

Knee-deep at Nuupia Ponds

Young explorers from Puohala Elementary study Nuupia Ponds

Story and Photos by
Cpl. Jessica M. Mills
Combat Correspondent

More than 60 local second graders joyfully left their dry, air-conditioned classrooms May 14, to splash in the humid, muddy foot trails of the Nuupia Ponds Wildlife Management Area here and learn about the watershed's many unique traits and species.

The students from Puohala Elementary School in Kaneohe, began their tour of the ponds at Muli Wai, the trail located adjacent the Lodge guest facilities, led by Dr. Diane Drigot, MCB Hawaii senior natural resources management specialist at Environmental and Marines from the Base Inspectors Office.

As the explorers trekked through the lush green undergrowth of the trail and stared wonderingly at the many forms of wildlife hidden in the trees and



After spotting a large puffer fish (left) near the banks of Nuupia Ponds, excited second graders practically step off the banks to get a better view of the many species of fish living in the watershed.

ponds, Drigot described the Nuupia Ponds of the past, when they were once part of an ancient Hawaiian fish pond.

"There are a total of 50 different species who take refuge on Mokapu, but it is actually preserved for native Hawaiian birds, primarily the Hawaiian Stilt," said Drigot. "But, we taught the students about all the different types of plants and wildlife we have here, including predators that prey on the native species."

As the students were led through the thick bush of the ponds, Drigot continuously pointed out the many types of native plant species that have grown naturally or have been planted in the area. She also invited the students to taste a leaf or two of the pickleweed, an invasive plant species that layers over and crowds out native plants and waterbird species.

The pickleweed, named for the shape and taste of its leaves, is basically a weed, and a troublesome one at that. MCB Hawaii and community volunteers regularly clear pickleweed from the area with great suc-

cess, but the clearing process is a continuous effort.

"While the children learned what these plants are, we also wanted them to know how they can help the native plants by removing these invasive plants, or weeds, like the pickleweed," said Drigot. "We want them to know they can make a difference."

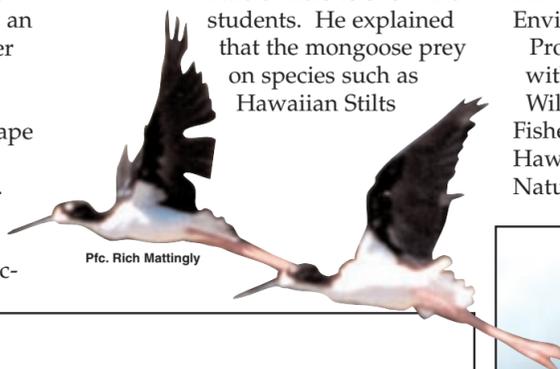
"We invest a lot of time into our teachers and students. They are the ones who will pass on this knowledge to the generations."

Before the students headed for their next stop, they were surprised by one of Mokapu's most notorious predators, the mongoose. Gordan Olayvar, the program manager for conservation law enforcement, safely caught one of the little critters to show the students. He explained that the mongoose prey on species such as Hawaiian Stilts

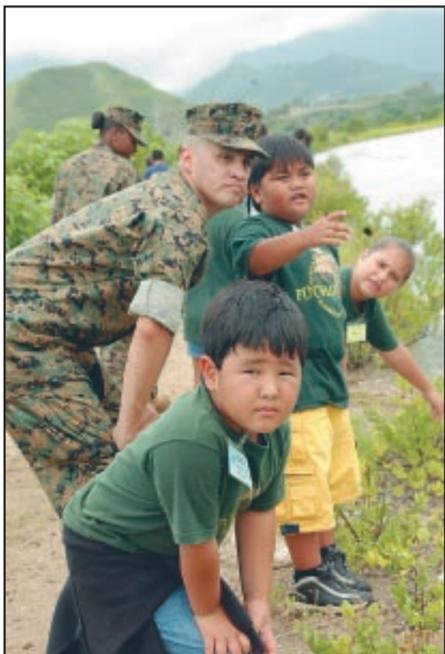
or Wedge-Tailed Shearwaters, and can pose a great risk to other native birds. He also discussed problems with wild cats on Oahu, and the risks they pose to both birds and humans.

At the final stop on the tour, the students took a short walk down the Nature Trail Bridge behind the pass house, where they learned about the mangrove, another invasive plant species. Many of the students pulled up a mangrove plant to take back to school as a sample. Students learned about the 25 acres of mangrove removal that the base and the community successfully completed during the last 20 years, making Nuupia Ponds what it is today.

The 482-acre ponds are managed as protected wetlands and an endangered Hawaiian waterbird habitat by the base Environmental, Compliance and Protection Department in cooperation with the U.S. Navy, the U.S. Fish and Wildlife Service, the National Marine Fisheries Service, and the State of Hawaii Department of Land and Natural Resources.



Pfc. Rich Mattingly



Master Gunnery Sgt. Juan Rivera, deputy inspector here, speak with students about the mangrove trees at Nuupia Ponds.



Sergeant Pettal Black, the base food service noncommissioned officer for Anderson Hall, joins Puohala students in a taste of pickleweed, an invasive creeping plant which has a tendency to overrun areas used by Hawaiian stilts (above).



Dr. Diane Drigot of Base Environmental shows students a mangrove sapling, another invasive species in the ponds.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

May

21 / Today

Military Appreciation — Information, Tickets and Tours, as well as other local attractions, are thanking our troops and their family members with special discounts on favorite island activities. For example, now through May 31, enjoy steep discounts at Atlantis Submarine, Navatek, Sea Life Park and Germaine's Luau. Also, Magic of Polynesia, Alii Kai Sunset Buffet and the Star of Honolulu are extending offers through June 31.

Don't miss these great discounts; get your tickets today. For more information, call 254-7563.

Auto Auction — The Auto Skills Center holds an auto auction on vehicles it acquires and fixes up to working condition. Interested parties can inspect these cars, trucks or SUVs and place their bids in the ballot box inside the Auto Skills Center.

If you're in the market for a new vehicle, don't pay those

high prices; visit the Auto Skills Center to see if it has just the deal you've been looking for.

Bidding on the vehicles below closes Monday.

Year	Make/Model	Min. Bid
1997	Plymouth Sedan	\$50
Parts car. Motor blown; some body damage and windshield cracked.		
1992	Mazda/MX-6	\$1,600
Runs, but needs windshield.		
1994	Honda Civic	\$1,300
Needs a key made; minor damage to front end and hood.		
1994	Chevy Corsica	\$600
Runs; needs Pulley Tensioner, right wing window and right turn lens replaced.		
1994	Dodge Sedan	\$50
Parts car. Motor blown; body damage.		
1994	Dodge Shadow ES	\$500
Runs; needs key made. Right window track and valve cover gaskets need replacing.		
1994	Ford F-150 XLT	\$2,500
Runs; needs key and rear tire.		
1993	Nissan Sentra	\$150
Needs timing belt and keys made.		
1990	Mitsubishi Mirage	\$50
Runs; needs key made and transmission replaced.		
1990	Nissan Pulsar NX	\$300
Needs key made and timing chain replaced.		
1987	Toyota Tercel	\$200
Runs; needs key made. Struts and water pump need replacing.		

1972 Dodge Dart \$250 available at 1-800-346-9188. Runs; needs starter.

For more information about any of the above vehicles, call the Auto Skills Center at 254-7675.

MCCS One Source — The MCCS One Source Web site provides active duty, their families, reservists, sister services and service delivery staff with information and resources that can help improve many areas of their lives. From relocation to education needs, family support to health and wellness, financial matters to everyday issues, MCCS One Source is your one-stop resource to finding guidance and answers.

By using credentialed consultants, patrons have confidential access to prepaid educational materials and other reference resources, 24 hours a day, seven days a week. Registration is easy too; create your own personal profile by logging onto the MCCSOneSource.com Web site, then enter "Marines" as your user name. Enter "semper fi" as your password.

If you want more interactive assistance, call a One Source consultant at 1-800-433-6868 in the continental United States, at 1-800-237-42374 for the overseas CONUS universal free phone, or at 1-484-530-5908 OCONUS collect. A TTY/TDD access is

Family Child Care — Family Child Care is a home setting child care service provider operated by Marine Corps Community Services' Marine and Family Services Division with certified providers trained in child development, nutrition, guidance and more.

Family Child Care provides a flexible schedule, including evenings, weekends and overnight care. To find a Family Child Care provider, call the Children, Youth and Teen Programs officer at 257-7430. To become a Family Child Care provider at Marine Corps Base Hawaii, call 257-7030.



Lava Java — Get your morning started on the right track with a tasty brew from the new Starbucks location by the base theater. A variety of your favorite espresso drinks, coffee and pastries are now being served Monday through Friday from 6 until 11:30 a.m.

23 / Sunday

Mega Video — Check out these weekly rental specials at Mega Video, located in Mokapu Mall aboard Kaneohe Bay.

•Mondays, rent one new release and get one category

movie free.

•Tuesdays, rent a video game at regular price and rent a second one for \$2.50.

•Wednesdays, rent three new releases (VHS or DVD) and receive an extra day rental.

•Thursdays, rent one DVD at the regular price; rent the second one for \$1.75 (which includes new releases).

•Fridays, rent family and children's movies for 75 cents. Sorry, no new releases with this bargain.

•Saturdays, rent any basic stock movie (sorry, no new releases) for regular price and rent the second stock movie for \$1.25.

•Sundays, rent any Sunday Special movie for \$1. Each week, a different section goes on special; see the store calendar for the selected section.

24 / Monday

A New Do — Still offering the lowest price on Oahu for a regulation haircut, three barber shops aboard MCB Hawaii give patrons their money's worth at \$6.

Service members can have their dos done at the Mokapu Mall barber, in the mall next to the main exchange; at the base theater courtyard, in Bldg. 244, or close to the flight line, in Bldg. 301.

For more info, call 254-6588.

SM&SP



All events are open to single or unaccompanied, active duty military, E-5 and below. The SM&SP Office is located in Bldg. 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCSHawaii.com under the "Semper Fitness" icon, or call 254-7593.

Upcoming Events

Saturday: Looking for adventure? Check out sharks up close and personal at SM&SP's "North Shore Shark Cage Adventure." Cost is \$85, and the excursion leaves at 9 a.m. from the Recreation Center. Transportation is provided, and the dives last from 11 a.m. to 1 p.m.

TBD: Do you like to scuba? SM&SP is looking for folks interested in a scuba diving certification course. Call the office now, and help make this idea a reality, by letting your voice be heard.

Volunteer Opportunities

Marines and Sailors are needed to help support various activities and events, including the following (that could also possibly garner volunteers a letter of accolade or appreciation in the process):

•Fourth of July weekend: Mark your calendar to assist with a myriad of events at BayFest 2004, which will burst at the seams with all kinds of fun SM&SP events and activities.

Controlling anger is the key to success

Cpl. Jessica M. Mills
Combat Correspondent

In the Hollywood blockbuster "Anger Management" starring Adam Sandler and Jack Nicholson, the topic of anger is comically revealed when character Dave Buznik (played by Sandler) is forced to face his demons and partake in an anger management course. His counselor, Dr. Buddy Rydell (Nicholson), basically makes his life miserable in an effort to teach him how to deal with his own anger.

Granted, the situations in the movie are exaggerated and extreme in the true sense of comedy, but the lessons of the movie are real.

Anger is a normal and healthy emotion that everyone may feel at one time or another, but when it gets out of control and turns destructive, it can lead to problems and can make anyone feel as though he or she is at the mercy of an unpredictable and powerful force.

Understanding and controlling your anger is the key to success, according to counselors at Counseling Services located at the Marine and Family Services Division here. In an effort to assist service and family members with this arduous task, the Counseling Services Center offers "Cage the Rage," a free anger management course, which consists of eight two-hour sessions of counseling in a group atmosphere. Classes are ongoing, but attending classes consecutively isn't required, although it is beneficial to stay on track with the course.

"Our purpose during the course is not to eliminate anger, but to manage it," said John McCarthy, a licensed counselor. "Anger is a catalyst for other emotions such

9 Basic Rules for Anger Management

1. We are all 100 percent responsible for our behavior.
2. Violence is not an acceptable solution to any problem.
3. We do not have control over any other person, but we can control ourselves.
4. When communicating with someone else, we need to express our feelings directly rather than blaming or threatening another person.
5. Increased awareness of inner thoughts, physical anger cues and emotions is essential for progress and improvement.
6. We can always take a "time-out" before reacting.
7. We can't do anything about the past, but we can change the future.
8. Although there are differences between men and women, our needs and rights are fundamentally alike.
9. Counselors cannot make people change — they can only set the stage for change to occur.



as pain, disappointment and agitation, as well as many others. Although anger can cause negative effects, it sometimes can be a step towards positive things."

Many people come to the course because of problems at work or in their personal relationships, and others volunteer for the course as preventative maintenance to get a grip on their anger before they have an incident. Each week, participants sit down together and share their experiences with the rest of the group. Counselors and group members provide input and advice of what they think.

"No one is ever judged here. It is confidential and respectful," said McCarthy. "We ask people's opinion in the group and no one has to be ashamed or scared to speak up. Some of the best advice comes from the

other group members in the session."

Counselors use a variety of approaches to teach the tools and importance of anger management.

"We spend, sometimes, more than an hour listening to others' experiences, relating them to our own experiences, and how we could use our anger management tools in those situations," said McCarthy. "We use classroom teaching, videos and handouts to introduce knowledge to our students. We try to encourage them to use it as their own library."

Cage the Rage begins every Thursday at 1 p.m. and is free to all service and family members. Those interested in this class should call Counseling Services at 257-7780 to register; however, walk-ins are also accepted.

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$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. Show your ID card at the box office. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Never Die Alone (R)	Today at 7:15 p.m.
The Ladykillers (R)	Today at 9:45 p.m.
The Passion of the Christ (R)	Saturday at 7:15 p.m.
Scooby Doo 2 (PG)	Saturday at 9:45 p.m.
Scooby Doo 2 (PG)	Sunday at 3:30 p.m.
Never Die Alone (R)	Sunday at 7:15 p.m.
The Prince and Me (PG)	Wednesday at 7:15 p.m.
Never Die Alone (R)	Thursday at 7:15 p.m.
The Whole Ten Yards (R)	May 28 at 7:15 p.m.
The Passion of the Christ (R)	May 28 at 9:45 p.m.

Impact class re-educates students

Students learn importance of moderation, communication

Pfc. Rich Mattingly
Sports Editor

In the culture of the military, excessive drinking is no longer the false badge of honor it once was.

Statistics collected by Headquarters Marine Corps have indicated alcohol-related incidents as the leading cause of off-duty deaths and injuries among Marines this past fiscal year. The bottom line is alcohol abuse is not tolerated in the Marine Corps.

According to the yearly budget published by HQMC, the Marine Corps spends millions of dollars every year to fund Substance Abuse Counseling Centers at every duty station to combat the effects of alcohol abuse and its negative impact on combat readiness and mission accom-

plishment.

The Alcohol Impact Class, offered every three weeks at the SACC here, is a key tool in the fight to provide Marines and Sailors aboard MCB Hawaii the proper skills to avoid being damaged by alcohol abuse.

"The purpose of the Alcohol Impact Class is, primarily, to assist people in need. When Marines and Sailors are referred to us through their substance abuse control officer, our mission is to help the individuals out with the problems they have and return them to their commands as healthy, functional service members," said Roger O'Guin, the program director of the base SACC.

The class doesn't just provide information about how alcohol can ruin a Marine or Sailor's life, either, according to staff members and counselors who run the program.

"We're not here to line people up against the wall and yell at them about their problems," added Alton Arakaki, lead counselor, base SACC.

O'Guin points out that if Sailors or Marines are having problems with communication in their personal relationships, or if they're having problems at work, then alcohol abuse is just a symptom of them trying to cope with a larger problem.

"If someone is abusing alcohol to compensate for having to deal with this stress in their lives, then we need to take a holistic approach and give the person an overall education and teach them how to deal with the challenges of life without resorting to the abuse of alcohol," said O'Guin.

While this may sound like too tall an order for a 20-hour, three-day class, the counselors of the SACC are just the profes-

sionals to affect a positive change in a limited amount of time.

Boasting multiple master's degrees and decades of combined experience, the counselors teach students in an extremely informal environment where rank is set aside for the purpose of teaching.

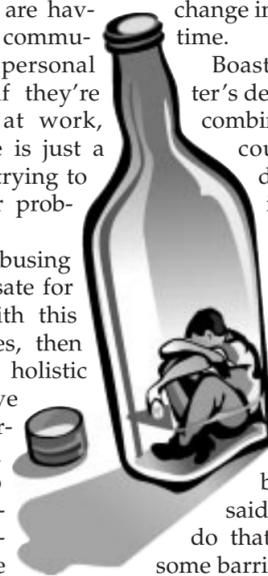
"We try to impart to participants that it's okay to have a lifestyle change, that it's okay not to do what everybody else is doing," said Arakaki, "and we do that by breaking down some barriers that exist to com-

munication in the military."

The program's three days consist largely of learning how to recognize signs and symptoms of alcohol abuse and also how to communicate more effectively at home and at work. Visits by guest speakers round out the training.

Particularly important is the visit by the Mothers against Drunk Driving representative who relates her story of loss and her fight to educate people about how important their attitude toward alcohol can be.

To attend the Alcohol Impact Class, Marines and Sailors who feel they could benefit from the training should consult their substance abuse control officer for a referral.



Did you know?

- Problem drinkers average four times as many days in the hospital as non-drinkers – mostly because of drinking-related injuries.¹
- Traffic crashes are the greatest single cause of death for persons ages 6 – 33. About 45 percent of these fatalities are in alcohol-related crashes.⁵
- In 1999, there were nearly two alcohol-related traffic deaths per hour, 43 per day and 303 per week. That is the equivalent of two jetliners crashing week after week.⁵

¹ Substance Abuse: The Nation's Number One Health Problem, Feb. 2001

⁵ National Highway Traffic Safety Administration

Students, commissary make a winning team

Herb Greene
Defense Commissary Agency

FORT LEE, Va. — It's always good to solve tough problems. It's even better when two tough problems come together to form a great solution.

• Problem No. 1: Young students, especially young adults, who are military family members, want jobs that will give them practical work experience and money for their needs including education expenses.

• Problem No. 2: The Defense Commissary Agency needs smart, hard-working, part-time store workers to help it deliver the commissary benefit in its

274 military grocery stores worldwide.

• The solution: DeCA hires students to work part-time in its commissaries. It's not only the perfect solution, but it's also how DeCA's student hire program came to be.

"We hope that this program exposes the students to opportunities in government work and the benefits that follow," said Jody Poole, a support clerk for the Kaneohe Bay Commissary. "We want to give these students a step up and accomplish our own mission in the process."

"It's worked very well," said Brant Smith, the human resources specialist

See *COMMISSARY*, B-4

COMMISSARY, From B-3

who manages the program from DeCA's headquarters at Fort Lee, Va. "Young adults get real-world experience and learn about the grocery business as well as make a little money. Our agency gets great young people to help out in our stores. DeCA wins; the students win. It doesn't get much better than that!"

It's not just the students who like DeCA's student hiring program. Store directors like it, too.

"The student hire program was initially devised as a way to bring in students to entry level positions so that the commissary could 'grow their own.' This, coupled with the fact that students could be hired at the GS-01 level, seemed to be the perfect marriage for students and the commissary," said Janice Coleman, store director for the Naval Station Everett commissary, which was recently named by the agency as the best large commissary in the United States. "Once on board, we have found some intangible benefits that never occurred to us, namely the enthusiasm and eagerness to do a good job.

"Many of our students are either in college or college-bound. We have explained the opportunities for a career in DeCA and encourage them to take a serious look at us. Because this is usually the first job for many of our student hires, we begin the mentoring process the first day they arrive. Importance of timeliness, customer service, safety and security are all new concepts to them. Having no preconceived ideas — no baggage so to speak — makes it easier to explain to them why these programs are important to them and DeCA.

"Our DeCA student employment programs provide our young adults with a solid introduction to the real world of business," said Ron Smith, store director at the Fort Lee commissary. "When our students are learning, they know they are learning skills they can use in any business. When they are working at the commissary, they know that they are doing real jobs with a real purpose.

"These young folks really enjoy serving our customers," added Smith, "And to tell you the truth, it's hard for us old timers on the job not to get caught up in the energy and excitement our student employees bring to the commissary. They are a super group and America's future!"

The Defense Commissary Agency also has an intern program for employees who are currently working in the commissaries. Graduates of the DeCA intern program benefit from a structured and broad-based program of training and experience that prepares them for future leadership positions.

Information about working at the commissary can be found at www.commissaries.com. Click on "Inside DeCA," select "Human Resources," and click on "Employment Opportunities." Under the "Student Programs" section, you will find links to DeCA's two student employment programs, along with all the information you need to apply.

Students can also visit their nearest commissary and talk with the store director about either student employment program.

"It's a really good job no matter where you are placed," said Krista Mays, a high school junior who finds her job at the Naval Station Everett, Wash., commissary challenging and rewarding. "It is a great reference for future jobs, and the commissary is a happy, friendly place to work!"

English model



Staff Sgt. Jeff Middleton

Rich Golden (left), Pacific Region Coordinator for Staff Noncommissioned Officer Academy English programs and 1st Sgt. Mark Drinkwater, Director of the Staff NCO Academy, recently honored the academy's English instructor Carol Shafer with the "Outstanding Contributions 2003" award for her work toward improving the academy's program.

ON THE MENU AT ANDERSON HALL

Today

Lunch
 Pepper Steak
 Southern Fried Catfish
 Rice Pilaf
 Potatoes Au Gratin
 Simmered Black-Eyed Peas
 Sugar Cookies
 Asst. Fruit Pies

Dinner

Beef Pot Pie
 Roast Turkey
 Paprika Butter Potatoes
 Steamed Rice
 Sugar Cookies
 Asst. Fruit Pies

Specialty Bar

Pasta Bar

Saturday

Brunch/Dinner
 Baked Lasagna
 Chicken Parmesan
 Pizza Slices
 Garlic Bread
 Marble Cake w/
 Chocolate Icing
 Asst. Fruit Pies

Sunday

Brunch/Dinner
 Barbecue Beef Cubes
 Baked Turkey & Noodles
 Steamed Rice
 Ginger Molasses Cookies
 Spice Cake w/
 Butter Cream Frosting

Monday

Lunch
 Meat Loaf

Pork Ham Roast
 Steamed Rice
 Mashed Potatoes
 Chocolate Chip Cookies
 Asst. Fruit Pies

Dinner

Beef Brogul
 Baked Cajun Fish
 Mashed Potatoes
 Steamed Rice
 Chocolate Chip Cookies
 Asst. Fruit Pies

Specialty Bar

Pasta Bar

Tuesday

Lunch
 Simmered Corned Beef
 w/Mustard Sauce
 Honey Glazed Cornish Hens
 Parsley Buttered Potatoes

Egg Noodles
 Peanut Butter Cake w/
 Peanut Butter Frosting
 Asst. Fruit Pies

Dinner

Turkey Pot Pie
 Sweet & Sour Pork
 Steamed Rice
 Parsley Buttered Potatoes
 Peanut Butter Cake w/
 Peanut Butter Frosting
 Asst. Fruit Pies

Specialty Bar

Taco Bar

Wednesday

Lunch
 Pork Adobo
 Beef Yakisoba
 Steamed Rice
 Pork Fried Rice

Oatmeal Cookies
 Strawberry Shortcake
 Asst. Fruit Pies

Dinner

Steak Smothered w/Onions
 Southern Fried Catfish
 Mashed Potatoes
 Steamed Rice
 Oatmeal Cookies
 Strawberry Shortcake
 Asst. Fruit Pies

Specialty Bar

Country Bar

Thursday

Lunch
 Turkey À La King
 Beef Porcupines
 Mashed Potatoes
 Boiled Egg Noodles
 Marble Cake w/

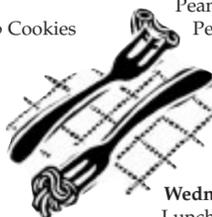
Chocolate Cream Frosting
 Pineapple Upside-Down Cake
 Asst. Fruit Pies

Dinner

Braised Liver w/Onions
 El Rancho Stew
 Honey Ginger Chicken
 Steamed Rice
 Boiled Egg Noodles
 Marble Cake w/
 Chocolate Cream Frosting
 Pineapple Upside-Down Cake
 Asst. Fruit Pies

Specialty Bar

Taco Bar



WORD TO PASS

Hootie and the Blowfish Give Free Concert Tonight

The multiplatinum-selling band "Hootie and the Blowfish," cheerleaders for the New England Patriots, and still other popular entertainers, are teaming up to present "Operation Pacific Greetings" for all military and DoD personnel, tonight at 7 p.m. aboard Hickam Air Force Base.

As a way to say "thanks" for your dedication to defending our nation's freedom, the entire entourage will perform in concert, free of charge, at the Hickam Tower, behind the headquarters building and base flagpole on O'Malley

Boulevard. Simply go straight after entering at the main gate and follow posted directions.

Parking will be first-come, first served. Food booths will be available as well as lawn/beach chair/blanket seating.

'Aliens on the Reef'

Base residents and patrons are invited to learn more about marine life in the waters surrounding Kaneohe Bay, Thursday from 8 a.m. until 1:30 p.m., at Bldg. 1359, when the Environmental Compliance and

Protection Department presents "Aliens on the Reef," a hands-on class that explores unique fish species, natural coral reefs and other natural habitats.

Participants should bring lunch, bottled water and sunscreen protection, and wear clothing and shoes for walking in the water.

For more details, contact Michele Chang at 257-6920, ext. 241, or e-mail ChangM@mcbh.usmc.mil.

Chamber Posts HMAM Events

The Military Affairs Council of the Chamber of Commerce of Hawaii recognizes the many contributions of the military

and has designated the month of May as "Hawaii Military Appreciation Month 2004." The business community is sponsoring and hosting the following activities to show appreciation for Hawaii's military ohana.

• *Saturday*: Borders stores will

See WTP, B-8

Safety on the road is no accident

NAPS

Featurettes

Whether you're riding on two, four or 18 wheels, you can help drive down the accident rate by being alert to your surroundings, say safety experts. The advice may be especially helpful in cutting down the number of motorcycle accidents that occur annually.

Motorists — particularly those who have never driven motorcycles — usually don't look for motorcycles in traffic. As a result, cars and motorcycles often have collisions on the road.

According to the Motorcycle Safety Foundation (MSF), approximately three-quarters of all motorcycle crashes involve another vehicle; in two-thirds of these crashes, the other vehicle violates the motorcyclist's right-of-way.

Drivers involved in crashes with motorcyclists often say they never saw the bike — usually a result of either not looking for motorcyclists or not checking their blind spots.

The MSF encourages car drivers and others to watch for motorcycles on the road and respect their right to be there. In addition, motorists should refrain from tailgating or sharing lanes with motorcyclists. Depending on road and traffic conditions, and for safety reasons, riders need space to maneuver.

The MSF also urges motorcyclists to "Support Our Sport" by following all traffic laws and respecting the rights of other roadway users. The group offers these safety tips to motorcyclists:

- Be a responsible rider.

Wear appropriate protective gear: a Department of Transportation-approved helmet, shatter-resistant eye protection, a jacket, full-fingered gloves, long pants and over-the-ankle boots. Also, know your skill level and ride within it.

Motorcyclists should use the SEE strategy — Search, Evaluate, Execute. SEE helps remind riders to scan ahead, predict or evaluate the traffic situation, then plan and implement a course of action to avoid trouble.

- Assume they don't see you. Most motorcycle crashes involving another vehicle happen in intersections, according to a University of Southern California study. Due to a smaller, narrower silhou-

ette, it's often difficult to gauge the speed and distance of a motorcyclist; as well, motorcyclists can be difficult to spot in traffic, especially if a rider is positioned in the motorist's blind spots.

To reduce the chances of an accident, riders need to approach intersections with caution and not assume other drivers will yield. They should also avoid riding behind large vehicles that prevent other motorists from being aware of their presence, and spend as little time as possible in a vehicle's blind spot.

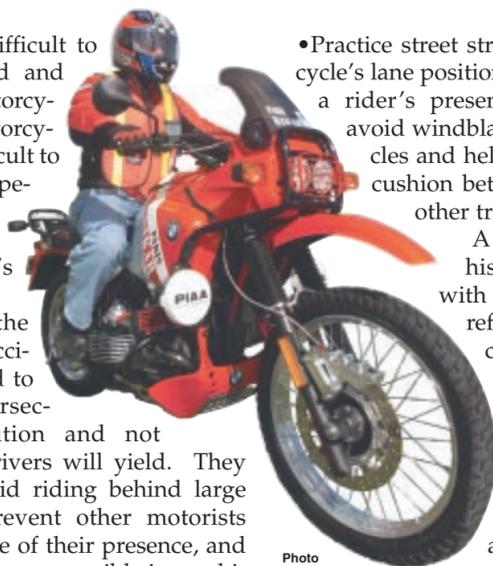


Photo Courtesy of Base Safety

- Practice street strategies. A motorcycle's lane position can communicate a rider's presence and intention, avoid windblast from other vehicles and help maintain a space cushion between the bike and other traffic.

A rider can increase his or her visibility with brightly colored or reflective gear and by clearly signaling all intentions to other drivers. MSF teaches motorcyclists to use their "rider-radar" to scan for hazards ahead.

- Don't ride impaired. Alcohol and other

drugs (prescription, over the counter or otherwise) diminish visual capabilities and alter good judgment. When someone is impaired, it is the responsibility of others to keep that person from getting behind the wheel — or the handlebars.

- Get trained. The Motorcycle Safety Foundation offers rider training for new and experienced riders. The Basic and the Experienced RiderCourses here at Kaneohe Bay are available for free to all active military personnel.

For more information about RiderCourses on base, contact the Base Safety Center at 257-1830. To locate an MSF RiderCourse off base or for more information about motorcycle safety, call 1-800-446-9227 or visit www.msf-usa.org.

(Editor's Note: Susana Choy contributed to this article.)

CONTROL YOURSELF



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WTP, From B-6

salute the military with special discounts on most regularly priced items, to include 15-percent off on DVDs and 10-percent off on electronic and video games.

•*May 29:* Governor Linda Lingle will host "Support Operation Ohana" at Sills Field on Schofield Barracks from 10 a.m. to 2 p.m. This will be a good old-fashioned ohana, or family, picnic filled with games, entertainment, food, and lots of fun. Governor Lingle will be on hand to talk story, take photos and share her deep appreciation for the military. Community

members will join the governor's staff in paying tribute to the spouses of all deployed troops.

•*Throughout May:* Military personnel can enjoy free pet microchipping throughout the month of May at the Hawaiian Humane Society, with the presentation of a valid ID card.

For more information, call 946-2187.

•*Throughout May:* Catch specials at the Battleship Missouri Memorial on Ford Island (50 percent discounts), at Atlantis Adventures in Waikiki, and at the Honolulu Academy of Arts. Also, be sure to get your JN Chevrolet Special Discount

Book from a participating Hawaii business, the military exchange or base commissary.

Base Bikers to Hold Memorial Ride, May 29

All motorcycle riders — all brands, makes and models of bikes — are invited to join the Memorial Day Ride on Saturday, May 29, said Petty Officer 1st Class Tim Chrockrem, the president of the Marine Corps Base Hawaii Motorcycle Association.

Bikers will gather at 7:45 a.m. at the base flagpole, in front of Bldg. 216, the general's building. After observing morning colors, riders will mount up and

head out for the Punchbowl (the National Cemetery of the Pacific), stopping by the H-3 westbound lookout at Kaneohe Bay on the way, to pick up stragglers or allow them to catch up with the pack.

Once at Punchbowl, riders will place flags in the center section. (Last year, this activity took approximately one hour.) Afterwards, all riders are free to do as they wish, but remaining riders will more than likely go somewhere for some breakfast and then head out for a ride around the island, he added.

For more information, call Tim Chrockrem at 257-0509, ext. 8313.



Photo Courtesy of Jay Barnes

JAY BARNES

'Elvis' to Perform at Base Theater

Renowned impersonator Jay Barnes, will perform as the one and only Elvis Presley, Saturday, June 19, beginning at 6:30 p.m. at the Kaneohe Bay base theater.

This event, sponsored by the All Enlisted Spouses' Club, is open to all hands at only \$15. All proceeds will benefit AESC scholarships.

Get tickets at the Information, Tickets and Tours office or at the AESC Thrift Shop.

For more details, call Mary Pratt at 282-7894, or the Thrift Shop at 254-7894.

WAA Seeks Volunteers

The Windward Ahupuaa Alliance will hold its "Great Kapaa Quarry Road Cleanup/out" on the Memorial Day holiday, May 31. Volunteers are asked to support this environmental project, which includes a continental breakfast for helpers.

Registration and work assignments will go from 7:45 to 8:15 a.m., cleanup from 8:15 to 11:15 a.m., and lunch from 11:30 a.m. until 12:30 p.m.

Also, volunteers with gas-powered tools or serious machete and scything skills are needed to take on the California grass and other alien plants in Kawai Nui Marsh.

RSVP is requested at 263-6001 or 223-5535, or by sending an e-mail to waa@hoku.com, so organizers can get a food head count as well as determine specific tasks.

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Automobiles

or 779-9504.

'83 Ford F-150 truck, in-line 6 cylinder, runs great, power brakes, dual fuel tanks, some rust. Asking \$3,500. Call 254-3367 or 389-3394.

'90 Volkswagen Cabriolet convertible, 4 cylinder, power steering and brakes, runs great, good island car. Asking \$4,200. Call 254-3367 or 389-3394.

'93 Toyota Camry LE, silver, 4 door, automatic, A/C, Toyota Avalon wheels, 6-CD changer, power package, 185k miles, good tires. Asking \$2,560. Kelly Blue Book private party value (w/bad tires) is \$2,860. Call 261-1828.

'95 BMW 325i, green, 4 door, leather, sunroof, CD stacker, new battery, standard transmission, 96k miles, great condition. Asking \$8,700 OBO. Call 261-7415 before 7 p.m.

'97 Chevy Camaro convertible, 70k miles, runs great, nice car. All maintenance records available. Asking \$7,595. Call 947-5670.

'97 VW Jetta GT sedan, white, new tires and alignment, sound system, 80k miles, nice ride. All scheduled maintenance completed. Asking \$5,795. Call 947-5670.

'98 Honda Accord, white, power package, leather interior, relatively low miles, in excellent condition. Asking \$9,000 OBO. Call 239-6108

Motorcycles

'93 Kawasaki Ninja E-1, 600cc, 18k miles. Excellent for new riders, good bike, runs great. Moving, must sell! Kelly Blue Book lists at \$3,130 but asking for \$2,500 OBO. Call Jose Marrero at 386-5751 or 257-0426.

'00 Suzuki GSXR 750, white/blue, 12k on body, newer engine, too many extras to list, great condition. Asking \$6,700 OBO. Must see to appreciate. Call 864-2192.

Miscellaneous

'93 Kawasaki 785 STS Jet Ski, '99 Polaris 785 SS watercraft, with dual trailer and accessories. Moving, must sell! Call Jose Marrero at 386-5751 or 257-0426.

Baby items practically new; Graco baby swing, \$25; Peg Perego infant car seat w/base, \$35; Evenflo Exersaucer, \$25; stroller/car seat travel system, \$35. Call 261-7415 before 7 p.m.

Furniture for sale, large sofa, \$300; designer living room chairs, \$200 each; twin wooden bed frames, \$150; child's desk with credenza and matching stool, \$200. Call 254-3298.

Household goods for sale, couch, love seat, entertainment center, lamps, tables, televisions, and more. All new, less than a year old. Must sell. Call 239-6108 or 779-9504.



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The ad submission deadline is at 4 p.m. the Friday prior to publication.

To place an ad or more information, call 257-8836 or 257-8837.