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Lava Dogs hit ground running

1/3 works with local forces to destroy pockets of insurgents

Sgt. Joe Lindsay
Combat Correspondent

JALALABAD, Afghanistan — The Lava Dogs of 1st Battalion, 3rd Marine Regiment have wasted little time in making their presence felt on the front lines of the War on Terrorism in Afghanistan since officially taking over from their sister battalion 2nd Battalion, 3rd Marine Regiment Jan. 15.

Led by 1/3 Commanding Officer Lt. Colonel James Bierman, Executive Officer Maj. Michael Miller and Sergeant Major Sgt. Maj. Michael Berg, the Lava Dogs have held numerous meetings with local leaders, as well as high-ranking officials of the Afghan National Army and the Afghan National Police, in an effort to build on the positive relationships formed and cultivated by 3rd Battalion, 3rd Marines and 2/3 on previous deployments.

Whenever possible, Marines and Sailors from 1/3 conduct combined patrolling operations with Afghan security forces, noted Bierman.

"We've been meeting with local dignitaries, governors, police chiefs and leaders of the ANA," said Berg, a native of Plymouth, N.H. "Ultimately, success in Afghanistan hinges on their ability to control the security of their own country. We are here to support them, to train them, and to work hand in hand with them in everything we do. The ANA and the ANP have been doing an outstanding job."

Capt. Bartholomew Battista, company commander for Bravo Company, 1/3, spoke in a similar vein about the relationship between the Marine Corps and the ANA and ANP.

"We work in conjunction with the Afghan forces because this is their country," said Battista, a Kanab, Utah native who also has strong ties to Hillsborough, Calif. "We are here to support them and to increase their prestige and standing in the eyes of the Afghan people. We aren't occupiers of this country. We continue to remain here at their request to help them and protect their country against insurgents."



Lance Cpl. Stephen Kwietniak

Marines assigned to 1st Battalion, 3rd Marine Regiment, prepare a convoy bound for Camp Kohgyani from Jalalabad Airfield, Afghanistan, where the batallion is deployed in support of Operation Enduring Freedom.

According to Master Gunnery Sgt. Carlos Craig, 1/3 operations chief, the overwhelming majority of Afghans are adamantly opposed to the insurgents who have wreaked havoc on the country in conjunction with the rise of the Taliban in the 1990s and continue to attempt to do so despite the quick defeat of the Taliban during the early stages of Operation Enduring Freedom.

"The Taliban have been defeated, but there are pockets of insurgent groups who still want to control the people through violence and intimidation," said the Buffalo, N.Y.

See Lava Dogs, A-5

Honoring 2/3's Fallen

A Service of Remembrance to honor the fallen Marines of 2nd Battalion, 3rd Marine Regiment, who lost their lives during the unit's deployment to Afghanistan in support of Operation Enduring Freedom, will be held **at the Pacific War Memorial, Jan. 31 at 1 p.m.** The service is a tribute to Lance Cpls. Kevin Joyce, Phillip George, and Steven Valdez. Also included in this tribute is Lance Cpl. Ryan Nass.

The Marines of 2/3 performed security and stability operations in order to support self-government and create the conditions for successful parliamentary elections through combined operations with the Afghan National Army and Police, the Government of Afghanistan, and all coalition partners in their area of operations.

In the event of inclement weather, the ceremony will be held at the Base Theater.

Iraq crash kills Waipahu Marine

Compiled by Hawaii Marine Staff

A Waipahu Marine was among two killed Monday while deployed in support of Operation Iraqi Freedom.

Pvt. Lewis T. D. Calapini, 21, died along with Lance Cpl. Joshua A. Scott, 24, of Tunnel Hill, Ga., as a result of a vehicle accident near Al Taqaddum, Iraq. Calapini and Scott were assigned to Anti-Terrorism Battalion, 4th Marine Expeditionary Brigade, II Marine Expeditionary Force, Camp Lejeune, N.C.

Calapini was an infantryman who enlisted in the Marine Corps in May 2004 and was also a graduate of the Hawaii National Guard Youth Challenge Academy.

Calapini's father, Orencio Calapini, said that his son's decision to enlist in the military was largely influenced by his experience as a cadet with the Hawaii National Guard YCA, which the senior Calapini said taught his son discipline and maturity. Calapini was an active athlete who loved basketball and Tae Kwon Do.



Photos Courtesy of the Calapini Family



Pvt. Lewis T.D. Calapini, 21, died in a vehicle accident near Al Taqaddum, Iraq, while serving with the Anti-Terrorism Battalion, 4th Marine Expeditionary Force, Camp Lejeune, N.C.

Calapini is survived in by his father, his mother Helen Grace Calapini, both from Hawaii, his brother Marvin Calapini, a college student in Chicago, and other immediate family living in Hawaii, Chicago and the Phillippines.

The cause of the accident is under investigation. Funeral and memorial service details are not available at this time.

Free military tax filings

Petty Officer 3rd Class Chris M. Hwang
Special to American Forces Press Service

WASHINGTON (NNS) — Military members and their families can now file their taxes for free, thanks to a partnership between a group that helps military people deal with financial issues and a civilian financial services company.

Military OneSource has partnered up with Intuit, a financial services company, to provide the TurboTax basic product for federal and state returns at no cost. Military members can download this program and also benefit from tax consultations and have access to appropriate resources. The Military OneSource Web site will provide annual upgrades to the TurboTax software at no cost.

"This tax consultant support for filing 2006 taxes is available toll free (800-342-9647) and at no cost to the service members from any deployment location in the world," said acting Deputy Undersecretary of Defense for Military Community and Family Policy Jane Burke. "Military OneSource tax consultants are also familiar with the IRS publication 'Armed Forces Tax Guide.'"

Burke said DoD has a long history of offering tax assistance to military members, but this year the department is offering the opportunity for service members to self-file electronically at no cost, using a popular software product that double checks for accuracy.

"For many years, help has been available at many installations through the Voluntary Income Tax Assistance program. VITA volunteers will continue to be available through legal centers at most installations. VITA volunteers help service members to file their taxes

See Taxes, A-7

ARG to Conduct Blue-Green Workups

Commander, Amphibious Force, U.S. 7th Fleet Public Affairs

OKINAWA, Japan — The Forward Deployed Amphibious Ready Group departed Okinawa, Japan, Jan. 21 for Blue-Green workups and ARG Exercise after embarking Marines of the 31st Marine Expeditionary Unit.

The exercises are designed to prepare ARG Sailors and MEU Marines to carry out missions in support of theater contingencies, from humanitarian and disaster relief to full combat operations. During the training, Sailors and Marines will maximize their ability to work together during a series of exercises that will test their teamwork and ability to respond to a variety of contingencies.

Participating amphibious ships include USS Essex (LHD 2), USS Juneau (LPD 10) and USS Fort McHenry (LSD 43), as well as troops from the 31st MEU, whose 1,900 Marines are spread throughout the three ships.



3rd Class Adam R. Cole

Deck Department Sailors stationed aboard the amphibious transport dock ship USS Juneau, prepare to enter the White Beach Naval Facility. Juneau is preparing for Blue-Green work-ups and Amphibious Ready Group Exercises

There is no more cohesive Blue-Green team than Amphibious Squadron 11 and the 31st MEU, according to Navy Capt. Mark E. Donahue, commodore, PHIBRON 11, the Task Group Commander of the forward deployed ARG, based out of Sasebo, Japan.

"Through our long-standing partnership, strengthened during countless exercises and operations, we have come to understand and appreciate the unique capabilities that each Marine and Sailor brings to the fight. This exercise is a vital part of the continuum of training that is necessary to maintain the combat readiness of the FDNF Blue-Green team."

The forward deployed Blue-Green team last united in October 2005, during the ARG's seven-week fall deployment, operating together in Amphibious Landing Exercise 2006.

During the current exercise, the Navy/Marine Corps team will conduct ship-to-shore movement using a variety of amphibious assets. These assets include amphibious

See ARG, A-7

NEWS BRIEFS

USMC College of Continuing Education

The staff of the USMC College of Continuing Education, Training & Education Command will be conducting command briefs and demonstrations at MCB Hawaii's Base Theater from 1:30 to 2:30 p.m. and at the K-Bay Learning Resource Center in Building 221, room 108, Feb. 1 and 2. MarineNet Training Manager will be conducted for battalion and squadron training personnel, Feb. 2 from 10 to 11:30 a.m. at the LRC.

CCE Director Terence Kerrigan and staff will be providing news regarding the newest Web-based courseware available through MarineNet and the new Headquarters Marine Corps predeployment training package, soon to be available via www.marinenet.usmc.mil.

Additionally, the college will provide updates to Professional Military Education resources via the CCE Regional Seminar Program available to military personnel to include advances in courseware training delivery methodology.

For additional information, call Steve A. Brown, Customer Outreach/Edumarketing Coordinator, USMC College of Continuing Education, at (703) 432-0190 (DSN 378) or via e-mail at steve.brown.ctr@usmc.mil

Officers' Pool and Base Pool Closed Until Further Notice

The Officers' Pool and Kaneohe Base Pool will be closed until further notice. Camp Smith and Manana Housing pools are still open during regular business hours. For more information, call 254-7655.

Survey Participation Requested

The Department of Defense Inspector General is conducting a Trafficking in Persons survey through March 31. They are requesting maximum participation from all active duty service members, civilian Marines and contractors. We encourage all to log on and take the first part of the survey, which contains 22 questions that should take only a few minutes to complete.

To access the survey, log on to www.dodig.mil/tip%20survey/survey.htm. A password is not required.

Gas Lane Closures

A gas station canopy project has been underway since Nov. 7 and is slated to take six to seven months to complete, after construction begins. The canopy will be built in phases, which means that half of the gasoline pumps will be unavailable for consumer use at any given time.

For questions concerning this project, call George Kelsey, MCCS, 254-7689 or Ken Takeya, MCCS, 254-7539.

Volunteers Needed for Survey

Survey takers are needed for the 2006 Sea Services Women's Leadership Symposium, to be held March 21, aboard Marine Corps Base Hawaii. Survey takers can go to www.surveymonkey.com/s.asp?u=725521377979 or http://tinyurl.com/araat to take the survey.

Volunteer opportunities exist.

For more information, contact Lt. Cmdr. DesaRae Janszen at 541-2125, or by e-mail at djanszen@d14.uscg.mil; or Master Sgt. Milton White, MCB Hawaii equal opportunity advisor, at 257-7720, or milton.d.white@usmc.mil.

Hawaii Marine Accepts Letters

The Hawaii Marine welcomes comments for the "Letters to the Editor" section. Letters should be clear and concise. The Hawaii Marine staff reserves the right to edit letters for clarity and length. Comments must be signed with a full name and a telephone number must be provided.

E-Mail: editor@hawaiimarine.com, with "Letters to the Editor" in the subject line.
Mail: Public Affairs Office
Letters to the Editor
Bldg. 216, Box 63002
MCB Hawaii 96863
Fax: 257-2511

Hawaii MARINE

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HAWAII MARINE, BOX 63062, BUILDING 216,
MCB HAWAII, KANEOHE BAY, HAWAII 96863
E-MAIL: EDITOR@HAWAIIMARINE.COM
FAX: 257-1289, PHONE: 257-8835



COMMANDING GENERAL MARINE CORPS BASE HAWAII

Trafficking in Persons Policy Statement

Trafficking in Persons (TIP) is a growing problem that is threatening both our core values as Marines as well as our warfighting institution. Every year, the basic individual right of existence is threatened for hundreds of thousands of individuals. The third largest crime worldwide, human trafficking is estimated to be a $10 billion a year business. While commercial sex exploitation is the first example of TIP, it is also represented in forced labor, debt bondage, and child labor. I echo our Commander in Chief's **'Zero Tolerance'** approach to the problem.

- TIP is defined as the recruitment, transportation, transfer, harboring, or receipt of persons by means of threat or use of force or other forms of coercion, abduction, fraud, deception, abuse of power or position of vulnerability or giving payments or benefits for control of another person for exploitation. Violation of these basic human rights violates our values of honor, courage, and commitment. TIP provides some specific threats to our Force. Beyond the obvious threat of HIV/AIDS and other STDs (which can rapidly decrease the combat effectiveness of a unit), there is the growing evidence that profit from TIP is making its way back to buy arms for our adversaries in the global war on terrorism.

Our first step is education. We must ensure that every Marine, Sailor, and civilian Marine assigned to Marine Corps Base Hawaii understands the severity of this crime and the degree that it has invaded our area of responsibility. Commanders will incorporate TIP training into their new join indoctrination program and will establish TIP as an annual training requirement. All personnel will receive initial training within 30 days of this policy letter. The awareness and education program will emphasize the ramifications of TIP and that participation in any activity associated with this crime will not be tolerated and will be punished.

Each Marine, Sailor, and civilian Marine must understand their responsibility to avoid these activities that support TIP and to report suspicious instances to the Base Inspector or Department of Defense Inspector General. This is an inherent part of our leadership responsibilities at all levels and our ethos as Marines.

S. A. HUMMER
BRIGADIER GENERAL, UNITED STATES MARINE CORPS
COMMANDING GENERAL, MARINE CORPS BASE HAWAII

Capt. Kelly J. Grissom, company commander, Fox company, 2nd Battalion, 3rd Marines, talks to his son Alex, 5, after returning home from his deployment to Afghanistan, Jan. 20.

Cpl. Michelle M. Dickson

Kindergarten Registration For School Year 2006–07

News Release

Kindergarten registration for the school year 2006-07 at Mokapu Elementary School will begin on Feb. 1, starting each day at 9 a.m. and ending at noon.

In order to be completely registered, all requirements listed below must be met when signing in. For those not having all the required documents, a 30-day grace period will be given to submit these requirements. After the 30-day grace period has lapsed, another student may be placed in that slot.

Listed below are the requirements for registration:

-Birth Certificate
-Social Security Card
-Shot Record
-Completed physical
-TB skin test (done within one year of starting school).
-Legal size, self-address stamped envelope.

For those receiving Special Education Services, a current IEP is also required.

Starting this year, students will be placed in two categories by age. There will be a Junior Kindergarten for students whose birthday falls between Aug. 2 and Dec. 31. Kindergarten students will be those with a birthday prior to and including Aug.1.

Registration is on a space available basis and slots fill up fast. Once classes are filled, students will be sent on overflow to either Kainalu or Kailua Elementary School.

For additional information or questions, call the school office at 254-7964.

Weekend weather outlook

Today



Day — mostly cloudy, becoming partly cloudy with isolated showers, northeast winds up to 10 mph with gusts to 20 mph, 30 percent chance of rain

Night — partly cloudy with isloated rain showers, east winds up to 8 mph, 30 percent chance of rain

High — 79
Low — 72

Saturday



Day — partly cloudy with isolated rain showers, northeast winds at 10 to 15 mph, 20 percent chance of rain

Night — partly cloudy with isolated rain showers, east winds at 10 mph, 20 percent chance of rain

High — 79
Low — 70

Sunday



Day — partly cloudy with isolated rain showers, east winds at 10 to 15 mph, 20 percent chance of rain

Night — partly cloudy with isolated showers, east winds at 10 to 15 mph, 20 percent chance of rain

High — 78
Low — 67



Tony Blazejack

Headquarters Warriors Hit O' Course

Sections go head-to-head at Landing Zone Boondocker

Lance Cpl. Edward C. deBree
Combat Correspondent

The Merriam-Webster Dictionary defines competition as a contest between rivals.

The Marines and Sailors of Headquarters Battalion are far from rivals, but they did compete against each other in a contest on the obstacle course at Landing Zone Boondocker Jan. 20 in the first competition scheduled for the Warriors.

"The O' Course is one building block to build combat-conditioning skills," said Capt. Stevie Moore, company commander, Headquarters and Support Company, Headquarters Battalion. "This was put together as a competitive event and is one of many events that will happen in the near future for headquarters."

During the event, several Marines and Sailors from the battalion work sections put together teams. One member of each team took a turn running through the course before tagging another teammate who followed his lead.

"Sections can do the O' Course as a physical-training event anytime," said Moore. "But I wanted to make this event a unit competition. It makes the Marines challenge each other, which makes it a fun event for everybody."

Moore, a 33-year-old, Fayetteville, N.C. native went on to say that the competition is a great way for the Warriors to increase unit discipline and morale.

"This was awesome," said Pfc. Thomas L. Bocook, ticketing clerk, Traffic Management Office. "It was really motivating.

"Our job in Headquarters Battalion is to support the grunts, so it was great to do something that they do all the time. I think that we should do it more often."

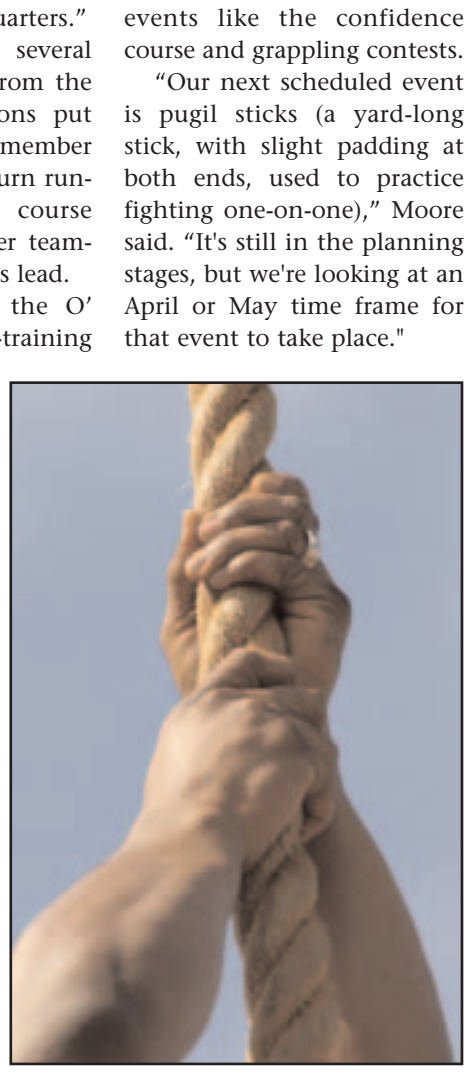
According to the 19-year-old Reardan, Wash. native, the battalion should have the Marines compete in more events like the confidence course and grappling contests.

"Our next scheduled event is pugil sticks (a yard-long stick, with slight padding at both ends, used to practice fighting one-on-one)," Moore said. "It's still in the planning stages, but we're looking at an April or May time frame for that event to take place."



Tony Blazejack

Sgt. Ryan J. Giesbrecht, Armory noncomissioned officer-in-charge, Headquarters Batallion, leaps over a section of the O' Course at Landing Zone Boondocker during a combat-conditioning skills competition.



A Marine grips the rope as he attempts to climb it during a competition for the Headquarters Battalion Warriors at the O' Course.

Lance Cpl. Edward C. deBree



Tony Blazejack

Members of Headquarters Battalion look on as a fellow Marine overcomes an obstacle during a combat-conditioning skills competition held at O' Course last week.

On the skyline ... with 1/3

by Sgt. Joe Lindsay



On the Skyline is a weekly column written by Marine Corps Base Hawaii, Kaneohe Bay, Combat Correspondent Sgt. Joe Lindsay, who is deployed to Afghanistan with the 1st Battalion, 3rd Marine Regiment Lava Dogs in support of Operation Enduring Freedom.

Marine carries on after IED, Purple Heart



Sgt. Joe Lindsay

Cpl. Emilio Diaz Jr., a 1st Battalion, 3rd Marine Regiment machinegunner with Weapons Company, Combined Anti-Armor Team 1, stands in front of a High-Mobility Multipurpose Wheeled Vehicle before embarking on a mission near Jalalabad, Afghanistan. Diaz, a Brownsville, Texas native, received the Purple Heart for injuries he sustained while manning a 50-caliber machine gun in Iraq on 1/3's last combat deployment when his Humvee was hit by an improvised explosive device.

Sgt. Joe Lindsay
Combat Correspondent

JALALABAD, Afghanistan – The silence was deafening. Actually, it wasn't really silence, but rather a persistent ringing in his ears that wouldn't go away no matter how much he willed it to. No matter how much he prayed, the ringing was always there — piercing — consuming — unyielding.

It has been more than year since his High-Mobility Multipurpose Wheeled Vehicle was hit by an improvised explosive device that day outside of a place called Fallujah, Iraq, violently rocking the Marine but somehow not throwing him from his turret position atop the vehicle, where he was manning a 50-caliber machine gun. But the ringing is still there. It's always there.

When he woke up after the explosion he was still atop the Humvee, still in the seated position, being held up only by his gunner's strap. He wasn't sure how much time had gone by. Marines were running around on the road below him yelling, but he couldn't make out what they were saying over the constant ringing — the constant ringing.

The Humvee he was riding in, just a few minutes before, had been transformed into a heap of scrap metal, twisted and grotesque. The 50-cal he had been manning was in pieces. He thought, perhaps, that he was dead; that his buddies were dead.

But he wasn't dead, and his friends weren't dead. In fact, just he and one other Marine in the Humvee were wounded in the explosion. Some would say that their flak jackets and helmets saved them or that the vehicle's armor saved them. Others would just call it luck and leave it at that.

Whatever it was, the IED had come at him sideways from a tree, destroying everything in its midst, save the Marines.

When the Purple Heart was pinned on his chest some months later, back at his unit's home base of Marine Corps Base Hawaii, Kaneohe Bay, he called it the proudest moment of his life — with the possible exception of the day he graduated boot camp and became a Marine.

But the ringing. The ringing was still there.

"Right after the IED hit, I went deaf," said Cpl. Emilio Diaz Jr., a 1st Battalion, 3rd Marine Regiment machingunner with Weapons Company, Combined Anti-Armor Team 1. "After a month, I was still deaf," continued Diaz, recounting his story as he stood outside a Humvee nearly identical to the one he was riding in that fateful day in Iraq, as he prepared for yet another combat patrol — this time in Afghanistan. "They kept me in a military hospital in Iraq for about a month, observing me, monitoring me, and hoping my hearing would come back."

"The more responsibility they put on his shoulders, the more he can carry. He believes in his Marines, and we believe in him."

Lance Cpl. Tyler Baecker

"Eventually, I was sent to Germany and finally back to Hawaii for surgery," recalled the Brownsville, Texas native. "I was scared I'd never hear again – and also scared I'd get medically discharged from the Marine Corps. I didn't want that. I wanted to be back with the guys. I wanted to hear again. Most of all, I wanted the ringing to stop. I hadn't learned to block it out at that time."

After successful surgery, back in Hawaii, Diaz regained full hearing in his right ear and most of the hearing in his left ear. Still, though, the ringing persists.

"It's basically something I've learned to block out, or maybe it's more accurate to say it's something I've learned to live with," explained Diaz. "It doesn't dominate me anymore. I can function again as a Marine and as a leader of Marines."

That is good news for the Lava Dogs of 1/3 who are serving with Diaz in CAAT 1 as part of Operation Enduring Freedom.

"Corporal Diaz is one of the best corporal's, if not the best corporal, I've ever had," said Staff Sgt. Douglas Derring, a 1/3 infantry platoon leader with Weapons Company, CAAT 1. "He's just an outstanding NCO, the type of Marine that the younger troops can really look up to. He's a self-starter and he's got combat experience, which gives the Marines under his charge an added dose of confidence," admitted the Virginia Beach, Va., native.

Lance Cpl. Tyler Baecker, a 1/3 tow-gunner with Weapons Company, CAAT 1, spoke in a similar vein about Diaz.

"I came up with Corporal Diaz in the Corps, from SOI (school of infantry), through Iraq and now in Afghanistan," said the Montrose, Colo. native. "He's a good man. A good Marine. He's always been that way, since day one. The more responsibility they put on his shoulders, the more he can carry. He believes in his Marines, and we believe in him. There's nothing we can't do. We've all got a bond that can only be formed under fire." That bond sometimes affords the Marines in Diaz's unit an opportunity for some good-natured fun.

"Sometimes the guys will start yelling or talking around me, except that they are only just moving their lips and mouthing the words, not actually speaking," said Diaz, suppressing a chuckle but unable to hide a growing smile. "A couple of times, I've had to do a double-take, thinking my ears were messing with me again. That's just Marines being Marines. I love 'em for it."

And that's exactly the reason his Marines say they "sometimes mess with Corporal Diaz," according to Lance Cpl. Michael Ericson, a 1/3 assaultman in Diaz's unit.

"We wouldn't do it if we didn't respect him," said the Larkspur, Colo. native. "I served in Iraq with Corporal Diaz, and I'd follow him into the depths of hell. It's just our way of showing him that we care about him, that we're glad he's still here with us, that he's still alive, and that he's once again leading us in a combat zone."

For his part, Diaz said he wouldn't want to be anywhere else but in Afghanistan right now.

"These people need our support," said Diaz. "When we're out on patrol, the locals wave at us and throw us the Hawaiian shaka hand sign as a gesture of goodwill. I guess it's something they picked up from 3/3 or 2/3, but they seem to know that we are from Hawaii. It's pretty cool. What isn't cool is that there are insurgents here that will kill and terrorize people for being friendly with us."

"They're not going to be able to do it, though, 'cause they'd have to take out the entire country," continued Diaz. "The Afghan people are our friends. They want to be able to elect their own leaders in a democratic setting without fear of being murdered for it. It's just that there are pockets of insurgents here, many of whom aren't even from Afghanistan, who want to keep the people enslaved, both mentally and physically, through terror. That is the problem here. We're gonna fix that problem."

Info as Important as Ammo in 'Long War'

Jim Garamone
American Forces Press Service

WASHINGTON — In the so-called "Long War," information will be as important as ammunition, a senior military officer said.

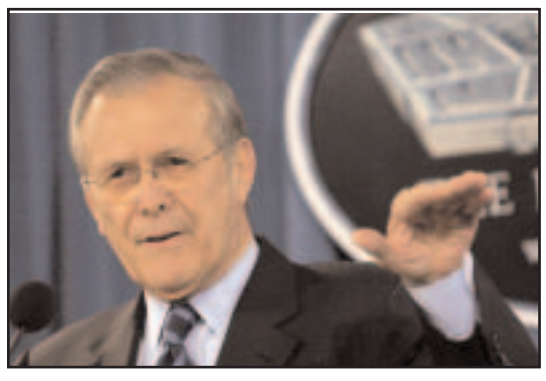
"It is clear ... in a global perspective how important information is and its ability to influence people and their ideas," Army Lt. Gen. Ray Odierno, assistant to the chairman of the Joint Chiefs of Staff, said. "We have to understand that."

Odierno called the Jan. 19 Osama bin Laden statement claiming preparation for another terrorist attack and carried by all Western media as "information warfare, pure and simple."

Defense Secretary Donald H. Rumsfeld has often spoken about the need for the United States to counter claims made by al Qaeda and its affiliated groups. "The people we're up against know how to manage the media," Rumsfeld said at a Dec. 23, 2005, troop town hall meeting in Fallujah, Iraq.

Extremists can make claims and have those splashed instantly across the front pages of newspapers or in leading broadcasts around the world. "I think it was Mark Twain who said that a lie speeds around in seconds, while truth is still putting its boots on," Rumsfeld said.

"We have laws and rules that we have to abide by, and that's a good thing, but it makes it a bit more difficult for us than it does for Osama bin Laden, who just issues anything he wants and nobody will hold him accountable," Odierno said.



Petty Officer 1st Class Chad J. McNeeley

Secretary of Defense Donald H. Rumsfeld answers a reporter's question during a Pentagon press briefing in Arlington, Va.

He said he's not asking for the same power bin Laden has, but the U.S. government has to figure out how to work within the laws to counter the propaganda put out by groups like al Qaeda.

With the growth of technology and the explosion of the Internet and related media, Odierno said it might be time to review all the international agreements and domestic laws to see if they still apply. "Maybe we don't need to change any law, but let's take a look at it to see if change is needed," he said.

He said the Internet is the biggest challenge. How should the U.S. government react when Web sites encourage radicalism? What should the government do when sites list data that could be harmful to our service members who are deployed around the world?

He said this is not just a DoD issue, but is one that the entire U.S. government — including the legislative branch — should examine.

Odierno also said the government must look for new ways to work together. In 1986, Congress passed the Goldwater-Nichols Act, making the military become the joint force that is the envy of the world today.

"Change is hard," he said. "We resisted Goldwater-Nichols, and it turned out to be the best thing that ever happened to us."

He said everyone needs to look at what cooperation and effort is required to do DoD missions. "If it takes a second Goldwater-Nichols Act," Odierno said, "then it is something we need to at least take a look at."

The change is needed as the United States faces the Long War. The general hastened to point out that the Long War does not mean servicemembers will be fighting in Iraq or Afghanistan for the next 20 years. "The Long War is that we are going to fight these loosely connected networks that will be around the world," he said.

"Right now, we have a major fight in Iraq and we're now continuing to transition in Afghanistan," said Odierno. "That will go on, but once we are successful in Iraq and Afghanistan, the extremists will be looking for another place to continue their mission — and it could be anyplace in the world. We have to interdict and stay ahead of them."

Lava Dogs, From A-1

native. "There's been a big and warm acceptance of us here by the majority of the locals. I'd go so far as to say they love us being here, because we are helping their army fight against the insurgents who have terrorized the local populace."

"The Afghan people share similarities with us," continued Craig. "Kids are the same all over the world. Parents are the same all over the world. Everyone just wants a good life for their families. The best way to give them that is to give them the tools, training and support to help maintain the democracy that is being built here. Everything we do, we do it hand in hand with the Afghan forces. We are partners and are united with our Afghan friends against the insurgents."

According to one Marine, the relationship between the Afghan forces and the Marine Corps has paid huge dividends.

"This is my second tour in Afghanistan," said Cpl. Derek Norris, a 1/3 machinegunner with Alpha Company who previously served in country with 3/3 from December 2004 to June 2005. "Things are getting a lot better here," continued the Lake City, Fla., native. "Everything we do, we do it together with the ANA. They are great allies and have the same goals as us, to rid Afghanistan of the insurgents and allow Afghanistan to live in peace as a free and democratic country."

Despite the improvements and tremendous strides made, Afghanistan still remains a dangerous place, and the Marines of 1/3 are discovering that firsthand.

"There have been some intermittent attacks within some of our areas of operation from the insurgents against us with IEDs (improvised explosive devices), RPGs (rocket propelled grenades), mortars and small-arms fire, since we took over in country," said Staff Sgt. Jason Butler, a 1/3 assistant operations chief from Salt Lake City. "But they have been ineffective. The enemy likes to hit and then run and hide. They don't want to stand and fight a Marine Corps united with our ANA friends, because they know together we will bring that exchange to a quick and decisive end."

The attacks against 1/3 also underscore another fact regarding the Marine Corps' presence in Afghanistan, noted Berg.

"Ultimately our mission is to locate, close with, and destroy the enemy," said Berg. "That's what Marines do. Obviously there's plenty of bad guys here in the country that are trying to prevent Afghanistan from having their own democracy and government. The bottom line is — we need to get rid of them, and we will with the support of the ANA and ANP. We have a dual mission statement: Kill the bad guys and train the good guys."



Marine Ceremonial Guards conduct a full honors welcome ceremony for visiting Commander of the Royal Bahrain Navy Col. Abdullah Al Mansoori at the Washington Navy Yard. Mansoori was presented the Legion of Merit from Chief of Naval Operations Adm. Mike Mullen for fostering a durable and constructive relationship between the United States and Bahrain.

Chief Petty Officer Johnny Bivera

Pacific Security Augmentation Force ups their arsenal

Photos and Story by Lance Cpl. R. Drew Hendricks
Marine Forces Pacific

CAMP H. M. SMITH, Hawaii — Marines from the Marine Corps Forces, Pacific Security Augmentation Force sent thousands of rounds down range as they honed their combat pistol skills and qualified with the M1014 Combat Shotgun at Puuloa range, Jan. 17 and 18.

"This training is to prepare you for combat, that's what its all about gentleman," said Sgt. Matthew E. Nale, noncommissioned officer-in-charge of training the SAF. "Combat is what Marines are made for."

The Marines spent the first day in class learning the functions of the M1014, which is a lightweight, gas-operated, tubular magazine fed, 12-gauge, semi-automatic shotgun.

To qualify, the Marines not only shot the weapon, they also had to disassemble, reassemble, and conduct basic maintenance on the weapon.

The Marines were able to shoot off a few rounds on the first day, but the second day is when the metal met the target.

The Marines paired off in teams of two and simulated a room-clearing scenario. After breaching a plankwood door, the Marines rushed to the nearest barrier for cover. The Marine who breached the door continued to lay down covering fire with his shotgun, while the other engaged targets with his pistol.

After several successful runs, Marines were allowed to come up with their own strategy for clearing the course.

"There are multiple ways to complete this course, but like Sgt. Nale taught us, speed and accuracy are what counts," said Staff Sgt. William K. Screws, member of the SAF.

After the shotguns shells were gone, Marines found themselves with close to 1,000 9mm rounds still to be fired. They continued to enhance the obstacles, increasing difficulty to clear them fast, accurately and safely.

"We have a great opportunity to come out here and conduct some pretty—high speed training. I'm glad to see these Marines taking advantage of it," said Nale.

According to Nale, regardless of any Marines' job, they should take every opportunity to prepare themselves for combat.

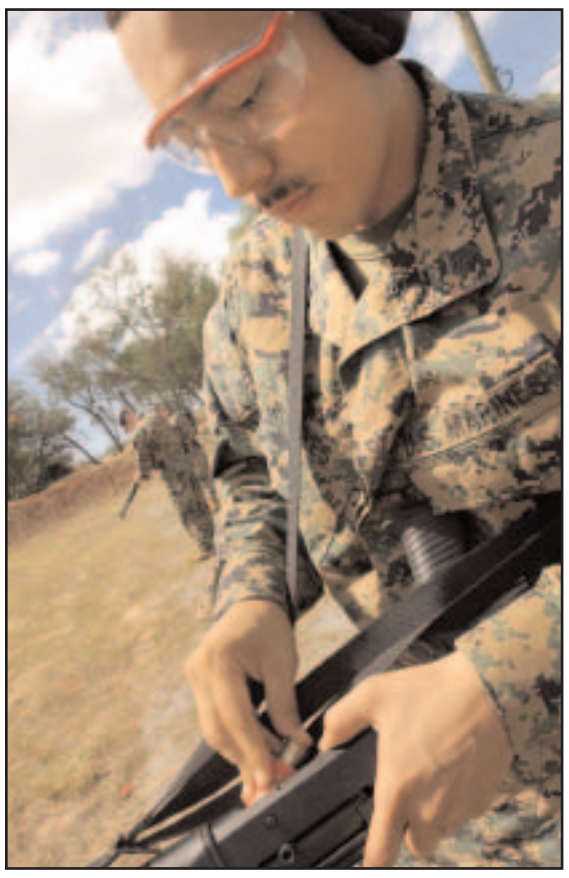
"After this training, I know that I am a better shot, and I know I would be comfortable using these weapons in combat," said Cpl. Jonathan E. Knight, SAF member. "Not to mention I have fun doing it."

As fun as the training may be, it serves a very important purpose.

"This training comes with a price Marines," added Nale. "Just know that if this base comes under attack, a natural disaster strikes, or anything else happens that requires the SAF, you are going to get a call."

The SAF Marines train quarterly in an effort to constantly improve their ability to respond in an emergency situation.

"I've said it a hundred times, every Marine should continue to train like they were going to combat tomorrow," said Nale. "That's what I am hoping to continue to do with these Marines here."



Sgt. Daniel O. Rosales reloads his M1014 in an exercize familiarizing Marines with the M1014 shotgun.



Corporal Jonathan E. Knight,fires a round off of the M1014 shotgun before running the room-breaching course.



Marines advance to their targets in order to review them after a stage of fire during enhanced marksmanship training at Marine Corps Base Camp Pendleton. The landing support specialists, or red patches, of 4th Marine Logistics Group are undergoing predeployment training before they deploy in support of Operation Iraqi Freedom.

Lance Cpl. Stephen Holt

ARG, From A-1

assault vehicles; combat rubber-raiding craft, utility landing craft and air cushion landing craft. Marine aircraft will also be utilized as integral parts of the Marine Air-Ground Task Force. Embarked aircraft are from Marine Medium Helicopter Squadron 262 (Reinforced), the Air Combat Element of the 31st MEU. Aircraft flown by the squadron include the CH-46E Sea Knight, CH-53E Super Stallion, AH-1W Cobra, UH-1N Huey, and AV-8B Harrier II.

According to Col. Lee Miller, commanding officer of the 31st MEU, it is always great to embark the ships of the Forward Deployed Naval Forces'ARG, which have become our second home. "During the exercise that lies ahead, we will hone our skills to ensure that together we can respond to whatever contingency may arise," he said.

The forward deployed ARG is part of Task Force 76, the Navy's only forward-deployed amphibious force, which is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo, Japan.

Taxes, From A-1

free of charge," said Burke.

Defense Department personnel noticed the need for a tax filing system that met military members' needs. TurboTax modifies itself based on the customer's information relevant to their unique tax situation. Providing an easier way to file taxes is an important quality-of-life issue, officials said.

"DoD recognizes the reciprocal relationship that binds the military member, the military mission, and military families. The Department is working hard to make a difference in the quality of life of service members and their families," Burke said. "The Military OneSource program, available worldwide 24/7, leverages technology to help service members and their families deal with the stresses of the military lifestyle. Providing access to electronic tax filing with the free telephonic support of a tax consultant is just one of the services offered by the Military OneSource service."

TurboTax customers can expect to see a new and improved way of filing their taxes as well. The easy-to-understand language allows users to feel more confident about the information they receive. Users can also click on an "Explain This" button within the TurboTax Web site to get relevant help. TurboTax also includes time-saving summary screens, allowing users to quickly review and edit their data.

"The department is proud to offer innovative options, like free electronic access to Turbo Tax and telephonic support, for addressing the challenges that military members and their dependents face," said Burke. "The Department of Defense recognizes that families also serve and is committed to supporting military families."

Hawaii MARINE
LIFESTYLES
HAWAII MARINE B SECTION JANUARY 27, 2006



Paintball players listen as a paintball referee explains the rules of "capture the flag." at Bellows Island Paintball facility. Island Paintball has hosted several celebrity players, including actor Paul Walker and rocker Tommy Lee.

Improved paintball combat at Bellows

Story and photos by: Lance Cpl. Edward C. deBree
Combat Correspondent

Hunkered down behind a bunker in the middle of the forest, low crawling to avoid enemy fire, rounds whiz overhead as the enemy forces move forward to gain ground. The surrounding walls echo the impact of enemy fire. Sound like a war scenario?

This was the scene at Island Paintball at Bellows, Dec. 31, 2005, as paintball players got a last game in before the New Year.

"We made a lot of improvements to the field," said Keith Shelly, general manager at Island Paintball, Bellows Air Station. "We got brand new rental guns. We got our own air compressor now, so we can do on-demand tank fills. We also made changes to the actual field, like adding new bunkers and houses and making new scenarios."

At Island Paintball players enjoy scenarios such as capture the flag, center flag, center scramble, assassins, protect the president and several others games.

According to Shelly, Island Paintball is the only wooded paintball field on the island of Oahu.

"The other fields on the island are great," said the 47-year-old Detroit, Mich. native. "But our field is the only true recreational field. The field at Kaneohe is a great place if you're into tournament style paintball, which is for more advanced players. Ours, anyone can enjoy because we have the wooded area, which is for beginners, but also blends in the area with all the buildings, which is for the people who like tournament paintball. We have something for everybody."

Though the field is open to the public on Saturdays, Sundays and holidays, reservations during the week are accepted. Many people make reservations during the week, said Shelly, especially corporate businesses and military units from all over the island.

"A lot of units call and make reservations to train by playing paintball," he said. "It's a good place for training because it's wooded and there are many places to hide. I think units like to come here because they don't want to spend the money for lasers or don't want to get hit by simunition rounds. We are open for any branch of military to do things like that here. Even the Coast Guard has been coming here."

The cost to play on the field is $10. The cost to fill up tanks is charged by the size of the tank, or $10 for unlimited refills. Renting equipment at Island Paintball is $25, which includes the paintball gun, mask, hopper and 100 rounds of paintballs. Players can also buy 2,000 rounds of paintballs for $47. But military personnel shall fear not, said Shelly, Island Paintball offers a 20 percent discount to any member of the military.

Shelly said that they plan on expanding the field this year by adding a castle and more bunkers.

"We plan on visiting more paintball fields on the mainland to give us some ideas to expand onto the paintball field," he said. "This is just a great place for paintball players, because they get to play in the shade as opposed to the other fields where they are in the sun the whole game. It's the only place where beginners and advanced players can not only play on the same field, but the same game."

People have come from all over to play at Island Paintball, even a few celebrities.

"We've had Paul Walker from 'Into the Deep' and 'Fast and Furious.' And the Los Angeles Lakers stopped by for a round when they were visiting the islands," he said. "We've also had rocker Tommy Lee from Motley Crue.

Shelly explained that his field is truly a place where anyone can enjoy a good clean, or not-so-clean game of paintball.

For more information log on to www.island-paintball.com or call (808) 422-8058.



Top: A close-up shot of a player with his red paintball gun prior to paintball warfare.



Bottom: A paintball player fires at the opposing team, while another player takes cover.

Paintball players take cover as they look for the direction of enemy fire. The cost to get in on the paintball action is $10 a person. Another $10 will get your gun loaded. Island Paintball rents the full set-up, gun, mask, hopper and 100 rounds of ammo for $25.



Various entertainment under one roof

There's no worse dilemma than not having anything to do, being in a place far away from all that's familiar and not knowing where the local hot spots are. Of course, that would never happen here, where E-1s to E-5s kick their weekends of at Kahuna's Sports Bar & Grill and Kahuna's Recreation Center.

Let's start with Thursdays, while the weekend hasn't officially started it's never too early to start looking for entertainment. At Kahuna's, Thursdays are "loud and-proud" nights. And best of all, their inexpensive, too. In fact, our 25-cent wings are the reason we call these evenings "Cheap Nights Out!"

Kahuna's chicken wings are dine-in only, but that works out perfectly, because it gives patrons something to snack on while they listen to the karoke enthusiasts.

Everyone is welcome to step up to the mike and belt out their favorite song. Applause is always encouraged.

If you prefer more experienced singers, then Friday is your night. Bands such as Ghost, Slug, Zoundbox, The Crud and more are regular acts, making this weekly performance the choice for alternative music fans.

The third Friday of the month is the only exception to alternative music as Latin Night takes over. El Conjunto Tropical brings the crowd to their feet with their renditions of cumbia, bachata, merengue and other Latin rhythms that will have you swaying your hips and looking for a salsa partner.

Every Saturday is DJ Dance Party night at Kahuna's. The rhythms will surely get you on the dance floor. While you're busting a move, your friends can purchase a Kahuna's Logo Glass for $5. Refills are at a reduced price. Best of all, the glass makes a perfect souvenir.

On certain Saturday nights, Kahuna's hosts special events. Last Saturday's Freestyle Battle II, the second of these events held at Kahuna's, is the perfect example. This hip-hop freestyle rap competition has drawn a large crowd, making the enlisted club the happening place to be.

Another event to mark on your calendar is DirecTV's Ultimate Fighting Championship 57, broadcasting live from Mandalay Bay in Las Vegas. Doors open at 4 p.m. with the fight beginning at 5 p.m.

The main event features Chuck "The Ice Man" Liddell vs. Randy "The Natural" Couture. Eight other fights are included on the card and promise to bring back the excitement of live ultimate fighting, which Kahuna's used to host in the past. The Budwieser girls will be there to keep the event lively. Of course, Kahuna's food and beverages will be served.

After the fight you can always conduct your own work out on the dance floor with the DJ Dance Party, which will start at 9 p.m.

Sunday's, starting in late August, is the time to watch NFL games on Kahuna's larger-than-life plasma screen TVs. Come for breakfast or try menu items from "Kahuna's Playbook," a selection of popular side dishes.

Be sure to take part in Kahuna's "Super" Super Bowl Party, on Feb. 5, with food and drink specials and the game on all the plasmas (yes, there's more than one), you can't afford to miss this party.

The alcohol-free, football game showing will take place at Kahuna's Recreation Center. This side of the Kahuna's Complex, Building 1629, houses the alcohol-free facility in which Marines and Sailors can enjoy watching the game on their screen. Patrons can enjoy pool, movies, free Internet, video games and much more.

The Recreation Center will be open on Sundays during Kahuna's football season hiatus.

A weekend at Kahuna's will keep you entertained, fed, and connected to other Marines and Sailors who make this their weekend hang out. As their slogan says, "It's always a good time at Kahuna's."

"While the weekend hasn't officially started, it's never too early to start looking for entertainment."



Millie Perera

Local act Kapena warms up the crowd at Kahuna's Sports Bar & Grill starting at 10 p.m. Local alternative bands, The Crud, Ghost, Slug and Zoundbox take the stage every Friday night starting at 10 p.m.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise

Kahuna's Sports Bar & Grill

254-7660/7661

Live entertainment — Drop by Kahuna's Sports Bar & Grill tonight for your weekly dose of live entertainment featuring alternative rock bands.

Come listen to the sounds of Ghost, performing at 10 p.m.

Texas Hold 'em — Turn the art of bluffing into some extra cash at Kahuna's Sports Bar & Grill.

Free T-shirts will be given out to all players. Hurry — limit is 50. A $5 buy-in for E1s to E5s is needed. Kahuna's is looking for dealers, too! The game begins Saturday at 6 p.m.

Bosses' Night — It only happens once a quarter, and this Wednesday is the night in which you can bring your boss to sample the fare at Kahuna's.

From 4:30 to 6:30 p.m. only, E-6 and above are welcome to join those who would normally work for them for an evening of camaraderie. Bosses present must be in uniform of the day.

Star 101.9 radio station will be on site from 5:30 to 6:30 p.m. Snowboarding enthusiasts should make plans to be there as a snowboard will be given away that evening.

Hot Country Nights — Real country music fans appreciate a pair of jeans, a comfortably worn-in pair of boots and a Western hat. Show off all three this Wednesday at Kahuna's Hot Country Nights.

This week Dita Holifield & Red Handed make a return appearance to get you in a boot-scootin' frame of mind.

Staff NCO Club

254-5481

Friday Night on the Rocks: Beachwear Night — Staff NCOs now have a monthly event to invite off-base friends to.

Kicking off this Friday and continuing on the last Friday of every month, come on down to the club for "Friday Night on the Rocks." Featuring pupus at 4:30 p.m., a DJ or live music at 6:30, p.m. and a variety of beverages throughout the evening. The club will hold this event to enable Staff NCOs to invite guests who might not have access to the base otherwise. Guests simply need to show their guest card given to them by the club member. Club members can get their cards through the club's unit reps or at the club's Rocker Room. Cards can be presented to any individuals you would like to meet at the club provided the invitee is 21 years or older.

This Friday's theme for the event is Beachwear.

Call the club for details.

Pub Night at the Pub with No Name — The Rocker Room will transform into it's nameless alter ego this Wednesday with a new weekly evening program.

From 6 to 9 p.m. every Wednesday to Saturday, drop by our "Pub with No Name" for some fast and inexpensive treats.

The pub offers mozzarella sticks, salads, sandwiches and burgers. This new venue is reminiscent of "Cheers," but you don't have to travel to Boston, it's right here at the Rocker Room.

Members will receive discounted pricing on their order by presenting their valid membership card.

For more information, call the club at 254-5481

Mongolian Barbecue — Change is good. Less is more. However you look at it, we've made our popular Mongolian Barbecue offering a monthly event.

On the first Thursday of each month, drop by the Staff NCO club for Mongolian Barbecue Night.

The same ingredients and pricing are still in effect. Reservations are still recommended.

Membership Appreciation Night — Members can drop by the Staff NCO Club this Friday at 4:30 p.m. for an evening of appreciation, complimentary pupus and beverages at the Rocker Room.

This is a members-only event, so be sure to bring your ID card to enjoy the evening.

Discount at Fairways Sports Bar and Grill for Staff NCO Members — The Staff NCO Club may be closed on Mondays and Tuesdays, but Fairways offers reduced pricing for Staff NCO members from 11 a.m. to 1 p.m. on those days.

Don't forget to show your membership card to activate your discount. For more information, call 254-5481.

Officers' Club

254-7650

Pasta Lunch Buffet — Calling all pasta lovers, every Tuesday from 11 a.m. to 1 p.m., drop by The Officers' Club for our lunch buffet. Simply choose your pasta, sauce and toppings and our chefs will cook it up in no time. If you miss it on Tuesday, it is available Thursday at the same times.

Mongolian Barbecue — The Mongolian Barbecue doesn't skip a beat. Offered on Wednesday and Friday evenings, this event is one way to appease even the picky eaters in your family.

Served in the Lanai Ballroom, on the lower level of the club, be sure to present your ID card for your member discount. Reservations are recommended, but not required.

For more information, call 254-7650.

Champagne Sunday Brunch — Brunch starts at the club from 10 a.m. to 1 p.m.

Menu items include, teriyaki beef, eggs Benedict, snow crab legs, bacon, Portuguese sausage, and much more.

Member pricing is $17.50 plus $3 with champagne, non member pricing is $19.95 plus $3 with champagne. Children 8 to 12 pay $6.95, children 5 to 7 pay $3.95, and there's no charge for children 4 years and younger.

Reservations are highly recommended. Be sure to call ahead for seating arrangements.

First Friday Night — Next Friday is the one evening every month you can showcase the club's fare, folks and atmosphere to your special guests.

As the name implies, on the first Friday night of every month, guests will be provided pupus at 4:30 p.m., music from 4:30 to 10:30 p.m. and drink specials all evening long.

To invite friends to take advantage of this monthly offering, simply drop by the club and request cards. Invite your friends to come and visit K-Bay. They'll have the opportunity to check out club amenities in your company.

All Hands

Distribution Center Closure — Marine Corps Exchange customers who are picking up lay away items or having other business at the Distribution Center, will have to make alternate arrangements on Friday as this facility will be closed for inventory.

For questions, call 254-7531.

Executive Transition Assistance Program — The ETAP program is for military personnel who are within two years of retirement.

Commanders are encouraged to permit their retiring personnel to attend at the earliest opportunity, but no later than 90 days prior to retirement or commencement of separation leave.

The program runs Monday through Thursday, 8 a.m. to 4 p.m. Contact your unit Transition Counselor or contact Marine and Family Services for more information at 257-7790.

ACT Testing — The Joint Education Center will be offering the ACT Testing at 7:30 a.m. this Tueday. This test is one of the most widely used and accepted college entrance acceptance examinations.

For more information, call the JEC at 257-2158.

Base Library Exhibit — Visit the K-Bay Base Library in February to see their new exhibit "Africa in the Americas." This display welcomes African-American History Month with text and images that describe the arrival of Africans in the "New World."

A second display of notable African-Americans will also be presented throughout the month.

Call the Library at 254-7624 for their hours of operation.

New Arrivals Orientation — If you're new to the base, this Thursday's orientation will provide newcomers with information to make the base your home away from home.

Presenters from various base organizations will provide a general overview of the services available to military members and their families.

For more information, call 257-7790.

Ongoing

Pro Bowl Tickets at K-Bay ITT — Looking to go to the Pro Bowl in February? Come to the Information, Tickets and Tours office at Mokapu Mall to get your tickets for the game. The supply is limited. Tickets are only available on a first-come, first-serve basis.

Seating charts will be available, so come prepared to choose your location. Tickets are $103 for sideline seats and $38 in the end zone. The Pro Bowl will be played Feb. 12 at the Aloha Stadium.

For more information, call 254-7563

MOVIE TIME

Prices: *Friday and Saturday 7:15 p.m. shows are $3 for adults; $1.50 for children. Sunday matinee, 2 p.m., shows are $2 for adults, $1 for children. Evening showings on Sunday and Wednesday at 6:30 p.m. and late shows Friday and Saturday at 9:45 p.m. are $2 for adults and $1.50 for children. For ticket pricing, the Base Theater Box Office defines adults as patrons ages 12 and older, and children as patrons 6 to 11. There is no charge for children 5 and younger. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger.*

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.*

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture-taking capability , magnetometer wanding, audience scanning with night vision goggles during screening. Items will be returned after screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Rent (PG-13)	Today at 7:15 p.m.
Shopgirl (R)	Today at 9:45 p.m.
Zathura (PG)	Saturday at 7:15 p.m.
Derailed (R)	Saturday at 9:45 p.m.
The Chronicles of Narnia (PG)	Sunday at 2 p.m.
Shopgirl (R)	Sunday at 6:30 p.m.
Derailed (R)	Wednesday at 6:30 p.m.
The Chronicles of Narnia (PG)	Friday at 7:15 p.m.
Syriana (R)	Friday at 10 p.m.



Lance Cpl. Roger L. Nelson

Admiral Michael G. Mullen, Chief of Naval Operations, presents Petty Officer 1st Class Larry D. Cummins, aviation structural mechanic, Executive Transport Detachment, Commander, Patrol and Reconnaisance Wing Two with the Navy Marine Corps Commendation Medal at the Base Theater, Jan. 20. Cummins, a West Valley City, Utah native, pulled a 15-year-old girl out of a submerged car Jan. 14 at the Waikiki Yacht Club.

Sailor saves girl's life

Lance Cpl. Roger L. Nelson
Combat Correspondent

A Kaneohe Bay Sailor pulled a 15-year-old girl out of a 1993 Cadillac that was submerged in eight feet of water Jan. 14, at the Waikiki Yacht Club.

Petty Officer 1st Class Larry D. Cummins, aviation mechanic, Executive Transportation Detachment; Commander, Patrol and Reconnaissance Wing Two; was headed to his truck in the parking lot of the Waikiki Yacht Club, when he was told that a car had hit his truck. With minor damage to his automobile, he said he decided to report the incident. While on his way to the club management, he noticed a car in the water with bubbles rising around it,

"It looked like someone had dumped trash in the water, and there was a cooler floating on top of the water. I put two and two together and jumped in the water and couldn't get into the car at first." said the West Valley City, Utah native. "I started to sweep the back seat and felt her hair. I wasn't going to be able to hold my breath much longer, but I wasn't going to let her go."

Cummins brought the girl up from the car, only to notice she wasn't breathing. He swam her to the pier where people helped her out of the water. Cummins then dove back to the car where he could not find anyone else.

The fire department then arrived and sent in divers who brought up Michael McCarthy, the young girl's 66-year-old grandfather.

The girl's name is not released, at the request or her parents.

McCarthy, an attorney, was pronounced dead in Straub Hospital & Clinic at 6:30 p.m., that night.

"It's hard to believe there was even a car in the water," said 37-year-old Cummins. "It makes me feel pretty good to know I saved someone's life, but I'd like to think anyone else would have done the same. I'm no one special."

According to Petty Officer 2nd Class Robert J. Frank, aviation electrician, ETD, MCBH, Kaneohe Bay, he was not surprised to see that it was Cummins who saved a young girl.

Personality Features

Scottsdale, Ariz. native finds home in Marine Corps

Cpl. Michelle M. Dickson
Press Chief

There are some who seem to know exactly what they want from life, right off the bat, and go for it. There are also people who like to try a little bit of everything, keeping their options open for new opportunities, while gaining worldly experience through their travels.

Lance Cpl. Dan C. Wald, motor transport, Transportation Support Company, Combat Service Support Group 3, said he has had plenty of travel and experience for his age, and thinks his time in the Marine Corps attributes greatly to that.

Growing up in San Rafael, Calif., with his parents and two younger siblings, Wald attended Terra Linda high school and participated in football and baseball, before graduating in 2000. After graduation, he moved to Arizona with a friend to attend college at Mesa Community College, majoring in criminal justice.

Although he was doing what he had planned, after high school, Wald had always kept the idea of joining the Marine Corps in the back of his mind.

"I remember when I was a freshman in high school, one of my friend's brothers joined the Marines," said the Scottsdale, Ariz. native. "I think seeing him come back as a Marine was kind of what did it for me."

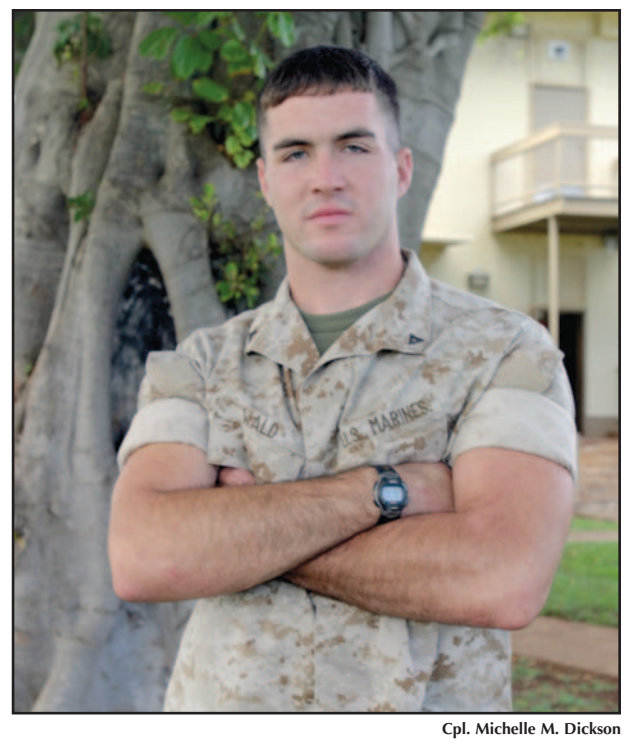
Feeling something missing at college, Wald withdrew from classes; his initial intentions were to join the police department.

"After thinking about it for a while, I didn't feel I was ready for the police department at that moment, so I joined the Marine Corps," said the 24-year-old. "I knew I had always wanted to do it, and that this would be the best time for me."

After talking with his family about his decision, Wald was sent to Marine Corps Recruit Depot, San Diego, Nov. 17, 2003. Following boot camp graduation and Marine Combat Training, Wald traveled to Fort Leonard Wood, Mo., to train for his Marine Occupational Specialty of motor transport.

"I wanted this job from the day I signed up," said Wald. "I would see pictures and posters of guys sitting on the top of Humvees. Riding in the ring mount with a big gun is where I wanted to be."

Wald checked into Combat Service Support Group 3, July 2004. Working at the motor pool, he is responsible for preventive maintenance of trucks, on- and off-base runs with tactical vehicles, and transporting Marines and gear safely to their destinations.



Cpl. Michelle M. Dickson

Lance Cpl. Dan C. Wald, motor transport, Combat Service Support Group-3 poses for a picture as he tells his story. According to Wald, the thought of joining the Marine Corps was always in the back of his mind growing up.

Wald's expertise was put to the test during a seven-month deployment to Iraq, in which he and others were responsible for driving and looking out for convoys that were sent to resupply camps such as Fallujah, Blue Diamond, Ramadi and Al Asad. For one month, he was assigned to 2nd Military Police battalion, Bravo Company, based at Camp Lejeune, N.C., where he was assigned to a task force that performed dismounted and mounted patrols of vehicles, finding IEDs and clearing the supply routes for convoys.

Wald's mother, Sue, who resides in Scottsdale, Ariz., said the family was terribly worried when they got the news her son would be deploying to Iraq.

"The distance and not being able to hear from my son for weeks at a time was definitely the most difficult thing for me," said Sue. "I would be climbing up the walls waiting for his phone call, but the Moto-mail feature made everything easier. I knew that he was at least getting our messages."

Wald said he thinks that his time in Iraq has made him a better person.

"It was hard out there," he said. "I now real-

See Wald, B-5

MOVIE TIME

Editor's Note: In response to readers' requests, we present "Movie Reviews." This week, sitting in for Cpl. Megan L. Stiner, who is on leave, is Press Chief Cpl. Michelle M. Dickson, along with Lance Cpl. Roger L. Nelson.



Film focuses on team that changed it all

Racial equality on the court

Cpl. Michelle M. Dickson
Press Chief

"You'll play basketball my way. My way is hard."

This phrase was spoken by coach Don Haskins to his team at one of the first practices for the 1965-66 Texas Western Miners basketball season. The movie, "Glory Road," directed by James Gartner, takes you into the world of college basketball, 40 years ago, and tells the true story of how the team was brought together and made it to the top.

Coach Haskins, played by Josh Lucas, was first offered the position of coaching at Texas Western while he was currently coaching high school basketball for girls. This college opportunity would be a big step up in his life, but he would be forced to move from his home in Oklahoma to El Paso, Texas. He would also have to live in a dormitory with his wife and children, because the college lacked the funds for other accommodations. Living in the dorm would mean he would be closer to the team and could better maintain team discipline.

He agrees, but before long he realizes he has to start recruiting players for the team, so he heads to colleges, but they didn't offer him much hope. He then takes a different approach and begins recruiting players that other colleges wouldn't have necessarily recruited during this era, because the players were African-Americans.

Although looked down on by most for his recruiting ideas, Haskins kept his players on the team and strengthened them until they had a nearly undefeated season. The team finally made it to the National Collegiate Athletic Association championship, where they played against the University of Kentucky Wildcats.

It seems a lot of people are saying this flick is a lot like a second, "Remember the Titans," only it's a story about a basketball team. I can't honestly say that at all, because I have never actually seen that football movie, so I'm pretty happy I can form my own opinion of "Glory Road."

The acting was extremely well done and there was a lot of emotion. Emphasis was placed on the idea of racial integration into the sports world at that time. I mean, Haskins did in fact have an all African-American starting line up in that championship game. In NCAA history, that had never been done before for a championship game.

I would highly recommend this movie for anyone who loves sports, and for all those who would like to be inspired by a moving true story.

This game is considered to have changed the face of college athletics. It's a moment in history that I think should be recognized—especially for sports fans.



Solid actors chosen for flick

Lance Cpl. Roger L. Nelson
Combat Correspondent

In the movie "Glory Road," one man's love for the sport, takes him from being a high school girl's basketball coach straight into a job as head coach for the Texas Western College Miners in 1965—with a few twists.

In order for coach Don Haskins, portrayed by Josh Lucas, to be head coach, he was told he had to move his family from Oklahoma to El Paso, Texas. And in order to maintain discipline, he and his family had to live in the college dormitory along with his players.

Haskins returns to Oklahoma and takes no time loading up his family and moving them to Texas.

He then realizes he needs to recruit players for his school — which barely has enough money to pay for a double cheeseburger from the dollar menu at McDonalds. So, he digs into his own pockets and does what it takes to get the team the players he needs, but this proves to be a task in itself.

As he travels around looking for players, he runs into a lot of people who mock the school and pretty much discourage him. About this time, he realizes he should be looking at people who aren't going to be given scholarships to big-name colleges.

After traveling across the country, he returns to Texas Western with his new players — seven African-Americans students from schools across the country. Because of the racial climate of the 1960s, this is frowned upon, and Haskin's job is threatened.

Once practice starts, the players want nothing to do with each other, so the coach decides to teach them that until they grow to not hate each other, he'll work them to death.

The big day came and Texas Western proved to be a lot more to worry about than the other teams had originally expected.

So Haskins and his fleet of underdog players go through the season with one loss and, of course, make it to the big game — the National Collegiate Athletic Association Championship.

It was during this part of the movie that I realized how cliché the plot is. Don't get me wrong, I enjoyed watching it, but I felt as though I was watching a remake of "Remember the Titans."

The facts were a little off in the movie as well. Haskins actually began coaching at Texas Western in 1966 and also wasn't the first coach to recruit African American players. The school had black players long before Haskins arrived, but he was the first coach to play an entire African-American starting lineup.

Although the movie was a cliché and has been played out time and time again, I still think the acting was done well and the cast was well-selected for the movie.

I would definitely recommend that everyone go out and see this film, because of the awesome acting, and to take in a little bit of history.

Employment program helps young vets

Donna Miles
American Forces Press Service

Young veterans face unemployment rates three times the national average, so a new Department of Veterans Affairs program is working to promote job opportunities for those leaving military service, the Veterans Affairs secretary said.

"Fulfilling the Commitment - Coming Home to Work" is a new VA initiative focused on veterans of Operation Iraqi Freedom and Operation Enduring Freedom, Nicholson said. The initiative, announced in mid-October, taps into existing federal, state and private-sector resources to help the 200,000 service members who separate from active military service each year.

Nicholson cited alarming unemployment rates among young veterans and said the nation owes them assistance as they leave military service.

Almost 15 percent of veterans in the 20-to-24-year-old age group were unemployed during the first three quarters of 2005, according to the Bureau of Labor Statistics. The national rate is closer to 5 percent.

Nicholson said he's hopeful the Coming Home to Work effort will help improve veterans' job prospects by educating employers about veterans' job needs as well as the attributes veterans bring to the workplace.

"People who just come off active duty, who volunteered, who submitted themselves to all that training and regimen and discipline are just outstanding prospects for employment," he said. "We just need to get them linked up with prospective employers, and that's what this initiative is doing."

In a related move, the VA and General Services Administration signed a formal agreement Nov. 4 expanding GSA's efforts for veterans who own businesses. The agreement commits GSA to put more emphasis on programs for veteran-owned businesses, particularly those with service-related disabilities.

By law, all federal agencies are required to strive to award 3 percent of their contracts, by value, to businesses owned by service-disabled veterans.

The new VA-GSA agreement commits the agencies to cosponsor eight regional conferences for veteran businesses in the coming year. The Small Business Administration and other federal agencies will also participate.

Wald, From B-3

ize how much people take even the smallest things for granted. The anxiety, sleep deprivation, not eating, being constantly on the move over there, but most of all, I really missed my friends and family."

Although experiencing the hardships of being in a war zone, Wald was not alone. He made strong friendships with the Hawaii Marines and Okinawa Marines who joined him in the platoon.

"I think the deployment made me much stronger of a person mentally," said Wald. "Obstacles in life don't bother me anymore. Adapt and overcome. It's true, Marines do it."

Wald said that if he was presented with the opportunity again, he would return to Iraq. In the mean time, back in Hawaii, he enjoys scuba diving, going to the beach, and has recently returned to playing baseball.

Currently, his future with the Marine Corps is undecided, as he is still weighing his future options. He said he hopes sometime in the future to become a loan officer, or perhaps stay in the reserves, and finally become a police officer.

"The Marine Corps is, at least, a four-year commitment and can be a challenge," said Wald. "But if you take pride in what you do and how you do it, you will be fine. If I choose to leave the Marine Corps, I know I'll be a better civilian than when I joined, because I'll still always be a Marine

Online opportunities, check out MSCC

DoD Office of Military Community and Family Policy
Military Advantage

The new online Military Spouse Career Center offers an extensive job board that includes hundreds of thousands of jobs as well as information about portable careers and military-friendly companies. It is DoD's commitment to offering the comprehensive array of career and employment assistance services needed by military spouses around the globe.

Features of the Military Spouse Career Center include:

* 8 Popular Portable Career Fields

* Job Bank with thousands of Job Openings

* Spouse Friendly Employers

* Career Advice from Monster, Inc. -- Steps to Career Success

* eNewsletters and Discussion Boards

* Marketing Your Skills in an Effective Job Search

* Links to Department of Labor (DOL) and Department of Veterans Affairs (VA) online resources, MilitaryHOMEFRONT.dod.mil and MilSpouse.org

* Family Support information for times of relocation, deployment, health and financial challenges, K-12, and more

* Information and Online Services for:

Salaries, Self-Assessment Tests, Resume Builder, Interview Tips, Job Fairs, Networks, Job Search Resources, Child Care and Youth Programs, Volunteer and Non-Profit Jobs, Scholarships and Educational Opportunities



Gunnery Sgt. Claudia LaMantia

Staff Sgt. Jason C. Benedict, Company Bravo Platoon Sergeant, is surrounded by his wife Sabrina, 4-year-old daughter Briana and newborn son Jamison, April 9.

Anderson Hall Menu

Friday
Lunch
Seafood Platter
Fried Fish Nuggets
Fried Shrimp
Lasagna
Baked Ravioli
Macaroni and Cheese
Italian Mixed Vegetables

Dinner
Roast Pork Loin
Barbecued Chicken
Mashed Potatoes
Wild Rice
Simmered Broccoli
Corn on the Cob
Dinner Rolls
Chicken Gravy
Yellow Cake w/Asst. Dressings
Assorted Fruit Pies

Saturday
Dinner
Herbed Rock Cornish Hen
Grilled Strip Loin Steak
Mashed Potatoes
Herbed Green Beans
Simmered Carrots
Brown Gravy
Chicken Gravy
Chocolate Chip Cookies

Sunday
Dinner
Yankee Pot Roast
Baked Ham
Mashed Potatoes
Candied Sweet Potatoes
Vegetable Gravy
Chocolate Layer Cake
Chocolate Cream Frosting

Monday
Lunch
Baked Meatloaf
Creole Pork Chops
Mashed Potatoes
Noodles Jefferson
Boston Baked Beans
Tomato Gravy
Apple Crisp
Chocolate Chip Cookies

Dinner
Baked Turkey and Noodles
Baked Fresh Fish
Steamed Rice
Simmered Corn
Simmered Brussels Sprouts
Chocolate Chip Cookies

Tuesday
Lunch
Beef Sukiyaki
Pork Chop Suey
Egg Foo Young
Chinese Fried Egg Rolls
Vegetable Stir Fry
Chow Mein Noodles
Sweet and Sour Sauce
Chocolate Pudding

Dinner
Creole Macaroni
Honey Ginger Chicken Breasts
Cauliflower Au Gratin
Chicken Gravy
Assorted Fruit Pies
Assorted Cake

Wednesday
Lunch
Barbecue Spareribs
Country Style Steak
Red Beans and Rice
Mashed Potatoes
Southern Style Collard Greens
Simmered Corn on the Cob
Cream Gravy
Assorted Fruit Cakes
Oatmeal Cookies

Dinner
Baked Chicken
Beef Pot Pie
Boiled Egg Noodles
Mashed Potatoes
Southern Style Squash
Simmered Peas and Mushrooms
Brownies

Thursday
Lunch
Baked Lasagna
Veal Parmesan
Mashed Potatoes
Simmered Carrots
Italian Mixed Vegetables
Tomato Gravy
Assorted Pizza Slice

Hawaii MARINE
SPORTS

HAWAII MARINE C SECTION JANUARY 27, 2006

Mess Hall serves HSL-37 "B"

Lance Cpl. Edward C. deBree
Combat Correspondent

The Headquarters Battalion Mess Hall basketball team outscored Helicopter Anti-Submarine Squadron 37's "B" squad 33—23 for a victory Jan. 23 at the Semper Fit Center.

HSL-37's Easy Riders outscored Mess Hall players 17—11 in the second half, but that proved to be too little for the 20—6 halftime deficit dealt to them by the Mess Hall team.

Mess Hall's Ryan Armstead's 12 combined offensive and defensive rebounds led the court, before and after he fouled out of the game, and it was indicative of the dominant defense that established the Mess Hall players' presence early in the game.

With the help of 3 Armstead early first-half rebounds, the Mess Hall offense had a 14—0 scoring run before Easy Riders' Nelson Feliciano's jumper just past the free-throw line for 2 points.

Two 3-pointers by Mess Hall point guard Jeff Corrales capped off the 20—6 halftime score. Corrales had 9 points for the game – all from 3-pointers in the first half.

With a 14-point halftime lead, the Mess Hall team was confident in their game.

"The defense is going to keep us up on the board," said Bryant Davis, Mess Hall coach, at halftime.

"They can't really dribble the ball," said Corrales of his opponents at the start of the second half. "We need to keep pressure on them so they give the ball up."

Mess Hall started the second half with Corrales dishing the ball to Wallace who banked a shot just inside the 3-point line.

The Easy Riders' second half effort began early, with 6 early points to Mess Hall's 3 — a foul shot on top of Corrales' 2 — but Mess Hall never let the scoring get closer than 8 points at 31—23 before Harold Wallace sealed the win with a closing seconds fade-away jumper to end the game.

Unfortunately for the Easy Riders, the challenges they had foreseen prior to the game proved to be too much to overcome.

"They're a pretty tall team," said Keith Campbell, HSL-37 B-squad coach prior to the game. "We're going to need to out-rebound them — and they are pretty quick, so we have to stop their fast breaks."

Despite the 10-point victory, Davis was quick to compliment the Easy Riders.

"I think they played well," said Davis of the opposing team. "They haven't played as many

See MESS HALL, C-7



Lance Cpl. Edward C. deBree

HSL-37 "B" squad players watch as Donnell Pearson drives past their defense, Jan. 23, at the Semper Fit Center. This was the first game that the "B" squad has played this season.



Lance Cpl. Edward C. deBree

HSL-37's Nelson Feliciano tries to block a shot from Mess Hall's Harold Wallace, Jan. 23, at the Semper Fit Center. Mess Hall defeated HSL-37 "B" squad 33—23.

Semper Fit Center hosts health fair



Lance Cpl. Roger L. Nelson

Monique Fredonis, Herbal Life distributor, explains the way her products work to Rick Denney, tester, Chemical Biological Radiological Nuclear office, Jan. 18. The Health, Wellness and Fitness Fair that was held at the Semper Fit Center in order to show examples to service members aboard base different methods they can use to stay in shape. "We're actually here to inform people about the health and nutrition their bodies need," said Fredonis. "These products are all natural and are very healthy for men, women and children, and that's exactly what we want."

Lance Cpl. Roger L. Nelson
Combat Correspondent

An array of methods used to stay in shape were featured at a Health, Wellness and Fitness Fair held at the Semper Fit Center Jan. 18.

Representatives from the 24-hour fitness center, Subway, and Herbal Life were on hand to provide information and samples of their products.

"We have the Health, Wellness and Fitness Fair about once every six months," said Dan Dufrene, health promotion coordinator, Semper Fit Center, Marine Corps Community Services. "Our other fair is usually held in August, in order to welcome the '101 Days of Summer' sporting events."

According to Dufrene, this fair was held at the beginning of the year because it is a good time to give out information on health, due to the increase in the number of people who want to get in shape as part of their New Year's resolution.

"We're actually here to inform people about the health and nutrition their bodies need," said Monique Fredonis, Herbal Life distributor. "We sell all natural products that are very healthy for men, women and children, and that's exactly what we want. We want to help push people in the right direction to be in the shape they desire."

In addition to the displays, Navy hospital corpsmen from the Navy health promotion van presented different methods of maintaining a healthy lifestyle, according to Petty Officer 3rd Class Jason E. Shaffer, hospital corpsman, Naval Health Clinic. They also checked the cholesterol and percentage of body fat for attendees who were interested in knowing what their percentage was.

"I think the fair has been very effective," said Shaffer. "Everyone here seems to be interested in different ways to stay healthy and improve their life."

The turnout was very good and pretty much crowded the gym, said Dufrene.

"The parking lot has been loaded all day with visitors," said the Kailua, Hawaii native. "We must have had hundreds of people come and go from the Semper Fit Center — just visiting the health fair."

Dufrene said he has worked with many people who deal with their body's health, but Marines and Sailors have a tendency to take better care of their bodies.

"Military personnel should treat their bodies like a professional athlete.

"I guess we want and expect the best for the people who defend our country," said Dufrene. "So we will do anything possible to help them better their lifestyles and stay in shape. I guess it's one way we can help the people who defend our country."



Lance Cpl. Roger L. Nelson

Petty Officer 3rd Class Jason E. Shaffer, hospital corpsman, Naval Health Clinic Hawaii, draws blood from Sgt. Jordan Kramp, section leader, 2nd Battalion, 3rd Marine Regiment, in order to check his body's cholesterol level. Shaffer provided his services from the Navy Health Promotion Van, Jan. 18, during the Health, Wellness and Fitness Fair held at the Semper Fit Center. The fair was put on in an effort to inform Marines and Sailors stationed here of different ways to stay in shape and in good health. "Military Personnel should treat their bodies like a professional athlete," said Dan Dufrene, health promotion coordinator, Semper Fit Center. "I guess we want and expect the best for the people who defend our country."

Super/Pro Bowl festivities kick off on K-Bay

Ed Hanlon V
Marine Corps Community Services

The end of the NFL season may mark the finish of Sunday grazing and Monday-night madness. But don't be saddened too quickly. What it also implies is that the two biggest games are right around the corner — the Super Bowl and the Pro Bowl.

Gear up for the championship and all-star games with Marine Corps Community Services.

For the Super Bowl, head to either the Staff NCO Club or Kahuna's Sports Bar & Grill for some big-game partying.

Staff NCO Club members and their guests are invited to the Rocker Room at 12:30 p.m. to kick back and enjoy the game in style. Patrons will be treated to pupus and prizes, including the Budweiser Lucky Foot Locker Giveaway. Call the club at 254-5481, for facts.

Super Bowl Sunday spells tons of fun at Kahuna's Sports Bar & Grill. The Budweiser Girls will be on site with games and prizes to keep the action happening all the way through the event. Dig in to 25-cent chicken wings while watching the game on the big screen or Kahuna's numerous plasma televisions. Call 254-7611 for more information.

Want to get involved in the all-star action of the Pro Bowl? The SM&SP has your ticket.

The SM&SP is looking for volunteers to help with the 2006 Pro Bowl. This opportunity is open to all ranks. Duties include stage crewing, prop crewing, and performer prop distribution and collection. Due to show requirements, volunteers must be available to work Feb. 9 through 12. Volunteers will be given an official Pro Bowl crew T-shirt, boxed lunch on Thursday and Sunday, and a ticket for the game. Transportation will be available.

If you'd rather kick back and enjoy the game from the seats, the SM&SP will be hosting a Pro Bowl Tailgate Party Feb. 12 at Aloha Stadium. Participants will meet at Kahuna's at 9 a.m. and transported to the stadium. The $40 registration fee includes transportation, food and drinks, and an end-zone ticket. The party is open to all E-1s through E-5s and their guests, but is limited to 50 seats, so call the SM&SP Office today.

For more information on either event, contact the SM&SP at 254-7597.



Cpl. Rich Mattingly

Ahman Green, running back, rushes to the outside to avoid a tackle during 2004's Pro Bowl Aloha Stadium. The Single Marine & Sailor Program will host a tailgate party for this year's Pro Bowl, Feb. 12, at Aloha Stadium.

BASE SPORTS

Saturday

Women's Golf Clinic — Women interested in taking golf lessons should head for the Kaneohe Klipper to sign up for the Women's Golf Clinic. Teaching Professional Stephen Burke will give instructions on full-swing fundamentals, scoring, game strategy, etiquette, safety, rules, and more.

The clinic costs $90 per student and will be held for five consecutive Saturdays, from 8 to 9 a.m., beginning Saturday.

To register call the Klipper Pro Shop, call 254-1745.

Tuesday

Friends of K-Bay Mixed Bowling League — Looking to join a fun and exciting bowling league? Well, look no further than K-Bay lanes for the Friends of K-Bay mixed Handicap Bowling League. The league is open to men and women, beginners or experienced, singles or couples. It runs every Tuesday beginning Jan. 10 at 6 p.m.

For information, call 254-7664.

Feb. 4

Headquarters Battalion Surf & Turf 5K-Run — One of MCCS' most scenic races, the Headquarters Battalion Surf & Turf takes runners to the reaches of K-Bay, including stretches down the base's most panoramic beaches.

This race begins at The Officers' Club and winds down through the Kaneohe Klipper Golf Course and beyond.

The 5-kilometer run is part of the Commanding General's Semper Fit Series.

For more information, call the varsity sports coordinator at 254-7590.

Interservice 4-on-4 Flag Football Tournament and Skills Challenge — Anyone interested in participating in a free 4-on-4 Flag Football Tournament and Skills Challenge being held, Feb. 4, at Pop Warner Field should contact Shama Hernandez at 216-7104.

Trophies will be presented to the first- and second-place teams in the tournament as well as individual awards for the standout players and winners of the skills contest. The deadline for registration is Feb. 1 by 8 p.m. The tournament is limited to the first 12 teams that register.

Feb. 9-12

SM&SP Pro Bowl Volunteer Opportunities – SM&SP once again offers this exciting and fun-filled volunteer opportunity for Marines and Sailors Hawaii. The SM&SP is looking for volunteers to help with the 2006 Pro Bowl. This opportunity is open to all ranks. Duties include stage crewing, prop crewing, and performer prop distribution and collection. Due to show requirements, volunteers must be available to work Feb. 9 to 12. Volunteers will be given an Official Pro Bowl Crew T-shirt, boxed lunch's on Thursday through Sunday, and a ticket for the game. Transportation will be available. Sunday, all volunteers will be required to ride the bus, due to parking and accountability. The following is the schedule:

Feb.9: 4 to 10 p.m.
Meet at 3 p.m. in front of Kahuna's.

Feb.10: 5 to 10 p.m.
Meet at 4 p.m. in front of Kahuna's.

Feb 11: 11 a.m. to 6:30 p.m.
Meet at 10 a.m. in front of Kahuna's.

Feb 12: 9 a.m. to the end of the game.
Meet at 9 a.m. in front of Kahuna's.

Feb. 12

SM&SP Pro Bowl Tailgate Party – The Single Marine & Sailor Program will host a Pro Bowl Tailgate Party Feb 12 at Aloha Stadium.

Participants will meet at Kahuna's Sports Bar & Grill at 9 a.m. then given transportation to the stadium. The $40 registration fee includes transportation, food and drinks, and an end-zone ticket. The party is open to all E-1s though E-5s as well as their guests, but is limited to 50 seats. Call the SM&SP Office at 254-7593.

Feb. 17

SM&SP Dodge Ball Tournament – SM&SP will host a Dodge Ball Tournament Feb. 17 at the Camp Smith Semper Fit Center from 11 a.m. to 1 p.m. Put together a six-person team and start practicing now. The tournament costs $10 per team and is open to all eligible SM&SP patrons and invited SNCOs.

The SM&SP is a highly energized program with a singular mission: to address and enhance the quality of life for Single Marines and Sailors in a measurable manner. This is accomplished through six core components: quality of life, recreation, health and wellness, community involvement, life skills and career progression

The SM&SP is open to all unaccompanied E-1s through E-5s. Their office is located in Building 1629, and can be reached by calling 254-7593.

March 25

CLR-3 Swamp Romp — Break out your utility boots, but don't scrape the mud off just yet. The 12th Annual Combat Logistics Readiness Group-3 Swamp Romp is right around the corner.

Referred to as Hawaii's dirtiest footrace, the Swamp Romp returns to Kaneohe Bay March 25, so start cross training now. The race begins at the Boondocker Building, neighboring the Marine Corps Exchange Annex parking lot. six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, swinging, sounds of combat, and more mud.

For more information on the Swamp Romp, call the varsity sports coordinator at 254-7590.

Ongoing

Youth Basketball League Registration Extended — MCCS Youth Activities has extended the registration period for Youth Basketball League. The league welcomes youths 6 to 17 and is open to DoD cardholders.

The cost is $50 for YA members and $60 for nonmembers. The league is open to all authorized patrons, including active duty and DoD civilian family members. A photocopy of a military identification card is required at registration.

Volunteer coaches are needed for this league. If you've been looking for a volunteer opportunity, here's your chance. To register, or for more information, call 254-7611.

Semper Fit Center Offers it All — The Semper Fit Center has an aerobics class for anyone and everyone who is 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, palates, marathon training, and much, much more.

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

Okinawa Kenpo Karate — Every Tuesday and Thursday, MCCS Youth Activities' contractor offers Kenpo Karate Kobudo classes from 6 to 7:30 p.m. in Building 1391, located Family Housing Office.

Adults and children are welcome. Costs for classes are $35 for adults, $25 for children, and $20 for additional family members. For information, call MCCS Youth Activities at 254-7610.

Massage Therapy — Massage therapy, by certified massage therapists, is available at Kaneohe Bay and Camp Smith.

Massage therapy will help relieve your mental and physical fatigue and improve overall circulation and body tone. Choose from Shiatsu, Swedish, Lomi, deep-tissue and even hot-rock therapy.

For appointments, call the K-Bay Semper Fit Center at 254-7597 or Camp Smith at 477-5197 during regular business hours, Monday through Friday.

Paintball Hawaii — Nestled behind the Lemon Lot, is Paintball Hawaii.

Cost is $25 per person and 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.

Fishing Charters Available at MCB Hawaii — The Bill Collector fishing charter boat, especially built for fishing, is available for trips off the coast of Windward Oahu.

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

Personal Trainers Available at Semper Fit — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will tailor a program, based on your physical needs and ambitions for $5 per workout.

Semper Fit Seeks Softball and Basketball Coaches —The Semper Fit Varsity Sports Office is currently seeking men's and women's softball and basketball coaches. If interested, call 254-7590 for further information.

COMMUNITY SPORTS

8th Annual Fort DeRussey Biathlon

Fort DeRussy Beach will be the site of a biathlon and children's race, March 4.

The 8th Annual Fort DeRussy Biathlon and Keiki Run-Swim-Run will begin with the adults at 7 a.m. followed by the children at 8:20 a.m. in front of Hale Koa Hotel.

Adults can choose a long course, which consists of a 5-kilometer run and a 1-kilometer swim, or a short course, which is a 2.5-kilometer run and a 500-meter swim. Distances for the children's race vary by age.

Costs to register are: $18 for individuals, $16 for students and $15 for military.

Affordable parking is available in the Hale Koa Hotel parking garage for military and general public.

Athletes who want to participate can register online at www.active.com.

Run to the Sun Heads up Haleakala

Run to the Sun is a 36-mile ultra marathon starting at sea level and climbing to the 10,023-foot summit of Haleakala, legendary "Home of the Sun," and will take place March 25. This challenging course is not for the novice marathoner. Entrants must be 18 or older and rigorously prepared to meet the challenge of the strict 10-hour time limit.

Detailed course and event information will be sent to each entrant upon receipt of application form and fee. Relay teams of three persons may also enter Run to the Sun. There will be no race-day registration.

Entry fee is $95 for individuals and $150 for relay teams, if registered by March 17.

Runners can enter by mailing in a form available at www.virr.com/run_2_sun.html or by registering online at www.active.com.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows outdoor adventures programs on their Web site: www.bellows afs.com.

For information, call the Turtle Cove office at 259-4112 from 8 a.m. to 8 p.m.

•*Saturdays at 8 a.m., Morning Paddle:* Take a guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is $14. Advanced skill level is required.

•*Sundays at 8:30 a.m., History Tours by Bike:* Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows Air Force Station. Wear closed-toe shoes. Cost is $15 for bike and helmet rental.

•*Mondays at 8:30 a.m., Hike to Makapu:* Take a moderate 2 1/2-mile, round-trip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is $8 for adults and $5 for children 12 and younger.

•*Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:* Discover the magnificent underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction, and snorkeling equipment are included. Cost is $15 for adults and $8 for children 12 and younger.

•*Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:* Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•*Thursdays at 9 a.m., Beach 101:* See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is $8 for adults and $5 for children 12 and younger.

•*Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai:* Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes.

•*Fridays at 1 p.m., Bodyboarding Lessons:* Learn how to catch and ride the waves. Free day rental of boogie board is included in the $5 fee.

Miniature Golf: One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

Driving Range: Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent.

For more information, log on to www.bellowsafs.com.

Hawaii Marine Accepts Briefs

To post sports and recreational briefs in the Hawaii Marine, e-mail requests to editor@hawaiimarine.com or call 257-8835.

Knockin' down pins



Cpl. Michelle M. Dickson

Rudolphe Pierre waits to see if his ball hits down any pins. Pierre is taking lessons from his friend David L. Battle Jr. who took up the sport after an injury in Iraq prevented him from playing other sports.

Cpl. Michelle M. Dickson
Press Chief

"I think Bowling gives the players a good sense of camaraderie," said Deborah Bruns, manager, K-Bay Lanes. "It's something the whole family can get involved in, no matter what your age may be."

Bruns has been the manager of the K-Bay Lanes for approximately six years and said there are plenty of different choices available for players who are interested in the sport.

"We try to offer something different every night for players," said the Kaneohe, Hawaii native. According to Bruns Although we get different amounts of people year-round, our biggest customer group would come from E-1s through E-5s.

For E-1s through E-5s, Monday through Thursday offers games for $1.50 instead of the normal $2 fee, and free shoe rentals instead of the normal $1.25 fee. Wednesdays offer "Neon Pin Special" night, which is for everyone. During the game, if the head pin is a neon color and a strike is made, the player gets a free game. A customer can win up to three free games per person, per night.

"We also have X-treme bowling on Friday and Saturday evenings from 9 p.m until midnight," said Bruns. "We have black lights, glowing objects and music. It's a real nightclub atmosphere. The X-treme bowling is also offered from noon to 5:30 p. m. on Saturdays with birthday party packages available."

K-Bay Lanes is open every day of the week. Monday through Thursday from 5 to 9 p.m., Friday 5 p.m to midnight, Saturday 8:30 a.m. to midnight, and Sunday 1:30 to 9 p.m.

The bowling alley also holds league nights and Commander's Cup intramural bowling, which is for anyone who lives or works on either this base or Camp Smith, and their family, said Bruns.

"Anyone can join our 'Friends of K-Bay' league bowling which occurs every Tuesday evening," said Bruns. "All they have to do is show up if they're interested. We have people in the league who have been a part of it for five years and others that have been here for 28 years."

David L. Battle has been participating heavily in bowling ever since Thanksgiving of last year and even placed 17th out of 67 participants in a recent TV tournament that was held around the island.

"I bowl almost every day since my father came out and brought me some bowling balls," said the Mont Clair, Calif. native. "After I was injured in Iraq, I was really depressed, because I knew I couldn't play another sport like baseball or basketball or anything. Bowling centers me. I don't concentrate on anything else, all I worry about are my steps, the lane and the pins."

See PINS, C-8



Cpl. Michelle M. Dickson

The ball crashes into the pins at K-Bay Lanes aboard Marine Corps Base Hawaii.



Cpl. Michelle M. Dickson

David L. Battle Jr., releases the ball down the alley at the K-Bay Lanes. Battle took up bowling after an injury in Iraq that prevented him from playing other sports.

K-Bay Lanes to Host bowling tourney, Feb. 14

Ed Hanlon V
Marine Corps Community Services

Active duty bowlers looking to show Marine Corps Base Hawaii who the top dog is will have their chance at the 2006 Hawaii Marine Scratch Tournament to be held here Feb. 14 through 16 from 1 to 5 p.m.

At the event, hosted by the K-Bay Lanes, Building 1666, bowlers will be competing for the opportunity to play in the Hawaii All-Military Scratch Tournament to held April 4 through 7.

The tournament will be comprised of men's and women's divisions, and each participant will bowl a 24-line scratch series.

Registrations can be picked up at the K-Bay Lanes Bowling Center and must be turned in prior to the close of business Feb. 5. Fees are $36 for American Bowling Congress or Women's International Bowling Congress members. Nonmembers must pay and additional fee to qualify for high-score recognition.

"We love to do this so the Marines and Sailors aboard Marine Corps Base Hawaii have the chance to compete formally against their fellow service members," stated Deborah Bruns, Manager of the K-Bay Lanes. "It's similar to the national all-Marine programs — but on a local basis," she added.

For more information and to sign up, call the K-Bay Lanes Bowling Center at 254-7664. Navy personnel who are interested in competing should contact the Navy Submarine Base Pearl Harbor Bowling Center at 473-2651 for more information.



Sgt. Joseph A. Lee

Deborah Bruns, K-Bay Lanes Manager, throws her ball down the alley at a 2005 bowling tournament. The 2006 Hawaii Marine Scratch Tournament will be held here, Feb. 14.

Sports around the Corps

New River Marines dodge, duck, dip, dive

Lance Cpl. Samuel D. White
MCAS New River

MARINE CORPS AIR STATION NEW RIVER, N.C. — Marines of Marine Helicopter Training Squadron 302 practiced a game most hadn't played since junior high school — dodge ball — at the New River Fitness Center, Jan. 13.

According to Lt. Col. Timothy A. Herndon, HMT-302 commanding officer, the tournament was organized to break up the monotony of the typical safety stand down briefing and bring the unit closer together.

"All the Marines here have been having a great time," said Herndon. "We thought of this tournament because we hoped it would build up both morale and camaraderie within the squadron."

Participating in the tournament were 140 Marines who made up 14 teams from throughout the squadron.

"The Marines here have been working hard over the past couple of months, so this is a great way we can give them time off and let them blow off steam," said Herndon. "It also lets loose that competitive spirit that exists inside all Marines."

A spirit that led to some fierce trash talking within the unit and built up the urge to take home the title Dodge Ball Champion, said Staff Sgt. George H. Robinson, HMT-302 administrative chief.

"It was fun getting together outside of the work environment and there was some trash talking between the enlisted and the officers," said Robinson. "How many chances do you get to hit your bosses without repercussion?"

To cap off the tournament, the commanding officer arranged an enlisted versus officers' bout to determine which side of the squadron truly controlled the dodge ball floor. In the end, the enlisted side dominated the match.

According to Robinson, the greatest feeling in the world is hitting an officer with a dodge ball and not going to nonjudicial punishment for it.



Lance Cpl. Samuel D. White

Corporal Bryan J. Tanner, crew chief, scrambles for a ball at the New River Fitness Center during the squadron dodge ball tournament aboard Marine Corps Air Station, New River, N.C.



Lance Cpl. Samuel D. White

George H. Robinson, Marine Helicopter Training Squadron 302 administrative chief, gets a ball in the head during the squadron dodge ball tournament.

Marines clash at recruit depot field meet

Cpl. Brian Kester
MCRD Parris Island

MCRD PARRIS ISLAND, S.C. — The screams could be heard Friday the 13th.

Cries of encouragement echoed throughout the 2nd Recruit Training Battalion Physical Training Field as the two companies of Headquarters and Service Battalion faced off in a mock physical fitness test followed by a tug of war.

The meet started at the H&S BN Physical Training Field Jan. 13 when each company ran a separate 1.9-mile route, which ended at 2nd Battalion's PT field, where 90 percent of each company had to cross the finish line before one could be declared the victor.

Each company took a different approach to the first phase of the competition. While Headquarters Company runners sprinted toward the finish individually, Service Company runners turned around with a short distance to pick up their stragglers. They finished with 100 percent of their runners before crossing the line after Headquarters, who claimed the win.

Next, the companies faced off in a pull-up and flexed-arm hang competition followed by a competition of crunches. Headquarters Company had an individual with a high of 34 pull-ups, while Service Company had the battalion high of 39.

However, all of the preceding activities did not matter in the end, as the tug-of-war turned out to be the deciding event of the day. The first bout was held between the officers, followed by the staff noncommissioned officers and then between the first sergeants and commanding officers of each company.

After all of this competition, it came down to one long pull in the tug of war between the lance corporals and below from each battalion.

After the dust settled, Headquarters Company was victorious and the two companies enjoyed the long holiday weekend.



Cpl. Justin J. Shemanski

With all the strength he can muster, Capt. Alexander Tsao, a trial counselor with the Depot Legal Center, aides his Service Company. comrades during a tug of war match between each company's officers at the during the Headquarters and Service Battalion field meet Jan. 13 at the 2nd Recruit Battalion Physical Training Field.



Pvt. Charlie Chavez

Service Company's Sgt. Eduardo H. Nuno sets up for a teammate's spike in the second week of the CG's Cup volleyball season Marine Corps Recruit Depot San Diego.

CG's cup heats up at MCRD San Diego

Lance Cpl. Kaitlyn M. Scarboro
MCRD San Diego

MARINE CORPS RECRUIT DEPOT SAN DIEGO — The Commanding General's Cup volleyball season continued Wednesday at Murphy Field House.

Service Company came back from last week's forfeiture during the first match of the day against the Maritime Safety and Security Team with a final score of 25—18 and 25—9.

Recruit Training Regiment's 3rd Battalion team beat out the 12th Marine Corps District I, 25—20 and 25—18, in the following match.

"We're still trying to feel each other out. Nobody's ever played together," said Sgt. Francisco J. Corona, 3rd Battalion training chief.

Third Battalion played with effective team cohesion, minor personal mistakes, but overall good communication.

"We are not communicating as well as we should be. That's the biggest thing we are lacking right now," said Sgt. Robert Jones, editor, Marines West magazine, about District I's first and second games.

"They are playing much more aggressive than we are," said Jones.

Both teams commented on the lack of history between team members.

Some members of the team have little to no experience playing volleyball, according to Petty Officer 2nd Class David G. Arrieta.

"We're doing good for a team that's just been put together," said Lance Cpl. Jason L. Silva, a three-year college volleyball veteran.

Service Company later beat Dental 25—14 in both games followed by Taclets' win against 12th Marine Corps District II with the first game 25—6 and 25—10 the second.

To end the day, 3rd Battalion beat Marine Corps Community Services, and MSST overcame District I.



Sean Bzdon (left), Service Company, congratulates teammate Lynden Gwartney after a spike against Coast Guard's Maritime Safety and Security Team. Although Service Company forfeited to MSST last week, they won 25—18 and 25—9 Wednesday.

Photo by: Pvt. Charlie Chavez



Lance Cpl. Edward C. deBree



Lance Cpl. Edward C. deBree

Top — Mess Hall's Richard Southworth makes a layup during the second half of the game, Jan. 23, at the Semper Fit Center. Mess Hall won the game 33—23 against HSL-37 "B" squad.

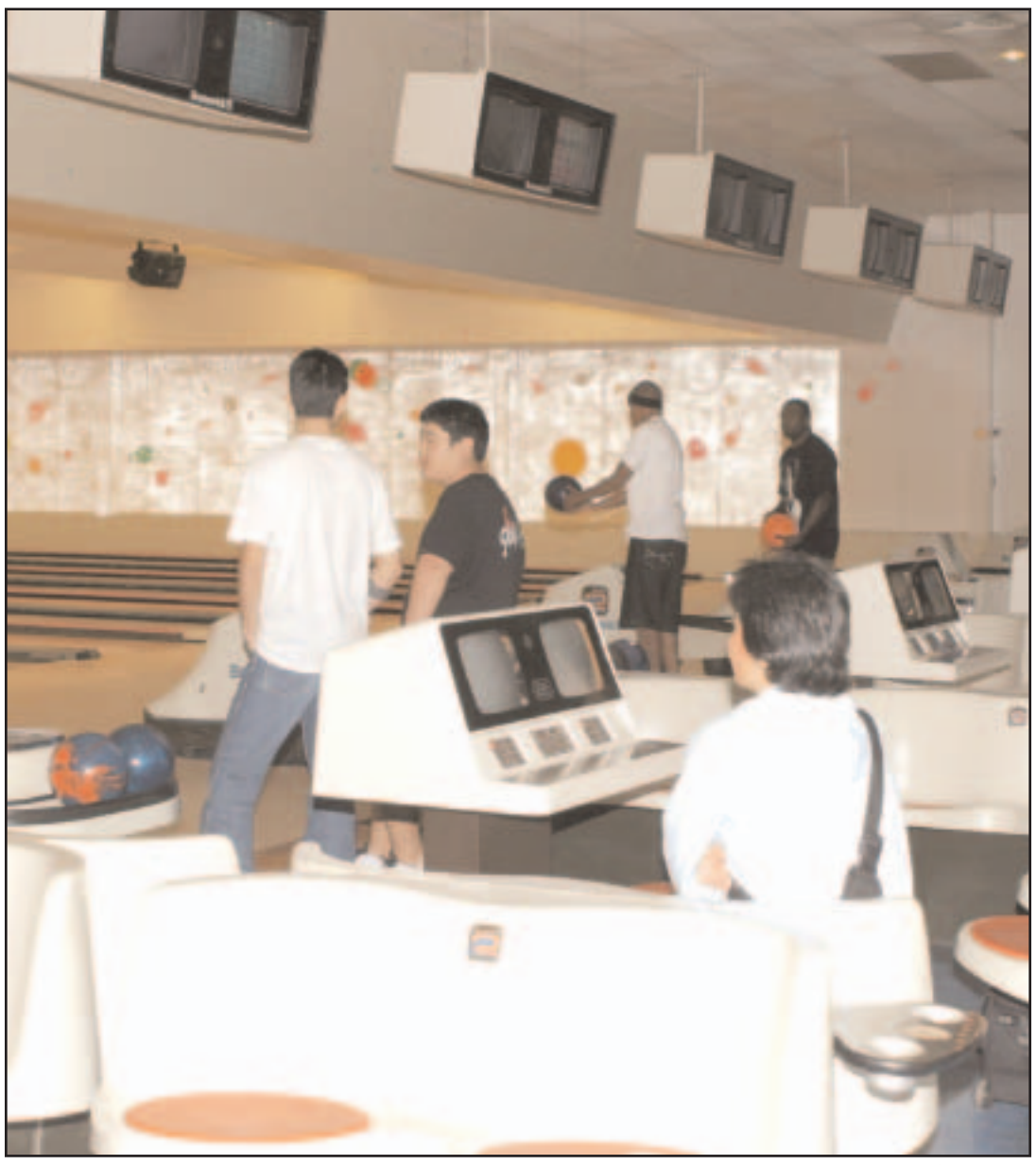
Left — HSL-37's center Sonny Grancagnolo shoots a jumper over Mess Hall's Harold Wallace during a intramural basketball game at the Semper Fit Center, Monday. HSL-37 falls to 0—1 for the season.

MESS HALL, from C-7

games as we had so far this season, but overall they played very well."

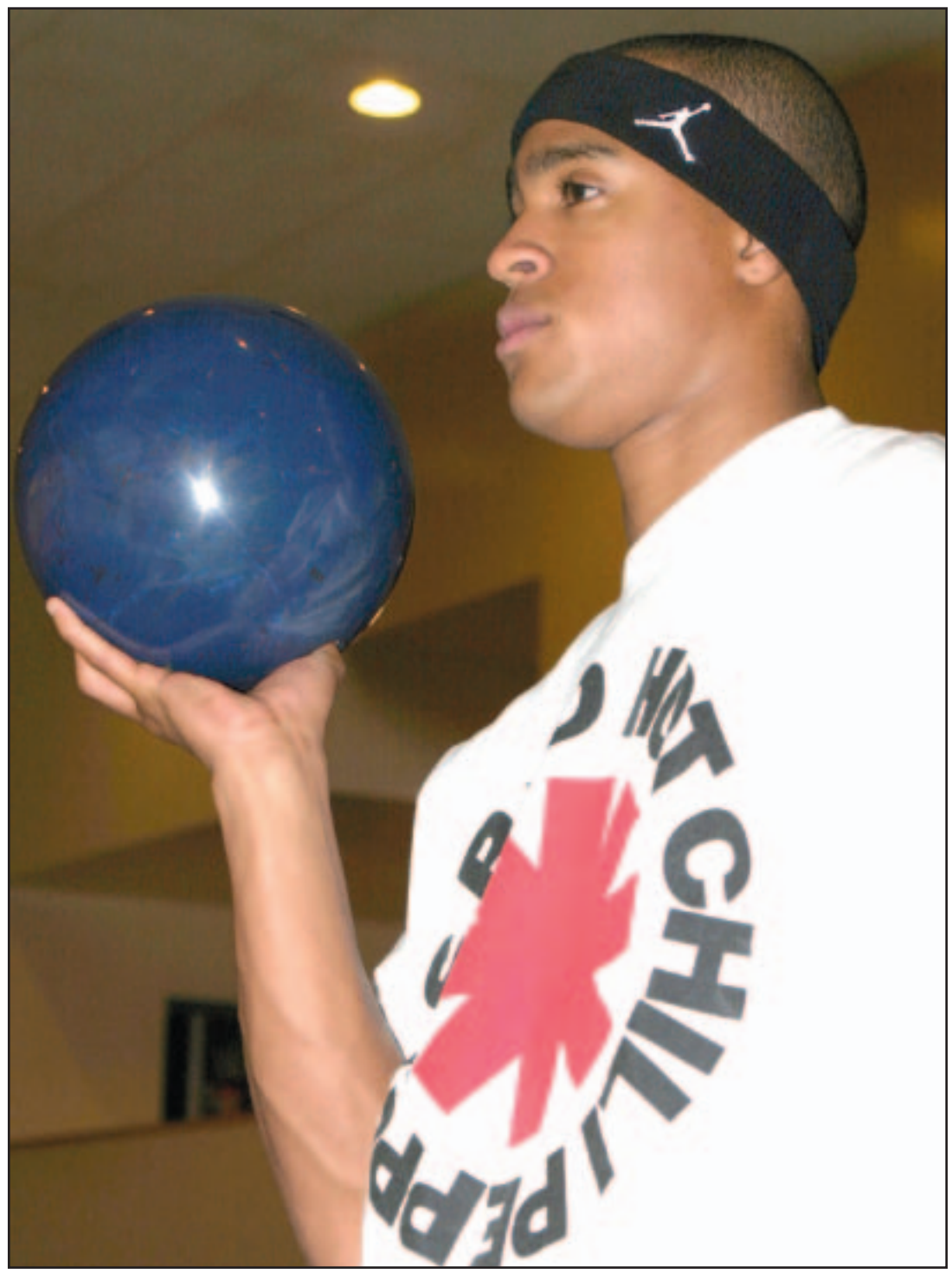
Davis also expressed confidence in the direction of the Mess Hall team, saying that so far their season has been going well. "But it will become even better once our offense catches up with our defense. We just need to work on our teamwork more, to make that happen."

The victory gave Mess Hall a 2—1 record in the intramurals, and HSL-37 B team stood at 0—1.



Cpl. Michelle M. Dickson

Military members and civilians are welcomed to bowl at the K-Bay Lanes on base. The bowling alley is open seven days a week.



Cpl. Michelle M. Dickson

David L. Battle Jr., prepares to take his turn bowling at K-Bay Lanes. According to Deborah Bruns, manager of K-Bay Lanes, customers are mostly E-1s through E-5s.

PINS, from C-3

Battle now coaches his wife and some friends who joined him during his tour in Iraq.

"I get a real joy out of bowling and being able to coach others," said Battle. "It's a great recreational sport and the bowling center here has a very homey atmosphere."

For more information on bowling at the K-Bay lanes, log on to www.mccshawaii.com, or call 254-7693.

