

LIFESTYLES



At one end of the Family Day area, a bounce house was set up for children to literally bounce off the walls.



One of the goals of the 1/3 Family Day is to introduce the families to each other, before their Marines go to Okinawa for a seven month UDP. The interaction between families allows them to build support during the separation.

1/3 holds gathering before deployment

Story and Photos by
Cpl. Roman Yurek
Combat Correspondent

Today, the final group of the main body from 1st Bn., 3rd Marine Regiment, left for Okinawa, Japan, for a seven-month trip as part of the Unit Deployment Program.

Prior to deploying, on June 28, the battalion held a Family Day, at which families could meet and support each other while their Marines were on deployment.

"This event gets us together for one last battalion function," said Jeanette Urquidez, the battalion Key Volunteer coordinator, explaining that the battalion is more than a group of Marines, but a family in of itself.

Family Day followed an intense string of sporting events that the battalion held. As the families gathered at the picnic benches, the Marines began their pugil stick competition. Then some of the wives and children gathered around the volleyball court to see the Marines bash each other with the padded sticks.

Besides this demonstration, the families sat with other families and got to know each other.

For Gunnery Sgt. Ruben Castillo, the motor transportation chief for Headquarters and Service Co., 1/3,

the event allowed him to spend the last days of his time on island with his 5-year-old son Samuel.

"It's a great chance for the wives and children to see some of the things we do," said Castillo after getting a cone of shaved ice for his son.

Like any party, food was a big part of the event. A line stretched for nearly 50 yards, filled with Marines and family members waiting to get a plate of chicken and hot dogs.

The Marines left July 3-5 and the final group deploys on July 12. For seven months the battalion will be training in Okinawa and other areas on the Pacific Rim.

Lieutenant Col. Joseph Osterman, commanding officer for 1/3, said that even though the operational tempo will be high, the Marines will get time off to learn about the culture.

He also said that the base supplies good facilities like fitness centers and a theater, so the Marines can relax when they get time off.

Now, the husbands are across the ocean from their wives and for seven months they will not see each other. Urquidez said that she plans on holding a monthly activity for the wives of the battalion to help build support groups for one another.



Petty Officer 3rd Class, Glenn Davis, a corpsman for 1/3, uses a straw to feed his daughter Kamryn. Davis said that leaving his daughters Kamryn and Jakaia will be the hardest part of the deployment.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Aisoff, MCCS Public Relations

Summer Safety

The Armed Services YMCA welcomes parents and their small children to attend a free Water Safety brief, Monday in Bldg. 579 at 9 a.m.

During this 30-minute brief, a certified member from Marine Corps Community Services Water Safety will empower you with water safety tips.

Fill your summer with safe splashes. For additional information or reservations, call Jodie Westin at 254-4719.

Pigskins, Pom-poms and Pucks

Round up your keiki for the next round of youth sports. Youth Activities is accepting applications for Windward Federal Credit Union's youth Flag Football, Cheerleading and In-Line Hockey now through July 31 at the Youth Center, Bldg. 5082.

Registration fee for Flag Football and Cheerleading is \$30 for Youth Activity members and \$40 for non-members. Registration for In-Line Hockey is \$60 for members and \$70 for non-members.

Flag Football and Cheerleading season begins September 29 and practice starts August 27.

In-Line Hockey season commences September 22 with practices beginning

August 27. Parents should call Youth Activities at 254-7611 to inquire about age requirements.

Also, volunteer coaches are sought for all three sports.

Marine Corps Marathon Lottery, July 17

A lottery will be conducted for assignment of 500 slots into the Marine Corps Marathon, scheduled for Oct. 21 in Washington, D.C. The lottery will be conducted July 17. All interested patrons must pay full registration and contact the MCCS Athletic Office.

H.E.L.P. is Here

To help offset the cost of In-Line Hockey, "H.E.L.P." is coming to K-Bay Youth Activities.

Former European ice hockey player and retired National Hockey League official, Ronny Van Gompel, pioneered the "Hockey Equipment Lending Program" as he became astutely aware that many children were not able to play hockey due to equipment expense.

As MCB Hawaii youth register for Youth In-Line Hockey, participants on a first-come, first-served basis may take advantage of this program.

According to the H.E.L.P. agreement, "HELP invites any child to

submit an application for consideration. Upon approval, the child is fitted for the appropriate equipment."

To discover more purpose and agreement content details of H.E.L.P., contact Youth Sports Coordinator, Clark Abbey at 254-7611.

MCCS Athletics

MCCS Athletics is seeking a basketball coach and assistant coach for the MCB Hawaii Varsity Basketball Team. The team will travel to Camp S.D. Butler, Japan to compete in the MARFORPAC Men's. Regional, October 7 - 14. Command authorization is required prior to being accepted.

Bundle-of-Joy on the Way?

Are you and your significant other expecting little sounds of pitter-patter soon?

Here is your first tip: Children do not come with instructions. To help prepare parents-to-be, the Marine New Parent Support Program offers a free two-day class, "Dad's Baby Boot Camp and Mom's Basic Training."

This class features training in childbirth education, infant care, post-natal resources and welcomes all authorized military ID cardholders.

The next Dad's Baby

Boot Camp & Mom's Basic Training class is scheduled Tuesday & Wednesday. For more information and to make reservations, call 257-8803.

Backstrokes and Butterflies

If you're ready to make a splash this summer but don't have a swimming technique down, register now for the next session of summer swim lessons offered through Water Safety, held at the K-Bay Main Pool.

Summer swim lessons run from July 10 - 20, July 24 - August 3 and August 7 - 17.

From Water Babies, (infant swim lessons), to preschool and adult—Water Safety is ready to get you swim savvy. Water Safety also offers surfing and springboard diving lessons. Call 254-7655.

Couples Communication Class

He Said, She Said... Say What? Why is communicating with your partner so difficult? It doesn't have to be if you learn and practice effective listening and expressive communication techniques.

It's not as hard as it sounds. Couples experiencing communicative roadblocks are invited to attend the free six-week class, "He Said, She Said," beginning on Wednesday.

Participants will meet each Wednesday in Bldg. 216, room #57 from 2 - 4 p.m. Recapture the magic that brought the two of you together. For questions and reservations, call 257-7780.



Great Minds L.I.N.K.S. Alike

Military life is rewarding—and challenging. Married military life poses its own set of rewards and challenges.

As a military spouse it helps to have a friend decipher military jargon, customs, traditions and endless acronyms—now you have that friend. The Lifestyle Insights, Networking, Knowledge & Skills group, (L.I.N.K.S.) is designed to welcome and prepare new military spouses for military life through day and evening workshops held at the L.I.N.K.S. house, Bldg. 3074.

Your next L.I.N.K.S. op-

portunity is July 16 - 19 from 6 - 8:30 p.m. Reservations are required. Free onsite childcare may be available if requested when placing reservations. For additional information, call 257-2368.

Bettin' the Farm

Most successful entrepreneurs share a few fundamental qualities. In order to gain a competitive edge in the market place leaders must encompass an aspiration toward excellence, have a deeply rooted belief in a product or service and possess a high risk-taking threshold. Together, these elements strategically foster a healthy foundation to create a business.

But there's more. To help take the worry and mystery out of starting your business, Personal Services is hosting a free "Starting & Financing Your Own Business" course on July 17 in Bldg. 267 room 2 from 9 - 11 a.m. This class welcomes all authorized military I.D. cardholders who make reservations.

During this two-hour business course, you'll gain the knowledge and insight to help detour the many business start-up obstacles. If you have a desire to work for yourself, make it happen. We can show you how. Call 257-7790.

SM&SP



(Open to single, active duty military members.)

Hoist Up Your Sails

Now is the time to learn to sail. Classes are offered July 16 - 20 and August 13 - 17 at the Base Marina for only \$15 (Regular price is \$69). This special discount applies to single, active duty only. Call 254-7593 or 254-7666.

BayFest Striker and Hooters Dunk Tank

The BayFest Striker and the Hooters Dunk Tank will be available Friday, July 13, 5 p.m. - 9 p.m.; Saturday, July 14, noon - 9 p.m.; and Sunday, July 15, noon - 9 p.m.

"Top-Dog Dunk"

Is it fun or is it revenge? How about "Yes." Commanding officers and sergeants major will be perched inside the Hooters' Dunk Tank ready to take your heat. Slam 'em down—hit 'em hard. It's all in good fun, right? Only \$1 for three balls.

Strike a Prize

You're challenged to "Strike a Prize" with the Striker at BayFest 2001. How many times can you swing the Striker? How hard can you hit the Striker? This is your chance to be the Striker Superhero, \$1 per swing or pay just \$5 and go for the record—the most consecutive hits. Call 254-7593 for more info.

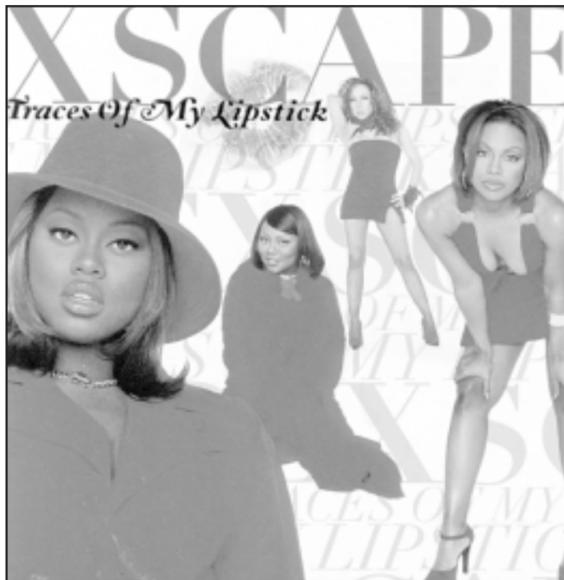
BAYFEST 2001



Courtesy of MCCS

The hip-hop sensations of Forte will command center stage at Ocean Concepts BayFest, July 13, beginning at 7:45 p.m. on the KGMB stage.

Several top acts to play at July 13 Music Fest



Courtesy of MCCS

R&B favorites Xscape will headline BayFest, July 13, beginning at 9:30 p.m., on the KGMB stage.

Debbie Aisoff MCCS Public Relations

If it's R&B concerts you crave, MCB Hawaii, Kaneohe Bay, invites you to ride the BayFest Music Wave, July 13 as I-94, Hawaii's Real Hits Radio presents Xscape, live in concert at 9:30 p.m. on the KGMB main stage.

Put your money away—all Ocean Concepts BayFest concerts are free with a paid admission. Xscape is a sultry, soulful, all-female group from Atlanta and has performed at the BET Teen Summit, "Soul Train" and on Showtime at The Apollo.

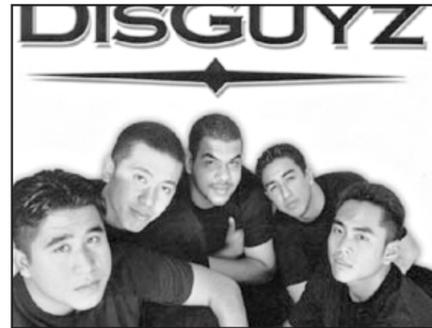
Xscape is set to groove the KGMB main stage with their platinum hits, "Understanding," "Just Kickin' It," "Who Can I Run to?" and "Traces of My Lipstick."

The 12th Annual BayFest is scheduled July 13 - 15 at K-Bay and welcomes over 30,000 island-wide guests.

Preceding Xscape, hip-hop commands center stage with Forte live from 7:45 - 8 p.m. Harmonious, in-depth R&B group, Disguyz kicks it from 8 - 9 p.m. For late-

night BayFest goes, the I-94 Dance Party gets busy from 10:45 p.m. - 2 a.m.

Get the hottest ticket in town — advanced tickets are a \$33 value for only \$6 and are available through unit representatives or through the MCX Cash Cage. Each advanced ticket admits one and provides three carnival rides and two Papa John's Pizza coupons.



Courtesy of MCCS

The R&B harmonies of Disguyz will showcase, July 13, from 8-9 p.m. on the KGMB stage.

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 information.

Pearl Harbor (PG-13)
Angel Eyes (R)
Pearl Harbor (PG-13)
Bridget Jones' Diary (R)
Pokemon 3 (G)
Angel Eyes (R)
A Knight's Tale (PG-13)

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

Hawaii MARINE SPORTS

B-3, Hawaii Marine Sports Page

July 5, 2001

1/3 rallies in pre-deployment sports day

Cpl. Roman Yurek
Combat Correspondent

A majority of 1st Bn., 3rd Marine Regiment, has deployed for Okinawa, Japan, the past three days, but before they left, each company played for battalion bragging rights and some possible liberty in Japan.

Each company split up into teams for one of seven competitions, held June 28 for the battalion's Sports Day.

At 8 a.m., Risley and Annex fields became the battle grounds for 1/3's softball teams.

"We got the best team out here," boasted Lance Cpl. Jared Hebert, right center fielder for Alpha Co.'s team.

Alpha did beat Charlie Co., but their next game against Headquarters and Service Co. was no walk in the park. This

game could have lasted five innings, but due to the "ten run mercy rule," Alpha hung up their mitts, giving H&S Co. the win.

All the events were double elimination. For some of the teams, that is what helped them win an event.

At Landing Zone Eagle, each company's best kickers played in the soccer portion of the competition.

Back at the sand volleyball courts, Lance Cpl. Patrick Fearick, from Charlie Co., was pounding the ball into the sand.

In Charlie's game against Alpha Co., Fearick's spiking power allowed his team an easy victory over their fellow line company.

Team sports were not the only events that the Marines had to go through.

Inside the Semper Fit Center, Marines gathered to show what company had the

strongest Marines.

The final event of the day acted as both a competition and demonstration. In one half of the volleyball court, Marines wearing flak jackets, helmets and pugil sticks duked it out.

Each match was over when one Marine had two "killing" strikes. All hits were normally to the head.

After this competition, Alpha and Charlie were back at each other's throats. The rivalry between the two played a prominent role in the competition.

When all the events were finished and the scores were tallied, Charlie came out victorious with 26 points.

Though they only dominated the soccer games, their teams were always in the top three.

Charlie was followed closely by H&S Co. with 25 points and third place went to Alpha Co. with 21 points. Bravo and Weapons Co. tied for fourth with 18 points.



Cpl. Roman Yurek

Patrick Fearick, a player for the Charlie Co. volleyball team, pounds a spike past his defenders. The authority Fearick put on his spikes enabled his team to win the volleyball competition.



Cpl. Roman Yurek

The last of the events played during the 1/3 Sports Day was the pugil stick matches. It was held during the 1/3 Family Day as a demonstration for the families and bragging rights for the companies.

Water activities will saturate all ages at BayFest, July 13-15

Debbie Aisoff
MCCS Public Relations

Your wet, wild summer begins at BayFest for three days of BayFest WaterBlast. The 12th annual Ocean Concepts BayFest is scheduled aboard Marine Corps Base Hawaii July 13 - 15 and is open to the public. Set by the bay, your water activity begins with Ocean Concepts free scuba sessions and equipment demonstrations, Coconut Island Boat Rides, Go Bananas Kayak Rides and PADI Diving Society Seminars.

Ocean Concepts also invites keiki to enter their Children's Snorkeling Treasure Hunt inside the demonstration pool, Saturday, July 14 from 1:30 - 2:30 p.m.

Certified divers will want to get in on the competition down under during Ocean Concepts Underwater Treasure Hunt, Sunday, July 15 from 9 a.m. - 1:30 p.m.

Whether you're a veteran or nautilus novice, BayFest WaterBlast acquaints you with the Windward surf.

BayFest WaterBlast continues with the Fishing Tournament, Saturday, July 14 from 7 a.m. - 4 p.m. Fishing awards are presented Sunday, July 15th. And spanking the surf is a BayFest first, with a Paddleboard Competition, July 15 from 1:30 - 2:30 p.m. A little later that day, fest-goers will want to catch the comical ORINCON Hawaii Bathtub

Regatta from 3 - 4 p.m. at the waterfront. Many four-person teams race their homemade water vessels for awards like First to Sink, Most Comical and more.

The 12th Annual Ocean Concepts BayFest at Marine Corps Base Hawaii will welcome over 30,000 guests July 13 - 15. Get your BayFest advance tickets at all Oahu Papa John's Pizza Locations for only \$6. BayFest advance tickets include one BayFest admission, three Fernandez Carnival rides and two Papa John's Pizza coupons—a \$33 value! Now, that's a BayFest bargain.

Laser Fantasy, International will light up the sky each night at BayFest for spectacular 25-minute laser light shows. All this and more at BayFest 2001. For more information, call 254-Kbay or logon www.bayfesthawaii.com.

First ever Strongman contest to debut at BayFest, July 14, team entries welcome

Debbie Aisoff
MCCS Public Relations

Eat your Wheaties. Eat your spinach and get pumped to enter the first time ever BayFest Strongman Competition, Saturday, July 14 at 5:30 p.m.

The BayFest Strongman Competition is a five-member team race against the clock as muscle-bound bodies engage in the Truck Pull, Keg Stack and Axle Lift.

The Strongman Competition registration fee is \$50 and the first 12 teams to register will be accepted. This contest is one of many at Marine Corps Base Hawaii's 12th Annual BayFest that is open to the public and takes place July 13 - 15 aboard MCB Hawaii, Kaneohe Bay.

Aspiring Strongman contestants should call 254-7593 or logon www.bayfesthawaii.com for a complete list of rules, waivers and registration information.

Ocean Concepts BayFest will also keep your adrenaline pumped with a Boxing Challenge, Saturday, July 14 from 6:30 - 8 p.m. and the adventure continues for thrill-seeking BayFest goers with the new E.K. Fernandez carnival ride the Spin Out.

From contests, free mainland concerts featuring Sister Hazel and Xscape to local entertainment including, Forte, Natural Vibrations, Ten Feet and Kalapana, E.K. Fernandez carnival rides, car shows, military static displays and more, Ocean Concepts BayFest is sure to get you pumped.



Courtesy of MCCS

Keiki enjoy water activities at BayFest 2000.

WORD TO PASS

Outdoors Education Classes

Hikers, campers and hunters are invited to attend any Hunter Education Class offered by Hawaii's Department of Land & Natural Resources. to receive certification.

Subjects covered include: firearms safety, archery safety, survival, first aid, wildlife identification, conservation, rules and regulations, game care, and outdoor responsibility.

Four sessions will be offered beginning in August through September, and participants must attend the two classes which make one complete session to receive their certification.

Classes are open to adults and children who are at least 10 years old. and enjoy the outdoors.

Classes are free and will be offered at several locations.

Session One dates are Aug. 3 from 5:45-10:15 p.m. and Aug. 4 from 7:45 a.m. to 3:30 p.m. The class location will be at the Waianae Public Library (which is after the Waianae Fire Station and on the same side of the road).

Session Two dates are Aug. 24 from 5:45-10:15 p.m. and

Aug. 25 from 7:45 a.m. to 3:30 p.m. Location will be the Nimitz Business Center at 1130 N. Nimitz Highway, #A-151, ground floor (which is the same building as the New Eagle Cafe that faces Nimitz).

Session Three will be held Sept. 7 from 5:45-10:15 p.m. and Sept. 8 from 7:45 a.m. to 3:30 p.m. Location will be Schofield Barracks, Building 1181.

Session Four will be held Sept. 21 from 5:45-10:15 p.m. and Sept. 22 from 7:45 a.m. to 3:30 p.m., at the Nimitz Business Center location.

For more details or to pre-register, contact the Hunter Education Office at 587-0200.

All students are required to provide a picture ID at the door.

Hawaii Theater

Tommy Davidson from "In Living Color" fame, will headline, July 28 at 8 p.m., with special guest Andy Bumatai.

Tickets are \$27.50. Music lovers can catch "Piano Mania" to be presented by the Hawaii Music Teachers Association, Sunday, with performances at 1 and 4:30 p.m. Admission is \$7.

Tickets for any Hawaii Theater event can be purchased at the Box Office located at 1130 Bethel Street. To charge by phone call 528-0506, or for more information, call 732-7733.

Diamond Head Theater

Catch the Rodgers & Hammerstein family musical "Cinderella" at the Diamond Head Theatre. Performances begin Friday and will run Thursdays through Saturdays, through July 22.

Tickets are \$10-\$40, dependent upon seating. Discounts are available for students, seniors and military.

Call 734-0274 to charge by phone, or 732-7733 for more information.

Base Chapel Hosts Christian Leadership Academy

A new program that will surely energize the young people at MCB Hawaii, Kaneohe Bay, is in the works. The Catholic community has put together a week-long summer Christian Leadership Camp, July 23-28, for students who will be entering 7th-12th grade this fall.

The youth will gather July 23 and, with the help of CREDO and some Myers-Briggs Type

Indicator techniques, assess the students' personality strengths and skills.

Some of the topics to be discussed are "What is my vision for the future?" and "What talents in me will help me break into that future?"

July 24, the First Class from VP-4 will coordinate a "Sports Day," which will include some insights on leadership and character building.

July 25 will be a spiritual time away to the North Shore. Dynamic youth leaders from St. Patrick's will give some ideas on identifying the obstacles within ourselves that keep us from being good leaders.

July 26 the group will consider some real needs on MCB Hawaii, Kaneohe Bay, and in its surrounding communities, to decide where to focus and test their newfound leadership skills.

Then July 27-28 will culminate the comprehensive program with a camp out, bringing together fun and discussion of some insights discovered throughout the week.

For registration information, including times and locations, please call Grace Galindo at 265-6961 or the Base Chapel at 257-

3552.

Couples Communication

Couples who are brave enough to face the challenges of real life male-female communication are encouraged to attend the free classes offered by the Marine Corps Community Services entitled, "He Said, She Said."

Classes will meet six consecutive Wednesdays, beginning Wednesday, from 2-4 p.m. in Bldg. 217, Room 57.

Call 257-7780 to schedule an orientation interview and to begin using effective communication in your marriage.

Hospice Hawaii Needs Volunteers

Hospice Hawaii needs volunteers to help with its quarterly newsletter mailing. The task requires folding newsletters for three to four hours, lifting and carrying boxes of 25-30 lbs., and setting up and breaking down tables and chairs.

Remaining quarterly newsletter mailings will take place Monday and Oct 8, from 8 a.m. to noon, at the Manoa Valley Church at 2728 Huapala St.

To volunteer call Lani Miyahara at 924-9255, ext. 245.

MARINE MAKEPONOS

HAWAIIAN FOR "MARINE BARGAINS"

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.

Autos

1988 Bonneville, all power, A/C, great island car, cosmetically-challenged, \$300. Call 254-2135.

1988 Nissan Stanza, power everything, great island car, very dependable. \$1,500 OBO. Call Tim at 254-8084, nights and weekends, or 257-2207, days, for Staff Sgt. Nelson.

1984 Chevy Van, automatic. Previous ASYMCA van. Call Jake at 473-1427 for more information.

1965 Ford Mustang, red,

V-8, runs good, power trunk, power windows, CD player, must see, \$5,000 OBO. Call Pete at 256-5753.

Scoters

1998 Honda Elite scooter, 80cc, excellent condition, good for getting around base. Leaving the island, must sell. \$1,100 OBO. Call 254-4220.

Miscellaneous

Excel wetsuit, \$70; BC

Dacor Enduro, never used, \$200; **Farmer John wetsuit**, \$35. Call 254-6086.

Computer, Suunto Solution Alpha 3, with Genesis micro-regulator, plus two tanks, U.S. divers Octopus with Athena BC. All for \$900 OBO. Call 254-6086 for more information.

Appliances

Wanted: air conditioners, power tools and a refrigerator. Call 261-2327.

Furniture

Corner computer desk w/ergo chair, \$90; **metal desk**, \$60; **glass table** w/marble-like base, \$250; **baby swing**, \$12; **OBO** for all. Call 261-2327.

Real Estate

Room for rent, \$400 per month. Share a 3BR/2BA, family room and fireplace. One block from beach and two miles from K-Bay on North Kalaheo. Call 263-3653.