

Hawaii MARINE

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1st Battalion, 3rd Marine Regiment

More return home

Lava Dogs redeploy from Operation Iraqi Freedom

Compiled by Public Affairs Office
MCB Hawaii

Approximately 275 Marines with 1st Battalion, 3rd Marine Regiment returned to Hawaii, with groups arriving April 7 through 9. 1st Battalion, 3rd Marine Regiment Marines arrived in Hawaii after being deployed in support of the Global War on Terrorism for seven months.

The first group of returnees from Operation Iraqi Freedom arrived at the Honolulu International Airport amid shouts of joy from spouses, families, friends, and fellow Marines, and music from the Marine Forces Pacific Band.

It was this group that deployed from Hawaii to Okinawa, Japan, in early July 2004 to train as the Battalion Landing Team for the 31st Marine Expeditionary Unit. When the 31st MEU received orders to the Persian Gulf, the Marines left Okinawa in August — on their way to Operation Iraqi Freedom. The Marines from 1/3 and the 31st MEU arrived in Iraq just in time to participate in the liberation of Fallujah from insurgents.

Amidst the crowd that was anxiously waiting the return of their loved ones, was Bob Winter, a former Sailor and father of young Cpl. Damon Winter of Weapons Platoon, Charlie Company. It had been more than one year since Bob Winter had seen his son, who he had flown from Phoenix, Ariz., as a surprise.

"I was so glad to see someone here waiting for me when I came outside," said Cpl. Winter. "It's something you don't realize is that important to you, but when you see your father's face there waiting for you with so much anticipation, it really feels good inside."

The Marines, members of the 1/3 advance party, have begun preparations for the arrival of the remainder of the battalion. First Battalion, 3rd Marine Regiment, is the largest contingent of Marines to return to Hawaii from combat in Iraq to date, so the advance party will have a lot of preparation to do before welcoming home the rest of their fellow Marines.

Included in this group of Marines was Staff Sgt. William F. Hornsby, who had not yet seen his three-month-old son, Ethan. Beth Hornsby waited patiently for her husband to appear through the glass doors at the airport so she could introduce father to son.

"I just can't wait to see him again," said Beth Hornsby as she clenched the hands of the many other anxious spouses nearby.

As William appeared, Beth's face lit up with a smile that stretched from ear to ear. She hugged her husband tightly before introducing young Ethan.

"Being home feels better than I thought it would, and, of course, a bit less stressful than

See RETURN, A-9



Maj. Andrew J. Kostic Jr., executive officer of Battalion Landing Team, 1/3, hugs his three young girls upon his arrival at the Honolulu International Airport, April 7. His three children ran and jumped into his arms when they saw him return from a seven-month deployment in support in Operation Iraqi Freedom.

Sgt. Joseph A. Lee

Dragon Eye keeps insurgents on the run

Cpl. Rich Mattingly
Combat Correspondent

KHOWST PROVINCE, Afghanistan — A low, buzzing sound was heard as the unmanned aerial reconnaissance vehicle known to U.S. Marines as the Dragon Eye, swooped over the patrol leader's head and out through the jagged mountainous terrain, guided by its two nose-mounted cameras and its operator located a few miles away. The operator, maintaining close control of the vehicle, monitors the site from which he believed terrorists had recently fired rockets at his patrol.

The use of the Dragon Eye by the 3rd Battalion, 3rd Marines, "America's Battalion," in Afghanistan marks the first time a Marine Corps unmanned aerial vehicle has been used in the Operation Enduring Freedom theater. On the heels of its successful employment during Operation Iraqi Freedom in Fallujah, the Marines of the battalion are using the Dragon Eye in the high elevations and difficult terrain of eastern Afghanistan to gain an important advantage over insurgent threats.

The small Kevlar and fiberglass vehicle has been giving the Marines on the ground a whole new perspective and a tactical edge.

Just a few years since being designed at the Marine Corps Warfighting Lab, the Dragon Eye is coming into its own as "over-the-next-hill, around-the-next-corner" surveillance technology. The Dragon Eye can go completely unnoticed by the enemy, weighing in at just five pounds and leaving only the radar signature of a bird.

Every company in America's Battalion, including Headquarters, is utilizing the Dragon Eye and Service Company, which has been task organized to conduct provisional rifle company operations.

"They don't see or hear the Dragon Eye at all when I raise the altitude," said Cpl. Richard Derby, battalion maintenance chief and Headquarters and Service Company Dragon Eye operator. "I can see what the enemy is doing without alerting them or putting a nearby patrol in danger." Derby added, however, that the Dragon Eye could also be a powerful deterrent when flown at lower altitudes. "People tend to scurry away when they see it coming in low," he said.

Two Marines who use either a large rubber band or a running start to get the vehicle airborne easily deploy the craft. Once in the vehicle is in the air, a Marine controls the craft using a small computer. The Dragon Eye is specifically designed for the kind of small-unit fight the Marines of America's Battalion are experiencing, according to Derby. When man-hours are a precious commodity and a commander needs real-time intelligence with situational awareness in his battle

See DRAGON EYE, A-5

2/3 braves cold temps, altitude



Sgt. Robert M. Storm

Pfc. Kyle C. Henson, infantryman, Weapons Company, 2/3, from Fort Collins, Colo., runs to get into position to secure the area after an improvised explosive device attack.

Sgt. Robert M. Storm
Combat Correspondent

MOUNTAIN WARFARE TRAINING CENTER, BRIDGEPORT, Calif.

Numbing cold, bitter winds, snow and decreased oxygen from the high altitude — these are just a few of the challenges that faced 2nd Battalion, 3rd Marine Regiment during their two-week training cycle that began March 21 at the Mountain Warfare Training Center. Although the MWTC is located in Bridgeport, Calif., in the Sierra Nevada Mountain Range, exercises are sometimes conducted 90 miles away at Hawthorne, Nev., and at elevations of 8,000 feet and higher, as the Marines of 2/3 discovered when they trained for their upcoming deployment.

"We tried to simulate the difficulties of operating a battalion in a mountain environment for sustained operations," said Col. Joe G. Schwankl, commanding officer, MWTC. "We spread the battalion out from Bridgeport to Hawthorne in order to reproduce the logistical prob-



After a long day in the bitter cold, Marines from 2/3, stand in line for hot chow, which was served almost every night.

Sgt. Robert M. Storm

lems of mountain warfare."

With Headquarters Company as a base and four other companies spread out in all different directions support suddenly becomes a big issue. Little things like hot chow, water, supplies and fire support aren't little things in a mountain environment. Roads can be blocked by landslides or impassable due to snow and travel is difficult

under the best of conditions. With companies spread out over 60 miles, 100 miles if traveling by road, many times a company will be beyond the reach of wheeled vehicle help and will require air support.

"Extreme cold weather is the toughest climate for us to operate in,

See 2/3, A-8



Cpl. Rich Mattingly

Cpl. Richard Derby, battalion maintenance chief and Dragon Eye operator with Headquarters and Service Company, 3/3, monitors what the Dragon Eye's cameras see during surveillance missions.

NEWS BRIEFS

MOAA to Host Luncheon

The Hawaii Chapter of the Military Officers Association of America will hold a luncheon April 27 at noon at the Staff NCO Club.

Guest speaker Lt. General Chip Gregson, commander, Marine Forces Pacific and Central Command will discuss "U.S. Marines in Iraq and Afghanistan."

Advance reservations are required by today. The cost is \$16.50; guests are welcome.

Call Roberta Sullivan 623-2243 or send e-mail to info@moaa-hawaii.org. Checks payable to Hawaii Chapter MOAA may be mailed to Bill Quirk, 95-219 Aua Place, Mililani, Hawaii 96789.

For more information on MOAA call Jack Miller at 261-4100 or e-mail carita@pixi.com.

Pride Day set for April 22

On April 22, Marines and Sailors will once again gather for "Pride Day" and take part in a base-wide clean up.

Last year hundreds of volunteers joined the effort from Headquarters Battalion, 3rd Marine Regiment, Combat Service Support Group 3, 3rd Radio Battalion, Marine Aircraft Group 24, Marine Corps Air Facility, Patrol Reconnaissance Wing Two, and many more.

This year Marines, Sailors and civilian Marines are encouraged to show their pride by helping to clean up both the inhabited and training areas of the base.

MMEA Plans Base Visit

Manpower Management Enlisted Assignments representatives will visit Hawaii April 25 and 26. The visit offers Marines a chance to talk with their Primary Military Occupational Specialty Monitor concerning their next duty station, career enhancement choices and/or special assignment.

There are several briefs incorporated into the visit, which caters to first-term Marines, staff and non-commissioned officers, spouses and all commissioned officers.

If you have any questions, contact your command Career Retention Specialist.

See page A-6 for more information.

Base to Honor Volunteers

MCB Hawaii will honor its volunteers with an annual volunteer recognition ceremony on April 28 from 3:45 to 5 p.m. at the Base Theater, Building 219.

Water Outage will Affect Base

There will be a water outage aboard MCB Hawaii, Kaneohe Bay on May 7, from 6 a.m. to 6 p.m., in order for workers to replace a portion of the main water line coming into base.

Contact Nathan Nakamoto at 257-2171 ext. 269 with any questions.

49th Annual Excellence in Federal Government Awards Luncheon

Marines and civilian employees from MCB Hawaii, Kaneohe Bay, will be recognized at the 2005 Excellence in Federal Government Awards Luncheon, June 8 at 10:45 a.m. in the Hawaii Ballroom of the Sheraton Waikiki Hotel.

To attend the event, pick up tickets through May 11 in Building 216, Room 6. The ticket price of \$26 includes tax and gratuity. Validated parking will be available at the Sheraton Waikiki Hotel.

For more information, contact Charles McTee at 257-8807.

HI 5¢ Redemption Sites

Automated redemption machines will be stationed in the parking lot across from the Exchange Annex furniture/toy/garden store Tuesdays and Fridays, 12 to 5 p.m.

Call 257-4300 for more information.

Important Phone Numbers

On-Base Emergencies	257-9111
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380

Hawaii MARINE

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FAX: 257-1289, PHONE: 257-8835

Active reserve program seeks qualified Marines

Cpl. Shawn Vincent

MCB Quantico

MARINE CORPS BASE QUANTICO, Va.

— For Marines who wish to take a different route in their Marine Corps career, or even for Marines considering separating from the Corps, the Active Reserve program may have something to offer.

With 186 Inspector-Instructor sites in every state except South Dakota, Marines have a wide variety of duty stations from which to choose.

One of the biggest benefits Marines have found with the active reserve program is being able stay active in the Marine Corps at an I&I station close to home.

After Marines serve three years in the active reserve program, they can receive permanent change of station orders to a fleet Marine Corps base.

"The active reserve program is great because it initially keeps you close to home, if there is [a unit] there," said Cpl. Alfred M. Seley, unit diary clerk for Detachment Bulk Fuel Company, in Green Bay, Wis. "I like being able to be closer to home than I was before and still have the same benefits as if I were on active duty."

On the active reserve Web site, www.manpower.usmc.mil/joinar, Marines can look at the state of their choice to see which military occupational specialties are available for their rank.

Billets can be filled by qualified sergeants and below. Some Marines may be retrained into a new MOS if they meet all the prerequisites. "We cover about 70 percent of MOS

billets," said Maj. Erik Cook, head of Active Reserve Assignments, Reserve Affairs Manpower.

Some of the basic requirements to become an active reserve Marine include:

- Must be a member of the Marine Corps Reserve or be a member of the active component within six months of end of active service.

- Must meet height and weight standards per Marine Corps Order 6100.10B.

- Must have education, training and experience equal with grade and MOS or be eligible for retraining.

- Must not be in receipt of retainer/retired or disability pay for service with any of the armed forces.

Active reserve Marines make up about one-third of the 6,700 active duty support personnel assigned to the Marine Corps Reserve. Although the largest number of active duty Marines who support the reserve are active component officer and enlisted Marines, about 160 government civilian employees also support the Marine Corps Reserve.

The active reserve community is a relatively small, but important, part of the total force and plays a critical role in the overall readiness of the reserve. "An active reserve Marine develops a high level of expertise within the reserve component," said Lt. Col. Eric F. Peterson, head, Reserve Affairs Manpower. "They are experts on reserve related issues. They're full-time but focused on the reserve component."

In response to questions about active reserve end strength, "We're working hard

to keep our end strength up," Peterson said. "We didn't quite make our end-strength goal last year, so we changed our approach to recruiting." Peterson said that when an enlisted Marine previously applied for the active reserve, they could wait three to four months for an answer while waiting for the board to convene. "We would announce the board via a [Marine administrative message] and it would assemble at Quantico. It would take months," he said. "When Marines are looking for a job, they don't have months."

The process has now been streamlined so a Marine can now submit an application and be notified of selection within 10 working days. The application to become an active reserve Marine can now be filled out online in a three-step process, or can be filled out with a career retention specialist, transitional recruiter or a prior service recruiter.

According to the Web site, a RAM monitor will contact the Marine applying for the active reserve program within 10 working days of receipt of the application. The monitor will advise the Marine of his or her selection status.

Peterson also said that reserve Marines currently mobilized could apply to the active reserve for duty.

The active reserve is currently at strength for officers, but holds two officer accession boards per year to ensure a continual influx of high-quality officers. However, the enlisted side needs a few good Marines. There are 351 officers and 1,910 enlisted Marines authorized in the active reserve. Currently there are 354 officers and 1,837 enlisted Marines in the AR.

For more information, visit the Web site at www.manpower.usmc.mil/joinar.

SEAS Tour

Cpl. Richard A. Johnson, a rifleman assigned to MCB Hawaii, Kaneohe Bay, explains the different statistics of the 50-caliber rifle to Peter Uinokurov, a Russian member of the Symposium on East Asia Security group. The SEAS group visited the base April 7 and was given command briefings of MARFORPAC and K-Bay as well as a tour, which included a ground-equipment static display. SEAS, organized in 1986, brings representatives from different regions throughout the world together to learn about security and how to identify challenges or threats to their nations. Hawaii was the first stop on their annual four-week tour that will take them on to other places like Japan, Korea and China.



Pic. Roger L. Nelson

Post and Relief



ROBERTS

Sgt. Maj. R.E. Roberts Jr. will assume command of 3rd Marine Regiment from Sgt. Maj. David L. Smith in a Post and Relief ceremony, today at 10 a.m. at the Pacific War Memorial.

Roberts came to MCB Hawaii, Kaneohe Bay in August 2003 as battalion sergeant major of 3rd Radio Battalion.

Smith is retiring after nearly 30 years in the Marine Corps. He came to MCB Hawaii, Kaneohe Bay in August 2003 as the sergeant major of 3rd Marine Regiment.



SMITH

Marine Forces Pacific Band Schedule

Saturday, 9:30 a.m.

Art in the Park
Dixie Band, Child Development Center

Tuesday, 4 p.m.

Volunteer Recognition Ceremony
Ceremonial Band, Base Theater

April 25, 11 a.m.

ANZAC Day Memorial
Ceremonial Band, National Memorial of the Pacific

April 25, 5:30 p.m.

Art in the Park
Dixie Band, Child Development Center

April 28, 6 p.m.

Eagle Scout Banquet
Brass Quintet, Sheraton Waikiki Hotel

The Marine Forces Pacific Band schedule of performances can be found on the Web at www.mfp.usmc.mil/mfpband/main.html.

Weekend weather outlook

Today



Day — Partly to mostly cloudy skies with isolated showers, easterly winds at 10-15 mph

Night — Mostly cloudy skies with isolated showers, easterly winds at 8-12 mph

High — 81
Low — 72

Saturday



Day — Partly to mostly cloudy skies with isolated showers, easterly winds at 10-15 mph

Night — Mostly cloudy skies, isolated showers, easterly winds at 8-12 mph

High — 81
Low — 72

Sunday



Day — Partly to mostly cloudy skies with isolated showers, northerly winds at 12-18 mph

Night — Mostly cloudy skies, light northeasterly winds at 15-20 mph

High — 80
Low — 71



Marines from 3rd Radio Battalion line up single-file as they prepare to conduct room-clearing procedures during their training at the Regimental Schools where they went through the Enhanced Marksmanship Program and Support and Stability Operations course.



Marines poise at the ready as they simulate room-clearing procedures. Marines of 3rd Radio Battalion recently went through the Regimental Schools Enhanced Marksmanship Program and a Support and Stability Operations course to sharpen their rifleman skills.

Battle ready

3rd Radio Battalion readies for another deployment

Story and Photos By
Cpl. Megan L. Stiner

Press Chief

MARINE CORPS TRAINING AREA BELLOWS, WAIMANALO, Hawaii — A lot of phrases are engrained into the minds of Marines during the years they spend in the Corps. Some of the more familiar include, "Early is on time; on time is late; late is unacceptable," "Pain is weakness leaving the body," and "What doesn't kill you only makes you stronger."

But, above all other idioms, there is one that no other service has been able to adopt; one that was coined by Marines and will forever be a Corps motto, second only to "Semper Fidelis." That phrase is, "Every Marine is a basic rifleman."

Yet, although every Marine is taught basic rifle skills and continues to sharpen his or her skill by spending two weeks annually on the rifle range, that may not be sufficient enough time to provide the Marine with enough confidence in the weapon that he or she will take on a deployment to combat areas such as Fallujah, and Ramadi, Iraq.

The Marines of 3rd Radio Battalion, recently took the initiative to better prepare themselves for an upcoming deployment by engaging in more realistic combat training — they went through the Regimental Schools Enhanced Marksmanship Program and a Support and Stability Operations course at Marine Corps Training Area Bellows.

"This will be some of these Marines' third time deploying to OIF; OEF," said Sgt. Juan A.

Orduno, motor transportation operator, 3rd Radio Battalion. "But this is the first time that we are all receiving this training to prepare us for combat."

According to Gunnery Sgt. Jason S. Eastman, company gunnery sergeant, Alpha Company, 3rd Radio Battalion, the soon-to-be deployed Marines received information back from units and individuals who were, or are currently, deployed overseas about the type of training they should receive before they leave. Based on that information, he said, they set aside time to provide the Marines with the adequate training necessary to best perform in a combat environment.

The Marines received instruction on everything from basic rifleman skills to advanced room-clearing procedures.

"We covered patrolling, sniper procedures, vehicle checkpoints and ambush drills," said Orduno, a San Diego, Calif. native. "This was definitely training we don't receive on a regular basis. It was good we had the opportunity to get it before we left."

3rd Radio Battalion is scheduled to deploy in the mid-May to early-June timeframe, for nine-month-long deployment.

"Many of the Marines will be in areas collocated with the infantry units," said Eastman, a Savannah, Ga. native. "That is why training like this is important. We have two more main courses to go through to complete the training deemed necessary for these Marines to deploy. This training has given the Marines an idea of what to expect. We had very good instruction, and I recommend this training to other units."



Marines from 3rd Radio Battalion use special magazines that fire simulated rounds during training at Marine Corps Training Area Bellows in Waimanalo.



Above — Marines simulate being shot as they lay on the floor of a training room at the Marine Corps Training Area Bellows. Marines of 3rd Radio Battalion were at Bellows going through a Support and Stability Operations course. Right — A Marine assigned to 3rd Radio Battalion simulates "the enemy" to ensure he is deceased, during a recent training exercise that helped sharpen their rifleman skills prior to an upcoming deployment.



Marine Corps technology

Online machine-gun course available

Sgt. Donald Bohanner

MCB Quantico

MARINE CORPS BASE QUANTICO, Va. — “Every Marine is a rifleman.”

From the moment you receive your rifle in boot camp you learn that “your rifle is your best friend.” So being proficient in more than one tactical arm is always a plus and MarineNet has created another online course to help each Marine achieve that goal.

The M240G machine gun interactive course was designed to provide training for non-machine-gunner trained Marines across the Fleet Marine Force, but primarily targets those serving in combat arms and combat service support roles who have been assigned as “incidental” machine-gunners.

“This seven-hour course can be used by anyone, but the target audience is Marines that are assigned to machine-gun teams,” said Gunnery Sgt. Sean Stark, senior instructor for the Infantry Machine Gun Leaders Course at the School of Infantry, Camp LeJeune, N.C.

The scope of training includes an introduction to the M240G machine gun, its operational characteristics and nomenclature, disassembly and assembly, maintenance and inspection, operation, and principles of machine gun use.

“The great thing about this course is its detailed explanation and illustration of the cycle of operation, the in-depth practical application of basic zeroing the M240G, the use of videos and 3-D models to show proper care and maintenance and the instruction on preparation of fighting positions and range cards,”



Image Courtesy of Marine Corps College of Continuing Education

The M240G machine gun interactive course was designed to provide training for nonmachine-gunner trained Marines across the Fleet Marine Force, but primarily targets those serving in combat arms and combat service support roles who have been assigned as “incidental” machine-gunners.

explained Stark. “Anyone, anywhere can benefit from this course as long as they have access to a computer.”

At the start of Operation Iraqi Freedom, the Schools of Infantry were inundated with requests to send non-infantry personnel through the SOI Machine-Gunner’s Course. These non-infantry Marines come from other combat arms military occupational specialties, such as artillery or combat service support commands where assignment as member of a machine-gun team is a secondary duty.

“During a command visit, the 1st Force

Service Support Group commanding general identified a shortfall in machine-gun training for Marines assigned to machine-gun teams within the FSSG,” said Stark. “Overwhelmed, SOI determined that an alternative training program was needed and contacted Training and Education Command and the College of Continuing Education for assistance.”

According to Stark, this training will better prepare Marines for combat and make the ranges safer.

“Having the ability to verify a baseline of training prior to arriving at the range for live-fire exercises will make the ranges safely and efficiently run,” said Stark. “It will also reduce the amount of instructor man-hours required to teach Marines the ins and outs of the M240G.”

Machine guns are prevalent throughout the Marine Corps, but school-trained machine-gunners are only found in the infantry. There are several efforts throughout the Marine Corps to close the training gap for nonmachine-gunners assigned to machine-gun teams. “These Marines are expected to properly maintain and employ these weapons, often without adequate training,” said Stark. “The Schools of Infantry have sent mobile training teams, division schools have hosted courses, and the FSSGs have supported consolidated machine-gun training for units prior to their deployments.

“However, these efforts have been unable to effectively close the training gap in a time-effective manner. This course was developed to provide more adequate training to the machine-gun teams. It will significantly increase a machine-gun team’s ability to maintain and safely employ the weapon. Ideally, this course would be used as a pre-work prior to going to the range.” This course is also intended to meet requests for sustainment and refresher training for infantry Marines.

“This course prepares the student for going into combat with crucial training on the M240G that they might not get otherwise,” said Stark.

The M240G course is available in the MarineNet course catalog. Log on to MarineNet, go to the “Course Catalog” section, select “Military Occupational Specialty Training Courses,” and select “Infantry.”

MarineNet is the Marine Corps’ online learning network that provides Marines with access to both military and civilian education programs. MarineNet offers more than 750 courses from “Computer Networking” to “Nuclear, Biological and Chemical Individual Survival Measures.” It also offers custom Marine Corps training courses and business and information technology courses 24 hours a day, seven days a week. MarineNet allows students to take tests online and receive credit. Some classes are transferable for college credit, depending on individual college requirements.

For more information, call the MarineNet Help Desk at (888) 435-8762 or submit a request at www.marinenet.usmc.mil.

Simulations add ‘playtime’ to training, save money

Staff Sgt. Cindy Fisher

Headquarters Marine Corps

HEADQUARTERS MARINE CORPS, Washington —

Simulation training is taking some of the “field” out of training.

Though hands-on, been-there-done-that, real field experience will always be a vital part of the training cycle, simulated training will play a much larger role in the future, said Capt. Erik Jilson, a modeling and simulation analyst at the Technology

Division, Training and Education Command at MCB Quantico, Va. Scenario-driven computer exercises, virtual-reality video games and hi-tech equipment simulators are meant to augment live training, saving money, time and lives.

“The training that takes place before live training has the goal of better preparing Marines. When live training [occurs], less time is spent getting up to speed and the ‘in the field’ training time is more effective,” said Jilson.

Simulators usually take less time and fewer personnel to set up. Scenarios can be played repeatedly through simulations, and many simulators also include an after-action reporting process for evaluation.

“The best training is live, but it is costly in training dollars,” said Truman C. Preston, assistant chief of staff, G7, II Marine Expeditionary Force, Marine Corps Base Camp Lejeune, N.C.

Repetition is part of training; “the more times you do [something] the better you get,” he said. “Simulations are more cost effective ways to build in the repetitions needed to gain experience.”

Simulation training also puts no wear and tear on vehicles or aircraft, and it expends no ammunition, fuel, or other expendable materials. A 2nd Marine Division commanding general in the mid-80s credited a one-week division-level, computer-assisted exercise with saving more than \$70,000 in radio batteries alone, Preston said.

“Needless to say, savings in 2005 dollars would be considerably more,” said Preston, who retired from the Corps as a lieutenant colonel after more than 28 years.

Simulations allow Marines to make and learn from mistakes in an environment that does not result in deaths. “Using simulations, trainers can inflict casualties on trainees for improper tactics, bad decisions, poor team coordination, etc., and make them bleed, so to speak,” he said.

Marines who “bleed” in the simulations, “hopefully won’t bleed in actual combat,” he said.

Computer-based programs are the name of the game

Marine units must train to operate seamlessly in joint- and combined-service environments, but these types of training exercises are not always feasible. Deployments, operational tempo, time and logistics constraints, or a variety of other reasons are barriers to live training, Jilson said.

Computer-based gaming systems fill this training void.

Let the games begin

The Marine Corps’ virtual training arsenal has expanded to take advantage of the proliferation of video game technology.

Training and Education Command is poised to unveil the Corps’ version of the commercial game “Close Combat: First to Fight” in late spring of this year. The game is a tactical decision simulation, first-person personal computer program designed to train infantry Marines on fire teams.

The Marine Corps worked closely with Destineer Studios during the development of “Close Combat: First to Fight.”

The Marine Corps provided thousands of pages of doctrine and more than 40 Marines to work with a Destineer development team to incorporate Marine Corps combat

tactics into the game, said Peter Tamte, president, Destineer Studios.

The Corps’ contribution of subject matter experts and about \$900,000 resulted in a realistic fire-team trainer to which the Corps has unlimited distribution rights for Marine Corps use, Jilson said.

The collaboration gives Destineer a game they bill as “the real-life experiences of the proud few.” They hope it better illustrates to the gaming community the honor, courage and commitment it takes to be a Marine, said Tamte.

The production of an average video game costs between \$5 million and \$20 million, said Tamte.

Marine Corps input is pervasive throughout the game.

In “First to Fight,” a player selects three men from a roster of 20 characters to fill his four-man fire team. About 15 of the characters are based on active duty Marines. “We hope that surrounding players with real-life Marines will help create a taste of what it might be like to actually be a Marine in urban combat,” said Tamte.

Staff Sgt. Hector “Casanova” Arellano, with 3rd Amphibious Assault Battalion, 1st Marine Division, had just returned from Operation Iraqi Freedom I when he was approached to help with the game.

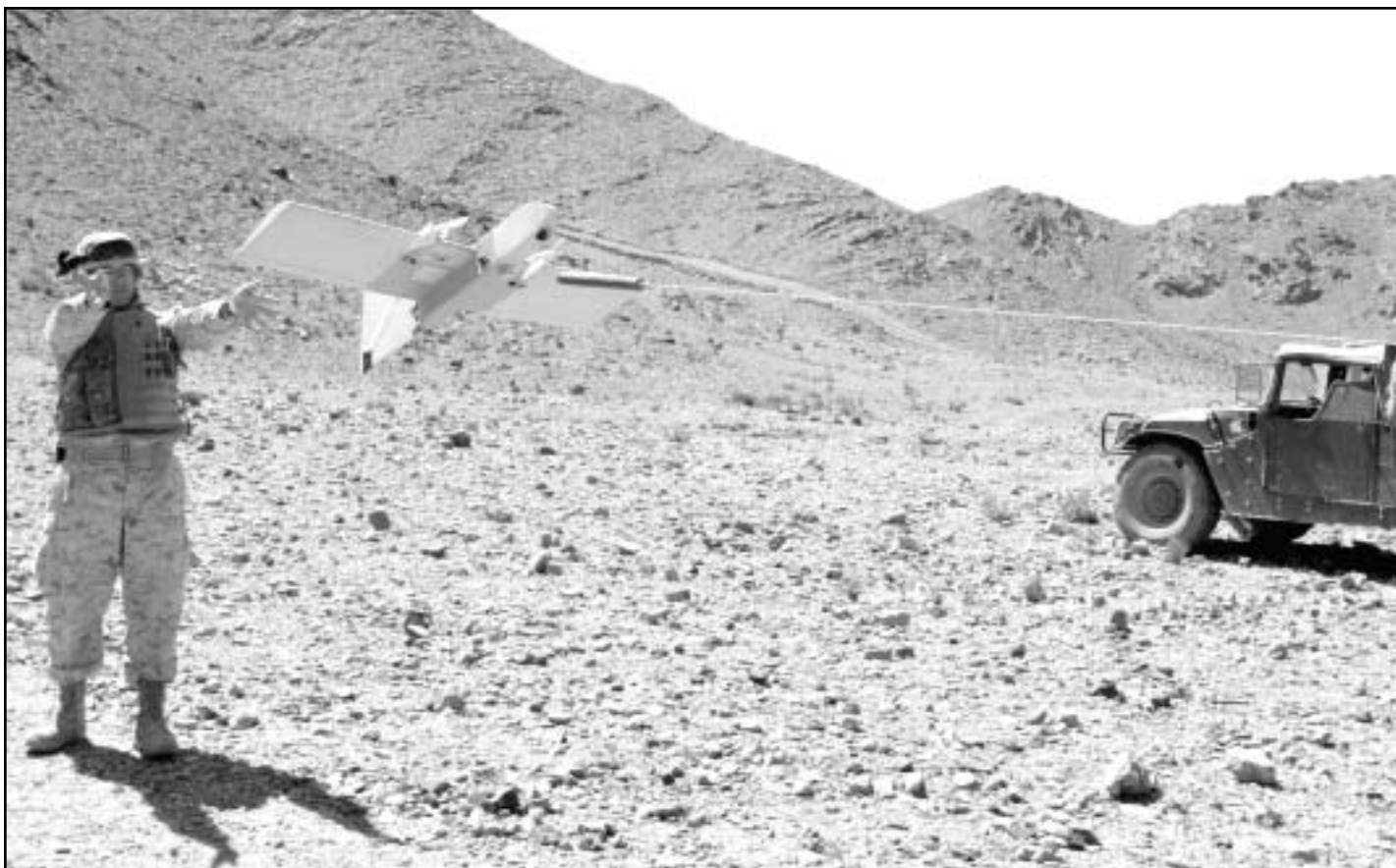
He provided input on fire-team tactics like clearing stairs and rooms

See *SIMULATOR*, A-7



Photo Courtesy of Close Combat: First to Fight

In a screen shot from “Close Combat: First to Fight,” Marines move in on the enemy. The game’s characters use the latest Marine Corps doctrine used by infantry units deployed around the world during its game play. This learning tool teaches Marines close-combat tactics in urban terrains.



Cpl. Rich Mattingly

Cpl. Richard Derby, battalion maintenance chief and Dragon Eye operator with Headquarters and Service Company, 3rd Battalion, 3rd Marine Regiment, launches a Dragon Eye over the mountains of Afghanistan.

DRAGON EYE, From A-1

space, the Dragon Eye comes into play.

"We use it to check out potential rocket points of origin and improvised explosive devices or even fighting positions that Marines might have difficulty picking out from the ground," said Staff Sgt. Khalif Ahmad, platoon sergeant with the battalion's Headquarters and Service Company. "It's definitely keeping our situational awareness at a higher level."

With a UHF transmission capability of 5 kilometers and a 100-meter field of view, the aircraft can record video and take still shots of the battlefield, all of which are relayed in real time to the operator.

"While squads are out and searching an area, I can fly the Dragon Eye to more outlying areas to see what's going on," said Derby. "It saves us a lot of time and increases our effectiveness."

In addition to its effectiveness in a combat zone, the Dragon Eye is extremely easy to

use and to store. Unlike other unmanned aerial vehicles that require constant control, the Dragon Eye is controlled by a small laptop computer on which the operator enters a preset route and then monitors the cameras through a glasses-like video screen. The vehicle itself can be broken down into five separate parts for easy storage.

Having a "bird's eye view" of the terrain is a plus for the Marines.

"I'm the eyes aloft for the patrol leader, and I'm always just a call away when he needs more information or for me to check out an area," said Derby, whose training on the Dragon Eye consisted of an intensive four-day class after which he was able to deploy and maneuver the craft in the field with little difficulty.

"The trick is in dealing with all of the mountains," said Derby. "The terrain here is tough on Marines, and it's tough on the Dragon Eye's sensors, too.

It's a learning process for me to improve its handling and work around some of its limitations."

Enlisted monitors plan late April visit

Master Sgt. Patrick O. Buckley

Career Planner

During their career, Marines can expect to receive permanent change of station orders. Monitors assign Marines PCS orders according to what billets need to be filled. Enlisted Marines here will have an opportunity to meet face-to-face with their monitor during the Manpower Management Enlisted Assignments branch's annual tour.

MMEA representatives will visit Hawaii April 25 and 26. The visit offers Marines a chance to talk with their Primary Military Occupational Specialty Monitor concerning their next duty station, career enhancement choices and/or special assignment.

"Every Marine, from the rank of private through the rank of sergeant major, needs to see their monitor. The MMEA show is so much more than the monitors," explained Master Gunnery Sgt. Joe Elisara, career retention specialist NCOIC of Marine Forces Pacific.

There are several briefs incorporated into the visit, which caters to first-term Marines,

staff and non-commissioned officers, spouses and all commissioned officers.

The Command Overview brief covers enlisted careers in general. It is essentially "Manpower 101," and it is for all officers. The Career Brief 101 is for sergeants, staff sergeants and gunnery sergeants. Career Briefs 301 and 501 caters to senior enlisted Marines. It is for first sergeants, master sergeants, master gunnery sergeants and sergeants major. Career Brief 501 addresses the Performance Evaluation System and also targets commissioned officers, RS and ROs. A special Family Retention Presentation is a new brief to explain career benefits to spouses of enlisted Marines.

The First-Term Alignment Plan brief, or FTAP, is for first-term Marines who are deciding whether to stay in or get out of the Marine Corps.

During the FTAP briefing, Marines will learn how MMEA re-enlists Marines by their military occupational specialty and how boat spaces are filled. Marines will also hear how only a few Marines are afforded the opportunity come back to the Corps after they have already sepa-

rated.

If a Marine is looking for a special assignment, or "B-billet," the monitors can help in that department as well. The key is to let the monitor know what you are considering.

There are no guarantees for Marines to get exactly what they are looking for when they see the monitors.

"Part of it is timing and luck," Elisara revealed.

"There are things that happen that will effect what is available. You have to consider that Marines are being promoted and some are separating. As you go up in rank, there are fewer billets. There are many things that can contribute or prevent you from getting what you want. You don't know," said Elisara, hunching his shoulders.

Career counseling is a part of the visit as well. Marines seeking career advice should take their service record book and CD-ROM or microfiche.

Elisara emphasized that there are many things Marines need to weigh before going to see their monitor.

"[The monitors are] going to try and meet their goals and assignments. They are going to give you what you ask for if it is available," he explained.

"Now some years later, you may find out that the assignment hurt you for promotion. You may have needed a B-billet at that particular time. So talk to the career counselors.

"You have to have realistic goals," Elisara continued. "Don't go see the monitor expecting to go to an exotic place and there isn't even a billet for your MOS at that duty station.

Marines who intend to see the monitors should bring all necessary paperwork and appropriate documentation, to include their re-enlistment, extension and lateral move requests.

During the visit, MMEA will conduct on-the-spot re-enlistments for first-term Marines. Marines who are approved are required to complete their RELM routing sheet prior to getting the re-enlistment authority. This requirement takes a few days to complete.

If you have any questions, contact your command Career Retention Specialist.

New leave policy goes beyond safety brief

Pfc. R. Drew Hendricks

U.S. Marine Forces Pacific

CAMP H.M. SMITH, Hawaii — Marine Corps Recruiting Command's Executive Safety Board introduced a new policy in the leave and liberty process, April 1, called the Leave Conduct Pledge.

This pledge, established at the ESB's semi-annual meeting last year, will hopefully reduce the number of off-duty mishaps.

The major topic of discussion was that 55 Marines died in off-duty accidents in the past 12 months. The proposal for the pledge was discussed to reinforce the vitally important contribution of the individual Marine to country, Corps and unit, according to MARADMIN 134/05.

Sgt. Evan G. Williams, non-commissioned officer-in-charge of the Reactionary Force for U.S. Pacific Command, Camp H.M. Smith, Hawaii, wondered if this is really necessary, because Marines are already required to attend safety

briefs, lectures, and other events that focus on teaching safety to Marines.

Many senior Marines believe the pledge will be a great help to safety awareness.

"This will make Marines think more of their fellow Marines, not just their own safety," said Sgt. Maj. J.D. Williams, sergeant major, Headquarters & Service Battalion, Marine Corps Forces, Pacific.

Parts of the pledge are concerned with the contribution that the Marine makes to his "fellow Marines, Sailors and civilian Marines."

"This is a great piece of material," said Sgt. Maj. Williams. "It embodies what Marines do best — and that is take care of one another."

The pledge was written by several junior non-commissioned officers, Cpls. Amir Golshani, Gregory Johannes, Dion Hopkins, Terence Harrell and Sgt. Audra Kaufenberg.

See PLEDGE, A-7

Salutes

Returned from deployment

Staff Sgt. Alan B. Jefferson, 34

Legal Chief
Headquarters & Service Company, Headquarters Battalion
Hometown: Cheyenne, Wyo.
Deployment location/dates: Iraq/Aug. 27, 2004 to April 1
Awards: Marine Corps Good Conduct Medal (4), Navy And Marine Corps Achievement Medal (2), Sea Service Deployment Ribbon (4), GWOTSM, National Defense Service Medal (2), Letter of Appreciation (5), Certificate of Commendation (Individual Award), Meritorious Mast

Promotions

Sgt. Shamrock's Full "Danno" O'Blarney

MCB Hawaii, Kaneohe Bay Mascot
Headquarters & Service Company, Headquarters Battalion
Promotion Date: April 5

Lance Cpl. John P. McCallum Jr., 20

Personnel Clerk
Headquarters & Service Company, Headquarters Battalion
Hometown: Winnebago, Ill.
Promotion Date: April 1
Awards: GWOTSM, National Defense Service Medal Certificate of Appreciation (2)

Lance Cpl. Richard A. McQuade, 19

Personnel Clerk
Headquarters & Service Company, Headquarters Battalion
Hometown: Jackson, N.C.
Promotion Date: April 1
Awards: GWOTSM, National Defense Service Medal, Letter of Appreciation

Awards

Sgt. Maj. William T. Wilson Jr., 44

Headquarters Battalion Sergeant Major
Headquarters & Service Company, Headquarters Battalion
Home Town: Mayesville, S.C.
Award received/date: Meritorious Service Medal/April 5



To submit information for "Salutes," send an e-mail to editor@hawaiimarine.com or call 257-8835.

SIMULATOR, From A-4

and moving under fire, said Arellano, a Los Angeles native who is also featured as one of the characters in the game.

The commercial version, which will be available for Xbox, Macintosh and Windows, is scheduled for release in March for about \$40.

"While [tactical decision simulations] are games, when used with a training plan and facilitation they are valuable tools for improving war fighting skills," said Jilson.

The MEF simulation centers and infantry military occupational specialty schoolhouses already using TDSs will be the first to get "Close Combat: First to Fight." Units interested in the TDS should contact their MEF simulation center or the Technology Division of the Training and Education Command.

Training in the air ...

The next step to more realistic simulation training takes Marines out of the computer room and puts them into equipment simulators.

Pilots at Marine Medium Tilt Rotor Training Squadron 204 based at Marine Corps Air Station, New River, N.C., spend considerably more time in simulators, training to fly the MV-22 Osprey, than in the actual aircraft, said Col. Joel "Coach" Kane, the commanding officer of the squadron.

During the four-month initial instruction phase of the curriculum, pilots are in the MV-22 Full Flight Simulator 60 hours and in the aircraft 36, Kane said. "Flight simulators do an outstanding job of introducing pilots and aircrew to a specific type, model or series of aircraft."

The Osprey is a tilt-rotor aircraft that takes off like a helicopter. Thanks to the two rotors mounted to its wings that tilt forward, it can convert to fly as a plane. This transition "creates some unique aerodynamic challenges that pilots must work through," Kane said.

In the simulators, a student pilot "gets a feel" for what is required to maintain control of the aircraft "long before ever getting into the seat of an actual MV-22," he said.

A mistake in the aircraft could result in the loss of life and a more than \$80 million dollar aircraft. A mistake in the simulator means a reboot by the instructor and students try again.

On land ...

Marines attending the M-1A1 Main Battle Tank crewman course at the Army's Armor Center at Fort Knox, Ky., know of the demand for M-1A1 Tank-Driver simulators.

The simulators are mock-ups of tank compartments. The boxed compartments are mounted to mechanical systems so that when students move the controls, the compartments move, said Master Sgt. Bernard Provost, the operations chief at the Marine Corps Detachment there.

Due to the high demand for simulator time, students average only about four hours in the simulators, but those four hours are valuable, Provost said.

"Tanks are kind of hard to stop and it's better to make your mistakes in the simulators; it greatly reduces your mistakes out in the training field," he said.

Not only do the simulators get first-timer mistakes out of the way, they increase the variety of a student's training

PLEDGE, From A-6

These Marines were given the chance to write the pledge because the junior NCOs are going to make sure the policy is carried out.

It's a good thing that this will be tasked to the Marine's immediate supervisor rather than their commander, said Sgt. Maj. Williams. He also agreed this will give younger leaders a chance to implement leadership skills.

Even with this pledge, the old measures of safety awareness should not be ruled out, according to Sgt. Williams.

The pledge is simply going to be a reminder to Marines about the importance of safety — to themselves, and the success of the overall mission.

With his fist in the air, clenched in excitement, Sgt. Maj. Williams explained why this new pledge is important.

"This pledge could be a life-saver if taken seriously. It's a shot at integrity and sometimes that is all a Marine has, and is something he will hang onto. I believe Marines will take this pledge seriously. The most important thing to Marines is taking care of other Marines."

experience. The basic tank course is only 53 training days long, but with the simulators, a student attending during summer can still learn how to operate the tank in winter conditions, he said.

"The simulators change not just the weather but the terrain; whatever the simulator operators dictate," he said.

... And sea

Another up and coming vehicle that will rely on equipment simulators during training is the Expeditionary Fighting Vehicle. The EFV, currently in development, is the next generation of AAV.

Seven different types of trainers are planned for specific areas or tasks in the EFV, according to Daniel Dykstra, the division head for Manpower, Personnel, and Training of the Logistics Directorate under the Direct Reporting Program Manager Advanced Amphibious Assault. Planned simulators include a driver simulator, a turret simulator and a weapons station maintenance trainer.

The trainers are still in development and have yet to be tested. They will support a curriculum that is being developed. Based on a study by Program Manager for Training Systems, Marine Corps Systems Command, based in Orlando, Fla., students can expect to spend 20 to 50 hours in the more complex simulators, like the driver and turret simulators, Dykstra said.



Image Courtesy of Flight Safety International

Flight simulators, like the one shown above for the MV-22 Osprey, save time, fuel and aircraft flight hours. Osprey program managers said that using simulators to complete up to 75 percent of initial-level training at the Fleet Marine Replacement Squadron in Quantico, Va., could also reduce the number of Osprey marked for training from 40 to 20.

Initial operational fielding, the first fielding of limited quantities of EFVs, is scheduled for fiscal year 2010, according to the currently proposed budget. The Expeditionary Fighting Vehicle training systems should arrive at the Assault Amphibian School at Camp Pendleton,

Calif., in fiscal year 2006.

The value of simulation training to augment live training is apparent. Wherever it is determined that virtual training — simulation — is the correct technology for training, it will be applied, said Jilson.



Photos By Sgt. Robert M. Storm

Instructors at Mountain Warfare Training Center roleplay as aggressors during a training exercise. Many of the instructors have already deployed and have a working experience of the areas the 2/3 Marines will deploy to.

2/3, From A-1

so if we can train to do the basics well here in 20 degree weather and snow, the battalion will be that much more prepared for our upcoming deployment in support of Operation Enduring

After battling cold temperatures all day, 2/3 Marines try to find a dry spot to eat evening chow during a two-week training evolution. Weather was a factor in all aspects of training at Mountain Warfare Training Center, Bridgeport, Calif., and 90 miles away at Hawthorne, Nev., with elevations of 8,000 feet and higher.



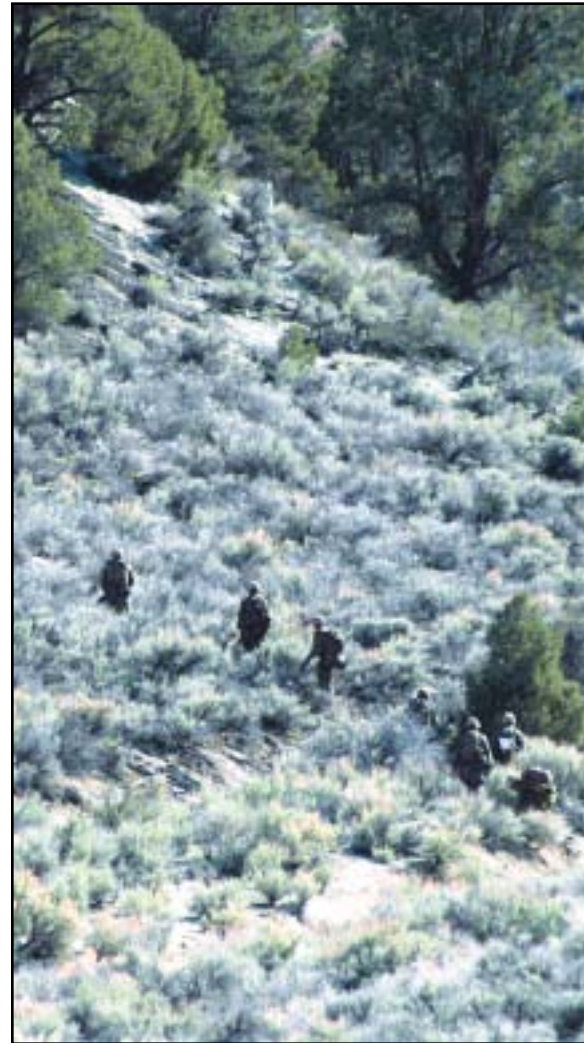
Freedom," said Capt. Kelly J. Grissom, assistant operations officer, 2nd Battalion, 3rd Marines, from Greensboro, N.C.

Besides logistics there are many other difficulties associated with mountain warfare. The Marines have to take extra care with their

equipment and themselves in this harsh environment. Dehydration is a key factor for training in the mountains; Marines don't realize how much water they lose because it isn't hot, yet they will need just as much water as in lower elevations. Marines must drink six to eight quarts a day to avoid dehydration, and since it is so cold that water will freeze, fuel for fire must be carried to thaw the water. Marines must also deal with the fact that physical exertion is more difficult due to the lack of oxygen. Exercise that would normally be easy can leave a Marine short of breath. The task of maintaining hydration and conserving energy is further complicated by the fact that Marines must carry more gear for the mountain exercises. The icy winds that regularly cut through the mountains require extra gear to keep the Marines warm and mobile. Snowshoes, ski poles, shelters and winter boots greatly burden Marines who are already carrying 80 pounds of gear. Food is also an issue. In normal conditions the body requires 2,000 to 2,200 calories a day; at high elevations the body needs about 4,500 calories a day.

Since the amount of energy burned is higher than normal, more food must be carried further increasing the load and hardship on the Marines.

"It's great. We're supposed to expend less energy while trying to carry twice as much gear uphill," said a laughing Cpl. Brett R. Bailer, assaultman, Echo Company, 2nd Battalion, 3rd Marines, and East Lansing, Mich., resident. "It wasn't just the mountain training that made us miserable, just getting to the training area was the worst experience of my life. We had to sit in the backs of the convoy trucks which are open air, it was about 40 degrees, and we were driving 60 mph. I have never been that cold in my life."



A squad of Marines from 2nd Battalion, 3rd Marine Regiment, patrol at Mountain Warfare Training Center, Bridgeport, Calif.

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

RETURN, From A-1

Fallujah," admitted Staff Sgt. Hornsby. "Seeing my wife again, and my son's face — for the first time — is just a blessing. I'm so glad to be home."

Bravo Company returned two days later and were greeted with an identical welcoming party.

"I'm just glad to be home," said Lance Cpl. Phillip M. Mixon, field wireman, Bravo Company. "When I saw my wife and daughter, it was overwhelming."

Mixon, a Chicago native, said it was his family that he thought about the entire time he was in Iraq, and thinking about them kept him going.

"My family is what pushed me everyday," said Mixon. "Now that I'm home, we're going to go on vacation."

During their deployment, the unit suffered the largest casualties for a single day in the war when a CH-53E crashed on its way to the Jordanian border in January.

Members of Charlie Company had participated in some of the fiercest fighting in Operation Al Fajr in Fallujah last November. After the battle they prepared to aid the I Marine Expeditionary Force by providing security for the elections and where on their way to a new location when their helicopter crashed.



Gunnery Sgt. Claudia LaMantia

Marines from Bravo Company, 1st Battalion, 3rd Marine Regiment, are welcomed home by other unit members at Barracks 1056, MCB Hawaii, Kaneohe Bay, Saturday.



Sgt. Joseph A. Lee



Sgt. Joseph A. Lee

Left — Staff Sgt. William F. Hornsby holds his 3-month-old son, Ethan, for the first time. His wife, Beth, waited anxiously at the Honolulu Airport with many other spouses of 1st Battalion, 3rd Marine Regiment Marines, April 7, for the return of their husbands after a seven-month deployment to Iraq.

Center — Cpl. Damon Winter of Weapons Platoon, Charlie Company, 1st Battalion, 3rd Marine Regiment, hugs his father, Bob Winter, who surprised his son by flying here from Phoenix, Ariz., to greet him when he arrived home after a seven-month combat deployment.



Gunnery Sgt. Claudia LaMantia

Lance Cpl. Steven E. Perry, 22, a Cedar Springs, Mich. native and field radio operator for Bravo Company, 1st Battalion, 3rd Marines, guards his unit's guidon during their homecoming, Saturday. The unit left last July on a scheduled deployment to Okinawa, Japan, where they joined the 31st Marine Expeditionary Unit. The unit received orders to Iraq where they participated in liberating the city of Fallujah from insurgents last November and later provided security for the country's first free elections.

LIFESTYLES

HAWAII MARINE B SECTION

APRIL 15, 2005

Surf story

Marines conquer stress one wave at a time

Story and Photos By
Pfc. Roger L. Nelson
Combat Correspondent

Marines are known to be hard workers. In most cases, they will work from sun up to sun down and, some still find time and energy to engage in exhausting hobbies.

Lance Cpl. Aaron D. Banks, traffic management specialist, Traffic Management Office, MCB Hawaii, Kaneohe Bay, is one of those who have the energy to do more than his job. According to Banks, being a full-time Marine isn't enough. This motivated Marine is taking on the challenge of learning to surf.

"I've been stationed in Hawaii for almost four months, and all I see are people surfing or getting ready to surf," said Banks. "It seemed like a fun hobby to do and will help keep in shape, so I decided to see how it was."

Hawaii is known worldwide for having some of the biggest and most difficult waves to ride. The surfing here can also be very dangerous, for several reasons, a few being the lava rock and coral that line the shore, forcing swells to break in very shallow water.

Waikiki is one of the most popular places in Hawaii for beginners to go when learning to surf. The waves there are not as large and the sea is not as powerful as other surfing spots around the island as they are on the North Shore during the winter months.

"I don't plan on surfing in any dangerous areas, until I get comfortable with smaller waves," said Banks. "I tried surfing in Waikiki, but still ended up hitting rocks because the waves break so shallow."

Banks said that it is not only the risk of landing on sharp rocks that he is afraid of — he's also afraid of sharks.

"I hear about people getting bitten by sharks all the time," said Banks. "It just seems like all the deadly or worst shark bites are always from Hawaii. I think about that, and I figure I have a better chance of

getting struck by lightning than being bit doing this hobby."

According to Lance Cpl. Mark Raymond, traffic management specialist, TMO, MCB Hawaii, Kaneohe Bay, surfing seems more like a way of life than a hobby to some people.

"It's kind of like being in the military," said Raymond. "The way surfers talk and act, it's like they have their own language. Some of the sayings I read in magazines and hear surfers say are all things I guess I'll figure out in time."

Raymond said that he has noticed that more experienced surfers don't seem to like it when inexperienced surfers go to the beaches where they are surfing. This is because surfers who are beginning do not always know the rules, like when and where not to paddle for a wave.

One of the basic rules is that when a surfer is closest to the inside of where the

wave is breaking, that surfer has the right to that wave. If another surfer cuts him off or "drops in on him," this is what surfers call being "snaked."

"Better surfers just give me these looks like I shouldn't be here," said Raymond. "I understand they feel we're going to get in their way or something, but I feel if I can fight for this country, I can surf where I want."

It is a known fact that the more experienced surfers are territorial and some are not comfortable when tourists or amateurs surf where they usually surf.

"When I was at Waikiki Beach, I guess I stole a wave from someone," said Raymond. "He seemed pretty agitated, and I thought he was going to say something to me,



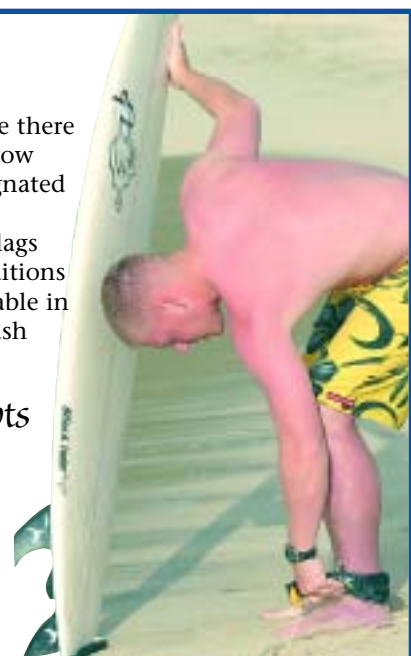
Lance Cpl. Aaron D. Banks, traffic management specialist, TMO, Headquarters Battalion, MCB Hawaii, Kaneohe Bay, waxes his surfboard before a daily surf session at North Beach.

Safety Tips

1. Never surf alone
2. Do not surf where there is a heavy undertow
3. Surf only in designated areas.
4. Heed condition flags
5. Surf only in conditions you feel comfortable in
6. Always wear a leash

Popular surf spots on Oahu

1. Pipeline
2. Waikiki Beach
3. Waimea Bay
4. Sunset Beach
5. Pyramid Rock



Lance Cpl. Aaron D. Banks, practices his newfound hobby by paddling for his first wave of the day at North Beach. Banks has been surfing for two weeks now and practices diligently every day.

but he ended up just moving further down the beach."

Along with being territorial, Banks said that he noticed that experienced surfers seem to have a very tight bond with each other. If one surfer needs something or is in trouble, the others will not hesitate to help.

"I've been surfing now for about three weeks, and I've got my own group of people I surf with now," said Pfc. Ethan Hoaldrige, combat correspondent, MARFORPAC, Camp Smith. "I can tell I'm getting better, but compared to the guys who have been doing this their whole lives, I've got a long way to go."

Surfing is also said to be one of the best ways to work out stress and take the surfer's mind off of everyday problems.

"After a long day at my shop, I don't want to think about work or anything remotely close to work," said Pfc. Drew Hendricks, combat correspondent, MARFORPAC, Camp Smith. "When I'm in the water, I'm so concerned with paddling and trying to keep my balance, my job is the last thing on my mind."



Lance Cpl. Aaron D. Banks, an Oklahoma native, trudges out of the water after a long day of surfing at North Beach.

Art in the Park to inspire, thrill children

Yibeli Galindo-Baird
MCCS Marketing

In celebration of the Month of the Military Child and Child Abuse Prevention Month, the Child Development Center and Mokapu Elementary School have put together a series of hands-on activities that will place a big smile on the face of any child. The taxes are done, the week is over and this weekend's Art in the Park at K-Bay is the perfect opportunity to show your kids just how much you appreciate them for making the most of the often-challenging military lifestyle.

Art in the Park will take place Saturday, from 9 to 11:30 a.m., at the CDC in Building 6111. This annual CDC celebration, that has proven to be a success in past years, and will give children a safe, supervised, but unrestricted opportunity to try out many different games that focus on

developing creative skills and an appreciation for the arts.

"This event is the perfect forum for parents to interact with their children in developmental activities," states Tebra Minor, CDC manager. "Being the Month of the Military Child, now is the opportune time to get even more involved in your child's development."

Among the many options available to children Saturday will be face painting, beanbag tossing, water tables, rainbow painting, and much more. Special guest Stevo the Clown will be entertaining the kids, showing off on his unicycle throughout the morning. In addition, the Marine Forces Pacific Band will delight the crowd with its musical repertoire.

Special thanks are extended to JN Chevrolet as well as Osborne Books, the latter of which will be setting up a Book Fair offering an ample selection of kids' favorite books.



Tatiana I. Mulero Sanchez dribbles a large ball at last year's Art in the Park, a Child Development Center event that returns Saturday, providing children with an opportunity to let loose while playing games and unleash their creative skills.

"We invite anyone in the base community with a child to attend," said Minor, "Even up to ages 11 or more. Come ready to have fun!"

Mokapu Elementary School will also provide a wealth of entertainment for youngsters of all ages. Following the CDC event, head out to the Mokapu Elementary Spring Carnival and Craft Fair from 11 a.m. to 4 p.m. During this event, kids can participate in activities appropriate for various ages.

Those who have not yet mastered the fine art of walking will feel excited to take part in the Baby Crawling Contest. Registration will begin 11 a.m. with the actual contest beginning at 1 p.m. All entrants will receive a "sippy" cup for their interest and are guaranteed a deep nap later that afternoon for their efforts.

Older kids will enjoy the bouncy

See ART, B-7

MARINE CORPS COMMUNITY SERVICES

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Possibilities in Paradise

Kahuna's Bar & Grill

254-7660/7661

Latin Night at Kahuna's — Is it especially caliente in here tonight or is it the hot Latin beats of El Conjunto Tropical? Chances are, the already jumping Kahuna's is going to be even hotter with the rhythms of this popular group playing live from 10 p.m.

Rocky Horror Picture Show

— Come to Kahuna's Recreation Center for an evening of absolute silliness, Saturday.

This annual tradition starts at 10 p.m. and runs through 12 a.m. Dress up as your favorite character and you could win a DVD player and a copy of the movie if your costume is judged the best.

Don't forget to bring your own props such as toilet paper, rubber gloves, small flashlights and bells. Other props will be provided on-site.

The event is free, but if you have questions on etiquette or you have never attended a showing before, call 254-7660 for more information.

Staff NCO Club

254-5481

Tax Day Lunch Buffet

— Celebrate the refund you'll be getting or stuff yourself with the money you have left after paying your taxes at the club's monthly lunch buffet today.

This month's theme is, aptly, Tax Day. And, if you haven't done your taxes when you come by for lunch,

from 11 a.m. to 1 p.m., we'll be sure to remind you.

Bosses' Night — This is perfect opportunity to enjoy the club's amenities in the company of senior Marines and peers.

The event kicks off Wednesday at 4:30 and continues through 6:30 p.m. Refreshments and 25-cent wings will be available.

All Hands

Operation Homecoming Writing Workshop — The National Endowment for the Arts created the Operation Homecoming: Beyond Glory program for U.S. military personnel and their families to preserve the stories and reflections of American troops who have served on the frontlines of the Global War On Terrorism, overseas and within the U.S. homeland.

As part of the program, distinguished U.S. writers teach writing workshops at major U.S. military installations and contributing educational resources to help the troops and their families better share their personal stories.

The free workshop will take place Friday between 9 and 11 a.m. in the Staff NCO Club's Fairways Ballroom. Author Richard Currey will lead the workshop.

Registration forms must be turned in no later than Monday. Further information can be provided by MCCS Business Operation Food & Hospitality office at phone number 254-7641.

Operation Homecoming is made possible through the support of the Boeing Company.

ITT Offers Free Tickets to "Beyond Glory" — With Operation Homecoming, the National Endowment for the Arts is touring the one-man play "Beyond Glory," adapted and performed by Stephen Lang. Through "Beyond Glory" Lang brings to the stage the personal accounts of American military veterans who have been honored for their heroic deeds.

General admission tickets to this performance, at the Hawaii Theatre, Friday at 7 p.m., are currently available for free, in limited supply (only 250) exclusively at the K-Bay ITT office. For more information on ticket availability and restrictions, call ITT at 254-7563.

The tour of "Beyond Glory" is made possible through the support of the Boeing Company.

Hawaii Food Bank Annual Drive

— In support of the 16th Annual Food Drive, Marine and Family Services, in conjunction with the Hawaii Food Bank, encourages you to bring canned and dry goods to the MCB Hawaii Commissary between 12 and 5 p.m., Saturday.

The donations will be distributed on base and throughout the islands, thereby supporting the mission of this statewide agency to fight hunger. Every little bit helps the hungry.

For more information, call 257-7774.

Parenting Workshop — Is parenting a little tougher than you thought it would be? This Tuesday's Child Development Center work-

shop is designed to help new parents learn the skills necessary for the proper formation of their children.

Class runs from 4:15 to 5:45 p.m., and will be held at the CDC Training Room in Building 6111.

To sign up, or for more details, call 257-1388.

LINKS Class — Lifestyle Insights, Networking, Knowledge and Skills is the perfect class for spouses new to the island or the military lifestyle.

LINKS provides basic information necessary to acquaint them with the unique aspects of the Marine Corps and Navy life. Class takes place Tuesday from 5:30 to 9 p.m. at the LINKS House, Building 3074.

For more information, call 257-2368.

Personal Growth Training

— This 48-hour Chaplain's Religious Enrichment Development Operation retreat is an opportunity for individuals to pursue personal growth in a peaceful, quiet setting. Participants are encouraged to share thoughts, values, dreams, and feelings about their lives in an environment of unconditional love and confidentiality.

The retreat takes place at the Cabanas at Kaneohe Bay on Friday evening and ends on April 24.

Active duty personnel may request no cost temporary assigned duty orders in accordance with standard MILPERS instructions. Participation is voluntary.

For additional information about the retreat, or to make a reservation, call 257-1919.



Ongoing

Discount at Fairways Sports Bar and Grill for Staff NCO Members

— The Staff NCO Club may be closed on Mondays and Tuesdays, but Fairways is now offering reduced pricing for Staff NCO members from 11 a.m. to 1 p.m. on those days.

Remember to show your valid membership card to activate your discount.

For more details, call 254-5481.

Storage Lockers at Kaneohe Bay Reservations

— Locker reservations are being accepted for one of more than 250 units — now that the new reservation system has been installed.

Have your credit card information ready when calling to reserve a unit.

For reservations and requirements, call The Lodge at 254-2806.

ASYMCA Playmornings

— Military parents and kids can spend quality time together on a daily basis from 9:30 to 11 a.m. at one of our five different sites on base. There are games, crafts, songs and other entertaining activities. Parents can also receive information on positive parenting techniques. The program is free, requires no registration, and takes place at the following locations: Mondays at the ASYMCA in Building 1638, Tuesdays in Building 477 (old Teen Center), Wednesdays at the Super Playground, Thursdays at the Connor Loop Playground, Fridays at the Super Playground, and rainy days at the ASYMCA in Building 1638.

Call the Armed Services YMCA at 254-4719 for more information.

SM&SP



All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna's Recreation Center. Get more details on activities at mccshawaii.com under the "Semper Fitness" icon, or call 254-7593.

SM&SP Offers Maui Island Excursion: Vacation on the Valley Isle with the Single Marine & Sailor Program, Memorial Day Weekend, May 28 - 30. For only \$350, the first 12 unaccompanied active duty Marines and Sailors E-5 and below will receive airfare, shared accommodations and rental vans. Sign up now, because the registration deadline is May 16. To secure your seat, call 254-7593.

JOINT EDUCATION CENTER

JEC helps build academic skills

Loretta Cornett-Huff

MCB Hawaii Command Education Center

The Military Academic Skills Program is a four-week program that emphasizes math and English skill development. Completing the program is the first step that a Marine can take if he or she would like to retake the Armed Forces Classification Test, or AFCT/ASVAB test. Retaking the AFCT/ASVAB is recommended for those who want to try to increase their scores so that they may qualify to re-enlist or to qualify for a specialized school, which could mean a change in their Military Occupational Skills.

There are a whole host of other reasons to consider the Military Academic Skills Program. Marines or their family members who want to go to college, but have some anxiety about enrolling in math or English courses, may want to first "get their feet wet" using MASP as a college preparatory or refresher course. The pro-

gram has proven to be a real self-confidence builder. If a Marine has a GT score of 99 or below and reads at or below the 10th grade reading level, he or she would not qualify for tuition assistance funding.

"The MASP is a great way to elevate one's GT score," said Donna Duellberg, Education Specialist at the JEC, "In the class you will find a unique combination of students, a mix of both command and also self-referrals."

Some students enroll in the class in order to increase personal and professional development.

The MASP is not easy. To the contrary, it is an intense program. No duty or activities that could interfere with student participation or study should be scheduled. Students are required to take pre- and post-test to assess the worth of the program. MASP classes are offered every month; the next one begins April 25.

A tribute to the success of the Military Academic Skills Program is undeniably the dedi-

cation of the course's instructors, Barbara Guervil and Ellen Huntley. Barbara has been instructing math in the program for more than eight years and Ellen has been instructing English for almost two years. Together JEC's MASP facilitators have taught 300 plus students, most of whom have improved their reading levels by three to six grade levels and have increased their ASVAB scores by as many as 30 points. Feedback from students who have completed the course indicated that the course exceeded all of their expectations and that they were fortunate to have experienced, first hand, the dedication that Barbara and Ellen put forth.

For their efforts, Barbara and Ellen are nominees for the prestigious Windward Rotary Award for Outstanding Vocational Achievement.

If you are interested in taking the MASP, or are looking for information about the program, stop by the Joint Education Office, Building 220, or call 257-2158 and speak with a specialist.

MOVIE TIME

Prices: Adults, 12 and older, \$3; children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office.

Call 254-7642 for recorded information.

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

Because of Winn-Dixie (PG)	Today at 7:15 p.m.
Constantine (R)	Today at 9:45 p.m.
Hitch (PG-13)	Saturday at 7:15 p.m.
Hotel Rwanda (PG-13)	Saturday at 9:45 p.m.
Because of Winn-Dixie (PG)	Sunday at 2 p.m.
Son of the Mask (PG)	Sunday at 6:30 p.m.
Cursed (PG-13)	Wednesday at 6:30 p.m.
Man of the House (PG-13)	Friday at 7:15 p.m.
Hitch (PG-13)	Friday at 9:45 p.m.

DEFY camp mentors reach out to children

Drug program still needs volunteers to help with mentoring

Pfc. Roger L. Nelson
Combat Correspondent

Kaneohe Bay's Drug Education For Youth camp's summer leadership camp is scheduled to kickoff aboard Marine Corps Base Hawaii, Kaneohe Bay, July 19.

The DEFY camp, a Navy-founded program, started in 1996 to give children a place to go where they do not have to feel pressured into doing things that could get them into trouble. The camp is paid for by the Department of the Navy and is sponsored by the K-Bay Provost Marshals office.

"The children in the camp get backpacks, shirts and water bottles that are all paid for by the Department of the Navy," said Daryl Picadura, DEFY program coordinator. "It's totally free for

both the children and the mentors in the camp."

The program consists of eight days of instruction and activities. In the morning DEFY mentors meet with the children and give instructions on what will be happening for the day. After instructions DEFY conducts daily activities.

"We do a lot of different activities in the camp," said Picadura. "We go on quite a few field trips like going out on the glass-bottom boat, going to the movies and going to the pool."

Because the children are expected to stay in shape, like their mentors, the children are kept physically active.

"The kids do a lot of different physical activities like soccer, volleyball, and even aerobics," said Sgt. Barbara J. Lee, supply chief, Provost Marshals Office and DEFY volunteer. "Kids in the program also do a miniature Personal Fitness Test. They have to run one mile, do sit-ups and pull-ups, just like the mentors do."

The camp also focuses on helping the children work on different skills they may need so they don't fall victim to

DEFY

peer pressure.

"We focus mainly on team-building and leadership skills," said Lee. "The mentors try to build confidence through what the children see in us."

Twelve mentors are needed for each camp, and there are 45 spots available for the children.

"As of right now, we only have three mentors and we need twelve," said Picadura. "Getting children isn't difficult. Getting enough mentors is always a problem."

To be a mentor in DEFY, you have to be at least 18 if you're in the military, and 21 if you are a civilian.

"The first thing that happens after you sign up is we do a background check," said Picadura. "Mentors then do three days of training at PMO."

Applications for children as well as those interested in becoming mentors can be found at the Military Police Department, Building 1095 and Physical Security and Crime Prevention office.

For more information about DEFY, contact Daryl K. Picadura at 252-8552.

Mentors sought to assist youth group

Cpl. Megan L. Stiner
Press Chief

Breakthroughs for Youth at Risk is a program designed to provide adolescents with a more positive outlook on life by educating intermediate school-age students about the negative affects of influences such as drugs, alcohol and peer pressure.

"We focus on giving the students an alternate perspective concerning the unconstructive influences that they may come in contact with," said Sharon Lester-Biggs, program chair, Breakthroughs for Youth at Risk, Kailua Intermediate Program.

The program encompasses 40 Kailua Intermediate youths who will attend the Personal Development Course. The program involves an intense, seven-day course, which covers the basic concepts and mindset they hope the adolescents will achieve. Then for eight months thereafter, they will meet on a

weekly basis with mentors who will follow up the child's progress, comparing with what they learned and how it is affecting them.

The program is asking members of the community to volunteer their time to help out with the worthwhile course by becoming a mentor for the eight-month follow up sessions. Those interested in volunteering to mentor these children will go through a three-session training program on April 22 - 24 at the Mokapu Elementary School Library.

"It is a good opportunity for parents," said Lester-Biggs. "It gives them a chance to learn about the pressures that their children may be going through. It also provides them with a chance to help children reach their full potential in life, which is very rewarding."

For more information on the program or to volunteer call Sharon Lester-Biggs at 779-7294 or Joan Villanueva at 372-4115.



Cpl. Jessica Mills

Sgt. Marco Franko, (left) physical security inspector for PMO and last year's DEFY camp director, instructs DEFY campers through the TP Shuffle, where the children worked in unison to reshuffle themselves in order of age, without falling off the log.

Military Appreciation Month Schedule of Events

The theme for the 20th Hawaii Military Appreciation Month is "Welcoming home our returning heroes, Honoring our fallen sons and daughters, praying for the safe return of those that remain in harm's way."

May 1

What: "Salute To The Troops" — Bishop Museum

The museum will host games, entertainment, food booths and displays.

Hosted By: Bishop Museum

Time: 10 a.m. - 5 p.m.

Cost: Open to the public, \$3 admission, free for military.

May 7

What: 9th Annual Twilight Tattoo — Fort DeRussy

Traditional day-ending concert by the Army's Tropic Lightning Band, Pacific Fleet Band, Air Force Band of the Pacific, Marine Corps Band of the Pacific, and Hawaii's 111th Army National Guard Band.

Hosted by: Commanding General, 25th Infantry Division

Time: 4 p.m.

Cost: Free and open to the public.

See HMAM, B-4

Club membership yields bevy of benefits

Press Release

Marine Corps Community Services

Marine Corps Community Services clubs will be holding a membership drive on June 24 with the goal of increasing club membership by 15 percent. Proving that membership pays, Marine Corps club members will have a chance to win a \$500 credit on their membership account during the membership drive. All club members are automatically entered and four winners per installation will be drawn at random.

Throughout Marine Corps history, clubs have supported the proud traditions and heritage of the Marine way of life. In an effort to provide continued support, clubs offer low monthly dues with members enjoying exclusive benefits and member's only functions. Great club locations help members enjoy camaraderie while they socialize with fellow Marines. Other benefits of the Marine Corps Club Membership Platinum MasterCard include no annual fees, the "Blue Star Benefits" Program — which provides rebates on all interest on purchases and fees during a deployment in a military campaign — emergency cash and

card replacement, purchase assurance, and 24/7 customer-service support.

The Military Free Cash Rewards program, which was launched last year, rewards club members with cash or gift cards for using the card for making purchases with their club card. Two points are earned for every dollar applied to the card purchase, made at qualified club and military exchange merchant locations on Marine Corps and Air Force installations. Gas and concessionaire purchase as well as off-base purchases earn one point for every dollar applied to the card.

"This is just one more way for us to say, 'Thank you,' to our members," said Carol Garland, head of Food and Hospitality Branch, Headquarters Marine Corps. "If you are not already a club member, join now so that you can take advantage of the many benefits of club membership as well as the chance to win \$500. Go ahead, don't put it off another day."

For more information, contact Nancy Pasternack at (703) 784-3894. MCCS club member applications are available at all clubs as well as on the membership Web site www.onecorpsclubs.com.

ANYONE CAN JOIN A CLUB...

...EXCEPT THIS ONE

Benefits You've Earned

- Worldwide club benefits
- Member discounts/special club events
- Can activate and follow Marine
- Club dues automatically billed to account
- Award dues in PCS states, exp. station transfer
- Travel charges refunded up to \$500 (one when engaged in military campaign)
- 6% interest free 6-month no annual fee
- Cash back military rewards program for Platinum cards

Want to win \$500?
Join the club before 23 June and you will be eligible for a chance to win a \$500 credit on your next account.

CHASE

Local membership promotions increase winning odds

Press Release

Marine Corps Community Services

Join The Officers' Club at Kaneohe Bay before the end of April and receive movie passes for you and your family to watch any of the great Hollywood hits now showing at our very own K-Bay Theater. (This offer applies to new members only.)

In addition, when you sign up to receive your Chase membership card at either The Officers' Club or the Staff NCO Club, both at Kaneohe Bay, you are automatically entered in our local drawing to win an iPod mini, the latest in portable music at your fingertips.

For more details, call The Officers' Club at 254-7650 or the Staff NCO Club at 254-5481. Only those who sign up by June 20 will be eligible for the iPod drawing on June 24.

quotable

Few things help an individual more than to place responsibility upon him and let him know that you trust him.

— Booker T. Washington

HMAM, From B-3

May 14

What: Combined Military Band Concert — Hawaii Theatre

Hawaii's top military musicians perform in a rare concert featuring Broadway musicals, marches, classics, and pops.

Hosted by: AT&T and the Hawaii Chamber of Commerce

Time: 7 p.m.

Cost: Free and open to the public.

May 18

What: Annual Military Recognition Luncheon held at the Hilton Hawaiian Village Hotel

This is an opportunity to welcome home our returning heroes and recognize military community service awardees.

Hosted by: Alexander and Baldwin, Inc., First Hawaiian Bank and the Hawaii COC

Time: Noon – 1:30 p.m.

Cost: Luncheon tickets open to public.

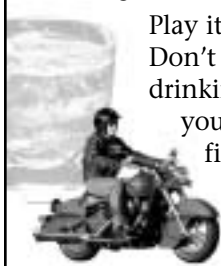
For information on sponsoring or participating, call Brenda at 545-4300 ext. 317.

Here's A Sobering Thought



Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo motorcycle crashes have been drinking.

Play it safe. Don't start drinking until you've finished riding.



(800) 446-9227
www.msf-usa.org

ON THE MENU

AT ANDERSON HALL

Today*Lunch*

Pepper Steak
Southern Fried Catfish
Rice Pilaf
Potatoes Au Gratin
Glazed Carrots
Simmer Black-Eyed Peas
Brown Gravy
Sugar Cookies
Fruit Pies

Brunch/Dinner

Roast Turkey
Beef Pot Pie
Mashed Potatoes
Buttered Egg Noodles
Calico Corn
Simmer Broccoli
Turkey Gravy
Sugar Cookies
Fruit Pies

Saturday*Brunch/Dinner*

Baked Lasagna
Chicken Parmesan
Spaghetti Noodles
Marinara Sauce
Italian Mixed Vegetables
Simmered Peas and Carrots
Pizza Sliced
Garlic Bread
Marble Cake w/Icing
Fruit Pies

Sunday*Brunch/Dinner*

Barbecue Beef Cubes
Baked Turkey and Noodles
Steamed Rice
Simmered Cabbage
Tomato Gravy
Ginger Molasses Cookies
Spice Cake
w/Butter Cream Frosting

Monday*Lunch*

Meat Loaf
Pork Ham Roast
Steamed Rice
Mashed Potatoes
Simmered Peas
French Fried Cauliflower
Brown Gravy
Chocolate Chip Cookies
Fruit Pies

Dinner

Beef Brogul
Fresh Baked Cajun Fish
Mashed Potatoes
Rice Pilaf
Club Spinach
Mixed Vegetables
Brown Gravy
Chocolate Chip Cookies
Fruit Pies

Tuesday*Lunch*

Simmered Corned Beef
w/Mustard Sauce
Honey Glazed Cornish Hens
Parsley Buttered Potatoes
Egg Noodles
Fried Cabbage
Peanut Butter Cake
w/Peanut Butter Frosting
Fruit Pies

Dinner

Turkey Pot Pie
Sweet & Sour Pork
Steamed Rice
Jefferson Noodles
Simmered Pinto Beans
Peanut Butter Cake
w/Peanut Butter Frosting
Fruit Pies

Specialty Bar

Taco Bar

Wednesday*Lunch*

Pork Adobo
Beef Yakisoba
Pork Fried Rice
Vegetable Stir Fry
Oatmeal Cookies
Strawberry Shortcake
Fruit Pies

Dinner

Steak Smothered w/Onions
Southern Fried Catfish
Mashed Potatoes
Baked Macaroni and Cheese
Oatmeal Cookies
Strawberry Shortcake
Fruit Pies

Specialty Bar

Country Bar

Thursday*Lunch*

Turkey À La King
Beef Porcupines
Mashed Potatoes
Boiled Egg Noodles
French Fried Okra
Marble Cake w/Frosting
Pineapple Upside-Down
Cake
Fruit Pies

Dinner

Braised Liver w/Onions
El Rancho Stew
Honey Ginger Chicken
Rice Pilaf
Boiled Egg Noodles
Marble Cake w/Frosting
Pineapple Upside-Down
Cake
Fruit Pies

Specialty Bar

Taco Bar

April illuminates nature of autism

Autism Awareness Month brings understanding of neurological disorder

Lance Cpl. Sha'ahn Williams

MCB Quantico

MARINE CORPS BASE QUANTICO, Va. — According to the Autism Society of America, autism is a complex developmental disability that typically appears during the first three years of life. The result of a neurological disorder that affects the functioning of the brain, autism impacts an individual in the areas of social interaction and communication. Children and adults with autism typically have trouble with verbal and nonverbal communication and leisure or play activities.

Because the nature of autism is widely misunderstood, dedicating a month to education and awareness about it is helpful to those living with autism and their friends and family members.

"Segregating a certain amount of time will draw attention to autism, and we can be more successful with helping people be proactive," said Vanessa Collier, acting director of communications for the Autism Society of America.

"For most of us, the integration of our senses helps us to understand what we are experiencing. For example, our senses of touch, smell and taste work together in the experience of eating a ripe peach; the feel of the peach fuzz as we pick it up, its sweet smell as we bring it to our mouth, and the juices running down our face as we take a bite," Collier explained.

"For children with autism, sensory integra-

tion problems are common. Their senses may be over- or underactive. The fuzz on the peach may actually be experienced as painful; the smell may make the child gag. Some children with autism are particularly sensitive to sound, finding even the most ordinary daily noises painful. Many professionals feel that some of the typical autism behaviors are actually a result of sensory integration difficulties," she said.

"If people can learn more about the symptoms of autism, it can be detected earlier," Collier explained, "... and the earlier the better."

Autism is one of five disorders that fall under the umbrella of Pervasive Developmental Disorders, a category of neurological disorders caused by severe and pervasive impairment in several areas of development.

The five disorders are Autistic Disorder, Asperger's Disorder, Childhood Disintegrative Disorder, Rett's Disorder and PDD-Otherwise Not Specified.

Each of these disorders has specific diagnostic criteria as outlined by the American Psychiatric

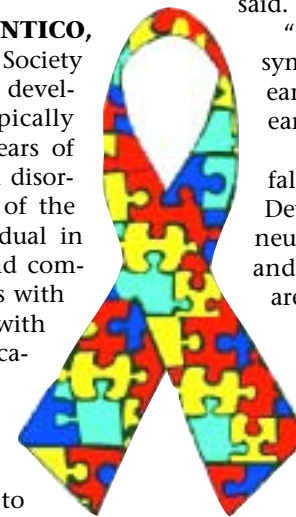
Association.

"The most common of the PDD cases is autism, which affects an estimated one in one hundred twenty-three people," said Suzanne Hill, Exceptional Family Member Program coordinator here.

More than 1.5 million Americans today are believed to have some form of autism.

According to statistics from the U.S. Department of Education, autism is growing at a rate of 10 to 17 percent a year. It knows no racial, ethnic, lifestyle or social boundaries, though autism is more prevalent in males, said

See *AUTISM*, B-8



WORD TO PASS

Saab "March Madness Basketball Shootout" Scheduled at Honolulu Club

The second annual Saab Basketball Shootout will be held Saturday, 10 a.m. at Honolulu Club, 932 Ward Avenue, and is open to the public.

Saab will be distributing healthy snacks to participants during the event, which includes competition for free-throw, three-point, climb-the-ladder, half-court and hot-shot. Prizes will be awarded in all categories.

Registration is \$5 per person. To sign-up or for more information contact Honolulu Club Program Manager Scott Kato at 543-3900.

13th Annual "I Love Kailua" Town Party Set

The 13th annual "I Love Kailua Town Party" will be held Sunday on Kailua Road from 11 a.m. to 4 p.m. This year's event will include "A Taste of Kailua," featuring a wide selection of food from local Kailua restaurants, plus live entertainment; handmade crafts; live plants, orchids and native Hawaiian plants sale; keiki activities by Kamaaina Kids; an art walk; community information booths and free health screenings from Castle Medical Center.

Puamana, Coconut Joe, JP Smoketrain and Friends, Patty's Hula Studio and Oomooemoo will provide entertainment.

The road closure for the event will take place on Kailua Road fronting Macy's, Longs and Kailua Shopping Center. Traffic will be diverted from 9 a.m. to 5 p.m. The event will close Kailua Road, all traffic lanes and sidewalk areas, from Hahani Street to Kuulei Road. For information on the bus schedule, call 848-5555. Residents attending are strongly encouraged to walk or bicycle to the event.

The 2005 Kailua Town Party is a fund-raiser presented by the volunteers of the nonprofit Lani-Kailua Outdoor Circle. It is priced at \$3 per person in advance and \$4 at the event; children 12 and under are free.

UHM Sets Audition for BFA Candidates

An audition for the Bachelor of Fine Arts degree program in Dance at the University of Hawaii at Manoa will be held Tuesday at 5:30 p.m. at the Temporary Dance Building, located on lower UHM campus.

UHM dance faculty will lead participants in a ballet barre, modern dance combinations, and a group improvisation as well as provide information about the undergraduate dance degree programs.

For more information, call 956-3264

HPU Presents Intercultural Day

Hawaii Pacific University will celebrate its 21st annual Intercultural Day, Friday, from 10 a.m. to 4 p.m. at Fort Street Mall. The event is free and open to the public.

Established in 1984, Intercultural Day has evolved into one of the largest intercultural activities in Hawaii. The event spotlights the HPU students' diversity through cultural exhibits, a parade, and lively stage performances of traditional dance and



Photo Courtesy of Nicole Tessier

From left, Ryan Burbank, Justin Young and Frank Episale star in "Arabian Night."

music from around the world. This year, HPU has partnered with the downtown Business Improvement District to provide ethnic foods.

For more information, call Jessica Silverman, university relations specialist, at 544-0879.

"Arabian Night" Premieres in Hawaii

Written by German playwright Roland Schimmelpfennig, "Arabian Night" is a haunting drama of heat-induced desire where fantasy and reality mingle. "Arabian Night" begins in an apartment building on a hot summer night, as the building's tenants and landlord struggle with a leaky pipe, a non-functional elevator and other everyday occurrences. But as the summer heat grows more and more intense, the neighbors find the line between reality and delirium beginning to blur. Mundane events blossom into surreal and erotic adventures, characters' lives collide, unleashing the imagination.

"Arabian Night," presented by UHM Department of Theatre and Dance, will premiere at Earle Ernst Lab Theatre at Kennedy Theatre on April 23, 29, and 30 at 11 p.m., and at 8 p.m. on April 24. Ticket Prices: \$8 regular, \$7 non-UHM students, seniors, military,

UH faculty/staff, \$3 UHM students with validated spring 2005 UHM student ID. For ticket information call 956-7655 (voice/text). Tickets on sale at the door one hour before performance.

Partners Encouraged to Share Yoga

Share simple yoga, breath and relaxation with your partner and breathe a breath of fresh air into your relationship. Come enjoy an afternoon together that supports your individual and mutual sense of well-being, April 30, from 2 to 4 p.m. Dress comfortably; bring a mat or beach towel.

The class is \$15 per person. Pre-register by calling 232-8327.

PMI Offers Project Management Workshops

Project Management Institute Honolulu Chapter's Professional Development Day will be held on May 3 at the Ala Moana Hotel.

The program will feature practical workshops including: Manage People Individually and as a Project Team, How to Increase Effectiveness Utilizing a Practical Approach, The Journey from Idea to Project, Understanding and Defining Cultural Differences, and Continuous Improvement Concepts and Tools to Improve Projects.

To register or for more information, send an e-mail to pddhi@pmi-honoluluchapter.org or log on to www.pmi-honoluluchapter.org/.

Na Leo Celebrates Mother's Day with Concert at Sheraton Waikiki

Na Leo, the Na Hoku Hanohano award-winning trio made up of three of Hawaii's most adored musical moms, invite families to join them for a Mother's Day celebration on May 8, at the Sheraton Waikiki Hawaii ballroom from 9 to 12 p.m.

Family women first, these three women are doing more than just nurturing ears with their timeless, signature music.

"Being mother's ourselves, we planned a show that would honor the traditions of past Sheraton Mother's Days, with songs written to

specifically honor mom like "You Don't Remember," said Nalani Choy, one-third of the dynamic trio and mother of three. "The best gift a mother can get, is simply sharing the good times together, enjoying the family, and being treated to a wonderful morning of food, music and fun, and that's what we try to do in our show."

Marines Recommended to Take Promotion Photos Early

Marines who need to have Combat Camera (formerly CVIC) take their promotion photograph are encouraged to go to the Combat Camera studio on Mondays, Wednesdays or Fridays between 7:30 and 11 a.m.

Photographs will be taken on a walk-in basis, only. Changing rooms are available.

Marines who are eligible for gunnery sergeant are encouraged to have their photographs taken as soon as possible to ensure that their photographs are submitted to Personal Management Support Branch and are placed into their official military personnel file in a timely manner.

Prior to having their photographs taken, it is recommended that Marines be screened by their commands to ensure that he or she meets the Marine Corps height and weight standards. Marines not meeting standards must present a letter from their commanding officer, executive officer or sergeant major before Combat Camera will take their photograph.

In accordance with MARADMIN 463/01, photos will not be printed or e-mailed in order to avoid duplicate copies sent to MMSB.

Photographs will be uploaded to the MMSB Web site in the presence of each Marine photographed. Marines can verify receipt of their photograph at MMSB by logging on to www.mmsb.usmc.mil or contacting MMSB-20 at DSN: 278-4607/3974/5671 or commercial: (703) 784-4607/3974/5671.

MMSB is responsible for placing photographs into official military personnel files, not Combat Camera. Therefore, Marines are encouraged to check his or her file before the Gunnery Sergeant Selection Board convenes.



Sgt. Alexis R. Mulero

Matthew Kazmierczak, explores his engineering talents by building a skyscraper out of Legos during last year's Art in the Park.

ART, From B-2

houses, the laser maze and the 18-foot slide. Pony rides and a petting zoo will be appealing to those looking for a more tame activity. Adults will also be able to make the most of this event as craft fair vendors will be on hand ready to offer gift ideas for Mother's Day and the upcoming graduation season.

Don't forget to buy your tickets for the various raffles. You could win a 20-inch, flat-screen TV/DVD/VCR combo unit, a Jimmy Buffet Concert Package, a Rainy Day Games package and other family-oriented prizes. Tickets are only \$1 each. Of course, no fair would be complete without good food, cotton candy or snow cones, so Mokapu made sure to stock up so no one would miss out.

Second Vice President of the Mokapu Elementary School Parent Teacher Association, Gloria Gonzales, is excited to be one of the organizers of this year's event and sees it as another occasion to unify kids and parents.

"We've all gone through some tough times lately, so this is a great opportunity to bring the community together as well," Gonzales said.

Gonzales, who has been working diligently with the rest of the PTA to make the community aware of this event for several months, said the carnival is one way to get away from the usual day-to-day activities and take part in some good old-fashioned fun.

For more information on the CDC event, call 257-1388. For details on the Mokapu Carnival, call 254-7964.

Empower your children to protect themselves

Jenny Sokol

LIFELines.navy.mil/LIFELines.usmc.mil

"Don't talk to strangers." It's the advice we grew up with and the advice we give our children. Unfortunately, that advice just doesn't cut it today. Our children face danger not only on the streets but on the Internet, in shopping malls, and practically everywhere they go. Children of service members face a few additional challenges. As parents, we must empower our children with tools to protect themselves.

What is a stranger?

Start by explaining that a stranger is not always a creepy man lurking in the shadows — they're often young and friendly. Tell them that strangers use tricks to lure children into dangerous situations. They may ask for help loading groceries into a car or searching for a lost puppy or kitten. Explain that grown-ups and teens typically don't ask children for help, or offer toys or candy.

A stranger may try to coax a child into a vehicle by saying that the child's parent is sick or in the hospital. Tell your child that you will never send a stranger to get them. Agree on a code word that the driver must know. If he asks for hints or doesn't know the code word, the child should run and tell an adult.

Teach your child to observe his or her surroundings and to inform you if a stranger speaks to him. Make a game of teaching your child how to look at a random person in a crowd, then turn to you and describe the person without peeking: height, build, hair color, facial hair, skin color, jewelry, tattoos, and clothing, as well as how they move. Do the same with cars and trucks.

Prevention

Safety 101. First, if lost in public, he should immediately inform a uniformed person, a cashier, or a mother with children. Help him remember his full name, address, and phone number by creating a rhyming song. Teach him how to use a pay phone, make a collect call and dial 911.

Buddy up. If your child walks to school, find a buddy or two for him to walk with. Check the route, and make sure he doesn't deviate from it (for example, no shortcuts through wooded areas or alleys). Teach him to use the buddy system at playgrounds as well. Locate safe houses in your neighborhood where he can go if he is ever in trouble or being followed.

No secrets. Help your child define personal boundaries. Tell him that no one should ever touch his private areas (except a doctor or nurse, and you'll be there to supervise), and no one should ask him to keep secrets from his parents. He should trust his instincts and inform you if he feels uncomfortable with someone.

Don't offer information. Teach your child never to reveal that one of her parents is deployed. Also, tell her not to reveal her name, address, or your rank over the phone or to strangers. This is especially important when living overseas.

The art of escape. If you are attacked, the first rule is to never go willingly. Statistics indicate that it is extremely difficult to survive a kidnapping after being transported to a second location. Kidnappers are not interested in a screaming, kicking child. Tell them to pull the strangers hair, poke his eyes, pull forward hard on his ear, kick his groin, and run. Also, tell them to scream, "This is not my

Mommy!" or "This is not my Daddy!"

Awareness, not fear. This is a terrifying subject for adults and children alike. To alleviate fear, explain that there are bad people in the world, and that we must accept this sad fact of life. Tell her that her risk of being attacked is greatly reduced by being aware of strangers and using the buddy system.

Internet safety. Although the Internet is a wonderful tool, it also poses a significant threat to children, especially chat rooms. Check out the Navy Criminal Investigative Services SafeKids program at www.ncis.navy.mil/info/safekids.cfm, as well as the Center for Missing and Exploited Children at www.ncmec.org/. SafeKids offers a free download of "Protecting Your Children in Cyberspace," a program that scans your hard disk for images and displays them so you can judge their appropriateness. Also check out Net Nanny at www.netnanny.com, a reasonably priced program that filters harmful Web sites, monitors online activity, and more.

Base resources. Your base police provide programs for adults and children. They can create identification and fingerprinting packages for children or tailor a presentation to your needs. Call and ask if your base police or safety office will present McGruff to your neighborhood or group. These services are available for both military and nearby civilian communities.

Get involved. Join or establish a Neighborhood Watch program. Keep a current photo of your child, and tell the school to inform you if your child doesn't arrive at school. Check out tips for parents and kids at Parenthood.com. Whatever you do, don't avoid the subject of stranger danger.

AUTISM, From B-5

Collier.
 Although millions of Americans have autism, ignorance of its symptoms can sometimes cause problems for those who have the disorder. Autism is not a mental illness.
 "Children with this disorder are not undisciplined kids," said Hill. "And it isn't caused by bad parenting."
 "One time a man was shot in Tennessee because it seemed like he was resisting arrest, but he just was unable to communicate with police," Hill said. "He

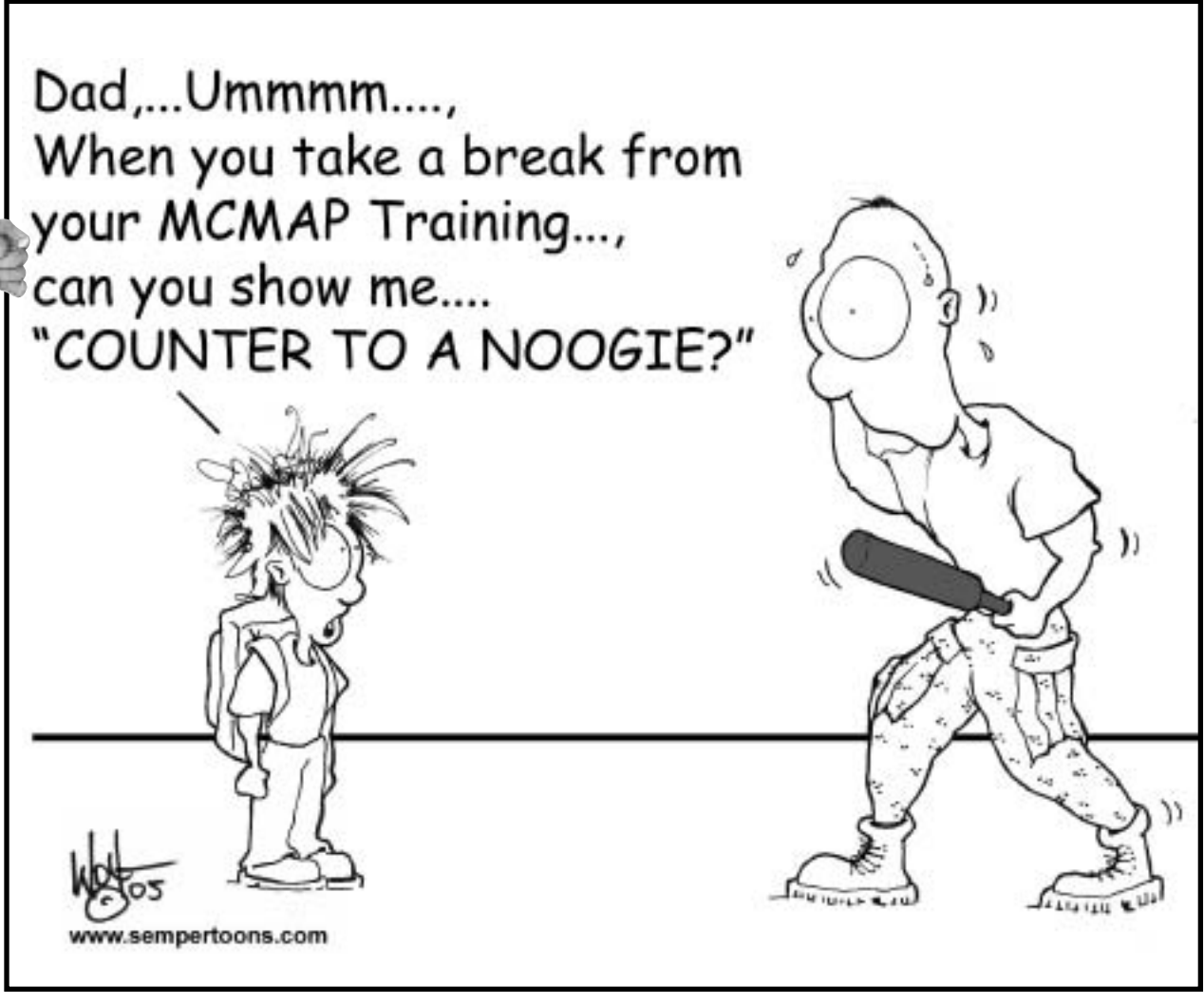
tried to run and after warning him to stop, the police shot and killed him."
 "It's good to get the word out to people about autism so tragic events like that can be avoided," Hill said.
 The symptoms and characteristics of autism can present themselves in a wide variety of combinations, from mild to severe. Although autism is defined by a certain set of behaviors, children and adults can exhibit any combination of the behaviors in any degree of severity.
 Two children, both with the same diagnosis, can act very differently from one another and have varying skills.

Some individuals mildly affected may exhibit only slight delays in language and greater challenges with social interactions.
 Whatever the diagnosis, children with autism can learn and function productively and show gains with appropriate education and treatment.
 The causes of autism are unknown, but it is generally accepted that it is caused by abnormalities in brain structure or function.
 For more information about autism, visit the Autism Society of America's Web site at www.autism-society.org.



Sempertoons

By Staff Sgt. Charles Wolf



MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Ads will appear in two issues of the **Hawaii Marine**, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the **Hawaii Marine** office.
 The deadline for submitting ads to the **Hawaii Marine** is 4 p.m. the Friday of the week prior to publication.
 Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the **Hawaii Marine** Office.
 To renew an ad or for more information, call 257-8837.

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

APRIL 15, 2005

K-Bay plays Aloha Classic

Marine varsity team represents at Hickam during inter-service basketball tournament Tuesday

Sgt. Joseph A. Lee
Sports Editor

The K-Bay men's varsity basketball team, led by coach Dean Jordan, moved to 2-0 in the annual Aloha Classic inter-service basketball tournament, Tuesday, at Hickam Air Force Base, after defeating Luke AFB, 47-35.

A true "All-Star" team, Jordan has been training the top intramural players to become a team worthy of representing MCB Hawaii — and his success has become evident at the Aloha Classic.

At the start of their game against Luke, forward Travis Carter and the K-Bay team took a moment to gather their game before letting Luke know who they had gone up against. Luke's key players included center Deron Hudson and point guard Travis Wilson, who both acted quickly to give the lead to Luke, 5-6. But when Carter put some pressure on Luke, they were forced to call a time out. After the time out, Carter continued the pressure and blocked a shot, letting guard

John Alexander get a hold of the ball, and he quickly turned the tables on Luke with a couple inside layups.

Tony Rogers, center, was solid under the hoop for K-Bay, consistently grabbing rebounds and shooting some key jump shots early in the game to spread K-Bay's lead to 15-9. Frustrated from some questionable calls on the court, Luke began to lose some hasty passes to the K-Bay, who quickly capitalized on the turnovers with some outside jump shots and a lofty aerial layup by Alexander over the heads of three Luke defenders to close the half at 21-14 K-Bay.

"If you're gonna be on the court, you better be playing both ends of the court," said Jordan at half time to motivate his team's defensive game.

At the start of the second half, Carter immediately let Luke know that K-Bay was in control of the game, but Luke began to get some calls to go their way. From the line, though, Luke couldn't get

See ALOHA, C-6



Sgt. Joseph A. Lee

Robert Mitchell (right), K-Bay guard, dribbles past Luke point guard Travis Wilson, Tuesday, at the Hickam Air Force Base Gymnasium. Luke lost some steam late in the game, and missed some key shots as they tried to hang on to K-Bay's climbing lead. After this game, K-Bay's Aloha Classic record elevated to 2-0, before their matchup against Twentynine Palms the following day.

Intramurals start playoffs

Sgt. Joseph A. Lee
Sports Editor

It's springtime; and while soccer players stretch their legs in preparation for their upcoming season, intramural baseball and intramural basketball near the end of theirs, as competition heats up for the playoff tournaments in both sports.

Intramural baseball

On Friday, the Headquarters Battalion Knights faced off against

Special Projects Patrol Squadron Two, kicking off the post season for intramural baseball. After a rough start, the Knights were able to pull themselves together in the fourth inning, and defeated VPU-2, 18-6, to advance. Monday, VP-47 braved their odds versus one of the top teams in the league, the artillerymen of 1st Battalion, 12th Marines. To nobody's surprise, VP-47 fell to the bottom of the bracket after their loss to 1/12.

In the second round of the winners' bracket, the Knights were due to face

Larry Drake and the MAG-24 team Tuesday evening. To the surprise of the Knights, Drake didn't pitch, but the Knights were still not able to keep their game going strong. Late in the three-hour game, MAG-24 was able to wrangle in some runs and secure the 8-1 victory over the Knights. Wednesday evening, 1/12 faced VP-9 in the second round of the tournament, and after an exciting game, 1/12 came out victorious, 6-5 over VP-9. The Marines of 1/12 look

See PLAYOFFS, C-8

Coach teaches father and son 'healthy' habits

Sgt. Joseph A. Lee
Sports Editor

"When I used to play basketball at the varsity level, we played Saturdays," said Dean Jordan. "One Saturday, the Youth Sports team came in to play a game after we were done, and I sat and watched for a while. In Youth Sports, they only used half of the court to play, but this one little boy, I remember, stole a pass and dribbled his way all the way across the court and made a basket. After the ref sent him back to the correct side of the court, the little boy first made a stop into the bleachers, climbing five rows up where his father was observing the game. Excited, the little boy said, 'Daddy, did you see that?' His father smiled, patted his son on the butt and sent him back onto the court — that is when I knew I had to be a part of it."

Jordan, the services chief for the Provost Marshal's Office and 20-year veteran of coaching basketball in the Marine Corps, has developed some interesting methods of teaching basketball techniques, and this year, was fortunate enough to share his knowledge with both father and son. The two are basketball players on two different teams Jordan coached this year.



JORDAN

Ira Dallam, a 29-year-old member of Jordan's K-Bay varsity team, watched his 7-year-old son, Jamal learn some important lessons on how to play the game of basketball as a member of Jordan's K-Bay Pistons, a "Mighty Might" team.

"He breaks down the game of basketball in a way that the kids can understand the basic fundamentals, while teaching them some adult techniques without them ever realizing it," said Dallam, a Jacksonville, Fla. native. "He has these certain methods that work for our team, but also for the little ones."

Jordan has developed several

See JORDAN, C-6



Sgt. Joseph A. Lee

Kenny Coquillard, second baseman for MAG-24, swings for the fences. Coquillard had two home runs during the regular season.

Semper Fit hosts wrestling tourney

Sgt. Joseph A. Lee
Sports Editor

Youth wrestling teams from around the island met in competition Saturday at the Semper Fit Center for a Hawaii USA Amateur Wrestling Association tournament, as part of the regular youth and open wrestling season.

The HUAWA, a subsidiary of USA Wrestling, holds an annual tournament season to prepare youth wrestlers for the national championships held in Fargo, N.D., annually, according to Vice-Chairman John Schmidtke.

"USA Wrestling is the

National governing body for the sport of wrestling in the United States and, as such, is its representative to the United States Olympic Committee," said Schmidtke. "Simply, USA Wrestling is

the central organization that coordinates amateur wrestling programs such as HUAWA and works to create interest and participation in these programs."

According to Schmidtke, the Greco-Roman and Freestyle tournaments held throughout the spring and summer months culminate at the Aloha State Games, where children and adults in age groups ranging from under 8 to open divisions of 19 and older can compete as part of an Olympic-style competition that includes the basic sporting events that the summer Olympics might consist of.

This, the third of approxi-

See WRESTLING, C-8



Sgt. Joseph A. Lee

Wrestling clubs from around Oahu join at Semper Fit.



Sgt. Joseph A. Lee

Jamal Dallam, center, sits with his father, Ira, as they watch the intramural basketball playoffs with coach, Dean Jordan (right).

BASE SPORTS

Today

Dodgeball Tournament — The Single Marines & Sailors Program is hosting a dodgeball tournament to be held at Camp Smith, today, from 11 a.m. to 1 p.m., at the basketball court in Building 9; and at the Semper Fit Center on MCB Hawaii, Kaneohe Bay, Saturday, from 10 a.m. to 1 p.m.

The event is free and open to all E-5 and below and will be played in accordance with the National Amateur Dodgeball Association's rules.

For more information, call 254-7593.

Saturday

Dance Movement Academy Performance at the Base Theater — Watch as the Dance Movement Academy puts on a free show, starting at 2 p.m. at the Base Theater.

The show is open to the public and is a good opportunity for families and children to get an idea what Di Rodin and the Dance Movement Academy have to offer.

For more information on the programs or schedules of the Dance Movement Academy or K-Bay Gymnastics, visit their Web site at www.dma-kbg.com, or call 479-3273.

April 23

CSSG-3 Dares You To "Be a Marine For a Day" — Break out your utility boots, but don't scrape the mud off just yet — the JN Chevrolet 11th Annual CSSG-3 Swamp Romp is right around the corner. Oahu's dirtiest footrace returns to Kaneohe Bay on April 23, so start cross training now. The race will begin at the Boondocker building, neigh-



boring the Marine Corps Exchange Annex parking lot. The starting gun will give runners their first chance to get into the combat training mood at 7 a.m., sharp.

"This event offers our community an opportunity to be a Marine for a day without the harassment package associated with being away from home for Boot Camp," mused Col. Brian Hearnberger, the commanding officer of the sponsoring unit, CSSG-3.

Every year, the Swamp Romp boasts a course that gets even the grunts grueling. This event is open to the daring, and CSSG and JN Chevrolet are inviting everyone who thinks they can hack it to race.

Runners must have a team of six, and must all finish together. Teams that finish without a teammate will be penalized 60 seconds from their total race time. Awards and medals will be provided to the first, second and third-place finishers. Don't worry about your car's upholstery, showers will be provided on site to rinse off after the race; you'll need it! Unit teams will be awarded CG's Fitness Series points for participation. The entry fee is \$102 for all teams (nonrefundable), and include a specially designed Swamp Romp T-shirt. Those registering after today, are not guaranteed a shirt on race day.

Non-DoD civilians must register by today. If paying by personal check, please include your social security and phone number. No registrations will be accepted after 2:00 p.m., Friday. If you register after today's deadline, the total team fee will be \$120. Race packets may be picked up Thursday or Friday between 9 a.m. and 4 p.m. at the Semper Fit Center, Building 3037. Teams may enter in the following divisions based on team-members accumulative ages.

Young Men: Total age not greater than 120 years. **Warriors Men:** Total age more than 120 years, but less than 210 years. **Masters Men:** Total age greater than 210 years. **Women Open:** Total age not greater than 210 yrs. **Masters Women:** Total age greater than 210 yrs. **Mixed:** three men, three women, any age. Register now at the Semper Fit Center. Printable registration forms can also be downloaded from www.mccshawaii.com. For the real dirt on the CSSG-3 Swamp Romp, call 254-7590 or 254-7597.

April 23 - 29

Youth Soccer Registration Happening Now — Register your child for Youth Soccer now with Youth Activities. The season runs from June 25 to Aug. 20, and practices begin in early June. The league hosts different divisions that accommodate youth born from 1989 to 2000. The cost is only \$45 for members and \$55 for nonmembers. Register your child now, or, if you are interested in coaching the soccer league by calling 254-7610 or stopping by the Youth Activities Building 5082. Windward Community Federal Credit Union makes all Youth programs available aboard MCB Hawaii.



only \$45 for members and \$55 for nonmembers. Register your child now, or, if you are interested in coaching the soccer league by calling 254-7610 or stopping by the Youth Activities Building 5082. Windward Community Federal Credit Union makes all Youth programs available aboard MCB Hawaii.

April 30

10k Run Aboard MCB Hawaii — 3rd Marine Regiment, in coordination with the Athletic Branch of Marine Corps Community Services, will conduct a 10k run aboard MCB Hawaii at 7:30 a.m. on April 30.

The start and finish area will be located at Pop Warner Field. A 1-mile Family Fun Run will be conducted at the conclusion of the 10k run.

This event is open to the general

public. Awards will be given at the conclusion of the race event.

Register for the race by calling 254-7597.

Paintball Tournament — Team captains of five-person, randomly drawn teams will meet at 8 a.m. at the Lemon Lot for a paintball showdown. Equipment rental is \$30, and all-day air is an additional \$20 during tournament play. Paintballs must be purchased on the field only, and payment is to be made on the day of the tournament.

To register, send an email to pbbhawaii@paintballhawaii.com. For additional information, call Paintball Hawaii at 265-4283.

May 14

Kaneohe Bay Summer Splash — Join the MCCS Aquatics crew for the 2005 Spring Splash to be held on May 14 at the newly renovated Kaneohe Bay Base Pool, from noon to 4 p.m. It's free to military, family members, DoD civilians and reservists.

Enjoy music, games, demonstrations and more with numerous other events. Kids can take introductory lessons to snorkeling and surfing and watch awesome demonstrations. The Summer Splash will have swim lesson sign-ups and information ready for parents interested in enrolling their children.

To get in on the water action, call MCCS Aquatics at 254-7655.

Ongoing

Kaneohe Bay Pool Closure — The Kaneohe Base Pool will be closed from now through May 1 due to deck resurfacing, barring weather delays. For swimmers interested in lap and recreational swimming, the Officers' Club pool will be open from 11 a.m. to 1 p.m. for lap swimming, and is open from 1 to 5 p.m. for recreational swimming. The Officers' Club pool will be open to all hands for the duration of Main Pool repairs.

The Kaneohe Base Pool will open on May 1 for normal operational hours which are: Saturdays, Sundays and Holidays from noon to 5 p.m., closed on Mondays, and open Tuesday through Friday from 11 a.m. until 1 p.m. for lap swimming, 1 to 5 p.m. for recreational swimming, and from 5 to 6 p.m. for lap swimming again.

Call MCCS Aquatics at 254-7655 for additional information.

Cheer on Your Favorite Team — Head down to the Semper Fit Center and catch intramural basketball playoffs Monday, and the championship game on Tuesday.

Intramural baseball has playoff games Monday, Tuesday Wednesday and Friday.

Campground and Picnic Sites — For picnic and camping sites,

Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

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

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

Semper Fit Center Offers it All — The Semper Fit Center has an aerobic class for anyone and everyone trying to meet that New Year's resolution.

Check out as many of the following programs as you would like; Yoga, Cycling, Tai Chi, Cardio-Kick, Gut Cut, Step-Challenge, Water Aerobics, Pilates, Marathon Training and much, much more.

For class information, call the Semper Fit Center at 254-7597.

Fishing Charters Available at MCB Hawaii — Spend the day aboard one of Mahalo Kai's charter fishing boats. Mahalo Kai has been serving MCB Hawaii since 1992, fishing the bountiful waters off the Windward side.

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

Inexpensive, Fun Entertainment — Look no further for economical entertainment Mondays through Thursdays, all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game. This discount is good for open play, but does not qualify for tournaments, leagues or unit functions.

Call the K-Bay Lanes at 254-7693 to get the spin.

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

Call the K-Bay Lanes at 254-7693.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 235-6585 for more information.

Paintball Hawaii — Weekend single-day cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283 for Friday appointments.

Semper Fit Group Exercise April 2005

Monday

8:45 - 10 a.m. — Step 2 It
11:45 a.m. - 12:15 p.m. — Gut Cut
4:45 - 5:45 p.m. — Cycling (\$3 / \$1 active duty)
5:45 - 6:45 p.m. — Kick Interval
6:45 - 7:45 p.m. — Pilates

Tuesday

6 - 7 a.m. — Cycling (\$3 / Free to active duty)
8:30 - 9:30 a.m. — Muscle Conditioning
9:30 - 10:30 a.m. — Yoga
11:30 a.m. - 12:30 p.m. — H.I.T.S.
11:45 a.m. - 12:15 p.m. — Butt Cut
6:30 - 7:30 p.m. — Step & Tone

Wednesday

6 - 7 a.m. — H.E.A.T.
8:45 - 10 a.m. — Step Challenge
11:45 a.m. - 12:15 p.m. — Gut Cut
4:45 - 5:45 p.m. — Cycling (\$3 / \$1 active duty)
6:45 - 7:45 p.m. — Pilates

Thursday

6 - 7 a.m. — Cycling (\$3 / Free to active duty)
8:30 - 9:30 a.m. — Muscle Conditioning
11:45 a.m. - 12:15 p.m. — Butt Cut
11:30 a.m. - 12:30 p.m. — H.I.T.S.
6:30 - 7:30 p.m. — Step & Tone

Friday

8:45 - 10 a.m. — Step 2 It
11:45 a.m. - 12:15 p.m. — Gut Cut
4:45 - 5:45 p.m. — Cycling (\$3 / Free to active duty)
5:45 - 6:45 p.m. — Pilates

Saturday

9 - 10:30 a.m. — Step & Tone

Note: A book of 10 single-class coupons for \$2 each can be purchased for \$15 at the Semper Fit Center.

COMMUNITY SPORTS

HTMC to Hike Moanalua Sunday

Join the Hawaiian Trail and Mountain Club on a 10-mile, intermediate valley hike. The rambling valley road can be deceiving, but soon hikers will head into a maze of forested glades, bubbling brooks and hau bush thickets. The summit offers dizzying views of the Windward side.

Reach coordinator Jay Feldman by phoning 842-9596 or Wil Kawano at 373-1492 for detailed information.

Hikers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember, 18 or older. A responsible adult must accompany children under 18.

Bring lunch and water on all hikes, and wear sturdy shoes and clothing. Firearms, pets, radios, and other audio devices are prohibited on hikes.

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

2005 Sports Car Racing Gears Up

The Hawaii Region Sports Car Club of America will host six major races in 2005 and Solo II races on Oahu and Maui.

Solo II, or Autocross, is held at the Hawaii Raceway Park at Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars, from stock vehicles to race cars, usually compete. The event is purely amateur, but anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins.

Points acquired throughout the year accumulate for prizes and trophies presented at year's end. Minimum participation in more than half of the year's races is required to be in the running for points and the run-off championship.

Races are scheduled as follows: May 1, June 5, July 3, Aug. 14, Sept. 18, Oct. 2, Nov. 13 and Dec. 26. For more details, call Curtis Lee at 262-5987.

The Wheel-to-Wheel and Solo I racing events are regional sports car races at Hawaii

Raceway Park. All drivers must pass a driver's school to obtain a competition license, as the cars are raced at speeds of up to 140 mph, and passing is permitted.

Both the driver and vehicle must comply with a number of safety features before they are granted race entry.

Future races will be on the following dates: May 15, July 10, Sept. 5 and Nov. 26.

For more details, call Ed Hollman at 488-1782.

The Scenic Haleiwa Metric Century

The Hawaii Bicycling League, The Honolulu Advertiser, City Mill, North Shore News, and the Blue Cross/Blue Shield of Hawaii are teaming up to sponsor a 25k, 50k and 100k bicycle race, April 24, scheduled to start and finish on the North Shore.

Starting in Haleiwa Town at the Kaiaka State Park, riders will follow the North Shore towards Swanzy Beach Park, 100 kilometers away, near Kaaawa, and will turn around at their respective aid stations at the 25-kilometer and 50-kilometer marks.

Snacks, drinks and mechanical support will be provided along the route, and a festival will take place at the North Shore Marketplace in Haleiwa at the conclusion of the race.

Entry forms can be picked up at the Semper Fit Center and must be mailed and postmarked by Wednesday. Entries will also be accepted the morning of the event.

Packets, including relevant ride information, can be picked up today, from 9:30 a.m. to 1:30 p.m. at Waikiki Elementary. Look for the HBL banner and tent. T-shirts are distributed at the packet pick-up, and late registrants do not receive a T-shirt with entry.

Children under 14 must be accompanied on the ride by an adult, and a bicycle helmet must be worn and properly fastened at all times.

The cost of entry is \$30 for non-HBL members, which includes a six-month membership, \$20 for HBL members, \$13 for children 14 and under, and an additional \$3 for an XXL T-shirt.

For questions about the race, visit www.hbl.org, or call 735-5756.



will be the setting of the Tarlavsky's North Shore Triathlon 2005, May 28. The race will begin at 6 a.m. and consist of a 400-meter swim, 10-mile bike ride and three-mile run.

The race is in honor of Army Capt. Mike Tarlavsky, who was killed in Iraq, Aug. 12, 2004.

Classic beverage stein awards will go to the top three finishers in each individual division and mugs will go to members of top three teams in each division.

Individual divisions include: elite, age groups in five year increments and military for both men and women. Relay divisions include: men, women, military and mixed.

North Shore residents may pick up packet at Mokeleia Beach Park on May 27, from 4 to 7 p.m. Honolulu residents may pick up their packet at Boca Hawaii, 330 Cooke St. (behind Bike Factory) May 22 and 23, from noon to 4 p.m. Please make every effort to come to packet pickup; there will be a \$5 charge to pick up your packet on race day.

Registration costs are \$60 per individual and \$100 per team. Check-In and Race Marking will be race morning from 4:30 to 5:45 a.m. Volunteers are welcome and will receive a shirt and refreshments.

For more information call Chris Gardner at 372-8885.

Aloha Adrenaline Adventures

Aloha Adrenaline Adventures offers many exciting activities that will surely make your trip to Hawaii an unforgettable one.

Choose from a variety of adventures, which include: personalized tours, lessons, scuba diving, snorkeling, mountain climbing, spelunking, hiking, whale and dolphin watching, beach horseback riding, sailing and fishing.

Located in Honolulu, call 271-8886 or visit www.adrenalineadventures.com for more information.

Hawaii Marine Accepts Briefs

Advertise sports and recreational activities of interest in the *Hawaii Marine*.

E-mail items to editor@hawaiimarine.com or fax items to 257-1289.

Bikefactory to Host Triathlon

Mokeleia Beach Park on Oahu's North Shore

MPRRC to host 10K

The Mid-Pacific Road Runners Club will host a 10k run on the Pearl Harbor bike path, May 8 at 7 a.m. The race will begin at Lehua School. There will be an elite division along with age divisions. Runners can register online at www.active.com or sign up on race day. Directions to Lehua School are available at <http://www.mprrc.com/cdphbikepath.html>.

Awards will be given to the top three finishers in each age group as well as the top finisher in each relay division. Door prizes will also be given away.

Registration cost is \$25 for individuals and \$45 for relays. An extra \$5 will be added for racers registering on race day.

Biathletes can register online at www.active.com or at the Running Room, 819 Kapahulu Ave., Honolulu. Packet pick-up is April 24 from 10 a.m. to 4 p.m. at the Running Room.



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.")

The Masters : Tiger Woods : The Master?

Sgt. Joe Lindsay

The Goat

A man loved to play golf. It was the one activity he looked forward to every week. One Saturday he returned home from a scheduled three-some much earlier than his wife expected. She asked him why he was home so early.

"Do you want to play golf with someone who whines about every shot, complains about everything on the course, and makes noises when you're trying to make an important shot?" he asked.

"No, I don't," answered his wife.

"Neither did they!"

— Old golf joke

No, this week's "Bottom Line" is not about the petty and boorish behavior displayed at The Masters last week by Vijay Singh and Phil Mickelson. Thankfully, their personal little war over the length of Mickelson's golf spikes wasn't nearly enough to overshadow the real story behind the green jacket — Eldrick T. Woods.

Indeed, after not having won a major championship since the 2002 U.S. Open,

many were beginning to wonder if the person hailed as the next Bobby Jones, Arnold Palmer and Jack Nicklaus all rolled into one had become just plain ol' Eldrick after all.

Anyone who witnessed Woods make 14 birdies in a 22-hole stretch at one point knows better. Anybody who saw his chip on the par-3, 16th hole knows better. Anybody who watched Woods sink a 15-foot birdie putt against Chris DiMarco during the playoff showdown to win his fourth Masters title knows better.

Certainly Mr. Earl Woods, a former Green Beret and the father of Eldrick, who started teaching his son the game of golf when the little tiger cub was a mere six months old, knew better. The elder Woods knew better even as he watched the tournament on television from the confines of his hotel room in Augusta, Ga., too sick from cancer and too drained from chemotherapy treatments to be there in person.

But most importantly, Eldrick T. Woods knew better. He knew this one was for his dad. He knew this one was to show the world that "T" stands for Tiger.

Bottom Line: "I am, Tiger Woods."

Capt. K.D. Robbins

The Professor

It has truly been a pleasure to be a part of The Goat's maturation process. Like the seed that becomes the flower, he finally approached this week's "Bottom Line" as a true sports aficionado, vice a ghetto-fabulous scribe from the "mean" suburbs of Oakland.

Yes, The Goat has finally recognized The Masters, and more importantly golf, as a sport. That said, though, the readership should hardly hold its collective breath for a future Goat profile of Jeff Sluman, Rich Beem or Davis Love III.

The only problem with The Goat's critique of Tiger Woods' performance at The Masters is that ghetto-fabulous and green jackets do not mix. There are no backboards or steel nets at Augusta National, and the only trash talking that occurs is between the women's libbers and Hootie Johnson.

Fact: Tiger Woods is the world's number one ranked golfer.

Fact: Tiger Woods has four green jackets.

Fact: Tiger Woods is human.

The concept of a "one-namer" in golf is not new. Like "Arnie" before him, "Tiger" was the one name in golf, until now. Through no fault

of his own, Tiger has increased the popularity and the competition associated with the PGA Tour. Result: Tiger is now human. He puts his pants on one leg at a time and, he takes out the trash just like the rest of the husbands in the world. Tiger's impact on golf has simply elevated the level of his opponents and he competes every week against each one of them.

Chris DiMarco's comeback against Mr. Woods at Augusta was epic to say the very least. However, the PGA Tour has closed the gap between the world's number one and the rest. Tiger must now fight "Vijay," "Phil," "Ernie," and "Retief" for one-name status. Equipment technology, effort and money have brought the aforementioned stars of golf to the practice range, the putting green and accordingly, the winner's stand.

Bottom Line: Gone are the days of the "Tiger Slam." Tiger is still the best player in the game. But in golf, one-namers are just that, one-namers. Tiger has no "Scottie" to grab rebounds and assists like "MJ" did. Tiger has no "Marvin" to throw to, nor "Edgerrin" to hand the ball to, a la "Peyton." One player, a tour does not make. Tiger no longer stands alone. He is now a mere member of the "Big 5"... and that's a good thing.

READERS STRIKE BACK

Dear Bottom Line,

I commend you on bringing up a good topic on which to debate on. I'm dissapointed, however, that UTEP vs. NMSU wasn't mentioned but that's okay. The somewhat new rivalry of USA vs. Mexico (soccer) wasn't mentioned either. Again, we forgive you. But my favorite rivalry of all time has nothing

to do with sports or guaranteed contracts. It's a rivalry unmatched to any other. A rivalry that has the same outcome and is ongoing year after year, month after month, day after day, Grunt vs. "POG." I don't think I need to say who the victor is.

Florencio Bermudez
El Paso, Texas

"Again, we forgive you ..."

“

quotable

”

"Tiger ... will succeed and expand across all racial barriers ... I admire him ... for establishing a new plateau, a higher ground, if you will ... I really do believe he was put here for a bigger reason than just to play golf. I don't think that he is a god, but I do believe that he was sent by one."

— Michael Jordan

Tips keep bikers safe

On or off base, safety is priority

Jenny Sokol

www.LIFELines.usmc.mil

Whether it's spring and the tulips are in bloom, the height of a long, hot summer, or a chilly autumn day with the trees turning colors, there's no better way to enjoy the outdoors than by bicycle. But before heading out, be sure to review some basic safety tips.

Bikers beware

Most bicycling accidents occur less than five blocks from home and are the result of falls. Collisions with motor vehicles account for only 20 percent of bike injuries, but these collisions are far more dangerous and account for 95 percent of cyclist deaths. And cyclists are at fault in 70 percent of all collisions.

Protect yourself

Wear a helmet. Purchase a helmet with a sticker from the Consumer Product Safety Commission, and ask the salesperson to help you find the correct size. Adjust the chin strap until the helmet doesn't slip, and place the helmet forward on your head.

Wear the right clothes. Always wear shoes with soles. In cold weather, wear layers instead of bulky clothes. Tuck loose-fitting pants into your socks or secure them with rubber bands.

Be bright at night. If you must ride at night, use rear and side reflectors, clothing with reflective tape, and a headlight.

Become street smart. Come to a complete stop at stop signs, and look all around you. Always ride with traffic, in single file. Beware of parked cars — they may merge into traffic or open a door suddenly. Finally, always signal your intentions.

Child safety

Children need more safety instruction than adults. Because they don't drive yet, they don't understand traffic patterns or anticipate drivers' decisions. Also, they tend to follow each other, resulting in peer-pressure injuries, such as when the last child in the group doesn't stop at a stop sign in order to keep up with the rest of the group.

Fit your child's bike so that both feet touch the ground when he or she straddles the bike. Gearless bikes are easiest for children to maneuver. Teach them to stop and look both ways before coming out of a driveway or alley and to walk their bike across busy streets.

Check with the military base closest to you for safety workshops for children. Often installation Safety Centers host bicycle safety stand-downs for families. The Bicycle Safety Education Resource Center provides bicycle safety information to assist in teaching your child to ride safely.

Biking on base

While on-base biking tends

to be rather safe due to enforced safety rules, off-duty biking is another story. According to Phil Bower, safety specialist at Camp Pendleton's Base Safety Center, the most common bicycling violation in off-duty recreational mishaps is the failure to wear a helmet. On base, he encourages cyclists to stay well within designated bike lanes. OPNAVINST 5100.25A outlines the rules for biking on base, including wearing light-colored clothing and reflective clothing during reduced visibility conditions.

Pre-biking checklist

Inspect tires. Ensure that the tire tread is not worn, and the air pressure is correct. Carry a spare tire or patch kit in a bike pack. Learn how to change a tire before going for a spin.

Clean up. Wipe your bike down and oil moving parts often.

Make adjustments. Check that the brakes bring the bike to a quick, smooth stop. Make sure the seat and handlebars are a good fit for your body.



It's all down hill from here

Deputy Secretary of Defense Paul Wolfowitz (center) laughs with Marine Corps veteran Landon Henderson (left) and his instructor Matt Feeney, at the 19th National Disabled Veterans Winter Sports Clinic at Snowmass Village, Colo., on April 4. The clinic, organized by the Department of Veteran's Affairs and Disabled American Veterans, is the largest annual disabled, snow ski clinic in the world.

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Military confronts combat stress on front lines

Donna Miles

American Forces Press Service

BAGHDAD, Iraq — As troops deal with stressors ranging from roadside bombs to checkpoints where it's hard to tell friend from foe, the military is ensuring they get the

mental health support they need to remain with their units and avoid long-term problems.

Everyone in a combat zone experiences some degree of stress, Army Maj. Dara Josiah-Howze, a psychiatrist with the 55th Medical Company (Combat Stress Control) in Baghdad

told the American Forces Press Service. "You have a normal person in an abnormal environment, and you're exposing them to abnormal situations."

When the Iraq operation began two years ago, the biggest source of stress was the combat operations, she said. Now it's the more elusive threats — improvised explosive devices, vehicle-borne IEDs and suicide bombers, among them.

Symptoms run the gamut, Josiah-Howze said, from eating and sleeping disorders to irritability or anxiousness. Some people startle easily; others demonstrate low energy levels or wake up with nightmares. Others have trouble maintaining focus or following through on a project or just feel generally down, she said.

Army Col. Thomas Burke, DoD director of mental health policy in Washington, said troops have experienced these symptoms throughout American military history. During the Civil War, they were called "nostalgia" or "soldier's heart," he said. During World War I, the affliction was "shell shock" and during World

War II, "combat fatigue" or "battle fatigue."

Today, these symptoms are called "combat and operational stress reactions," the result of the extreme stress troops are exposed to in combat as well as the unpredictable counterinsurgency operations currently taking place in Iraq.

Sleep deprivation during extended operations, exposure to noise, heat or smoke and the danger of being hurt or killed or seeing others get hurt or killed, "all take a toll on a person's mental state," Burke said.

But this doesn't mean affected troops are mentally ill, Burke stressed. "What they are experiencing is a normal human reaction to an abnormal situation," he said.

And experience and research proves that the best way to treat these troops is to offer care as close to their units as possible, rather than "labeling them as broken" and evacuating them from the region. The latter approach actually puts them at higher risk of developing longer-term problems, Burke said.

"The whole approach to mental

health is different than it once was," he said. "We're not pulling people out of line and sending them back to the states. Now the philosophy is to treat these symptoms early, treat them far forward, treat them aggressively, and get these soldiers back to their jobs."

This proactive, preventive approach to treatment keeps troops as close to their unit as possible so their friends and chain of command can maintain contact with them until they return to duty. And the treatment offered is relatively simple: sleep, rest and workshops rather than elaborate psychoanalyst techniques and procedures, Burke said.

"We refer to it as PIES," he explained. "Proximity, as close to the unit as possible. Immediacy, providing treatment now, not evacuating them to the rear and treating them in a week. Expectation, maintaining the assumption that they will return to duty. And simplicity, keeping the treatment simple."

Combat stress control teams are

See STRESS, C-10



Cpl. C. Alex Herron

Pfc. Mathew Shaw, tower sentry, watches the desert plains for any unusual movement outside the air base in Al Asad, Iraq, Tuesday.



Sgt. Joseph A. Lee

Jamal Dallam, a 7-year-old K-Bay Pistons player and student at Kailua Elementary, slam dunks a ball at the Semper Fit Center.

JORDAN, From C-1

techniques for coaching but one in particular, that he coined the "Shooting Diet" technique. To keep a "healthy" shooting game, Jordan claims that there are certain ways to explain every player's strong areas as well as their weaker areas for taking shots.

"You could look at it like a food pyramid," said Jordan. "Where your layups comprise the bottom layer of the pyramid, jump shots rest in the middle somewhere, and your three-pointers are like tasty sweets, only to be enjoyed sparingly."

According to Jordan, if there is an area of deficiency for a certain player they could be considered "allergic" to that "food," and should focus on "eating," or shooting, shots that are more "edible" to that individual player. Some shots, according to Jordan are an "acquired taste"—only good once someone has taken the time to develop their "taste," or ability, to make that certain shot.

This technique has been 20-years in the making, as Jordan has traveled the world teaching basketball at several different Marine Corps stations, to include Camp Pendleton, Calif.; Quantico, Va.; Fort McClellan, Ala.; Okinawa, Japan, and even while on Marine Security Guard duty in India, in 1985, where he coached a girl's country-club team. One of his players continued on to play for India's National team in the Olympics.

"He knows how to let you play, while still teaching you valuable lessons about the game of basketball," said Dallam, who also assisted Jordan with coaching the Mighty Might team. "He's definitely the best coach I've had in the Marine Corps, and I feel comfortable knowing that he's teaching my son how to play."

For youth basketball, Jordan applies a timing method to all of his drills, to last as many minutes as the age of the youngest player on the team, according to Jordan.

"The older a child grows, the longer their attention span lasts, so the longer you can focus on one particular skill," said Jordan. "Otherwise, the kids will tire and get bored very quickly. The age method has worked very well for me over the years."

Jordan has specific interests in parents' involvement with their children's sports activities.

"Another goal of mine is to keep the parents as involved as possible by sending a letter home with the children early in the season," he said. "This helps me define the on-court responsibility I have for their children, and where the lines in responsibilities are drawn. I feel this helps me get through to the kids better when their parents are reading from the same script."

A perfect example of parental involvement, Dallam is there to see first-hand, the basis of instruction in which Jordan uses to get through to the children.

"There's always a training value in everything he says," said Dallam. "Even during his reprimands, which, of course, are far tougher on the varsity team. He makes sure he gets through to the children, though. That is what's important."

With the Mighty Might season completed, Jordan and his varsity K-Bay team are currently 2-0 in the Aloha Classic and plan on climbing their way to the top to represent MCB Hawaii. After the game, if you happen to hear Jordan making allusions to "eating right" or being on a "sugar high," it may not be the players' food intake that is being discussed. Whether it be youth or varsity sports — where basketball and the Marine Corps meet, players and parents can find their multivitamin in the coaching styles of Dean Jordan.

ALOHA, From C-1

the points they needed, and resorted back to Hudson and shooting guard Mike Lofland to score the much needed points for Luke, as they still trailed 31-23.

After a short jump shot by forward Ira Dallam, he returned to the hoop to put up an easy layup, but was denied by Luke forward Leon Montgomery who nailed a huge block off the backboard, fouling Dallam who tacked two more on the board for K-Bay from the line.

The K-Bay team continued shooting outside jump shots from all around the key. Luke only found points through Hudson, who was able to consistently get inside for some layups, and though he was fouled a couple times inside, Luke still couldn't finish the job from the line, and sat in a 10-point deficit, 41-31 with two minutes remaining in the game.

Luke power forward Chris Downing got a fast break late in the game, and

attempted a cocky slam dunk, that missed off the rim, drawing laughter from the crowd and further frustrating the Luke offense.

Controlling the movement of the ball, the K-Bay team listened to Coach Jordan, as he shouted to "pull it out," telling his team to keep the ball on the outside and play a tactical last few minutes of the game. They were successful, as the game was easily wrapped up from there with a dunk from Carter, putting the final score at 47-35.

"We don't have to score 100 points to win the game," said Jordan to his team after the game. "We come onto this court to play defense first. This ain't lunchtime," he said, in reference to his coined training tool of describing a well-balanced shooting game as a "healthy diet of shots."

According to Jordan, the K-Bay team plans to go all the way in the Aloha Classic.



Sgt. Joseph A. Lee

Ira Dallam (center), attempts a rebound, just before Leon Washington (right), delivers a huge block, swatting the ball into the board.

Free, on-base care available

Stress counseling available on base for military and family members

Kelley Harper

www.LIFELines.usmc.mil

Stress in military life

Military life is full of stress for both service members and their families. Recurring or unexpected deployments, feelings of loneliness or isolation at bases far from home, and the daily dangers faced by Sailors and Marines in training or on operations, all contribute to a stress-filled environment.

Usually, service members and their families prefer to deal with their problems on their own (who doesn't?), but sometimes it takes more than self-help to get through the tough times. For the military family, abundant resources are available to provide the guidance and counseling needed to get back on track and to face life's challenges head on.

According to the American Counseling Association, anxiety or depression affects one in three people at some point in their life seriously enough so that professional help is needed. Other stresses result from changes occurring in life. Relocation, parenting struggles or changes in finances can easily cause people to be overwhelmed. In the military, there are numerous options that are nearby, low-cost, and can help with any kind of issue.

How to know when you or a family member needs help

Sometimes it's difficult to recognize when you are depressed. You know you're not happy, but don't know where to turn or how to resolve the problem.

Signs of depression and anxiety include drastic changes in appetite and sleep patterns or isolation from others. Drug and alcohol abuse and suicidal thoughts or feelings may cloud your mind. Family members who are left behind during a deployment often have these feelings and can work through them on their own. But sometimes, they can't. This is the time to consider seeking additional help from a trained professional who understands what you are going through and can assist you in working through your emotions.

What kind of counselor should you see?

The military has a variety of trained professionals to meet your needs. Counselors such as psychologists, psychiatrists and social workers handle a wide range of issues. Others, such as marriage and family therapists, generally work with families and couples. Certified counselors specialize in certain areas such as grief counseling and substance abuse. No matter whom you choose to see, all counselors can help you with your concerns or refer you to someone who can best meet your needs.

What's available to you

Marine Corps Personal Services Intervention and Treatment Branch and Fleet and Family Services Center (Crisis Response) are your first resources, with access to individual, group and family counseling services that are safe and confidential.

Professional therapists for both the Navy and Marine Corps help clients focus on the problem at hand and try to find realistic options and solutions. They are available for any type of concern, from deployment stress to parenting problems and grief counseling. Most centers have walk-in screening hours where you can discuss your immediate concerns.

To find your nearest Family Service Center, try these online directories: Marine

See CARE, C-10

PLAYOFFS, From C-1

forward to Monday's matchup against MAG-24, which should prove to be quite a contest.

"We're pretty confident as we progress through the post season," said MAG-24 coach and third baseman, Joe Dunn, after their second-round win over the Knights. MAG-24 was the regular season champion. "Headquarters Battalion has a good team, and they consistently give us the best game of any of the teams in the regular season. I think they are a better team than their record shows, but in the third round, we'll be facing either 1/12 or VP-9, and we're pretty confident we'll win against either of those teams. Though each of them beat us once in the regular season, the second time we faced them, it was a different story. With 1/12, we were able to tee-off when they switched pitchers on us, beating them 17-3; and with VP-9, our last game got called in the second inning because their fans were using foul language, but we were already beating them by more than seven points. Drake had five strikeouts, so I'm pretty sure we shouldn't have a problem with them."

Dropped down to the losers' bracket, VP-9 will face VPU-2 tonight at Riseley Field, 6:15 p.m.; and VP-47 will

face off against the Knights Monday, for the first round of the losers' bracket in this double-elimination tournament for the intramural championship.

Intramural basketball

The post season started Monday for men's intramural basketball, with three games, back-to-back. Marine Corps Air Facility quickly dispatched HSL-37 "EZ-2," 53-36. The Marines from 1/12 outmatched the airwingers from MAG-24, 47-31, and 3rd Marine Regiment defeated 3rd Radio



Sgt. Joseph A. Lee

The Marines from 1/12 defeated VP-47 in the first round of the post-season tournament, Monday. Players and other personnel located at the receiving end of the pitch are wearing protective equipment because getting hit with a pitch really hurts.

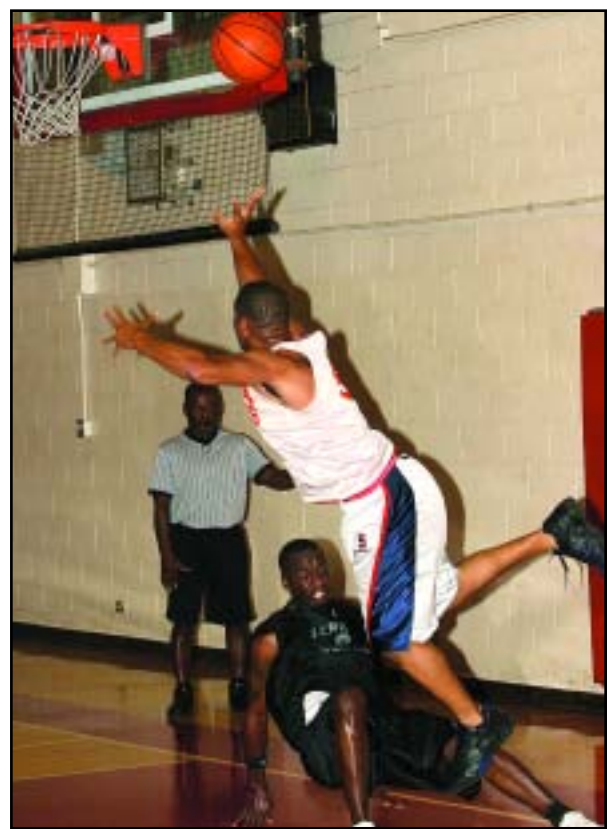
Battalion, 51-34.

After winning the regular season, the HSL-37 Easy Ryders faced MCAF Tuesday night for what would prove to be the "best game of the season," according to Intramural Sports Coordinator Joe Au. In a game that literally came down to the buzzer, MCAF was able to knock the champs out of the running, with a 50-49 upset. Continuing Tuesday night, the Terror Squad of VP-47 followed suit, providing another good game against MALS-24, taking the win in a close 53-51 game.

The Headquarters Battalion Demon Deacons were knocked out of the runnings Wednesday night, after suffering a 50-37 defeat by 1/12, and 3rd Marine Regiment stepped up to take out CSSG-3, 39-27.

Of the four top teams receiving byes coming into the tournament, three have surprisingly been eliminated. Monday night's semifinal matchups at the Semper Fit Center will place 3rd Marine Regiment against 1/12 at 6:15 p.m., followed by MCAF and the Terror Squad of VP-47 at 7:15 p.m.

The winners of these games will meet in the championship game, Tuesday at 7:15 p.m., following the third annual Slam Dunk Contest scheduled for 6 p.m. at the Semper Fit Center.



Sgt. Joseph A. Lee

MALS-24 faces off against the Terror Squad of VP-47 Tuesday night in the second round of the playoffs. MALS-24 lost, 53-51, in the very close, post-season game.

WRESTLING, From C-4

mately 12 tournaments held throughout the season, ended with the Schofield "Tropic Lightning" taking the first place team victory among the wrestling clubs that competed.

The team consisted of the following wrestlers, each of whom took first place in their respective weight and age groups: Nathan Butler, Marcus Delgado, Brandon Oliva, Gino Hayward and Bradley Wanovich. Their coach, Larry Mullen, recalled the competition, Saturday.

"It was a great tournament as usual, when hosted by the Marines, and we had some pretty fierce competition from the Leeward Cobras, one of our rival clubs that usually compete back and forth with us for first place at these tournaments," said Mullen. "The next tournament will be held in the Schofield area, and we hope to see some of the Marines' crowd come up that way, because that is usually a fun tournament as well."

Open to the public, these wrestling tournaments are full of excitement, according to Mullen, and provide an excellent learning environment for anyone interested in freestyle or Greco-Roman wrestling.

Clark Abbey, youth sports coordinator for MCB Hawaii, was excited to see the turnout near double for this year's Semper Fit-hosted tournament.

"We had a whole lot more people come to this event, and we're planning to try to run even more mats next year to add to the action, and hopefully get wrestlers through the competition faster," said Abbey.

The goal every year, according to Schmidtke, is to improve the tournament every year.

"This year the tournament went much faster," said Schmidtke, "because [Abbey] and the administrators had every single element of this tournament planned out extremely well, and they were able to execute the event flawlessly. We even finished a little early after a late start, due to traffic. I'm sure Abbey and the team here at the Marine Corps Base will present an even more efficient tournament next year."



Sgt. Joseph A. Lee

Regular season champs

Rodney Lewis (left), point guard for the HSL-37 Easy Ryders, stands alongside his coach, Senior Chief Petty Officer Dave Winrow, as they present their plaque for winning the men's intramural basketball regular season. According to intramural sports coordinator, Joe Au, the biggest upset in the playoffs so far was when the Easy Ryders lost to 7-11 MCAF by one point Tuesday night after a first-round bye. As the saying goes, "on any given night, anyone can be beaten."

Massage therapy can rejuvenate and heal

Cherie Dewar

www.LIFELines.usmc.mil

If you've cramped your calf muscle while crawling under barbed wire, or your back (and probably your brain) is tense from picking up your toddler 20 times a day, consider massage therapy as an alternative to ice packs and an aspirin.

Massage has become increasingly recognized as a key to accomplishing overall wellness — but wait, that sounds so medical. Actually, a therapeutic massage can feel just heavenly. And a slice of this heaven is offered at several bases through the Marine Corps Semper Fit program.



How to find a massage therapist

Call the Semper Fit Center at 254-7597 to schedule a massage at K-Bay, or 477-5197 for Camp Smith.

Semper Fit therapists understand the unique pressures a military person or fam-

ily member has to live with. Veterans and retirees are also eligible for this well-priced service, which is typically approximately \$55 per hour.

Massage therapy can definitely help you and your family be relaxed and refreshed, ready to take on the world as a whole new you.

Why try massage?

Because you'll feel the benefits head to toe, and that's no cliché. In addition to the obvious stress-reducing, relaxed feeling you get from a massage, literally getting the kinks out of your muscles leads to increased circulation.

This, in turn, makes your muscles and joints more flexible, releases built-up toxins and calms your nervous system. When your mental stress decreases and your blood flows more freely, your immune system is more efficient, and your sleep is more restful. You can lead or support your team, or take care of your family, much more easily.

Overall well-being is the goal of massage, and if you've suffered an injury to your muscles (back, hamstring, calf, shoulders, etc.) you're definitely blocked from achieving this outcome. Massaging the area can stimulate the healing process by loosening the tightness that typically follows these injuries.

Of course, first get permission from your doctor that massage is a proper treatment for you, and discuss your ailment with the licensed therapist before the massage. This ensures that they take the proper precautions when addressing any injury.

What happens during a massage?

The thought of being massaged by someone you don't know may be unsettling at first, but, as with a doctor, the therapist won't be seeing anything they haven't already seen. In fact, the only part they will see is the immediate area they're working with.

A typical massage begins with discussing your goals with the therapist. Be sure to inform them if you're pregnant or if you have an illness such as cancer, HIV or diabetes. The therapist will then leave the room while you either disrobe completely or down to your underwear, and cover yourself with sheets after you lie down on the massage table.

After a massage, drink plenty of water throughout the day to wash away the toxins released from your muscles.

STRESS, From C-5

fanned out throughout Iraq to provide mental healthcare to servicemembers experiencing combat and operational stress reactions and to help prevent others from developing them. In addition, behavioral health teams are embedded in units in Iraq as well as Afghanistan.

Much of the mobile teams' focus is on prevention. They educate servicemembers and their chains of command about symptoms of combat and operational stress reactions, self-help techniques and exercises they can use to counter these reactions, and professional services available to help them.

Troops who request it or appear to need extra help are typically referred for "restorative care," Josiah-Howze explained. This care, offered at fixed locations, is generally limited to 72 hours and includes more intensive stress and anger management, relaxation training and counseling through individual and group sessions.

During their unit visits, combat stress teams emphasize that nobody is immune to combat stress, regardless of their rank or position in the unit. "It affects everyone," said Josiah-Howze. "We've treated everyone from the single teenager to senior officers."

Josiah-Howze said she's convinced that treating combat stress quickly and in the environment can help prevent the condition from evolving into more serious acute stress or post-traumatic stress disorders.

CARE, From C-7

Corps, Navy. If you or a family member are plagued by drug or alcohol abuse, you can find support at your Consolidated Substance Abuse Counseling Center. The center provides outpatient care and hospitalization, if needed, at your base hospital.

Online support is also available. Alcoholics Anonymous provides information on alcohol facts and group support programs for anyone who has been affected by alcohol abuse.

Domestic abuse is a major concern for families all over the world. Family Advocacy Programs are located at every military installation and available to help family members suffering from physical or emotional abuse. An advocate is always available for you, and sessions don't require participation by your spouse. They can also assist you with housing issues or financial concerns related to abuse.

If you have experienced the loss of your military service member while on duty or due to an unexpected death, the Tragedy Assistance Program for Survivors is there to help survivors. They are available 24 hours a day and can help in every aspect of crisis and recovery.

You can find counseling and referral services in your community, often provided at no charge. Check with your child's school to see if a counselor is available to discuss concerns in your family. You can also find nonprofit organizations around your base that accept military clients. Costs can range from nothing to low cost, or are charged on a sliding scale. Check your local telephone book under "Social Services" for a list of agencies.

How much will it cost?

Counseling services through your military base are free to active duty service members and family members. You are not obliged to commit to a number of sessions or programs. Use it as needed and return as often as necessary to solve the problem.

If you're seeking a civilian provider, it's best to go through your main TRICARE Prime provider to obtain a referral. Mental health services by authorized providers are fully covered for active-duty dependents with no co-pay or out-of-pocket costs.

If you choose to seek a civilian provider not within the TRICARE network, be prepared to pay high fees. Payments are usually due at the end of each session, sometimes up to \$150 per hour. Beware of any obligations before you begin counseling, and read any forms thoroughly before you sign them.

"Through the years, the military has realized that if you wait too long [to provide care], it can have negative effects," she said. "The best way to deal with the issue is to keep [the affected troops] in the environment and to address the problem then and there."

This approach will likely reduce the number of soldiers who will need Veterans Affairs Department mental health services later on, she said, and has the immediate advantage of keeping military units intact during their operations.

Our motto is to "Conserve the Fighting Spirit," Josiah-Howze said. "We're not here to remove soldiers," Josiah-Howze said. "We're here to help them with the problems they're having so they can return to their units and keep fighting."

Hawaii MARINE ON POINT

HAWAII MARINE D SECTION

APRIL 15, 2005



IT'S NOT the size of the DOG

K-Bay Mascot, Cpl. Shamrock's Full "Danno" O'Blarney, gets promoted

**Story and Photos By
Cpl. Megan L. Stiner**
Press Chief

He very well may be the first seven-year-old sergeant in the Marine Corps, but with a name like Shamrock's Full O'Blarney, perhaps it was pure luck that helped him move up through the ranks so quickly.

Kaneohe Bay's base mascot, an English bulldog, better known as Danno, was promoted to sergeant Friday in a colors ceremony at the flagpole on base.

Danno has been serving with the Marines of the Provost Marshals Office nearly his entire life. He was born on March 17, 1998, and purchased by the base when he was 16 weeks old. He has since then become one of the most well-known Marines on K-Bay, frequenting many ceremonies and functions.

According to Lance Cpl. Kyle E. Long, travel clerk and Danno's base escort, the laid-back bulldog has little other responsibilities, beside making appearances to a majority of the command functions.

"He relaxes a lot," said Long. "He mostly lays around all day with his buddy Molly."

Molly is another English bulldog who entered the K-Bay scene last year and has since then become Danno's partner in lackadaisical activities.

According to Staff Sgt. Jon D. Jerome, watch commander, Provost Marshals Office, Danno received his nickname after Marines participated in a poll to choose the name.

Pvt. Iain A. Schnaible submitted the name Danno, a character from the television show, "Hawaii Five-O," as a recommendation for the bulldog's nickname, according to a 2001 article in the *Hawaii Marine*.

According to Danno's primary caretaker, the mascot came from a long line of champion bulldogs, and paying \$2,449 for the K-Bay mascot was a direct reflection of the cost for purchasing a dog from the breeder's bloodline.

His heritage is something that the K-Bay Marines take pride in — a sense of pride in a Marine icon that dates back to post World War I and a recruiting poster, painted by Charles B. Falls. The painting depicted a



Gunnery Sgt. Claudia LaMantia

Brig. Gen. George J. Trautman III congratulates Base Mascot Shamrock's Full O'Blarney, or better known as Danno, on his promotion to sergeant during Friday's colors ceremony.

dachshund, representing a German soldier, running from an English bulldog, the "Teufel-Huenden," or "Devil Dog," which was the German's nickname for U.S. Marines.

It is no wonder that Marines, throughout the Corps, take such pride in their mascots.

Retired Lt. Col. Stephen J. Cameron, former provost marshal, MCB Hawaii, thought that Danno would make a positive impact on the morale of the military personnel on base, and once the idea was approved, Danno found a home among the Marines at PMO.

Danno has been enjoying his home here at Kaneohe Bay where he lives the good life, together with Molly, where he continues to roam the halls of PMO, sleeping during working hours, and occasionally waddling around base boosting the morale of whomever he happens across.

Cpl. Ryan Martel (left) struggles with K-Bay's mascot, English bulldog Shamrock's Full O'Blarney, better known as Danno, as Sgt. Timothy R. Johnson, military working dog handler, directs him, during a military working dog demonstration at last year's Bishop Museum's annual Family Sunday Military Day.



Danno draws children and adults alike, wherever he goes. In spite of his calm, easy-going demeanor, Danno has been trained as a military working dog, often demonstrating his skills to the public's delight.

