

Hawaii MARINE SPORTS

Hawaii Marine C Section

August 20, 2004

Soccer team knows victory

Cpl. Monroe F. Seigle
Combat Correspondent

The MCB Hawaii, Kaneohe Bay Soccer Team is gearing up for the Regional Tournaments in Okinawa as they currently gloat a 17-0 record.

They are scheduled to head out to Okinawa the last week of September to show no mercy to their challengers.

"We are looking for a 'three-peat,'" said MCB Hawaii Soccer Team head coach Andy Gasper, after winning the regional Tournaments for the past two years. "We have learned a lot in the past two years, and even though we have cycled some players out, we still have a strong and motivated team."

Before leaving the base, the MCB Hawaii Soccer Team is spending hours on end training for the grueling matches in the hot Okinawan sun. During the championships, the ambitious soccer players will be faced with playing two games per day in some incredibly hot weather.

"We have the talent to take all this year," said Gasper, who has been coaching the team since the 2002 season. "What some of these players do not realize is the biggest obstacle is ourselves. We know when we head out to Okinawa the last week of September to compete in the regionals, we are going out there with a tremendous amount of talent. All we have to do is continue to gel together and I have no doubt we will come out on top again."

Since Gasper took on the challenge of coaching the MCB Hawaii Soccer Team, they have had a three-year record of 57 wins, only nine losses and five tied games, giving them a win percentage of 80 percent.

"We are going to get the chance to play a few base teams from other services before we head out to Okinawa to win the Regional Championships," said Gasper. "I have to keep their heads in the game as much as I can before we head out (to Okinawa) this year. As I keep telling these guys, we have to remember that the more we gel together and learn how to play with one another, the better our chances will be to come out on top again."

Once the MCB Hawaii Soccer Team returns from Okinawa, they will be competing in the Hawaii Armed Forces Soccer Tournament scheduled at the end of October.

"We have a lot of challenges ahead of us and we are all looking forward to it," said Gasper. "We have won it all before and our confidence is high. It is all about teamwork and we are training as much as we can."



Fighter's Unlimited boxer Thomas Jensen (left), delivers one of the many blows that won him his match Saturday night at Kahuna's Ballroom. Three of K-Bay's boxing competitors walked away victorious from the event.

Lance Cpl. Megan L. Stiner

'Fighters' win three

Lance Cpl. Megan L. Stiner
Combat Correspondent

Kahuna's Ballroom bustled with fans who filled every chair, lined the walls and stood in the aisles to see the action.

Although competitors came from clubs such as East Maui, Kailua-Kona, Palolo, Striking Unlimited and East Oahu Waimanalo, the favorites of the night were the Kaneohe Bay Marines and a Sailor, who make up the Fighters Unlimited Boxing Club.

Coach Jack Johnson was pleased three out of his five boxers took home the win.

"We were excited and we competed very well," he said. "I was happy at the end of the night because we did well during the fights, but more so because we went home with no injuries."

The first boxer to represent K-Bay was Richard Ransom, fighting in the heavy-weight category.

After taking a spill during round one, Ransom bounced back into the fight, defending against the onslaught of his East Oahu Waimanalo competitor.

Although Ransom, his coach and the crowd may have thought otherwise, when the winner was announced,

Ransom's weary arm wasn't raised in victory.

"I thought I won, because he didn't fight very clean," said Ransom, "I felt confident, but it didn't go my way. I am here for the sport though, no matter the opponent or outcome, I'm just happy to fight."

Before intermission the crowd had the opportunity to witness one of Fighter's Unlimited boxers, Ronald Miller, take control of the ring.

"I felt really good, like I was in the best

See **FIGHTERS**, C-6

Hall of Fame immortalizes Marine athletes

Cpl. Justin P. Lago
MCB Quantico

MARINE CORPS BASE QUANTICO, Va. — The United States Marine Corps Sports Hall of Fame recognized three former Marines for their achievements in sports, played during their time of service, with an induction luncheon ceremony held recently at The Clubs At Quantico.

Gen. William L. Nyland, assistant commandant of the Marine Corps, hosted the luncheon where former

Marines Ken Norton, Richard Guerin, and Art Donovan were inducted into the Hall of Fame.

Guerin, a former Marine first lieutenant, and a six-time NBA all-star, was named the NBA Coach of the Year in 1968.

Norton is a two-time heavy-weight boxing champion and a former Marine corporal whose name currently resides in the International Boxing Hall of Fame.

Donovan, a former Marine private first class, is in the National Football League Hall of Fame, and was selected to

five Pro-Bowl appearances.

The United States Marine Corps Sports Hall of Fame, which honors former Marines who have excelled both on and off the athletic field, was founded in 2001.

Those elected to the Hall of Fame will be recorded here, in the National Museum of the United States Marine Corps and Heritage Center, which is scheduled for completion in 2005.

In addition to the three Hall of Fame inductees, other champion Marine athletes were rec-

ognized at the luncheon ceremony, including the 2003 Marine Corps Male and Female Athletes of the Year: Master Sgt. Michael Kidd and First Lt. Kristen Kavanaugh.

Marine Corps Sports also presented a first-ever lifetime achievement award to 1st Sgt. Douglas Marocco at the ceremony. Marocco is a top armed forces triathlete competing in national and international championships throughout the year. He is a former Armed

See **HALL**, C-4

BASE SPORTS

Edward Hanlon V
MCCS Public Relations

August 20 / Today

101 Days of Summer Softball Tournament — All hands are invited to enter a team in the 101 Days of Summer Softball Tournament, to be held at Riseley Field. The point of contact is Quentin Redmon, who can be reached at 257-3900. Teams participating qualify to earn 101 Days of Summer points, that can lead to earning additional unit party funds.

Flag Football Registration Extended — Marine Corps Community Services' Youth Activities (YA), Windward Community Federal Credit Union and Hawaii Youth Sports League are bringing football back to Kaneohe Bay. Youth born between '90 and '98 are invited to join one of the leagues.

Cost is \$40 for YA members, \$50 for nonmembers, and the season runs Sept. 11 – Oct. 30. Practice begins Aug. 30.

Registration is underway now, so call YA at 254-7611 or stop by Bldg. 5082. Volunteer coaches are still needed to make this program a success.

Youth Activities Cheerleading Registration Extended — Registration is currently underway for Youth Cheerleading. Numerous leagues are open for children born from '88 to '98 at a cost of \$40 for Youth Activities members, and \$50 for nonmembers. The season begins in October, but practice begins in August.

Volunteer coaches are needed, so call Youth Activities at

254-7611 to support base youth.

22 / Sunday

Résumés Due for the All-Marine Rugby Training Camp — The camp will be held at MCB Camp Lejeune, NC, from Oct. 10-17.

Marines interested should submit résumés with command authorization to MCCS Athletics by Aug. 22.

All-Marine Teams represent the Marine Corps in military and civilian competitions worldwide. Participants need command authorization and documentation of competitive history for most events.

Call MCCS Athletics at 254-7590 for details.

26 / Thursday

Health & Fitness Fair — Run, walk, bike or swim if you can to the Semper Fit Center's main gym from 10 a.m. to 2 p.m. for the Health & Fitness Fair. As part of the 101 Days of Summer campaign, participants will earn points towards unit party funds. All hands are welcome to come out and get info one MCCS & MCB Hawaii programs and activities relating to the field of health & fitness. Check out the displays, goodies and giveaways. Call 254-7636 or 254-7597 for more information.

27 / Friday

Women's Golf Clinic — Classes will be held 5 consecutive Fridays from 5 to 6 p.m. Course instruction includes basic swing fundamentals, long and short game skills, game strategy, etiquette, safety and rules.

The cost is only \$80 per student and is limited to 15 stu-

dents. Call the Klipper Pro Shop at 254-1745 or 254-3220 to register.

28 / Saturday

Summer Invitational Softball Tournament — This will be a Class "C" tournament, but team's may have three Class "B" players on their roster. The entry fee is \$200 per team for this weekend long tournament. A coaches meeting will be held Aug. 25 at 6 p.m. in the Athletic office at the Semper Fit Center. Register at the Semper Fit Center, or call 254-7590/91.



a.m. Registration fees are \$15 for individuals, and \$60 for six-person teams before Sept. 14. Late registration will be \$18 for individuals, and \$78 for teams. Awards will be given to first place finishers in individual categories (Ages 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Above), top three for teams, and top three overall for men and women. The course winds throughout the rugged terrain of Camp Smith at approximately 5 km. To register, call 254-7590/91 or look to www.mccs

hawaii.com for online registration.

Ongoing

Parents for Fitness — This cooperative baby-sitting effort for service members and families is available at the Semper Fit Center, for children ages 6 weeks and older. PFFP participants are required to volunteer baby-sit three times per month. Call 235-6585 for more information.

Color Pin Special — Every Wednesday, roll a strike when a colored pin is in the head-pin position, and win up to three free games of bowling.

September

1 / Wednesday

Résumés Due for the Armed Forces Judo Team — The Armed Forces Judo Team will compete in the CISM Judo Championships at Baku, Azerbaijan in Nov. Marines interested in competing should submit résumés along with command authorization to MCCS Athletics no later than today. Call 254-7590 for more information.

8 / Wednesday



Intramural Football Season Begins — Head over to Pop Warner Field for the 6 p.m. official kickoff of the Intramural Football Season. Games will follow every Monday, Wednesday, and Thursday at the same time. Call MCCS Intramural Athletics at 254-7591 for more information.

22 / Wednesday

Camp Smith 5K Grueler — The 8th Annual Camp Smith 5K Grueler run will begin at Camp Smith's Sunset Lanai at 11:30



Heriberto Acevedo

Unit: 3rd Marine Regiment
Billet: Radio Sergeant
Hometown: Philadelphia, Penn.



- Acevedo was a member of the All-Marine Corps Boxing Team for two years.
- He won the All-Marine Corps Boxing title once.
- Acevedo has been boxing since he was 15 years old.
- He won three regional and three state titles in Penn.
- His mother put him into boxing because he was a trouble-maker when he was younger.

30 & Over Basketball Standings

	Wins	Losses
CSSG-3	13	2
VP-4 #1	12	3
HQBN	4	11
CPRW-2	3	11

Intramural Basketball standings are current as of Aug. 10.

COMMUNITY SPORTS

HRRR Races Resume Sunday

The next installment of the Hawaii Road Race Association's Sport Bike Series races will be held Sunday, 11 a.m. – 4:30 p.m. at the Hawaii Raceway Park in the Campbell Industrial Park.

General admission is \$6. For more information, call 864-8104.

HTMC to Hike Laie, Sunday



Join the Hawaii Trail and Mountain Club for a 5-mile intermediate hike to Laie Pools. Don't be discouraged by the initial hot dusty roads, as they soon

give way to shady guava tunnels and cool vegetation. Halfway up the trail there's a delightful little waterfall and pool where you can take a dip, and then turn back. More hardy hikers can continue up the long-graded trail, all the way to the summit for the 10-mile trip. Coordinators Darrell Teruya, and Mike Mottl can be reached at 227-4572 and 254-6360, respectively, for any questions.

Be sure to bring plenty of water and wear proper footwear. A \$2 donation is requested for each non-member, age 18 or over. A responsible adult must accompany children under 18.

Sunday Polo at Waimanalo

Gates open at 1 p.m. with games kicking off at 2:30 p.m. for the weekly matches at the polo fields across from Bellows

AFS. Cost is \$3, keiki 12 and under are free. The ponies will be available for children to visit after the matches.

5K Memory Walk/Run

The Alzheimer's Association presents a great walk/run event, Aug. 28, to help raise money for those individuals and families battling Alzheimer's disease. Registration and preliminaries begin at 6 a.m. and the walk/run begins at 7 a.m. At the finish line, participants will enjoy food, prizes, and entertainment at Ward Warehouse. Entry fees are \$25, if registering by Aug. 21, and \$35 on race day.



**Big Brothers Big Sisters
of Honolulu**

Fishing Derby Scheduled

Big Brothers/Big Sisters is gearing up for some fun in the sun at its 12th Annual Fishing Derby and Beach Cleanup, sponsored by the Optimist Club of Honolulu, Aug. 29 from 9:30 a.m. to 1:30 p.m.

This year's location will be at the beautiful Luke beach home in Laie, where participants can enjoy an action-packed day of swimming, fishing, contests, awards, food and more. However,

this event is limited to the first 20 matches, but no fishing experience is needed. Equipment and lunch will be provided.

For more details, contact Nate Fong at 521-3811, ext. 225. or visit www.bigshonolulu.org.

Hale Koa Hosts Summer Fitness

If tennis is your sport, "do" the Labor Day Weekend Tournament, Sept. 4 – 5. Call the Hale Koa Activities Desk for more details at 955-0555, ext. 546.

Also, be sure to ask about future happenings at The Point Health Club at the Hale Koa Hotel. Call the health club at 955-9155 for more information.

Range Challenges to 'Take Your Best Shot' at Hunger

Hunters, anglers and any outdoors enthusiast who cares about human and natural resources are encouraged to come out and celebrate the 33rd National Hunting & Fishing Day at Koko Head Shooting Range, (the first left past Hanauma Bay on Kalaniana'ole Highway, headed toward Waimanalo), Sept. 25 and 26 from 10 a.m. to 4 p.m.

Bring a canned food or cash donations for the Hawaii Food Bank, and for each canned good or \$1 donation, you will receive a free activity coupon to participate in skeet, .22 rifle or handgun, muzzleloader, archery, airgun or a fish casting contest.

Lots of fun, demonstrations,

food and prizes are planned, so come celebrate and feed the hungry in the process.

For more details, call Hawaii's Hunter Education Program at 587-0200.

State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is Sept. 17 from 5:45 to 10 p.m. and Sept. 18 from 7:45 a.m. to 4 p.m. in Classroom #A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to the classroom, which is the first room on the right.)

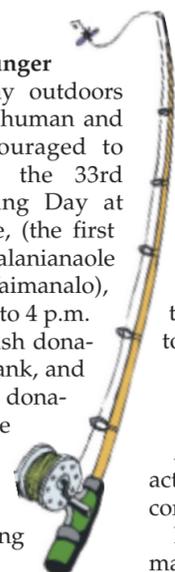
A picture ID is required for entry to the sessions. For more information, or to sign up for this course, call 587-0200.

Hawaii Marine Accepts

Sports and Recreation Briefs

Advertise sports and recreational activities of general interest to the DoD community in the *Hawaii Marine*.

E-mail items to editor@hawaii-marine.com, or call the *Hawaii Marine* 257-8836 or 257-8837.





THE BOTTOM LINE

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

Who should represent Team USA?

Sgt. Joe Lindsay
The Goat

Where have you gone Kevin Garnett? Shaquille O'Neal? Jason Kidd? Tracy McGrady? Kobe Bryant? Our nation turns its lonely eyes to you. Well, maybe not Kobe, but you get the point.

After getting spanked by an Italian squad that didn't have a single NBA player on its roster in the exhibition round, and celebrating like a bunch of school kids who just won a CYO championship after beating Germany on Allen Iverson's half court prayer at the buzzer, it seems this year's Team USA basketball team should more aptly be competing in an episode on ESPN's "Streetball" than at the 2004 Athens Olympics.

This was all but confirmed after the "Dream Team" was drubbed at the hands of Puerto Rico, 92-73, in the opening round game of the Olympics on Sunday.

It was the United States' first loss in Olympic competition since NBA players were first allowed to compete beginning back in 1992. That was the year that the best players in America — Bird, Magic, Barkley, Malone, Stockton, Jordan, et al —

actually accepted invitations to represent their country. The original Dream Team won by an average of 32 points on their way to Olympic glory. It has slowly gone downhill ever since, though watered down Team USA squads still managed to go undefeated in Atlanta '96 and Sydney '00 to bring home the gold.

In fact, American teams have been 24-0 in the Olympics since the dawn of the professional era, and were 109-2 in Olympic competition until Sunday's embarrassment. Bear in mind that one of those losses was in 1972 when the Soviet Union pulled off one of the greatest cheating episodes in modern sports history, and the other was in the 1988 semifinals when college players still represented America.

If you are starting to sweat the fact that the USA might not win the gold, or even a bronze medal this year, then you are obviously overreacting. After all, Carmelo Anthony has guaranteed us a gold medal. Alas, Carmelo Anthony is no Joe Namath; nevertheless, respect needs to be given to the players that showed up this summer.

See *GOAT*, C-4

Capt. K.D. Robbins
The Professor

Like a father to a son; a mother to a daughter; a mentor to a prodigy; a sensei to his warrior; hearing the Goat speak of "team" ball brings a tear to the Professor's eye.

Yes. The same scribe who wrote that the Los Angeles Lakers would win the 2004 NBA championship with "ego" is now singing a different tune. The Goat wants to see the Detroit Pistons represent our country in the Olympic Games; a far cry from 2004's debacle of a "Dream Team." Hey Goat, you may be on to something here. ...

Unfortunately, my pupil has only *accepted* the team concept. It is the sly veteran who knows "how," "when," "where," "why" and in this case "who" to *apply* such a concept. Alas Goat, the NBA champion need not represent our country... How about the University of Connecticut Huskies?

Think of the energy injection college basketball will generate if "March Madness" offered this incentive every four years. You reward the great college team player, potential NBAer, not the overpaid NBA one-on-one superstar.

Could it work? Absolutely. Rather than USA Basketball spending their money on multi-million dollar "hotels at sea" to board the college superstars, they live in

the Olympic village with every other athlete. As for Ben Gordon and Emeka Okafor, Team USA simply pays for insurance policies to cover their lucrative contracts and endorsements, shielding the NBA first-rounders from a career ending injury at the games. The only member of Team USA that cares about a gold medal is Pistons coach Larry Brown. After all, he is passionate about the "team" game. Just ask the Lakers. But, where is the incentive for the players? King James will still get his \$90 million. AI will still park his car in handicapped spots at Philadelphia Intl. Airport and Richard Jefferson will still get the contract that has dismantled the New Jersey Nets organization.

Bottom Line: College basketball's national champion should represent Team USA at the Olympics. While the three other teams that fall on non-Olympic years will lose their respective opportunity to represent our county in the Olympics, that is what the World Championships and the Goodwill Games are for. Furthermore, there is certain to be yet another money-making "amateur" competition to pop up sooner or later. March Madness is second only to the Super Bowl in rallying American sports fans. Give the Huskies the ball and they will certainly give it all to represent the USA as a "Dream Team," rather than this, our latest NBA nightmare.

READERS STRIKE BACK

"This is
baseball, not
Wall Street!"

I need to know why Mr. Professor and Mr. Goat are both jumping on the Florida Marlins bandwagon just like every other news outlet. Do either Mr. Professor or Mr. Goat realize Florida is a .500 team and are so out of contention, any trades they may or may not have made are irrelevant? I found it quite humorous that Mr. Goat even went so far as to mention Florida mak-

ing a run at the wild card and then World Series. Give me a break. How about checking the standings and seeing that St. Louis is the best team in baseball and the Cubs are looking like a wild card lock? Everybody knows the Dodgers blew it so neither of you shed any light on anything in the article. I guess what really got me was your absurd headline. Who will strike

out in major league trading? This is baseball, not Wall Street! It sounded like a third grader came up with that one. In closing, just let me add that the Bottom Line shed very [little] light on the trades that just went down. I guess there's really nothing left to say.

Jeremy Rubenstein
Chicago, Ill.

UH kicker helps out K-Bay keiki

Pfc. Rich Mattingly
Combat Correspondent

When the University of Hawaii's redshirt freshman kicker stepped in for the starter last November, he felt like he was living a dream when he nailed a 32-yarder against Army on his way to going 8 for 8 in points.

Just two years before, Nolan Miranda was a senior at Castle High School in Kaneohe, lettering in both football and soccer.

Now, the local boy turned football hero has taken his summer to come back to the Windward side, specifically to Marine Corps Base Hawaii, to lend a helping hand to the community.

Miranda has been working for Youth Activities since June, using

his summer off from UH football to spend time working with and mentoring base kids and teens.

"I've been working with Youth Activities on the weekends, setting up the soccer field and making sure that refs were there for games," said Miranda in a recent interview.

"It's been fun working with the kids at Youth Activities and at the Teen Center," he continued. "A couple of them seemed to know who I was from watching games last season. They like asking questions and stuff about football and playing."

The soft-spoken Miranda still loves playing soccer, and hopes to return to K-Bay next summer to coach a youth team.

"I played a lot in high school," said Miranda, not mentioning that he was an all-state player.

The Youth Activities staff also hopes to have Miranda back again next year.

"His interaction with the kids is great," said David Kawada, Youth Activities Director. "He's got a very laid-back personality that makes him very approachable."

Miranda hopes to play a strong role in Warriors Football this year, with Justin Ayat still nursing an injured groin. He is currently practicing with the squad in preparation for the upcoming season's start.



Photo Courtesy of University of Hawaii

University of Hawaii kicker, Nolan Miranda, boots one through the uprights. Miranda has been working with youth soccer players aboard MCB Hawaii.

HALL, From C-1

Forces Athlete of the Year and two-time Marine Corps Athlete of the Year.

Kavanaugh, who distinguished herself as a member of both the All-Marine Women's Basketball Team and the Armed Forces Women's Basketball Team in 2003, said meeting the Hall of Fame inductees was an unforgettable experience.

"I wouldn't trade it for the world," said Kavanaugh. "I was honored to be in the same room with these former Marines. You don't often get an opportunity to meet people who have excelled in the way they have. It gives me something to strive for."

Kavanaugh said she admired Hall of Fame inductee Guerin, and called his athletic accomplishments especially noteworthy.

"I was in awe of him," said Kavanaugh. "To play in the NBA is one thing, but to be a player/coach is awesome. He's someone to add to my list of people to look up to."

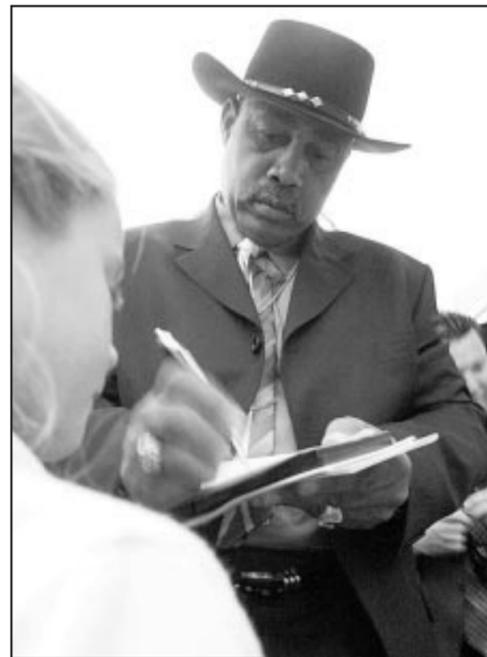


Photo Courtesy of Mark Turney

Former Heavyweight Boxing Champion of the World, Ken Norton Sr., former corporal of Marines, signs an autograph for seven-year-old Morgan Dougherty after his induction into the Marine Corps Sports Hall of Fame.

GOAT, From C-3

Granted, many of them were not the first, second, or even third choice of the selection committee, but that is not their fault. They showed up and they are representing their country. It's just that besides Tim Duncan and Allen Iverson, Team USA's players are not good enough to hang with the likes of real teammates like Giacomo Galanda and Gianluca Basile. After all, those two and other international players have been out practicing with their teams while Carmelo

and Co., have been showing their homes on MTV Cribs.

Bottom Line: America treats the Olympics like an All-Star game. That was OK when the best players in the NBA were showing up, but it's not OK now. Team USA, and America, would be better served by having the NBA champion from Olympic years representing us in the Olympics. Nobody can tell the Goat that the Detroit Pistons wouldn't be fairing a lot better right now. And that's a guarantee.

“ quotable “

You don't play against opponents,
you play against the game of basketball.

—Bobby Knight

Signs of suicide not always obvious

Sara Davis

Navy LIFElines

Nothing devastates the Navy and Marine Corps family more than an act of suicide.

Anyone associated with the military understands the close presence of death in training, daily operations, deployments, and war. Sailors and Marines understand that a military life is inherently dangerous, with sacrifice a harsh reality of service to their country. No one wants it, no one expects it or embraces it. Yet death is ingrained in the thoughts, the actions, the core of every war fighter serving America, because it must. To survive death in a military action, one must train for it, one must respect it, and one must forge on even through the terror it brings.

When death comes at one's own hand, however, no amount of training, no amount of preparation will provide respite for the enduring emotional trauma inflicted on the survivors — the family members, the colleagues, the friends of the suicide victim. These survivors live for years with the pain, anger, and guilt that suicide brings — and sometimes they never recover.

Suicide is typically a result of a treatable medical condition, not a result of character weakness or defect. Yet survivors spend years trying to

analyze what went wrong. They blame themselves for their loved one's action, and struggle to rebuild their shattered lives and emotions.

There is no doubt that a person contemplating suicide is in extreme pain and turmoil. Many times signs are apparent that someone is contemplating suicide, but not always. These signs may be difficult to spot in a Sailor or Marine, especially because of the stereotypical strength of mind, body, and spirit that Sailors and Marines are expected to possess. It's hard to admit weakness for most, but it's even more difficult in a culture of toughness.

But the Navy and Marine Corps team is made up of human beings, people who experience the range of disappointments, financial troubles, relationship failures, substance abuse, depression, illness, and everything else that life brings. And for some, suicide seems like the answer to their problems. As the second leading cause of death in the military (after accidents), suicide is a regrettable choice too many Sailors, Marines, and their family members make.

Because of the short- and long-term devastation a suicide brings, the Department of the

Navy has developed an extensive suicide-prevention program to provide options for those contemplating taking their own lives.

The most important aspects of any prevention program are awareness and action. Resources exist on every base and station and every ship in the fleet to help a man or woman in distress. The chaplain, the Fleet and Family Support Center (FFSC), Marine Corps Community Services (MCCS), the chain of command, medical personnel, and the military police can all provide immediate assistance and support. Aboard MCB Hawaii, the chaplain can be reached at 257-3552

(257-7700 after hours) or call the crisis and suicide hotline at 832-3100.

Off base, suicide hotlines and 911 are available 24/7/365 to assist in a crisis.

Navy and Marine Corps suicide-prevention programs are comprehensive. They teach Sailors and Marines to take care of their shipmates and fellow Marines (and civilians, too) by dealing with problems before they spiral out of control. The programs are readily available and easy to understand.

Through awareness and timely intervention, we all can help prevent the enduring tragedy of suicide in our Navy and Marine Corps family.

Suicide Prevention Phone Numbers

MCB Hawaii: Crisis & Suicide Hotline	832-3100
Honolulu: Suicide & Crisis Center	832-3100
National: Hopeline Network	(800) SUICIDE

Suicide Prevention

If you have any thought that suicide might be an issue, **AID LIFE** by asking the person directly and/or seek counsel.

AID LIFE stands for:

A: Ask. Do not be afraid to ask, "Are you thinking about hurting yourself?" or "Are you thinking about suicide?"

I: Intervene immediately. Take action. Listen and let the person know he or she is not alone.

D: Don't keep it a secret.

L: Locate help. Seek out the officer on duty, chaplain, physician, corpsman, friend, family member, crisis line worker, or emergency room staff.

I: Inform the chain of command of the situation. The chain of command can secure necessary assistance resources for the long term.

F: Find someone to stay with the person now. Don't leave the person alone.

E: Expedite. Get help now. An at-risk person needs immediate attention from professional caregivers.