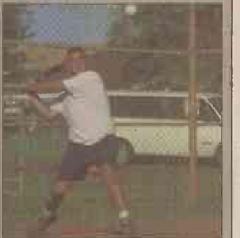
Vol. 23, No. 45

Serving Marine Forces Pacific, MCB Hawaii, III Marine Expeditionary Forces, Hawaii and 1st Radio Battalion

November 23, 1995



Weekend softball action. See B-1 for more.

PFT or unit runs to back gate

All unit size PT/PFT runs to the back gate are reminded this area is a posted no-chanting area.

Obstacle/confidence course off limits

The Boondocker obstacle and confidence courses are closed and off limits until repairs and improvements are made.

No chanting zones

For units and individuals. There will be no chanting or loud noise while running in the no-chanting zones (family housing areas and near the gates).

MMEA family night

There will be an enlisted assignment brief Dec. 11 presented to all family members by the Enlisted Assignment Monitor Section. The

It's Thanksgiving; let's make it safe

SSgt. Dan Bawen Base Safety Conter

Do some thinking during this Thanksgiving Holiday: thinking about safety, that is!

We are all looking forward to the long weekend, time to eat, drink, and be merry and to watch football. Time to be with family and friends and truly be thankful for all the things we do have. This will also remind us how much we have to lose if we do not stop from time to time and think and about protecting ourselves and our families by preventing potential hazardous situations.

The holiday season is upon us and there are many things that we should pay a little closer attention to during this time of year. Things like traveling safely, security for your home and family, fire prevention and electrical safety. The following are a few tips to think about to keep the holidays safe:

•Never leave anything cooking in the oven or on the stove unattended.

•Before putting up Christmas lights you've had for years, inspect all bulbs and the condition of the wires. If it doesn't look right it probably isn't, so replace it.

•When putting up Christmas tree lights follow the manufacture's suggestions, but avoid stringing more than two strands of lights together. The farther you go from the source of power the more load you put on the weaker, less insulated Christmas light wires. This increases your chances of a breakdown of that wire, and could result in an electrical fire or someone being shocked or electrocuted.

•Never leave any Christmas lights on, interior or exterior, when no one is home.

all windows and doors are secure when you are away.

•In Hawaii, "road trips" are relatively brief, but if you will be doing any traveling here or on the mainland be sure your vehicle is well serviced and supplied with emergency equipment. Also before you start your trip, ensure you notify someone of your time of departure and estimated arrival time.

•Weather is not too much of a problem here in Hawaii, but we do see an increase in rain this time of year. One thing you can do is periodically check your tire pressure. Over-inflated or under-inflated tires dramatically reduce traction.

•Many of us here in the near future will be going out buying and putting up our traditional Christmas trees. Keep water or some kind of tree conditioner in the stand. This will keep your tree from drying out too soon and creating a definite fire hazard. Plus it's hard to get those little needles out of the carpet!

•If you are hosting a party or get together during the holidays, be a responsible host. If you will be serving alcohol, take measures to ensure your guests do not drink and drive. For example, collect car keys, have designated drivers or call a cab for your guests.

This is my favorite time of year, with friends and family getting together to celebrate the holidays. Unfortunately, every year we hear in the news those tragic stories of a family's house burning down, losing everything they have, or of a terrible automobile accident involving drinking and driving. These stories seem to be that much sadder during the holiday season, but the saddest part of all is that they probably could have been prevented. So, as we begin this holiday season, make it truly a time to do some thinking about safety. From the Base •This is a season when the house is Safety Center, have a Happy



Sound the bell

The sounding of the bell takes place every morning just before the raising of the colors. The bell is sounded eight times to signify the hour and the time for the changing of the watch. For story and photos see A-4.

brief will be at the base theater from 6-8 p.m. All spouses are encouraged to attend. See A-11 for complete schedule of MMEA visit.

Holiday power drain

In the past there have been power outages on Thanksgiving Day due to overloaded circuits. To help prevent this from happening this year, the following are guidelines to follow:

•Do not run air conditioners while cooking.

•Avoid peak cooking times of 9 a.m. - 1 p.m.

• If possible, prepare baked dishes earlier and use the microwave oven.

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You can ask the Commanding General questions via: E-mail or internet. E-Mail: BICE@CG@MCBH KBAY Internet: biced@mqg-smtp3.usmc.mil full of packages and presents, so ensure Thanksgiving!

TRICARE offers three plans for better family health coverage

SSgt. Aika Brum nity Relations Chief

The absolute worst time to have to wonder about your medical coverage is during an emergency. Yet, many Marines and Sailors who don't enroll in the TRICARE Prime health plan may end up doing just that -- worrying, then paying large, out-of-pocket medical bills.

TRICARE is the Department of Defense health care program and also the new name for health coverage previously known as CHAMPUS. It allows eligible active duty family members, retirees and their families and survivors, who are enrolled in DEERS, to choose from three plans which best meet their needs: TRI-CARE Prime, TRICARE Extra or TRICARE Standard. Choose a TRICARE option dependent upon:

•Your ability to meet costs.

• Your preference for a particular health care provider. • Frequency you use health care services.

Frequency of travel outside Hawaii.

•Other comprehensive health care coverage you or your spouse may have.

TRICARE Prime

•Voluntary enrollment; minimum 12-month enrollment period.

•Annual enrollment fees for retirees, their family members and survivors.

·Offers the lowest out-of-pocket costs for health care; \$6 copayment per outpatient visit, for corporals/equivalent rank and below; \$12 copayment for sergeants/equivalent rank and above, for most services. •No annual deductible or premiums; no percentage cost share.

·Usually no claim forms.

Medal of Honor recipient returns home after 52 years



GySgt. Angela McDaniel Buckner Fanning talks with two members of the MarForPac color guard, LCpl. Ryan Holloway, left, and Cpl. David Covel, right.

MGySgt. Dave Treadway MarForPac Public Affairs Chief

MARINE FORCES PACIFIC, Camp H. M. Smith, HI - Marine SSgt. William James Bordelon will finally return to his native San Antonio after 52 years

The Medal of Honor awardee was killed death. on Tarawa Nov. 20, 1943, and was buried in the National Memorial Cemetery of the Pacific at Punchbowl after transfer Antonio, and, like Bordelon, a former from that tiny Pacific island where he member of the 2nd Marine Division, visserved so gallantly.

San Antonio for reburial in the Fort Sam Fanning will produce a documentary was put into place October 18 when a of his remains. local mortuary was contracted to exhume

•Requires use of doctors in the TRICARE Provider Network.

•Requires referral of authorization from Health Care Finders for specialty care.

Enhanced preventive services, at no charge.

•Benefits apply only in Hawaii and California, except for emergencies or urgent care.

"TRICARE Prime is a managed health care option," said Lynn Cuthrell, a marketing representative with the Hawaii Medical Service Association which administers the Hawaii TRICARE contract. With Prime. your primary care manager is your first point of contact whenever you need health care. He or she is akin to a personal physician who manages your wellness and preventive health care needs, Cuthrell explained.

Initially, when you enroll in TRICARE Prime, you See TRICARE, A-5

> his remains and prepare them for transfer to San Antonio.

> GySgt. Angela McDaniel, Marine Forces Pacific, was assigned to escort his remains home. She delivered them to San Antonio Oct. 19. SSgt. Bordelon was reburied in the Fort Sam National Cemetery on the 52nd anniversary of his

Reverend Buckner Fanning, pastor of the Trinity Baptist Church in San ited Hawaii in July to lay the ground-His only surviving brother and sister work for a production about San recently asked the U.S. Department of Antonio's first native Medal of Honor Veterans Affairs to return his body to recipient. Assisted by his two sons, Rev. Houston National Cemetery. That plan about Bordelon's life and the final return

dr.

See Medal, A-8

The vision of MCB Hawaii: To be the most responsive, efficient and innovative provider of support, training, facilities and services in the Department of Defense now and into the 21st century

Every Clime and Place

B Company 1/6 takes to jungle in Panama LeatherNet is combat from cushion comfort

FORT SHERMAN, Panama -Welcome to Fort Sherman's Jungle **Operations Training Battalion**.

Here, uniforms get soaked with sweat and mud. Black palms reach higher than a good Marine can spit. Snakes whose bites will drop a man in two steps abound. Camp sites are improvised from the dense jungle foliage. And road marches long enough to wear out the best of walkers are regarded as everyday strolls.

All of this is part of the JOTB experience, and for three weeks, Marines of Company B, 1st Battalion, 6th Marines, from Camp Lejeune, N.C., stared these pitfalls in the face and proved an Army school known to challenge the best couldn't beat them down.

"The school has lived up to everything we were told. It's a very good school and we learned a lot." said Cpl. Eric A. Sunderlin, 2nd Platoon guide.

While practicing ambush techniques in the dense jungle, the Marines demonstrated their expertise in small unit jungle warfare. For this unit, the jungle was a new fighting ground,

but they seemed to adapt well.

"Back home there are a lot of pine trees, little vegetation and the terrain is very flat," said 2ndLt. Sean W. Pascoli, 2nd Platoon commander. "Here, there is a lot of dense jungle with a lot of vegetation and uneven terrain. This is an excellent training experience for us."

In addition to a different training environment, the Marines also honed their small unit leadership skills.

The JOTB allows this important training because squad and fire team leaders become totally responsible for what their men do and don't do, Pascoli said. They must account for their men's food, water and everything else without much interaction or guidance from the platoon commanders. "Their leadership skills are certainly enhanced here."

"I've received more experience on how to take care of my squad and how to perform certain techniques in this environment," said Cpl. Tom H. Cobane, squad leader, 2nd Platoon. During the prisoner of war search exercise, the Marines practiced prison- PAO)

er searches to look for concealed weapons and materials such as maps, documents or notes that could be used for their mission. Prisoners were also. carefully searched for booby traps, while using the prisoner's body as a shield. This prevents an opponent from taking a Marine's life with their own, said Cobane.

Apart from ambush techniques and POW searches, the Marines also went on reconnaissance patrols, set up patrol bases, conducted live-fire, and trained with Army units and Army Blackhawk helicopters. They also practiced infiltration techniques and waterborne operations.

"We're used to living and training in the woods, but here we got to experience steep hills, rough terrain and a thick and dense jungle," Sunderlan said.

When the Marines returned to Rodman Naval Station they trained with some of the base's tenant organizations, including Special Boat Unit 26 and the Navy SEALs. (Martin Reyes-Duran, Rodman NS

MARINE CORPS Twentynine Palms, Calif. fort of a cushioned chair?

It's called LeatherNet, and it tool." was the focus of a recent visit by Director of Research and Engineering Dr. Anita Jones and LtGen. Paul K. Van Riper, commanding general of the Marine Corps Combat Development Command in Quantico, Va.

Comprised of three large rear projection screens and lots of computer equipment, LeatherNet enables commanders the chance to do "dry runs" of an attack without risking lives or equipment. The terrain features on the program are mapped from the Delta Corridor and range 400 training areas of MCAGCC. The simulated environment, according to Jones, is designed to complement field training - not replace it.

AIR levels when used to complement GROUND COMBAT CENTER, time in the field," Jones said. "There is no way simulation will Where at MCAGCC can you fly a ever substitute the real thing, but jet fighter, command a tank and in here you can try different assault a bunker with the things and see your mistakes from infantry, without leaving the com- different angles without risk. For the most part, it's just a planning

> LeatherNet makes plotting routes for battle easy with its voice-activated commands. While its vocabulary is limited now, the hope is to eventually have a 1.500word vocabulary allowing for even more hands-free operation.

> As the technology in this system improves over time, Jones believes the lessons learned will flood all areas of operation in the military.

"I think the time is right now for simulation," Jones said. "Simulation is going to be everywhere. Besides just training, it's going to change the military as a whole. The bottom line is we end up being better than the enemy." (LCpl. C.J. Young, MCAGCC 29 "I feel this system can raise skill Palms)

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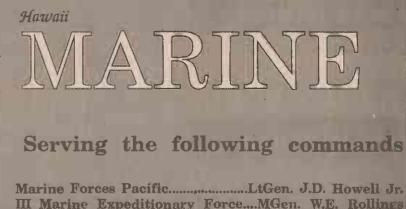
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FLICT	NOVEMBER 24, FRIDAY						
	Wet Jet Competition	10am-12noon	Turtle Bay				
ifficulties li ssues	Windsurfing & Wet Jet Freestyle Exhibition	1pm-2pm	Turtle Bay				
andency orders 5 & Families 39-7779 nutes from Tripler) 0 Pag St. Suite 217	Miss Hawaiian Tropics US Finals "King Of The Waves" Awards Ceremony during the US Finals Pageant	2рт-брт	Bay Area/TBH				
	NOVEMBER 25, SATURDAY						
Software , Inc.	North Shore Craft Fair & Farmer's Market	10am-5pm	Turtle Bay West Lawn				
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e: 528-3823	Genuine Draft Dream a Dolphin is a not-for-profit organization founded by where children with special needs and their families on This is carried out in a safe and nurturing environm	in enjoy a wonderful experience swimming	with dolphing. Hilton				
96 TAMENT	NOVEMBER 26, SUNDAY						
IDARS	North Shore Craft Fair Lawn	10am-5pm	Turtle Bay West				
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1996 NEW TEST/ CALEND

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> Write To: Church of God (New Testament), At Large The Sodergrens, Ministers 45-020B Malulani Street, Kaneohe, HI 96744

Editorial/Commentary Perception is reality; Do you know someone who feels hopeless?

Capt. J.C. Milliman Public Affairs Office

lair D. Conaway was one squared-away Marine. A poster Marine, in fact. He was the kind of Marine who could walk into a room and just take charge, no matter who else was in the room.

At our last duty station together, he had been, for all practical purposes, the commanding officer of the Marine Corps Detachment until the new major reported aboard.

He had gotten that 60-Marine detachment into fine shape and presented the new commanding officer with a unit as squared away as a minor detachment lost in the Midwest could get. This was nothing new, as he had done pretty much the same thing with the Marine Detachment aboard USS Midway way back when.

Blair was so squared away you wondered how he could keep his charlies looking so sharp at the end of a 12-hour work day. He was a role model of sorts. Not only for junior troops and the students, but I wanted to be like him, too. He was so good, nobody was surprised when he was selected for gunnery sergeant. In fact, we all wondered why it took so long. I wrote him the best endorsement I have ever written anybody for his application for warrant officer.

But throughout all of this squared away, poster Marine behavior, none of us saw the signs of impending disaster. Of course, none of us knew of the marital stresses (we all have 'em, right?). Who could tell the obsessive drive for perfection was a thinly disguised plea for help?

I wasn't there the night, in a last desperate act of frustration, Blair pulled out his personal sidearm, put it in his mouth and pulled the trigger.

Why would he do that? He had it all. He was on the fast track to success. He was a model Marine. He seemingly had it all together. He would have made a great officer. Who could tell he was deeply troubled, frustrated and thought he was out of options?

Nobody could, right?

We all should have. There is a common misconception that suicides are surprises. We've all heard the line (I even used it above) "Who would've known?'

The fact is suicide is preventable. This is an especially critical time of the year to be pondering such a statement. Especially if you've ever wondered who these people are who commit suicide. Look around, we're everywhere. That's right, I said "we." At one time or another, we've all had fleeting thoughts of ending it all. A lot of people are able to let those dark thoughts keep right on truckin'.

Some people don't. But who are they and how can you tell?

Maybe you think, like I once did, that people

who commit suicide are losers and cowards. Blair was certainly no coward, and neither are a lot of others who suicide. You might be surprised to discover there are no demographic traits common to suicides - it's an equal opportunity killer. Many Marines who commit suicide are squared away people who, at a vulnerable point in their lives, suddenly find themselves up against seemingly insurmountable problems - problems easily dealt with if encountered one at a time.

Big deal, we're all Marines and we can handle it. Marines don't commit suicide - we're overcomers, right? Think again. Here are some facts:

Suicide is the eighth leading cause of death in the nation. More Americans commit suicide than commit homicide. Suicide is the second leading cause of death among young people and has tripled in the last thirty years.

Alcohol, loneliness and depression are leading contributors to suicide.

Suicide rates go up during the holidays, especially among people without families, or are separated from their families.

Okay, let's see now. The profile of someone who is most prone to suicide is young, lonely, away from family during a holiday season and uses alcohol (possibly to excess). Sound like anybody you know? Hello!

We've got a whole base full of them. And "them" is "us." So what now? As Marines, we

pride ourselves on being Semper Fidelis. Faithfulness carries a big responsibility, not only to our country and our Corps, but to our fellow Marines. We look out for each other.

That's vitally important as we head into the holidays. Look out for each other. Sure, this means designated drivers and more, but using the "Buddy System" goes beyond keeping each other out of trouble — it means keeping each other alive. From basic training, we are taught how to assess combat wounds. Try doing the same thing for emotional wounds. Is your roommate depressed? Does he or she have trouble sleeping or eating? Has your roommate withdrawn socially from the "gang?"

Don't dismiss it as being none of your business. That Marine could be in trouble and crying for help in a way you're not used to.

A misconception is suicidal people hide what they are feeling and they truly want to die. Actually, 80 percent of people who committed suicide communicated their intent beforehand. They left clues and plans. This is because they really didn't want to die.

The clues can be a lot more obvious than those listed above. Have any of your friends talked about committing suicide or are they preoccupied with death or dying? If these aren't clues to you, you need to be checked for a pulse. How about making out a will or giving away

See Editorial, A-8





98-151 PALI MOMI STREET AIEA, HAWAII 96701 488-8888 FAX: 487-8200 PEARLRIDGE PHASE III (NEXT TO THE FOUR-PLEX THEATRES)

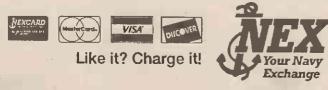


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Over 400 remnants to choose from. All NAME BRANDS! Choose from Plushes, Textures, Berbers, Sculptures & Level Loop.

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There's No Place Like Home for the Holidays. And the Hale Koa is your "Home Away from Home."

We have a sleigh-full of holiday offerings for you, from traditional Christmas dinners to holiday music in our lobby!

Holiday Concerts

Sunday, December 24th

Monday, December 25th A festive holiday feast will be Served from 10:30 a.m. to 3 p.m. Lust \$16.95 for adults and \$8.95 for children under 12 (plus 10% gratuity).

Monday, December 25th Christmas Dinner in the Join us for an elegant holiday dinner from 5 to 9 p.m.

Sunday, December 31st

Sunday, December 31st New Year's Eve Spectaculars We'll have a host of activities, from our elegant Hale Koa Gala to a lively Dj spinning the Top 40 releases of 1995.

Advance tickets for the Christmas Auvance uckets for the childen Eve Buffet and New Year's Eve avante can be aurah acad at van

Eve Buffet and New Year's Eve events can be purchased at your bearest IIT Office or by calling the hotel Activities Desk at 955-0555.

Sunday, December 24th Christmas Eve Candlelight Buffet Dinner Show Celebrate Christmas Eve with a lavish show featuring the islands' finest for children under 12.

Holiday Concerts Enjoy delightful performances by inilitary up a schedule at your nearest ITT office.)

HALE KOA HOTEL



before the national ensign is raised every morning.

Sgt. Jesse Faleris

olors! The voices ring out as the bell sounds. The first note of "To the Colors" vibrates from speakers, across the base and into the ears of Marines who spin to face the music. Assuming a tall, rigid stance, their hands fire up to their covers in proud salute to their national ensign.

national ensign. Three members of the color detail join the base in rendering honors as the fourth member makes short rhythmic pulls on the halyard which lifts the flag to the sky. As the last note sounds, open hands retract to a natural curl, and arms plummet to a point where the thumb rests along the trouser seam. The speakers hum the tune "Carry On," directing the color detail to secure the halyard, and the base to continue with the daily routine.

Rendering honors to the thirteen stripes, red and white, and a star for each state on a blue field is more than just a custom performed out of habit, it is a daily tribute to the freedom our country stands for and the sacrifices Americans have made to secure them.

> Sgt. Christopher F. Lanski, Cpl. Robert C. Gomez, Cpl. Matthew W. Allen and LCpl. Kosta Marangoudakis march the colors to the mast in preparation for the daily ritual of raising the colors.

... from dawn to setting sun.

TRICARE

From A-1

must choose a PCM at a military treatment facility.

"Retirees and their family members and survivors, have a choice of selecting either a military provider as their PCM or a civilian provider from our network," explained Karl Kiyokawa, marketing and beneficiary service manager with HMSA.

When specialty care is needed, you must go to your PCM who will work with TRICARE's Health Care Finders to access the necessary medical care through the MTF, the network of doctors, hospitals and other health care providers available. No referral is needed from your PCM for emergencies or pharmacy services obtained through an MTF or network pharmacist.

Disenrollment from TRICARE Prime during the initial 12-month period is allowed only if you move outside Hawaii or California, become covered by another comprehensive health care coverage

eligibility.

You cannot mix TRICARE Prime coverage with TRICARE Extra or **TRICARE** Standard options. **TRICARE** Extra

•Automatic, no enrollment necessary.

•Must pay one-time annual deductible, every fiscal year; \$100 for families corporals/equivalent rank and below (\$50 individual); \$300 for families sergeants/equivalent rank and above (\$150 individual)

•Must pay percentage cost-share; You pay 15 percent, TRICARE pays 85 (Retirees 20 percent, TRI-CARE 80 percent).

•Must use doctors in TRICARE **Provider Network.**

•Usually no claim forms.

•Nonavailability statements required for services unavailable at military clinics.

•Cost shares apply only in Hawaii and California.

TRICARE Extra offers the same benefits as TRICARE Standard. However, with TRICARE Extra

program or lose your CHAMPUS you are taking advantage of lower costs and less paperwork when using medical providers participating in the TRICARE Provider Network. The provider also helps complete any claim forms.

> "You must go to a TRICARE network doctor in order to get this benefit [otherwise you are just using Standard," Kiyokawa explained. "This benefit is really invisible to the patient, until the claim is processed," he added. **TRICARE Standard**

•Automatic, no enrollment necessary.

deductible, every fiscal year; same as TRICARE Extra.

•Must pay percentage cost share: You pay 20 percent, TRICARE pays 80 (Retirees 25, TRICARE 75).

•Must file claim forms for reimbursement.

•Nonavailability statements required for services unavailable at military clinics.

•Available worldwide.

The most flexible of all the TRI- at changes on the horizon.

CARE options, TRICARE Standard embodies all the traditional benefits previously provided by the standard CHAMPUS. It is called a "freedom of choice" option, according to Kiyokawa. Still, TRI-CARE Standard is usually the most costly option in terms of outof-pocket expenses, but no matter which TRICARE option you choose, costs are only a factor when using services at a civilian provider. Outpatient health care provided by MTFs cost you noth-

To receive health care from an •Must pay one-time annual MTF or civilian provider, simply ensure you're enrolled in DEERS, per your chosen TRICARE option, then seek out care showing your Armed Forces I.D. card (and your Prime card, if you are enrolled in TRICARE Prime). Whichever TRICARE option you

choose, it's critically important you've thought out your decision, so you'll have peace of mind if an emergency occurs.

In Part III of our series, we'll look

A TRICARE glossary

Beneficiary: A CHAMPUS-eligible person, i.e., an active duty family member, a retiree or their family member, or survivors of active duty or retired military members.

Cost Share: The percentage of health care costs you must pay using TRICARE Standard or TRI-CARE Extra, dependent upon military status, rank and allowable charges.

Deductible: The one-time, annual cost you must pay for health care before you can receive benefits through TRICARE, dependent upon military status and rank.

DEERS: The Defense Enrollment Eligibility Reporting System; a computerized data bank which lists all active duty and retired military members and their families.

Health Care Finder Network: Contractor-provided registered nurses who work closely with military and civilian doctors to help TRICARE Prime beneficiaries gain access to medical care.

247-1800

HMO: A health maintenance arganization; an organization that provides managed care at reduced costs to enrolled members with preselected or participating clinics and doctors.

MTF: A military treatment facility; a hospital or clinic run by the Army, Navy or Air Force.

Non-availability statement: Certification issued by primary care managers using the Health Care Finder Network, which authorizes care from a civilian doctor because health care is not available at an MTF or through your PCM.

PCM: A primary care manager; the doctor or medical provider responsible for managing your health care needs when using TRI-CARE Prime or TRICARE Extra.

TRICARE Provider Network: Civilian doctors who participate in the TRICARE program and provide health services per agreements established with the TRICARE contractor

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Hats . Tee Shirts . And Red Dog Beer

November 25 = 9 p.m. to 4 a.m. **Cover \$5.00** Dress Code Enforced = 261-8561

The Smokir Joe Kubek **Featuring Bnois King**

Meet The Hottest Surfers In The World 4 Custom-made Red Dog Surf Board

"Great low down Texas-Style Blues, the real thing ... watch out for these guys!"

Thursday, Nov. 30th Show time: 8:30 pm (2 Sets)

Ticket Outlets: Paradise City Music: 946-7625 = Tower Video - Kapiolani: 949-3335 = Hungry Ear - Kailua: 262-2175 (21 & over - I.D. required)

STEDDIES

Kailua, Oahu, HI For ticket information call: 261-8561 or 239 8112

A-6 November 23, 1995



TAMP

The Transition Assistance Management Program will be offering the following classes in November and December:

E-TAP Workshop — The executive transition assistance program seminar is for military members retiring with 20 years of service or more. It will address issues and subject matters which should be helpful with the transition from military to civilian life. The course runs Monday through Wednesday and meets in the BOQ conference room from 7:45 a.m. to 4 p.m.

Interviewing basics workshop — This class provides a general overview of the interview process. Included will be tips on researching prospective employers, types of interviews and typical questions to expect. The class is Nov. 30 from 9-11 a.m. in TAVSC classroom 2.

For more information, or to register for any of the above classes, contact the TAMP office at 257-3135.

TQL

Nominations are being accepted for the following courses in Total Quality Leadership training: Fundamentals of TQL - This nine-day course will start Tuesday at TAVSC, classroom 1.

19 at TAVSC, classroom 1.

Nominations for these courses should be submitted in writing to Commanding General (TQL), Marine Corps Base Hawaii, Box 63002, Kaneohe Bay, MCB Hawaii, 96863. All inquiries, scheduling and coordination should be directed to Bill Lang, TQL manager at 257-2130.

To sign up for any of the following programs / classes, or for more information, call 254-4719 or 254-4965.

ASYMCA

Cake decorating class - Learn how to decorate your own teddy bear, Power Ranger or other character cakes using techniques you'll acquire when you sign up for this class. The class is every Friday from 8-10 a.m. for six weeks, and the registration is \$15.

Hawaiian quilting class — Mary Haunani Ceaser, our expert in Hawaiian quilting, will share how to quilt and mark quilting lines Hawaiian style. She will also teach designs and how to applique. The next class begins in January and is every Wednesday 6-8 p.m. for 10 weeks. Registration is \$40.

Hula Class - Hula classes for children ages 4-12. The class meets every Saturday at the ASYMCA office. The fee is \$40 a month. A women's hula class will meet Monday evenings from 6:30-8:30 p.m. The fee is \$40 a month.

Lamaze — This six-week class meets on

TQL awareness - This one-day course is Dec. Thursday 6:30-8:30 p.m. in the ASYMCA confer- help you become the best parent you can be. ence room. Next class is Nov. 30 to Jan. 4.

> **Playmorning** — The "playmobile" is back. All the little ones are welcome to join in with "Miss Lisa", our new teacher. The "playmobile" can be found at these locations 9-11 a.m.: Monday -2460 Cochran; Tuesday - Harris & Elrod; Wednesday - Cochran & Dodson; and Thursday -Daly & Daly.

> Plus-size aquatics - Those with back problems or impairments which restrict them from activities should join the class. The class meets from 8:30-9:30 a.m. Tuesdays, Thursdays and Saturdays.

Dog obedience — This six-week class is offered on Sundays from 4-5 p.m. in the courtyard of building 216. The fee is \$25.

Parent support

The New Parents Support Program provides a variety of education and support services to Marine families on Oahu and Navy families stationed at MCB Hawaii. Please call 257-9965 for any additional information, schedules or to register for any of the courses. All services provided by the New Parent Support Program are free.

Prenatal classes — Expecting a new baby? Overwhelmed with the thought of becoming a parent? The prenatal classes are just for you. Learn information to help you through pregnancy, labor and delivery and postpartum time. NPSP also provides basic baby information to

Seven-week classes are held from 6-7:30 p.m., Tuesday evenings at the Family Service Center, building 216. Please call 257-9965 for class information and to register.

Parenting education and support group ---The group meets every Tuesday from 6-7:30 p.m. at the Child Development Center, building 579, on Reed Road. Free child care is available with a copy of your child's up-to-date shot record. Child care will not be provided without one. Parents with children of all ages are invited to attend to discuss topics such as child development, discipline, stress management, communication and family interaction. Please call 257-9965 for class information and to register.

Home Visitor - NPSP provides home visiting services to Navy and Marine families with children 6 years or younger. The specialized professional staff can offer support, education, parenting tips, prenatal information and a helping hand to any families in need. Call 257-0485 for more information.

Stork Club — This lunchtime education/support group provides an opportunity for expecting parents and those who have a new addition to come together for information sharing, communication and support. The group is held every Wednesday from 11:30 a.m. to 1 p.m. at the Family Service Center, building 216. Brown bag lunch is encouraged. Light refreshments are provided. Babies and dads are more than welcome.

See Briefs, A-7



Autog raph Session Friday, November 24 11 a.m. to 12:30 p.m.

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Schofield Main Exchange



Saturday, Dec. 2 Kaneohe MCBH Main Exchange 11 a.m. - Noon

Saturday, Dec. 9 Schofield Main Exchange 1 - 2:30 p.m.

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Briefs From A-6

FSC

Overeaters anonymous - Group support to help with over eating behavior using the 12-step approach of AA. Meets every Friday at the FSC from 7-8 p.m.

Women's group --- Focuses on safety, self-esteem, anger and stress management. The group is held every Thursday from 2-4 p.m. Please call Melody for more information at 257-3655.

Stress management class Learn to handle stress effectively at home and work. Class will be Wednesday from 1-4 p.m. Classes are held the last Wednesday of the month.

Fighting for your marriage --This six-week couples' communication course will be held Jan. 18 through Feb. 22. Call to be put on

the waiting list.

Marriage skills workshop - A 14hour workshop for newly married couples and singles anticipating marriage will be held Dec. 12 & 13 from 8 a.m. to 4 p.m. Reservations are required For information on any of the above

classes or reservations, call 257-3655.

Job hunting

A computerized listing of on-island jobs is available at the Employment Resource Center. Call 257-3135 to make an appointment with a counselor.

Red Cross

The American Red Cross is looking for interested volunteers to work in various areas on base. Hours are flexible to fit your schedule. If you are interested in sharing some of your free time and talents, contact the office at 257-3150.

American Red Cross Kaneohe

Hawaii Marine

Service Center located in building 216, room 53, has new hours of operation. The office will be opened from 8 a.m. to 4 p.m. Monday through Friday. Check in/out will be between these hours. The office will be closed for lunch from noon to 1 p.m.

For emergencies, please call 257-3150 or 471-3155. After hours, weekends and holidays contact American Red Cross Pearl Harbor Service Center at 471-3155. Pearl Harbor Office is open from 6 a.m. to midnight daily.

CREDO

The next CREDO Personal Growth Retreat is scheduled for feel free to be open and honost. Meals, lodging and transportation

will be provided.

Learn intimacy through communication on the next CREDO Marriage Enrichment Retreat at Camp Mokuleia on the North Shore Friday through Sunday. Lodging and meals will be provided free of charge. Reservations are limited and fill up fast. Sign up by calling 257-3618/1843.

Reservations fill quickly, so call 257-3618/1843 for a space or further information.

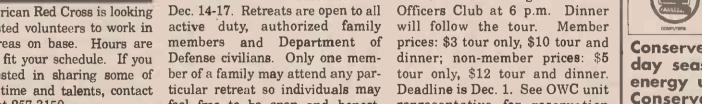
owc

Join the Officers' Wives Club and usher in the holidays on a "Christmas Tour of Homes" on Dec. 7. Tour begins at the representative for reservation forms.





Conserve energy during this holiday season. Report unnecessary energy usage to the Base Energy **Conservation line at 257-SAVE** (7283).





November 23, 1995 A-7

'tis the season to overeat, not overpay.

1-800-COLLEC1 Save Up To 44%.

For long distance calls, Savings based on a 3-minute AT&T operator-dialed interst

A-8 November 23, 1995

Medal

From A-1

On July 24, the trio shot several scenes where Bordelon has rested since 1947 at the National Memorial Cemetery of the Pacific at Punchbowl and then videotaped scenes from the field at Camp H. M. Smith named in his honor.

"We want to honor SSgt. William Bordelon," said Rev. Fanning, "in the city where he grew up, served as an altar boy at Mission San Jose and was a model student at Central Catholic High School."

His brother, Robert Bordelon, a San Antonio realtor, said, "Bill has never gotten the recognition I believe he deserves. I think it's time we did something to see that he's remembered. Bill's been largely a forgotten man in San Antonio for more than 50 years."

The Marine Corps Coordinating Council of San Antonio led a drive to have the city of San Antonio name the plaza in front of Municipal Auditorium for Bordelon and authorize a memorial there. The memorial would cite Bordelon's courageous deeds and his place in history as the first person born and reared in San Antonio to earn the Medal of Honor.

The Marine Corps has remembered Bordelon in several ways. Besides the parade/athletic field aboard Camp Smith which bears his name, the air strip on the Big Island that served Camp Tarawa in Waimea was called Bordelon Field. Camp Tarawa was named in honor of all who gave their life to capture that vital Pacific landmark from the Japanese. Streets are named in his honor at Marine Corps Base Hawaii, Kaneohe Bay; Camp Lejeune, N.C.; and at Quantico, Va. A Marine Corps Reserve Center in San Antonio currently bears his name.

A San Antonio funeral home president has donated all the services required in the transfer and reburial of the body. LtCol. Benjamin L. Cassidy, Inspector/Instructor of the 4th Reconnaissance Battalion, will coordinate the renaming of the plaza and placement of the

Bordelon memorial there. Former Marine Sgt. Elden Beers of Deer Park, Wash., the last man known to have seen Bordelon alive on Tarawa, remains in awe of the San Antonio native after more than

half a century. "He was the bravest Marine I ever saw," said Beers, "and he deserved the Medal of Honor." Beers spoke from experience. He also took part in the 1945 invasion of Okinawa.

Beers and Bordelon were part of an assault engineer battalion attached to the 2d Marine Regiment, 2d MarDiv, which assaulted Betio Island, the primary island in the Tarawa atoll on Nov. 20, 1943. Their job was to destroy Japanese machine gun positions that studded the island. Bordelon suffered several wounds in the process of destroying his fourth pillbox and died as a result of those wounds.

Beers returned to San Antonio on June 17, 1944 to stand in for Bordelon when his parents, William and Carmen Bordelon were presented the Medal of Honor in Alamo Stadium.

Editorial

From A-3

prized possessions? Those are signs a person is squaring away their affairs before "checking out." Maybe they're taking unnecessary risks or increased their use of alcohol?

Once you recognize the signs, you can do something about them. First of all, you need to get involved. Talk to the person. Ask them openly if he or she is thinking about suicide. Be direct and talk freely and openly, but don't dominate the conversation.

Sometimes, all a person needs is to be listened to. And when you listen, show interest and support. Don't condemn the person's suicidal feelings, they are as legitimate as they are powerful. Don't belittle the person by saying. "Don't be silly, you don't have problems worth committing suicide over." In some cases, that can be the worst thing to say! You are essentially confirming their feelings of worthlessness and despair over their inability to cope.

Be supportive and non-judgemental. You don't want to put the person in the position of having to justify why he or she wants to commit suicide (this may firm up the decision!). Above all, if you think a fellow Marine, or anybody, for that matter, is feeling suicidal, do NOT leave him or her alone. And, if the means of suicide are close by, remove them.

What next? Take all threats of suicide seri-

ously and get help. Help can come from a variety of sources. Your chain of command is a good place to start. If that's not feasible, try the various numbers listed in the box below.

If you are the one feeling hopeless and contemplating suicide, you are not alone. Call the numbers below. Please talk to somebody and tell them what you are feeling.

As for the rest of us, let's take care of our shipmates. Some Marines are going to feel alone enough to attempt suicide in the next few weeks. Stop partying long enough to find them and help them.

I miss Gunny Conaway. I wish I could have saved him.

Helpful numbe	
MCB Hawaii Family Service Center	
257-3655/1931/1936/5951	
Chaplains	
base chaplains 257-3552	
regimental chaplain 257-3202	
ASE chaplain 257-1879	
After hours	
military police 257-2123	
base ÓÓD 257-1824	
Any time	
911	
24-hour crisis hotline 521-4555	





November 23, 1995 Hawaii Marine A-9



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Sailor's goal is to help community through medicine

Sgt. Andrew Lynch

or some people it's easy to go along with the flow and become complacent in both their career and lives. However, sailors such as Petty Officer 3rd Class Markeece Murriel, special programs petty officer and senior corpsman for Helicopter Training Squadron 301, know complacency breeds atrophy.

Since high school Murriel has strived to be the best at what he does. While attending Provine High School in Jackson, Miss., from 1987-90, he became an outstanding student and musician by graduating 25th out of 402 students and being offered a band scholarship to Jackson State University.

But as a junior in high school, Murriel already knew he wanted to work in the medical field and help people.

"I had the opportunity for a college scholarship at Jackson State University, but they didn't have a medical program I liked and I didn't want to invest time in a career I wouldn't be happy in," explained Murriel.

Murriel decided to take his drive and moral commitment and serve his country.

Upon completing basic training at Naval Training Center, Great Lakes in

October 1990, Murriel went on to learn about his new occupation for 14 weeks at the Naval School of Health and Sciences at Balboa Naval Hospital, San Diego.

"The school consisted of the basics in medicine such as first aid, CPR and patient care," Murriel said.

After graduation, Murriel improved his medical knowledge at the hospital while awaiting orders for Field Medical Services School, Camp Pendleton, Calif.

"The school is a five-week course that teaches a corpsman about Marine rank structure, unit organization, and more," explained Murriel.

Murriel arrived here in August 1992 and was assigned to Marine Air Group 24 until he volunteered to be assigned to 1st Battalion, 3d Marines Aid Station.

"I wanted to gain the experience of working and training with an infantry unit," said Murriel, who was named Junior (E-4 and below) Sailor of the Quarter during the unit's deployment to Okinawa in 1994.

Eighteen months later and more experienced in his field. Murriel was rotated to 1st Marine Air Wing Aviation Support Element.

However awards such as junior sailor of the quarter is nothing new to the Mississippi native. He has received the award from every unit he has been Petty Officer 3rd Class Markeece Murriel assigned to since arriving in Hawaii. "His high degree of professionalism, 301.

technical expertise, natural leadership skills and unparalleled dedication to duty has earned the respect and admiration of the entire staff, as well as praises from the many Marines with whom he serves," said Senior Chief Petty Officer Brian Elliott, former leading chief petty officer, 1st MAW



Sgt. Andrew Lynch gives a shot to CWO3 Patrick Burns, HMT-

Medical Aid Station.

"Since his arrival to the Aid Station, he's hit the deck running, always at full speed," said Petty Officer 1st Class Michael Buckelew, leading petty officer, Marine Aviation Logistics Support Element.

Being an outstanding sailor is never a well-kept secret. Recently Murriel was recognized for his commitment to the Navy and awarded the base's Junior Sailor of the Year.

JSOY is no easy achievement, according to one of his peers. A panel of six chief petty officers and the 3d Marine Forces command master chief scrutinize every aspect of a candidate's record, searching for community involvement and volunteer work, offduty education, and professional and conduct ratings.

"In today's Navy you have to work hard to remain competitive," said Murriel, whose name has been submitted for the Command Advance Program. "Though the military is a team concept, if you want to advance, you have to set yourself apart from the rest of the pack."

becoming the JSOY is that Murriel committed more than 105 off-duty hours researching and developing a computerized database spreadsheet that tracks personnel medical readiness statistics on more than 800 Marines.

"I've been working with computers for a while now and I thought I would just put that knowledge to good use. I was just trying to make the tracking process easier and more efficient," said Murriel, whose database was used throughout Combat Service Support Group-III.

Of the more than 150 sailors stationed here who were eligible, only a handful were submitted for the award. The final decision was made after each candidate presented themselves to the panel and responded to a number of questions.

"Not all of the questions were specific. Most of them involved giving our own opinions on current issues like women in a direct combat role," informed Murriel. In his off time, Murriel attends college courses at Hawaii Pacific University and is involved in a number of volunteer services such as the Christmas In April program which provides food baskets and maintenance to lower income family homes.

"I'm studying to become a registered nurse, so in the future I can take what I've learned and put it to work serving the community," explained Murriel.

His immediate plans are to attend the One main contributing factor in Advanced Radiology Technicians School in San Diego for one year.

> "After completing the school and receiving a college degree, I would like to enroll in one of the available commissioning programs and retire as an officer," Murriel said.



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MMEA command brief schedule for Dec. 11-12

Dec. 11, 1995						
	Who	Where				
8-9:30 a.m.	First term Marines	E Club ballroom				
(units: 3d Marines	s, 1/12, 1st Radio, 7th Comm.,	MarSecFor)				
10-11:30 a.m.	First term Marines	Enlisted Club ballroom				
(units: MCAF, Hee	adquarters Bn., CSSG-3, 1st MA	WASE, I&I staff, Camp Smith)				
8-11:30 a.m.	Career Cpl-SSgt,	E Club Tun Tavern				
1-3:00 p.m.	Career Cpl-SSgt,	E Club Tun Tavern				
8:30 a.m.	GySgt- MGySgt,	Boondocker				
	COs, staff officers					
9:00 a.m.	SgtMaj's, 1stSgt's	Staff NCO Club				
1:30 p.m.	Co. Grade Officers	Boondocker				
There will be a	a Family Night Brief held	at the Base Theater Dec. 11				
	Spouses are encouraged					
Dec. 12, 199	5 aboard MCB Haw	aii, Kaneohe Bay				
8-9:30 a.m.	First Term Marines					
8-11:30 a.m.	Career Cpl - SSgt					
8:30 a.m.	GySgt - MGySgt	Boondocker-				
	5 aboard Camp H.M					
	First Term Marines					
	Career Cpl-SSgt					
	GySgt's-MGySgt's					
		Bn. Conf. Room				
	colonels and below					
2:30-4:00 p.m.	All Comp Smith Marine	s who wish individual time				
with monitors/c	ounselors					

 Investigation continues in the Nov. 9 death of a 1/12 Marine. MPs received a call requesting assistance for a victim not breathing adjacent barracks 1656. The victim was in physical training when he collapsed and stopped breathing. Despite CPR administered by witnesses, the victim was unresponsive. Transported by ambulance to Castle Medical Center, he was pronounced dead at 8:23 a.m.

•Investigation continues in the theft of electronic equipment, compact discs, cassettes, uniforms, jewelry, clothing and equipment from quarters on Cochran Street, where the victim was a houseguest. The victim reported the crime at 10 a.m., Nov. 5.

•A victim reported theft of items from his unsecured vehicle on Dodson Street Included in the theft were a backpack, a set of swimming fins, clothing, a wedding band and armed forces identification card.

•Between 3 and 5 p.m., Nov. 9, an unse-

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were the victim's AFID card, multi-technology automated reader card, driver's license, social security card, and credit, phone and bank cards.

•Another wallet was stolen the same day, between 1:30 and 5 p.m. at the main gym. This wallet contained the victim's AFID card, MARC card, and driver's license

•Between 5:30 p.m., Nov. 6 and 7:35 a.m., Nov. 7, a stereo equalizer was stolen from a secured vehicle parked on Bordelon Loop.

•During an military police investigation of shattered bathroom mirrors and other property crimes at barracks 1060, a suspect admitted he punched and shattered the mirrors and contacted MPs in an effort, with a second suspect, to elude suspicion. They maintained, however, that between 7:30 p.m., Nov. 10 and 3 a.m. Nov. 11, someone entered their unsecured room, has in his possession bicycles, keys, and ripped a sleeve off the first suspect's Alpha blouse and broke several compact discs.

•Investigation continues on the theft of an unsecured 1985 Mitsubishi parked cured wallet was stolen inside building next to building 1087. The victim report-

3037, the main gym. Inside the wallet ed the car was stolen between 1:30 p.m., Nov. 8 and Nov. 11.

> •Military police secured a quarters at 1700 block of S. Lawrence St. after a complainant reported it was in unsanitary condition. Touring the quarters with the base officer of the day, MPs found holes in the wall, trash on the floor, used hypodermic needles and feces throughout the quarters. MPs contacted suspect two, who said the quarters was in this condition since Oct. 12, when suspect one was sent to the brig. She also said she hadn't been in the quarters since Nov. 9. The MPs took a dog and a cat to the temporary animal shelter.

•The Military Police Department has a 24-hour recorded Community Action Line set up to assist in any questions or concerns you may have. Call today and we can all help take a bite out of crime. 257.6800.

•The evidence/lost and found custodian other miscellaneous items. If any of these items belong to you, contact SSgt. Grindey at 257-0055. The Military Police Department will dispose of unclaimed property after holding them for 45 days.



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HAWAII KAI Hawaii Kai Towne Center between Costco and City Mil 395-8077

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Hawaii Marine Section B

Is Dallas the best?

Ravings of a madman

SSgt. Stephen Gude Press Chief

Fwatched the Dallas Cowboys stomp Lmy hometown boys, the Atlanta Falcons, 28-13 in pro football action Oct. 29. The score didn't look bad, but what I saw scared me.

I saw Emmitt Smith plunging through gaping holes at the line of scrimmage. I saw Troy Aikman gun the ball with uncanny accuracy. I saw Michael Irwin back up his trash talk. I saw Daryl "Moose" Johnston make punishing blocks. I saw Charles Haley explode off the ball, snap and get in the quarterback's face before he could hlink. I saw Deion Sanders smother his assigned receiver, then become a dangerous weapon on offense. In effect, I saw my prediction of a San Francisco Super Bowl victory shattered. Although I still say Deion can't tackle and my grandmother could make 150 yards per game running behind the Cowboys' huge offensive line, I must give the Dallas its due they're the best team in football right now, and the injury-riddled 49ers have a long way to go.

But if the Cowboys are so good, why did they get smoked by the Niners? I was having second thoughts about their Nov. 12 game, what with the media deluge about how "perfect" the Cowboys were, and heck, on the same day Dallas destroyed the Falcons, the

Covering Sports, Leisure and Family Events

November 23, 1995

Okinawa Kenpo strikes Hawaii

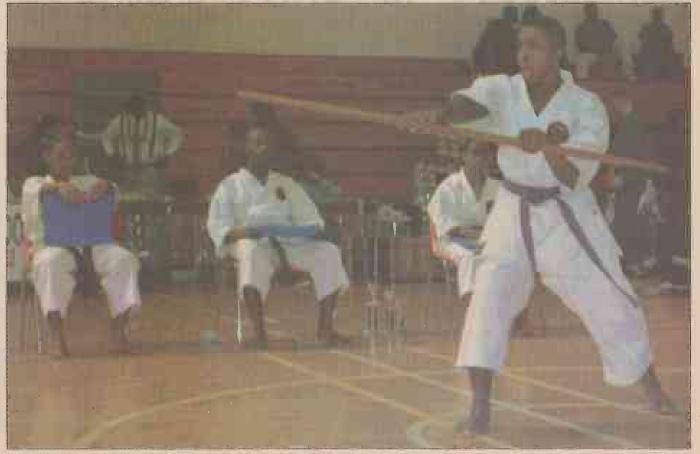
SSgt. Stephen Gude

Kaneohe Karate Do-Shudokan hosted an Okinawan Kenpo tournament here at the main gym Sunday.

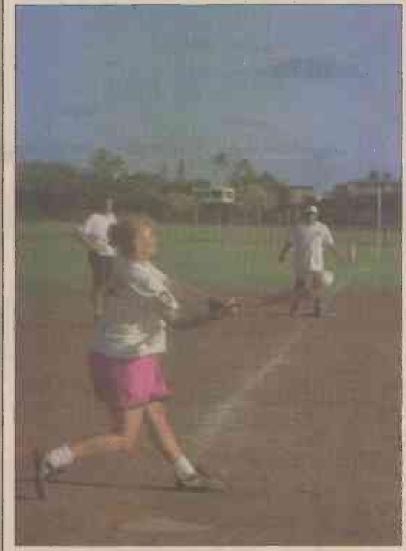
For those weaned on Bruce Lee movies, expecting to see someone leap up from the gym floor, do four somersaults and a gainer with a half-twist, thrust their body through the basketball hoop and pull a Jackie Chan-style double kick with a Bruce Lee slow-motion head shake, well, keep watching the Power Rangers.

For those not raised on low-budget martial arts flicks, fun though they may be, Okinawan Kenpo is about discipline and control.

"I enjoy it (martial arts) because it requires you to concentrate," said Henry Kemp, who competed in several categories in the 35 and older division. "My daughter's into it now, too, and now we've got a family competition going." Kemp took second in the men's kumite (fighting) and weapons kata (a demonstration of skill with a weapon). Other Marines showing the discipline and control to compete and win trophies included Terrance Singletary, who took second in kumite and kata in the men's 18 and older division, color belts, and John Harris, who took third in the color belt kumite and kata in the 18 and older division.



SSgt. Stephen Gude Terrance Singletary performs his weapons kata in the Okinawan Kenpo tournament held at the main gym Sunday. Singletary finished second in the male 18 years and older color belt division.



Becky Ortega continues Ocean Concepts streak by hitting to center

Ocean Concepts sails past Flying Cockroaches, 11-6

Cpl. Wanda Compton

Despite cries of outrage from players and spectators alike over a call made during a co-ed softball game Sunday, Ocean here Concepts washed over the Flying Cockroaches, 11-6.

home run over center field slide back to third but was still ahead 4-3.

Cockroaches from increas- Ocean Concepts' inning. Ocean Concepts got the Ochoa to second base. first run on the board at the Dawn Ochoa hit a grounder bottom of the first inning to short, but an overthrow after Tony Ortega's base hit. to third allowed Ken Ochoa He was advanced to third by to stroll home to score as Daveda Varnes, who hit a Dawn Ochoa advanced to

bringing both him and his called out. Ken Ochoa hit wife, Daveda,in, but the another line drive to center Flying Cockroaches were field but this time Jesse Mendoza was ready and Ocean Concepts kept the caught the ball to end

ing their lead in the fourth Centerfield was a weak inning. A line drive to cen- spot for Ocean Concepts as ter field sent Concepts' Ken well, as Dennis Walker

Niners lost to New Orleans. New Orleans lost to an expansion team just the week before!

Of course, Steve Young is hurt, and so is William Floyd. The 49ers' defense, however, has remained great, even as the offense has sputtered. Elvis Grbac? He was a good quarterback at Michigan, but the 49er tradition is to have a capable backup, not some kid three years out of college who grips a clipboard better than he does a football. But I forgot about one thing - the Jerry Rice factor.

Remember the tirade Rice had at the beginning of the season, when all the hype over whether Deion was going to stay or leave was 12 feet deep? I knew then Rice wouldn't let the Niners lose to the Cowboys, and when San Francisco kept their mouths shut through the entire week leading up to the game, you might as well have penciled it in. I still remember Dallas' Nate Newton - who, if he wasn't playing for Dallas, is someone I'd be a fan of - saying, "I just want to beat them." I must admit, I had my doubts. If the Cowboys can toy with a good team like the Falcons, I figured, what would they do when they're really focused and playing hard, as I was certain they'd do against the 49ers?

All doubts were erased as soon as Jerry Rice scored on the second play from scrimmage. The game was a virtual replay of last year's championship game. Lest we forget, Barry Switzer cannot coach against an offensive style such as the 49ers. He's got the same - if not better - people Jimmy Johnson had while he coached the Cowboys, but Barry's always lost to teams using the "pro"-style offense, even in college. When was the last time Oklahoma defeated Miami? I think Dallas is going to rebound from this game and go to the Super Bowl, because they're an awesome team. But I wouldn't be surprised if San Francisco knocks them on their behinds again, and next time, it might be worse, since they'll have a healthy Steve Young. Jerry Jones, suck it up and re-hire Jimmy Johnson.

double, and was brought in second on the dead ball. by Mike Varnes' sacrifice fly. and Jim Hewey in. The Walker and Jesse Mendoza with singles.

Ocean Concepts recovered prevented Varnes from scorfield during the bottom of the fourth inning which totaled seven runs when Mike Varnes hit a ing. Varnes attempted to

Ocean Concepts continued At the top of the third to pound away on the right inning, Cockroach pitcher side of the field - where Dennis Walker found a the Cockroaches outfielders weakness in right field as played "hot potato" he hit a Texas leaguer bringing six runs in. bringing Carrie Mendoza Christine Kemp got trapped between first and second next two hitters drove in base. Mike Varnes attempted to score but the Cockroaches fielders choice

slapped a hit there and advanced to second base. A line drive to right put runners on first and second. Shinobu Hewey hit the ball down the third base line, bringing Walker in. Bill Kosnow hit a slow roller the ball to the infield and a miscalculation by Ocean Concepts' catcher, Becky Ortega, loaded the bases when she tossed the ball to the pitcher at home.

A missing player hurt the Cockroaches, causing them to have an automatic out during a crucial play. With one out and the bases loaded, Bernie See Softball, B-2

Marines sink Navy for third time this season

SSgt. Stephen Gude

for the team.

here's no more of a natural rivalry than Marines versus Navy, and Nov. 19 at the baseball diamond here, the Kaneohe Marine varsity baseball team defeated the Navy 3-0.

The win was the Marines' third over the Navy this season, upping their record to 8-2-1 and insuring the Leathernecks of at least a tie for first place at the end of the regular season.

Nick Amatulli pitched a three-hitter, putting a hammerlock on the Navy's chances for victory.

"My best pitch today was the changeup," Amatulli said. "A couple of their hits were check-swings, and I blew it on the other hit." Amatulli didn't cover first base on a grounder that pulled first baseman Mike Garton off the bag.

Dave Jones, the Marines' coach, was impressed with his team's effort, not only for this game, but for the season as well.

"We've played very well this year," he said. "I'm most impressed by our pitching. We've got an awesome pitching staff. Those guys are an arsenal."

Cpl. Wanda Compton

Navy pitcher Rick Lentz didn't have such an easy time. The Marines tagged him for two runs in the bottom of the second inning.

Josh Paddock walked, and Taylor Dennis singled to left center, bringing home Paddock as the fielder bobbled the ball. Dennis made it to third.

Chad Jones belted a single, scoring Dennis, but Jones was thrown out trying to stretch his hit into a double. Erich Cuadras singled, but was thrown out trying to steal second. Garton grounded out to Lentz to end the inning.

The inning was a microcosm of the Marines' play this season. Aggressive running on the basepaths, coupled with opportunistic scoring, has equaled victo-

"We've tried to force the issue," Jones said. "We like to keep the other team guessing."

For his part, Lentz didn't have to guess for reasons for the loss.

"I wasn't warm until the third inning," Lentz said. "Other than that I think I had a good game."

in the bottom of the third. After Amatulli lined out to Lentz and Jamie Wilson struck out, Chris Pyasawit tripled to center. He scored on a Fernando Perez high fly to center that fell between two Navy outfielders, making it 3-0. Perez went to

third on a grounder by Arnold Reyes which was bobbled by the shortstop. But Lentz's butterfingered teammates got him out of the inning, catching a routine - but dangerous to the Navy outfielders short fly by Josh Paddock.



Josh Paddock slides in to score the Kaneohe Marines' first run in the second inning of a 3-0 victory over the Navy here Sunday. Nick Amatulli pitched a three-hitter to lead the The Marines scratched out another run Marine varsity baseball squad to its eighth victory of the season.

Softball

From B-1

Kosnow hit to right field but was was out at first. The ball was thrown home, but bobble, allowing Jesse Mendoza to score. Time was called but because of the confusion at home plate, Shinobu, at third, missed the call and went home to be tagged by Ken Ochoa. An argument erupted between the teams, the umpires and the spectators. In spite of the controversy, the play stood, retiring the Flying Cockroaches because of the automatic out.

The game continued under protest by the Cockroaches. Ocean Concepts' J.D. Slayton was brought home on a sacrifice fly to center field by Fernando Lopez in the bottom of the fifth inning. The Flying Cockroaches were unable

to recover and the game was called and finished following the top of the sixth inning.



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	MWR Than	ksgiving weekend
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	Nov. 23	Thanksgiving	Closed	
	Nov. 24	Friday	Noon until 8 p.m.	
	Nov. 25	Saturday	Noon until 8 p.m.	
l	Nov. 26	Sunday	Closed	
l	Fitness	Center		
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	Nov. 26	Sunday	8 a.m 6 p.m.	
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	Nov. 26	Sunday	11 a.m 5 p.m.	
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lov. 2		Sunday	10 a.m 9 p.m.
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Jov. 2		Friday	Mongolian Barbecue, 6-8:30 p.m.
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Jov. 2		Sunday	Champagne Brunch, 10 a.m 12:30 p.m.
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November 23, 1995 B-3

MWR Offerings

Nancy Offner-Downes

MWR's Special Events Hotline!

Looking for something to do this weekend? Want to know what's happening around base? Call the FunFone, 254-2FUN (2386), your hotline to MWR events and activities. Whether you need information about special sales and promotions at the Marine Corps Exchange, or special events and activities happening around base and at the clubs, the MWR hotline is here for you.

Christmas trees at the Main Exchange! Christmas trees go on sale Saturday at the Main Exchange behind the main parking lot next to the warehouse. This year's assortment of trees is among the finest you'll find on the December 2 at the Main Exchange. They will will want to see Carlos Perez performing on island, and at a much lower cost. Choose from Douglas fir premiums, Douglas fir sheared and Noble fir sheared in various sizes from two to nine feet tall. Hours of operation are Monday through Friday, 11 a.m. until 7 p.m. Saturday and Sunday, 10 a.m. until 5 p.m.

Express to Christmas!

Need a gift in a hurry? Don't have much time to shop? Stop by the Christmas Express shop on the mall at the Marine Corps Exchange. Choose from fragrances, gifts from Hawaii, Hawaiian Plantations and much, much more. Many gifts are prewrapped and ready to go. Hawaiian Time autograph session

Come meet some of Hawaii's newest rising stars, the members of Hawaiian Time, be available from 11 a.m. until 12:30 p.m. to talk with you and sign copies of their cassettes and CD's. For more information, call 254-7614. Music you want

Hey all you country guys and gals, did you know you can enjoy live country music every Wednesday at the Enlisted Club? With just a \$2 cover charge, you can hear groups like Dita Holyfield, the Young Guns and Warren Johnson and the Gator Creek Band performing from 8 p.m. until midnight. The Young Guns will be performing Wednesday. Tuesday nights are for rhythm and blues fans with a DJ spinning all your favorite tunes until midnight. Misty plays alternative music on Saturday nights. Latins with a touch of class Friday nights from 8 p.m. until 2 a.m. For more information, call the Enlisted Club at 254-7660.

A catered affair!

Along with the holidays comes the big time crunch for planning your season festivities. If you find the time slipping by too fast and need help catering your event, call the MWR Food and Hospitality Catering Services at 254-7638. They offer full-service catering and attend to every detail to make your event perfect. Even if you need just a little help, they also specialize in "Catering-to-Go," offering everything from party platters to entire banquets for carry-out. For Catering-to-Go, call 254-5481. For Camp Smith Catering, call 484-9322.



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Sports Briefs

Aerobics

Semper Fit Aerobics classes (including the STEP program) are offered every day at the Main Gym. Active duty classes are 50 cents, monthly passes \$10; Family members, classes \$2.50, monthly passes \$25. For more information, call the Athletic Office at 254-7591/89.

Instructors needed

The Athletics Office is seeking aerobic instructors for its highand low-impact, and step Semper Fit Aerobics program. All classes are held Monday through Saturday in the Main Gym aerobics room at various times throughout the day. If you are interested in being an instructor, call Miles Okamura at 254-7589

Bayfest 96

The Bayfest 96 planning committee is seeking energetic, enthusiastic, and creative Marines, Sailors, family members, and DoD civilians to become a part of MCB Hawaii's

and who can commit a few hours per week between now and next August. Individuals can sign up to be involved with the Entertainment planning, Health & Fitness Fair, Admissions, Pre-Sale ticket program, and other committees. Call John Magnus at 254-7695.

Field reservations

Attention all units! All ball fields must be reserved ahead of time for use. Reservations can be made up to 10 days in advance through the Athletic Office Monday through Friday between 8 a.m. and 4 p.m. For more information, call the Athletic Office at 254-7591/89.

Basketball

Intramural basketball season begins in November. Interested units should call the Athletic Office at 254-7589/91 for more details.

Jazzercise

Get fit with jazzercise on Monday, 254-7695.

largest and most exciting event Wednesday and Friday mornings at 8:30 a.m. at the Main Gym, and Tuesday and Thursday evenings at 6:15 p.m. in building 1036. For more information, call Jean Hamilton at 254-4112.

Motorcycle safety

MCB Hawaii Safety Center offers free courses for beginners and experienced riders on motorcycle safety and operations. The courses are registered through the Motorcycle Safety Foundation and provide insurance discounts for motorcycle riders. For more information, call Sgt. Heath Rutt at 257-3408.

Pistol shooting

Pistol shooting goes the first and third Saturdays of the month at the Base Range. Your pistol must be registered with the state of Hawaii and the base. Bring your registration, ammunition, paper targets and appropriate safety gear. It is open from 8 a.m. to 2 p.m. and free of charge. For more information, call John Magnus,

Rod and gun club

Hunting season is just around the corner in Hawaii. The Kaneohe Rod and Gun Club is currently conducting a membership drive and is looking for interested participants. The meetings are held the first and third Wednesday of each month at the Bachelor Officers' Quarters conference room. For more information, call Pete Zoretic at 254-4183.

Sports volunteers

The K-Bay Athletic Office is looking for volunteers to help with its expanding sports requirements. If you have a favorite sport or would just like to learn about the sports programs, call the Athletic Office at 254-7591/89.

Soft-tip dart league

The Shipyard/DoD Soft-Tip Dart League is looking for persons interested in playing electronic soft-tip darts. Games will be played once a week, on Thursdays from 4:30-7 p.m. Game sites and formats will information, call 239-4610.

be determined later. The league is open to all levels of skill and DoD employees, spouses, retirees and immediate family members of age 21 or older. Interested participants may sign up as a team, four or more players, or as an individual. For more information, call Kanoe at 474-4712, Kaui at 471-9985 or Benson at 474-2242.

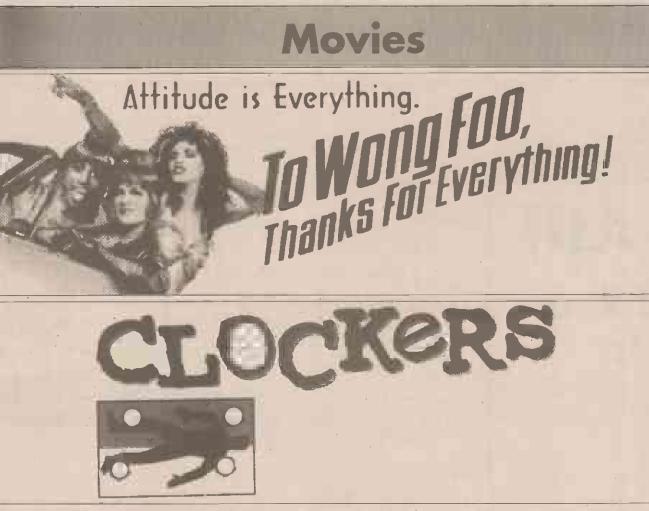
Officials needed

Looking for a challenge? Become a sports official. Officials are needed for all sports activities on MCB Hawaii. For more information, call 598-6133, 289-6175 or Ed Pereenboom at 254-3469.

Umpires needed

Voluteers are being solicited to umpire Little League games at the Kahaluu Elementary school in Kaneohe. Games will be played on the upper and lower fields on various weekday afternoons and on Saturdays. The season for younger players runs from January through late March, and for older players early April to late June. For more





All movies shown at the Base Theater, building 219, begin at 7:15 p.m., unless otherwise noted. Call 254-7642 for more information. Movies are subject to change due to circumstances beyond the theater's control. Children ages 9 and under (age 16 and under for "R" movies) must be accompanied throughout all movies by a guardian 18 years of age or older. Movie prices are \$3 for those 12 years old and older; \$1.50 for children ages six to 11; and admission is free for children five and below.

"To Wong Foo" (Comedy) PG-13: 108 minutes, plays Friday and Saturday. Patrick Swayze and Wesley Snipes play drag queens who get stranded for a weekend in a small Nebraska town.

"Clockers" (Drama) R: 129 minutes, plays Sunday. Harvey Keitel plays a cop in Spike Lee's murder mystery involving low level drug dealers.

Religion

MCB Hawaii Kaneohe Bay Chapel Catholic Weekday Mass Saturday Mass Sunday Mass Sunday Mass CCD Preschool **CCD** Kindergarten **CCD** Grades 1-12

Protestant Lit. Communion Sunday School

Adult Bible Study Non-lit. Worship Kaleidoscope **Promise Keepers** (call 254-6028 for information) Singles (call 254-0455 for information)

11:45 a.m. (Monday-Friday) 6 p.m. 7:30 a.m. 9:30 a.m. 3:45-4:30 p.m. (Monday) 3:45-4:30 p.m. (Monday) 6 -7:15 p.m. (Mondays at Mokapu Elem.) 8:30 a.m. (Sunday) 9:30-10:30 a.m. (Mokapu Elem.) 9:30-10:30 a.m. (Sunday) 11 a. m. (Sunday) 1:30 p.m. (Wednesday) 6:30 p.m. (Thursdays)

6 p.m. (Tuesday)

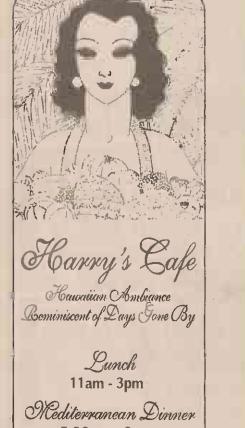
Gospel of Holiness Fellowship at the Boondocker Theater Sunday School 9:30 a.m. Sunday Worship 11:30 a.m. Bible Study 7 p.m. (Tuesday at the Base Chapel) For more information about MCB Hawaii Kaneohe Bay Base Chapel religious services, call 257-3552.

MCB Hawaii Camp H.M. Smith Chapel

Catholic Mass 6:30 a.m. daily and 8 a.m. (Sunday) For more information about the MCB Hawaii Camp H.M. Smith Chapel religious services, call 477-5098.

Aloha Jewish Chapel at Naval Base Pearl Harbor Shabbat Service For more information about Jewish services, call 471-3971.

7:30 p.m. (Friday)



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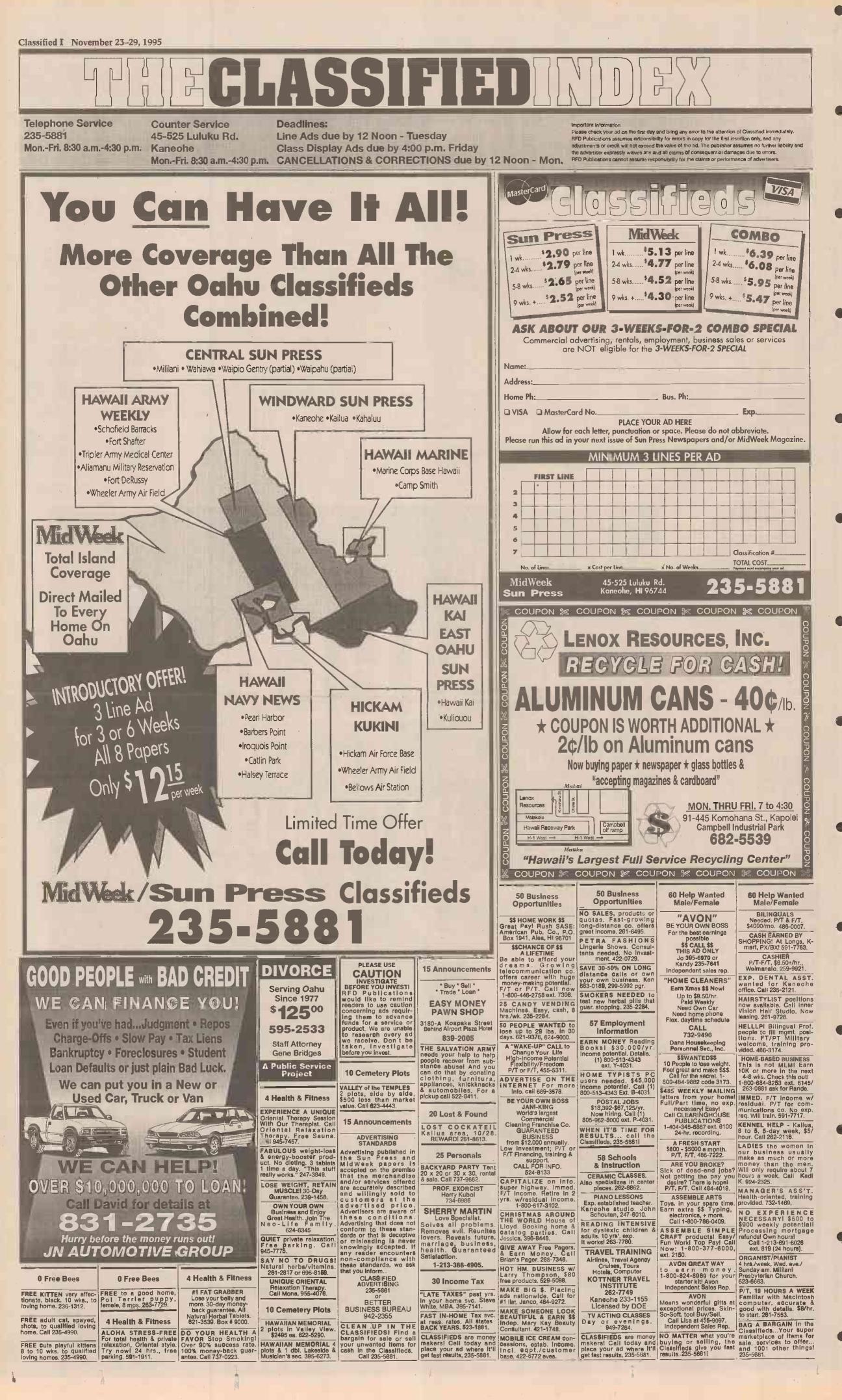
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November 23-29, 1995 Classified II



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