

# Hawaii MARINE

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## Bravo, 1/3, Lava Dogs fast rope at Bellows

Recent training will prepare battalion for deployment in spring

**Pfc. Monroe F. Seigle**  
Combat Correspondent

Marines from Bravo Co., 1st Bn., 3rd Marine Regiment, went to Marine Corps Training Area Bellows, Nov. 19 to conduct fast roping exercises. They descended from CH-53D Sea Stallion helicopters in a simulated combat environment.

Fast roping is utilized when a helicopter has to insert troops, but does not have enough space to land. It can also be utilized in ship take-downs, when Marines attack an enemy ship and try to seize control of it.

"This was some awesome hands-on training," said Cpl. Lucas Dyer, a squad leader for Bravo Co., 1/3. "We have gotten a lot of new Marines in the last couple months. This is the first hands-on training for a lot of them."

Before engaging in the fast rope exercises, the Marines were given several blocks of instruction on the proper procedures for descending down the rope.

The Marines are taught that there are three points of contact during their descent down the rope. They must make sure the rope is secure with their hands, feet and knees until the moment they hit the ground.

After hitting the ground, they are instructed to immediately move to a secure area. Depending on the situation, they must sometimes set up a defensive perimeter and get accountability of all Marines present.

"This was a confidence builder for a lot of the Marines who haven't done this before," said Capt. John P. Bobo, commanding officer for Bravo Co, 1/3. "I am sure they will have even more confidence the next time they perform this exercise."

The Marines from Bravo Co. are preparing for a deployment to Okinawa in the spring.

## A time for 'heeling'



Lance Cpl. Beau D. Brenneis, an accounting technician with the Base Comptroller, introduces the heel of his boot to Sgt. Nivaldo Viera, a pay clerk at Base Disbursing, during their Marine Corp Martial Arts Program training Nov. 21. Both Marines completed their gray belt test and will be training to complete the green belt course to become instructors for their work sections. See the full story on page A-3.

## MCBH fine-tunes fuel spill response measures

**Sgt. Alexis R. Mulero**  
Combat Correspondent

Agencies throughout Hawaii gathered to hone their environmental contingency procedures Nov. 20-21, in an effort to improve MCB Hawaii, Kaneohe Bay's ability to respond to fuel spills aboard the base.

The Base Environmental Compliance and Protection Department, in coordination with other base departments, the U. S. Coast Guard, State Department of Health on-scene coordinators, and representatives of the Clean Island Council, performed a Spill Management Team training tabletop exercise to fine-tune the base's Integrated Contingency Plan.

The base's SMTX is a yearly requirement of the Oil Pollution Act of 1990. The act cites a myriad of federal regulations that require the base to develop oil spill contingency plans, notify appropriate authorities and prepare for and respond to oil spills.

"Our location is surrounded with highly sensitive areas," said Rocky Owens, an environmental protection specialist.

"It's a priority of the base to be good neighbors and stewards of the environment."

The first day was filled with realistic spill scenarios that exercised notification procedures, spill response control, containment strategies, the formation of the Incident Command System, logistical and financial procedures, and legal and public affairs issues.

On the following day, an equipment deployment drill was conducted at the Water Front Operations facility for those Spill Management Team members who were interested in viewing the on-water operations part of the oil spill response.

"The level of play is much more sophisticated than in many other areas of the island," said Kim Beasley, general manager of the Clean Islands Council, a non-profit organization that helps the Hawaiian community train, prepare and respond to oil spills.

Immediately following the exercise, base spill management team leaders evaluated the already established plans and procedures, reviewed concerns and identified unresolved issues.

"The base's ability to assess an emergency and develop an effective emergency response gets better every year," said Beasley.

## 'Click It or Ticket' kicks off on MCBH

**Sgt. Robert Carlson**  
Combat Correspondent

Traffic accidents, not combat or training incidents, are the leading cause of death among service members, and the MCB Hawaii Military Police Department is teaming up with the Honolulu Police Department to address the issue.

The Click it or Ticket campaign started Nov. 21, and runs through Monday. Police on and off base are concentrating on enforcing seat belt use and child passenger restraint laws to keep military and civilian drivers safe.

The crackdown in Hawaii is part of a nationwide campaign in which more than 12,000 law enforcement agencies and military installations participate each year.

During fiscal year 2002, 321 service members lost their lives in private vehicle traffic accidents, and the National Safety Council estimates that half of them would have survived if they had been wearing their seat belts.

Military members are typically more likely not to wear seatbelts, according to NSC statistics. Males age 18-34 are the most likely not to wear seatbelts, and since the military services are staffed with an enormous number of individuals who fit that description, the campaign includes military installations across the nation.

"This type of activity heightens awareness about seat belt use, and that's what we're trying to do with the checkpoints here on base," said Danny Tolentino, MCB

Hawaii deputy safety director. "The difference here is that the citations drivers receive on the base will not carry any monetary penalty."

The MCB Hawaii MPD is stepping up enforcement by running random checkpoints around the base to increase awareness. The base invited officers from HPD to accompany the military police at the checkpoints so drivers can hear first-hand what kind of fines they can expect if the same violations occur off base.

Partnering with HPD not only helps increase awareness, it also helps keep Marines and Sailors from violating rules that may hurt them in the pocketbook, or may get them injured or killed, according to Tolentino.



## MCBH NEWS BRIEFS

### K-BAY CONCERT, TREE LIGHTING GOES DEC. 8

The MCB Hawaii community is invited to attend the 2002 MCBH Christmas Concert and Tree Lighting Ceremony, featuring the Marine Forces Pacific Band, Dec. 8 at the Base Theater.

The concert will begin at 5 p.m., and the tree lighting ceremony will follow at Dewey Square, immediately after the concert.

The entire family is invited to bring lawn chairs and blankets and relax and participate in Christmas carolling. Plus, there will be skits and a special guest appearance by someone very special to children.

### MSG SCREENING TEAM VISITS DEC. 11-12

The Headquarters Marine Corps, Marine Security Guard Screening Team, will make a visit to MCB Hawaii Dec 11-12, at the bachelors officers quarters aboard MCB Hawaii, Kaneohe Bay, to conduct a detailed briefing and screen volunteers for possible future assignments in the MSG program.

The brief targets enlisted Marines in the grades of lance corporal through master gunnery sergeant.

The team will be available for individual screening. All Marines who desire to be screened are required to have in their possession their service record book, health records, current BIR/BTR, financial statements and complete commanding officer's screening/interview guide, per MCO 1306.2N.

For more information, contact your unit career retention specialist or Master Sgt. Elisara at 257-7714.

### PARKING GETS ADDRESSED

MCB Hawaii residents are urged to utilize their garage for the parking of vehicles, which would free up street parking for other residents, second vehicles and guests.

Currently, a traffic safety study is being conducted in the Manana Housing area and later, a study of the Hawaii Loa housing area will get underway. Residents and motorists are asked to be patient as the study will require some time to complete.

For more information, consult your Family Housing Resident Handbook, or call Mr. Jones Freeland at 257-2676.

## Hawaii MARINE

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## CG'S MAIL BOX

*"I have personally experienced two near misses by drivers using cell phones..."*

Submitted by Mr. Ray Gercas, Business Performance Office



BRIG. GEN. MCABEE

To my knowledge, the base regulations do not address the use of hands-free cell phones aboard MCB Hawaii — only that the use of cell phones is not allowed while operating government vehicles.

Many states are now implementing into law that personnel using a cell phone while driving must be using a device that will allow them to have both hands available, and not to have one hand preoccupied using a cell phone.

I have personally experienced two near misses by drivers using cell phones while PTing (in the middle of day, wearing bright running clothes).

In one case, the car made actual contact by brushing against me as I moved out of the way. In this first case, the person struggled to steer with one hand and was more focused on not dropping the phone. The person was so engrossed in the conversation that she was not even aware of what happened.

In both cases, they were using phones in one hand.

My recommendations:

1. Establish a written policy that prohibits the use of cell phones while driving unless they are using a headset (hands-free).

2. Make the violation be commensurate with the same disciplinary action as one would get with a speeding ticket aboard base (i.e. points deducted).

Ray Gercas  
Business Performance Office

Mr. Gercas:

We have been asked by the commanding general to respond to your



Pfc. Monroe F. Seigle

**Sergeant Paul Johnson, a vehicle inspector for Motor Transport Division, Headquarters Bn., MCB Hawaii, waits until he is stopped and out of the vehicle to use his cell phone. Using phones while driving is dangerous; hands-free devices are recommended while the vehicle is moving.**

CG Mail since your recommendations and concerns fall within our staff responsibilities. The CG appreciates that you've taken the time to participate in the CG Mail program.

As you know, the commanding general has made safety a foremost priority from his first day in command. He also needs your help in this effort.

Although there are no Marine Corps orders, Hawaii state laws or local regulations that prohibit the use of cellular phones while driving privately owned vehicles, your concern is addressed in Hawaii Revised Statutes (HRS) Code 291-12, which allows citations to be written for "inattentive driving."

While not specifically addressing

the use of cellular phones, the HRS authorizes individuals to cite for any activity that inhibits a driver's ability to focus on driving. Examples include, but are not limited to, eating and reading.

Drivers who do not pay attention to their surroundings create an undue safety risk.

Of the 149 traffic accidents reported aboard MCB Hawaii in 2002, approximately half involved simple backing accidents.

While most traffic accidents are a result of inattentive driving of some sort, none have been directly attributed to the use of cellular phones.

Members of the community who witness any case of inattentive driving, including being distracted while using a cellular phone, are encouraged to use the third party citation. A third party citation is a means of reporting traffic violations available through the Provost Marshal's Office.

Any person, who desires to do so, should record as much information about the incident as possible and report personally to the Military Police Desk, where they will be assisted in filling out the appropriate forms.

Complainants should be aware that their presence might be required in traffic court.

A coordinated community policing effort helps maintain the safest environment in which to work and live.

Again, thank you for bringing this concern to light and using the CG Mail Program.

Mr. Bo Irvine  
Director, Base Safety Center and  
Lt. Col. Marc Lambert  
Provost Marshal

*(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/cg-mail.htm](http://www.mcbh.usmc.mil/command/cg-mail.htm).

## COMMENTARY

### 'We can lower prices at the MCX'

Sgt. Robert Carlson  
Combat Correspondent

The gas prices on base are consistently higher than what we can get if we go to the stations on Hickam Air Force Base or Naval Station Pearl Harbor. Diapers are significantly cheaper if you buy them at Costco or Wal Mart than at the Wiki Wiki, and you can find a nice set of appropriate civilian attire at the Navy Exchange for less than at the Marine Corps Exchange.

We all hear these kinds of money-saving tips at least two or three times a week, and through the grapevine, the message spreads that the prices at the Marine Corps Community Services facilities on the base may not be the best deals in town.

When I hear someone say they can save a few cents buying socks at the BXtra, I always have the same question — "What is the Army-Air Force Exchange Service doing for you and your family?"

The Joint Education Center here just opened a new computer lab for military and civilian members of the

MCB Hawaii community. The Varsity Sports department of the Semper Fitness Program just finished its first season of tackle football, is scheduled to start a fast-pitch baseball league, and has pledged support for a base rugby league if there's enough interest.

Are those programs funded and managed by the AAFES and Navy MWR activities on the other side of the island? No. Those programs, and all of the other ones provided here for little or no charge, are funded and managed by MCCS. Costco doesn't contribute to the soccer league your children play in, and Sears doesn't pay for the aerobics classes your spouse attends. The financial planning programs that helped you sort out your budget, are NOT paid for by the money you spend at the NEX or Hickam's BX. When you buy at the BX, you're helping a person in the Air Force play in his base flag football league. You're paying for his auto hobby center, not yours. Absolutely none of the money you spend at the Hickam exchange comes back to the Marines, Sailors, civilians and fami-

lies here. It goes to Air Force service members and families. The money you spend at Wal Mart doesn't go into unit funds to help pay for sports days and barbecues.

Is that worth the money you save?

If we want to get the best deals on the items and services we need, we should support the MCCS activities on base. I think that if we really thought about all MCCS offers, none of us would be able to remember a day when MCCS didn't contribute to our quality of life in one form or another.

Just like any other business, MCCS needs to make a profit on the goods and services it sells in order to provide the free and reduced rate services here. If more people shopped the Marine Corps Exchange, the economics of quantity would allow better prices. When the Exchange can buy walkmans and computers in higher quantity, it can sell them for less. When the gas station is moving more fuel through the pumps, the per gallon price will drop.

See COMMENTARY, A-6



Cpl. Jason E. Miller

Headquarters Bn., MCB Hawaii, Marines apply proper Marine Corps Martial Arts techniques as they practice for the practical application tests to earn their tan belt qualifications.

## Martial arts training continues

**Cpl. Jason E. Miller**  
Combat Correspondent

The Marine Corps Martial Arts program has been in effect for well over a year now, but for small units aboard MCB Hawaii, Kaneohe Bay, many Marines remain unqualified because of time and opportunity constraints.

Some units, however, have made time for the training by allowing just a few Marines at a time to train with a prequalified instructor.

Several small shops within Headquarters Bn., MCB Hawaii, recently dedicated several Marines to train for three days. Each became

tan-belt qualified in the MCMAP.

Staff Sgt. Robinson Merchan, a certified black belt instructor and an auditor with the Comptroller department of Headquarters Bn., taught the course.

He helped Marines from several divisions within MCB Hawaii get qualified when their units were too thin to spare more than one person at a time for training.

"I just give the classes because I enjoy the training," Merchan said. "I am not pushed to put the classes together, but I do feel I should pass on the training that the Marine Corps has given me to those Marines who have not yet received the training."



Cpl. Jason E. Miller

Staff Sgt. Robinson Merchan, black belt certified, applies a wrist lock on a Marine training for his tan belt.

## 'Of what benefit is Thanksgiving?'

**Navy Chaplain (Capt.) Joseph W. Estabrook**

Command Chaplain, MCB Hawaii

Thanksgiving is a holiday that commemorates no hero, celebrates no battlefield.

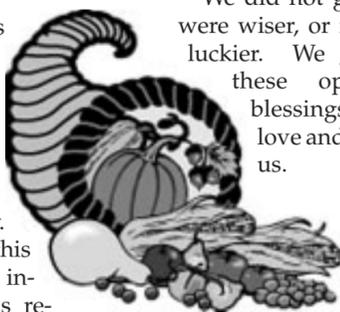
There is no lobby is behind it; no group or sect or party.

It doesn't even fall on the same date twice. Yet, Christmas cannot dim it, nor July 4th steal its glory.

All America loves this day with a quiet and intense affection that is reserved for no other day of the year.

What makes Thanksgiving different? What makes it beloved? What makes this holiday so very real?

Perhaps the answer is simple:



Thanksgiving is an affirmation. It is the testimony of the heart of a nation to a deeply held conviction — the conviction that these things we call "free" and "decent" and "American" did not just happen to us.

We did not get them because we were wiser, or more clever, or even luckier. We got these freedoms, these opportunities, these blessings because of God's love and benevolence toward us.

Unashamedly, our founding fathers believed that the God in whom they believed would truly be our God if we would be his people.

They believed that this experiment in democracy, based on our Judeo-Christian traditions and principles,

would enable us to become "the new Jerusalem," a heaven on earth where people would prosper and God would be glorified.

Our forefathers believed that both gratitude and the dream needed to be irrevocably intertwined, and if we should ever forget to give thanks, we would jeopardize the blessing.

For our forefathers, this day of Thanksgiving was not only appropriate, but also essential.

If we are truly to take the torch from those great Americans who went before us and make the dream come alive, then we must also make sure that this dream and our gratitude to the God who gave it to us remain intertwined.

For us, as for our forefathers, it is not just a good thing to do or a nice day to celebrate. Thanksgiving is in fact — essential.

## 'Here's to Thanksgiving, football too!'

**Navy Chaplain (Lt.) Scott Carlson**

CREDO Hawaii

NFL fans will know the now famous beer commercial that starts off like this: "I love playin' two-hand touch ... eatin' way too much ... watchin' my team win, with the twins ... I love quarterback's eatin' dirt..." and I better stop right there.

It appears to be much like an old Tom T. Hall song about what he loved in life.

Country 'twang' was never my thing, but I like his lyrics. It starts like this: "I love little baby ducks, old pickup trucks; slow-movin' trains and rain; I love little country streams; sleep without dreams; Sunday School in May and hay..."

Thanksgiving. The name says it all: a time to give thanks. Yet, having an "attitude of gratitude" is not always the natural thing to do.

To put it another way, instead of asking, "What am I grateful for?" better questions might be: "What do

**"Yet, having an 'attitude of gratitude' is not always the natural thing to do."**

Navy Chaplain (Lt.) Scott Carlson  
CREDO Hawaii

I love about life? What inspires, uplifts, energizes and motivates me? What carries me through when life is anything but thankful? What brings me meaning and fulfillment?

For Hall and NFL beer drinkers, it seems the simple, tangible, every day experiences — the ones that we so often take for granted as natural and given — are great things worth living for.

I have a friend who volunteers full time with humanitarian causes. When I asked her why she did this without pay, she wisely responded, "I can always find someone who is worse off than I am. By helping them, I help myself."

In other words, through helping

others we realize how much we have. By getting beyond ourselves and being a positive influence to others, we end up assisting ourselves even more than we could ever "help" someone else.

Thanksgiving invites us to reflect upon the things that are really important.

Have you read Reata Strickland's "Interview with God?" Perhaps the incredible popularity of this online flash presentation is the voice it gives to what really matters.

For the benefit of those who have not read her words, God asks, "What questions do you have in mind for

See *THANKSGIVING*, A-5

## WORD ON THE STREET

*"What are you most thankful for?"*



"I give thanks for my family, friends and health."

Sgt. 1st Class Kristen Seelow  
Administrative specialist  
U.S. Army, Fort Shafter



"...My family, my Thanksgiving dinner, and all the support the armed forces have to keep this country safe."

Petty Officer 3rd Class Jason Warren  
Aviation machinist mate  
VP-4



"I give thanks for my family and the good Lord above."

Lance Cpl. Shawn Kelly

Squad leader  
India Co., 3/3



"...Having a CD player and a good family."

Shaun Slaughter  
9-year-old family member



"...My son, and that my husband is here for Thanksgiving."

Sovanna Sayvongsa  
Family member

# Pot may be detected four months, more after quitting illegal usage

Partnership for  
a Drug-free  
America  
Press Release



- Withdrawing from marijuana use causes irritability, agitation and insomnia.

#### Some Indications of Marijuana Use:

- Eating binges; blood-shot, glassy eyes; use of eye drops, breath mints and incense; burnt fingertips; the presence of drug paraphernalia; giggles and silliness for no reason; and odor on clothes and/or in the bedroom may suggest marijuana use.

#### Legal Issues:

Use or distribution of marijuana is a crime under both Hawaii and U.S. law.

At the lowest extreme, possession of less than one ounce of marijuana is

promoting detrimental drugs in the third degree and is a petty misdemeanor that carries a maximum jail term of 30 days or a \$1,000 fine.

At the highest extreme, the possession of 25 pounds or more of marijuana, distribution of five pounds or more of marijuana, or possession of 100 or more marijuana plants, or cultivation of 25 marijuana plants on land owned by another person, is classified as "commercial promotion" of marijuana in the first degree, which is a Class A felony.

The maximum sentence is 20 years in prison or a \$50,000 fine.

Also, the distribution, or possession with the intent to distribute any controlled substance in, on or near schools or school vehicles is a Class C felony.

The maximum penalty is 10 years in prison and/or a \$10,000 fine.

In 2000, about 14 million Americans were using illicit drugs regularly. Of those people, about 59 percent were using marijuana.

Marijuana is a powerful drug that comes from the leaves, flowering tops, and stems of the plant called Cannabis Sativa. The street names for marijuana include: pakalolo, pot, weed, grass, Maui-wowie, reefer, J, ganja, Mary Jane, bomb, doobie, herbs, buds and hay.

Marijuana is usually smoked in a cigarette (joint) or in a pipe, but it also can be eaten. There are more than 421 chemicals in marijuana; the number of chemicals increase to more than 2,000 when the drug is smoked.

The chemical producing the high in marijuana is called Tetrahydrocannabinol. The more THC in marijuana, the stronger the high will be, and the longer it will last.

Marijuana plants grown in Hawaii are known for their especially high THC content. After smoking only one joint, 10 to 20 percent of the drug is still present in body cells at 30 days, and traces of THC can be found up to four-and-a-half months after stopping use of the drug.

Marijuana smoke has 50 percent more carcinogens (cancer-causing chemicals) and tars than tobacco smoke. Marijuana is the most commonly used illicit drug.

#### Marijuana in Hawaii:

Over the past five years, the Honolulu medical examiner reported 15 to 20 questionable deaths in which marijuana was found in the bodies. The State Department of Health Alcohol and Drug Abuse Division reported that 740 adolescents were treated for marijuana abuse in 2000. In 1998, 636 juveniles were arrested for possession of marijuana, and 649 in 1996 as compared to 307 in 1994.

By the time they graduate, almost half of all the Hawaii high school students have used marijuana at least once in their life. In 2000, 2 percent of 6th graders, 16 percent of 8th graders, 33 percent of 10th graders, and 46 percent of 12th graders reported trying marijuana at some time in their life.

#### Effects of Marijuana:

- Marijuana interferes with brain processes; impairs perception and judgment of speed and time, motor coordination and short term memory; causes precancerous lesions of the lungs; increases risks of asthma, bronchitis and emphysema; impairs immune function; and increases heart rate, anxiety, panic attacks.

**Symptoms Upon Withdrawal:**

## MP gets 9-11 honors



Staff Sgt. Cindy Fisher

WASHINGTON — Donald Flynn, assistant director of the Office of Protective Operations, U.S. Secret Service, presents Sgt. Justin Stephenson, a military dog handler stationed at MCB Hawaii, with a Director's Citation. More than 90 individuals from the Dignitary Protective Division and supporting personnel were honored at the U.S. Secret Service Awards Ceremony, Monday, for their actions during and after the terrorist attacks at the World Trade Center, Sept. 11, 2001. Stephenson was one of five Marines recognized. He and other handlers had arrived in New York Sept. 10, 2001, as part of an advance party to support U.N. General Assembly 56. They were supposed to assist the Division by searching vehicles for explosives and other contraband. The next day's events changed their mission. Along with others from the Dignitary Protective Division, they were assigned to support the U.N. Coordinating Center in the aftermath of the terrorist attacks at the World Trade Center. Staff Sgt. Anthony Smit, now on recruiting duty; Sgt. Kinnon Ryan, who has since left active duty; Sgt. Christian Blue, stationed at MCB Camp Pendleton, Calif.; and Cpl. Matthew Peter, stationed at MCB Quantico, Va., also received recognition.

# Watchful Navy eyes monitor K-Bay skies

Petty Officer 2nd Class  
**Phil Hasenkamp**  
COMPACFLT Public Affairs

In the Air Traffic Control Tower on Marine Corps Base Hawaii, what you see is what you get. And the personnel who work there rarely blink.

"We're like the pitcher, and [the radar room] is the catcher," Air Traffic Controller 3rd Class Yeshon Avery said, high up in his workspace overlooking the runways aboard MCBH. "We keep track of a plane until it's out of sight, and then we pass on the responsibility to the people downstairs," he added.

Avery, his shipmates, and their ASR-8 short-range radar team together to control all aircraft flying in the five-mile-radius surrounding the tower. "I get a lot of great job satisfaction from this work. I feel fortunate in that respect."

A lot of satisfaction can be gleaned from the fact that no airplanes have crashed at Kaneohe Bay since December 7th, 1941.

"The only time we hear anything is if something goes wrong," Air Traffic Controller 2nd Class Aaron McKinney said, covering the microphone on his wireless headset. "Sometimes it will get busy, and we'll move pretty fast in here. But mostly, it's just business as usual."

And business is good. Navy Air Traffic Controllers are some of the most respected professionals in the worldwide aviation industry.

"We get a lot of respect if we've worked aboard aircraft carriers," said Air



Sgt. Robert Carlson

**Petty Officers 2nd Class Vleet Roberts, a ground controller, and Chris Iresabal, a local controller, monitor the traffic at the Marine Corps Air Facility, MCB Hawaii, Kaneohe Bay, airfield, as Navy and Marine aircraft conduct training simultaneously.**

Traffic Controller 1st Class Ken Cavett, a veteran of two tours aboard different carriers. "There's such a huge volume of high speed traffic with a moving runway, that we're really respected by civilian [air

traffic controllers]," he added.

But becoming an Air Traffic Controller doesn't happen over night. It can sometimes take an entire tour to complete all of the qualifications necessary to stand

duty in the tower. "Depending on your work ethic, it can take you a year or 18 months to get qualified on each workstation," Avery said.

Controllers have three main positions in the tower: communications, flight data, and local control. Before anyone can take on those jobs solo, there needs to be a considerable amount of hands-on training.

"Continuity in this job is essential," McKinney said. "A new person is usually trained by an outgoing person who has been doing the job for a number of years."

Pilots and aircrew arriving or departing Kaneohe Bay can depend on one thing: the constant vigilance of air traffic controllers watching their every move.

## THANKSGIVING, From A-3

me?" The dreamer asks further questions: "What surprises you most about humankind?"

God answers, "That by thinking anxiously about the future, they forget the present, such that they live in neither the present nor the future.

"That they live as if they will never die, and die as if they had never lived."

The dreamer continues: "As a parent, what are some of life's lessons you want your children to learn?"

God replies with a smile, "To learn that a rich person is not one who has the most, but is one who needs the least."

I like especially the last two lines. Our riches consist not in the extent of our wants, but in the limitation of our needs.

Savoring the rich, NFL experiences of life are what it's all about. But love ultimately happens between people, as the last line of Hall's tune suggests.

The most important thing is not people's love of life — but more importantly loving the people in our lives.

Celebrate the gusto of life this Thanksgiving — even after the two minute warning when your team wins.

## Career Day at ARFF



Cpl. Richard W. Holtgraver Jr.

Waipahu senior Devaughn Hall dons a protective helmet while Pfc. Molly R. Gresham, an aircraft rescue firefighter with Marine Corps Air Facility, tells him experiences she's had in the Marine Corps.

### COMMENTARY, From A-2

We all need to pitch in and make a focused effort to support the organization that supports us. The more we support our Exchange, the better prices and selection will get. The quality of life for the Air Force at Hickam is already good, so let's stop supporting their programs and facilities, and start working on ours.

If we shop the exchange and other retail outlets more often, and request that they carry the items we need, maybe we can get the other services to start driving over here to use our exchange and help improve OUR quality of life.

## Did You Know?



NAPS

The German Prince Albert, after his marriage to Queen Victoria, brought the custom of decorating a Christmas tree to England. German immigrants brought it to America.

## CSSG-3, Fuels test new CAFS firefighting system

**Pfc. Monroe F. Seigle**  
*Combat Correspondent*

Bulk fuel specialists from Combat Service Support Group 3 and Base Fuels, Headquarters Bn., MCB Hawaii, tested new firefighting equipment recently, as part of their annual refresher training to maintain proficiency in firefighting techniques.

The new Compressed Air Foam System uses a mixture of foam and water and has the capability of extinguishing fires in less than thirty seconds.

"I think it is a really effective piece of equipment," said Cpl. Bryan C. Sichley, a bulk fuel training noncommissioned officer for CSSG-3. "We needed some new equipment to

fight fires more efficiently."

The CAFS is diesel powered. It mixes water and foam together in a tank before pumping the mixture through a hose to extinguish fires. The bulk fuel specialists will use it mainly to control fuel fires.

"Water is heavier than fuel. It will go straight to the bottom of the fire, which isn't very effective," added Sichley.

During a firefight, the compressed foam cools the fire and removes its energy. As the foam dissolves, water is released and absorbs the heat from the fire, and it turns into steam.

The CAFS system has many benefits over fighting fire with only water. It is relatively lightweight at 1,000 pounds and can easi-

ly be transported to scenes requiring emergency equipment, on the back of small trucks.

It is also easy to use, requiring operators to perform only three steps to produce wet, medium, or dry foam. Further, with the use of foam, the amount of water needed to extinguish a fire is greatly reduced.

"I think this system is going to make firefighting much safer and a lot easier in a firefight," said Sichley.

Overall, the CAFS makes an excellent first response due to its compact size. Five to 30 times more efficient than water when used in suppressing fire, its lightweight hoses are also easier for firefighters to control.