

LIFESTYLES

HAWAII MARINE B SECTION

OCTOBER 1, 2004

Into the Ether

Blue Angels return with 'Blues on the Bay'

Lance Cpl. Michelle M. Dickson
Media Chief

At the end of World War II, Admiral Chester Nimitz, chief of Naval Operations, ordered the formation of a flight demonstration team to keep the public interested in Naval Aviation. Less than a year later, the Blue Angels were formed, and have been mesmerizing more than 260 million spectators since.

During the days of Oct. 9 and 10, the general public will have the opportunity to witness this amazing show is available for all ages, as "Blues on the Bay" performs here. Military members and their families on the island can catch the show during Military Appreciation Day on Oct. 8, when it will be less crowded.

The main mission of the Blue Angels is to credibly represent Navy and Marine Corps aviation to the United States public, and the Armed Forces to America and other countries, as international Ambassadors of goodwill. During the "Blues on the Bay" performance, the Blue Angels will again thrill the public with difficult maneuvers and eye-catching feats.

Beginning in 1946, with four pilots and an 11-man ground crew, the flight shows lasted approximately 17 minutes and consisted of "V" and "Echelon" formations (paralleled but

unaligned). Over the years, different movements have been perfected and the shows last approximately 45 minutes each. There are six pilots who perform 30 maneuvers during each performance, and they never repeat a stunt.

Over time, the types of aircraft have changed as well, beginning with a Grumman F8F-1 for its

increased power and maneuverability.

Throughout the years many different planes have been used, but since 1986, the Blue Angels have been working with the McDonnell Douglas F/A-18 Hornets.

The opening ceremony for the show here each day takes place at 10 a.m. Flying performances by a series of professional pilots are scheduled during the day, including a Navy/Marine Corps demonstration in which a team of K-Bay Marines and Sailors hit the Bay, storming the runway in an authentic combat simulation, before the Blue Angels take to the skies.

Volunteers for the show are needed and those interested should contact Lt. Col. Donald Clark, Marine Corps Air Facility, at 257-8426.

The show will conclude at 5 p.m. and will continue again the following day. Additional information can be found on the Web site at www.bluesonthebay.org.



Photos Courtesy of Blue Angels

The Blues on the Bay Air Show, to be held here from Oct. 8 - 10, will feature the world-renowned, jaw-dropping aerial acrobatics of the Blue Angels.

Air Show Tips

Do

- **Carpool**

Vehicles with three or more passengers will receive preferred parking.

- **Park at Bellows Air Force Station**

There will be a free shuttle service to bring spectators to the event. People are encouraged to park at Bellows.

- **Bring lawn chairs**

- **Enter/Exit through the H-3 gate**

Only base residents are authorized to use the Mokapu gate during the show.

Don't Bring

- **Weapons**

- **Alcoholic beverages**

- **Glass containers**

- **Backpacks, ice chests, coolers and large bags**

Exceptions are diaper bags and baby strollers. All bags are subject to search.

- **Pets**

- **Bicycles, scooters**



Staff Sgt. Ronna M. Weyland

The Marine Corps "Fat Albert" C-130 Hercules Jet Assisted Take Off is used during the 2002 Wings Over South Texas Air Show at Naval Air Station Kingsville.



Members of the Blue Angels flight demonstration team point the noses of their F/A-18 Hornets into the sky while performing a 90-degree vertical ascent, while flying in tight formation.



Above — Performing spectacular rolls, dives and death-defying aerials with surgical precision, the world-renowned Blue Angels have and continue to thrill millions around the world.

Below — An F/A-18 Hornet with the Navy's Blue Angels flight demonstration rises off the deck and ascends at a sharp 45-degree angle seconds before screaming high into the sky.



Blue Angels to alight at K-Bay clubs

Bobbie Brock
MCCS Marketing

The coolest thing to land at Kaneohe Bay is on its way. The Blue Angles are storming into town for shows on Oct. 8 - 10.

Not only are the shows going to be stellar, so will the after parties at the clubs.

Beginning Thursday evening, The Officers' Club welcomes all air show performers and Marine Corps Base Hawaii Officers at 6 p.m. Festivities will occur poolside with a DJ, the Budweiser Girls and a complimentary taco bar. On Friday, Officers' Club members are invited to meet the Blue Angel pilots at 6:30 p.m.

Friday's party starts at 6 p.m. with complimentary pupus and DJ entertainment until 8 p.m. followed by a live performance by Southern Drawl.

Saturday and Sunday evenings are guaranteed to be a "who's who" at the club as well. All VIPs, Officers' Club members, air show performers and the Blue Angels are invited to kickback poolside with entertainment and pupus both evenings. On Saturday,



DJ entertainment and a complimentary fajita bar start the evening at 6 p.m., followed by a live music by Edgewater. Sunday's post-Air Show social begins at 6 p.m. with a complimentary

hamburger bar and DJ entertainment.

As if the Officer's Club won't have the base buzzing enough, the Staff NCO Club and Kahuna's Bar & Grill will be roaring as well. On Friday and Saturday, the Staff NCO Club will start the Air Show After Party at 6 p.m. with

pupus and music entertainment. On Friday evening, Higher Ground (formally Blue Fuse) will be performing live at the Club.

Kahuna's will kick off its after parties at 9 p.m. with live bands and pupus, on Oct. 8, 9. On Oct. 8 at 10 p.m., 8mm Overdose will perform live, and on Saturday, the blues band Mississippi Full Steppers, take the stage at 6:30 p.m.

The last time the Blue Angels performed in Hawaii was 1995 at Barbers Point Naval Base. This is the first air show to be held at Marine Corps Base Hawaii in more than 20 years.

For more information, logon at www.bluesonthebay.org.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise



Kahuna's Bar & Grill
254-7660/7661

Ghost Band Live — Rock out with the Ghost Band tonight. The club opens at 6 p.m. and the party goes until 2 a.m. Kahuna's is open to all E-5 and below, DoD equivalent civilians and all sponsored guests.

Texas Hold'em — Has Texas

Hold'em got you hooked? Stop watching it on television and get in on the game Saturday night.

Doors open at 5:30 p.m. and the tournament is limited to the first 50 players. Buy in for \$5 and you could win prizes and bragging rights!

For more info, call 254-7651.

Live NFL Games — Check out all the Sunday NFL games live on DIRECTV. The club opens at 7 a.m. and breakfast will be available for purchase.

NASCAR Sundays — Race to the club to catch NASCAR. The club opens with breakfast at 7 a.m. and serves selections from the grill menu until closing time at 8 p.m.

Receive \$1 off chicken wings when you wear your favorite race driver's gear.

Club NFL — Your club has the latest in NFL Monday Night Football action. Get the guys together for more football fun than you'll get watching somewhere else.

On Monday, check out the Kansas City Chiefs take on the Baltimore Ravens.

Hot Country Night — Kahuna's is inviting wild cowboys and general folk alike to their famous Hot Country Nights on Wednesday.

A bucking bull contest will kick off at 8 p.m. Entry is free and participants can qualify to win prizes and for a place in the final bucking bull contest on Dec. 1. Dita Holifield and the Next Big Thing will perform live.

Championship Wrestling — Meet the wrestlers of Hawaii Championship Wrestling at their pre-show promotion Wednesday, at 8:30 p.m.

Catch the free, live-action show in the Ballroom on Saturday, Oct. 16, at 7 p.m.

Kahuna's Anniversary — Kahuna's has a lot to celebrate with its second anniversary and Bosses' Day on Oct. 15.

The doors open at 4:30 p.m. for pau hana with heavy free pupus until 6:30 p.m. Entertainment begins at 5:30 p.m. with a hula show by Halau Namakalaniakamaluha, under the direction of kumu hula Palani Agosto, followed by Kapena from 6:30 to 9:30 p.m.

Oktoberfest Celebration — Kahuna's is hosting Oktoberfest Oct. 23 from 7 p.m. - 12:30 a.m. Head to the fest tent for German cuisine and specialty beverages. The cost is \$20 for food and beverage samplings.

A DJ will spin from 7 - 9 p.m. and the Wiener Wald Band will perform from 9 p.m. - 12 a.m.

Latin Night — Mix it up with El Conjunto Tropical at for Latin Night. Salsa down to the club Oct. 29 at 6 p.m. to enjoy the live band, dancing, cold beverages and pupus.

Kahuna's Halloween — It's fight and fright night at with brawls and creepy crawls Oct. 30. U.S.A. boxing in the ballroom begins at 6 p.m.; the cost is \$12.

Get spooked in the Sports Bar with a costume party, DJ entertainment and a pumpkin carving contest at 9 p.m. Prizes will be awarded for

the most original, scariest and funniest costumes.



Staff NCO Club
254-5481

DJ Party — Old School Jam's party is back with DJ Drisk spinning all your favorites tonight. Dress to impress in your best polyester and platforms. The club opens at 4:30 p.m. and DJ starts at 6 p.m.

Texas Hold'em — The Staff NCO Rocker Room is dealing again. Get in the game on Saturday, and show 'em who's boss.

The cost is \$5 for members and \$8 for nonmembers, and includes pupus and prize giveaways. Doors open at 6 p.m.

Live NFL Games — Check out all the Sunday NFL games live on DIRECTV. The club opens at 7 a.m. and breakfast will be available for purchase.

Club NFL — Your club has the latest in NFL Monday Night Football action. Get the guys together for more football fun than you'll get watching somewhere else.

On Monday, check out the Kansas City Chiefs take on the Baltimore Ravens.

Staff NCO Bosses' Night — Intending to invite the boss to Bosses' Night? Invite your commander to the Rocker Room for camaraderie and refreshments Wednesday, from 4:30 to 6:30 p.m.

Staff NCO Halloween Bash — The Staff NCO Club has a standing tradition of hosting the craziest Halloween bashes. This year's bash on Oct. 30, promises more of the same.

Dress up in your best costume and head to the club for beverages and pupus. DJ entertainment begins at 8 p.m.



Officers' Club
254-7650/7649

KOSC Luau — The Kaneohe Officers' Spouses' Club is hosting a Sunset Luau poolside at The Officers' Club. The cost is \$32 for KOSC members, \$36 for nonmembers and \$16.50 for children 5 - 12. Cocktail hour is at 6 p.m. with a cash bar featuring Mai Tais, Blue Hawaiis and more. Dinner will be served at 6:30 p.m. and Maohi Nui, a dynamic group of island dancers and musi-

cians, will perform at 7:30 p.m.

See your unit's KOSC representative for tickets.

O'Club Anniversary — Come help The Officers' Club celebrate its second anniversary on Wednesday, with pupus, prizes and entertainment at 4:30 p.m.

Joint Spouses' Conference — The 10th annual Joint Spouses' Conference will be held Oct. 15 and 16 at Hickam Air Force Base Officers' Club. This is a forum for military spouses from the Army, Navy, Air Force, Marine Corps and Coast Guard to come together as one family to learn and share experiences from military life.

Children are not permitted to attend. Child care is not available and must be prearranged.

All Hands

Haunted House — Youth Activities will freak you out with their annual haunted house on Oct. 29 and 30.

Open to the base community, admission is free for Youth Activities members and for children 4 and under. All nonmembers pay \$1. The haunted house will be open from 6 - 9 p.m. in building 477.

Ongoing

Blue Angels Commemorative Coin — Get your limited edition "Blues On The Bay" commemorative coin at the Kaneohe Information, Tickets and Tours office at Mokapu Mall while supplies last. The cost is \$6 per coin.

O'Club Seafood Buffet — Enjoy an all-you-can-eat Seafood Buffet every second Thursday of each month at The Officers' Club from 6 - 8 p.m.

The buffet features Prime Rib, snow crab legs, peel-and-eat shrimp, ahi poke, calamari, fresh manila clams, fresh catch-of-the-day an assortment of salads and desserts and much more. Reservations are recommended.

Mega Video Blow Out — Now through Oct. 31. Get huge discounts on your favorite movies on VHS tape. Purchase a regularly priced \$9.95 tape for only \$5, a \$7.95 tape for only \$2 or a \$5.95 tape for just \$1.

Logo Glass Unveiled — Kahuna's is sporting new logo glasses. Get in and check them out. Buy an authentic Kahuna's logo glass with a cool beverage for only \$5. Refills are \$1 and you keep the glass for your own collection.

Fix it Yourself — Want to do a little work on your prized vehicle, but don't have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at building 3097, next to the 24-hour car wash, and utilize their tools to get your baby back in top form.

Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m.

Also keep an eye out for a deal at

the sealed bid auto auction the Auto Skills Center hosts.

For more details, call 254-7674.

ASYMCA Playmornings — Kids and parents are all invited to come have fun at the Armed Services YMCA "Playmornings." Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families.

Enjoy crafts, games, songs and fun at varied locations across the base. The program runs Monday through Friday, from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities building 5082, Wednesdays and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at building 1638.

Call 254-4719 for more details or info about other ASYMCA events.

Swing Lessons — Kahuna's Ballroom is teaching you how to dance. Every Monday, Swing dance Lessons will be taught from 7 - 9 p.m. The cost is only \$2 so grab a partner and get ready to twist, twirl, and spin the night away.

For more information, call 254-7660.

Salsa Lessons — Impress her with your fancy foot and hip action. Take a few salsa lessons at Kahuna's Ballroom every Tuesday from 7 to 9 p.m. and you will be set to hit the town. Lessons are \$2.

For more details, call 254-7660.

Friday Night Barbecue — Every Friday, let someone else do the grilling. Head to the Staff NCO Club for your favorite grilled New York Strip, pork chops, chicken or fish and a full buffet of all the fixings including grilled corn, assorted grilled vegetables, mixed green salad and watermelon. Served from 5 p.m. - 9 p.m. To make reservations, call 254-5481.

Hourly Child Care — Join us for some fun summer activities. The Hourly CDC provides child care by reservation for children 6 weeks - 5 years.

Call 257-8354 for more information about how to register your child.

Cage The Rage — Learn to understand and control your anger with ongoing classes Thursdays, 1 - 3:30 p.m. There are eight weekly sessions in each series. Start anytime.

To schedule a brief orientation appointment call 257-7780/7781.

Mongolian Barbecue — Don't feel like cooking dinner? Every Wednesday and Friday night, head out to The Officers' Club for Mongolian Barbecue and leave the work to the professionals.

Buffet style, select your favorite veggies and meat including chicken, shrimp, pork and beef; pile your bowl high, and kick it up a notch with a sauce of your choice. Then watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday at 5:30 p.m. Call 254-7649.

SM&SP



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

Volunteer Events

Geckos in Paradise: Those interested in volunteering for Kapiolani Medical Center's gala event to raise funds for breast cancer research should contact the SM&SP office.

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- **At the Tennis Courts:** You can get into the swing of things with free tennis lessons Thursdays from 11 a.m. - 12 p.m. Call 258-8081 to make your reservations.

- **At the Kaneohe Klipper Golf Course:** Practice your swing with free-range balls, club rental at \$5 per set, 9 holes of play at \$5, or 18 holes of play for \$9.

- **At K-Bay Lanes:** Score with games at \$1.50 each, free shoe rental (Mondays through Thursdays), and no-tap at \$15 on Thursdays at 8:15 p.m.

- **At the Base Marina:** Enjoy free, unit-sanctioned "Adventure Training" with classes in scuba, power boating, water skiing and much more.

- **At the Base Theater:** Be entertained by the second movie on Friday and Saturday nights — for free (all E-5 and below)!

- **Inflatable Game Rentals:** Sumo suits, the Gladiator Joust and the Big Bouncy boxing ring are all available for unit functions on MCB Hawaii, for only \$100 per game.

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.

Princess Diaries 2 (G)	Today at 7:15 p.m.
Collateral (R)	Today at 9:45 p.m.
Alien vs. Predator (PG-13)	Saturday at 7:15 p.m.
Little Black Book (PG-13)	Saturday at 9:45 p.m.
Princess Diaries 2 (G)	Sunday at 2:00 p.m.
Thunderbirds (PG)	Sunday at 6:30 p.m.
Alien vs. Predator (PG-13)	Wednesday at 6:30 p.m.
Exorcist: The Beginning (R)	Friday at 7:15 p.m.
Alien vs. Predator (PG-13)	Friday at 9:45 p.m.

Adopt-A-School

Partnership bonds promote leadership

Sgt. Joe Lindsay
Community Relations Chief

Located in Ewa Beach, James Campbell High School is situated in relatively close proximity to both Schofield Barracks and Marine Corps Base Hawaii, Kaneohe Bay, and this location has given its students access to many opportunities not always available to your average mainland school.

The high school, under the guidance of Student Activities Coordinator Sara Ann Kimura, has forged partnerships with both bases, and this relationship has allowed the students from Kimura's leadership class to have unique access to many educational experiences they might not have otherwise had.

"Our partnership program has grown larger and better over the last four years and has trained its participants to lead through a variety of activities such as leadership camps, career days and field training exercises," said Kimura. "It is through these activities and events that we learn from each other and strengthen our ties as a school and military partnership."

Indeed, Campbell has taken a proactive lead in expanding the horizons of its students' leadership qualities — literally.

As a case in point, the school will be sending seven students to San Diego today through Oct. 9 as part of a whirlwind tour of Marine Corps Recruit Depot, San Diego, Camp Pendleton and Miramar Air Station.

"I am so excited to be a part of the leadership program we have here at Campbell," commented Chantal Moncrease, a 17-year-old 12th grader at the school, who will be traveling as a media representative for the school's newspaper, *Ewa Naupaka*. "I am not planning on joining the military after I graduate, but I still feel it is important to my education to be exposed to different perspectives."

Kimura, a teacher at Campbell since 1994, said she couldn't agree more.

"I want to challenge my students to explore things that aren't the norm," said Kimura. "I feel they will have a more well-rounded education, and thus will be better prepared for whatever career choice they make."

Kimura emphasizes that the partnerships and visits to military bases are not recruiting trips.

"There is absolutely no pressure for the students to join the military, and no soldiers or Marines approach our visits in that manner," said Kimura. "Rather, it is an opportunity for the students to expand their horizons and learn leadership skills in a real world environment. And who better to learn about leadership than from the men and women whose very jobs are synonymous with leadership — the United States Army and the U.S. Marine Corps?"

As for Moncrease, who plans on continuing her education at the University of Hawaii at Manoa after graduation, the trip is a once-in-a-lifetime opportunity.



Photo Courtesy of Campbell High School

Randy Moss, a 10th grader at James Campbell High School, gets hands-on experience with the help of Sgt. Scott Momper (left) and Cpl. Matthew Strickland at Aircraft Rescue & Fire Fighting here, recently.

"I am very thankful to Campbell High and the leadership program here for forging these educational partnerships with the military,"

said Moncrease. "I want to be a teacher myself someday, and these partnerships have given me a solid foundation to pursue that dream."

Doctors urge awareness in avoiding breast cancer

Reduce breast cancer risk with prevention and early detection

Patty Guinto

City of Hope Cancer Center

LOS ANGELES — October is breast cancer awareness month. Breast cancer accounts for one out of three cancer diagnoses in the United States, according to the American Cancer Society; it is the second leading cause of cancer death in women after lung cancer.

Although the incidence of breast cancer and breast cancer-related deaths in the United States is daunting, there is hope. In fact, more than 96 percent of women who are diagnosed with breast cancer at an early stage go on to survive more than five years.

Dr. I. Benjamin Paz, director of the Breast

Center at COH's Rita Cooper Finkel & J. William Finkel Women's Health Center and vice-chair of the Division of Surgery at City of Hope Cancer Center in Los Angeles, emphasizes taking prevention measures reduces the risk of breast cancer, and screening and early detection improve treatment outcomes for those who are diagnosed with the disease.

"The exact cause of breast cancer is unknown, but the risk of its development is associated with age, family history, hormonal replacement, race and a number of other risk factors," said Dr. Paz. "Some of these risk factors are not controllable, but others can be avoided by making good lifestyle choices."

The chance of getting breast cancer increases as a woman gets older. Some studies have shown that taking birth control pills slightly increases the risk of breast cancer and breast feeding may decrease the chance of developing the disease. Additional risk factors include:

- personal or family history (maternal or paternal) of breast cancer,
- hormone replacement therapy,
- smoking, especially as a teenager or young adult,
- a breast biopsy showing benign breast proliferation.

Dr. Paz recommends all women over the age of 40 visit their physician for a yearly screening mammogram and clinical breast examination (CBE). Women in their 20s and 30s should have a CBE preferably every three years. They should conduct monthly breast self-examinations starting in their 20s.

Women with a family history of breast or ovarian cancer or with benign breast changes that predispose cancer should be evaluated for other prevention strategies. For example, Tamoxifen can reduce the incidence of breast cancer in 50 percent of high-risk women.

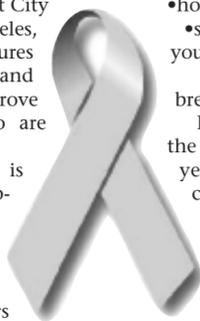
Symptoms of breast cancer may include some of the following:

- a new lump or mass in the breast or under-arm area,
- skin irritation or dimpling,
- nipple pain or the nipple turning inward,
- redness or scaliness of the nipple or breast skin,
- a nipple discharge other than milk.

Prevention is the best way to reduce the risk of breast cancer. Both women and men should take proactive measures to live free of the disease. Dr. Paz suggests the following:

- eat a balanced diet, high in fruits and vegetables and low in fat,
- watch your weight, and exercise daily
- limit alcohol consumption and avoid smoking,
- know the risk factors and be aware of changes in your body,
- see a physician for regular exams and conduct appropriate self-exams.

For more information about breast cancer research and treatment at City of Hope Cancer Center, call (800) 826-HOPE or visit www.cityofhope.org.



Widow donates gift of knowledge

Cpl. Megan L. Stiner

Combat Correspondent

History and tradition is taught from day one at the Marine Corps Recruit Depots, but it is an ongoing learning process that follows graduates throughout their time in the Corps. So, it only makes sense there should be a place where every Marine can obtain this knowledge.

Recently, the Kaneohe Bay Library received a donation of 85 books from the personal library of Lt. Col. John W. James, who passed away in December.

"He was always an avid reader. He loved books about war, and the military. Nothing in the world made him more proud than to be a United States Marine," said Louise F. James, about her late husband.

The library staff turned the books into a small memorial in honor of the lieutenant colonel.

"We had discussed what he wanted done with the books," recalled Louise, "and he decided that once his nephew had his choice from the

"He just thought he was the luckiest man in the world to be a Marine. ... He felt blessed to be able to serve his country."

— Louise F. James, in reference to Lt. Col. John W. James

stacks, the rest would be donated to the library."

Each book is also marked with a sticker on the first page noting it comes from a private donation from the James Family.

The collection consists of a variety of military reading material, from World War II photography to Civil War tactics and strategy books.

"He loved World War II, it was his favorite time," said Louise. "He considered World War II, the greatest generation."

James, a Norfolk, Conn., native,

joined the military in 1974 as an enlisted infantryman. In 1976, James was selected for the Enlisted Commissioning Program.

Graduating from Officer Candidate School in 1977, James became a pilot.

His first visit to Kaneohe Bay was to Marine Medium Helicopter Squadron 262 as the training officer as well as the airframes division officer for two Western Pacific deployments in 1980 and 1981. In 1982 and 1983 he served as the 1st Marine Brigade G-3 air officer. His final two years at K-Bay were spent as a search and rescue pilot.

James made his final trip back to Hawaii in 1997, where he served as the commanding officer of HMM-265. In 1999, he took control of Marine Forces Pacific G-8. He took his last command from 2001 to 2003 as the commanding officer of MCB Hawaii G-3.

On Christmas Eve 2003, James passed away. He is survived by his wife, and their four children: Rachel, Derek, Marc and Natalie.



Cpl. Megan L. Stiner

Following the wishes of her late husband, Lt. Col. John W. James, Louise F. James donates a portion of the books from his personal collection to the base library here. Many of the books from James' personal library have a military theme and reflect his love of the World War II time period.

Louise hopes someone will pick up one of the books and find the same enjoyment in it as he did.

"He loved reading about what he did, and what the military was

about," she explained. "He just thought he was the luckiest man in the world to be a Marine. He used to say he felt blessed to be able to serve his country."

ON THE MENU AT ANDERSON HALL

Today

Lunch

Oven Roast Beef
Baked Tuna & Noodles
Steamed Rice
French Fried Cauliflower
Vegetable Combo
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner

Sauerbraten
Knockwurst w/Sauerkraut
Cottage Fried Potatoes
Egg Noodles
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Pasta Bar

Saturday

Brunch/Dinner

Grilled Steak
Pork Chop Mexicana
Mashed Potatoes
Spanish Rice
Fruit Nut Bars
Asst. Fruit Pies

Sunday

Brunch/Dinner

Beef Pot Pie
Baked Fresh Fish
Steamed Rice
Bread Pudding w/Lemon
Sauce
Peanut Butter Cookies

Monday

Lunch

Teriyaki Chicken

Salisbury Steak
Steamed Rice
Mashed Potatoes
Apple Crisp
Asst. Fruit Pies

Dinner

Baked Meat Loaf
Oven Roast Beef
Parsley Buttered Potatoes
Pork Fried Rice
Apple Crisp
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Pasta Bar

Tuesday

Lunch

Barbecue Spareribs
Veal Parmesan

Oven Browned Potatoes
Buttered Egg Noodles
Devil's Food Cake w/Mocha
Butter Cream Frosting
Asst. Fruit Pies

Dinner

Swiss Steak w/Brown Gravy
Baked Fish Fillets
Lyonnais Potatoes
Steamed Rice
Devil's Food Cake w/Mocha
Butter Cream Frosting
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Taco Bar

*Wednesday

Hispanic Heritage

Luncheon

Enchiladas

Beef Fajitas
Chicken Fajitas
Tacos (Hard/Soft)
Butter Cream Frosting
Mexican Corn
Mexican Onion Corn Soup
Burritos (Beef and Bean)
Mexican Rice

Dinner

Baked Stuffed Pork Chops
Turkey Pot Pie
Mashed Potatoes
Steamed Rice
Bread Pudding w/Lemon
Sauce
Peanut Butter Cookies
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Hot Dog Bar

Thursday

Lunch

Cantonese Spareribs
Baked Tuna & Noodles
Shrimp Fried Rice
Pineapple Upside-Down
Cake
Asst. Fruit Pies

Dinner

Swedish Meatballs
Caribbean Chicken
Steamed Rice
O'Brien Potatoes
Pineapple Upside-Down
Cake
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Taco Bar

*(The MCB Hawaii community is invited to enjoy the Hispanic Heritage Luncheon, Wednesday from 11 a.m. until 12:30 p.m. at

the Anderson Hall dining facility, building 1089. The meal prices are as follows: \$2.85 (discount meal) for families of authorized E-4s and below

and \$3.30 for all active duty service members, DoD employees, retirees, civilians and family members of E-5s and above.

El Mariachi Loco will entertain 11 a.m. - 12:30 p.m. Sgt. Maj. Juan G. Camacho Jr., with HMH-363, will be the guest speaker.)

WORD TO PASS

2004 Officers' Navy Birthday Ball Set

This year's birthday ball will be held at the Hilton Hawaiian Village's Coral Ballroom on Oct. 9 from 6 p.m. to midnight with a no-host social hour beginning at 6 p.m. and Officer's Call at 6:45 p.m.

The Commander, Pacific Fleet Band will be providing music throughout the evening. Tickets are available from command birthday ball representatives and costs \$40 for O-3 and below personnel, \$45 for O-4 personnel, \$50 for O-5 and above personnel and civilians GS-7 above.

The attire for the night is Dinner Dress White Jacket (DDWJ) for O-4 and above; Dinner Dress White for O-3 and below, DDWJ is optional; and black tie for civilians.

For those preferring to stay the night in Waikiki, a block of rooms has been reserved at the Hilton Hawaiian Village. Room rates are set at \$112 a night and are available on a first come, first-served basis. Check-in is scheduled for the afternoon of Oct. 9 and checkout, on Oct. 10.

Those interested in reserving a room should call 949-4321, press 2 for reservations, identify yourself

with the Officers' Navy Birthday Ball and ask for plan code BLZ.

MWR will provide free care for children up to 12. Children 5 years and younger will be cared for at the Child Development Center Pearl Harbor; children ages 6 through 12 will be cared for at the Boys and Girls Club of Hawaii on the corner of Catlin Drive and Nimitz Highway. Parents wishing to use this service must complete and provide to MWR an information form which is available from the command birthday ball representatives. Space is limited.

For more information, call Navy Lt. Kenneth Bruce at 257-0509 ext. 8701 or e-mail to kenneth.bruce@navy.mil.

Auto Show Rolls Into Town

Be one of the first to see the latest hot rod from Boyd Coddington, of "The Hot Rod Show," at the Hawaiian Wheels Car Show at the Neal Blaisdell Center, Oct. 1 - 3.

Check out over a hundred of the finest automobiles, trucks and motorcycles, as many of these have never been shown in Hawaii.

There will be great live, local bands, a DJ, keiki hula, bikini con-

test, and even a line dancing class.

The show benefits the Windward Community College Employment Training Center, which provides the community with short-term, career-focused education and training.

Admission for military personnel and their family, with ID, is \$7; general admission, \$8; children 5 - 12, \$2; children under 5 are free.

FBI Recruits Sought

Are you interested in a career with the FBI as a special agent? Learn about application requirements for by attending the monthly FBI career seminar on Monday at MCB Hawaii, building 267, classroom 2, from 10 to 11 a.m.

For confirmation and additional information, contact the Personal Services Office at 257-7790/7795.

Beach

Concerts Set

Duke's Canoe Club Waikiki announces its new October

"Concerts on the Beach" lineup, featuring live music by island-favorite performers Fridays, Saturdays and Sundays from 4 to 6 p.m. October's entertainment schedule is as follows: Kaala Boys, Oct. 1, 15, 22 and 29; Kapena, Oct. 2, 16, 23, 23, and 30; Melehuna Trio with Dancer, Oct. 8; Opihi Pickers, Oct. 9; Henry Kapono, Oct. 3, 10 and 14. For more details, call 922-2268.

Bangarra Dance Theatre Scheduled to Perform

One of Australia's youngest and oldest dance companies is scheduled to perform at the Hawaii Theatre Oct. 8 and 9 at 8 p.m. Tickets prices range from \$22 to \$38.

For more details, call 528-0506.

Dixie Grill Offers Oyster Bar During Fest

Dixie Grill is showcasing an Oyster Bar at both Oahu locations as part of its annual Bar-b-que Fest. The Oyster Bar will be offered on Saturday.

For more information, call 596-8359 for the Honolulu location or 485-2722 for the Aiea location.

HPU Seeks Entries for James M. Vaughan Poetry Award

Hawaii Pacific University is currently seeking entries for the James M. Vaughan Award for Poetry. The award will recognize a Hawaii writer for an outstanding poem or group of

See WTP, B-6

WTP, From B-5

poems. The winner will receive a \$500 cash award and will be featured in *Hawaii Pacific Review*, the annual literary magazine published by HPU.

To participate, send three poems with a 100-line limit each, with your name, address, phone number, e-mail, and names of poems on a cover page (no name on other pages), and a five-line biography to the James M. Vaughan Award for Poetry, 1060 Bishop Street, Ste. 402, Honolulu, HI 96813. Participants must be a current resident of Hawaii. Submitted poems must not have been previously published. Submissions must be postmarked by Dec. 1. Manuscripts will not be returned.

The winner will be announced in January 2005, and an award will be given at HPU's annual Koolau Writing Workshops on March 5, 2005.

Hale Koa Holds Oktoberfest

Grab your "dirndl" and "lederhosen" and then head to the Hale Koa Hotel for Oktoberfest 2004. Tickets on sale now for the armed forces recreation resort's annual Oktoberfest, held from Wednesday through Sunday.

This traditional German event celebrates authentic German food, drink, music and dancing. Guests can purchase an impressive selection of fine food, to include bratwurst and sauerbraten, along with a unique selection of authentic German beverages.

Admission tickets cost \$6 each, and can be charged by phone at 955-0555, ext. 546.

Volunteers Needed for Mammal Stranding Group

How would you like to learn more about whales and dolphins and do something to help them? The Hawaiian Islands Stranding Response Group is a non-profit organization formed to respond to small whales and dolphins that wash up on Hawaii's shorelines.

The HISRG rehabilitation facility is located aboard Marine Corps Base Hawaii, Kaneohe Bay. There will be a volunteer training session on Oct. 11, 12 and 14 at the MCB Hawaii Environmental Department classroom. Classes will start at 7 p.m. and will run until approximately 9:30 p.m., and are opened to all interested people 14 years or older. There will be an optional day field trip on Oct. 16 or 17.

Everyone with an interest and desire to help and is able to work well with others, is invited. Previous experience with marine mammals is not necessary.

For more information, e-mail mbreese@lava.net.

Club Reaches Out to Japanese Wives

Sakura-no-Kai, a Japanese military wives club, is reaching out to Japanese wives who are married to local service members. The organization helps with transition problems Japanese wives may incur with the military and American culture.

The club meets once a month and typically hosts guest speakers and activities such as cooking, handcrafts, CPR, beach parties and more. Lunch is provided and children are welcome.

There is no membership fee, the club is not a religious group, and all ranks and military service wives are welcome, any time, to exchange useful information, whether it's preparing for childbirth, improving marital relations, learning new skills, exchanging recipes or having tea.

Pick up a copy of the club's newsletter at the Kaneohe Bay commissary or contact Hiroko Hagen at 239-2308 for more details.

Local Theatres Celebrate the Arts

If the play's the thing for you, catch any one of the following performances:

•*Dec. 27:* At the Blaisdell Concert Hall, groups may reserve seating for "Grease" starring Frankie Avalon, which will run Dec. 27 - Jan. 2, 2005. Groups of 20 or more will receive a 10-percent discount off tickets ranging from \$44 - \$74. Call 723-7733.

•*Upcoming:* At the Army Community Theater (Richardson Theatre, Fort Shafter), get season tickets for "West Side Story," "The King and I," "Miss Saigon," and "The Secret Garden," all now available. Call 438-4480 for more details.

•*At the Honolulu Symphony:* Catch the Hawaiian Airlines Pops Series of classical and pop selections from Burt Bacharach to Arturo Sandoval when the season opens Sept. 10. Tickets are on sale now. Visit www.HonoluluSymphony.com.

HTY Invites Military Kamaaina

To celebrate 50 years of quality children's theatre entertainment and drama, the Honolulu Theatre for Youth will present six spectacular shows by esteemed local and national playwrights. Artistic Director Mark Lutwak said the shows offer "some compelling 'message' theatre, it boasts a few world premieres, and it's a line-up that appeals to everyone from teachers to 2-year-olds, to teens and their families."

A military special is available for all active duty, family members and retirees with a valid

ID card or buy one ticket, get one of equal or lesser value free. And season tickets are \$16 for adults, \$8 for youth (18 and under) and seniors (over 60).

Surf www.htyweb.org for details, or call HTY at 839-9885.

Military Invited to Reunions & Clubs

•The Society of Military Widows extends an open invitation to widows and widowers. Meetings go the second Friday at 6 p.m. at the Officers' Club. Call 262-7963 for more details.

•Active, retired and reserve women of the sea services are invited to participate in the local chapter of WAVES, Na Nalu O Hawaii. Meetings are held the second Saturday of each month; call 623-4735 for details.

Adults Sought to Make A Difference in a Pregnant Teen's Life

The Mary Jane Program of Catholic Charities Hawaii is seeking safe and caring foster homes to place teenage girls who are unable to stay with their own families during their pregnancy. Currently, there's demand for licensed "host homes" throughout Oahu.

Each teen is carefully screened to ensure that she can commit to following the host home family's house rules and expectations. Also, the teen is placed under the family's care at any point of her pregnancy, for up to four months after giving birth.

This Mary Jane Program provides continued support for the host family and teenager, in addition to a monthly stipend to the host family.

For more information, call Pam at 263-2958.

NMCRS Volunteers Needed

The Navy-Marine Corps Relief Society is looking for volunteers to fill receptionist and caseworker positions at the Kaneohe and Pearl Harbor offices. No experience is needed.

The receptionist will greet and confirm client eligibility, process and screen appointments, answer telephones, schedule appointments and prepare paperwork.

The caseworker will process client requests, verification, do budget analysis and review casework history, offer alternative solutions and give reference material. The caseworker will also determine whether or not a client's request falls within policy and make a decision to assist clients with loan and/or grant.

For details and applications, contact Tami Lewton at 254-1327, MCBH Kaneohe Office at 254-1327, or Pearl Harbor Office at 423-1314.

*Liberty Bus Schedule

The Liberty Bus is free. For more info, call Motor "T" at 257-2607.

*The Liberty Bus will not run Oct. 8 - 10 due to the Air Show.

Fridays**1st run to Waikiki**

6:15 p.m., Arrive MCX Annex
6:20 p.m., Depart MCX Annex
6:25 p.m., Arrive E-Club
6:35 p.m., Depart E-Club
7:15 - 7:35 p.m., Arrive Fort DeRussy

2nd run to Waikiki

9:05 p.m., Depart MCX Annex
9:10 p.m., Arrive E-Club
9:25 p.m., Depart E-Club
10:05 - 10:25 p.m., Arrive Fort DeRussy

Final run to Waikiki

1:05 a.m., Depart E-Club
1:15 a.m., Arrive MCX Annex
1:25 a.m., Depart MCX Annex
2 - 2:25 a.m., Arrive Fort DeRussy

Saturdays**1st run from Waikiki**

7:50 p.m., Depart Fort DeRussy
8:30 - 8:50 p.m., Arrive MCX Annex

2nd run from Waikiki

12 a.m., Depart Fort DeRussy
12:40 - 1 a.m., Arrive E-Club

Final run from Waikiki

3 a.m., Depart Fort DeRussy
3:25 - 3:35 a.m., Arrive E-Club
3:40 a.m., Depart E-Club
3:45 a.m., Arrive MCX Annex



MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Bicycles

Two Huffy bicycles, girl's 24-inch, \$40; boy's 20-inch, \$50. Call 262-8789.

Yard Sale

Saturday, from 8 a.m. to 4 p.m. at 6462 A Woodward Court aboard MCB Hawaii. There will be kitchenware, bicycles, furniture, clothes, toys, a guinea pig with cage, and lemonade stand.

Miscellaneous

Ocean Kayak, one-seater, in excellent condition. Asking \$400. For details, call 262-8789.

SAT study guide, boxed kit, \$40; hose reel, \$10; ironing board, \$10. For more information, call 262-8789.



A solid foundation

Michael Duarte, a mason with K&D Construction, hammers in a post for the framework of one of the sidewalks that will lead to the new base chapel entrance.

Cpl. Megan L. Stiner

