

Hawaii MARINE

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Marines save lives



Cpl. Megan L. Stiner

Lance Cpl. Mark R. Drinkwater II, fire direction controlman, Alpha Battery, 1st Battalion, 12th Marine Regiment, smiles after receiving a lei from Ami Hyatt and his sister Julia Drinkwater. The girls were swept out by a current Sunday and Drinkwater, Staff Sgt. John Hyatt and Lance Cpl. Andrew Kopacek rescued them and Theresa Drinkwater, who also became a victim when she entered the water in an effort to rescue the girls.

Three Warriors rescue swimmers at base beach

Cpl. Megan L. Stiner
Press Chief

Weekends aboard Marine Corps Base Hawaii, Kaneohe Bay, are usually spent casually indulging in outdoor activities such as sporting events, lying out in the sun, surfing and swimming in the Pacific.

For three Marines and three civilians, one of those lazy days in the afternoon sun turned out to be a dramatic life-threatening situation when a current swept two young girls out into a rip tide at Boulders/Hilltop Beach, Sunday.

"I wasn't even down to the beach yet, when I realized that the girls had been pulled out into the ocean by the current," said Staff Sgt. John T. Hyatt, fund administrator, Anderson Hall, and father of Ami, one of the young girls in the water. "As soon as I figured out what was going on, I ran down into the water to help out."

According to Lance Cpl. Mark R. Drinkwater II, fire direction control man, Alpha Battery, 1st Battalion, 12th Marine Regiment, the two girls, one of which was his sister, were playing in the water when a current sucked them out.

"Once Theresa, the mother of one of the girls, noticed they were out in the water and couldn't swim back, she jumped in to try to help them back to shore," said Hyatt, Tampa, Fla. native. "She then became the third victim."

Over the next 20 minutes, Drinkwater, Hyatt and Lance Cpl. Andrew G. Kopacek, ammunition technician, Alpha Battery, 1/12, all quickly made their way into the

water in an effort to get the three struggling swimmers out of the water.

"Kopacek was the first one to reach the girls, and he helped Julia onto some nearby rocks," said Hyatt. "At that point Drinkwater had made his way out there and he grabbed Ami, my daughter, and swam her onto the beach."

According to Hyatt, once he reached Theresa, she had already been in the water for at least 15 minutes, and she was beginning to go into shock.

"I couldn't hold her up, so I had to just keep pushing her with the waves and eventually we made it to shore," he explained. "Brianna, an older sister of Julia, had been able to get out onto the rocks and help her sister back to the beach, so we had everyone out of the water."

Although everyone was safe on shore, Theresa had swallowed a lot of water and needed medical attention.

"She was going in and out of consciousness and went into shock from exhaustion," Hyatt said. "An ambulance came and took her to the hospital, and she ended up being okay."

According to Hyatt, the girls were both in the water for 15 minutes and Theresa was out there for at least 20 minutes — just treading water in four- to five-foot waves.

"If he (Hyatt) had not been there, I don't think I would be alive," said Theresa, who spent one night recovering in the hospital.

"It was a surreal experience," 20-year-old Kopacek admitted, "It is hard to recall what exactly happened because it all went by so fast."

See RESCUE, A-7

4th Force Recon joins war in Iraq

Cpl. Evan M. Eagan
II Marine Expeditionary Force (FWD)

CAMP FALLUJAH, Iraq — The last time 5th Battalion, 14th Marine Regiment, 4th Marine Division, was deployed to a combat zone Franklin D. Roosevelt was president and the United States was in a world war against the Japanese in the South Pacific.

Arriving in Fallujah in late September after more than 60 years of readiness, the battalion is back in the fight.

Various elements of 5/14, served in support of Operation Desert Storm in the early 1990s; however, this marks the first time the whole battalion was deployed to a combat zone since World War II.

Although 5/14, is an artillery unit by trade, they deployed as a provisional military police battalion with Marines coming from various active duty and reserve units throughout the Marine Corps.

According to Chief Warrant Officer Thomas Tomka, force protection and mobile training team commander, Headquarters Company, Military Police Battalion, 5/14, II Marine Expeditionary Force (FWD) 5/14 is comprised of Marines from 1st Battalion, 14th Marines, an active duty MP Company from Camp Pendleton, a TOW Company from 25th Regiment, MP's from Louisiana and Minnesota, and Marines from 4th Force Reconnaissance from Hawaii (and Reno, Nev.)

Prior to deploying in support of Operation Iraqi Freedom, the unit came together at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., for security and stability operations training and a revised combined arms exercise.

"We spent from June, when we got activated, to September at Twentynine Palms training for this," said Tomka, a Vietnam and Gulf War veteran. "We got acclimated and trained for this mission and we are motivated."

The battalion is tasked with four main missions while serving in Iraq: area security, convoy security, law enforcement, and operating five detention facilities throughout Al Anbar province, to include the detention facility here.

The battalion is not the first Reserve unit to deploy and support a mission with a different military occupational specialty other than their own; however, they have laid the groundwork for the training of future Reserve units with the same mission.

"We met the needs of the Marine Corps by overcoming and adapting our MOS qualifications to meet the mission requirements," said 1st Sgt. Ronnie Freeman, first sergeant, Headquarters Company, MP Battalion, 5/14, II MEF (FWD). "Even though we are all infantry trained, there were still training requirements which needed to be instituted to ensure the success of the mission. We analyzed these deficiencies, developed a training plan and executed the plan with as much realism as training allowed."

For these Marines, transitioning from an artillery unit to a provisional military police battalion was not as difficult a task as it may have been for other units.

Stacked with civilian law enforcement personnel from

See REC CENTER, A-5

See 4TH FORCE, A-7

Base Facilities lights up Mokapu Mall

Lance Cpl. Ryan Trevino
Combat Correspondent

The energy branch of Marine Corps Base Hawaii, Kaneohe Bay, Facilities Department held an energy awareness fair Oct. 26 at the entrance of the Mokapu Mall aboard K-Bay. The fair was part of a Department of Defense-wide effort to inform service members of the importance of energy conservation and its role in making a more efficient military.

The fair was part of energy awareness week, which ran Oct. 24 to 28. Bill H. Nutting, energy manager, Facilities Department, said the main purpose of the fair was to increase energy awareness of every service member on base.

"We want to encourage them to use practices that save energy and conserve water," said Nutting.

The base energy bill has leveled out at \$14 million per year, and the water bill is down 30 percent from last year at \$2 million, said Nutting.

"People need to focus on what they can do to bring down these numbers by eliminating waste,"

said Nutting.

There are little things service members can do to make a big difference when it comes to energy conservation and eliminating waste. One conservation tip is to always remember to shut windows in rooms when the air conditioning is on, and never leave unattended faucets running, said Nutting.

During the Energy Fair, the energy team gave away free products such as envelope openers, magnets and keyboard dusters as reminders to be more energy efficient throughout the day. Energy-saving products available at the commissary were also on display. These items included light-emitting diode color-changing globe; and holiday lights that use one-tenth the energy as regular holiday lights. Solar-powered yard lights were also available for purchase.

According to Nutting, solar power is a great way to conserve energy. He also said that he would encourage service members to replace their old water heaters with solar-powered water heaters.



Camp Smith to renovate Recreation Center

Lance Cpl. R. Drew Hendricks
U.S. Marine Corps Forces Pacific

CAMP H.M. SMITH, Hawaii — If Marines from Camp Smith are wondering why their precious recreation center has been stripped from under their noses, they will be quite pleased with the reason.

The Marine Corps is spending approximately \$500,000 in renovations to give the run-down Rec Center a face-lift.

"I spent a great deal of time in the Rec Center, and I noticed a lot of

things that could change," said Lance Cpl. Javor Robinson, a motor vehicle operator aboard Camp H.M. Smith. "From what I'm hearing, it sounds like the bosses are headed in the right direction. It shows that they care about us even though there aren't a lot of us here."

The reconstruction is more than a simple step in the right direction — it's a complete overhaul.

"Everything is going to be brand spanking new," said Gabriella Black, the Single Marine and Sailor Program event coordinator. "New appliances,

paint, carpet, tile. The only thing not new is the building."

The changes are more than skin deep. A few luxuries will be added along with the new look.

The old, big-screen TV that never worked will be replaced with a walled-off mini theatre, which will feature a large movie screen, comfortable recliners, beanbag chairs and even red carpet for that genuine theatre look.

"Essentially, they are the movies that are no longer in the theatre but are not yet on DVD — similar to what you would find at the dollar theatre,

so they will be up-to-date movies," said Black.

More electronic goodies are going to be thrown in, things that will make any gamer foam at the mouth.

Eight TVs will be provided solely for video games. Four of the TVs will be outfitted with Xboxes, the other four with PlayStation 2s, not to mention the classics like pool and darts.

One of the last, but certainly not least, of the changes to the Rec Center will be the kitchen.

NEWS BRIEFS

Marine Corps

Birthdays Pageant

The annual Marine Corps Birthday pageant/cake-cutting ceremony will be held Thursday at 10 a.m. at Dewey Square and will feature traditional performances by Marines wearing period uniforms.

Invitees and others who would like to attend this event may R.S.V.P. Richard Kirby, Marine Corps Base Hawaii protocol officer, at 257-7704.

School groups interested in attending may contact Amy Bevan, school liaison officer, at 630-8281 or by e-mail at amy.bevan@usmc.mil.

PWMA Continues to Accept Brick Orders

Orders for inscribed/personalized bricks, to be placed in the Pacific War Memorial's "Walkway of Honor," which is located near the Main/H-3 Gate entrance to MCB Hawaii, Kaneohe Bay, may be made now through the end of December.

More information is available from the Pacific War Memorial Association by calling 533-3759, or online at www.pacificwarmemorial.org.

Veterans Day Events at Battleship Missouri

At noon on Veterans Day, Nov. 11, the Battleship Missouri Memorial will hold a moment of silence to recognize those service members who have given their lives.

In addition, the memorial is extending complimentary admission and flag-raising privileges throughout Veterans Day to all American veterans, including active duty personnel, Reservists and National Guard members.

All visitors will receive a button that commemorates the 60th anniversary of the end of World War II, which was celebrated Sept. 2.

To take advantage of the complimentary admission offer, veterans must present a valid military ID or discharge papers at the admission window. Veterans can go directly to the ship's Signal Bridge, 03 level, to raise flags or report to the memorial's pier-side Victory Store for more instructions. Veterans are welcomed to bring their personal flag to raise or purchase one at the store. A certificate of presentation is also available for a small cost. The buttons will be available to all visitors at the Victory Store.

For more information on the Battleship Missouri Memorial, call Keith DeMello at 531-0244.

UH Warriors to Hold Military Appreciation Night

The University of Hawaii will extend a buy-one, get-one-free discount to all armed services members with a valid ID card, including family members, for the UH Military Appreciation night game, Nov. 12, against Utah State.

This offer is available at the Stan Sheriff Center and Aloha Stadium Box offices only and applies only to presale purchases in certain seating sections.

Only one discount purchase per ID card will be allowed.

Service members will be honored during a special presentation.

Post Office Extends Hours Starting Dec. 5

The Base Post Office will have extended hours from Dec. 5 to 23 for the holiday season. Beginning Dec. 5, the Base Post Office will be open from 8 a.m. to 6:30 p.m., Monday through Friday and 8 a.m. to 5 p.m. on Saturdays.

The Post Office will be open Dec. 24 for parcel pickup only.

For more information, contact the Base Post Office at 257-2008.

Important Phone Numbers

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380
Base Information	449-7110

HAWAII MARINE

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E-MAIL: EDITOR@HAWAIIIMARINE.COM
FAX: 257-1289, PHONE: 257-8835

In the CG's Mailbox



HUMMER

Good Afternoon Sir,

I am a BN KVC (Battalion Key Volunteer), and I received the attached document from one of my KVs. My child does not attend school at Mokapu aboard the installation, and I know these are not DoD Schools, and I am not sure what you can do, but I wanted to bring this to your attention (if someone has not already done so).

On the attached document under the "Breakfast & Lunch Program" where it states that, "Mokapu has a NO LUNCH LOAN POLICY. If a child has no money in their account for lunch, they will be given a roll and milk only."

Sir, I am a bit upset about this statement. I understand that the parent must be responsible and make sure that a deposit is in the account for the child to eat, but let's say a parent forgets lunch money or by mistake, it slips their mind, you are going to punish a child for the parent's mistake. My child attends an elementary school out in town, and I, on many occasions, have forgotten to provide lunch money (truly by mistake). And, out of my own forgetfulness would not want my child to get a "milk and roll" for lunch.

It is no secret that the school system in Hawaii does not compare to the school systems where we have been stationed in Tampa, Maryland, South Carolina or North Carolina. We have even considered doing ERD next year when my husband is to deploy again and go back to the home we own in Dunedin, Fla., just so our kids can get a good education. This is nothing that I have not written to my congressman in Florida, and I know it is an on-going problem. I am not one to complain, but this is, and has been for many years, a QOL (qual-

The commanding general invites input from the base community via the CG's Mailbox 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.

E-mail your suggestions to the commanding general at CGMAIL@mcbh.usmc.mil.

If you don't have an e-mail account, you can fax

your suggestions to 257-3290, or you can mail them to:

Commanding General (Attn: CG Mail)
MCB Hawaii
Box 63002
MCB Kaneohe Bay, HI
96863-3002

Your suggestions can also be dropped off in person on base at the Adjutant's Office in Building 216.

(Editor's Note: Letters of any length may be trimmed and edited in the interest of good taste and brevity.)

ty of life) issue for all service members serving in Hawaii.

But Sir, back to the issue at hand, this one about the "milk and roll" takes the cake. How can they do this to our kids? They get federal funds to have our kids attend their schools in this state and now they can only give them a roll and milk. I am sure that some parents may take advantage of a "loan program," but I am sure, for the majority, it is an honest mistake when you forget to give your child lunch money for a day. I would be willing to donate my own money to this school just so a child would get a lunch.

Thank you so much for your time.

Respectfully,
Faith M. Cowart
Administrative Assistant
U.S. Army Pacific (USARPAC), G-2

Dear Mrs. Cowart,

I have asked my school liaison officer, Amy Bevan, to look into the circumstances surrounding the e-mail you sent on Sept. 20, as its contents fell under her area of responsibility. I appreciate that you have taken the time to participate in the "CG Mail" program.

You have expressed concerns about the Mokapu Elementary Lunch Program that was explained in the Mokapu Elementary Calendar of Events dated Sept. 14. The School Liaison Officer has since worked with the Mokapu Elementary (interim) principal, Annette Ostrem, the Parent Teacher Association president, Kim Johnson, and the school's Parent Community Networking coordinator,

Ariana Le, to develop a solution for the Lunch Loan Program.

It is my pleasure to let you know that your concerns have been rectified and Mokapu now has a Lunch Loan Program. Prior to his departure, Biggs handed control of the Lunch Loan Program over to the PTA. The PTA donated \$100, and a matching private donation of \$100 was made by a parent to start a fund from which lunch loans could be drawn. The PTA is responsible for the daily accounting and management of this fund. Ostrem is in direct communication with the PTA and provides appropriate guidance to ensure our children receive the best possible care during their school day. As well, the School Lunch Loan Program has been added to the agenda for discussion at the next School Superintendent's meeting.

A healthy and safe environment for all our children is the highest priority for Marine Corps Base Hawaii and our school liaison officer. We take great care to ensure that our schools, especially our on base school, are taking the best possible care of all our children. Involved parents are the key to successful schools, and I thank you for your diligence in reporting this to my staff. The school liaison officer will strive to keep you and other parents informed on all relevant issues. For any future concerns, you are welcome to contact my school liaison officer directly at 630-8281 or amy.bevan@usmc.mil. Again, I appreciate your interest and participation in the "CG Mail" program.

Sincerely,
Steven A. Hummer
Commanding General
Marine Corps Base Hawaii, Kaneohe Bay

Marine leaders mull over mentoring

Lance Cpl. R. Drew Hendricks

U.S. Marine Corps Forces Pacific

CAMP H.M. SMITH, Hawaii — The Training and Education Command has drawn up a program that will take the already hardened bond between leaders and their subordinates and form an even stronger link connecting senior and junior Marines through mentorship and encouraging better leadership qualities and unit cohesion.

The Marine Corps Mentoring Program is being implemented, not as a new concept, but as formal guide to an ancient tradition.

"This is nothing new, really, it's simply reminding Marines to follow their basic leadership principles — to help yourself become a better leader and, more importantly, set your Marines up for success," said Staff Sgt. Jason O. Whitesel, special security officer chief, at Camp Smith.

Senior Marines have been mentoring young Marines informally since the creation of the Corps. The fact is, that today, not every Marine is mentored, and not every Marine is provided one-on-one leadership by his direct senior, according to Gen. Michael W. Hagee, commandant of the Marine Corps.

See MENTOR, A-8

Commanding Generals Environmental Policy Statement

As the Commanding General, Marine Corps Base Hawaii (MCBH), I am dedicated to maintaining facilities and services that support readiness and global projection of our operating forces. We must be committed to environmental excellence and minimize risks to our mission by ensuring responsible stewardship of our land and resources in order to sustain and enhance mission readiness and access to training areas.

MCBH will continually improve its environmental performance through a systematic environmental management program, which will be an integral part of our day-to-day decision-making and long term planning.

We will continue to assess our activities to determine their impact on the environment and actively seek opportunities to improve the effectiveness and efficiency of our environmental management.

We will protect our natural and cultural resources. MCBH will meet this challenge with dedication and focus to conserve the natural and cultural resources with which we have been entrusted and the clean up of contaminated sites.

We will integrate a pollution prevention ethic into all activities through source reduction, resource recovery and recycling. Sound pollution prevention practices improve the efficiency and effectiveness of our operations while preserving the environment.

We will maintain strong community relations by partnering with our neighbors and regulatory agencies to enhance stewardship of the environment, create goodwill, and build trust. The environment affects everyone. Our goal is to work with all the people of Hawaii through this partnership to the mutual benefit of everyone.

Compliance with environmental laws is critical to maintaining our readiness. I ask that each Marine, Sailor, family member, or individual, no matter what your capacity at MCBH, take responsibility to comply with environmental laws, regulations and policies to ensure that we have done all that we can to meet our responsibility of good stewardship of our environment.

S. A. HUMMER
Brigadier General, U.S. Marine Corps
Commanding General, Marine Corps Base Hawaii

Weekend weather outlook

Today



Day — partly cloudy with isolated morning rain showers; easterly winds at 10 to 12 mph with gusts to 20 mph; 20 percent chance of rain

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

High — 81 Low — 74

Saturday



Day — partly cloudy with scattered morning rain showers; easterly winds at 10 to 15 mph; 20 percent chance of rain

Night — partly cloudy with scattered showers; easterly winds at 10 mph; 50 percent chance of rain

High — 81 Low — 74

Sunday



Day — partly cloudy with scattered showers; easterly winds at 8 to 10 mph; 25 percent chance of rain

Night — partly cloudy with scattered rain showers; easterly winds at 8 mph; 40 percent chance of rain

High — 81 Low — 73

Language barrier



A Marine studies various Arabic language books and pamphlets during a one-week Iraqi Dialect Familiarization Course held for Marines with 3rd Battalion, 3rd Marine Regiment, who will be deploying to Iraq.

Infantry Marines trade field for classroom to learn language skills

Cpl. Megan L. Stiner
Press Chief

When infantry Marines aren't in the field training for an upcoming deployment, they spend much of their workdays in a classroom setting, learning different techniques and tactics that will help them in a hostile environment.

Thirty-six Marines with 3rd Battalion, 3rd Marine Regiment, recently spent time going through a

different type of training — in a classroom environment. Instead of having weapons familiarity and patrolling maneuvers drilled into their heads, they were taught a tool that will enhance their understanding and communications abilities in Iraq.

The Marines went through a one-week Iraqi Dialect Familiarization Course, taught by two instructors from the Defense Language Institute, Mary and Augustin Youhanna.

The duo has spent the last two years traveling around to military bases to teach the newly implemented course to Marines. The classes last from one week to one month, depending upon the amount of time the Marines are allotted for the course.

"We teach them a few basic phrases," said Mary, a 22-year veteran instructor. "We tend to focus on the customs, though. The Iraqi people are very sensitive, and knowing

about their culture can be a big help for the Marines."

Although Marine units usually travel with interpreters while they are in Iraq or Afghanistan, equipping more Marines with a familiarization of the language can help to break down the barrier between the cultures and give the Marines an advantage in a combat area.

"We have heard from some individuals that they don't always have an interpreter with them," said the

Baghdad, Iraq native. "Sometimes one word can save lives, though. By teaching them some basic phrases, we give them the tools to be able to communicate, and that increases the Marines chances of building friendships with the Iraqi people."

Throughout the week, the Marines were taught everything from basic numbers to more advanced language skills and accents as well as Iraq's culture and courtesies.

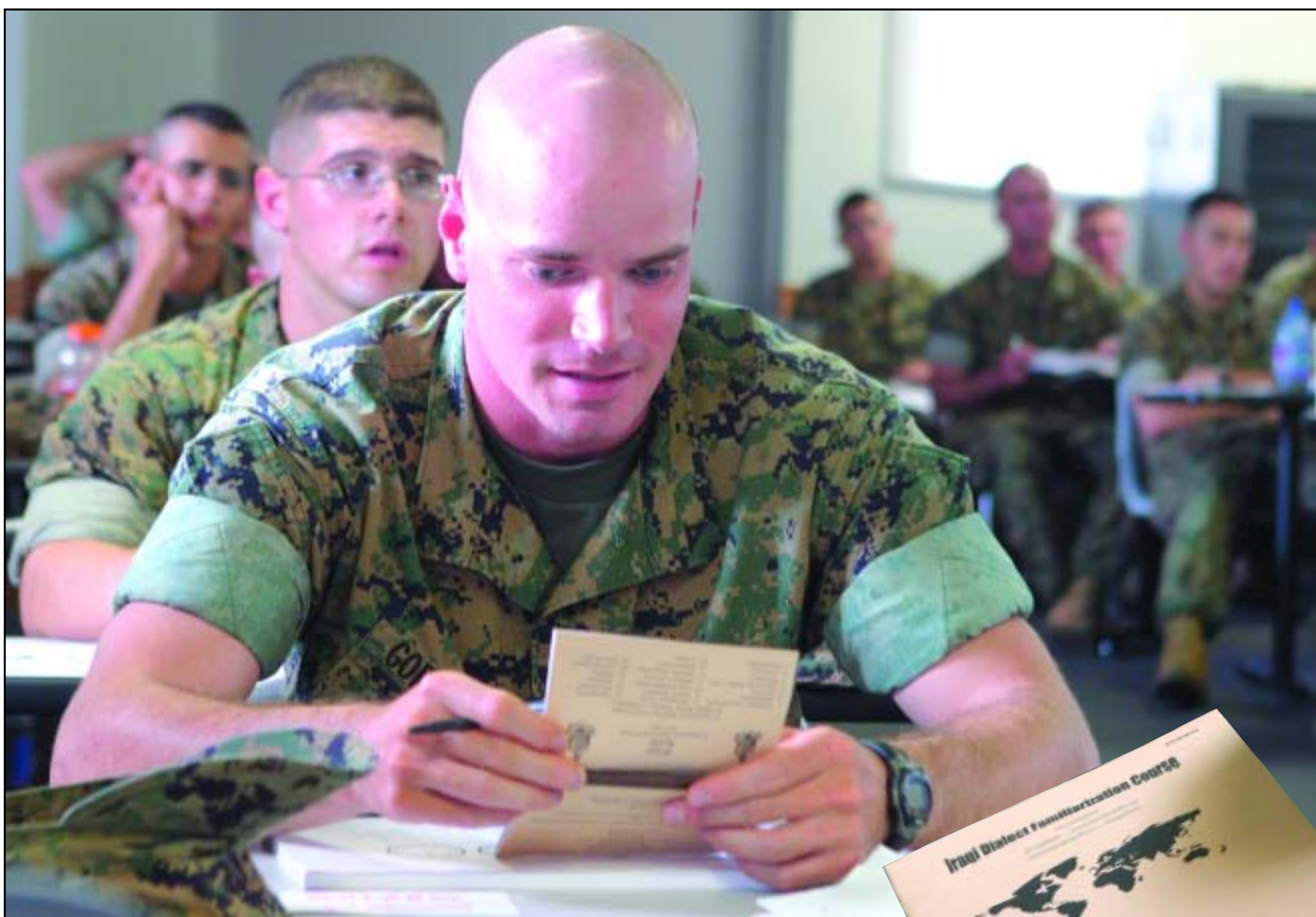
"They only have one week to learn everything," said Mary. "But we make sure they understand basic phrases like, 'Do you have weapons?' and customs such as feeding habits and religious practices."

They were taught through repetition, PowerPoint presentations and quizzes. They were each given pamphlets containing frequently used phrases as well as other reading materials to help them through the course.

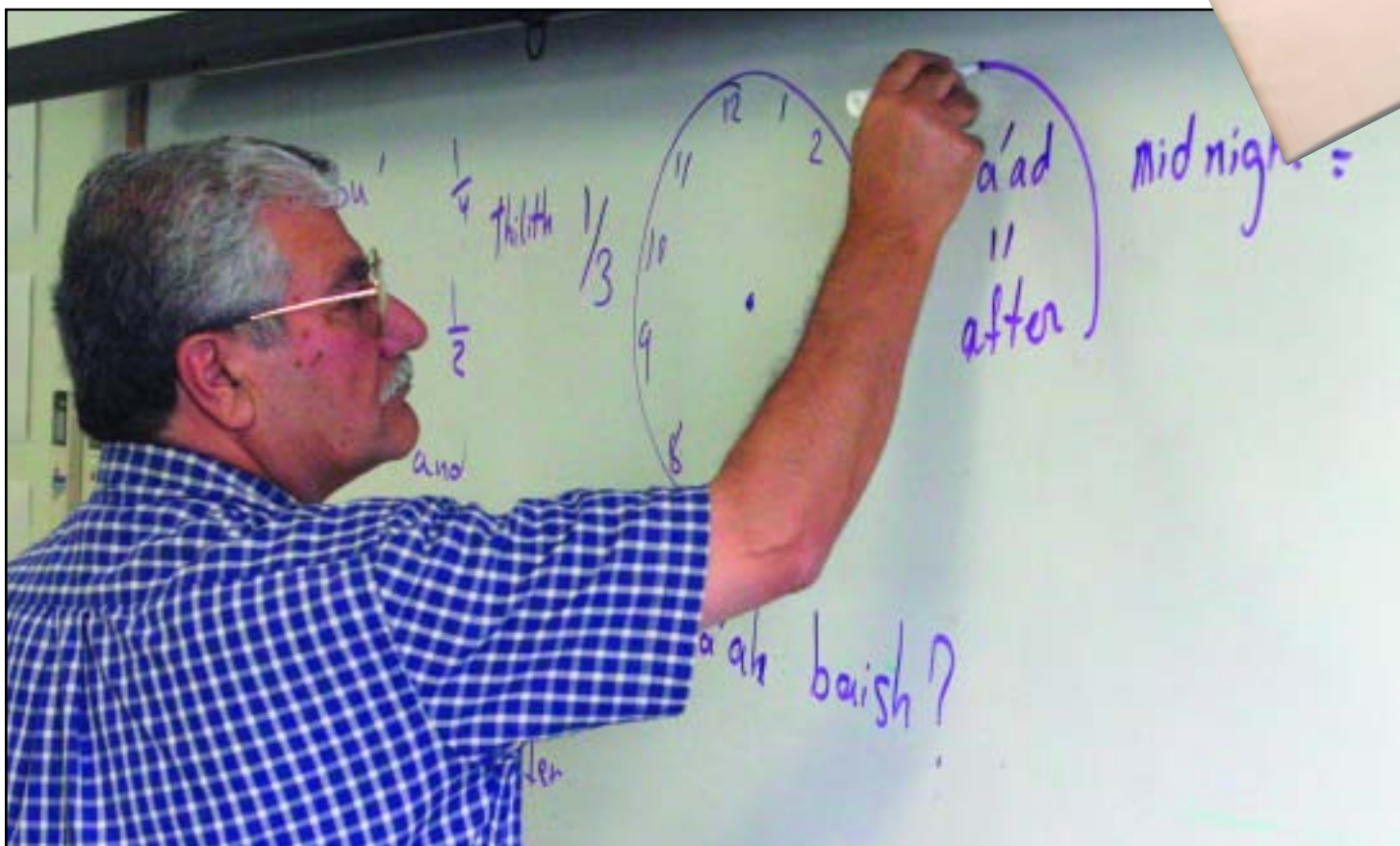
"We have daily quizzes," she said. "Mostly, we just do a lot of communicating during class to make sure everyone is picking up on the dialect and pronunciation of the words."

Although it is difficult to learn a new language as quickly as the Marines were expected to, many of them realize the importance of the knowledge to be gained, and took the course seriously.

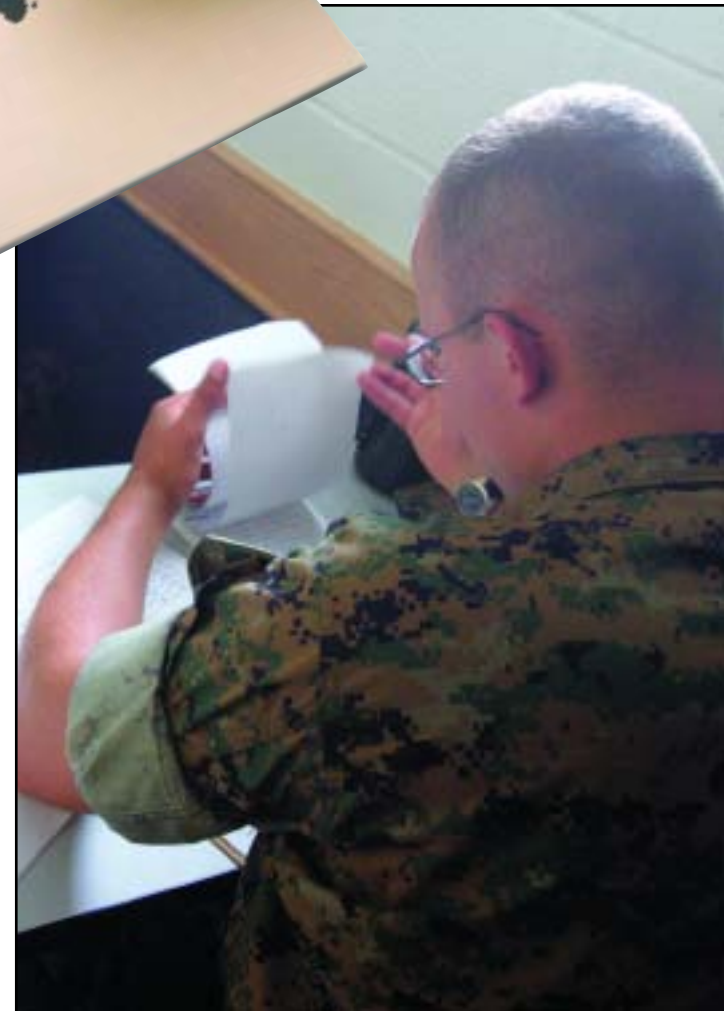
"It is easy to teach a class when the students are willing to learn and want to be there," Mary explained. "Most of the individuals do not know anything about the culture and language, but they pick up on the basics pretty quick. It is very important for all military branches of service to gain this type of training and understanding of a people whose country they are going to. One word can save a life. The best way to gain positive relationships with other people is communication and understanding, and that is what we are teaching them through this course."



A Marine looks at a pamphlet in order to find the exact pronunciation of a phrase an instructor asked him to say in Arabic. Throughout the weeklong course, the Marines were verbally quizzed on different Arabic phrases from numbers to basic questions they will more than likely use during their upcoming deployment.



Augustin Youhanna, instructor, Defense Language Institute, writes down Arabic phrases and the English equivalent to give the students a visual to learn from. Throughout the week, Marines from 3rd Battalion, 3rd Marine Regiment, were taught phrases and cultural knowledge through the use of PowerPoint presentations, verbal lectures and repetition.



A Marine from 3rd Battalion, 3rd Marine Regiment, looks through his notes during a weeklong Iraqi Dialect Familiarization Course designed to introduce Iraqi language and culture to Marines deploying to Iraq in support of Operation Iraqi Freedom.

On the skyline ... with 1/3

by Sgt. Joe Lindsay

On the Skyline is a weekly column written by Marine Corps Base Hawaii, Kaneohe Bay, Combat Correspondent Sgt. Joe Lindsay. Lindsay was recently deployed with the 1st Battalion, 3rd Marine Regiment to

Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., where 1/3 participated in training to prepare them for their upcoming deployment to Afghanistan in support of Operation Enduring Freedom.

RP specialist ready to head out on second combat tour



It might be said that Seaman Travis Lassiter, a religious program specialist serving with 1st Battalion, 3rd Marine Regiment, based out of Marine Corps Base Hawaii, Kaneohe Bay, was born for the position he currently holds.

After all, his parents had just moved to Surrey, British Columbia, in Canada, to run a church as pastors, before they welcomed little Travis into the world.

After a few family moves throughout his childhood, including ones to Oregon, Texas, and North Carolina, Lassiter said he noticed himself "feeling the call of the Lord" more and more as he got older.

After graduating high school in Charlotte, N.C., Lassiter found himself in Indianapolis, studying theology at Indiana Bible College.

"I planned on staying for all four years, and, after graduating, wanted to become a minister," commented Lassiter. "But at the time, I didn't have the discipline to wait another three years, so after my freshman year, I left college and headed to Florida to start ministering right away."

At the church in Florida, Lassiter found himself as a minister's assistant, but said he soon realized, like anything else in life, he would have to pay his dues.

"I guess my head was in the clouds a little, but looking back, I think I was expecting to be the pastor of the church before I was ready. Things don't usually happen overnight like that in life, and after six months, I think I became a little disillusioned. I moved back to Charlotte and worked construction. I still attended church every week, but the next few years were pretty dark for me."

During those few years, Lassiter said he never forgot his dream of one day becoming a minister, but that he became depressed for not actually taking steps to realize that dream.

"I was basically miserable during those years back in Charlotte," recalled Lassiter. "I would work construction jobs all day, and then come home and sit on the couch and watch television in an empty apartment. Then, I'd wake up and do it all over again. This went on for a long time, day in and day out."

"One day, I was walking up the steps to my apartment after work, with my head down, feeling like I would never make it to my door. Not because I was physically tired, but because I was so down on myself. Then, I felt the Lord's presence, and I just started crying. It felt like He carried me to the top of the steps. He told me He loved me and I knew then that I had to fol-



Photo Courtesy of Seaman Travis Lassiter

Seaman Travis Lassiter, a 1st Battalion, 3rd Marine Regiment, religious program specialist from Charlotte, N.C., raises his arms in prayer during a service in Fallujah during the unit's deployment to Iraq. Lassiter is slated to again deploy with 1/3 to a combat zone, this time to Afghanistan in support of Operation Enduring Freedom.

low my faith and not just go through the motions."

Still, it would be a couple more years before Lassiter followed through on changing his life.

"I wish right then and there that I would have made a change in my life, but more time went by, and I kept living the same life. Then, finally, I started to quit watching TV right when I got home after work, and instead started praying. Every day I would come home after work and just pray. Then one day, after praying, I flipped on the TV and one of those 'Accelerate your Life' Navy commercials came on. I wrote down the 1-800 number and they put me in touch with the local recruiter. Pretty soon I was signed up."

Before shipping to basic training, Lassiter went to Ohio to visit an old friend. It was there that he ran into the woman who would later become his wife.

"The Lord is truly amazing," exclaimed Lassiter when recalling the trip. "I ran into a girl, Stephanie, who I had met years before at a Bible camp. We didn't really

know one another back then, but she had given me a school picture of herself. After all those years, I had still kept it. When we saw each other again, I knew right away she was the one."

Soon after reuniting with Stephanie, Lassiter shipped off to basic training and then went straight to the Navy's religious program specialist training.

After graduating, Lassiter received orders to Kaneohe Bay, but he continued to write letters and telephone Stephanie.

Then, not long after arriving in Hawaii, Lassiter received the orders that would have a deep impact on him. The battalion he was assigned to was shipping out to Iraq, and Lassiter was going with them.

"Fallujah was a different animal," said Lassiter, describing the Iraqi city that has seen some of the fiercest fighting in the war. "I was with a chaplain who believed strongly in a 'ministry of presence,' which I believe is good. We would do

six or seven services a day throughout the combat area, so it was very scary moving around so much under such dangerous circumstances, but it was our job to be there for the troops. We had a lot of close calls."

According to Navy Lt. Brian Shearer, 1/3 battalion chaplain and a native of Pittsburgh, part of a religious program specialist's job is to provide security for the chaplain.

"A chaplain is a noncombatant, and doesn't carry a weapon," explained Shearer, a former Marine rifleman who served in the Corps from 1982 to 1986. "It's one of the jobs of an RP to basically serve as a body guard for the chaplain."

While in Fallujah, Lassiter found himself in firefights with the enemy on numerous occasions.

"The Marine Corps gave me an M-16 and trained me how to use it long before we deployed, just for those types of situations," said Lassiter. "It was my duty to protect the chaplain, and also to aid the brave Marines in any way I could. I didn't have any problem

with it then, and I feel the same way about our upcoming deployment to Afghanistan. I will do my duty no matter what."

For his service in Iraq, Lassiter was awarded the Combat Action Ribbon.

After 1/3 returned from Iraq, Lassiter spent some much-deserved leave back in Charlotte. Not one to waste any more time after having come so close to death in battle, Lassiter got down on one knee and proposed to Stephanie at the airport as soon as he got off the plane.

She said "Yes."

"I am so proud of him and all the Marines and Sailors he is serving with in 1/3," said Stephanie Lassiter, shortly after her husband returned recently with 1/3 to Kaneohe Bay, following a six-week pre-deployment training exercise in California. "The hardest part is that he is gone a lot, but he is serving his country and willing to serve on the front lines with the Marines who are protecting all of us back here, so it is worth the sacrifice. I believe God has him in His hands, so I don't worry about him."

According to Lance Cpl. Sean McDaniel, a 1/3 rifleman from Tucson, Ariz., having a religious program specialist like Lassiter deploy with the Marines "does a lot to help lift our spirits."

"People get depressed or lonely on deployment, and sometimes they need someone to talk to other than just their buddies," said McDaniel. "It's a good feeling knowing that RP and Chaplain Shearer are right there with us. They aren't worried about someone's religious preference. They are worried about being there for the Marines."

Lance Cpl. Joshua Jones, a 1/3 machinegunner from Decatur, Ill., said he couldn't agree more.

"It's scary what can happen in combat. Anybody who tells you different is either crazy or lying," said Jones. "People need prayer. Even if a Marine isn't religious, sometimes he needs someone to talk to, or to pray for family back home, should anything happen to him in battle. It's good to have RP around."

For his part, Lassiter, who most of the Marines, like McDaniel and Jones, refer to simply as "RP," said that the "best part of being an RP is meeting Marines, and when a younger Marine comes to me and says, 'Hey, RP, I have this problem, and I don't know what to do.' I don't necessarily think he's asking me to fix the problem, but he wants to know that I care enough to listen."

See RP, A-6



Sgt. Robert M. Storm

Sgt. Andy J. Keeton, machinegunner, 2nd Battalion, 3rd Marines, from Greensburg, Ind., rest while on patrol during Operation Pil, which was run in Jalalabad, Afghanistan, between Oct. 16 and 23. The operation included most of the battalion.

Life as a civilian not best choice for some

Sgt. Robert M. Storm

Combat Correspondent

JALABAD AIR FIELD, Afghanistan

— Every unit has them, and 2nd Battalion, 3rd Marine Regiment, based out of Marine Corps Base Hawaii, Kaneohe Bay, is no different. “Retreads,” Marines who decide not to reenlist and go back to civilian life — then after a period of time they realize that they miss the Corps or find that civilian life is not the way they remember it. Whatever the reason, they come back into the Marine Corps and pick up where they left off.

“My wife wanted me to try something different, deployments were tough on her. It’s harder on wives when we deploy, because at least we bring all of our friends with us,” said Sgt. Andy J. Keeton, machinegunner, from Greensburg, Ind. “I tried civilian life for about a year and wanted to come back, then 9/11 happened and that sealed it.”

Many spouses can’t take the constant stress that the Marine Corps puts on their

marriages and ultimately decide to divorce.

“My wife basically told me it was her or the Corps, when I told her I was going back. I remarried and now have a beautiful wife and a son named Braden,” said Keeton, laughing.

Some Marines return because of a sense of duty. The peacetime Marine Corps didn’t satisfy them, but now with almost everyone deploying to a combat zone, they want to come back and do their part.

“My first time in was boring — just a lot of training. I wanted a different routine, not just the same old thing. Then, after I left, the war happened, and I have a lot of friends who went to Iraq, and I felt like I should be with them. I knew one of the first sergeants who died over there; he was my old gunny when I was with recon. That had a big impact on me, because I felt like I should have been there,” said Cpl. Josh M. Basso, machinegunner, from Livermore, Calif.

Although many retreads are eager to resume their duties, sometimes there are issues for a returning Marine. The Marine

Corps policy used to state that after 180 days of inactive service, a Marine who returns to active duty loses one rank. Nowadays the rank you left with is the rank that you will return with — minus your date of rank.

Sometimes not just rank can be a problem. Since the Marine Corps is experiencing a high retention rate, the jobs that the Marines left with are not always available when they decide to return. With the high operational tempo, many Marines have to come back in as infantrymen and then do a lateral move to a desired military occupational specialty after three years.

According to Staff Sgt. Calvin J. Jackson, battalion personnel chief, from Clinton, Utah, as the operations clerk at the recruiting station he noticed that a lot of Marines would decide to get out of the Corps because they didn’t want to be a Marine anymore. After being out for a while, they would realize that they didn’t like civilian life and would want to come back into the Marine Corps, usually trying to get a more technical job in the process.

REC CENTER, From A-1

“Something we’re also planning on is a rather large industrial-size barbecue as well as a larger kitchen with brand new appliances,” said Black. “I believe the Marines will be very pleased.”

Camp Smith, though a relatively small base, still has its fair share of Marines who live in the barracks, approximately 118. Unlike most bases, Camp Smith has no chow hall; therefore, the Marines use commuted rations to buy groceries.

This can cause a problem, considering the Marines are limited to what they can cook inside their rooms, so they were provided with

a kitchen.

“I cooked in the Rec Center every once in a while, but it always seemed unsanitary, so it’s good to hear they’re going to fix it up,” said Cpl. Jonathan E. Knight an administrative clerk at Camp Smith.

Now with all the renovations, Marines can look forward to a kitchen even Martha Stewart would be proud of.

“That was one of the main items on the list, to provide a better equipped and more reliable kitchen for the Marines,” said Black.

With all the repairs and additions going into the center, Marines may have to wait a while for them all to be completed, but it may be sooner than they think.

“We are aiming at December, but I’m not sure how realistic that is,” said Black. “However, I know how important the place is to them, so I’m doing everything I can to get it done by then.”

Once opened, the Rec Center will not run on the same hours as before. It will be opened Mondays through Thursdays from 6 a.m. to 10 p.m., Fridays from 6 a.m. to 2 a.m., Saturdays from 8 a.m. to 2 a.m. and Sundays from 8 a.m. to 10 p.m.

“We are going to try these hours out to begin with, just to see how much the center is used. The more Marines use the center, the longer the hours will be,” said Black.

For any questions or concerns call Gabriella Black at 254-7593.



‘She’s a vegetarian’

Brig. Gen. Steven A. Hummer and his wife, Sheri A. Hummer, prepare to feed the traditional Chinese lion at the grand opening of the new McDonald’s aboard Marine Corps Base Hawaii, Kaneohe Bay, Saturday. The lion is made of papier-mâché and is played by two people. The lion dance is choreographed and usually takes place in a story setting in which a hungry lion awakens and seeks out food, most commonly in the form of lucky green lettuce.

Sgt. Joseph A. Lee

Salutes

Corporals Course

Distinguished Graduates

Honor Graduate — Cpl. Thomas L. Rooney, 3/3
Second Place — Cpl. Aaron M. Ball, MCAF
Third Place — Cpl. Michael J. Kelly, HQBN

Gung Ho Award

Cpl. Paul S. Szoldra, 3/3

President Marine Corps University Honor Roll

Cpl. Thomas L. Rooney

Units wanting to submit information for “Salutes” should send an e-mail to editor@hawaiimarine.com or call 257-8836.

Postcards from the front

Compiled by Sgt. Robert Storm

Editor's note: Marines and Sailors of 2nd Battalion, 3rd Marine Regiment, are currently deployed to Afghanistan from their home base at Marine Corps Base Hawaii, Kaneohe Bay. Recently, Sgt. Robert Storm, a Marine Corps combat correspondent, gathered notes and took photographs of K-Bay Marines, which Hawaii Marine is proud to share.



Cpl. Patrick J. Covington, infantryman, from Fayetteville, N.C.

"Hello Mom, from Afghanistan."



Cpl. Ahmed R. Moffet, chief cook, from Charlotte, N.C.

"To Shellie and Joey, I miss you."

RP, From A-4

Lassiter, a Pentecostal Christian, said he likes meeting people from multi-cultural and religiously diverse backgrounds.

"I like people. I like helping people. If they want to talk, I like to have an ear open for them. It's not important to me if someone is Muslim, Mormon, Jewish, Catholic, Buddhist, or has no religious preference. What's important is that we are all God's children. Myself and the chaplain are here for everybody."

According to Shearer, there are three main areas that RP Lassiter is exceptional in.

"Number one is his people skills," remarked Shearer. "He has an ability to make people laugh and relax, regardless of their rank or religion. Number two is his combat skills, combat experience and overall battlefield awareness. Number three is his ability to take care of other people's religious rights. He goes out of his way to make sure people of different religious faith groups are provided for. He understands that freedom of religion

is one of the main reasons why we have such a great country."

After his upcoming deployment to Afghanistan is complete, Lassiter said he is considering reenlisting for one more tour, and then he plans on returning to college, and eventually would like to earn a Ph.D. in psychology.

"I'd like to be a counselor, so I can continue to help people, and I definitely still want to be a minister," commented Lassiter. "I've been so blessed in my life. God has been so very kind to my wife and myself, and I'm just thankful for His grace and mercy."

Lassiter said he is also proud to be serving with the Marines of 1/3 on their upcoming deployment to Afghanistan.

"The Marines are the finest fighting men the world has ever seen," said Lassiter. "I pray for them. I pray that God would build a hedge of protection around them. I pray that God would have angels surround them, and make them safe."



Seaman Travis Lassiter, a religious program specialist, 1st Battalion, 3rd Marine Regiment, from Charlotte, N.C., stands in front of the Chapel of the Desert, Camp Wilson, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., during 1/3's recent pre-deployment exercise in California. Lassiter, a combat veteran who previously served with 1/3 in Iraq, is slated to again deploy with 1/3 to a combat zone.

Lance Cpl. Stephen Kwietniak

Hawaii students visit MCAS Mirimar

Cpl. Skye Jones

Marine Corps Air Station Mirimar

MARINE CORPS AIR STATION MIRAMAR, Calif. — The thrill in Randy Moss' eyes grew as he picked up a fire hose and sprayed water onto the flight line.

Moss' other classmates stood alongside the Aircraft Rescue and Firefighting vehicle, cheering and waiting for their turn to spray the "ultimate super soaker" during their visit to Marine Corps Air Station Mirimar in October.

During the two-day tour, the juniors and seniors from James Campbell High School in Ewa Beach, Hawaii, explored the station's facilities, studied different military occu-

pations and personally interacted with the station's Marines.

In addition to their time spent at Mirimar, the students attended recruit training, the emblem ceremony and graduation at Marine Corps Recruit Depot San Diego during their weeklong trip.

"I feel more knowledgeable about what I might be getting into," said Moss, an Ewa Beach, Hawaii, native. "This trip has given me a firsthand look about what the Marines do. I think joining will definitely benefit me in the future."

Moss, along with many other students, enjoyed visiting several different work sections during their tour at Mirimar.

On the first day, Moss dropped by

the graphics department where he shadowed Lance Cpl. Jeremy M. Giacomino, graphic illustrator, MCAS Mirimar.

Giacomino taught Moss about preparing for a job in his field, going to boot camp and gave him other firsthand knowledge about the Marine Corps. Moss took plenty of notes during the three-hour visit and decided he wanted to sign up for the graphics field when he joined.

Moss quickly changed his mind the next day; however, when he talked to different Marines about the other opportunities available in the Corps.

"I thought I wanted to do graphics, but when I saw all of the different jobs, I discovered there are so many

options available," he said. "Coming here has definitely helped me decide what I want to do with my life."

Though not every student was as eager to join the Corps as Moss, students like Brittany Moncrease gained a better understanding of the military from the visit.

"I gained much more respect for Marines from this tour," the high school senior said. "Everyone is so passionate about their jobs. When I visited the Marines in computer technology, I realized I have a lot to learn before I go to college. But if I ever did consider joining the military, I think I would become a Marine."

According to Sara Ann Kimura, student activities coordinator, James

Campbell High School, in order to attend the tour, students go through a serious application process including an interview and a practice Armed Services Vocational Aptitude Battery test.

Kimura said the annual tour accommodates two types of students.

"We have those who are considering joining the military and then we have students who are in media, graphics or yearbook classes who come here to practice their photo-journalism skills," she said. "Either way, it's a wonderful experience for all of them, especially for those who never left the island."

Additionally, each student must produce a scrapbook or write a story about the experience after the tour.

4TH FORCE, From A-1

various state and federal departments, the battalion was more than ready to accept its new role.

"The mission pulls very heavily from our civilian skills," said Tomka. "We have law enforcement people and we also have Marines who work for state and federal corrections. This isn't your normal Reserve unit — it's a very experienced unit."

For Cpl. Jose Orantes, 26, battalion supply chief, Headquarters Company, MP Battalion, 5/14, II MEF (FWD), their mission has been according to plan.

"We have been very effective," said the Highland Park, Calif., native. "We're an artillery unit turned MP battalion, and we're doing great. We're doing the things we need to do to make sure everything goes smooth. I'm up at all hours of the night making sure our guys have the gear they need to effectively carry out all missions."

Although many units have come together to support 5th Battalion, 14th Marines, MP Battalion, the Marines have built strong relationships with each other.

"We're doing everything we need to do to get the mission accomplished," said Cpl. Lucio Bernabe, 26, the battalion Marine Corps Integrated Maintenance Management System specialist, Headquarters Company, MP Battalion, 5/14, II MEF (FWD). "The Marines are very supportive and close-knit. We are a very tight-knit family."



RESCUE, From A-1

Although Drinkwater's mother and sister were both stuck out in the water, he ended up saving Ami, Hyatt's daughter.

"We didn't go into the water because Staff Sergeant Hyatt and I had family members out there," said Drinkwater. "It was just instinctive to help. You see someone in trouble, and you just kind of react and do the best you can to get them out of danger."

Looking back on the event, the Marines agreed they only did what they thought anyone in their situation would have done.

"We are just glad that everyone ended up being okay," said Kopacek, 20.

"The two lance corporals displayed extreme bravery without hesitation," said Hyatt. "I don't think it has sunk in yet, that without their quick thinking the girls might not have made it out of the water alive. It was a miracle they stayed above the water long enough for the Marines to get to them. We are all very thankful that we were there to help out and that everyone ended up being okay."



Ami Hyatt (front left), 8, Theresa and daughter Julia Drinkwater, 7, pose in front of the Marines who rescued them: (from left) Staff Sgt. John T. Hyatt, Lance Cpl. Andrew G. Kopacek, and Lance Cpl. Mark R. Drinkwater II.

Cpl. Megan L. Stiner

Range Coach of the Week



Name: Private 1st Class Deidra Postemski

Age: 23

Hometown: Willington, Conn.

Unit: Combat Service Support Group 3

Stats for Oct. 24–28: 9 shooters total; no marksman, 3 sharpshooters, 6 experts

Stats for Oct. 17–21: 8 shooters total; 1 marksman, 2 sharpshooters, 5 experts

Postemski has been coaching since May, 2002.

Cpl. Michelle M. Dickson

MENTOR, From A-2

As such TECOM has designed a guidebook to assist leaders in the formal mentoring program.

From the very beginning, the guidebook spells out exactly what a mentor is and how important they can be to a junior Marine's life.

"I put a lot of faith into my uncle and mentor, First Sergeant. Kurt Day," said Lance Cpl. Randi M.J. Foust, a combat videographer. "Since he knows me as a person, and actually cares for me, I know I can go to him with any questions or concerns that I may have."

A mentor is defined as a "... wise adviser, teacher and guardian." Every Marine from the private, who is graduating recruit training, to the commandant, needs a mentor to provide guidance and leadership, according to the mentor guidebook.

Along with the guidebooks, Marines will use their mentor logs as a syllabus to track their progress.

Mentor logs are documents that take the mentor through the process step by step, making sure to hit every key point, even so much as to tell them what tone of voice to use, when to respond and how to respond.

"All Marines must work to become good mentors. Being a good mentor is a fundamental part of good leadership," according to Hagee. "Having and displaying genuine concern for your fellow Marine, all the time, and for every endeavor, is the key to success for Marine leaders."

Commanders at all levels are responsible for ensuring that the mentor program is carried out in their units. Since the mentoring program is constantly changing and improving, any and all feedback is welcomed.

Information on the mentoring program is available at www.tecom.usmc.mil/mentoring.

LIFESTYLES

HAWAII MARINE B SECTION

NOVEMBER 4, 2005



Originally a fruit stand in the early 1950s, Dole Plantation has come a long way. In 1989, after extensive renovations, it opened to the public as Hawaii's "Pineapple Experience" and holds the record as the world's largest maze in the 2001 "Guinness Book of World Records." Dole plantation is visited by one million tourists every year and sells more than 3,500 pineapples every week.

Pineapple fields for over

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

WAHIAWA, Hawaii — For many years, the Dole Plantation of Hawaii has been selling fruit, whether it is from a fruit stand or large plantation.

In the case of the Dole Plantation, that's how it had its early beginning — operating as a fruit stand beginning in the early 1950s. As its popularity grew, so too, did the size of its facility. In 1989, after extensive remodeling, the Dole Plantation was opened to the public as Hawaii's "Pineapple Experience."

Today, Dole sells more than 3,500 fresh, Hawaiian-grown pineapples for consumption at stores or from its plantation, where it is packaged for customers to take home.

Along with the growth of the facility came a gift shop, which offers hundreds of pineapple-related and Dole brand items, including the world famous Dole Whip, a chilled non-dairy treat that commands lines of people at Disneyland.

"We are constantly having some kind of construction going on around the plantation," said Marvin Kaolani, Dole Plantation tour guide. "New things are always being added to make the plantation a better experience for all visitors."

Kaolani said that the plantation gets more than one million visitors each year, each coming to see Dole's pineapples and its attractions.

"We get visitors from all over the world," said 26-year-old Kaolani. "We get mainly tourists here. Without them we would definitely go out of business."

Some of the attractions and activities that Dole's visitors experience are the Pineapple Express, a two-mile, 20-minute fully narrated train tour of the plantation grounds. The tour provides tourists

with a chance to learn about the history behind Hawaii's pineapple and agriculture business. While on the train, visitors are told the story of James Dole, founder of Dole Fruits, and witness the beautiful vista of Oahu's North Shore.

For those who enjoy tours, Dole offers another — the Plantation Garden Tour. This self-guided tour gives visitors an up-close view of some of the crops that are grown on the North Shore of Oahu. Aside from the flora, visitors receive an education on plantation villages that housed contract workers who came from all over the world to work in Hawaii's plantation fields.

Of all of its many activities, perhaps the most famous is the Dole Plantation's Pineapple Garden Maze. The "Guinness Book of World Records" officially recognized the maze in 2001 as the world's largest maze.

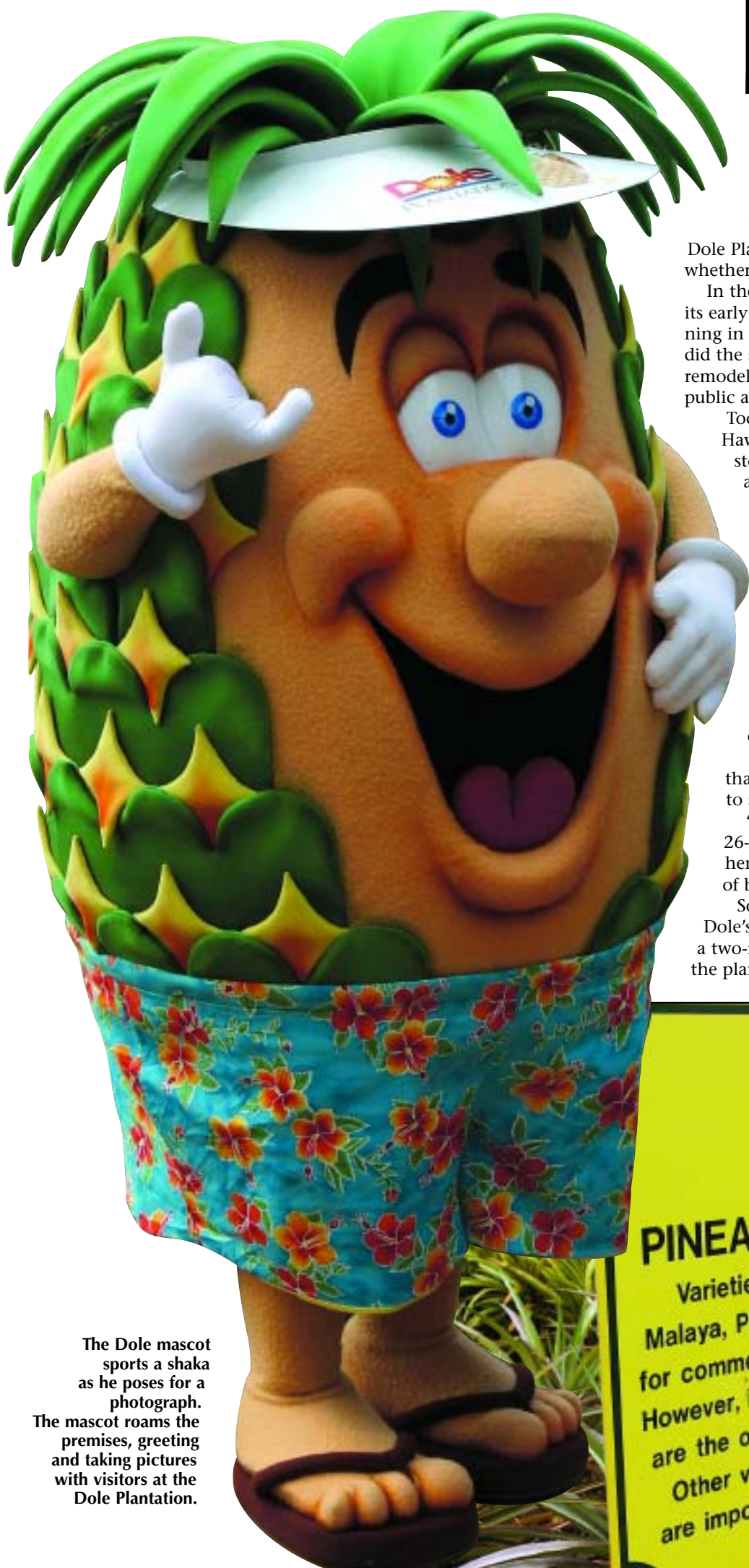
Covering an area of more than two acres, with a path 1.7 miles long, the maze is home to more than 11,400 Hawaiian plants, including a large variety of hibiscus — Hawaii's official state flower.

"My kids loved the maze," said Linda J. Franklin a Jacksonville, Fla. native. "I think we were probably the slowest people to ever go through the maze. We got caught at almost every turn."

Franklin said this is her first time in Hawaii, and she and her family wanted to see some of the attractions. She said she chose the Dole Plantation as one of the attractions to visit because it was one her family had heard a lot about.

"This has been one of the better things we've done since we've been in Hawaii," admitted Franklin. "Coming to Hawaii is a once-in-a-lifetime thing for the average person, so I'm trying to make it as memorable as possible for my kids, because they may never have this opportunity again."

Dole Plantation is located at 64-1550 Kamehameha Highway in Wahiawa, on the North Shore. For more information about the Dole Plantation, call 621-8408 or visit www.doleplantation.com.



The Dole mascot sports a shaka as he poses for a photograph. The mascot roams the premises, greeting and taking pictures with visitors at the Dole Plantation.



Dole Plantation's Pineapple Variety Garden is part of the plantation's series of educational displays and tours that exhibit a variety of pineapples from around the world.

Personality Features

Marine draws on innate talent

Pfc. Edward C. deBree

Combat Correspondent

In the movie "Good Will Hunting," Matt Damon played the role of a janitor who had a secret talent that nobody knew about. That talent was in the field of mathematics. But, what people don't know is that there is a Good Will Hunting-type character stationed aboard Marine Corps Base Hawaii. But he is no janitor, and his gift is in the field of art.

Lance Cpl. Chadwell R. Cameron, administration personnel clerk, Headquarters Battalion, said he has been drawing since before he could remember. His favorite hobby is making stencil sketches of people.

"I have been drawing since probably before I could even spell my own name," said the 22-year-old Manchester, Jamaica native. "I go home and draw until I go to sleep. Then I wake up, go to work, and start drawing when I get home again."

One goal that Cameron has is to start teaching youths on base how to draw. Before he joined the Marine Corps, he worked at a pottery studio that helped children who were less fortunate.

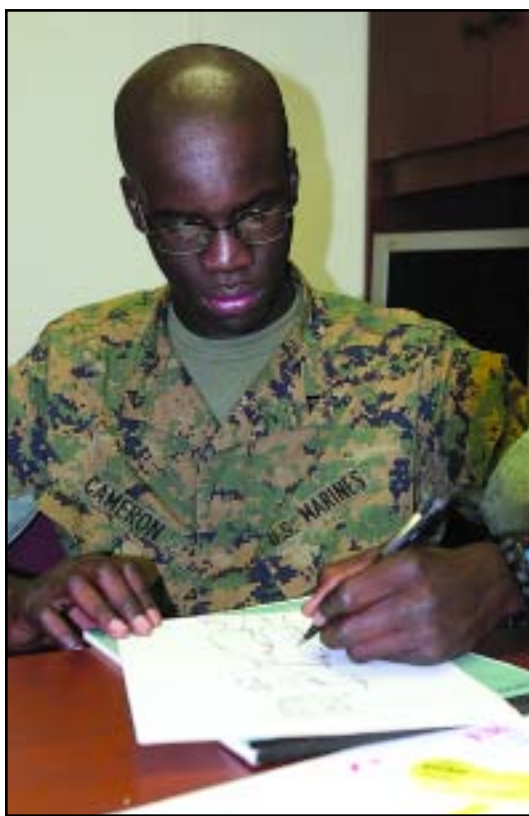
"I want to help kids, because I was given that opportunity when I was a kid," he said. "I could have been passed over."

Though Cameron is trying to switch his military occupational specialty to become a combat illustrator, he said he loves his job at the customer service branch of Installation Personnel Administration Center.

"I chose this MOS because it gave me the opportunity to work with computers," he said. "I wasn't computer literate and most of the things I know now about computers came from my training at MOS school."

Cameron said he prefers his job as an administration clerk to one at the pottery studio because he is able to have more interaction with people. When he worked at the pottery studio there were only two other people who worked there. Cameron said the lack of interaction with more people is why he left the pottery studio last year to join the Marine Corps.

"I wanted to be a part of an organization of value and that would set a founda-



Pfc. Edward C. deBree

Lance Cpl. Chadwell R. Cameron indulges in his favorite hobby, drawing, aboard Marine Corps Base Hawaii, Kaneohe Bay. Cameron has been busy drawing for more than 20 years and soon, Hawaii Marine readers will be able to enjoy a comic strip drawn by him.

tion for a family," he said. "And I chose the Marine Corps, because Marines are the hard chargers. They are the toughest."

The Marine Corps recently came through in setting a foundation for a family for Cameron. He was married on April 1 and his wife gave birth to his first child on Labor Day. As strange as it may seem, this holiday has been a special part of Cameron's life since he was born — on Labor Day in Jamaica.

Another hobby Cameron has is writing songs during his off-duty time.

"I've always been creative and had a huge imagination," he said. "I can't express my imagination verbally, so all I could do is draw or write it out."

Cameron said he plans on staying in the Marine Corps as long as possible. When the day comes and he finally ends his career in the Marine Corps, he said he plans on establishing a program for youths that will help children who have rough lives.

'Expert' motivates qualifiers on range

Cpl. Michelle M. Dickson

Combat Correspondent

"I always get Marines on the range that are convinced they, 'can't shoot,'" said Pfc. Deidra Postemski, range coach, Combat Service Support Group 3. "That is the first thing they get wrong. All you need is confidence and consistency to be an expert."

Postemski has been coaching here on Marine Corps Base Hawaii, Kaneohe Bay, since 2002 and said she hopes to continue in this billet until the end of her tour at K-Bay.

"I love being a coach," said the 23-year-old. "When you know that you helped a specific shooter gain more confidence and highly improve, it gives a great feeling of satisfaction at the end of the day."

Postemski grew up in Willington, Conn., where she attended high school at E.O. Smith, participating in basketball and soccer throughout her high school years. She grew up with three brothers and three sisters and was not the first to make the decision to enter the military upon graduation.

"My older sister joined the Army, and is staff sergeant now," said Postemski. "I decided to join the military and knew the Marine Corps was the toughest branch. I guess it was kind of a competition between sisters, and I wanted to prove I could do it."

After graduating, Postemski shipped off to Parris Island, S.C., where she attended boot camp, before being sent to Camp Johnson, N.C., to train to become a supply administration clerk.

"Even in the first stages when the Marine Corps is so new and different from your former lifestyle, I knew I had made the right decision," said Postemski. "I liked the change and hope to be a drill instructor one day."

Postemski's first duty station landed her at Camp Pendleton, Calif., in December of 2000, where she performed her job as a supply administration clerk for more than three years before reenlisting and arriving to her current duty station with CSSG-3.

"When I thought about whether I should reenlist or not, I fell in love with the Marine Corps all over again," said Postemski. "It was still the Marine Corps at K-Bay, but I knew I would miss the people, camaraderie, and great leadership that I had at Camp Pendleton."

Over a period of time, CSSG-3 allowed her to coach on the rifle range, since she had become qualified to do so at Camp Pendleton. In February of this year, she was finally FAPed (Fleet Assistance Program) from CSSG-3 to the range so that she could coach during the remainder of her tour of duty at K-Bay.

See A-8 for Range Coach of the Week for more on Pfc. Deidra Postemski.

"I learned a lot from my old unit, but here on the range, I realized you can never learn enough about marksmanship," said Postemski. "I owe a lot to Chief Warrant Officer Duncan and Gunnery Sergeant Dixon. They taught me a lot."

Although a good shooter, Postemski said she is always willing to learn more about the skill.

"I have been a 'sharpshooter' once and have been able to hold on to 'expert' since then," said Postemski. "I have a year and a half left in the

See POSTEMSKI, B-8



Cpl. Michelle M. Dickson

Pfc. Deidra Postemski, range coach, CSSG-3, stands with a ready box at the Kaneohe Bay Range. Postemski loves coaching other Marines and gets a lot of satisfaction qualifying roughly six to nine Marines every week.

MOVIE REVIEWS

Editor's Note: In a recent survey, Hawaii Marine readers asked for movie reviews. So, in response to your request, Cpl. Megan L. Stiner, press

chief, and Lance Cpl. Roger L. Nelson, combat correspondent, present Movie Reviews.

NOW PLAYING

Saw II



Skip seeing 'Saw II' at theaters

Cheap flick lacks good acting, plot

Original, sequel displays lack of creative edge

Lance Cpl. Roger L. Nelson
Combat Correspondent

When I think of the first "Saw" movie, my first thought is that it is a cheap movie with actors who are nobodies. Well, "Saw II" is no different and follows closely in the footsteps of the first movie.

In the first "Saw," the director, Darren L. Bousman, was obviously only working with about a \$20 budget and decided that having the entire movie take place in one busted up room would be a good idea. I have to disagree.

"Saw II" actually utilizes a whole house for the sick and demented things the "Jigsaw killer" has in store for the poor souls who get stuck in the middle of his games, raising his movie budget to \$45.

In this movie, Jigsaw, played by Tobin Bell from the first horror flick, is back again and, this time, chooses police Detective Eric Matthews, played by Donnie Wahlberg, to be the center of his sick games.

Signs in a murder case hint to Matthews that he is next on the list to be included in the confusing games Jigsaw likes to play with his victims.

The location of the killer is soon determined and, once found, Matthews finds out that his son has been put in the middle of the Jigsaw's games due to his dad's selfish and ungrateful nature.

Matthew's son, along with seven other individuals who all have something in common, have been locked within a house that has a deadly nerve agent running through the ventilation system and will kill them all, if they don't take the antidote within two hours of inhaling the chemical.

Throughout the house, Jigsaw leaves notes with tricks to force people to turn on one another and leads them to commit suicide and murder. These tricks also delay the eight from finding the antidote, which would have been a no brainer if they work together.

The common bond between them all is discovered and they realize they were all wrongfully convicted due to the actions of one person: Detective Matthews. This realization puts

Matthews' son in an awkward and worse scenario.

Back in the rear, Matthews continues to get more and more frustrated as he is given the runaround about his son's location by Jigsaw. He decides to go "old school" and beats the guy until he gets the location of the house.

This is where things get confusing, and this is where Jigsaw's "follow the rules" command comes into play.

In my opinion, this movie has so many small details that have no significant meaning to the movie, that every five minutes I was wondering what the heck just happened and why.

So people, stay home and save your money. I don't really think anyone should see this movie. Just imagine helping the director of "Saw II" save up more money to make a "Saw III."

Who knows, the next one may have a much higher budget, spending like \$100 to make the movie. They may even get a really high budget and an awesome actor or some of the awesome actors from another movie I reviewed called "Doom."

Oh, wait. Never mind. I'm obviously thinking about a different movie.

Cpl. Megan L. Stiner
Press Chief

The basis behind "Saw" and its lackluster sequel is a story about a creative serial killer, who is dying of cancer and has decided to spend the last few years of his life making sure individuals he believes are taking life for granted are put through a rigorous life or death game, where they ultimately gain a meaning for living, if they survive.

The storyline sounds interesting enough, and actually, "Saw II" did have many entertaining scenes. But overall, it fell short of its potential and landed somewhere among many stereotypical horror films that have bad acting, stupid mistakes and a predictable ending.

In my opinion, the first movie wasn't very well done, and I never intended to see the sequel. When the sequel arrived, I was not expecting a real quality film, and so I wasn't let down too much.

The movie begins with one man who has to cut into his eye in order to retrieve a key that will unlock a torture death device that is set on a timer. He decides against slicing into himself and ends up as the main piece of evidence in a gruesome crime scene.

Jigsaw's artwork attracts Detective Eric Matthews, who ends up getting involved when he finds out his son is trapped in a house with seven other ill-fated people.



“quotable”

“Don't you forget that you're First Marines!
Not all the communists in hell can overrun you!”

— Col. Lewis B. "Chesty" Puller, 1950

Native American Indians honored



Susana Choy

A Native American Indian celebrates his heritage by dancing in the 31st Annual Intertribal Powwow at Thomas Square in Honolulu, recently. November is a time to recognize Native American Indian Heritage. The term "Native American" is used to describe 504 recognized tribes, including 197 Alaskan Native groups such as the Eskimos and the Aleuts.

America recognizes importance and contributions of Native American Indians during month of November

Pfc. Edward C. deBree

Combat Correspondent

For centuries, Native American Indians have played an important role in American history. From the landing at Plymouth Rock to serving in World War II, Native American Indians have always been a part of America's history. With the Thanksgiving holiday right around the corner, it's time to pay tribute to them during Native American Indian Heritage Month.

The month-long celebration that recognizes Native American Indians came along when Dr. Arthur C. Parker, a Native American Indian, convinced the Boy Scouts of America to set a day to recognize Native American Indians. In 1915, the Congress of the American Indian Association gathered in Kansas to set forth a plan to create an American Indian Day. As part of this effort, a year prior, a Blackfoot Native American Indian rode on horseback across the states to get signatures of approval from state governors. He rode back to Washington, D.C., with 24 signatures in his hands, but although the effort was set forth, no proclamation was announced to create such a day.

In 1990, President George H.W. Bush declared the month of November to be a time to recognize Native American Indians, declaring November as "Native American Heritage Month."

Since the beginning of United States military, Native American Indians have served in the nation's armed forces.

From as far back as the birth of this country, Native American Indians have served as scouts to help locate the enemy, which they continued to do up until the Civil War.

Continuing on to World War II, the Navajo Indians once again proved to be vital to the Marine Corps. Navajo translators used radios to transmit codes that were based on the Navajo language, an extremely complex language only spoken in the American Southwest, and one that was never written down. The

"One thing that makes the Marine Corps strong is its diversity. Understanding the diversity of the different cultures helps strengthen the Corps."

— Master Sgt. Milton D. White

code used the first letter of each translated English word to spell out each message, sometimes letter by letter. The code proved to be extremely successful during battles at Guadalcanal and Iwo Jima: The Japanese were never able to decipher the codes.

According to Master Sgt. Milton D. White, equal opportunities adviser, Marine Corps Base Hawaii, there are currently six Alaska Native Indians and approximately 50 Native American Indians stationed aboard MCB Hawaii.

Every year in November, a theme is chosen to celebrate this month-long celebration. The theme for this year is "Honoring Heritage ... Strengthening Our Nation's Spirit."

According to White, there are a few events scheduled to honor this aboard K-Bay. There will be heritage displays at facilities throughout the base. Even the video store on base is celebrating by offering discounted videos. There will also be readings at the Base Library as well as a luncheon at Anderson Hall, Nov. 17, at 11:30 a.m., in honor of Native American Indian Month. Also, during the luncheon, entertainment by the group Song Stick and a speech by Troy Shu'k Sha'mii De Roche are scheduled.

"One thing that makes the Marine Corps strong is its diversity," said White. "Understanding the diversity of the different cultures helps strengthen the Corps."

White went on to say that Native American Indians have served our country even before the establishment of the Marine Corps.

According to MARADMIN 506/05, despite the relatively small numbers of Native American Indians living in the United States today, per capita, Native American Indians serve in the Marine Corps at a higher rate than most other groups of Americans.

"Because they continue to serve and support our nation," continued White, "it is extremely important to recognize and pay tribute to their commitment and sacrifice."

Commissary ventures into Internet sales

'Virtual Commissary' extends offerings with unique gift baskets

Bonnie Powell

Defense Commissary Agency

FORT LEE, Va. — Commissary shoppers looking for a different kind of gift for friends or family at home or abroad can let their "fingers do the clicking" at the new Virtual Commissary. Located under the shopping link at www.commissaries.com, the Virtual Commissary will open up a whole new world of Internet shopping for authorized users of the commissary benefit.

"We're excited about DeCA's first adventure into the world of Internet shopping," said Patrick B. Nixon, chief executive officer and acting director for the Defense Commissary Agency.

Initially, one of DeCA's business partners, Kraft Foods, Inc., is kicking off Internet shopping with a selection of gift baskets. "But the number of vendors and manufacturers participating will continue to increase — along with the variety of products," Nixon said.

All of the products in the gift baskets at Virtual Commissary can be found on the shelves of "brick and mortar" commissaries, but the unique packaging of products into gift and special occasion baskets adds a new twist. With titles like "Camouflage," "Drill Sergeant" and "Touch of Home," the baskets offer assortments of crackers, canned cheeses, cookies, candies and even beverages and coffee packs.

To access the extended commissary, shoppers must pass through the secure portal where personal information entered by the customer is validated to ensure they are an authorized shopper. Access is dependent on whether the customer is entered in the Defense Enrollment Eligibility Reporting System. Military exchanges use a similar method to check for authorization before permitting access to exchange Web sites or online shopping.

DoD civilians stationed overseas who are otherwise authorized to shop at commissaries may not be able to access Virtual Commissary until changes are made to the DEERS database by the Defense Manpower Data Center, said DeCA officials. DMDC is targeting completion of the changes for late November.

Virtual Commissary customers can make selections and fill in their payment and shipping information in one easy and secure step, before being transferred to the manufacturer's site where they can and finalize their purchase.

Shipping and handling charges are paid by the customer, just as at most other Internet shopping sites, and charges will vary depending on the method of shipping selected, location, and the

speed of delivery requested. Customers can check for availability of delivery to APO and FPO addresses as well as get more information on what's in the gift baskets by clicking on the image of the gift basket at Virtual Commissary. Payment for orders can be made with any credit card accepted in brick and mortar commissaries and customer information is not archived by DeCA.

"We're certainly energized by the possibilities offered to our customers through this partnership with industry," Nixon said. "The future of online commissary shopping is unlimited!"

Down the road, Virtual Commissary expansion could include making a wide variety of commissary products available, a feature that would allow deployed military service members, retirees, and other authorized shoppers to order items they want and need at commissary savings — no matter where they live.



ON THE MENU

AT ANDERSON HALL

Today

Lunch

Seafood Platter
— Fried Fish Nuggets
— Fried Shrimp
— Fried Scallops
— Breaded Oysters
Lasagna
Baked Ravioli
Macaroni and Cheese
Simmered Asparagus
Italian Mixed Vegetables
Chewy Nut Bar
Yellow Layered Cake

Dinner

Roast Pork Loin
Barbecued Chicken
Mashed Potatoes
Wild Rice
Simmered Broccoli
Corn on the Cob
Applesauce
Chewy Nut Bar
Yellow Layered Cake

Saturday

Brunch/Dinner

Herbed Rock Cornish Hen
Oven Roast
Rice Pilaf
Mashed Potatoes
Herbed Green Beans
Simmered Carrots
Applesauce Cake
Fruit Pies
Chocolate Chip Cookies

Sunday

Brunch/Dinner

Yankee Pot Roast
Baked Ham
Mashed Potatoes
Candied Sweet Potatoes
Simmered Mixed Vegetables
Simmered Pinto Beans
Chocolate Layered Cake w/Chocolate Cream Frosting

Monday

Lunch

Baked Meatloaf
Creole Pork Chops
Mashed Potatoes
Noodles Jefferson
Boston Baked Beans
Simmered Peas and Carrots
Apple Crisp
Chocolate Chip Cookies
Fruit Pies

Dinner

Baked Turkey and Noodles
Baked Fresh Fish
Steamed Rice
Simmered Corn
Simmered Brussels Sprouts
Apple Crisp
Chocolate Chip Cookies
Fruit Pies

Tuesday

Lunch

Beef Sukiyaki
Pork Chop Suey
Egg Foo Young
Chinese Fried Egg Rolls
Steamed Rice
Chicken Fried Rice
Vegetable Stir Fry
Simmered Broccoli
Chow Mein Noodles
Sweet and Sour Sauce
Fruit Pies
Chocolate Pudding

Dinner

Creole Macaroni
Honey Ginger Chicken Breasts
Mashed Potatoes
Noodles Jefferson
Simmered Green Beans
Cauliflower Au Gratin
Fruit Pies
Chocolate Pudding

Wednesday

Lunch

Barbecued Spareribs
Country Style Steak
Red Beans and Rice
Mashed Potatoes
Southern Style Collard Greens
Simmered Corn on the Cob
Fruit Pies
Oatmeal Cookies

Dinner

Baked Chicken
Beef Pot Pie
Boiled Egg Noodles
Southern Style Squash
Simmered Peas w/Mushrooms
Brownies
Fruit Pies

*Thursday

Lunch

Grilled Sirloin Steak w/Mushrooms and Onions
King Crab Legs
Shrimp Scampi
Southern Fried Chicken
Baked Potato
Mashed Potatoes
Asparagus w/Lemon Sauce
Simmered Corn
Corn On The Cob
Manhattan Clam Chowder
French Onion Soup

Dinner

Baked Chicken
Beef Pot Pie
Boiled Egg Noodles
Mashed Potatoes
Southern Style Squash
Simmered Peas w/Mushrooms
Pies
Brownies

**The MCB Hawaii community is invited to the 230th U.S. Marine Corps Birthday Luncheon, Thursday from 10:30 a.m. until 1:30 p.m. at the Anderson Hall mess hall in Building 1089.*

Meal prices are as follows: \$4.90 for family members of E-1 to E-4 and \$5.80 for everyone else.

WORD TO PASS

HECO to Give Away Small Trees

Hawaiian Electric Co. and its cosponsors are giving away 2,200 trees and shrubs Saturday morning, in honor of Arbor Day at six sites on Oahu.

The plants will be given away on a first-come, first-served basis and is usually exhausted within the first two hours.

The potted trees are small enough to be carried easily by hand.

Experts will be on hand to give advice on selecting the appropriate plant for different climates. Also available will be free brochures on siting, planting and caring of the plants, and a guide on "Common Hawaiian Trees" that can be purchased.

Cosponsors of the annual event include the Kaulunani Urban Forestry Program under the state Department of Land and Natural Resources, the Urban Garden Center, the Wahiawa Botanical Garden of the Honolulu Botanical Gardens, and the Waimea Valley Audubon Center.

For more information on Arbor Day, visit www.arbordayhawaii.org.

Plants will be distributed at these locations:

- Waianae — 7 a.m., HECO Kahe Power Plant, 92-200 Farrington Highway.
- Pearl City — 7 a.m., Urban Garden Center, 955 Kamehameha Highway.
- Honolulu — 7 a.m., HECO facility, 820 Ward Ave.
- Kailua — 7 a.m., HECO Koolau base yard, 1387 Ulupii St.
- Wahiawa — 7 a.m., Wahiawa Botanical Garden, 1396 California Ave.
- North Shore — 9 a.m., Waimea Valley Audubon Center, 59-864 Kamehameha Highway.

Honolulu Harbor Festival to Set Sail Next Month

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

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

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

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

Community Invited to Create Holiday Decorations

It's not too early to start thinking about decorating for the holidays as they're just around the corner. This year, why not make your own decorations using dried materials from the Wahiawa and Hoomaluhia botanical gardens?

Classes on making angels and swag will be held but reservations are required so be sure to call soon to reserve your spot.

The Angels class will be held at Hoomaluhia Botanical Garden, Wednesday, from 9:30 to 11:30 a.m., and at Wahiawa Botanical Garden, Nov. 15 from 1 to 3 p.m.

The Swag class will be held at Hoomaluhia Botanical Garden, Nov. 16, from 9:30 to 11:30 a.m., and at Wahiawa Botanical Garden, Nov. 22 from 1 to 3 p.m.

Friends of Honolulu Botanical Gardens members pay \$10 and nonmembers pay \$12.

For more information or reservations, call 537-1708.

Volunteers Needed for Science Adventure Center Grand Opening

Volunteers who are at least 18 years old, are needed for Bishop Museum's Science Adventure Center grand opening celebration. The countdown has begun to the grand opening of Bishop Museum's new 16,500-square-foot Science Adventure Center and they're looking for fun, energetic volunteers to help with this historic event on Nov. 19 from 9 a.m. to 8 p.m..

The only facility in Hawaii dedicated to showcasing the latest in scientific technology and research, the Science Adventure Center will educate visitors on such topics as oceanography, volcanology, biodiversity and ecology.

Bishop Museum is looking for volunteer groups of 20 or more to assist with traffic flow around and thru the Science Adventure Center and help children and families with hands-on activities throughout the daylong celebration.

For more information, or to sign-up, call Judi McClain at 848-4180.

The Bishop Museum is located on 1525 Bernice St. in Kalihi.

Volunteers Sought for Special Olympics

Special Olympics Hawaii is looking for volunteers for their Annual Holiday Classic. Scheduled for Dec. 2 to 4 at Hickam Air Force Base and Kaneohe Marine Corp Base.

This year, almost 800 athletes will compete in statewide basketball, bocce and bowling competitions. Volunteers are the backbone of Special Olympics and more than 700 are needed in order to make this event special. Whether

you can contribute your time "behind the scenes" or at one of our sporting events, there is a position for you.

For more details, call Cindy at 943-8808, ext. 27 or visit www.specialolympichawaii.org.

Jellyfish Drift Into Waikiki Aquarium

Some of the undersea world's most beautiful creatures, the jellyfish, will be showcased at the Waikiki Aquarium Nov. 12. That's when the new exhibit, Ocean Drifters, The Goldfein Spottswood Jellyfish Gallery, will offer visitors the opportunity to see these delicate, creatures up close.

The new exhibit extends past an entire gallery wall. The availability of the jellyfish species varies seasonally, so the exhibit contents will change frequently, but will include box jellies, lagoon jellies, sea nettles, moon jellies and comb jellies. The jellyfish on display range in size from contact lenses to grapefruits and in color from shimmering white to shades of pink, brown and blue. Aquariums in Japan and on the U.S. mainland donated many of the jellyfish, while others were collected from the wild and bred by Waikiki Aquarium staff.

The Ocean Drifters exhibit includes a 10-foot-high, 1,000-gallon cylindrical tank and multiple custom-built tanks, including some with domed fronts. The tanks are equipped with a specialized water circulation system that keeps the animals suspended in the water for easy viewing.

Contrary to their name, jellyfish are not fish but free-swimming relatives of sea anemones, corals and hydroids. They are found in ocean waters worldwide.

Made up of 2 percent protein, 2 percent mineral salts and 96 percent water, most jellyfish consist of a gelatinous bell-shaped body with mouth and tentacles hanging down from the undersurface of the bell.

The Waikiki Aquarium is open daily from 9 a.m. to 4:30 p.m., except Christmas Day. Admission is \$9 for visitors; \$6 for local residents, active duty military with ID, students with ID and seniors; \$4 for youths 13 to 17 and persons with disabilities; \$2 for juniors 5 to 12;

and free for children 4 and younger as well as Friends of Waikiki Aquarium members.

For more information, call 923-9741 or visit online at www.waiaquarium.org.

Museum Playground Offers Playtime with Prehistoric Creatures

The Bishop Museum turns into a prehistoric playground Sunday with the opening of its latest traveling exhibit, "Baby Dinosaurs: A Prehistoric Playground." The exhibit tells the story of dinosaur development, parenting and "growing up Mesozoic" through several scenarios of robotically animated baby dinosaurs.

Watch as a pteranodon feeds her young, hear the hoots of adult and juvenile parasauropodus as they watch over hatchlings, and see a baby tyrannosaurus rex stalk its prey. Visitors can also see and operate the inner robotic workings of a special cut-away dinosaur. Other playfully interactive activities include building a dinosaur out of plush blocks, creating dinosaur tracks, and digging for fossils.

Designed especially for the education and enjoyment of children, the exhibit combines the charm of young dinosaurs with the message that play and parental responsibility are vital for a child's development.

Admission is \$3 for kamaaina and military, and free for Bishop Museum members and children 3 and younger. Bank of Hawaii customers and employees get free admission for up to two people when they show their Bank of Hawaii bankcard.

The exhibit will be on display at Bishop Museum through Dec. 11.

For more information, call 847-3511 or visit www.bishopmuseum.org.

Word to Pass Receives Submissions

If you have Word to Pass items which are of general interest to a military community, e-mail them to editor@hawaiimarine.com, at least two weeks prior to the date of your event.

Items may be edited in the interest of good taste and space constraints.

For more information, call 257-8835 or 257-8837.

Developing life skills now can help service members save big

Kelli Kirwan

LIFELines.navy.mil/LIFELines.usmc.mil

Graduation day arrives. You are no longer called "recruit," after earning your title of Sailor or Marine. But little time is available for strutting your uniformed stuff, because you have more training to get under your belt. Immediately, you are off to school to soak up more military knowledge and specialized skills before hitting the fleet and the real world.

All of your training gives you the ability and the knowledge to serve with confidence. You are at the top of your game.

When you report to your first duty station, you will find that your schooling has prepared you for your job, but not for the inside scoop needed to prepare you for life as a Sailor or Marine. At LIFELines.navy.mil, you've found a great place to learn about what it's really like to live life in the military. It helps fill in the blanks and provides you and your family with the information you wish you had known when your journey to the fleet began.

Finances

You see many of your peers who find themselves in hot water with their bank and command. Typically, it is because they didn't grasp the idea that having checks in their checkbook doesn't mean money in their checking account.

Many Sailors and Marines join the service not ever having had income of their own, much less having to budget and manage it. Now there are services available that can educate and help prevent the complex and tangled webs that financial problems bring into a service member's life.

Budget counseling through the Navy-Marine Corps Relief Society is a wonderful tool if you don't understand finance and budgeting. Imagine the stellar credit ratings so many more Sailors and Marines would enjoy if they had known then what they know now.

Commissaries have great savings and great ideas. The Defense Commissary Agency brings quality food products at exceptional cost savings. If you've never had to grocery shop for yourself before, the commissary is an excellent resource to learn. It also provides recipes and budget-saving ideas for its patrons.

A good place to shop for everything, from the latest fashions to DVD players, is right on base at the Navy or Marine Corps Exchange.

Shopping at the exchange provides numerous benefits to you and to your fellow service members. First, prices are very competitive with civilian department stores. Second, you don't pay sales tax, which means you are saving at least 4 percent on every purchase. Third, the more shopping you do on base, the more money there is for other on-base facilities and activities, as profits at the exchange are used to support other programs you enjoy as a Sailor or Marine. Fourth, exchanges often conduct sales on all types of merchandise, which means even more savings for you.

It is never too early to start saving for the future. Financial masters such as Suze Orman provide guidance to help people stay financially fit for life. Orman says if you put away \$100 a month starting at age 25, you would be a mil-

lionaire by the time you retire.

Imagine what kind of nest eggs earlier generations of Sailors and Marines would have now had they known then to join a savings plan such as the Thrift Savings Plan and to stick with it.

Secondhand and resale shops have hidden treasures waiting to be discovered. Here you can purchase almost anything used, but useful. Think of the missed opportunities in finding the perfect bargain because Sailors and Marines didn't know they were out there.

Spouses of active duty service members often have a difficult time in the career department. They are often not in one place long enough to finish schooling, to build up seniority for promotion, or to use their network that takes time to build.

To help spouses, there are the Spouse Employment Assistance Program at the Navy's Fleet and Family Service Centers and Family Members Employment Assistance Program at the Career Centers on Marine Corps installations. Developing marketable skills, teaching interview tips, and more are available through these programs. Just think of the time that could have been saved in the job search if military families had known then what they know now.

Emotional and Mental Support

Life in the Navy and Marine Corps carries on just like life in the hometowns that all Sailors and Marines come from. Marriage and children happen just like everywhere else. Anywhere a Sailor or Marine is sent, a chaplain will be there to help with spiritual, emotional and social needs.

Two programs to help with individual and marital growth are the Prevention Relationship Enhancement Program and the Chaplain's Religious Enrichment Development Operation.

These programs help support and teach you how to nourish your relationships. Life in the service of our country has its unique hardships on family relationships. Don't wait until those relationships are in jeopardy before nurturing them. You may not have known before about CREDO and PREP but you do now.

Sometimes families run into problems that are beyond regular spiritual and emotional upkeep. Depression, drug and alcohol dependency, and other emotional turmoil can result in poor job performance, self-destructive behavior and family violence.

The Navy and Marine Corps recognize that individuals and families need to be able to get the counseling and education they need. Support services are available in the military community. The FFSC's throughout the Navy have counselors who can help address a variety of issues. The Navy also has a Family Advocacy Program and Parent Support Programs to educate our military families.

LIFELines is a tool for friends, family members, and leaders in the Navy and Marine Corps to educate themselves and others about the support programs that are available to sea-service families.

With today's technology there should not be one Sailor or Marine who ever says, "If I had known then what I know now."

POSTEMSKI: Range coach pushes others to succeed

From B-3

Marine Corps, and I hope to have the opportunity to do this for the rest of the time while finishing my degree for criminal justice and criminology."

Postemski now spends her time coaching, going to school, and taking care of her 2-year-old son, Tanner.

"Right now, Tanner, school and the Marine Corps are my life," laughed Postemski. "It gets tough sometimes, but that's no excuse not to push through and succeed."

On the range, she pushes people to succeed every day and has recently been named "Coach of the Week" for the past couple of weeks in a row.

"I recently had two shooters who improved from 'marksman' to 'experts,'" said Postemski. "One shooter had been a marksman for five years, and the other for three. It really proves to me how much some time and dedication can really affect another person."

Postemski isn't sure yet whether she will reenlist again, or leave the Corps to become a state trooper in Connecticut, but according to her, she doesn't really have any regrets from her past experiences.

"The Marine Corps has instilled leadership, demanded self-confidence, and given me friendships that I will remember for a lifetime," said Postemski. "Marines just need to keep their heads up. Even when times seem rough — you can pull through."

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

NOVEMBER 4, 2005



Photo Courtesy of Kris Burmeister

Makani Christensen rides a wave during the Monster Surf Contest, held at North Beach aboard Marine Corps Base Hawaii, Kaneohe Bay, Saturday. Christensen placed second, overall, in the competition.

Surf contest rolls at K-Bay

Halloween antics light up competition

Tony Kim

Special to the Hawaii Marine

A record number of surf competitors and supporters turned out to participate in the Monster Surf Contest, held this past Halloween weekend aboard Marine Corps Base Hawaii, Kaneohe Bay, at North Beach where the surf was three- to five-foot high.

Having experienced 10- to 12-foot surf at North Beach the previous weekend, preregistration for the one-day event filled to capacity with 36 short board and 24 long board contestants.

Known throughout much of Oahu's surf community as the most consistent surf break year-round, North Beach came through with some of the best surf on the island, Saturday. Under clear blue skies, inviting trade winds and consistent waves, the competitors put on an impressive performance. Broken boards, headstands, helicopter 360s, collisions, floaters and aerial maneuvers were the order of the day at the "main peak," just north of the lifeguard tower.

When the salt spray and foam settled at day's end, John Kauffman emerged the active duty champion earning first place in the Open Long Board and third place in the Open Short Board divisions. Makani Christensen took second place overall, with

a strong second-place finish in Short Board, and fifth place in the Long Board divisions. Ben Lacy took third place overall, ripping apart every wave he rode to win the Open Short Board Division.

See **ANTICS**, C-7

Long and short boarders soak up ocean swells

Lance Cpl. Roger L. Nelson

Combat Correspondent

The Monster Surf Competition was held Saturday at North Beach aboard Marine Corps Base Hawaii, Kaneohe Bay.

"The waves today are pretty clean — just kind

of small," said Dino Leonerd, assistant manager, Water Safety. "It would be a lot sweeter if the waves had a little more size to them."

Leonerd said there were two groups in the competition — one primarily for long boarders and one for short boarders.

"We have 45 people, all together, competing in the competition," said Leonerd. "The contest is made up of six heats for short boarders and four heats for long boarders, with six people in each heat. I know the numbers don't add up, but we have some people competing in both groups."

Cpl. Danielle L. Castillo, rifleman, 1st Battalion, 3rd Marine Regiment, said that competitors are given three minutes to paddle out, then the horn is blown, and they are given 15 minutes to surf, having their best 10 waves scored.

"There is also a separate category set for female surfers. Out of the two females that are entered into the surf competition one will receive a trophy," said Leonerd. "There's also trophies for top five best overall surfers that military and civilians can receive and top three best military surfers that only military personnel can receive."

Leonerd explained how there also is a drawing for a blank surfboard that contestants have a chance to win.

See **SURF**, C-8



Photo Courtesy of Kris Burmeister

Joe Pascal performs his unique kapa kai headstand during the Monster Surf Contest at North Beach.



Lance Cpl. Ryan Trevino

Retired Sailor Charles B. Nunley holds the ball and club he used to win a free car at the Staff NCO tourney, Oct. 26. He should relieve his brand new car in two months, after everything has been processed.

Retired Sailor wins with stroke of luck

Lance Cpl. Ryan Trevino

Combat Correspondent

A retired Sailor living aboard Marine Corps Base Hawaii, Kaneohe Bay, won a car after hitting a hole-in-one on the 18th hole of the Kaneohe Klipper Golf Course, Oct. 26, during the quarterly Staff Noncommissioned Officer Top 4 Golf Tournament.

"I was in shock and overwhelming disbelief," said Charles B. Nunley, a retired aviation electronic technician, after sinking the 182-yard shot with a one iron on the par 3 18th hole.

Nunley said this was his first hole-in-one and did not expect it to be such a big deal. The prize for the hole-in-one shot is a Ford Focus valued at \$17,000.

"I jumped three feet in the air, once I saw the ball go in," said Nunley.

Todd P. Murata, general manager and Pro Golf Association golf pro at the course said the course always holds hole-in-one competitions but has never seen a hole-in-one on any hole since he began working there seven years ago.

"Putting a ball in the hole that far out is miraculous — especially with a one iron," said the golf pro.

McKenna Motors sponsored the tournament and provided the automobile as a prize giveaway for anyone who could sink a hole-in-one on the 18th.

Murata said that it would take about two months for McKenna Motors to process the giveaway, so Nunley won't be driving the Ford right away.

Nunley's wife and friends were at the golf course and witnessed the prize-winning shot. After he made the shot, Nunley remembered thinking about the other competition that the golf course offers and that he might win that one — the closest-to-the-pin competition. But when he saw the ball land on the green and keep on going, it wasn't until it disappeared into the hole that he realized that he had won the ultimate prize.

"I remember thinking, alright it's on the green, that might be closest to the pin," said Nunley.

See **GOLF**, C-8

Deuces Wild trump Skinny Dragons

Lance Cpl. Ryan Trevino

Combat Correspondent

The 2-2 "Deuces Wild," a joint team of Patrol Squadron Special Projects Unit 2 and Patrol Squadron 2, defeated the "Skinny Dragons" of Patrol Squadron 4, 18-5, Tuesday night on Marine Corps Base Hawaii, Kaneohe Bay, in intramural softball game at Annex field, strengthening the Deuces Wild record to 9-2 for the season.

The action started early in the game with four quick runs scored by the Deuces in the top of the first inning with some hard-hitting from the top of the lineup. The Skinny Dragons answered back with some slugging of their own. Left fielder Terry Wise drilled a shot past the shortstop for a leadoff single.

First baseman Brandon Smith hit a deep fly to the outfield for a double, advancing Wise to third base. Center fielder Shawn Spooner stepped up to the plate with runners

See **SOFTBALL**, C-6



THE BOTTOM LINE

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

Does 'bling bling' belong courtside?

Kristin Herrick
The Cheese

While I was in high school, the principal started banning things like wearing bandanas and hats. Supposedly, this was to prevent any gang activity from infiltrating our 400-member student body in the heart of farm country. It must have worked, because I was never once kidnapped and forced to pledge my allegiance to the Bloods or the Crips.

I guess the NBA is worried about gangs too, and has therefore enacted a dress code that limits what players can wear while on team or league business. The NBA has banned sleeveless shirts, shorts, sports apparel, headgear, certain jewelry, sunglasses while indoors, and headphones.

This seems like a lost cause as nearly every player in the National Basketball League is already a member of the "I'm a rich and famous pro athlete and should be able to do what ever I want" gang. I hear this one has some pretty heavy initiation rituals. This might help explain why Dennis Rodman is the way he is.

Anyway, the point is that despite the fact that NBA stars are getting younger and younger every season, they're still old enough to know who they are and how they

want to express themselves. How are players supposed to show team spirit with a black sport coat?

Apparently the NBA is trying to clean up its image, but to me, they're just making the players seem even more untouchable than ever. The athletes are just going to seem detached from their style, their sport and, ultimately, their fans that idolize them.

Some critics are calling the dress code discriminatory against young black players, because they're the ones who usually sport the "bling bling," which has now been banned. The Cheese thinks this whole thing is a ploy to stop the white boys from looking ridiculous when, they too, try to sport the heavy gold chains and two-carat diamond studs. If that's the real reason for the ban, more props to the NBA for saving the reputations of guys with no game, everywhere.

Bottom Line: As much as The Cheese enjoys feasting her eyes on a good-looking man in a suit and tie, pro athletes are more than eye candy. They're men who dress alike often enough when on the court that off-court time should be used to express individuality and style. These men are not stockbrokers or pharmaceutical salesmen. They are professional basketball players; they should be able to dress the part.

Sgt. Joseph A. Lee
The Sergeant

Well, it looks like the Marine Corps is rubbing off on professional sports, which could be a good thing. For a sport that pretty much created today's urban fashion, the new NBA dress code came as a huge surprise to some, but if you ask The Sergeant, it's a step in the right direction for some of the young players being drafted into the NBA today, as well as urban youth who follow the sport.

Only good can come from dressing in a professional manner. Some may wonder how NBA commissioner David Stern came up with the new dress code. Basically, The Sergeant assumes all he needed to do was point a finger at Alan Iverson and say, "None a 'dat."

Players and fans are shouting accusations of racism, which, according to Stern, is not even an issue.

"Some of my (team) owners are hip-hop, but they dress in a different fashion. Hip-hop doesn't mean sloppy."

It seems it's mostly the younger players who are more upset about it. To the players' credit, though, The Sergeant thinks it is pretty silly that some of the things players are not allowed to wear are their actual team jerseys — maybe they went a little far there. Here's the scoop:

Business Casual

According to the dress code, players are required to wear business casual attire whenever they are engaged in team or league business. According to the new rules, "business casual" attire means:

- A long- or short-sleeved dress shirt (collared or turtleneck), and/or a sweater.
- Dress slacks, khaki pants or dress jeans.
- Appropriate shoes and socks, including dress shoes, dress boots, or other presentable shoes, but excluding sneakers, sandals, flip-flops or work boots.

Being a Marine, The Sergeant is used to dress codes, so if I can't wear flip-flops at the game, neither can the players!

Exceptions to the rule

There is the following exception to the general policy of business casual attire:

Players who are in attendance at games, but not in uniform, are required to wear the following additional items when seated on the bench or in the stands during the game:

- Sport Coat
- Dress shoes or boots and socks.

See *SERGEANT*, C-7

Cheese (2-6)

Atlanta @ **Miami**
Carolina @ Tampa Bay
Cincinnati @ Baltimore
Detroit @ **Minnesota**
Houston @ Jacksonville
Oakland @ **Kansas City**
San Diego @ N.Y. Jets
Tennessee @ **Cleveland**
Chicago @ **New Orleans**
N.Y. Giants @ **San Francisco**
Seattle @ **Arizona**
Pittsburgh @ **Green Bay**
Philadelphia @ **Washington**
Indianapolis @ New England

This is getting pitiful, The Cheese hasn't beat The Sergeant since week two. This week I've chosen the teams with the better looking uniforms. I'm feeling the vibe from gold and orange tones. Monday night total score: **56**

Week Nine Picks

To play, clearly circle the teams you think are going to win. Drop your picks off under the door of Room 19 in Building 216 or email your picks to lee@hawaiimarine.com by Saturday night. The person who has the most correct picks will get to boast in the Hawaii Marine and fill us all in on their following week's predictions. The closest to the total score for Monday Night's game, without going over, will determine the winner in the event of a tie.

Atlanta @ Miami
Carolina @ Tampa Bay
Cincinnati @ Baltimore
Detroit @ Minnesota
Houston @ Jacksonville
Oakland @ Kansas City
San Diego @ N.Y. Jets

Tennessee @ Cleveland
Chicago @ New Orleans
N.Y. Giants @ San Francisco
Seattle @ Arizona
Pittsburgh @ Green Bay
Philadelphia @ Washington
Indianapolis @ New England

Monday Night Tiebreaker (Indianapolis @ New England): _____ points.

NAME: _____ PHONE: _____

Sarge (5-2)

Atlanta @ **Miami**
Carolina @ Tampa Bay
Cincinnati @ Baltimore
Detroit @ Minnesota
Houston @ **Jacksonville**
Oakland @ Kansas City
San Diego @ N.Y. Jets
Tennessee @ **Cleveland**
Chicago @ **New Orleans**
N.Y. Giants @ San Francisco
Seattle @ Arizona
Pittsburgh @ Green Bay
Philadelphia @ Washington
Indianapolis @ New England

This week's picks look pretty cut and dry, but, of course, when the picks seem obvious, those are usually weeks of total disaster. With Culpepper out, Minnesota doesn't have a prayer — not as if the boys in purple ever had much of one anyway. Monday night total score: **29**



MCCS to Host Annual Turkey Trot

Edward Hanlon V

Marine Corps Community Services Marketing

If you are what you eat, then what are you going to be on Thanksgiving? Well, if you don't want to be a turkey, burn off those holiday calories proactively at the 8th Annual 3rd Radio Battalion Turkey Trot four-mile foot race, coming to Kaneohe Bay, Nov. 19.

The event is a combined four-mile race followed by a one-mile Family Fun Run aboard Marine Corps Base Hawaii, Kaneohe Bay, that will give participants a chance to prepare for that feast that is right around the corner.

"We want this to be an event in which the entire family can benefit," stated Stacy Barkdull, MCCS athletics coordinator. "The four-mile race is for the parents and the fun run for the kids."

The race will be held Nov. 19, and begins at 8 a.m. "The race begins at the Nuupia Ponds and winds throughout the base, both on- and off-road," added Barkdull.

The entry fee is \$15 for the Turkey Trot, and the event is open to the public, so invite friends to race scenic K-Bay. The Family Fun Run is free for adults and children.

"We want to provide a safe race course for adults and kids, but ultimately, the purpose of this race is to bring some additional fun to the holidays," said Barkdull, smiling.

Individual active duty runners will earn points toward the Commanding General's Semper Fit Series for their unit.

Register at the Semper Fit Center, Building 3037, or stop by the Semper Fit Administrative Office in Building 219. Packet pickup will be held Nov. 16 through 18 at the Semper Fit Center. Register on race day, if not before.

Awards will be presented to the first-, second-, third-place overall competitors, along with first-place awards for the individual division winners.

Children will even receive participation ribbons for completing the Family Fun Run.

In addition to all of the fun, random drawings will be held to award complimentary Thanksgiving turkeys, compliments of Safeway. Refreshments will also be available from Gatorade.

For additional information, call MCCS Athletics at 254-7590.

Tough tots



Sgt. Joseph A. Lee

Miles Tramill, 5-year-old running back for the K-Bay Buccaneers, jukes around the Pearl Harbor defense, Saturday, in a Youth Sports Flag Football game at the C-Street Field. Pearl Harbor came out on top, 18-14. Tramill's older brother, David Tramill Jr., plays for the Kaneohe Knights and will be playing a game at the Aloha Stadium, Sunday at 3:30 p.m. Youth Sports Flag Football games can be seen every Saturday aboard Marine Corps Base Hawaii, Kaneohe Bay, at 9 a.m. at the C-Street Field.

HEALTH & FITNESS

Bird flu could become pandemic

LIFELines Staff, DoD Public Affairs

LIFELines.navy.mil/LIFELines.usmc.mil

The World Health Organization is warning that signs point to the possibility of a global flu outbreak, called a pandemic.

There have been three flu pandemics in the last century; the worst, in 1918, killed as many as 50 million people worldwide.

Scientists say it is only a matter of time before the next worldwide influenza outbreak. Concern is rising that it could be triggered by the avian flu called H5N1.

That virus has killed or led to the slaughter of millions of birds, mostly in Asia, but also in parts of Europe. It has killed about 60 people, mostly poultry workers, because, so far, the virus does not spread easily from person to person.

The fear is that it will mutate to spread easily, which could be a catastrophe because H5N1 is so different from annual flu strains that people have no natural immunity to it. If it mutates, the prediction is that possibly 100,000 to two million people could die from it in this country.

As with war, DoD has begun planning for any eventuality. For more information about military vaccines, check www.vaccines.mil.

President Bush has asked Congress for \$7.1 billion in emergency funding to combat a possible influenza pandemic brought on by bird flu originating in Asia.

In a speech at the National Institutes of Health in Bethesda to announce a "comprehensive national strategy" against pandemic flu, President Bush warned that although bird flu has not reached U.S. shores and remains primarily an animal disease, there is "cause for vigilance" because a pandemic could develop rapidly with devastating effects.

"Scientists and doctors cannot tell us where or when the next pandemic will strike or how severe it'll be, but most agree: At some point, we are likely to face another pandemic," Bush said. "Because a pandemic could strike at any time, we can't waste time in preparing," he said. "So to meet all our goals, I'm requesting a total of \$7.1 billion in emergency funding from the United States Congress."

The U.S. Government has also established a Web site for information on bird or avian flu at www.PandemicFlu.gov.

Frequent, short-notice deployments around the world demand that the military step up its emphasis on keeping the force vaccinated for contingencies it may face, according to the Defense Department's deputy director for the

Military Vaccine Agency.

The expeditionary nature of the force requires that DoD plan ahead to provide its members the best possible protection against disease and illness when they deploy, Army Col. John Grabenstein said during an interview with American Forces Press Service and the Pentagon Channel.

"Vaccinations have always been about planning ahead," Grabenstein said. "We try to anticipate what is going to happen at the other end of that plane flight to the deployment area."

As a result, he said, DoD is conducting more surveillance about infections and disease that troops need to be protected against, manufacturing Federal Drug Administration-approved vaccines to counter them, and developing Centers for Disease Control guidelines for administering these vaccines. The Bureau of Medicine also has issued guidance on influenza vaccines.

DoD is also making a greater effort to ensure service members' shot records are up-to-date. This way, when a short-notice deployment occurs, the affected troops need only those shots specific to their deployment area, not "a big, long laundry list of vaccines," Grabenstein said.

This effort includes more screening of

Reserve and Guard troops, checking their immunizations records each fall when they receive their flu shots to ensure they're current. Grabenstein said Reserve component troops generally require more shots than their active component counterparts when preparing for deployments.

When entering the military, all troops receive a basic list of immunizations: meningococcal; tetanus and diphtheria; measles, mumps and rubella; and poliovirus. Other vaccines are frequently prescribed for travel to specific international locations or for certain occupations, Grabenstein said.

Other vaccines protect against bioweapons such as anthrax and smallpox. The Defense Department put its anthrax vaccination program on hold last fall pending legal challenges, but supports findings that the vaccine is safe and effective.

Grabenstein said mandatory immunizations for military protect the fighting force and keep it fighting, much as body armor does.

Since the first vaccine, against smallpox, was introduced in the late 1700s, he said, no other medical technology has surpassed immunization in protecting people against disease. "It's the biggest success story in all of medicine," he said.

CDC releases information about avian flu

Press Release

Centers for Disease Control and Prevention

This fact sheet provides general information about bird flu and information about one type of bird flu, called avian influenza A (H5N1) that is infecting birds in Asia and has infected some humans.

What is avian influenza (bird flu)?

Bird flu is an infection caused by avian (bird) influenza (flu) viruses. These flu viruses occur naturally among birds. Wild birds worldwide carry the viruses in their intestines but usually do not get sick from them. However, bird flu is very contagious among birds and can make some domesticated birds, including chickens, ducks and turkeys, very sick and kill them.

Do bird flu viruses infect humans?

Bird flu viruses do not usually infect humans, but several cases of human infection with bird flu viruses have occurred since 1997.

How are bird flu viruses different from human flu viruses?

There are many different subtypes of type A influenza viruses. These subtypes differ because of certain proteins on the surface of the influenza A virus (hemagglutinin [HA] and neuraminidase [NA] proteins). There are 16 different HA subtypes and 9 different NA subtypes of flu A viruses. Many different combinations of HA and NA proteins are possible. Each combination is a different subtype. All known subtypes of flu A viruses can be found in birds.

However, when we talk about "bird flu" viruses, we are referring to influenza A subtypes chiefly found in birds. They do not usually infect humans, even though we know they can. When we talk about "human flu viruses" we are referring to those subtypes that occur widely in humans.

There are only three known A subtypes of human flu viruses (H1N1, H1N2, and H3N2); it is likely that some genetic parts of current human influenza A viruses originally came from birds. Influenza A viruses are constantly changing, and they might adapt over time to infect and spread among humans.

What are the symptoms of bird flu in humans?

Symptoms of bird flu in humans have ranged from typical flu-like symptoms (fever, cough, sore throat and muscle aches) to eye infections, pneumonia, severe respiratory diseases (such as acute respiratory distress), and other severe and life-threatening complications. The symptoms of bird flu may depend on which virus caused the infection.

How does bird flu spread?

Infected birds shed flu virus in their saliva, nasal secre-

tions, and feces. Susceptible birds become infected when they have contact with contaminated excretions or surfaces that are contaminated with excretions. It is believed that most cases of bird flu infection in humans have resulted from contact with infected poultry or contaminated surfaces. The spread of avian influenza viruses from one ill person to another has been reported very rarely, and transmis-

sion has not been observed to continue beyond one person.

How is bird flu in humans treated?

Studies done in laboratories suggest that the prescription medicines approved for human flu viruses should work in preventing bird flu infection in humans. However, flu viruses can become resistant to these drugs, so these medications may not always work. Additional stud-

ies are needed to prove the effectiveness of these medicines.

What is the risk to humans from bird flu?

The risk from bird flu is generally low for most people because the viruses occur mainly among birds and do not usually infect humans.

See FLU, C-6



Sgt. Joseph A. Lee

A "Deuces Wild" player gets a hit during Tuesday night's intramural softball game at Annex Field.

SOFTBALL, From C-1

at second and third and belted a line drive up the middle, scoring both runners making the score 4-2.

It didn't take long for 2-2 to crush the comeback hopes of the Dragons. Third baseman Paul Killalea knocked a shot to deep center in the top of the third to score an inside-the-park home run after a wild throw to third from the outfield. With the score now 8-2, the Dragons had no answer, offensively, for the Deuces' third inning onslaught.

Right fielder Andy Bates started off the third by slapping a shot past the Dragons third baseman for a single. Deuces' pitcher and key player Brantley Altman drilled a line drive to center for a triple scoring Bates. Second baseman Berto Moreno brought Altman home with a double off the Dragons' pitcher. Outfielder D.J. Denato kept the hitting streak alive with a liner up the middle, scoring Moreno to make the score 11-2 but was called out at third on a frozen-rope throw from the outfield.

"Considering the other team was shorthanded by one player, I think we played alright," said

Altman. "Hopefully we can play this well all season."

The Skinny Dragons regained their composure in the bottom of the third and tried to come back from the 11-run deficit. Shawn Spooner nailed a three-run shot to deep left field bringing in Wise and Smith, slowly closing the gap, 13-5.

The Dragons stepped up their game defensively and shut down 2-2's high-powered offense with a three up; three down at top of the fourth. However, this last-minute effort was not enough to overcome the solid slugging of the Deuces.

"Everybody had a really good game both offensively and defensively," said Coach Denato. "We hit the ball and caught the ball — can't complain."

Deuces right fielder Andy Bates ended the Dragons' scoring efforts in the bottom of the fourth by making a catch and throwing to first for the double play to retire the side.

Four consecutive walks and a missed fly ball in left field brought in three runs in the top of the fifth, making the final score 18-5, Deuces Wild over the Skinny Dragons.



Sgt. Joseph A. Lee

"Skinny Dragons" coach Shawn Spooner gets high fives from his team after belting a three-run shot in bottom of the third. The Dragons lost the game 18-5, Tuesday night at Annex Field.

FLU, From C-5

However, during an outbreak of bird flu among poultry (domesticated chicken, ducks, turkeys), there is a possible risk to people who have contact with infected birds or surfaces that have been contaminated with excretions from infected birds.

The current outbreak of avian influenza A (H5N1) among poultry in Asia and Europe is an example of a bird flu outbreak that has caused human infections and deaths. In such situations, people should avoid contact with infected birds or contaminated surfaces, and should be careful when handling and cooking poultry.

For more information about avian influenza and food safety issues, visit the World Health Organization Web site. In rare instances, limited human-to-human spread of H5N1 virus has occurred, and transmission has not been observed to continue beyond one person.

What is an avian influenza A (H5N1) virus?

Influenza A (H5N1) virus — also called "H5N1 virus" — is an influenza A virus subtype that occurs mainly in birds. Like all bird flu viruses, H5N1 virus circulates among birds worldwide, is very contagious among birds and can be deadly.

How is infection with H5N1 virus in humans treated?

The H5N1 virus currently infecting birds in Asia has caused human illness and death and is resistant to amantadine and rimantadine, two antiviral medications commonly used for influenza.

Two other antiviral medications, oseltamavir and zanamavir, would probably work to treat flu caused by the H5N1 virus, but additional studies still need to be done to prove their effectiveness.

Is there a vaccine to protect humans from H5N1 virus?

There currently is no commercially available vaccine to protect humans against the H5N1 virus that is being seen in Asia and Europe. However, vaccine development efforts are taking place. Research studies to test a vaccine to protect humans against H5N1 virus began in April, and a series of clinical trials is underway.

For more information about the H5N1 vaccine development process, visit the National Institutes of Health Web site.

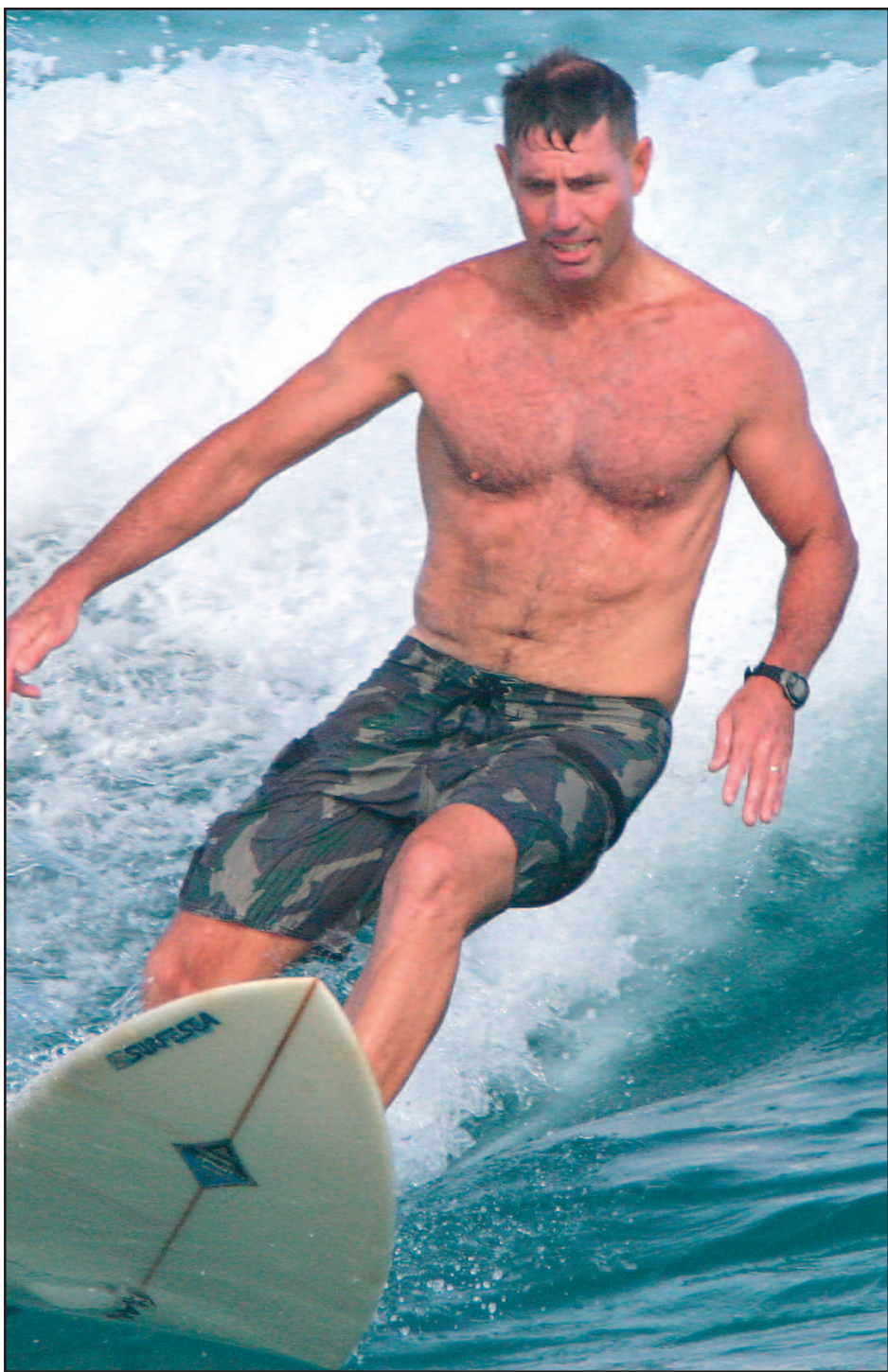


Photo Courtesy of Kris Burmeister

John Kauffman, overall winner of Saturday's Monster Surf competition, comes down the backside of a wave. Kauffman also placed first in the Open Long Board Division, utilizing the three- to five-foot swells.

ANTICS, From A-1

Special mention goes out to Joe Pascal for performing his unique kapa kai headstand; Rick Lindsey for his colorful blow-by-blow public narration; Ekahi Lee for advancing into the semifinals — in spite of nearly missing two of his heats; John Kauffman for snapping his board in half on the inside shore break; the Perron brothers with their big "airs;" and Shiloh Pelchat, and Suki Whiteside for their first-place finishes in the Women's Long and Short Board divisions, respectfully. Also special thanks to MCCA Athletics, Water Safety; and the volunteer lifeguards for holding a great event.

North Beach Monster Surf Contest Results

Overall

1st — John Kauffman
2nd — Makani Christensen
3rd — Ben Lacy

Open Short Board

1st — Ben Lacy
2nd — Makani Christensen
3rd — John Kauffman
4th — Clark Abby
5th — Rich Martinez

Open Long Board

1st — John Kauffman
2nd — Nathan Carl
3rd — John Dela Cruz
4th — Clark Abby
5th — Makani Christensen

Women's Short Board

1st — Yuko Whiteside

Women's Long Board

1st — Shiloh Pelchat

SERGEANT, From C-3

One thing is for sure — the next NBA superbrawl is going to be a black-tie affair. Fans with pin-point, soda-throwing accuracy are going to have much more to gain from a direct hit — a stained Armani suit perhaps?

Not allowed

- Sleeveless shirts.
- Shorts.
- T-shirts, jerseys, or sports apparel (unless appropriate for the event; [e.g., a basketball clinic], team-identified, and approved by the team).
- Headgear of any kind, while a player is sitting on the bench or in the stands at a game, during media interviews, or during a team or league event or appearance (unless appropriate for the event or appearance, team-identified, and approved by the team).
- Chains, pendants, or medallions worn over the player's clothes.
- Sunglasses, while indoors.
- Headphones (other than on the team bus or plane, or in the team locker room).

While The Sergeant is happy to see the players will be representing with a classier look, give me a moment to get this straight: no sports apparel? Isn't that like saying Marines shouldn't wear their uniform or represent who they are? I wonder what Nike thinks of all this? The Sergeant smells a lawsuit. Considering Nike just lost half of their advertisement airtime, someone at the corporate level is going to be pretty upset. Speaking of upset, Tim Duncan is apparently slightly perturbed about the idea, winning The Sergeant's quote of the week with this little ditty:

I think it's a load of crap," said Duncan of the code. "I understand what they're trying to do with (forbidding) hats and 'do rags and (retro) jerseys and stuff. That's fine. But I don't understand why they would take it to this level. I think it's basically retarded.

Good attitude there. The Sergeant says put the millions you're being paid in your pocket and keep quiet.

Bottom Line: Charles Barkley said it best, when he spoke to the Los Angeles Times: "Black kids dress like NBA players, but don't get paid like NBA players."

UH offers discounted tickets for military

Cpl. Rich Mattingly

Community Relations Chief

With Warrior Football in full swing, the University of Hawaii Athletic Department has announced discounted prices for the military on tickets to UH's Nov. 12 contest with Utah State.

Anyone showing a valid Department of Defense ID card at the box offices of the Stan Sheriff Center or Aloha Stadium will receive one ticket free when they purchase one ticket at the regular price. Only one discount will be allowed per customer, said ticket agents at the Stan Sheriff Center. Also, all discount transactions must take place before gameday. Officials at the box offices said family members' and retirees' ID cards will also be honored.

The game that night has been designated "Military Appreciation Night," and a Marine from Marine Corps Base Hawaii will be honored on the field prior to kickoff. A military band is also scheduled to perform at pregame and halftime.

"The University wants to acknowledge the military members and families who are stationed here in Hawaii as well as all the men and women in our Armed Forces who have served the United States," explain Scott Herada, assistant athletic director at UH.

With the game versus Utah State coming just one day after Veterans Day, Herada said he thought it was an appropriate time to honor service members and their families.

"We feel it's the least we can do to show respect for what the military community has done for all of us," he added.

For more information, call the UH ticket offices at 956-4481 or visit UH Athletics on the Internet at uhathletics.hawaii.edu.



Cpl. Roger L. Nelson

Daniel L. Castillo, rifleman, 1st Battalion, 3rd Marine Regiment, one of the active duty competitors rides a wave during the first heat of the Monster Surf Competition, Saturday, aboard Marine Corps Base Hawaii.

SURE, From C-1

"The conditions aren't really good for a competition right now," said Castillo. "I'm in the third heat, and a lot of the people aren't Marines and have been surfing in Hawaii forever, so it's going to be pretty tough competition."

Castillo said that he enjoys riding in competitions, even though there some drawbacks.

"The only bad part about this competition is where it's being held," said Castillo, a South Padre Island, Texas native. "They also need to not make a set date, they need to give it a range of dates in case the surf isn't good then."

Castillo, who just recently returned from pre-deployment training, said that he is out of practice so he doesn't expect to win.

"I haven't surfed in like three months," said Castillo. "So I'm not really expecting to win, I'm just out here for the practice, and because surfing in surf competitions is awesome."

GOLF, From C-1

He recalls turning around and making eye contact with his wife and friends after the ball dropped.

"Two seconds after the ball went in, everybody around me erupted in screams and high-fives," said Nunley. "I will never forget it."

The retired Sailor said that the most important thing about the event was that he was able to share such a special moment with his wife, Chief Petty Officer Laura S. Dejulio, assigned to Command Patrol Reconnaissance Wing 2, and seven of his closest friends.

According to Kaneohe Klipper Golf Course officials, the tournament was in a best ball-type format consisting of 24 four-person teams.

You Drink.
You Drive.



You Lose.

Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes.

— National Highway Traffic Safety Administration