

# Hawaii MARINE

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March 21, 2003

## WAR BEGINS!

**Jim Garamone**

*American Forces Press Service*

WASHINGTON — Operations to disarm Iraq have begun, President Bush announced during a speech to America Wednesday.

The president confirmed the early stages of military operations to disarm Iraq, to free its people and to defend the world.

News reports from Baghdad showed anti-aircraft artillery streaming into the sky. Western reporters spoke of hearing bombs drop in the western part of the city, which is home to many government buildings.

"On my orders, coalition forces have begun striking selected targets of military importance to undermine Saddam Hussein's ability to wage war," the president said from the Oval Office at 10:15

p.m. Eastern time.

President Bush stressed this will be a broad and concerted campaign.

He said the coalition of 35 nations contributing in a variety of ways is moving to disarm Hussein and put a stop to his murderous rule.

"Every nation in this coalition has chosen to bear the duty and share the honor of sharing in our common defense," President Bush said.

The commander in chief had direct words for the more than 250,000 U.S. service members in the area of operations.

"The peace of a troubled world and the hopes of an oppressed people now depend on you," the president said. "That trust is well-placed.

"The enemies you confront will soon know your skill and bravery. The peo-

See WAR, A-2

## Base safety is number one priority

**Lance Cpl. Monroe F. Seigle**

*Combat Correspondent*

Several safety precautions have recently been implemented across MCB Hawaii due to elevated Force Protection Conditions.

One of the major precautions are the safety barriers placed around establishments on base, which restricts vehicles from parking within 25 feet of a building.

"The message we want to get out to MCB Hawaii is that we are not trying to harass or unnecessarily inconvenience people with the 25-foot standoff policy," said Master Sgt. Jerry VanLancker, anti-terrorism chief for MCB Hawaii. "We are trying to safeguard people working in the establishments aboard the base. The parking restrictions make it easier to identify vehicles that could possibly pose as a threat.

"It is also not our intention to create a paranoid environment," added VanLancker. "We just ask that people understand the situation at hand and deal with the necessary precautions that have been established by higher command. They are here to make residents safe."

There has not been a set date to determine when the restrictions will be lifted, but it is not foreseeable in the near future, noted VanLancker.

"In terms of safety, we evaluate all the conditions and have modified the parking conditions of some buildings," explained VanLancker. "Changes are determined based on the building's purpose as well as its function, or whenever safety becomes a factor."

Along with parking restrictions, there is a 100 percent identification check enforced on all entrances entering MCB Hawaii.

During the elevated security levels, residents are urged to be aware of their surroundings and to look for things out of the ordinary.

Any suspicious activity should be reported to the Provost Marshal's Office at 257-9111, for emergencies only, or 257-7114 for non-emergency situations.

## Staying combat ready



Lance Cpl. Monroe F. Seigle

POHAKULOA TRAINING AREA — Marines from Bravo Co., 1st Bn., 3rd Marine Regiment, load a 60mm mortar round during a training exercise at PTA, where they were deployed from Feb. 13 until March 13. See the full story on page A-3.

## Safety gear keeps motorcyclist alive

**Lance Cpl. Monroe F. Seigle**

*Combat Correspondent*

The car appeared from out of nowhere, or so he thought as he skidded to a stop and crashed straight into it.

The motorcycle was damaged beyond repair, and the rider was thrown several feet.

However, he recovered quickly and was able to go home and tell his family about it, instead of a police officer assuming the responsibility of informing his family of a tragic loss.

The driver was wearing his safety

equipment. It saved his life.

Every year, all across the world, motorcyclists are involved in accidents, and they sustain injuries that could have been prevented had they been wearing the proper safety equipment.

Staff Sgt. James W. Seeger, a recovery staff noncommissioned officer in charge with Marine Corps Air Facility aboard MCB Hawaii, Kaneohe Bay, was recently involved in a motorcycle accident.

Because he was wearing the prescribed safety equipment, he suffered only a few minor scratches and missed only one day of work.



Lance Cpl. Monroe F. Seigle

Staff Sgt. James Seeger of Marine Corps Air Facility stands beside his motorcycle after the accident. He was not injured because of his safety equipment.

"Had it not been for my safety equip-

See SAFETY, A-6



Lance Cpl. Monroe F. Seigle

Lance Cpl. Richard Johnson, a 1/3 food service specialist, receives honors from Brig. Gen. Jerry C. McAbee, commanding general, MCB Hawaii.

## Chef of the Quarter brings taste to MCBH

**Lance Cpl. Monroe F. Seigle**

*Combat Correspondent*

The grilled chicken breasts smothered in cream of mushroom soup and topped with seasoned bread dressing was so good, many just couldn't resist going back for a second helping of the delicious entrée. This is why Lance Cpl.

Richard Johnson, a food service specialist from 1st Bn., 3rd Marine Regiment, won the Chef of the Quarter distinction at the Anderson Hall dining facility aboard MCB Hawaii, Kaneohe Bay, March 13.

Johnson began preparing the dish the day prior to the competition. He used a patriotic theme when he decorated his display table with a variety

of colorful cakes resembling the World Trade Center and the Pentagon.

Complementing the savory, perfectly seasoned chicken breasts, were some mouth-watering roasted garlic mashed potatoes and delectable brown mustard string beans. For dessert, he created a butter-milk cake with raspberries and blueberries, which resembled

the American flag.

The dishes were judged on their appearance, creativity, presentation, sanitation and, of course, taste.

"I was relieved when I won the competition," said Johnson. "I saw how hard all the other competitors worked and how much time they spent

See CHEF, A-6

# MCBH NEWS BRIEFS

## WOMEN'S HISTORY LUNCHEON

In observance of Women's History Month the Anderson Hall dining facility will be hosting a Women's History Luncheon March 28 from 11 a.m. until 12:30 p.m.

The luncheon will feature guest speaker Mrs. Eleanor Warner from the Women Marine Association.

## THRIFT SHOP HOLDS SALE

The All Enlisted Spouses Club Thrift Shop is having a huge bag sale April 4 from 10 a.m. until 2 p.m., to raise money for the AESC scholarship.

All clothing that can be fit into a brown paper bag will be only \$10. All money raised will go to support the scholarship fund. Patrons are encouraged to come out and support the program and pick up some great deals at the the Thrift Shop.

For more information, call 254-0841.

## VOLUNTEERS ARE SOUGHT

Military and DoD employees of MCB Hawaii are encouraged to lend support with several upcoming community projects.

- "Stewardship Day": Help with Salvinia Molesta removal from Kawai Nui Marsh, restoration of native vegetation and clean-up of Kapaa Quarry Road, Saturday (March 22). Call 263-6001 to volunteer.

- "Kokua at Kailua": Representative David Pendleton, R-Kailua/Kaneohe, encourages all residents to help clean-up Kailua Beach, April 6 from 9 to 11 a.m.

## PWM CLOSES UNTIL MAY

The Pacific War Memorial aboard MCB Hawaii, Kaneohe Bay, will be closed to all ceremonies, parades and visitors until late May, due to construction.

Improvements underway include seeding the turf, building a parking lot, and improving the irrigation system.

Questions regarding use of the Pacific War Memorial should be directed to Master Sgt. Willie Currie, G-3 chief, MCB Hawaii, at 257-8819.

## Hawaii MARINE

|                         |                              |
|-------------------------|------------------------------|
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| Sports Editor           | Cpl. Jessica M. Mills        |
| Staff Writer            | Lance Cpl. Monroe F. Seigle  |

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To contact the MCB Hawaii Public Affairs Office use the following addresses:

HAWAII MARINE, BOX 63062, BLDG. 216,  
MCB HAWAII, KANEOHE BAY, HAWAII 96863  
E-MAIL: HAWAIIIMARINE@MCBH.USMC.MIL  
FAX: 257-2511, PHONE: 257-8840

# IN THE CG'S MAIL BOX



BRIG. GEN.  
MCABEE

Submitted by Mrs. Amy Roberts, family member

*"My young children are frightened by these montages of sex, killing and paranormal horror."*

Dear Sir,

I appreciate the reduced cost offered at the base theatre. We can see movies more often because of the deal Marine Corps Community Services provides military families.

My complaint is specifically regarding the previews before the films.

Previews are rated just like movies, and civilian theaters follow these guidelines to match children's films with appropriate previews.

The base theater frequently ignores these ratings and shows "R" rated and unrated movie previews before "G" and "PG" attractions.

My young children are frightened by these montages of sex, killing and paranormal horror.

Whether or not the parents of the children in the audience are interested in seeing these movies, it does not make them appropriate for children.

I, and other parents, would appreciate MCCC following the rating

guidelines for film previews at all base theaters.

Sincerely,  
Mrs. Amy Roberts

Mrs. Roberts,

I have been asked by the commanding general to research and respond to your recent email, as your concern falls within my area of responsibility.

He appreciates that you have taken the time to participate in the CG Mail program.

You are absolutely correct! We appreciate your concern and fully support your view that movie preview trailers that contain movie scenes and language inappropriate for younger audiences should not be shown before "G" and "PG" rated movies.

Unlike those you mentioned in

your letter, our movie previews are provided through the Navy Motion Picture Services and are all rated "approved for all audiences."

Effective immediately, our theater staff will review all movie preview trailers to ensure they are appropriate before showing at "G" and "PG" rated movies.

If the movie preview trailers include "R" rated material, the movie preview trailer will not be shown. In these cases, the movie will begin immediately following the National Anthem.

Thank you for taking the time to share your concerns with us, and for participating in the CG Mail program.

We look forward to seeing you and your family at the movies.

If I can be of any further assistance, please feel free to contact me at 254-7500.

Mr. William B. Lindsey  
Assistant Chief of Staff, MCCC

*(Editor's Note: Letters of any length may be trimmed and edited in the interest of good taste and brevity.)*  
The commanding general invites input from the base community via C.G. Mail on the following topics: What are we doing that we shouldn't be doing? What are we not doing that we should be doing? What are we doing that we should be doing better?  
Responses should include a recommendation that will help solve the problem and must include your name and return address so that staff may respond.  
For more information about how to send C.G. Mail, see the MCB Hawaii C.G. Mail page at [www.mcbh.usmc.mil/command/cgmail.htm](http://www.mcbh.usmc.mil/command/cgmail.htm).

# Devoted to the Corps



Cpl. Jessica M. Mills

Ferdinand A. Madriaga, an architecture technician with the Housing Department aboard MCB Hawaii, Kaneohe Bay, receives an award from Brig. Gen. Jerry C. McAbee, commanding general, MCB Hawaii, in recognition of 25 years of service for the U.S. government. Other civilian Marines recognized were Patrick W. Yeehoy, a building maintenance inspector with Family Housing Department; Lawrence K. Lum and Ralph V. Taylor, both plumbers with the Facilities Department, all celebrating their 25 years in government service. Also, Capt. Walter D. Romine Jr. was awarded the Navy and Marine Corps Commendation Medal for meritorious service as the officer in charge of the Explosive Ordnance Disposal Branch, Marine Forces Pacific. Sergeant Luke S. Telford, driver for the commanding general, was awarded the Navy and Marine Corps Achievement Medal for superior performance of his duties from June 2002 - March 2003.

## WAR, From A-1

ple you liberate will witness the honorable and decent spirit of the American military."

President Bush said that once again Saddam Hussein has placed innocent civilians amid military targets. He assured the world that coalition forces will do all they can to minimize Iraqi casualties.

He observed the conflict will be dangerous, but U.S. commitment will not end with victory.

He promised America will help feed the population of Iraq and rebuild the infrastructure of the oil-rich land. But even then, the United States will not stay in the nation one second longer than necessary.

"We have no ambition in Iraq except to remove a threat and restore control of that country to its own people," President Bush said.

The president also spoke of the sacrifice made by the relatives of American service members.

"I know that the families of our military are now praying that all those who serve will return safely and soon," he said.

"Millions of Americans are praying with you for the safety of your loved ones and for the protection of the innocent.

"For your sacrifice, you have the gratitude and respect of the American people. And, you can know our forces will be coming home as soon as their work is done."

President Bush pointed out that now is the time to confront the threat Saddam Hussein has become. Waiting will only make things worse, he said.

"We will not live at the mercy of an outlaw regime that threatens the peace with weapons of mass murder.

"We will meet that threat now with our Army, Air Force, Navy, Coast Guard and Marines, so we will not have to meet it later with armies of firefighters, and police and doctors on the streets of our cities."

The President stressed that the U.S. military will apply decisive force to ensure a speedy campaign.

"I assure you this will not be a campaign of half-measures and we will accept no outcome but victory."

# Warriors take over



Lance Cpl. Monroe F. Seigle

Marines from Bravo Co., 1st Bn., 3rd Marine Regiment, wait inside an AAV to attack an enemy position.

## 1/3 gets a taste of PTA at its best

**Lance Cpl. Monroe F. Seigle**  
Combat Correspondent

**POHAKULOA TRAINING AREA** — The land is barren and desolate and fierce winds bite your face with waves of dry soil. The terrain is covered with a variety of rocks, making the ground almost impossible to negotiate.

And, when the blazing sun hides behind the massive boulders forming a mountain, freezing temperatures set in.

Believe it or not, this is part of Hawaii.

Marines from 1st Bn., 3rd Marine Regiment, MCB Hawaii, Kaneohe Bay, deployed here Feb. 13, to conduct a melange of live-fire training

with combined arms, in preparation for the annual Marine Corps Readiness Evaluation Exercise.

During the battalion exercise, the Marines used air support, artillery and mortars, along with a combined anti-armor team, to destroy enemy forces located in the area.

The exercises were highly demanding of the Marines, both physically and mentally.

Marching several miles through the difficult terrain with few hours of sleep was a daily occurrence for the hard-charging devil dogs in 1/3.

"PTA provides all the challenging elements like cold and hot weather, rugged terrain and elevation," said Capt. John P. Bobo, commanding officer for Bravo Co., 1/3. "It is the on-

ly place in Hawaii where we can practice combined arms and live-fire training."

In addition to the live-fire training, the Marines from 1/3 also performed several patrolling and defensive exercises, setting out on foot and searching for enemy forces in the area.

A defensive exercise is used in combat situations when a perimeter must be defended against enemy forces attempting to invade the territory.

"The Marines have performed well considering the elements," said Bobo. "They will come out of here a better company."

"Tough training like this brings them closer together."

## Alpha Co. seizes airfield warehouse

1/3 operates raid drills at Bellows

**Captain Jeffrey S Green**  
Special to the Hawaii Marine

**MARINE CORPS TRAINING AREA BELLOW** — The enemy opposition force was lurking in the shadows, hunkered down on rooftops, and hiding in the rafters. The enemy had patrols moving through the surrounding brush, looking for any signs of 1st Bn., 3rd Marine Regiment's scout-sniper teams.

The only sound in the air was the nearby crashing of the Pacific Ocean waves. However, an occasional four-wheel drive pick-up would cruise through the area.

Unexpectedly, three CH-53D helicopters came bawling out of nowhere, circled once, and set down about 200 yards away. Marines could be seen disembarking and dashing for the surrounding tree-line.

Ten minutes passed. Abruptly, medium ma-



Cpl. Simon D. Martin

Marines from Alpha Co., 1st Bn., 3rd Marine Regiment, work on drills in and around buildings aboard Marine Corps Training Area Bellows.

chinegun fire erupted from the nearby treeline to the north. The enemy guarding the warehouse scrambled into position to face gunfire.

Expecting an attack from the north, the warehouse was suddenly hit from the south by a SMAW team. All at once, a squad of Marines came crashing through the treeline past the SMAW team.

Intense sounds of yelling and gunfire saturated the air. The Marines of Alpha Co., 1/3, advanced with calculated

speed and entered the warehouse with violence.

Once inside, the Marines meticulously cleared out the enemy opposition force. A pointman for 1/3 was shot in the chest.

Other 1/3 Marines picked off two snipers on the adjacent building who were taking harassing shots at them.

Once all enemy forces were killed, the Marines searched the bodies and found valuable intelligence materials and maps.

"They moved in on us

pretty fast. Did a real good job," said Cpl. Wilson, leader of the enemy opposition force. "They had a real good plan in place."

Alpha Co., 1/3, is part of the Ground Combat Element of the Special Purpose Marine Air Ground Task Force 3 currently deployed to the Pohakuloa Training Areas on the Big Island of Hawaii.

They are scheduled to deploy to Okinawa, Japan, as part of the Unit Deployment Program in April.

## WORD ON THE STREET

### "Where do you get your current information from?"



"I'm out in the field a lot, so I get most of my information from my neighbor."

**Lance Cpl. Harry Reinwald**

Artilleryman  
Alpha Battery, 1/12



"I keep up with current events by watching CNN and the World News Report."

**Staff Sgt. Rodney Daniels**

Ground Safety  
Staff NCOIC  
MCAF



"I keep up by reading magazines and newspapers. I don't really watch television."

**Lance Cpl. Brian Adair**

Motor Transport  
Alpha Battery, 1/12



"I watch the news on TV, surf the Internet and hear it from my family."

**Lance Cpl. Cesar Herben Olleres**

Artillery mechanic  
Headquarters  
Battery, 1/12



"I keep up with CNN, MSN and the Hawaii Marine."

**Lance Cpl. Michael Cramer**

Publications and Directives clerk,  
Base Adjutant,  
Headquarters Bn.,  
MCB Hawaii



**Sergeants and below who dare to become Combat Correspondents and would pride themselves on telling the Marine Corps story can seize the opportunity with a lateral move into the 4341 occupational field. Contact Staff Sgt. Robert Carlson, press chief at the Public Affairs Office, at 257-8840, for more information.**

# Marijuana truly has no redeeming qualities

**Richard Kates**

*Director, Command Substance Abuse Rehabilitation Program, Pearl Harbor*

The most common drug of choice for Sailors and Marines referred for a screening has been marijuana.

While statistics show that most users do not commit major felonies while high on marijuana, this may be because there is little to no interest in doing anything but eating afterwards.

However, besides the obvious fact that marijuana is illegal, you may be deterred by its long list of negative side effects.

Marijuana contains more than 400 carcinogens. This may explain why smokers have that tremendous cough when they inhale.

The inhaling of marijuana is much deeper and longer than a cigarette, which causes the cough to get worse after extensive use. The damage caused by one joint is the same as smoking five to six cigarettes.

Enough already?

Marijuana contains the chemical THC (delta-9-tetrahydrocannabinol), which is released when heated to a very high temperature.

The only way it can get into the system is either by smoking or having it cooked into food.

Besides the effects of a dry mouth and throat, bloodshot eyes, and feeling hungry; marijuana also increases the heart-

beat and pulse rate as much as 50 percent.

One of the more common reactions to marijuana is the "acute panic anxiety reaction." The increased heart rate and pounding of the chest can be extremely scary, and the feeling of "losing control" can invoke extreme levels of fear, which causes the panic attack.

Still not enough?

Marijuana has been shown to decrease testosterone levels in males. What does this mean?

When testosterone is decreased, estrogen levels are increased. So, decreased masculinity, decreased hair growth, decreased sperm produc-

tion, and decreased sexual function results.

For females, the opposite is true. Estrogen levels are decreased and testosterone levels are increased, which means increased body and facial hair and reduction in breasts. Menstrual cycles and reproductive systems are also affected.

Does the inability to perform sexually change your mind?

The THC chemical is absorbed into the fat cells and slows down mental coordination. While initially there is the sense of heightened awareness of your senses, continued use dulls them.

The THC stays in the system three to seven days after a single joint. With regular use, THC can be in the system for 30 days.



## Sergeants Course

### Distinguished Graduates

#### Honor Graduate

Sgt. J.C. Grayek  
3rd Marine Regiment  
Score of 97.48

#### Second Place

Sgt. Jason P. Wilson  
Marine Support Bn.  
Score of 95.67

#### Third Place

Sgt. D.P. Karr  
Combat Service Support Group 3  
Score of 93.86

### Gung Ho Award

Sgt. J.M. Wilkerson  
3rd Marine Regiment

### Certificates of Superior Physical Performance

Sgt. J.M. Wilkerson  
3rd Marine Regiment  
Score of 294

**GUNG-HO**



Sgt. D.C. Carrier  
3rd Marine Regiment  
Score of 287

*(Awarded to Marines who achieve a 285 or above on the physical fitness test.)*

### Sergeant Major of the Marine Corps Writing Award

#### First Place

R.J. Carpena  
Headquarters Bn., MCB Hawaii

#### Runner Up

Sgt. K.F. Schirmer  
Combat Service Support Group 3

#### Honorable Mention

Sgt. J.M. Rangel Jr.  
HMH-362



## ***Sailor of the Year***



Vice Adm. Michael D. Malone, Commander of the Naval Air Forces, U.S. Pacific Fleet, presented Petty Officer 1st Class Frankie B. Sanchez, leading petty officer at the Power Plants Division, Marine Aviation Logistics Squadron 24, with the Sailor of the Year Award recently. Sanchez beat out four other competitors on his way to winning the competition.

Photo courtesy of MALS-24

**SAFETY, From A-1**

ment, especially my helmet, I would have sustained a head wound," said Seeger. "Some motorcyclists don't realize how important helmets are until it's too late."

Seeger collided into a car when the driver pulled in front of him, as he was turning out of a parking lot. After attempting to stop, he utilized the training he received from the safety course available on MCB Hawaii and minimized damage to himself and the motorcycle.

"I learned a lot from the safety course; they taught me how to manipulate the motorcycle in a crash," said Seeger. "I would highly recommend it to motorcycle drivers, especially those who have little or no experience."

It is not only the responsibility of motorcyclists to be aware of their surroundings while driving. Vehicle drivers should always be aware of their surroundings because motorcycles can be anywhere.

Even with proper safety equipment, careless mistakes by drivers can still cause serious bodily harm.

"Driving a motorcycle without safety equipment is like going to war without a rifle," said Seeger. "Your chances of survival when faced with danger are much slimmer. It's not a risk worth taking."

**CHEF, From A-1**

at preparing their dishes. I knew it was going to be a tough competition to win."

Johnson's dishes were chosen by a variety of judges who were also food service specialists at Anderson dining facility. They were selected over Geronimo chili, Little Italy lasagna, New England pot roast and southern-fried catfish.

Johnson received a 96-hour pass, dinner cruise for two, professional chef's knife, garnishing kit and a commanding general's certificate of commendation for his efforts.

"I knew what theme I wanted, so I made something all American," said Johnson. "I made a dish that all American families eat — chicken at its finest."

