald Rumsfeld singled out Iraq, Iran and Syria as countries that are encouraging terrorists while oppressing their own populations.

"Murderers are not martyrs. Targeting civilians is immoral, whatever the excuse," Rumsfeld

said during a press conference April 1. "Terrorists have declared war on civilization and states like Iran, Iraq and Syria are financing a culture of political murder and suicide bombing."

Rumsfeld said Iraq is financing terrorism against Israel by subsidizing the families of suicide. "I think the world ought to know that Saddam Hussein's

idea of having a nice day is offering \$10-, \$20- or \$30,000 ... to families who talk their children into going out and blowing up a restaurant in Tel Aviv or Jerusalem," he said.

He said Iran and Syria are sending terrorists "down the Damascus Road through the Bekaa Valley to southern Lebanon," where they launch guerrilla attacks against Israel.

He also said Iran was directly involved in shipping arms to Palestinian terror groups.

Rumsfeld also said Iran had welcomed some al Qaeda fighters following their defeat in Afghanistan.

"We're working to make it clear to sponsors and supporters of terrorists that being a friend to terrorists — and by implication, an adversary of the

United States — is not in their best interests," he said.

Rumsfeld said he did not know how the situation in Israel would affect the U.S. war on terrorism. "How it will affect some things or what kind of 'ricochets' there will be, I think time will tell," he said. He said that so far, there have been no ad-

See RUMSFELD, A-3

MCBH NEWS BRIEFS

CHOW HALL HOURS CHANGE

Beginning Saturday, April 6, the new meal hours for Dinner Brunch on weekends and holidays at Anderson Hall will be from 4 - 6 p.m.

BASE PUBLIC ADDRESS SYSTEM GETS LOUDER

The MCB Hawaii G-6 has installed a new, high-volume public address system to aid in getting the word out to residents and tenants in case of an emergency. Emergency warning sirens, music and voice messages will be louder than base residents are accustomed to.

The siren will be tested, as it has been in the past, at noon on the first business day of each month. The entire system is scheduled for testing, as soon as next week. Look for more details in upcoming issues of the *Hawaii Marine*.

DOT GIVES REIMBURSEMENTS

All active duty military, appropriated and nonappropriated fund civilian personnel, and members of the reserve serving on active duty are eligible to receive reimbursement or vouchers for commuting costs spent on mass transportation, i.e., on The Bus or VanPools.

These eligible commuters on The Bus or Van Pools may receive vouchers or reimbursement of up to \$100 for their expenses; however, they must complete an application form for reimbursement and provide copies of their used or unused bus passes.

Application may be obtained online at <http://www.fmo.navy.mil/services/tip.htm>.

For more information, contact Roger Badua in the MCB Hawaii G-1 at 257-8807 or email him at baduara@mcbh.usmc.mil.

COMMISSARY TO CLOSE

The Fort Shafter Commissary will close its doors to customers, June 1. The closure follows a thorough review, which considered the number of active duty members, the nearest commissary, the installation's future mission, commissary sales, operating costs and facility conditions.

The review ensured that the commissary benefits continue to be delivered in the most efficient and effective manner, as it consulted the Army, DoD staff, Congress and store employees. Shoppers are encouraged to use one of the other five commissaries on Oahu: Kaneohe Bay, Hickam, Pearl Harbor, Schofield Barracks and Barbers Point.

Hawaii MARINE

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— C.G.'S MAIL BOX —

'...We are not doing enough family-oriented events.'



BRIG. GEN.
MCABEE

- Submitted by Rene Guerrero, family member

"I feel that we are not doing enough family-oriented events on the base.

I have only been here for three months and the only event was the Pardi Gras, and that was for adults.

I feel that doing some events such as a sand castle building contest would be great for all ages. Maybe have prizes such as a month of free gymnastics or art lessons — something to promote the quality of life and bring families close together with their military base as well.

I have a lot of great ideas and would love to volunteer my time in an effort to help out."

Respectfully,

Rene Guerrero

Ms. Guerrero,

The commanding general has asked me to research and to respond to your email of March 2, since your recommendation falls within my staff's responsibility. He appreciates you taking your time to participate in our "CG Mail" program. Moreover, he applauds your willingness to provide ideas and volunteer your time to help out.

You have recommended that we have more family-oriented events on base. Our Marine Corps Community Services (MCCS) offers a wide range of special events throughout the year in addition to the many core programs that occur every day.

The following information provides you with a "one-stop" introduction to many of our upcoming events.

For volunteering:

- The Base's Aloha Fair brings together the many agencies and programs provided on base that have fantastic programs serving our community. There will also be many organizations that will welcome your offer of volunteer service.

For more information, contact MCCS Marketing at 254-7679.

For children:

- Catch Art in the Park, April 27 at the Child Development Center (CDC). There will be games and activities from 10 a.m. to 12 p.m.

- There are family picnics and band concerts held three times per year at the CDC. The next concert is on April 12.

The Marine Forces Pacific Band begins playing at 5:30 p.m. and the gates open at 5 p.m.

- At the Skateboard Park, there will be a skateboard contest and exhibition for youth. The tentative date is June 8.

- Our Water Safety Department is sponsoring a boogie board contest for our youth. The tentative date is June 15 (surf dependent).



Hawaii Marine Archive Photo

Marine Corps Community Services, Mokapu Elementary School, and units on base, sponsor dozens of events for servicemembers and families.

- In October, we will have our annual haunted house.

- There are ongoing classes in dance, gymnastics, ballet, and karate.

- We have our ever increasing youth sports programs in baseball/t-ball/softball, soccer, wrestling, football, cheerleading, volleyball, basketball, and in-line hockey. Parent coaches are welcome.

Some opportunities for the whole family:

- In April and December of this year, Water Safety will be hosting the Spring Splash at the base pool. This is a family event that introduces them to pool activities and games.

- Marine Corps Base Hawaii's 4th Annual "Day on the Docks" fishing tournament and Educational Expo will be held on May 5 from 9 a.m. - 1 p.m.

The event will consist of a family fishing tournament, educational booths and several family fun activities. This event will promote the theme of "Protecting our Fragile Marine Environment" and is held each year aboard MCB Hawaii at the Kaneohe Bay Marina.

- Starting June 10 and running throughout the summer at the Marina, we hold summer junior sailing programs. The program includes basic sailing, intermediate, and advance levels. During Christmas break, there is the "Winter Break Junior Sailing Program."

- We hold our extremely popular BayFest. This year's will be on August 16, 17, and 18.

For more information, contact MCCS Marketing at 254-7679.

- This year's Santa's Village will be held on Dec. 7.

- We also have a Christmas concert and spring concert open, free of charge, to the base population put on by our Marine Forces Pacific Band.

- There are several sources for sightseeing opportunities, and the

islands offer plenty to see. An example is the Island Tour which goes on the second Friday of each month, from 7:30 a.m. to 4 p.m.

- The K-Bay theater provides current, popular movies: Sunday matinees at 3:30 p.m. (usually a children-oriented movie), 7:15 p.m., an evening show; Wednesdays at 7:15 p.m. a popular release; Fridays and Saturdays at 7:15 p.m. and 10 p.m. (depending on the length of the first showing) are also popular releases.

We also get studio-sponsored, free sneak previews, which are released to the civilian public after our screening. Recently, we had a special screening of "Showtime" on March 13, and "ET: The Extra Terrestrial, The 20th Anniversary Edition," on March 17.

For more information, contact the MCCS theater at 254-7660.

- Our Semper Fit Center sponsors special fitness programs for Teen Fit for our young adults and Beginner Fitness for our adults. Both involve instruction on cardio equipment and strength.

- In the past, we have had various demonstrations presented by organizations (i.e. D.A.R.E., Water Safety, Mahalo Kai Fish & Dive Charters, RNR Surf & Ski, Kaneohe Bay Association of Mariners). This year we are trying to include educational organizations, which can provide information and interactive activities that reinforce our theme of "Protecting our Fragile Marine Environment."

You can read more about MCCS and its many programs in upcoming additions of the MCCS Personal Services Quarterly NewsLetter, the MCCS Guide 2002, the MCCS Special Events Calendar, the MCCS Tradewinds magazine, and the base's newspaper *Hawaii Marine*.

Again, I want to thank you for participating in this important program.

Sincerely,

Lt. Col. Michael Williams
Director, MCCS

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

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

For more information about how to send C.G. Mail, see the MCB Hawaii C.G. Mail page at www.mcbh.usmc.mil/command/cgmail.htm.



Sergeants and below who dare to become Combat Correspondents and would pride themselves on telling the Marine Corps story can seize the opportunity with a lateral move into the 4341 occupational field.
Contact Gunnery Sgt. Rhys Evans, base public affairs chief, at 257-8832 or 257-8840, for more information.



Marine bagpiper 1st Lt. Justin B. Stodghill and the Army, Navy and Marine Corps bands entertained audiences during the Annual Twilight Tattoo.



Music stirs Derussy crowd

Story and Photos by
Sgt. Roman Yurek
Sports Editor

WAIKIKI — As the sun beat down on a perfect Hawaiian Saturday, many people in the area took time from the beach to listen to the musical stylings of seven different bands, four of which were military bands representing the U.S. Marine Corps, Army and Navy.

It was 4 p.m., March 23, and the field at Fort Derussy was lined with spectators to see the 6th Annual Twilight Tattoo.

This type of musical concert was not staged to show off the talents of the military bands, but the Tattoo actually reflected upon traditions that began in Europe.

After duty hours, when soldiers went out in town to relax, a drummer would travel to the establishments and sound the appropriate drum cadence, signalling that it was time for the soldiers to return to their barracks.

Since that time, the single drummer has multiplied into a full size band, which plays in front of hundreds of military and civilian spectators.

The evening began with introductory music by the Air Force Band of the Pacific.

They played a variety of songs and ended with the Armed Forces Medley.

"The celebration of military bands has been a proud tradition," said Army Maj. Gen. James M. Dubik, the commanding general of the 25th Infantry Division (Light) and U.S. Army, Hawaii. "We are also proud to be one of four bases in the world to hold an annual Tattoo."

The performances began with the 111th Army Band. During its performance, Army Sgt. Christopher Ventura, a saxophone player, read the message, "The American G.I."



James Ward (far right), president of the Chosin Few, sings the Marines' Hymn.



Marines from MCB Hawaii reenact the famous flag raising atop Mount Suribachi.

Following the 111th Army Band were the traditional sounds of the Celtic Pipes and Drums of Hawaii, accompanied by a group of young Celtic dancers.

For many, one of the biggest attractions at the event was the precision movements and the extraordinary sound of the Marine Forces Pacific Band.

"They are great and wonderful," said James Ward, a retired Marine with the Chosin Few, a veterans organization. "They are second best only to the Commandant's Own, and I

have seen the Commandant's Own."

While they played and marched across the field, the band stopped, and Chief Warrant Officer 3 Alexander K. Gray, officer in charge of the Marine Forces Pacific Band, read a little history about the Marines' Hymn.

"Many hundreds of thousands of people have sung the lyrics," said Gray with a deep solemn voice.

As his speech came to a close, six Marines dressed in World War II uniforms ran in front of the band and reenacted the raising of the American Flag atop Mount Suribachi.

With that display, the crowd rose to its feet and cheered for the Marines.

Following the Marines' performance was the Drill Team from McKinley High School.

With rifles in hand, the teenagers twirled weapons with precision similar to that of the Marine Corps Silent Drill Team.

After the Navy and Army finished their sets, all the military bands joined together for a joint service finale.

The military has been a part of Hawaiian history for close to 130 years, according to Maj. Gen. Dubik. "We share this special piece of paradise through events like this."

Once the performance was over, taps was echoed. The colors were retired. Since the ceremony was in honor of the military Tattoo tradition, Tattoo ended the ceremony.

For this occasion, Tattoo didn't mean the return to quarters, but it was just a way to remember one of the deeply rooted traditions of the United States Armed Forces.

WORD ON THE STREET

"How will continuing education help you in the future?"



"It's going to help me in my next career in computer networking."

Chief Michael Najmulski
Powerplant class desk CPRFP



"It will help me take charge of my life in the future."

Sgt. Omar Torres
NCOIC, Fuel and Electric CSSG-3



"It's going to help me stand out above the rest of my command."

Petty Officer 2nd Class John Park
Avionics technician CPRFP



"It will increase opportunities both in and out of the military."

Gunnery Sgt. Guss Alexander
SNCOIC, Personal Services Headquarters Bn., MCB Hawaii

RUMSFELD: 'Murderers are not martyrs.'

From A-1

verse actions from Arab allies in the fight against terror.

He said that contrary to press reports, no military personnel are slated for any kind of peacekeeping duty in Israel.

He said an earlier plan called for "monitors" in the country if the Tenet Plan, named for CIA chief George Tenet, was adopted. He said even then the numbers of monitors would be small

and they might not even be American.

The secretary would not speak at all about press reports that the No. 2 man in the al Qaeda organization had been captured. He said it was "not helpful" to speak about who the United States did or did not have in detention. Rumsfeld said U.S. authorities did not want to broadcast who they have and ruin chances for intelligence gathered from those individuals to be compromised.

Chairman of the Joint Chiefs of Staff Air Force Gen. Richard Myers, who also addressed the press conference, said the military situation in Afghanistan is basically unchanged. U.S. and Afghan forces continue to search the Khost region for pockets of al Qaeda and Taliban resistance.

Myers and Rumsfeld said the anthrax vaccination program for service members would be reinstated. Rumsfeld said he is waiting

for a report from Myers on how and under what conditions the program should restart.

The secretary reiterated the need for the U.S. resolve to continue the war against global terrorism. He said the U.S. government would continue to protect the American people from terrorist attacks, from weapons of mass destruction and from terrorism of the type we witnessed on Sept 11 ... "as long as it takes."



"I'm doing it so it will help me in the civilian world."

Petty Officer 3rd Class Paul Hengst
Aircraft mechanic VP-4

Kentucky Girl Scouts give thanks to Marines

Cpl. Jason E. Miller
Combat Correspondent

When the Marines of 1st Radio Battalion at MCB Hawaii, Kaneohe Bay received support recently from another elite group of individuals who were working to make the world a safer place, many of them were surprised to learn that this help came from a group of elementary school girls.

Members of Junior Girl Scout Troop

317, from Lexington, Ky., banded together after the terrorist attacks of Sept. 11, in an effort to help support the military that keeps them safe.

As cookie-selling season came around for the scouts, the girls took orders from potential buyers and asked if they'd like to donate a box to a Marine.

A box was also placed by the stand where they normally sold their products that read, "send a box of cookies to a Marine."

"Nearly every person who came by and bought cookies from us donated at least one box to a Marine," said Leesa Baggett Moorman, troop leader for 317 and sister of Maj. Robert Baggett, base inspector at K-Bay.

"The response to the booth sale was tremendous," she explained.

Some customers even donated entire cases of cookies to send over to the Marines stationed in Hawaii.

Once the boxes arrived at 1st Radio Bn., they were handed out to Marines who just returned from overseas deployments and were involved with Operation Enduring Freedom, or to junior, single Marines who do not



Cpl. Jason E. Miller

Sergeant Maj. John Meyers hands out boxes of donated Girl Scout cookies to single Marines and Sailors of 1st Radio Bn.

have families on the island.

Several of the scouts even sent along letters of appreciation and thanks with the cookies. The gifts definitely came as a surprise to the Marines who were receiving them.

"I think this was a really outstanding gesture," said Sgt. Maj. John Meyers, 1st Radio Bn. sergeant major. "We really appreciate any support like this that we get."

Frost, Brown and Todd, a large law firm in the Southeast, donated the funds to ship all the boxes filled with cookies and letters to Hawaii.

"It feels great to know that girls I've never met support us in what we do," said Lance Cpl. Brian Delrosario, a unit diary clerk at 1st Radio Bn.

"I really appreciate the thoughtfulness and the effort that was put into sending us cookies," he added.



Courtesy of Girl Scout Troop 317

Junior Girl Scout Troop 317 from Lexington, Ky., gathered cookies to send to Marines in Hawaii.

MarForPac general hikes with battalion, awards streamer

Cpl. Luis R. Agostini
Combat Correspondent

CAMP H.M. SMITH — Brigadier Gen. John Castellaw, deputy commander of Marine Forces Pacific, took nearly 150 of his Marines and Sailors from Headquarters and Service Bn. for a five-mile conditioning hike on the morning of March 22.

The hike started at Bordelon Field and made its way past Building 1, up through Aiea Loop, and peaked at the helicopter pad, where Brig. Gen. Castellaw pinned the Navy Meritorious Unit Commendation Award streamer on the MarForPac colors, before heading back down.

The Navy Meritorious Unit Commendation Award was given to MarForPac's Headquarters and Service Bn. personnel for meritorious service from July 1, 1999, through July 31, 2001.

According to the five-paragraph order put forth by the MarForPac Headquarters and



Cpl. Luis R. Agostini

Above and Right — After MarForPac's Headquarters and Service Bn. reached the peak of its hike, Deputy Commander Brig. Gen. John Castellaw pinned on the Navy Meritorious Unit Commendation Award streamer to the colors.

Service Bn. training section, the commander's intent was to develop and maintain the ability to move the battalion on the battlefield under periods of fatigue and stress, and to arrive at the objective area with sufficient strength to fight and win.

The final desired result was to con-

duct a safe and successful conditioning hike, which would increase the battalion's collective combat readiness.

Halfway through the ascension to the helicopter pad, the battalion came upon Camp Hawkins, a relatively obscure

War II.

The name "Shangri-La" was selected to duplicate the name of President Roosevelt's "hide-away" on the East Coast. Camp Hawkins also became a hide-away for the many patients, mostly Navy Seabees, that were



recuperating from injuries sustained during the war.

When the battalion finally reached the peak of its hike on the helicopter pad, the Marines and Sailors staged their gear and assumed the position of attention as the Navy Meritorious Unit Commendation award citation was

read.

The MarForPac colors were then brought forth and Brig. Gen. Castellaw placed the Meritorious Navy Unit Commendation Award streamer on MarForPac's colors.

As the battalion made its way back to Bordelon Field, Col. Bruce R. Grathwohl, commanding officer, Headquarters and Service Bn., thanked the Marines and Sailors for displaying their physical and mental strength during the hike.

"This is what we came into the Marine Corps to do," said Grathwohl, who said the battalion plans to conduct similar hikes once every six weeks.

COURTS MARTIAL

(Editor's Note: The Legal Services Center, MCB Hawaii, Kaneohe Bay, sent notification to the commanding officers of the following Marines of punishment awarded in the following courts martial.)

General Courts Martial

• Lance Cpl. Justin R. Higley was found guilty of:

Article 80, when he wrongfully conspired to attempt to introduce methamphetamine onto a military installation.

Article 81, two counts, when he wrongfully conspired to use cocaine and wrongfully conspired to possess cocaine.

Article 92, three counts, when he violated a lawful general order and violated a lawful general regulation order twice.

Article 112a, nine counts, when he wrongfully used marijuana on two occasions and when he wrongfully used cocaine on two occasions. He also wrongfully possessed, with intent to distribute, methamphetamine and wrongfully distributed methamphetamine. He wrongfully introduced cocaine and wrongfully introduced methamphetamine onto a military installation.

Article 134, when he wrongfully im-

peded investigation.

The sentence adjudged: Bad-conduct discharge, confinement for 18 months, forfeitures of all pay and allowances per month for 18 months, and reduction to pay grade E-1.

Special Courts Martial

• Sergeant, Jeffrey L. Collins was found guilty of:

Article 112a, five counts, when he wrongfully used cocaine on three occasions and when he wrongfully used methamphetamine on two occasions.

The sentence adjudged: Confinement for 180 days and reduction to pay grade E-1.

• Lance Cpl. Toby A. Kane, was found guilty of:

Article 112a, when he wrongfully used lysergic acid diethylamide, and wrong-



fully used methylenedioxymethamphetamine on two occasions.

The sentence adjudged: Bad-conduct discharge, restriction for three months, forfeitures of \$737 per month, for three months, and reduction to pay grade E-1.

• Lance Cpl. Evan C. Polasek,

was found guilty of:

Article 112a, seven accounts, when he wrongfully used methylenedioxymethamphetamine on two occasions and when he wrongfully used lysergic acid diethylamide on two occasions. As well, he wrongfully used psilocybin (psychedelic mushrooms) on two occasions and wrongfully used marijuana.

Article 81, when he wrongfully conspired to use methylenedioxymethamphetamine.

The sentence adjudged: Bad-conduct discharge, confinement for 90 days, forfeiture of \$737 pay per month, for three months, and reduction to pay grade E-1.

• Private First Class, Amy T. Holderman, was found guilty of:

Article 112a, when she wrongfully used methylenedioxymethamphetamine on three occasions.

The sentence adjudged: Bad-conduct discharge, restriction with hard labor without confinement of 60 days, forfeitures of \$300 pay per month, for two months, and reduction to pay grade E-1.

• Private First Class, Craig M. Hansen, was found guilty of:

Article 112a, five counts, when he wrongfully used psilocybin and when he wrongfully used ecstasy on two occasions. He also wrongfully distributed ecstasy on two occasions.

Article 81, three counts, when he conspired to wrongfully use ecstasy on three occasions.

The sentence adjudged: Bad-conduct discharge, confinement for 90 days, forfeitures of \$650 pay per month, for three months, and reduction to pay grade E-1.

QRF, From A-1

communications site. A patrol of Marines was dispatched to investigate and tend to the situation.

Midway through the exercise, Brig. Gen. Jerry C. McAbee, commanding general, MCB Hawaii, flew in, via Sea Stallion to observe some of the inter-department training taking place aboard the Naval installation.

"There was a lot of great coordination," said Brig Gen. McAbee. "Unity of command is something we stress in the Marine

Corps, and there has got to be one person in charge."

While this was a combined exercise, it was clear that HPD was in charge of the operation, and the Marines were there to assist. Leaders from 2/3 helped make command decisions, but in the end, they took orders from HPD officers.

"This was really an interesting exercise," exclaimed Gullede. "There will definitely be a lot more of this training."



Two HPD officers stand guard in a wooded area.



A Fox Company 2/3 rifleman hits the deck in fire support of his off-loading comrades.



Lieutenant David Eber, from HPD, points out direction to 2nd Lt. James Haunty, 2nd platoon commander for 2/3.

ENVIRONMENTAL, From A-1

tain our stewardship mission as well as maintain our combat training missions," said Drigot.

Other recent accomplishments that helped MCB Hawaii stand above the rest of the competition were an invasive plant control program, which helped double the resident endangered stilt population; more than 1,000 community volunteers involved in watershed health improvements; more than \$5 million invested so that bullets and red-footed booby birds can coexist at the Range Training Facility; more than \$1 million invested in native plant landscaping to conserve water and maintenance costs; and the construction of a barracks and wetland basin complex, which safeguards both Sailors and stilts.

With so many accomplishments protecting its natural resources, it is easy to see why MCB Hawaii continues to lead the way for other bases to follow in natural resource conservation into the 21st century.

EVERY CLIME AND PLACE

31st MEU leaps into training in ROK

Lance Cpl. John P. Hoellwarth
31st MEU

REPUBLIC OF KOREA — Marines of the 31st Marine Expeditionary Unit (MEU) ground combat element (GCE) were recently offered the opportunity to train in the field, using the facilities of their Korean counterparts.

Conducted in the wake of Foal Eagle 2002, an annual exercise between the U.S. and the Republic of Korea (ROK), the training was a welcomed opportunity for some Marines to practice patrolling throughout unfamiliar terrain and for other Marines to build self-confidence in their ability to employ mountain warfare tactics.

Gunnery Sgt. Steve L. Lunsford, platoon sergeant, India Co., Battalion Landing Team 3rd Bn., 5th Marine Regiment (BLT 3/5), said training in Korea offers different challenges to patrolling.

"For the Marines to be in a training environment on foreign soil, they are doing very well," Lunsford said. "The terrain here is similar to the terrain in Camp Pendleton, but with more trees. This means the Marines don't see their (location on maps) as well here, and they have to rely more on terrain association."

While conducting patrolling exercises and live-fire training, MEU Marines bivouacked at training facilities belonging to the ROK Marine Corps.

Marines of Kilo Battery, the GCE's artillery component, took their training to new heights as they braved the ROK Marine Corps Mountain Warfare Training Center (MWTC). While there, the battery stayed in ROK Marine barracks and received training from their Korean counterparts in the various aspects of rappelling.

The training center, which is used as part of the ROK Marines' recruit training, is perched in the hills above Su Song Ri.

Though many Marines admitted to being apprehensive of rappelling from the mountains, they seemed eager to undergo the training.

The MWTC's chief instructor, Chief Warrant Officer Tae Hoon Jang, a 56-year-old former graduate of Drill Instructor School at Marine Corps Recruit Depot at San Diego, Calif., said he was impressed with the fervor in which the Marines attacked the training.

"Korean Marines complete this training, but they don't enjoy it," Jang said. "United States Marines seem to enjoy this training very much, and that leaves a good impression on me."

Rappelling was conducted from a tower, suspension bridge and cliff on the side of the facility. The lengths of the rappels ranged from 30-120 feet. The Marines rappelled from each height headfirst, which is known as an 'Aussie-style' rappel.

According to 2nd Lt. Sean Moore, platoon commander, Kilo Battery, mountain warfare training is essential on a modern battlefield.

The mountain warfare training syllabus at the facility not only teaches battlefield skills, but also gives the Marines confidence.

Hoping his Marines took away a sense of accomplishment from the training, Moore said he also wanted his Marines to develop more cohesion while learning to operate in a mountainous environment.

The night before Kilo Battery started training, 1st Sgt. Charles L. Hessler, battery first sergeant, BLT 3/5, stood before the Marines and addressed their fears.

"I know a lot of you are afraid of heights," Hessler said. "But we're a team, and we don't make fun of each other. We help each other out."

The next day, Hessler's words were apparent in his Marines as they stood at the base of the rappels, encouraging each other to overcome their fears.

The training encourages Marines to face their fears and take a leap of faith in themselves, according to Jang.

He also said having to perform despite fear is what makes the training well suited for U.S. Marines.



Lance Cpl. Kenji Szczepanski

Corporal Brandon Fabian, a reconnaissance Marine, rappels Australian style down a cliff at the training facility here. While in Korea, Marines of the 31st MEU trained with the Republic of Korea Marine Corps during Foal Eagle '02, an annual combined arms exercise between U.S. and Korean forces.



Lance Cpl. Kenji Szczepanski

Corporal Charnel Patterson, a communicator attached to BLT 3/5, executes an 'Aussie rappel' during his unit's field training package.

"The training package here is all about building confidence and reducing fear," Jang said. "But, it also emphasizes physical readiness. It's a challenge, and it makes better warriors. For these reasons, Marines like it."

After watching the U.S. Marines complete his training package, Jang said he was impressed with their courage and motivation. "I believe your Marine Corps can win battles at any time and at any place in the world," Jang said. "If I were ten years younger, I'd be a U.S. Marine."

Did You Know?



NAPS

The parachute was almost invented by Leonardo da Vinci in 1515. However, his prototype failed — it had no air hole at the top.

Focus on Education

HIGHER LEARNING



JEC offers a world of options

Marines, Sailors, family members, civilians can take college courses aboard MCB Hawaii

the university of
OKLAHOMA



WAYLAND
BAPTIST UNIVERSITY

Chaminade
University



USC
UNIVERSITY
OF SOUTHERN
CALIFORNIA

By Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

Marines, Sailors, veterans and their family members who have dreamed of earning a college degree can pursue that dream at the MCB Hawaii, Kaneohe Bay, Joint Education Center located next to the base theater.

The JEC wants servicemembers to know that those who pursue a higher education will find a multitude of options available to help them.

A Marine or Sailor can tailor a learning package to fit their specific educational needs, work schedule and financial situation by filling out, and using the Educational Opportunities for Lifelong Learning packet, issued by JEC to guide people to their collegiate goals, according to Loretta Cornett-Huff, education services officer for JEC.

Before someone can begin to sign up for classes or begin the packet, applicants need to find out where they place scholastically within the collegiate system.

Many servicemembers can transfer some of their military training into college credits and give themselves a head start towards a degree.

Once a Marine, Sailor or family member has completed the appropriate testing for collegiate placement, they then receive guidance from JEC counselors on what classes to take and important tips on areas of studies that students should focus on.

"I encourage our Marines to look keenly at their grade point average from the get go," said Cornett-Huff. "I don't want them to look at just getting credits lined up on their transcripts, but look at the section of the catalogs that addresses making honors."

Marines and Sailors under the impression they that

can't afford to go to school, may be surprised to learn that new regulations allow servicemembers to tap into resources previously not available to them.

The first step for servicemembers to accumulate funding for school is to apply for tuition assistance, which covers 75 percent of the tuition.

To supplement additional costs for schooling, servicemembers can find financial relief through the Hope Scholarship Tax Credit and Lifetime Learning Tax Credit. Applicants can get an additional \$1,500 worth of tax credit if they're scheduled for at least a minimum of six credits per term.

The JEC can also guide people through the many websites designed specifically for finding grants and scholarship money for servicemembers and their families.

For the Marine, Sailor or family member who has a specific goal in mind for their degree, the JEC can accommodate many educational paths with its selection of schools and programs designed for getting people an associate's or bachelor's degrees.

There are four main colleges to choose from aboard MCB Hawaii, Kaneohe Bay: Chaminade University, Embry-Riddle Aeronautical University, Hawaii Pacific University and Wayland Baptist University.

"We've had many valedictorians here from the Marine Corps that have graduated from both graduate and undergraduate level schools with Hawaiian Pacific University and Chaminade University," said Cornett-Huff.

Find more about the JEC at: <http://www.mccshawaii.com/-jec.htm>.

"The planning guide and the Joint Education Center want to give a recipe for success to the Marines and Sailors aboard the base," said Cornett-Huff.

A world of opportunities and options await.

"We've had many valedictorians here, from the Marine Corps, that have graduated from both graduate and undergraduate level schools..."

Loretta Cornett-Huff
*Education Services Officer,
Joint Education Center*

Your off-duty college education: 100% paid for

Sgt. Katesha Niman
Headquarters Marine Corps

WASHINGTON — Marines looking to better their lives and careers with a college education are now able to do it practically for free.

Through the Tuition Assistance Top-Up program, Marines can use tuition assistance in conjunction with any type of Veteran's Affairs (VA) education benefit to cover up to 100 percent of their tuition.

However, only those service members who are eligible to receive VA benefits and are either a veteran or have served at least 24 months on active duty, are eligible for this program.

Once these requirements are met, the member has ten years after the date of his or her discharge to benefit from the program.

Marines enrolled in the program can use the Top-Up benefits for up to 36 months or until the 23,400 dollars of their Montgomery GI Bill or VA benefit is exhausted.

Once approved for Top-Up, full-time students can receive up to \$650 a month from their MGIB to pay for tuition and fees.

The amount per month varies depending on the individual goals of the student.

For a Marine who does not have the

MCCF and has been in the Corps for at least two years, taking advantage of the Top-Up program may be a good idea if he would not be able to afford to pay for college any other way.

In addition to the recent implementation of the Top-Up program, the Buy-Up program was implemented to increase the amount service members receive from their MGIB.

By contributing \$600 to their Montgomery GI Bill that is already worth \$23,400, Marines will receive \$5,400, which will then make their MGIB worth \$28,800 - an 800 percent return!

Unfortunately, Marines who chose to not hang around and were discharged

before May 1, 2001, must submit \$600 to their nearest Marine Corps disbursing office no later than July 31, 2001 in order to participate in the Buy-Up program.

Only active duty service members who came onto active duty on or after June 30, 1985 are eligible to participate in the program.

With all of the details and exceptions to the Top-Up and Buy-Up programs, Marines are strongly encouraged to discuss their education plans with their base education officer before choosing to utilize the programs.

Marines can also visit the Veteran's Affairs website at www.GIBill.va.gov/education for more details.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

APRIL

Today

Spouses' Celebration — The Rocker Room hosts, "A Spouses' Celebration," beginning at 4 p.m. tonight.

During the free Spouses' Celebration, all spouses arriving between 4 – 7:30 p.m. will receive a Lucky Number. The ticket will be good for the prize drawing at 8 p.m.

Disc Jockey Brian will

keep the party going all night long and guests will enjoy plenty of free pupus.

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

Child Abuse Prevention Month — In recognition of Child Abuse Prevention Month, MCCS' Personal Services has adopted the slogan, "Helping Children Feel Safe in Uncertain Times."

Several events throughout April are scheduled, to include Mokapu Mall mural displays, information tables at the Marine Corps Exchange and Commissary, and more, to create awareness and promote child abuse prevention education.

For ways you can get involved or for more tips and literature, call Personal Services at 257-7790.

The Age of Romanticism — Discover what historical and cultural impacts the Age of Romanticism etched into modern-day science, nature and philosophy during the Base Library's "William Wordsworth and the Age of Romanticism," exhibit running now through April 15.

This educational showpiece is brought to the Base Library courtesy of the Hawaii Council for the Humanities.

The Base Library is located in Bldg. 219.

For more information,

call 254-7624.

6 / Saturday

Wake-up Call — Celebrate your Saturday morning with a breakfast outing. Head to the all-hands Fairways Sports Grill and indulge in its breakfast entrees.

Fairways begins serving breakfast at 6:30 a.m. Whether you intend to fuel up before chipping at the Klipper Golf Course or would like a break from your usual early morning repertoire, you'll have it your way at Fairways.

For further details, call Fairways at 254-5592.

8 / Monday

Transition Assistance

Program — All military members who are about to separate from the service, must attend the TAP Seminar, Monday through Thursday at the Base Theater from 8 a.m. – 4:30 p.m.

Spouses are welcome to attend.

For more information, call 257-7790.

Sure Savings — Sharpen your scissors and start snipping. It's a Double Coupon Craze.

Most coupons presented to the Marine Corps Exchange Annex, Wiki Wiki Market and the MCX Plantation Store will be honored for twice the face value. Some restrictions may apply. See store for details.

16 / Tuesday

Resume Workshop — Are you seeking a part-time or full-time job? How about a career?

When was the last time you updated your resume? Do you know the latest resume buzzwords, tips and techniques?

Don't take a chance with something so important. Take the steps necessary to make a positive first impression with your resume.

All authorized military ID cardholders are invited to attend the free Resume Workshop, April 16 in Bldg. 3096, Room 1 from 9 – 11 a.m.

Call 257-7790 to make reservations.

SM&SP —



All events are open to single, active duty military. The SM&SP Office is located in Bldg. 219. Call 254-7593, for more about events.

Program Review

Saturdays: Oceanside Paintball lets your "inner-predator" come out to play on Saturdays from 9 a.m. – 4 p.m. and Sundays, noon – 5 p.m. Call for equipment rental fees.

April 13: The Spring Flag Football Classic will take place from 9 a.m. – 5 p.m. at Pop Warner Field. Teams will be 10-person with two subs, and cost is \$15 per team. Registration forms are available at SM&SP.

April 20: The Interservice Paintball Tournament will take place at the MCB Hawaii Oceanside Paintball Field. Cost is \$175 per five man team; each team may have two substitutes (for seven people total).

The registration fee includes prizes and all-day air. Awards will be given to the top three teams.

Teams must register by April 18.

April 26: Participate in the Shank & Slice Tournament at the Klipper Golf Course. Awards will be given by a blind draw. You don't have to be a pro to win big.

May 25-27: Start making plans to jet set to Molokai during Labor Day weekend. Spaces are limited.

SM&SP Benefits

Enjoy several benefits at the Klipper Golf Course, K-Bay Lanes, the Base Theater, and online at the Base Library. Call SM&SP for details.

The Lodge opens at Kaneohe Bay

Debbie Baker
MCCS Public Relations

It began last April. Marine Corps Community Services and base dignitaries, symbolically plunged five golden-hued shovels into the ground.

During April 2001, the Korte Company won the bid to construct 50 new rooms to the existing Temporary Lodging Facility aboard MCB Hawaii. A year later, the newly revamped, re-designed, "The Lodge," has been unveiled, and rooms are ready to book as of April 10.

Patrons are welcome to attend the grand opening ceremony, scheduled to take place at The Lodge, Wednesday at 10 a.m.

More than cosmetic surgery, The Lodge now boasts 74 spacious living areas, complete with separate telephone and data port lines and interior connecting doors for large families.

Each unit is equipped with a kitchenette



and a keyless

entrance system.

For those patrons eager to appreciate the great tropical outdoors, The Lodge is also home to a courtyard featuring a gazebo for organized functions or for relaxation. A picnic and BBQ area invite guests to cook out and live aloha.

To convey some of the aloha spirit, The Lodge's newly ceramic-tiled lobby currently hosts a daily complementary continental breakfast to include coffee, pastries and a

morning newspaper.

According to The Lodge Manager Mia Ng, beyond the aesthetic improvements, a paramount benefit of staying at the new site either during a vacation or as an interim resident, is convenience.

"Many of our guests are inbound military families seeking either on or off-base housing. The Lodge is close to many business and recreational amenities," said Ng.

Strategically located just inside Kaneohe Bay's gate, The Lodge also resides in close proximity to the Marine Corps Exchange, the MCX Annex and within walking distance to Subway, the Enlisted Club, base pool, K-Bay (bowling) Lanes and the base theater.

Beyond a transit stayover, The Lodge is ideal for family members on vacation.

Comparable to privately owned and operated hotels, The Lodge embodies upscale atmosphere and services, without the upscale price tag.

All authorized military I.D. cardholders are eligible to book a room at The Lodge.

For reservations, call 254-2806 or visit www.mccshawaii.com.

Parents, kids can celebrate America's spirit

NAPS
Featurettes

In response to the war on terrorism, a new, no-cost American Patriotism program featuring Internet-based lessons about American history is now available worldwide.

The "American Patriotism Program" was put together by William J. Bennett, the former Secretary of Education.

Bennett, chairman of K12, Inc. said, "The United States is going through some tough times, but the American spirit is rising to the challenge.

"Citizens from all walks of life

are asking 'What can I do to support America?' K12's 'American Patriotism Program' helps provide an answer to this question.

"We must teach the next generation why the United States is worth defending, and we can use computer technology to do exactly that.

"Our Founding Fathers taught us that we defend our nation when we love and cherish her and that we fully love and cherish her only when we understand her.

"That's what these lessons are about."

The program is designed for children of all ages and features multi-layered lessons, colorful online storybooks, maps, art ac-

tivities and sing-alongs.

The lessons are delivered through the Web site www.K12.com.

Topics focus on subjects such as the pledge of allegiance, the founding fathers, Christopher Columbus, the pilgrims, U.S. geography, George Washington, Thomas Jefferson, Betsy Ross, "The Star Spangled Banner," the Statue of Liberty, the role of immigrants in America, and much, much more.

Each of the lessons comes from the organization's history curriculum, which includes several hundred more lessons on America.

Proceeds from the sale of an optional Patriotic Songs CD will be donated to the Tragedy Assistance Program for Survivors, Inc. (TAPS), which is a nonprofit organization helping

those who have lost loved ones who were actively serving their country in the armed forces.

Bennett's K12, Inc. patriotism lessons can be accessed at no charge by logging onto www.K12.com, or by calling 888-968-7512 toll free.

The organization is led by an experienced team of learning and technology experts who share a passion for education and a belief that a challenging, enriching education should be readily available to all children.



Log onto www.K12.com.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

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

Please show your ID at the box office.

Phone 254-7642 for recorded info.

Collateral Damage (R)
Count of Monte Cristo (PG13)
Big Fat Liar (PG)
I Am Sam (PG)
The Wizard of Oz (PG)
Big Fat Liar (R)
Collateral Damage (R)
Return to Neverland (G)
Brotherhood of the Wolf (R)

Today 7:15 p.m.
Today 10 p.m.
Saturday 7:15 p.m.
Saturday 9:45 p.m.
Sunday 3:30 p.m.
Sunday 7:15 p.m.
Wednesday 7:15 p.m.
April 12, 7:15 p.m.
April 12, 9:45 p.m.

50 years serving K-Bay



Sgt. Richard Holtgraver Jr.

Sonny Segi and Antonio Bustamante, field tractor operators for MCB Hawaii, Kaneohe Bay Facilities Department, shake hands April 3, beneath the Pacific War Memorial near the front gate. These two gentlemen have served MCB Hawaii for a combined 50 years, and both plan to retire soon.

Early enrollment opens for insurance

Sgt. 1st Class Kathleen T. Rhem,
American Forces Press Service

WASHINGTON — A period of early enrollment into the new Federal Long-Term Care Insurance Program is now open. Federal personnel managers estimate as many as 20 million people are eligible to use this new benefit.

The federal Office of Personnel Management has contracted with John Hancock and MetLife insurance companies to provide this additional benefit for all federal employees, including military, and retirees.

The insurance program is designed to cover expenses associated with long-term care in a nursing home or in the beneficiary's home. Federal employees will be able to purchase the insurance for themselves, spouses, children and parents. Federal retirees are entitled to enroll only themselves and their spouses, according to information on the program's Internet home page, www.opm.gov/insure/ltc.

"The Federal Long Term Care Insurance Program is an option that can protect us emotionally, financially and socially at a time when family members face unimagined challenges," OPM

Director Kay Coles James said March 25. "With access to long-term care insurance, we can act responsibly by planning well in advance for future care costs, giving us more time to show our love and attention on what's really important family."

The early enrollment period began March 25 and runs until May 15. An initial six-month open enrollment season begins July 1.

Officials stressed the early enrollment period is designed to accommodate people who are familiar with long-term care insurance and know what coverage they wish to purchase.

Those who still have questions should wait until the open season. An information campaign under way now will help educate people about the benefit by the open enrollment period, officials said.

Applicants may be required to answer health-related questions, provide medical records or be interviewed personally to be eligible for the insurance.

During early enrollment, pre-packaged policies can be purchased for three- or five-year periods, with daily benefits of \$100 or \$150.

Individuals wishing greater flexibility can buy policies with daily benefits from \$50 to \$300.

Additional plan options, including an unlimited benefit, will be available during the regular open enrollment, according to an OPM news release.

For individuals between ages 18 and 30, premiums are \$8.40 per month for a policy that offers daily benefit of \$100 over three years and after a 90-day waiting period; the same policy with inflation protection starts at \$32 a month. After age 30, premiums will vary based on age, amount and length of coverage, the waiting period before benefits kick in and other factors, the release said.

Long-term care is not medical care but rather is designed to help people with chronic conditions to perform daily life functions, such as getting out of bed, dressing, eating and going to the bathroom. Care can be received in at home, a hospital, nursing home, assisted living facility, adult day care center or hospice.

Experts caution that since long-term care is not medical care, it isn't covered by many medical insurance plans, including Medicare and TRICARE.

For full details, including premiums, packages, benefits, rules and how to enroll, visit the OPM Long-Term Care Insurance Web site at <http://www.opm.gov/insure/ltc/>.

Students should also review after-college opportunities

NAPS
Featurettes

As college seniors face their final semester, one question looms large: Where do I go now?

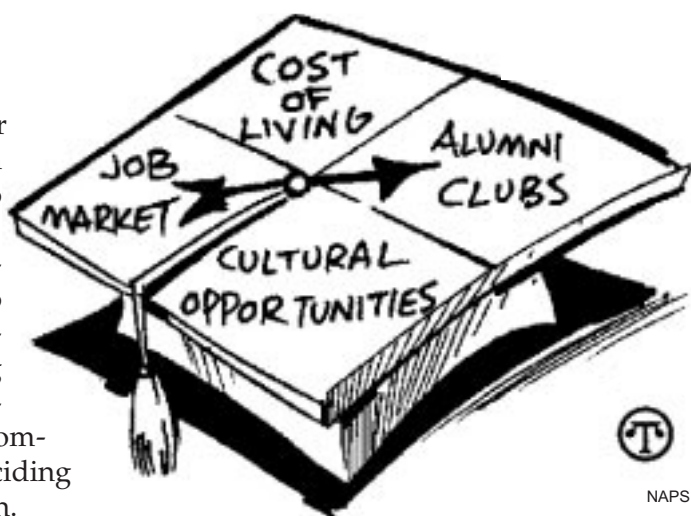
To help new graduates answer that question, the Metro Denver Network, a partnership of Colorado's leading businesses and economic development organizations, compiled a list of key factors in deciding where to land after graduation.

- **Job market:** In the current market, competition for jobs can be fierce. Thorough research into the job market in the area of your choice will pay off when you choose a city with a robust economy that will serve you well in your post-college career.

- **Cost of living:** While \$350 might be enough for an apartment in college, the reality is, most large cities require much more than that for a decent post-college place. Do a cost-of-living comparison, online, to determine just how far your future salary will go.

- **Recreation facilities:** You got used to walking across campus, so you'll be looking for every excuse to get outside once you've entered the working world. Find a city that is conducive to your recreation of choice—whether that's a hip gym, a city park, a walking path, a winding river or a nearby pool.

- **Transportation:** Determine your comfort level with mass transportation.



Many residents of large cities rely on buses, subways or carpools to get to work each day. Make sure you know how much traffic is too much for you.

- **Cultural opportunities:** Look into museums, concert venues, theaters, sports arenas, shopping centers and other attractions that interest you. The larger the city, the more likely it will [be to] have multiple outlets for culture.

- **Local alumni clubs:** Before you move, investigate whether your alma mater has a local alumni club in your future town. Staying in touch with fellow classmates after graduation will not only help you feel more at home in the new city, but also will help with networking for future job searches.

The right job will be impacted by where you choose to live.

For more tips from the Metro Denver Network on post-graduate moves, visit www.denverchamber.org.

College-bound, heed advice from pros

Loretta Cornett-Huff
Education Services Officer

If you are going back to college anytime soon, or have a son or daughter college-bound, review the following pieces of advice compiled by MCB Hawaii's Joint Education Center for Lifelong Learning.

1. Learn all you can about *accreditation*. Make sure the school you wish to attend is accredited by an accrediting body recognized by the U. S. Department of Education. (See: for a list of those recognized bodies.)

Your base education center can give you guidance on accreditation. Make sure you discuss and understand the issue of *transferrability* of coursework. This is very critical.

2. Read your college catalog. It contains: (a) required courses, (b) majors offered and curriculums to follow, (c) school policies and procedures, (d) your rights and responsibilities, and (e) course prerequisites and descriptions (read these *before* you register for a course.)

3. You can obtain additional guidance from an academic counselor at the school. To talk with that person, first make an appointment.

Be prepared by being familiar with the catalog.

4. Many colleges require placement tests in English and Math. The results will indicate whether you must take a refresher course *before* beginning freshman-level courses.

5. Refresher courses in colleges are usually numbered 0-100. You receive credit for them, but they aren't freshman level. They do *not* transfer to other institutions.

6. Improve your writing skills. Take an English refresher course, if necessary.

Learning to write term papers and themes will be a major task in college, but your reward will be a valuable lifetime asset.

Exams, research papers, themes and term papers will be evaluated on grammar, punctuation, clarity, organization, logic, creativity and your

ability to gather, analyze and communicate knowledge successfully.

7. Do not plagiarize. This means do not write a paper with words you took from another source. Your writing must be your own.

There are now computer programs available to professors which can detect plagiarism.

8. Learn good study habits. Study daily, and learn to take careful notes.

Keep up with your reading, too — review, review, review. There is no substitute for daily preparation.

9. Maintain a high grade point average (GPA), as grades of "D" and "F" will not transfer to another institution.

If you make an "Incomplete," make up the required work in time to receive a passing grade; otherwise, it will become an "F."

10. If you withdraw from a class, make sure you do it within the official "Add-Drop" period. Otherwise, if you just quit going to class without notifying the school, you will receive an "F."

If you withdraw within the official "Add-Drop" period, you usually can receive a refund or partial refund from the school.

Regardless of the reason, always fill out the official withdrawal papers.

11. Ask questions. Keep yourself open to new ideas and knowledge.

12. Take a speech class. Speaking effectively is a major advantage in today's world.

13. Do *not* overextend yourself when you first begin. Don't take a heavy workload that you can't handle along with your military job.

14. Learn how to use the library or Internet to do research.

15. Keep copies of all assigned projects, term papers, and returned tests until you receive your grade at the end of the course. (Do this just in case your instructor makes an error.)

16. Keep a copy of all

financial transactions. Keep copies of all grade reports.

17. Put it in writing! An academic advisor or dean may give you permission to take an advanced course or waive a degree requirement, but at graduation, that person may no longer be at the college. Any exceptions granted you from the published procedures should be noted in writing and placed in your permanent file.

18. A *curriculum* is an outline of all courses you must complete to earn your degree. Each time you successfully complete a college credit course, you earn specific credit hours.

To earn your degree, you must complete your college's requirements for that degree.

A syllabus for each of your courses will be provided by your instructor. This is your roadmap to success in your course(s). It will normally outline the required reading, test dates and learning outcomes expected by completion of the course. A generic syllabus can be requested prior to enrolling.

19. Many colleges have a residency requirement. This means you must complete a certain number of courses with the school from which you're seeking a degree.

Some schools require the last year of college work to be done in residence. The residency requirement in some cases is 15 semester hours (5 courses) for an associate's degree and 30 semester hours (10 courses) for a bachelor's degree.

Check out the policy of your college or university.

20. Engage in class discussions — whether they are in a traditional classroom or online.

Participate!

For more information on MCB Hawaii's available educational opportunities, visit the Marine Corps Community Services website: www.mccshawaii.com/jec.htm.

The JEC for Lifelong Learning is located in Bldg #219.

Reach a counselor at 257-6730.

Pointers For Parents

Begin lifelong learning early with a kids' web headstart



NAPS

An innovative program incorporates technology and preschool issues such as taking turns.

Thousands of preschoolers, many of whom don't have home access to computers, are clicking their way to computer skills with the help of a new online learning program. The IBM KidSmart Early Learning program, developed in conjunction with Bank Street College and the United Way, is already part of the curriculum at more than 1,000 day care centers across the country, to encourage youngsters' creativity.

To expand the benefits of this educational program, IBM has launched www.kidsmartearlylearning.org, with information on technology in the early learning setting.

At the site, parents and teachers can find information from curriculum experts on how to tie technology to their preschool lessons to reinforce what children are learning in class. The site addresses such issues as taking turns, sharing discoveries, solving problems and helping children learn new skills. The site also lists educational activities submitted by preschool teachers from KidSmart Early Learning Center.

You can learn more about this educational program at www.kidsmartearlylearning.org.

NAPS
Featurettes

Worth Repeating: "Character building begins in our infancy and continues until death."

— Eleanor Roosevelt

A young Marine anticipates coping with marriage, fatherhood, duties

Cpl. Luis R. Agostini
*Marine Forces Pacific
 Public Affairs Office*

I'm going to be a daddy! Hold that thought. I'm only a twenty-year-old corporal.

While I am a leader of Marines, do I have the maturity, stability and capabilities to be the father of a child?

I've only been married for a few months. Yeah, all of the extra pay with dependents is good, but will it be enough? What do I do? Where do I go? Who do I see?

I received the wonderful news March 25. My wife came to drop off lunch, and she said that she had something to tell me.

She had recently noticed some changes in her body. These changes apparently were signs of pregnancy.

She took a trip to the drug store and purchased a home pregnancy test, which came out positive.

Just to be sure, she took another test the following morning, and the results were the same.

She then made an appointment to get an official pregnancy test conducted at Tripler Medical Center,

and sure enough, we are going to be the proud parents of a beautiful child.

In that one moment, my world froze. It was almost like a scene right out of "The Matrix," where Keanu Reeves is motionless while his environment revolves around him.

When I came back to reality, I ran back inside the office and spread the good news. I did that for two reasons.

I was incredibly overwhelmed with joy. There are only a few things that I want to achieve in life. One was to become a United States Marine. The other is to have a beautiful, healthy family. I couldn't help but share the news.

The other reason was to keep my chain of command informed.

Some of the Marines that I work for have children of their own, so they offered some words of wisdom.

I was advised to contact the New Parent Support Group, which is a part of Personal Services, located at MCB Hawaii, Kaneohe Bay.

I was told by a staff member from the New Parent Support Group to have my wife schedule a

second appointment at Tripler. From there, we will be counseled on the many services, seminars, and classes such as baby budgeting, which will be offered in the months to come.

After the feeling of joy started to settle in, questions, concerns and even doubts entered my mind.

Can I afford it? Will my wife stay healthy throughout the pregnancy? How can I help her stay healthy? How can *we* keep the baby healthy?

What kind of color scheme do we want for the nursery? Ah, nevermind...

Do I want a boy or a girl? Does it even matter?

Will I be a good father? I can barely manage myself!

You always hear about how life dramatically changes once a child enters the scene. My wife and I have had only a few months together alone. Now, there's already going to be a third party in the Agostini household.

Will we be ready?

(Editor's Note: This is the first in a series of articles on this subject. Look for future articles on programs and benefits available for Marines, Sailors and their families.)

FREE STUFF

Pregnant moms have help

NAPS
Featurettes



"Pregnancy can be a wonderful chance for women to take charge of their health," said Amy Niles, executive director of the National Women's Health Resource Center (NWHRC). "New habits of more healthful eating, getting enough sleep, stopping smoking and enjoying moderate exercise begun in pregnancy can help both mother and baby."

Keeping track of medical appointments and getting ready for the new baby is an organizational challenge for a mother-to-be as she deals with the changes in her body.

A special kind of planner can help give expectant mothers a healthier outlook.

To help mothers-to-be have a healthy pregnancy and stay organized, the NWHRC and the Consumer Healthcare Products Association have published a free pregnancy planner for expectant moms. The planner is a colorful, 10-month blank calendar loaded with suggestions and health tips for every month of pregnancy and after the arrival of the baby. Designed to fit neatly into a woman's purse or briefcase, the planner also has room to record important phone numbers and memos about prenatal checkups.

Each month of the planner focuses on a different topic. The planner begins with "Congratulations! You're Pregnant!" which contains information about what to expect in the months ahead. For Month #3, there are tips on managing the common discomforts of pregnancy. For example, eating small, frequent meals throughout the day helps with nausea and morning sickness.

Other topics covered are medication safety during pregnancy, managing common pregnancy discomforts, fitness, skin health and sleep. The ninth month includes information about delivery. The final month has ideas for easing a new mother's emotional and physical recovery after the baby is born.

"Women should understand that the information in the planner should not replace medical attention," said Dr. Barry Jacobson, chair of the Department of Obstetrics and Gynecology at Delaware County Memorial Hospital and medical advisor to the NWHRC, who reviewed the text to ensure medical accuracy.

For a free planner, call the NWHRC toll-free number, 1-877-986-9472, or visit its Web site: www.healthywomen.org.

WORD TO PASS

MS Walk 2002 Set

The Multiple Sclerosis Society of Hawaii is now accepting registration for teams, families and individuals to participate in this year's MS Walk 2002, Saturday at 7:30 a.m. at the McCoy Pavilion at Ala Moana Beach Park.

Teams of 10 or more are eligible to participate. Free food and entertainment will be available for all who participate.

Register at www.National-MS-Society.org or call 532-0811 for more details.

Bishop Museum Hosts Family Sunday

Larger-than-life prehistoric creatures, colorful storytelling and live entertainment are among the exciting activities planned at Family Sunday, April 7 from 9 a.m. to 5 p.m.

Visitors can also enjoy traveling exhibits, the time machine and "boning up" with fossils. Food booths, crafts, a petting zoo, a hula show and pony rides will also be part of the festivities.

Admission is \$3 per person or \$10 for a family of four; kids under four are free, and Bank of Hawaii cardholders receive free admission.

The Bishop Museum is located at 1525 Bernice Street. Call 847-3511 for info.

'Iolani Palace Provides Kama'aina Sunday

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

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

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

Get Tax Assistance

All active duty and retired military members and their families may receive free electronic tax filing at the MCB Hawaii Tax Center. Open from 7:30 a.m. to 4:30 p.m., Mondays, Tuesdays, Thursdays and Fridays, and from 7:30 a.m. to 6 p.m., Wednesdays, the Tax Center will be available until the filing deadline, April 15.

Bring your tax package and label with you, all pertinent forms, a copy of last year's federal and state returns, your bank's routing transit number (RTN), your account number, any necessary powers of attorney and your military I.D.

The Tax Center is located in Bldg. 455, next to the 7-Day Store on Lawrence Rd. at Kaneohe Bay.

Hale Koa Hosts Brunch, Magic Shows, Giveaways

- Always a sell-out, treat mom to a special Mother's Day meal at Hale Koa's Mother's Day Brunch, Sunday, May 12.

The hotel's Activities Desk will begin taking reservations April 15. Call 955-0555, ext. 546.

- April is the Month of the Military Child, and the Hale Koa Hotel in Waikiki invites all keiki to special Magic in

Paradise Shows Tuesday and April 16 and 23.

The Hale Koa will offer discounted admission, door prize drawings and free gifts to each child under 12 years old. The ticket price includes its all-you-can-eat buffet, the show and gratuity.

Call the Activities Desk at 955-0555 for more details.

- In honor of Hawaii Military Appreciation Week (in May), the Hale Koa Hotel will host a Salute to the Military Luau offering both a grand prize giveaway and discounted ticket prices.

Your ticket to the luau includes an exciting show, a sit-down dinner, gratuity and one exotic cocktail or two standard drinks.

A trip for two to the Big Island, including airfare and two nights in a deluxe cabin at Kilauea Military Camp — located in the heart of Hawaii Volcanoes National Park — will be the grand prize at the Monday, May 20 luau. Ticket sales begin April 16. Call the Activities Desk at 955-0555 to make reservations.

(The Hale Koa luau is one of many events held during the annual Military Appreciation Week in Hawaii, May 17-25, which features special recognition of those who serve America through military service.)

Waikiki Aquarium Presents Series

- The Waikiki Aquarium features Hawaii-based scientists and its new, ground breaking natural history videos in its 2002 Natural History Lecture Series titled "Celebrating Biodiversity & The Shape of Life."

Tuesday see "Echinoderms: Extraterrestrials Among Us, Or Just Like Us?"; or April 16 see "Rise of the Vertebrates: Fishes First & Foremost." Doors open at 7 p.m. and presentations begin at 7:30 p.m. Reservations are not required, but seating is limited. A \$4 donation is requested.

- Parents can share ocean discoveries with their 1-3 year olds this spring. Discover marine life in five weekly sessions of "Small Fry," beginning through May 1, which includes crafts, songs, movements and special tours of the Aquarium's marine life exhibits, either at Session A from 8:30 - 10 a.m. or Session B from 10:30 a.m. to 12 p.m.

Pre-registration is required at \$70 for the adult and child at all five sessions.

- Enjoy a fun and educational evening mystery at the Aquarium, today from 7-9:30 p.m. During "Mystery at the Aquarium," meet a fishy cast of characters for some fun-filled sleuthing. Interview suspects, use the laboratory and sort through clues as you attempt to solve the puzzle.

Minimum age for this adventure is 5 years old, and youngsters must be accompanied by an adult. Preregistration is required at \$8 for adults and \$7 for children.

- Explore shallow reef and tidepool areas with Aquarium naturalists, April 13. On these shoreline expeditions, you will wade up to your knees, experience the natural history of Hawaii's shores and chat about reef conservation and reef walk safety.

Minimum age for this adventure is five years old, and youngsters must be accompanied by an adult.

Preregistration is required. Adults cost \$10; children cost \$8.

- Call 440-9006 for more information about Waikiki Aquarium programs.

HPU Hosts Intercultural Day

Everyone is invited to experience a unique mix of diversity, firsthand, at Hawaii Pacific University's 18th Annual Intercultural Day 2002, scheduled April 12 from 9 a.m. to 4 p.m. at Fort Street Mall in downtown Honolulu.

The event spotlights HPU students' diversity and customs through cultural exhibits, a parade (at 10:30 a.m.) and lively stage performances (beginning at 1 p.m.) of traditional dance and music from around the world.

Educational exhibits will also highlight HPU's 50-plus undergraduate and graduate degree programs, accredited by the Western Association of Schools and Colleges and the National League of Nursing.

For more details, call Ann Newton at 544-0265, or visit www.hpu.edu.

Windward Mall Posts Schedule

Catch one of the following free events Center Stage at Windward Mall in April.

- Through April 12: The 2002 Congregational Arts Competition, a nationwide competition recognizing the artistic talents of Hawaii's youth, will be on display.

- Today: An Ohana Concert begins at 5:45 p.m., featuring traditional, old-style Hawaiian music and beautiful falsetto melodies.

- Saturday from 10 a.m. to 1 p.m.: Participate in the Keiki Injury Prevention Coalition car Seat Check in the Windward Mall parking lot facing Kam Highway. For more details, call 983-6800.

- Saturday from 10 - 2 p.m.: Enjoy the Parent/Child Fair with hands-on activities and entertainment for keikis.

- Saturday at 3 p.m.: Catch the Japan International Karate Ki center exhibition.

- Sunday from 12 - 3 p.m.: Learn why there is "No Excuse for Abuse" during Domestic Violence Awareness Day. Entertainment will be provided by Pacific Island Praise and Balloon Ministries. Call 586-9492 for more.

Veterans' Benefits Booth Available at Ala Moana Center

The Vietnam Veterans of America, Chapter 858, will be sponsoring a Veterans' Benefits Information Booth from 9 a.m. to 5 p.m., April 20 at the Ala Moana Center mall in Waikiki.

The Info Booth will be located on the Mall Level above Center Stage and is designed to inform all veterans in the community about their entitlements by distributing printed materials from the State Office of Veterans Services, the Veterans Administration and the Vietnam Veterans of America, Inc.

Veterans will be informed of the importance of registering with the V.A. and encouraged to keep informed of veterans' legislative issues by joining a veterans organization of their choice.

For more details, call 1-800-882-1316 or visit www.vva.org. On Oahu, email the VVA at vvaoahu@yahoo.com or call 566-0236.

The VVA is a Congressionally-chartered veterans service organization, which is dedicated to promoting and supporting the full range of issues important to Vietnam veterans and their families through legislation, employment, education and benefits programs.

Kailua Beach Cleanup Planned

Participate in Earth Day 2002 by providing kokua at Kailua Beach, Sunday, April 21 from 9 - 11 a.m.

Coordinated by the office of Representative David A. Pendleton, the community is invited to help keep Kailua Beach a place of beauty for everyone.

Simply meet at the Kailua Beach Pavilion to kokua.

Windward Mall Sponsors Recreation

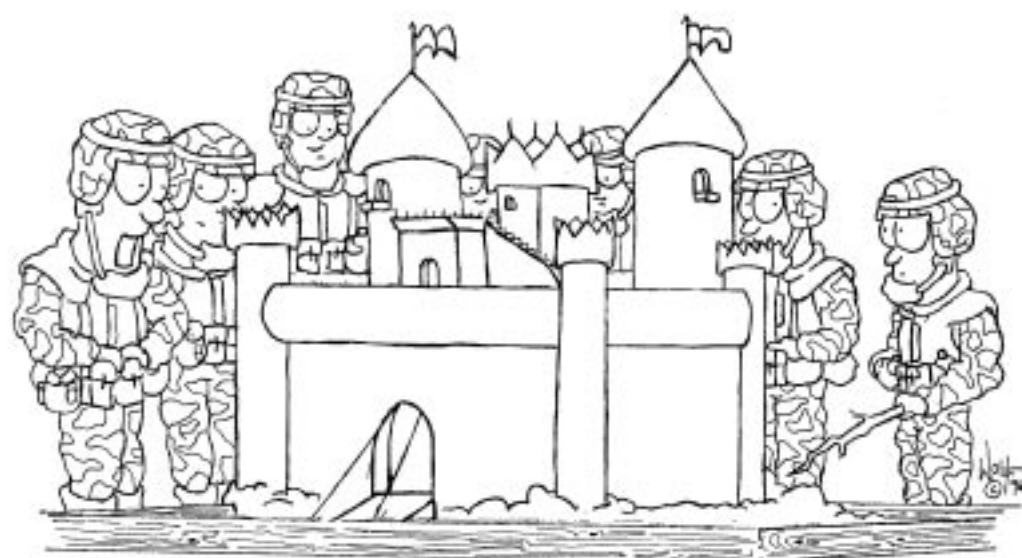
Catch any one of these ongoing activities at Windward Mall.

- Wednesdays at 6 - 9 p.m. enjoy free chess lessons and tournaments at Center Court, sponsored by the Hawaii Chess Federation and America's Promise. All ages are welcome. Call 586-6151 for details.

- Wednesdays through Fridays at 7:30 a.m. get fit with Luk Tung Association

See WORD TO PASS, B-8

Semper Toons By Staff Sgt. Charles Wolf



"HATE TO BUST YOUR BUBBLE DEVIL DOG, BUT CAMELOT WAS JUST THE CODE NAME FOR THE OBJECTIVE!!"

Students invited to learn more about chemistry



NAPS

A new educational kit is helping students to learn how to handle chemicals safely.

NAPS Featurettes

Many teachers have found a formula for generating student interest in chemistry.

The main ingredient in this formula is an educational kit, known as You Be The Chemist, created by The Chemical Educational Foundation.

The kits, which contain interactive courses for the classroom, teach kids about chemistry, the proper handling of chemicals and using products responsibly.

Challenging experiments and activities built around "Investigating Goofy Putty" in the kit for grades 4 to 6, and "The Ketchup Cleaning Caper" in the kit for children in kindergarten through

third grade, promote exploration into the vast world of chemistry, and encourage lifelong values of responsible product care.

Both kits are designed to support the goals established by Benchmarks for Science Literacy and the National Science Education Standards. They are written by teachers for teachers.

The K to 3 educational kit contains student handouts, a poster and a singalong cassette with the "A to Z of Chemicals" Song.

The 4th to 6th grade educational kit contains a video, teacher's guide and activity packet for students.

Both kits were developed with the assistance of educators and curriculum writers.

To date, nearly 5,500 K to 3 kits and

20,000 4 to 6 kits have been distributed to teachers. Many of the schools requesting the kit have been urban.

In Detroit, for example, a 4th to 6th grade kit was distributed to every 6th grade classroom and student feedback was very positive. Teachers reported that the kit was a good way to get their students interested in chemistry.

To order a You Be the Chemist Educational kit, call the Chemical Educational Foundation at 703/527-6223 or e-mail comments@chemed.org. Single copy requests of the kits will be sent for free.

The Chemical Educational Foundation was founded in 1992 to spread the important message about chemical safety.

For more information, visit their website at www.chemed.org/chemistry.

TIPS: Parents can help children cope with prejudice

Web-based resource guide promotes diversity, respect

NAPS Featurettes

Today, in nearly every classroom in the United States, there are children from a wide variety of racial, cultural and economic backgrounds, as well as children with learning and physical challenges.

More than ever before, as the population of the United States becomes increasingly diverse, it is essential that children learn to live, work and play alongside others of different backgrounds and abilities.

The National Parent Teachers Association (PTA) has developed tools to help both parents and teachers address issues of diversity, including prejudice and discrimination and the importance of respecting others' differences.

According to National PTA President Shirley Igo, teaching children the value of diversity begins with modeling respectful, sensitive and fair behavior.

"Children's opinions and ideas are influenced by what people around them do, think and say," Igo said. "Parents and teachers must be aware and actively address issues that can affect children's attitudes, relationships and self-esteem and lead to negative behaviors like intolerance and bullying."

For example, ask other adults to refrain from making derogatory comments or inappropriate jokes in front of you and your children, or point out other instances of intolerance or inequity to children and explain that they are unacceptable.

Help children find ways to create positive change, such as volunteering to clean up negative graffiti or writing

letters to a television or radio station that promotes stereotyped programming.

Other tips the National PTA suggests are:

- Accept each of your children as unique and special by recognizing and appreciating his or her individual qualities.

- Children who feel good about themselves are less likely to be prejudiced.

- Help your children become sensitive to other people's feelings.

- When personal conflicts occur, encourage your children to think about how the other person may be feeling.

- Provide opportunities for your children to interact with and learn about people from other backgrounds through extracurricular activities like sports teams, music groups or school clubs, and through books, television programs, concerts or other events that show positive insights into other cultures.

In addition to these suggestions, National PTA has developed "Respecting Differences," a free, Web-based resource guide for parents and teachers that promotes diversity, encourages understanding and inclusiveness in schools.

It also provides resources and action steps for making respect for differences a reality.

To read "Respecting Differences" and to find more information on how to help children learn more about diversity, prejudices and discrimination, visit National PTA's Web site at www.pta.org.

Call them at 1-800-307-4PTA.

Cyberspace college offers convenience

NAPS Featurettes

In an economy that forces companies to scrutinize every investment and expenditure, employees are looking for ways to increase or maintain their value to their employer by any means necessary.

Career experts agree that the value of an employee to a company increases as the employee's knowledge and skills increase.

This is the case whether looking to advance within your current company or competing in the job market.

Faced with the increased challenges to stay current, knowledgeable and marketable, self-improvement becomes more than an option, but an essential element of your career strategy.

The first place to look when evaluating your career strategy is to determine if additional education is a way to increase your professional value.

An interesting statistic, according to the U.S. Dept. of Labor, is that adults with at least a bachelor's degree, on average, earn 75 percent more than workers with no education beyond a high school diploma.

Once you have decided that a degree or an advanced degree would be beneficial, you must decide how best to achieve

your education goal.

Continuing education is no easy matter, but it's not impossible.

Most employees are time constrained with business, family and personal obligations that hinder them from considering additional school.

For many busy, working adults, a traditional university or college education is simply unrealistic.

A good alternative for working adults is an online learning environment.

But, once again, employees should closely look at the quality of that online experience.

One of the largest and most well known online learning institutions is the University of Phoenix Online.

Fully accredited, and with more than 34,000 students currently enrolled,

University of Phoenix Online developed a course calendar that coincides with an adult pace and lifestyle.

The online course calendar allows them to complete an undergraduate degree in three to four years, and a graduate degree in about two years, while they continue to hold down jobs and raise families.

Provided with this flexible and convenient access to educational advancement, many individuals are recognizing a window of opportunity to improve their lives and careers, without taking too much time away from work, family and other obligations.

For more on UOP's online education, visit <http://online.uopx.edu/benefit>. In Honolulu, call 536-2686, for local campus locations.



NAPS

Online universities offer a realistic learning option for people with business, family and personal obligations.

COOKING TIPS

Nutrition-minded recipe doesn't sacrifice taste



Kasha with Shrimp Jambalaya is a good twist on a classic Louisiana-style dish.

NAPS*Featurettes*

If you don't know kasha, you're not alone.

Many people are simply unfamiliar with these roasted buckwheat groats. They're surprised to find that kasha has been in their supermarkets all along (usually alongside grains such as rice, or with kosher foods) and that it tastes great as a part of everyday dishes.

In Kasha and Shrimp Jambalaya, for instance, nutty-tasting kasha mixes well with the rice that is typical of the dish, creating a heartier version of a well-loved classic.

The lively ingredients associated with Louisi-

ana-style cookery — including spicy sausage, celery, onions, peppers and tomatoes — add up to an appetizing one-pot meal that's sure to go in the "keeper" recipe file.

Kasha qualifies as a "super grain" that is not only rich in complex carbohydrates, but also contains the highest-quality protein available from plant food.

Exciting new research indicates that the protein in kasha is even more effective than soy in lowering blood cholesterol levels.

For Kasha and Shrimp Jambalaya:

3/4 cup whole kasha
1/2 cup long-grain

rice (not converted)
2 tablespoons vegetable oil
1 package (4 oz.) chorizo, sliced (about 3/4 cup)

1/2 cup sliced celery
1/2 cup diced onion
1/2 cup diced sweet green bell pepper
1 can (14.5 oz.) diced tomatoes and chilies

1 pound shelled cooked shrimp or 2 cups cooked chicken chunks
1 teaspoon salt

In a large skillet (preferably nonstick), over high heat, cook and stir kasha and rice until toasted, about 3 minutes; remove to a bowl.

To skillet, add oil; heat until hot; stir in

chorizo, celery, onion and bell pepper; cook and stir over medium-high heat until onion is tender, about 5 minutes.

Add kasha and rice mixture along with 2 3/4 cups boiling water.

Cover and simmer until kasha and rice are tender, 8 to 10 minutes.

Stir in tomatoes, shrimp and salt; cover and cook until hot, about 2 minutes.

If desired, garnish with chopped parsley and/or thinly sliced green onion.

This recipe yields 4 servings.

Try Kasha the next time you want to add robust flavor to your nutrition-minded jambalaya.

WORD TO PASS, From B-6

Exercise at Center Court. Participate for free in stretching, aerobic and flexibility programs.

• Thursdays from 6:30 - 8 p.m. learn the latest steps with country line dance lessons, free at Center Court. Call 247-4769 for more information.

All Enlisted Spouses' Club Changes Hours

The All Enlisted Spouses' Club Thrift Shop is now open Monday through Friday from 5:30 to 8:30 p.m.

For more information, contact AESC President Christy Knight at the Thrift Shop, 254-0841.

Navy-Marine Corps Relief Needs Volunteers

Do you want to make a difference? Do you enjoy helping others? Do you have a few free hours each week? If you answered "yes" to any of these questions, then the Navy-Marine Corps Relief Society is where you need to be.

Volunteer positions are now available for almost any area of interest. Some of the current openings are for caseworkers, receptionists, layette workers, computer and thrift shop personnel.

Caseworkers listen to requests, make decisions and disburse funds to meet clients' needs; receptionists answer the phone, greet clients and process initial paperwork; layette workers prepare "junior seabags" for expecting parents; computer personnel provide a range of services to include data entry; and thrift shop personnel help run the store by pricing items, setting up displays or helping shoppers make their purchases.

Consider donating your time to NMCRS. Not only will you be providing an invaluable service to Marines, Sailors and family members, but also you will

meet interesting people, increase your self-confidence, build your resume and learn new job skills.

Volunteers set their own hours, and the Society reimburses for mileage and childcare. Contact NMCRS' Kaneohe Bay office (in Bldg. 216, the "general's building") at 254-1327 or the Pearl Harbor office (1514 Makalapa Drive, across from the Makalapa Branch Medical Clinic) at 423-1314.

Disney Salutes Armed Forces

Active duty, U.S. servicemembers can enjoy free admission to any of Disney's U.S. theme parks or on the Disney Cruise Line, through April 30.

"Disney's Armed Forces Salute" will honor America's men and women who are fighting for freedom. It's part of Disney's commitment to support U.S. troops at home and abroad.

The program offers one complimentary, seven consecutive days ticket for the active member and up to five special, 50 percent discount tickets for family and friends of the active duty member.

All special offer tickets must be used within seven days of purchase.

Discounts, beginning at \$49 per night (plus tax), are also available for the Disney resort hotel accommodations.

All offers can be obtained at Disney theme park entry windows with a valid military ID card. For more, call (407) 939-7424.

Get Free USAA Financial Booklet

While thousands of U.S. troops have been called into action, thousands more stand ready to deploy, leaving their families to handle the daily routine.

The spouse must tackle everything from taking care of the children to paying the bills, yet USAA is able to

make things easier for deployed military personnel — ensuring families aren't fighting their own financial and legal battles back home.

Get your copy of the Deployment Guide, which offers members of the military help in arranging their personal finances before they leave home for military commitments abroad.

The guide contains helpful tips on preparing financially, legally, and emotionally for separation from loved ones. Also in this booklet is a two-page checklist for important arrangements that are best made before a servicemember leaves for duty, and a list of important business and emergency contacts to complete and leave with loved ones.

Call toll-free 877-2DEPLOY or 877-233-7569 to get your free publication.

Foodbank Needs Goods

Hawaii Foodbank will hold its 13th Annual Food Drive, Saturday, April 27 from 8 a.m. to 5 p.m., at various locations such as Windward City Shopping Center, Restaurant Row, Pearl City Shopping Center, Kahala Mall and at some military sites.

Kokua by donating food or monies to support operations and programs, or volunteer to man collection sites.

For more information, call 836-3600, or visit the Foodbank website at www.HawaiiFoodbank.org.

Discover Kilauea Military Camp

Experience the Big Island's rest and recreational activities at Kilauea Military Camp, located in Hawaii Volcanoes National Park.

Explore Kilauea Crater on foot or motor coach

with KMC's professionally narrated tours at the most reasonable prices. Let knowledgeable guides show you the rest of the island with the Circle Island or Hilo tour — all without the worry of driving.

For the sports enthusiasts, KMC offers tennis, bowling, basketball, biking, hiking and golf packages. To keep the youngsters entertained, the Recreation Lodge features miniature golf, ping pong, billiards, video games and movies at nominal prices.

Kilauea Military Camp's renovated cottages are comfortably furnished, including a unique feature that's rarely found in any Hawaii home: a fireplace. At 4,000 feet above sea level, you can delight in the warmth of a fire, toast marshmallows and unwind.

Your stay is made even more enjoyable with a well-stocked General Store, an entertaining Friday Night Hula Show, a cozy lounge, a convenient snack bar, weight room, shuttle service, theater, chapel and gas station.

Book a reservation today. A joint services recreation center, KMC is open to all active duty and retired military, Reserve and National Guard members, current and retired DoD civilian employees, all family members and sponsored guests.

Ask about KMC's special inter-island air coupons and airline packages and the KMC airport shuttle service. Call 438-6707 for reservations. Visit the KMC website at www.kmc-volcano.com.

Hawaii MARINE SPORTS

Hawaii Marine C Section

April 5, 2002

K-Bay Marine takes on Turkish challenge Looks to participate in new USMC Regional Running Program



Courtesy of Lance Cpl. Rich Rogers

Rogers ran against some of the top military cross country runners from around the world and looks to participate in the upcoming Regional Running Program.

Cpl. Jason E. Miller
Combat Correspondent

One hometown hero from MCB Hawaii, Kaneohe Bay, recently ran at the chance to compete against some of the top runners in the world at an event in Europe.

Rich Rogers, a cook at Anderson Hall Dining Facilities aboard K-Bay, represented the Marine Corps and the U.S. at the 49th Annual World Military Cross Country Championships in Anatolia, Turkey.

The event, was different than any others he had participated in, marked his first time competing on the international level.

"It so different from anything that I've ever done before. The track, the runners and everything were completely different than the way they are over here and on the mainland," Rogers said.

In all, 29 countries sent their best

military runners to compete in the world class event. Some of the participants were past Olympians who joined the military as a way to run for a career.

The event, like the Olympics, featured elaborate opening and closing ceremonies to honor the athletes who had come from across the globe to compete.

"The ceremonies were really something to see," said Rogers. "All of the military guys were there in their 'class A' uniforms, and it was interesting to see all the uniforms from the other countries."

"They really loved the Americans over there."

Rogers' race, the men's short course, kicked off at 11 a.m., nearly a 12-hour time difference from Oahu. Adjusting to the schedule was one of the roughest parts of the race, said Rogers.

See ROGERS, C-6

VP-9 helps out school with car

Lt j.g. Mike Burke
Patrol Squadron 9

Among the 27 high school teams to enter their electric cars in the Electron Marathon March 23, at Ford Island, Kapolei High School had some special help.

The students, along with Sailors from Patrol Squadron 9, recently constructed a car to place in the event.

The school wanted to enter a team, but did not have an autoshop, tools, or engineers to assist and supervise the project. Counselors from the school turned to the Golden Eagles of VP-9 for help. Lt. j.g. Tom Mclendon and Navy Lt. Dave Perrin taught concepts, and assigned research on batteries, tires and car design. As the data was collected, the students developed communication and teamwork skills as they collaborated and compromised to find the best design solutions.

Petty Officer 2nd Class Alexander Jakhel and Petty Officer 2nd Class Erik Kloster taught safety techniques for welding, which allowed the students to take part in this exciting phase of construction. Petty Officer 2nd Class Douglas Agular and Petty Officer 1st Class Charles Anderson assisted the students with the manufacturing and assembling of the car.

While other schools had six years of previous racing experience to draw from, Kapolei High and VP-9 created their engineering marvel in just four weeks. The team piloted the electric racer through an exciting eight laps around the converted airfield, maintaining an average speed of 27 miles per hour, before minor technical difficulties knocked them out of the race.

The students were proud of their car.

The Golden Eagles were extremely proud of their students.



Courtesy of Lt. j.g. Mike Burke

Students and Sailors worked together on Kapolei High School's electric car.



Luke Telford, a navigational aids technician at MCAF and driver of the Marine Corps' car, races through 10 laps at the Electron Marathon. The Marines were able to pass the Navy early in the race, giving them the third place spot.

Electronic cars amp up on Ford Island

Story and Photos by
Cpl. Jason E. Miller
Combat Correspondent

The cars couldn't match the blazing speed that one might experience at the Daytona 500, but that didn't stop the Interservice rivalry at the Electron Marathon held at the Ford Island airfield March 23.

When it was all over though, the Air Force had managed to wedge out the Army passing them in the last minute to overtake control of the race and this year's military championship.

The Marine team from Marine Corps Air Facility at MCB Hawaii, Kaneohe Bay, which finished second last year, ended up in third place.

The Navy rounded out the rest of the competitors.

The marathon began at around 9 a.m. with several bleachers full of spectators in attendance to see electric cars built by local



Before the race started, the Marines had a few problems with their car breaking down. Luckily, they got it up and running to defeat the Navy, whose car broke down during the race.

high schools and military services.

During the 10-lap military showdown, the cars — all built from scratch — averaged an astounding 30 miles per hour as they rounded the coned-off track.

The Marine team suffered some mechanical failures prior to the start of the race.

Some last-second mechanical engineering allowed the car to make it to the starting line just in time.

"We had a little tech trouble before the start, but luckily we were able to get it worked out before we had to go," said Luke Telford, a navigational aids technician at MCAF and driver of the Marines'

car. As the green flag waived to signal the start of the race, the Navy car shot to the front and gained space over the other three teams, who all jockeyed for position.

The Navy extended its lead until the third lap when mechanical failures

See ELECTRON, C-6

SPORTS BRIEFS

Splash Your Way to Fitness

Make a splash today and get ready for summer with Water Safety's Water Aerobics class offered at the base pool Tuesdays and Saturdays.

Classes are only \$2 per class, or purchase a \$15 coupon book (for 10 sessions) available at the pool.

This non-weight-bearing workout will sculpt and stimulate your entire body.

Water Aerobic classes are free for active duty military Wednesdays and Fridays from 11:30 a.m. - 12:30 p.m.

Water Safety is also accepting applications for ongoing children's swimming lessons.

For more details on the Water Aerobics classes, contact base Water Safety at 254-7655.

Make your Goals

Help turn your child's endless supply of energy into a goal-oriented arena.

Youth Activities is accepting applications for the Windward Community Federal Credit Union's Youth Soccer program through April 30.

The season registration fee for Youth Activity members is \$30, \$40 for non-members.

For age requirements, schedules and additional details, call Youth Activities at 254-7611.

Youth Soccer Registration

Get kicking with the base youth soccer team.

Starting Monday, at Youth Activities, parents can reg-

ister their children for the upcoming league.

Fees for the league are as follows, \$30 per child enrolled in Youth Activities and \$40 per child not enrolled in Youth Activities.

All base teams will play with the Hawaii Youth Sports League, consisting of teams from local communities.

Pool Closure

Recreation swim at the K-Bay pool gets temporarily interrupted Monday through April 26 as the Marine Combat Instructor Water Survival School will utilize the pool from 5 - 11 a.m. and 1 - 5 p.m., Monday - Friday.

Swimming lessons will be moved to the Hill Top pool.

This training will not affect lap swimming.

For more information, call Water Safety at 254-7655.

Melee at K-Bay

The Enlisted Club is proud to host another night of fights.

On April 13, the doors are opened for anyone who enjoys boxing to watch some of Oahu's top amateur boxers duke it out for supremacy in the ring.

The doors will open at 6 p.m. with the first bout starting a 7 p.m.

If boxing is not your favorite sport, then come out to support the Marines from Fighters Unlimited.

Last time, this boxing club won three out of their four fights; they plan on the same result again. Some of the

boxers in Fighters Unlimited have only just begun boxing.

Advance tickets can be purchased for \$12 by calling 253-6610.

Tickets can be purchased at the door for \$15.

Batter Up

Camp Smith is getting into full swing — with softball that is.

Camp H.M. Smith will host a Intramural Softball League beginning this May.

An organizational meeting is scheduled for Tuesday in Bldg. 9 Room 129 at noon.

All team rosters must be submitted to the Camp Smith Athletics Office no later than April 30.

A Spring Fling Softball Tournament is also scheduled at Camp Smith for April 27 and 28 aboard Bordelon Field at 8 a.m.

Entry fee per 15-player team is \$150. Awards will be presented to 1st and 2nd place.

The Spring Fling Softball Tourney is open to all authorized military ID cardholders who are 18 years and older.

For more information regarding the Intramural Softball League, the Spring Fling Softball Tournament or any other sports at Camp Smith; call Angela Pittman at 477-0498.

Sharing the Aloha of Health

The military community is invited to the 2002 Aloha Muscle and Fitness Extravaganza May 25-27 at the Hawaiian Convention Center.

Scheduled for the main stage is the "Slay the Dragan" event.

Dragan Radovich is a man who is world-renown for his physical and mental endurance.

He is 53-years old, stands at 6'3" and weighs 175 pounds. His exhibition is extremely physical, exciting, fun and challenging.

Dragan will challenge "teams" of up to eight people in a unique test of strength and endurance.

During this challenge, teams of up to eight people will compete against Dragan, one at a time.

The test consists of taking a 35 pound dumbbell in each hand, curling the weight to the shoulder and then proceeding to press it overhead and back to the starting position, and then doing the same with the other arm.

The catch is each teammate must keep cadence with Dragan. But, once competitors can't do any more reps, they trade the weights with another teammate.

The total combined number of repetitions by the entire time is the final count. If any team completes a combined number of reps greater than Dragan's, that team will be awarded \$10,000 in cash.

Another event is for military only.

Each service can supply two teams each day to compete against the other services, with teams competing for the most repetitions. The winning team will be awarded \$1,000 in cash to be donated to the winning branches' athletic facility.

There is no entry fee for any of the events, but teams must have a roster in by May 10.

The two mentioned events take place May 26 and May 27 at 2 p.m. in Exhibition Hall I at the convention center.

For more information or any further questions, call Keith Jones, president of the extravaganza, at 306-6321.

Base All Stars

NAME: Seaman Kenzie Moore

BILLET: Dental technician

UNIT: 21st Dental Co.

POSITION: Guard

TEAM: 21st Dental

SPORT: Basketball

HEIGHT: 6'1"

WEIGHT: 170 pounds

• **Moore began his involvement in basketball in third grade.**

• **Since his days on the court in elementary school, Moore claims his biggest accomplishment was being named MVP his senior year at Lynwood High School in California.**

• **Recently, Moore walked away with a trophy from the Slam Dunk contest at the Semper Fit Center. This is one of two dunking competitions he has won.**



Sgt. Roman Yurek

"I knew I would win this competition because I just won one in Okinawa"

Sports Ticker

Basketball

Slam Dunk Contest

Kenzie Moore 116 points
Kane Flowers 99 points
Tony Rogers 96 points
Kevin Small 96 points
Shawn Brown 92 points
Curtis Tate 87 points
Devall McCoy 60 points

Intramural Championship

Ole School 74
Dirty Third 62

Baseball

Teams and Vets

(Compiled by John Gunn)

Red Sox face the Royals next week at Fenway Park. The Boston manager is

Marine vet Grady Little. The Kansas City manager is Marine vet Tony Muser. The Giants host the Padres Friday through Sunday. The San Francisco manager is Marine vet Dusty Baker.

Other Marines involved in baseball include:

• Major League Baseball

Sandy Alderson, Executive VP baseball operations
Bob Watson, VP on-field operations
Jerome Holtzman, baseball historian

• Major League Baseball Coaches

Dave Duncan, Cardinals pitching coach
Charlie Hough, Mets pitching coach

Tug McGraw, Phils special spring-training camp pitching instructor

• Front Office

Larry Dolan, Indians owner-president
Mike Illitch, Tigers owner
John Madigan, chairman-CEO, Tribune Co. (Cubs owner)
Vince Naimoli, Devil Rays managing general partner-CEO
Dick Tidrow, Giants VP-player personnel
Chief Bender, Reds senior adviser for player development

• Minor League Managers

Bobby Floyd, Norfolk (International) (Class AAA)
Tim Johnson, Saltillo Sarape Makers (Mexican League),

Class AAA
Dave Cash, Bowie (Eastern), Class AA (Orioles)
Don Money, Beloit (Midwest), Class A (Brewers)

• Minor League Coaches

Bill Lachemann, Salt Lake (Pacific Coast), Class AAA (Angels)
Richie Hebner, Durham (International League) Class AAA
Carlos May, Cook County Cheetahs (Frontier) (Independent)
Wayne Terwilliger, St. Paul (Northern) (Independent)

• Minor League Executives

Naimoli, president-CEO
Orlando (Southern) Class AA

Illitch, principal owner, Lakeland (Florida State) Class A

• Scouts

Cal Ermer, special assignment, Twins
Bob Skinner, special assignment, Astros
Bob King, area scout for the Padres

• Announcers

Jerry Coleman, Padres radio broadcaster
Ernie Harwell, Tigers radio broadcaster
Rick Monday, Dodgers radio and TV broadcaster
Bob Murphy, Mets radio broadcaster
Tom Seaver, Mets TV broadcaster
Bill Schonely, Portland radio broadcaster

K-Bay leathernecks develop boxing skills

Story and Photos by
Sgt. Roman Yurek
Sports Editor

Two men stand toe to toe, while a mixture of sweat and blood streams down their faces. They throw fierce jabs, hooks and uppercuts at one another's head and body, hoping one blow will knock out the opponent.

The bell rings and both boxers freeze in mid swing, relax and move back to their respective corners.

Here at MCB Hawaii, Kaneohe Bay, beginner and experienced boxers can train under the guidance of Jack Johnson's Fighters Unlimited club.

Johnson has taken his 14 years of experience and put it toward developing new and old boxers.

"I will teach anyone who wants to learn how to box," said Johnson.

Fighters Unlimited is open to all active duty servicemembers and is free, with the exception that boxers must purchase their own hand wraps.

"I always wanted to learn to box, and thought this was a good opportunity, so I gave it a try," said Dustin Jones, a Marine boxer in Fighters Unlimited.

For one hour, three days a week, boxers develop basic boxing skills. After they grasp the basics, Johnson begins working on speed and power.

Currently, there are 13 boxers in Fighters Unlimited. Anyone who attended the "Rumble in the Tropics" on March 16, saw four of the fighters in the ring battle local fighters.

"Boxing is the best individual sport,

and it is safe," Johnson added.

To ensure that the boxers don't get hurt too badly, Johnson puts them through rigorous training that he claims to be similar to running, swimming and jumping rope, all at the same time.

Boxers start with shadow boxing, or simply throwing punches into the air and fighting an opponent that doesn't exist. For beginners, he shows them how to jab, and has them work on that.

After the warm up is over, he moves them into a rotation on a variety of stations.

These experienced and beginner fighters rotate from crunches to a punching bag. All the exercises they do help strengthen their muscles, increase their endurance and stamina, and allow each individual to work on technique.

While the newest boxers train, some of the more experienced fighters give them tips.

Boxers like Rian Torrance, a Marine who started boxing two years ago and currently holds a 5-3 record, trains with Fighters Unlimited and works with the other boxers.

With the experience at the gym, the newest boxer has the ability to learn from what others have experienced.

"I teach all levels," said Johnson. "I take the beginners and work with them to make them stars."

Anyone interested in boxing can attend the practice inside the first level of building 4012, Monday, Wednesday and Friday at 6 p.m.

It's not all training; there are days where Johnson will take his fighters to other gyms to spar with other boxers to build experience.

The biggest step to learning how to box is to come to a practice. Johnson openly invites anyone interested to join.

To see Marines of Fighters Unlimited in action, boxing fans can attend the "Melee at K-Bay," April 13 at the Enlisted Club.



Dustin Jones, a Marine boxer with Fighters Unlimited, practices his jabs during the hour long training. Dustin was one of three fighters who recently started boxing.



Richard Ranson, a Marine boxer with Fighters Unlimited, throws the right jab under the guidance of Jack Johnson, president of Fighters Unlimited.



Dustin Jones and Alex Delgado, both are Marine boxers with Fighters Unlimited, work on their jabs while warming up before practice.

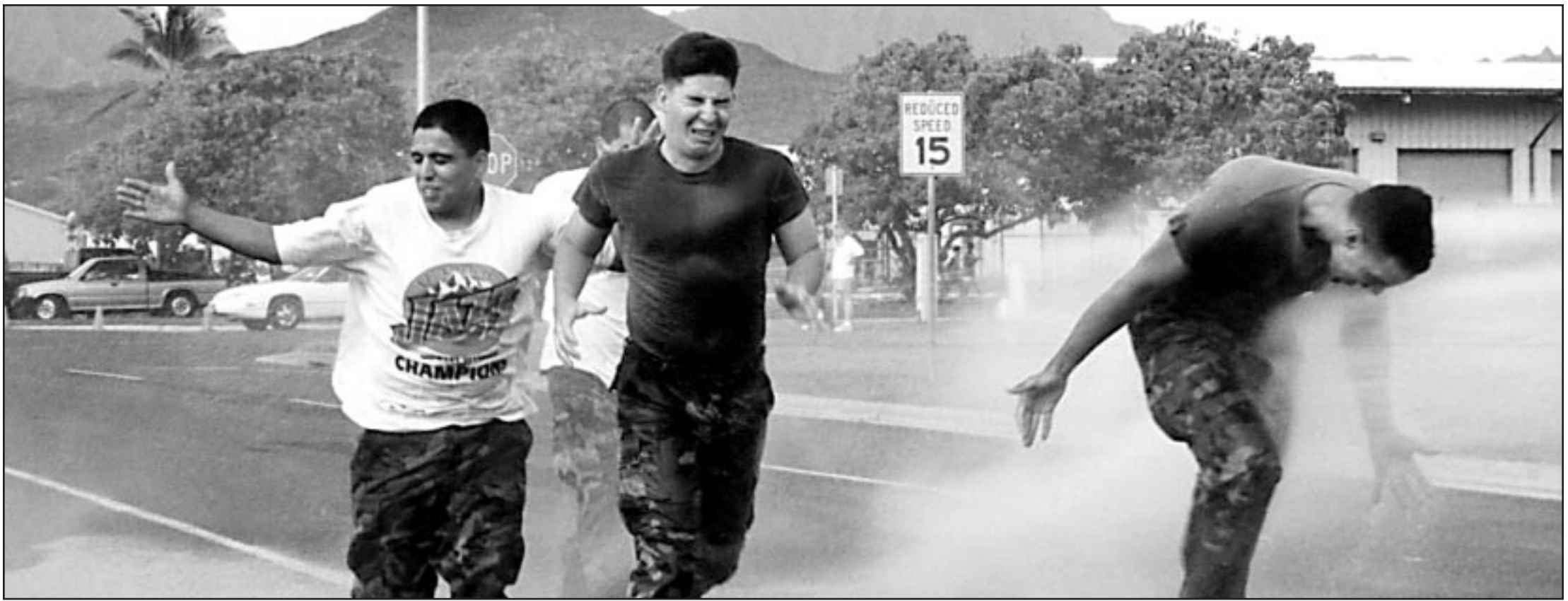


Photo courtesy of MCCS

Participants in previous Swamp Romps get cleaned off by a sprinkler before heading back into more mud and grime along the course.

Swamp Romp returns to K-Bay waters

8TH ANNUAL CSSG3



Debbie Baker
MCCS Public Relations

Hey Oahu, are you ready to Romp & Roll?

Marine Corps Base Hawaii challenges the entire island to assemble six muddy buddies and enter the 8th Annual Combat Service Support Group 3 Swamp Romp, Saturday, April 20 aboard MCB Hawaii, Kaneohe Bay.

The Swamp Romp is Hawaii's dirtiest obstacle course and team challenge on the island.

Entry fee is \$90 and includes a Swamp Romp T-shirt.

The first 225 six-person teams will be accepted.

Information packets may be picked-up at the Semper Fitness Center, Bldg. 3037, April 18 and 19.

Entry forms may be obtained at nearly every Marine Corps Community Services outlet.

Medals will be presented to the Swamp Romp teams who place 1st, 2nd and 3rd.

The Swamp Romp is one of nine athletic races that comprise the Commanding General's Semper Fitness Series on base.

Tenant commands competing in the Swamp Romp will be awarded Semper Fitness Points toward the Commander's Cup at the end of the year.

Mahalo to all of the Swamp Romp sponsors: Gatorade, Island Demo and Piranha Energy Drink.

The Swamp Romp obstacle course is organized by the Semper Fitness Department of MCCS.

All race proceeds enhance the quality of life for the Marine, Sailors and family members aboard MCB Hawaii.

So, if you don't mind getting a little dirty, or you're just looking for something new to do, join CSSG-3, MCCS and MCB Hawaii for the 8th Annual CSSG-3 Swamp Romp

For more information about the Swamp Romp, call the MCCS Sports Coordinator, Steve Kalnasy at 254-7590.

Championship proves to be another thriller

NAPS
Featurettes

Although David Bolstad is not a postman in his native New Zealand, he really delivered in Ketchikan, Alaska.

Neither the driving rain, 11 competitors or the gloom of the encroaching Alaskan night could keep him from his appointed round of winning the Stihl Timbersports Series championship.

Bolstad endured the cold, wet conditions of a late summer Alaskan squall to handily win the series championship by dethroning fellow countryman and four-time defending champ Jason Wynyard.

Australian Kerry Head placed third.

Bolstad jumped to an early, seemingly insurmountable lead, winning all three chopping events and tallying 36 points out of a possible 72.

But an uncharacteristic sixth place in

the Single Buck event left a glimmer of hope for Wynyard, who won that event and placed second in the Underhand Chop and third in the Standing Block.

Wynyard had also stumbled early, finishing a disappointing seventh in the Springboard; so after four events, the two dominating Kiwis were tied in points.

With the two machine sawing events left to go, the Stihl Stock Saw and Hot Saw contests, the eyes of a capacity crowd at the Great Alaskan Lumberjack Show arena were focusing on the last event the super-performing Hot Saws-for the championship showdown. But it was in the Stock Saw where the championship changed hands.

A bobble in the Stock Saw is what most observers agree cost Wynyard his unprecedented fifth straight title.

With an incredible 11th place finish and the

two points it carried, Wynyard effectively was out of the number one position for good.

All that could change the inevitable would be a Bolstad disqualification or last-place finish in the Hot Saw.

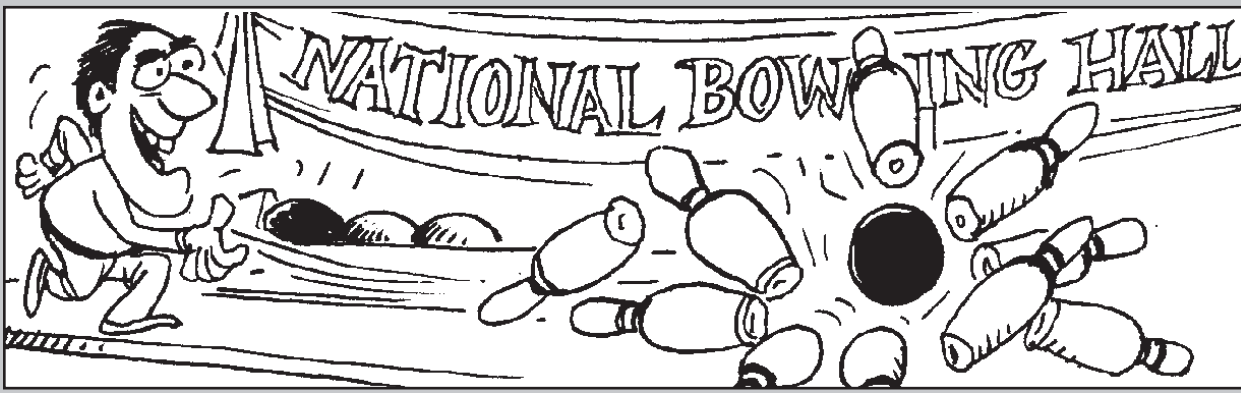
But it was not to be. Indeed, even though Wynyard won the final Hot Saw event, Bolstad placed a solid third, earned 10 points and cinched his first Timbersports championship.

"I just really wanted this. I think that's what the difference was this year," Bolstad said. Wynyard bested Bolstad last season in a saw-off after they finished regulation competition tied in points. "I trained hard all year and I was very determined and very motivated to do better."

Bolstad took home a new Next Generation Dodge Ram Truck and prize money. Wynyard, for the first time in five years, took second place. Kerry Head took third. Fellow Aussie Dale Ryan took fourth place and Dave Jewett from New York gave the American contingent their best finish this year in fifth.

All competitions filmed in Branson, Mo., and Ketchikan will air this season. View a full schedule of ESPN and ESPN2 show airings, or check your local listings.

Did you know?



Courtesy of NAPS

The National Bowling Hall of Fame and Museum was founded in Greendale, Wis., in 1973.

HEALTH & FITNESS

Eating breakfast: Key behavior to staying slender

NAPS
Featurettes

A study published in the journal *Obesity Research* shows that eating breakfast every single day is a key behavior among people who average a 60 pound weight loss and have kept it off for six years.

The study cites cereal as a favorite choice for breakfast.

Researchers who monitor the 3,000 participants of the National Weight Control Registry — an ongoing study of successful maintainers of significant weight loss in the United States — have discovered that nearly 80 percent eat breakfast everyday as part of their routine to stay slender.

Of the study participants who eat breakfast, 60 percent said they “always” or “usually” eat a bowl of cereal.

“It is striking that such a high proportion report eating breakfast every day of the week,” said the study’s lead researcher, Jim Hill of the University of Colorado, who is co-director of the National Weight Control Registry (NWCR).

“I’m not surprised that starting the day with a bowl of cereal for breakfast has proven to be one of the key components in successful weight loss and maintenance: it worked for me,” said study participant Jani Bielenberg of Denver, who lost 50 pounds and has kept it off since 1985.

The study involved researchers from the University of Colorado, University of Pittsburgh and Brown University and was made possible by grants from the National Institutes of Health and General Mills, maker of Cheerios,

Wheaties and Total.

To qualify for the National Weight Control Registry, a person must have lost at least 30 pounds and maintained that weight loss for more than one year; however, the 3,000 registry participants average a 60 pound weight loss and have kept it off for an average of six years.

Data from Nielsen’s National Eating Trends Survey, presented at the annual conference of the North American Association for the Study of Obesity, shows that women who are frequent cereal eaters (those who eat cereal more than seven times in a two-week period) weigh about 8 pounds less on average than women who eat cereal infrequently or not at all.

Those who do not eat cereal frequently are more likely to be overweight or obese. Among women, infrequent cereal eaters are 16 percent more likely to be overweight than frequent cereal eaters, and male infrequent cereal eaters are 12 percent more likely to be overweight or obese.

Researchers involved with the NWCR study say the possible reasons regular breakfast eating may be an essential behavior for weight loss maintenance are: 1) eating breakfast may reduce hunger later in the day that leads to overeating; 2) breakfast eaters are able to better resist fatty and high caloric foods throughout the day; 3) nutrients consumed at breakfast may help people be more physically active.

A typical strategy for people who want to lose weight is to skip breakfast, which, along with obesity, is significantly increasing as a trend in the United States, according to the study.

Twenty-five percent of Americans



Jani Bielenberg, 44, of Denver lost 50 pounds and has kept it off since 1985. She says eating a bowl of cereal everyday to keep the pounds off, “worked for me.”

now skip breakfast, and overweight and obesity rates have nearly doubled over the past decade.

“When I skip breakfast, I get so hungry that by lunch time I’ve either eaten junk food or I overeat,” said Janet Wilson of Fort Myers, Fla., who says she is a typical “yo-yo” dieter.

On the other hand, Bonnie Chapman, a NWCR participant who has lost 50 pounds and has kept it off for six years, said, “Eating cereal for breakfast helps me not only lose weight, but helps me maintain my weight by keeping me full and preventing cravings.”

The National Weight Control Registry was established in 1994 by James Hill and Rena Wing to investigate the char-

acteristics and behaviors of individuals who have been successful at achieving their goal of losing weight and keeping it off long-term.

The scientific journal *Obesity Research* is the official journal of the North American Association for the Study of Obesity.

The study falls on the heels of Surgeon General David Satcher’s “call to action” to prevent and decrease the overweight and obesity epidemic in the United States. More than 61 percent of adults are overweight or obese.

Qualified individuals who would like to participate in the ongoing NWCR study should call 1-800-606-NWCR or visit www.nwcr.ws.

Eliminate heart disease health risks with low cholesterol



NAPS
Featurettes

According to a recent American Heart Association (AHA) survey, the majority of Americans recognize the importance of having desirable cholesterol levels.

However, more than half do not know their own cholesterol levels or realize that the desired total cholesterol level for healthy adults is anything below 200 mg/dL.

Additional survey findings reveal that only one-quarter of respondents believe that they are at “high” or “very high” risk for

heart disease.

Yet more than half reported having two or more risk factors, putting them at increased risk for heart disease.

“Clearly the findings demonstrate a knowledge gap,” said Roger S. Blumenthal, director of Preventative Cardiology and associate professor of Medicine at Johns Hopkins Hospital in Baltimore, Md. “This is particularly disturbing in light of all the recent news surrounding the revised government guidelines urging Americans to manage their cholesterol more aggressively. By adhering to these newer guidelines for cholesterol levels, more people will benefit.”

To urge Americans to reduce their risk for heart disease, the AHA encourages all Americans to get their cholesterol checked and to “Take It Personally” as part of The Cholesterol Low Down, a national education and awareness program, currently in its fourth year. The program encourages Americans to monitor and manage their cholesterol and identify their individual

risks for heart disease — the leading cause of death for both men and women in the United States.

“Having two or more risk factors increases a person’s risk for coronary heart disease,” said Blumenthal. “Reducing cholesterol levels to healthy numbers and managing other risk factors will reduce your risk of heart disease and stroke. It’s important that you work with your doctor to identify your cholesterol goals and other personal risk factors for heart disease.”

According to AHA, more than 100 million Americans have total cholesterol levels at or above the designated government guidelines (200 mg/dL for adults).

The AHA has been working with Pfizer to bring The Cholesterol Low Down to people throughout the U.S. To date, the campaign has traveled to 36 cities and screened more than 20,000 people.

Free materials about cholesterol and heart disease are available by calling 1-800-AHA-USA1 or visiting www.americanheart.org/cld.



Courtesy of Lance Cpl. Rich Rogers

Lance Cpl. Rogers stands with Turkish security guards who were assigned to protect the international athletes during their visit to the competition.

ROGERS, From C-1

The start of the race also differed from most domestic competitions. Normally, the sound of gunfire signals the start of the race. The Turks blew a whistle and competitors immediately shot off the starting line and dashed for the woods.

"The start was a lot more aggressive than the way it is here. People were pushing and shoving during the race. That was an entirely new experience for me."

Rogers finished the race in 36th place. Morocco's military team took home the gold medal.

"I was very happy with how I did in my first-ever international

race. It was good just to get a taste of the competition. I plan to do a lot better and be in there with the top guys next year in France."

To assist Rogers and other Hawaii Marine runners, the Marine Corps is establishing a Regional Running Program.

Identified in MarAdmin 171/02, the regional running program will identify competitive runners, provide training and coaching expertise, and enter teams in regional competitions.

Look for more information and coordinating instructions on this program in upcoming editions of the *Hawaii Marine*.



The Marine Corps' entry races to a third place finish in the Electron Marathon.

ELECTRON, From C-1

forced the car to the side of the track.

The Army gained a comfortable lead over the Air Force and the Marines throughout much of the race. The Navy car fell to last and never recovered.

As time came for the final lap, the Air Force car seemed to get a second wind and caught the speeding Army car.

The two vehicles tightly whipped through the

turns and attempted to maneuver to capture the lead.

The Air Force car made a quick movement to the right and got around the Army car as it rounded one of the final turns before the checkered flag waived in the air.

The Marines followed and the Navy managed to finish the race about a lap behind.

"We're going to make some major improvements to the car," ex-

plained Telford after the race. "Next year we are going to win."

Although the services were at battle on the race-track, it was a different story in the pits altogether.

Teams loaned each other tools and parts and talked amongst one another before and after the race. The day of competition showed the ability of the four services to utilize joint teamwork once again.



Marines removed the body of the car to figure out why it was breaking down before the race started. By the time the green flag flew, the car was on the go and as the checkered flag dropped, the Marines finished third.

Eichelberger collects \$217,500 for winning first PGA event

John Gunn

Special for the *Hawaii Marine*

Dave Eichelberger won his first Senior PGA Tour event in three years Sunday when rain wiped out the final round of the Emerald Coast Golf Classic in Milton, Fla.

The Marine veteran opened with consecutive 5-under 65s for a two-stroke victory over Doug Tewell (also an Oklahoma State graduate), still two back after 10 holes when the final round was called off due to rain, reported the Associated Press.

The victory was worth \$217,500, and he qualified again for the U.S. Senior Open.

Eichelberger had his 12th career hole-in-one in the first round, using a 7-iron on the 185-yard eighth hole.

"That turned out to be the difference," Eichelberger said. "I never knew it at the time; first time I've ever had anything like that make a difference."

It was Eichelberger's sixth Senior Tour victory, and he is the seventh different winner this year.

At 58, he is the oldest winner since Jim Colbert won the 2001 SBC Senior Classic at 60.

His last victory was July 1999 at the U.S. Senior Open in Des Moines, Iowa.

Play was suspended Sunday because of lightning at 1:47 p.m. and the final round — to be carried by CNBC — was canceled after just over an inch of rain soaked the course, the AP reported.

"I don't know, I'm just swinging better somehow," Eichelberger told the Pensacola News Journal, giving post-round assessment Saturday of his turnaround. "I'm excited."

This season, he had placed in the top 10 of only one tournament and finished out of the top 25 in all other full-field events. But the weekend 10-under-par victory moved him into the Top 10 for Charles Schwab Cub points.

"A couple weeks ago, I started playing

better," said Eichelberger. "I could just tell from the ball flight, the driver going on line, working the ball the way I want to. I could just tell by the way I was hitting the ball."

Entering the tournament, he was 44th in Senior Tour money earnings with just over \$84,000. His best finish was a tie for eighth at the SBC Senior Classic.

One of his playing partners, John Jacobs, said Eichelberger played a good round, the News Journal reported.

"He has to play good,"

Jacobs laughed. "He has two little kids. He has to get the money. He has mouths to feed."

Eichelberger has 4-year-old twins, Emalia and Davis, with his wife, D.C.

"I've got to keep playing," Eichelberger said. "They'll be going to college in about 14 years. They keep me running, and their Momma running."

Marine veteran Lee Trevino collected \$5,365, firing a 70-71 — 141.