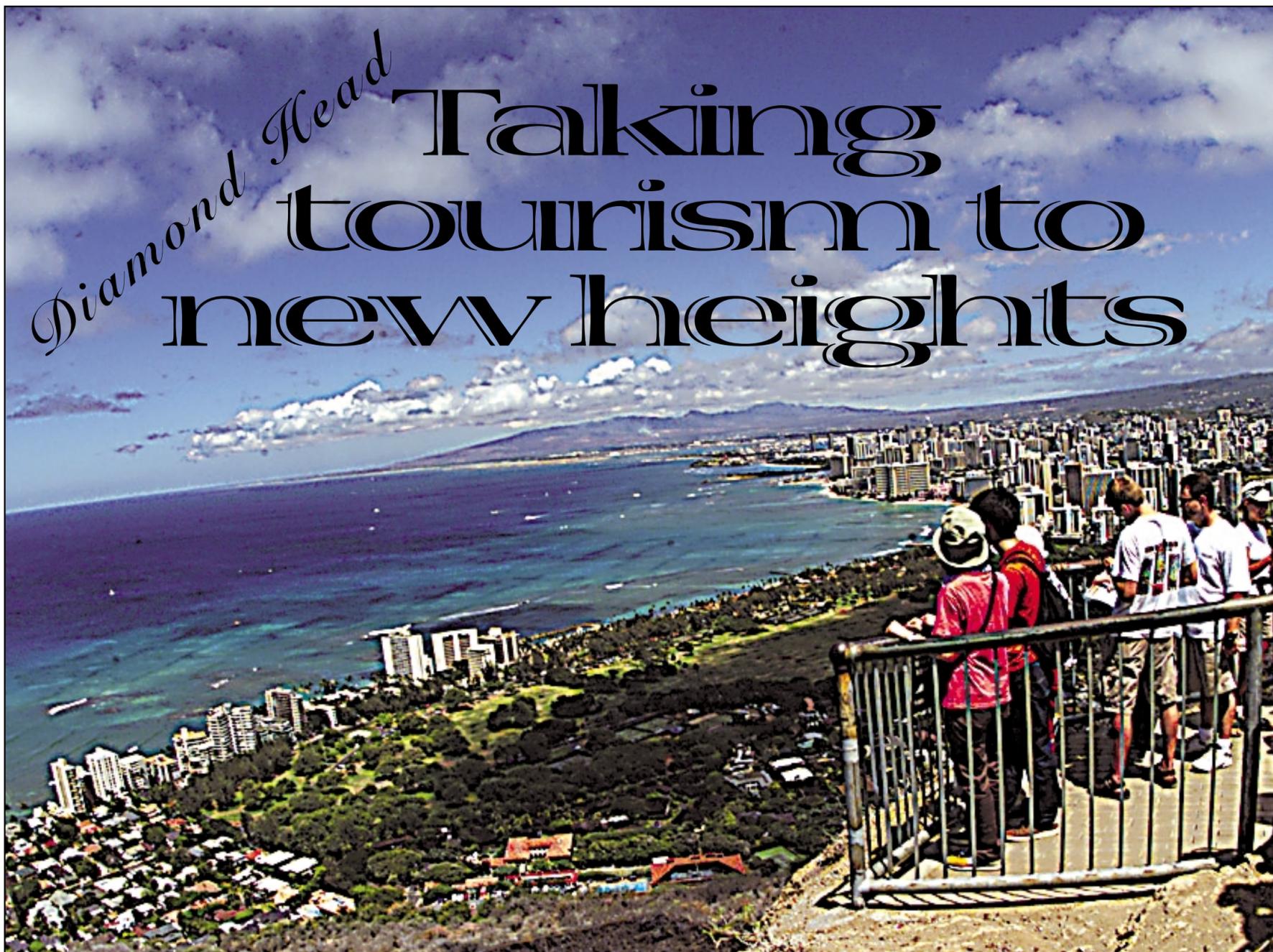


LIFESTYLES



Diamond Head

Talking tourism to new heights

Visitors look out over the vast horizon spanning out from the beaches of Waikiki to the endless ocean. This is just one of the views that visitors see from the top of the

Volcanic crater lures visitors

Story and Photos by
Pfc. Jason E. Miller
Combat Correspondent

Towering high above the crashing waves of the Pacific Ocean and just east of Waikiki lies Diamond Head, an enormous crater that was once used as an Army observation post, but is now one of the most popular tourist attractions on Oahu.

Formed by a single volcanic eruption an estimated 300,000 years ago, Diamond Head State Monument remains today one of Hawaii's most recognized natural landmarks.



Caves were used as paths to the bunkers and the inner area of the crater. Now these caves are used for similar purposes, but the people walking to the bunkers will not be manning observation posts.

The 350-acre crater was purchased by the federal government in 1904 and was designated for military use due to its location and wide panoramic view from the summit that allowed spotters to see approaching ships from great distances.

The dirt trail to the summit of Diamond Head was built in 1908 as part of the Army's coastal defense system and designed for mule and foot travel.

The eight tenths of a mile trail now begins inside the crater near an information booth

where a visitor pays a dollar for admission to the monument.

Along the trail, there is an elevation gain of 560 feet, traversing through dark tunnels and long stairwells which lead to observation bunkers near the summit.

Though the path is shorter than a mile, it still takes an hour and a half to reach the top because of its steep grade and many stops for gorgeous views of the crater and the coast.

The trail ends inside one of the bunkers. From there, one can see all of Waikiki and many other communities along the shoreline.

Climbing out the front of a bunker, there is another staircase that leads to an observation deck at the very top of the crater which allows a 360-degree view of the land.

Locals and tourists come from all over to climb the crater. Some do it for the exercise and others just to say they made it to the top. Whatever the reason, the view from the top is a must-see.

The monument is open everyday from 6 a. m. to 6 p.m. Visitors can enter the crater via the Kahala tunnel off of Diamond Head Road.



Suzie Torres, one of the many Diamond Head visitors, sits under the overhang of one of the bunkers to admire the view over Waikiki and Honolulu.



Tourists gather at the top of the crater, after crawling out of one of the bunkers.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Aisoff, MCCS Public Relations

Personal Peek at Personal Services

Offering a variety of free, confidential resources and workshops, Personal Services, located in Bldg. 216, welcomes all authorized military I.D. cardholders. Here's a list of upcoming Personal Services events:

Armed Services' YMCA

SM&SP



(All events are open to single, active duty military.)

Mahalo

Many thanks are extended to the Windward Community Federal Credit Union for making the SM&SP activities, trips and sporting events possible.

Hawaiian Hop

Make your Labor Day an adventure with a Big Island Adventure Trip, this weekend. The cost is \$235 per person, which includes airfare, shared accommodations and a rental car. Hike to the lava flows, visit black sand beaches and more. Space is limited so call 254-7593 today!

Oceanside Paintball

Let your "inner-predator" come out to play Saturdays 9 a.m. - 4 p.m. and Sundays noon - 5 p.m. Call 254-7593 for equipment rental fees and further information.

Upcoming Events

Sept. 11: Take a Break to Educate, Lava Java Night 6:30 - 8:30 p.m. Bldg. 1629, free coffee & pastries.

Sept. 15: Star of Honolulu Dinner Cruise, \$30.

Sept. 29-30: Fall Softball Classic Tournament.

Oct. 13: Deep Sea Fishing Trip

Oct. 31:

Halloween Formation Run.

Nov. 17: 3 on 3 Food Drive Tournament

Nov. 21: Holiday Bash.

Dec. 14: Shank & Slice Golf Tournament.

Dec. 30 - Jan. 1: Outer Island Trip

For more information, call Dawn Williams, the SM&SP Manager, at 254-7593.

Swap Meet, this Saturday from 8 a.m. - noon behind the Animal Care Clinic, Bldg. 455. For more information call 254-4719.

Dad's Baby Boot Camp & Mom's Basic Training, Tuesday and Wednesday, Bldg. 216 from 8:30 a.m. - 4 p.m. Child preparation classes. Reservations are required. Call 257-8803.

L.I.N.K.S. Team meeting, Tuesday at 7 p.m. at the L.I.N.K.S. House, Bldg. 3074. For more information, call 257-2368.

How to Handle Conflict & Manage Anger, Wednesday, Bldg. 216, Room 57 from 11:45 a.m. - 1 p.m. Call 257-7787.

ASYMCA's Learn to Quilt Class, every Wednesday in September, beginning Sept. 5 from 9 a.m. - noon in Bldg. 579. \$50 includes fabric and four classes. Call 254-4719.

Certified Family Childcare Provider Training, Sept. 5 - 21. For a new career and a chance to work from home, call 257-7030.

New Arrivals Orientation, Sept. 6, Base Theater from 7:30 - 11:30 a.m. All newly stationed military personnel & spouses welcome. AAA Hawaii, AIG, AT&T, Bank of Hawaii, GEICO, Navy & Marine Association, Windward Community Federal Credit Union and Windward Wireless sponsor this event. Prizes and

free refreshments. Call 257-7788.

Military Academic Skills Program, Free, four-week academic courses in English, Math and Written Communication, Tuesday - Oct. 1, 7:30 a.m. - 3:30 p.m. daily. For more information, call Joint Education at 257-2158.

StoryTime at the Base Library, Bldg. 219, every Thursday starting Sept. 6 at 10 a.m. Children listen to stories and make crafts with "Auntie Lori." Call 254-7624.

Romancing the Star of Honolulu

Now through Sept. 30, book a dinner cruise on the Star of Honolulu for just \$85.95 per person through the Information Ticket and Tours Office, located in Mokapu Mall, (regular price \$154.35).

Indulge with the Star of Honolulu's Five-Star Romantic Dinner Cruise that features their new seven-course French-style menu. For more information, call ITT at 254-7562.

Spouse Aloha Orientation

All MCB Hawaii military spouses are invited to attend the next Spouse Aloha Orientation, Sept. 13 at the Fairways Club, Bldg. 3088 from 8:30 - 11:30 a.m.

More than an orientation brief, this workshop is designed to address military spouse issues, concerns and interests. Guests will also have the opportunity to network with other spouses. Keynote speakers will present resources and services on behalf of the base and MCCS. Call 257-7790 to make your reservation.

Back to School Style File

It's back to school—let the professionals at The Cut Haircare create a new look for your kids while you save some cash. Now through Sept. 30, The Cut Haircare offers a "Back to School" special featuring \$2 off a kid haircut, shampoo and style package.

The Cut Haircare is located in Mokapu Mall. Appointments are recommended and walk-ins are welcome. 254-6585.

Ready, Set, Get Started

The Semper Fitness Center is gearing up for their next "Get Started Beginner Fitness Program," Sept. 18. For eight weeks, in a 12-person class, participants will train with a professional, certified athletic instructor in weight and cardiovascular training. Evening classes are held Tuesdays

and Thursdays from 6 - 7:30 p.m. Day classes will take place Wednesdays and Fridays from 10 - 11:30 a.m.

A free orientation is scheduled for Sept. 6 at 6 p.m. at the Semper Fit Gymnasium. The Get Started Beginner Fitness class costs \$60 and is open to all authorized military I.D. cardholders, 18 years and older. For more information, contact Leslie Graham at 254-7597.

Fall into Swim Lessons

Fall Swimming Lessons are offered at the K-Bay main pool Tuesday - Sept. 14. Participants will receive eight lessons for \$35. To discover which swim level is right for you, contact the Water Safety Division at 254-7655.

Fall Community Aloha Fair

The MCCS Marketing Department invites all MCB Hawaii residents to get acquainted with each other, the community and of course with free pupus and free gifts at the Fall Community Aloha Fair, scheduled, Sept. 19 in the Enlisted Club's ballroom, Bldg. 1629 from 5:30 - 7:30 p.m.

Whether you have been on the island for a week or a year, a lot has changed

both within MCCS as well as within the community. The Fall Community Aloha Fair is your chance to sample products, enjoy free food, music and good company. Mahalo to the Fall Community Aloha Fair sponsors: Sprint PCS, Pampered Chef and GEICO Insurance. For more information, call 254-7653.

Semper Fit massage

Need to be kneaded? Treat yourself to a Semper Fit massage. The Semper Fit Center's massage therapy team specializes in Swedish, Lomi Lomi, and Shiatsu massage techniques. Relieve mental and physical fatigue through the art of massage. Massages are conducted on \$25 half-hour and \$40 one-hour sessions by appointment only seven days a week. 254-7597.

Semper Fit Shorts

Monday - Thursday, the Semper Fit Gymnasium turns up the heat featuring 30 & Over Basketball Mondays and Wednesdays, and Volleyball on Tuesdays and Thursdays.

Each night the friendly competition begins at 6 p.m. at the Semper Fit Center, Bldg. 3037. For intramural sport questions, contact Jason Enrique at 254-7591.

SM&SP sets sail for steak, crab cruise

Debbie Aisoff
MCCS Public Relations

Marine Corps Base Hawaii's Single Marines and Sailors will set sail aboard the Star of Honolulu for a Steak and Crab Dinner Cruise on Sept. 15.

Tickets normally cost \$45 per person, but are now offered for only \$30 to single Marines and Sailors. Tickets may be purchased at the SM&SP office located in Bldg. 219.

Windward Community Federal Credit Union and the SM&SP invites all single, active duty military personnel to attend the Star of Honolulu's sea adventure for a filet mignon and crab dinner, dancing on the bottom deck and onboard entertainment.

Participants will meet at the Base Library, Bldg. 219, Wednesday, Sept. 15, at 3:30 p.m. before departing to Waikiki.

This outing is in response to the suggestions of the SM&SP members, according to Dawn Williams, the SM&SP manager.

"My job as the SM&SP Manager is to really listen to the members. I am committed to providing the group with as much and as many of the outlines as they request and that fall within the MCCS guidelines," said Williams.

Other popular SM&SP activities include outer-island weekend getaways to Maui and the Big Island, sporting tournaments like the Shank & Slice Golf Tournaments and more.

Beyond the many seasonal and holiday-related events the SM&SP host and take part in, the group actively pursues six core elements to include: Quality of Life, Recreation, Health & Wellness, Community Involvement, Life Skills and Career Progression.



Graphic by Rod Kam

Mid September, single Marines and Sailors will be given a chance to enjoy a steak and crab dinner while sailing in the ocean water on the Star of Honolulu.

All single, active duty military members, to include single parents and geographical bachelors, are eligible to join the SM&SP.

For further information on SM&SP and the events coming up, contact Dawn Williams at 254-7593.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Please show your ID at the box office. Phone 254-7642 for recorded info.

Final Fantasy: Spirits Within (PG-13)
A.I. Artificial Intelligence (PG-13)
Jurassic Park III (PG-13)
Laura Croft: Tomb Raider (PG-13)
Cats & Dogs (PG)
Kiss of the Dragon (R)
Legally Blond (PG-13)

Friday at 7:15 p.m.
Friday at 9:45 p.m.
Saturday at 7:15 p.m.
Saturday at 10:15 p.m.
Sunday at 3:30 p.m.
Sunday at 7:15 p.m.
Wednesday 7:15 p.m.

Hawaii MARINE SPORTS



Staff Sgt. Craig Johnson putts for a better chance to win the MCB Hawaii, Kaneohe Bay, Commanding General's Farewell Golf Tournament.

CG says 'Aloha' at golf tournament

Story and Photos by
Pfc. Jason E. Miller
Combat Correspondent

After a cloudy morning and some brief drizzle, the sun began to shine on the green fairways at Kaneohe Klipper Golf Course Friday for Brig. Gen. R. E. Parker Jr.'s Aloha Golf Tournament.

The tournament kicked off promptly at 12:30 p.m. as nearly 150 Marines, Sailors and civilians hit the links for a day of golf and celebration in honor of the Brig. Gen. Parker's pending retirement from the Marine Corps.

In the tournament, contestants were divided into teams of four

people in which each of the players would take turns hitting the ball. The team played the best shot.

This type of golf usually results in very low scores and is not taken too seriously, which was fitting for the mood of Friday's tournament. Some of the players however, had their sights set on the bragging rights of being the tournament's champion.



Brigadier Gen. R.E. Parker and his wife Linda look out over the Klipper landscapes at the golfers playing in the commanding general's farewell golf tournament.

After more than five straight hours of golf though, only one team would be crowned the winner.

The team of Brig. Gen. Parker, Linda Parker, retired Col. Michael Olson and Leland Lindsey, a golfing instructor, claimed first prize after all was said and done.

"Today was really a great event," said Brig. Gen. Parker. "We were truly blessed to have such talent on our team. I've looked forward to having our names on the 'Wall of Shame' and



Many of the golfers on base gathered at the Klipper to say "Aloha" to the base commanding general, and play a round of golf.

it's really quite an honor."

The wall of shame is a trophy that was created by Brig. Gen. Parker for players who supposedly falsified their handicaps in order to get a lower score during competition.

After the tournament, contestants were treated to an awards ceremony for the winners of the tournament and the contestants with the ugliest Hawaiian shirt.

There was also a luau complete with live hula dancers and authentic Hawaiian food in the clubhouse.

Tee it up "fore" tots Golf Tournament

Toys for Tots
Press Release

The Kaneohe Klipper Golf Course on Marine Corps Base Hawaii will host a Two-man/woman Scramble with a blind draw on Oct. 11, 2001, to benefit Toys for Tots. All proceeds will be used to purchase new toys for the children of Hawaii.

Prizes will be awarded on all par 3's for closest-to-pin, with a long drive competition on the ninth hole for women, and 10th hole for men. Food and prizes will be provided at the award ceremony at the end of

the tournament.

Sign up early and don't miss out on a chance to play one of the premier military golf courses in the world. All paid registrations must be completed by Sept. 26. Check-in begins at 10:30 a.m. Oct. 11, and the tournament begins at 12:30 p.m.

For more information, call Staff Sgt. Ruben Villarreal at 257-1077 ext. 233 or email at villarrealre@mfr.usmc.mil.



Entry fees:

E-5 and Below	\$35
E-6 to O-3	\$45
O-4 and Above	\$50
DoD Employee	\$60
Civilian	\$75

Military retirees will be charged the price of their retiring.

TEE IT UP "FORE" TOTS ENTRY FORM

Name: _____
Last name, first name, M.I.

Rank: _____

Address: _____
City, state zip code

Phone: () _____

E-mail address: _____

NAME: _____
Last name, first name, M.I.

Rank: _____

Address: _____
City, state zip code

Phone: () _____

E-mail address: _____

Base resident hopes to take Na Wahine Sprint Triathlon

Lance Cpl.

Luis R. Agostini

Combat Correspondent

When the morning of Sept. 9 rolls around, MCB Hawaii, Kaneohe Bay, resident June McLain will put her body through a grueling test of speed, strength and endurance when she competes in the Na Wahine Sprint Triathlon here.

Women from all of the

Hawaiian Islands, as well as the continental United States, will participate in the triathlon.

McLain is no stranger to these types of events, and has been keeping herself poised for Sept. 9. She has competed in the Marine Corps Marathon in May, the King's Trail in June, and the Tinman Triathlon in July. She won her age group, 35-39, in the Marine Corps Marathon,

Tinman Triathlon and the North Shore Series. She placed third overall in the King's Trail.

Her training regimen consists of bicycling, running and swimming several days a week.

A competitive swimmer since the age of four, McLain swims an average of 2,500 yards to 3,500 yards two to three nights a week.

McLain rid herself of

any doubts about competing and looks forward to taking the Na Wahine Triathlon Sept. 9.

"I was nervous about my first event in May, but the last one I competed in, the Tinman Triathlon, I wasn't nervous at all," explained McLain. "I'm looking forward to the Na Wahine Sprint Triathlon."

"It originally got started to encourage women to participate not only in triathlons, but to take part in health and fitness as well," said KC Carlberg, Owner of Try Fitness, Honolulu, and coordinator of the Na Wahine Sprint Triathlon.

"These types of events attract women who may be intimidated in participating in coed events," said Carlberg.

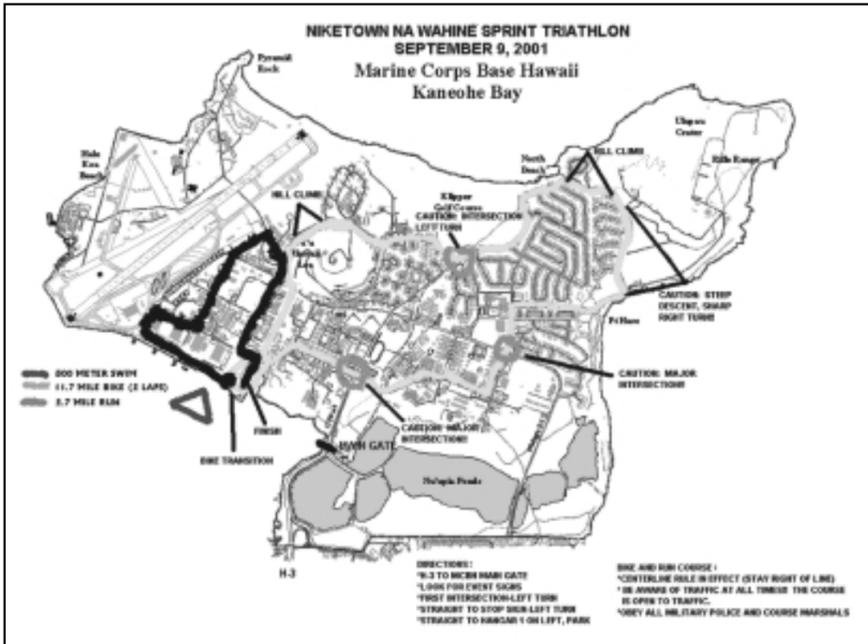
Those who wish to volunteer their time toward setting up the Na Wahine Sprint Triathlon may contact Carlberg at (808) 531-8573. Registration goes up until the day of the race.

"We encourage the spouses and boyfriends of the participants to volunteer for the triathlon," said Carlberg.



Lance Cpl. Luis R. Agostini

There will be an abundance of hills in the Na Wahine Sprint Triathlon. McLain prepares herself by running uphill and downhill.



WORD TO PASS

Case Lot Sale

The DeCA commissary is holding a sidewalk case lot sale Sept. 8 and 9. Find out more information at www.commissaries.com

Hiking, Camping, Hunting

The Hunter Education classes are being offered by the Hawaii Department of Land and Natural Resources, Sept. 7 from 5:45 to 10:15 p.m., and Sept. 8 from 7:45 a.m. to 3:30 p.m. The classes are open to anyone 10 years of age and above. Call 587-0200 to pre-register for the class or for more information.

Camp Smith 5k Grueler

The date for the Camp Smith 5K Grueler race has been changed to Oct. 6.

Financial Workshop

A two week course designed for individual investors interested in learning more about how to establish realistic investment objectives is available Aug. 28 and 30 from 6 to 7:30 p.m. at the Aiea Branch of Edward Jones. Call 487-5066 for reservations or more information.

Women's Conference

The 7th Annual Joint Women's Conference will be held Oct. 19 and 20, at the Hickam Officers Club. This conference is for active and retired military wives throughout Hawaii and is designed to enrich, empower, uplift and motivate in their challenging rolls as women, wives, mothers, sisters, professionals and community leaders.

For more information call Rae-Anna Bonilla, the Marine liaison, at 455-1744.

Race for the Cure

Applications are now available for the Susan G. Komen Hawaii Race for the Cure, which will be held Sept. 30

at Kapiolani Park. The event features both a 5K run and one-mile walk. Registration is \$18 (\$22 after Sept. 22). To find nearest location with entry forms call 973-5967.

Travel Books Boost Morale

Military Living Publications has published new editions of two guides for military and their families, "Military Space-A Air Opportunities Around the World" and "Temporary Military Lodging Around the World." The books are available at military exchanges worldwide and by mail order from www.AAFES.com. For more information on the books, visit the Military Living website at www.militaryliving.com.

The Odd Couple

Joe Moore and Pat Sajak are coming to Hawaii, Sept. 27 to 29 to star in "The Odd Couple," presented by Manoa Valley Theater and Hawaii Theater. Tickets range from \$17.50 to \$37 and can be purchased at the HTC Box Office.

Miss Chinatown

Miss 2002 Chinatown scholarship pageant takes place Saturday at the Hawaii Theater at 7 p.m. Tickets are \$23 and available at the HTC Box Office.

Honor Hawaii's Former POWs

In conjunction with the grand opening festivities of the Hilton Hawaiian Village Kalla Tower, the Hawaii Foodbank invites all military personnel to honor Hawaii's former POWs during the 2001 Patriots Celebration Sept. 14 at 6 p.m. at the Hilton Hawaiian Village Coral Ballroom. For more information, contact the Hawaii Foodbank at 836-3600 ext. 228.

Fire Fighter Appreciation Week

The Hawaii Chapter of the Muscular Dystrophy Association is sponsoring Fire Fighter Appreciation Week in Honolulu from Monday to Sunday.

For more information about the services provided by the Muscular Dystrophy Association, call 548-0588.



MARINE MAKEPONOS

HAWAIIAN FOR "MARINE BARGAINS"

Autos

1998 Honda Accord \$500 OBO must sell, needs clutch. Call Marisol at 349-2627.

Boats

17-foot kayak, red, two-man with see through bottom \$500. **16-foot Hobie catamaran**, yellow hulls, rainbow sails, ready to sail. Asking \$1,400 OBO. Call 253-0194.

Real Estate

Room for rent, female preferred. \$400 for 3 bedroom condo in Makiki (near Waikiki). Call 528-1095.

Studio, large, quiet valley cul-de-sac, near mountains, ocean view, utilities included, no down payment, 10 minutes from H-3, \$550 per month. Leave number at pager, 287-4215.

Yard Sale

Down sizing Saturday 7 a.m. to 1 p.m. at 6300 B Gier Street, call 254-0053.

The deadline for submitting Marine Makeponos ads is 10 a.m. Friday the week prior to publication.

Makepono ad forms may be filled out Monday through Friday from 7 a.m. to 5 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216.

Ads must be submitted in person and will be accepted only from active duty and retired military personnel, their family members and MCB Hawaii civil service workers.

Ads are free and will appear in two issues of the Hawaii Marine.

Marine Makeponos may be used only for noncommercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads must represent incidental exchanges, not of a sustained business nature.

Ads are run on a first-come, first served, space-available basis.

The Buck Stops Here

