

LIFESTYLES



Mountainboarding

Marines learn to use all terrain skateboards

Story and Photos by
Lance Cpl. Jason E. Miller
Combat Correspondent

In recent years, snowboarding has become one of the world's premiere extreme sports, but in places like Hawaii where the temperature is too high to allow any snow, thrill seekers just have to do it in the dirt.

They do it on three or four wheeled, full suspension, all terrain skateboards called mountainboards. The boards are generally about 3 feet long and vary in price and style according to the rider's needs.

The rider's feet are held to the board by special bindings. These bindings allow an easy escape to prevent injury in the event of a crash. Most boards can be stopped by a handheld braking mechanism connected to the board by a cable.

Mountainboarding is usually done in areas with steep hills and natural obstacles or in parks designed specifically for

thrashing on the boards.

Kailua's Gravity Sports sells mountainboards and runs a mountainboarding park at the Kualoa Ranch.

The mountainboarding park consists of one main hill that is covered with high banking berms, sharp corners, a table top and several jumps.

Riding the park at Kualoa Ranch for the first time can be a little difficult, but there is always an instructor on hand to teach the skill.

First timers can tear through dirt and rocks, rip through the corners, rail the berms and catch major air in no time.

"This is an awesome sport," said David Locke, a mountainboard instructor at the Kualoa Ranch.

"Anyone can just get out here and go nuts. It's really cool to see all these newcomers kicking up dust and trying tricks."

While mountainboarding is generally a safe sport, pads and a helmet are avail-



Some riders are not as fortunate as others when going down a hill. In some cases, although riders are supposed to steer the board, people end up watching their board coast to the bottom of the hill.

able to rent at the park.

Tickets for the park are available through Gravity Sports and the Kualoa Ranch. Military members receive a 10 percent discount.

"It's great when military guys come out here," said Locke.

"They

just come out like they've been riding for years and try some crazy stuff. Sometimes they leave a little scraped up, but they always seem to have a good time."

For more information, call (808) 261 - SURF (7873) or visit the ranch off the Kamehameha Highway, heading toward the North Shore.



Left — David Locke, one of the Kualoa Ranch mountainboarding instructors, enters the course from a dirt-made half pipe. This new-found sport is based on the same principles as skateboarding, but there is no smooth concrete ramps, only the hard dirt to break a person's fall.

Right — Locke catches air, showing off his advanced skill surfing the dirt. Locke also teaches people how to ride the hills, when he is not demonstrating his skills.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

Under the Sea

Hey Staff NCOs, feeling crabby? The Fairways Sports Grill has a solution — bring your gang to an enchanted evening under the sea during the Fairways Seafood Buffet Friday night from 6 – 9 p.m. Limited tickets are available through unit representatives. Club members \$16.95 and non-members \$18.95. DJ Brian will be in the Rocker Room from 10 p.m. – 1 a.m. For more Seafood Buffet information, call 254-5592.

Monday Night Rocks

Cheer on your favorite football team every

Monday night during the Rocker Room's Monday Night Football Party. The Rocker Room doors open at 6 p.m. and these football frenzy nights feature a guest bartender. Put your pigskin picks to the test and compete for King and Queen of the Quarter. There are prize giveaways throughout the night. For more information call 254-5592.

Your Way at Fairways

The all-hands Fairways Sports Grill is ready to serve you and your gang seven days a week, morning, noon and night. Stop in Bldg. 3088 for a "Rise & Shine" breakfast Friday – Sunday from 6 – 10:30 a.m. Appetizers, salads and sandwiches debut daily from 11 a.m. – 6:30 p.m.

Beginning Oct. 10, Fairways introduces evening Mongolian BBQ and Oct. 14 Champaign Sunday Brunch will be offered. For more information, call The Fairways Sports Grill at 254-5592.

Upcoming Closure

The Officers' Club will close Oct. 8 – Nov. 25 due to renovation. Daily lunch service, Mongolian BBQ and Sunday Brunch will be offered Nov. 25 in the bottom portion of the club. The Grunge Bar will be open Thursdays and Fridays. The entire renovation process will take

place through March 2002.

The Fairways Sports Grill will be the temporary O'Club location from Oct. 7 - 25, but still welcomes all-hands. For more O'Club renovation questions, call 254-7650.

The Enlisted Club's Ballroom will close from Oct. 1 to Oct. 10. The Ballroom and the Green Room will be open Oct. 14 for Monday Night Football, Wednesday and Friday Hot Country Nights, Thursday and Saturday Live Band Nights and Friday R&B Vibe Night. Tun Tavern will close Oct. 14 – Feb. 28, 2002. For more information, call 254-7660.

Fall Swim Lessons

Dive into fall with a little help from Water Safety. Reservations are now accepted at the main pool for Fall Swim Lessons, Oct. 2 to Oct. 12. All Water Safety swim instructors are American Red Cross Certified. The fall swim session include your choice of Preschool, Water Exploration, Primary Skills or Stroke Readiness lessons costing \$35. For more information or registration, call Water Safety at 254-7655.

Mega Deals at Mega Video

Mega Video, located in Mokapu Mall, offers weekly movie and movie

equipment specials. Every month, new movie releases grace the Mega Video shelves and are conveniently offered in both DVD and VHS format. New October releases include: The Mummy Returns, Dr. Dolittle 2, Cats and Dogs, Bridget Jones' Diary, The Animal, Swordfish, Heartbreakers, Final Fantasy, Angel Eyes and Freddie Got Fingered. If you would like to make it a Mega Night, call Mega Video at 254-7560.

G'Suffa at Oktoberfest

Start perfecting your version of the Chicken Dance and bring a hearty appetite to the O'Club's Oktoberfest Oct. 5 beginning at 3:30 p.m. During Oktoberfest you'll polka to live entertainment, dine on German cuisine and more. Purchase a mug, which acts as the event ticket from unit representatives for \$5 or \$8 at the door. For more Wies'n information, call 254-7650.

Personal Services

Pre-deployment Briefs – In preparation for upcoming potential deployments, a series of two-hour deployment briefs are scheduled at the Base Theater, Bldg. 219 for the following dates and times: Monday and Tuesday from 6 – 8 p.m., and Wednesday, Thursday and Oct. 5 from 2 – 4 p.m.

Marines, Sailors and family members are encouraged to attend. Briefs cover the following topics: Base Legal (Wills and Powers of Attorney), American Red Cross, TRICARE, Family Readiness (L.I.N.K.S. and Key Volunteers), Housing, Personal Services Overview, Pay issues and more. Call 257-7790 for more information.

Dad's Baby Boot Camp & Mom's Basic Training – Free child-preparation classes for expecting parents, Tuesday and Wednesday from 8:30 a.m. – 4 p.m. Bldg. 216. Reservations required, call 257-8803.

New Arrivals Orientation – New military personnel and family members are invited to attend the next New Arrivals Orientation, Thursday at the Base Theater from 7:30 – 11:30 a.m. Base and MCCS personnel will address the audience with valuable resource and event information. Free refreshments provided. For more information, contact Marie Jesus at 257-7790.

ASYMCA - The ASYMCA takes a trip to the Hawaii Theater and you're invited. Join the ASYMCA for a live performance of Bear in the Big Blue House, Nov. 2. The ASYMCA has 100 tickets available on a first come first served basis. Tickets for adults and children two years and older

are \$11. Children two years and under are free. Reservations and tickets must be made no later than Oct. 19 at the ASYMCA, Bldg. 455. Bus transportation is offered for the first 55 people for \$2. For more Bear in the Big Blue House, call 254-4719.

Seeking volunteers for Mother & Son Luau, Jan. 19, 2002. Committee members and avid people who sew are sought. If you'd like to get involved, call Jodie Westin at 254-4719.

L.I.N.K.S. – Mentor meeting is scheduled Tuesday at 6 p.m. inside the L.I.N.K.S. House, Bldg. 3074. This strategic meeting will focus on upcoming L.I.N.K.S. sessions. For more information, call 257-2368.

Transition Assistance Management Program (TAMP) – This mandatory workshop provides support for Marines and Sailors separating or retiring from the military. The next workshop is Oct. 2-9 at the Base Theater, call 257-7790.

Race Cancellations

Due to current national circumstances the Camp H.M. Smith Grueler scheduled for Oct. 13 and the Dental Devil Dog Dash slated for Oct. 19 have been cancelled.

For more information, contact Steve Kalnasy, Varsity Sport Coordinator at 254-7590.

SM&SP



(All events are open to single, active duty military.)

Mahalo

Many thanks are extended to the Windward Community Credit Union for making the SM&SP activities, trips and sporting events possible.

Upcoming Events

Oct. 13: Deep Sea Fishing Trip.

Nov. 17: 3 on 3 Food Drive Tournament.

Nov. 21: Holiday Bash.

Dec. 14: Shank & Slice Golf Tournament

Dec. 30 - Jan. 1: Outer Island Trip.

Oceanside Paintball

Let your "inner-predator" come out to play. Saturdays 9 a.m. – 4 p.m. Sundays noon – 5 p.m. Call 284-1439 for equipment rental fees.

Are you a Single Marine and Sailor Program member? If not, why not? Get with the program! The SM&SP is all about Quality of Life, Recreation, Health & Wellness, Community Involvement, Life Skills and Career Progression.

For additional SM&SP information or to make reservations for the mentioned activities, please contact the SM&SP Manager, Dawn Williams at 254-7593.

Semper Fit tips to avoid heart problems

Press Release

MCCS Headquarters Health Promotions

The Marine Corps Community Services Health Promotions section declares September as Hypertension Awareness and Prevention Month. Hypertension is related to the development of heart disease, increased severity of atherosclerosis, stroke congestive heart failure, left-ventricular hypertrophy, aortic aneurysm and peripheral vascular disease.

Hypertension is defined as chronically elevated blood pressure greater than 140 / 90. Hypertension causes the heart to work harder, resulting in the enlargement of the heart. This disease also reduces the elasticity of the arteries, causes narrowing of the arteries and

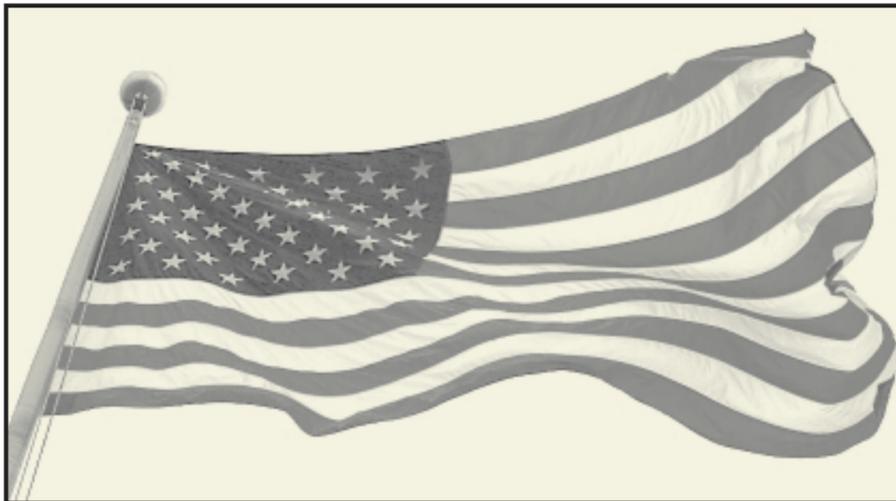


increases the risk of blood clot formation, which could result in heart attacks or stroke. In addition, hypertension may also lead to vision problems and to kidney failure.

Protect yourself from hypertension. Follow these simple steps to reduce your chances of getting hypertension:

- °Every one to two years, have your blood pressure checked.
- °Participate in regular aerobic exercise.
- °Shed pounds if overweight.
- °Limit alcohol intake to less than one ounce per day.
- °Limit caffeine intake.
- °Reduce sodium intake to less than 2.3 grams per day.
- °Stop smoking.

For more Hypertension or other health-related topics information contact Health Promotions Coordinator, Dan Dufrene at 254-7636.



The Sept. 11 attacks on American soil have left none of us untouched. Our thoughts go out to those impacted by this tragedy. It has been proven again and again that when Americans are challenged most, our greatest strengths come to the fore. This terrorist act, as horrible as it is, will only strengthen our resolve to defend our freedom and our country.

The Marines and Sailors of Marine Corps Base Hawaii, are the reason we are here. Our MCCS mission is to support your readiness and quality of life of your family members.

*Semper Fidelis,
Lt. Col. Michael B. Williams,
Assistant Chief of Staff
MCCS*

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Please show your ID at the box office. Phone 254-7642 for recorded info.

Rush Hour 2 (PG-13)
Original Sin (R)
American Pie 2 (R)
Planet of the Apes (PG-13)
Osmosis Jones (PG)
The Princess Diaries (G)
American Pie 2 (R)

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

Hawaii MARINE SPORTS

Marines shoot hoops for Marine Corps Ball

Story and Photos by
Lance Cpl. Luis R. Agostini
Combat Correspondent

After a hard day's work, the G-Men ran through the opposition in four straight games, defeating Motor Transportation in the finals to take the title in a five-on-five, double elimination basketball tournament Friday at the basketball courts by Building 4009.

Marines from Headquarters Bn., Combat Service Support Group 3 and Marine Forces Pacific participated in the tournament, which was coordinated by Cpl. Kristina Roberts, a disbursing clerk, Headquarters Bn., to raise money for the Marine Corps Ball.

The Cooks, who started off strong by winning two straight games, made their way out of the tournament as quickly as they entered it when they suffered back-to-back losses to the G-Men and Motor



The G-Men brought the gold home to CSSG-3 Friday in a five-on-five, double-elimination basketball tournament.

Transportation.

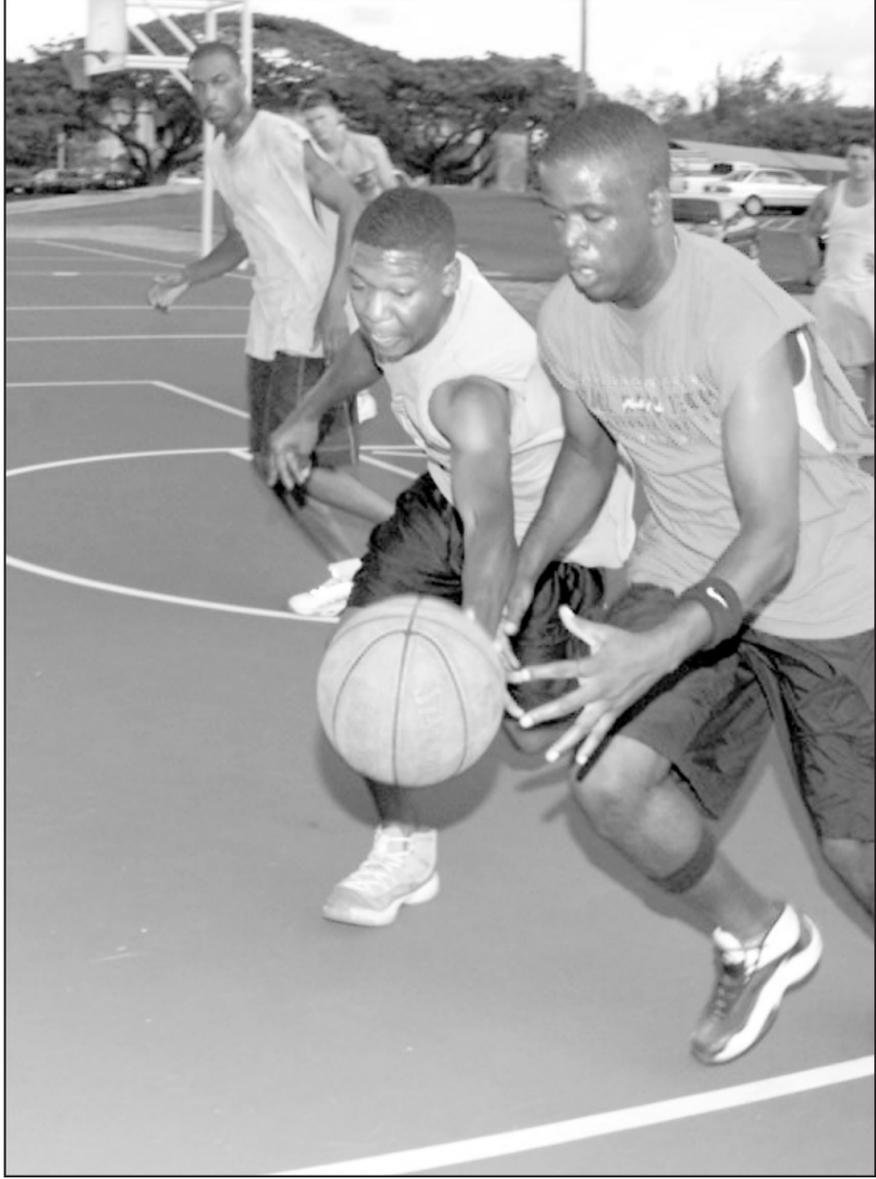
The G-Men started off by taking down Motor T in the first game, 15-8. They went on to burn the Cooks, 15-6, before meeting Motor T in the finals.

Motor Transportation had a roller coaster ride during the tournament. After taking a beating from the G-Men in the first round, they bounced back by smashing Brickhouse, 15-7, and disbanded the Disbo Daddies, 15-11. They went on to roll over the Cooks, 13-11, in an intense game that was brought to a conclusion after 45 minutes of play.

The G-Men made short work of Motor T in the finals, taking both games, 15-8 and 15-10.

The tournament proved to be a success, raising \$125 for the Marine Corps Ball.

It is important that events like the basketball tournament are held for Marines by Marines, said Roberts. "It helps build unit cohesion, and it makes tickets for the Marine Corps Ball a lot cheaper, too."



Lance Cpl. Whitt rushes to steal the ball from Pfc. McKinsey Corbett in the finals.



Lance Cpl. Brian Whitt risks his body to keep the ball in play for MT against the G-Men in the finals.

Tee it up "fore" tots Golf Tournament

Toys for Tots
Press Release

The Kaneohe Klipper Golf Course on Marine Corps Base Hawaii will host a Two-man/woman Scramble with a blind draw on Oct. 11, 2001, to benefit Toys for Tots. All proceeds will be used to purchase new toys for the children of Hawaii.

Prizes will be awarded on all par 3's for closest-to-pin, with a long drive competition on the ninth hole for women, and 10th hole for men. Food and prizes will be provided at the award ceremony at the end of

the tournament.

Sign up early and don't miss out on a chance to play one of the premier military golf courses in the world. Check-in begins at 10:30 a.m., Oct. 11, and the tournament begins at 12:30 p.m.

For more information, call Staff Sgt. Ruben Villarreal at 257-1077 ext. 233 or email at villarrealre@mfr.usmc.mil.



Entry fees:

E-5 and Below	\$35
E-6 to O-3	\$45
O-4 and Above	\$50
DoD Employee	\$60
Civilian	\$75

Military retirees will be charged the price of their last rank.

TEE IT UP "FORE" TOTS ENTRY FORM

Name: _____
Last name, first name, M.I.

Rank: _____

Address: _____
City, state, zip code

Phone: () _____

E-mail address: _____

Name: _____
Last name, first name, M.I.

Rank: _____

Address: _____
City, state, zip code

Phone: () _____

E-mail address: _____

K-Bay, HPU host annual Cross Country race at Klipper

Sgt. Jesus A. Lora
Combat Correspondent

The Klipper golf course aboard MCB Hawaii was overrun Saturday, but not by golf carts and men in plaid pants.

Instead, the University of Hawaii held its 15th annual 5-kilometer Cross Country Invitational that was open to public, military, and college teams.

Participating teams were from the University of Hawaii-Hilo, Brigham Young University, Chaminade, Hawaii Pacific University, University of Hawaii-Manoa, Saint Mary's from Oakland, Calif., and the Marines.

The race started at the tenth fairway and cut across to the sixth. Then they ran the back 13th, 14th, and 15th fairways, and circled around to the 17th fairway. They then doubled back to the 14th and eventually ended up on the finish line at fairway ten.

The competition was broken up into two categories. Each college had a men's and women's team, and there was one men's team from the K-Bay.

The women lined up at 7:15 a.m. for the start of the



Sgt. Jesus A. Lora

Cheryl Smith from UHM, pushes herself to the finish line earning her the first place in the women's division.

race and anticipated the rush that awaited.

A bang went off and the women took off across the sea of green. Along the 13th fairway, a rainbow of colors dashed across the Mokapu Peninsula.

Cheryl Smith from UHM, took an early lead, leaving a trail of runners behind her. She took control of her mind and legs, and came in first place with a time of 17:58.2.

"This was a tough course, not what I'm used to run-

ning, but I'm happy with my time," said Cheryl.

The men's teams were warming up at the start line as the last of the women's race crossed the finish line.

The wind was picking up at the 13th fairway, as the men made their way down the fairway.

The leader, Christian Madsen from HPU, knew he had the race just as the clock registered 15:55.9.

"I ran a bit slower than I planned to run because this course was a lot tougher than I thought it would be," he said.

The second place in the men's division was awarded to K-Bay's own Lance Cpl. Rich Rogers, a cook from Headquarters Battalion.

"I pushed really hard to try and catch the lead runner. I know what I must do, and that is to run more miles," said Rogers.

After the races, an awards ceremony commenced to award trophies for first through sixth place, while the racers cooled off and hydrated.

At the conclusion of the awards ceremony, the buses rolled up giving the sign that the competition had ended.

"I wish all cross country events were like this one. It must be because they held this event on a Marine Corps base," said Sara Vega, UHM.

WORD TO PASS

Military Children's Scholarship

Applications for the second annual Defense Commissary Agency/Fisher House Foundation Scholarships for Military Children Program will be available Nov. 1 at all DeCA commissaries or at www.commissaries.com. All children of active duty, reserve and retired servicemembers can apply for the scholarships. The application deadline is Feb. 5, 2002. All applicants must be enrolled in the Defense Enrollment and Eligibility Reporting System to receive the scholarship.

Wrestling Officials Needed

High School wrestling officials are needed for the upcoming season; no experience required. Please contact Stuart Saito at 456-2259 or 271-3027 for more information.

Kailua Chamber's Entrepreneur Craft Fairs

The November fair will be the first in a series of craft fair events that the Kailua Chamber of Commerce will be sponsoring in hopes of raising support funds for the general operating expenses of the chamber and to help promote its members. The First Annual Fall Fair 2001 will be held at Kailua Elementary School, Nov. 17 from 10 a.m. to 4 p.m. Contact the chamber at 261-2727 to participate as a vender.

Waikiki Aquarium's Small Fry

Spend some quality time this fall pursuing ocean adventures with your one to 3-year-old at the Waikiki Aquarium. Parents and their young learners can discover marine life in five weekly sessions that include crafts, songs, movements and special tours of the aquarium's marine life exhibits. Class size is limited and costs \$70 for both the parent and child for all five

sessions.

Waikiki Aquarium Docent Training

Enrich your understanding of coral reefs, and make a contribution to environmental education and the community by becoming a docent. Volunteers share their "sense of wonder" about Hawaii's reef life with students and teachers, grades K-6, through lively, interactive presentations, guided aquarium tours and outreach programs. The six-week training program is free. For more details, call the Volunteer Office at 923-9741 ext. 120 or Mary Pickett at extension 111.

UO Degree

The University of Oklahoma offers a Masters of Arts in Managerial Economics. Its non-thesis program requires 32 semester hours and which can be done in 18 months. For registration information call 449-6364.

Commitment to Kids Contest

Earlier this year, Ford Blue Oval Certified dealers distributed nearly half a million child safety I.D. kits to local communities in an effort to help keep kids

safe. This message has been extended again by the launch of the National Search and Recognition Program to honor teachers, coaches, counselors or any individuals who have positively shaped the lives of children in America. Go online to enter the contest at www.fordvehicles.com. All entries must be received by Oct. 17.

Hunting, Camping, Hiking Classes

Hunter Education Classes are being offered by the Hawaii Department of Land and Natural Resources Oct. 5 from 5:45 to 9:15 p.m. and Oct. 6 from 7:45 a.m. to 3:30 p.m. at the Richardson Pool on Pearl Harbor. All students are required to provide a valid picture ID at the door. To reserve a seat or for more information on the class, call the Hunter Education Office at 587-0200.

Centro Hispano de Hawaii

The 3rd Annual Family Health Fair is scheduled for Oct. 6 at Windward Mall, center court, from 11 a.m. to 5 p.m. This event is sponsored by Centro Hispano de Hawaii (Hispanic Center of Hawaii), Office of Minority Health Region 9 and Castle Medical Center

in celebration of National Hispanic Heritage Month. For more information, call 941-5216.

Assist Fall A-Faire

The Kailua United Methodist Church is look-

ing for volunteers for their upcoming "A Fall A-Faire," being held on the church lawn Oct. 6 from 10 a.m. to 3 p.m. Volunteers will assist with children's games, face painting and the zipline. The church is looking for

servicemembers to serve as role models for the young children. Any volunteers who are interested in assisting at the faire can contact Marilyn Nobiga at 261-6582, or call the Kailua United Methodist Church office at 261-6238.

MARINE MAKEPONOS

HAWAIIAN FOR "MARINE BARGAINS"

Autos

257-6920 ext. 248.

Pets

1997 Dodge Dakota, automatic, V6, A/C, power windows and locks, cassette, AM/FM radio and 50,000 miles. Must sell, \$9,000 OBO. Call 254-2591.
1997 Ford Explorer Eddie Bauer, fully loaded, perfect condition, red with tan leather, 75,000 miles. For \$15,800, call 253-0960.
2000 Toyota Sienna- XLE, top of the line, black/silver with tan leather, 22,000 miles. Asking \$27,000; call 253-0960.

Two cockatiels, male and female sold as a breeding pair, includes cage and nest box. Asking \$100 OBO, call Fidel at 254-8988.

Motorcycles

1997 Harley Davidson low rider, fully customized, lots of chrome, burgundy paint, 14,500 miles, must see. Asking \$13,400; call 253-0960.

Miscellaneous

GRACO portable playpen, good condition, \$40. Call Debbie at 254-7570.

Marine Corps uniforms for sale, Creightons, blues, overcoat, wolley pulley, trousers, etc. Excellent condition, call

The deadline for submitting Marine Makeponos ads is 10 a.m. Friday the week prior to publication.

Makepono ad forms may be filled out Monday through Friday from 7 a.m. to 5 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216.

Ads must be submitted in person and will be accepted only from active duty and retired military personnel, their family members and MCB Hawaii civil service workers.

Ads are free and will appear in two issues of the Hawaii Marine.

Marine Makeponos may be used only for noncommercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads must represent incidental exchanges, not of a sustained business nature.

Ads are run on a first-come, first served, space-available basis.