

A-3

Hawaii Marine



April 22, 1999

Stables B-1



Volume 28, Number 16

Photo by Lance Cpl. David Salazar

A CSSG-3 logistics vehicle operator laaks on as the MK18-A1 container hauler pulls its load onto the bed of the trailer at the CSSG-3 motor paol Thursday.

CSSG-3 Marines get new loading device

Lance Cpl. David Salazar Combat Correspondent

Marines from Motor Transport Co., Combat Service Support Group-3 added a twist to an old trade Thursday and Friday at the CSSG-3 Motor Pool during an equipment load and unload training evolution

What may have appeared to be repetitious and monotonous training, as Motor T. leathemecks loaded and unloaded the same piece of equipment over and over again, turned out to be an invaluable event as the Marines tested the newest addition to their Motor T inventory, the MK18-A1.

The MK18-A1 is self-loading trailer, designed to minimize the use of forklifts and other heavy equipment to load items onto load-hauling vehicles.

'The hauler was field (tested) for the first time in the Marine Corps in the spring of 1998," said Master Gunnery Sgt. Howard Waiters, the motor transport chief for Combat Support and

Logistics Equipment, Marine Corps Systems Command in Quantico, Va. Waiters came to K-Bay to train the CSSG-3 devil dogs on the use of the new MK18-A1, which just arrived earlier this month to the CSSG-3 Motor Pool.

The lever-controlled hauler is equipped with a load-lifting adapter that is mounted on a load handling support, consisting of two hook-arm cylinders and two mainframe cylinders, which can be attached to equipment containers, Waiters explained.

According to CSSG-3 logistics vehicle operators, the MK18-AI will save the group time and manpower.

"With the MK18-A1, we are less dependent on heavy equipment assistance because it basically loads itself," said Cpl. Christopher Winckel.

"The MK18-A1 is simple to use and its much safer (than using forklifts or heavy equipment to load items onto trailers)," added Pfc. Monica Ochoa. "It's also much faster, so it will save us lots of time."



Earth Day provides • volunteer openings

Cpl. Barry Melton

The MCB Hawaii Environmental Department invites volunteers to "Walk the Watershed" at Kancohe Bay's Nu'upia ponds Saturday from 9 a.m. to noon.

More than 100 native plants will be sowed during this Earth Day event,

DISBURSING ADVENTURE

which begins near the Third Street Bridge. Native Hawaiian elders will be present to share stories, hula and songs to celebrate the history and tradition linked to the ponds, according to Dr. Diane Drigot, the senior natural resources management specialist at the Environmental Department.

"It's a project to improve the quality of the environment in everyone's back yard," Drigot said. "It's a chance for residents here to really make a difference."

Educational activities and displays such as water quality sampling, bird observations and much more will also be featured, said Drigot. The activities are planned to raise awareness of this channel as a living resource in need of care not just a drainage ditch, she said.

This is one of several initiatives under a local two-year Watershed Restoration Project funded by the Marine Corps, said Drigot.

Earth Day supporters can also volunteer on Sunday from 10 a.m. to noon for a beach clean-up that begins at Kailua Beach Pavilion and finishes at MCB Hawaii, Kaneohe Bay. Marines, Sailors and family members are encouraged to participate in this endeavor.

Call the Kaneohe Bay community relations office, at 257-8839 or 257-8840 for more information about the beach, clean-up, or show up at the Kailua Beach Park Sunday moming.

Photo by Lance Cpl, Otto C. Pleil-Muete

Carporal Thamas R. Iverson, crew

chief for Cambat Suppart Campany

explains the AAV to Prof. Robert L.

Wiegel, of the CERB.



Photo by Pfc. Roman Yurek

Private First Class Scott Rasa, pay clerk at the K-Bay Finance Office leaps aff the back af a CH53D helicopter to rappel about 60 feet to the gound as the belay man, Sgt. Chad O. Kil, the paraloft chief for 4th Farce Recannaissance Ca., guides him to the ground. Far the camplete story of the Disbursing affice's day of SPIE rigging and rappelling, see page A-4.

Goggles improve squadron's capabilities



Photo by Lance Cpl. David Salazar Lieutenant j.g. Scott Tharaman assembles night visian goggles.

Lance Cpl. David Salazar Combat Corresponden

Helicopter, Anti-Submarine Light Squadron 37 became one of the Navy's first HSL squadrons to fly using Night Vision Goggles during training here last week.

The training was part of an ongoing Navy effort to instruct every HSL squadron in the use of NVGs.

"The purpose of this training is to increase tactical mission capability and to enhance flight safety as the Navy continues to operate more and more at night," said Navy Lt. Shawn Mc.Andrew, an NVG instructor assigned to HSL-43 at

Diego.

"Right now, the Navy is in the process of training detachments from six fleet squadrons, eventually qualifying all HSL squadrons with NVGs," McAndrew said.

Lieutenant Junior Grade John Dietter, a pilot with HSL-37, said NVGs are squadron's capabilities during combat.

"The NVGs are an extra tool we have for visual identification." Dietter said. "It's very hard to see ships at night. These goggles help us distinguish between enemy and allied ships."

McAndrew said pilots must train with

Naval Air Station North Island in San NVGs for ten flight hours, five of which are spent in daylight conditions and the remaining five hours in darkness. Enlisted crew members must train for two-and-one-half hours and have the option of doing so in daylight and/or nighttime conditions.

"The importance of this training is to important tools which will enhance the continue to promote our war fighting capabilities and to increase our usefulness to the ships that we deploy with," McAndrew explained.

> Petty Officer 2nd Class Brad Farra, a leading crewman with the HSL-37, said the training is not difficult, but will take time to master.

Marines demonstrate A tor guests

Lance Cpl. Otto C. Plell-Muete Combat Correspondent

Kaneohe Bay Marines showed off their amphibious capabilities for about 50 guests April 14 at Pyramid Rock Beach.

The 1st Marine Battalion, 3rd Marine Regiment and Combat Support Company leathernecks gave assault amphibious vehicle rides and demonstrations to members and guests of the Coastal Engineering Research Board.

The CERB, a military and civilian research board that meets once a year and directs the research and funding of coastal engineering projects, visited K-Bay as a part of their Honolulu convention.

The theme for this year's convention

was "military applications of coastal engineering." While on Oahu for their convention, the board came to Kaneohe Bay to see for themselves the water conditions Marines go through when they come ashore on assault amphibious vehicles.

"It was a new experience for us," said Professor Robert Dean, who studies coastal engineering at the University of Florida and got a chance to splash ashore on an AAV.

"This gives us a feel of what Marines go through," added Professor Robert Dalrymple, who studies coastal engineering at the University of Delaware.

"It's important for our civilians to get a good aspect of the military and the chal-

lenges they face when coming ashore," said Army Maj. Gen. Russell L. Fuhrman, the President of CERB, and the director of Civil Works, Army Corps of Engineers.

"The civilian applications also have military applications," said Maj. Gen. Fuhrman, who added that state and local agencies as well as the government, spend several hundred million dollars a year in shore protection.

Once funding is approved and directed, the coastal research projects help create models of how ocean currents behave and predict different types of surfs that may in tum provide useful information for the design of equipment such as AAVs, according to Maj. Gen. Fuhrman.

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DEERS Office Moves

The Defense Enrollment Eligibility Reporting System Office has moved to the Pass and ID building at the MCB Hawaii, Kaneohe Bay, main gate. MARC cards and military and dependent IDs can be processed there from 8 a.m. to 4 p.m. Monday through Friday.

Post and Relief

A post and relief ceremony for the MCB Hawaii sergeant major will be held at Dewey Square, aboard MCB Hawaii, Kaneohe Bay. April 30 at 10 a.m.

Family Night Dinner

Kancohe Bay's Anderson Hall is sponsoring a Family Night Dinner Wednesday from 4-6 p.m. The dinner is open to active duty military, DoD personnel, family members and bonafide guests. Price for family members of servicemembers E-4 and below is \$2.80. All others pay \$3.00. For more information, contact Master Sgt. Steward at 257-3509 or Master Sgt. Snow at 257-1621.

Essay Contest

The Naval Institute has announced the 1999 U.S. Marine Corps Essay Contest. Cash prizes will be awarded to the three winning essay writers. The deadline for mailing the essays is May I. The winning essays will be featured in the Marine Corps focus issue of Proceedings magazine in November 2000. Contest information is available on-line at www.usni.org, or by contacting Kevin Clarke (410) 295-1058, or e-mail kclarke@usni.org.

Threat Condition A

The Provost Marshalls Office reminds everyone that we are in Threat Condition A+ due to increased tensions around the world. Residents should be aware of surroundings at all times.

New Hotline

MCB Hawaii has a new Hotline number, 257-8852. Report fraud, waste and abuse, or equal opportunity violations to include sexual harassment or any other unfair practices. Callers may remain anonymous.

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Hawaii MARINE

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Sergeant Major's Corner

Prepare your spouse for deployment

Sgt. Maj. Robert W. Holub arForPac Sergeant Maid

Newly-married Marines failing to prepare their spouses to deal with a long deployment occurs far too often in the Marine Corps, despite the tremendous efforts being made to ensure it does not happen.

I recently learned of a young lady who married just two days before her Marine husband left on deployment. She had

no idea how the Holub Marine Corps

could assist her during the six months her husband would be deployed. The Marine failed in his duty to help her prepare for his absence.

Marines are not supposed to do that!

I don't think she understood what the Key Volunteers Network was and how its members could assist her while her husband was away. I don't think she even knew about the L.I.N.K.S. (Lifestyles, Insights, Networking, Knowledge and Skills) program or who to call should she face an emergency while her Marine was away.

I am all for young love and the institution of marriage, but there is more to marriage than good intentions and a loving relationship. Even couples thinking about marriage should find out about the family support available. It's never too early.

I hope that the Marine I mentioned above did not purposefully fail to give his wife the information she needed. I'm really bothered when a Marine marries and withholds information from his/her spouse. I will never understand why some Marines want to keep their spouses in the dark. The Marine Corps spends a lot of time and money on programs that help prevent problems at home during deployment.

To his credit, the Marine did take the time to get her a dependent identification card prior to shipping off. I have dealt with cases where Marines did not.

It is simply un-Marine to leave a spouse unprepared for deployment.

Staff noncommissioned officers and NCOs should demand that their Marines invite their spouses to unit predeployment information briefs. Leaders who don't are not doing their job. I know we cannot force a family member to attend these functions, but we sure can order the Marine to attend. We can call and check with his/her spouse to ensure they are getting the information.

Ensuring a family has the needed information during deployment is the mature, responsible thing to do. It is ultimately the Marine's responsibility to ensure his/her family can take care of themselves during deployment.

Here are some pre-deployment tasks all married Marines should accomplish before leaving:

1. Explain your pay and allotments to your spouse.

2. Ensure sufficient allotments for your family's well being while you are gone.

3. Update life insurance (SGLI), record of emergency information, wills and any powers of attomey your family may need while you are gone.

4. Make sure your car is in good working condition.

Of all the things a married Marine should do prior to deployment, perhaps the most important is putting your spouse in contact with the unit Key Volunteer Network. Key Volunteers get the most up-to-date scoop. They also form a great support group to help spouses and kids deal with deployment. One of the greatest advantages of putting a spouse in contact with Key Volunteers is that they will realize they are not alone. There will be others with the same feelings and depressions about the deployment.

The Marine Corps is expeditionary. We all know that. The Corps is the most ready when the nation is least ready and that includes making sure our families are taken care of just as much as warfighting. Warriors with peace of mind about their home are more effective on the battlefield. Our family support programs make us stronger in battle, but only if they are utilized. Use them! Semper Fi.



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iblic Affairs	General	Brig. Gen. Arnold Fields



Pu Pu Pr Editor......Donna Klapakis

Co



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April 22, 1999 • A-3



Photo by Sgt. Gregory 5. Gilliam

Marines and Soilors look on as an AV-8B Harrier, jet makes it way down USS Nossau's flightdeck seconds prior to launching.

Harriers participate in NATO air strikes

Sgt. Gregory S. Gilliam 24th MEU(SOC) Public Affairs

ABOARD USS NASSAU — The 24th Marine Expeditionary Unit (Special Operations Capable) participated in NATO air strikes against Yugoslavia for the first time April 15 as part of Operation Allied Force.

The MEU's mission was to launch and recover four of the MEU's six AV-8B Harrier jets, attached to Marine Medium Helicopter Squadron 266, from USS Nassau currently in the Adriatic Sea, and deliver eight 500-pound bombs on unspecified targets.

The air strikes were the first of their kind for the 24th MEU(SOC) and the first ever combat mission for the AV-8B Harrier two-plus variant according to Lt. Col. Jeffrey L. Marshall, Aviation Combat Element commanding officer. The newer model Harrier came into play in 1995 when engine upgrades and radar systems were installed in all of the MEU's aircraft and many of the Marine Corps'. Additionally, this was the first Marine Corps Harrier combat mission since Desert Storm in 1991. Although HMM-266 Harrier jets did participate in non-combat missions over Bosnia-Herzegovina in 1995. they did not drop ordnance.

"Our only focus was mission success," said the Harrier detachment's officer-in-charge. "The historical ramifications haven't crossed our minds — we are here to support NATO operations."

"It went by the book as planned," said one of the Harrier pilots who participated in the mission. "Initially I was nervous about going into combat, but that soon faded and it was just another day at work. You get excited, then feel some fear ... the professionalism takes over and you get into the zone."

The Marines have been training for a challenge like this for more than 11 months. Those precious months of training prior to the deployment and the five months into the current deployment demonstrated the MEU's unique ability to prepare and execute missions quickly.

"We are all ready to go," said Gunnery Sgt. Bruce Harris. HMM-266 ordnance chief. "In my 17 years I haven't worked with a better group of Marines." he said about his ordnance handlers. "When I need something done I go to them and it gets done 20 minutes before I need it done."

Since the deployment began, Marines and Sailors from a variety of sections have been routinely getting jets ready for take off. From adding external fuel tanks to placing bombs and AIM-9 sidewinder missiles on the aircraft, they have perfected the routine.

"These guys can have this plane ready in 15 minutes," Harris said. "They have been waiting a long time for this. They're motivated that we

received a mission."

For the last two months, following the completion of Spanish Amphibious Exercise in mid-January. the MEU and its Marines and Sailors have been poised and ready to support NATO missions.

This was the second NATO mission the MEU has participated in since the air strikes began. They first were sent on a humanitarian assistance operation in Macedonia.

This latest mission demonstrated the flexibility of the MEU(SOC). In a matter of days, the unit recovered their Marines and equipment from Macedonia and made the trek to the Adriatic Sea to join forces in support of the NATO phased air operation.

"It shows, one, the expeditionary capabilities of the MEU and, two, the flexibility to perform peace-keeping missions and then transition to combat missions. That is what the Marine Corps does," said an AV-8B pilot.



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Disbursing SPIE rigs, rappels with 4th Force

Lance Cpl. Otto C. Piell-Muete Combar Correspondent

Four Marines from the Kaneohe Bay Disbursing Office went Special Patrol Insertion and Extraction rigging over Kaneohe Bay and rappelled from a Marine Heavy Helicopter Squadron 366 CH-53D helicopter April 14 thanks to assistance from 4th Force Reconnaissance Company.

The opportunity arose for the finance personnel after 4th Force had a change in their training schedule, and they still had the scheduled aircraft available for rappelling and SPIE-rig training.

The Disbursing personnel jumped at the chance to train with 4th Force, and took advantage of the few seats available.

"It's a break in the monotony of your everyday job," said 1st Lt. Jason Latona, the finance officer at Disbursing, and one of the volunteer participants. Latona said many of his Marines only see the faces of Marines from 4th Force that pass by their office. For one day, however, they were also able to experience what the recon unit does.

The Disbursing Marines first rappelled from the rope of a CH-53D, as the helicopter hovered 60 to 90 feet above the landing pad near Hale Koa Beach, according to Sgt. David Schwartz, a paraloft chief master for 4th Force.

After they rappelled, both with and without combat gear, the Disbursing leathernecks began SPIE-rigging. For the SPIE-rigging, they slapped on goggles and helmets and clung at intervals onto the rope by special attachments, as the helicopter carried them over the bay.

To prepare for their day of adventure. these Marines rappelled and "helo" jumped off the K-Bay rappel tower six times each, both with and without a pack on their back, April 13.

Although SPIE-rigging is not the kind of training these devil dogs expect on a normal basis, those who participated said they appreciate this type of opportunity.

"I wanted to do some training," said Lance Cpl. Angelo Genova, temporary lodging allowance disbursing clerk at the Disbursing Office, "and it seemed like something fun to do."

Latona said this training helps make his Marines better suited for handling any potential combat situations they may encounter.

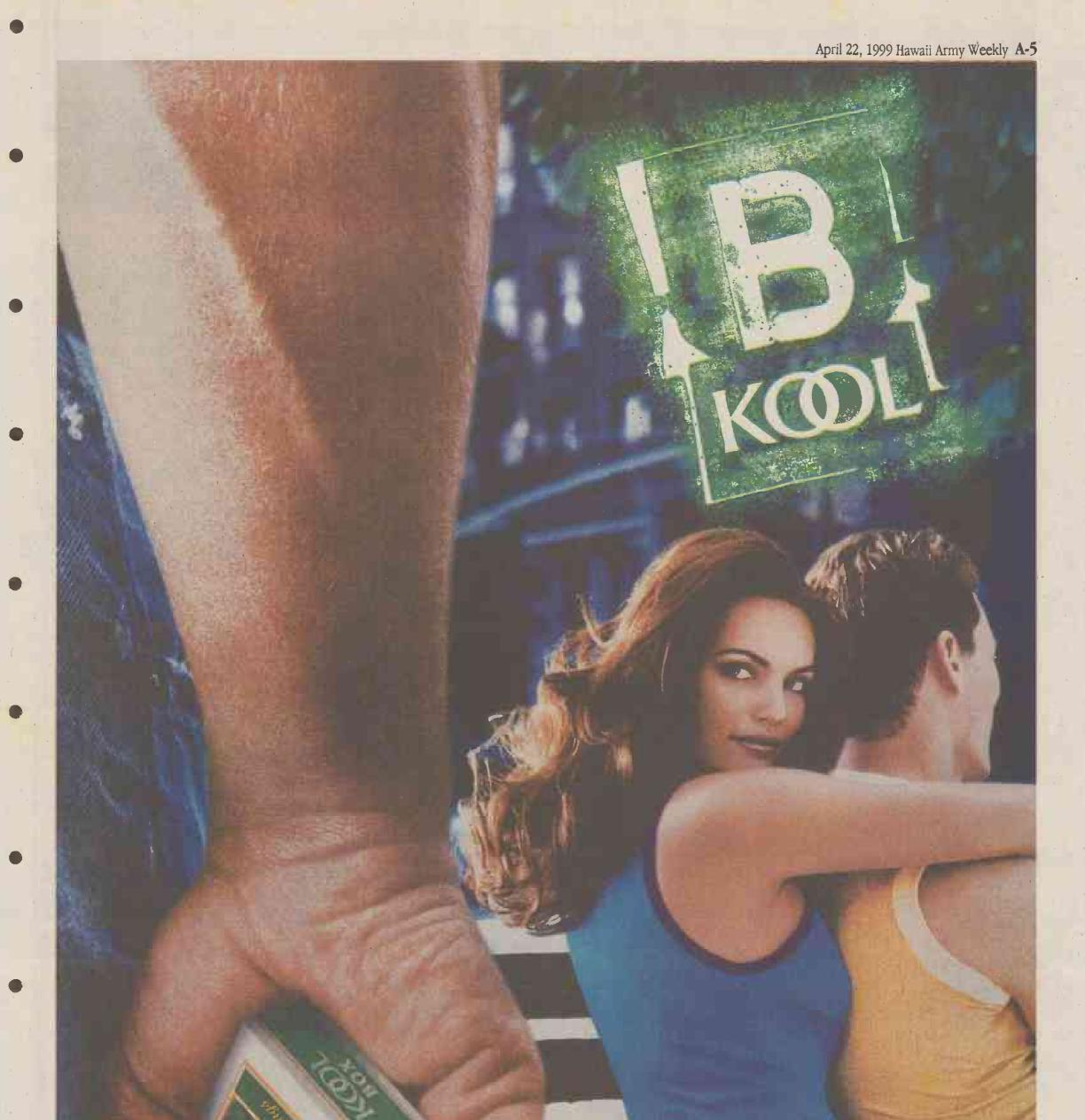
"It's my responsibility to make sure these Marines are well rounded," said Latona. "They need this kind of training to reinforce what they learned at boot camp."



Photo by Pfc. Roman Yure

Sergeant William Yancey, left, a communications specialist and Helicopter Rope Suspension and Training master at 4th Force Reconnaissance Co., gives some last minute advice to a Marine preparing to rappel more than 60 feet from the ground.





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Sgt. R.R. Taitingfong

Cpl. J.T. Armstrong Cpl. M.R. Blais

NCO of the Quarter

Sgt. S.G. Leonard

Marine of the Quarter

Lance Cpl. M.P. Frear

Salutes

Marine Heavy Helicopter Squadron 366

Navy and Marine Corps Achievement Medals Cpl. J.J. Palka Cpl. M.L. Casares

> Certificates of Commendation Lance Cpl. D.L. Wils Sgt. M.W. Plescia Cpl. D.S. Revilla Sgt. B.D. Dawson Cpl. B.B. Owens Lance Cpl. J.R. Stewart

> > Promotions Gunnery Sgt. J.L. Carter Staff Sgt. J.R. Ion Sgt. J.S. Wheeler Cpl. A.T. Spayed Cpl. J.E. Pena Cpl. A. Gomezcanada Cpl. T.S. Ridenger

Anderson Hall Menu

Friday

Lunch Pepper steak Southern fried catfish Assorted gelatin Blueberry pie Marble cake

Dinner Beef pot pie Roast turkey Broccoll Chicken or turkey gravy

Saturday

Dinner Lasagna Ravioli Southern green beans Marble cake Apple pie

Sunday

Dinner Barbecued beef cubes Baked turkey and noodles Spice cake Ginger molasses cookies

Monday

Lunch Meat loaf Roast fresh ham Apple pie Chocolate cream pudding Vanilla cream pudding Chocolate chip cookies

Dinner Braised beef and noodles Cajun baked fish Mixed vegetables Club spinach

Tuesday

Lunch

Apple glazed corned beef Honey glazed rock cornish hen Parsley buttered potatoes Boiled pasta Blueberry pie Chocolate chip bread Coconut cereal cookies

Dinner Turkey pot pie Sweet and sour pork Chow mein noodles

Wednesday

Lunch Yakisoba Pork adobo Pork fried rice Strawberry shortcake

Dinner Grilled steak **Baked** fish fillets Boiled king crab legs Fried chicken Chicken noodle soup New England clam chowder Corn on the cob

April 29

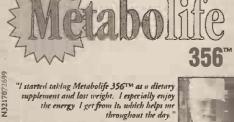
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Lunch **Beef** porcupines Turkey a la king Marble cake Pineapple upside-down cake

Dinner Braised liver with onions El rancho stew Fried chicken



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Child abuse problem affects everyone

Health Promotion Center Tripler Army Medical Center

Child abuse is one of society's oldest, most explosive problems. More than one million children are reported victims of abuse each year. Three children die every day as a result of abuse and neglect: We can all participate in efforts to eliminate this serious threat to our children. The National Committee to Prevent Child Abuse offers the following suggestions for ways to prevent child abuse.

Examine your own behavior. Recognize that you are the

Ô

most important person in your children's lives. What you say to them and how you treat them determines how they feel about themselves. Offer them honest praise at every opportunity.

When you're feeling troubled or lonely and pressures build, don't lash out at at your child. Stop and take a deep breath. Remember, you are the adult. Close your eyes and pretend you're hearing what your child is about to hear.

If you think you need help, you're not alone. Being a parent isn't easy for anyone. Sometimes it's overwhelming. Take the first step and seek help. Check your community's resources for a child abuse or crisis hotline, parenting group or family service agency.

Respond when you see abuse. Start a conversation with the adult to direct the parent's attention from the child. Say something like, "It looks like it's been a hard day for both of you."

Praise the parent and child at the first opportunity and divert the child's attention by talking to the child.

Report suspected abuse. Protecting children requires everyone to report suspected abuse or neglect. To report suspected abuse, call Child Protective Services at 832-5300 or call your local police department.

Help parents in the community. Establish a parent support group. Plan a regular time when parents can get together to talk about, and find solutions to, parenting challenges.

If you know a parent under stress, offer him or her a break and take care of the children for a while so the parent can relax. Another option is to organize a regular play group so children and parents can benefit.









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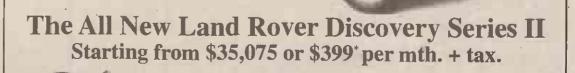
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Word to Pass

Base Action Committee

The Base Action Committee will hold its quarterly meeting Tuesday, 6 p.m. at the Fairways. Representatives from MCCS Personal Services and Semper Fit will showcase their Youth Program activities and answer questions. The base commissary manager will also share news from the commissary

Transition Assistance **Management Program**

The 3rd Annual Job Fair will be held May 14 from 9 a.m. to noon at the Enlisted Club, building 1629. Sponsored by the Family Member Employment Assistance Program, the fair is open to active duty, retired, reserve and their family members.

Starting Your Own Business, presented by the Small Business Administration, will be held April 30 from 9-11 a.m. at TAVSC, building 267, classroom 2. For more information on TAMP programs, call 257-7790.

Events

Mokapu Elementary School will hold assemblies Tuesday and Wednesday on the value of being a military child. K-Bay's Maj. John Armour, the director of MCCS Personal Services, will be the guest speaker.

Sesame Street Live "When I Grow Up" will be presented at the Neal Blaisdell Center April 29 at 10 a.m.. Tickets are available at the Armed Services YMCA for \$7. Call 254-4719/4965 for more information.

The MarForPac Band will give a special twilight concert, hosted by the Child Development Center, April 30 from 5:45 to 7 p.m. to celebrate the Month of the Military Child, at the playground behind the center. Parking is available at the CDC or the MCX. Bring the family, a mat, a picnic and enjoy.

entur



Youth Fun and Fitness Day will be held May 15 from noon to 4 p.m. at Pop Warner Field. A slam dunk contest, and ice cream eating contest will be featured. Call 254-7611 for more details.

5th Annual CSSG-3 Swamp Romp will be held May 1 at 7 a.m. Teams of six members only. Hurry only 175 teams allowed. Pick up entry forms at the Semper Fit Center.

The Dance Movement Academy teaches all levels of ballet, jazz, tap and gymnastics at building 267. For more information, call Di Rodin at 261-0538, or to register call Youth Activities at 254-7610. Honolulu International Bedrace Festival will be held Saturday from 10 a.m. to 5 p.m. in Kapiolani Park. Those who wish to compete may call Jan Brenner at 239-5546. The U.S. Tennis Association will present free tennis lessons for ages 8 and up Saturday and May 2 at the Kailua District Park. Call 955-6696

Kokua Hawaii Foodbank needs food from the Marine Corps communi-

to sign up.

ty. Those wishing to make a donation may contact volunteer coordinators: Chief Petty Officer Charles Ramsey, 477-8531; Petty Officer Charlene Rice-Moses, 477-8532; or Maj. John Armour at 257-3655, ext. 2130.

MCCS Personal Services

Parenting Class is a weekly class for parents who would like tips on how to effectively cope with common parent/child conflicts, children's misbehavior, and ages and stages of development. For parents of infants and children to age 6. Learn discipline techniques that work. Tuesdays 6-7:30 p.m. at the Hale Akoakoa Community Center. Call 257-3655, ext. 2133 for reservations and childcare information.

CREDO

Personal Growth Retreat will help participants expand their horizons. "Take an advanced course in what it means to be a human being, not just a human doing," May 13-16. Marriage Enrichment Retreat with the theme of "improved communication and problem solving skills" will be held May 10-12. For information and reservations on all CREDO retreats. call 257-1941/0408.

ITT

ITT offers a variety of discounted tickets for activities island-wide, including cruises, luaus, movies and more. The ITT hours of operation are Mondays through Saturdays from 9 a.m. to 7 p.m. and Sundays and holidays from 9 a.m. to 5 p.m. For more information on ITT, call 254-7563.

LINKS

LINKS will hold an all-day session May 8 from 8 a.m. to 5 p.m. For those who are newly married and would like to be linked with spouses who are successfully meeting the challenges of Marine Corps living, this is the perfect opportunity to give LINKS a try. LINKS focuses on providing lifestyle insights to spouses new to the Marine Corps. Free transportation and free on-site child care is provided. Call for location at 257-2368.

Editor's note: unless otherwise specified, all military activities take place aboard MCB Hawaii, Kaneohe. Bay.

Pampering BodyWrap, etc.^a Lose 4 to 14 Permanent Inches In 1 Treatment Indulge Yourself in (3) Private Rooms, Relaxing for an HOUR on a Therapeutic massaging table with Tranquil music & Aroma-Therapy in a Natural Stimulating Herbal Body Wrap & will ... • Eliminating toxic waste that clogs your Lymph System. • Restoring Natural Circulation to Problem Areas • Rejuvenating Loose Skin & Stretch Marks • A Cellulite, Not A Water Loss Treatment, 90 min. visit • 555 40 \$55.00 ...with ad & Military ID Expires 5-15-09 Corner of Nuuanu & Vineyard Since 1989 Behind Nauanu BBQ, 2nd Fl, Suite 205 541-9688





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				MINNEAPOLIS	249	459
	SAN FRANCISCO	129	229	CLEVELAND	249	459
	SEATTLE	169	329			
	PORTLAND, OR	169	289	NASHVILLE	299	459
	SAN DIEGO	199	369	NEW ORLEANS	249	459
				ATLANTA	249	459
	ALBUQUERQUE	249	449	SHREVEPORT	289	489
	DENVER	289	489			
	INDIANAPOLIS	289	459	NEW YORK	269	489
2	KANSAS CITY	249	459	ORLANDO	-269	489
				PHILADELPHIA	269	489
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	DALLAS/FT.WORTH	249	459	NORFOLK	289	489
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- SOME RESTRICTIONS APPLY.



TO THERE THEY YOU NO TRUNK THE in Celebrating the Mokapu Mall Keiki First Birthday on Saturday, April 24th



Celebrate the month of the military child?

GRACO[°]

Protect, Respect and Value our Marine Corps and Navy children.

one day only Sat., April 24th

% all Healthtex & Oshkosh apparel in stock Off Olscount taken at regilister.

20% all car seats and strollers in stock (Does not include Value Price Pri Items) Discount taken at register.

Join us for a hildren's Fashion Show

in the Marine Corps Exchange on Saturday, April 24th at 1100 and 1400.

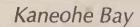
Enter to win a **Century Car Seat** or Graco Swing

Drawing to be held on Monday, April 26th. See store for details.

Marine Corps Exchange

A MARINE CORPS COMMUNITY SERVICES ACTIVITY-







Lifestyles

Hawaii Marine B Section

April 22, 1999

Hot to trot:



Photo by Lance Cpl. Otto C. Pleil-Muete Lorna Ouderkirk (right) and Lizzie Tom practice riding their horses Sunday at the Camp Smith Stables Sunday. Both riders will participate in the upcoming King Kamehameha Floral Parade.



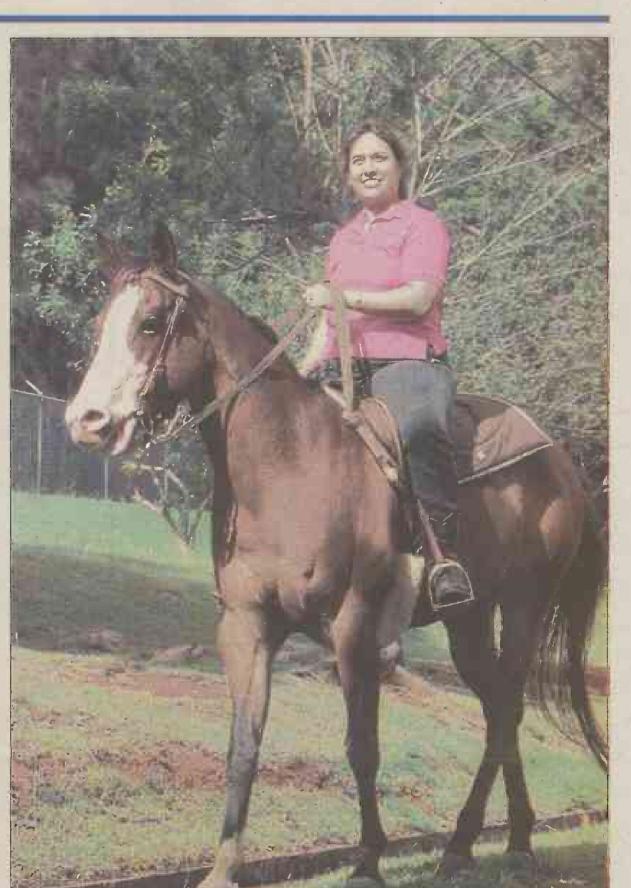


Photo by Lance Cpl, Otto C. Pleil-Muete

Photo by Lance Cpl, Otto C. Pleil-Muete

Healani Matthews feeds a horse some grass Sunday afternoon at the stables.

Denise Allianic rides a horse at the Camp Smith Stables Sunday afternoon.

MCB Hawaii residents seek • trails, fun at Camp Smith Stables

Lance Cpl. Otto C. Plell Muste Combat Correspondent

CAMP H. M. SMITH, Hawaii — With about 12,000 visitors a year, it seems the secret is out — whether you're an avid horseback rider or simply want to climb on a horse for the first time, the Camp Smith stables offers something for everyone.

The stables has 20 horses available for patrons and offers English and Western riding lessons for beginner through advanced riders, said Shelly Leslie, Camp Smith Stables manager. Guided trail rides are also available and offer picturesque views of the Koolau Mountains from atop beautiful Halawa Heights, as well as views of Pearl Harbor. Trail rides are available Tuesdays through Fridays at noon and 1:30 p.m. and on weekends at 10:30 a.m., noon, 1:30 p.m. and 3 p.m. Reservations are required.

Trail rides are free for single Marines at 1 and 3 p.m. on Saturdays and Sundays, Leslie said. Many families go to the stables to take a break from their hectic schedules according to Leslie,

who sayst the stables have a soothing effect on children and adults alike.

"It really does something for our guests, both mentally and emotionally," she said.

"It's a great opportunity for the military here to enjoy horseback riding," said Army Lt. Col. Wally Z. Walters, Commander/District Engineer, Honolulu **District Army Corps** of Engineers, who also takes his daughter to the stables. A student-worker program that lets patrons earn free lessons by working eight hours a week at the stables is also offcred. The stables are open

to active-duty, military retirees, and Department of Defense employees. Civilians are also welcome with military sponsors. For more information on the stables, call 484-

on the stables, call 484-9417.

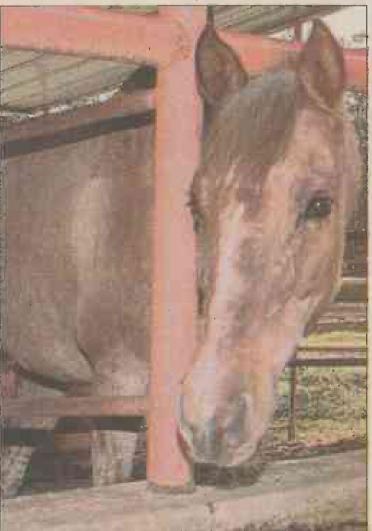


Photo by Lance Cpl. Otto C. Pleil-Muete Camp Smith Stables offers horses like this one for trail rides and riding lessons six days-a-week.

Julia Fox, a riding instructor at the stables, grooms a horse after riding with some guests.

Photo by Lance Cpl. Otto C. Pleil-Muete



JUST FOR THE KIDDIES

Photo by Cpl. Barry Melton

Dareen Peasley, a Marine Carps Cammunity Services preventian caunselar, paints 11-year-old Josh Pena's face during a Children's Day at Kaneohe Bay's Joint Education Center courtyard Sunday. The event, sponsored by MCCS, included clawns, a bouncy house and other children's activities, and celebrated the Month of the Military Child and Child Abuse Prevention Month.









Set during World War II, the story follows an Army rifle com-

pany during several months of one of the fiercest struggles of

the 20th Century - the battle for Guadalcanal. Drama, rated

washed ashore. She tracks down the author, a lonely boat

builder. As the two become aware of a deep attraction, the

Starring Jake Gyllenhaal. Chris Caoper, Laura Dern and

and inspired by the dawn of the space age, he embarks on a

mission that changes his life forever. Family drama, rated PG,

R, 180 minutes.

October Sky

Saturday, 10 p.m.

William Lee Scott

120 minutes.

Message in a Bottle

April 22, 1999 • B-3

Shakespeare in Love Sunday, 7:15 p.m.

Starring Joseph Fiennes, Gwyneth Paltrow and Geoffrey Rush. Set in 1593 London, Will Shakespeare, a struggling young playwright. suffers from a dreadful bout of writer's block. No matter how hard he tries, he just can't seem to make any head-way with his latest work "Romeo and Ethel." Romantic comedy, rated R, 120 minutes.

Payback

Friday, 7:15 p.m.

Starring Mel Gibson, Gregg Henry and Maria Bello Mel Gibson is a tough anti-hero who gets double crossed, left for dead, and now wants payback. With his partner in crime, Gibson steals some cash that is already hot. When it comes time to split the goods, the partner takes Gibson's money, Gibson's wife, and tries to take his life. Now Gibson is out for revenge. Thriller, rated R, 110 minutes.

The Thin Red Line

Friday, 9:45 p.m.

Starring Sean Penn, Nick Nolte, Woody Harrelson and George Clooney

Housing

Enchanted Lake 4 bedroom, 2 bath, family room, fenced yard, newly painted exterior, yard service. \$1,600, one-year lease. Available May 1. Call 261-1828. Townhouse 2 bedroom, 2 1/2 bath, covered parking, pool, hot tub, tropical setting, quiet. security gate, boatramp, \$1,250 per month, no pets please. Call 239-9925. Transport

'96 Mercury Tracer, perfect condition, four-door sedan, P/S, alarm, 35,000 miles, leaving. \$500 down and take over payments of \$240/month. Call 254-5155

'93 Nissan truck, extended cab, very cold A/C, low miles, stereo, new tires, excellent condition. \$6,200/OBO. Call 254-3132. **'91** Dodge Caravan, very good condition, \$5,900/OBO. Call 254-6323.

'87 Honda Civic, 4-door, \$1,200/OBO

Call 833-1038.

'97 Saturn SL1 4-door, A/C, \$8,000. Call 833-1038. **'95 Toyota 4-Runner**, good condition, bluebook value \$20,000, asking \$17,000. Call 254-9296.

Miscellaneous

Two A/C units, 14,000 BTU and 11,500 BTU. Both approved by Housing. Almost brand new. Call 254-8297 Pull-out futon/bunk bed, great condition, \$300/OBO. Call 254-4952. 4MB AGP video card, \$30; ESS soundcard, \$30; 32MB SDRAM, each \$30. Monitor, 15 inch, \$70. Call 456-5843.

Bedroom suite, six pieces including queen bed, lowboy dresser with mirror, chest of drawers and nightstand. All for only \$500/OBO. Call 254-3132 Kitchen table with four chairs, \$200;

entertainment center, \$100; large dresser, \$65; four-drawer dresser, \$50; couch and loveseat, \$500. Much more! Call 254-

3132. 15-gallon fish tank for sale, \$15 with pumps, rocks and a filter available for a negociable price. Call 254-3157.

Childcare helper needed for our Kailua home Monday through Friday, part-time, flexible hours. Pager number 361-6110.

To submit an ad to the Hawaii Marine, fax 257-2511 or come by our office on the ground floor of building 216. Submissions must arrive before noon Thursday the week before publication and must contain the applicant's rank, unit, and home and unit phone numbers. Ads must be 20 words or less, and will run for two weeks unless extended or cancelled.

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C S DWU



Religion



By JoAnne Yow-Fairchild MCCS Marketing

Party at the Mall!

A birthday celebration will be held Saturday in honor of Mokapu Mall's first anniversary. Fun, free activities will be held from 9 a.m. to 2 p.m. at the mall. Clowns and balloons, bouncy castle, information booths, story-telling, face painting, a dance recital, a children's fashion show at the Main Exchange and a cake-cutting ceremony. Great prizes will be given away throughout the event, such as Magic of Polynesia show tickets, Ali'i Kai Dinner Sail for two, Hawaiian Ocean Thrill Rides for two, Voyager Submarine passes, family passes to Hawaii Maritime Center, a neighbor island trip, trail rides at Camp Smith Stables and a basket of hair care products from The Cut Haircare and the barber shop. Don't miss out on Mega Video's Birthday weekend special, "rent-one-get-one-rentalfree" on children's videos. Free Mokpau Mall mugs will be given away while supplies last to all who come to celebrate. For more infor-mation, call 254-7501.

Spring Community Aloha Fair The Spring Community Aloha Fair, scheduled May 4, from 5:30 to 7:30 p.m. at the E'Club Ballroom, promises to be the best one yet. Free food and an awesome line-up of live entertainment, including per-formances by the MarForPac Band, students from Mokapu Elementary School and a dance recital from Dance Movement Academy, guarantee a great time for all who attend. MCCS will have representatives present to answer questions regarding on and off base activities. More than 30 door prizes will be

given away throughout the evening, including \$50 savings bonds from Windward Community Federal Credit Union and open water dive courses from Ocean Concepts. For more information. call 254-7653.

Youth Soccer

Registration for the Youth Soccer League will be held May 3-21 at Youth Activities. Youngsters ages 5-15 are eligible. Practice begins June 1, and the season runs from June 26 to August 21. The registration fee is \$35, and each player will receive an official K-Bay jersey and socks. Spaces are limited, and registrations are accepted on a firstcome, first-served basis. A photocopy of a military I.D. card or birth certificate is required to register. Youth Soccer is sponsored by Windward Federal Credit Union. For more information, call Youth Activities at 254-7611

Swamp Romp

The CSSG-3 Swamp Romp is set for May 1 at 7 a.m. Hundreds of Swamp Romp participants will run a five-mile obstacle course. This is a six-member team event, and the teams will be ranked according to the team-members' cumulative ages: Young Men - 120 years or lower, Warrior Men-between 121-210 years, Masters Men: 211 years or more. Women's categories are Women's Open -210 years or less and Masters Women - 211 years or more. This fun, physically-challenging event is open to the public. Entry fees are \$72 per team. Each entrant receives an official Swamp Romp tank top. Sign up before Friday to avoid the late fee. For more information, call the Semper Fit Center at 254-7590 or 7591.

MCB Hawaii Kaneohe Bay Chapel 11:45 a.m., Mon.-Fri 6 p.m. 7:30 a.m. and 9:30 a.m. 8:30 a.m. Sunday 9:30-10:30 a.m., building 1391 (behind 7-Day Store) 9:30-10:30 a.m. Sun., building 1391 (behind 7-Day Store) 11 a.m. Sunday 1 p.m. Sunday

Gospel of Holiness Fellowship

Sunday School Sunday Worship Bible Study Choir Rehearsal

Weekday Mass

Saturday Mass

Sunday School

Single Adults

Adult Bible School

Protestant Worship

Protestant Communion

Sunday Mass

11 a.m., building. 219 1 p.m. at Base Chapel 7 p.m. Tues, at Base Chapel 7 p.m. Fri. at Base Chapel

Camp H.M. Smith Chapel 11:30 a.m. daily and 8 a.m. Sun. Catholic Mass

For more information on any of the above services, call 257-3552.

Aloha Jewish Chapel at Naval Base Pearl Harbor Shabbat Service 7:30 p.m. Fri.

For more information, call 471-3971.

Space Available Information

To fly Space "A" from MCB Hawaii, Kaneohe Bay, call the Marine Corps Air Facility Flight Clearance Section at 257-2121 for dates and times.

For flights leaving from Hickam Air Force Base, call 449-6833/1515, or visit their website at www.hickam.af.mil/spacea/spacea.htm.

Note: Space "A" flights are subject to availability, change and cancellation.





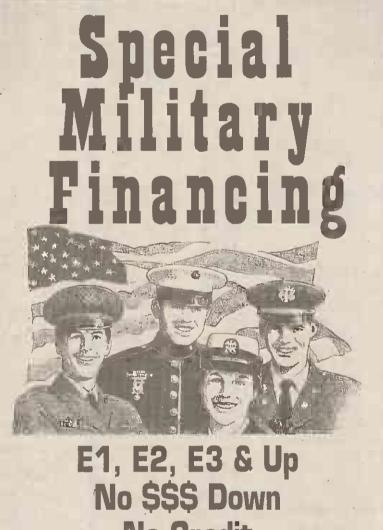
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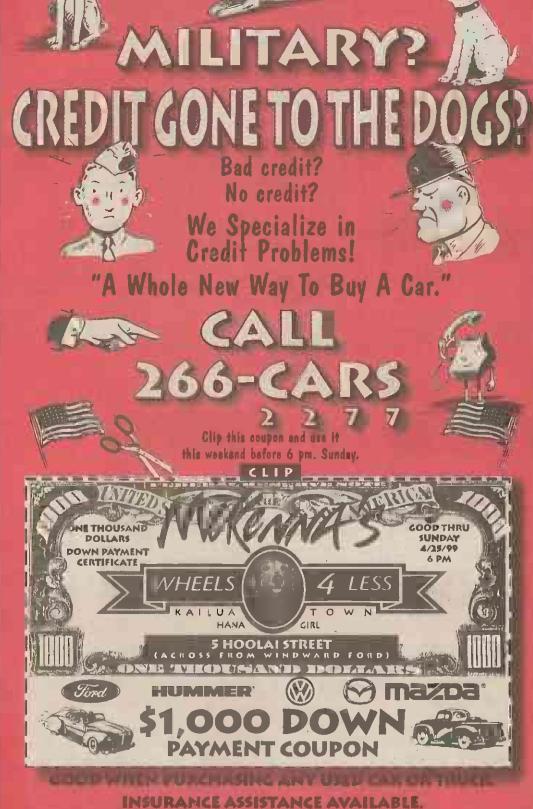
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